
EAT-RITE NEWS

Spring 2019

Health Screening & Blood Testing, April 15th and 16th

Space is limited so sign up early to reserve your time.

Personal Health Partners of Oklahoma City will be here April 15th and 16th to do blood work and health screening. This is a great opportunity for you to have your blood work done at a very good price, without a doctor visit, and the other expenses that you go through in order to have blood work done through your physician. The laboratory is a certified lab that conducts blood analysis for major hospitals throughout the United States.

Call 353-7476 for your appointment today!!!

Eat-Rite News

Congratulations to Nick in the kitchen. He and his wife have a new baby. Par who is responsible for the wonderful salad bar that you all enjoy was named employee of the year. We are so grateful to have great employees who work really hard, but they have also developed a relationship with our customers. You care about them and they care about you and that is awesome to see in this day and age.

Allergena

Allergy Relief for where you live!!

This is a new line that we have picked up at Eat-Rite. It is a safe, effective and natural alternative to common pharmaceutical and over the counter medicines. Allergena's success began with health professionals across the U.S. in the early 1980's. Allergena is unique because they combine multiple antigens into one bottle that is specific to the region that you live in. Herbal remedies are included in each formula to enhance drainage of foreign particles which accumulate in the lymph system. This is a game changer when it comes to allergy treatment. If you have cedar fever, ragweed or any airborne type of allergy there is a formula for you. Combine that with our traditional EMIQ Quercitin, Stress B Complex, and ThymAdren, and it is very possible that you can actually eliminate your allergy problem.

Andrographis

The Ayurvedic answer for overall Health

Andrographis may not be well known to some, but the herb has been widely used in Ayurvedic medicine in India since ancient times, where it is known as the “King of Bitters” because of its bitter taste in traditional preparations. Most of the research on Andrographis has been done on viral infections. Products like Cold Snap, Quick Defense and others have relied on Andrographis as its main ingredient. The problem is these products have never had enough of this important ingredient. We now have an andrographis only product with the highest amount of the active ingredient andrographolides on the market. Not only does it help with bacteria and viral infections including cold sores, MRSA, and the common cold, but it has also been shown to help with the liver, joints, stress, mental health, Lyme disease, and many other types of problems. There are many experts who think that this may be even bigger than turmeric or curcumin for overall health benefits.

Colorectal Cancer

Understanding risks

Any cancer that starts in the colon or rectum is considered colorectal cancer. What used to be considered an elderly form of cancer, we are now seeing that the largest group of people who are being diagnosed with this form of cancer are below the age of 50. This is baffling to the scientific community and there are many hypotheses as to why this is happening. Rather than guess at why it's happening at a younger age, we should focus on how to prevent it at all ages. The research is very clear that the more fiber you consume, the better your protection is against this disease. In the world of the ketogenic diet and the latest trendy diet, fiber is often ignored. Remember that fiber is non digestible so it doesn't count towards your carbs. Shoot for 30 to 40 grams of fiber per day, or use PGX on a daily basis to get that important amount of fiber. With PGX a little bit goes a long way. Because of the viscosity of the type of fiber that is in PGX, 2 capsules are equivalent to 25tsp of psyllium or Metamucil capsules. It can be used for appetite control or just as a fiber supplement.