

Natural Choice Products™

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OBESITY AND OVERWEIGHT THE STARTLING CONSEQUENCES

During the past 20 years there has been a dramatic increase in obesity in the United States. In 1985 only a few states were participating in CDC's Behavioral Risk Factor Surveillance System (BRFSS) and providing obesity data. Each year, state health departments use standard procedures to collect data through a series of monthly telephone interviews with U.S. adults. No states were reporting the significant levels of obesity prevalence that we see today. Today, 20 states have obesity prevalence rates of 15-19 percent; 29 states have rates of 20-24 percent; and one state reports a rate over 25 percent. As the obesity epidemic spread, the prevalence of overweight among U.S. adults increased by more than 60 percent.

PREVALENCE IS THE NUMBER OF OBESE INDIVIDUALS IN THE POPULATION DIVIDED BY TOTAL NUMBER OF INDIVIDUALS IN THE POPULATION.

The following information from the Surgeon General's website addresses some of the "known risks" of obesity and overweight.

http://www.surgeongeneral.gov/topics/obesity/calltoaction/fact_consequences.htm

PREMATURE DEATH

-An estimated 300,000 deaths per year may be attributable to obesity.

-10 to 20 pounds for a person of average height increases the risk of death, particularly among adults aged 30 to 64 years.

-Individuals who are obese (BMI > 30) have a 50 to 100% increased risk of premature death from **all** causes, compared to individuals with a healthy weight.

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HEART DISEASE & STROKE

- Heart attack, congestive heart failure, sudden cardiac death, angina or chest pain, and abnormal heart rhythm.
- High blood pressure is twice as common in adults who are obese.
- Obesity is associated with elevated triglycerides (blood fat) and decreased HDL cholesterol ("good cholesterol").



DIABETES

- Over 80% of people with diabetes are overweight or obese.
- A weight gain of 11 to 18 pounds increases a person's risk of developing type 2 diabetes to twice that of individuals who have not gained weight.

CANCER

- Overweight and obesity are associated with an increased risk for some types of cancer including endometrial (cancer of the lining of the uterus), colon, gall bladder, prostate, kidney, and postmenopausal breast cancer.
- Women gaining more than 20 pounds from age 18 to midlife double their risk of postmenopausal breast cancer.

BREATHING PROBLEMS

- Sleep apnea (interrupted breathing while sleeping) is more common in obese persons.
- Obesity is associated with a higher prevalence of asthma.

ARTHRITIS

- For every 2-pound increase in weight, the risk of developing arthritis is increased by 9 to 13%.

REPRODUCTIVE COMPLICATIONS

- Obesity is associated with increased risk of death in both the baby and the mother and increases the risk of maternal high blood pressure by 10 times.
- Obese women are more likely to have gestational diabetes and problems with labor and delivery.
- Infants born to obese women are more likely to have a high birthweight and may face a higher rate of delivery

- by Cesarean section, and low blood sugar (which can be associated with brain damage and seizures).
- Increased risk of birth defects, particularly neural tube defects, such as spina bifida.
- In premenopausal women, obesity is associated with irregular menstrual cycles and infertility.

CHILDREN AND ADOLESCENTS

- Risk factors for heart disease, such as high cholesterol and high blood pressure, occur with increased frequency in overweight children and adolescents compared to those with a healthy weight.
- Type II diabetes, previously considered an adult disease, has increased dramatically in children and adolescents. Overweight and obesity are closely linked to Type II diabetes.
- Overweight adolescents have a 70% chance of becoming overweight or obese adults. This increases to 80% if one or more parent is overweight or obese.
- The most immediate consequence of overweight, as perceived by children themselves, is social discrimination.

Watch your weight!



WEIGHT MANAGEMENT REGIME

MORNING

1. Take 4 **Metabolic Accelerator** upon rising with eight ounces of water.
2. Wait 30 minutes. Take 8 - 12 **Superfood Supplement** with a **Nutritional Essentials** drink. This should be taken before breakfast.

AFTERNOON

1. **Nutritional Essentials** dietary supplement drink.
2. Take 4 - 6 **Superfood Supplement**. This should be taken before lunch.

