



Ounce of Prevention



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JUNE / JULY 2013 NEWSLETTER

Welcome to our June/July 2013 newsletter. Questions? Comments? We're just a phone call, mouse-click, or visit away! As always, thank you for reading our newsletter.

Probiotics. Odd Word, Great Product!

Bacteria are everywhere. There are more bacteria in and on you than there are people on this planet! The intestines alone have about 100 trillion bacteria, which outnumber all the cells in the human body 10 to 1.

Don't be too worried, though... You've been living with them since before you could walk or talk. Fortunately, most don't stay long. It's estimated that humans eliminate a couple trillion bacteria every day. This accounts for about one-third of our solid waste elimination. Yes, the numbers are high; however, there is no need to panic. When speaking of bacteria, there are good guys and bad guys. The bad bacteria can lead to a variety of illnesses—some are just irritating whereas others can be life-threatening. To counterbalance the bad bacteria, we need enough good bacteria, also known as *friendly bacteria*. Unfortunately, although antibiotics are life-saving medicines, they have a nasty habit of wiping out our friendly bacteria which throws the balance off of good versus bad bacteria which in turn can cause secondary infections. This is where probiotics come into play... probiotics are friendly bacteria—they help replenish the good bacteria in our systems which restores the necessary balance helping us stay healthy. It's a pretty simple concept.

The good bacteria inside you are critical for your good health. For great health, it's important to maintain a good probiotics health regimen by maintaining a good sanitary environment, a healthy diet, and regular exercise. When you incorporate probiotics into this comprehensive health regimen, you'll be doing your best to carry out what nature intended—keeping yourself healthy!

We've carried probiotics since we opened our Shoppe 18 years ago and to date, their popularity is as strong as ever. The probiotic we recommend is Nutrition Now's PB8. PB8 promotes healthy digestion, inhibits growth of harmful bacteria, and supports healthy immune system function. On your next visit to Ounce of Prevention, ask us about PB8... we'll be happy to answer any questions you may have.

Speaking of Elimination...

While probiotics help our system maintain a healthy balance of friendly bacteria leading to a healthy digestive system, there are other ways we humans eliminate the byproducts of metabolism (this is a nice way of saying "waste"): breathing, sweating, and of course, through urination. It's equally important to maintain a healthy urinary tract (as anyone who has suffered the effects of a less-than-healthy tract will tell you!) You may already know that cranberries are beneficial

for maintaining good health, particularly a healthy urinary tract. Initially it was thought that the acidity in cranberries and it's juice created an less than hospitable environment for bacteria to survive; however, research has shown this isn't the case (if it were, then any acidic foods would create this unfavorable environment which isn't the case). Research has indicated that natural compounds in cranberries seem to coat the walls of the bladder which help keep bacteria, like E. coli, from adhering to the bladder. This "anti-adherence" activity allows the E. coli to be suspended in the bladder and then eventually flushed from the body.

Although cranberry has been shown to promote urinary tract health, it can be difficult to ingest enough cranberries to experience its beneficial qualities. For example, a common cranberry product is cranberry juice cocktail. While it tastes great and certainly doesn't hurt to drink it, to achieve the desired benefits one must consume large quantities. Unfortunately, this can add up to a lot of calories and sugar and very little cranberry.

Our favorite cranberry supplement is Solaray's CranActin. Each CranActin capsule is guaranteed to contain cranberry's bacterial anti-adherence compounds to help promote a healthy urinary tract, a claim that cranberry juice cocktails simply cannot make. Plus, with CranActin there are no extra calories and sugar to be concerned with, and a bonus is that you won't be making extra trips to bathroom!

CranActin by Solaray... always available at Ounce of Prevention.

Need a Little Pick-Me-Up?

New to Ounce of Prevention are Bolt Organic Energy Chews by Pro Bar. These little chews are great when you need a little extra energy, whether to get you through the sluggish part of your day or to boost your energy during exercise. Available in four fruity flavors, each chew (10 per bag) is made with superfruits and contain electrolytes, antioxidants, complex carbs, and B vitamins. What really makes them good is just that: They're GOOD! In fact, they're DELICIOUS. Need a little pick-me-up? Then "Bolt" over to Ounce of Prevention for Bolt Energy Chews by Pro Bar. We guarantee you'll love them!

Moroccan Pure Argan Oil

Commonly referred to as "The Gold of Morocco," Pure Argan Oil is a rich source of vitamin E and essential fatty acids—a "super food" for the skin and hair. An organic plant extract, which penetrates to moisturize, soften, smooth, and intensify without leaving an oily residue. In other words, it fights the "frizzies" and simply helps maintain healthy hair. Ounce of Prevention carries organically grown cold pressed Pure Argan Oil by Life-flo. Stop by Ounce of Prevention today for your supply of Moroccan Pure Argan Oil.