

May 2007

The Catalyst

Natural Choice Products

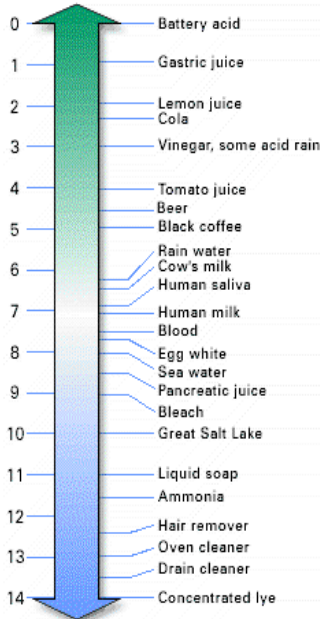


Drum Roll Please!!!



The Back Office System is up and running!
Associates, sign up today for this wonderful business building tool! More on page 2!

What is pH, and How Does it Affect Me?



PH is the abbreviation for "potential hydrogen". The pH of any solution is the measure of its hydrogen-ion concentration. The higher the pH, the more alkaline and oxygen rich the fluid is. The lower the pH, the more acidic and oxygen deprived the fluid is. The pH range is from 0 to 14, with 7.0 being neutral. Anything above 7.0 is alkaline, and anything below 7.0 is acidic.

The ideal pH for human blood is 7.4. Having a blood pH of above or below the range of 7.35 to 7.45 means the body is heading toward disease. If it moves to much more than 7.8 or below 6.8, your cells stop functioning, and you die.

An imbalanced body pH is really that dangerous?

Yes, it can be. Nothing does well in an overly alkaline or acidic pH, especially the human body. Just as acid rain destroys a forest and alkaline wastes can pollute a lake, an imbalanced pH continuously corrodes body tissue, eating into veins and arteries, and potentially damaging vital organs. Damage of the vital organs can lead to many health problems such as high blood pressure, arthritis, strokes, and many diseases, including cancer.

What causes an imbalanced pH?

What we eat and drink directly affects our body's pH, and the Standard American Diet seems designed to cause that imbalance! Meat, eggs,

grains, coffee and tea, beer, wine, pop, and refined foods all promote an acid state in our body's fluids. Conversely, consuming a diet consisting mainly of fruits and vegetables tends to be alkalizing to the body. We can remain in good health by consuming a diet that is 70-80% alkaline and 20-30% acid.

What are some symptoms of an unbalanced pH level?

Insomnia, water retention, migraines, moodiness, loss of stamina, arthritis, weight gain, diabetes, hair loss, and hormonal imbalances all have the common contributing factor of an unbalanced pH. This list is just the tip of the iceberg on what such imbalances can lead to. Get your body in bal-

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May 2007 Special

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Buy: 1 **Cognizyme** 100 count
1 **Nutritional Essentials** (Chocolate, Regular, Vanilla, or Vegesentials)
1 **Probiotic Blend** (100 count or powder)

Get 1 Liquid Stable Oxygen for \$3



See page 3 for the benefits of Liquid Stable Oxygen

Special Price: \$113.00 Autoship Price: \$101.70

Back Office System

What is the Back Office System?

The Back Office System is an invaluable resource for our Associates to manage their NCP business.

What can I use this system for?

On this system you will be able to view the following:

Past orders

New customers for the month

Personal and Group Volume

Personal Commission check amounts

Genealogy Reports

Downline Contact Information

You will also be able to enroll new Customers and Associates. Perhaps the most valuable feature, you will be able to customize your own website and refer future customers to this site where they are able to order products. When orders are placed on your website your new Customer/Associate will be automatically enrolled under your ID number.

Is this system easy to use?

The Back Office System is very user friendly. If at any time you have any questions about setting up your site, or would just like someone to walk you through the process, you can call our customer service department and they will be able to assist you with any questions you may have, or email us at aimee@naturalchoiceproducts.net

What is the difference between the portal site and the self replicating site?

The Portal Site is used by the Associate to manage their business and their personal website. The self replicating website is where your customers will be directed for placing orders.

Is There A Fee To Use The Back Office System?

There will be a minimal monthly charge for this service. Commission checks that are greater than \$100.00 but less than

\$500.00 will be assessed a \$7.00 check processing fee. The fee for checks greater than \$500.00 is \$10.00.