EVENING

Eat a balanced meal with **Multiple Digestive Enzymes**. Avoid eating until full. Eat until no longer hungry, then stop. Take 1 or 2 **Probiotic Blend** two hours after dinner.

BEDTIME

Take 8 **Metabolic Accelerator** with 8 ounces of water.

IMPORTANT: Take 2 - 4 **Multiple Digestive Enzymes** with every meal or snack and 2 - 4 **Vitalase** between meals.

Meet the Staff

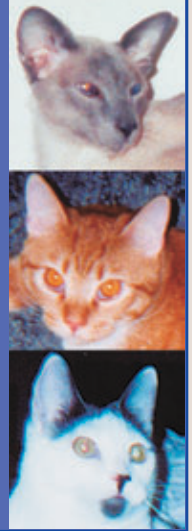
Vicki Gunderson Product Information Specialist

MEET VICKI GUNDERSON... To sum up Vicki's life in one word . . . **BUSY!** Besides working at Natural Choice Products, she also waitresses on Saturdays, goes to the gym five evenings a week and participates in church & church activities (including a special-interest group on Health and Nutrition.) Vicki loves to spend time with her three "babies", Hamster, Mitz and Dweeb. She sings karaoke, and likes to boom out praise songs when driving in her car. She also loves to read, cook, tend her herb garden and shop at the farmers market every weekend.

NOTE: Vicki recently lost almost 30 pounds with the help of *Cellulase, Lipase, and Vitalase*, her "new" favorite product. The best part? More energy!



Vicki,
right top, Dweeb, Mitz, Hamster



How PHYSICALLY ACTIVE IS THE U.S. POPULATION?

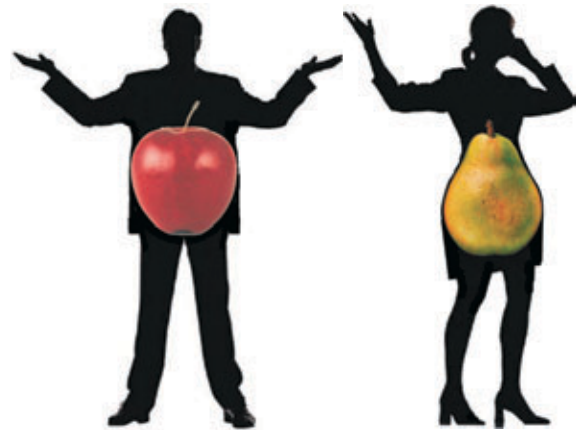
Only 22% of U.S. adults get the recommended regular physical activity of any intensity during leisure time (5 times a week for at least 30 minutes). About 15% get the recommended amount of vigorous activity (3 times a week for at least 20 minutes.) About 25% of adults claim they do no physical activity at all in their leisure time.



About 25% of young people (ages 12-21 years) participate in light to moderate activity (e.g., walking, bicycling) nearly every day. About 50% regularly engage in vigorous physical activity. Approximately 25% report no vigorous physical activity at all. Lack of physical activity contributes to the high prevalence of overweight and obesity in the United States. In addition to helping to control weight, physical activity decreases the risk of dying from coronary heart disease and reduces the risk of developing diabetes, hypertension, and colon cancer.

Natural Choice Products **Metabolic Accelerator** was created to gently increase the metabolic

processing of stored fat. High potency Lipase, a fat digesting enzyme, has been added to assist in the breakdown of fats and to control ketosis. Carefully blended amino acids, herbals and adrenal substance spark the body to begin using its fatty stores as fuel.



WHAT SHAPE ARE YOU IN?

Fat is important for energy metabolism, heat insulation, and mechanical cushioning. Fat tissue is made up of fat cells. A fat cell is like a tiny plastic bag that holds a drop of fat.

The sex hormones estrogen and testosterone determine the location of fat on males and females. Men tend to carry body fat in the chest, abdomen and buttocks, creating an "apple" shape, and women carry body fat in the breasts, hips, waist and buttocks, creating a "pear" shape.

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Diet... Not For Weight Loss

MORE THAN HALF THE ADULTS IN THE U.S. ARE OVERWEIGHT. 38.9 MILLION U.S ADULTS ARE OBESE. OVERWEIGHT AND OBESITY ARE KNOWN TO BE HEALTH RISKS.

