



PHP Monday Morning Health Minute

March 2, 2009

Volume 3, Number 9

In This Issue

- A Word from Dave
- Bee Energetic -*March Special: Buy 1 bottle of Bee Energetic, get 1 half price**
- Sodas and Energy Drinks can Supply a Surprising Caffeine Jolt
- Body Building - Pumping the Muscles with Bee Pollen



A WORD FROM DAVE....

When our bodies lack energy, it is important to look at the physiological cause of the issue. Unfortunately, too many people must believe that their fatigue is caused by a caffeine deficiency and look to coffee or some other stimulating energy drink for a quick boost, but as they say, 'what goes up must come down!' This reliance on unnatural means of energy creates a cycle of over-stimulating the adrenal glands and accelerates the aging process.

At PHP we know you need help and we understand how to support certain natural functions of your body. Through proper nutrition and herbal support, we can create normal sleep cycles and stimulate chemical reactions that create a steady release of energy, naturally providing you with the physical and mental endurance you need.

In honor of March's designation as "National Caffeine Awareness" month, we have decided to focus this week's edition on an alternative to so-called 'energy drinks,' which often contain shocking amounts of caffeine and may have potentially dangerous side effects. Please read the information below to educate yourself on this important matter and tune in Wednesday night for our weekly Consumer Education call at 6 pm PST/ 9 pm EST. Simply dial (212) 461 5800 and enter pin code #8246 when prompted.

Please also remember (and tell your friends) that for your convenience we also archive all recorded **Consumer Education conference calls** on our website www.phporder.com. Simply click on the 'Education' tab at the top of the home page, then click on *Listen & Learn*, scroll down to the Consumer Education Calls and click on "*listen online.*" Education is power- be sure to check them out and let us know what you think!

-Dave Sandoval
Author of The Green Foods Bible
Founder of PHP



Listen on
Wednesday,
March 4 to hear all
about all about Bee
Energetic

Click [here](#) to download
the fact sheet on Bee
Energetic



PHP's March Special
Bee Energetic™
buy One - get One
Half Price

Nature's most energizing foods
that **never contain**
ephedrine or added caffeine.

In today's world, it is tough to find enough energy to make it through a hard day without coffee, sodas, or some other unhealthy stimulant. Imagine having abundant energy, endurance, and the mental edge that you desire from a non-stimulating all natural source that is amazingly effective, yet completely safe.

Bee Energetic contains nature's most energizing foods that never contain ephedrine or added caffeine. We included Bee Pollen, White American Ginseng, Cordyceps, and high protein Spirulina. Together they create what everyone needs, a major energy boost from natural foods, which actually build your immune system while giving you the sustained edge you really need.

Use Bee Energetic capsules when you know you are going to need to stay up late, work extra hours, be really up and focused for that big test or athletic competition, or just when feeling beat by the hectic nature of everyday life, and you will be energetic too!

Bee Pollen is famous as a potent energizer among natural food enthusiasts and is used by mountain climbers and marathoners alike. The percentage of rejuvenating elements in bee pollen remarkably exceeds those present in brewer's yeast and wheat germ. Bee pollen corrects the deficient or unbalanced nutrition, common in the customs of our present-day civilization of consuming incomplete foods, often with added chemical ingredients, which expose us to physiological problems as various as they are numerous. Pollen is considered an energy and nutritive tonic and Chinese medicine. Cultures throughout the world use it in a surprising number of applications: for improving endurance and vitality, extending longevity, aiding recovery from chronic illness, adding weight during convalescence, reducing cravings and addictions, regulating the intestines, building new blood, preventing infectious diseases such as the cold and flu (it has antibiotic-type properties), and helping overcome retardation and other developmental problems in children.

White American Ginseng promotes mental clarity, circulation, and oxygen uptake that are essential for energy production. It may help lower blood pressure. Research has also repeatedly shown that ginseng helps the body cope with stress. Ginseng has been shown to have a positive effect on the cardiovascular and central nervous systems. It alleviates some of the most common side effects of aging, such as the denervation of the blood system.

Cordyceps were made famous by Chinese runners and swimmers who smashed world records in the 1992 Olympics after using these totally legal and safe mushrooms during their fierce training to give them the strength they needed. Practitioners of traditional Chinese medicine have used it to treat fatigue and other ailments for 1,500 years.

