



The Catalyst

Inside

School Lunches: Brain Food Or Junk Food?

Are Your Children Being Fed The Nutrients They **NEED?**

What is on your child's lunch plate? Pizza, fries, mashed potatoes with "mystery meat" gravy and mushy peas? Are our children's brains being fed the nutritious food they require for an optimal learning experience? These are questions we all must consider, as today's children are the future generation of leaders for this country.



The human brain is an intricate machine, needing optimal nutrition to function at its best. It needs a diet rich in amino acids, essential fatty acids, vitamins, minerals, and the complex blend of antioxidants and phytonutrients available only in plant-based foods.

Give your children a head start on their day by serving them a

nutritious and delicious Natural Choice Products smoothie. Send a frozen smoothie to school with them for lunch. It'll be defrosted by lunchtime, and will give their brain a mid-day boost of the neurotransmitter strengthening nutrients it's hungry for.



In addition to the smoothie, it may be helpful to get your kids involved in packing lunches. Take them to the produce department and let them choose the fruits and vegetables they'd like to try. Kids love to dip, so consider packing some salsa or dressing for them to dunk the veggies into.

Brain Food Smoothie

- 3 tablespoons **Nutritional Essentials**
- 1 scoop **EZ Pro Whey Protein**
- 1 tablespoon **Whole Food Powder**
- 1 tablespoon flax powder
- 1-2 cups juice or milk

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Special

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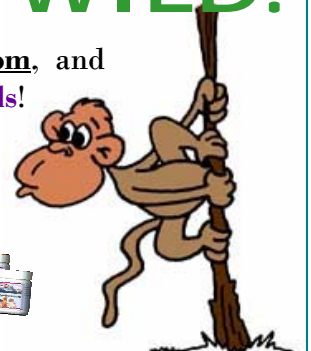
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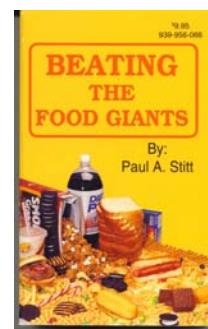
Other kid-friendly foods include wraps, bean burritos and pita pocket sandwiches. Make sure to pack these full of vegetables and sprouts for the greatest nutritional value and the crunch kids crave!

Warm lunches such as homemade soups or pasta and veggies with sauce can be packed in a thermos, as can

fresh carrot juice. A tuna or crab salad stuffed tomato is another fun option. Let the kids do the stuffing ~ they'll love it! Be creative; a variety of flavors and textures will keep the lunches interesting, and keep the kids excited to eat them.

Read the book that exposes the food industry's deception. Paul Stitt, a biochemist

whose outspoken criticism of the American food industry has won him national attention, now reveals the processes by which the food giants determine what and how much you eat. Paul is the owner and founder of Natural Ovens bakery. He has devoted his entire life to human nutrition, and has been instrumental in changing the way at least one school feeds our children.



Beating The Food Giants
By: Paul Stitt

\$9.95

Packed Lunch Recipes Kids Will Love

Penne Pasta with Vegetables in Tomato Sauce

2 cups cooked penne pasta

4 cups pasta sauce

1 zucchini, diced

1 tomato, diced

1 cup of cut broccoli florets

Add any other favorite vegetables

Simmer the pasta sauce and the raw vegetables in a saucepan until vegetables are tender. Add the cooked pasta. Pour directly into thermos or serve immediately.

Peanut Butter Wrap

1 small flour tortilla

Peanut butter (as much as you prefer)

2 tablespoons raisins

1 small apple (finely chopped)

Spread tortilla with peanut butter and sprinkle with apples and raisins. Wrap and enjoy. Crushed nuts may also be added for extra crunch.

Hawaiian Kabobs

Pineapple chunks

Ham, cubed

Mozzarella cheese, cubed

Place all on a kabob stick and send with whole wheat crackers and milk for a healthy lunch. Create your own kabobs from different ingredients. Kabobs are a fun way for kids to eat lunch. Some suggestions: cherry tomatoes, meats, low fat cheeses, cucumbers: the possibilities are endless!

Raw Vegetable Dip

2/3 cup mayonnaise

2/3 cup sour cream

1 teaspoon Beau Monde Seasoning (or other seasoned salt)

1 teaspoon dill weed

1 tablespoon dried minced onion

1 tablespoon dried parsley

Mix all ingredients well. Cover and refrigerate for at least a half an hour before serving. Serve with any fresh vegetables.

For more great recipes visit your local library or search the internet for fun healthy lunches.



Support Your Local Growers

We at Natural Choice Products have long believed that the fresher the produce, the better. This is one very good reason to shop your local farmers markets. The benefits of shopping at a farmers market are immeasurable. First, you are surrounded by fresh, beautiful produce that is sold in its natural growing season.

Second, since it's grown locally, you are virtually guaranteed that the produce has not been radiated, because there has not been a long distance to transport it. As we know, radiating fruits and vegetables extends their shelf life by killing their enzymes, and an extended time between the harvesting and eating produce results in a

loss of nutrients.

