

# The Catalyst™

FEBRUARY  
2004

## YOU BE THE JUDGE

Each NCP newsletter is sent out with the hope that people will understand there is so much we can do for ourselves, to live our healthiest lives.

It is our intention to convey a message of hope, and to help you understand how we got into our present conditions and what our bodies need to help us out.

We are people just like you. We wonder what is good for us, we worry about our quality of life. There is an abundance of information available out there to whomever chooses to search it out. We just want to put the best possible information in front of you, and let you judge for yourselves whether or not it makes sense.

NCP's President, Timothy O'Brien, has been in the enzyme business for over 20 years. Maybe someday you will have the opportunity to hear his story. What it comes down to is a missing link – an undeniable concept – something everyone needs to know about.

We are growing and learning, and you are part of that process. We invite you to join us in this growing process. We want to hear what works for you, and what puzzles or worries you.

Let's keep the momentum of the new year going with a positive, proactive outlook about ourselves and our health. We've made it our goal to help you feel better than you've ever felt before!

Information in this newsletter and on the NCP website is provided for informational purposes and is not meant as a substitute for the advice provided by your own physician or other medical professional. You should not use the information contained herein for diagnosing or treating a health problem or disease. If you have or suspect that you have a medical problem, always contact your health care provider.



Natural  
Choice  
Products

customerservice@naturalchoiceproducts.net

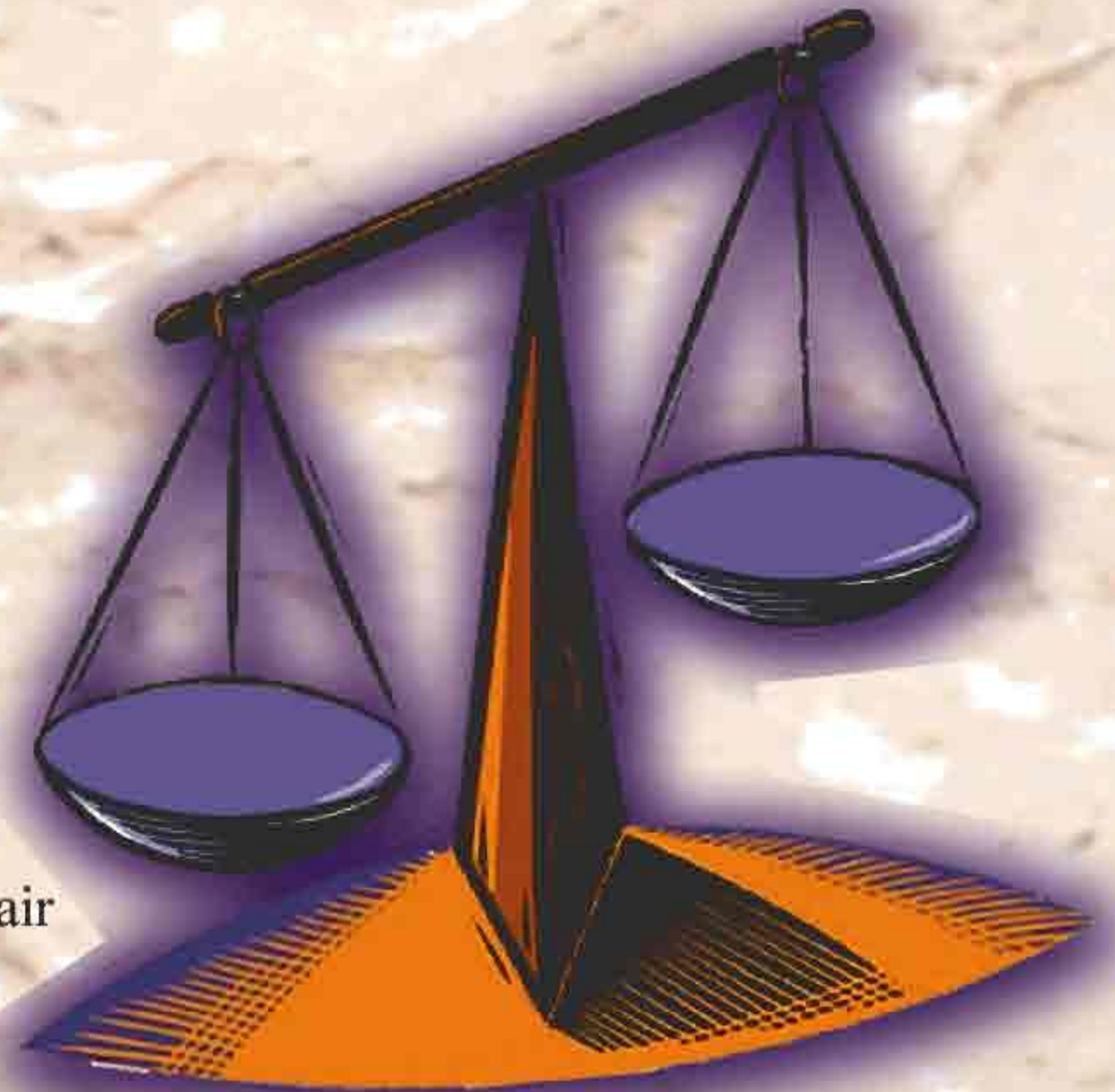
# DIGESTIVE ENZYMES TIP THE SCALES IN YOUR FAVOR!!

