



Why Should I Take Nutritional Essentials?

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Amino acids

Most people know that amino acids are the building blocks of protein, but did you know that they are also the building blocks for neurotransmitters, which transmit messages from neuron to neuron?

The primary neurotransmitters involved in mood, memory, and cognitive function are acetylcholine, dopamine, serotonin, and glutamate. Acetylcholine is important for learning, perception, and short term memory, while glutamate helps with long term memory. Norepinephrine

and dopamine are in charge of coordination and alertness. One of norepinephrine's other jobs is forming new memories and storing them for future retrieval. It also keeps you alert in times of need or stress. Dopamine is important for immune and nervous system function. Serotonin provides serenity, contentment, and peaceful sleep, while also regulating memory, learning, body temperature and appetite.

Essential fatty acids

Essential fatty acids are fats of special importance in fueling healthy growth and development, particularly in children's brain development and function. They are also necessary for the formation of healthy

cell membranes, the development and functioning of the nervous system, and for the production of hormone-like substances which regulate body functions such as blood pressure, blood viscosity, vasoconstriction and our immune and inflammatory responses.

CoQ10

Each cell of your body is an energy factory that uses chemicals and electrical charges to keep all body systems operating. One of the keys to this process is coenzyme Q10. While CoQ10 isn't the only chemical required to produce energy, it is the only coenzyme that is present in each and every cell of the body, and it is found the greatest concentra-

Nutritional Essentials

Chocolate, regular, and vanilla \$25.00 each



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JULY 2006 SPECIAL

Special Price: \$124.00
Autoship Price: \$111.60

Buy: 1 Multiple Digestive Enzyme (500 count or 7.5 ounce powder) &
1 Nutritional Essentials (chocolate, regular, or vanilla)

Receive: 1 MSM



FREE!



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tion in the heart. In addition, CoQ10 acts as an antioxidant, helping to neutralize the cell-damaging molecules known as free radicals.

Based on hundreds of studies conducted around the world, CoQ10 can be helpful for a wide variety of conditions ranging from heart disease and breast cancer to gum disease, Alzheimer's, fibromyalgia, and more. Rice bran, the primary ingredient of Nutritional Essentials, is one of the highest nutritional sources of this valuable nutrient.

Tocotrienols

The primary function of Vitamin E is as a powerful antioxidant that prevents free radical damage and enhances the immune system. There are eight forms of Vitamin E: four tocopherols (alpha, beta, gamma, and delta), and four tocotrienols (alpha, beta, gamma, and delta). The ma-

jority of research on this vitamin has centered on alpha-tocopherol, the main source found in supplements and in the European diet. Studies into tocotrienols have shown tocotrienols to be 20 to 6000 times more powerful as an antioxidant than other forms of Vitamin E. The spread of cancer cells (cell proliferation) has been studied by researchers, with results showing that the alpha- and delta-tocotrienols inhibited the spread of the cells, while tocopherols had no effect.

NCP's Nutritional Essentials contains all of these important nutrients, and more! Give your body what it needs, *Naturally!*
 1 heaping tablespoon = 9 grams
 (Approximately 46 calories)
 Each 9 grams contains:
 1.8 gr. Protein
 2.2 gr. Essential fats & fatty acids
 4.7 gr. Carbohydrates
 .3 gr. Miscellaneous dietary fibers

Nutritional Essentials Testimonial

“Nutritional Essentials has pretty much ended my fatigue. I have a lot more energy throughout the day and I don't get sick. I feel absolutely HORRIBLE when I don't take my Nutritional Essentials. I have also added some other important things into my vitamin intake, but I have to say, Natural Choice Products are all superior in quality and anyone who, especially, has MS, should be taking at the very least, Nutritional Essentials.”

To read this testimonial in its entirety please visit our website www.1inhealth.com.

Sports Injury Or Pain?

MSM is proving to have potent anti-inflammatory and pain-reducing capabilities without the potentially damaging side effects of NSAIDs. MSM works by inhibiting pain impulses along the major nervous system network that carries messages of pain from sites of damaged tissue in the body to the brain; reducing the inflammation that puts pressure on nerves and causes pain; promoting blood flow, which enhances the healing process; and reducing the muscle spasms often involved in painful conditions.



MSM 100 count- \$19.00

Golf can be a 'backbreaking' sport

Golf isn't as hard on the body as some sports, but up to one-third of golfers have been injured while playing the game. The majority of injuries come from technical deficiencies in swings that put stress on the elbow, wrist, shoulder or back, say doctors at Harvard.

Here's some advice on avoiding injuries in general and back injuries in particular:

- * Don't make up for poor mechanics by swinging too hard, which increases the chance of injury. Some golfers get the club head going as fast as 100 mph. in the downswing.
- * Consider the classic swing of Bobby Jones and Walter Hagan in which the hips turn about as much as the shoulders, and the follow through ends in a pretty straight up-and-down position. Today's golfers twist more, rotating the shoulders back by

as much as 90 degrees and hips by as much as 45 degrees. This brings more velocity to the swing, but puts more strain on the shoulders, back, and trunk.

- * Exercise for strength and flexibility of the trunk and thighs.
- * Lose weight if you're heavy.

* When addressing the ball, keep your knees bent at about 30 degrees to balance muscles of the trunk and legs.

* Allow time to warm up. Slow neck rotations, side-to-side trunk exercise, and quadriceps and hamstring stretches are a good start. Stiff hip and back muscles are often the root

causes of a flawed swing.

- * Stick to your natural swing instead of using a mixture of styles.
- * Ease back into it if you've hurt yourself. Take time off, then practice with a more lofted iron. Always chip and pitch before working up to a full swing.



