

NUTRITION STOP NEWS

February 2012

Volume 26, Issue 2

Happy Valentine's Day & Healthy Heart Month



Did you know that February is American Heart Month and not because of Valentine's Day?

Every year since its congressional approval in 1963, the President has issued a proclamation to this effect, to help raise public awareness of heart disease. Even though most people associate heart disease with men, it's also the leading cause of death among women.

Nutrition Stop will be happy to help you and your family stay on the road-to-good-health for your heart and body.

So come in and ask what you can do for a healthy heart. We will be glad to speak to you about what type of changes you can make to your diet, supplementation, exercise, and lifestyle.

Nutrition Stop will put our whole-heart into helping you!

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B6 ALERT!

If you are deficient in vitamin B6, it is bad for your heart. A study of 1,205 people, published in *The American Journal of Clinical Nutrition*, found that low levels of the vitamin increases risk for heart problems.

Highest food sources of B6:

Brewer's yeast, carrots, cauliflower, chicken, eggs, fish, garlic, peas, spinach, sunflower seeds, walnuts, and wheat germ.

Other sources:

Avocado, bananas, beans, blackstrap molasses, broccoli, brown rice and other whole grains, cabbage, cantaloupe, corn, potatoes, and soybeans.

K2 and You

Vitamin K2 has been found to prevent coronary heart disease. In order to understand how it accomplishes this feat, we must first look at one of the major causes of heart attacks. The risk of a heart attack is increased when there is calcification of the aortic valves and/or arteries. That is where vitamin K2 steps in. It inhibits calcification of the aortic valve and arteries.

The Journal of Nutrition published a landmark study, entitled "The Rotterdam Study," which linked vitamin K2 to heart disease prevention. The participants were men and women ages 55 and over. The researchers found that those who had consumed more vitamin K2 had less calcification in their aortas. The study concluded that intake of vitamin K2 prevents coronary heart disease in older men and women and actually reverses arterial calcification.

Pump Up Heart Health

According to traditional Chinese medicinal wisdom, one of the best ways to avoid cardiovascular and memory problems is to keep the blood moving smoothly with "blood movers"—foods that can help prevent abnormal clotting. These include the regular use of tomatoes, garlic, ginger, and chili peppers.



One of the best blood movers and antioxidants for cardiovascular and memory health is ginkgo. The usual dose is about 60 milligrams of the extract, two to three times a day. Take an extract containing 24 percent ginkgo flavone glycosides.

Food Sources for K2

The food source with the highest amount of vitamin K2 is Natto, a Japanese food made from fermented soybeans. Other foods include egg yolk and green vegetables such as broccoli, kale, spinach, Brussels sprouts, and asparagus. Vitamin K2 has also been found in carrots, beets, and fermented foods such as sauerkraut. However, the amount of vitamin K2 in these foods is extremely low and it is hard to get enough solely from diet. That is why some people choose to take vitamin K2 supplements to ensure that they are getting the required amount.

Note: Those who are on blood thinning medication should take precaution, as vitamin K2 may work negatively in the presence of anticoagulation drugs.

Nutrition Stop has vitamin K2 supplements.

FEBRUARY 2012						
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			



Mark Your Calendar

Saturday, February 4th

and

Saturday, February 25th

11:00 to 2:00

Nutrition Stop will be hosting a sample tasting event.



Kuva Coffee

and

New Day Gluten Free



Two suppliers of locally made products will be here to sample their fine selections.

Come join us - you will be delighted!

Easy Homemade Mounds Candy Bars



3/4 cup dark chocolate chips

1/2 cup unsweetened shredded organic coconut

1/4 cup coconut oil

1 tablespoon agave nectar (2 tablespoons if you want it sweeter)

1. Melt chocolate in a small pan over very low heat. I like to use a double boiler, so I don't burn the chocolate.
2. Using a small pastry brush, coat the bottom and sides of a mounds candy mold.
3. Place mold in freezer for 10 minutes to allow chocolate to harden.
4. In a small bowl, combine shredded coconut, coconut oil, and agave.
5. Remove mold from freezer.
6. Fill chocolate lined molds with coconut mixture.
7. Paint chocolate over coconut mixture to cover bars.
8. Place in freezer for 10 minutes to harden.
9. Remove from freezer, turn mold upside down and pop mounds out of mold.
10. Serve and enjoy! Makes 9 mounds bars (depending on your molds).

