



THE CATALYST

December 2007

Our entire organization joins together to wish you a happy holiday season and a healthy, prosperous New Year.



“Superbug”, MRSA

What is MRSA?

Also known as the “Superbug”, MRSA (Methicillin-resistant staphylococcus aureus), is a deadly strain which has shown to be resistant to standard antibiotics.

MRSA can be spread by casual, skin to skin contact or by using a personal item that an infected person has used.

A MRSA staph infection may first appear to be a red, swollen scrape, pimple, or boil, which may be filled with pus and may be painful. MRSA can rapidly turn a minor cut or skin infection into a serious health problem. Without treatment, MRSA can spread to bloodstream infections as well as painful abscesses that eat away tissue. As MRSA progresses, the infected person must be



hospitalized and given intensive care.

What can you do ?

- Boost your immunity
- Frequent hand washing
- Clean all cuts and scrapes daily, and cover until completely healed

- Keep skin moisturized to prevent dry, cracked skin
 - Avoid sharing personal items such as towels, bath items, razors, combs, make-up, cups and straws
- Sanitize all public items (telephones, keyboards, door-knobs, computer mouse, etc.) before using

What products are best for prevention or

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treatment of MRSA?

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Toxin imbalances

Each day we are exposed to environmental toxins, in our land, air and water. Even if you live in the pristine mountains, toxins drift in the air current from hundreds of miles away. If you drink filtered or bottled water, you can still absorb toxins through your bath water. If you eat organic food, you could be ingesting toxins from pesticides applied to the ground decades ago.

In our homes many of us live in older homes with lead pipes that contaminate our water supply. For those who live in new homes the carpet, and furniture will release toxic gases for months after installation.

Over the years the body absorbs small amounts of all these toxins, that actually impair the immune system.

Persons reactions to these toxins will vary based on age, health and if they smoke or drink.

Once toxins enter the body, they can act in many ways. Several toxins attack the liver and kidneys, the two organs that filter impurities. Many toxins make their way to the bone and fat tissue, so they can be stored away and released later. Iron is an example of this. Lead is stored in the bones and can be released when a woman becomes pregnant and starts drawing on bone tissue for the extra calcium she needs.

Environmental Toxins and how you can be exposed to them

Asbestos- This fine, fiber like material was widely used in construction, break pads, chalkboards, and fireproofing materials. It was also used in the 70's to create popcorn ceilings in homes. This product was banned in 1989 after it was shown to cause cancer. It can cause a wide variety of lung problems, lung cancer and a type of abdominal cancer- mesothelioma.



Benzene- Benzene can be found in deodorants, oven cleaners, perfumes, and even some soaps. It is a component of asphalt, gasoline, jet fuel, paints and pesticides. Benzene can contaminate ground water and surface water supplies, pollute air through automobile exhaust, and cigarette smoke.

Breathing in high levels of benzene can cause drowsiness, dizziness, rapid heart rate, headaches, tremors, confusion, and unconsciousness. Breathing in very high levels of benzene can cause death. Eating or drinking foods contaminated with high levels of benzene can cause vomiting, irritation of the stomach, dizziness, sleepiness, convulsions, rapid heart rate, and death.

Long-term exposure of benzene affects the blood. It causes harmful effects on the bone marrow and can cause a decrease in red blood cells leading to anemia. It can also cause excessive bleeding and can affect the immune system, increasing the chance for disease and infection.

Aluminum- Aluminum is found in large amounts in everyday household products. Aluminum can be found in deodorant, antacids, aspirin, some nasal sprays and some toothpastes. Some research shows that long term exposure to aluminum can be linked to Alzheimer's disease.

Aluminum toxicity can cause many symptoms such as loss of coordination, memory loss, learning difficulties, and headaches. Modified citrus pectin has been shown to extract aluminum.

Lead- Lead is one of the most common toxins. It can be found in so many places- water pipes, in the water itself, paint, cigarettes, pesticides, cosmetics, and even in some of the foods we eat, vegeta-

bles, fruits, grains, and meats.

Lead leaches into the blood, and is often deposited in the bone, the liver, adrenal and thyroid glands, and even in the brain. Symptoms of lead poisoning: Abdominal pain, irritability, aggressive behavior, low appetite and energy, hearing problems, slowed body growth, and reduced IQ.

Carbon monoxide- This poisonous gas is very common. This gas is released into the air any time fuel, wood or tobacco products are burned. Dangerous and potentially lethal levels can build up in poorly ventilated enclosed areas. Heavy rush hour traffic can produce high levels of carbon monoxide. Carbon monoxide poisoning can cause headaches, dizziness, nausea. When the body is exposed to high levels of carbon monoxide it can cause respiratory failure and death.

Mercury- This toxic material can be found in dental fillings, ceramics, tattoo dyes, paints, electrical relays, and thermometers. Symptoms of mercury toxicity include: tremors, memory loss, weakness, and loss of appetite. As our waters become more polluted our fish can contain mercury, the larger the fish the higher the mercury content, this also includes shellfish.

Radon- This is a natural radioactive gas that is present in the Earth's crust and is released into the air through radioactive decay. Radon is a leading cause of cancer among non-smokers. The only way to tell if your home has a high radon level is to test it. A simple, inexpensive, ventilation kit can correct the problem.

Most common symptoms of chronic environmental poisoning:

- Headaches
- Cough
- Nose and eye irritation
- Anxiety
- Memory loss
- Drowsiness
- Blurred vision



Toxin Imbalances cont. from page 2

- Dizziness
- Shaky hands
- Anemia
- Loss of coordination

What can you do if you have environmental poisoning?

