

OurHealthNews

Making Health Affordable
Together

NOTES FROM THE KAT

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Greetings [[firstname]],

Payment Questions Answered: AMEX, Checks, Google Checkout

We sometimes get questions about different payment methods, and this kat wanted to take a moment to share a few things you may not know.

Want to pay with your American Express? While we don't take American Express over the phone or through our regular shopping cart, you can use your American Express card for Our Health Co-op orders through Google Checkout.

How do I use Google Checkout? You first will need to set up an [account with Google](#), and then be sure to click "Google Checkout" when you're ready to log-in and pay for your Co-op order.

Can I pay by check? Yes. If you don't want to use your card over the internet, or you don't have a credit card, we do accept personal checks, money orders, and certified checks. The only catch is that we will wait to receive your check before sending your order.

Lastly, if you ever have any questions about ordering, paying, or anything else, don't hesitate to [contact us](#).

Kat's Interview: Cheryl Miller-Uphoff's New Cookbook for Bill Henderson's Diet

Perhaps no word is scarier or more dreaded than cancer. The Co-op hears from lots of members who have their own cancer stories, many of whom find their way to us by way of Bill Henderson.

As most of you know, we're huge fans of Bill's book [Cancer-Free: Your Guide to Gentle, Non-Toxic Healing](#). So imagine this kat's delight when we

learned that Co-op member Cheryl Miller-Uphoff had written a companion cookbook for Bill's nutritional protocol.

As if the stars aligned, we then found out that Cheryl was visiting her brother right here in West Palm Beach and was open to being interviewed by yours truly. Like many cancer stories you hear, Cheryl's was a doozy; but fear not, it's got three very happy endings!

OHC: First, congratulations! I hear your book is now available. I also hear there's a very circuitous story behind you becoming the author of this book.



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Top 10 Latest top sellers!

[Heart Plus](#)
[Green Tea Extract](#)
[Vitamin D3 - 5,000 IU](#)
[Fish Oil \(large bottle\)](#)
[Liquid Calcium w/mag., vit D3 & boron](#)
[CoQ10 - 50mg](#)
[Probiotics 16](#)
[B-Trio](#)
[Eye Protection](#)
[Multi-Vites](#)

Member Spotlight



Dear Co-op,

I'm so grateful for your affordable prices. I'm a student, so I don't have a lot of extra cash, but as an athlete I really want to take care of my health.

Thanks for all you do!

J.W.

Tell-A-Friend

Please ["Tell a Friend"](#) If your friends and family care about supplement quality *and* love a good deal, they will certainly thank you! ^..^



Contact Us

Phone: 800-667-0781 Mon-Fri 10am-4pm EDT

Web: www.ourhealthcoop.com

Cheryl: I never set out to write a cookbook. To be honest, I was very happy—or at least I thought I was—selling real estate in East Peoria, Illinois. Yes, I tipped the scales at 190 back then and was a size 1X, but it didn't really bother me. Then I had my cancer scare. I had a radial lump on my left breast. Chances were 50-50 it was cancer. Prior to the biopsy, I researched cancer treatments relentlessly. That's when I discovered Bill's book, which I read four times before my biopsy. Well, it turned out I didn't have cancer. So the book went back on my bookshelf—but not for long!

OHC: Another cancer scare?!

Cheryl: About five months later, my dad was diagnosed with Stage 4 lung cancer. His doctor gave him two months to live if he did nothing. With two different types of chemo, they extended their prognosis to 9 months. If he added a 3rd type of chemo, he was given 12 months. I foisted Bill's book on him. Now, you've got to realize my family is very traditional and no one was in favor of this holistic approach. But given the choice between months of debilitating chemo and simply changing his diet, giving up many of his favorite foods and adding a few supplements, my dad opted for the lesser of two evils. He started Bill's program.

OHC: How did he fare on Bill's programs?

Cheryl: Dad started losing weight; then 20 ... 30 ... 40 pounds melted away. Best of all, the doctors were seeing the tumors shrink! But my mom, well she was concerned the weight loss was due to the cancer and that it was still there, eating him up from the inside. To prove her wrong, I went on the diet, too! I started losing 10 - 12 pounds a month. My poor mother—who'd spent years making meat, potatoes, and cookies—didn't know how to cook for her new disappearing family! So I came up with a dozen or so recipes and wrote them down for her.

