



PHP Monday Morning Health Minute

March 22, 2010

Volume 4, Number 12

JOINT FLEX

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A WORD FROM DAVE...

Joint Flex will repair cartilage and reduce inflammation

As we continue our focus on Purium's *Awesome Products for Athletes*, we want you to know that it is just as important for an athlete to maintain a healthy infrastructure- meaning bones, joints, ligaments, and tissue- in order to extend and prolong our ability to perform at our very best. This week we would like to focus on an amazing product that is used by top athletes with unquestionable results.

Paul Buentello (Heavyweight UFC fighter) says his **ability to increase his repetition, to recover more rapidly, experience less pain and to overcome the debilitating effect of previous injuries** is unprecedented since he began using PHP's Joint-Flex.

Every athlete has experienced aches and pains and damage to their cartilage, it seems as though we 'wear down until we break down' or at least until we need a surgery. But it doesn't have to be that way, premium athletes around the world have discovered that **there are powerful combinations of herbs and super foods that can act to block the damage done, as well as repair that damage after the fact.** That is why Purium Health Products has created Joint-Flex, an amazing combination of herbs, super foods, and extracts specifically designed to repair the damage done to your cartilage caused by wear and tear as well as athletic injury. **Joint Flex will reduce inflammation, reduce pain, and allow you to get back on the playing field where you really want to be.** That's the reason why PHP chose to feature Joint-Flex. Don't let your body bench you! Get back into the game with Joint-Flex.

Any questions on Joint-Flex that you would like answered by our Naturopathic doctor?

PHP has started a wonderful new conference call series titled, **"Open Mike: A Chat with YOUR Naturopath"**- featuring our staff Naturopathic doctor, Dr Michael Wohlfield, ND. After reading the following information- please feel free to send any

questions to askphpdoc@gmail.com and our staff Naturopathic doctor, Dr Michael Wohlfeld, ND will answer them on air during his next Wednesday night call!*

Tune in LIVE Wednesday nights at 6 pm PST/ 9 pm EST by dialing (212) 461-5800 and then enter pin code 8246# when prompted.

Knowledge is power! Please forward this information to your friends, family, or acquaintances so that they, too, may benefit!

-Dave Sandoval

Author of *The Green Foods Bible*

Founder of PHP

** 1st call of the month is still the Consumer Education call with co-owners Dave Sandoval and Amy Venner, all subsequent calls feature Dr Wohlfeld. Please send your inquiries, comments, and health, nutrition, product questions to askphpdoc@gmail.com and Dr Wohlfeld, ND will answer them as time permits in the order they were received on his next conference call.*

Questions that cannot be answered will roll over to the next call. Calls are held Wednesday evenings at 6 pm PST/ 9 pm EST- you can tune in live at this time by dialing 212 461 5800 and entering pin code# 8246 when prompted.



The Power Shake was created so that you can easily consume several "power foods" that have ancient roots as potent fuels for energizing the human body. When combined, they create long term sustained energy, endurance, and strength. These foods provide protection from catabolic damage making this all-natural whole food alternative tacitly anabolic.

A single serving of the **Power Shake** contains *1 full serving of each* of the following super foods:

- Organic Kamut
- Carrot Juice Plus
- Rice Bran Solubles
- Aktivated Barley
- Hawaiian Spirulina

*We need to shift our focus
from treating disease to
generating health...*

~Hippocrates~

1) **Kamut Wheatgrass Juice:** Once called 'nature's green steroids', wheatgrass and other green juices are powerful tools for those who want to maximize the effectiveness of their workouts and speed recovery time. Rich in chlorophyll, they increase the uptake of oxygen, help to form glycogen and enhance both energy and endurance. Green vegetables also help the body to eliminate both lactic and uric acid, and contain free-formed amino acids that assist in tissue repair.

2) **Hawaiian Spirulina:** Spirulina is the most complete bioavailable plant source of protein (contains 60-65% pure vegetarian protein) and also contains an abundance of essential fats and the widest variety of nutrients found in any single plant on the face of the Earth. Perhaps most importantly to athletes, recent clinical studies prove what we have known for years, that spirulina improves athletic performance and endurance when it is consumed as a regular part of your nutritional regimen. Rich in glycogen, spirulina has been used by athletes for decades as an instant energy source.

3) **Aktivated Barley:** Aktivated Barley is a pre-sprouted barley grain, which is an ultra-long chain carbohydrate that takes up to four hours to break down in the digestive tract—thus providing a slow, sustainable release of energy and insulin meaning it provides over four-hundred percent more energy per calorie than any other food calorie known. Aktivated Barley was created by Greek physicians and ultimately became the food of gladiators for its amazing ability to provide energy, endurance, and strength. Its super slow-burning, complex carbohydrates contain beta glucan gel, which not only nourish the body and provide a steady supply of glucose, but are also important poly-saccharides involved in supporting a healthy immune system.