It is always best to get tested for environmental poisoning.

- Natural approaches include getting high levels of antioxi-



dants to keep out all sorts of toxins. Antioxidants such as [Vitamin C](#).

- [Cellulase](#) when taken on an empty stomach acts as a push broom to the intestines and colon, getting rid of toxins and chemicals in the body. When taken in large quantities, this function is enhanced.

What can you do to help prevent environmental poisoning?

- See dentists who do not use mercury fillings
- Eat fish that are low on the food chain
- Install carbon monoxide detectors in your home

- Rinse all fruits and vegetables well. Soak them in a bath of 1 teaspoon of Clorox to a gallon of water. Then soak in clear water for 10 minutes. Rinse and dry. This will remove any pesticide residue.
- Use non toxic cleaning products and insecticides on your house.
- Certain houseplants can improve the quality of your indoor air.
- Last but not least, remember a healthy diet along with a supplementation program will help keep your immune system strong, your liver healthy and your body ready to fight off toxins.

Cognizyme: A holiday must!

Containing powerful Pro-Oxidant nutrients and antioxidants to increase oxygen at the cellular level, [Cognizyme](#) may be beneficial in enhancing mental clarity and alertness. This powerful product also includes enzymes for the assimilation of sugars.

During the holidays the average person tends to overload on sweets, and food in general. Taking [Cognizyme](#) can break down sugars and make them easier to eliminate.

Cognizyme also contains:

Niacin (Vitamin B3): Like all the B-complex vitamins, it is important for converting calories from protein, fat and carbohydrates into energy. But it also helps the digestive system function and promotes a normal appetite and healthy skin and nerves. Niacin also removes toxic chemicals from the body

Ginseng: Increases the body's resistance to stress, trauma, anxiety and fatigue, improves memory, and balances metabolism.

Vitamin B1: Vitamin B1 maintains normality of heart, muscle, and nervous system functions. It may enhance circulation, helps with blood formation, and helps the body digest carbohydrates more efficiently. Vitamin B1 has been proven to fight car and sea sickness in recent stud-

ies. Vitamin B1 is sometimes used to relieve tooth and gum pain after dental surgery. It is also great for the brain and has been proven to promote positive mental attitudes and may help with depression and assist with memory and learning. In children it is required for



growth and has shown some indication to assist in arthritis, and cataracts as well as infertility.

Vitamin B6: Is required for the production of serotonin, a

brain neurotransmitter that controls our moods, appetite, sleep patterns, and sensitivity to pain. Vitamin B6 is recognized for helping to maintain healthy immune system functions, protecting the heart from cholesterol deposits, and preventing kidney stone formation. B6 is also effective in the treatment of carpal tunnel syndrome, premenstrual syndrome, night leg cramps, allergies, asthma and arthritis.

Vitamin B12: Vitamin B12's primary functions are in the formation of red blood cells and the maintenance of a healthy nervous system. B12 is necessary, along with folic acid, for the rapid synthesis of DNA and red blood cells and is vitally important in maintaining the health of the insulation sheath (myelin sheath) that surrounds nerve cells. This is especially important in tissues where cells are dividing rapidly, particularly the bone marrow tissues responsible for red blood cell formation. If B12 deficiency occurs, DNA production is disrupted and abnormal cells called mega blasts occur. This results in anemia. Symptoms include excessive tiredness, breathlessness, listlessness, and poor resistance to infection. Other symptoms can include menstrual disorders.



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Good-for-your-heart cranberries can increase good cholesterol

Thanksgiving has passed, but this is still fresh cranberry season. Cranberries are a year round healthy treat.

Health authorities are placing increased emphasis on the importance of HDL cholesterol in the body. It's the good kind that helps to prevent cardiovascular disease. (HDL does it by cleaning arteries of clogging LDL cholesterol.)

That's where cranberries can help. Researchers at the University of Scranton found that people who drank three glasses of cranberry juice each day for a month raised their HDL levels by 10 percent.

You might think that's a lot to drink, but if you want to raise HDL in other ways, it can be even more difficult. Losing weight and quitting smoking will give you the same 10 percent increase.

The 10 percent number is significant. Raising HDL from 40 to 44 mg/dl, for example, will significantly reduce your

chances of having a heart attack.

Cranberries do other things to promote good health. They have high levels of ellagic acid which has been shown to disarm cancer-causing agents and to prevent tumors from growing, say doctors writing in *Health* magazine.

For people who are prone to urinary infections, an 8-ounce glass of cranberry juice per day will go far toward avoiding them. It contains compounds that keep bacteria from adhering to the lining of the bladder and urethra, according to a Harvard study.

Raw cranberries contain more healing



compounds than cooked, which is one reason this recipe is very good.

Cranberry relish

Rinse 12 oz. of raw cranberries in a colander and discard any soft ones. Place them in a food processor with a cored apple cut into chunks. Add a thin-skinned navel orange cut into chunks. Process until finely chopped.

Place in a bowl and add 1/2 c sugar and 1/8 t ginger. Let stand for at least 15 minutes before serving.

Other ways to use fresh cranberries:

- Cranberry salsas
- Add to apple pie or other fruit pies
- Use in jello salads
- Cranberry muffins or scones
- Warm holiday punches

Holiday hours: NCP will be closing at noon on Friday, December 14th for the NCP company party. We will be closed on Monday and Tuesday, December 24th and 25th to celebrate Christmas with our families. If you need to order on those days please visit our website, www.1inhealth.com.