

Health Essentials

Issue 3 2010

WIN!

**a Digestive
Health Pack**

page 17

**How to Get a
Winning
Smile**

page 28

**WHY
USANA
IS # 1**

page 8

End Nagging Lower Back Pain...NOW!

page 32

When it comes to your health...

Why trust anyone else?

USANA
HEALTH SCIENCES
www.usana.com

I N T R O D U C I N G

HYBRID

USANA Nutritional Hybrid Technology



USANA has been at the forefront of nutritional science pioneering cellular nutrition and has done it again with hybrid technology.

USANA's ground-breaking **Nutritional Hybrid Technology** allows two unique formulations to be combined in a bilayered tablet, while the formulations remain distinctly separate.

This innovative technology opens the door to accelerate innovation in supplement design and manufacture, like never before!

USANA is the first in the industry to employ Nutritional Hybrid Technology, once again establishing USANA's place as a leader in nutritional science.

USANA'S TOP-SELLING OPTIMIZERS JUST GOT EVEN BETTER WITH **NUTRITIONAL HYBRID TECHNOLOGY**



Introducing Proflavanol® C¹⁰⁰

Proflavanol® C¹⁰⁰ is a superior antioxidant formulation combining grape seed extract and vitamin C. **Proflavanol C¹⁰⁰** supports cardiovascular health and healthy immune function, helps to relieve the symptoms and duration of colds and helps maintain healthy skin.

New **Proflavanol C¹⁰⁰** contains the equivalent of 12 g of grape seed extract and 300 mg of vitamin C in each tablet.

56 Tablets • Item # 110 • SVP: 35
Autship Price: \$68.00 AU / \$79.50 NZ

HepaPlus™ Upgrade

Coming soon to Australia and New Zealand as a bilayered tablet. **HepaPlus™** is a comprehensive liver support formula with superior technology that supports the body's detoxification processes, boosts antioxidant protection, and exhibits anti-inflammatory function.

New **HepaPlus** formulation now has choline and increased alpha-lipoic acid in each tablet.

84 tablets • Item # 135 • SVP: 25
Autship Price: \$49.00 AU / \$64.00 NZ

**USANA's two superior formulations just got even better!
Now that's the USANA Difference.**

For more information on USANA's innovative products visit: www.USANA.com

Use only as directed. Always read the label. Vitamin supplements should not replace a balanced diet. *If symptoms persist see your health care practitioner. Not to be used in children under two years of age without medical advice.

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HYBRID
USANA Nutritional Hybrid Technology

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The days are getting longer and lighter. More people are hitting the pavement, pulling out their sneakers, starting a gym membership, signing up for boot camp, or simply enjoying the sunshine.

Welcome to spring!

Flowers are blossoming and a fresh breeze is in the air but that's not good news for those of us who suffer from allergies. Turn to

page 10 for some ways to alleviate any lasting sniffs and sneezes.

Spring is often the time of year we make changes to our lifestyle, health and fitness, discarding the old ways of winter. What plans are you making? Why not increase your motivation and inspire someone else to come along for the ride. They will thank you for it.

I ran the Sydney Half-Marathon in September, not because I planned to, but because I was inspired to run with a colleague who was competing for the first time. Crossing the finish line together was an unforgettable experience.

Health Essentials is packed full of information for you to take and share with others, including ways to look after your digestive

health (see page 12) plus a delicious smoothie recipe for that mid-morning snack (see page 16). If you want to get creative with **Fibery™ Plus**, enter our competition to win a USANA Digestive Health Pack (see page 17).

Now is a great time to let your skin show – discover the secrets of healthy, radiant skin (see page 19). We even have a dental health section for naturally whiter teeth and healthy gums (see page 28). Look after yourself and your body this spring. Learn how you can prevent and manage lower back pain (see page 32).

Enjoy the final edition for 2010. Wishing you healthy, happy and inspiring holidays!



Gill Stapleton
General Manager Australia & New Zealand



Expert Opinion. PAGE 13



Dr. Lewis Monica Lewis
A member of USANA's Scientific Advisory Council, Dr.

Lewis has been a doctor for over 40 years.

Expert Opinion. PAGE 26



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Expert Opinion. PAGE 36



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Expert Opinion. PAGE 10



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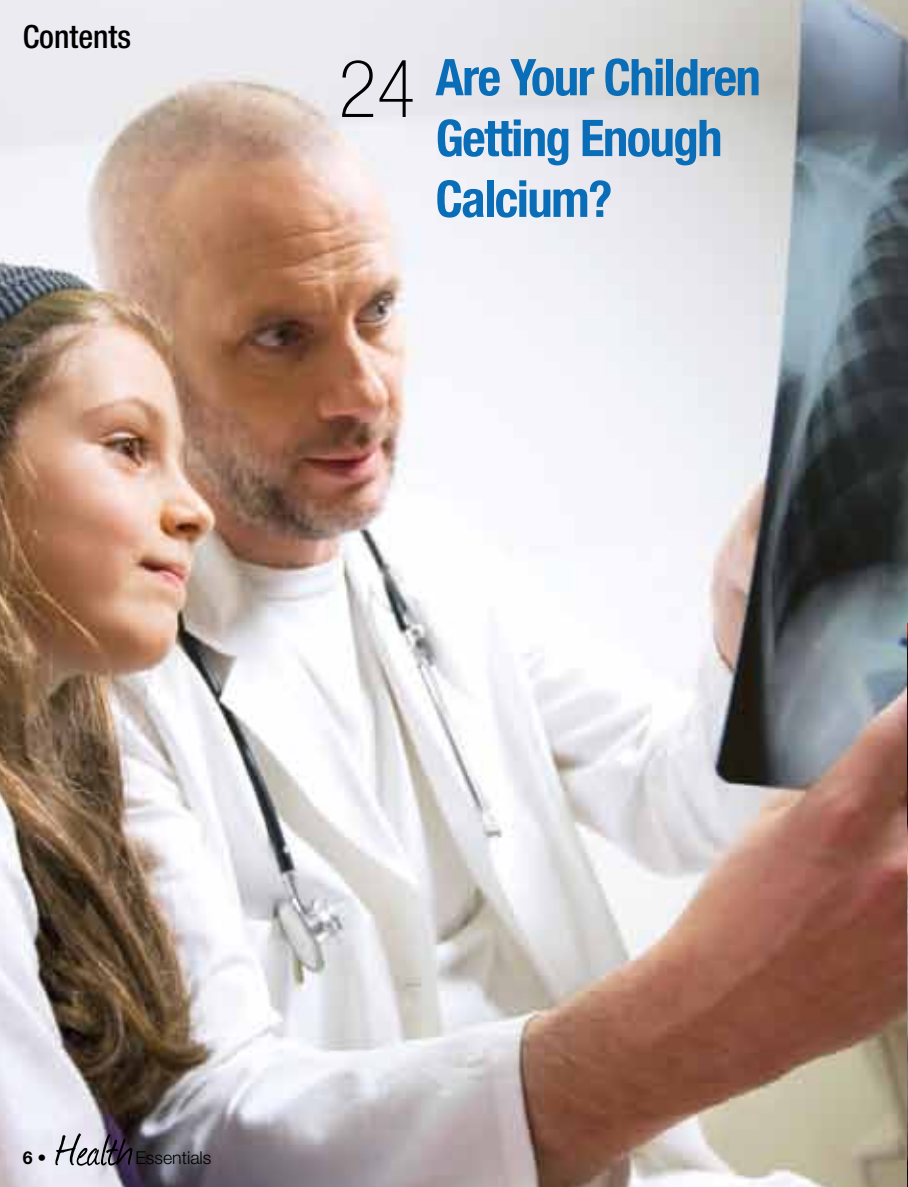
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Would you like to contribute to USANA's Health Essentials Magazine? ✉ Send your details to magazineanz@usana.com



