

# Natural Healthcare Store



## Would You Like A Cup of Hot Tea by the Fireplace this Winter?

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™!

## Monthly Special!

Felicitea's loose herbal and green cough and cold tea is on sale this month! Let Felicitea help you make it through the cough and cold season comfortably and naturally! MSRP \$15.00! Our regular price \$10.00! Sale price \$8.00!

## Why Should You Drink Loose Leaf Tea?

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Within this article, we'll explain to you the many benefits of drinking tea! We'll also explain why you should choose loose leaf tea over the alternative tea bag options available in most grocery stores! Loose leaf tea provides you with not only a better taste, but also with much greater health benefits than machine-processed bagged tea!

### Let's Start with A Little Background on Tea

There are four main types of tea - green, black, oolong and white. While each one looks and tastes different, they all come from the same tea plant! So, while there are some important differences, generally the health benefits are the same, as each tea 'stems' from the same source! A single tea leaf contains a wide variety of healthy substances including amino acids, carbohydrates, lipids, minerals, vitamins, antioxidants and caffeine. Tea does not carry the same punch as coffee, since a cup of coffee contains anywhere from 80 to 120 mg of caffeine and a cup of tea has 20 to 60 mg of caffeine. However, if you'd like to replace your coffee, black teas tend to be the strongest often making the best option!

### What's So Great About Tea?

According to prevention magazine "One cup of black or green tea has more antioxidant power than (one) serving of broccoli, carrots, or spinach." As with many fruits and vegetables, tea is high in antioxidants, which research suggests may contribute substantially to the promotion of improved health and the prevention of disease! According to Jeffrey Blumberg, Ph.D., F.A.C.N, Chief of the Antioxidants Research Laboratory at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University, "Recent research studies reveal the antioxidants in tea may inhibit the growth of cancer cells and support cardiovascular health." Results from several recent studies show that the regular consumption of tea not only provides disease-fighting, inflammation-squelching antioxidants, but it also protects against lung, breast, skin, colon and liver cancers, heart disease, high cholesterol, and high blood pressure. Japanese research even suggests that EGCG (most common in green tea) is a main source of weight loss, although the research and surrounding controversy continue!

Story Continued on Page 2

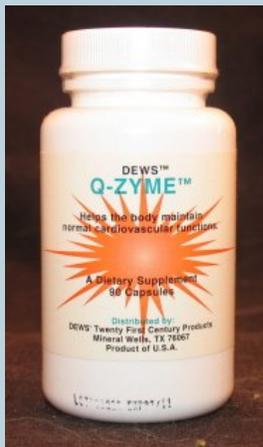
"Tea is one of the single best cancer fighters you can put in your body." -Prevention, May 2000

"One cup of black or green tea has more antioxidant power than (one) serving of broccoli, carrots, or spinach." - Prevention, Aug. 1998



Warm up with a cup of Felicitea!

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Why should you supplement this vital nutrient beginning at the age of 30?  
View more information at:  
<http://www.naturalhealthcarestore.com/coq10.htm>

## Product Spotlight!

What is CoQ10?

Co-Q-10, known by many names including Coenzyme Q10, Vitamin K2, and Ubiquinone, is a vital nutrient necessary for proper cell function! It is essential to life itself. Without it the body would die! Unfortunately, as we age our body's natural production of this vitamin is reduced resulting in the need to supplement this fundamental nutrient. According to John T. A. Ely, Ph.D. and Cheryl A. Krone, Ph.D., "Ubiquinone (CoQ10) is one of the two most important essential nutrients (the other being ascorbic acid)."

What are the benefits of CO-Q-10?

CoQ10 is present in every living cell. It helps to escort nutrients through cell walls and convert them into energy. CoQ10 helps stabilize cell

membranes, helps to destroy free radicals and acts as an antioxidant. The highest levels of CoQ10 can be found in the heart and liver!

Why Supplement CoQ10?

