



August 2009 Newsletter

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**It's our Anniversary Sale!
Our Biggest Sale of the Year!**

Save an Additional 25% Off

**Our Discounted 1-2 Bottle Price
Now through Monday, August 17**

Online orders only, and while supplies last.

NO RAIN CHECKS. [More details below.](#)

August's Focus: Eye Health



Don't miss all the valuable tips in the [full article, at our website.](#)

Article Highlights:

- August is National Cataract Awareness Month and National Children's Eye Health and Safety Month.
- Healthy eyes are linked to a healthy lifestyle and a diet high in fruits, vegetables and antioxidants.
- We provide a number of simple tips to help you keep your eyes healthy.

Continue to the [entire article online.](#)

New Research: Phytosterols May Benefit More Than Cholesterol Levels

Over the last few years phytosterols, the structural components in the cell membranes of plants, have become a popular tool in the treatment of high cholesterol. Phytosterols perform a similar function in plants that cholesterol performs in animals. That is, both phytosterols and cholesterol help create cell membranes. In humans and animals, cholesterol is also transported in the blood. When the level of cholesterol in the blood gets too high, however, it can lead to atherosclerosis and heart disease. Be sure to read the [full article online.](#)

Article Highlights:

- Research indicates that a diet rich in phytosterols may help lower cholesterol.
- A systematic review of all available research concluded that phytosterols may inhibit lung, stomach, ovarian and breast cancers.
- "Phytosterols seem to act through multiple mechanisms of action, including inhibition of carcinogen production, cancer-cell growth, angiogenesis, invasion and metastasis, and through the promotion of apoptosis of cancerous cells."



[Click to continue reading the entire article...](#)

In conclusion the researchers wrote that "mounting evidence supports a role for phytosterols in protecting against cancer development. Hence, phytosterols could be incorporated in diet not only to lower the cardiovascular disease risk, but also to potentially prevent cancer development."

It is important to stress that these findings are based on *preliminary studies* involving relatively small numbers of test subjects. A significant number of large studies is needed to determine the full impact, if any, that phytosterols have on cancer.

Whole Health offers [Chol-X® Cardio Formula with Phytosterols & Policosanol](#), learn more about phytosterols at the [Chol-X®](#) page.

New Research: Multivitamins, Vitamin E May Lower CVD Risk

The science supporting the use of a daily multivitamin is stacking up. In our June newsletter we reported on a study that found that those who regularly consume a multivitamin are biologically younger than those who do not. This month, we saw a new study that found multivitamins may help reduce the risk of cardiovascular disease. Be sure to read the [full article online](#).



Article Highlights:

- A new epidemiological study has found that long-term multivitamin use may reduce the risk of death due to cardiovascular disease.
- Regular multivitamin use over the ten year study period was associated with a 16% reduction of cardiovascular disease mortality, compared to those who did not regularly take a multivitamin.
- Those who had an average daily vitamin E consumption of at least 215mg, had a 28% reduced risk of cardiovascular disease.

[Click to continue reading the entire article...](#)

Whole Health offers a wide selection of multivitamins all containing vitamins E and C. [Find the multivitamin that is right for you here](#).

New Research: Fish Oil May Reduce Allergy Risk in Infants

Over the past two decades, research on omega-3 fatty acids expanded almost exponentially, with the results linking omega-3s to a seemingly endless number of health benefits. While omega-3s are most commonly known for their potential benefits to cardiac and cognitive functions, research has linked the fatty acids to improvements in everything from vision to mood to skin health. Now we can add infant allergies to that list. Be sure to read the [full article online](#).

Article Highlights:

- A new study found that taking a fish oil supplement high in the omega-3 fatty acids DHA & EPA during pregnancy and nursing may significantly lower the risk of the child developing allergies and eczema.
- Food allergies were found in 2% of the children whose mothers received the omega-3 supplement versus 15% in the placebo group.
- Eczema in the omega-3 group was one third of the placebo group, at 8% compared to 24%.