In this day and age of diets and weight-loss obsession, many of us try to eat healthy. We fret over our diets, we cut out things we may really want to eat, and force foods into our diets that may not be to our taste, but are “good for us.”

We live in a society where supermarkets are stocked full of food choices, where we can get a variety of almost anything fat free or sugar free, yet the U.S. population struggles more and more with health, weight, and quality of life.

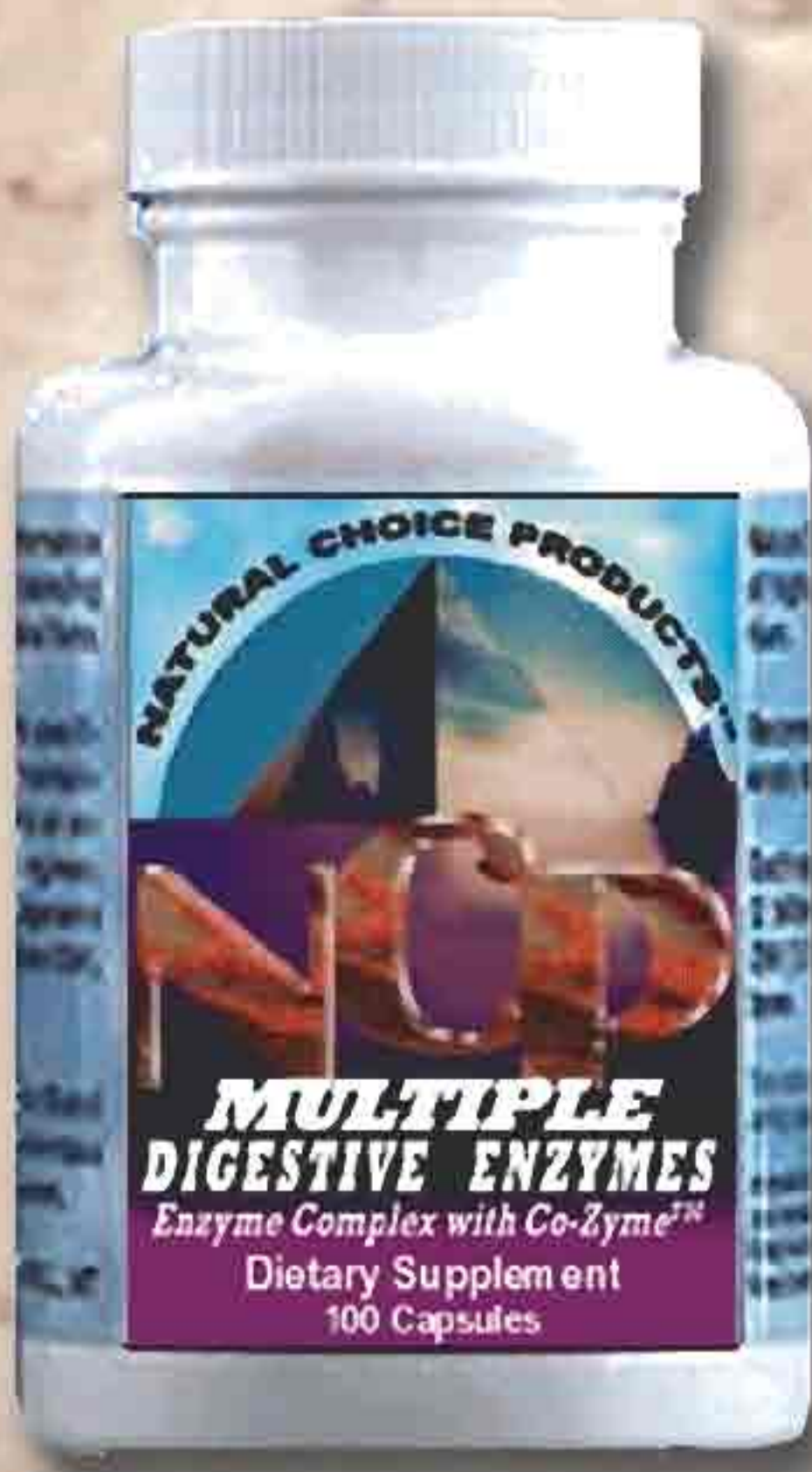
## Common – But Not Normal

One of our most common health issues is painful indigestion. Acid-blocking medications have become a multi-billion dollar industry, but these products are symptom oriented. They do not address the real issue. We are smart enough to cook and alter our foods to our tastes, but unfortunately this practice leaves them void of the enzymes that they naturally contain. Digestion can become painful over time because the body increases its gastric juices to make up for the lack of enzymes available in the food. Furthermore, if a person’s digestive system is already so compromised that heartburn and indigestion are common, the fact that these acid-blocking medications further impair digestion must be addressed. A body that is already having digestive problems will be further hindered by medications that continually suppress or neutralize stomach acids. We must take a look at the body as a whole, and tackle the problem that causes these painful symptoms.



## Not a Diet - Digestion!

“You are what you eat.” We’ve all heard this saying before, but in all actuality you are what you digest and absorb, and you are also affected by what is left undigested. Yes, your body will try to break down everything that passes your lips, but your pancreas will pay the expense by donating enzymes for digestion that could be used for other bodily functions. Enzyme deficient foods don’t get completely broken down, so they sit in the bowel and putrefy.



Our pasteurized, sterilized and antibiotic-laden lifestyles leave us without many of the beneficial bacteria (probiotics) that are usually present in the large intestine. Whenever we use a preservative or an antibiotic, we are essentially making it impossible for bacteria to live. Therefore, when we consume a preserved food we create an internal environment that even beneficial bacteria cannot survive in. Probiotics are needed to take up valuable real estate in the intestine so bad bacteria cannot get out of control. These amazing bacteria eat up undigested foods that would otherwise become toxins that end up recirculating throughout the bloodstream.

A couple of things you can do for yourself - right now - is take digestive enzymes when you eat and beneficial bacteria for your intestinal health. Many are surprised at the weight loss they experience just doing those two things!