Diets and weight loss products are a multi-billion dollar a year industry. While there is never a very long lapse between one "fad" diet and another, there seems to be a recent resurgence of doctor and celebrity endorsed weight loss plans. Daytime talk shows and even prime time television have dedicated seemingly endless hours to the subject of weight loss. Is this subject being blown out of proportion in an attempt to look like the over-popularized images that sell magazines and the advertisements within? Or is overweight and obesity being recognized for what it is – an epidemic growing out of control in the U.S. faster than in any other country?

Going on the internet to do weight loss research is almost effortless. If something about weight loss doesn't come up between bringing up your home page and checking your e-mail, don't worry, there will be a banner ad or a pop up along shortly! What diets can you trust? Eating patterns are the result of a lifetime of experience, so the word "diet" needs to mean "lifestyle change." Is there a diet that can help you lose 10 pounds in a week? Probably. Is there a product that can help speed up your metabolism? There are countless variations, with "eat right and exercise" their only support after purchasing the products. But is there a system that addresses the issue of why people get fat in the first place?

A Smörgåsbord of Diets

Right now the "Cabbage Soup Diet" is one of the more popular "fad" diets circulating. It basically calls for strange combinations



of food to be eaten, such as "bananas and milk" one day, and "milk and vegetables" the next. This diet is so low in calories that it is recommended for only seven days at a time, during which the dieter can eat as much

cabbage soup as they want. Some diet reviews show testimonials of people whose reassurance that they could eat as much soup as they wanted was quickly squelched by the bland tasting recipe that allows very few ingredients besides celery, onions, carrots, and cabbage.

The Blood Type Diet is a very popular eating system, particularly in Hollywood. Unlike many other plans out there, it is a lifestyle change. Basically, once you know your blood type, there are recommendations as to what you should eat, what you should limit, and what you should stay away from. However, any diet that eliminates junk food, refined sugar, wheat, salt and fats, will work.

Dr. D'Adamo says that this diet will not only reduce caloric intake, but will help prevent cancer and heart disease – which eating healthfully and exercising does anyway!

Jenny Craig and Weight Watchers have had proven successes, by utilizing point systems, pre-packaged foods, and support systems. They have a drawback of being expensive, especially if you rely on their foods. The Atkins Diet, the Zone Diet (enter the Zone) and the South Beach Diet attack weight loss with varying philosophies on how many carbohydrates should be eaten. Atkins recommends none, and somehow all we've learned about fats, cholesterol and red meat is not addressed in that particular diet. Others recommend carbohydrates in combination with certain foods, and not all carbs are ok.



Something for the Trouble

It would be impossible to come to a complete understanding of all of the different weight loss philosophies in one short article. Just look at the effort so many have put into this subject – not just the get-rich-quick people – but the doctors that really think they're on to something and the overweight who think they've found the perfect weight loss plan (this time). People who make an effort to do the research, ask their doctors, buy the groceries, and learn new recipes – these people should get more for their trouble! They should feel satisfied, energetic and they should get results!

Don't Diet!! Digest!!

Whatever the diet, eating plan, or lifestyle changes you make, make sure you're getting the most out of it! Always consult your doctor, and don't believe that you can make adjustments until the weight is lost and then go back to regular eating habits and a sedentary lifestyle. **But most importantly – and most overlooked – we need to understand that eating healthy foods, or large amounts of protein to lose weight does not mean that we are digesting said food.** If it's cooked or processed you will be eating dead food. Predigestion is supposed to take place in the stomach, and while the pancreas will support digestion by donating enzymes, it is at great cost, for those enzymes were meant for other uses in the body. Remember, nutrients not broken down at the uptake sites will be of no use to your body, and will result in foodstuffs getting "stuck" in your intestines, putrefying and contributing to disease and sickness. Add enzymes to your daily regimen, to get the most benefit out of the choices you've gone through the trouble to make. It could be the *most important tool* for those who not only want to lose weight, but *anyone* who wants to benefit from the healthy foods they decide to consume.

The Healthy Weigh

Many people struggle with their weight endlessly and to no avail. I've seen people lose a lot of weight quite quickly, doing various types of diets, surgeries, jaw wiring and stomach stapling, but does it work? One main setback for people is that changing their diet doesn't change their life-long problem of poor digestion, and returning to previous eating habits causes the weight to come back. Oftentimes, this means more weight than was lost being put back on faster than it was originally gained.