[Click to continue reading the entire article...](#)

The researchers hypothesize that the omega-3s may reduce inflammation and thereby reduce allergic response. Child food allergies are a growing problem in much of the Western World. It is estimated that 8% of children in the EU and 20% of children in the US suffer from food allergies.

Visit [WholeHealth.com](#) to learn more about the many potential benefits of omega-3s.

New Research: CLA May Benefit Diabetic Women

Conjugated linoleic acid (CLA) is a group of eight fatty acid isomers that naturally occurs (in low

levels) in dairy and meat products. Over the last decade CLA has become a popular weight-management supplement. More recently, research has shown that CLA may provide benefits in other areas as well. A new study has found that CLA may help obese women with type-2 diabetes lose weight. Be sure to read the [full article online](#).



Article Highlights:

- There are over 800,000 new cases of type-2 diabetes per year in the US.
- Weight loss may improve glucose control in diabetics.
- Ohio State University researchers found that supplementation with CLA reduced body mass index (BMI) by about 3.2 percent and total fat mass was decreased by about 3 pounds over a 16-week treatment period.
- The researchers noted that additional weight loss would likely have occurred if the study was longer and the women had continued taking the CLA.

[Click to continue reading the entire article...](#)

The small size and short duration of this study are limiting factors. However, the researchers noted that "no differences were observed in dietary energy intake, total fat intake, and fat quality in either diet period for either intervention," indicating that the women simply added the CLA supplements to their diets without changing their eating habits--something that is easy for most people to do.

[Learn more about CLA at WholeHealth.com.](#)

Lower Prices on CoEnzyme Q10

Whole Health has always been committed to providing you the best products for the best value. Thanks to such high demand and our efficient business model, we are now able to bring you all of our CoEnzyme Q10 products at even lower prices. Be assured that these are the same high-quality products you have always received from us.

[CoEnzyme Q10](#) is a powerful antioxidant with significant benefits. We exclusively offer the highest-quality Japanese Pharmaceutical-Grade CoEnzyme Q10 in a variety of milligrams in both vegetarian capsules and in liquid-filled (gelatin) softgels.



[Read more about CoEnzyme Q10 at our site.](#)

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CoEnzyme Q10, 60mg, 60 softgels **Now as low as \$11.99!**
 CoEnzyme Q10, 100mg, 60 softgels **Now as low as \$15.90!**
 CoEnzyme Q10, 200mg, 60 softgels **Now as low as \$25.65!**

Our 12-Year Anniversary Sale Means Big Savings on Every Product!



It's our Anniversary Sale -- our biggest sale of the year! Whole Health is celebrating 12 years! Thank you for helping us achieve this important milestone.

To show our appreciation, we are having our biggest sale of the year: **save an extra 25% off** our already-discounted 1-2 bottle prices! All orders placed online during our Anniversary Sale, August 5th-17th, **automatically** receive an additional 25% off our normal 1-2 bottle discounted price. Get this special price on ANY QUANTITY - no discount codes or coupons are needed!

Lock in this low price by signing up for our [Convenience Plan](#) and continue receiving 25% off our 1-2 bottle prices throughout the year! You choose the products and the frequency, and we do the rest. Learn more about our money-saving, hassle-reducing [Convenience Plan](#).

This offer is only valid for online orders only, and while supplies last, so shop early for best availability. Sorry, NO RAIN CHECKS.

[Click here to visit our site for our Anniversary Sale Prices](#)

Example of our Anniversary Sale Savings:

[Extra Strength Resveratrol](#), 325mg trans-resveratrol/cap, 30 caps

Our everyday (1-2 bottle) discount price: \$26.60

Anniversary Sale price, **Save an extra 25%: \$19.95**

Lock this price in with our Convenience Plan, and enjoy this discount all year!

As always, Free U.S. Shipping on orders over \$75!



Drawing Winner for August



Each month one lucky newsletter reader is selected to receive \$100 worth of supplements for **Free!**

This month's winner is **Michelle R. of Greenfield, WI**. Congratulations Michelle!

Newsletter subscribers are automatically entered to win, so you do not need to register again. Be sure to read next month's newsletter, you may be the next winner!

[Click here to read our Monthly Drawing Rules](#)

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