



The Body ReNEWS

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Catalyn—A Basic Supplement for Nutritional Support

Are you currently taking a multivitamin? Is your multivitamin made from synthetic chemicals or whole foods? Catalyn is the multivitamin made by Standard Process and is the basic supplement for overall nutritional support. Catalyn was created in 1929 by Dr. Lee and was named Catalyn because the vitamins and minerals in the supplement work as organic catalysts in the body. Other companies sell pills which give mega doses of vitamins, which in turn are eliminated by the body. Catalyn is different in that it

contains a variety of smaller amounts of nutrients instead of a high volume of simply a few. These vitamins, minerals, and trace elements that are found in Catalyn are in their natural complexes. If you compare the label of Catalyn to that of a synthetic multivitamin, you will see the difference.

Catalyn contains vitamins A, B₁, B₂, B₆, C, D, plus important minerals, trace minerals, and enzymes. These phytonutrients maintain cellular health, keep your skin healthy, and keep your heart healthy.* Catalyn contains a far greater

number of nutrients from its many different whole food sources that include enzymes, essential and non-essential amino acids, synergistic cofactors, and unsaturated fatty acids.*

During the month of January, Catalyn will be 10% off the regular price. It comes in 90 tablets and 360 tablets regularly priced at \$11.00 and \$38.00. It also comes in a 90 tablet chewable form regularly priced at \$14.50.



Chili

- 1 Tbsp olive oil
 - 2 c. green bell pepper, diced
 - 4 c. onion, chopped
 - 2 tsp garlic (minced)
 - 2½ lbs ground beef, browned and drained
 - 1-16 oz can tomato sauce
 - 2 cans pinto or chili beans
 - 2 cans kidney beans
 - 2 cans tomato soup
 - 1 soup can of water
 - 3 to 6 Tbsp chili powder
 - 2 tsp cumin
 - 2 tsp salt
 - 1 tsp black pepper
 - 2 Tbsp vinegar
- In stock pot, sauté onion and green pepper in oil until soft. Add rest of ingredients and simmer for 15 minutes, then add vinegar.
- Makes approximately 4 quarts.

Self Care Classes Beginning in January

Starting in January, Sandy will be doing self care classes once a month. The first class is about foot care. In this class, you will be instructed and participate in learning techniques for self massage and maintenance on your feet, specializing in myofascial trigger point therapy.

Classes will last approximately one hour and the cost

is \$15 per person.

We still have spaces available for the 12:00 time slot on January 9th, and the 5:00 time slot on January 23rd. If you are interested, you may sign up at the front desk. Since the class size is limited, it's a first come first serve basis. Payment will be required to hold your spot and is nonrefundable.

Price Increase

We would like to let you know that the prices of the Standard Process supplements and the Biotics supplements have increased. We were not aware prior to the holidays, that the prices were increasing or we would have told you ahead of time. If you have any questions about the new prices, you may contact our office.

I would like to take this opportunity to say that for those of you who are frustrated with the number of supplements that you are having to take or the costs of those supplements, please keep in

mind that they are "supplements." Dr. Lee who founded Standard Process developed these whole food supplements with the vision that they would supplement a healthy diet. Most people who live in the U.S. do not have a healthy diet.

So for those of you who want to know how you can cut back on your supplement requirements, it's simple. Follow the Page Diet and buy organic foods as much as possible. If you do not have a copy of the Page Diet, it is on our website, and you can download it from there. The prob-

lem is that most people do not want to change their eating habits; they would rather take a pill to counteract their poor diet.

In the same manner, many people would rather take a prescription medication than change how they eat. A prime example is with the people who take Metformin or other medications for Type II diabetes. With a diet change and added exercise, these people would no longer require a prescription medication. However, many of them would rather take the Metformin than give up their bread, breakfast cereal, etc.





Summary of Most Often Used Nutrition

A-C Carbamide – Diuretic, good for gout. Flushes out toxins, removes excess protein.

A-F Betafood – Bile thinner, kills gallbladder infection, stones, gas, heartburn, indigestion.

Albaplex – Natural antibiotic, used in kidney, bladder & breast infection. (Take with meals).

Allerplex – Natural antibiotic, used in lung and sinus infection, pneumonia, colds.

Antronex – Natural antihistamine, dries up mucous, sinus congestion, coughing, sneezing.

