



November 2009 Newsletter, Vol. 2 of 2

New Research:

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- CoEnzyme Q10 May Help With Obesity-Related Health Problems
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- Cranberry Ultra™
- HerBalance™ with Novasoy®

It's our monthly Super Week!

-Ends Monday, November 9-

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: Low Vitamin D May Increase the Risk of Death

A new study lead by Johns Hopkins University and the National Institute on Aging suggests low vitamin D may increase the risk of all-cause mortality by as much as an astounding 150% in elderly women. Be sure to read the [full article online](#).

Article Highlights:



- Vitamin D deficiency has become a growing concern among medical researchers; experts suggest that as many as 60% of some populations are deficient.
- Vitamin D deficiency is associated with osteoporosis, poor muscle strength, falls, and fractures.
- Women in the lowest quartile of vitamin D had a relative risk of death ratio of 2.45, nearly 150% higher than those in the highest quartile of vitamin D intake.

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

Vitamin D comes in several forms. Cholecalciferol (vitamin D₃) is the more bioavailable form of the two dietary forms. Whole Health only sells the vitamin D₃ form. [Learn more about Vitamin D₃ and its potential benefits at WholeHealth.com.](#)

New Research: CoQ10 May Help With Obesity-Related Health Problems

CoEnzyme Q10 is a vitamin-like substance that occurs naturally in the human body. It is found in the highest concentrations in the major organs and the mitochondria, organelles that produce the energy on which the body runs. The amount of CoEnzyme Q10 produced by the body decreases as people age. CoEnzyme Q10 supplementation has been linked to a number of health benefits over the years; in particular, benefits have been associated with cardiovascular health, and in individuals suffering from Parkinson's Disease. A new study has found that CoQ10 supplementation may help

protect the body from some obesity-related health problems. Be sure to read the [full article online](#).

Article Highlights:

- Obese mice given CoEnzyme Q10 had reduced expression of inflammatory and metabolic stress markers.
- Researchers concluded, "CoQ10, when given orally, is able to target the liver tissue, and to lessen inflammatory stress associated with obesity."
- Research from 2008 found that CoQ10 may improve athletic endurance and reduce fatigue, a huge advantage to anyone trying to loose weight.



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

Whole Health exclusively sells [Kaneka natural CoEnzyme Q10](#), the same type used in this study.

Visit [WholeHealth.com](#) to learn more about CoEnzyme Q10.

New Research: Better Understanding of Pomegranate's Prostate Benefits

A variety of research in recent years has shown that pomegranates appear to offer distinct heart, prostate, and joint-related health benefits. Pomegranates are a rich source of polyphenolic antioxidant compounds, most notably ellagic acid and other ellagitannin compounds such as punicalagins and punicalins. These appear to be the compounds behind this fruit's health benefits. A new study has examined the mechanism through which pomegranates aid the prostate.

Article Highlights:



- The highest rates of prostate cancer are in Western countries; the Western diet may play a role.
- New *in vitro* study examined the mechanism through which pomegranates appear to help against prostate cancer.
- Researchers identified a double benefit--metabolites of pomegranate suppressed harmful enzymes and elevated beneficial ones.
- Researchers concluded, "Metabolites of pomegranate juice are effective inhibitors of CYP1B1 enzyme activity/expression and could lower the incidence of prostate cancer initiation and sustenance."

This study provides valuable insight into one of the mechanisms of action through which pomegranates may offer potential prostate benefit. However, much more research will need to be done before pomegranates can be recommended as a course of treatment to men with prostate cancer.

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

Learn more about the many benefits of Pomegranates and our [PomeHealth™ Pomegranate & Resveratrol Blend](#) [here](#).

New Research: OPCs May Benefit Brain and Improve Memory

Oligomeric Proanthocyanidins (OPCs) are polyphenols, a type of bioflavonoid antioxidant compound. Like other antioxidants, OPCs scavenge free-radicals in the body, potentially reducing the effects of oxidation on biological systems. OPCs are available from a number of dietary sources, most notably grape seeds, grape skins and red wine.

