

OurHealthNews

Making Health Affordable
Together

NOTES FROM THE KAT

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Meow,

Cholesterol Awareness Month

Timing is everything! September just happens to be National Cholesterol Awareness Month.

The National Heart, Lung and Blood Institute is offering educational kits with tips, recipes and resources to keep your cholesterol levels healthy and reducing the risk of heart disease.

These kits are available at: <http://hin.nhlbi.nih.gov/cholmonth/>

There is also a chart so you can track your progress! If you are taking [Guggul Plus](#) or our [Heart Plus](#) products - fill these out and send them in! We just might want to interview you for our newsletter if you had success in lowering your cholesterol levels!

Guggul Plus Is A Winner According To Many Members

It has been almost a year since introducing our new [Guggul Plus](#) product -- with guggul, hawthorne berry, and policosanol.

We were debating about doing another production run, and decided to get some feedback on this product.

You see, Guggul Plus did not exactly catch on like wildfire over the last year.

We wondered if it was the price (guggul and policosanol are both expensive ingredients).

We wondered if it was scant awareness of these three heart-healthy ingredients (okay, we admit it, we can get spoiled by how knowledgeable our fair members are and perhaps didn't do enough education).

More importantly, we wondered if members who tried Guggul Plus had been dissatisfied.

So, this kat posed the question of "paws up or down?" to our Guggul Plus buyers. A significant majority told us "paws up" (and/or please "keep it")!

Here's what some of our members said:

- "I'm a medical intuitive, and very often I find that products from Our Health Coop are the best remedies available for the people who consult with me...I have found Guggul Plus a very effective and safe way to bring [cholesterol] numbers down, and certainly a far better alternative that statins and their concomitant liver concerns. I, and many of my clients, would be sad to have Guggul Plus no longer available." *Timothy*
- "I really do hope you don't discontinue -- my husband takes it and he got within a range to make his statin-obsessed doctor happy! I have started another friend on it also. Please reconsider." *Norma*
- "The Guggul Plus is the ONLY product I took for the last year to help lower my total cholesterol reading. I went from 258 down to 228 in one year's time. I am really proud of this accomplishment." *Marilyn*
- "I am in favor of keeping it. I got off of Lipitor and am using Guggul Plus to replace it." *John*
- "You must promote this product more. Cholesterol is such a big problem, and this product works. You have to hammer away on this point." *Doug*

Start Saving on Supplements TODAY!

More from the Co-op

- [About Us](#)
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Top 10 Latest top sellers!


1. [Coenzyme Q-10 \(Softgels\)](#)
2. [Heart Plus](#)
3. [Pancreatic Enzymes](#)
4. [Eye Protection](#)
5. [B Vitamin Trio \(Sublingual\)](#)
6. [Alpha Lipoic Acid](#)
7. [Joint Complex](#)
8. [Beta Sitosterol](#)
9. [Calcium with Magnesium](#)
10. [Acetyl L-Carnitine](#)

Member Spotlight

"I have found that that taking [Acetyl L-Carnitine](#) and [Alpha Lipoic Acid](#) together has kept me mentally alert as well as keeping my immune system from overload from all the toxic chemicals that I am subjected to from the foods and environment.

At 68 I can keep up with the youngsters mentally. It has increased my stamina, my ability to enjoy and appreciate life."

Meoww, Loeanna

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: <http://www.ourhealthcoop.com>

Well, we always say “it’s a community” and “we need your help” to keep our prices down. So, thank you to all who responded with such detailed comments!

To the many fans, you’ll be happy to know that we will continue to offer this product!

Heart Plus: Supports Health Cholesterol Levels Too!

Linus Pauling, two-time Nobel laureate and Ph.D., had a few words when it came to cholesterol and heart disease.

As you may remember from Mike Ciell’s paper [“One Pharmacist’s View of Coronary Heart Disease,”](#) Mike compares Pauling’s “Unified Theory” with the cholesterol-fixated “Lipid Theory.” Pauling, in conjunction with Dr. Matthias Rath, suggested that plaque (sticky cholesterol) does not form randomly in the bloodstream.

Pauling and Rath proposed that nutritional deficiency was the cause for stress, tears and cracks in human blood vessels and this deficiency makes way for plaque to come to the rescue.

Pauling and Rath identified three deficient nutrients: vitamin C, L-lysine, and L-proline. They found that these critical nutrients could actually heal blood vessels, improve blood flow, and reduce cholesterol plaques (blockages). Not a small feat for a relatively cheap combo of these totally awesome nutrients!

And, our [Heart Plus](#) provides *all three* of these important nutrients in one handy formula. No wonder Heart Plus is consistently in our “Top Ten” list.

If you have not read Mike’s paper, or it has been awhile, I purringly encourage you to check out the [article](#)...

or Mike’s personal cholesterol lowering experience, read his story at: http://www.ourhealthcoop.com/newsletter/news_mike_on_radio.htm

Health in the News

- [Researchers discover how fish oil protects the brain](#)
 - [Zinc may cut risk of cardiovascular disease](#)
 - [Grain products containing policosanols may lower cholesterol levels](#)
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Updates For Inquiring Minds

Yes, I know, I owe you some updates on Stephen’s wedding, the big surprise Teri received on her birthday cruise, and a few other gossipy human stories.

Sometimes a kat just has to hold a few cards and build a little suspense. Stay tuned, my friends!

Still purringly yours,

Guido

Guido Housemouser
Chief Kat and Community Manager
Our Health Co-op

Making Health Affordable
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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

The information presented in this newsletter is for subscribers to evaluate **individually**. Please seek a professional’s advice when making healthcare decisions.

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