4) **Soluble Rice-bran:** Rice bran solubles contain gamma oryzanol that can assist in muscle building and provide lipid energy factors. Rice Bran Solubles is a valuable source of *good* fats, particularly palmitic acid, and also contains an abundance of fat soluble nutrients, including energy producing B vitamins and cell repairing tocopherols like tocotrienols and treinols.

5.) **Carrot Juice:** It's deep, rich, orange color comes from the abundance of beta-carotene, minerals, and other phyto-nutrients that are unique to the tuber family. The high levels of carotenoids, which the body uses to protect cell membranes and help repair tissue especially our skin, eyes, and, our organs is part of the reason that Carrot juice is recommended in over 60% of all juice therapies. Rich in carotenoids and natural saccharides, it not only helps provide a more pleasant taste, but packs a nutritional punch and helps relieve adult acne, as well as detoxifies the kidneys and the liver.

This product was inspired from the PHP's fasting protocols and fitness pack. Many customers had asked for the five ingredients in the shake recipe to be simplified into one product. Now we offer the Power Shake as a convenient cost effective way to make your shakes while fasting, for working out, dieting, or as your nutritional staple!

Suggested use: We recommend 1-3 servings of the Power Shake per day as a pre workout drink/ energizing meal that will help burn fat, build muscles, and detoxify the body while nourishing it as almost nothing else can!

Mix 2 slightly rounded scoops (5 tbsp.) with 10-20 oz of water. Take on an empty stomach 1-4 times per day. Best mixed with cold water in a shaker cup or bottle. Can be combined with Purium's Meal Option (creamy vanilla)- best with pure water, but could also mix with 1/2 water and 1/2 organic, unfiltered apple or carrot juice. Can be used as a meal replacement or between meals.

**Though this product, at most, may have trace amounts of gluten- we cannot legally say that this product is gluten free.*

Buy a 30 Serving Power Shake and get a 10 Serving Meal Option in Creamy Vanilla FREE

Click [here](#) for more info or to purchase the March Special. Please note: Offer expires March 31, 2010

New Zealand Athletes Taking Deer Velvet at the Olympics

(September 2000)

When Hamish Carter, lines up on Sunday to represent New Zealand in the triathlon event at the Sydney Olympics, 4,500 New Zealand deer farmers will be cheering extra loudly.

Carter, number 1 ranked triathlete in the world, has been taking New Zealand deer velvet for about two years now. He is convinced this dietary supplement adds to his own huge training efforts by assisting with his strength and endurance, and providing him faster recovery after training.

"Since taking New Zealand deer velvet I have found that my recovery from training, competition and even travel has been greatly enhanced." Hamish comments.

A completely natural substance, deer velvet provides many important benefits in traditional Chinese medicine and has been used consistently for over 2000 years. More recently Russian athletes have taken an extract of deer velvet to improve their athletic performances.

A joint venture between the New Zealand deer industry and AgResearch directs investment of over one million dollars per year into research on deer velvet to understand what makes it special.

The latest round of human clinical trials conducted by the Otago University Human Performance Centre has produced statistically significant results. The trials indicate a possible link between New Zealand deer velvet and improved athletic performance on two fronts; improved strength and endurance in response to training, and improved recovery from muscle tissue damage associated with exercise.

"In fact we have seven athletes at the Sydney Olympics who are taking New Zealand deer velvet," says MJ Loza, General Manager Marketing at the New Zealand Game Industry Board, "including 1998 Commonwealth Games champion cyclist Glen Thomson, and Olympic bronze medalist Gary Anderson.

**Listen on
Wednesday, Mar 24
"Open Mike" - A Chat
with Your Naturopath**
*email any questions to
askphpdoc@gmail.com*

The athletes take New Zealand deer velvet because their experience has shown them that it helps them recover faster after training, so they are back on the road, in the water, on the track or in the gym faster." Loza explains.

In addition to its potential to enhance athletic performance, deer antler velvet may also have anti-inflammatory effects and may help prevent illness such as cold and flu by supporting the immune system. Both of these uses are important to athletes who often have weakened immune systems and joint-related ailments due to their heavy training schedules.

JOINT FLEX



One of the inevitable effects of repetitive use and aging is the wear and damage done to our joints, ligaments, bones, and muscles. We have compiled a comprehensive and naturally effective answer for those seeking to increase flexibility and mobility, reduce swelling and inflammation, help alleviate pain and discomfort and ultimately restore the vitality that has been missing from your life.

Joint-Flex™ is available in gelatin capsules and contains the following ingredients:

- **Velvet Antler**, which is nature's most bioavailable source of glucosamine and testosterone building factors. Reports suggest that it stimulates the body's metabolism and protects and restores damaged organ tissues by accelerating healing.
- **Green Lipped Mussel**, which is rich in collagen building muco-polysaccharides and inhibits inflammation in the body.

