

...experience

TRU*HEALTH

Quality Nutritional Products

Newsletter

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WANT TO LOSE WEIGHT? TRY THESE PRODUCTS!

Fat Grabbers

Fat Grabbers® is an ideal product for anyone wanting to absorb less fat from his everyday diet. Fat Grabbers combines the high-quality fiber found in guar gum and psyllium hulls with chickweed and lecithin for a unique formula that traps fat molecules inside the intestinal tract before they can get into the bloodstream. All elements of Fat Grabbers provide nutrients to help maintain cholesterol levels already within the normal range and absorb less dietary fat, and they all enjoy a long history of safe use.



AS with Gymnema

AS with Gymnema is formulated to support the body's efforts to lose weight and decrease consumption of sugary foods. It contains: Gymnema leaves, Marshmallow root, Psyllium hulls. Gymnema slows the absorption of sugar in the intestines and makes sugar taste bad to the palette. Psyllium hulls provide essential dietary fiber to increase feelings of fullness and to help move dietary fat out of the body before it is absorbed.

Juice Plus+® products are different from "traditional" diets because it is an overall "health and vitality" program, constructed with the firm belief that weight loss is a natural by-product of leading a healthier life.

Juice Plus+® Capsules provides a strong nutritional foundation for a healthy, sensible weight management program. It gives you an easy and inexpensive way to add nutrition from seventeen fruits and vegetables and grains to your diet. Juice Plus+® is a whole food based supplement, made from a variety of nutritious fruits and vegetables, not a highly processed, highly-fragmented vitamin or mineral supplement.



Juice Plus+® Complete is a whole food based beverage offering balanced nutrition in every scoop. It's great tasting, all-natural, and non-dairy, and contains Juice Plus+® fruit and vegetable powders, along with a proprietary blend of other foods and nutrients typically lacking in today's diet. Juice Plus+® Complete comes in two delicious flavors, French Vanilla and Dutch Chocolate, and provides a whole meal's worth of good, balanced nutrition for as little as 110 calories, depending on what you mix it with.

Juice Plus+® Thins are a specially formulated snack designed to help reduce hunger and food cravings - and increase fat metabolism and energy - without the use of any stimulants or drugs. Juice Plus+® Thins increase your fat metabolism, so that your body "burns" more fat and increases energy to "burn" more calories.

Please visit the store to experience our complete line of herbal products that help you achieve your weight-loss goal. **And remember to ask us how you can get Juice Plus+® free for your child.**

These products contain no sugar and are sweetened with Stevia.



HERBS THAT PROMOTE WEIGHT LOSS

If the number of herbal supplements claiming to help with weight loss confuses you, you're not alone. Most of them have one or more of the following herbs:

- **Ma Huang (Ephedra equisetina):** Persons suffering from high blood pressure should avoid taking any herbal product that contains the stimulant ma huang. Children or pregnant women should never take ma huang.
- **Guarana (Paullinia cupana):** A natural stimulant, Guarana contains a high amount of guaranine, a chemical substance with the same characteristics as caffeine.
- **Gymnema (Gymnema sylvestre):** Gymnema prevents the taste buds from being activated by the sugar in foods. It makes the sweetness taste like sand.
- **Garcinia (Garcinia cambogia):** Garcinia signals the liver to allow dietary sugars to go into the blood stream without being changed into fat.
- **Chickweed (Stellaria media):** Chickweed is a mild diuretic, but the effect is only temporary as the body neutralizes this effect after about a week.

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



NEW PRODUCT

Xylitol is now available at TruHealth. Xylitol (from Birch sugar) is at 7 on the glycemic scale. It looks and tastes just like sugar! Ask us for more information at the store.

TO BE/STAY HEALTHY!

