

Natural Choice Products

The Catalyst

June 2008

Improve Mental Clarity

Mental clarity begins with attaining good quality and quantity of sleep. The National Sleep Foundation recommends 7 to 9 hours of sleep a night for optimal health and performance. Most people fall short of this due to a hectic schedule or an inability to fall asleep.

Remember exercise is important for your brain. When you exercise, your body in-

creases circulation of blood, and oxygen and glucose to the brain.

Provide your brain with the right nutrients. Your brain requires special nutrition to perform optimally. Because your brain is mostly composed of fat, it is important to include healthy fats, essential fatty acids, such as omega 3's. Many vitamins and minerals, such as vita-



min C, vitamin E, the B vitamins, magnesium, and zinc, are essential for humans. These vitamins and minerals play an important role in brain and nervous system functions, energy production, immune system function, organ health, and cell protection. These nutrients are an easy way to provide your brain

with the fuel and building blocks required to maximize your mental clarity.

Improve your mental clarity, order your **June Special** today!

This special includes :

Cognizyme: Loaded with B vitamins and oxygen.

MSM: Detoxifies the body and increases blood circulation

Vitalase: Anthocyanins dilate capillaries and are very healthy for the circulatory system

G202: Is an enzyme enhanced capsule form of stabilized oxygen, ginseng and ginkgo. This specialized formulation was created to maximize oxygen throughout the body over a period of about 4 hours.



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Energy and Mental Clarity Special

Buy: 1 **Cognizyme** 100 count

1 **MSM** (100 count)

1 **Vitalase** (100 count)



Buy 3 get one for \$3

Get 1 **G202 100 count for \$3**

Special Price:\$106.00 Autoship Price: \$95.70

Orders over \$100 qualify for

FREE shipping

G202 may be beneficial for

- Increased mental clarity
- Headaches
- Fatigue
- Infection
- Colds/Flu

Don't let summer pass you by, get out there and walk, run or play

All through the winter you promised yourself that when warm weather came, you would start walking. Well, it's here.

Being busy doesn't cut it now. All you have to do is put your shoes on and walk out the door. Just start with a 15-minute walk. Once you do, you'll enjoy it so much that extending the time, little by little, will be a pleasure.

Another thing you will enjoy is how you will look after walking for a few weeks. Your waistline will thank you and you'll have a more toned look.

According to exercise tables, it could seem as if a few of hundred calories won't count for much when it comes to losing weight. The better part of exercising is that your body will continue to burn more calories for a time after your session is over.

As you exercise more, particularly if you add some weights to your exercise routine, you will build more muscle. Muscle burns more calories than the fat you are losing, so you will burn more calories 24 hours a day.

Doctors at the Mayo Clinic say exercise will improve your mood and calm you down when you are stressed. It promotes better sleep and a better sex life.

Exercise helps to manage or prevent chronic diseases, such as heart disease, osteoporosis, high blood pressure and breathing problems. Doctors at Duke University say walking is the magic pill for better health.

And it's fun, so get out there!

While out exercising make sure to take your **MSM** and **G2O2**! Every cell in the human body requires oxygen because it feeds and cleans the cells.

G2O2 is an enzyme enhanced capsule form of stabilized oxygen, ginseng and ginkgo. This specialized formulation was created to maximize oxygen throughout the body over a period of about 4 hours. This unique formulation

combines active oxygen technology with high quality herbal concentrates of Ginseng and Ginkgo as powerful antioxidants. Formulated to enhance cellular oxygenation and neutralize systemic free radical activity.



MSM has potent anti-inflammatory and pain-reducing capabilities without the potentially damaging side effects of NSAID's. **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. Take **MSM** after any form of exercise to help rebuild muscle as well as sooth joint pain.

Food of the month: Cold Potatoes

Cold potatoes, like those in potato salad, have an unusual benefit.

