

Cornerstone Natural Supplements

September 2018

Back To School

Back to school means colds, viruses, and the occasional flu bug. To make it through a season of possible illness you have to make sure that your immune system is as strong as it can be.

Could Your Child Be Healthier? Like most parents, you worry about your child. Are they meeting developmental milestones? Do they have good friends? But foremost on many parent's minds is whether their child is eating properly and getting enough nutrition from what they eat. Finicky eater or not, the quality of food a child eats may directly affect their growth and development and the ability of their body to ward off environmental stresses.

One way to reach your child's nutritional goals is by turning to Standard Process' line of child-friendly whole food supplements. We care about the health of your child and want them to grow and develop to be happy, healthy adults, so each supplement is formulated to get your youngster on the road to health through proper nutrition.

Congaplex Chewable – So where do you turn when your child is feeling the effects of seasonal stresses? Congaplex! It's a special formula that can handle your child's challenged immune system, and it works well in supporting the upper respiratory tract.

- Bovine thymus Cytosol™ extract supports the child's thymus gland function, the key immune gland
- Calcium lactate and magnesium citrate also assist the immune system in phagocytosis---when white blood cells engulf and devour microscopic invaders
- Ribonucleic acid helps build new healthy cells.

Catalyn Chewable – All kids are active and need nutritional support. Catalyn provides nutrients as nature intended, in a whole food form.

Containing approximately 15 different whole food sources, your child receives many vitamins, minerals and phytonutrients, rather than isolated ingredients. Catalyn can serve as the foundation of your child's nutritional supplementation program by:

- Assisting with new cell growth
- Supporting carbohydrate metabolism, so your child can use this fuel for energy
- Supporting healthy immune function
- Helping metabolize folic acid for proper brain development
- Encouraging enzyme activity for energy production
- Contributing to overall cardiac health

Tuna Omega – 3 Chewable – Fish for dinner makes most kids cringe. To give kids the benefits of fish, try Tuna Omega – 3 Chewable (naturally orange – flavored). Fish, especially cold-water fish like tuna, contain important omega-3 essential fatty acids (EFAs), DHA and EPA, which:

- Provide support for proper early brain and nervous system development (including the eyes)
- Enhance learning and cognitive functioning
- Promote healthy emotional response and mood
- Support healthy circulation and a healthy heart

Tuna Omega-3 Chewable also contains:

- Vitamin D to help maintain healthy bones and teeth and support a strong immune system
- Vitamin E to protect against free radical damage

We believe in a safe, effective product. That is why we test Tuna Omega-3 Chewable for contaminants (PCBs, mercury, etc.) to ensure the product is safe for your child.

Calcium Lactate Powder – Nothing is more important than building a strong foundation for a growing body. Calcium comprises over 98% of

the mineral component of bone and tooth structure. To ensure your child gets the calcium needed, supplement with Calcium Lactate Powder, which:

- Contains calcium lactate and magnesium citrate that are easily absorbed and used by the body.
- *Provide support for bone formation and growth, muscle contraction, nerve conduction, and energy metabolism.*

Cyrofood Powder – Sometimes kids need a little extra skeletal and fiber support. That's where Cyrofood comes in. It combines the ingredients in Catalyn with protein and amino acids from bone to help balance the diet and support and maintain healthy tissue. It also contains fiber from whole food sources to encourage healthy intestinal function. Calcium Lactate and Cyrofood Powders offer a great alternative to those unable to swallow tablets or capsules. Mix them with milk or fruit juices, add them to shakes to create a nutritious drink, or sprinkle on fruits like applesauce or vegetables.

SP Green Food – Getting greens in your child's diet can be challenging—unless you have SP Green Food. It contains brussels sprouts, kale, buckwheat, barley grass, and alfalfa that come straight from our certified organic farm. These vegetables act as antioxidants, sweeping free radicals away from the body. In addition, SP Green Food supports normal growth and development, protects cells from abnormal growth and division, and enhances immune system response.

Pollen, Seasonal & Other Stresses

By now you may be familiar with "histamine" and its role in the body. Specialized cells of the immune system release histamine when challenged by substances such as pollen, dust, dander, etc.—things we can breathe, eat, or touch. But histamine is not the root of the body's response. Histamine may cause the outward responses you see and feel—but the problem stems from a shift in the body's defense systems. Building up these defenses helps keep histamine at acceptable levels. Standard Process offers many whole food supplements that will help the body naturally defend itself from indoor

and outdoor stresses.

Many body systems are affected when histamine levels go unchecked. These include the immune and respiratory systems, liver, and adrenal glands. When the body comes in contact with an intruder, it begins to manufacture antibodies (IgE). After these antibodies encounter the invader, a large amount of histamine is released. This causes the surrounding blood vessels to dilate, which allows fluid and cells to migrate to the site of the insult. The body overreacts to these intruders causing stress on the immune system.

Immune System

Allerplex – With the help of vitamin A & C complexes, supports the body's immune response to seasonal, environmental, and dietary stressors. Also formulated to maintain healthy liver function – the body's natural cleansing system.*

Cal-Amo – Provides chlorides (calcium and ammonium) for maintaining proper pH balance, which helps support immune system efficiency and enhance respiratory function.

Respiratory System

Fen-Gre – Maintains the body's natural function of supporting healthy levels of mucous and phlegm in the lungs and bronchial tubes.

Liver

Antronex – Supports the liver and the body's natural antihistamine function. Can be combined with Cal-Amo for more immediate support.

Adrenal (Stress) Glands

Drenamin – Helps the body maintain its natural anti-inflammatory response. Can be combined with any of the products listed above for added support.

For the... **Kids**

Even the most watchful caregivers unknowingly expose their children to several dangerous, environmental toxins every day. Rates of childhood behavioral disorders, allergies, autoimmunity, and neoplastic disease are on a dramatic rise.



Why should we be concerned with children's health?

- Children consume more food and breathe more air per kg of body weight, **increasing their ratio of exposure**
- Children's GI tracts absorb **higher concentrations of lead** and it is more likely to reach their developing brains
- Children are regularly instructed to use **antibacterial soaps and sanitizers that contain toxins such as triclosan** and can impact the microbiome
- Products marketed towards children are often **high in sugars, artificial colorants, and flavorings**
- The herbicide glyphosate has been linked to **behavioral and learning disorders**

While keeping children in a toxin-free bubble may not be practical, educating parents on healthful choices and managing symptoms related to toxin exposure can help children reach their full potential!

These statements are based upon traditional homeopathic practices. They have not been reviewed by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

*Grigg J. Environmental toxins; their impact on children's health. Archives of Disease in Childhood. 2004;89:244-250.



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