When you buy at a farmers market, you're helping to support local farmers who can't produce supermarket quantities. By purchasing these freshly picked, delicious, nutrient rich fruits and vegetables, you're supporting your health and your community!



Soup's On!



Vegesentials- \$28.50

With cooler weather approaching, comfort foods like soups, stews, and chili come to mind. Kick up the flavor and nutrient value a notch with NCP's Vegesentials.

Created to fill the demand for more flavors of Nutritional Essentials, Vegesentials uses vegetables and herbs to provide a delicious and nutritious new

taste. Still containing the amino acids and essential fatty acids of Nutritional Essentials, additions include tomato, spinach, carrot, garlic, shiitake, onion, parsley, dulse, basil, celery seed, cilantro and sea salt to create a rich vegetable broth.

Add it to recipes or enjoy it on its own. The possibilities are endless!

Vicki's favorite:

- 1 or 2 scoops of **Vegesentials**
- ½ glass of tomato juice ~ Stir well
- Top off the glass with warm water
- A squeeze of lemon
- A pinch of cayenne pepper
- Enjoy!

New Discoveries About Healing Foods

Scientists are continually adding to what we know about the health benefits of various foods. For example:

Whole Grains: Don't like broccoli? Eat whole grains instead. University of Minnesota researchers have discovered that whole grains deliver an army of phytonutrients that do almost as much as fruits and vegetables.

Cherries: They're an all-natural pain reliever that may even relieve the intense pain of gout (if you can eat a couple of dozen of them). Scientifically, cherries reduce C-reactive protein in the blood, which the body produces in

response to acute inflammation, according to the Western Human Nutrition Research Center at Davis, Calif.

Yogurt: Those that contain "live" or "active" cultures help fight illness and disease. It is the most popular food containing probiotics. New studies found that yogurt greatly improves a person's ability to fight off pneumonia.

Salmon: Eating salmon reduces blood pressure and cholesterol. Salmon helps prevent heart disease because of its healthy content of omega-3 fatty acids. Now researchers at the University of California report that a higher intake of

omega-3s preserves bone density, keeping bones stronger. If you don't like salmon, eat more tuna or sardines.

Cabbage: Cruciferous vegetables such as cabbage and broccoli have anti-cancer properties. But new studies show cabbage is in a class by itself. In addition to its tendency to protect against breast cancer, the sulforaphane in cabbage protects against lung, stomach, and colon cancers. Sulforaphane stimulates cells to eliminate cancerous substances. Eat cabbage by itself or add it to soups and salads.

Yogurt: Those that contain "live" or "active" cultures help fight illness and disease. It is the most popular food containing probiotics.

Natural Choice Products

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Product Testimonials

Putting Your Health Back in Your Hands!

We're on the web!
www.1inhealth.com

A special thank you to Natural Choice Products' advisors for recommending Amylase Enzymes and Nutritional Essentials for our son Caleb. He has suffered with skin disorders and was hospitalized and treated with Buterol for breathing problems due to allergies from his formula.



His skin is much better and we are looking forward to adding more products to his diet. He has not had to have any breathing treatments for several months now. Thanks again for the testimonies and great advice from the staff of NCP.

Sincerely,

Heather Gantzer



I am a certified nutritional therapist. I have been involved with foods and the ingredients that contribute to health. I have experimented with my own diet and supplementation.

There are so many products available on the market. As a CNT, I have access to many companies. I have found the Natural Choice Products to be superior. Enzymes are so necessary. The enzymes are the life giving ingredients in foods. I personally feel that this is one of the reasons that we suffer from not feeling our best and ill health. It is essential to have the enzymes. The life styles we live now where most of our foods are processed in many different ways, as well as come from all over the planet. There are those of us who are dedicated to purchasing the best foods possible and even then, how are they processed? What nutrients are left within the foods? Is there life in a can? Can life live in the freezer? Are the raw foods radiated? We all do the best we can. Home grown is the very best, and yet with life styles being the way they are at this time, do we grow all that we eat? I believe the best approach is to supplement with high quality products.

Natural Choice Products are the best. The Nutritional Essentials is a high quality product. I make smoothies that are yummy. I also add it to raw soups that are exquisite!!!!!! When I want a snack, I SLICE UP A APPLE AND DIP IT IN ABOUT TWO TABLESPOONS OF NUTRITIONAL ESSENTIALS. This is a very nice refreshing treat. Top this off with the valuable enzymes, and you are on your way to a healthier body.

I have tried other enzymes. Some work and some are inferior in their performance. The enzymes from NCP WORK. They build the body and aid in digestion.

I have always been blessed with beautiful skin. My hair is baby fine, however I have felt my hair improve in thickness and shine with these products. My skin has just gotten better. When we take care of ourselves with exercise, hydration, and supplement with the best, our bodies will reflect a higher quality of life. Our brain, as well as all the organs in the body will function at the level intended because the nutrients are available.

The probiotics are wonderful. I add them to smoothies as well, as I make an almond yogurt that is delicious.

These products will enhance your life.

Joice Faie Weyerman, Idaho