



October 2009 Newsletter, Vol. 2 of 2

New Research:

- CLA May Protect Against Age-Related Muscle Loss
- Probiotics May Help Prevent the Common Cold
- More Support for Soy & Red Clover

Focus on Your Health:

- Autumn Brings Mood Changes
- Breast Cancer Awareness Month

New Products:

- Cranberry Ultra™
- HerBalance™ with Novasoy®

It's our monthly Super Week!

Ends Monday, October 12

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: Green Tea Extract May Benefit Bone Health

Conjugated linoleic acid (CLA) is a group of eight fatty acid isomers that naturally occur in low levels in some dairy and meat products. While CLA is widely used as a weight loss product, recent research into the compound has found that CLA has other potential benefits including supporting bone health and stabilizing glucose levels in diabetics. Be sure to read the [full article online](#).

Article Highlights:

- A new study has found that Clarinol® CLA may protect against muscle loss in the elderly.
- Two isomers of CLA are most important to both weight loss and muscle retention Clarinol® CLA contains both isomers, other brands contain just one isomer.
- CLA groups showed a significantly higher muscle mass and antioxidant levels than the placebo groups.
- Researchers found the two isomer CLA to be as effective as single isomer CLA, but two isomer CLA has better safety profile, and therefore is the preferred form.



Clarinol

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

This is not the first study to find that CLA may improve muscle mass. Numerous previous studies have found that CLA can help improve muscles tone while aiding weight loss in dieters. Clarinol® is made from safflower oil and is the form of CLA sold by Whole Health®.

[Learn more about Clarinol® CLA at WholeHealth.com.](#)

New Research: Probiotics May Help Prevent the Common Cold

"Probiotics" is the name given to the beneficial bacteria that live in our digestive tracts. Probiotic supplements have been popular for decades, and probiotic-containing foods, such as yogurt, kefir and probiotic milk, have been around for centuries. But, over the past decade, research on these

products has increased significantly, giving us a better understanding of the importance these beneficial bacteria play in our bodies.

Early on, people thought of probiotics as benefiting just the digestive tract, helping to maintain bowel health. Recent research, however, has found that probiotics may do much, much more for our bodies. New research has found that probiotics may help reduce the incidence of yeast infections, improve the complexion, aid in healing skin cuts and burns, improve liver health, and help the body fight colds! Be sure to read the [full article online](#).



Article Highlights:

- 2001 study found that probiotics reduced the occurrence and severity of respiratory infection among children in day care.
- New study confirms that probiotics may significantly reduce incidence & duration of fever, runny nose, and cough, and reduce need for antibiotics in children.
- Second new study found probiotics may reduce the incidence and duration of upper respiratory tract infections in senior citizens.

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

[Whole Health's Super Lactobacillus Probiotics](#) contains four different probiotic organisms including Lactobacillus acidophilus and Lactobacillus casei, along with a prebiotic, FOS, to help establish healthy colonies in your system. [Learn more about probiotics here](#).

New Research: More Support for Soy & Red Clover

While soy has been a popular food for centuries, and extracts of soy and red clover isoflavones have been popular treatments for the symptoms associated with menopause for decades, there has been some concerns about potential side effects. New meta-analysis performed by a group of Austrian researchers has found that those concerns are unwarranted. Be sure to read the [full article online](#).

Article Highlights:

- Isoflavones from soy and red clover consist of phytoestrogens, plant compounds that are structurally similar to estrogen.
- Hormone Replacement Therapy, which uses synthetic hormones, can lead to serious side effects and has created concern over natural phytoestrogens.
- A new study found that the incidence of all side effects from isoflavones are statistical identical to a placebo, except for gastrointestinal upset.
- The researchers stated that women "can be assured that there is no indication of serious unwanted side effects of phytoestrogen treatment."



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

Earlier this year the European Food Safety Authority concluded that isoflavones demonstrate "modest but valuable benefit for menopause relief" and do not increase the risk of breast cancer. The American Menopause Society recommends the use of dietary isoflavones (and other supplements) for the treatment of mild vasomotor symptoms (hot flashes). Nonetheless, women with a history of estrogen-sensitive cancers may want to err on the side of caution until more research is available.

Visit [WholeHealth.com](#) to learn more about the soy and red clover isoflavones found in [HerBalance™ with Novasoy®](#).

October's Focus: Autumn May Bring Changes in Mood



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

Article Highlights:

While the change of season can be wonderful, it also brings about a shift in the amount of daylight. For some people, the shortening of days can affect sleep patterns, mood, energy and stress levels. We have [several tips to help you mitigate](#) the effects of the shorter days of autumn and winter.

Visit WholeHealth.com to read the [full article](#) online.

National Breast Cancer Awareness Month

Article Highlights:

October is National Breast Cancer Awareness Month in the United States. Now is a good time to evaluate which lifestyle risk factors you have control over, and consider making changes to keep your risk at its lowest possible level.



[This article provides many tips](#) to help you reduce your breast cancer risk.

Remember to read the [entire article at our site!](#)

New Products: Cranberry Ultra™ & HerBalance™

We are very excited to announce two new and improved formulas for two of our most popular women's health products:



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 it's 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!**

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, **October 7 through 12, 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 October



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

This month's winner is **Eric C. of Vancouver, WA**. Congratulations Eric!

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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