

Did you know that every day in August is a “food holiday?” Trust me... there is much to celebrate! I haven’t figured out why Hallmark hasn’t recognized these holidays & I think it is in everybody’s best interest that we get the word out!

The Professional’s Choice
August 2010

Aug 1st	Raspberry Cream Pie Day	Aug 17th	Vanilla Custard Day
Aug 2nd	Ice Cream Sandwich Day	Aug 18th	Soft Ice Cream Day
Aug 3rd	Watermelon Day	Aug 19th	Potato Day
Aug 4th	Lasagna Day	Aug 20th	Lemonade Day
Aug 5th	Waffle Day	Aug 21st	Pecan Torte Day
Aug 6th	Root Beer Float Day	Aug 22nd	Spumoni Day
Aug 7th	Raspberries & Cream Day	Aug 23rd	Sponge Cake Day
Aug 8th	Zucchini Day	Aug 24th	Peach Pie Day
Aug 9th	Rice Pudding Day	Aug 25th	Whiskey Sour Day
Aug 10th	S’mores Day	Aug 26th	Cherry Popsicle Day
Aug 11th	Raspberry Tart Day	Aug 27th	Banana Lover’s Day
Aug 12th	Julienne Fries Day	Aug 28th	Cherry Turnover Day
Aug 13th	Filet Mignon Day	Aug 29th	More Herbs - Less Salt Day
Aug 14th	Creamsicle Day	Aug 30th	Toasted Marshmallow Day
Aug 15th	Lemon Meringue Pie Day	Aug 31st	Trail Mix Day
Aug 16th	Bratwurst Day		

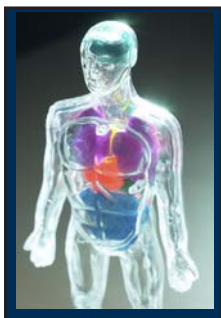


If only we could get the Big Boss Man to let us have each of these truly wonderful days off as a paid holiday! Okay... maybe not all of them but what about a couple, like August 4th & August 18th?

~ amber

Those Lil’ Things Called Amino Acids...

Amino Acids are “the building blocks of proteins.” There are 20 different types of Amino Acids & when combined, make up nearly 40,000 different proteins found in our body. Proteins are often called the “building blocks of life.” Muscles, cell membranes, enzymes, & neurotransmitters are **ALL** proteins!



To put things in perspective, if you were to take the human body & remove the water & fat, the remainder of the body would be 75% protein, or in essence - Amino Acids. However, in the body, most protein is found in the skeletal muscles & only 0.1% of all protein is found as free Amino Acids. Almost every biochemical reaction in the body is controlled by proteins.

Neurotransmitters (*aka: neuropeptides or peptides*) are messenger molecules that “run” everything in your body. Neurotransmitters are links of connected Amino Acids, like pearls on a necklace.

Neurotransmitters are found throughout the body & brain mediating intercellular communication. These “strings of pearls” direct energy in the body where it needs it most, to control the opening & closing of blood vessels throughout your face & the body, & to basically allow all of the systems of the body to talk to each other. Neurotransmitters also determine how we react to everything - emotionally & mentally.



Amino Acids & That Lil' Thing Called The Brain...

Of course, Amino Acids play a role in many different areas of the body, but the brain & Amino Acids definitely have a special relationship! Within the brain are billions of cells called “neurons.” Neurons are like your body’s personal little micro-computers. Neurons use two or more neurotransmitter molecules to exchange information between others neurons. This process allows brain cells to communicate with each other & allows the brain to communicate with the rest of the body.



Neurons need to be fed constantly because the brain must create its own energy & can not “steal” energy from other parts of the body. Among other things, such as vitamins & minerals, neurons need Amino Acids to function efficiently & effectively. Unfortunately, on a whole, the brain tends to be the most poorly nourished organ of the body.

Amino Acids are the precursors to a class of neurotransmitters known as the “monoamines.” In this class there are 3 of the 4 most widely studied monoamine neurotransmitters: dopamine, noradrenaline, & serotonin.

Dopamine plays a role in the brain’s system of motivation, which often coincides with “addiction.” When dopamine levels rise, due to foods, drugs, etc..., you will often feel “high,” which to most is a very pleasant feeling. However, when you come down from the high, you will often feel very “low” & readily seek ways to feel that “high” sensation again. The brain is smart & will “seek out” those things/items that cause the “high” & thus the cycle of addiction often begins.

Noradrenaline, also called norepinephrine, acts on the parts of the brain involved with responsiveness to fear. It tells the body when it needs to “spring into action,” - the “fight or flight” response! Signs that noradrenaline levels are low are: inability to stay awake, trouble focusing & concentrating. If you are experiencing feelings of nervousness, racing thoughts, cold hands & feet, & high blood pressure, then your noreadrenaline levels may be too high.