We would love to hear from you!
Email us your feedback or send us comments, ideas or even your own healthy tip.
magazineanz@usana.com

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Stop the Sneezing and Wheezing Through Spring





WHAT SETS USANA APART?

Winner!

2010 Australian Business Awards

Product Excellence: USANA[®] Essentials™

USANA Essentials™ is a top ranking 5-star rated nutritional supplement in Australia and New Zealand. Combining groundbreaking nutritional research, superior ingredients and high-quality manufacturing, it provides optimal nutritional support for adults.

Best E-Business Product: BDS eApprentice

eApprentice encompasses years of learning and expertise from USANA's most successful leaders and condenses them into a few hours of targeted education and e-learning to provide on-the-job training for new and less experienced Associates.

Finalist

Suncorp Western Sydney Awards for Business Excellence 2010

USANA is recognised for its product and business excellence.

Ethical Business Practices

Member of the Direct Selling Association of Australia and New Zealand and Elected to Board of Directors

To help ensure the highest standard of quality and ethical distribution, USANA is a proud member of the Direct Selling Association Australia (DSAA) and New Zealand (DSA). As a member, USANA is dedicated to upholding the DSAA / DSA's cornerstone of commitment to ethical business practices. USANA Australia and New Zealand General Manager Gill Stapleton and New Zealand Business Manager Marissa Penfold have been elected to the DSAA / DSA board of directors for 2010.



*USANA Essentials are top ranking 5-star rated supplements in the Comparative Guide to Nutritional Supplements (MacWilliam, L. 2009, Consumer Ed.)



ahhhhhchoo



Brenda Rogers ND, MBA, PCC
Brenda Rogers is USANA Network Development Manager and is a qualified naturopath, trainer and coach. Brenda's role involves providing training to the Associates on a variety of subjects including natural health, USANA products, coaching and leadership development.

The Expert

Spring may well be the hay fever season but for many people the symptoms of food and airborne allergies is something they suffer with all year round.

Thousands of adults and children in Australia and New Zealand sniff, sneeze and wheeze their way through the day. Or they suffer from tummy discomfort such as diarrhoea, constipation, cramping and wind. While not life-threatening these symptoms can certainly be quality-of-life-threatening!

Many people have tried alternatives to the symptom relieving medications available at the chemist but not always with great results. I believe this is because they are not addressing the problems broadly enough. It isn't enough to just take a bit of vitamin C and hope that your allergies will disappear. A comprehensive and holistic approach needs to be taken.

Here are some things for you to consider:

Are you vitamin D deficient?

Research indicates a link between vitamin D levels and immunity. A quick blood test will tell you if you are deficient.

Do you consume adequate vitamin C daily?

If you're not eating the minimum recommended levels of fruit and vegetables (and let's face it, it's not that easy) or you're smoking or stressed then you'll need to top up your levels of all the nutrients, not just vitamin C. A recent article published in the British Journal of Nutrition says that adequate intakes of micronutrients are required for the immune system to function efficiently. Micronutrient deficiency suppresses immunity by affecting antibody responses, leading to imbalances in the immune system.

Do you have high levels of heavy metals in your body?

Heavy metals enter our bodies from a variety of sources such as the air we breathe and the foods we eat. Mostly we don't even know they are there until something starts to go wrong. High heavy metal content can turn toxic and can cause

damage to the intestines. If you're doing everything you can but your symptoms still persist you may like to consider having hair mineral analysis to find out about heavy metals in your body.

Are you managing your stress?

Prolonged stress is a great challenge to your immune system. Take a look at your stress management strategy and see if it's working. If not, you'll need to make some changes.

Does your digestion work properly?

As food is one of our greatest environmental challenges, good digestive function is critical to immunity as about 70 percent of the immune system is located in the gut. Take a good probiotic on a regular basis to ensure your healthy bacteria levels are in balance. Research into probiotics tells us that they may help reduce infections through immune system modulation, activation of immunity and suppression of inflammation, and nutritional status improvement. All this helps to improve your quality of life.

Improve your quality of life by making positive adjustments to your health and taking high-quality nutritional supplements.

¹Source: BioScience Microflora 2007 Vol 26 (1):1-10



Do you consume adequate

Vitamin C?

Micronutrient deficiency suppresses immunity by affecting antibody responses, leading to imbalances in the immune system.



SPRING CLEAN YOUR BODY

Spring is an ideal time to make some changes, cleanse your system and feel great for summer. Often our lifestyle puts the digestive system, liver, kidneys and skin under a lot of stress. Use this opportunity to give your digestive system a fresh start, adopt a healthier lifestyle and spring clean your body.

Go Natural

Reduce your daily coffee intake and substitute with natural energy alternatives.

Take pre- or probiotics every day to restore good bacteria in the colon to counter the effects of winter comfort foods.

Eat Lots of Fibre

Include plenty of high-fibre foods such as beans, fruits, vegetables and oat bran in your diet to help maintain normal bowel movement.



20mins

amount of time you should exercise each day

Exercise Daily

Try walking for 20 minutes, swimming, light jogging, yoga, or Pilates. You need to get your body moving to promote digestion, encourage cleansing and eliminate toxins.

Supplement

Look after your liver and other parts of your digestive system with high-quality nutritional supplements, such as milk thistle which has been used traditionally for its hepatoprotective effect.

Hydrate

Increase your daily water intake to keep your body hydrated.



fibergy™

the Difference is Clear!

12 Grams

of Fibre per Serving

that's more than **2X** the fibre of other brands!

- High in soluble fibre with Psyllium
- Contains prebiotic Inulin to support good bacteria growth
- Formulated without Gluten, Soy or Dairy*
- Low GI formulation
- Neutral flavour

One serve of **Fibergy™ Plus** meets **40%** of your daily fibre requirement†



†National Health and Medical Research Council (NHMRC) and the Department of Health.

*No dairy, soy or gluten-containing ingredients are used in this product. However, USANA Fibergy Plus is produced in a facility that manufactures other foods that do contain dairy, soy and gluten. Produced on equipment that also processes: Wheat, Peanuts, Tree Nuts, Egg, Sesame, and Shellfish.