The first thing we have to realize when considering people who are overweight is that their bodies may actually be starving. It's hard to imagine an obese person is not getting enough food when their body is storing so much excess fat. It is my thought that anyone who is 20% over their optimum weight has at least begun the process of starvation. This is because their bodies

are going to great expense to hold on to something for later utilization that they are currently unable to utilize. Many of us that have experience with enzymes understand that the foods we eat, if not properly digested, will not be utilizable on a cellular level. Furthermore, these undigested foods will create a toxic load, ultimately stressing the organs of elimination and the immune system.

To understand how to lose weight, we need to understand why the body gained the weight. There are two reasons why the body will retain a substance, it either holds it because it's unable to eliminate it, or it stores it for later use.

Fat has long been known to be a high endurance fuel. Mountain climbers will use high fat foods to keep their energy and endurance levels up. Therefore, it has always been my perspective that a body that is storing fat intends to use it as the high-grade fuel that it is. This leads me to theorize that either some element necessary for cellular metabolism is missing or that the extra-cellular fluid is too toxic to carry nutrition to the cell and waste away from the cell.



If your body is not being properly fed, it will rob the hormone systems and the metabolic enzyme pool. This action of robbing Peter to pay Paul is essentially due to the body's innate intelligence making survival decisions. The body will sacrifice a hand to save an arm. In this case, the body



will sacrifice reproduction and metabolism in an attempt to get digestion and utilization of foodstuffs, guaranteeing its own survival. Rather than using proteins to make the enzymes and hormones necessary to burn the fat, the body will store the fat, and search out the missing elements needed for metabolism.

I believe that a properly cleansed and nurtured body will begin to set up cellular metabolism of its own accord. By consistently consuming high-quality nutrition like nutritional supplements, we can stop the crave-driven starvation cycle. Most overweight people will crave certain foods at certain times. This is the process of innate intelligence attempting to acquire what it needs to properly and efficiently utilize fuel while maintaining homeostasis. I believe that in order to burn fat, the body must be able to produce enzymes and hormones. Both of these are vital

proteins, and are sacrificed to some extent in all overweight people.

When the body sacrifices from its metabolic and hormone pools, this also sets up the revolving degenerative disease process. I believe this is why overweight people are more at risk for more rapid degeneration. This means that a good quality protein source is necessary on a daily basis for weight loss as well as general health overall. Remember - eating high quantities of protein does not mean that your body is receiving all of that protein. A human being is a tube with a brain - just because we ingest food doesn't mean that we *digest* food.

For those who consistently follow the NCP Weight Management Regime (located on page 2), most cravings should disappear. If you're still not achieving your weight loss goals, add EZ Pro Protein (2 scoops, twice daily) to your regime.

Remember to help yourself change your mind by spending at least 15 minutes a day telling your body what you want it to do. Speak out loud if possible. I feel this practice is very valuable in that it takes 10 positive statements to counteract one negative - whether this comes from you or someone else.

PROTEIN FACTS

Protein is the little red wagon of the body. It builds and maintains muscle, but does so much more. Protein is needed to make hormones, enzymes, and to rebuild damaged tissues, cells and organs.

A structured diet loaded with protein can accomplish weight loss. However, incomplete digestion and utilization will cause the body to rob quality proteins from muscle tissues. Protein is important because it is needed to carry out functions that are essential for the body to run properly.



