



December 2009 Newsletter, Vol. 2 of 2

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- Flaxseed Oil May Reduce Osteoporosis Risk

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- How Omega-3s Reduce Inflammation
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New Products:

- LeptiFit™
- Lysine Ultra™

It's our monthly

Super Week!

- Sale Ends Monday, Dec. 7 -

Save an Additional 20% Off

Our Discounted 1-2 Bottle Price

Online orders only, and while supplies last.

NO RAIN CHECKS.

[More details below.](#)

New Research: Flaxseed Oil May Reduce Osteoporosis Risk

Osteoporosis in post-menopausal and diabetic women can be a serious health concern. The rapid bone loss that affects many women can lead to osteoporosis and the increased risk of fractures, especially in the hips, spine and wrists. Be sure to read the [full article online](#).

Article Highlights:

- Results from a new animal study have found significant bone health benefits from consuming flaxseed oil.
- A diet containing flaxseed oil mitigated the negative bone health effects of diabetes and menopause.
- The researchers concluded that omega-3 fats may play a role in protecting the "processes of matrix formation and bone mineralization" which is compromised by menopause and diabetes.



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

The source of fat used in the control diet was corn oil, which consists almost entirely of omega-6 fatty acids. Flaxseed oil is a rich source of omega-3 fatty acids, primarily in the form of ALA (alpha-linolenic acid). ALA is sometime called the "master omega-3" fatty acid because the body can convert it into two other essential fatty acids, EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid).

[Learn more about essential fatty acids and flaxseed oil at WholeHealth.com.](#)

New Research: Antioxidants May Protect DNA from Radiation

Exposure to ionizing radiation creates "free radicals" which, in turn, oxidize other molecules. As regular newsletter readers know, oxidation can be a very damaging process in the body that can cause a wide range of health issues from elevated LDL cholesterol to chronic inflammation. Ionizing

radiation can also cause DNA damage, which is considered to be a possible trigger for cancer development. New research from the U.S. CDC has found that antioxidants can reduce the damage done by ionizing radiation. Be sure to see the [full article online](#).



Article Highlights:

- New study has found that antioxidants such as vitamins C, E and carotenoids may reduce the damage done by ionizing radiation.
- Commercial airline pilots are exposed to very high levels of ionizing radiation, and were therefore chosen for this study.
- Pilots with higher than average intakes of vitamins C and E, beta-carotene, beta-cryptoxanthin, and lutein-zeaxanthin showed a 73 percent reduction in DNA damage compared to those with average intakes.

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

While this study may not seem relevant to most people's everyday lives, people who live at higher altitudes, work outdoors, and/or travel frequently are exposed to a significant amount of ionizing radiation. Further, the study demonstrates the importance of and the level of protection afforded by a diet rich in antioxidants.

Visit WholeHealth.com to learn more about antioxidants.

New Research: MegaNatural®-BP May Lower Blood Pressure in Diabetics

A new study evaluating the effects of a particular grape seed extract, MegaNatural®-BP, has found that daily supplementation with the extract, in conjunction with lifestyle modification, may lower blood pressure and provide cholesterol improvements in individuals with metabolic syndrome.

Article Highlights:

- Metabolic syndrome, also known as pre-diabetes, affects an estimated 25% of the US population.
- The researchers found that those given either 150mg or 300mg of MegaNatural®-BP daily for 4 weeks showed a significant reduction in both systolic and diastolic blood pressures compared to those given a placebo.
- Participants given the 300mg dose also saw a significant reduction in oxidized LDL cholesterol levels.



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

Previous studies have found similar results in individuals without metabolic syndrome as well. That's why Whole Health's [BP Support™](#) contains [MegaNatural®-BP](#) along with other natural ingredients that may provide health benefits. Learn more about our [BP Support™ with MegaNatural®-BP here](#).

New Research: How Omega-3s Help Reduce Inflammation

Omega-3 fatty acids have been linked 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.

Article Highlights:

- New research published in the prestigious journal *Nature* has identified a biochemical pathway by which DHA (docosahexaenoic acid), an omega-3 fatty acid and component of fish oil, reduces inflammation.



- The body converts DHA into Resolvin D2, a compound that signals the immune system not to fight healthy tissue. Arthritis and other diseases are caused by the immune system mistakenly fighting healthy tissue.
- Unlike anti-inflammatory drugs, this pathway does not suppress the immune system.

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

Chronic inflammation can lead to a number of health issues and diseases, including atherosclerosis (hardening of the arteries) and other forms of cardiovascular disease. The researchers believe that these compounds could be useful in the treatment of other diseases associated with inflammation, but it will be some time before we know for sure.

