

Natural Choice Products™

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NCP

PLAY HARD, HEAL FAST

NATURAL SUPPLEMENTS FOR SPORTS INJURIES

More than 30 million children and teens in the United States participate in some form of organized sports and about 3.5 million injuries occur each year. Almost one-third of all injuries incurred in childhood are sports-related, the most common being sprains and strains. Contact sports are obviously more dangerous than others, but even sports such as swimming have the potential for injury from overuse or misuse of a body part.



Injury statistics and incidence rates:

THE FOLLOWING STATISTICS ARE THE LATEST AVAILABLE FROM THE NATIONAL SAFE KIDS CAMPAIGN AND THE AMERICAN ACADEMY OF PEDIATRICS (AAP):

- Children and adolescents between 5 and 14 years of age account for almost half (40 percent) of sports-related injuries for all age groups.
- Children who are less developed than a more mature child of the same age and weight are at increased risk for injury.
- Sports-related injury severity increases with age.
- Before puberty, girls suffer more sports injuries than boys.
- During puberty, boys suffer more injuries more severely than girls.
- Children who are just beginning a sport or activity are at greater risk for injury.



We have to accept that injuries can occur, even with proper protective gear - BUT - don't forget head protection! Though sport injuries are rarely fatal, of those deaths that do occur, brain trauma is the number one cause.

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Doctors can work wonders setting broken bones and taping up sprains. Physical Therapy is monumental in recovery. What it all comes down to though, is the body's own ability to heal fast while we try to "take it easy" on the part of the body that is injured. This brings us to the focus of this article. Can we aid this healing process?

Coral Calcium

The first thing we have to know is what the body would normally need to heal itself and how we can aid that process nutritionally. When dealing with broken bones, Calcium is very important, as it is the building block of the bones. NCP's newest formula is the much asked for **Coral Calcium**; coral being an excellent natural source for calcium and many other minerals. The EES (Enzyme Enhancement System) is especially useful within this formula. Though the Calcium is in exceptionally bio-available form, having the proper enzymes available to break it down and deliver the added vitamins and nutrients is invaluable.



MSM

Relieving the pain is of immediate concern. Children usually bounce back sooner than adults, and may not ask for much in the way of pain relief. But some injuries can be pesky, such as strains of ligaments. **MSM** (methylsulfonmethane) is an organic sulfur which is found in many of the fresh foods we eat, but is eliminated or significantly depleted when we process and cook our food. MSM is an important ingredient in several of the critical amino acids that are the flexible bond between proteins contained in our muscles. It plays a major role in healthy body functions by making cell walls permeable, allowing nutrients and water to flow freely and toxins to be eliminated. It is essential in the stimulation of growth of connective



tissues. MSM is believed to have potent anti-inflammatory capabilities and can block the pain response in some nerve fibers. MSM has been found to be helpful with arthritis and inflammation because there are few nerve endings in the bones. Our pain comes from the soft tissues that surround the bone. Some people take aspirin, which shuts off the nerve, but MSM can be beneficial in relieving the inflammation, permitting the muscle to heal, and preventing them from becoming sore. MSM can reduce scar tissue by altering the cross-linking in collagen which contributes to scar formation.



Vitalase and Protease



Anything that damages body tissue causes inflammation. When a bone fractures or breaks, the body's proteolytic enzymes help eliminate the inflammation. Fibrin (which is a protein) clots are formed to seal off the damaged area, which increases swelling. **Protease** with added oxygen can be extremely useful here as the clots need to be broken up and oxygen needs to be allowed in to revive tissue cells. Protease also boosts the immune system, which can help prevent infection in things like puncture wounds or compound fractures (where the bone breaks through the skin.) **Vitalase**, a formula containing high amounts of *Protease, Amylase, Cellulase, Lipase*, and added *Anthocyanins* is another option for nutritional support. The Anthocyanins can help get the enzymes deeper into the tissues, helping to clean out the waste. Capillaries are needed to carry nutrients (including oxygen) to the cells and to remove waste. Anthocyanins dilate capillaries and are very healthy for the circulatory system.



WHAT'S THAT NUMBER? 000-0000-000-0000

NCP PROTECTS YOU FROM CREDIT CARD FRAUD!

Fraudulent activities are something we all have to watch out for, especially in this increasingly efficient electronic age. Recently, the FTC has issued warnings about banking and internet scams specifically out of Nigeria. Because of our policies regarding credit cards as a form of payment, Natural Choice Products was able to circumvent an actual credit card scam, and notify the proper authorities. Because of these concerns, our customer service representatives will ask even a regular customer their credit card number every time. We realize this may seem unnecessary, and frustrating to those who want to use the same card, but the potential problems it avoids deem it worthwhile.



Customers who order regularly can take advantage of our **Autoship Program**. Once a payment authorization form is signed, NCP will

automatically ship out the order you want on the date of your choice - **at a discount of 10%**! Once you have authorized the form of payment, our staff will not have to obtain a credit card number every month.

(Electronic Funds Transfers - EFT's are also an option for autoship payment.) The contents of your autoship order, as well as the date it is shipped out, can be changed as often as you like. *Start taking advantage of this 10% discount - set up your monthly order today!*

NOTE: ANY CHANGES TO AUTOSHIP ORDER SELECTIONS MUST BE MADE 24 HOURS IN ADVANCE

OF THE RELEASE DATE YOU HAVE CHOSEN. IF YOUR AUTOSHIP DATE 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.

