



# The Catalyst

December 2005

## Product Spotlight: Nutritional Essentials

One of our favorite products is Nutritional Essentials. This phenomenal product contains an abundance of the basics that are missing from our standard processed diet. We would like to see everyone, especially those in their developmental stages, supplementing with Nutritional Essentials. Easily digestible Nutritional Essentials is one of the best things you can take along with a healthy, natural diet, to assist your body in increasing brain function, supporting your cardiovascular system, and fighting degenerative disease conditions. It is a powerful supplement that provides exceptional antioxidant defense along with a full Vitamin B complex, essential fatty acids, and 22 essential and non-essential amino acids. Here are some of the ways one of our most popular products can benefit you.

Tocopherols were initially thought to be the most potent form of Vitamin E until the discovery of tocotrienols, which are found to be 20 to 6000 times more powerful as an antioxidant than other forms of Vitamin E. Recent studies in clinical nutrition have confirmed that Vitamin E, long considered to be a vitamin looking for a disease, plays an essential role in maintaining the structure and function of the human nervous system.



**Chocolate, Regular, and Vanilla Nutritional Essentials \$25.00 each**

The primary function of Vitamin E is as a powerful antioxidant that prevents free radical damage and enhances the immune system. Free radicals occur virtually every second in our bodies through a process called oxidation. These radicals spin

erratically in our system, wreaking havoc by producing changes at the cellular level. This process makes them the primary factor that leads to many chronic, degenerative diseases. It has been surmised that the life expectancy of mammals is in direct proportion to the ability to control free radicals. As an antioxidant, Vitamin E is well renowned in its ability to stabilize cell membranes and protect tissue. By modifying and stabilizing the circulating blood fats, the blood vessels, heart, brain, and the entire body are more protected from free

### Rich Source of Vitamin E

Vitamin E was initially discovered in 1922 by experimentation on rats. The rats became infertile when fed a purified diet lacking the vitamin. When wheat germ oil was added to their diet, their fertility was restored. Hence came the name tocopherols, as tokos and phero are the Greek words for "offspring" and "to bear". The term Vitamin E refers to a class of fat soluble antioxidants consisting of tocotrienols and tocopherols.

## December Special

**Buy:**

**1 Multiple Digestive Enzyme**

(500 count or 7.5 ounce powder) &

**1 Probiotic Blend**

(100 count or 2 ounce powder)



**Receive:**

**Nutritional Essentials**

(Chocolate, Regular or Vanilla)

or our most popular winter

flavor **Vegesentials**



**A \$25.00 or \$28.50 value**

Order yours today! 1-800-626-5143,  
or shop online at [www.1inhealth.com](http://www.1inhealth.com)

## Greetings From The NCP Crew!

*There is no Time More Fitting to Say  
Thank You and to Wish You  
A Happy Holiday Season and A New Year  
Of Health, Happiness, and Prosperity.*

**Merry Christmas**



## **Nutritional Essentials** Cont. from page 1

radical injury. An Australian study suggests that high levels of Vitamin E may help prevent the intellectual decline that can come with aging.

### **Contains Essential Fatty Acids**

Essential fatty acids are very important to the body and to the brain. Our skin is filled with fatty acids which are a main structural component of all cell membranes and are found in high levels in such important tissues as the brain and nerve cells, adrenal gland, retina, and inner ear. In fact, 60% of the brain is made up of lipids that absolutely require the essential fatty acids. They are required for cell and organ respiration and to add resiliency and lubrication to the tissues.

Our body requires the essential fatty acids, but our diet may include a variety of damaging processed fats. When oils are highly processed, they are partially converted to a different configuration called trans fats which do not break down and process in the same manner as the essential fatty acids. These fats create a tremendous amount of free radicals which increase the risk of developing heart disease and interfere with normal immune function.

The body does not burn the essential fatty acids for energy, but rather for special functions necessary for good health and survival. Good health is in part dependent on a proper balance of the different types of essential fatty acids. Minute amounts can cause significant changes in blood pressure, blood clotting, cholesterol levels, inflammatory responses, allergies, hormonal activity, immune function, and neurological function.