In addition to a balanced diet, the American Heart Association suggests:

- Balance the number of calories you eat with the number you use each day. (To find that number, multiply the number of pounds you weigh now by 15 calories. This represents the average number of calories used in one day if you're moderately active. If you get very little exercise, multiply your weight by 13 instead of 15. Less-active people burn fewer calories.)
- Maintain a level of physical activity that keeps you fit and matches the number of calories you eat. Walk or do other activities for at least 30 minutes on most days. To lose weight, do enough activity to use up more calories than you eat every day.



HAPPY NEW YEAR 2003

HOW TO KEEP THE NEW YEARS RESOLUTIONS YOU MAKE

By Nancy J. Ross, LCSW

Why Make Them, Then Break Them?

Making New Year's resolutions are our, sometimes, vain attempt to gain some element of control in our otherwise *out of control* lives. Even though last year's resolutions have been forgotten, we gamely continue to believe *this time will be different*, and each year promise to reform our unhealthy habits and try again—to lost weight, to exercise, to save more money.

Despite good intentions, most of us fail to keep our resolutions for a few basic reasons:

1. We make empty self-promises rather than a real commitment to change.
2. We make them for the wrong reasons, for example, to please others or because we think we should.
3. We make resolutions that are too grandiose and not realistic.

4. We attempt changes and then fail to incorporate them into our lifestyle.

The emotional cost of not keeping resolutions may be significant: a sense of failure, loss of self-esteem or even depression can result from the recurring cycle of defeat.

Six Secrets To Making Your Resolutions Work For You

The most important element in achieving success is to pay attention to creating the context for change *before* you begin incorporating your new behaviors.

1. **Get honest with yourself**—Are you making this change for yourself or because someone else is pressuring you?
2. **Set realistic goals**—Consult with a professional if you're not sure—a nutritionist, financial advisor or personal coach.
3. **Chunk it down**—Cut your goal into small steps over a period of time and incorporate

these changes into your lifestyle rather than trying a crash program.

4. **Visualize for success**—Imagine yourself actually doing these behaviors and succeeding—even under adverse circumstances.
5. **Utilize a structured goal-directed approach**—a) recognize any thoughts that take you away from your goal, i.e. "I'm too tired," "I'll do it tomorrow,") replace those with thoughts that will take you closer to your goal i.e. "I'll feel better if I do it now," and c) breathe deeply and focus on the replacement thoughts until your positive visualization recurs.
6. **Share your goals with others** and ask for their support.

Discovering you have the power to make and keep your resolutions is the best self-esteem builder of all.

Nancy Ross is a management consultant and personal/professional coach at Bauer, Shepherd and Ross Consultants in Cupertino, California.

Come into the store and get your free Lifestyle Analysis booklet

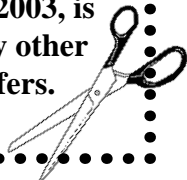


OUR HOURS
10:00 am-7:30 pm
Tuesday through Saturday

CLIP AND BRING IN YOUR
COUPON FOR
TRULY HEALTHFUL SAVINGS

TRULY HEALTHFUL SAVINGS

Save 15% on any weight-loss product. This offer, available through January 2003, is not good with any other discounts or offers.



AUTHOR! AUTHOR!

TruHealth is proud to announce that Kasara D'Elene is now writing for two health-oriented magazines: "The New Times" and "Voice of Choices." Both are available free at the store.

If you want our monthly recipe, come on in and see us! We have a beautiful store to help you meet the "healthy" needs in your life!

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!

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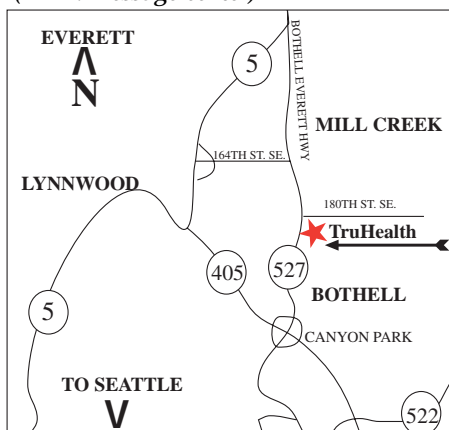
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