

SYNERGY TIMES

Synhealth@yahoo.com / 336-218-7099 / www.synergy-health.biz

What is GLA?

With all the attention paid to omega-3 fish oils, it's easy to overlook gamma-linolenic-acid, an omega-6 fatty acid with very impressive anti-inflammatory properties. The research on GLA has shown to help restore normal fatty-acid metabolism, as well as, Rheumatoid Arthritis, overuse sports injuries, psoriasis and eczema, asthma, weight maintenance, and perhaps the most promising and most experimental use of GLA may be in the treatment of cancer. We offer GLA in several forms.

Alkaline Water

We've had quite a plethora of people that are showing interest in alkaline water in recent months. We just wanted to make sure that everyone knew that we offer alkaline water by the gallon and that we also offer several types of containers in order for you to handle your water needs. We have 1 gallon, 5 gallon, and various stainless steel bottles to choose from. Also, we will soon have a 2 gallon polycarbonate bottle with a spout for added convenience.

Alpha-GPC

Alpha-GPC (Hormones and Pharmacological Agents March 2008) at 600 mg was given to experienced weight resistance participants.

A 44 fold increase in press strength was experienced in 90 minutes.

This is the first time an oral supplement has had this kind of dramatic effect on growth hormone.

Most of what we read about in the benefits of hgh with anti-aging is related to injections at a very high cost.

This supplement (Alpha GPC) has traditionally been used to improve brain function by increasing acetyl choline and helping Alzheimer's, dementia, and age related cognitive decline.

We are very excited about all these benefits with no known side effects or drug interactions.



Synergy News

- Now available, custom bamboo or cherry wood cutting boards. These extremely hard, durable surfaces are great for food prep and counter saving.
- We have many products at a savings of up to 50% off right now. In these hard economic times we would like to offer these savings to our valued customers so that we may continue to give you quality products at a discounted price.
- Adding to our other fine laundry detergents, we will soon be getting Zum liquid laundry detergent in a fresh new lavender scent.
- For our Gluten/Wheat free section, we have added a multi-grain penne pasta from DeBoles made with rice, quinoa, and amaranth. Sounds delicious!
- We will soon be carrying organic, green greeting cards. There are some for every occasion. Help save the environment one card at a time.

Coming soon: Fresh wild salmon! Caught on Tuesday and delivered to us on Thursday straight from Alaska. Call us for pricing information.

Resveratrol

With all the media attention about resveratrol, we thought it best to take a realistic look at its benefits. The resveratrol product we carry is equal to 440 glasses of red wine per capsule. This strength is what has been used in most studies for antioxidant and anti-aging benefits. Great cardiovascular support as well as strong cellular protection can be achieved in 1-5 capsules per day. Glaxo-Smith-Kline is working on a prescription form of resveratrol as we speak. I hope they do a better job than with fish oil, as all that did was make your health insurance company pay absurd prices for the same pharmaceutical quality product that we carry. The amounts of resveratrol given to mice were incredibly high and we really don't have a specific condition to treat with this nutrient, so we will have to wait and watch as to the real nature and benefits of resveratrol.