Expert

OPINION

Dr. Monica Lewis has been a doctor for over 40 years, specialising in helping people who are debilitating long term health issues. With a holistic approach, Dr. Lewis advises on diet, lifestyle, stress management and the use of bio identical hormones. Dr. Lewis is a member of USANA's Scientific Advisory Council. Together with her husband, Cardiologist and General Physician Dr. Gerald Lewis, they have written a number of books and regularly lecture in New Zealand and around the world.

Dr. Monica Lewis
New Zealand



I believe many people who suffer varying health issues have an underlying problem with their digestive system. Digestive problems may cause deterioration to your general health and wellbeing. It is important to take time to think about your digestive system and do what you can to ensure it is functioning at its best, so that you get the full value of your food and supplements.

How is food digested?

Digestion begins in the mouth, when you chew and swallow, breaking up food and digesting sugars. The food then moves to the acidic area of the stomach and starts the breakdown of proteins. Next, food passes to the c-shaped duodenum, where it starts the important process of breaking down fats with help from the liver and bile salts. This process is similar to the way detergent acts to break down grease on dirty dishes.

The liver is where a complicated process of detoxification occurs that changes everything we consume – food, medications or toxins – and eliminates it or renders it safe for the body. Many different nutrients and antioxidants that are needed for this detox process in the liver. We cannot live without our liver! In the colon more nutrients and water

are absorbed and fibre keeps the contents moving along so the toxins don't damage the bowel wall. By now digestion is occurring in all the different areas and is then completed in the colon. To get the nutrients and value of what you eat, you need to be utilising the full surface area of the small intestine, which should be about the size of a tennis court.

Essentially, digestion involves breaking food down from large molecules into smaller molecules of nutrients so the body can use them to build and nourish cells and to provide energy throughout the body. Every step of the digestion process is important and essential to good health and wellbeing.

What happens if we don't digest our food properly?

If the digestion process is not successfully completed, we may not get the full nutrient value of our food or supplements and we start to feel tired and listless with a subsequent loss of wellbeing. Toxins are not properly processed or eliminated, and later we may experience serious bowel problems and other health issues.

WE CAN IMPROVE OUR DIGESTIVE HEALTH IN A NUMBER OF WAYS:

1. Nutrients

With increasing stress, pollution, and nutrient deficient foods our liver experiences greater difficulty in detoxifying. To assist your liver, digestion and detoxification, make sure you are adding enough essential vitamins, nutrients and specific compounds to your diet.

2. Probiotics

Good bacteria struggle to survive in the intestines if they are overwhelmed by bad bacteria, which, as they thrive, encourage the development of moulds and parasites. Probiotics restore the balance. I recommend using a course of probiotics for improved digestion, especially after taking antibiotics, and then occasionally for maintenance.

3. Fibre

Support overall bowel health by adding fibre to your diet. Different types of fibre have specific benefits, including acting like a fertiliser to create an environment where good bacteria can thrive; helping to eliminate cholesterol; and promote faster passage through the bowel and better elimination of toxins.

High quality multivitamin supplements, combined with probiotics and fibre help provide a comprehensive package of nutrients, probiotics and fibre to support our digestive system and ensure that we get the full benefit from other supplements we may take like fish oil, calcium, and vitamin D. Never neglect the bowel!

Dr. Monica Lewis' MID-MORNING SMOOTHIE

Try Monica's favourite mid morning pick me up, with the natural energy of **Rev3 Energy Surge™!**

Ingredients

- Water – 100 ml
- Organic pouring yoghurt – 200 ml
- USANA **Rev3 Energy Surge** - single sachet
- USANA **Fibery™ Plus** - ½ tsp
- Banana – ½
- 3 frozen raspberries

Blend together until smooth

Did you know berries are a great source of antioxidants?

Antioxidants help the body protect itself against free radical damage, caused by poor diet & lifestyle, pollutants, and stress.

Fibery™ Plus

Experience the benefits of **Fibery Plus** - USANA's high fibre, low-GI, unique formulation which promotes good digestive health. **Fibery Plus** contains more than double the amount of fibre per serving when compared to other dietary fibre brands in the market!



Calling all Master Chefs

WIN

WORTH OVER \$136!*

a USANA Digestive Health Pack!

ARE YOU ENJOYING THE BENEFITS OF USANA'S HIGH-FIBRE, LOW GI **FIBERY™ PLUS**? DO YOU ADD IT TO YOUR MORNING CEREAL, USANA SHAKE, SMOOTHIE OR SOUP?

Share your favourite way of adding **Fibery™ Plus** to your day and WIN. Get creative but keep it healthy! **The best tried and tested recipe (one from Australia and one from New Zealand) will receive a USANA Digestive Health Pack.**

How to Enter:

Email your recipe (which includes **Fibery™ Plus**) to: magazineanz@usana.com by Friday 31 December, 2010 to be in the running to win the USANA **Fibery Plus** Master Chef Competition!

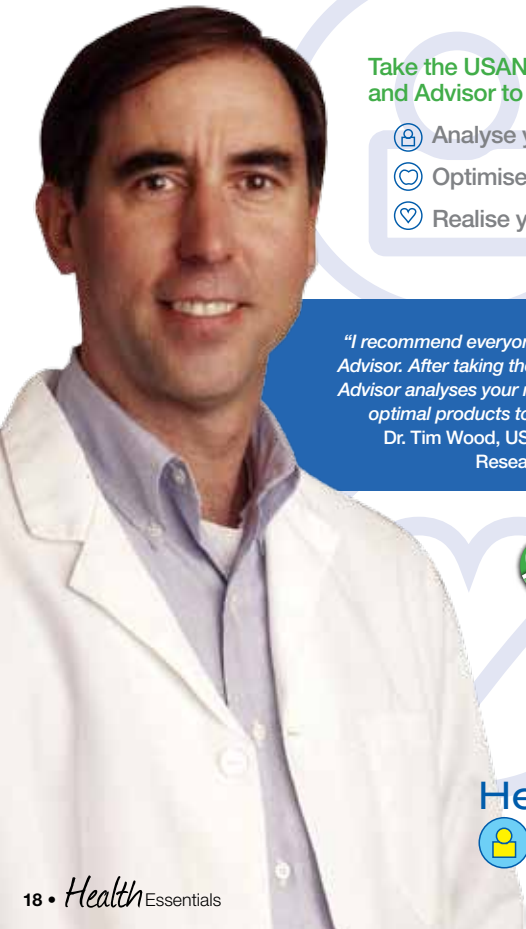
Prize Includes:

- 1 x **Fibery™ Plus**
- 1 x **USANA Probiotic**
- 1 x **HepaPlus™**






Terms & Conditions: Competition closes midnight Friday 31 December, 2010. Open to Australian and New Zealand residents. One winner in Australia and one winner in New Zealand. Judge's decision is final. Prize cannot be transferred or redeemed for cash. Only winner will be notified. Winner's name and response may be published in USANA print and/or electronic materials. RRP of pack is \$136.20 AU / \$174.00 NZ.

