

Natural Healthcare Store



The Natural Healthcare Store selects only the highest quality all natural healthcare products for our clients through extensive research. Collectively, our products allow clients to replace every skincare, healthcare, and household cleaning product with All Natural products as they begin to

LIVE THE NATURAL LIFE™!

October Specials

- The manufacturers of Oxy-Powder have increased the product price to \$44.95 as of Oct 1st. We stocked up first so we could offer our clients a lower price! For the month of October we're going to offer our customers a discounted price of \$39.95!

While Summer Beach Days May Be Gone, Should You Assure You Get ENOUGH Sun This fall?

Were the Doctors Wrong?

For years one of medicine's most fundamental beliefs was to avoid sun exposure to protect against skin cancer. In recent years the rhetoric has changed. Now many are saying people need a minimum of 15 minutes of sun at least 3 times per week on 40% or more of your skin surface (the walk from your car to work isn't enough).

Just How Wrong Were They?

Sun exposure is still believed to be the major cause of the more common and benign forms of skin cancer. However, studies have shown the risk of Melanoma, the rare malignant form of skin cancer, actually decreases with greater sun exposure and can be increased by sunscreens! In addition, multiple independent studies have found that sun exposure helps protect against and treat many other forms of cancer including non-Hodgkin lymphoma, prostate, breast, colon, and lung cancers. How does this work? Well it's all related to the body's ability to create Vitamin D as a result of exposure to the sun!

How Does Vitamin D Prevent Cancer?

There have been an increasing number of independent studies suggesting that sun exposure, which is necessary for the natural production of vitamin D, has anticancer effects. Research has shown that Vitamin D in the body regulates cell growth, cell differentiation and cell death. Vitamin D stifles abnormal cell growth and helps cells die when they're damaged or deteriorating (including cancerous cells). It also limits the formation of blood vessels that feed tumors. Some studies suggests that vitamin D may prevent as many as 30 deaths for every one caused by skin cancer.

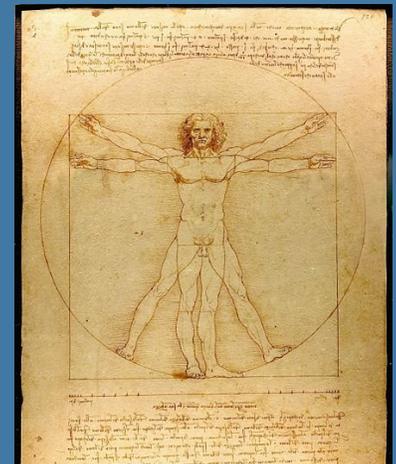
The Positive Side of Sun Exposure

The cancer-fighting capabilities of Vitamin D are not the only reason to assure a reasonable amount of sun exposure. Other positive effects of proper sun are psychological and immunological. Furthermore, the synthesis of vitamin D is essential for bone strength.

Story Continued on Page 2

"The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease."

- Thomas Edison



Leonardo da Vinci's Vitruvian Man (ca. 1487)

Natural Healthcare Store



Clean Your Colon with the Natural Power of Oxygen! You can lose 5 to 20 pounds while significantly improving your health!

View more information at:
www.naturalhealthcarestore.com/oxypowder.htm

Product Spotlight!

Oxy-Powder® is a scientifically formulated compound that uses the power of oxygen to safely aid the body in relieving irritation associated with constipation symptoms. A clean, toxin-free intestinal tract is the foundation for maintaining optimal health. Oxy-Powder® can be used for both a periodic colon cleanse in addition to relief from constipation symptoms at any time. One bottle will support approximately 4-5 colon cleanses.

Each day, your digestive system handles approximately 2½ gallons of food, liquids, and bodily secretions. Your colon does not digest processed junk foods well. Waste can begin to slowly pile up within your colon and it can become impacted. The result? Constipation, irritation, and overall poor intestinal health. This

can further lead to poor nutrition as your body absorbs vital nutrients through both the large and small intestines, the walls of which are blocked by an estimated 5 to 20 pounds of compacted feces.

Your digestive system is your lifeline to good health! An unhealthy digestive system constipated with mucus, toxins, and other impacted waste can trigger a number of uncomfortable and embarrassing health issues such as body odor, foul breath, bloating, poor appetite, backaches, mood swings, weight problems, lack of energy, and a weak immune system. Oxy-Powder® helps to gently cleanse, flush, and detoxify your colon without the dangerous or embarrassing side effects of laxatives and herbal colon cleansers!

