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The Professional Educator™
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Adrenal stress, abdominal fat deposition and weight

By Neil E. Levin CCN. DANLA

Cortisol is a hormone produced by the adrenal cortex in response to stress. Cortisol helps to regulate normal range blood pressure and blood sugar levels; it also affects fertility and immune function. Under normal conditions, the adrenals can cope with the daily demands on them. However, under chronic stress, the adrenals can become overworked and the negative consequences can compromise optimal health and quality of life.

Healthy adrenal function maintains healthy cortisol levels. Controlling optimal cortisol levels allows the body to manage the negative effects of stress, such as excess abdominal fat deposition, overeating, insomnia, and low energy levels. This allows us to maintain energy levels, manage appetite, and support insulin levels to stay within the healthy range.

Relora® (a proprietary blend of natural plant extracts *Magnolia officinalis* and *Phellodendron amurense*) has an ability to help the body manage the negative effects of stress such as excess abdominal fat deposition, overeating, and low energy levels. This patented ingredient is the result of screening more than fifty plant fractions from traditional plant medicines used around the world. Relora® has excellent stress management properties without causing sedation. Overweight adults may have excessive abdominal fat due to stress-related overeating. Relora® appears to maintain healthy stress hormone levels in stressed individuals and thus act as an aid in controlling weight as related to stress-related eating.

The natural hormone melatonin is secreted by the pineal gland and regulates sleep and the daily bio-rhythm. Melatonin is a hormone found in all living creatures. For humans, Melatonin is best known for its ability to help regulate the circadian rhythm ("the body's clock"). Melatonin is formed from tryptophan (an amino acid), which is metabolized via one pathway into 5-HTP, then to serotonin (a neurotransmitter), and then to melatonin. Stress, time zone changes and night time work all disturb melatonin metabolism. Melatonin signals help to regulate the sleep-wake cycles in humans. Normal melatonin cycles can be disrupted when we are exposed to excessive light in the evening or too little light during the daytime. Moreover, jet lag and shift work can also disrupt melatonin cycles. Melatonin can help to lower cortisol levels during sleep.

Vitamin C and Pantothenic Acid are known to support adrenal function and healthy cortisol response. The adaptogens Holy Basil and Rhodiola also help modulate the body's stress response. Reishi, Rhodiola, Ashwaganda, and Holy Basil support healthy energy levels throughout the day and healthy mood. Along with Chromium and Corosolic Acid, these herbs also help to support the maintenance of healthy range serum glucose levels.*

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*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.

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PROTECTING OUR PRODUCTS – USING OXYGEN ABSORBERS

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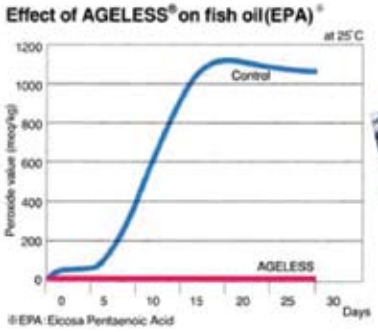
For most dietary supplements, it's the packaging that counts. Good packaging can extend shelf life and expiration date. Glass bottles are very good packages from shelf life perspective. But they break and glass contamination is a side effect. Most dietary supplements are packaged in plastic bottles. There are many different types of plastics. The best, cleanest plastic is PETE, which is also recyclable. Protocol uses PETE bottles for its dry supplements.

White or opaque bottles prevent light degradation. Many dietary supplements have a desiccant package (silica gel) inside. These are designed to lower the humidity by absorbing moisture in the bottle. This helps extend shelf life. At Protocol For Life Balance™, we take protection one step further. Almost every Protocol For Life Balance™ product contains an Oxygen Absorber. The purpose of this packet is to remove oxygen from the bottle and further prevent degradation and protect shelf life through the expiration date. For the products that need it, we protect against light, moisture, oxygen, and we ask you to keep the product cool. With these measures, and through our stability testing program, we offer the best safeguards for product integrity in the industry.

We started using Ageless® Oxygen Absorbers many years ago with Spirulina. We found that a natural antioxidant in Spirulina was reacting with the oxygen in the container, destroying the antioxidant and causing the container to implode. With Ageless®, the natural antioxidants in Spirulina and other such products are protected. Since then we have included Ageless® Oxygen Absorber packets in almost every product. These packets effectively extend product shelf life to maintain best fresh taste, flavor, aroma and texture. Another benefit - oxygen is required for aerobic bacteria, pests and mold to live and grow. So when oxygen levels are reduced, so is the potential for microbial growth. Ageless® Oxygen Absorbers are kept in sealed packets and will not contaminate the product.

Protocol For Life Balance™ uniquely incorporates Ageless® packets into every possible Protocol For Life Balance™ product. Protocol For Life Balance™ is the only practitioner brand that utilizes Ageless®, and this quality advantage is one positive step we take to supply the highest quality products in the world.



Liquid Nutrition: Liquid Glucosamine, Chondroitin & MSM

Protocol For Life Balance™ Liquid Glucosamine & Chondroitin with MSM combines the most effective nutrients known for their action in supporting healthy joint and connective tissue. It is easily taken in our unique, liquid form, which helps to promote its bioavailability.

Glucosamine is an amino monosaccharide produced by chondrocyte cells (the cells found in cartilage that are responsible for the synthesis, maintenance, and regeneration of cartilage) and used to make glycosaminoglycans (GAGs) and proteoglycans, the structural molecules that make up the connective tissues of the skin, tendons, ligaments, and joints. By providing the "building blocks" necessary for joint and structural tissue formation, glucosamine supplementation helps to support the maintenance of healthy joint tissues.

Chondroitin sulfate is another very important naturally occurring constituent of cartilage tissue. Chondroitin sulfate has been shown to encourage healthy cartilage production.

MSM (methylsulfonylmethane) is an organic form of the mineral sulfur, found naturally in plants. Sulfur, provided by MSM, promotes healthy skin, joints, bone, hair and nails.

Protocol For Life Balance™ Liquid Glucosamine & Chondroitin with MSM also contains Manganese and Vitamin C to provide increased nutritional support.*

One Tablespoon (15mL) Contains:

Glucosamine HCl	750 mg
Chondroitin Sodium Sulfate (from Bovine Cartilage)	600 mg
MSM (Methylsulphonylmethane)	150 mg

*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.

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Stock up for Heart Health Month in February

Omega-3 Fatty Acids (FAs) found in fish oils are widely recognized for a variety of health benefits.

The most important omega-3 fatty acids in nutrition are Eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA). Since the human body cannot make omega-3 fatty acids on its own, these essential nutrients must be obtained from food or supplementation.

Several recognized scientific studies have demonstrated that Omega-3 FAs are important in numerous signaling pathways. Most notably, EPA is a precursor of certain prostaglandins and leukotrienes, molecules that are involved in mediating healthy inflammatory responses, and lung function. Therefore, these two classes of signaling molecules are critical for the maintenance of cardiovascular health, immune system function, and joint comfort.

Because Omega-3 FAs have been shown to be important in cell membrane biochemistry, they play an critical role in information processing in the brain. This particular function of DHA is especially significant with respect to its role in the maintenance of a positive mental state and balanced mood.*

One Softgel Contains:

Natural Fish Oil Concentrate	1.0 g (1,000 mg)
Omega-3 Fatty Acids	750 mg
Eicosapentaenoic Acid (EPA)	500 mg
Docosahexaenoic Acid (DHA)	250 mg

Request a FREE Sample to any health care practitioner.

GMP

Another Great Omega-3 Product!

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