

Optimal Health Digest

Volume 1, Issue 2 • Winter 2002

Optimal Health Begins with Proper Nutrition

A Newsletter for those on the Path to Radiant Health, New Vitality & Peak Performance

Feed the Children: Is There an Answer To End World Hunger?

Getting the proper nutrition to millions of severely malnourished children and babies in the world is not easy. Many consider it an impossible task. Dr. Donald Snyder talks about his battle to end world hunger . . . *Continued on pg. 2*

Take Our Test . . . Do you suffer from any of the following?

- Acne or Eczema
- ADD or Hyperactivity
- Aging too fast
- Allergies to food
- Arthritis
- Asthma
- Brain fog or memory loss
- Cancer
- Candida
- Depression
- Diarrhea
- Fatigue
- Fibromyalgia or Lupus
- Migraines
- Irritable Bowel
- Sinus infections

You may have something called **Leaky Gut!** The **SECRET** to healing all these and more is to **Heal the Gut First!** To find out **HOW**, see **page 4**.

* From *Optimal Digestion* by renowned gastroenterologist Dr. Trent Nichols, Jr., M.D. and Nancy Faass, MWS, MPH.

Did you know 55 million suffer from **Irritable Bowel Syndrome?** There is a solution from **Mother Nature!**

See Page 4



Intestive® Gave Me a New Start in the Race of My Life

Champion triathlete JulieAnne White stepped up to the starting line. This was her year to win the Hawaiian Ironman. She placed second the year before. She had no idea what would befall her at the finish line. As she crossed the line—in seventh place—she collapsed and was rushed to the hospital. JulieAnne had an ischemic attack (or stroke) of the colon. She almost died.

“After surgery, I suffered from inflammation, adhesions, scar tissue, food sensitivity and malabsorption. My doctor said I would have these for the rest of my life. My nutritionist suggested **Intestive®** with **SEACURE®**, Colostrum and Boswellia to get my digestive system and me back on track” . . . *Continued on pg. 3*

Intestive® or Intensive?

When **Proper Nutrition** introduced **Intestive®**, their new product for complete intestinal and bowel support, no one knew there would be such controversy over the name. . . *Continued on back cover*



My Vet Prescribed Intestive® To Support Pepper's Healing

Dear **Proper Nutrition**,

I was at my wits' end to get my bunny Pepper the proper nutrition he needed to support him in recovering from a serious, chronic illness. My vet suggested Pepper start on a formula of canned pumpkin and applesauce mixed with **Intestive®** containing your fish protein **SEACURE®**.

Pepper had been ill since Easter with two, degenerative, bacterial diseases common to bunnies. He also had a huge tapeworm and, from all of the stress on his system, came down with pneumonia. In short, Pepper was a deathly ill bunny — near to impossible to nurse back to health — until my vet suggested a way to use **Intestive®**. Can you imagine a fish-loving bunny? . . . *Continued on pg. 3*

In This Issue:

- **Digesting It Right:** New research on IBS and Leaky Gut Syndrome . *Page 4*
- What **Dr. Julian Whitaker**, **Dr. Christiane Northrup** and **Dr. Sherry Rogers** are saying about **SEACURE®** and **Intestive®** *Page 6*
- See Our **Special “Buy It & Try It” Savings** on **Intestive® PLUS** a **FREE Bonus Book** on Natural Health and a 90-Day Guarantee *Page 7*
- Look for the **authentic SEACURE® Logo** **BEFORE** you buy *back page*

Dr. Donald Snyder Talks About Ending World Hunger...Continued from cover page

In the 1960s, **Proper Nutrition's** founder Dr. Donald Snyder led a charge against world hunger with the creation of an inexpensive, easy-to-digest protein for feeding the world's undernourished children. Dr. Snyder tells his story:

Did you know that the end to world hunger was a very possible reality over 40 years ago? It was so real, in fact, that winning the battle against malnutrition consumed most of my professional career. As head of the U.S. Department of the Interior Fisheries Research Lab and an expert in the nutritional, ecological and economic use of fish, I developed an exciting project to deliver underutilized fish from our oceans as a protein concentrate to end world hunger.

