

# December Newsletter

For Clients and Friends of



## Supplementation - Filling the Voids

According to USDA studies, less than 3% of Americans eat a balanced diet everyday. Fewer than 1 in 50,000 achieve recommended daily allowance (RDA) of ten essential vitamins and minerals. As a result, top medical associations and health organization now recommend supplements as "prudent" for complete nutrition.

### The Challenge

Modern life presents many potential obstacles to long-term health:

- ◆ *Poor food choices:* Almost 90% of us have a diet that is poor or needs improvement.
- ◆ *Excess weight:* Increased risk of many long-term health problems.
- ◆ *Age-related changes:* The process of aging slows down the body's ability to utilize nutrients in the diet.
- ◆ *Confusion about the right supplementation:* With the wide variety of supplements on the market, it's no wonder that people aren't sure which nutrients to take and in what quantity.
- ◆ *Environmental challenges:* Poor air and water quality, as well as exposure to free radicals from pollution and the sun's powerful UV radiation, all have an impact on health.

### Why should you supplement?

Besides the obvious fact that you aren't reaching the RDA of essentials vitamins and minerals every day, research suggests that increasing the intake of specific nutrients may be helpful in the following ways:

- ◆ *Preventing deficiency diseases*
- ◆ *Promote optimal health*
- ◆ *Promotes the health of key body systems:* heart and cardiovascular system, breast, lung, prostate, bones, muscles, blood vessels, eyes, teeth, and gums.
- ◆ *Promotes healthy immune function*
- ◆ *Prevents free radical damage*
- ◆ *Reduces the risk of birth defects*

### Choosing the right supplements

Food supplements are not regulated or standardized by the Food and Drug Administration. This means virtually any product can be sold.

As a result, assuming two brands of product are the same is a big mistake. *Choosing the wrong product can have strong negative effects on health.*

So what should the conscientious consumer do? It's just like shopping for healthy food options in the supermarket—you need to become a good label reader.

- ◆ *Ignore flamboyant product names.* Extravagant terms like 'extra strength' or 'meganutrition power' are used to just to sell the product and are usually empty catchwords.
- ◆ *Look for nutrient amounts.* Some companies will list a source, such as blue green algae or juice powder concentrate, but neglect to provide the amounts of many of the nutrients they claim to supply.
- ◆ *Make sure the amounts are listed by percent of the Daily Value or DV, not just in mg or ug amounts.* This allows you to compare amounts supplied by competing products and to determine whether the supplement provides nutrients in proper proportion to one another.
- ◆ *Exercise caution with 'one-a-day' type tablets.* Once a day supplement tablets rarely supply adequate amounts of all 24 DV nutrients. Some minerals such as calcium require quite a bit of bulk, one tablet containing all the nutrients in proper amounts would be very large.
- ◆ *Watch out for supplements that contain artificial colors, sweeteners or chemical preservatives.* We get enough of these in our everyday diets without 'supplementing' for more. Some of the most common are FD & C Red #40, FD & C Yellow #96, Shellac, BHT, BHA, and sucralose.

### Keys to a good product

The keys to choosing a good vitamin supplement can be referred to as the 3 p's:

- ◆ *Purity* refers to the quality of the ingredients in a product. Choose organic/unaltered sources for their strong enzymatic action, balance, and phytonutrients.
- ◆ *Potency* refers to levels of nutrients that are strong enough to be effective. A good product should have at least 100% of the RDA for all essential vitamins and minerals. Check especially for 100% of Biotin, which is often left out of inferior products.
- ◆ *Performance* refers to the proof that the product actually gets into the blood-stream and delivers nutrients to the cells. Good products will have published 'peer reviewed' clinical studies proving their efficacy and 'bioavailability' or absorption.



## 6 Ways to Beat the Winter Blues

Does the change in seasons bring you down? Does lack of sunshine make you blue? Ready to hibernate 'til spring? Here's a few tips to help you beat those winter blues.

1. **Let the sun in.** The seasonal increase in darkness can have a negative effect on your mood. To fight this, open the blinds and window shades when you get up in the morning. Also, try to spend a little more time outdoors on sunny days, soaking up some sunshine rays can improve your mood.
2. **Enjoy a winter sport.** Find a winter sport you enjoy, and before you know it, you'll be looking forward to the cold weather. Whether it's skiing, skating, or snowshoeing, aerobic exercise boosts your endorphins to lift your mood.
3. **Exercise.** Aim for at least 3-4 times a week for 30 to 45 minutes. This can be an easy walk on the treadmill, extra laps around the mall, or even just up-and-down the stairs at work. Exercise helps your mind by releasing those 'feel good chemicals' that improve your mood.
4. **Eat a Healthy Diet.** What and when you eat has a great affect on your mood and energy. Avoid refined and processed foods (like white breads, white rice, and sugar). These foods are not only devoid of the nutrients your body craves, but they can zap your energy levels and can affect your mood. Try to incorporate more complex carbohydrates (whole wheat breads, brown rice, veggies, fruit) and drink plenty of water.
5. **Treat yourself.** Having something to look forward to can keep anyone motivated, even when winter seems endless. Plan something that's exciting to you—a weekend trip, a day at the spa, a party, or special event. If you plan something exciting, your mood improves when you're anticipating it and when the event actually comes.
6. **Relax!** You're busy. Work, family, friends, appointments, meetings—even if you enjoy being busy, everyone needs some time off. Don't be afraid to say 'no' to extra opportunities. Try to spend a few minutes each day doing nothing. Read a book or magazine, sleep in on the weekend, go to bed early, try some meditations, or take a yoga class. Relaxation can alleviate stress and leave you with calm energy. Mental exercises and positive thinking can help keep depression at bay.