OHC: What about your dad's cancer?

Cheryl: Well, twenty-one months after his initial diagnosis dad, at age 82, is alive and kicking, fishing, hunting, and playing poker. His tumors on both sides of his lungs are gone and one tumor—the one that was biopsied and classified as Stage IV—actually disappeared. His doctors at the Mayo Clinic were flabbergasted. He'd eschewed traditional treatments, and gone on this wacky diet. And most of the cancer went away. The doctors interviewed him for over an hour, asking him what exactly he'd done. Still, none of them wanted to believe it was diet. Lately, a small "bulge," possibly one stubborn tumor, has appeared. Dad's continuing with Bill's protocol and has also started some radiation—with a new doctor though. He continues to order his [Heart Plus](#) and [Green Tea](#) from the Co-op, by the way!

OHC: That's happy ending #2. Happy ending #1 was you. Care to share on the third one?

Cheryl: Gladly! You see, I didn't know how well I wasn't until I started eating healthy. Before the diet, I was a fat size 1X. I also had thyroid problems and suffered from very bad vertigo. My cholesterol was sky high. Remember, I went on the diet only to prove to my mother that it was the diet—and not the cancer—that was causing my dad to lose weight. Little did I know it would change my life! Now I'm a size 10/12. I've been off my thyroid meds for months. The vertigo is gone and my cholesterol is perfect. Best of all, I feel fabulous.

OHC: And you look marvelous! Let's get back to the book.

Cheryl: Well, I was visiting my brother Mike here in West Palm. He's got a good friend, Peter Cosmoglos, who's a notable chef. We got together and started testing recipes. Ultimately, we ended up with over 90 recipes, all of them gluten-free, sugar-free, and dairy-free—three important rules for Bill's program. As you know, one of the key components of Bill's program is cottage cheese and flax oil. One of the sections of the book is actually called Cottage Cheese & Flax Oil. We

also included sections for: Baking & Breakfast, Beans & Legumes, Desserts & Drinks, Poultry & Fish, Rice, Pasta, and Casseroles, Salads, Snacks & Dips, Soups & Sauces and—of course—Vegetables.

OHC: What are some of your favorite recipes?

Cheryl: Oh, there are so many! I love the Wild Rice A La Maison. The Cucumber Soup and Pumpkin Coconut Soup are both divine. And the carrot cake!! The carrot cake is amazing. I start every day with the Ambrosia or smoothie, which includes cottage cheese, flax oil, pineapple, blueberries, strawberries and walnuts. I add a pinch of Stevia to sweeten it. You can find some sample recipes on [my website](#).

OHC: So the book would be happy ending #3. What's it called and where can we order?

Cheryl: The book is called [Cancer-Free: Recipe Guide to Gentle, Non-Toxic Healing](#) and you can order it on my website. There's an e-book version for \$12.99 or the traditional put it on your bookshelf book for \$20.

OHC: Last question. What do you think of the Co-op's Kat?

Cheryl: Oh, I love everyone at the Co-op, human types and the feline alike. You guys are the best!

Health in the News

- [Nutrigenomics Explains Omega-3's Immune Health Benefits](#). Omega-3-rich fish oil beneficially affects gene expression, says a new nutrigenomic study that enhances our understanding of the health benefits of omega-3.
- [Magnesium may decrease colon cancer risk](#). Increased intakes of magnesium may reduce a man's risk of colon cancer by over 50 per cent, says a new observational study from Japan.
- [Berries may reduce risk factors for metabolic disorders](#). A diet rich in berries may reduce levels of inflammatory markers associated with liver health and metabolic syndrome, says a new study from Finland.

That's all for now, fair members! ^..^

Still purringly yours,

Guido

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Making Health Affordable

Together

Please use the following link to order products:

<http://store.ourhealthcoop.com>

DO NOT write to Guido about orders, as your order inquiry will only be delayed!!! The "kat" is happy to receive and respond to other types of notes though!

For all questions related to orders, or for email orders, PLEASE USE: orders@ourhealthcoop.com

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