Would you believe that potatoes, cold potatoes are a good diet food? New research indicates that cold potatoes can be helpful for weight loss because they contain "resistant starch," according to Leslie Bonci, author of *A Guide to Better Digestion* from the American Dietetic Association.

Many carbohydrates, such as sugar and most starches found in hot potatoes, are rapidly digested and absorbed through the small intestine. Resistant starch, on the other hand, travels to the large intestine and acts as a dietary fiber. It works like the starches found in whole grains, fruits and vegetables.

There are three separate types of resistant starch: those found in legumes and

grains, those found in foods that are cooked and cooled such as potatoes and pasta, and starches that have been chemically modified to resist digestion. Nutritionists find that most people do a poor job in eating foods with fiber. Cold potatoes can add good fiber to their diet.



The following recipe is great for an Independence Day picnic in that it contains a little red, a little white, and a little blue with the kick of a firecracker added for good measure.

Besides containing resistant starch in its cold potatoes, it has additional fiber in the horseradish.

July Fourth Potato Salad

- 2 cups boiled red potatoes with skin left on
 - 2 cups of boiled small white potatoes with skin left on
 - 2 hardboiled eggs cut in small pieces
 - 1 tablespoon celery seed
 - 1/2 cup blue cheese crumbles
 - 3 tablespoons light mayonnaise
 - 1/2 cup natural yogurt
 - 1 tablespoon sugar
 - 5 tablespoons horseradish
 - 6 tablespoons chipotle mustard
 - 1 tablespoon of white vinegar
 - 1 teaspoon fresh ground pepper
 - 1/2 teaspoon of salt
 - 1/2 cup chives or bacon bits for garnish.
- Mix together and enjoy.

Probiotics found in yogurt and other foods promote digestive tract health, fight allergies

It's hard to avoid the TV commercials about Activia with its Bifidus regularis and other probiotics. They are good bacteria that could improve your digestive tract.

Other companies are jumping on the bandwagon with their own probiotic yogurt, fortified beverages and other products.

Probiotics work because they last a long time in the intestines, says Dr. Gary Huffnagle, a professor of internal medicine at the University of Michigan and co-author of *The Probiotics Revolution*.

The bacteria help regulate and restore the rhythmic motion of the intestines that push digested food through. It doesn't matter if you are constipated or the opposite, Huffnagle says in a recent *Time* interview. These bacteria can help to make you more regular.

His research also suggests that the bacteria can battle a number of allergies, not just food allergies. Anything you breathe is also swallowed. These beneficial bacteria can help control several allergies, not just food allergies, but more study is needed.

Plain yogurt is the best source, but chocolate and sauerkraut are also good. One company is coming out with a pro-

biotic chocolate bar.

Now while probiotics are showing up on the supermarket shelves, it takes a lot of Activia to achieve the same benefits from taking our **Probiotic Blend**.



The microorganisms in the Probiotic Blend are classified as novel in comparison with other Lactobacillus because they are the only strain found to be proteolytic, meaning the OM probiotics are very active on proteins as well as the by-products of

protein putrefaction. This allows the bacteria to accomplish the breakdown of undigested proteins, making nutrition readily available to the body while helping to render potential toxins inert. In considering that viruses and bacteria are encased in a protein shell, our bacteria has the ability to directly attack pathogenic organisms.

NCP's Probiotic Blend is a superior probiotic that has been patented. Allowable Patent Claims:

1. An L. Plantarum, OM Strain having proteolytic activity.
2. An agent having anti-tumoral capability comprising L. Plantarum, OM Strain.
3. The L. Plantarum, OM Strain re-

duces tumor size in a Sarcoma 180 tumor model.

4. An agent having anti-viral capabilities comprising L. Plantarum, OM Strain.

5. The agent L. Plantarum, OM Strain wherein the anti-viral capability includes screening a pharmaceutical agent to determine where the pharmaceutical agent has any anti-retrovirus activity.

