

# better nutrition

November 2009

[betternutrition.com](http://betternutrition.com)

## ULTIMATE SUPPLEMENT ISSUE

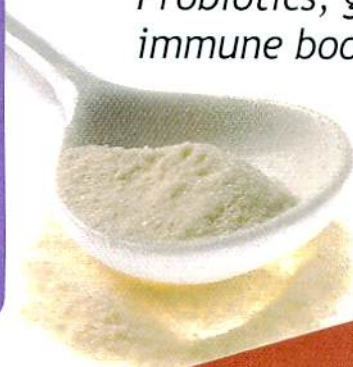
61 Products You've Just Gotta Take!

*Probiotics, green foods, multis,  
immune boosters—and lots more!*

Our 2nd Annual Best of Supplement Awards with  
Winning Products in 25+ Categories!

### SPICE IT UP!

*Get cooking with  
the top 14 herbs and  
spices—a must for  
every kitchen*



# EXERCISE HELPS LEUKEMIA PATIENTS

The first study of its kind has found that a customized exercise program can help leukemia patients, both psychologically and physically, during and after treatment. Researchers at the University of North Carolina at Chapel Hill found that a combination of aerobic, resistance, and stretching exercises, tailored for each of 10 adult patients, reduced extreme fatigue that is a common symptom of leukemia. In the study, published in *Integrative Cancer Therapies*, exercise also reduced depression and improved endurance and strength.

# THE GIFT OF PU-ERH

The latest variety of black tea to become available in North America, pu-erh is chock-full of health benefits. In China, its beneficial effects have been recognized for more than 2,000 years, and include detoxification; improved energy, circulation, and eyesight; and recovery from drunkenness. More recently, researchers in Asia have found that the tea reduces cholesterol and blood pressure, and contains antioxidants. Pu-erh comes in tea bags (Try Numi Tea) and "cakes," which are steeped like loose tea leaves.

## Take Charge of Your Life...NOW!

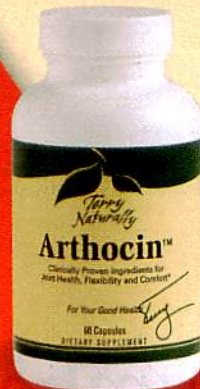
Got Pain?



Got Inflammation?



Got Joint & Back Discomfort?



### CURAMIN®

- Relieves pain *Fast and Effective*
- Supports healthy physical recovery
- Promotes healthy joints, strong tendons and muscles
- No known side effects
- Experience better relief than ever before
- Live a pain free life
- Enhances the body's natural defense mechanism for the relief of occasional pain due to overuse.\*
- Contains natural ingredients: curcumin, curcuminoids, DLPA, boswellia and Nattokinase

FREE Curamin samples available at your local Health Food Store or go to [www.Curamin.com](http://www.Curamin.com)

Subscribe to a free weekly health newsletter at [www.TerryTalksNutrition.com](http://www.TerryTalksNutrition.com)

### DYFLAMINOL™

- Total body response
- Promotes heart, brain, prostate, breast, and joint health
- Healthy inflammation response
- Healthy colon, intestinal tract and upper respiratory tract function
- Fast, safe, effective
- Enjoy your life more and feel years younger\*
- Contains natural ingredients: DLPA, boswellia, curcumin, and ginger

### ARTHOCIN™

- Supports joint and back structure and function\*
- Promotes flexibility and mobility
- Safe, no side effects
- For excellent results use with Curamin
- 1 or 2 capsules daily
- Contains natural ingredients: boswellia, curcumin, devils claw, and Indian gooseberry

America's #1 Pain Relieving Company

1-866-598-5487

[www.EuroPharmaUSA.com](http://www.EuroPharmaUSA.com)

# REVITALIZE WITH RIBOSE

Two weeks of daily ribose supplements, taken as ribose powder mixed with water, increased energy and improved mental outlook among a group of healthy baby boomers between the ages of 50 and 65, according to a study presented at the Scripps Integrative Conference. Researchers measured results with a questionnaire and aerobic tests. Ribose (also known as D-ribose) powder can be mixed with water or juice, sprinkled on cereal or other foods, or taken in capsules. Jacob Teitelbaum, MD, a specialist in resolving fatigue, recommends the following:

- Take 5 g of ribose three times daily for three weeks to increase cellular levels, and then the same dose twice daily for maintenance.
- For severe fatigue, continue with three daily 5 g doses for up to six weeks. ♦

\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT DISEASE.