**Find out more! Call toll free (800) 626-5143**

# ALL ABOUT IMMUNITY

Probiotics, literally meaning “for life,” are beneficial bacteria that provide an abundance of health benefits for their host. Our pasteurized, processed and sterilized diets kill bacteria that spoil food, but unfortunately these practices also kill healthy bacteria that benefit the large and small intestines.

## Some of the Benefits of Probiotics

- ▲ Increased resistance to infectious diseases
- ▲ Decreased duration of diarrhea
- ▲ Promotes regularity and prevents constipation
- ▲ Reduction in blood pressure
- ▲ Reduction in allergies
- ▲ Regression of tumors
- ▲ Reduction of carcinogens and co-carcinogens

## Four Things You Should Know About Natural Choice Products' Patented Probiotic Blend:

This biologically pure blend with *L. plantarum*-OM has **anti-viral, anti-retroviral, anti-bacterial** and **anti-microbial** characteristics and uses under its registered United States Patent! If you think of your intestines as real estate, the most precious land would be the receptor sites, or the places where bacteria can feed. Friendly flora are needed to compete with pathogenic bacteria and yeasts such as *Candida* that can grow out of control. **Probiotic Blend** is proteolytic, meaning it has the ability to directly act on harmful bacteria, creating byproducts that are actually beneficial to the body.

This friendly bacteria is also **anti-tumoral** and has other amazing benefits as well. Take advantage of the February Flu Special, and start taking Probiotic Blend today!

Important! See the back page for product specials

## Meet Our Team



Joanna is our Operations Control Coordinator and has been with us for almost 3 years now. As often happens with great employees, Joanna's job description doesn't cover everything she is capable of doing. Among many other things, Joanna gets orders out on time for everyone who uses our Autoship option. She also invoices the orders that we take daily and helps get commissions done every month.

We absolutely love Joanna at NCP! If she's ever in a bad mood, she must not let it cross her face because we can never tell! It's so great when she laughs or giggles because her vibe is so contagious.

We also enjoy seeing her husband Chad around the office from time to time. They have been married for 6 years. For those of you who know Joanna from her customer service, it's nice to put a face to her name. We really appreciate her hard work, and hope to keep her with us a long time!

“Taking Probiotic Blend has changed my LIFE! I no longer have such a touchy bowel, and I don't catch every cold or flu that comes around.”

Joe J.

# Natural Choice Products

Now's the time...



...Protect yourself from colds and flu by boosting your immunity!

