



September 2009 Newsletter, Vol. 1 of 2

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It's our monthly Super Week!

September 2 through 8

Save an Additional 20% Off

Our Discounted 1-2 Bottle Price

Online orders only, and while supplies last.

NO RAIN CHECKS.

[More details below.](#)

September's Focus: Healthy Aging



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

Article Highlights:

Aging is unavoidable, but the risk of developing many of the problems and health challenges that come with aging can be reduced.

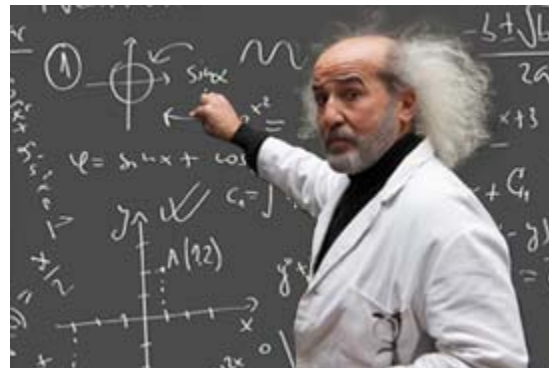
In this article, we have some tips that can help you avoid the three most feared conditions that come with aging: mental decline, loss of mobility, and vision loss.

Read the [full article](#) online.

National Cholesterol Education Month

September is National Cholesterol Education Month in the United States, and while most people know that cholesterol is bad for the heart and that it can clog arteries, many people don't fully understand what "high cholesterol" means.

We provide an overview of the different lipids that play a role in cardiovascular disease, and what your cholesterol test is telling you about each one. We also provide helpful lifestyle tips that can help you control your cholesterol naturally.



Don't miss all of this valuable information. Read the [full article online.](#)

New Research: Lycopene May Support Blood Vessels

Lycopene is a carotenoid, a natural pigment that occurs in plants. It is found in many red fruits and vegetables, and is the compound that makes both tomatoes and watermelon red. Lycopene is most widely known for its link to reduced risk of prostate cancer and its potential heart benefits. However, recent research has found consuming lycopene may have benefits to the skin, blood vessels, and bones.

Now, a study has found that elevated levels of lycopene are associated with more flexible arteries and lower levels of oxidized LDL ("bad") cholesterol. Be sure to read the [full article online](#).



Article Highlights:

- Both arterial stiffness and higher levels of oxidized LDL cholesterol are associated with a higher risk of developing hardening of the arteries.
- The researchers commented that the study "suggests that serum concentrations of lycopene may play an important role in the early stage of atherosclerosis."
- The researchers concluded that "reduced oxidative modification of LDL... may be one of the mechanisms by which lycopene could reduce arterial stiffness and the risk of [cardiovascular disease]."

This study also provides more evidence that a diet rich in antioxidants and carotenoids is beneficial. [Click to continue reading the entire article...](#)

Whole Health offers [lycopene as a single ingredient supplement](#), and offers it in both [HerHealth™](#) and [HisHealth™](#) multivitamins.

New Research: Understanding Vitamin D's Potential Benefit to Diabetics

The amount of new research linking vitamin D to a wide variety of health benefits is astounding. In recent years, low vitamin D has been linked to an increased risk of certain cancers, bone fractures, and cardiovascular disease, among many other ailments.

A new study published in the journal *Circulation* has found that vitamin D may benefit cardiovascular health in people with diabetes by inhibiting the build up of cholesterol in blood vessels. Be sure to read the [full article online](#).

Article Highlights:

- Previous studies have linked Vitamin D deficiency in diabetics with an increased risk of cardiovascular disease.
- Cardiovascular disease is the leading killer of people with diabetes.
- Researchers concluded that vitamin D deficiency increased the formation of arterial plaques "and accelerated cardiovascular disease in diabetic subjects."



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

Vitamin D comes in several forms. The two forms of vitamin D found in foods and supplements, cholecalciferol (vitamin D3) and ergocalciferol (vitamin D2), are converted within the body into 25-hydroxyvitamin D, the "storage form" of vitamin D, and 1,25-hydroxyvitamin D, the "active form." Cholecalciferol (vitamin D3) has greater bioavailability than ergocalciferol. Whole Health sells vitamin D3 exclusively.

Visit WholeHealth.com to learn more about the many potential [benefits of vitamin D](#).

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. Customers on our Convenience Plan automatically receive these new lower prices.



[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.](#)

Pure CoEnzyme Q10 Powder

CoEnzyme Q10, 30mg, 60 vegetarian capsules **Now as low as \$6.72!**

CoEnzyme Q10, 100mg, 60 vegetarian capsules **Now as low as \$11.98!**

CoEnzyme Q10, 150mg, 60 vegetarian capsules **Now as low as \$16.95!**

CoEnzyme Q10, 300mg, 60 vegetarian capsules **Now as low as \$27.90!**

Liquid-Filled Softgels

CoEnzyme Q10, 60mg, 60 softgels **Now as low as \$11.98!**

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

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

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, **September 2 through 8** (we have added one extra day due to the Labor Day holiday), **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, 30 capsules](#)

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

Super Week price, **Save an extra 20%: \$21.28**

Convenience Plan (or buy 6+) - **Always our best price: \$19.95**

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



Drawing Winner for September



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

This month's winner is **John B. of Glendale, AZ**. Congratulations John!

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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