What Products Should You Take?



Take the **USANA Health Assessment and Advisor** to help you:

-  Analyse your nutritional needs
-  Optimise your diet & supplement regimen
-  Realise your full health potential

"I recommend everyone complete the Health Assessment & Advisor. After taking the simple health assessment, the online Advisor analyses your nutritional needs and recommends the optimal products to provide you with what you need."

Dr. Tim Wood, USANA Executive Vice President of Research and Development



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   **Health Assessment and Advisor**



Everyone wants to have healthy, radiant skin. But the reality is, we all experience skin conditions that affect us at different stages of our life, such as hyperpigmentation, sun damage, ageing (collagen depletion), skin discolouration, dry and itchy skin, hormonal acne and scarring.

There are a lot of treatments out there but skin experts agree that the best way to take care of your skin is choosing products with natural ingredients rich in antioxidants. Nourish your skin from the inside with a balanced diet and supplementation. Restore your complexion to a radiant, healthy glow with skin-care solutions and a targeted skin-care regime.

nourish your skin
from the inside out



Introducing Sensé™ Blanc Balance

Your complete brightening skin-care system

Reveal luminous skin and a healthy, balanced complexion with Sensé™ Blanc Balance

Brightening Radiance Serum & Brightening Moisture Masque work together to minimise discoloration, dark spots and fine lines.

Step up your skin-care with Sensé Blanc Balance. See the results for yourself!

For more information on Sensé Blanc Balance and the complete Sensé range visit www.usana.com

Illuminating *Moisturising*
Evening of Skin Tone
Nourishing
Firming
Whitening



Nutrition for Your Skin

Studies show that a range of vitamins and nutrients help improve skin health and appearance. There are many vitamins and minerals the body cannot produce, so make sure you are getting an optimal supply through diet and supplementation.

Vitamin C: Counter the effects of sun exposure and stimulate collagen production with vitamin C. It works by reducing the damage caused by free radicals, a harmful by-product of sunlight, smoke, and pollution. Free radicals destroy collagen and elastin, the fibres that support skin structure, causing wrinkles and other signs of ageing. Make sure you have enough vitamin C to replace the loss through the skin.

Vitamin A: Maintain and repair skin tissue with Vitamin A.

Vitamin B: Biotin is an essential vitamin B nutrient that forms the basis of skin, nail, and hair cells.

Vitamin E: It is a powerful antioxidant and vital in protecting skin cells from ultra violet light, pollution, drugs, and other elements that produce free radicals. Vitamin E helps skin look younger by reducing the appearance of fine lines and wrinkles.

Minerals: Your skin loves minerals, especially selenium, copper, and zinc.

Essential Fatty Acids: Omega-3 and -6 fatty acids, and alpha-lipoic acid can have remarkable effects on your skin. Essential fatty acids promote vibrant, healthy skin by stimulating the enzymes to produce structural proteins needed for the formation and maintenance of collagen and elastin.

Grape Seed Extract: Contains procyanidins, which are very potent antioxidants, helpful for diminishing the sun's damaging effects and fighting free-radical damage.



Did You Know?

Traditional Chinese Medicine suggests if you want to address any skin issues, it begins with your liver. Love your liver to keep your skin radiant.



Procyanidins in Grape Seed Extract

are potent antioxidants, helpful for diminishing the sun's damaging effects and fighting free-radical damage.

Sheila Zhou, BSc
USANA Regulatory Affairs and Technical Scientist

Meet USANA's health product expert, regulatory affairs and technical scientist, Sheila Zhou. Sheila works in conjunction with USANA's research and development team.

Q&A

The Expert



sensé
beautiful science™
skincare by USANA Health Sciences

Q. What is Sensé™ Patented Self-Preserving Technology?

A. USANA eliminated the need for using conventional preservatives such as parabens, yet still guarantee a two-year shelf life for our entire range of **Sensé** products. The **Sensé** patented Self-Preserving Technology utilises multiple "hurdles" to kill the microbes that might spoil a product or present a risk to the consumer. These hurdles include:

- Limiting water availability to microbes by using special botanical extraction process
- Controlling pH Level to below 5 thus making it difficult for microbes to survive
- Using active ingredients with dual function that nourish the skin as well as preserve the products.
- Improved packaging and closure to avoid user induced contamination to the products.
- The exceptional manufacturing environment at USANA's own manufacturing facility ensures a high quality, ultra-clean proprietary manufacturing process that serves as a strong hurdle to both microbes and competitors.
- Employing USANA's Patented Liquid Crystals that can deliver nourishing botanical extracts to skin, while at the same time serving an anti-microbial function.

Do you have a product question you would like answered? Write to magineanz@usana.com

For more Q&As go to Ask the Scientist on USANAtoday: <http://www.usana.com/dotCom/company/science/askthescientist>

Q. What are parabens and why has USANA eliminated the use of parabens?

A. Parabens have been widely used as cosmetic preservatives. More than one form of paraben is often used in a commercial product to assure broader anti-microbial protection.

There is some evidence that parabens may cause skin irritation and contact sensitisation in certain individuals. Dr. Wentz has had concerns about the use of parabens for some time. After years of research, USANA scientists developed our exclusive patented self-preserving technology, enabling USANA to eliminate the need for using parabens in **Sensé™** products.

Essential Skin Care

Your skin is yours for life so identify and follow a good skin-care regime and commit to it.

- **Cleanse, Tone and Moisturise** - These are three important steps for any skin-care regime. Choose a soap free and non comedogenic cleanser for cleansing your face twice a day. Toning helps remove excess oil, leaving your skin fresh and clean. And a good-quality moisturiser (free from parabens) will leave your skin feeling nourished and soft.
- **Sunscreen** - Protect your delicate facial skin from sun damage by using a moisturiser that contains a SPF. Limit exposure to the sun to avoid premature ageing.
- **Exfoliate** - Dry, lustreless skin results from over exposure to the sun. Use a gentle scrub to remove dead skin cells and expose newer, fresher skin underneath.
- **Serums** - Add a serum to your skin care regime for an instant boost of hydration and radiant skin.
- **Masques** - Facial masques address everyday skin issues, from hydration to hyper-pigmentation. Add a weekly facial masque to your skin care regime to rejuvenate your skin.

Healthy Skin Tip

Make sure you have the right nutrition to support your skin's functions from the inside, and adopt a good skin-care regime to maintain healthy, beautiful skin from the outside. Take a consistent approach to achieve optimal, long term benefits for your skin.

