

OurHealthNews

Making Health Affordable
Together

NOTES FROM THE KAT

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Greetings [[firstname]],

Eye Protection Color Changes!

If you're an Eye Protection fan, and we know there are a lot of you, here's a heads up for you.

Some of you have noticed the deeper purple color of our new Eye Protection capsules. As Teri likes to say, "They're pretty."

No worries, it's natural. Bilberry, the botanical responsible for the purple color in our Eye Protection formula, varies in hue from season to season. Rain, time of harvest, soils, and sunshine levels all affect bilberry color.

The raw material in our current batch happens to be far more purple than previous lots; however, we use a standardized 4:1 extract to ensure that we are delivering the same potency of anthocyanidins (the active ingredient in bilberry), and we have a predictably fabulous [lab test](#) to prove it.

Enjoy the fancy purple color for this batch of [Eye Protection](#) and happy ordering of this perennial Top 10 product!

Kat's Interview: Co-op Team Member Donnaree Lost 40 Lbs!

This kat didn't have to venture far for this week's interview -- just back to the shipping area where our lovely Donnaree was busily packing your orders. For the past few months, there's clearly less and less of Donnaree. She also has a healthy glow and her smile keeps getting bigger (if such a thing were possible). So with all the orders out for the day, we sat down for a chat. Inquiring minds always want to know the secrets behind any kind of dramatic weight loss.

OHC: My, my Donnaree, you must be attracting a lot of attention these days. How much weight have you lost?

D: [sheepish grin] It's true. I lost 40 lbs. in 3 ½ months and kept it off for 8 months now. It's hard for even me to believe!

OHC: You know that we have a lot of FatCats who will want to know your trick. Spill the beans on how you dropped those extra pounds.

D: I've been following the [Ideal Protein protocol](#) some of our members have been using. I've been chubby all my life--always a size 16 or 18--and have tried every diet imaginable. Nothing stuck, except the pounds!

OHC: What prompted you to try again?

D: I'm Jamaican and I've always been told I was beautiful on the inside. Well, I wanted to be just as beautiful on the outside and healthier too. I'm only 30 years old - too young to be struggling with my health as

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Top 10 Latest top sellers!

1. [Heart Plus](#)
2. [Green Tea Extract](#)
3. [Vitamin D3 - 5,000 IU](#)
4. [Multi-Vites](#)
5. [B-Trio](#)
6. [Probiotics 16](#)
7. [Liquid Calcium w/mag., vit D3 & boron](#)
8. [Eye Protection](#)
9. [Fish Oil \(large bottle\)](#)
10. [Organic Dark Chocolate \(in stock January 8, 2010\)](#)

Member Spotlight



Thank you for all your years of great service and great prices.

Let's hope for a peaceful 2010, with good health and prosperity to all.

Angie



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

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much as I have. When I [heard pharmacist Mike Ciell, talk](#) about the effectiveness and health benefits of the Ideal Protein diet I felt some hope.

OHC: You've had some big health scares over the years all related to having "sticky blood." Can you share more?

D: Actually, it's called sticky platelet syndrome or [thrombocytosis](#), where my body produces a dangerous number of platelets and my blood doesn't flow properly. In my case, the underlying cause is actually a form of leukemia, but very different than we typically associated with leukemia.

My condition was diagnosed about 3 ½ years ago when I found myself in constant pain. They discovered I had *really* high platelets. Normally, platelets work to stop bleeding by sticking together to form a clot, but too many platelets can cause nasty problems like blood vessel clots and even strokes. For me, the condition has mostly just meant a lot of pain and exhaustion because my blood doesn't flow as it should. My doctors prescribed a drug called Hyrdera, which is a chemotherapy pill. The drug has helped me by managing managing the platelet overgrowth, but my health suffered too.

Thankfully, my health as well as my body is in much better shape after everything I've learned about nutrition while working here at the Co-op. I've gone from eight chemo pills a day to just two! I am a really big fan of [Heart Plus](#), [Green Tea](#), and [Beta Glucan](#), I feel better when I take them and wouldn't be without them. I also take [Probiotics 16](#), [Fiber Fit](#), and [Conjugated Linoleic Acid](#).