Screen shot of self replicating website where new customers can be referred for placing orders.



Screen Shot of Enrollment Screen.

Screen shot of Back Office Portal Site

This tab allows you to see downline information.

Here you can view current and past orders

This tab allows you to view current and past commission checks

My Profile allows you to personalize your website with contact information, pictures, or any other details you would like your customers to know about you.

Personal & Group Volume for the month

Be on the look out for our new catalog!
You currently have day(s) remaining to [renew your account!](#)

Welcome To Natural Choice Products

Welcome Associate

NCP is committed to providing you, the associate, with a realistic business opportunity through the marketing of products that have been manufactured to exacting standards, and made of the highest quality natural ingredients. NCP will always strive to promote improved and sustained long-term health through the educated use of natural products enriched with active enzymes.

Management philosophy looks to build leaders

NCP recognizes that independent associates are the heart and soul of its

pH Continued from page 1



ance, starting today! Change your diet, eat more fruits and vegetables, drink plenty of water, and incorporate Natural Choice Products into your daily routine!

What products should I take?

NCP's foundational products are formulated to get your body in balance. These foundational products consist of the **Multiple Digestive Enzymes, Vitalase, Nutritional Essentials, Probiotic Blend,** and the **Superfood Supplement.**

“What we eat and drink directly affects our body’s pH, and the Standard American Diet seems designed to cause that imbalance!”

If you are on the acidic side of the pH spectrum, the **Liquid Stabilized Oxygen** and **Coral Calcium** can be very helpful in restoring alkalinity to your blood-

stream. Your body will thank you for it!

**FREE UPS
Ground Shipping**

On all orders over \$100

Continental US only

Acidic Foods

- Corn
- Lentils
- Olives
- Winter Squash
- Barley
- Corn
- Flour,
- Oatmeal
- Rice (all)
- Wheat
- Most Beans
- Peanut Butter
- Peanuts
- Legumes
- Fish
- Lobster
- Mussels
- Organ Meats
- Oyster
- Turkey
- Tuna
- Shrimp
- Shellfish
- Canola Oil
- Corn Oil
- Butter
- Olive Oil
- Corn Syrup
- Sugar
- Beer
- Hard Liquor
- Spirits
- Wine
- Catsup
- Cocoa
- Coffee
- Mustard
- Pepper
- Soft Drinks
- Vinegar
- Aspirin
- Tobacco
- Butter
- Cheese
- Cheese, Processed
- Ice Cream
- Ice Milk
- Peanuts
- Pecans
- Tahini
- Walnuts
- Lard
- Safflower Oil
- Sesame Oil
- Sunflower Oil
- Crackers, soda
- Pasta
- Currents
- Cranberries
- Blueberries
- Carob

Alkaline Foods

- Alfalfa
- Barley Grass
- Beet Greens
- Beets
- Broccoli
- Cabbage
- Carrot
- Cauliflower
- Celery
- Cucumber
- Dulce
- Edible Flowers
- Garlic
- Green Peas
- Lettuce
- Mushrooms
- Onions
- Peppers
- Pumpkin
- Radishes
- Spinach, green
- Spirulina
- Sprouts
- Sweet Potatoes
- Tomatoes
- Apple
- Apricot
- Avocado
- Banana
- Berries
- Cantaloupe
- Coconut, fresh
- Grapes
- Grapefruit
- Honeydew
- Melon
- Lemon
- Lime
- Nectarine
- Orange
- Peach
- Pear
- Pineapple
- Raisins
- Raspberries
- Rhubarb
- Strawberries
- Tangerine
- Tropical Fruits
- Watermelon
- Almonds
- Chestnuts
- Tempeh
- Tofu
- Whey Protein Powder
- Stevia
- Chili Pepper
- Cinnamon
- Curry
- Ginger
- All herbs

Liquid Stable Oxygen

What is Liquid Stable Oxygen?

Liquid Stable Oxygen is dissolved oxygen bound with minerals, using a method that allows the oxygen to release once it is consumed by the body.

Why is Liquid Stable Oxygen an important part of the diet?