Although inflammation is normal under certain conditions, consistent or excessive inflammation can result in pain and damage to the body, including the joints.

- **Boswellia Serrata**, used in India for the treatment of chronic inflammatory arthritis, and in the United States goes by the trade name Boswellin®. As opposed to NSAIDS (conventional nonsteroidal anti-inflammatory drugs) long term use of boswellia does not appear to cause irritation or ulceration of the stomach.
- **Curcumin** has powerful anti-inflammatory and antioxidant properties. It interrupts the formation of leukotrienes (powerful pro-inflammatory eicosanoids, and inhibits the response of white blood cells to inflammatory stimulation.
- **Alfalfa**, which reduces inflammation and increases circulation. The father of all foods, alfalfa has roots that reach up to 60 feet into the soil to absorb trace minerals. Its lightweight proteins stimulate the rebuilding of tissues and strength hair, skin, and nails.
- **White Willow Bark**, (aka "nature's aspirin") is thought to inhibit the neural transfer of pain signals. It contains the natural pharmaceutically active compound salicin, or salicylic acid, the chemical forerunner of acetylsalicylic (modern aspirin), known to complement the body's ability to relieve discomfort - without the possible complications caused by aspirin.
- **Horsetail**, which is a potent silica source. Silica is required for the proper functioning of the enzyme prolyhydroxylase that plays a big role in the formation of collagen in

Consumer Education Call

Mar 24, 2010 - Open Mike - A
Chat with your Naturopath

Wednesday @ 6pm PST

Call 212-461-5800 pin 8246#

Listen to the Mar 17th call:

Click [here](#) - Open Mike - A
Chat with your Naturopath

REPLAY LINE: 212-461-
8911

Calls are available for one week, every
Friday following the LIVE call.

Click [here](#) to access the library
of past Consumer Education
Calls.

Remember...

Knowledge is Power!!

bone, cartilage and other connective tissues. It also helps in bone maintenance, enhancing bone flexibility and adhesion. The best dietary source of silica is whole grains- meaning much of our dietary silica is lost in the refining process.

- In addition, **MSM** is added which studies show may be helpful in alleviating joint pain. Naturally occurring sulfur (MSM), should not be confused with inorganic sulfides, sulfites, and sulfates to which many people are allergic. Some of sulfur's essential functions include maintaining structure of proteins in the body, helping the formation of keratin (essential for hair and nail growth), aiding in the production of immunoglobulin (maintains the body's system) and catalyzing the chemical reactions that change food into energy. MSM is often so effective for pain relief that doctors are able to lower the dosage of medication they prescribe for patients. The end result is relief along with fewer or no side effects that are frequently caused by prescriptive medications.

Don't hesitate, order Joint-Flex™ today!

INSTRUCTIONS: Take 6 capsules daily. For best results take 3 in the AM and 3 in the PM.

SUPPLEMENT FACTS: Serving Size: 6 capsules 3000 mg

Amount Per Serving: Green Lipped Mussel (*Perna canaliculus*) 600 mg; Lignisul MSM (Methylsulfonyl-methane) 500 mg; Boswellin® (*Boswellia serrata*), Exudate 400 mg; White Willow (*Salix alba*), Bark 400 mg; Horsetail (*Equisetum arvense*), Herb 400 mg; Curcumin 95% Extract Curcuminoids (*Cucurma longa*) 300 mg; Velvet Antler 200 mg; Alfalfa Powder (*Medicago sativa*), Leaf 200 mg

Other Ingredients: Gelatin capsule

Click [here](#) for more info or to purchase Joint Flex

Any Questions?

Do you have questions about one of our products?

Do you have health and nutrition questions that you would like answered by a Naturopathic doctor?

*If you have a question...**We have the answer!***

"Open Mike: A Chat with Your Naturopath"

PHP is proud to have naturopathic doctor **Dr. MICHAEL (Mike) WOHLFELD, ND** on staff to answer all your health, nutrition, and product questions - an invaluable service that is absolutely FREE of charge for all PHP customers!

SEND US YOUR QUESTIONS!

Simply **Email** any questions that you have to askphpdoc@gmail.com

AND

Then tune in **Wednesdays at 6 pm PST/ 9 pm EST** by dialing (212) 461 5800 (enter pin code #8246 when prompted)

to hear **our amazing staff Naturopathic doctor** answer all your questions on air!*

Get to know Dr. Wohlfeld- you will be so glad you did!

PHP is based on the tradition of Naturopathics which operates on the premise that our bodies are self-healing if given the right tools and environment. This has been well practiced for over 5000 years! Every "body" is different, please keep in mind that most conditions did not occur overnight and will not be defeated overnight.

*Time permitting. Questions will be answered in the order they were received.

These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease. Purium Health Products recommends consulting your physician on any nutritional regimen, preferably a physician specializing in integrative medicine.

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