

HealthyBy Choice

...One Day at a Time

Volume 11, Issue 9 • September 2016



National Cholesterol Education Month

Too much cholesterol in the blood is one of the main risk factors for heart disease and stroke—two leading causes of death in the United States. One way to prevent these diseases is to detect high cholesterol and treat it when it is found.

What is cholesterol?

Cholesterol is a waxy, fat-like substance that your body needs. But when you have too much in your blood, it can build up on the walls of your arteries and form blockages. This can lead to heart disease, heart attack, and stroke.

There are two kinds of cholesterol:

- high-density lipoprotein (HDL) "Good" cholesterol - keep this high
- low-density lipoprotein (LDL) "Bad" cholesterol - keep this low

How can you prevent or treat high cholesterol?

Lifestyle choices make a huge difference:

- **Eating a healthy diet.** Avoid saturated fats and trans fats, which tend to raise cholesterol levels. Other types of fats, such as polyunsaturated fats, can actually lower blood cholesterol levels. Eating fiber also can help lower cholesterol.
- **Exercising regularly.** Physical activity can help lower cholesterol. The Surgeon General recommends that adults engage in moderate-intensity exercise for 2 hours and 30 minutes every week.
- **Maintaining a healthy weight.** Being overweight or obese can raise your cholesterol levels. Losing weight can help lower your cholesterol.
- **Not smoking.** If you smoke, quit as soon as possible.



MORE MATTERS – FRUITS AND VEGETABLES

The Health Benefits of Phytonutrients in Fruits and Vegetable

6 Phytonutrients You May Know About

Phytonutrient	Proposed Benefits	Food Sources
Beta-Carotene	Immune System Vision Skin Health Bone Health	Pumpkin, Carrots, Sweet Potato, Kale, Winter Squash, Cantaloupe, Broccoli, Apricots, Spinach, Collard Greens
Lycopene	Cancer (Prostate) Heart Health	Tomatoes, Tomato Products, Watermelon, Pink Grapefruit, Red Peppers
Lutein	Eye Health Cancer Heart Health	Collard Greens, Kale, Artichokes, Lettuces, Spinach, Broccoli, Brussels Sprouts
Resveratrol	Heart Health Cancer Lung Health Inflammation	Red Wine, Grapes, Peanuts
Anthocyanidins	Blood Vessel Health	Blueberries, Blackberries, Plums, Cranberries, Raspberries, Red Onions, Red Potatoes, Red Radishes, Strawberries
Isoflavones	Menopause Cancer (Breast) Bone Health Joint Inflammation Lower Cholesterol	Soybeans



Sometimes More IS Better!!!



HealthyBy Choice

...One Day at a Time



September is Prostate Cancer Awareness Month

Prostate Cancer is the second leading cause of cancer death in American men. The *prostate* is a walnut-sized organ located just below the bladder and in front of the rectum in men. It produces fluid that makes up a part of semen. The prostate gland surrounds the urethra (the tube that carries urine and semen through the penis and out of the body).

Prevention of Prostate Cancer

1. Eat fewer calories or exercise more so that you maintain a healthy weight.
2. Try to keep the amount of fat you get from red meat and dairy products to a minimum.
3. Watch your calcium intake. Do not take supplemental doses far above the recommended daily allowance. Some calcium is OK, but avoid taking more than 1,500 mg of calcium a day.
4. Eat more fish – evidence from several studies suggest that fish can help protect against prostate cancer because they have "good fat" particularly omega-3 fatty acids. Avoid trans fatty acids (found in margarine).
5. Try to incorporate cooked tomatoes that are cooked with olive oil, which has also been shown to be beneficial, and cruciferous vegetables (like broccoli and cauliflower) into many of your weekly meals. Soy and green tea are also potential dietary components that may be helpful.
6. Avoid smoking for many reasons. Drink alcohol in moderation, if at all.
7. Seek medical treatment for stress, high blood pressure, high cholesterol, and depression. Treating these conditions may save your life and will improve your survivorship with prostate cancer
8. Avoid over-supplementation with megavitamins. Too many vitamins, especially folate, may "fuel the cancer", and while a multivitamin is not likely to be harmful, if you follow a healthy diet with lots of fruits, vegetables, whole grains, fish, and healthy oils you likely do not even need a multivitamin.
9. Relax and enjoy life. Reducing stress in the workplace and home will improve your survivorship and lead to a longer, happier life.
10. Finally, eating all of the broccoli in the world does not take away your risk of having prostate cancer right now. If you are age 50 or over, if you are age 40 or over and African-American or have a family history of prostate cancer, you need more than a good diet can guarantee. You should consider a yearly rectal examination and PSA test, and you should discuss the risks and benefits of these screening procedures with your doctor.