**Sweets
for your
Sweetheart**



**Congratulations
Helena Chumney!**

**She is the
winner of the
Apple iPad!**



**We're On The Web!
WWW.NUTRITIONSTOP.COM
And We're On Facebook!**

The Last Word...

I ask that we love one another.



And this is love:

**that we walk in obedience
to His commands.
As you have heard
from the beginning,
His command is
that you walk in love.**

2 John 1:6 NIV

HOURS:

Mon-Fri: 9AM— 8PM

Saturday: 9AM—7PM

Sunday: The LORD'S DAY

4101 Mexico Road

St. Peters, MO 63376

(636) 928-7550

RETURN SERVICE REQUESTED



February 2012



Natural SOLUTIONS

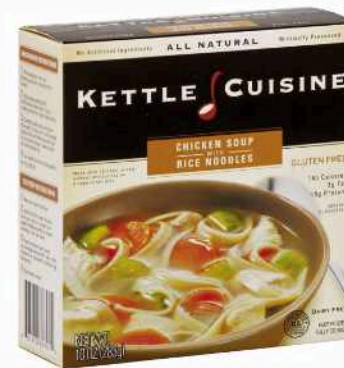


Valentine's Day!



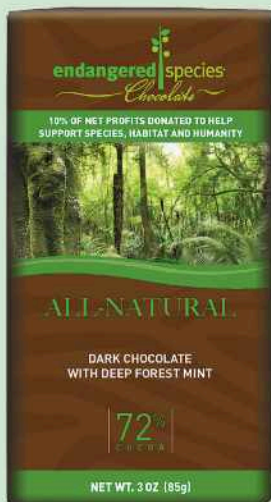
BLUE DIAMOND
Almond Coconut Blend
Beverages
Select Variety, 32 oz.

\$2²⁹



KETTLE CUISINE
All Natural GF Soup
Select Soups, 10 oz.

\$2⁶⁹



**ENDANGERED
SPECIES
CHOCOLATE**
Chocolate Bar
Select Chocolate
Bars, 3 oz.

\$2³⁹



**STRETCH
ISLAND FRUIT
CO.**
The Original Fruit Leather
Select Flavors
0.5 oz.

59¢



JUSTINS
Peanut Butter
Cups
Dark & Milk
Chocolate, 1.4 oz.

\$1⁵⁹

NOT ALL ITEMS AVAILABLE AT ALL LOCATIONS.

PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Stay Warm The Rest Of The Winter Season!

Common Cardiovascular Drug Interactions

Millions of Americans take medicine everyday for cardiovascular problems such as high blood pressure and cholesterol. Caution is needed because a few common groups of prescription drugs can cause nutrient depletions or interact with dietary supplements in negative ways.

ACE INHIBITORS are used to lower blood pressure and can be used in people who have had heart attacks or who have kidney disease. Some brand names include Lotensin (benazepril), Monopril (fosinopril), Altace (ramipril) and Accupril (quinapril). ACE inhibitors can raise potassium levels in the blood so it is recommended to avoid potassium-containing salt substitutes, potassium-sparing diuretics and potassium supplements. Zinc can become depleted by this class of drugs. Using capsaicin cream on the skin may increase the risk of cough associated with ACE inhibitors. Do not take cold medicines or weight loss pills and supplements containing ephedra, ephedrine or pseudoephedrine.

STATINS are a group of drugs used to lower cholesterol levels. Lipitor (atorvastatin) and Zocor (simvastatin) are two popular brand name statins you may recognize. Statins can cause coenzyme Q10 to become depleted in the body. This antioxidant is important for energy production and studies suggest it may play an important role in protecting heart health. Many health experts recommend taking CoQ10 supplements while on statin therapy to replenish stores. Also, limit alcohol consumption to reduce the risk of liver damage, a potential side effect of statins.

There are many potential interactions with any medication. So always be honest with your physician, pharmacist or nutritionist and tell them about all the supplements you take so they can provide you with the best care possible.



DR. MCDUGALL'S
All Natural GF Soup
Select Flavors, 18.2 oz.