¹Sources: Current *Pharmaceutical Biotechnology*, June 2001, pages 187–200; and *Toxicology*, August 2000, pages 187–197



Antioxidants in
Your Skin Care is **A+**

Skin care rich in antioxidant ingredients give your skin the best results, especially with anti-ageing and rejuvenation. Look for them in skin-care products under these names: green tea, tocopherol (vitamin E), ascorbic acid (vitamin C), retinol (vitamin A), astaxanthin and tocotrienol among others.

Sticks & Stones WON'T BREAK OUR BONES!



To build strong bones, research shows that girls may need to start taking calcium and vitamin D supplements prior to early adolescence.

A recent independent clinical study demonstrates that USANA's Active Calcium™ Chewable supplement improves bone health in young girls. This study, led by Dr. David Greene at Australian Catholic University (ACU National), was published in a peer-reviewed journal *Osteoporosis Int.* on 11 June 2010.

The study was conducted to assess the impact of daily calcium and vitamin D supplementation over six months on trabecular and cortical bone acquisition using peripheral quantitative computed tomography (pQCT).

Twenty pairs of female identical twins, aged 9 to 13 years, were randomly assigned to receive either 800 mg of calcium and 400 IU of vitamin D3, or a matched placebo. This unique study using twins offers substantial advantages by controlling the additive genetic effects on bone mineral measurements during a period of strong genetic variance. Bone structural properties were measured at the beginning of the trial and at six months.

This study concludes that daily supplementation for a period of six months was associated with improved bone health as measured by increases in trabecular area, trabecular density and strength strain index. These findings suggest that earlier supplementation is needed in order to make the most of peak bone-building years.

According to lead author, Dr. Greene, "maximising bone during the growing years was essential to offsetting the effects of osteoporosis in later life."

Calcium intake throughout life is a major factor affecting the incidence of osteoporosis. It is important for children and teenagers to acquire optimal dietary intake for calcium required for the development of peak bone mass, as bone mass increases

by about sevenfold from birth to puberty and a further threefold during adolescence.

Results from the Australian National Children's Nutrition and Physical Activity Survey (2007) indicate that children, particularly 14–16 year olds were the least likely to meet the recommended intake of some micronutrient intakes such as calcium and magnesium, and therefore at greater risk for developing osteoporosis later in life. Considering that the total costs relating to osteoporosis are \$7.4 billion per year in Australia and over \$1.15 billion per year in New Zealand, a high-quality calcium and vitamin D supplement offers an affordable option to promote bone health during the formative years in life.

"Experts regard osteoporosis as a paediatric disease because the best time to prevent is during childhood and early adolescence," says Dr. Tim Wood, Executive Vice President of Research and Development at USANA Health Sciences, Inc. "We are delighted with the results of the ACU National study. They confirm the findings of a similar 2003 clinical trial conducted at the University of Utah. The ACU study design, in which one twin received Active Calcium™ Chewable while her sister received the placebo, goes a step further and factors out genetic influences."

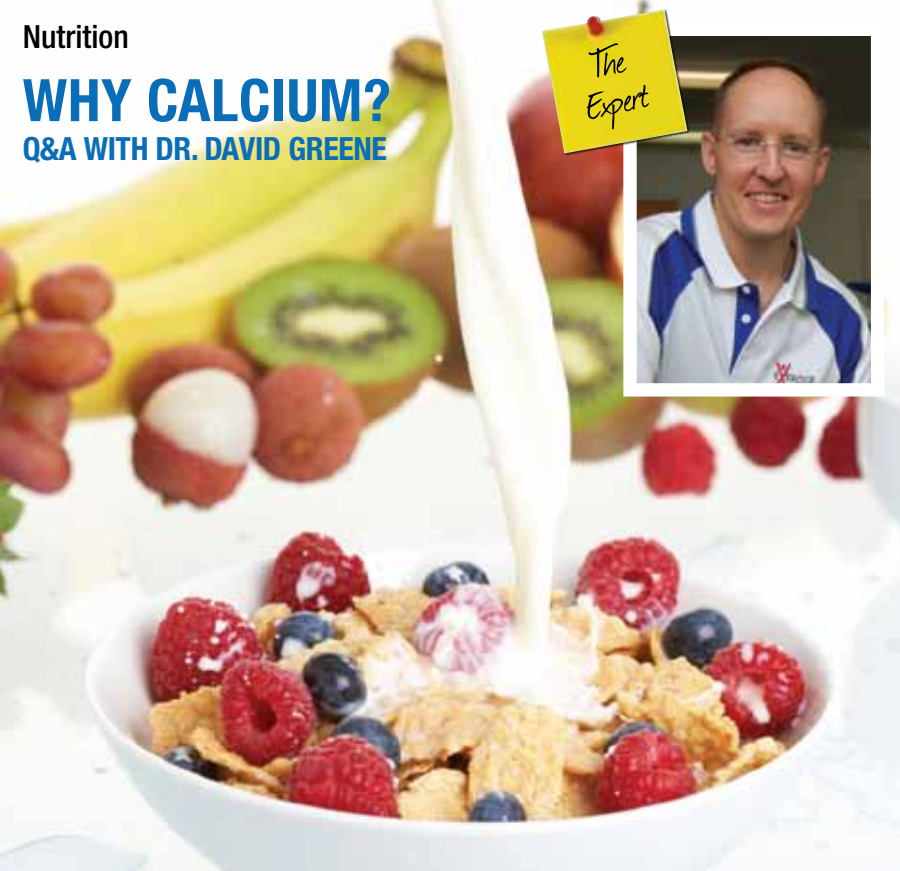


Sources:
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WHY CALCIUM?

Q&A WITH DR. DAVID GREENE

The Expert



About Dr. David Greene

Dr. David Greene is a researcher in the Centre for Physical Activity Across the Lifespan (CoPAAL) at the Australian Catholic University. David was awarded a fulltime scholarship to commence his PhD in 2002 and was based at the Children's Hospital at Westmead where he investigated the musculoskeletal health of elite, adolescent middle-distance runners. In 2003, David was awarded the John Sutton Award for Best Young Investigator (Basic Science) and the NSW Most Outstanding New Research Talent in Applied Sports Medicine. After receiving his PhD in 2005, David has primarily focussed on children and adolescent musculoskeletal health and has worked with organisations such as the NSW Institute of Sport, Gymnastics Australia, Athletics Australia, Water Polo NSW, the Australian Racing Board, the Australian Jockey Association, and the Australian Twin Registry. David has presented his work nationally and internationally and is currently a Chief Investigator on an Australian Research Council (ARC) grant.

1. Why do we need calcium?

Calcium is an important nutrient that assists with bone development, muscle and nerve functioning, it helps regulate heart function, assists with blood clotting, and has a role to play with the release of certain hormones (eg: insulin)

2. How much calcium should I be getting?

Calcium consumption is age-dependent because our needs change across the lifespan. Generally, the following amounts are recommended:

- Growing children: 700 – 1000 mg per day
- Adolescents: 1200 (girls) – 1500 (boys) mg per day
- Adults: 800 (males) – 1000 (females) mg per day
- Pregnant women: 1000 – 1200 mg per day throughout final trimester
- Old Age: 800 (males) – 1200 (females) mg per day

3. If I need a supplement, which one should I take?

There are two main forms of calcium in supplements, namely carbonate or citrate. When the supplement is consumed with food, calcium carbonate is preferred, whereas the body can absorb calcium citrate equally effectively with or without food. Look for a supplement that is high in 'elemental calcium' and avoid consuming the supplement in one sitting because absorption is compromised in doses that exceed 500 mg.