This project focused particularly on malnourished children in third world countries to supplement their starch-filled diets. I can still feel, see, smell, hear and taste the sights and sounds that surrounded the children I met as I traveled to some of the poorest neighborhoods in South America. I was sickened by the up-close look at poverty and the reality of hunger.

These poignant memories propelled me to do something to make a difference in the lives of children facing starvation.

I sent an urgent message around the globe (this was before email!), and research stations all over the world responded with ideas on how to convert whole fish into a stable protein-rich powder that we called FPC (fish protein concentrate). In my opinion, the very best was the method presented by Dr. Victor Bertullo of Uruguay because it was unique — it used a biological method to digest whole protein into bioactive peptides and individual amino acids.

I knew this was significant, because starving children often lose their ability to properly digest protein. Dr. Bertullo's method digested the protein for them! His innovative method retained all of the original nutritional value of quality fish protein while delivering it to the body in a highly absorbable form. Dr. Bertullo's FPC is what we now call **SEACURE®**.

Excited by its potential use worldwide, we made the FPC technology available to the World Health Organization to aid in famine relief. However, the increased cost of fishing, politics and a host of other reasons put the use of FPC for world feeding on hold.

My efforts didn't stop there. We moved forward and concentrated on the protein's clinical benefits instead. Years of research, benefiting thousands of undernourished children and hospitalized patients, followed. We observed exciting, often immediate results when **SEACURE®** was used for those with intestinal disorders in particular.

Although that was many years ago, I did not give up my dream of feeding the world. My dream led me to found **Proper Nutrition Inc.**, bring **SEACURE®** to the market for medical professionals and develop **Intestive®** for those with intestinal or chronic conditions. Through



a dedicated staff at **Proper Nutrition**, FPC technology was not lost!

I still hold on to the dream that tomorrow will bring new support of FPC technology to benefit the world's hungry children. Share my dream in whatever way you can.

Very truly yours,

Dr. Donald Snyder

CEO of **Proper Nutrition Inc.**,
makers of **Intestive®** & **SEACURE®**

Dr. Snyder is recognized as a world leader in nutritional research. He served on the U.S. Interdepartmental Committee on Nutrition and the United Nations Expert Protein Advisory Committee. As a member of the Food & Nutrition Board of the National Academy of Sciences, he led international efforts to transform ocean fish into a protein concentrate to fight world hunger. Dr. Snyder also consulted on world feeding issues for the World Health Organization, the United Nations, the U.S. State Department, foreign government and private organizations worldwide.

Note: **Proper Nutrition Inc's **SEACURE®** and **Intestive®** with **SEACURE®**, **Colostrum** and **Boswellia** are the direct results of the past 40 years of research and refinement focused on FPC technology.*

Support 'Feed the Children'

Proper Nutrition Inc continues its quest to end world hunger by supporting **Feed the Children. Feed the Children** reaches all 50 states and over 80 countries with food for 95,000 children every day of the year. We are proud to name this quality organization as our charity of record. To learn more or to make a donation, call **1-800-874-7744** or visit **www.feedthechildren.org**.

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to diagnose or treat any disease.
Please consult your physician before
using any nutritional product.

Race of My Life....Continued

After completion of the 1993 Ironman in Kona, Hawaii (the race consists of a 2.4 mile swim, a 112 mile bike ride followed by a 26.2 mile marathon), I collapsed and was rushed to emergency. Within twelve hours I had half my large intestine removed — I was suffering from peritonitis and my system was septic. Due to the severity of my condition, I was given a colostomy (that now has been reversed). For a time, I suffered from malabsorption, scar tissue and adhesions due to the number of surgeries. In short, I was forced into retirement from triathlon.

In 1996, my nutritionist, Dr. Kathi H., N.D., suggested I try **SEACURE**®. When **Intestive**® with **SEACURE**® first came out, I decided to try that.

