

# OurHealthNews

Making Health Affordable  
Together

## NOTES FROM THE KAT

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### Meow!

### Nutritionally Speaking: Eat Your Veggies!

You've heard it since you were sneaking them under the table to the dog: eat your vegetables!

And these days, unless you're living under a rock, you can't escape the growing body of information supporting a plant-rich diet.

Even carnivorous felines are being presented with wheatgrass to munch on, which is much healthier and safer than potentially-poisonous grasses or plants that curious cats might find on their own!

But, back to you, fair members. Veggies have long been acknowledged as valuable sources of health-promoting vitamins, minerals, and fiber. Modern nutritional science underscores the importance of phytonutrients (e.g., nutrients found in plants, such as flavanoids and phytosterols).

Phytonutrients influence good health in literally hundreds of different ways. In 1994, one author estimated that 600 food factors in vegetables were considered to influence human health (Huang, Ferraro, and Ho).

Alas, it's getting harder to get these essential phytonutrients naturally.

For starters, crop testing reveals that only 30 years ago, fruits and veggies were much more nutrient-dense. Today, plants grown on depleted soils, preservatives, longer transportation times, and long shelf-life times all negatively affect nutrient quality. To add insult, cooking and preparation methods can leach or destroy nutrients in fruits and veggies as well.

Check out this link for some [tips and tricks](#) on getting the most from your foods.

### Greens Plus: Supplementing vs. Replacing Dietary Sources

Composed of a variety of phytonutrient-rich grasses, algae, and vegetables, this is a worthy supplement even for our grazers' diets (and especially for those of you less inclined to spend time in the produce department!).

Here's some of the latest snippets on some of the ingredients.

#### THE GRASSES

Barley grass is a potent alkaliizer, which means it helps to balance high acidity in the body, which is a common problem in a Western diet. It also helps encourage healthy intestinal flora and is high in vitamin C.

Wheatgrass, in addition to being a good source of nutrients and fiber for your feline friends, is rich in

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### Top 10 Latest top sellers!

1. [Heart Plus](#)
2. [B Vitamin Trio \(Sublingual\)](#)
3. [Probiotics 16](#)
4. [Coenzyme Q-10 \(Softgels\)](#)
5. [Multi-Vites](#)
6. [Fish Oil \(Large Bottle\)](#)
7. [Sam's Antioxidant Plus D](#)
8. [Joint Complex](#)
9. [Eye Protection](#)
10. [Sam's Antioxidant Plus D](#)

#### Member Spotlight

Dear Guido,

"A few months ago my wife ran out of [Progesterone Cream](#). She became grouchy and her other PMS symptoms returned. She has periodical blood tests for her thyroid condition. Her progesterone levels verify the absorbability of the cream. When we first told her doctor about your [Progesterone Cream](#), she could not believe the price and doubted the quality - until the blood tests confirmed."

Sincerely, Randy



#### Tell-A-Friend



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[a Friend!](#) If your friends and family care about supplement quality *and* love a good deal, they will certainly thank you! ^..^



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Vitamins A, C, E, K and B, including B12 and B17. It also contains every single known mineral, and every known trace mineral.

Fast fact: Wheatgrass is not wheat, and it does not contain gluten, so those of you with sensitivities have no excuses to avoid this little powerhouse!

## THE ALGAE

Moving right along to algae...did ya know spirulina puts the pink in flamingos' plumage? Yep, it's those colorful carotenoids that do the trick. I know, who cares, right? But, if I didn't tell you these things, who would? ^..^

More important is spirulina's growing reputation for immune-system support. This little blue algae is nutrient-packed with vitamins, colloidal minerals, plant pigments, antioxidants, unique phytonutrients, and essential amino acids.

Spirulina has been shown to be helpful in boosting energy levels and stamina due to its 62% amino acid (protein) content and store of vitamin B-12.

**Fast fact:** Spirulina is one of the few plant sources of vitamin B12, usually found only in animal tissues.

Check out some of the latest research on spirulina and its green algae sidekick, chlorella, which is also found in Greens Plus:

- [Spirulina Found to Increase Natural Cancer Fighting Substances in the Body](#)
- [UC Davis Study Shows Spirulina Boosts Immune System](#)
- [Chlorella in the treatment of fibromyalgia, hypertension, and ulcerative colitis](#)

## THE VEGGIES

The next time you stick your nose up at beets, remember this: since Roman times, beetroot juice has been considered an aphrodisiac. It is a rich source of the mineral boron, which plays an important role in the production of human sex hormones.

Who knew, besides the Romans? From the middle ages, beetroot has been used to support health, especially relating to digestion and the blood. Beets contain significant amounts of vitamin C in the roots, and the tops are an excellent source of vitamin A. They are also high in folate, as well as soluble and insoluble dietary fiber and several antioxidants.

And, chew on this: broccoli and watercress are both members of the cruciferous vegetable tribe, which receives ever more attention these days from cancer researchers. Read on:

- [More Evidence Of Cancer Fighting Benefit From Nutrients In Certain Vegetables](#)

If you still want to learn more, check out our [Greens Plus](#) page for more details.

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## Health in the News

- [Investigation into the preventative properties of vitamin D and flavonoids on breast and ovarian cancer](#)
- [Vitamin D supplements shown to boost anti-inflammatory response at high doses, study says](#)
- [Calcium could lessen a stroke's severity](#)
- [Animal study finds that leucine, an amino acid, may promote weight loss](#)

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## Favorite Pets' Mugshots Needed!

Pickins have been mighty slim in the [Favorite Pet](#)

[department!](#) This kat can't believe there are no Kodak moments happening, so break out those cameras and do some justice to your pets' attempts to be cute! Here are [some shots](#) I happened to snag to get you inspired.

Good grief, another long newsletter. Tell me the truth. Do you want 'em shorter and more frequent or are you a fan of the longer form. Inquiring minds want to know.

Still purringly yours,

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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](mailto:orders@ourhealthcoop.com)

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