

# The Catalyst

February 2008



## Product spotlight: Vitalase

Vitalase includes a high amount of the four main categories of enzymes - Protease, Amylase, Cellulase and Lipase. Important additions to this formulation are the anthocyanins.

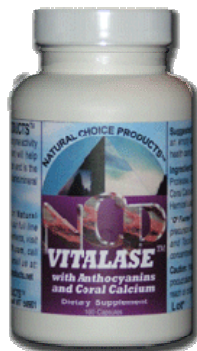


Anthocyanins are the pigment chemicals that give dark fruits and berries their color. Anthocyanins act as powerful antioxidants. This antioxidant property is conserved even after the plant which produced the anthocyanin is consumed by another organism, which is one of the reasons why fruits and vegetables with red skins and tissues are a nutritious food source. These dilate capillaries and are very healthy for

the circulatory system. Because this formulation is meant to work in the bloodstream and not for pre-digestion, the anthocyanins help get enzymes deeper into the tissue, helping to cleanse toxins at a more efficient level.

Incomplete protein digestion contributes to the development of allergies, degenerative disease, Candida, and allows parasites to flourish in the small intestine.

Vitalase enhances the body's ability to break down these unwanted obstructions that hinder our health.



Vitalase 100 count: \$52.00

### anthocyanins

- These powerful antioxidants are great for the circulatory system and are also an antiinflammatory.
- Neutralize enzymes that destroy tissue.
- Inhibit some human tumor cells (envitro).
- Help deliver enzymes deeper into the tissues.
- Have been shown to be beneficial against: viral infections, cancer, aging and neurological diseases, and diabetes.



#### Inside this issue:

American Heart Month	2
Customer Testimonial	2
Honey: Ancient Cure	3
Brain Food	3

Happy Valentines Day!



## FEBRUARY 2008 SPECIAL

Buy 1 Superfood (360 count) Or Wholefood (360 count or powder) & 1 Vitalase (100 count)

And for \$3 choose from a Multiple Digestive Enzyme (100 count), Gastric Digestive Enzyme (100 count), or Chewable Digestive Enzyme (100 count)



Save \$20





## February is American Heart Month

Choices you make today could boost your heart health right now.

We know what we're supposed to be doing: Exercise, eat right, don't smoke, and check our blood pressure.

There are a lot of scary statistics that prove this advice to be correct. But you've already heard them all. Maybe the numbers convinced you to make changes in your life. Maybe not.

In either case, thinking small about heart health does make a difference, and it doesn't take much time or effort. You can do it today or tomorrow.

\* Eat an apple or a pear instead of a

donut. Fruit tastes good. You'll be less likely to gain weight, which would make your heart work harder.

\* Walk with the dog or the kids instead of watching television. You'll enjoy it, and new studies show that the condition of your arteries improves immediately, not just in years to come.

\* Do something you really want to do instead of lighting a cigarette. Every cigarette counts. Your blood pressure bounces up every time you light one.

\* Park farther away from the store instead of right in front of it. That little walk

is good for your heart.

\* Order broiled fish instead of batter fried. A meal high in saturated fat causes arteries to stiffen right away.

\* Check your waist-to-hip ratio. Search for waist-to-hip ratio on the Web. There are several easy sites that let you enter your numbers. They tell you whether you need to improve.

\* Women, check the American Heart Association's [GoRedForWomen.org](http://GoRedForWomen.org) or call (888) MY-HEART for information about lowering your personal risk.

Whether you are in your 20s, 40s, or 60s, it's important to take care of your heart. Sometimes, just taking small steps makes a big difference.

It's never too soon or too late to start.

*Whether you are in your 20s, 40s, or 60s, it's important to take care of your heart. Sometimes, just taking small steps makes a big difference.*

## Testimonial Spotlight on MSM

I must say, the entire reason for me learning of these quality products can be attributed to the birth of my son. We had a very difficult pregnancy that resulted in a C-section and to give you some figures, I walked in to the hospital at 203 lbs had my son of 8lbs 4oz and left 5 days and many drugs later at 213 lbs. You could see lines of pimples along my spinal column, I had spotting under my eyes and forehead, skin tags and hair in places no one would enjoy hearing about, I had no ankles but a few extra chins, both of us were swollen and he showed jaundice symptoms as well as my skin being matte and very yellow.

Being familiar enough with vitamins and supplements, I immediately tried to find good products and people to help me aid my system to flush the estrogen and build up of toxins from this complicated pregnancy and for the health of my son who was at the time being nursed exclusively.

I found a massage therapist who specialized in the lymph system and she helped me to see the need for my tissue restoration along with my then usual cleansing of liver etc. She recommended MSM from Natural Choice Products and sold me some that very day. I had always had problems with my skin and hair (naturally curly) and nails were

very full of ridges and tore more than they grew, even midst pregnancy. The swelling of my joints was another purpose for her recommendation. I had pain in my various joints I thought partly to do with the weight and eating of wheat which I have a sensitivity to that sometimes causes joint inflammation.

