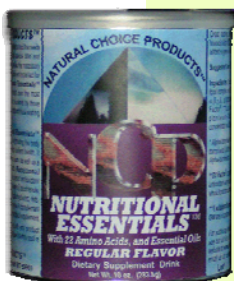




May 2008

The Catalyst



Heart Healthy Nutritional Essentials

Nutritional Essentials has long been known for its ability to boost brain function, and assist in fighting degenerative disease conditions, and it is also known for supporting your cardiovascular system.

Why is *Nutritional Essentials* good for the heart? It contains loads of essential and non essential fatty acids. Our body requires the essential fatty acids, but our diet may include a variety of damaging processed fats. When oils are highly processed, they are partially converted to a different configuration called trans fats which do not break down and process in the same manner as the essential fatty acids. These fats create a tremendous amount of free radicals which increase the risk of developing heart disease and interfere with normal immune function.

The body does not burn the essential fatty acids for energy, but rather for special functions necessary for good health and survival. Good health is in part dependent on a proper balance of the different types of essential fatty acids. Minute amounts can cause significant changes in blood pressure, blood clotting, cholesterol levels, inflammatory responses, allergies, hormonal activity, immune function, and neurological function. Omega-3, one of the essential fatty acids in the *Nutritional Essentials*, plays a significant role in reducing the risk of coronary heart disease. There is evidence that a deficiency of Omega-3 is associated with various skin disorders, arthritis, joint stiffness, prostate problems, irritable bowel syndrome, premenstrual syndrome, depression, phobias, and

schizophrenia. A deficiency of another essential fatty acid, Omega-6, may result in eczema, premenstrual syndrome, breast pain and lumpiness, inflammation, autoimmune disorders, hyperactivity in children, and hypertension.

The omega 3's found in *Nutritional Essentials* have been shown to decrease risk of arrhythmias, which can lead to sudden cardiac death, decrease triglyceride levels, decrease growth rate of atherosclerotic plaque, and lower blood pressure.

Omega 3's can also be found in many food sources such as:

Fish- mackerel, lake trout, albacore tuna, salmon, herring, and sardines.

Nuts/legumes- canola, flaxseed, walnuts, soybeans, navy beans and their oils.

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- Soups on!
- Boost energy naturally
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May 2008 Special

Buy **1 Multiple Digestive Enzyme** (500 count or 7.5oz. Powder) & **1 Nutritional Essentials** (chocolate, regular, vanilla, or vegesentials)



Get **1 Probiotic Blend** (100 count or 2 oz. powder) **for only \$3**



Special price: \$133.00 Autoship price: \$120.00

Save \$50



Liven up your soups with **Nutritional Essentials** (regular flavor) and **Vegesentials!**

Nutritional Essentials
10oz. \$28.00
Vegesentials
10 oz. \$31.00

Soup! Hot or cold, it makes a healthy, tasty meal

Homemade soup is a traditional favorite. It's great in winter, but the hot or cold soups of summer are good too.

No time to prepare? Bean and split pea soups are nutritious right from the can and have a high fiber content. Add nonfat milk instead of whole milk or cream. For all processed soups:

- Look for low sodium content. Many canned, dried, frozen, and boxed soups contain more than 1,000 mg per cup.
- Cream soups are usually high in fat content. Look for those that have no

more than 3 grams of fat per cup.

To make your own quick soups: Combine broth with canned tomatoes, pasta, vegetables, and beans for a nice minestrone. Season with oregano or thyme. Canned chicken noodle soup has about a teaspoon of chicken per can. If you add leftover or canned chicken to the mix, you have a better meal. With vegetable or vegetable beef soup, add canned or cooked frozen vegetables plus leftover roast beef.

Cold soups are perfect for a hot summer's day. Here's the recipe for a classic cold Spanish soup:

Gazpacho

Chop, then place in a blender: 1/2 lb. ripe or canned tomatoes, seeded; 1 Bermuda onion; 1 t garlic powder; 1 green or red pepper; and 1/4 C white breadcrumbs soaked in 1 T wine vinegar. Puree. Put in a large bowl and beat in 2 T olive oil, salt, and pepper. Add enough tomato juice to make the soup fairly thin. Chill for 3 hours. Place in a soup tureen in the center of the table. Provide accompanying bowls of fresh chopped tomatoes, green peppers, onions, and cucumbers that can be added by each person.