Visit [WholeHealth.com](#) to learn more about [Omega-3s](#), [Fish Oil](#), and other sources of [Essential Fatty Acids](#).

December's Focus: Holiday Stress May Hurt Immunity

Visit our [website to read the full article](#).

Article Highlights:

Many people find that they get sick around the holidays. It's not surprising, as the holidays are a time of increased stress and unhealthy eating for many people.

We've put together a list of tips to help you avoid getting sick this holiday season -- the things to do and not to do, *and why*. These tips will help you stay healthy throughout the year.

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



New Product for Weight Loss: LeptiFit™ Leptin Control Formula

Whole Health is proud to announce a new weight loss product that offers an important approach to weight loss while conferring a distinct heart-health benefit: **LeptiFit™ Leptin Control Formula**.



Our new **LeptiFit™ Leptin Control Formula** is a complex blend of polysaccharides, polyphenols, fatty acids, and amino acids that work synergistically to increase weight loss by **increasing satiety** (the feeling of being full), **decreasing leptin resistance**, **reducing C-Reactive Protein levels**, and **decreasing inflammation**. Two of the core steps to losing weight are controlling hunger and inflammation.

The science behind this product is rather complex. Leptin is a hormone produced by adipocytes (fat cells) that regulates body fat storage by modulating satiety, glycemic control and metabolism. When everything is working properly, leptin helps to keep adipose tissue (fat) within a normal, healthy range. However, diet and stress can lead to chronic inflammation and leptin resistance-- chronic inflammation increases levels of C-Reactive Protein which binds to leptin, preventing it from doing its job. When leptin resistance occurs, the body does not get the signal to stop eating, leaving one feeling hungry even after having consumed enough calories. LeptiFit™ is designed to help reduce leptin resistance, allowing leptin to properly control hunger.

As an added bonus, LeptiFit™ naturally reduces C-Reactive Protein, which is an indicator of heart disease risk, and may help reduce cholesterol levels. That's a triple-benefit to cardiovascular health: weight loss, reduced C-Reactive Protein levels, and reduced cholesterol levels.

LeptiFit™ Leptin Control Formula, 60 capsules (1 month supply), **from \$16.86!**

New Product for General Health: Lysine Ultra

Lysine, also called l-lysine, is an essential amino acid, which means that while it is necessary for

human health, the body cannot produce it. It must come from the diet (or supplements). While it is found in varying levels in red meat, soybeans, and spinach, it is not well represented in the modern diet.

Lysine Ultra™ is a blend of the highest quality natural immune support ingredients designed to boost the immune system and to help reduce the recurrence of cold sores. It does this by helping the body to increase antibodies. Antibodies are the body's first line of defense against pathogens of all types: bacteria, viruses, and fungus. One serving of Lysine Ultra™ contains 1000mg of lysine, 160mg of Vitamin C, 10mg of Zinc and 25mg of Olive Leaf Extract.



Lysine is best known for the numerous studies that have found that it may help reduce the recurrence of cold sore outbreaks and duration of these outbreaks. It does this by inhibiting the virus that causes cold sores from reproducing. Most viruses require the presence of certain proteins and another essential amino acid, L-arginine, to reproduce. Lysine competes with L-arginine for binding sites in these proteins. This competitive protein binding and blocking of arginine may slow the growth of the virus. But lysine is not a "one trick pony". Several studies have indicated that lysine may increase the number of T cells and other immune cells, indicating that lysine may also improve overall immune function.

Be sure to [read more about the potential benefits of Lysine Ultra™ at our website.](#)

Lysine Ultra™, 60 capsules (1 month supply), **from \$6.55!**

Super Week Means Big Savings on Every Product!



The first Wednesday of the month kicks off our monthly **Super Week**. Online orders **save an extra 20% off** our already-discounted 1 to 2 bottle prices!

All online orders placed during our Super Week, **December 2 through 7**, **automatically** receive this discount -- no codes or coupons are needed!

As always, [Convenience Plan](#) orders (and purchases of 6+ bottles) receive 25% off the 1 to 2 bottle prices. Learn more about our [Convenience Plan Program](#).

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 Super Week Prices](#)

Example of Super Week Savings:

Extra Strength Resveratrol, 325mg, 60 capsules

Our everyday (1-2 bottle) discount price: \$39.98

Super Week price, **Save an extra 20%: \$31.98**

Convenience Plan (or buy 6) - **Always our best price: \$29.98**



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

Drawing Winner for December



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

This month's winner is **George G. of Woodridge, IL**. Congratulations George!

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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