

# OurHealthNews

Making Health Affordable  
Together

## NOTES FROM THE KAT

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Meow,

### Winning High-Fiber Recipes

I hope you all ordered [Fiber Fit](#) when it was on sale in October.

Me thinks that too few of you are eating enough fiber and too many of you don't think "high-fiber" when you are looking for good recipes.

My reasoning? Simple. We have a noisy bunch of members and the lines went practically dead when I put out the request for high fiber recipes. Pffssst!

Oh well, never mind, no use preaching.

Here's what we did with the few recipes we received. We assessed each recipe for high-fiber ingredients and estimated the total amount of dietary fiber per serving.

Muffins and soup recipes seem to be the favorites, with the following recipe submissions winning.

- **Chocolate Chip Banana Muffins** from member Donna Miles
- **Beverly's All-Bran® Muffins** from member Beverly Allen
- **Black Bean and Pumpkin Soup** from member Caesar Fiorini
- **Asparagus and Tomato Minestrone** from member Kathy Gray

Congratulations to you all! Don't forget to claim your free product and pillbox on your next order!

Meanwhile, all four recipes are listed on our website at:

[http://www.ourhealthcoop.com/coop\\_corner\\_fiber\\_recipes.htm](http://www.ourhealthcoop.com/coop_corner_fiber_recipes.htm)

### A Word on Whole Grain and Folic Acid

More and more Americans are substituting whole grain products for refined grains. This is good news, since whole grains have multiple benefits.

According to an article in October's *Nutrition Today*, there are many studies that have identified benefits in various whole grain products, including:

- Promoting digestion
- Diluting calories
- Supporting healthy weight
- Lowering blood glucose
- Lowering serum cholesterol and blood pressure
- Promoting heart health
- Protecting against some cancers

The *Nutrition Today* article points out an important implication of consuming all these good, whole grain products: they are not fortified with folic acid, which is sorely missing in most American diets.

**Fast fact:** Folic acid fortification of grain products is required by law for refined flour products, but not for whole grain products.

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## Top 10

Latest top sellers!

1. [Coenzyme Q-10 \(Softgels\)](#)
2. [Heart Plus](#)
3. [B Vitamin Trio \(Sublingual\)](#)
4. [SAM-e](#)
5. [Fiber Fit](#)
6. [Multi-Vites](#)
7. [Calcium with Magnesium](#)
8. [Eye Protection](#)
9. [Fish Oil \(Large Bottle\)](#)
10. [Joint Complex](#)

### Members Spotlight



Dear Guido,

I am so excited that my high-fiber recipe was one of the ones that was chosen. You are all so kind and I hope that many try the recipe. They surely will enjoy these [muffins](#), knowing they are taking in high fiber, which is very much needed in everyone's diet. Again, thank you so much and I always enjoy and look forward to your newsletters!

Blessings, Donna Miles

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"Your [Acetyl L-Carnitine](#) ROCKS! I am 62 and working more and better than ever. I feel like this supplement is an essential part of my capacity to continue being creative, alert and fully engaged in my professional and personal life. Thank you for providing it at a reasonable price. I tell all my friends and colleagues!"

Love, Mukara

### 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! ^..^



Folic acid is a vitally important B vitamin, as many of our members well know. For those of you who haven't thought much about folic acid any time recently, here are some things of interest:

- There has been a 19 percent decline in neural tube defects of newborns in the United States since the initiation of mandatory folic acid fortification.
- Humans who consume at least 300 micrograms of folic acid per day have a 20 percent lower stroke risk and a 13 percent lower risk of heart disease.

Some whole grain producers are voluntarily adding folic acid to their products, but this is not common.

So, if you're favoring the "whole wheat" and "brown rice" options, but still not getting enough veggies, you may want to remember to supplement (see our products below for folic acid choices):

- [Sublingual B Vitamin Trio](#) - with Folic Acid, 400 micrograms
- [B-50 Complex](#) - with Folic Acid, 200 micrograms
- [Multi-Vites](#) - with Folic Acid, 400 micrograms

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## Pumpkin: A Superfood, Not Just Decoration!

Halloween is over. The pumpkins you've been decorating your doorsteps and tables with aren't going to make it until Thanksgiving.

