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The Secret Behind CoQ-10's Popularity

There’s a definitely reason (or three) that millions of loyal fans have made CoQ-10 one of the most popular supplements of all time. As an essential ingredient to heart health, a respected prospect for protecting sensitive neurons, as well as a major factor in the production of cellular energy, CoQ-10 packs a mighty nutrient punch.

In a recent study, CoQ-10 was additionally linked with curbing the negative effects of obesity. Overweight mice given CoQ-10 showed decreased levels of inflammatory and metabolic stress markers. While felines, as a rule, aren’t thrilled at the prospect of healthy rodents, the research is also promising for the increasing number of overweight humans.

CoQ-10 is a well-respected antioxidant, too; and has been shown, in conjunction with other antioxidants, to support healthy sugar and fat metabolism, normal blood pressure levels, and arterial flexibility.

Reuven Zimlichman, of Wolfson Medical Center, Israel, said of his research involving CoQ-10:

“Antioxidant supplementation [including CoQ-10] significantly increased large and small artery elasticity in patients with multiple cardiovascular risk factors. This beneficial vascular effect was associated with an improvement in glucose and lipid metabolism as well as significant decrease in blood pressure.”

CoQ-10 garnered world-wide recognition with the growing use of cholesterol-modulating statin drugs. Since statins deplete the body’s CoQ-10 stores, often leaving muscles weak and gums bleeding, CoQ-10 became known as “the supplement to take with statins.” And, while CoQ-10 is certainly useful for replenishing your body’s depleted stores, it has so much more to offer your aging body.

Reminder: CoQ-10 should be taken with meals because it needs fats to breakdown and offer optimum bio-availability.

We offer CoQ-10 in 50mg, 60mg (veg capsules), 150mg, 300mg and 600mg softgels (which can be taken by themselves) at our normal (but still pretty

Start Saving on Supplements TODAY!

Top 10 Latest top sellers!

1. Heart Plus
2. Green Tea Extract
3. Vitamin D3, 5000 IU
4. Multi-Vites
5. Liquid Calcium
6. B-Trio
7. Eye Protection
8. Vitamin E
9. Probiotics-16
10. Soothing Greens

A Kat’s Perspective

Valentine’s Day is just around the corner and, while those of the curmudgeonly lot may grumble that the day of hearts is a “Hallmark Holiday,” this kat thinks that it’s a good idea for two-leggeds to explore heart health as something other than simply good cholesterol numbers and clean arteries.

Even if you don’t have a sweetie, or don’t subscribe to dramatic romantic displays, methinks even a small expression of love could boost your mood and your health. The expression of love, just like the expression of purring, has emotional and physiological health benefits.

Your valentine need not even be of the human variety, either. The ASPCA has gotten clever this year with big promises of finding Valentine’s Day love in furry companions. One ad reads, “Smart. Funny. Good with kids. Who needs online dating when true love is just a tummy rub away? This Valentine’s Day, open your heart to a shelter pet. They are guaranteed to love you back.”

So, whether your valentine is a loved one, a furry friend, or even yourself, be sure to take a moment to honor the beating vessel that is your heart.

And, if all else fails, this kat happily volunteers to receive any and all of your love notes.

Member Spotlight

From a new member who just joined the Co-op:

“I am just so pleased I have found you. Wonderful efficient service and great prices. Thank you!”

-Sharon
Latest Blogs:
Teri Extols the Virtues of Epsom Salts. Reflecting on years gone by when her grandmother used to encourage her to take warm baths, Teri later learned the magic of why those epsom salt baths were so soothing. Teri also touts the value of home blood-pressure machines and shares recipes and responses contributed by those who responded to her query on sesame seeds.

Simon’s Cat - “Let Me In!”
For anyone who has ever been fortunate enough to have a cat in their life, Simon’s Cat cartoons capture the humor and persistence of the feline mind beautifully. The "Let Me In" episode is a favorite of the humans at the Co-op (and this kat happens to find it charming, as well). Hopefully, you'll enjoy it as much as we do. ".."

That's all for now, fair members!

Still purringly yours,
Guido

Guido Housemouser
Chief Kat
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Making Health Affordable

Note from this kat: Welcome to the Co-op family, Sharon! We're so glad you've joined us. Personalized service and affordable quality is our prime calling at the Co-op (we love to help our members). ".."

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 9 am - 5pm EDT
Web: www.ourhealthcoop.com

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- Product Catalog
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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.