

OurHealthNews

Making Health Affordable
Together

NOTES FROM THE KAT

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Greetings [[firstname]],

Members Send Loves Notes to the Co-op!

This kat appreciated all the little notes we received on orders and in emails this past month. We *always* appreciate notes from our fair members, but especially when we're celebrating. A few favorites we just had to share:

"Thanks for 'being here' and all that you do."

"I appreciate your time and energy! God's blessings, V.E.C.M. (very excited co-op member)"

"Happy Anniversary! I appreciate your consistent quality, quickness in delivery, and caring... Have a beautiful day."

"Thank you for appreciating us with a 20% discount. We appreciate you too."

We hope you all enjoyed the sale!

Teri, Donnaree, and even Stephen have been busy, busy with all the orders.

Thank you again for supporting the Co-op. We look forward to supporting you and yours for many, many years to come. ^..^

Kat's Interview: Mini Pig Farmer & Ideal Protein Diet Fan

Picture a pig farmer. Any image your mind may have conjured up would likely be nothing like Co-op member Mary Jo Ahkna. As a sleek size 6, mother of three, and grandmother of three, Mary Jo doesn't fit the stereotypical image of a farmer, much less a pig farmer! However, it's true, she's raising a whole clan of potbelly pigs outside of Tacoma in beautiful Washington state.

Rumor has it Mary Jo was a Co-op member since day one and the Co-op's very first Ideal Protein dieter. This kat decided it was time to find out more about Mary Jo.

OHC: Teri tells me you were the Co-op's very first Ideal Protein dieter. Care to share your tale?

MJ: I'd gone through a difficult divorce (is there any other kind?) and was a stress eater if ever there was one. Add taking care of my toddler-like 90-year old mom and running a pet pig farm, and well, my solution was to pig out! The truth is, I was pickier about what my pigs ate than my own food choices!

One day I called the Co-op to place an order and was grumbling about my weight. Teri told me about the Ideal Protein diet. She sent me the health questionnaire and we had another conversation about how Ideal Protein works. You have to understand, I've been a yo-yo dieter

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Top 10 Latest top sellers!

1. [Heart Plus](#)
2. [Green Tea Extract](#)
3. [Vitamin D3 - 5,000 IU](#)
4. [Fish Oil \(large bottle\)](#)
5. [Liquid Calcium w/mag., vit D3 & boron](#)
6. [CoQ10 - 50mg](#)
7. [Probiotics 16](#)
8. [B-Trio](#)
9. [Eye Protection](#)
10. [Multi-Vites](#)

Member Spotlight



Co-op,

I'm so glad you are here. I love that I can afford to get everything I need from you, and that I know it's good quality. Thanks for everything you do.

Daphne

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 10am-4pm EDT

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my entire life, so I was skeptical. But, I ordered the food and decided to give it a try.

OHC: What was different about the Ideal Protein Diet versus other things you've tried?

MJ: I followed the diet to the letter and the inches started melting away. Seeing results so quickly gave me real incentive to continue, but the clincher was my hip. I've suffered terrible hip pain the last few years. I went to chiropractors and doctors, but no one was able to effectively diagnosis or help me. After a couple of months on the Ideal Protein program, my hip pain disappeared! Now I know the foods I'd been eating were triggering inflammation in my hip. Once I started the Ideal Protein program, however, the specially-formulated foods helped soothe the inflammation.

OHC: How easy was the diet for you to follow?

MJ: Surprisingly easy. I'd always been a carb junkie, but on the Ideal Protein program, the cravings disappeared. I was able to fill up on salad and veggies, and there was so much variety in the diet. I had fun getting inventive with the foods. I'd add spinach to the Ideal Protein Chili, for example, to make a divine spinach soup. Or I'd make "faux" mashed potatoes with cauliflower. Even going to a restaurant was easy. I'd simply order steak with extra vegetables.

OHC: So how much weight did you lose?

MJ: I don't know! You see, I never weigh myself. I do measure though, and can tell you I've lost lots and lots of inches. I went from a size 14/16 to a size 6/8 in three months. And the strangest thing? I went from a size 10 shoe to a size 9! Imagine how much fun I had giving away all my size 10s and going on a shoe shopping spree!

OHC: Okay, let's switch gears. Tell me about the pig farming!

MJ: It all started about 15 years ago when my oldest daughter was moving. She couldn't keep her pet pigs and asked me if I'd take care of them. Now, I was married to a veterinarian for many years and love animals, so of course I said yes. Little did I know what I was getting into! Pigs are quite the up and coming new pet.

They like to sleep, are easily housebroken, are very friendly, and love to take baths. We just had two new litters—thirteen darling new babies! You can [see pictures on our website](#).

OHC: I hear you've been a Co-op member since the beginning. Other than Ideal Protein, what Co-op products do you stock up on?

MJ: Well, you've got to realize I buy products for three generations! For myself, I take [Heart Plus](#), [Probiotics](#), and [Constant Health](#). For my 90-year old mother, I order your [Chewable B Trio](#) and [Beta Glucan](#). And my daughters are Co-op fans, too. I even order vitamins and minerals for my pigs!

OHC: Hmm...you may have some new interest in your pigs. Now for my favorite question: What do you think of the kat?

MJ: Oh, I love the kat! But wouldn't you like a co-mascot? I know a lovely potbelly pig.

[Drop a line to moi](#) if you want to contact Mary Jo, hear more about her potbelly pigs or share a word of congratulations on her weight loss!

[Drop a line to Teri](#) if you want to learn more about the Ideal Protein diet that our favorite pharmacist, [Mike Ciell, R.Ph., recommends](#).

Meanwhile, BIG CONGRATULATIONS to Mary Jo for her success in not only losing weight but also fighting inflammation and hip pain with her new diet!

- [DHA brain benefits may extend to middle age](#). Increased intakes of the omega-3 fatty acid DHA (docosahexaenoic acid) may improve mental function in middle age people, suggests a new study from the US.
- [Very High Omega-3 Intakes Linked to Big Health Benefits](#). Intakes of omega-3 exceeding levels consumed by the general US population may significantly reduce the risk of chronic disease, suggests a new study with Yup'ik Eskimos.
- [Magnesium supplements may boost lung health for asthmatics](#). Daily supplements of magnesium may improve lung function in asthmatics, and improve their quality of life, says a new study from America.

That's all for now, fair members! ^..^

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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