
EAT-RITE NEWS

January 2015

Happy New Year!!!

The Eat-Rite family would like to wish you a healthy and happy 2015. Its amazing to think that 65 years ago Eat-Rite was started as a small obscure store on 6th street that sold weird stuff like wheat germ and carrot juice. Sixty-five years later it is still owned by the same family in its 4th generation. We have been blessed over the years to provide the tri-state area with the best quality of nutritional support that is available. We have helped the very sick to those who just wanted to start eating better and lose weight. With over 70 years of combined experience, we are the leaders in nutrition in the area, if not in the country. We invite you and your family to tap into this invaluable resource. We are looking to 2015 as being a very exciting and eventful year at Eat-Rite. The new construction in the shopping center will give us a great face-lift and we hope that you will be patient as changes occur and may make things a little more interesting on parking. Be assured that we will be trying as best we can to make this transition as simple and inconvenient as we can. Be sure and follow us on Facebook and twitter and sign up for our newsletter as we will be giving you incentives to deal with construction as we progress in the new year.

Tune in to the Eat-Rite Wellness hour every Thursday at 5:00 on 88.3 fm

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Follow us on Twitter @eatritehealth

Sign up for E-mail at www.eat-rite.com

Dietary Supplements Reduce Risk of Vision Loss!!!

January is National Eye Care Month. But besides getting regular check-ups, how can you care for your sight? A new report released by the National Institutes of Health show that high levels of antioxidants, including vitamins C, E and beta carotene, along with zinc, significantly reduces the risk of advanced age-related macular degeneration and its associated vision loss. The nationwide clinical trial, reported in *Archives of Ophthalmology*, observed a group of participants given 500 mg of vitamin C, plus 400 IU of natural vitamin E, 15 mg of beta carotene and 80 mg of zinc. Other groups received only the antioxidant vitamins, only the zinc, or a placebo. Those in the antioxidant plus zinc group fared far better than those in the other three groups. Participants in the zinc only and antioxidant only groups also lowered their risk for AMD, but not as much.

Occuguard plus from Twinlab is an excellent product for the eyes. The *Journal of Ophthalmology* reported on a study using **Occuguard plus** and showed it to stop the progression of Age-Related Macular Degeneration. It contains all the nutrients mentioned in the above study but also contains lutein, which has been shown to be very important in the prevention of macular degeneration.

FYI: In the United States, roughly 5 to 10 percent of people older than 60 have clinical findings associated with vitamin deficiency. For your protection, be sure and take a high quality, high potency, multi-vitamin like **Multi-Start for Men and Women**

Revitalize and Detoxify

Have you ever noticed that many people treat their cars better than their bodies? They wouldn't dream of ignoring a warning light on the dash for an oil change or regular maintenance, but they often ignore the tell tale signs that their body is in dire need of critical support. What are some of the body's warning signs? If you answer yes to any of the following questions, you definitely need a revitalization and detoxification tune-up.

Do you feel that you are not as healthy and vibrant as other people your age?

Do you have low energy levels?

Do you often have difficulty thinking with clarity?

Do you often feel blue or depressed?

Do you get more than one or two colds a year?

Do you struggle with your weight?

Do you suffer from lack of interest in life or sex?

Do you have digestive disturbances?

Do you have dark circles under your eyes?

Are you constantly hungry?

By reducing the toxic load on the body and giving the body proper nutritional support, in most cases these bothersome symptoms will disappear. Even more important, by addressing these warning signs now enhancing detoxification mechanisms can assure better long-term health and avoid the progression of minor problems to more serious conditions.

What are Toxins and How Does the Body Get Rid of Them? A toxin is defined as any compound that has a detrimental effect on cell function or structure. Toxic substances are everywhere. In the air we breathe, the food we eat, and the water we drink. Even body processes and the bacteria in the intestines produce toxic substances. The Seven Day Total Nutritional Cleansing Program from Natural Factors is a revolutionary 2-step designed to effectively eliminate stored toxins and tune-up your detoxification system.

After completing the Seven Day Program you will feel energized, have an increased sense of well being, have shed some pounds and will have taken vital steps toward insuring good health!

How the Detoxification System Works: The body eliminates toxins either by directly neutralizing them or by excreting them in the urine or feces (and to a lesser degree from the lungs and skin). Toxins that the body is unable to eliminate build up in the tissues, typically in our fat stores. That fact is important to know because when fat cells start breaking down, they release these toxins back into the circulation. With many detoxification and cleansing programs all that really happens is that the toxins are moved from fat storage and mobilized into more sensitive tissues like the brain or kidneys. Our **Seven Day Total Nutritional Cleansing Program™** is different as it is designed to support the proper handling and elimination of stored toxins.

Healing the Leaky Gut

The first step in our Seven Day Total Nutritional Cleansing Program™ focuses on healing the leaky gut. The reason is that we want to reduce the load of toxins the liver has to deal with. A detoxification program that does not heal the leaky gut first is like taking your car in for an oil change and replacing the oil filter without changing the oil.

Under normal circumstances, the lining of the small intestine is nearly leak proof (impermeable) and only fully digested food molecules are permitted to pass through this lining into the bloodstream and lymph vessels. Unfortunately, this leak proof lining is only one cell layer thick and it can be easily damaged leading to the so-called "leaky gut syndrome".

In the leaky gut syndrome, large quantities of "molecular debris" such as undigested and partially digested food components as well as fragments from microorganisms end up polluting the blood and lymph around the intestinal tract. Even living microorganisms have been shown to pass directly through the intestinal lining in those with leaky gut syndrome. Some of this debris is transported to either the intestinal lymph nodes or to the liver where it then has to be digested, processed and removed. A percentage of this material escapes capture by the liver or lymph nodes and it ends up entering the general circulation. As a result, leaky gut syndrome results in a great deal of stress upon the immune system, the liver and virtually every other organ or system of the body.

Final Comments

While the concepts of internal cleansing and detoxifying have been around for quite some time, the Seven Day Total Nutritional Cleansing Program provides a revolutionary approach based upon a better understanding of how best to safely and effectively help the body's ability to get rid of toxic substances.

For vibrant health, improved digestion and increased energy, try to revitalize yourself by scheduling the Seven Day Total Nutritional Cleansing Program every 3 months.