

Nutrition with Intention™

Summer Edition 2015

Your Guide to Being Heart Smart



**Eating Right
Think
Heart Smart**



**Dynamic Duo:
CoQ-10 &
Cinnamon**



**Folic Acid
can Change
your Life**

a Heart Healthy and Refreshing Summer Drink!

Tropical Delight

2 Tbsp. Aloe Papaya with Acai Concentrate
1 Tbsp. Green Magic™ Powder
2 scoops Vanilla Ultra Whey-Pro™ Protein
1 Banana
1/2 cup Fresh Pineapple chunks
1/2 cup Fresh Mango
1 1/2 to 2 cups Water
Ice to thicken

Very Berry Shake

2 Tbsp. Pomegranate Red Concentrate
1 Tbsp. Green Magic™ Powder
2 scoops Vanilla Ultra Whey-Pro™ Protein
1 Tbsp. Omega Cranberry™
1/2 cup Fresh Strawberries
1/4 cup Fresh Blueberries
1 1/2 to 2 cups Water
Ice to thicken



Place ingredients into a blender and blend for a minute and a half or until desired consistency.

A Dynamic Duo: CoQ-10 & Cinnamon



Victoria Dauer, Nat'l. Dir. of Marketing

The American Heart Association recently released its 2015 Heart Disease and Stroke Statistics update. Every day, we are faced with the fact that "Cardiovascular disease is the leading global cause of death, accounting for 17.3 million deaths per year. About 2,150 Americans die each day from heart disease, stroke and other cardiovascular diseases. (That's one person every 40 seconds!)"¹

It is vital that we focus our attention on creating healthy lifestyle habits to help lower this number and not become a statistic. Along with healthy eating habits and adequate physical activity, you can better your health with Nutrition with Intention™ from New Spirit Naturals. Our CoQ-10 & Cinnamon is a great product to add to your health program to help keep your heart healthy.

CoQ10 – Our Energy Source

CoQ10 is one of the most vital components in our body. Every cell in our body uses CoQ-10 to make the needed energy for our cells to grow and stay healthy. The highest amounts are found in the heart, liver and kidneys (3 of our most vital organs!). As we age, the amount of CoQ-10 that is stored in our bodies decreases which can lead to many health issues. With adding our CoQ-10 & Cinnamon to your supplement program, you are helping your body to function more efficiently.

The benefits of CoQ-10 & Cinnamon are countless and go beyond just protecting your heart.

- As a powerful antioxidant, CoQ-10 can slow the aging process by neutralizing free radical which contribute to the aging process, as well as a number of health problems, including heart disease and cancer. Antioxidants, such as CoQ10, can neutralize free radicals and may reduce or even help prevent some of the damage they cause.³
- Lower cholesterol with CoQ-10. Nearly one out of every three Americans has high levels of LDL cholesterol (the "bad" kind) and 20 percent have low levels of HDL cholesterol (the "good" kind).¹ People with high cholesterol tend to have lower levels of CoQ-10. There is some evidence it may reduce side effects from conventional treatment with cholesterol-lowering drugs called statins, which reduce natural levels of CoQ-10 in the body. Taking CoQ-10 supplements can bring levels back to normal.³
- Adequate levels of CoQ-10 in the body can result in faster healing and tissue repair.
- CoQ-10 stimulates collagen production helping to keep your skin smooth and youthful⁴
- Cinnamon may be beneficial for people with Type 2 diabetes. Studies have shown that cinnamon can help reduce serum glucose, triglyceride, LSL cholesterol and total cholesterol.²
- Lower the negative effects of high fat meals - Penn State researchers revealed that diets rich in cinnamon can help reduce the body's negative responses to eating high-fat meals.²
- The health benefits of cinnamon can be attributed to its antibacterial, antifungal, antimicrobial, astringent and anticlotting properties. Cinnamon is rich in essential minerals such as manganese, iron and calcium, while also having a high content of fiber.

Did you Know that Cinnamon ...

- protects against heart disease.⁵
- regulates blood sugar.⁵
- reduces LDL cholesterol levels.⁵
- can be effective against ulcer-causing *H. pylori* bacteria⁵
- may reduce pain linked to arthritis⁵
- may reduce the proliferation of cancer cells⁵
- is a natural food preservative⁵
- contains fiber, calcium, iron and manganese⁵
- is effective for menstrual pain and infertility⁵
- improves blood circulation⁵

References: 1 Heart Disease and Stroke Statistics – 2015 update: a report from the American Heart Association [December 17, 2014]. *Circulations*. Doi: 10.1161/CIR.0000000000000152.

