



July 2009 Newsletter, Volume 2 of 2

New in this 2nd Edition:

- Antioxidants May Help Bone Health

Also in this Edition:

- Healthy Summer Travel Tips
- Antioxidants and Omega-3s Reduce Risk of AMD
- Green Tea May Benefit Prostate
- Curcumin May Help With Obesity
- New Product: BP Support Helps Maintain Healthy Blood Pressure

It's our monthly Super Week!

-Sale Ends Tuesday, July 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: Antioxidants May Help Bone Health

Bone loss in post-menopausal women is a serious health concern, as it can lead to osteoporosis and the increased risk of bone fractures. The National Osteoporosis Foundation estimates that 80% of the 10 million Americans with osteoporosis are women. A new study provides some evidence that vitamins C and E may help reduce bone loss. Read the [full article online](#).

Article Highlights:

- New study has found that supplementing the diet with vitamins C and E, regular exercise, or a combination of both may reduce bone loss in post-menopausal women equally well.
- Women who did not take supplements, and who did not exercise regularly, suffered significant bone loss in the spine over a 6 month period.



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

Recent research has also linked reduced bone loss to diets rich in fruits and vegetables as well as high intakes of calcium, magnesium, vitamins D and K.

[HerHealth™ multivitamin](#) provides all these supplements, along with Vitamins C and E. [Learn more about HerHealth™ here.](#)

July's Focus: Healthy Summer Travel Tips

[Read the full article at our website,](#)

Article Highlights:

- Vacations are important to both mental and physical health.
- One study linked frequent vacations to 30% reduced risk of heart disease in men and 50% reduced risk in women.
- Active vacations may be more refreshing than sedentary ones.

We provide [a number of tips to help you get the most out of your vacation](#), and return home happy and refreshed. Don't miss the [entire article online](#).



New Research: Antioxidants and Omega-3s Reduce Risk of AMD

Age-related macular degeneration (AMD) is the leading cause of blindness in the Western world among individuals over the age of 55. AMD affects 25-30 million people worldwide, and this number is expected to triple with the aging Baby Boomer generation. AMD is the deterioration of the macula (part of the central retina) which results in loss of the central vision, leaving only peripheral vision. Be sure to read the [full article online](#).

Article Highlights:

- In 2001, the results of an 8-year clinical trial on AMD prevention, the "Age-Related Eye Disease Study" (AREDS), found that a group of vitamins and minerals (the "AREDS supplement") could reduce the risks of the development and advancement of AMD.
- New research finds that AREDS supplement plus a diet rich in the omega-3 fatty acids DHA and EPA reduced the risk of AMD progression by an additional 27%.
- AREDS supplement plus a low Glycemic Index diet reduced risk of AMD progression by 24%.



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The researchers noted that consuming a diet rich in DHA is associated "with lower progression of early AMD." The AREDS supplement, a low Glycemic Index diet, and higher intakes of DHA and EPA were "associated with reduced progression to advanced AMD."

Whole Health offers [Optim-Eyes High Potency Vision Support](#), a supplement that provides all the components of the AREDS supplement, along with other eye health-promoting supplements, and a broad selection of Essential Fatty Acids. [Learn more about these and other products at our Eye Health page](#).

New Research: Green Tea Extract May Benefit Prostate

Over the past decade, green tea and green tea extract have been the subject of a significant amount of research. Studies have linked green tea polyphenols to a myriad of potential benefits. Be sure to read the [full article online](#).

Article Highlights:

- Prostate cancer is the most common cancer affecting men after skin cancers. The National Cancer Institute estimates that 1 in 6 American men will develop prostate cancer in their lifetime.
- Researchers gave 26 men with prostate cancer 1300mg of green tea extract daily for an average of 34 days prior to their undergoing surgery.
- The men showed significant improvements in all biomarkers for which researchers tested; some men saw improvements of 30%.

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



Not all the men showed the same level of improvement, and due to the study's limited size, it is hard to say how profound the findings may be. Nonetheless, the results are encouraging and will surely lead to larger studies.

Visit WholeHealth.com to read more about the recent research on [Green Tea Extract and its potential benefits](#) and consider adding this product to your daily routine.

New Research: Curcumin May Reduce Obesity Risk

Two months ago, we reported on a new study from the University of Michigan that led to a better understanding of curcumin's immune-boosting benefits. This month, a new study by a group of researchers from Tufts University has found that curcumin may reduce the development of adipose (fat) tissue. Be sure to read the [full article online](#).

Article Highlights:

- Curcumin is the yellow pigment that makes the spice turmeric yellow. It has a long history of use in food and medicine.
- Previous research has shown that curcumin slows the development of new blood vessels in tumor growth, which is curcumin's proposed anti-cancer mechanism.
- Researchers found that curcumin reduced the development of fat tissue in mice by reducing the vascularization of the new fat tissue.
- Curcumin also changed the way dietary fat was metabolized.



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

The researchers concluded that curcumin "may have a potential benefit in preventing obesity." However, it is not known if these results will hold in human studies. Regardless, curcumin remains a very interesting compound with many other potential benefits.

Whole Health offers curcumin in our [Anti-Inflammatory Support](#) formula, a synergistic blend of seven ingredients that may help reduce inflammation in the body and improve overall health. Learn more about [curcumin and our Anti-Inflammatory Support at WholeHealth.com](#).

New Product: BP Support™ with MegaNatural®-BP

We are very excited to announce our new [BP Support Formula™ with MegaNatural®-BP](#).



Designed to help support healthy blood pressure levels within a normal range, our new [BP Support Formula™](#) features a patent-pending grape seed extract, MegaNatural®-BP. This specific grape seed extract has been shown to decrease blood pressure by an average of 12mm Hg systolic and 8mm Hg diastolic in a randomized, placebo-controlled, double-blind clinical trial conducted at the University of California at Davis.

Our unique [BP Support Formula™](#) contains a potent blend of vasotonic ingredients. Some, like **horse chestnut extract**, have histories dating back centuries; others, such as **D-ribose**, have only recently been discovered to be beneficial. This formula also includes a **time-released, pH-neutral form of vitamin C**. Vitamin C is one of the most powerful antioxidant vitamins that is currently known. Research has indicated that vitamin C may help protect against cardiovascular disease and is essential to vascular health. Also included are the bioflavonoids **rutin** and **quercetin** which provide additional antioxidant activity and support vascular health.

There is no formula on the market that combines such a wide variety of these nutrients to support healthy blood pressure levels, vascular health, and cardiac function like our [BP Support Formula™](#).

Be sure to [read more at our web site](#) about each of the ingredients in this formula, and how one product can help people with elevated blood pressure **and** people with low blood pressure.

[BP Support Formula™ with MegaNatural®-BP](#), 30 capsules (1 month supply), **from \$13.99!**

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, **July 1-7** (we've add an extra day due to the Independence 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 July



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

This month's winner is **John V. of Bedford, NH**. 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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