

OurHealthNews

Making Health Affordable
Together

NOTES FROM THE KAT

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Greetings [[firstname]],

Member Interview: Arlene Norman on Donations, Eye Protection & Yamabibs

Tess has enough curiosity to be an honorary feline, especially when it comes to people.

Arlene Norman recently called to place a new order and found Tess at the other end of the line, as Teri was visiting her brother for his 60th birthday in Kansas.

Arlene added a bottle of Constant Health to her order and also shared her famous vanilla extract recipe with Tess.

Tess enjoyed chatting with Arlene and learned about Arlene's heroic battle with a traumatic brain Injury, her supplement donations to a homeless center, and her husband's adult bib business -- Yamabibs.

Here is Arlene's story including her feisty vanilla extract recipe.

Tess: So, what is a Yamabib?

Arlene Norman: Several years ago, my car was hit by a man who had an old, soupped-up Trans Am out for a test drive and he wasn't paying attention to the road. I was waiting for a red light to change when he slammed into the back of my car.

He hit me so hard that what should have been a fender-bender turned out to be a [traumatic brain Injury](#) accident since I was driving a car with an unknown defect.

Unfortunately, the first Ford Escort models had a poorly-designed head rest that was placed too low. The impact on anyone rear-ended in an Escort produced a traumatic brain Injury.

One of my disabilities was having trembling hands, and I hated the food stains down the front of all my clothing. **So, my husband made the first Yamabibs for me.**

Soon he was making the colorful clothing protectors for many others.

Here's a quote from Arlene's husband, Frank, on their [Yamabibs](#) site:

"I made the first bibs for her in her favorite colors from a pattern I designed and cut out of a piece of newspaper. She loved them and so did many other people.

These people asked me to make bibs for them because they are visually fun, attractive, unusual and protect clothing very well. Many people, including my wife, avoid having stains on their clothing thanks to the custom adult bibs called YAMABIBS."

So, that's how Yamabibs was born. Now he makes many other products including dog bandanas, personal bags for small items, and aprons.

Tess: How did you start donating supplements to

[Start Saving on Supplements](#)
TODAY!

More from the Co-op

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Top 10 Latest top sellers!

1. [Heart Plus](#)
2. [Green Tea Extract](#)
3. [Liquid Calcium w/mag.,vit D3 & boron](#)
4. [Probiotics 16](#)
5. [Constant Health](#)
6. [Fish Oil \(large bottle\)](#)
7. [B Vitamin Trio \(sublingual\)](#)
8. [Coenzyme Q-10 \(softgels\)](#)
9. [Multi-Vites](#)
10. [Alpha Lipoic Acid](#)

Member Spotlight



Teri,

First things first, I love the Rich Chocolate Constant Health. The flavor is great.

I'll tell you, I carry a small shoe box with my supplements everywhere I go. I never could afford supplements until I found the Co-op. My family thinks I'm crazy but at 71 years young, my medical bills for last year were \$11.95.

Gloria

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

Brother Paul McLaughlin?

AN: Brother Paul runs [Hope Haven Gospel Mission](#), the only place that offers homeless men, women, and as soon as they can enlarge the facility, families, a clean bed, food, and a safe, warm place to sleep in Lewiston, Maine.

Brother Paul met my husband, Frank, at a town meeting and tried a sample of Frank's [Future Fuel Technologies Fuel-Saver™](#). My husband has been giving Brother Paul free FFT to help him out with car maintenance.

We contribute to the mission since we believe the work Brother Paul does is important. We firmly believe that those of us who have a home and some security should help people who are less fortunate.

I have been disabled and have an immune illness, but there are people far worse off than me. We believe we have a responsibility to those who need help. All of us could be in their position.

Anyway, a few months ago Brother Paul was told by his M.D. that he had glaucoma. He was very upset over it since he has a very small income, no medical insurance, and cannot afford medical bills or medication. Brother Paul called Frank to talk just because they are friends and he was upset.

When I heard about this, I thought about your Eye Protection Formula, given it has helped me so much.

Two years ago, my eye doctor told me I had dry macular degenerative eye disease starting in one eye. The doctor told me to take two name brand eye protection vitamin pills a day.