IT'S WORTH REPEATING Product Testimonials

OVERCOMING OBESITY IN CHILDHOOD

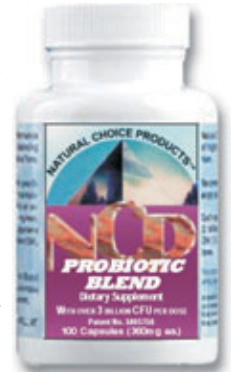
My niece is ten years of age, 5 ft 3 and 183 pounds. Since she was five she has had trouble maintaining her ideal weight. She swims daily and rides her bike and watches what she eats but still her weight increased. She was then taken to the doctor where they performed numerous tests, like checking her thyroid gland, allergy screening, etc. They stated she was allergic to dairy products and that she shouldn't eat this and that. She was also prescribed medication to curb her appetite. These remedies all proved futile. I attended the meeting held by Michael O'Brien and was immediately awestruck by all that he had to say about the importance and action of enzymes in our diet. Having a background in chemistry, everything he stated made complete sense. When I discovered that NCP had a weight loss program, I was excited and hoped that this would be the answer to our prayers. In July, we ordered the products from NCP for my niece. It included the **Multi-Digestive Enzymes**, **Metabolic Accelerators**, **Probiotic blend**, **Nutritional Essentials** and **Superfood Supplements**. After two weeks we noticed a significant weight-loss. She was ecstatic and exclaimed that all her clothes felt looser on her. She also said that she had more energy and that she was satisfied after her meals. She has continued to take the products and is still having great success in losing the weight. NCP has been a blessing! I just wish we had of found these products sooner! M. P.



goal is to weigh 200pounds by the 4th - and I think I'll make it! I know that reducing my calories alone would have helped me lose weight but, by adding the **Metabolic Accelerator** I find it much easier to stay on my routine. In fact, I now crave lettuce instead of sweets! I have increased energy, which gives me the motivation to work out. I feel so much better and I credit the **Metabolic Accelerator** for this. This product has made my goal and success obtainable. Thank You S. B.

INCREASED ENERGY AND WEIGHT LOSS

I was feeling fatigued for quite some time, especially by the time Friday rolled around at work. I would mention my tiredness to my brother Ron and he would suggest that I take enzymes. My sister Linda also highly recommended them. I started taking enzymes in June. I believe that it was after taking the enzymes for a month or two that I noticed quite a difference in my energy level and in my digestion. I have been taking 2-capsules of **Multiple Digestive Enzymes** per meal since June and 2-capsules **Probiotic Blend** along with 1 Tbsp of **Nutritional Essentials** per day since September. I have noticed a remarkable difference in my overall health and well being. I also lost some weight in the process, which is very good. V.B.



WEIGHT LOSS

I don't normally endorse products or I should say until now. I have never felt compelled to let others know how impressed I am with a product until I tried your **Metabolic Accelerator**. I weighed in at 325 lbs. on Thanksgiving Day. I took 6mg of blood pressure medicine daily and I just plain didn't feel good. A friend told me about your company and I decided I had nothing to lose (but weight) so I tried a bottle. I went on a 1000 calorie a day diet that included drinking 4 quarts of water a day and taking the recommended amounts of **Metabolic Accelerator**. Since then I have had to revamp my wardrobe (several times), tighten my belt about 5 notches and I've replaced my watchband 3 times! I am down to 1 mg of blood pressure medicine and now weigh 248 lbs. My



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™.

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My Victory Over Crohn's Disease

by Pam Collins

"Crohn's Disease".

I gave birth to my first child, a daughter, in November 1994. For the next several months my health began to rapidly deteriorate. After several misdiagnoses by my doctor, in May 1995 I was admitted to the hospital with daily bowel movements as high as 34 times a day and all blood.

After thirty-three long days in the hospital, many unpleasant tests, a blood transfusion and several almost emergency surgeries to remove my colon, I was finally able to come home. My immune system was totally wiped out, I had difficulty walking and my monthly prescription bill totaled \$1200, medications included: Cyclosporin, Immuran, Prednisone, Asacol and Iron.

After being home for only 3-1/2 months, I was again rushed back to hospital, admitted and immediately booked to have my colon removed. My husband and I had serious discussions regarding our future with G.I. Specialists, Surgeons, and Ostomy specialists. We attended an ostomy meeting and talked with those who had been in similar situations, we read medical books and did a lot of research. Both Doug and I together decided that surgery was not the answer for us. We were going to take my health into our own hands.

We read several informative books on nutrition, which gave us a better understanding of how the digestive system works and how nutrition plays a key role. With the help of this information we

immediately began action. For a two week period I began a specific bland diet. Then I began taking a few natural health food products along with the elimination of wheat, dairy, meat and sugar from my regular diet. Right away I began to feel an improvement and with the help of my specialist I slowly began to decrease my prescription medications.