4. Some calcium supplements include vitamin D – does that make a difference?

Yes, the body needs Vitamin D to maximise intestinal absorption of calcium.

5. Does calcium prevent fractures?

Research shows that diets containing insufficient amounts of calcium prevent bone from becoming optimally mineralised. Low bone mineral content is associated with increased fracture risk. In people aged 50 years and older, there is some evidence to support the use of calcium, or calcium in combination with Vitamin D supplementation, in the preventative treatment of osteoporosis.

Our research group (Centre for Physical Activity Across the Lifespan) has recently demonstrated dramatic skeletal benefits from 6 months calcium and vitamin D supplementation in peripubertal female identical twins.*

*See clinical study on page 25.



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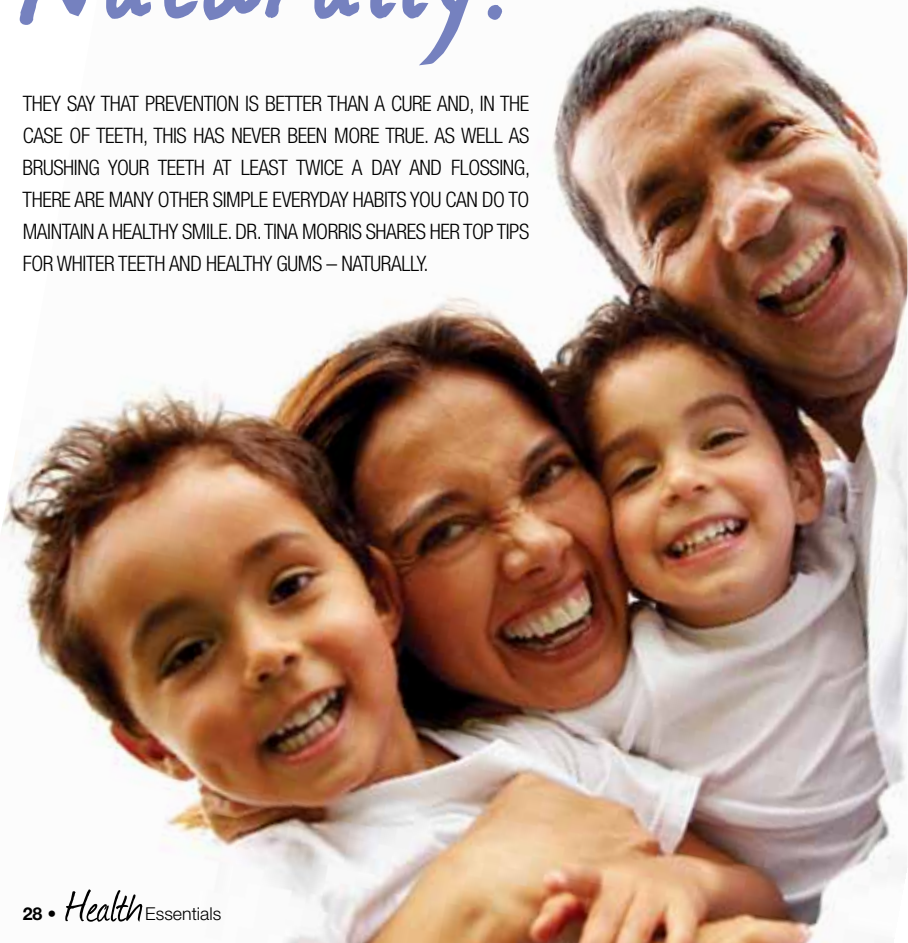
USANA's unique formula contains advanced levels of calcium, magnesium, and vitamin D to optimise bone mineralisation and ensure proper calcium intake.



WHITE TEETH AND HEALTHY GUMS

Naturally!

THEY SAY THAT PREVENTION IS BETTER THAN A CURE AND, IN THE CASE OF TEETH, THIS HAS NEVER BEEN MORE TRUE. AS WELL AS BRUSHING YOUR TEETH AT LEAST TWICE A DAY AND FLOSSING, THERE ARE MANY OTHER SIMPLE EVERYDAY HABITS YOU CAN DO TO MAINTAIN A HEALTHY SMILE. DR. TINA MORRIS SHARES HER TOP TIPS FOR WHITER TEETH AND HEALTHY GUMS – NATURALLY.



Expert **OPINION**

Dr. Tina Morris is a practising Dentist at Cottesloe Dental in Perth, Western Australia. She works in a family Dental Practice and is involved in a wide range of treatments including Preventative, Cosmetic, General and Surgical treatments. She believes strongly in continuing education and attends many national and international courses to maintain a high level of knowledge. She is also a USANA Associate and advocates preventative health for all aspects of her patients' and her family's life.

Dr. Tina Morris
Perth, Western Australia



Serious health conditions often show as the first symptoms in your mouth. Researchers have found potential links between gum disease and cardiovascular disease and diabetes. Healthy teeth and gums not only create a better smile, it's better for your overall health too!

For naturally whiter teeth and healthy gums:

Brush your teeth well twice a day

You should always use a soft tooth brush and use a 'jiggling' motion with the toothbrush angled at 45 degrees towards the gums. Use gentle pressure to massage the gums while removing accumulated plaque.

Floss daily

Although we may find it tiresome – it's really important to floss. Flossing removes plaque, food and bacteria that cannot be removed by brushing alone. It doesn't matter when you floss, as long as it's once a day. If you have never been taught the correct way to floss, next time you are at the Dentist ask them to show you. It gets a lot easier with practise!

Avoid sugary sweets and snacks between meals

Every time you eat your mouth becomes acidic and some minerals are lost from the teeth. In the normal course of the day the saliva will replenish these minerals, keeping the teeth strong. If you constantly snack, especially on sweet or acidic foods and drinks the saliva never gets the opportunity to replace the lost minerals in the teeth and decay will eventually start. Drinks including cola and other soft drinks are especially high in sugar and acids. Fruit juices and sports drinks can also be high in sugar and acids and shouldn't be continually sipped during the day. Chewing sugar free gum after a meal increases saliva flow and helps to decrease the acidity of the saliva faster.

Did You Know?

Strawberries contain a natural tooth-whitening enzyme which can help to whiten your teeth and brighten your smile.



Dental Health

Drink lots of water

Drinking plenty of water keeps your gums hydrated and stimulates the production of saliva, which in turn helps fight bacteria. Rinse your mouth with water, especially after meals, to remove debris from your teeth. Caffeine, some medications, and dehydration can also make your mouth dry. This makes the teeth at a higher risk of decay.