The results have been phenomenal! My strength returned and my health is exceptional. I returned to running competitively in 1997 and have not

looked back since. I now train and compete with the same success I enjoyed before my surgeries.

Intestive® with **SEACURE**® enables me to enjoy a wonderful, healthy life once again. **Intestive**® allowed me to return to competition!

Thank you **Proper Nutrition** for making a superior supplement.

Intestive® continues to be an exceptional product for me!

Sincerely,

JulieAnne White



Fish Eating BunnyContinued from cover page

I heard about **Intestive**® from a friend when I was looking for something to keep my Candida under control and get some high quality protein into a high-stress life with an eat-when-I-can diet too high in carbs. Then I read how **SEACURE**®, a predigested fish protein and a main ingredient in **Intestive**®, had been used for babies suffering from malnutrition. I wondered . . . would a bunny, who was losing weight and in this very ill state, eat something with fish in it?



Bunnies have very fragile digestive systems and need to ingest a thing

they excrete. Pepper was in a diaper due to incontinence and was not getting this important nutritional source. The antibiotic he was on for the pneumonia takes a toll on the digestive system. Pepper needed something to get his digestive system back fast.

So I showed **Intestive**® to my bunny vet. She said **Intestive**® with **SEACURE**® looked like a wonderful way to get protein into him and the other things would benefit his digestive system. She said to open the capsule and mix it with canned pumpkin and applesauce.

Pepper loved it! He gobbles his **Intestive**® formula like it's a gourmet dish! I feed him this mixture three to four times a day in addition to fresh greens. He is gaining weight. His leg had sores from urine burn and the bacterial infection. Now it is pink and healthy-looking. The fur on his hind end is growing back. His eyes are bright and the snuffles from the pneumonia are gone. He no longer has belabored breathing and his elimination is regular.

Thank you **Proper Nutrition** for making this wonderful product and for giving Pepper a second chance! To Pepper and me, **Intestive**® is as important as fresh air, water and a good vitamin/mineral supplement everyday! **Intestive**® is helping to save my bunny Pepper's life and putting us both on the path to optimal health!

Love,

Pepper & Sue, Wyomissing, PA

Editor's Note: Cats and dogs benefit, too!

From IBSGroup.org

July 31, 2001

Dear **Proper Nutrition**,

Intestive® is truly AMAZING for me! I was a long-time sufferer of LGS/IBS—it was quite bad the past year. In just four days of 4-6 caps/day of **Intestive**®, I noticed minor improvement in bowel function and energy. This was very encouraging! It's now nearly two months since I started taking **Intestive**®. I can't believe how much better I feel. Now I take two capsules at night and one or two during the day. I tried many products before **Intestive**® to no avail—Swedish bitters, digestive enzymes, flax seed, fish oil—some even seemed to make my problems worse. I didn't have a lot of hope for **Intestive**®. I just had a gut feeling (pardon the pun) I should try it—it was something that seemed so healthy it couldn't hurt. Two friends just ordered **Intestive**® and one bought a box from me. He'll probably buy more himself. I'll continue to spread the word! I learned about **Intestive**® from a banner at www.ibsgroup.org.

Thanks again,
Michelle S.

Note: Look for more testimonials on our website!

Increase Your Body's Fuel Efficiency!

Think about it. All of the functions of the body require fuel or nutrition provided as food, drink, vitamins and supplements. If your digestive system isn't working at top efficiency, your body won't get all the benefit of the fuel you're pumping into it. **Intestive®** **Intestinal and Bowel Support** increases your fuel efficiency by squeezing more out of your food, vitamins and supplements.

Get Serious about Leaky Gut! An intestinal lining that is healthy and working properly plays two important roles: **First**, it absorbs nutrients from fully digested foods, vitamins and supplements. **Second**, it serves as the barrier to unwanted substances traveling in the intestine (still "outside" the body).