Sun Exposure, continued

Sources of Vitamin D!

In addition to the body's ability to create Vitamin D as a result of sun exposure, Vitamin D is also found in many foods and liquids, such as salmon, tuna and other oily fish, cod liver oil and milk, and in certain dietary supplements. However, some research suggests that the benefits of Vitamin D from food and supplements sources do not have the same level of positive effect as that of the Vitamin D naturally produced by the body as a result of sun exposure.

So, What Should We Do?

Unfortunately, some dermatologists are still hesitant to share this information with clients as some remain unconvinced while others are concerned that clients will take the recommendation for reasonable sun exposure too far. According to Dr. Allan Halpern, dermatology chief at Memorial Sloan-Kettering Cancer Center in New York, yet another dilemma lies in the lack of consensus as to how much vitamin D is needed or the best way to get it. If sunshine were to be recommended, the amount needed would fluctuate based on the season, time of day, where a person lives, skin color and other factors.

Listen to Your Body!

Our bodies are brilliantly designed machines! If we listen, our body is constantly speaking to us to let us know what it needs to improve our health! For example, when you have blood poisoning your body displays a red line that starts at the point of infection and extends towards your heart telling

you two things. One, the location of the infection. Two, how long you have to deal with that issue. It's literally displaying a timeline of how long you'll live if you don't properly address the issue. I can list many examples of how our bodies speak to us and I'm sure there are many more of which I'm unaware. However, regarding sun exposure our bodies certainly speak to us. When you first lay in the sun it feels like a spa treatment as your body literally soaks in the sun rays. However, it only takes 15 to 20 minutes before it begins to simply feel hot and much less like a wonderful and relaxing spa treatment! If you continue to stay in the sun for too long your skin turns a different color – pink! If you continue to ignore your bodies signals your skin will turn red and hurt making it very uncomfortable to remain in the sun.

As Dr. Michael Holick, the chief of endocrinology, nutrition and diabetes and professor of dermatology at Boston University said "I am advocating common sense," not prolonged sunbathing or tanning salons. Dr. James Leyden, professor emeritus of dermatology at the University of Pennsylvania, puts it another way, "The skin can handle it, just like the liver can handle alcohol. I like to have wine with dinner, but I don't think I should drink four bottles a day."

By Melanie Snyder

Sources for more information:
<http://www.msnbc.msn.com/id/7875140/print/1/displaymode/1098>
<http://www.sciencedaily.com/releases/2008/07/080722192326.htm>
<http://www.sciencedaily.com/releases/2008/01/080107181411.htm>
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<http://www.newton.dep.anl.gov/askasci/mole00/mole00482.htm>

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Live the Natural Life!™

Sneak Peak into the November Issue!

What are two of the most important things you can do to improve your general health? Correct your pH balance and cleanse your colon! The average person is believed to have 5 to 20 pounds of compacted feces in their colon. A high quality colon cleanse will eliminate these excess pounds! A clear colon will help to assure that toxins released by the body are fully excreted. Additionally, as nutrients are absorbed through the walls of the intestinal tract, your body will be able to extract more nutrients from the food you eat! "A toxic colon - the greatest overlooked cause of disease in the country." - Dr. Irving Mayer

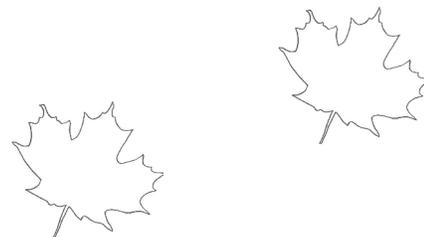
Why Correct Your pH Balance?

"Paying attention to acid-alkaline (or pH) balance is one of the most crucial ways you can affect your health status. It impacts immunity, digestion, bone strength, symptoms of joint disease, hormones, and the function of essential internal organs." - Susan Lark, M.D.



Thank You To All Our Clients!

I would like to thank all of our clients for a wonderful 2008! We strive to provide our clients with the best products and the best service! If you have any products that you believe are best in class products that you'd like to see added to our portfolio, please let us know and we'll look into it! If you have any other suggestions for us to further improve our service to you please let us know! We want to assure that your experience with Natural Healthcare Store is the best that is can possibly be!



Disclaimer: Natural Healthcare Store ("NHCS") does not provide medical advice. NHCS simply provides research data for informational purposes. The content included in this newsletter and on our website is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare provider with any questions regarding medical conditions.



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