

The Catalyst™

MARCH 2009

THE 'INWARD' SOLUTION

Do you ever get the feeling that the diseases we discover are not new, that we are just naming chronic, degenerative conditions that are multiplying year by year with no treatment in sight?

Fifteen percent of the U.S. gross national product goes toward health care. But only *one percent* of the National Institute of Health's annual budget is dedicated to research for disease prevention.



Physicians are successful in curing *less than 10%* of the diseases they are called upon to treat. Is this because so many diseases are incurable or could it be that physicians are only called upon to treat symptoms? Drugs always have side effects (taking too many or too much of any medicine is dangerous and could be life threatening,) and preventive medicine is basically in the patient's hands. Everyone must be their own advocate – at the doctor's office *and* the health food store.

Take Fibromyalgia, for example. It is an ever-elusive syndrome (meaning that it is a cluster of symptoms.) It has also been described as a somatized (symptoms which are medically unexplained) functional disorder. Pain in extremities and soft tissues are a major component of Fibromyalgia. Fatigue is a constant complaint for many, and the condition is often mistaken for others such as Chronic Fatigue Syndrome or Lupus. Also, doctors have told many it is "all in their head" because there is no definite cause or solution to this dilapidating illness.

Because these symptoms are intangible – there may be extreme back pain, but with no inflammation - we need to work with the *Inward Solution – Clean the Body, Feed the Body*. If you or someone you love are living with this frustrating illness, why not see if what has helped others can help you, too? Don't hesitate to call NCP for more information and watch for our upcoming article on pain syndromes. And remember – be your own coach *and* cheerleader!

Natural
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Products

Information in this newsletter and on the NCP web site 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.

customerservice@naturalchoiceproducts.net

See Enzyme

The "Oatmeal Demo" is an easy way of witnessing what food would normally go through during pre-digestion, provided that the food was in its raw, natural state.

- ▲ *make a packet of instant oatmeal (regular works, too)*
- ▲ *spoon an equal amount into two glasses*
- ▲ *open two enzyme capsules and pour into one of the glasses*
- ▲ *stir each glass for about 30 seconds*

(Important) Do not use the same spoon. The potency of NCP Digestive Enzymes is such that even the *smallest* amount will make a difference in the outcome of the demonstration.

You should be able to see action immediately in the glass with enzymes. It will essentially liquefy, whereas the glass with no enzymes added will turn out like you'd expect – well stirred oatmeal!

This demonstration is intended to show how essential enzymes are for pre-digestion. Oatmeal and other grains consist primarily of complex carbohydrates, which the Amylase in the **Multiple Digestive Enzymes** breaks down into simpler components to be used as energy. But what about the other enzymes included in this formula? Read on...!



Multiple Digestive Enzymes

100 cnt. \$19.00

500 cnt. \$90.00

7.5oz Powder \$90.00

autoship price

100 cnt. \$17.10

500 cnt. \$81.00

7.5oz Powder \$81.00



Gastric Digestive Enzymes

100 cnt. \$19.00

autoship price

100 cnt. \$17.10



Heartburn? Indigestion? Call (800) 626-5143

Enzymes in Action!

Eliminate Indigestion And Improve Nutrition

Protease, for protein, Cellulase for dietary fiber, Lipase for fats and oils, and Lactase for dairy products are all included in the **Multiple Digestive Enzymes**, helping our bodies to break down the foods we ingest and to assimilate the nutrients contained. The **Gastric Digestive Enzyme** formula, created for people with ulcers or gastritis, omits the Protease, as it may be a source of irritation to a damaged, exposed stomach lining. Created to address more than symptoms, healing is also promoted with herbs that aid and soothe the digestive process.

NCP customers are given an abundance of in-depth information, crucial to understanding how enzyme formulas have helped relieve and even eliminate indigestion. Imagine being completely free of the need for gastric medications! Many use the **Gastric Digestive Enzymes** as a stepping stone to the **Multiple Digestive Enzymes** – a formula everyone can benefit from! The body inadequately completes digestion on its own because foods are only exposed to pancreatic enzymes after they leave the stomach. Nutrients can't be absorbed when food is broken down this late in the process.



Chewable Digestive Enzymes
100 cnt. \$17.00
autoship price
100 cnt. \$15.30

FACT

When a raw food or food predigested with supplemental enzymes is ingested, the chyme from the stomach is released into the small intestine and absorbed into the bloodstream. This notifies the body that less pancreatic donation is needed, thereby avoiding pancreatic hypertrophy and digestive leukocytosis.

Special Enzyme Offer on Back Page!! www.linhealth.com



March Special

Buy:

1 - 500 cnt Multiple Digestive Enzyme \$90.00

1 - Nutritional Essential \$25.00

OR

1 - Vegesential \$28.50

\$115.00

Autoship Price \$103.50 or \$106.65 or \$118.50

Free



Probiotic capsules or powder

Offer Expires 3/31/04

1-800-626-5143

NCP commits itself to optimum health and is pleased to offer this special. 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.

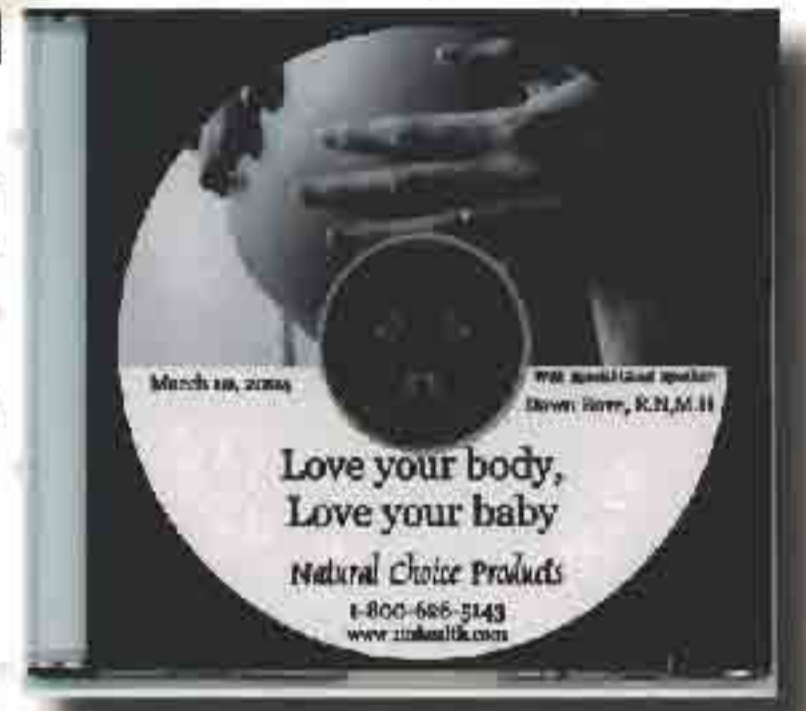
MISSED THE CONFERENCE CALL?

Are you are unable to participate in our conference calls? Did you miss a call that interests you? Or, maybe you'd just like to review. We have the solution. For approximately 2 weeks following a conference call we offer playback by phone. The calls are also recorded to compact discs that are available upon request. Additionally, for your convenience, the calls are available on our website for immediate access.

Love your body, Love your baby

Did you miss March? We featured an inspiring call by one of our personal favorites, Dawn Bove, R.N., M.H. As a Registered Nurse and as a woman who has children herself, Dawn knows the importance of feeding and nurturing your body before, during and beyond the critical months of pregnancy.

Would you like to hear this or another call? It's not to late! Please, don't hesitate. Contact us at: 1 800 626-5143



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