Article Highlights:

- OPCs have long been associated with heart and vascular health; more recent studies indicate they may have cognitive benefit as well.
- Mice with age-related memory and learning deficits were given OPCs;



measurable improvements were noted after 5 weeks of supplementation.

- Mice that received the OPCs had increased densities of axons, dendrites and synapses in their brains, compared to the control mice.

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

While there have been no conclusive studies in humans yet, this is not the first study to show that OPCs may have brain benefits in animals. A 2008 mouse study found that OPCs may reduce the build-up of beta-amyloid protein plaques in the brain. Likewise the "Mediterranean diet", which is rich in polyphenols from red wine, fruits and vegetables, has been linked to a lower risk of Alzheimer's Disease.

Visit [WholeHealth.com](#) to learn more about [OPC Grape Seed Extract](#).

November's Focus: American Diabetes Month



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

Article Highlights:

- Diabetes, the 6th leading cause of death in the US, is a disease in which the body does not produce or use insulin properly.
- Insulin is responsible for converting sugars, starches and other carbohydrates into energy for the body.
- The specific causes of diabetes are unknown, but genetics, obesity, and lack of exercise are believed to significantly affect its onset.
- Diabetes can lead to serious health complications such as heart disease, blindness, kidney failure and amputations.

Read the [full article about diabetes](#) online.

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: Cranberry Ultra™ 36:1 Extract with pH-neutral C

Cranberry Ultra™: Each serving (2 capsules) of our new [Cranberry Ultra™](#) contains 1000mg of a standardized 36:1 cranberry extract plus 80mg of pH-neutral vitamin C, encapsulated in gelatin-free vegetarian capsules. A 36:1 extract means that 36 pounds of whole cranberries are used to make just one pound of the extract. Our extract contains the whole fruit from US and Canadian grown cranberries. The extract is manufactured in Canada immediately after harvesting to ensure freshness and potency. Many inferior extracts are made from just the juice, and are grown or shipped abroad for processing and have little nutritional value.

We also include vitamin C, a powerful antioxidant that supports the immune system. We chose a pH-neutral form of the vitamin that is easy on the stomach and won't acidify your system.

Cranberry juice has been used as a traditional folk remedy for urinary tract infections (UTIs) for decades, perhaps centuries. Research has supported this folk remedy and has indicated that cranberry can be highly effective in the treatment and prevention of UTIs. The proanthocyanidins from cranberries prevent bacteria from adhering to host cells by altering the cell membrane of the pathogens, in essence rendering them harmless.

But Cranberry is not just for UTIs! More and more researchers are finding that cranberry extract may help fight a wide range of bacterial infections and viruses. Be sure to [read more about the potential benefits of Cranberry Ultra™ at our website.](#)

Cranberry Ultra™, 60 capsules (1 month supply), **from \$7.48!**

New Product for Women: HerBalance™ with Novasoy®

HerBalance™ with Novasoy® is a blend of the highest quality natural menopause support ingredients designed to help support a healthy balance during all stages of menopause.

HerBalance™ contains Novasoy® soy isoflavones from non-genetically modified soy, red clover extract, black cohosh, damiana leaf and licorice root. Clinical studies show that soy isoflavones, like Novasoy®, lower the incidence of hot flashes. Additionally, soy isoflavones from Novasoy®; may help maintain strong and healthy bones and may help improve cognitive function. Black cohosh extract and damiana leaf extract help ease some of the symptoms of menopause, including hot flashes. HerBalance™ also contains licorice root to ease stomach upset that can be caused by menopause, and may be associated with soy and red clover isoflavones in some women. It is truly a complete formula.



Be sure to [read more about the potential benefits of HerBalance™ with Novasoy® at our website.](#)

HerBalance™ with Novasoy®, 60 capsules (1 month supply), **from \$14.98!**

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, **November 4 through 9**, **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: \$43.98

Super Week price, **Save an extra 20%: \$35.18**Convenience Plan (or buy 6) - **Always our best price: \$32.98**

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

Drawing Winner for November



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

This month's winner is **Dave T. of Northport, MI.** Congratulations Dave!

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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