2What are the health benefits of cinnamon? Joseph Nordqvist [September 26, 2014] MNT Knowledge Center

3 Source: Coenzyme Q10 | University of Maryland Medical Center <http://umm.edu/health/medical/altmed/supplement/coenzyme-q10#ixzz3aWyJeEq> University of Maryland Medical Center [May 7, 2013]

4Why your skin needs CoQ10. By: Jeanette Kemert <http://www.drjoetoday.com/why-your-skin-needs-coenzyme-q10/>

5 Michelle Schoffro Cook <http://www.care2.com/greenliving/10-surprising-health-benefits-of-cinnamon.html>



Marie Lyles
Nat'l Dir. of Training & Development

VasuFlex™

A Powerful Formula for a Healthy Cardiovascular System

A natural antioxidant and the best defense against cardiovascular disease! What makes VasuFlex™ effective? A proprietary blend of L-Arginine, amino acids, trace minerals, Vitamin C, dietary fiber and powerful natural antioxidants.

What Are Arginine's Heart Benefits?

In the body, the amino acid, arginine changes into nitric oxide (NO). Nitric oxide is a powerful neurotransmitter that helps blood vessels relax and also improves circulation. Some evidence shows that arginine may help improve blood flow in the arteries of the heart. That may improve symptoms of clogged arteries, chest pain or angina and coronary artery disease. However, there currently is no data on how the long-term use of arginine affects cholesterol or heart health.

Discovery of Nitric Oxide

Nitric oxide has received much attention due to its cardiovascular benefits. Alfred Nobel, the founder of the Nobel Prize, was prescribed nitroglycerin over 100 years ago by his doctor to help with his heart problems. Nitroglycerin was used in dynamite, but this chemical helped with his heart condition. Nitroglycerin acts by releasing nitric oxide which relaxes narrowed blood vessels, increasing oxygen and blood flow. Now we know a better way to release nitric oxide by using the ingredients found in our VasuFlex™.

Nitric oxide has been shown to be important in the following cellular activities:

Helps with:

- **memory and behavior by transmitting information between nerve cells in the brain**
- **assisting the immune system at fighting off bacteria and defending against tumors**
- **regulating blood pressure by dilating arteries**
- **reducing inflammation**
- **improving sleep quality**
- **increasing endurance and strength**
- **assisting in gastric motility**

VasuFlex™ Is proprietary formula derived from three amino acids to enhance Nitric Oxide productions.

- Contains all natural L-Arginine and L-Citrulline, which serve as the body's fuel to make NO, which in turn, enables the arterial system to retain its youthful elasticity.
- L-Taurine has been added to this powerful formula for its ability to protect NO against oxidative destruction by free radicals.
- When taken together, these natural ingredients may enable endothelial cells to produce more NO for a healthy endothelium, lower blood pressure and protect against cardiovascular disease.

According to America Heart Association

- CVD is the #1 killer of both men and women.
- The AMA says that heart disease deaths can be reduced by a third if people just exercised and eat better.
- About every 34 seconds, someone in the United States has a myocardial infarction (heart attack).

VasuFlex™ has nutrients and antioxidants to boost cardio vascular health while promoting longevity ... Excellent for increasing vitality in men and women .

Take care of your cardio health with a single serving! VasuFlex™ is available in capsules and powder .

References: <http://www.webmd.com/heart/arginine-heart-benefits-and-side-effects>
<http://www.nutritionexpress.com/showarticle.aspx?articleid=286>
<http://www.webmd.com/vitamins-and-supplements/l-citrulline-uses-and-risks>
http://www.heart.org/HEARTORG/Conditions/HeartAttack/AboutHeartAttacks/About-Heart-Attacks_UCM_002038_Article.jsp





Why Folic Acid can Change your Life



Gina Famiglietti, Nat'l Dir. of Special Markets

1. Folic Acid is also known as Vitamin B9 and is water soluble.
2. Folic Acid is found in supplements and fortified foods, like cereal.
3. Folate is that natural form of folic acid and comes from the Latin word folium for leaves.
4. Foliates were first isolated from spinach.
5. Humans cannot produce folate.
6. Women who can become pregnant need 400 micrograms (mcg) of folic acid every day. If a woman has enough folic acid in her body before and during pregnancy, it can help prevent some major birth defects of the baby's brain, known as anencephaly, and spine, known as spina bifida.¹
7. Researchers indicate that women with higher folate and folic acid intakes had a significantly lower frequency of migraine attacks with aura compared to the women with lower intakes.²
8. Children in rural Nepal whose mothers were given iron and folic acid supplements during pregnancy were smarter, more organized and had better fine motor skills than children whose mothers did not get the two supplements.³
9. Research suggests that folic acid improves endothelial function in Coronary Artery Disease (CAD) acutely by a mechanism largely independent of homocysteine.⁴
10. Short-term oral folic acid supplementation significantly enhances endothelial function in type 2 diabetic patients, independent of homocysteine lowering.⁵
11. The U. S Preventive Services Task Force found convincing evidence that supplements containing 0.4 to 0.8 (400 mcg to 800 mcg) of folic acid in the periconceptional period reduce the risk for neural tube defects.^{6, 7, 8}
12. The daily U. S. Recommended Dietary Allowance (RDA) is 400 mcg for adults.