Look for ways to strengthen your teeth

Our teeth get their toughness from calcium and other nutrients that we take in through food and supplements, and for teeth, the more calcium the better. Make sure you're getting enough calcium in your diet to help strengthen teeth and improve gum hygiene.

Visit your Dentist every 6 - 12 months

As with any disease, prevention or at least early detection minimises the amount of treatment you require. Certain foods and drinks can stain your teeth and create a build up of calculus or tartar. This not only looks bad but attracts more bacteria that can damage your gums.

Always wear a mouth guard when playing contact sports

By taking care of your teeth and mouth you can keep your smile looking and feeling its best at all times. You can also help to improve your overall health – which will really keep you smiling!



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Natural Whitening Toothpaste has a new refreshing mint flavour, and contains no artificial colours, flavours, or sweeteners.

Now that's reason to smile!



Natural Whitening Toothpaste - for a brighter, whiter smile!

LIFE WITHOUT THE NAGGING PAIN

It's just a little nagging pain on the lower back. It could be a twinge, or a dull, constant ache, yet leaves the individual suffering or incapacitated.

Lower back pain is the sixth most common reason for visiting a general practice and the most common type of chronic pain. It is estimated that between 70-80% of adults will experience an episode of back pain at some time in their lives.

The Expert



USANA's health product expert - regulatory affairs and technical scientist, **Sheila Zhou**. Sheila works in conjunction with USANA's research and development team.

The Cause of Lower Back Pain

The back is an intricate structure of bones, ligaments, muscles, nerves, and tendons. Back pain can arise from soft tissues, bony parts of the back, and joints holding the spine in alignment. Low back pain is an ailment with almost indefinite causes. The most common mechanical cause of back pain is intervertebral disc degeneration, when the discs located between the vertebrae of the spine break down with age. Injury from sprains and strains, and some medical conditions (such as osteoarthritis and osteoporosis) can also cause back pain.

Risk Factors

One or a combination of the following common risk factors can contribute to lower back pain:

- Poor postures
- Being overweight or obese
- Sedentary lifestyle
- Back and abdominal muscles lacking in strength and flexibility
- Ageing
- Occupational exposure (e.g. repetitive bending and lifting)
- Emotional stress

Managing Lower Back Pain

Acute lower back pain usually gets better on its own without treatment, or responds well to medication. However it can tend towards recurrent relapse if not managed properly. Chronic back pain represents one of the most common causes of disability across all age groups. The key to managing lower back pain is to maintain function and movement, and to prevent recurrence. Severe, unusual recurrent back pains should be investigated by a health care professional for serious pathology underlying lower back pain.

Conventional medicines such as analgesics, NSAIDs (Non-Steroidal Anti-inflammatory drugs) are commonly prescribed for symptomatic relief. Nutritional supplements and alternative therapies offer effective adjunct treatment options. Ther following are a few simple tips to help you manage chronic pains.

Natural Analgesia – Some nutrients are commonly used for the relief of chronic pain associated with arthritis and lower back pain.

- Glucosamine sulphate is an effective agent in decreasing joint stiffness, reducing symptoms of pain and joint inflammation, and improving joint mobility in people with osteoarthritis, and may be beneficial for back problems associated with osteoarthritis.

- Omega-3 EFAs from fish oil have anti-inflammatory properties. Regular intake of a fish oil supplement has been shown to reduce swelling and joint pains, and improve morning stiffness and joint tenderness.

Nutrients for Strong Bones and Muscle Strength

- Vitamin D deficiency has been reported in patients with lower back pain. Vitamin D supplementation aids in the absorption of calcium and in the maintenance of strong bones, and may provide protection against osteoporosis.

- Calcium is critical to bone health. Calcium supplements help to attain peak bone mass and prevent osteoporosis.

- Magnesium deficiency is very common. Magnesium plays an important role in regulating muscle activity. A magnesium supplement is often used to help reduce muscle spasm and pain.

Active Recovery – Light exercise twice a week such as walking, aerobics and light-weight lifting can reduce symptoms of chronic pain, and improve bone density in the lower back.

Stress-free – Pain is more than a physical sensation, anxiety and fear can increase pain intensity. Reducing anxiety and depression is a priority in management of chronic pain. Try meditation, yoga or relaxation techniques.

Alternative therapies – Physiotherapy, massage, chiropractic and osteopathy may aid the healing process. Talk to your health care professional about these treatment options.

How can you prevent it?





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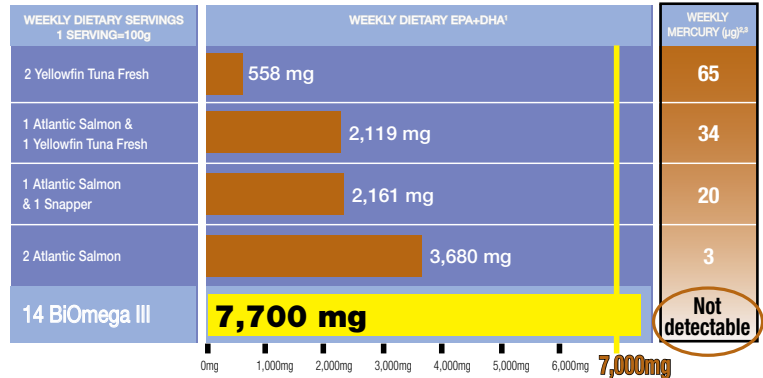
For good health, many experts suggest that adults consume at least 1 gram of omega-3 fatty acids daily, or 7 grams (7000 mg) total per week.

As part of a healthy diet, fish is a great source of omega-3 fatty acids. Yet, due to concerns about mercury and other contaminants, National Health & Medical Research Council (NHMRC) Dietary Guidelines advise eating one to two fish meals per week, with a limit of 80-120 grams per serve of fish. This makes it difficult to get the recommended amount of omega-3s from diet alone. That's where the BiOmega™ III dietary supplement comes in.

By taking BiOmega III as part of a balanced diet, you can be sure you are getting the right amount of pure omega-3s.

A Better Choice for Your Health

This chart illustrates how much mercury and EPA+DHA you would be getting if you ate two 100 g servings of some common fish in one week.



1. From USDA database: <http://www.nal.usda.gov/fnic/foodcomp/search/> accessed 4/11/08
 2. From FDA database: <http://www.cfsan.fda.gov/~frf/sea-mehg.html> accessed 4/11/08
 3. The safe level of mercury determined by the EPA is 0.1 micrograms per kilogram of body weight per day: http://www.ama-assn.org/ama/pub/category/15842.html#human_health_effects accessed 4/11/08.
 Vitamin supplements should not replace a balanced diet. USE ONLY AS DIRECTED. ALWAYS READ THE LABEL.