High Protein Spirulina, which contains B vitamins, peptide proteins and pure natural glycogen making it nature's most nutrient dense high protein energy store house. It is 60% protein, higher

than any other food, and is known to assist recovery from malnutrition. It also has the highest level of the protective antioxidant beta-carotene. Rich in vitamin B-12 and iron, this chlorophyll-rich food contains the rare essential fatty acid, GLA, and gram for gram, has more calcium and magnesium than other foods.

**** Buy 1 bottle of Bee Energetic and get 1 bottle half price ****

Click [here](#) for more info or to purchase Bee Energetic at this special price.

These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent any disease

Product Knowledge Call

March 4, 2009

BEE ENERGETIC

Wednesday @ 6pm PST

Call 212-461-5800 pin 8246#

Listen to the February 25th Call:

Click [here](#) - Super Male Formula

Remember...

Knowledge is Power!!

Contact Us:

<http://www.phporder.com>

info@phporder.com

Sodas and Energy Drinks Can Supply a Surprising Caffeine Jolt

(Press Release)

by NaturalNews, citizen journalist

Some carbonated sodas and energy drinks are loaded with caffeine and can give an unhealthy pick-me-up to unsuspecting consumers, University of Florida researchers warn.

Because caffeine can pose health risks for people with certain medical conditions, beverages containing the additive should clearly list the amount they contain, a UF toxicologist recommends in a report assessing caffeine levels of cold beverages published this month in the Journal of Analytical Toxicology.

Bruce Goldberger, director of UF's William R. Maples Center for Forensic Medicine, said the surprisingly high caffeine content in some beverages could present problems for pregnant women and children, and for adults with hypertension, heart disease or mental health ailments such as anxiety.

"We weren't surprised that there was caffeine in the sodas and some of the other beverages," said Goldberger, who is also director of toxicology and a professor of pathology and psychiatry at UF's College of Medicine. The surprise, he said, was the high concentration of caffeine in some of the energy drinks, which exceeded the government's recommendations for cold beverages.

The Food and Drug Administration recommends a maximum caffeine concentration of 65 milligrams per 12-ounce serving of cola beverages, though it does not regulate caffeine content of these drinks. And although the agency requires the presence of caffeine be disclosed, it does not

mandate that caffeine quantity be specified on labeling for energy drinks and cold coffee beverages.

The UF team tested 10 energy drinks, 19 sodas and seven other beverages and found some energy drinks have up to 141 milligrams in a single serving — more than twice the content of some espresso coffee drinks.

The sodas tested, including Coca-Cola and Pepsi products, ranged from 0 to 48 milligrams a serving, well below the maximum recommended amount. A&W Root Beer, Sprite, 7-Up and Seagram's Ginger Ale were among the caffeine-free drinks. However, the caffeine content of most energy drinks exceeded the maximum recommended limit. One energy drink with the highest caffeine content had a whopping 141 milligrams per serving, more than a double-shot cold espresso drink.

These drinks are often marketed as enhancing performance and stimulating metabolism and are sometimes described as being "highly vitalizing." Yet in certain people, consumption of caffeine causes serious health effects, such as anxiety, palpitations, irritability, difficulty sleeping and stomach complaints, Goldberger said. Because the amount of caffeine is not labeled on the drinks' packaging, pregnant women, children, infants or people with certain psychiatric diseases or anxiety conditions may unknowingly ingest too much, he added.

The American Dietetic Association suggests women avoid caffeine while pregnant or breastfeeding, citing findings from studies linking caffeine consumption to miscarriage and low-birth weight babies.

"There are many consequences that are relatively unknown to the general public because they consider the consumption of sodas and other beverages to be relatively safe," Goldberger said. "People with psychiatric diseases could have manifestations of anxiety when they consume too much caffeine, people with hypertension could increase their heart rate if they consume caffeine."

Roland Griffiths, a professor of behavioral biology in the Solomon H. Snyder department of neuroscience at Johns Hopkins University School of Medicine, said caffeine is the most widely used mood-altering drug in the world. Although caffeine is not considered highly toxic, physicians often recommend cutting back or eliminating caffeine consumption for patients who are pregnant or who have anxiety, panic attacks, insomnia or some kinds of stomach and heart conditions.