Arginex – Natural antibiotic for kidney and bladder infections and metabolic liver.

Bio-Dent – Regeneration of teeth, cavities, stops tooth decay.

Biost – Helps heal bones. Used in osteoporosis, broken bones, loose teeth.

Black Radish – Detoxification of bowel and lymph system.

Cal-Amo – Acidifies entire body, used to treat symptoms of alkalosis: hyperventilation, excessive vomiting, joint pains, bursitis, edema, excess sodium retention, allergic states, tetany, restlessness, numbness. Take with food, can be rough on stomach.

Cal Ma Plus – Parathyroid & calcium. Used for arthritis, muscle cramps and osteoporosis.

Cardio Plus – Strengthens heart muscle and prevents angina.

Cataplex A-C – Natural antibiotic for bowel infection & flu.

Cataplex ACP – Reduces fever. Uses: hives, optic neuritis, phlebitis, pleurisy. (Take w/ meals).

Cataplex B – Gives pep & energy, improves appetite. Works in those suspected allergic to B.

Cataplex D – Used for fixations, spurs, heberden nodules.

Cataplex E₂ – Improves oxygen utilization by tissues, acts primarily as a relaxant & anti-spasmodic. Used to stop and prevent angina, nervous indigestion, cardiac neurosis.

Cataplex F – Directs calcium from blood to tissues. (Used when patient has no handgrips). Used in fever blisters, falling hair, hypothyroidism, brittle fingernails.

Cataplex G – Helps liver to relax and slow down. Used in warts, insomnia, muscle relaxer, night sweats, paralysis, ascites, eye symptoms.

Cataplex GTF – Stimulates pancreatic cell function. Used in diabetes.

Cholocol – Bile salts, used for symptomatic patients, who have had gallbladder removed.

Cholocol II – Detoxifies lymph & liver, balances water, stops diarrhea.

Collinsonia – vascular astringent, tones-up veins. Used for hemorrhoids and varicose veins and for stroke prevention. (Can make patient dead tired for a week).

Congaplex – Natural antibiotic for strep infections and colds.

Cyrua – Chelater, lowers cholesterol, cleans arteries. Take w/food, can be rough on stomach.

Cyrua Plus – Stops bleeding, reduces capillary fragility. Used in ulcers, migraine headache, gingivitis, ulcerative colitis, radiation injuries. Take w/food, can be rough on stomach.

Drenamin – Used in adrenal exhaustion, chronic fatigue (mental & physical), low blood pressure, chronic allergies, blood sugar disturbances.

Ferrofood – Take with food, can be tough on stomach. Sustains quality of the blood. Used in anemia. (Add 2 Zypan if can't tolerate Ferrofood). No tendency to constipate.

Gastrex – Neutralizes, coats and heals duodenal, gastric ulcers and distress, gas, and colitis.

Immuplex – Natural, broad-spectrum antibiotic – used for multiple infections. Blood builder.

Iplex – Natural antibiotic for eye infections.

Lact-Enz – (Multiple acidophillis) – Re-establishes normal flora in the bowel. Good bacteria that clean up pus, debris and necrosis.

Ligaplex II – Strengthens weak muscles, ligaments, cartilage and tendons. Used for hiatal hernia, whiplash injuries, and athletic injuries.

MinChex – Natural tranquilizer. Used for mental depression, epileptic seizures, dyslexia, hyperkinetic children. Stimulates brain function.

Ovex – Used for ovarian pain, cysts of ovary, infertility.

Phosfood – Blood thinner, used for nausea-butterfly stomach, muscle and joint stiffness, myositis, slow metabolism, edema (diuretic), leg cramps, arteriosclerosis, insomnia.

Prost-X – Prostatitis, prostatic hypertrophy, dribbling, frequent urination, not for infection.

Symplex F or M – Balances the hormone system, makes one more electrical.

Thymex – Natural antibiotic for Staph infection – Used for boils, gout, tonsillitis, tooth decay, carbuncles, psoriasis, impetigo, osteomyelitis, cysts, acne, dandruff, etc.

Thytrophin – hypothyroidism, frequent headaches, fatigue, frequent cervical subluxation.

Zymex – Intestinal and systemic detoxifier, complete enzymes, digests bacteria, used in yeast infections, candida, detox programs

Zymex II – Used for parasites. Take on empty stomach with Multizyme for better results.