We don't often think of food particles, chemicals and bacteria that travel through our intestines as being **external** to the body, but they are. The cells of a healthy intestinal lining are designed to absorb only **properly digested** food particles – proteins, carbohydrates, fats, vitamins and minerals – and then pass these nutrients on to the blood stream. At the same time, they are programmed to block large, **undigested** food particles and unwanted substances — pathogenic bacteria, problematic yeasts like *Candida albicans*, environmental toxins and chemicals from processed foods – that can act as catalysts for disease.

When the gut is compromised — by **infection** (Candida), **trauma** (surgery — see our story on page 3 of a world champion triathlete who recovered from a life-threatening intestinal disease), the overuse of certain medications (**antibiotics** and **aspirin**), and **food allergies** (gluten intolerance) – damage and inflammation of the intestinal lining can result. This is what health professionals call **Leaky Gut Syndrome**.

A "leaky gut" is unable to properly absorb nutrients from the foods we digest. Even if you eat high quality proteins, fruits and vegetables, you're not getting their full nutritive value. In

addition, toxins and large, undigested particles of food, meant to provide you with life-sustaining nourishment, are allowed to penetrate the intestinal wall and enter the body. These foreign invaders are attacked by the body's immune system leading to allergic reactions, increased inflammation and a host of health conditions. A vicious cycle indeed!



Some of the obvious conditions associated with **Leaky Gut Syndrome** are **Irritable Bowel Syndrome** (IBS), food and chemical sensitivities, **Inflammatory Bowel Disease** (IBD), **Chronic Fatigue**, **Candida** and pain. Other conditions — such as the ones listed on our cover page — are not so obvious, like autoimmune diseases, respiratory and neurological problems, impaired brain function, skin disorders, accelerated aging and arthritis. To effectively deal with these, you've got to **heal the gut first!**

To heal the gut and completely support your digestive tract, **Intestive®** combines three well-known, natural ingredients – **SEACURE®**, **Colostrum** and **Boswellia** – into one unique, proprietary formula that:

- Rebuilds your damaged intestinal lining.
- Supports your immune system at the intestinal level.
- Stops chronic intestinal inflammation forever!

By healing your gut with **Intestive®**, you now have the opportunity to:

- Get the most from your food and supplements.
- Eliminate sensitivities to certain foods.
- Stay free of environmental toxins and chemicals.
- Fight off infection.
- Feel better than you have in years!

Intestive® helps you get control of your life! See page 7 for easy ordering information, a special offer, free shipping and a free gift! **Take control of your life today!**

Research Update: **Intestive®** is safe and effective for IBS and Leaky Gut!

■ **Intestive®** provides bioactive peptides backed by a 40-year history of safe clinical use. One study of 218 school-aged children and another study of 3200 premature, malnourished infants and children demonstrated the safety, tolerance and benefit of 1 to 3 grams of the peptides both orally and by tube feeding. A select committee of the Food and Nutrition Board of the U.S. National Academy of Sciences previously endorsed the safety and effectiveness of a concentrate of protein from fish, such as that found in **Intestive®**.

■ In a recently published study (August 2000), Carol Engleder, MD, reported reduced symptoms of diarrhea and constipation, bloating and gas in **IBS** patients taking the fish peptides in **Intestive®**. (For reprints, see page 6.)

■ Another study (October 2001), presented to the American College of Gastroenterology by Trent W. Nichols, MD, demonstrated the effectiveness of peptides from **Intestive®** in reversing **Leaky Gut Syndrome**.

■ To receive **FREE** copies of studies or scientific literature regarding peptides and protein, including Dr. Snyder's Protein Fundamentals, call our office at **1-800-555-8868**, send an email to **info@propernutrition.com** or print off our website at **www.propernutrition.com**. You can find additional research under **Products/Intestive** and **News/Articles** on the web site.

What Do You Get When You Combine Fish+Cows+Mother Nature!