A Number of New Spirit Natural's Products Contain Folic Acid

Cardioplex™	400 mcg
Detox Plus™	400 mcg
Prosta-Men-D™	240 mcg
Ultimate Iron Pro™	400 mcg
Vita Balance 2000+	400 mcg
NutriFem™	400 mcg
Children's ABC's™ Chewable Multi-Vitamin	300 mcg
Children's Liquid Multi Vitamin	400 mcg

Some Foods Contain Folate in Small Amounts⁹

Food	Serving Size	Folate (mcg)
Spinach	½ cup boiled	131
Black Eyed Peas	½ cup boiled	105
Asparagus	4 spears	89
Romaine Lettuce	1 cup	76
Wheat Germ	2 Tbls.	40
Orange	1 small	29

References

- 1 National Center on Birth Defects and Developmental Disabilities Division of Birth Defects and Developmental Disabilities. <http://www.cdc.gov/ncbddd/folicacid/faqs.html>. Accessed May 15, 2015.
- 2 Menon S. et al. (2012). Genotypes of the MTHFR C677T and MTRR A66G genes act independently to reduce migraine disability in response to vitamin supplementation. *Pharmacogenet Genomics*. 22:741-749.
- 3 Journal of the American Medical Association. Moms who take folic acid, iron have smarter kids. <http://link.reuters.com/xiw23r>. Online December 21, 2010. Accessed May 6, 2015.
- 4 Doshi, S. N., McDowell, I. F., Moat, S. J., Payne, N., Durrant, H. J., Lewis, M. J., & Goodfellow, J. (2002). Folic acid improves endothelial function in coronary artery disease via mechanisms largely independent of homocysteine lowering. *Circulation*, 105(1), 22-26.
- 5 Mangoni, A. A., Sherwood, R. A., Asonganyi, B., Swift, C. G., Thomas, S., & Jackson, S. H. (2005). Short-term oral folic acid supplementation enhances endothelial function in patients with type 2 diabetes. *American journal of hypertension*, 18(2), 220-226. doi: 10.1016/j.amjhyper.2004.08.036
- 6 Honein MA, Paulozzi LJ, Mathews TJ, Erickson J, Wong LC. (2001). Impact of Folic Acid Fortification of the US Food Supply on the Occurrence of Neural Tube Defects. *JAMA*. 285(23):2981-2986. doi:10.1001/jama.285.23.2981.
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- 9 National Institute of Health Office of Dietary Supplements. Folate: Dietary fact sheet. <http://ods.od.nih.gov/factsheets/Folate-HealthProfessional/>. Accessed May 13, 2015.



Marie Lyles
Nat'l Dir. of Training & Development

VasuFlex™

Una Saludable formula para el sistema vascular

Un antioxidante natural y la mejor defensa contra las enfermedades cardiovasculares! ¿Qué hace que VasFlex sea efectivo? Su mezcla exclusiva de L-arginine, amino ácidos, trace minerales, Vitamina C, fibra dietética y poderosos antioxidantes naturales.

¿Cuáles son los Beneficios de Arginina para el Corazón?

En el cuerpo, el amino ácido arginina cambia en óxido nítrico (NO). Óxido Nítrico es un poderoso neurotransmisor que ayuda a las vasos sanguíneos a relajarse y también a mejorar la circulación. Algunas evidencias demuestran que la arginina podría ayudar a mejorar el flujo sanguíneo en las arterias del corazón. Esto puede mejorar los síntomas de obstrucción de las arterias, dolor de pecho o angina de pecho y enfermedad de las arterias coronarias. Sin embargo, no hay datos sobre cómo el uso de la arginina a largo plazo afecta el colesterol y la salud del corazón.

Descubrimiento de Óxido Nítrico

El Óxido Nítrico ha recibido mucha atención por sus beneficios cardiovasculares. Alfred Nobel el fundador del Premio Nobel, fue recetado con Nitroglicerina hace más de 100 años por su doctor para ayudarle con los problemas del corazón. Nitroglicerina fue usada en dinamita, pero este químico ayudo con la condición de su corazón. Nitroglicerina actúa liberando óxido nítrico, el cual relaja los vasos sanguíneos estrechos, aumentando oxígeno y el flujo de sangre. Ahora nosotros conocemos un mejor camino para liberar óxido nítrico usando los ingredientes encontrados en nuestra formula de VasuFlex™.