I don't know why, but I used to have really bad migraines, and they went away completely about 4 days after I started taking the supplements, so I can't imagine going back to my old ways.

To make a long story short, at my worst point, before my diet and nutrition changed, my platelet count peaked at 1,954, which is dangerously high. My last test showed only 490, and normal is between 150 - 400, so I'm almost there!

My doctors were flabbergasted and also a bit suspicious of the supplements I take, so they did a blood culture and agreed that whatever I was doing was really working.

OHC: What's been the hardest thing about your diet?

D: Avoiding sweets! But the Ideal Protein program has all these great bars I can treat myself with once a day, so I always have something—besides celery—to look forward to. My favorite is the Caramel Peanut Bar.

OHC: Many of our members have never been to Jamaica. What is one of the memories you have of growing up on an island in the Caribbean?

D: I've been in the U.S. 11 years now! My most dramatic memory of growing up in Jamaica has to do with hurricanes! Did you know that when I was a child, my mother once tied me and my brothers to a tree during a hurricane to keep us from blowing away?! Traumatic then, but hilarious to picture now. I still have some family back home, but I'm happy to be in the States. In fact, I hope to receive my citizenship this year.

OHC: You are certainly a strong member of our team. Can you share how you found us?

D: Four years ago I answered an ad Teri placed. Funny enough, I think part of the reason I got the job was because I was *so big and sturdy!* I think "sturdy" was actually in the job description as I had to be able to lift heavy cases of things like [Liquid Calcium](#), [Arthro 3](#), and [Fish Oil](#).

Teri took me under her wing, and I've got to tell you it is like family working here. I love my job, and I take pride in getting all of our packages out to our members as quickly as possible.

OHC: Last, but not least, what do you think of this

kat?

D: Sometimes I forget that you're even around. You're welcome to stop by more often and help me pack!

That will be the day. Packing is *not* my thing. ^..^ I think I'll stick to sharing my big opinions and let the humans do what they do best, and Donnaree is the best shipper we've ever had, not to mention the fact that she is an all-round good soul.

If you want to [drop a line to Donnaree](#), I will make sure she gets it!

Concentrated Fish Oil: Good Deal with Twice the Omega-3s!

Tess has been taking a lot of Fish Oil lately. With her bad knees and Utah's cold weather, she relies on Fish Oil to help her get through the cringes that come with winter storms.

During her recent trip to the Florida office she was seen stashing a few bottles of our new Concentrated Fish Oil in her bag for her trip home.

With [twice the omega-3s](#), Tess addresses her knee pain without swallowing so many softgels (she shares her stash with her three Siamese cats at home too - stay tuned for a video of the antics when they tussle over "who gets the fish oil"). Concentrated Fish Oil gives you the same Omega 3's *per dollar* as our regular Fish Oil, only you take half as many.

Since fish oil supports everything from joint comfort to heart health and brain power, Concentrated Fish Oil can help you stay healthy without adding so much to your "handful" of daily supplements.

[Stock up now!](#)

Favorite Pets: Cindy's Cats in the Spotlight!

Cindy's cats recently caught the eye of a photographer in Salt Lake City. He was nice enough to send the shots along for Cindy and Tess to enjoy.

The girls in Utah picked a few of their favorites to share with you on our [Favorite Pets](#) page.

Health in the News

- [Disinfectants May Promote Growth of Superbugs](#). Using disinfectants could cause bacteria to become resistant to antibiotics as well as the disinfectant itself, according to research published in the January issue of Microbiology. The findings could have important implications for how the spread of infection is managed in hospital settings.
- [Dietary carotenoids confirmed to benefit eye health](#). Oxygenated carotenoids, lutein and zeaxanthin, supplied from the diet benefit eye health, according to a new study published in the Institute of Food Technologists' Journal of Food Science.

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

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