So what to do with pumpkins that made it through Halloween without being sacrificed as Jack-o-lanterns?

You might want to consider eating them!

As it turns out, pumpkin is packed with various nutrients and carotenoids, particularly alpha and beta carotene. Carotenoids are orange, yellow, and red colored, fat-soluble compounds occurring in a variety of plants.

According to Steven Pratt, M.D. and author of *SuperFoods Rx*, these carotenoids help to protect you from free radicals, enhance cell-to-cell communication, and modulate your immune response. They also protect your skin and eyes from damage caused by ultra violet light.

Alpha carotene and beta carotene have been tied with multiple health-promoting and disease-fighting benefits. Dr. Pratt makes the case for these nutrients in his book, noting that they:

- Reduce inflammatory arthritis
- Decrease the risk of various cancers (such as breast, lung and colon cancers)
- Lower the rate of heart disease

Beyond nutritional support, pumpkins are also rich in fiber. A one-half cup serving provides 5 grams of fiber.

Although pumpkin is a squash that's best between late summer and autumn, canned pumpkin is readily available year-round.

**Fast fact:** Canned pumpkin puree, which is not the same as the canned pie filling, is cooked down in order to reduce the water content that is still present in a fresh pumpkin. Because of this condensation, canned pumpkin is actually more nutritious than fresh pumpkin!

With only 83 calories in a cup, pumpkin contains 400 percent of the recommended daily allowance of alpha carotene, along with close to 300 percent of beta carotene.

If you're wondering how on earth you'll be able to incorporate this unique fruit into your daily diet routine, start by trying one of our winning recipes, [Black Bean and Pumpkin Soup](#), from member Caesar Fiorini. Thanks Caesar - quite timely !

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## Health in the News

- [Veggies and herbs that prevent or halt cancer](#)
- [Probiotics' strain found to reduce Irritable Bowel Syndrome \(IBS\) symptoms](#)
- [Probiotics for cleaning hands, not soap?](#)
- [Ibuprofen and aspirin cause G.I. problems](#)
- [Over-the-counter cold medicines might not be safe for the heart](#)

## Contact Us

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

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

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## Kat's Notes: Another Love Story

It is like a soap opera around the Co-op this year. A wedding (Stephen and Kelly), a big engagement (Teri and Harley), and now “the rest of the story” on our other Kelly. It’s a good thing we have devotees of this gossipy section of this kat’s newsletter.

Anyway, not too long after Teri’s engagement, [Kelly McKibbin](#) (our Marketing Director), accepted a marriage proposal from her long-term boyfriend, Steve Moynahan.

Yes, I know, another Kelly and another Steve (just in case you are counting, this is the third “Steve” in our Co-op family)!

One might hypothesize that it’s something in the products we’re selling, ‘cause it’s the only correlated factor in the coincidental timing of these Co-op romance stories.

Perhaps we should start a rumor here: “Co-op products increase the likelihood of romance.” It’s not exactly a double-blind study, only anecdotal evidence at this point, but it’s still a pretty good story, don’t you think?

Anyway, back to Kelly’s story.

Steve proposed in early fall on a trail not far from their home in the mountains of Park City, Utah. Kelly and Steve were hiking with their black Labrador Retriever, Zeke, under the changing colors of the aspens.

Steve slowed down at one point, pretending to fumble for a camera in his backpack. He suggested that Kelly sit down on a log beneath the aspen trees while he prepared “the camera.”

Steve then knelt down in front of Kelly and asked, “Would you and Zeke be my family for life?” Awww. The dog was included in the proposal (it’s so “Park City,” which is definitely “dog country” and not so fascinated with felines).

There was no question about the answer from Kelly. Yes, yes, of course, yes! Sigh. All this goopy good news is hard on an irreverent soul.

Nevertheless, plans are in the works for a wedding in tropical Costa Rica. Nothing dull here -- these two are adventurers and are gathering their family and friends at a simple beach setting for the big event. Big congratulations to Kelly and Steve in our “western” office out in Utah!

Meanwhile, let me know what you think of my hypothesis about “it’s something in the supplements?!” ^..^

Still purringly yours,

### Guido

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

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](mailto:orders@ourhealthcoop.com)

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