

OurHealthNews

Making Health Affordable
Together

NOTES FROM THE KAT

In this issue:

- [What you need to know about E. coli](#)
- [Health in the news](#)
- [Pssst... wanna coupon? Talk to the kat!](#)
- [Send this newsletter to a friend!](#)

Meow \$P1,

What You Need to Know About E. coli

You may think E. coli outbreaks and contaminated spinach reports are yesterday's news, but not so fast fair members. Now it's lettuce.

There's clearly more to the E. coli story than just the 192 people diagnosed in the spinach contamination.

While the media has gotten wind of this story of late, it's a little-known fact that the strain of E. coli involved in recent batches of contaminated spinach accounts for as many as 73,000 cases of infection and 61 deaths each year - yep, as in each year.

So, fair members, let's brush up on the facts around this little critter called E. coli.

E. coli - Essential bacteria with a twist

Escherichia coli -- or E. coli -- comprise a major percentage of a healthy colon's bacteria base.

Every day hundreds of trillions of E. coli bacteria scuttle around in your gut, aiding in digestion and vitamin synthesis (think vitamin K and some B vitamins).

So, if these little rod-shaped organisms are a natural part of your system, then why all the distress? There are two potential explanations:

1. E. coli can get into the wrong body cavities, such as the urinary tract or abdomen, and thus cause infection. Urinary tract infections, though uncomfortable, tend to be easily treated. Peritonitis, which can be fatal, means your intestines have been perforated, usually as a result of an ulcer, appendicitis or surgical error.
2. Mutated strains of E. coli -- like the strain O157:H7 responsible for spinach-related illness and death -- produce toxins that attack your body. Even if antibiotics are used to fight the harmful bacteria, the toxins can still persist and harm your body.

Mutant strain O157:H7 destroys intestinal walls and produces toxins

There are hundreds of E. coli strains, with more being created all the time as a result of mutation.

Mutant strain O157:H7 fits the profile of a mutated strain, and like other results of mutation, it has the capability to make the "host" ill.

Strain O157:H7 belongs to a smaller E. coli family known for producing toxins that tear down the intestinal wall. Aside from causing gastrointestinal distress and bloody diarrhea, E. coli infections can also lead to kidney failure and even death.

Strain O157:H7 is a particularly nasty bug, as it can survive the harsh acid-bath of the stomach and few



More from the Co-op

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

Top 10

Latest top sellers!

1. [Heart Plus](#)
2. [B Vitamin Trio](#)
3. [Probiotics 16](#)
4. [Beta Sitosterol](#)
5. [B-50 Complex](#)
6. [Calcium with Magnesium](#)
7. [Coenzyme Q-10 \(Softgels\)](#)
8. [Fish Oil \(Large Bottle\)](#)
9. [Eye Protection](#)
10. [Sam's Plus D](#)

Member Spotlight

Hi Teri!

Thanks for the heads up about live chat.

I'm continually impressed with the quality of service and the creative advancements of Our Health Co-op. YOU are the "Wizard behind the curtain"...and I definitely pay attention to what you have to offer.

I'll bet Guido is smiling and I hope you feel proud of yourself!

Thanks again!

Gale T.



Tell-A-Friend



Please "[Tell a Friend](#)" OR [Send Newsletter to](#)

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

bacteria are actually required to cause dramatic damage.

Most healthy adults don't suffer terribly from infection, with cases of cramping and diarrhea being typical. Children, the elderly, and those with compromised or undeveloped immune systems, however, are at far greater risk for more serious symptoms.

Avoiding E. coli infection

E. coli infections in the U.S. are predominantly caused by eating undercooked ground beef.

However, infection can result whenever you come into contact with, er, fecal matter. Sigh. It's true. When folks don't wash their hands, these bad boys can get passed along rather easily. Infections can also occur after drinking unpasteurized milk or juice or swallowing contaminated water. Beware those idyllic ponds and streams of outdoor summer fun!

Cranberries shown to combat E. coli

Many of you already know that drinking cranberry juice can stop a bladder infection in its tracks, right? Researchers may have just found out how.

Recent studies have shown cranberry compounds, called tannins or proanthocyanidins, have the ability to change the structure of E. coli bacteria and their cell membranes, rendering them unable to initiate infection.

Cranberry compounds also appear to inhibit bacterial communication methods. E. coli bacteria use a system called "quorum sensing" to determine when there are enough bacteria present at a certain location to initiate a successful infection. Without this clever signaling, these bad boys couldn't assess troop strength for their attack.

Good grief, little tribes of Genghis Khan cells coordinating their conquests. What next?

Health in the News

[Vitamin D cuts pancreatic cancer in half](#) according to a new study that is being called the first to show such a benefit.

[Parkinson's and the inflammation factor](#). Blocking one of the body's natural inflammatory factors gives protection against brain cell death associated with Parkinson's disease, say UT Southwestern Medical Center researchers.

[Probiotics for critically ill patients](#). According to an in the *Canadian Journal of Gastroenterology*, appropriately used probiotic supplements have many potential health benefits with little risk of side effects.

Still purringly yours,

Guido

Guido Housemouser
Chief Kat and Community Manager
Our Health Co-op
931 Village Blvd
Suite 905-480
West Palm Beach, FL 33409

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](#) / [Print this Issue](#) / [Privacy Statement](#) / [Sign-up for Newsletter](#)

Copyright 2005 Our Health Co-op, Inc. All rights reserved.