



# The Catalyst



NOVEMBER 2007

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Look for December's Catalyst coming soon! Featuring articles on the "Superbug" Staph Infection.



## On Thanksgiving, be thankful for "little things"

This Thanksgiving, as your family gathers together for food and fellowship, look at your big turkey and, for a moment, think small.

It's easy to be thankful for the big things, our homes, cars, and accomplishments, but it's just as easy to forget the small things that make our lives comfortable. No matter how rich or poor we are, we all have many things to be thankful for.

We take for granted that we have enough food. We don't worry

that our food will last through the winter as the Pilgrims did. We can count on the grocery store for that.

We expect to have a home, be it fancy or plain, but that's not a

small thing for many millions of people.

We can take a moment to be thankful for our spouse, children and friends.

Be thankful for sunshine, autumn breezes, and changing seasons. With winter approaching, we can be thankful for our warm jackets and scarves.

We can appreciate having lived for another year and that most of your family and friends have done the same.



## Gear up for the Holidays!

**Boost Immunity • Control Sugar Cravings • Ease Heartburn**

**Buy:** 1 Multiple Digestive Enzyme \$102.00 (500 capsules or 7.5 oz. powder) & 1 Probiotic Blend \$53.00 (100 capsules or 2 oz. powder)



**And Choose one of the following for only \$3!!!**

- 2 Cognizymes \$3.00 each
- 1 Probiotic Blend \$3.00
- 1 Vitalase \$3.00



NCP commits itself to optimum health and is please 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. If you are Autoship and wish to take advantage of this special you must call and change your order before your Autoship release date. If your Autoship falls on a weekend, the order will be processed on the Friday before the weekend. If it falls on a holiday, it will be processed on the last working day before the holiday.

## Essential fatty acids and women's health



Regardless of age, all women can benefit from essential fatty acids. Essential fatty acids (EFAs) make a huge difference in health and appearance. EFAs are a type of polyunsaturated fats that are essential for optimum health. They are called essentials because these fats are not produced by the body, these fats are needed to survive. With Americans preoccupation with low fat diets, it has caused us to become deficient.

EFAs play major role in the cellular process in the body. They increase the absorption of nutrients, promote proper nerve function, nourish skin, hair and nails, maintain proper cell membrane structure, along with aiding in the formation of prostaglandin.

### Heart Health

EFAs play a major role in the prevention of heart disease. EFAs can support a healthy heart by:

- Reducing triglyceride levels
- Regulating heart beat
- Increasing HDL Cholesterol (good cholesterol)
- Maintaining healthy blood vessels, which help healthy blood flow

### PMS

Research has shown that EFAs help to improve mood, and reduce PMS symptoms such as breast tenderness, fatigue,

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Don't stress during the holiday season. Increased levels of cortisol, produced from stress, can not only make you crave unhealthy food, but excess nervous energy can often cause you to eat more than you normally would.

## Ways to avoid the 5-pound holiday weight gain

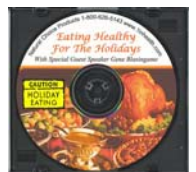
- \* Don't arrive hungry
- \* At a dinner, eat just foods you like, not some of everything.
- \* Sit farther away from a buffet table so seconds (and thirds) are less convenient.
- \* Eat slowly. It takes 20 minutes for your body to recognize a full feeling.
- \* Drink water with your meals.

Staying hydrated makes you feel full longer, helps with digestion and decreases bloating.

- \* When mixed drinks are being served, ask for club soda, water, or diet soda in your drink.
- \* Visit with many people so you have something to do in addition to eating and drinking.
- \* At home, keep cookies,

candy, and other treats out of sight so you won't snack every time you walk by them.

For more information on avoiding holiday weight gain log on to [www.inhealth.com](http://www.inhealth.com), and listen to our conference call "Eating Healthy For the Holidays."



## Breakfast health benefit



Eating a whole-grain breakfast seven times a week has been associated with a 28 percent lower risk of heart failure, according to statistics from the Physicians Health Study. Researchers analyzed data from 1982 through 2006 on 21,410 male physicians at an average age of 53.7 years.

Eating whole-grain cereal less

often also had heart-health benefits. The risk of heart failure decreased by 22 percent in those who ate it two to six times per week and by 14 percent in those who ate whole grain cereal once per week

Don't have time for breakfast:

Make muffins to have on hand when you are rushing out the

door.

Make a smoothie! Blend together some milk, **Nutritional Essentials, EZ-Pro Whey Protein** and some berries for a complete meal.





# November is American Diabetes Month

The A1c test is an estimate of a person's blood sugar over a three-month period. It gives a more accurate picture than daily testing.

