

OurHealthNews

Making Health Affordable
Together

NOTES FROM THE KAT

In this Issue:

- [Lugol's Back in Stock - Order Now!](#)
- [Are Gut Problems Causing Your Headaches?!](#)
- [Sale Ending Soon: Save \\$5 on Soothing Greens](#)
- [Health in the News](#)

Greetings [[firstname]],

Lugol's Back in Stock - Order Now!

Yep, we sold out of our limited supply of Lugol's Iodine solution and had to re-order. Members weighed in, we listened, and now we'll make sure we keep this product in stock for the long-term.

If you missed out on the first round of buying, [order now](#), as we have fresh stock of Lugol's Iodine (2% solution) back in stock!

If you've already purchased, be sure to let other members know what you love about Lugol's by writing a [produce review](#) or [sending](#) us your thoughts.

Are Gut Problems Causing Your Headaches?!

Migraines have plagued humans for ages. In fact, an estimated 28 million Americans currently suffer migraine headaches.

Unfortunately, there has yet to be a "cure" that is satisfying or healthy over the long-term. Most folks manage headache pain and frequency with drugs and lifestyle changes, but still too often are immobilized by skull-pounding monsters called migraines.

Migraines have been linked to foods, stressors, etc., but an emerging line of research is exploring migraines at a deeper level -- in the gut. Here's the scoop.

Migraines & Gut Health - Intertwined?

It's not news to migraine sufferers that the [gut is part of the pain](#) -- food triggers, nausea, constipation, irritable bowel symptoms, and more can all accompany migraines. These conditions have historically been considered migraine *symptoms* rather than indications of a root cause.

Now, research connecting intestinal dysfunction with migraines is gaining interest. More specifically, by addressing breakdowns in the gut -- both with absorption of nutrients as well as elimination of toxins - researchers have been making great strides in preventing migraines. Pretty cool, eh?

You see, your gut contains an extensive network of neurons dubbed the enteric nervous system or ENS. The ENS regulates blood flow, secretion, nutrient absorption, communications with the central nervous system, and other vital functions that impact your whole body.

The connection between the ENS and the central nervous system continues to be defined, but there are a variety of ways in which irritation in the gut *directly* influences the central nervous system. This means when the gut is not functioning properly, the central nervous system (or brain) suffers, as is the case with migraines.

A few dramatic examples of the brain-gut connection:

Missing

More from the Co-op

- [Product Catalog](#)
- [About Us](#)
- [Quality Testing](#)
- [Newsletter Archive](#)
- [Testimonials](#)
- [FAQs](#)

Top 10 Latest top sellers!

1. [Heart Plus](#)
2. [Green Tea Extract](#)
3. [Vitamin D3](#)
4. [Liquid Calcium w/mag., vit D3 & boron](#)
5. [Beta Glucan](#)
6. [Coenzyme Q-10 \(softgel\)](#)
7. [Probiotics 16](#)
8. [B-Trio](#)
9. [Fish Oil \(large bottle\)](#)
10. [Joint Complex \(tablets\)](#)

Member Spotlight



Cindy,

I have been sending Sam's Advanced Antioxidant Plus D to my Dad for the last year. I get him 3 bottles every three months. He is 92 years old and lives in an assisted living facility.

About a year and half ago they found two fairly large tumors in his bladder. I told him I would like him to try Sam's formula. The nurses there give Sam's to him with a doctors order and let him know when he is on the last bottle so I can reorder for him.

On his last check up, he was tumor free. He wrote me an email when he was on his last bottle so I could reorder it for him. The email said, "I am sold on those pills."

Thanks!

Ward Hollesen
(a follower of your dad)

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

- Irritable Bowel Syndrome (IBS) patients have many more migraine headaches than people without IBS.
- Gall-stone patients also have a high incidence of migraines along with other intestinal problems.
- Patients with *H. pylori* overgrowth also have more migraines; when the *H. pylori* bug is treated, most migraines disappeared, too. Coincidence? Seems not.

Fast fact: The brain-gut connection goes beyond just migraines. Autopsies conducted on Parkinson's and Alzheimer's patients reveal specific brain damage indicative of each disease. *Identical* damage exists in the neurological tissue of the gut brain as well as in traditional "gray matter" brain tissue.

