

OurHealthNews

Making Health Affordable
Together

NOTES FROM THE KAT

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An Important Secret for Keeping Your Heart Healthy

Whether you're keeping your heart to yourself or sharing it with your sweetie this Valentine's Day, this kat wants to help you keep your ticker in prime pumping condition.



Enter [L-Arginine](#) - an important amino acid that helps form nitric oxide (NO), a powerful neurotransmitter that helps blood vessels and arteries relax and improves circulation. An open, relaxed vascular system means plenty of oxygen and easy pumping for your heart muscle. Who knew opening your heart for Valentine's Day could be so easy? Take note curmudgeons. ^..^

Lucky for you (and your sweetie), L-Arginine opens other blood vessel pathways, too, and has been referred to as a "prosexual" nutrient. By improving blood flow everywhere, L-Arginine has shown to support healthy sexual response for men and women.

If all that weren't enough, L-Arginine can boost your immune and overall health by supporting natural killer cells and helping your liver detoxify waste products like ammonia.

To learn more about our L-Arginine, visit our [product page](#).

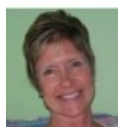
Latest Blogs:

Chris Asks the Question, What's a Man to Do? After attending a weekend men's retreat put on by his church, Chris explores the difference between masculine and feminine roles and design. By comparing with his own previous work regarding right and left-brained skill sets, Chris suggests a [method for working with and through differences](#) that may leverage the strength of both.



Chris Harding

Teri Seeks Sesame Seed Recipes. After accidentally ordering [2 lbs of the little seeds](#), Teri solicits your help in learning what to do with them. Teri then wonders aloud how



Start Saving on Supplements

TODAY!

Top **10** Latest top sellers!

1. [Heart Plus](#)
2. [Vitamin D3, 1000 IU](#)
3. [Green Tea Extract](#)
4. [Joint Complex](#)
5. [Beta Glucan](#)
6. [Vitamin D3, 5000 IU](#)
7. [Liquid Calcium](#)
8. [Alpha Lipoic Acid](#)
9. [Resveratrol](#)
10. [B-Trio](#)

A Kat's Perspective



"Dogs have masters, Cats have staff." This kat has seen it on t-shirts, bumper stickers, email signatures, and anywhere else a printing press can reach. Humans (especially dog people) love to play up feline snobbery, but methinks there's wisdom in the feline reputation that you humans may consider.

Making requests and letting needs be known aren't always easy for humans, who tend to get hung up on appearances, independence, and even downright **stubbornness**.

Cats have no shame in making requests - from asking proudly (even loudly) with tail held high, to downright pleading if the circumstances require it. No judgments on should or shouldn't, no hesitation, no fear of rejection. We felines don't have a concept of deserve (we're sure we do, in fact, deserve what we like). We don't worry about what others might think, either, and we're not shy to show appreciation with a good purr.

So, fair members, think it over. What are you needing these days that you're having trouble asking for? What's getting in your way?

Practice [asking your favorite kat](#). (Nobody has to know.) ^..^

Member Spotlight

From a Co-op member who happily found relief with Arthro 3:

you're doing with [your New Years resolutions](#). With Chinese New Years nearly here, Teri offers some inspirational words that might help you get back on track.

The Orangutan and the Hound

It came as a great surprise to everyone at T.I.G.E.R.S. animal preserve when Surya, the resident orangutan, made friends with a stray hound dog one day. What started as simply a fun moment, however, turned into a [deep friendship between the unlikely pair](#). Could there be something these two know, that the rest of the world might learn? ^..^

That's all for now, fair members!

Still purringly yours,

Guido

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Teri Edgell

"Was so glad to see this synergistic combination. I've had an injured knee, no insurance, and have wondered how long (or if) it would take to heal. Once I started taking Arthro 3, within the week I felt a big leap forward in healing for my knee. I'm impressed by your prices, too!"

-Heartland Hottie

Note from this kat: Nothing makes us happier than hearing that our products are helping our fair members be healthier and happier (at prices they can afford)! ^..^

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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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.

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