

OurHealthNews

Making Health Affordable
Together

NOTES FROM THE KAT

In this Issue:

- [Cinnamon & Cranberry Concentrate are here!](#)
- [Health in the News](#)

Greetings [[firstname]],

Cinnamon: Supports Healthy Digestion, Blood Sugar & Immunity

To add to our growing new products list are Cinnamon and Cranberry Concentrate. Here's what you should know about these highly-requested newbies.

While cinnamon is often found in less healthy sugar culprits like cookies and pies, the spice itself possesses a plethora of health benefits.

The essential oil of cinnamon possesses powerful antioxidant and antimicrobial properties, and has been used throughout history to stave off the common cold and aid in digestion.

Interestingly, cinnamon acts to relieve pressure on the digestive system by slowing the rate by which food empties from the stomach into the intestines.

This slowing effect also contributes to one of cinnamon's most recently touted benefits: supporting healthy blood sugar levels.

Slower digestion means fewer blood sugar spikes and thus fewer insulin surges. Cinnamon also contains hydroxychalcone, which research has shown to help improve glucose metabolism and insulin sensitivity.

Cinnamon's phytonutrients may also [help support balanced lipid metabolism](#), and maintain healthy levels of LDL cholesterol and triglycerides. Cinnamon also aids in healthy circulation, which is always appreciated by a tired ticker.

Lastly, cinnamon, like its buddy cranberry, exhibits antimicrobial properties that have shown promise with oral hygiene complaints like bad breath, tooth decay, and gum disease.

Fast fact: When added to food, cinnamon acts as a natural preservative by inhibiting bacteria growth and food spoilage.

The many benefits of cinnamon are still being investigated and you can count on this kat to keep you posted as the latest research hits the press.

In the meantime, read more on our product page.

[Cinnamon \(500mg, 120 Capsules\) \\$3.43](#)

Cranberry Concentrate Supports Urinary Tract Health & More

Cranberries have long been known for their dazzling effects on urinary tract infections, but these tart little berries pack an antioxidant punch and more. Here's the scoop.

Cranberries are high in vitamin C, and contain a spectrum of extremely beneficial plant-derived phytonutrient compounds.

Cranberries contain generous amounts of anthocyanins and proanthocyanidins, highly potent bioflavonoid

Missing

More from the Co-op

- [Product Catalog](#)
- [About Us](#)
- [Quality Testing](#)
- [Newsletter Archive](#)
- [Testimonials](#)
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Co-op Blog Spot

[Cindy's recent blog entry](#)

explores the environmentally-friendly uses of algae as global warming protectant and biodiesel fuel source.

[Dr. Rodier's October blog entry](#)

muses on the ridiculousness of pharmaceutical commercials, and the unknown death toll resulting from pharmaceutical misuse.

Top 10 Latest top sellers!

1. [Heart Plus](#)
2. [B Vitamin Trio](#) (sublingual)
3. [Fish Oil](#) (large bottle)
4. [Probiotics 16](#)
5. [Liquid Calcium](#) w/ Magnesium, Boron, & D3
6. [Vitamin D3](#)
7. [Green Tea Extract](#)
8. [Multi-Vites](#)
9. [Joint Complex](#)
10. [Coenzyme Q-10 50mg](#) (softgels)

Member Spotlight



Dear Kat,

A friend recommended your site to me as an alternative resource for my recent surge in blood pressure.

I'm delighted to see your prices and can't wait until I get my order!

Thanks!

Jim D.

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! ^..^



compounds with uniquely powerful antioxidant capabilities.

Berry anthocyanins repair and protect cell integrity and are beneficial in reducing age-associated oxidative stress. These polyphenol antioxidants are under active research for benefits to cardiovascular and [immune health](#). Stay tuned!

Cranberries have been known for decades to promote a healthy urinary tract. This ability may be due to the anti-bacterial activity of certain proanthocyanidin components that [prevent bacteria from attaching to cells in the bladder](#).

Given this anti-bacterial capability, cranberry products have more recently been used in the hope of preventing *H. pylori* infections that can lead to stomach ulcers or cause dental plaque.

While it's great to go to the natural source, unfortunately due to its sour, bitter the taste, most cranberry juice contains added sugar.

The good news?

One capsule of our new Cranberry Concentrate delivers a packed punch of fresh cranberries. To read more on cranberries, visit our product page.

[Cranberry Concentrate \(420mg 12:1x, 120 Softgels\)](#)
\$12.97

Health in the News

- [People who lead a good clean life](#) -- those who are conscientious, self-disciplined and scrupulous -- appear to be less likely to develop Alzheimer's disease, U.S. researchers said on Monday.
- [Arguing is an inevitable part of married life](#). But now researchers are putting the marital spat under the microscope to see if the way you fight with your spouse can affect your health.
- [A diet rich in flavonols from foods](#) such as onions, apples and berries may cut the risk of developing pancreatic cancer by about 25 per cent, a multi-ethnic study has reported.
- [An increased intake of omega-3 fatty acids](#) from marine sources may protect children at high risk of type-1 diabetes from developing the disease, suggests new research.

'Til next time, fair members!

Still purringly yours,

Guido

Guido Housemouser
Chief Kat and Community Manager
Our Health Co-op
4188 Westroads Drive, Unit 123
Riviera Beach, FL 33407
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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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