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A Quarterly Natural Therapeutic Food Product Newsletter for BioPure Healing Products, LLC

December 2013

*Welcome to The BioPure Bulletin. Our newsletter is one way that we stay in touch with friends and customers to share new product announcements and feature articles. In meeting the demands of our customers, we have chosen to introduce a monthly newsletter that is not only informative, but also topical and short. As always, we greatly appreciate your feedback. We wish you all a Happy and Healthy Holiday Season!*

## A Rose May Be a Rose



*Rosa canina* and a number of other so-called "dog roses" are of particular interest because of their long history of use for nutritional and medicinal purposes. Native to Europe, Asia, and Africa, this wild shrub is often found in thorny thickets on the edges of roads and forests. Though somewhat less showy than its fancy, fragrant, and highly cultivated cousins,

*Rosa canina* produces five-petaled pinkish white flowers in late spring to early summer, followed by a swelling of the stem tip that develops into red-orange oval-shaped "hips".

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### Recipe

#### Rose Hip Holiday Truffles

##### Ingredients:

- 100 g raw cashew nuts
- 100 g dried unsulphured apricots
- 4 tbsp **BioPure Rose Hip powder**
- 2 tbsp extra virgin coconut oil
- 1 tsp ground ginger
- .5 tsp vanilla extract (or ground)
- .5 tsp ground cayenne

Teas, syrups, jams, jellies, soups, powders and tinctures are made from these fleshy rose hips and have been used for centuries as a natural medicinal against a variety of ailments including; colds, coughs, influenza, and skin complaints. Rose hips have been found to have mildly diuretic and laxative effects, helping with urinary tract and gastrointestinal disorders. During World War II, rose hip syrups were given to soldiers to prevent scurvy.

Research has revealed that rose hips are one of nature's most potent sources of vitamin C, holding 25-40 times the amount found in the equivalent weight of orange. The antioxidant value of this high ascorbic acid content is largely, but not entirely, responsible for the many health benefits attributed to rose hips. In addition to the vitamin C, rose hips also contain vitamins A, B, D, E, and K, bioflavonoids, pectin, selenium, manganese, magnesium, phosphorus, potassium, sulphur, silicon, iron, lycopene, beta-carotene, dietary fiber, and omega-3 and -6 fatty acids.

Recent studies show that regular intake of rose hips can support the body's natural inflammatory responses and bring a significant amount of temporary pain relief to patients suffering from rheumatoid or osteoarthritis, without the harmful side effects such as irritation of the stomach lining associated with commonly prescribed drugs. Rose hip powder has also been shown to significantly reduce cardiovascular risk by lowering systolic blood pressure and plasma cholesterol levels in obese people, also directly affecting risk factors for diabetics.

### **BioPure's Rose Hip Powder**

has a reddish-orange color and a sweet, astringent flavor. It can easily be dissolved in water or juice, or added to smoothies, cereals, yogurt, ice-cream, and salad dressings. See the recipe for Holiday Truffles shown in the column to the right. When preparing food or drink containing rose hips, do not use aluminum utensils or pans because the metal will react with the ascorbic acid and decrease the valuable vitamin C content. Some people have been known to have an allergic reaction to rose hips, so be sure to test your reaction to a small amount first.



1 tsp ground cinnamon

### **Rolling Mixture:**

1 tbsp cacao powder

1 tbsp BioPure RoseHip powder

- Mix nuts in a food processor until just finely chopped.
- Add rest of ingredients (not including rolling mixture) and pulse about 1 minute or until forms up like a ball.
- Remove knife blades and place mixture in fridge for 10 min.
- Remove and use hands to form 15-20 small round truffles (about 1" diameter).
- Roll truffles in rolling mixture and refrigerate for 20 minutes before serving.

Recipe adapted from:

[www.greenkitchenstories.com](http://www.greenkitchenstories.com)

## **A Warm Welcome to Katie Strakosch . . .**

BioPure Healing Products would like to introduce **Katie Strakosch**, our new in-house nutritionist.

Katie holds a bachelor's degree in nutrition from Bastyr University (Seattle), is a certified health educator, and a registered yoga instructor. She has extensive knowledge in holistic nutrition, dietary theories, preventative healthcare, and personal coaching. Katie has worked in the wellness industry for the past ten years, and has assisted in the opening of two health and wellness businesses in New Jersey.