Our bodies are starved for oxygen on a daily basis. Some contributors to such starvation are:

Stress-During emotional stress, adrenaline and adrenaline related hormones are created. The body must use oxygen to metabolize these hormones. That is why it is so important during stressful times to take deep breaths to oxygenate the body.

Improper diet- Saturated fats, processed foods, and foods high in sugar content all

reduce the amount of oxygen in the blood stream.

Lack of exercise- Exercise, along with breathing exercises, increases the metabolic rate and the body's intake of oxygen.

What are some of the symptoms of an oxygen deficiency?

- Body weakness and fatigue*
- Poor circulation*
- Poor digestion*
- Dizziness*
- Depression*
- Muscle aches and pains*
- Memory loss*

What can I expect if I start taking oxygen?

When our cells are energized with stabilized oxygen, our body's oxidative processes are revved up. We are able to extract and use more vitamins, minerals, amino acids and other nutrients from our natural food sources, as well as from our dietary supplements. Our immune systems are strengthened.

When oxygen purifies our blood stream we can effectively oxidize and flush out harmful wastes, and we are able to fight off and eliminate toxic invaders such as bacteria and viruses.



For more information on Liquid Stable Oxygen please go to www.1inhealth.com.



Take care of your skin this summer. Log onto www.1inhealth.com for NCP's line of nutrient skin creams. NCP's Herbal Cream shown above 1/2 ounce \$16.00 2 ounces \$47.00

May is National Melanoma/Skin Cancer Awareness Month

Did you know?

- Over 1 million people are diagnosed with skin cancer each year
- One bad burn as a child doubles the risk factor of the child getting melanoma later in life
- 90% of skin cancer is caused by overexposure to sun
- People with red or blonde hair are at higher risk of developing skin cancers

- Skin cancer is one of the most preventable cancers of all the cancer types

Ways to protect your self:

- Cover up with clothing- protect ex- posed skin
- Wear a hat- this will protect not only your head and face, but neck as well
- Wear wrap around sun-



glasses that block UVA and UVB rays

- Stay in the shade- under trees, umbrellas or what ever shade is available

- Sunscreen, sunscreen, sunscreen! Wear a minimum of SPF 15 that has UVA/ UVB protection. If exposed to sun for long periods of time, re- member to reapply.

Bike-to-Work day Is Friday, May 18

To get fit, live longer, and think better: ride a bike!

If the nice spring weather doesn't make you want to get out and ride your bike, think of what bicycling can do for you. It's good for your heart, wallet, stress level, waist line, sex life, and muscle tone. It could save your life.

Bicycling could reduce the obesity epidemic, which results in 300,000 premature deaths

each year. The American Cancer Society says obesity increases the risk of cancer.

* It's convenient. Over 22 percent of motor vehicle trips are less than one mile long. Half of the working population commutes five miles or less.

* In addition to helping you lose weight, bicycling can reduce

stress and increase feelings of well-being. It increases the body's release of endorphins.

* Bicycling may be able to reduce the impact of aging on the brain say doctors at the University of Illinois, Urbana-Champaign.

To feel good and get healthy, ride a bike. Ride a bike to work!

For more information

on Bike-To-Work day

visit

www.bikeleague.org



MSM not only for joint pain

MSM (Methylsulfonylmethane), a natural occurring sulfur compound, is well-known for its effectiveness on joint pain, arthritis and inflammation, but it is also very beneficial for those who suffer from allergies, and skin conditions such as acne.

Sulfur is found in all body tissues. It is necessary for new cell formation and helps the body fight free-radical damage and toxicity.

It is required for healthy collagen and keratin, both which are substances in hair, nails and skin. MSM has been shown to help build strong nails and hair but also to help the skin heal from things such as acne, allergies, cuts and burns.

Our bodies are structured on a molecular level and we continually produce new cells every day. When a cell dies, a new cell takes its place. Without the

needed amount of MSM, it attaches but becomes rigid. When tissues lose their flexibility, problems develop with the lungs and other parts of the body. The sulfur-containing structural protein that is found throughout the body is in the epidermis of the hair follicles, in the bronchial epithelium of the lungs, in intestinal mucosa and is extremely abundant in the nails. In fact, fingernails have more sulfur than any other part of the body.



MSM 100 count \$22.00