* Save your back by maintaining as upright a position as possible while using a putter with a longer shaft.

* Avoid bending over with straight legs to tee up the ball or pick up your clubs.

An Itchy Situation

Swimmer's itch is a patchy red pinpoint rash that may occur on parts of the body that have been in the water. The major cause of the malady is the cercaria, an immature stage of a blood fluke common in waterfowl. This cercaria inhabits the upper few inches of a body of water, and tends to congregate near the shoreline. This grouping increases its chances of coming into contact with its preferred host, a duck, but unfortunately also increases our chances of coming into contact with it.

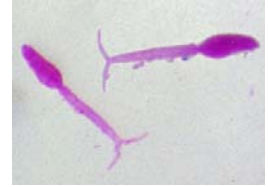
Cercaria can burrow into your skin while you are in the water, or you can carry them out of the water with you in the droplets of water clinging to your skin. These organisms will look for a place to go as the

droplets of water are evaporating, and into your skin is the only place they can go. Therefore, towel drying your body immediately after emerging from the water is vitally instrumental in reducing the chances of infection.

The good news is that this fluke can not complete its life cycle in the human body. If the parasite bores into wet human skin, it soon recognizes it's not in a duck and dies. Penetration enzymes and all sorts of waste products are released, causing intense inflammation and itching to the unintentional host after about 12 hours. Each red bump contains one dead cercaria.

If taking the precautions of

only swimming in the deeper water away from the shoreline and towel drying when emerging still wasn't enough, and you do wind up with that pesky swimmer's itch, Natural Choice Products **Amylase** can be helpful in reducing the discomfort. Acting as a natural antihistamine, Amylase can be helpful for many itchy conditions. For immediate relief, apply some of NCP's **Oxy-Gem Cream** while waiting for the Amylase to take effect.



Blood flukes: The cause of swimmer's itch.



Amylase 100 count- \$20.00

Oxy-Gem Cream-

1/2 ounce \$10.00

2 ounces \$26.00

Summer time, and the grillin' is easy ...

The temperature is warm, the breeze is cool, and everybody's hungry: It's time to fire up the grill!

Grilling out is a social event, not only for your own group, but for neighbors who are drawn by the aroma, and just "accidentally" stop by at dinnertime. Be sure to have a few extra hamburgers and hot dogs available, because this could turn out to be a party.

And it's probably going to be a healthy party too. You can serve great-tasting, in-season vegetables and fruits, just like the nutritionists always say you should.

To be certain that your techniques for a safe grilling are up to date, nutritionists at HealthSouth in Birmingham, Alabama give these instructions:

1. Wash your hands and cooking surfaces often. If you're grilling in the park, have a jug of clean water handy, and remember to pack moist towlettes and paper towels.
2. Keep all raw meats away from other foods. Wrap them before placing meats in the ice chest to prevent juices from reaching other foods. Pack fruits and vegetables separately. Wash anything you use to prepare raw meats before using them for other food.
3. If you marinate foods, do it in the refrigerator, not on the kitchen counter. Foods spoil quickly in hot weather.
4. Check the internal temperature of grilled meats with a food thermometer before serving: T-bone steaks, 115 degrees; hamburgers, 160 degrees; hot dogs, 165 degrees; chicken breasts, 170 to 175 degrees.
5. Keep those cold foods cold. Place refrigerated perishable food in an insulated cooler with several inches of ice, ice packs, or containers of frozen water. Pack drinks in a separate cooler. The beverage cooler will probably be opened more frequently.



Natural Choice Products

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We're On the Web!

www.1inhealth.com



Have you missed a few of our conference calls?

Summer is a great time to get caught up on our conference calls. You can listen to these online at www.1inhealth.com. There are CD's also available for \$5.00 each. You can purchase these by calling 1-800-626-5143, or order online at www.1inhealth.com

HAPPY 4th of July

The 4th of July is a time for the Red, White and Blue. A time for picnics, parades, and marching bands. A time for beaches, barbeques, and "Bombs Bursting in Air".

On July 4th, 1776

This great nation, the United States of America,

In a struggle for what was right and free,
Was proudly born...

May we celebrate that precious freedom
This Fourth of July!

Natural Choice Products would like to wish everyone a safe and happy Independence Day, full of celebration and joy.

Product Testimonial

Dear NCP,

I have severe MCS (Multiple Chemical Sensitivities) and the **Amylase** enzymes have been a life saver for me. When I was really sick, I took 20 capsules a day on an empty stomach and it was amazing how much I improved. If I had a reaction to something, I would take a bunch of **Amylase** on the spot and my reaction would immediately subside. The **Amylase** also greatly improved my chronic joint pain, to the point where it almost went away completely.

Probiotic Blend is another of my favorite products. After a couple of months of taking it, my face - which always had at least a few blemishes - cleared up completely and has been

clear ever since. I used the **Probiotic Blend** too when my baby and I got thrush from breastfeeding (I'd had a lot of antibiotics with a c-section.) I gave it to her with a little water in an eye-dropper and I took a lot myself. This strategy cleared up the thrush completely - no drugs! If my baby got a diaper rash I would make a paste with the **Probiotics** and her rash would be nearly gone by the next morning. Of course we also take tons of **Probiotic Blend** when we get sick. My 2 year old daughter absolutely loves the powder and I have to stop her from eating it! I'm so grateful I

have a natural remedy to get into her that she doesn't mind taking.

The **Nutritional Essentials** are also great — they taste so good and I just crave them whenever I run out.

You guys have a great line of products!

Sincerely, Rebecca Saltzburg



To read other product testimonials please visit our website at www.1inhealth.com