

OurHealthNews

Making Health Affordable
Together

NOTES FROM THE KAT

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Meow,

Having Trouble Sleeping? Coffee's Not the Only Culprit

One in three Americans suffer insomnia, according to the National Institute of Health.

Sleepless nights not only create cranky, sluggish, coffee-craving humans, sleep deprivation can also wreak havoc on mental, emotional, and physical health as well.

Anxiety, weight-gain, lowered immune function, and generally decreased energy and attention have all been associated with not getting enough regular zzz's.

Coffee and stress are easy targets, but not the only places to look say the researchers at the Harvard Sleep Disorders Research Center.

Here are some easy things to address:

- **Sift out hidden caffeine.** Even decaf and chocolate harbor small amounts of caffeine, and some folks are sensitive to even these small doses. Try cutting caffeine sources for just a couple of weeks. If the time you spend staring at the ceiling at nights suddenly tapers off, think about cutting down on all your sources of caffeine permanently.
- **Stamp out stomach irritants.** Consider avoiding spicy or hard-to-digest foods for din din. You won't be sleeping soundly with a rumbling tummy. And, try not to eat too much or eat too fast before you go to sleep.
- **Don't drink and doze.** Too much alcohol or a habit of nightcaps may interrupt REM sleep. This means it's likely you'll wake up during the night and that the sleep you do get won't provide as much bang for your buck in terms of rest.
- **Don't go hungry.** If you're an early-dinner diner and tend to be on the verge of hunger on your way to bed, try a pre-bedtime light snack (emphasis on "light!"). A growling stomach can keep you tossing and turning or waking up too early (or worse, raiding the fridge in the wee hours of the morning!).

And, pssst...you may consider trying [Melatonin](#), too. Melatonin helps regulate most sleep-related body processes, and seniors in particular are prone to a deficiency of this vital hormone.

Getting Enough Calcium? Your Bones May Disagree with You



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Top 10

Latest top sellers!

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

Member Spotlight



Dear Teri,

I am so glad to hear the Co-op is willing to help me get the supplements I need!!! I almost want to cry. No one has offered me this much help except for my Mom. That's a hard thing for a 42 yr old man to say.

I am glad that I let everyone know about your company and products, and now there will be no end to the praise I give you all.

Thank you!! Thank you!! Thank you!! Thank you!!

Sincerely,

Bob B.

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>

Despite threats, massive ad-campaigns, and more calcium-infused foods than ever, researchers at the Creighton University Osteoporosis Research Center say women today aren't getting any more calcium than 20 years ago.

With Americans heavier than ever, the risk for developing osteoarthritis is higher than ever (this goes for you too, gents). Scary statistic? Since 1971 obesity-related osteoarthritis has increased 465%!!!

Dr. Deborah Gold, Duke University medical sociologist, speculates that because calcium offers no immediate wiz-bang benefits, consumers may pass over this basic mineral in favor of more exciting products.

The good news? While dairy may have the "high calcium" reputation, low-fat, low-calorie foods like broccoli, kale, tofu, and sardines also provide hefty doses of calcium per serving, not to mention other great nutrients like vitamin K (another essential vitamin for bone health!).

Bone-density issues associated with osteoarthritis also point to vitamin D as a winner in contributing to bone strength. You see, calcium cannot be absorbed properly without adequate vitamin D already circulating in your system. Since vitamin D isn't readily found in enough dietary sources, you should consider supplementing with additional vitamin D.

Read more on calcium from the Co-op:

[Calcium Citrate with Vitamin D3](#)

[Calcium with Magnesium](#)

Chronic Inflammation: Immune Function Turned Destructive

Inflammation isn't inherently bad. During times of infection or injury, your body needs to fight germs and dispose of damaged cells. Enter the inflammatory response.

However, too much of a good thing sets in when your body releases inflammation-promoting compounds chronically. It's like your immune system's switch gets stuck in the "on" position, creating legions of inflamed cells. Alas, these cells can't absorb nutrients and expel toxins properly, thus they remain irritated, inflamed, and unable to communicate properly with each other.

A primary indicator of inflammation has become C-reactive protein (CRP), a liver-secreted protein vital to your body's immune response. Elevated CRP levels are normal during times of illness, injury, and even pregnancy.

Long-term, however, elevated CRP levels can point to hypertension, cardiovascular disease, diabetes, inflammatory bowel disease, autoimmune disorders, and some types of arthritis.

Significantly, Harvard Medical School found elevated levels CRP to increase heart attack risk by 4.5 times. This ratio makes CRP a far more accurate predictor of heart-attack risk - better than either cholesterol or homocysteine levels!

According to the American Heart Association, you should consider a CRP blood test if you have:

- Had a previous heart attack or stroke.
- A family history of cardiovascular disease.
- Elevated total and LDL cholesterol levels.
- Low HDL level.
- High blood pressure.
- Being male or a post-menopausal woman.
- Cigarette smoker.
- Uncontrolled diabetes or high blood pressure.
- Physical inactivity.
- Obesity or being overweight.

Your health care provider can discuss if a CRP test is right for you.

Meanwhile, remember this kat's series on inflammation

last July?

Take a refresher course on [inflammation and the immune response](#).

Fiber: New Ally in Fighting Inflammation

If you thought fiber was just for breakfast cereal, think again. Fiber is suddenly a hot research topic, with evidence mounting that fiber supports everything from cardiovascular and intestinal to colon health!

Most recently, fiber emerged as a new ally in fighting inflammation. According to a collection of studies in the American Journal of Clinical Nutrition, high fiber intake is closely linked with reducing inflammation and its marker, C-reactive protein (or CRP).

Several studies are showing fiber intake to have an inverse relationship with your CRP levels. This means the higher your fiber intake, the lower your measured CRP will be. Three cheers for oat bran, prunes, and roughage of all sorts!

Researchers aren't yet sure exactly what role fiber plays in CRP levels, but they suspect fiber's association with maintaining healthy intestinal flora supports anti-inflammatory and antioxidative processes.

Info on our [Fiber Fit formula](#).

Health in the News

- [Saturated fat impedes 'good' cholesterol activity](#). Eating just one meal high in saturated fat -- in this case, carrot cake and a milkshake -- can quickly prevent "good" cholesterol from protecting the body against clogged arteries.
- [Olive extract could improve blood flow and boost cardio health](#). A small study from Greece reported for the first time that dietary supplementation with the olive extract, oleuropein, could boost blood flow and reduce heart attack risk.
- The [anti-cancer action of the brassica family](#) are most often tied to broccoli, but new research suggests that purer active compounds could be obtained from woad -- an ancient source of blue dye and full-fledged brassica member. Who knew?

Well fair members, that's all for this week. Stay tuned for more from your favorite kat! ^..^

Still purringly yours,

Guido

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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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