

OPTIMAL LIVING

Optimal Health Systems Newsletter

August 2011

August Specials!

Buy 4
Get 1 Free

Acute
Female +B
Iron
Half-day Cleanse
Kit

(More info on each
product detailed
below)

Acute

"First Aid" care for inflammation, injury and pain. Optimal Acute belongs in every home! The powerful ingredients in this formula are shown to reduce healing time and healing even more powerfully than commonly used forms of anti-inflammatory drugs on the market.

[Click here to read more.](#)

Half-Day
Cleanse Kit

If you are constantly tired, suffer from digestive problems, have skin irritations, recover slowly from strenuous exercise, or are aging prematurely, you may have a build-up of toxins in your body.

[Click here to read more.](#)

Iron

The safe, effective way to address the most prevalent nutrient deficiency today! This patented form of iron is

Food and health freedom under assault

OHS Editorial

Did you know that when the United States declared independence-235 years ago-that some of the Founding Fathers were already concerned about the control of medicine... and about the ability of citizens to control their own health choices? Check out this quote from Founding Father, Benjamin Rush:

"Unless we put medical freedom into the Constitution, the time will come when medicine will organize into an undercover dictatorship. Laws to restrict the art of healing to one class of men...are un-American and despotic."

--Benjamin Rush, signer of the Declaration of Independence

Benjamin Rush was obviously a very wise man who was able to predict exactly what would eventually happen to America's healthcare choices. [Click Here](#) to read the full OHS editorial.

The fascinating story of Ginseng

When its beneficial properties were first recognized by the ancient Chinese of Manchuria nearly 5,000 years ago, ginseng became revered for its strength-giving and rejuvenating powers-and the human shape of the plant was considered to be a powerful symbol of "divine harmony on earth." By the third century AD China's demand for ginseng created international trade in the root. Science today is proving what the Chinese and other healers have known for millenniums, that ginseng can help boost energy, improve sexual performance, reduce stress, relieve constipation and coughs and to generally increase stamina.

And here's an interesting historical fact for history buffs: American folk hero, Daniel Boone made his fortune in ginseng-even though he is more recognized in history as a fur trader. [Read on](#) to learn about the long and interesting history of ginseng.

In The News

FDA's new sneak attack on supplements: NDI protocols will limit innovation and choices

Alliance For Natural Health [Read](#).

Vitamin A, found in colored vegetables, is essential for immune system function

one of the most absorbable and bio-available forms on the market.

[Click here to read more.](#)

Female +B

This formula contains comprehensive nutrients to support the female reproductive system with the added benefit of whole food vitamin B complex. Addressing the root cause of the hormonal imbalance is the key in preventing and maintaining homeostasis within the endocrine system.

[Click here to read more.](#)

Elements 4 Health [Read](#).

Six minerals essential for women's health, and the food sources in which to find them

To Your Health [Read](#)

High intake of Folate may reduce risk of colorectal cancer according to study

Science Daily [Read](#) ..

Magnesium supplements may ease hot flashes for breast cancer patients

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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