

Natural Choice Products™

In This Issue:

Cover Story - A Time Of Change

Facts on menopause

A Thread of Hope - AD/HD

Winning the battle

Just A Taste

Nutrition for AD/HD

Banana Smoothie!

A tasty recipe for health

NCP

A Time of Change

Menopause marks the end of menstruation and a woman's reproductive cycle. It usually occurs naturally somewhere between the ages of 45 and 55. Hysterectomy, a surgery that removes the uterus and sometimes the ovaries and fallopian tubes, can trigger menopause.

Menopausal symptoms include hot flashes, night sweats and other sleep disturbances. For some women, the drop in estrogen can cause changes in their vaginal and urinary tracts. This can result in many symptoms such as urinary infections and an increased need to urinate more often. Symptoms may last several months or several years, or may just persist.

What is Hormone Replacement Therapy?

For relief of symptoms, doctors may prescribe hormone replacement therapy (HRT.) If a woman has had a hysterectomy, estrogen is used. If she hasn't had a hysterectomy, estrogen is combined with progestin to prevent overgrowth of cells in the uterus (hyperplasia.) Because everyone's needs vary, you may want to do some research. The book Hormone Replacement Therapy Yes or No, by Dr. Betty Kamen is available through NCP.

The side effects of HRT are bleeding, breast tenderness, headaches, mood changes and nausea. More recently, results of tests done on women taking Prempro (estrogen and progestin) have shown that the risk of Alzheimer's, heart disease and breast cancer increases when the drug was used long

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Having a child with Attention Deficit Disorder (ADD) or Attention Deficit Hyperactivity Disorder (ADHD) can feel like losing a game of Tug-of-War. **Symptoms** such as inattentiveness, hyperactivity, impulsiveness and self-destructive behavior can make the already difficult job of parenting even harder.

Awareness

Not all of the above symptoms need to be present in any one individual for AD/HD to be diagnosed, but they are a good indication that something is wrong. It is important to note that not getting help can lead to low self-esteem for your child and difficulty reaching his or her full potential. Also, be aware that it is possible to have behavioral problems without hyperactivity. These individuals may not do well, but may go unnoticed because their behavior is milder.

Educate Yourself

What causes AD/HD? Some research says a part of the brain called the frontal cortex is responsible. The frontal cortex works with the brain to control movement and attention. If this were so, then nutritional supplementation would seem to make sense, especially "brain food" like Vitamin B12 and Essential Fatty Acids.

There are many ways to educate yourself about this disorder. NCP has a whole network of people who have tackled AD/HD within their own lives. The December conference call is going to address this issue with guest speaker Nancy Fitzmorris. Nancy has dedicated much of her life to educating people about AD/HD and telling others what she feels will improve their child's quality of life. Why not dial in and see if the information that has helped so many can help you too? (Call us at 800-626-5143 to register.)

Be sure! Other possibilities that manifest AD/HD like symptoms include: hearing or vision problems, thyroid disease, learning disabilities, boredom, depression, anxiety, lead poisoning, sexual abuse, mental illness, and the side effects of medication



