



Ounce of Prevention



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OCTOBER / NOVEMBER 2012 NEWSLETTER

Welcome to Ounce of Prevention's October / November 2012 Newsletter! Frankly, a little time has passed since our last newsletter and we simply believe it's time to start them again. We enjoy writing them and we hope you enjoy reading them. So, without further ado, we present our newsletter...

Fish Oil: What You Need to Know

If you're not taking a fish oil supplement, you should. Since not all fish oils are created equal, which one should you take? Armed with a little knowledge you'll be able to make an educated decision.

When purchasing a fish oil supplement, the first thing you'll probably notice is the milligrams (mg), which is usually printed fairly prominently on the front of the bottle. This is a measurement of weight and simply refers to the weight of each tablet or capsule—it has absolutely nothing to do with the *strength* of each tablet/capsule. The beneficial ingredient in fish oil is omega-3 which is composed of two important sub-nutrients: EPA and DHA. To determine the strength, you'll need to look at the nutrition panel on the back of the bottle and locate the content listing for EPA and DHA. Amounts for these sub-nutrients in quality products can range from 180mg to 450mg for EPA and 120mg to 340mg for DHA. The higher the amounts of EPA and DHA, the stronger the fish oil product—and more expensive, too. If your current fish oil does not list the amounts of EPA and DHA, it's time to find a new fish oil... you have no way of determining the strength of your product.

Ounce of Prevention carries a variety of quality fish oils that clearly specify EPA and DHA amounts in each product. On your next visit to Ounce of Prevention, be sure to ask about our fish oil products. We'll help you select one that's right for you!

An "Ounce" of Trivia

What's Ounce of Prevention's best-selling product? (*Keep reading for the answer!*)

I Can't Believe I Ate the Whole Thing

It's hard to believe that the holidays are just around the corner. And what better way to celebrate myriad events than by eating everything in site until you're just about ready to burst? We all fall prey to the delicious delicacies that surround the holidays and it's okay to indulge a little more than normal. Gain the advantage this year with products that aid digestion and products that help with weight control.

Oftentimes when our digestion is a little off, it's pretty common to reach for an antacid. Interestingly, decreasing the digestive fluids in your stomach, i.e., acid, may be the opposite of what you need to do. Less acid leads to inefficient and incomplete digestion which leads to stomach upset. Instead, consider digestive enzymes that

are designed to provide your system with what it may be lacking: substances that help you break down and digest the foods you eat. Three of Ounce of Prevention's more popular digestive enzymes are *Solaray's Super Digestaway*, *Twinlab's Super Enzyme Caps*, and *Nature's Way Broad Spectrum Formula*. These products provide enzymes essential to the digestion and assimilation of proteins, fats, and carbohydrates—things you'll find in the standard Thanksgiving dinner!

Once things have digested, you'll need to eliminate what's left over. Enter *Oxy-Cleanse*, a colon conditioner like no other. In contrast to harsh laxatives that can be detrimental to colon health, *Oxy-Cleanse* breaks down matter so you can gently eliminate it. As it releases oxygen, *Oxy-Cleanse* actually stimulates your colon to do what it's supposed to do, providing a healthy way to condition your colon and improve elimination.

So what about the proteins, fats, and carbohydrates you did digest? If you don't use them, unfortunately you don't lose them—you store them. Give your system a little help with products such as *Natrol's Tonalin CLA* and *Carb Intercept* that are designed to support weight control by assisting metabolism. Or consider *Natural Max's Super Chitosan* that actually binds to fat prohibiting the fat from absorbing.

Ounce of Prevention carries all of the above products... we're sure you'll discover one that fits your particular needs.

Oh... Ounce of Prevention's best-selling product? *Oxy-Cleanse!* It's been our best-selling product for 17 years!

Who Has Time to Get Sick?

What a silly question... no one has time to get sick! Aside from affecting your busy schedule and productivity, being sick just doesn't feel good.

As the saying goes, "The best defense is a good offense." So, what's the best offense? *Source Naturals' Wellness Formula*. A favorite of teachers and voted America's #1 immune booster, *Wellness Formula* contains a powerful combination of herbs, antioxidants, vitamins, and minerals formulated to boost and enhance your immune system which in turn helps you withstand the ravishes of the cold and flu season, or any other time you're immune system is experiencing increased stress.

Don't wait until you get sick to do something about it... this year be proactive and boost your defenses with *Wellness Formula*. Always available at Ounce of Prevention!

Exciting News at Ounce of Prevention

We're pleased to announce that our resident chiropractor, Dr. Jeffrey House, is now available full time at Ounce of Prevention to assist you with your health care needs! For appointments, simply telephone (559) 222-5309 or email DrHouse@ounceofprevention.com.