So what's a migraine-suffering human to do?

If you suffer from migraines, you need to focus on building a healthy gut, which means eating like Dr. Rodier recommends, with plenty of gut-friendly nutrients and detoxifiers (i.e., lean proteins, fiber-rich fruits and vegetables, and special botanicals like milk thistle) as well as digestive aids (enzymes) and friendly bacteria (probiotics).

Research studies confirm what Dr. Rodier has long been promoting. In a 2001 study, migraine sufferers were treated with a protein peptide and probiotic blend as well as a multiple ingredient blend to improve liver and kidney function (and thus the efficiency of toxin elimination).

After just three months, 60% of subjects reported almost *total relief* from migraine attacks, including subjects with a 25-year migraine histories. Another 20% experienced at least some level of significant **improvement**.

Other protocols have eliminated irritating foods from the diet and achieved similar results:

"The commonest foods causing reactions were wheat (78%), orange (65%), eggs (45%), tea and coffee (40% each), chocolate and milk (37% each), beef (35%), and corn, cane sugar, and yeast (33% each). When an average of ten common foods were avoided there was a dramatic fall in the number of headaches per month, 85% of patients becoming headache-free."

Another study reported that migraine patients challenged with food antigens by skin-prick test showed a significant correlation between specific food allergens **the development of both migraine headaches and abdominal problems**.

In yet another study, with children whose headaches were triggered by flashing lights, allergy elimination diets eliminated the migraines triggered by flashing lights and also associated symptoms, such as abdominal pain, behavior disorders, asthma, eczema. Big news that not enough folks know about!

So, it seems like a no-brainer that all y'all with migraines need to pay more attention to your gut (tending it, mending it). If you're interested in following the research more directly, check out: [An Integrative Model of Migraine Based on Intestinal Etiology](#).

Improve Your Intestinal Function

Meanwhile, the Co-op offers many allies for a troubled gut. A few basics -- such as [Probiotics 16](#) (for promoting friendly bacteria colonies), [Fish Oil](#) (for addressing inflammation within the gut), [Milk Thistle](#) (for liver detoxification), and [Pancreatic Enzymes](#) (for help in more thoroughly digesting fats, carbs, and proteins) -- are all "must haves" for a healthy gut.

If you prefer a simple morning shake, [Constant Health](#) is loaded with gentle rice protein, potent antioxidants, insoluble and soluble fibers, and liver detoxifiers that all

support gut health.

[Soothing Greens](#) also supports healthy gut function, with generous amounts of gut-slippery elm, alkalizing greens, patented probiotics (stable powders, drink mixes, and even in baked goods), and the immune-boosting botanical powerhouse, larch arabinogalactan.

Reminder: Save \$5 on Soothing Greens

You can still save during our **\$5 off sale** on Soothing Greens to support your belly and immune system during this season of holiday feasts. Hurry as our sale ends at the end of November!

[Order Soothing Greens now and save \\$5 on each jar!](#)

Health in the News

- [Thoughtful Words Help Ease Impact of Marital Strife on Immune System](#). Couples who bring thoughtful words to a fight release lower amounts of stress-related proteins, suggesting that rational communication between partners can ease the impact of marital conflict on the immune system.
- [Dark Chocolate Helps Ease Emotional Stress](#). The "chocolate cure" for emotional stress is getting new support from a clinical trial published online in ACS' Journal of Proteome Research. It found that eating about an ounce and a half of dark chocolate a day for two weeks reduced levels of stress hormones in the bodies of people feeling highly stressed. Everyone's favorite treat also partially corrected other stress-related biochemical imbalances.
- [High Fructose Corn Syrup: A Recipe For Hypertension](#). A diet high in fructose increases the risk of developing high blood pressure (hypertension), according to a paper being presented at the American Society of Nephrology's 42nd Annual Meeting and Scientific Exposition in San Diego, California.

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

Still purringly yours,

Guido

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

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

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

This newsletter is from Our Health Co-op and is being sent to subscribers only. To unsubscribe, please send an email to:

guido@ourhealthcoop.com

[Product Catalog](#) / [Tell-a-Friend](#) / [Newsletter Archive](#) / [Privacy Statement](#) / [Sign-up for Newsletter](#)

Copyright 2007 Our Health Co-op, Inc. All rights reserved.