"Daily use of even relatively low doses of caffeine (about 100 milligrams a day) results in physical dependence, with abstinence characterized by withdrawal symptoms such as headache, fatigue, depressed mood and difficulty concentrating," Griffiths said. "People should then make informed decisions about their caffeine use. Obviously, knowing how much caffeine a given product contains is critical to making an informed decision about use."

Goldberger said many people are aware of their food's nutritional content but most know little about the ingredients of their beverage, just whether it is sugar-free or regular. A few energy drinks have labels warning that the product is not recommended for children and pregnant women, but they do not specify the caffeine content.

"This study gives us some enlightenment on the caffeine content of beverages, and the importance of appropriate labeling," Goldberger said.

BODY BUILDING

Pumping the Muscles with Bee Pollen

By Dr. Rose Windale February 3, 2009

To achieve a toned and well-sculpted body through muscle building, proper exercises with the right equipments, an obliging diet as well as a good muscle building supplement are essential. Muscle building requires specific workouts especially for the major muscle groups such as the abdominis, the quadriceps, the deltoids, the pectorals and the biceps. These parts of the body can be fashioned to be toned and well-sculpted as the muscles are elastic. Weight lifting is ideal for building muscle mass as well as other exercises such as swimming, running and brisk walking. When building the muscles, body fat is initially eliminated therefore there may be a need to reduce calorie intake.

Through the course of the muscle building regimen, it is necessary to add nutrients such as carbohydrates and proteins in the diet. Carbohydrates is essential for energy maintenance during workouts. Proteins, on the other hand is the most required nutrient for developing the muscles. Rich sources of protein are chicken, beef, pork, fish, eggs, dairy foods as well as nuts, seeds, beans and lentils. Aside from sufficient nutrients, a muscle building supplement should also be included in the regimen to augment vitamin and mineral intake. During the past decades, one of the most widely researched muscle building supplement is bee pollen.

It has been conclusively found in studies that bee pollen as a muscle building supplement contains twice as much iron as any other food. On a per calorie basis, bee pollen has been found to have more beneficial effects than fruits and vegetables alone. Bee pollen as a muscle building supplement promotes the effective flow of oxygen throughout the body. With protein being the most essential nutrient in muscle building, the bee pollen muscle building supplement contains twice the amount of muscle building protein found in beef. A remarkable amount of antioxidant vitamins such as Vitamins A, C and E are also contained in the bee pollen muscle building supplement.

In fact, bee pollen has been found to include the maximum amounts of Vitamin A than every known food except tomatoes. The bee pollen muscle building supplement also hold three essential forms of Vitamin B including thiamin and niacin. Studies carried out in 1992 showed results of bee pollen being an excellent source of calcium. A high level of dietary calcium is necessary for the development of strong and sturdy bones. As skeletal muscles need to be stimulated for successful muscle building, it goes without saying that the bee pollen muscle building supplement is beneficial for this endeavor. It is by far too broad and expanse to discuss the particular ingredients of bee pollen in augmenting the development of muscle mass.

It is interesting to note, however, that the bee pollen muscle building supplement contains the highest level of folic acid than any of today's common foods. Folic acid has an indispensable function in cell generation and prostate gland support. In increasing stamina and energy levels in athletic performances, the bee pollen muscle building supplement also performs a vital role. Muscle building supplements are taken to boost muscle size, increase the rate of fat loss, improve joint health and to prevent potential nutrient deficiencies. Scientific consensus supports the effectiveness of only a small number of commercially available muscle building supplements when the consumer is healthy and physically active.

When resorting to the bee pollen muscle building supplement a barrage of other supplements need not be taken as it is complete in itself.



Do you know PHP's staff naturopath?

*PHP is proud to have naturopathic doctor **Dr MICHAEL WOHLFELD, ND** on staff- the best part is that health and nutrition consultations with Dr Wohlfeld are **ABSOLUTELY FREE** of charge with no strings attached! Make sure you take advantage of this valuable resource...*

*He can be reached via his toll-free number **(800) 962 LIFE (5433)** and/or via e-mail at **askphpdoc@gmail.com**.
Get to know Dr Wohlfeld- you will be glad that you did!*