El óxido Nítrico ha demostrado ser importante en las siguientes actividades celulares:

Ayuda con:

- **La memoria y comportamiento, transmitiendo información entre las células nerviosas en el cerebro**
- **Asiste al sistema inmune a combatir la bacteria y defiende contra tumores**
- **Regula la presión de la sangre dilatando las arterias**
- **Reduce la inflamación**
- **Mejora la calidad del sueño**
- **Aumenta la resistencia y la fuerza**
- **Asiste en la motilidad gástrica**

VasuFlex™ es una formula patentada derivada de tres amino ácidos para aumentar la producción de Óxido Nítrico.

- Contiene L-Arginine y L-Citrulline natural cual sirve como combustible al cuerpo para hacer NO, que a su vez permite que el sistema arterial retenga su elasticidad juvenil.
- L-Taurine ha sido agregada a esta ponderosa formula por su habilidad de proteger NO contra la destrucción oxidativa de los radicales libres.
- Cuando estos ingredientes naturales están juntos pueden permitir a las células endoteliales producir mas NO formándose un endotelio saludable, bajar la presión sanguínea y proteger contra enfermedades cardiovasculares.

De acuerdo a la Asociación Americana del Corazón

- CVD es la causa #1 de muerte en el hombre y la mujer
- AMA dice que la muerte por enfermedades del corazón puede ser reducida a una tercera parte si la gente hiciera ejercicios y comiera mejor.
- Cada 34 segundos, alguien en los Estados Unidos tiene un infarto al miocardio (ataque al corazón).

VasuFlex™ contiene nutrientes y antioxidantes que aumentan la salud cardio vascular mientras promueve la longevidad.

Excelente para aumentar la vitalidad en el hombre y la mujer. Cuida la salud de tu corazón con una sola toma de VasuFlex™ esta disponible en capsulas y polvo.





Datos de Acido Fólico



By Gina Famiglietti, Nat'l Dir. of Special Markets

1. Acido Fólico es también conocido como Vitamina B9 y es soluble en agua.
2. Acido Fólico se encuentra en suplementos y alimentos fortificados como el cereal.
3. Folato es la forma natural del ácido fólico y proviene de la palabra latina folium, hojas.
4. Folato fueron primeramente insalados de la espinaca.
5. El cuerpo humano no puede producir folato.
6. Las mujeres que pueden quedar embarazadas necesitan 400 microgramos (mcg) de ácido fólico cada día. Si una mujer tiene suficiente ácido fólico en su cuerpo antes y durante el embarazo, podría ayudar a prevenir algunos defectos congénitos del cerebro del bebe, conocidos como anencefalia y daño en la espina dorsal conocido como espina bifida.¹
7. Investigaciones indican que mujeres con mayor ingesta de folato y ácido fólico tienen significativamente menor posibilidad de tener ataques de migraña comparado a las mujeres que tuvieron baja ingesta de folato y ácido fólico.²
8. Los niños de zonas rurales de Nepal que sus madres recibieron suplementos de hierro y ácido fólico durante el embarazo eran más inteligentes, más organizados y tuvieron mejor habilidades motoras que los niños que cuyas madres no ingirieron estos dos suplementos.³
9. Investigaciones sugieren que el ácido fólico mejora la función endotelial en las enfermedad de la Arteria Coronaria aguda (CAD) por un mecanismo en gran parte independiente de homocisteína⁴
10. Suplementos de ácido fólico por vía oral por un corto tiempo mejora significativamente la función endotelial en pacientes con diabetes tipo 2, independientemente de homocisteína baja.⁵
11. El Servicio de Prevención de los Estados Unidos task Force encontró evidencias convincentes que estos suplementos con tienen 0.4 to 0.8 (400 mcg to 800 mcg) de ácido fólico que en el periodo preconcepción reduce los riesgos de defectos en el tubo neural.^{6,7,8}
12. La (RDA) recomienda un uso diario de 400 mcg para adultos.

Una serie de Productos de New Spirit Naturals contienen Acido Fólico

Cardioplex	400 mcg
Detox Plus	400 mcg
ProstaMen D	240 mcg
Ultimate Iron	400 mcg
Vita Balance 2000+	400 mcg
NutriFem	400 mcg
Children's ABC Chewable Multi-Vitamin	300 mcg
Children's Liquid Multi-Vitamin	400 mcg

Algunos s Alimentos contienen Folato en pequeñas cantidades⁹

Alimentos	Tamaño de Porción	Folato (mcg)
Espinaca	½ taza cocida	131
Frijoles negros	½ taza cocida	105
Esparragos	4 tiras	89
Lechuga romana	1 taza	76
Germen de Trigo	2 cucharas.	40
Naranja	1 pequeña	29

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