Omega-3, one of the essential fatty acids in the Nutritional Essentials, plays a significant role in reducing the risk of coronary heart disease. There is evidence that a deficiency of Omega-3 is associated

with various skin disorders, arthritis, joint stiffness, prostate problems, irritable bowel syndrome, premenstrual syndrome, depression, phobias, and schizophrenia. A deficiency of another essential fatty acid, Omega-6, may result in eczema, premenstrual syndrome, breast pain and lumpiness, inflammation, autoimmune disorders, hyperactivity in children, and hypertension.

### **Contains a Full Vitamin B Complex**

We would literally be lost without the B vitamins. Besides memory, these nutrients feed and regulate the brain and nervous system. Many of them help form neurotransmitters, which are the chemical messengers of the nervous system. We know of at least 10 different B vitamins, which were initially thought of as just one. Almost 100 years ago, Eijkman, a Dutch physician living in Java, noticed his chickens bore a striking resemblance to his patients suffering from beriberi, which is caused by a thiamine (B1) deficiency. He added rice bran to the fowls' feed and eliminated the problem.

Medical journals have an abundance of neurological and behavioral conditions that occur when B vitamins are deficient. Inadequate B vitamins can bring on physical complaints, as well as emotional, cognitive, and behavioral symptoms.

Vitamin B6 is used for women suffering from depression due to the birth control pill or premenstrual syndrome. Slightly low levels of niacin (B3) may lead to depression, apprehension, hyper-irritability, emotional instability, and impairment of short term memory.

### **Amino Acids**

Nutritional Essentials also provides all 22 essential and non essential amino acids. Amino acids are the building blocks of proteins. The importance of receiving a sufficient level of all the amino acids cannot be stressed enough. We must have a

constant supply of amino acids to build the proteins that create our body tissues and influence the body's weight, shape, and tone.

Glutamine is one of the most important amino acids for brain function, and is the only amino acid metabolized in the brain. Glutamic acid, with the help of Vitamin B6 and manganese, is also a precursor of an important neurotransmitter in the central nervous system. For this reason, Glutamic acid has been used in the treatment of fatigue, Parkinson's disease, schizophrenia, mental retardation, muscular dystrophy, and alcoholism. Supplemented as the amino acid L-glutamine, it penetrates the blood-brain barrier and can be used as a brain fuel to enhance function.

### **May Help with Diabetes**

Nutritional Essentials is not only beneficial for the brain, but for cardiovascular health and in protecting the liver. The liver, the body's largest internal organ, filters our blood and is the main site of, and the regulator of, amino acid metabolism. As the liver detoxifies our blood, it becomes the most abused organ in our body because of our exposure to toxins in our modern lifestyle. Among its vital functions are metabolizing essential fats (and thus preventing their accumulation in the bloodstream), synthesizing necessary blood proteins, breaking down and eliminating toxic substances, and secreting bile. The liver converts nutrients into a usable form for cells in other parts of the body. Your cells depend on a healthy liver for nutrients.

Vitamin E has a long history as a treatment for severe high blood pressure, kidney problems and diabetes. More recent studies show that rice bran, especially when combined with another starch, potatoes, in non-insulin dependent diabetics, clamps down on cholesterol synthesis and keeps blood insulin and glucose on an even keel.



## Rice Bran Lowers Blood Cholesterol San Francisco Examiner, November 2, 1989

In just 6 weeks, rice bran added to a normal diet reduced cholesterol levels by 8% in the first U.S. research study on its effect on humans, said Dr. Ann Gerhardt, the UC Davis professor that conducted the study. "These studies prove without a doubt that rice bran can help reduce cholesterol levels in some individuals with moderately high cholesterol levels." Gerhardt said the study showed that rice bran was effective in reducing the blood level of low density lipoprotein, the "bad" cholesterol that promotes the accumulation of cholesterol on artery walls...without affecting the high density lipoproteins, the "good" cholesterol that carries cholesterol away from

"These studies prove without a doubt that rice bran can help to reduce cholesterol levels in some individuals with moderately high cholesterol levels."

the tissues and artery walls.