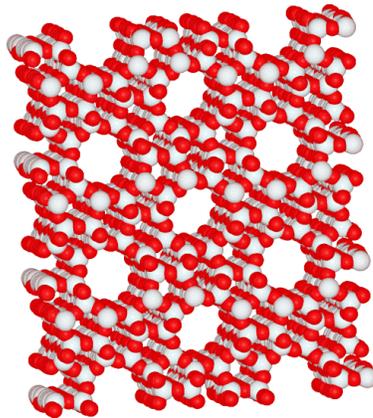
Katie brings a range of relevant

# Aid Your Detoxification Protocol with BioPure's new ZeoBind™

**ZeoBind™** is our latest product supporting the full complement of BioPure's detoxification protocols. It is made up of a naturally occurring aluminosilicate mineral known as Clinoptilolite. The behavior of **ZeoBind™** in the body resembles that of a 'molecular sieve'. With an overall negative charge, Clinoptilolite exerts a chelation-like effect, attracting and bonding with heavy metals and toxins, trapping them in the numerous cavities of the mineral's porous structure, and shuttling them out via the urine and feces. The 100% natural Clinoptilolite in **ZeoBind™** was formed thousands of years ago during a chemical reaction between seawater and molten lava. This ancient mineral is carefully mined, cleaned, dried, and prepared into a fine powder, using a proprietary process.



The detoxification process associated with **ZeoBind™** occurs primarily in the gut and in the enterohepatic circulatory system. The natural alkalizing ability of **ZeoBind™** can support gastrointestinal health and be helpful for gut dysbiosis. In addition to having an affinity for metals, **ZeoBind™** can also reinforce the immune system and assist the body in clearing itself of organic pollutants such as radionuclides, antibiotics, viral infections, and the many biotoxins found in molds. **ZeoBind™** can also be supportive during anti-parasite protocols. It has little or no side-effects and is free from fillers, additives and binding agents.



*What makes the molecular structure of Clinoptilolite unique is its porous crystalline honeycomb-like matrix.*

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skills, knowledge, and experience to BioPure and is now available to assist our customers with questions they may have concerning our products and how to integrate them into nutrition and lifestyle changes leading to balance, lasting results, and optimum health.

Katie can be contacted at BioPure on Mondays and Wednesdays between 9am and 5pm  
800-801-6187  
[Katie@biopureus.com](mailto:Katie@biopureus.com)

**For more information about BioPure and all of our products, please visit one of our websites:**

[www.retailbiopure.com](http://www.retailbiopure.com)

accessible to anyone, including patients and the general public

-or-

[www.practitionerbiopure.com](http://www.practitionerbiopure.com)

accessible to Practitioners and Wholesale only. Drop-Shipments can be delivered directly to your patient.

Should you wish to register as a practitioner or wholesaler, please contact BioPure by calling:

**toll free: 800-801-6187  
or 425-462-8414**

or [click here to email our office](#)

## References

\* If you would like to see references supporting information

## Food and Drug Administration Disclaimer

Our products are not intended to diagnose, treat, cure or prevent any disease. They are designed to be used as part of an overall health plan with your authorized healthcare provider. Individuals taking food supplements or who have an underlying health condition should consult with their authorized healthcare provider before using these products. We suggest that you consult your authorized healthcare provider if you have any health problems and require a medical diagnosis, medical advice or treatment. The FDA has not evaluated statements in this newsletter. We do not recommend any of our natural products to be used for small children without the guidance of a licensed healthcare provider. We do not recommend that any of our products be used while breastfeeding, while pregnant, or while trying to become pregnant.

presented in The BioPure Bulletin, please refer to the '**Research & More Information**' sections on the description page for each individual product on our website:

[www.biopureus.com](http://www.biopureus.com)

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(previously called "Thrive").

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## BioPure's Promise\*

BioPure Healing Products is committed to providing our customers with the highest quality natural food supplements available. We pride ourselves in sourcing high potency products that are pure, rich in biological vitality, and effective. Our products are not intended to diagnose, treat, cure, or prevent any disease. Dosages, indications and any other information contained herein is suggested use only and not to be considered treatment recommendations. Please consult with a healthcare provider for treatment of any illness or condition, especially if you are pregnant, breast-feeding or considering treating a child. We suggest that you consult a licensed physician if you have any health problems and you require a medical diagnosis or medical advice or treatment.