## Be Inspired!

*“Live in each season as it passes; breathe the air, drink the drink, taste the fruit, and resign yourself to the influences of each.”*

~ Henry David Thoreau

## There's more to December than Holidays...

*Test your December IQ*

1. December was originally which month in the early Roman calendar?
2. On December 21, 1620, who landed in Plymouth?
3. What did George Washington do on December 25th, 1776?
4. In December 1782, a certain line was drawn on the map of the US. What is the name of this line?
5. In December of 1803, what did the US buy from France?
6. What singer was born on Christmas Day, December 25th, 1946?
7. Who was assassinated on December 8th, 1980?
8. December 15th, 1791 is the date WHAT was ratified?
9. In December of 1943, what famous Christmas story was first published?

Answers: 1) Tenth 2) The Pilgrims 3) Crossed the Delaware 4) The Mason-Dixon Line 5) The Louisiana Purchase 6) Jimmy Buffett 7) John Lennon 8) The Bill of Rights (The first 10 Amendments to the US Constitution) 9) "A Christmas Carol"

## Did You Know?

We offer a variety of fitness and nutritional services here at

Precision Personal Training, including:

- ◆ Semi-Private Training (groups of 3 or 4)
- ◆ FITT CAMP at Himmel Park @ 5:30 a.m. & 6:30p.m.
- ◆ Kick Boxing Training Sessions
- ◆ 30 Min Training Packages
- ◆ Buddy Training Packages
- ◆ Vemma

**PRODUCT OVERVIEW:**

Vemma is a bioavailable nutrition formula that contains 12 full-spectrum vitamins, over 65 plant-sourced minerals, wildcrafted mangosteen superfruit, organic aloe vera and organic decaffeinated green tea for the ultimate nutritional foundation. Featuring the unique Eastern and Western wellness philosophy of Yibing Wang, M.D., Ph.D., Vemma incorporates the advantages of thousands of years of traditional Chinese medicine along with cutting-edge, Western-based scientific principles. The Vemma formula is physician formulated, clinically studied, independently tested and manufactured in FDA-inspected facilities with the highest quality standards for a results-driven product. This proprietary formula may be the most powerful liquid antioxidant available anywhere.

**VEMMA GOES TO WORK EACH DAY TO:**

- Protect and support a healthy heart.\*
- Enhance immune response and support your immune system.\*
- Create abundant energy.\*
- Fight against free radicals.\*
- Promote good vision.\*
- Support a normal, healthy intestinal tract.\*
- Maintain healthy skin, eyes, teeth, gums and hair.\*



**CLINICALLY STUDIED:**

The Vemma Clinical Trials were conducted by one of the industry’s most widely recognized experts in independent clinical testing: Brunswick Laboratories of Norton, Mass. The intention of these studies was to evaluate the efficacy and overall bioavailability of Vemma on immune function and well-being in adults. This was done by subjecting the product to the highest standard of clinical research — independent, double blind, placebo-controlled study. The studies confirmed Vemma showed significant improvements in immune markers, superior antioxidant absorption and a lowering of C-reactive protein (CRP), which points to its beneficial effects on overall health and wellness.\*

**MANGOSTEEN SUPERFRUIT POWER:**

Mangosteen is a rare superfruit primarily found in Southeast Asia and scientifically known as *Garcinia mangostana*. No relation to the mango, it has been hailed as the “Queen of All Fruits” and has been used for centuries by Asian health practitioners to treat a variety of health conditions.\*

Of all the known sources for xanthones, the mangosteen supplies some of the highest amounts found in nature. Xanthones are a biologically active phytonutrient with very potent antioxidant properties. Vemma’s source of mangosteen is wildcrafted, which is the practice of harvesting plants and fruits from their natural or “wild” habitats. Typically, farmers do not apply pesticides to plants and trees in wildcrafted areas. Utilizing the entire mangosteen fruit, including the pericarp (rind) and pulp, along with a proprietary extraction process pioneered by Dr. Wang, Vemma may be the most powerful liquid antioxidant available anywhere.

**THE SCIENCE OF MINERALS:**

Your physical well-being can be more directly dependent upon the minerals you take into your body than almost any other factor. Minerals help support the health of organs, bones and the immune system.\* Vemma has a unique mineral blend to help your overall health.\* It contains 100% ionic, life-giving minerals that are reduced to the smallest, most bioavailable form. Vemma’s minerals are sourced from plant vegetation that has been undisturbed for thousands of years. These unprocessed phytonutrients include over 65 major, trace and ultra-trace, plant-sourced minerals.

- The body cannot survive without nature’s fundamental minerals, yet it cannot manufacture minerals. They must be obtained from the diet or through supplementation.
- Modern-day diets may lack the appropriate balance of minerals due to mineral-depleted soils and over-processed foods.
- Minerals are needed for energy production, protection from free-radical damage and other vital functions.\*
- Minerals provide a foundation for your optimal health.\*
- The liquid form is more bioavailable than caplets or tablets — easy to take and easy for the body to use.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**For More information and to order your supplements today go to:  
[www.ppt.vemma.com](http://www.ppt.vemma.com)**