### What's in Stabilized Rice Bran?

Stabilized rice bran is a relatively new entrant in the nutritional field, and it is rapidly accumulating an impressive body of positive results from labora-

tory research and clinical trials. It is one of the most potent and accessible sources of a complex mix of phytonutrients and antioxidants. Consuming a functional food like rice bran, which contains a complex, natural mix of phytonutrients, is in your better health interest than taking these same substances in isolated, extracted forms as they are found in many

supplements.

At least 107 antioxidants in rice bran have been identified so far. This is significant because antioxidants perform better in teams. Among many benefits, antioxidants prevent cancer by preventing free radical damage to cell DNA, and aiding in cell regulation and cellular signaling.

Some of the antioxidants included in this powerful food include Vitamin E, Gamma Oryzanol, and Alpha Lipoic Acid. Stabilized rice bran products are also good sources of antioxidant enzymes, phytosterols, trace minerals, fiber, Vitamin B, carotenoids, amino acids and essential fatty acids, and are hypoallergenic as well!

## Sign Up For Autoship And Save 10% On Every Order!

### What is Autoship?

Autoship is an automatic order that ships out once a month. The products in the automatic shipment are set up by the customer, and these same products will be shipped out monthly. Any changes to the automatic shipment must be made 24 hours prior to release date. The minimum order for Autoship is \$50. If you are an Associate and would like to use your Autoship as your qualifying order, you would need to place an order for a minimum of \$112.00 (100.80 after the 10% is taken). Persons on Autoship receive a 10% discount on any order placed directly through Natural Choice Products.

### What are the benefits of signing up for Autoship?

Autoship customers save 10% on every order placed directly through Natural Choice Products. It is very convenient to automatically receive your favorite products at your door at the same time each month. It is especially convenient for those Associates needing to place a qualifying order every month. They do not have to worry about calling in an order before the end of the month to qualify for com-

missions; with Autoship they qualify automatically.

### Can I change my Autoship order?

Yes. Any changes to Autoships **MUST BE MADE 24 HOURS IN ADVANCE** of the release date. To change Autoship order selections, method of payments, or the authorized amount, a new [Autoship agreement form](#) must be submitted to NCP. If your Autoship falls on a weekend, the order will be processed on the Friday before the weekend. If it falls on a holiday, it will be processed on the last working day before the holiday.

### Can I cancel my Autoship?

Yes. You must call at least 24 hours in advance of the release date to cancel your Autoship.

### If I place an order after my Autoship order has shipped can I still receive a 10% discount?

Absolutely! You will receive a 10% discount on any order you place directly

through NCP.

### How can I pay for my Autoship?

A secure form of payment, such as a credit card (Visa, Mastercard, Discover, or American Express), debit card, or bank draft must be used for Autoship. In the event that the provided payment is not authorized by the financial institution, it is not the responsibility of NCP staff to make notification.

### How can I receive the special of the month for my Autoship?

Any special being offered at the time of your Autoship release date **must be specifically requested at least 24 hours before Autoship release date**. Prices and/or products sent on Autoship orders cannot be changed without prior contact with Autoship customer.

### I want to start saving today! How do I sign up for Autoship?

You can call our customer service at 1-800-626-5143, or print out an [Autoship form](#) online by visiting [www.1inhealth.com](http://www.1inhealth.com) and fax it to us at 406-257-9148.



Get Autoship & SAVE 10%

Call today to sign up!  
1-800-626-5143



# It's Worth Repeating!

I HAVE BEEN TAKING YOUR "PROBIOTIC BLEND" FOR SEVERAL YEARS NOW. I USE THE POWDER FORM, AND I ALWAYS TAKE IT BEFORE I GO TO BED, AND SOMETIMES DURING THE DAY IF I FEEL LIKE I HAVE AN UPSET STOMACH.

