

...experience

TRU*HEALTH

Quality Nutritional Products

Newsletter

Phone: 425-415-8410
Toll Free: 800-242-7165
Fax: 425-415-8432
Web site: www.truhealth.com

18001 Bothell-Everett Highway
Bothell, WA 98012

(24-hr. message center)

WHERE DO YOU GET YOUR CALCIUM?



Mothers have always told their children to "drink your milk," thinking it supplied all the necessary calcium their children needed. Unfortunately, this is not true.

Nature supplies calcium in various foods and herbs/plants without the negative problems dairy products can bring to our bodies.

The FDA does not differentiate the types of calcium in their recommendation of calcium. Understanding the various forms of calcium will help educate you to choose the best calcium supplement for your body. Please keep in mind that with the exception of Amino acid bound calcium, all ingested forms of calcium are combined with the hydrochloric acid in the stomach and converted into a harsh mineral salt which is called calcium chloride.

Calcium Chloride's harsh side effects can include G.I. upset and constipation.

Forms of calcium supplements are:

Calcium Carbonate – Typically only 24% of calcium carbonate is absorbed. While it may temporarily ease G.I. upset, it reduces one's ability to digest other food, it is often associated with acid rebound, and produces constipation in young adults and diarrhea in the elderly. It can reduce the body's ability to digest food, slowing down the digestive process. Many forms of calcium carbonate are synthetic instead of naturally extracted which could exacerbate this problem.

Milk – Milk is digested into calcium chloride under the stomach's acid conditions with a 27% absorption rate. Allergies and sensitivities are associated with milk, and as a dairy product, it is more difficult to digest. Pasteurized milk has no enzymes, contains antibiotics, hormones and steroids (unless it is organic).

Bone Meal – 27% of bone meal calcium is absorbed as it is converted also into calcium chloride in the stomach.

Calcium Citrate – Calcium citrate is a chelate, but not stable in the stomach where it is formed into calcium chloride and is absorbed at a 24% rate.

Calcium Gluconate – This is also converted to calcium chloride with an absorption rate of 24%.

Calcium Glycinate (amino acid chelate) – This is a chelate stable enough to withstand the stomach's enzymes and acid and it is absorbed in tact with a 44% absorption rate. Bowel tolerance is good and G.I. upsets are minimal.

Coral Calcium is designed especially for those who need to keep their acidity levels within a normal range. It has an alkalizing effect on the body and provides essential calcium to help maintain bone integrity and health.

Valerian Root has 4,200 mg of calcium per cup. One cup of milk has 266 mg of calcium.

Herbal CA contains 7 herbs that are high in calcium that may boost your calcium absorption.

With this information, how do you choose a calcium supplement? There are many high-quality products from which to choose. TruHealth has several calcium supplements including Coral Calcium. So, don't automatically reach for milk, but, before you grab a calcium supplement, come into the store and let us help you find the right one for you.

Calcium statistics from Dr. Mark Pederson



SAYING "I LOVE YOU" WITH CHOCOLATE

Can you enjoy that chocolate gift without guilt? Researchers at the National Heart and Lung Institute, Imperial College in London, think so. Volunteers were given theobromine, a chemical found in chocolate, followed by capsaicin (the main ingredient in Capsicum), a cough stimulant, to assess how sensitive they were to cough. The effect of theobromine was compared to a placebo and codeine. Theobromine was found to be the more effective of the three. Find out more about this study at www.brit-thoracic.org.uk.

And at TruHealth, we can help you enjoy chocolate's satisfying taste without the sugar. Come in and find your heart's desire!

DON'T GO OUT; SPA AT HOME!

If you enjoy using spa and pampering products, but hate their cost and added chemicals, try NSP's popular products to create your spa at home. Here's a recipe you'll enjoy:

Natural Shower Gel
1/4 cup Sunshine concentrate
2 tbl aloe vera gel
1 tsp jojoba oil
23 drops lavender
25 drops pink grapefruit
10 drops mandarin
3 drops frankincense

Combine ingredients in a glass bowl and mix well. You can color this mixture bright yellow or orange with a little B Complex. Pour the mixture into a plastic squeeze-top bottle and enjoy.

Stop by the store for additional spa recipes like Fizzing, Refreshing Green Bath Bombs and Mineral Bath Salt, and you can purchase the ingredients in the store.

FOR MEMBERS ONLY

When you are a Nature's Sunshine member you get the highest quality products at up to 45% discounts. In addition, there is a complete Herb Librarian available for members 24-hours a day on the web. It lists the herb and any and all research done on that plant. Getting your herbal supplements through NSP is easy: you can pick up your items at our store, order via a toll-free number, or order over the web 24 hrs a day. Ask for details next time you stop by - or give us a call.

*Ask about our referral program that has the potential to help you gain extra income!

REMEMBER

Visit TruHealth at
www.truhealth.com.