Prevention Strategies

- **Take care** – while bending, lifting, and twisting. Maintaining good posture can prevent and decrease back pain.
- **Exercise regularly** – Low-impact aerobic, core-strengthening exercises, walking and swimming help to keep back muscles strong and flexible. Stop any exercise that aggravates excessive or unusual pain.
- **Manage weight** – Excess weight has been directly linked with the increase of back pain. Maintaining an ideal weight is very important.
- **Quit smoking** – Smokers have diminished oxygen levels in their spinal tissues that can hinder the healing process.

Disclaimer: The information provided in the article is strictly educational. It may not be used to promote USANA products, nor is it intended as medical advice. For diagnosis and treatment of medical conditions, please consult your health care professional.

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Expert

OPINION LOWER BACK PAIN

Physiotherapists of Active Physio Group



Siobhan Roebuck is the owner and Principal Physiotherapist of Active Physio New Plymouth, NZ. Qualified in the UK in 1996 and working largely in the hospital sector, Siobhan moved to NZ in 2002 and has since worked in private practice in New Plymouth. Special interests include clinical Pilates, exercise based rehabilitation, breathing pattern disorders and injury prevention.

Siobhan Roebuck
BSc (hons), Dip Orth Med, Bradcliff Practitioner



<http://www.physio.co.nz>

Helen Walker is the owner and Principal Physiotherapist of Active Physio Takarini, NZ. Helen graduated in 2003 and has worked in private physiotherapy since. She has extensive experience in sports medicine working with elite athletes. Special interests include women's health, clinical Pilates, nutrition and exercise rehabilitation.

Helen Walker
BPhy (Otago), Cert Food and Nutrition



Get Fit for a Healthy Back

One of the best ways to manage lower back pain is by improving your general physical fitness with cardiovascular exercise. Research shows that people who are physically fit have less low back pain. Cardiovascular exercise that makes you warm and slightly out of breath, is excellent for improving the blood supply to your muscles and ligaments.

Flexibility and core strength is also fundamentally important to your balance and posture. Try standing on one leg with your eyes closed. Are you able to do so in an aligned posture for more than a few minutes? No, well the good news is there are many activities you can incorporate to your day that will help improve your physical fitness and overall back pain. Some examples include:

1. Walking
2. Swimming / aqua-aerobics
3. Running
4. Cycling
5. Aerobic classes
6. Gardening
7. Golf

Before starting an exercise program, it is important to be assessed by a physiotherapist for an accurate diagnosis and treatment plan.

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Q. What should I do if I hurt my back?

A. Firstly, don't panic! It's best to keep moving, and have short periods of rest as you need to. Use simple methods to control the pain and muscle spasm such as heat. It is wise to be assessed by a physiotherapist for an accurate diagnosis and treatment plan. If you have any numbness or loss of bladder/bowel control, seek medical advice immediately.

Q. What kind of exercise will help me recover from a back injury?

A. This can depend on the nature of your back injury, but generally simple exercise such as walking helps. You need

to keep mobile to avoid stiffness and muscle weakness. Stretches and stabilisation exercises can help you recover and reduce the risk of recurrence.

Q. How do I prevent back injuries?

A. The increase in back injuries is directly related to our relatively inactive modern lifestyles. We are generally weaker, stiffer, less fit and sit more than ever before. These all contribute to back problems. We need to get stronger and fitter, and be more aware of our postures to avoid slouching. Your physiotherapist can perform a postural assessment and give advice and exercises to rediscover good posture - it will also make you look taller and slimmer!



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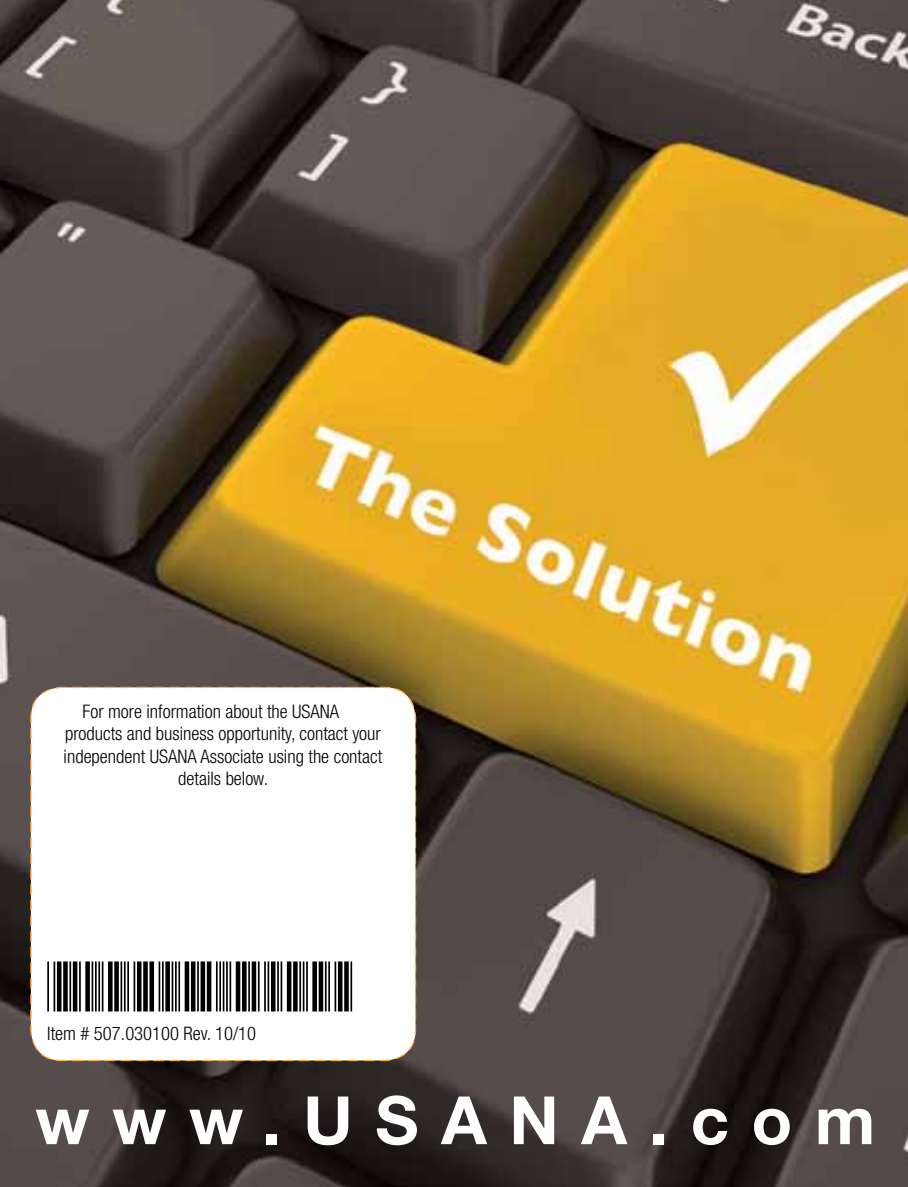
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