The secret to a healthy intestine is **Intestive®**, and the secret to **Intestive®** is the unique ingredient called **SEACURE®**. Gastroenterologist and author of *Optimal Digestion*, Dr. Trent Nichols conducted some of the recent research on the use of **SEACURE®** to heal **Leaky Gut**:

“Seacure is composed of peptides, which are the building blocks of protein, extracted from predigested white fish. Many of the small peptides contained appear to duplicate growth factors. So the effect you get on the GI tract far exceeds the small number of capsules recommended per day . . . the effect on conditions like Irritable Bowel Syndrome and Crohn’s can sometimes be very profound. These particular peptides appear to act as growth factors to help heal the lining of the GI tract.”

Until recently, **SEACURE®** was available only through health care professionals, including Dr. Jeffrey Moss of Hadley, MA, who insists that maintenance of gut integrity and absorption is essential to good health. Of all available protein supplements, Dr. Moss uses **SEACURE®** because most of its protein content is in peptide form and these *“peptide fragments have potent biological activity, influencing hormonal, immune and neurological functions, which in turn affect both local (gut) and systemic (entire body) health.”*

Intestive®, with **SEACURE®** as the primary ingredient, is available to the general consumer direct simply by calling or ordering online. (See page 7 for information on ordering **Intestive®**.)

Intestive® contains two important, additional ingredients — **Colostrum** and **Boswellia** — to promote complete intestinal health.



Colostrum, mother’s milk, is a natural substance that delivers a powerful combination of immune factors and peptides that supports a strong, healthy immune system, helps speed up recovery and promotes well-being. It supplies immune factors to the intestinal lining to ward off disease and infection. The lactose-free, casein-free Colostrum in **Intestive®** is of the highest quality and comes from controlled U.S. Grade A dairy herds fed diets free of animal by-products, antibiotics and hormones.*

***Proper Nutrition** does not use colostrum from European or New Zealand sources. PNI’s colostrum

ingredient is produced in state-of-the-art facilities located in Washington and California and registered with both the California and Washington State Licensing Divisions as food processing facilities. These production facilities meet the requirements of the 1994 Dietary Supplement Health and Education Act, using GMP and HACCP procedures. They are also registered USDA establishments for the preparation of veterinary biological (pharmaceutical) products.

Boswellia serrata, commonly known as frankincense, comes from a medium sized branching tree that grows in the dry, mountainous regions of India. The purified compound obtained from the trees’ gummy resin possesses marked anti-inflammatory, anti-arthritis, sedative and analgesic (pain killing) activity. It also possesses cholesterol and triglyceride lowering activity. Research has shown **Boswellia** to be effective in managing intestinal inflammation. It does not irritate the stomach and has no side effects.

Ingredients	What Is It?	How Does It Work?
SEACURE®	A whole food protein concentrate made from cold-water white fish caught off the coast of British Columbia that provides bioactive peptides, biogenic amino acids, omega-3 fatty acids and valuable minerals.	Provides a highly assimilable source of quality protein, as well as bioactive peptides that nourish the intestinal lining. Research shows SEACURE® effectively supports the structure and function of the entire intestinal tract.
Colostrum	“Mother’s milk” from cows that provides valuable immune factors to the newborn. Casein and lactose are removed from the Colostrum used in Intestive® .	Provides valuable immune factors that support immune health at the intestinal level, especially IgG, an important immunoglobulin. 60% of immune activity takes place at the intestinal lining.
Boswellia serrata	A botanical used for centuries by various cultures as a natural health support product. Also called frankincense.	Boswellic acids have natural anti-inflammatory properties that support the structure of the intestinal lining.

Note: Intestive® contains no fillers, whey, soy, wheat or gluten.

Doctors Speak Out

■ From **Dr. Donald Snyder**, CEO of **Proper Nutrition Inc.**

*"Doctors and other medical professionals have been using SEACURE® successfully for years to solve a multitude of digestive-related problems. Based upon SEACURE®'s success, we developed an improved, consumer-direct formula we call **Intestive®** containing SEACURE® as the primary ingredient, plus Colostrum and Boswellia, to support the intestinal tract."*

The quotes from the nationally renowned doctors on this page are not paid endorsements. They have all used SEACURE® with success in their practices and most now work with our newer product, **Intestive®**. We share their comments with gratitude for the opportunity to play a part in producing a product that has helped so many individuals gain back quality of life.