I can tell you that I did not follow the guidelines for the portion to take because I wanted to be careful while breast feeding, and knew my sensitivity to many products in the past. I took only one capsule and within 15 minutes I was changing the baby and noticed my nails were unlike ever before, smooth. Within a few days, not weeks mind you, days, my husband noticed a change in the elasticity of my skin and complexion. Only less than a month of irregular use and I could see as could he the growth of my very curly hair which had also begun to look smooth in texture. That would have sold me, but it was the joint health that was exponential.

I had so much water and toxic retention I thought I would never see me again. My knees hurt and from surgery it was even difficult to walk as I did not want to continue pain medications that would only exasperate the toxic pile up. For what I had been

through, I was moving around and very active and noticed a direct link to my motivation of movement and the taking of the MSM. I could see my knees again, my wrists, ankles, hips, elbows, shoulders and even fingers began to feel so good. I hadn't even realized how long it had been that they had bothered me.

Do I think this is a good product, no, I think it is a Godsend! I am also testimony that after running out, I went to the store to find MSM. Thinking surely they will have it locally. The 2 bottles of MSM and MSM with Conjointen that I purchased are still in my cupboard only to remind me that I will never buy those brands again. It is true, you can have the same vitamin and a different manufacturer or 3 different manufacturers in this case and not have a quality comparison. This product was by far the only one I would recommend! I am now 150 lbs. I am continuing to work on my digestive health and am purchasing other products to try. I am sure you will hear from me again with raving reviews.



## Honey: ancient cure still works in modern times

There's something special about honey that people have known for centuries: It heals wounds.

Though antibiotics have replaced it in the doctor's bag, honey is still used to heal wounds that have not responded to modern medicine. But that's just part of the story of nature's sweetest medicine.

Honey's sweet, thick texture makes it a natural for spreading on buns, crackers, and breads. Though it contains small amounts of minerals and B vitamins, it does things that sugar does not. Research shows that honey can relieve constipation, speed healing, and prevent infections, according to the Honey Research Unit in New Zealand.



And doctors at the University of Natal in South Africa found that when children with diarrhea caused by bacterial infection were given a honey solution, they recovered faster than with other treatments.

Honey's medicinal capabilities come because it is high in sugar. It absorbs moisture in wounds, making it hard for bacteria to survive. Many honeys contain large amounts of hydrogen peroxide, a medicine used to disinfect cuts and scrapes. And finally, some honeys contain propolis, a compound that can kill bacteria. In laboratory tests,

honey put on seven types of bacteria killed all seven.

To get the most antibacterial power, shop for raw honey. High heat used in processing disables some of its protective compounds. Manuka honey, found in health food stores, is an effective treatment for ulcers (one tablespoon four times a day).

### Citrus Honey

Combine a 1" x 1/2" strip of both orange rind and lemon rind, 1 T fresh orange juice, 2 t fresh lemon juice and simmer in a pan. Strain and discard the rinds. Add to 1 C warm honey and stir to mix. Serve over pancakes or waffles.

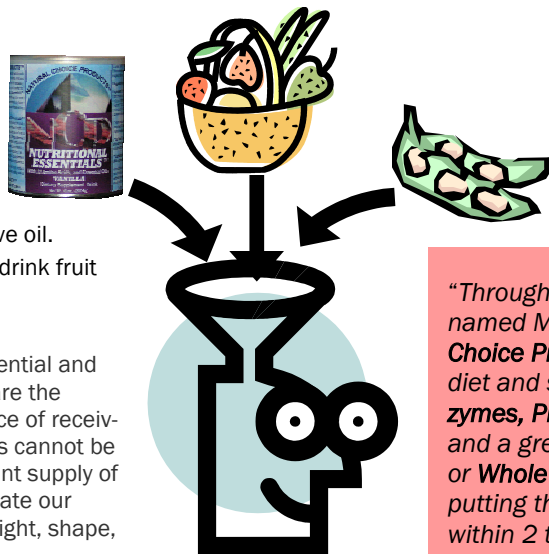
## Brain Food

Columbia University Medical Center reports that the risk of Alzheimer's disease and other dementia can be reduced by 40 percent if your diet is rich in fruits, nuts, legumes, whole grains, fish, and olive oil.

Risk will be reduced by 76 percent if you drink fruit or vegetable juice three times a week.

Nutritional Essentials 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.



*"Through a series of events, I met a gentleman named Michael O'Brien, a lecturer for **Natural Choice Products**. He suggested we change our diet and start using **Multiple Digestive Enzymes**, **Probiotic Blend**, **Nutritional Essentials** and a green-juice product, such as **Superfood** or **Whole Food Supplement**. He also suggested putting the boys on **Cellulase**. He said that within 2 to 3 months we would see a big difference.*

*Not in 2 to 3 months, but in 2 to 3 weeks our oldest son was completely off his meds. No more ticking, barking, arms flying, tapping, rubbing or biting. It all stopped. **For the first time in over 10 years he was completely off all medications he had previously had to take.**"*

To read this testimonial in its entirety please go online to [www.1inhealth.com](http://www.1inhealth.com)