HERBS FOR YOUR HEART



In February all our attention focuses on love—affairs of the heart. I like to focus on the heart all year round—specifically heart health.

There are several nutritional herbs that will help strengthen the heart of yourself or your loved one:

Hawthorn Berries (*Crataegus oxyacantha*): Increases coronary blood flow and myocardial metabolism, allowing the heart to function with less oxygen; and is used to treat hypertension, coronary heart disease, atherosclerosis, and blood clots.



Red Raspberry (*Rubus idaeus, Rubus strigosus*): Both the leaves and the berries contain iron citrate. This mineral gives Red

Raspberry its remarkable blood-making and regulating properties as well as the astringing and contracting action on the female genitalia, heart and circulatory system.

Capsicum (*Capsicum annum*): Capsicum is used in formulas for pain relief of arthritis, female complaints, infections, heart, laxatives, diuretics, ulcers, thyroid balance, male tonic, cleansing, respiratory ailments, strengthening the heart and

circulatory system and preventing strokes. It also stimulates the stomach and digestion, helping with ulcers and other stomach problems; helps to kill infection in the circulatory system and provides a stimulant effect to a variety of mucous membranes in the body.

Garlic (*Allium sativum*): The only disagreeable thing about Garlic is its odor. But, garlic has been shown to kill microbes, help kill parasites & fungus, help to lower blood pressure, and help the bodies clotting mechanism within the blood and help lower cholesterol.



With these herbs in mind, you can take care of you and your loved ones hearts not just on Valentine's Day, but all year round!

For more information on these herbs and weight loss, please read my article in February's *New Times* Magazine available at the store or by subscription. You can visit them online at www.newtimes.org.

A TRULY HEALTHFUL RECIPE

Sweeten Your Sweetie's Heart with:

BREAD PUDDING

2 cups spelt bread or other favorite bread (yeast-free, if you choose)
2 eggs or equivalent of egg replacer
2 tbl. brown rice syrup,
turbinado sugar or xylitol
1 tsp. vanilla
1 tsp. nutmeg
1 - 2 tsp. cinnamon
Raisins
1 1/2 cups rice or soy milk

Combine ingredients into a glass baking dish, drizzle some of the syrup or sugar over top and bake at 350 degrees for approximately 45 minutes. You don't have to put baking dish in water to prevent burning.

For added flavor try this recipe with Old Mill Spelt Bread. It is delicious!

VISIT TRUHEALTH ONLINE

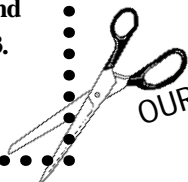
Remember to visit our web site frequently for health information, the latest herbal product information, newsletter archives and more! We're at www.truhealth.com!

CLIP AND BRING IN YOUR
COUPON FOR
TRULY HEALTHFUL SAVINGS

A TRULY HEALTHFUL
SAVINGS

Save \$1.00
on Capsicum, Garlic, Red
Raspberry, Hawthorne Berries and
Co- Q10 through February 2003.

This offer is not valid with any
other offer or discount.



ANNOUNCING!

Nature's Sunshine was one of two named "2002 Supplement Manufacturers Of The Year" by Nutritional Outlook! To learn more about it, visit www.naturesunshine.com.



OUR HOURS

10:00 am-7:30 pm
Tuesday through Saturday

REMEMBER

- Check the store for upcoming classes.
- Visit us on the web at www.truhealth.com.
- We do not sell any products that contain nitrates, MSG, hydrogenated fats, synthetic ingredients and inorganic fillers and binders!
- We have pH, blood type and cholesterol test kits.
- Gift certificates are available
- Tuesday is senior discount day. Receive 10% off any item in the store. Not valid with any other offer or discount.
- We do special orders.



TRU*HEALTH

Member of South Snohomish Chamber of Commerce

Quality Nutritional Products

18001 Bothell-Everett Highway

Bothell, WA 98012

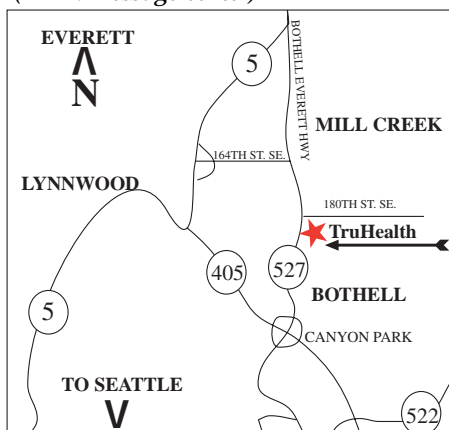
Phone: 425-415-8410

Toll Free: 800-242-7165

Fax: 425-415-8432

Web site: www.truhealth.com

(24-hr. message center)



PRSR STD
U.S. POSTAGE
PAID
PERMIT #126
LYNNWOOD, WA 98036