

The Catalyst

May 2006

Natural Choice Products

Culturing Your Foods - As Easy as ABC

By Angela Elliot

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What is cultured food?

Raw cultured foods are unheated and fermented using a friendly bacteria to help proliferate lactobacilli, healthful micro-flora. This healthful bacteria helps to break down sugars and starches in our bodies, aiding the intestines and pancreas in proper digestion. Cultured foods help to repopulate the digestive tract, help the body to be more alkaline, and greatly decrease cravings for sweets or desserts. Cultured foods are "super foods" because they are partially digested, so the nutrients are readily available with little work for your body and they actu-

ally add to the enzyme stores of your body.

They help restore balance if your body is in a toxic, acidic condition. Besides providing an abundance of friendly bacteria, these enzyme-rich foods are a high-quality, alkaline, expansive food, which balances out the foods that make us crave acid-forming sugars.

I learned how to make amazing nut and coconut cultured yogurt from a wonderful man and health educator, Lou Corona. Lou specializes in the use of high caliber enzymes, probiotics, and healing herbs. He first discovered their benefits over 30 years ago, allowing him to fully recover from a tumor, chronic



asthma, acne, arthritis, and chronic constipation. He believes a raw food diet, high in enzymes and probiotics is the key to longevity.

Here's how you can turn your favorite nuts, seeds, and coconuts into beneficial yogurt:

Blend one cup of your favorite raw nuts or raw seeds (soaked in pure water for 24 hours and drained) with one cup of pure water.

Continued on page 2



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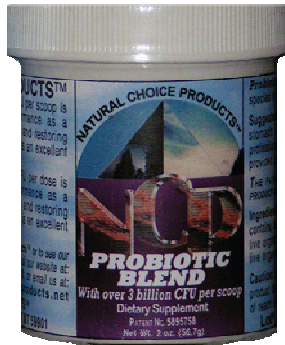


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Culturing Your Foods *Continued*

Add 1/2 teaspoon of probiotic powder (I recommend **Probiotic Blend powder** from Natural Choice Products). Blend the mixture until smooth. Pour mixture into a sealable container and allow to stand covered with a paper towel for three hours. This process allows the mixture to culture.



Probiotic Blend Powder 2oz.
\$50.00

Coconut yogurt

Blend 1 cup of coconut meat (from a young coconut, found in Asian Markets) with one cup of the

young coconut water. Add 1/2 teaspoon of probiotic powder. Blend the mixture until smooth. Pour into a sealable container and allow mixture to stand covered with a paper towel for three hours. This process allows the mixture to culture.

Young coconuts contain high amounts of electrolytes and Nature's purest water, while the meat contains essential fatty acids that fight candida and en-

hance our overall health.

You can use these cultured yogurts as a base for your favorite salad dressings, dips and smoothies, or just eat the yogurt plain.

Now you can see how easy it is to include cultured foods into your daily regime and start reaping the amazing health benefits.

Why not give it a try and see for yourself?

--Angela Elliott is the owner of *Celestial Raw Goddess*® & *Nut Free Cuisine*®

May is Allergy and Asthma Awareness Month

Breathing should be about the easiest thing you can do, but for some people it isn't. Cases of allergies are on the rise in the U.S. Whether you call it rose fever in the spring, hay fever in the fall, or year around sensitivity to many other things, an allergy can make breathing very difficult.

Some relief from tree and plant allergies is found in simple steps, such as keeping windows closed and staying

inside when pollen counts are high. For most sufferers, it takes medications designed to stifle allergic reaction, many of which are available without a doctor's prescription.

To read all of our allergy/asthma testimonials along with other customer testimonials please visit our website www.1inhealth.com

NCP's Answer: People who suffer from airborne allergies are experiencing histamine reactions. **Amylase acts** as a natural histamine blocker, which can be very beneficial in relieving hay fever, asthma, sinus conditions, rashes, hives, insect bite reactions, and other allergy-related symptoms.

Amylase: The must-have for allergy season.

Female Enhancement Cream: What Can It Do For You?

There is much evidence that many women suffer from reduced levels of progesterone. Keeping progesterone levels at optimum levels can help fight depression and anxiety, increase sexual libido, prevent bone loss, fight wrinkles and brown spots, help cellular oxygenation, alleviate insomnia, control acne, reduce premenstrual discomforts, protect against breast fibroids, reduce hair thinning, reduce

hot flashes, facilitate normal thyroid function, and much more.

WHY NATURAL PROGESTERONE ONLY?

Synthetic progesterone (progestin) simply does not perform the same functions in the body. It can even lower your levels of progesterone. Natural progesterone is a precursor to many other hormones in your body, so

it is important that it be used in its natural form.

WHAT ABOUT PMS?

Estrogen dominance is usually linked with PMS. In the earlier days of the cycle and just before it begins, progesterone levels are usually low while estrogen levels are beginning to increase. Applying progesterone cream is one sure way of balancing

Female Enhancement Cream *continued from page 2*



Female Enhancement Cream- \$25.00

use it every day, excluding the days of menses.

WHAT ABOUT MY EMOTIONS?