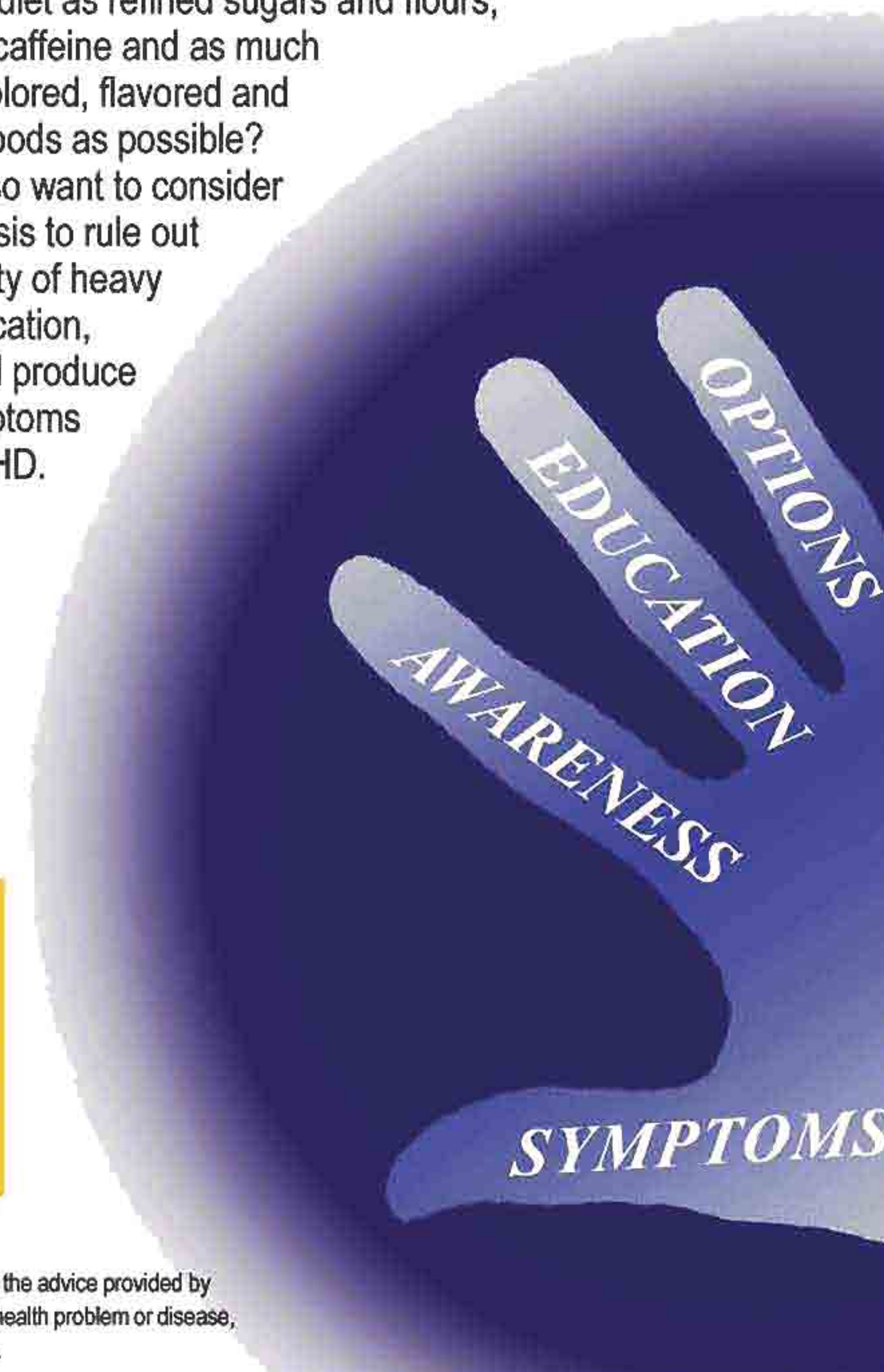
**A THREAD
OF HOPE**

What are my Options?

As a parent, you don't want to win this Tug-of-War with your child, you want to drop the rope and move on with life. The most common treatments recommended by doctors are prescription stimulant drugs such as Ritalin and Adderall. Weigh the risks and benefits carefully. Ask questions. Have you considered all of the possible causes for this behavior? Have you tried removing such things from your child's diet as refined sugars and flours, soft drinks, caffeine and as much artificially colored, flavored and preserved foods as possible? You may also want to consider a hair analysis to rule out the possibility of heavy metal intoxication, which would produce similar symptoms as with AD/HD.

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Putting your health back in your hands



just a taste



AD/HD

by Nancy Fitzmorris
Independent NCP Distributor

Can a nutritious smoothie have an impact on the brain? Can we help our children improve their ability to think, focus and be the children God designed them to be? Absolutely, without a doubt!

Ritalin is prescribed to many children, in fact over 2 million children in America! Ritalin seems to help children focus by increasing the neurotransmitters' dopamine levels. But it also suppresses the other neurons, so that the child's true personality is affected. We can increase these connections with good nutritious food and supplementation. My smoothie feeds the brain right now, so that the child is in balance. It also has such dense nutrition that it will repair old and build new connectors, each day increasing their ability to think and focus, becoming happier people, becoming who they were created to be. Is this not exciting?