■ From **Dr. Sherry A. Rogers, MD:**

"Proper Nutrition is a company that has been eager to show me their quality analyses from independent laboratories and supply me with scientific references to back their products. These are important criteria that I look for before I trust a company with my patients' welfare."

Sherry A. Rogers, MD has been in private practice for over 30 years. She is a diplomate of the American Board of Family Practice and the American Board of Environmental Medicine and a Fellow of the American College of Allergy, Asthma and Immunology and the American College of Nutrition. Author of 19 scientific papers, the **Total Wellness** newsletter and more than a dozen books, Dr. Rogers enjoys telling it like it is and sharing the steps to actually becoming well. Her book, **NO MORE HEARTBURN, Stop the Pain in 30 Days - Naturally**, contains information on **Intestive®** and **SEACURE®** on pages 145, 164, 194, 224 and 225.

■ From **Julian Whitaker, MD**, Editor of **Health & Healing-Tomorrow's Medicine Today**, and Director of the **Whitaker Wellness Institute:**

"SEACURE® seems to be very beneficial for people with compromised digestive tracts likely because, it is nearly 100% absorbed even by those with poor intestinal health."

Dr. Whitaker is author of eight best-selling books and numerous booklets on health and healing from chronic illness including **Best Natural Remedies for WORRY-FREE DIGESTION**. Together with Nobel Prize Winner, Dr. Linus Pauling, Dr. Whitaker co-founded the California

For a **FREE** copy of **Dr. Carol Englander's** study on **SEACURE®** and IBS, go to the www.propernutrition.com home page and click on **New Study** under **What's New** OR call **1-800-555-8868**. For reprints of articles by **Dr. Christiane Northrup, Dr. Sherry A. Rogers, Dr. Julian Whitaker, Dr. Donald Snyder** and other leading doctors, go to the **Healthy Experiences, Healthy Tips**. Look for Dr. Rogers' article, **"The Road to Health Is Paved with Good Intestines."**

Orthomolecular Society and was a physician on staff at Dr. Nathan Pritikin's Longevity Center. His monthly **Health & Healing** newsletter has over 2 million subscribers.

■ **Intestive®**'s clinical value extends beyond diseases of the digestive tract. In Pennsylvania, **Dr. Jeff Marrongelle** utilizes **Intestive®** with **SEACURE®** as a primary therapy for patients with immune deficiency, chronic fatigue and malnutrition due to chemotherapy. Over the past eight years, Dr. Marrongelle and his colleagues across the country collected an enormous body of data offering provocative evidence of **SEACURE®**'s ability to successfully treat a broad range of chronic, degenerative diseases.

Are You Throwing Away Your Vitamins & Minerals?

"Think about it. All of the functions of the body require fuel provided as food, drink, vitamins and supplements. If your digestive system isn't working at top efficiency, your body won't get

*all the benefit of the fuel you're pumping into it. You could be throwing away hundreds of dollars each month. It may surprise you, but a large number of people have impaired digestion. In fact, most of the people we see in my clinic who are chronically ill are compromised in their absorption. **Intestive®** with **SEACURE®** helps to repair an inefficient gut and squeeze more benefit out of your food, vitamins and supplements. So you have a choice: Take **Intestive®** now to repair your gut and get all the use you can out of the good things you take or pay your doctor to try to fix things later!"*

— *Dr. Jeff Marrongelle, D.C., C.C.N.*

Dr. Jeff Marrongelle, D.C. is a Certified Clinical Nutritionist, a Doctor of Integrative Medicine, a national speaker on Energy Medicine and co-author of the **Stress-Less Eating Plan**. His private practice in Eastern, PA is renowned for its innovative approach to health through the use of nutritionals, homeopathies, Energy Medicine and computer technology.

In her private practice in southern Maine, **Christiane Northrup, MD** documented many case histories of patients who recovered rapidly when **Intestive®** and **SEACURE®** were used to treat diarrhea, malabsorption, upset stomach, heartburn and other forms of chronic digestive dysfunction.