\$2⁶⁹



BOB'S RED MILL
Rolled Oats
Gluten Free, Whole Grain, 24 oz.

\$6³⁹



ARROWHEAD MILLS
Pancake Mix
Select Variety, 26 oz.

\$3⁹⁹



YOGI TEA
Organic Tea
Select Flavors, 16 bags

\$2⁹⁹

Sweet Treats For Valentine's Day!



TREE OF LIFE
Creamed Clover Honey, 16 oz. **\$5⁴⁹**



DAGOBA CHOCOLATE
Organic Chocolate
Select Flavors, 2 oz. **\$1⁸⁹**



ENJOY LIFE
GF Soft Baked Cookies
Select Flavors, 6 oz. **\$3⁴⁹**



ANNA'S
Organic Thin Cookies
Select Variety 5.25 oz. **\$1⁸⁹**



UDI'S
GF Muffins
Select Flavors
4 Pack, 12 oz. **\$4⁹⁹**

Salty & Sweet For All Of Your Cravings!



**EARTH
BALANCE**
Natural Peanut
Butter
Creamy &
Crunchy, 16 oz.

\$3³⁹



MEDITERRANEAN
Snack Chips
Select Flavors, 4.5 oz.

\$2⁸⁹



EARNEST EATS
Country Squares
Select Variety
2.15 oz.

\$1³⁹



HOL GRAIN
Seasoning Mix
Chili & Fajita
1.25 oz.

\$1²⁹



LITTLE BEAR
Tortilla Chips
Yellow Corn
Salted & Unsalted
16 oz.

\$3⁵⁹



ALTER ECO
Dark Chocolate
Select Variety,
3.5 oz.

\$3¹¹



**MICHAEL
SEASON'S**
Reduced Fat
Potato Chips
Select Variety
8.5 oz.

\$2⁵⁹



BLUE SKY
Natural Soda
Select Variety
6 Pack
12 fl. oz. Cans

**2
FOR \$6⁴⁹**

Stay Fit In February!



HOUSE FOODS
Premium Tofu
Select Varieties, 12 oz.

\$1³⁹



NUTIVA
Organic Coconut Oil
Extra Virgin, 15 oz.

\$8⁹⁹



TRIPLE LEAF TEA
All Natural Caffeine-Free
Herbal Tea
Select Variety, 20 bags

\$2⁴⁹



**SPECTRUM
ESSENTIALS**
Organic Flax Oil Shelf Stable
With Omega-3 ALA, 8 fl. oz.

\$9⁶⁹



MARANATHA
All Natural No Stir
Almond Butter
Select Variety, 12 oz.

\$5⁹⁹



PHARMA NUTRIENTS
Omega Products, 60 Caps

\$15³⁹

February Favorites!



MODERN
Spike All Purpose
All Natural
Seasoning
Select Variety
3 oz.

\$2⁰⁹



TREE OF LIFE
Tofu Firm Style
16 oz.

\$2⁴⁹



AMANDE
Yogurt
Select Variety
6 oz.

\$1¹⁹



TINKYADA
GF Brown
Brice Pasta
Select
Variety, 16 oz.

\$2⁵⁹



**PACIFIC
CHAI**
Chai Mix
Select Variety
10 oz.

\$3⁹⁹



**EARTH'S
BEST**
Baby Puree
Select Variety
3.1 oz.

\$1⁵⁹



SPECTRUM
Chia Seed
Whole Seeds
12 oz.

\$8²⁹



**SPECTRUM
NATURALS**
Organic Canola Oil
Refined for
Medium High
Heat, 32 fl. oz.

\$10¹⁹

J/Ä/S/Ö/N

JASON

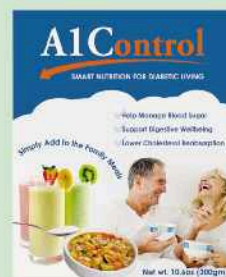
Entire Line On Sale!
Prices Starting At

\$3⁸⁹



TREE OF LIFE
Noni Juice
Liquid Dietary
Supplement
32 fl. oz.

\$21⁹⁹



A1 CONTROL
A1 Control
10.6 oz.

\$15⁵⁹



NELSON
Spatone Pur
Absorb Iron
28 Pieces

\$18¹⁹