Nutritional Essentials - You should read the information that **Natural Choice Products** has on this product. It is an incredible product and I recommend this smoothie for everyone. The reason that I chose this product for ADD/ADHD problems was for the amino acids and essential fatty acids that are present in it. When not receiving the proper amino acid structures, there is a disruption of the neurotransmitters.

Many amino acids are responsible for receiving and sending messages. Without proper digestion in the cardiac portion of the stomach, these amino acids do not break down properly and can cause intestinal toxemia. These undigested protein molecules cause proteolytic putrefactive bacteria, which produce highly toxic compounds. These compounds are incompletely detoxified in the liver and therefore, enter the bloodstream and short circuit the neurotransmitters in the brain. Supplementation with digestive enzymes and probiotic products (which will add

good bacteria to the colon) can help eliminate this condition.

Within minutes of taking **Nutritional Essentials**, the body is given usable amino acids to send and receive messages. It also feeds the brain in such a way that the brain is able to make new connections, do repair of old connections and clean out the debris that collects between the neurons. Because **Nutritional Essentials** feeds the whole endocrine and central nervous systems, there are many other wonderful benefits of using this product.

Nancy will be discussing AD/HD during the upcoming conference call scheduled for December 9th. Don't miss what this Certified Nutritionist has to say. **Call 800 626-5143 and register early!!**

Banana Nutritional Essentials Smoothie

- 3 Tablespoons Nutritional Essentials
 - 1 Tablespoon Whole Food Powder
 - 1 Tablespoon Flaxseed Powder
 - 1-2 cups Juice or Rice Milk
 - 1 Banana
 - ½ Cup Frozen Berries
- Blend Until Smooth



FREE NCP PRODUCTS!!



Do you have an NCP testimonial that you would like to share? We would like to hear from you. Send us your product testimonial and as our way of saying thank you we will send you one of your favorite NCP products for free! If you include a picture that we can use in future publications we will send you a second product absolutely free.

Please consult NCP for free product information. All testimonials and photos submitted become the property of Natural Choice Products™.

DISCLAIMER: These are actual received testimonials that describe individual experiences of people who have used Natural Choice Products™. Testimonials are given verbatim except for correction of grammatical or typographical errors. Some may have been shortened if the testimony received by the author seemed lengthy or if portions appeared irrelevant for the general public. Text and photos are for private use only. Do not reproduce or distribute without permission. Information in this newsletter and on the NCP website are 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, or prescribing and medication. If you have or suspect that you have a medical problem, always contact your health care provider.

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NUTRITION

term. Some studies have shown that the hormone supplementation may cause an aggressive form of breast cancer and may make tissue more dense, hindering detection until tumors have reached a less-curable stage. *Study available online, keyword Women's Health Initiative.