Two Quotes From 'Health Wisdom for Women':

*"I must be 100% confident that what I recommend really works. Having said this, I want to share with you a product that has really impressed me. **SEACURE®**, originally developed for malnourished people, has proven invaluable for all sorts of digestive difficulties including irritable bowel syndrome, colitis and Crohn's disease."*

Are You a Gut Reactor: New Help for Irritable Bowel Syndrome

*"Take **Intestive®** with **SEACURE®**. Manufactured by **Proper Nutrition**, **Intestive®** with **SEACURE®** contains a concentrated fish protein that appears to nourish the bowel wall directly, making it useful for all bowel dysfunctions. Dr. Carol Englander, a well-known holistic physician, did a recent study that demonstrated **SEACURE®**'s effectiveness for IBS. (See box above for reprint.) **SEACURE®** is also a good source of healthy omega-3 fats and is free of mercury and other heavy metals."*

— *Christiane Northrup, MD*

A former president of the American Holistic Medical Association, **Dr. Christiane Northrup** is an acclaimed author, an assistant clinical professor at the University of Vermont School of Medicine and an international leader in women's health. Her newsletter, **Health Wisdom for Women**, focuses on mind-body connections in achieving optimal health.

Special 'Buy It & Try It' Offer

5 boxes of *Intestive*® for only \$99.95!

Offer expires on the Ides of March (March 15, 2002). Order 5 boxes of *Intestive*® for \$99.95 (regularly \$29.95 per box). That's a \$50 savings! Act now and you'll also receive **FREE** Dr. Stephen Langer's *Pocket Guide to Natural Health* while supplies last. We'll also throw in **FREE** shipping (\$5 value). That's \$50 off, a **FREE** book, **FREE** shipping, and our 90-Day Money-Back Guarantee. What have you got to lose?

OH!... except a leaky gut and several annoying chronic conditions that are robbing you of Optimal Health!

Four Easy Ways To Order!

To order *Intestive*® at absolutely **NO RISK** at our **Special 'Buy It & Try It'** Price, receive a **FREE** book, **FREE** shipping and our 90-Day Guarantee, simply:

- 1) Call toll free **1-800-247-5656**
- 2) Order online at **www.propernutrition.com.**
- 3) Fax your order to **610-939-0418** using the order form to the right.
- 4) Mail your order to **Proper Nutrition Inc.**, P.O. Box 13905, Reading, PA 19612.

Our 90-Day Money-Back Guarantee

We're so sure you'll be pleased with your results from using *Intestive*®, we offer a 90-Day Money-Back Guarantee on all purchases. For a courteous, no-questions-asked refund, just return the unused portion of the box within 90 days of the date of purchase and we'll refund the full price you paid! How's that for backing our product?

Note: We can only honor this guarantee for purchases made directly from **Proper Nutrition Inc.** To process a return, CALL **1-800-555-8868** or e-mail **returns@propernutrition.com.**

Provide your name, address, phone, invoice number and purchase date.

FREE Book With Your First Order . . . But Hurry . . . Order Today!

Order *Intestive*® today and receive a free copy of the 385-page *Pocket Guide to Natural Health* by Dr. Stephen Langer. This book is yours absolutely free just for making the decision to take back control of your life! Don't delay . . . quantities are limited.

Order Form

- Yes!** Send 5 boxes of *Intestive*® right away for only \$99.95.
- Yes!** Sign me up for AutoShip! Send _____ # of boxes of *Intestive*® at \$26.95 each every month, every two months (Available with credit card payments only. AutoShip is not offered on the web site.)
- Yes!** I would like _____ # of boxes of *Intestive*® at \$29.95 each.
- Yes!** **FREE** book special, **FREE** shipping and your 90-Day Guarantee!

Please Choose a Payment Method:

Charge my: Visa or MasterCard

_____ Exp _____ / _____.

- I've enclosed my check or money order payable to **Proper Nutrition Inc.**
- Please send C.O.D. (There is a \$5.50 C.O.D. charge per order.)

