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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Natural vs. Synthetic Herbs & Vitamins –Four Mountains, Inc. Reveals WHOLE truth about holes in the Health Supplement Industry

By Dr. Ward Coleman, N.D.

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CONSUMER ALERT FOR IMMEDIATE RELEASE

Natural vs. Synthetic Herbs & Vitamins

Calabasas, CA -Paper or Plastic? 1 ply or 2? The best, natural, conscious choice is obvious. When it comes to herbs and vitamins... Natural or Synthetic? For those unclear about having the right to choose, Four Mountains, Inc. a clinical & research laboratory is unveiling unknown facts, stating that millions of people are buying incomplete imitation nutrition pills and are not getting the vital information or nutrients they need.

"Virtually all vitamin companies buy their raw materials from similar and frequently made from the same handful of manufacturers. The vitamin products that line the shelves in stores are basically all made from the place, all using synthetic imitations of actual nutrients. These formulas that are sold en mass to the public, are not real nutrition...VERY UNDERREPRESENTED in ALL MEDIA, THIS MESSAGE NEEDS TO BE MAINSTREAM NEWS," states Dr. Ward Coleman,N.D. and President of Four Mountains, Inc. "This is about biological facts that humans need to recognize and respect. The human body requires hundreds of whole, functional nutrients and needs UNfragmented, WHOLE FOOD COMPLEXES to be healthy. Fragmented, crystalline, synthetic, non–FUNCTIONAL bits and pieces are not adequate to build health, that's a fact. Formulas that provide what the human body actually needs are very rare. The imitations are not adequate!" Coleman explains.

Four Mountains believes the main reasons people buy vitamins & herbs are vanity and health. The anti–aging market continues to grow as millions of consumers learn to take more control of the aging

process. Consumers are becoming aware of the 'power of preventative' and natural homeopathic/wholistic ways to treat certain ailments. Scientists and consumers both continue to learn more about the connections between diet, nutrition, degeneration and disease. New nutrition discoveries are continuous.

"Only whole food nutrition complexes made from a rich array of food concentrates can supply a spectrum of nutrition BEYOND SCIENCE. The formulas Four Mountains has been using for ten years, from Standard Process Labs., provide thousands of nutrients that no food chemist has been able to imitate," states Coleman.

For media requests, contact Stacey Kumagai – 818/506–8675 or mediamonster@yahoo.com . Get your FREE EDUCATIONAL SUPPLEMENT GUIDE from the #1 international supplier of Standard Process -

Contact Four Mountains, Inc. at fourmountains@earthlink.net or call 800–736–0904

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Dr. Ward Coleman, N.D. is President of Four Mountains, Inc. – a clinical and research laboratory.

Dietary Supplement

By Rolf Rasmusson

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Dietary Supplement - why so important?

Dietary supplement is a term that is familiar to almost everyone now. The examples of dietary supplement products that are sold in the US market nowadays are supplements like bottled herbs, or vitamins and minerals in various doses. Many of these dietary supplements guarantee results like relieving pain, or energizing your body. You can purchase supplements that contain separate vitamins or minerals, or some kind of mix of vitamins and minerals.

Dietary Supplement - what is it?

Dietary supplement term usually indicates products made of one or more of the fundamental nutrients, for example vitamins, minerals, and proteins. According to DSHEA (Dietary Supplement Health and Education Act), dietary supplement is, with some exceptions, any product intended for ingestion as a supplement to the diet. Examples are vitamins, minerals, herbs, botanicals, amino acids, metabolites, etc.

Dietary Supplement - the usage.

Many people nowadays use some type of dietary supplement. According to many health organizations,

surveys show that more than half of the US adult population uses these products. In 1996 alone, consumers spent more than \$6.5 billion on dietary supplements, according to Packaged Facts Inc., a market research firm in New York City.

Dietary supplement or supplements can be found in many forms. The examples are tablets, soft gels, gel caps, capsules, powders, liquids, etc. A lot of dietary supplements do not require any prescription. You can purchase them in health food stores, grocery stores, drug stores, or through mail or Internet.

Dietary Supplement - be careful.

You always have to be careful when purchasing some type of dietary supplement. Read the label carefully, look at the ingredients. You should also consult with your doctor to check if some dietary supplement is right for you. Try a well designed diet before you turn to dietary supplements.

Additional interesting content at www.nutritional-supplement-4u.com



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