800-626-5143

customerservice@naturalchoiceproducts.net



It's no coincidence that the winners of our Fernie, BC Vacation Get-Away Contest are also our top leaders within Natural Choice Products. Nancy Fitzmorris won top enroller, and "Taste of Country" and Fran Gilette won the drawing. All are pleased to

have the opportunity to come and visit the company, as well as take the time to relax in Fernie, BC.

Nancy Fitzmorris, a long time health advocate, owns and operates a health food store in Louisiana. She started reading to self-educate herself about nutrition when her daughter, 3 years old at the time, cut herself and had to receive a tetanus shot. Her behavior going toward "out of control" caused Nancy to see the link between the food and conditions of the brain and body. What made her devote her life to nutritional awareness for others? **"I said, I have some information here that could help avoid heartache, and I can't be quiet about it."**



Although extremely shy, her conviction as to what she knows will help people has led her to all avenues of teaching others - health

seminars, radio lectures, you name it, she's done it! As for others that want to build their NCP business, or any business, Nancy says **"Passion and goals are very important. Once you receive news that you don't have to be sick, get passionate about getting better. If you are sick, set a goal to be well by a certain time, and goals to get yourself well."**

We at NCP can't wait to have Nancy come to Montana for a visit! We love to hear our leaders ideas and input!

Fran Gilette is the winner of the contest drawing. In the short time she has worked with NCP she is already a top leader. She was introduced to the products as a gift from a friend, and has been excited about the concept since she started educating herself about them. With her husband *completely free* of the need for gastric medications, she feels these products have been very valuable to her and her family. **"We weren't on the products for very long and we knew we wanted them to be a part of our lives,"** says Fran. Fran is an R.N. and reaches out to her community with the things she really believes in. What's the most important thing she tells people? **"I give people the opportunity to listen, recommend the 120 Day Protocol, and tell them that I fully believe they will feel better and will want to continue taking these important products,"** says Fran. **"When people see that you have gone through the trouble to prepare your home for a meeting, they will be more inclined to give you their time."** We hear wonderful things about Fran's meetings, one thing people especially like is the food she serves *after* the meeting.

In October of 2002, both our sons, Corbin, 2 1/2 and Luke, 3 months, were diagnosed with Cystic Fibrosis. Suddenly, we needed to know all about the special care they needed.



IT'S WORTH REPEATING
Product Testimonials



Many CF patients suffer from an inability to absorb fat



Luke H.

(and the fat-soluble vitamins) and protein. They also tend to have frequent bouts of pneumonia that can leave extensive scar tissue in the lungs. The mucus in their lungs becomes too thick to cough up easily and can attract bacterial growth, causing further complications. As a result, antibiotics are recommended three times a day for life. This was hard for us to do as we knew antibiotics for an extended time was not good.

When my mother heard this, she was quick to send us a supply **NCP's Probiotic Blend** and **Nutritional Essentials**. Soon **Multiple Digestive Enzymes** also entered the picture. As the boys got stronger and were able to put on some weight, we took them off the antibiotics as their immune systems were responding well to the NCP products.

They now look so vibrant and alive and are full of energy. Though we are aware that a respiratory "bug" could come along to test their immune systems, we are very grateful to have NCP products to help our boys grow and develop as they should.



Corbin H.

Coral H. - Sent in by Hymne F. (Grandmother)

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.

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Natural Choice Products Is On Call!



Conference calls provide an excellent opportunity to listen to news and information about specific products or topics. Its easy; just call in and register with the staff at Natural Choice Products - a limited number of lines are reserved, so don't delay - and they will inform you of the number to call on the night of the conference. Simply call in at the appointed time and you will most likely be greeted by Terri, NCPs' General Manager. She will instruct everyone as to how to mute your phone, and introduce the speaker and topic. There is usually a question and answer period toward the end of the hour. You don't have to talk, but don't hang up - the questions and answers are very informative! Stay tuned and listen for Terri; often times she will announce a special just for those of you on the call that night!

This upcoming call on the 9th of September is on the topic of a wonderful product called Colloidal Silver. Here are five interesting facts about this amazing, all natural substance:

1. Destructive bacteria, virus and fungus organisms are killed within minutes of contact with Colloidal Silver.
2. Colloidal Silver can kill some 650 disease organisms; individual antibiotics can kill only several.
3. Destructive bacteria cannot resist or mutate against Colloidal Silver.
4. In 100 years of studies and use of Colloidal Silver, there have been no known side effects from administration of Colloidal Silver in animal or human testing.
5. Ancient Greeks lined their eating and drinking vessels with silver; Early Americans used silver dollars in milk jugs to keep fresh in the absence of refrigeration.

Interesting, isn't it? We are extremely lucky to have Jim Hadsell, noted expert in the colloidal field as our guest speaker on the September 9th conference call. Don't hesitate to call and find out more, you may be surprised at what you learn!

September	9,	2003	Jim Hadsell	Colloidal Silver
October	14,	2003	Nancy Fitzmorris	Attention Deficit Disorder (ADD)
November	12,	2003	Dawn Bove	"50 Ways to Love Your Liver"
December	9,	2003	Doug & Pam Collins	Bowel Disorders
January	13,	2004	Michael O'Brien	"New Year, New Health"

NOTE: CAN'T MAKE THE CALL? WANT TO HEAR IT AGAIN? PLAYBACKS ARE AVAILABLE AFTER THE CALL. CONTACT NCP FOR MORE INFORMATION (800) 626-5143

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