6. The agent L. Plantarum, OM Strain wherein the anti-viral capability includes anti-retrovirus activity.

7. The agent L. Plantarum, OM Strain wherein the anti-retrovirus activity includes altering the disease pattern for a retrovirus selected for the group consisting of the Rauscher Virus, Human Immunodeficiency Virus (HIV), and T-Lymphotropic Virus.

8. A nutritional supplement wherein the L. Plantarum, OM Strain, can be maintained in a human gastrointestinal system.



Probiotic Blend
100 count: \$53.00

Probiotic Blend
2oz. powder:
\$51.00

A summer benefit Good for your knees:

Walk barefoot or wear your flip-flops

Mother nature had shoeless cavemen in mind when she designed your feet.

Researchers in Rheumatology at Rush Medical College say going barefoot is still a good idea, especially when you're walking on the beach, anywhere you won't step on something sharp or around the house.

The doctors studied people with knee arthritis to determine how various kinds of shoes affected the load on their knees. Participants walked barefoot or wore a Dansk clog, a Brooks Addiction

stability shoe, a Puma H-Street (a flat, flexible walking shoe) or flip-flops.

The stability shoes showed a 16 percent higher load on the knees than walking barefoot. The Puma walking shoes and the flip-flops produced lower knee loads, which were comparable to walking barefoot.

Shoes that allowed the natural foot motion and flexibility appeared to be more beneficial in terms of knee loading.

Najia Shakoor, who led the

study, says shoes have always been designed for foot comfort. Little attention has been directed to the effect shoes may have on the knees, especially osteoarthritic knees. Knee loads play an important role in the progression of knee osteoarthritis.

The same team of researchers previously showed that walking barefoot significantly decreased the load on the knees and hips compared with wearing walking shoes.

Some shoe companies have



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A summer benefit Good for your knees: *continued from page 3*

taken these studies very seriously. Nike now has a line of running shoes called Nike Free that are designed to have the same feel and knee load as running barefoot.

Going shoeless or on stocking feet is still a good choice wherever it is appropriate.

Going barefoot, or in sandals may be good for your knees, and keep you cool in summer, but can leave your feet rough and unattractive.

Stock up on Oxy-Gem or Herbal cream



today!. Keep your feet healthy and looking good!

Oxy-Gem Cream delivers valuable nutrients into the skin and returning it to its natural equilibrium, regain elasticity and efficiently rebuild healthy cells.

Herbal Cream can be applied liberally to burns, bites, abrasions and contusions, and has been found to help reduce the symptoms of pain and reduce the time

it normally takes for the skin to heal from these types of problems.



Oxy-Gem Cream:

1/2 oz.- \$12.00

2 oz.- \$28.00

Herbal Cream:

1/2 oz. \$16.00

2 oz. \$47.00



Back Office (self replicating websites) Q&A

What is the back office system?

The Back Office System is an invaluable resource for our Associates to manage their NCP business. Associates are able to view their past commission statements, view their downline, find out if any new customers have placed orders and much more.

Can choose my own URL (website name)?

Yes. You can choose what you would like your website to be named, but it will also contain ncpweb.com. An example is if you wanted your site to be your name, your URL would be

www.yourname.ncpweb.com.

My customers are ordering from my personal website and when they proceed to checkout the screen acts like it is frozen and they are not able to proceed, why is this happening?

When customers are placing orders and are in the shopping cart, once they have entered in their address, they must **ALWAYS** click the link that says "click here after entering in your zip code." If this link is not clicked they will not be able to proceed.



Natural Choice Products Holiday Hours

NCP will be closed on Friday, July 4th. If you have an Autoship that falls on July 4th-6th, they will be released Thursday July 3rd. If you need to make any changes to your Autoship please call or email us at customerservice@naturalchoiceproducts.net before July 2nd. If you need to place an order over the weekend, please visit our secure online shopping cart at www.linhealth.com.

Visit us online www.linhealth.com

Testimonials • Secure online shopping • Detailed product information •
Newsletters • Past conference calls