**Purchase:**

1 - Vitalase, 100 count	\$47.00
1 - Probiotic, caps or powder	\$50.00
1 - Protease, 100 count	\$18.00
<b>Total</b>	<b>\$115.00</b>
<i>Autoship Price</i>	<i>\$103.50</i>

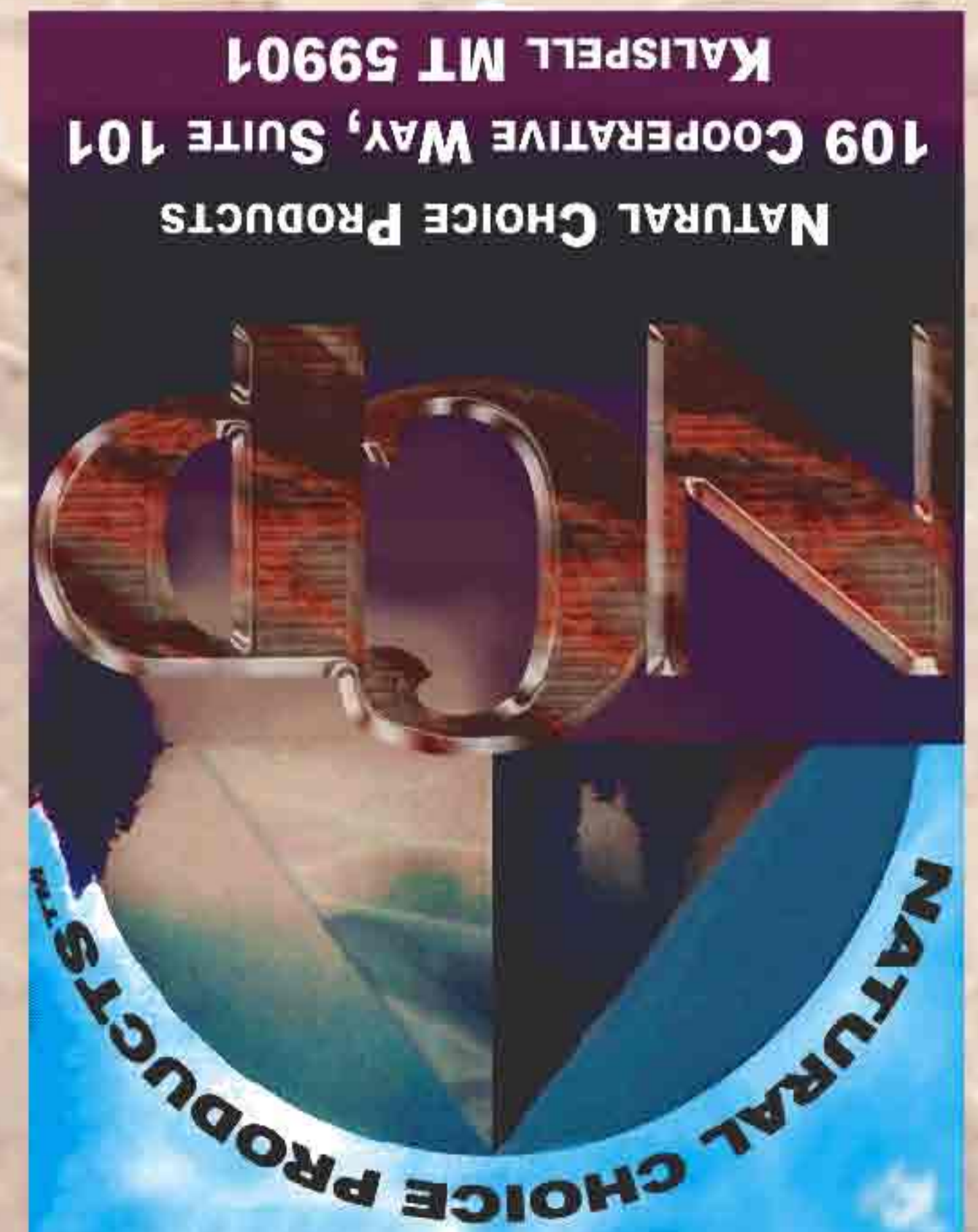


NCP commits itself to optimum health and is pleased to offer the above special during the height of this years cold and flu season. The offer must be requested at the time of order placement and cannot be combined with a previously placed order. We reserve the right to end this special at any time.

Choose 1 FREE product from the list below:

- \* Probiotic Blend
- \* Colloidal Silver
- \* Liquid Oxygen
- \* Amylase
- \* Protease

*Please Deliver To:*



PRRST STD  
U.S. POSTAGE PAID  
RIDGFIELD WA  
PERMIT NO. 94