The good news for people with diabetes is that both aerobic and strength training exercise can lower A1c readings. At the American Diabetes Association, they say this is spectacular news. It shows that exercise can lower blood sugar almost as much as any single pill.

Findings in the Annals of Internal

Medicine show that people who did 45 minutes of exercise such as



walking three times a week decreased their levels of A1c by 0.51

percent.

During the 22-week study period, strength training for 45 minutes three times a week reduced it by 0.38 percent. Participants who did both kinds of exercise reduced A1c by a remarkable 0.97 percent.

Doctors suggest starting with easy exercise and working up to 30 to 60 minutes per day.

## What is the A1c Test?

The A1c test is used primarily to monitor the glucose control of diabetics over time. The A1c test gives a picture of the average amount of glucose in the blood over the last few months.

## Essential fatty acids and women's health *cont. from page 2*

irritability, fluid retention and depression.

### Hair, Skin and Nails

EFA's help to maintain healthy skin by:

- Helping to prevent dry skin
- Soothing rough skin by reducing inflammation
- Improving blood flow and

circulation, supporting the elasticity of red blood cells

- Encouraging the production of collagen and elastin fibers, making skin look younger and firmer

### Healthy Baby

EFA's are important during pregnancy for the proper development of the baby's brain, nervous system,

and vision.

Newborn development also requires a high amount of EFAs. It is important that nursing moms are consuming enough EFAs to support her and the baby. If bottle feeding, make sure to feed a formula that contains EFAs.

### Nutritional Essentials

10 oz. \$28.00 each  
Chocolate, Regular, or Vanilla  
Vegesentials- \$31.00

### Sources of EFAs

- Nutritional Essentials
- Nuts
- Flax seed
- Fatty fish



## You could get a cold from someone who isn't there

Viruses that cause the common cold can live a long time on a door handle or a desk. Researchers from the University of Virginia found that viruses live 18 hours or more after being deposited on a surface by a cold sufferer's hands.

Frequent hand washing is still your best defense against a cold. It gets rid of germs before you touch your eyes or nose, where the viruses can

enter.

Other steps you can take:

- \* Flick light switches with your elbow instead of your hands.
- \* Carry your own pen. Using someone else's is a great way to come in contact with germs.
- \* Use a soapy sponge or sanitizing hand cleaner to wipe off surfaces you touch frequently.

\* To protect others from your germs, sneeze into your elbow if you aren't carrying a tissue. Always pick up your own tissues so others aren't contaminated.

\* Don't touch your face. Viruses enter through the mouth, eyes and nose.

\* Get fresh air. Circulating air through the home is a great way to

**Viruses that cause the common cold can live 18 hours or more after being deposited a door handle or a desk.**



## Natural Choice Products

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### Putting Your Health Back in Your Hands!

Dear Natural Choice Products,

I have always been interested in natural medicine and herbs, but I have to tell you I was really blown away by the results I got when I was recently introduced to your **Probiotic Blend**. I have had Irritable Bowel Syndrome (IBS) for many years as well as many other health problems. I have tried probiotics from my local health food store but they never seemed to do anything.

When I was visiting my nephew recently, my IBS flared up particularly badly and I was in a lot of my pain. My nephew introduced me to the **Probiotic Blend** and I started to feel better right away!

I think your company makes great products and I would encourage anybody with health problems to try them. I look forward to trying some of your other products as well.

Thank you very much.

Sincerely,  
Jeanna Haworth



## What is the best medicine for the cold and flu season? Prevention!



'Tis' the season for sneezin'! The common cold is the most widespread illness in the nation. On average each adult will suffer from two to four colds each year, while children may suffer from up to 10 colds per year.

With the flu and cold season upon us we can enhance our chances of preventing colds by boosting our immune system.

Nutritious balanced diet, exercise, and supplementation all play a role in boosting the immune system.

What products are best for boosting the immune system?



Vitamins E and C are both antioxidants well known for their immune boosting ability.

**Protease** enzymes provide support to the immune system by assisting the

body in identifying and removing viruses and bacteria.

**Probiotics** are a wonderful immune system builder. The bacteria in probiotics strengthen the immune system by providing it with extra stimulation, and when we are exposed to viruses or harmful bacteria, the immune system is strong enough to handle them quickly and effectively.

Gear up for the flu and cold season today! NCP is your number one stop for all your immune building supplements.!

### Cold and Flu Facts

- Sneezes can travel up to speeds of 100 mph or greater
- A cough can travel up to speed of 60 miles per hour
- Colds are caused by at least 200 types of viruses
- The average person will spend two years of their life with a cold