Levels of CoQ10 found in the body begin to decline as we reach 30 and continually decrease as we age. Additionally, CoQ10 levels can be reduced by strenuous exercise, illness, and prescription drugs. Scientists estimate that as the levels of CoQ10 produced by the body decrease in excess of 25%, our health problems including heart disease, high blood pressure, fatigue, Parkinson's disease, immune deficiencies, weight gain, periodontal problems, angina, skin aging and more, begin to increase.

## Loose Leaf Tea, continued

Why Loose Leaf Tea?

So, as the benefits of tea seem to be endless, why choose loose leaf tea? While tea is known for its strong level of disease fighting, youth enhancing antioxidants, the Washington Post says "don't count on the same punch of antioxidants from powdered, instant or bottled tea." So what's the difference and why should you choose Loose Leaf Tea? Loose leaf tea is traditionally hand-picked and processed, whereas bagged tea is normally produced by the CTC method (Crush, Tear, Curl) using machinery. Many of the benefits of tea are believed to come from the juices produced by the tea leaves, so the method of processing can be very important to the potency of the product you purchase! After harvesting tea, the leaves are rolled such that any moisture is released, coating the surface of the leaves with these valuable juices. While loose leaf teas generally utilize the tea leaves such that they are left whole and unbroken, a particularly gentle method, the mass produced CTC method chops these delicate tea leaves into tiny pieces leaving a more dust-like substance, with the valuable nutrient rich oils on the surface of the leaves compromised if not lost all together. In addition, from a functionality stand point, the small bags used in conventional teas cause some areas of concern for tea experts. To get the most flavor and nutrients out of your tea, more space and water circulation is needed for the leaves to expand, unfurl, and release these valuable oils. With bagged tea, it's more difficult for the process of releasing

oils to occur as the tea is "trapped" inside the bag. For these reasons many tea lovers and health enthusiasts suggest using loose leaf tea as opposed to the more readily available bagged tea! Therefore, the Natural Healthcare Store has chosen to carry a wonderful hand blended loose leaf tea line offering you the full benefits found naturally in tea! Felicitea's loose leaf teas use the whole tea leaf in addition to large pieces of cut and sifted herbs providing you with the full flavor and benefits of these wonderful teas and herbs. We offer teas both for general enjoyment, in addition to teas formulated to help ease cough and cold symptoms, symptoms from insomnia, digestion issues, menstrual symptoms, and more! We hope you enjoy the many benefits of adding tea to your daily regimen!

By Melanie Snyder

Sources for more information:

<http://food.yahoo.com/blog/beautyeats/26529/7-reasons-to-drink-green-tea>

<http://recipes.howstuffworks.com/tea4.htm>

Prevention Magazine August 1998

Prevention Magazine May 2000

Tea Association of the USA - [www.teausa.com](http://www.teausa.com)

This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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Live the Natural Life!™

## Sneak Peak into the February Issue!

### Why Supplement with Acai Berries?

"Acai pulp contains 10x more antioxidants than red grapes and 10 to 30x the anthocyanins of red wine; a synergy of monounsaturated (healthy) fats, dietary fiber & phytosterols to help promote cardiovascular and digestive health; and an almost perfect essential amino acid complex in conjunction with valuable trace minerals, vital to proper muscle contraction and regeneration."

"It's not only good for you, but many world class athletes drink it while training because it's so loaded with nutrition and protein it can be a complete meal. "

Sources:  
- NBC Today Show Nov 2007  
- ABC News Chicago Jan 2007

"There's a miracle berry that can help you live longer and healthier and chances are you've never heard of it. It's called acai and it could help you ward off cancer, protect your heart, even prevent Alzheimer's disease...."

- ABC News Denver, CO  
Nov '06

## Thank You To Our Clients!

I'd like to thank all of our clients for a wonderful '08 and a great beginning to '09! We strive to provide our clients with the best products and the best service! In '09, we plan to add many top quality products to our selection and we hope you enjoy each and every one of our new product lines! If you have any additional products you believe are best in class products you'd like to see added to our selection or have any suggestions for us to further improve our service, 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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