Most women notice a stabilizing of their emotions when they get their progesterone levels up to where they should be, especially if they have been a victim of estrogen dominance. Some women actually report a feeling of

out the estrogen dominance. Numerous benefits can be gained by using a progesterone cream during the month. The usual suggestion is to

use it every day, excluding the days of menses.

well-being or euphoria. For this reason, it has been nicknamed 'the happy hormone'.

SHOULD I USE PROGESTERONE CREAM IF I AM ON BIRTH CONTROL PILLS?

Birth control pills contain progestins (synthetic progesterone). It is not recommended to take synthetic and natural progesterone together

DO WOMEN WITH HYSTERECTOMIES OR POST-MENOPAUSAL WOMEN STILL PRODUCE HORMONES?

A hysterectomy can be described as instant menopause. What is not really understood by most people is that the body continues to produce

about 40% of the estrogen it had been producing before menopause or hysterectomy, even through the ovaries have been removed. However, progesterone levels decrease more severely. The symptoms usually attributed to low estrogen may really be due to a lack of progesterone. Women who are in this category seem to notice the benefits of natural progesterone much more rapidly than those who are still menstruating.

WHAT ABOUT OSTEOPOROSIS?

It is known that as many as 75% of women living in the United States eventually develop osteoporosis. Fortunately, progesterone can stop and may even reverse pre-existing bone loss.

Make the most of this year's strawberry season

There's more to those juicy red fruits than dessert. Many ancient people thought they had magical powers. The Romans believed strawberries could cure just about everything.

Mythical healing powers aside, the ancients were still on the right track. Strawberries can be responsible for some great health benefits.

A compound called ellagic acid is one of the most potent cancer fighters Mother Nature ever created. Studies at Ohio State University show that ellagic acid detoxifies carcinogens. If you have cancerous cells anywhere in your body, the ellagic acid ferociously attacks, helping your immune system destroy them.

The California Strawberry Commission says, pound for pound, strawberries have more Vitamin C than or-



anges. Just 8 strawberries supply 140 percent of the daily need for Vitamin C plus fiber and folic acid. Here are some delicious ways to use them.

- Puree cleaned strawberries in a blender until almost smooth. Mix in a little sugar and a teaspoon of lemon juice. Serve over ice cream, pudding, short cake, or pound cake.

- Beat softened cream cheese with enough milk to make a mixture of dipping consistency. Blend in crumbled blue cheese. Makes a wonderful dip for berries.
- Mix halved strawberries and chunks of honeydew melon with a spoon of lime juice and candied ginger. Sweeten with honey.

Strawberry Napoleons

Thaw a half sheet of puff pastry to make six rectangles. Bake at 400 degrees for 15 minutes. In a bowl whisk 1 C milk, 3.4 oz. instant vanilla pudding mix, 1 t almond extract, 1 C whipped topping. Refrigerate.

Cut pastry in two. Cover the bottom half with almonds, then the pudding mixture, then sliced strawberries. Top with remaining half of pastry. If desired, cover with sauce: 1 pint berries blended with sugar and lemon juice. Serves six.

Use fresh strawberries for a natural tooth whitener

To whiten teeth faster and cheaper, crush one strawberry (has malic acid) to a pulp, mix with 1/2 teaspoon baking powder, spread on teeth and leave for 5 minutes, then brush with toothpaste.

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Is Supplemental HCl Necessary?

Many people have asked over the years why NCP's **Multiple Digestive Enzymes** don't contain hydrochloric acid, or HCl.

Since the long-term use of supplemental HCl may result in reduced stomach output of acid, it is advised for short-term use only. The body makes its own HCl from hydrogen and chloride it pulls from the foods we eat. If a food is predigested, either with the help of the enzymes contained in the food or with food enzymes taken with the meal, these nutrients are easier for the body to find and use. Enzymes can help your body to produce HCl!

We believe that you shouldn't supplement with something the body should be making on its own. Some may argue that the body should be making enzymes on its own. It does, but it also was designed to get enzymes from the foods that we eat. Our enzymes are simply replacing the enzymes that are no longer as prevalent in the foods we consume.

If there's a problem with your body

making hydrochloric acid, and you're taking hydrochloric acid, you're not getting to the root of the problem.



Our hope is that with our enzyme program, you can avoid the need for your body to need that supplemental HCl. Try our program first, and if your body still can't produce enough hydrogen and enough chloride to make HCl, you may then choose to supplement with extra. Our hope is that you never

get to that point, but if you try an HCl product first, you may never know if your body could have made its own with the help of NCP.

Some of the symptoms of HCl deficiency include:

- *Bloating or distension after eating
- *Diarrhea or constipation
- *Flatulence after eating
- *Heartburn
- *Indigestion
- *General discomfort or unease
- *Multiple food allergies
- *Prolonged sense of fullness after eating

Some conditions caused by HCl deficiency may include:

- *Chronic candida
- *Abnormal intestinal flora
- *Dilated capillaries in cheeks and nose
- *Iron deficiency
- *Undigested food in the stool
- *Adult acne
- *Weak, peeling fingernails



Multiple Digestive Enzymes

500count \$99.00

7.5 ounce powder \$90.00

100 count \$21.00