Two tests are commonly used to screen for prostate cancer

- **Prostate specific antigen (PSA) test:** PSA is a substance made by the prostate. The PSA test measures the level of PSA in the blood, which may be higher in men who have prostate cancer. However, other conditions such as benign prostate hyperplasia (BPH, an enlarged but noncancerous prostate), prostate infections, and certain medical procedures also may increase PSA levels.
- **Digital rectal exam (DRE):** A doctor, nurse, or other health care professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland.



Eat Right. Move More. Get Checked.



Call 800-662-0586 for great monthly specials!

Home Delivery Market Place

QTY	ITEM#	PRODUCT DESCRIPTION	MANUFACTURER	SIZE	FORM	YOUR COST
	530586	Calcium 500 + D	OS CaL + D	400	TB	\$8.29
	530584	Calcium 500 MG + D	OS CaL + D	90	TB	\$4.99
	530392	Calcium 600 + D	21ST Century	400	TB	\$8.29
	570237	Calcium Citrate + D	Citrical	120	TB	\$8.50
	530386	CO Q 10 100MG Bonus	21ST Century	50+25	CAP	\$27.10
	923532	ECHINACEA 400MG	ProCare Rx	100	CAP	\$6.88
	530192	Ferrous Sulfate 65 MG	Feosol	100	TB	\$4.99
	530242	Fish Oil 1000MG Enteric Coated	21ST Century	180	SG	\$9.99
	530208	FISH OIL 1000MG ENTERIC COATED	21ST Century	90	SG	\$7.99
	530013	Folic Acid 800 MCG	21ST Century	180	TB	\$3.99
	530040	Gluco/Chond Max Strength	21ST Century	150	TB	\$24.99
	530044	Gluco/Chond Triple Strength	21ST Century	150	TB	\$27.99
	530050	Glucosamine 1000 MG	21ST Century	120	TB	\$9.99
	530159	Glucosamine Relief 500 MG	21ST Century	60	CAP	\$5.99
	530560	Glucosamine/Chond Plus	21ST Century	120	TB	\$19.99
	530035	Hair, Skin and Nails	21ST Century	50	CP	\$5.99
	095005	Loratadine 10 MG	Claritin	90	TB	\$7.99
	530039	Lutein 10 MG	21ST Century	60	TB	\$7.99
	530219	Magnesium 250 MG	21ST Century	110	TB	\$2.99
	530275	Mega Multi for Men	21ST Century	90	TB	\$9.99
	530276	Mega Multi for Women	21ST Century	90	TB	\$9.99
	501021	Nasal Decongestant Spray 12 HR	Major	.5 OZ	SR	\$1.38
	530045	Omega 3	21ST Century	60	SG	\$5.99
	530377	One Daily Men's	21ST Century	100	TB	\$4.99
	530367	One Daily Women's	21ST Century	100	TB	\$4.99
	530083	Potassium 99 MG	21ST Century	110	TB	\$2.99
	018994	ProSight	Occuvite	60	TB	\$3.99
	530212	Sentry	Centrum	300	TB	\$10.49
	530204	Sentry Senior	Centrum Senior	100	TB	\$5.99
	530005	Vitamin B-1 100 MG	21ST Century	110	TB	\$2.99
	530007	Vitamin B-1 2 500 MCG	21ST Century	110	TB	\$4.99
	530003	Vitamin B-100 Balanced	21ST Century	60	CT	\$6.99
	530011	Vitamin B-12 1000 MCG	21ST Century	110	TB	\$6.99
	530009	Vitamin B-6 100 MG	21ST Century	110	TB	\$4.99
	530029	Vitamin C-1000 MG	21ST Century	110	TB	\$6.99
	530021	Vitamin C-500 MG	21ST Century	110	TB	\$2.49
	530019	Vitamin C-500 MG Chewable	21ST Century	110	TB	\$5.19
	530281	Vitamin E Oil 24000 IU	21ST Century	1.75	LQ	\$6.09
	530012	Vitamin E-1000 IU	21ST Century	55	SG	\$7.99
	570188	Zinc Lozenges	ProCare Rx	30	LOZ	\$4.88



501162



501161



520611



501021



530087



530281



530204

Or Fax your order to: 800-662-0590

Account Name: _____ Account Number: _____

Contact Name: _____ Phone Number: _____ Email: _____