

OPTIMAL LIVING

Optimal Health Systems Newsletter

September 2011

September
Specials!

Buy 4
Get 1 Free



Defense

Optimal Defense contains many powerful ingredients proven to help support the body's own immune system including Astragalus, Colostrum, Olive leaf extract and much more! Additional herbs and enzymes act as anti-microbials to further assist the body in its defense against viruses, fungus, and pathogenic bacteria.

[Click here to read more.](#)

Whole B

This Nutritional Yeast is for vegetarians, athletes, women, or anyone who needs a rich, natural source of the complete B vitamin complex and a good, vegan protein source. This is not only the most dense form of whole food vitamin B found, but this product is also top on the list because it is half protein, meaning it supplies a high quality protein source with a most highly digestible amino acid blend.

[Click here to read more.](#)

Optimal Opti-Mass

Opti-Mass is composed of the most powerful, strength increasing and muscle building ingredients ever

The Great Hippocrates, Father of (Modern) Medicine

Hippocrates (460-370 BC) is considered the 'Father of Modern' medicine, but, with just a cursory examination of his life and teachings, it is obvious that by today's standards he would be considered a 'Natural Health Practitioner.' Hippocrates believed in the "healing power of nature" and advocated the use of specialized medicine and drugs only sparingly. His medical storehouse included his own beehives to harness the healing powers of raw honey, and an olive orchard to secure a ready supply of therapeutic olive oil. In addition, he maintained a garden of over 250 select herbs and foods that he used for prevention and treatment of ailments.

[Read on to learn more about The Great Hippocrates!](#)

Optimal OxyPure is back in the OHS product line!

OHS is happy to announce that its popular alkalizing product, Optimal OxyPure, is now available again in the OHS product line! Previously, due to difficulties in securing regular supplies of the product, we had announced that we would not be carrying the product until we were able to secure a new source that could guarantee a continuous supply. That time has come, and we are happy to announce that we have a substantial inventory in our warehouse.

[Continue reading to learn more about OxyPure and the benefits of alkalizing/oxygenating the body!](#)

Jerusalem Artichoke, nutrient dense superfood and supplement

The Jerusalem artichoke is not an artichoke and did not come from Jerusalem. It is actually native to North America and is a member of the aster family, with blooms that look like miniature sunflowers. It is found (sometimes growing like a weed!) in the eastern U.S. and Canada west to North Dakota and south to northern Florida and Texas. Jerusalem artichoke is rich in both prebiotic fibers and inulin. It is rich in B vitamins, including B3, (also known as niacin), vitamin B9 (folate) and vitamin B5 (pantothenic acid). Jerusalem artichoke is also a good source of vitamin C, phosphorus, thiamine and copper.

To learn more about the nutritional benefits of Jerusalem Artichoke, read full article [here](#).

OHS to offer REM Sleep formula

We are proud to announce the latest product to be developed by the OHS formulating team: Optimal REM Sleep. This natural sleep aid features six effective nutrients, including L-Tryptophan and Valerian Extract. In addition, we have included our cutting-edge cultured media blend to the formula-which guarantees optimal delivery of the

proven through true clinical trials to help increase anabolism. Includes A powerful patented Creatine and glutamine Amino Acid Chelate blend. Also contains branched-chain amino acids which are most essential for muscle metabolism.
[Click here to read more.](#)

Immune Booster Custom Pak

The Immune Booster Pak includes a powerful blend of ingredients that enhance the body's defenses against pathogens such as viruses, bacteria, mold, fungi, and even enhances the immune response to circulating undigested foods.

[Click here to read more.](#)

nutrients! Optimal REM Sleep is in production now, and we expect to have it available for delivery in mid-September. Watch for our emails and website notices for more information on the REM Sleep ingredients and launch date!

In The News

Scientists discover Vitamin C is essential for nerve cells in the eye and brain to function properly

Science Daily [Read.](#)

Good news for those who say they don't have time to exercise: Just 15 minutes per day can increase your life expectancy

Daily Mail UK [Read.](#)

97% of Western Europe shuns water fluoridation... and nine other facts you should know about fluoride

FluorideAlert.org [Read.](#)

Turmeric has many health benefits, including relief from pain and inflammation

LiveStrong.com [Read.](#)

Black tea polyphenols may reduce cancer risk according to new study from India

NutraIngredients [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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Educating the World about whole food supplements for over 13 years!

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