Serotonin is a vasoconstrictor neurotransmitter (*also classified as a hormone*) that is found in the brain & the digestive system. A vasoconstrictor is a substance that can cause narrowing of the blood vessels. Serotonin is often described as the “happy hormone.” It is very important in regulating mood & feelings, such as: anxiousness, anxiety, aggression, appetite, sadness, etc...

The Amino Acids - phenylalanine & tyrosine are precursors to dopamine & noradrenaline. Tryptophan is the precursor to serotonin, & is found in our food but not available as a supplement since it was banned by the FDA in 1989. Long story short, a Japanese shipment of Tryptophan made a lot of people sick. It was later discovered that Tryptophan was safe, but a contaminant was found linked to faulty manufacturing practices. However the FDA did not lift the ban. Instead, the next chemical in the biosynthetic pathway was isolated, determined safe to use, & is the immediate precursor of serotonin. This chemical is not found in our food (like Tryptophan) & is known as, 5-HTP.



Amino Acids & Those Things They Do...

Alanine

- * Nonessential Amino Acid
- * Functions As An Inhibitory Neurotransmitter In The Brain

Arginine

- * Essential Amino Acid
- * Precursor to Creatine (*Creatine is the highest energy supplement & supports muscle contractions, strength, & energy*)

Carnitine

- * Nonessential Amino Acid
- * Supports Fat Metabolism - Regulating Fat Burning In The Body

Cysteine

- * Conditionally Essential Amino Acid
- * Specialized Modified Form - NAC (N-Acetyl-L-Cysteine) Supports Healthy Sinuses & Lung Activity
 - * Promotes Healthy Mucus Balance &/Or Drainage

GABA

- * Inhibitory Neurotransmitter - Mostly Widely Distributed Neurotransmitter In The Brain
- * Significant Influence On Pain, Stress, Anxiety, Feelings of Melancholy & Sadness
- * AKA: "Anti-Anxiety Amino Acid"

Glutamine

- * Conditionally Essential Amino Acid - 3rd Most Abundant In The Blood & Brain
- * Inhibitory Neurotransmitters - Precursor To GABA
- * Most Important Function Is To Support A Healthy Immune System

Lysine

- * Essential Amino Acid - Precursor To Carnitine
- * Critical Protein For Growth, Tissue Maintenance, & Hormone Production

Taurine

- * Conditionally Essential Amino Acid - Most Concentrated Amino Acid In The Heart
- * Supports Normal Brain Development in Infants & Children
 - * Protects & Stabilizes Fragile Cell Membranes Of The Brain Cells

Theanine

- * Influences GABA, Dopamine & Serotonin
- * Promotes A Sense Of Well-Being, Relaxation, & Calmness

Tyrosine

- * Nonessential Amino Acid - AKA: "Stress Amino Acid"
- * Supports The Body During Times Of Physical/Mental Stress

5-HTP

- * Precursor to Serotonin, Melatonin, & Niacin
- * Essential In Maintaining The Body's Protein Balance

Bill's Back Page

“My Page ~ My Domain”



NC634-2 **FLEX** ~ 90 Capsules

Formally known as *Ache Relief*, but due to FDA regulations, Natural Creations had to change the name. Under FDA labeling guidelines, a product must be marketed by referring to the product's ability to maintain “healthy” structure or function. Therefore, the old name had to go & a new name had to be chosen!

FLEX is still the same great product it always was, supporting healthy joints & muscles during strenuous physical activity!

NC673 **K-Jac-X** ~ 120 Capsules

Supports A Healthy Blood Sugar Level

Proprietary Blend: Konjac (Glucomannan), Xathan Gum, Sodium Alginate, Gymnema Sylvestres Powder, Coconut Oil

Glucomannan

Water-Soluble Fiber Derived From The Konjac Root
Helps Maintain A Healthy Weight - Promotes Feelings Of Fullness
Supports Healthy Cholesterol Levels

Xanthan Gum

Sugar-Like Compound Made By Mixing Fermented Sugars
With A Certain Type Of Bacteria
Supports A Healthy Digestive Tract
Promotes Healthy Blood Sugar Levels
Supports Healthy Cholesterol Levels

Sodium Alginate

Extracted From Brown Seaweed
Supports Healthy Serum Cholesterol Levels

Gymnema Sylvestres Powder

Also Known As: “Destroyer Of Sugar”
Supports Healthy Sugar Balance Within The Intestinal Tract
(Blocks Absorption Of Sugar Molecules Into The Intestinal Tract)
Promotes Healthy Blood Sugar Levels

Coconut Oil

Good Source Of Vitamin, Fiber, & Nutritional Content
Promotes Energy Levels & Endurance
Supports Healthy Digestion & Absorption Of Fat Soluble Vitamins,
Minerals, Amino Acids
Contains Lauric Acid Which Supports A Healthy Heart
