

AVAILABLE IN TABLETS AND POWDER

Catie's

WHOLE FOOD CALCIUM PLUS

*** The Strongest
Bones in the World!**
10.7% increase in bone density

Over 70 University Studies Conclude:

- Better **ABSORBED!**
- Better **UTILIZED!**
- Better **RETAINED!**

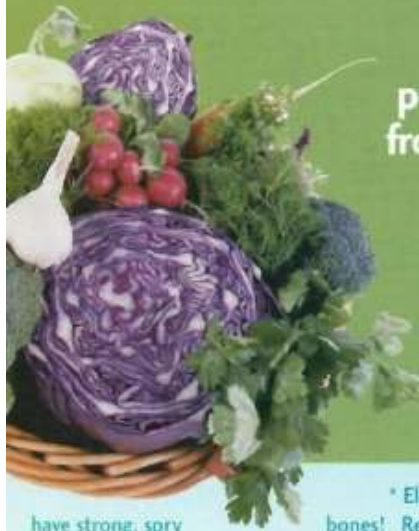


DID YOU KNOW?

**30 million Americans
suffer from Osteoporosis.**

**48,000 women die each year from
fractures related to osteoporosis**

**8 million
people have died
from a magnesium
deficiency in
the last
few years.**



(William Philpott, M.D.,
"Discovery of Magnetic Health,"
Gen. Washin, R. Hricak, pg. 324,
Building bone mineral density
with negative magnetic fields.)

WHY CATIE'S WHOLE FOOD CALCIUM PLUS™?

Assimilation of nutrients and minerals can become more difficult as we age. It is imperative to have nutrients and minerals in the most easily digestible form to ensure that the cells will accept them more readily. Only a plant can absorb stone (rocks like carbonate calcium), shell (coral calcium), or bone (hydroxyapatite) - humans cannot absorb these hard inert minerals & elements. Humans were meant to absorb and utilize plants as they have special delivery systems ideal for humans to not only absorb the live nutrients but to help strengthen, nourish and heal deep into our bodies. This "lack of absorption" is one of America's biggest problems at a cost of not only billions, but human lives also. With 48,000 women a year dying from fractures related to osteoporosis, intensive research has led to Catie's Whole Food Calcium Plus™ to help reverse what the Harvard Medical School Newsletter calls the "silent epidemic"! We have well over 2 million broken bones a year due to this silent killer. Catie's Whole Food Calcium Plus™ is the only calcium rich in all (over 18) of the 100% whole foods needed to build mineral rich bones, the richest source of silica, special protein & enzyme co-factors only found in whole foods which allow not only superior absorption, but utilization and retaining minerals in the bones.

Elephants are believed to have "The Strongest Bones in the World!" Even really old elephants are fortunate to have strong, spry bones! Researchers believe it is due to their diet. Their diet is rich in the most powerful silica known to man! Horsetail & Oatstraw silica is about 8% where this Silica is about 75% silica. Silica is known to strengthen deep into the bone which may be why most elephants have amazingly strong bones at any age. Silica works with calcium to form and remineralize bones. Signs of deficiency: Problems with teeth/gums, soft/brittle nails, hair loss - dull or fragile, weak connective tissue - ligaments - tendons, itchy - pale - dry skin, and recurring broken bones.

To find out what your best diet and lifestyle is please refer to the many **Energy Essential's Sanctuaries for Cleansing, Weight Loss & Rejuvenation** in your area for more information (www

Catie's Organics, Simply Young & EE
28710 Canwood Street, Suite 102

THE *True Facts* ON WHOLE FOOD CALCIUM:

● **FACT:** Bone degeneration is one of today's biggest health challenges. It is linked to recessed gum disease, kidney stones, chronic bone pain, joint pain, muscular pain, colon and other cancers, osteoporosis, osteopenia, osteomyelitis, osteo-arthritis, fibromyalgia, heart disease, heart palpitations, degenerative disc disease ...

● **FACT:** The hallmark of most disease is Acidosis (high acidity and oxygen deprivation). Most importantly, people don't realize that acidosis usually originates from within the bone often due to the lack of mineralization in the bone. This can severely devastate one's health.

● **FACT:** Approximately 48,000 Women a Year DIE from Fractures related to Osteoporosis. Children and men are at risk also.

● **FACT:** Men will have more hip fractures in the next 12 years with over 25% a year dying and over 25% immobilized. Young children's forearm fractures have increased 33% in the past few years.

● **FACT:** Over 50% of the population suffers from a calcium deficiency and it is said that up to 80% have a magnesium deficiency.

● **FACT:** The most common calciums are Carbonate (chalk), Gluconate (chalk and sugar), Coral Calcium (shell). Research shows that these calcium mineral salts do not resolve LOW TISSUE CALCIUM LEVELS - they actually INCREASE BLOOD CALCIUM LEVELS. This HYPERCALCEMIA often develops throughout the body and may be associated with serious diseases.

● **FACT:** The U.S. population ingests more calcium than most other countries in the world and yet we have one of the highest rates of osteoporotic fractures in the world.

● **FACT:** Research definitively shows that those who ingest the most dairy, show some of the highest rates of osteoporosis.

