

# OPTIMAL LIVING

Optimal Health Systems Newsletter

October 2011

## October Specials!

Buy 4 of a  
Product  
Get 1 Free



### Flora

Provides optimal intestine and immune system support. It is the most advanced formula for intestinal support, containing 12 patented forms of STABILIZED friendly bacteria.

[Click here to read more.](#)

### EFA

The Essential Fatty Acid formula is a revolutionary new product with ingredients associated with a decreased risk of high blood pressure, cancer, cardiovascular disease and diabetes.

[Click here to read more.](#)

### Liver/Kidney

As the body's detoxification system, the liver and kidneys are often over-taxed with the typical American lifestyle. From junk food to pollution, to pharmaceuticals of all kinds, over time your liver and kidneys soon become over-loaded with toxins.

[Click here to read more.](#)

### Opti-Pak custom

## Infectious Disease: What you can do to Stop it

Right now we are in the middle of a major infectious disease epidemic that soon will be unstoppable if we don't take personal responsibility and act now. According to statistics from the Center of Disease Control (CDC), millions of people are dying each year and even more are experiencing a lower quality of life do to this epidemic. Over the last decade we have been warning people through lectures and articles about this contagion. Most people don't realize how serious it is and what causes it. It's time you found out and learned the steps you can take to prevent it in your life.

[Continue reading the special report from OHS.](#)

## Acerola Cherry-The Vitamin C Powerhouse

Back in the 1940s and 1950s there was a rush around the world to plant acerola cherry trees after university studies confirmed the fruit had a unmatched content of Vitamin C. By 1954 Puerto Rico alone had 30,000 of the trees in commercial groves. Later, the interest died off as production of synthetic "ascorbic acid" was ramped up-at a fraction of the cost. Today, more health-conscious people are learning that ascorbic acid is not as effective as a natural real-food nutrient. Moreover, they are learning that ascorbic acid is just one nutrient of several that make a complex or "whole" Vitamin C. For these reasons, interest is now building once again for the modest little cherry that is packed with antioxidant power-including Vitamin C.

[Click here](#) to learn more about acerola cherry and why we feature it in our popular Whole C product!

## The Energy Cycle and the Highway to Health

All living organisms have certain characteristics that distinguish them from non-living forms. The basic processes of life include organization, metabolism, responsiveness, movements, and reproduction. In humans, who represent the most complex form of life, there are additional requirements such as growth, differentiation, respiration, digestion, and excretion. All of these processes are interrelated, and all are driven by energy. Understanding the "energy cycle" that makes this all happen is vital as we embark on the Highway to Health.

[Read full OHS white paper here.](#)

## Holy Powder! The Healing History of Turmeric

Turmeric (*curcuma longa*) is a member of the ginger family and is native to southeast Asia. It was harvested in the wild as early as 5,000 years ago, and cultivated in India starting about 2,500 years ago for use as food, medicine and dye. It was so valued in Ayurvedic medicine that it was called 'Holy Powder,' referenced in early Sanskrit medical

pak

OptiPak is packed with supplements to restore the basic nutrients needed for health on a daily basis. Each OptiPak contains 31 paks of the finest, most effective nutrients - including whole food vitamins, patented chelated minerals, powerful antioxidants, stabilized probiotics and the effective Opti-Blend Delivery System - supplying your body with what it needs for consistent nutritional support.

[Click here to read more.](#)

works and used to treat many different ailments. Turmeric was also an important component of wedding, religious, and other ceremonies to symbolize health and long life.

[Click here](#) to learn about the rich history of turmeric, and why it is an important ingredient in Optimal Health Systems' Fat/Sugar and other products.

## In The News Online

### ***Fair-skinned people likely need to supplement with Vitamin D according to UK cancer study***

BBC News [Read.](#)

### ***Low Vitamin B12 linked to smaller brain and cognitive decline in study of elderly participants***

TIME Healthland [Read.](#)

### ***Chondroitin helps lower pain for those suffering from osteoarthritis, according to recent Swiss study***

AARP Blog [Read.](#)

### ***Zinc proven to regulate communication between brain cells in collaborative university study***

Science Daily [Read.](#)

*The statements made in this newsletter have not been evaluated by the FDA. Our products are not intended to diagnose, treat, cure or prevent any disease.*

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