Boost your energy naturally

Citrus

Snack on citrus fruits: They're rich in vitamin C, a powerful nutrient that can have an antioxidant effect 20 minutes after you eat it. If you prefer juice, choose one with pulp for more fiber.

Dark Honey

Replace the white sugar in your tea with a dark honey like buckwheat honey, which your body processes more slowly. Honey can also be taken by itself, or drizzle over your cold cereal. The darker the honey, the more nutrients it has. Honey facilitates in maintaining blood sugar levels, muscle recuperation and

glycogen restoration after a workout.

Beans

Eat a quarter cup of beans such as pinto or black beans for a low-calorie source of slow, steady energy.

Trail Mix

Make a trail mix out of your favorite nuts and seeds. Use things like walnuts, pistachios, cashews, almonds, and pumpkin and sesame seeds, raisins, and a little bit of dark chocolate. Include as much or as little of each ingredient as you like, but eat just one handful of the mix-you'll get sustained energy without too many calories.

Berry Juice

Mix 4 oz. of dark berry juice-like grape, pomegranate, cherry, blueberry, or black currant-with 4 oz. of water, diluting the juice helps keep sugar levels down. Look for a brand with low sugar content. Or opt for fresh dark berries! Not only do they provide energy they contain high levels of anthocyanins which work as antioxidants to help fight free radical damage in the body and give berries their deep dark color.



When it comes to sun exposure, what you don't know can hurt you



The good advice about staying out of the sun between 10 a.m. and 4 p.m., as well as wearing sunscreen, are pretty well known. Doctors at the Mayo Clinic, however, say there's more to sun protection than that.

* The ultraviolet rays of the sun can bounce off water, sand, ice, snow and other reflective surfaces. A wide-brimmed hat can protect your head, but your face and neck are still at risk from reflected ultraviolet rays.

* The color of your clothes affects the absorption of the sun's rays. Darker clothes absorb the UV rays. Tightly

woven fabrics such as denim knits, which allow the sun's rays to seep through between the threads.

* Whether your sunglasses are dark or not, they won't stop ultraviolet rays unless the manufacturer's label says they will. They should block 99 percent to 100 percent of all ultraviolet light.

* Having a dark skin color does not protect you from skin cancer. The American Academy of Dermatology recommends that people of all skin colors take precautions against sun exposure.

* About 90 percent of the

sun's ultraviolet rays can and will pass through the clouds. Follow sun-protection advice even when the sun isn't shining.

* Proper use of sunscreen is a tricky task. If you normally burn after 20 minutes in the sun, SPF 15 should keep you safe for 15 times that long, five hours.

But sunscreen protection weakens with time, especially on a humid day. Sweating will also weaken its protection. It's best to reapply sunscreen every few hours and right after swimming.

Another reason to get going

Seems like every day you hear a new reason to exercise. Add this to your incentives to do it: You'll have longer telomeres. Telomeres are caps at the ends of chromosomes, which tend to shorten as people age. Who needs them? Anybody who wants fewer wrinkles, stronger muscles and more resistance to disease. Studies by the University of Medicine and Den-

tistry of New Jersey and elsewhere show that people who exercise the most have longer telomeres. Authorities at the National Institute on Aging say the finding is "provocative."



"Due to the space-age materials used in making this model, this one collects less dust than other exercise equipment."

A caution on flavored waters

They look good, taste good and are hydrating. But some have almost as many calories as a bottle of regular soda. And the sugar and fructose corn syrup sweeteners are absorbed differently.

Purdue University reports that when two groups were fed the same number of calories from jelly beans or drinks, the candy group compensated by eating less, but the soda group gained weight.

Don't depend on flavored waters that are fortified with vitamins, herbs, minerals and caffeine. Some have no studies backing up their claims. Others may take you over the recommended daily allowance when combined with food and a daily supplement.

If you must have water in a bottle, plain water is good enough on its own.