The Protein Issue

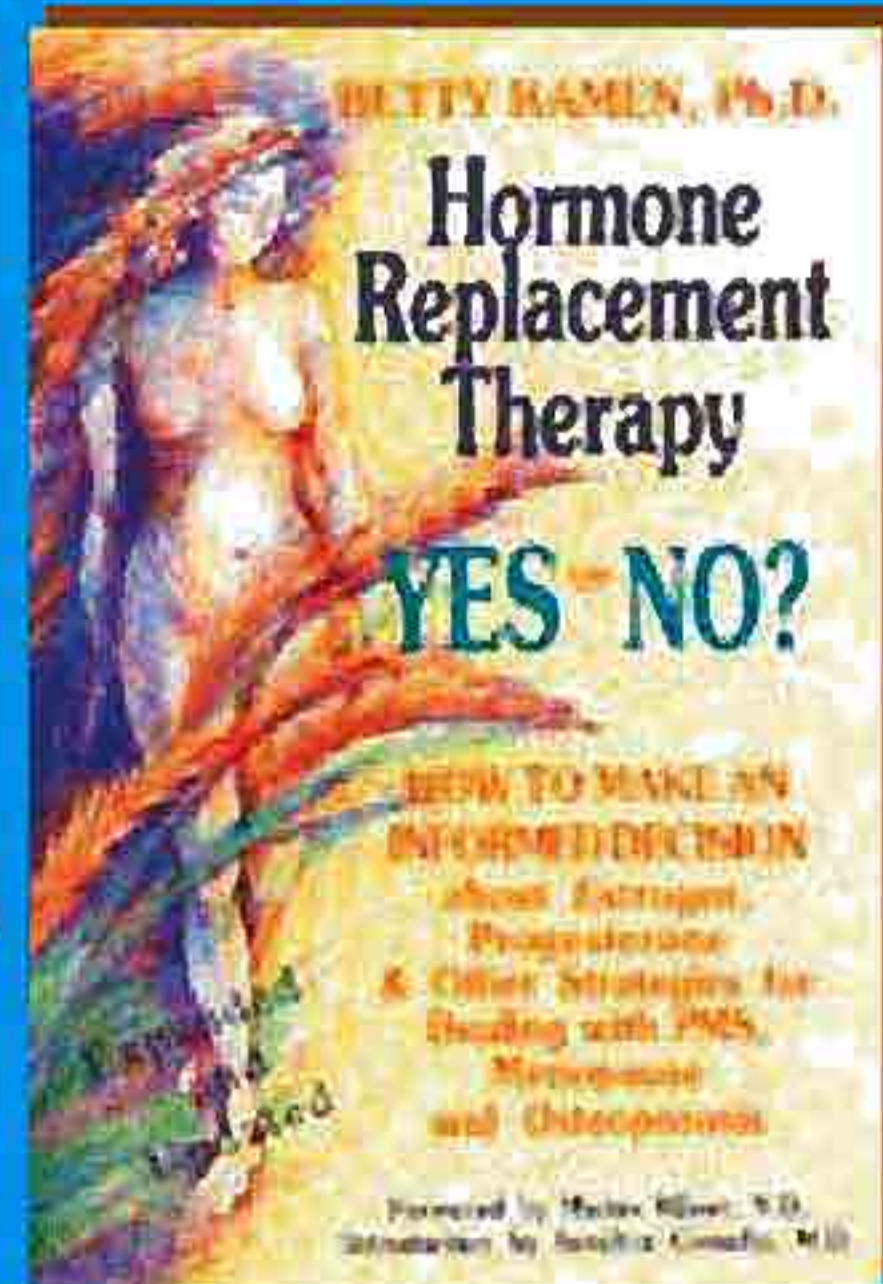
By the time of menopause, a woman's hormone production system is just like her enzyme supply - depleted. Without the resources to build this up, our bodies start showing signs of deficiency. In this case, what is needed most is protein, as hormones are made from protein. We cannot simply consume protein, we must digest and utilize it.

EZ Pro Whey Protein powder is a great way to obtain easily utilizable protein. It is high in the essential fatty acids vital for healthy growth, metabolism, cell respiration, resilience and lubrication of cells. Protein is necessary for growth and maintenance of the brain and central nervous system, essential for glandular hormone activity, especially the adrenals, the thyroid for healthy hair, skin and mucous membranes, organ respiration, eczema, reproductive system fluids, and the prostate.

Female Enhancement Cream

Many women have had great results supplementing transdermally (through the skin.) By bringing together wild yam, natural progesterone, pregnenolone, additional herbs, vitamins and minerals, coupled with the highly efficient transdermal carrier, enzymes, we offer women of all ages a formula to assist in balancing and harmonizing the female body.

Dr. Kamen taught at Hofstra University and developed a nutrition program for, and presented seminars at Stanford University Medical School (Continuing Education Department). She served as nutrition consultant for the Committee of the Accrediting Council for Continuing Education and Training, Washington, D.C. Betty is often the keynote speaker at regional and national health trade shows. She presents endless consumer seminars, lectures and workshops, both here and abroad,



This book also shows how PMS, menopausal symptoms and even osteoporosis can be avoided and reversed. Highly recommended by the Townsend Letter for Doctors and Patients. So popular, it is now in its sixth printing — a best seller in the nutrition field and in libraries.

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