HOWEVER, LAST FALL I STOPPED TAKING IT, AND EVEN SWITCHED TO ANOTHER TYPE OF PROBIOTIC FROM ANOTHER COMPANY. DURING THE LAST YEAR I BEGAN TO EXPERIENCE A VARIETY OF SYMPTOMS, AND EVEN BECOME VERY SICK THIS SUMMER FOR ABOUT 3 MONTHS. I DO TAKE OTHER SUPPLEMENTS, BUT FINALLY REALIZED THAT THE ONLY THING MISSING FROM MY NORMAL PROTOCOL WAS THE PROBIOTIC BLEND, SO I ORDERED SOME FROM NCP RECENTLY, AND WITHIN 3 WEEKS I WAS ALMOST COMPLETELY BACK TO MYSELF AGAIN. I ALSO DID SOME MORE EDUCATION ON PROBIOTICS IN THE MEANTIME, AND ONE THING IS FOR SURE, THEY ARE NOT ALL THE "SAME." SO, ONE THING I KNOW FOR SURE, I WILL NEVER BE WITHOUT YOUR "PROBIOTIC BLEND," EVER AGAIN!!!

THANKS SO MUCH, AND THANK YOU TO ALL THE FRIENDLY, HELPFUL CUSTOMER SERVICE PEOPLE AT NCP!!

Malia B.



## Do you have a testimonial for us?

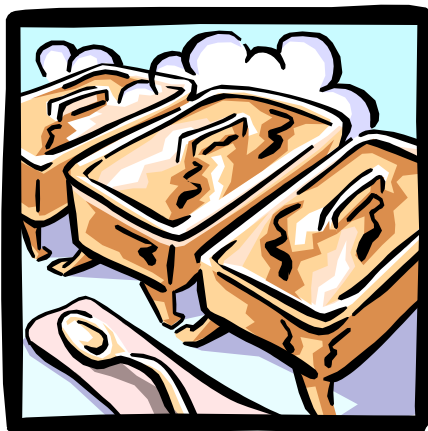
We would like to hear from you. Send us your product testimonial and as our way of saying thank you we will send you one of your favorite NCP products for free! If you include a picture that we can use in future publications we will send you a second product absolutely free. Please call us at **1-800-626-5143** for free product information.



## Tips On Keeping Your Holiday Goodies Safe From Bacteria

- Wash your hands often before, during and after preparing foods.
- Keep raw meats and vegetables separate.
- Wash cutting boards thoroughly after each use or place in the dishwasher.
  - Use two separate cutting boards, one for vegetables and one for meats.
- Cook meats to proper temperature:
  - Beef, veal, pork and lamb- 160°F
  - Poultry- 180°F
  - Whole turkey- must reach 180°F deep in the thigh and 170°F in the breast. Stuffing must reach a temperature of 165°F
  - Ground beef, veal, pork, lamb- 160°F
  - Ground poultry -165°F
  - Casseroles, egg dishes- 160°F
  - Leftovers- 165°F; boil liquids (soup, gravy)
- Refrigerate promptly below 40°F
  - Refrigerate all leftover foods within two hours.
  - Marinate foods in the refrigerator.
  - Never thaw foods at room temperature.

During the holidays many people opt for a buffet or pot luck style feast. On a buffet table hot foods should be kept at a minimum temperature of 140°F. Keep foods hot by using warming trays, chafing



Ward off bacteria by keeping foods in chafing dishes.

dishes or crock pots. For foods that need to be kept cold, keep a back up in the fridge and when the food needs to be chilled swap it out with the back up in the fridge.

### Did you know?

That an estimated 76 million cases of food borne disease occur each year in the United States. The great majority of these cases are mild and cause symptoms for only a day or two. Some cases are more serious, and CDC (Centers For Disease Control and Prevention, [www.cdc.gov](http://www.cdc.gov)) estimates that there are 325,000 hospitalizations and 5,000 deaths related to food borne diseases each year. The most severe cases tend to occur in the very old, the very young, those who have an illness already that reduces their immune system function, and in healthy people exposed to a very high dose of an organism.

Further protect yourself from food borne disease with NCP's Probiotic Blend. Proven to be antimicrobial, antiviral and anti-retroviral, Probiotic Blend is an effective defense against illness.