● **FACT:** New Research shows that there is a definite correlation in heart attacks in older women and excess calcium mineral salts.

● **FACT:** Isolated USP nutrients (ie: Calcium Mineral Salts) act similar to Synthetic Drugs (ie: Fosomax) in the Body. The body has a difficult time recognizing them and thus the body can often have side effects and residue buildup.

● **FACT:** A Plant can absorb CHALK, STONES, SHELLS, BONES. Humans digestive tracts are severely limited to digesting these "hard, inert minerals." Humans do a splendid job at absorbing PLANTS.

● **FACT:** In 1999, a Nobel Prize was won showing the "Cofactors" in whole foods have the ability to direct life processes in the cells such as enzyme direction. The results are a more nutrient bound, healthier cell.

● **FACT:** According to Professor Robert Heaney (Creighton University, Omaha, NE), challenges with absorption, utilization and retention only occurs with calcium mineral salts, not with calcium from real, whole foods sources.

● **FACT:** Thus, Calcium is likened to the "GLUE" THAT HOLDS THE BODY TOGETHER."

● **FACT:** Calcium can only be maximally absorbed into the body as a "Whole Food" with all it's constituent Co-Factor Nutrients. The interactions that occur with those constituent Co-Factors are critical to the "depth" and "strength" of the absorption into the body CELLS.

● **FACT:** Your nutrient dense or deficient CELLS make up your tissue, glands, organs, veins, arteries, and BONES.

● **FACT:** True Whole Food Calciums are almost 9 times more bio-available than Carbonates, Citrates, Gluconates, and Coral Calcium.

● **FACT:** The potency of Whole Food Nutrients is unsurpassed. For example, 100 mg of "Catie's Whole Food Calcium Plus™" is equal to approximately 900 mg of Calcium Mineral Salts (made from chalk, stones, shell, bones, sugar) and absorption has been proven to be superior.

● **FACT:** Studies show that people who ingest 300-500 mg (equal to approx. 2500-3800 mg of calcium mineral salts) of Whole Food Calcium Sources in their diet daily, have MINIMAL SIGNS of Osteoporosis or the related diseases.

● **FACT:** Catie's Whole Food Calcium Plus™ contain co-factors which allow proper delivery and utilization deep in the CELLS and body.

● **FACT:** Whole Food Vitamin D have metabolites which are believed to increase calcium absorption. USP Isolated Vitamin D supplements do not have these.

● **FACT:** Whole Food sources of silica have been shown to absorb better than silicon additive salts. This silica contains around 70-75% silica compared to oatstraw & horsetail silica at about 8%. This silica gives structure to all living things and binds the water in our cells. Silica is believed to be the reason Elephants have such monumentally strong bones even into old age.

● **FACT:** There are numerous University studies that conclude that Whole Food Nutrients "are" better than USP Isolated Nutrients. They may be Better ABSORBED, Better UTILIZED and Better RETAINED.

● **FACT:** Harvested at their peak mineral density thus maximizing nutritional content, "Catie's Whole Food Calcium Plus™" nutrients are abundant in bone building and strengthening plants and herbs such as Hydrilla Verticillata (one of the most nutrient dense herbs in the world), alfalfa, blueberries, asparagus, bok choy, fennel seed, fenugreek, comfrey, black sesame seed, pumpkin, wild yam, chanterre & white button mushrooms, chlorella, cantaloupe, lima bean, kudzu, kelp, papaya, kale, white oak, marshmallow mullen, black strap molasses, banana, plantain, nettle, goji berries, garlic, onion, apple pectin fiber, enzymes and taste great blended in a shake. Best absorption is at night. The tablets break down in 40 minutes in the digestive tract, just like food-because it is food!

For references or to find out more, refer to the book "The Truth About Calcium" by Catie Norris

LANDMARK STUDY WITH AMAZING RESULTS: A 65-year old woman had been diagnosed with osteoporosis and was prescribed Fosomax by her Physician (from *Cedar Sinai Hospital*). She met Catie right after that and Catie pointed out her concerns regarding taking Fosomax. The woman then started on *Catie's Whole Food Calcium™*. She was nervous that her doctor would be upset so she pushed to get the second annual bone density test done 14 months later. Her doctor received the test results and called and left the message, "Whatever you are taking, continue with it!" The following is an excerpt from the report:

CLINICAL INDICATION: 65 year-old postmenopausal patient with osteopenia, for follow up. **TECHNIQUE:** Following dual x-ray of the lumbar spine and hips, bone mineral density was calculated. **FINDINGS:** This study is compared with the prior study. Analysis of the lumbar spine reveals moderate osteopenia of L2-L4 lumbar spine being 1.9 and standard deviations below the mean for the young adult population. **Improved by 10.7% since prior study.** Analysis of the right hip reveals moderate osteopenia of the femoral neck being 1.9 standard deviations below the mean for your adult population. **Improved by 2.9% since prior study.** Analysis of the left hip reveals moderate osteopenia of the femoral neck being 1.8 standard deviations below the mean for the young adult population. **Improved by 3.8% since prior study.**

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