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August 2010 Newsletter, Vol. 2 of 2

New in this 2nd Edition:

- Fish Oil May Reduce Breast Risk

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- Whole Health Celebrates 13 Years!
- Resveratrol May Help Protect Vision
- SAM-e Shows Neuroprotective Effect
- Vitamin D May Protect Nervous System & Brain

Focus on Your Health:

- Eye Health

New Product:

- Extra-Strength Vitamin D3

It's Our Annual

Anniversary Sale!

Our Biggest Sale of the Year!

-- Now through August 16 --

Save an Additional 25% Off
Our Discounted 1-2 Bottle Price

Online orders only, and while supplies last.
NO RAIN CHECKS.

[More details below.](#)

New Research: Fish Oil May Reduce Breast Risk

A new observational, population-based study has found that regular and long-term use of fish oil supplements may reduce the risk of breast cancer in postmenopausal women. While this study was widely reported in the mainstream news, the details were often misreported. Be sure to read the [full article online](#).



Article Highlights:

- Purpose of the study was to evaluate various supplements and their effects, if any, on cancer rates.
- Women who were currently taking a fish oil supplement had a 32% reduced risk of developing breast cancer.
- This is the first time that fish oil use has been linked to reduced breast cancer risk.
- The researchers speculate that the reason this protective benefit exists with fish oil supplements, but not with fish intake, is because fish oil supplements contain high levels of the omega-3 fatty acids DHA and EPA. DHA and EPA are believed to be the active components of fish oil.

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

Whole Health offers several fish oil supplements. [Learn more about fish oil and essential fatty acids here.](#)

New Research: Resveratrol May Help Protect Vision

Angiogenesis, the process by which the body forms new blood vessels, is essential to growth and

wound healing. However, it is also plays a key role in tumor formation and the development of certain eye diseases. In these situations, angiogenesis demonstrates abnormal development of blood vessels that allows for rapid growth of the tumor. Similarly, angiogenesis on the eye can destroy tissues essential to sight, such as the retina or macula. Be sure to see the [full article online](#).

Article Highlights:

- A new study has found that resveratrol may inhibit harmful angiogenesis in the eye, potentially improving eye health.
- Angiogenesis in the eye is responsible for two of the most wide-spread forms of eye disease that lead to blindness--age-related macular degeneration (AMD) and diabetic retinopathy.
- Study found that oral administration of resveratrol prevented abnormal angiogenesis from occurring, and corrected abnormal angiogenesis already in the eyes of mice.



[Click to read more about this study...](#)

Resveratrol is a protective compound found in several plants. Recent studies have tied resveratrol consumption by animals to a longer life, enhanced athletic performance, reduced risk of colorectal and prostate cancer, and reduced inflammation.

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

New Research: SAM-e Shows Neuroprotective Effect

S-Adenosyl Methionine, more simply referred to as "SAM-e", is an antioxidant amino acid that is naturally produced in the body in a process referred to as the "SAM cycle". SAME is believed to play a role in immune, joint and brain health. Production of SAM-e can become hindered in the body, breaking the SAM cycle and allowing high levels of oxidizing compounds to build up.

Be sure to see the [full article online](#).

Article Highlights:



- In mice with elevated homocysteine and oxidation levels, orally administered SAM-e reduced oxidation and restored key antioxidant enzyme levels to normal.
- Oxidative stress, elevated homocysteine levels, and depressed glutathione levels all play a critical role in the development of Alzheimer's disease. The SAM cycle is important to the regulation of homocysteine.
- The researchers stated that SAM-e serves as an important "neuroprotective compound, acting both on methylation and oxidation metabolism."

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

In the last decade there has been considerable scientific evidence that indicates that SAM-e may improve mood and emotional well-being, reduce joint pain and stiffness, and may enhance liver function. [Learn more about SAM-e at WholeHealth.com.](#)

New Research: Vitamin D May Protect Nervous System & Brain

In July, two unrelated studies found that vitamin D levels may play a role in two major health problems that affect millions of people around the world: Parkinson's Disease and cognitive decline. While both of these health problems primarily affect older people. They can affect young people as well. [Read the entire article here...](#)

Article Highlights:

- Parkinson's Disease is a degenerative disorder of the central nervous system that may lead to loss of motor function, including limb control and the abilities to walk and speak.
- Researchers found that individuals with serum vitamin D concentrations above 50 nmol/L had a 65% lower risk of developing Parkinson's Disease than those with serum Vitamin D levels below 25 nmol/L.

- Cognitive decline is the age-related decline of a person's mental capacity that often leads to dementia and Alzheimer's Disease.
- In a study on vitamin D and cognitive decline, researchers found that participants with vitamin D levels below 25 nmol/L were 60% more likely to develop cognitive decline than those with vitamin D level above 25 nmol/L.



Get all the details on this study--[click here to read the entire article...](#)

Recently, a number of studies have found that a large segment of the population is vitamin D deficient. Currently, optimal serum vitamin D level is defined as 20 to 60 nmol/L, with many studies suggesting the greatest benefit may be in the 40 to 60 nmol/L range. However, it is important to note that as with all fat-soluble vitamins, it is possible to get too much vitamin D; levels greater than 90 nmol/L are considered toxic. Therefore, many experts now recommend having your vitamin D levels tested whenever you have your cholesterol checked. Talk to your doctor about having your vitamin D level tested and whether you should take a vitamin D supplement.

[Learn more about vitamin D and its potential benefits at WholeHealth.com.](#)

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 Product: Extra Strength Vitamin D3

Extra Strength Vitamin D3: each bottle contains 60 vegetarian capsules, 2,000IU vitamin D3 (cholecalciferol) per capsule.

A growing body of research is indicating the need for higher levels of supplementation of vitamin D, and an increasing number of consumers are looking for 2,000IU in a single capsule. Vitamin D3, also known as cholecalciferol, is the preferred form of vitamin D for supplementation because research has shown that it is better absorbed by the body.

As an ingredient for supplements, vitamin D3 is produced primarily from three sources: cod liver oil, animal hides, and sheep's wool. Our new Extra Strength Vitamin D3 uses vitamin D3 made from sheep's wool sheared from live sheep. The manufacturer of this ingredient has certified that the sheep are not harmed during this process; as such, the Vegetarian Society considers this product to be "vegetarian." Additionally, we used a 100% plant-based capsule (which contains no gelatin.)

This combination of "fish-free, gelatin-free, vegetarian" will satisfy most dietary restrictions, and provides 2000IU of vitamin D3 in one convenient capsule.

Extra Strength Vitamin D3, 60 capsules. **Our introductory price: as low as \$4.48!**



Our 13-Year Anniversary Sale Means Big Savings on Every Product!

It's our Anniversary Sale -- our biggest sale of the year! Whole Health is celebrating 13 years!

Thank you for helping us achieve this 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 4-16, **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 Super Week Savings:

[LeptiFit™ Leptin Enhancing Weight Loss Formula](#), 60 capsules

Our everyday (1-2 bottle) discount price: \$22.48

Super Week price, **Save an extra 25%: \$16.86**



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 **Shelley B. of Mandeville, Louisiana**. Congratulations Shelley!

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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