As of December 1996 I was totally off all prescription medication. In September 1997 I successfully delivered a second daughter and in July of 1999 I delivered a third child, a son, both with no pain, discomfort or flare-ups in my bowel of any kind.

In January 2000 I began to take therapeutic levels of Digestive Enzymes and Probiotics. Within a few days my Crohn's symptoms seemed to come back in full force and it appeared the disease could be resurrecting itself. However, after researching this further, I discovered this was simply the enzymes and friendly bacteria cleaning out some unfinished business within my colon (detoxify and healing). After a few weeks the symptoms disappeared and my health improved dramatically as compared to over the past few years. Today I use and highly encourage others to use; [Multiple Digestive Enzymes, Probiotic Blend and Nutritional Essentials](#) available from Natural Choice Products (Kalispell, Montana) along with good dietary habits to maintain health.

Once a year I visit with a G.I. Specialist. He is still amazed at my success and recovery and believes that the prescription drugs got me to where I am today, that neither dietary changes nor the natural health food products had anything to do with my recovery.

We are currently using our researched information and health food supplements to educate others in their journey back to health.

OCTOBER COLD AND FLU SPECIAL

It's that time of year again! The kids are back in school, families are traveling for the holidays, the malls are crowded, etc. Making matters worse, many people will be migrating indoors for the winter. In confined spaces, where people mingle, these are the type of environments where the risk of exposure to germs and bacteria are extremely high.

Don't let a little bug get you down!! Take advantage of our October Cold and Flu Special!

Buy 1 Vitalase 100 count , 1 Vitamin/Mineral Enzyme 100 count and get a FREE Probiotic Blend (either powder or capsules) A \$50 Value!

Offer Expires 10/31/03 --- Order Today! Call (800) 626-5143



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Don't wait for Thanksgiving, have sweet potatoes now!!

They've been called the king of all vegetables. Nutrition Action Health-letter at one time rated sweet potatoes the number one healthiest vegetable because of their flavor and versatility.

Nutrition experts have long known that sweet potatoes have high quantities of beta-carotene, vitamins C, E, and other antioxidants. Eating them is an easy way to get better heart health and cancer protection.

Now, the USDA Agricultural Research Service says they also contain a high-quality protein, similar to that found in eggs. And they're low on the glycemic index, much lower than white potatoes. When you eat them, you stay "filled up" much longer than after eating many other foods.

Two groups of people should be especially interested in sweet potatoes. They are perfect for dieters and weight control because they are high in complex carbohydrates. And they are an excellent food for people with diabetes because of their high fiber content. Fiber directly helps lower blood sugar by slowing the rate at which food is converted into glucose and absorbed into the bloodstream.

Prevention's Dr. Andrew Weil says if you only eat sweet potatoes at Thanksgiving and Christmas you are missing out. That's especially true if they are buried under brown sugar and marshmallows. He says they are a perfect food, high in fiber, low in calories, and packed with vitamins and minerals.

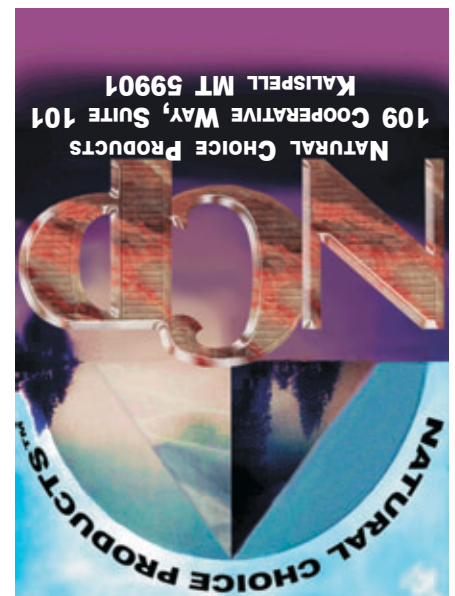


Mashed or Roasted Sweet Potatoes

Roast at 450 degrees or boil peeled sweet potatoes until tender. Mash them and season with garlic and olive oil.

You can roast them whole or peel, cube, and toss them in olive oil, salt and pepper. Then spread in a baking pan and roast at 450 degrees, turning every 10 minutes until browned.

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