Name _____

E-mail _____

Daytime Phone _____

Home Phone _____

Street Address _____

City _____ State/Zip _____

AutoShip & Have Dinner on Us!

Receive *Intestive*® automatically each month, save time and never worry about running out! Just join our AutoShip program and we'll send you the number of boxes you request as often as you need them. (One box is 120 capsules and is usually a 30-day supply per person.) Save money, too . . . you'll continue to get **10% OFF** and **FREE** shipping (\$5 value) as long as you're on AutoShip! That means you can purchase *Intestive*® for only \$26.95 and save a total of \$8 each month! In a year, that's enough savings to treat you and a loved one to a gourmet dinner for two! Of course, you always have the option to cancel AutoShip at any time and you receive our 90-day money-back guarantee . . . so there's **No Risk Ever!**

Our Website

Visit Proper Nutrition Online —

Better health begins at **www.propernutrition.com.** You'll get all the latest on digestive health, product and technical information, downloadable reprints, articles, reports and studies, Q&A's, testimonials and online ordering. To contact us by email, our email address is **info@propernutrition.com.**

*Intestive® Name War...Continued
from cover page*

Barry Ritz of **Proper Nutrition Inc** had a few chuckles about the controversy over the **Intestive®** name. "We were surprised at the reaction to our name. Comments ranged from 'I say **Intestive®** because it works on the intestine . . . duh-h-h' to 'I keep on saying Intensive anyway. It would be easier if they changed it.' Another wrote, '**Intestive®**. Intensive. I don't care what you call it! This stuff works!' And a concerned customer asked, 'Can we order either and still get the same product?' Our answer is a resounding 'YES!' When you call our toll free number, our customer service people will be sure to get you the right product . . . no matter what you call it!" By the way, one creative customer offered, "Maybe you should call it **Digestive** . . . and this newsletter could be called **Reader's DIGESTive**." Barry said, "I think that deserves a 'No Comment'!"

Throw away your vitamins
and supplements?
Dr. Jeff Marrongelle
tells why.....See page 6

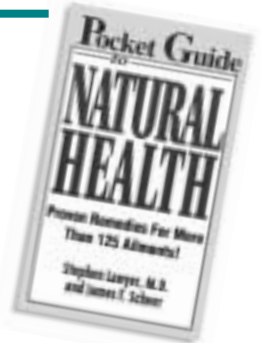
Always Look for the Authentic SEACURE® Logo

Recently it came to the attention of John Bingaman, President of **Proper Nutrition Inc**, that another company was claiming their product contained **SEACURE®** even though it doesn't. That prompted John to get the word out to customers. "We want our customers to know the truth. **SEACURE®** is a proprietary product manufactured exclusively by **Proper Nutrition Inc**. All products containing the **SEACURE®** brand predigested fish protein carry the federally registered **SEACURE®** trademark. In addition to **Intestive®**, these include the original **SEACURE®** and **SEAVIVE®** (sold only through medical professionals). If you are in doubt about whether a product contains the authentic **SEACURE®**, please call me personally at 1-800-555-8868. Don't be fooled."



Get This Book FREE!

When you place an order for **Intestive®**, you'll receive a FREE copy of the "Pocket Guide to Natural Health" by Stephen Langer, M.D. and James F. Scheer. This marvelous handbook contains 385 pages of proven natural remedies for more than 125 ailments. (For info on **Intestive®** with **SEACURE®**, see page 337.) Book quantities are limited. . . this offer is good only while supplies last. See our offer on page 7 and order **Intestive®** today!



Fish+Cows+Mother Nature?

What do you get when you combine **Fish + Cows + Mother Nature?** The answer, of course, is **Intestive®**, the **complete, natural support for your digestive tract**. **Intestive®** contains a unique, proprietary combination of **SEACURE®**, Colostrum and Boswellia. Like to know more? **See page 5**. Also look for our free reprint offers on pages 4 and 6.

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