The brand was \$38/bottle and since we have long been customers of the Co-op, I bought your [Eye Protection formula](#) instead. Your Eye Protection has more ingredients in larger amounts *and* at a fraction of the cost of the brand name product.

Last time I saw my doctor he saw *no problems with my eyes* and actually said they are "remarkably healthy" for someone my age!

I thought some of your vitamins could help Brother Paul as they have helped me. I bought him your Eye Health kit and every other vitamin I thought he could use.

He kindly wrote us a note saying he had prayed for help and God works in mysterious way - right now he feels God is working to help his vision and health by leading us to buy him extra vitamins through you.

On Friday he mentioned his vitamins are running low to my husband so I re-ordered them for him. We know Brother Paul does not have the extra money to take care of himself and we want to provide the vitamins for him.

We're happy to be able to help.

Tess: What interests you about Constant Health?

AN: Between the assorted health problems of the traumatic brain Injury and a rare herpes 6A infection I picked up many years ago while working in a hospital, I have problems with my immunity.

I am always looking for products that support immunity. After reading the description of your new Constant Health, I thought it looked like it could help boost my health and improve my immunity.

Naturally anything that could help is worth trying. I trust your products and my husband, who is a chemist, likes your formulations.

Tess: How did you find the Co-op?

AN: Frank, my husband, found the Co-op years ago on the internet. He liked your company's philosophy and attitude towards nutrition and supplements.

Tess: So tell me about this vanilla extract recipe of yours.

AN: It's the easiest thing and it's the best you'll taste.

Ingredients:

5 oz. of vodka or rum

1 dark empty bottle

3-5 large vanilla beans

Instructions: Slice vanilla beans into the bottle with liquor and leave in a dark space (like a cupboard) for 30 days. Repeat to refill as necessary.

You can create **almond extract** through the same recipe, just be sure to toast the almonds first!

Well, there you have it, Tess's first interview and an introduction to Yamabibs and a homemade vanilla **extract recipe**. If you'd like to drop a line to Arlene and Frank, [click here](#)!

Constant Health - So Much More than Protein Powder!

Protein powders are actually a dime a dozen. Well more like \$12 bucks and up depending upon what smattering of other ingredients they possess.

One of Cindy's friends thought Constant Health was just another protein powder, good for meal replacement and energy, so why bother switching. Cindy sent her friend the [white paper](#) and she promptly bought three bottles of Constant Health.

My challenge to all ye skeptical ones is to compare labels carefully (you know, the old apples to apples routine). Do those *other* products have:

- **Big doses of anti-inflammatory herbs** with powerful antioxidant value like boswellia, turmeric (curcumin), and ginger?
- **A potent suite of detoxifiers** like n-acetyl-cysteine, milk thistle, calcium-d-glucarate, slippery elm, and l-glutamine?
- **Significant amounts of cleansing fibers** like apple fiber, apple pectin, cellulose, red raspberry seeds, and guar gum?
- **A generous array of immune system boosters** like quercetin (with its antihistamine value), grape seed extract, vitamin D3, vitamins A, C, and E, selenium, and zinc?
- **Energy boosters** like a complete B vitamin offering and a range of minerals?
- **A bioavailability enhancer** like bioperine, which boosts not only the absorbability of botanicals but also beta carotene?

So, you say, it's hard to compare apples to apples?

Alas, that would be true, as there aren't a lot of truly comparable products. Remember, the inspiration for this product involved four separate commercial products.

If you haven't tried Constant Health and you would like to do so, remember each order in December comes with a free blender bottle:

Visit the [Constant Health product page](#) to order.

Health in the News

- [Eleven factors have been identified](#) to help predict hip fracture in postmenopausal women, according to a study in the November 28 issue of JAMA.
- [Nine questions to help protect your heart](#) before surgery. Most people with heart disease have other ailments, including some that require surgery. What's needed to protect the heart during such operations?
- [The antioxidant effects of green tea polyphenols](#) may protect neurons against the detrimental effects of reactive oxygen species (ROS) and nitric oxide (NO), thereby offering potential benefits for Parkinson's, says new research from China.

'Til next time, 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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