

Support Heart Health the Natural Way with Sytrinol™

Bioflavonoids (flavonoids) are nutritional compounds found in plants. Citrus fruit naturally contains several important bioflavonoids, called polymethoxylated flavones, including tangeretin and nobiletin. Bioflavonoids support health in many ways: as antioxidants, to support circulation and promote strong capillaries, and to protect our overall health. Researchers have now discovered that the citrus bioflavonoids, tangeretin and nobiletin along with tocotrienols also support healthy blood lipid levels. Sytrinol is formulated based on this discovery and contains the unique combination of tangeretin, nobiletin and tocotrienols.

Why Choose Sytrinol ?

Clinical studies show Sytrinol promotes healthy blood lipid levels. Sytrinol works to support healthy metabolism and provides a beneficial source of antioxidants as well.

For more information, call: 888-234-5656

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Statements above have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Lower Cholesterol Levels, The Natural Way

Do you worry about your cholesterol levels? Are you trying to balance the new National Cholesterol Education Panel guidelines pushing for even lower cholesterol levels with your concern about the side effects of the statin drugs? Have you been told you should be on the statins?



Jolie Martin Root

I say forget the drugs, you can get your numbers down without them. All you need are the right supplements and a bit of diet coaching and you can stay drug and worry free.

First, let's review the side effects of statins. The first and biggest problem is the reduction of body levels of CO Enzyme Q-10. This nutrient protects the heart. Suppress its levels and you weaken your heart, liver, muscles and brain. The muscle weakness can even be fatal.

The second problem is liver function changes. You'll have to monitor your liver enzymes carefully to screen for damage if you take statins. You may experience changes in memory and concentration. Some folks on statins report big changes in cognition. You may have headaches joint pain and severe muscle pain. You may also feel depressed or irritable; there have even been reports of higher rates

of suicide among statin users. Enough said?

Instead of the drugs, let's use a supplement that does not compromise your health. The FDA recently approved a health claim for a novel new supplement that lowers cholesterol levels. The supplement is plant sterols and the amount you need is 800 mg per day.

Daily consumption of plant sterols may reduce the risk of heart disease when used daily in conjunction with a diet low in saturated fat and cholesterol by blocking cholesterol absorption and lowering blood cholesterol levels.

Another great product that supports healthy cholesterol and triglycerides is Sytrinol, a patented combination of citrus bioflavonoids and tocotrienols. The daily amount required for optimal effect is 300 mg. This one is a no-brainer! To lower cholesterol, supplements work as just as well as drugs without dangerous side effects. **Protect your health, when it comes to statins, just say no!**

Jolie Martin Root is a Florida licensed nutrition counselor and has been consulting for over 20 years. As a medical journalist, she hosts a weekly radio program "Food For Thought" heard in Denver. She is co-author of a monthly newsletter, "Prescription for Healthy Living." Send your questions to her at BoomerTimes & SeniorLife.

Homeowners Insurance: Protecting Your Interests

My goodness, we've gone from no hurricanes in sight in early August to how many hurricanes? It's been an historical year already for hurricanes, two that are now part of the five worst and strongest storms in hurricane history since they started reporting them. We are and will continue to pray for all those affected by this tragedy. Ladies and gentlemen, this is why we must be completely informed as to what kind of coverages you have in regards to your homeowners insurance.



Rolando Gonzalez

We have spent a year trying to prepare everyone in our path about having proper coverage and that you do in fact have representatives that will guide you and protect your interests with the insurance companies.

Also you need to remember, we also cover and represent you with any kind of claim to the insurance company. For example, if you have any kind of pipe break, meaning, if the pipes under your sink or anywhere in your home bust or burst, or if you have pipes rupturing under your concrete slab and under your bathtubs with shower pan breaks, you most likely are covered by your insurance carrier. We also represent you when a claim needs to be filed for a lightning strike, fire, flood, vandalism and theft.

As we have previously explained, here are things to be aware of:

1- There are three different types of insurance adjusters.

a. Insurance Adjuster — He/she works for and represents the insurance carrier.

b. Independent Adjuster — He/she is an independent adjuster or works for an independent adjusting company that represents and is hired by the insurance carriers.

c. Public Insurance Adjuster — We are hired and represent the insured, not the insurance carrier. We represent you and make sure all is paid on what you are entitled to.

When is the proper time to hire a Public Adjuster?

a. As soon as you see damages, we will open the claim for you.

b. In the middle of the process you have started, we will pick up where you left off and deal with everything from that point on.

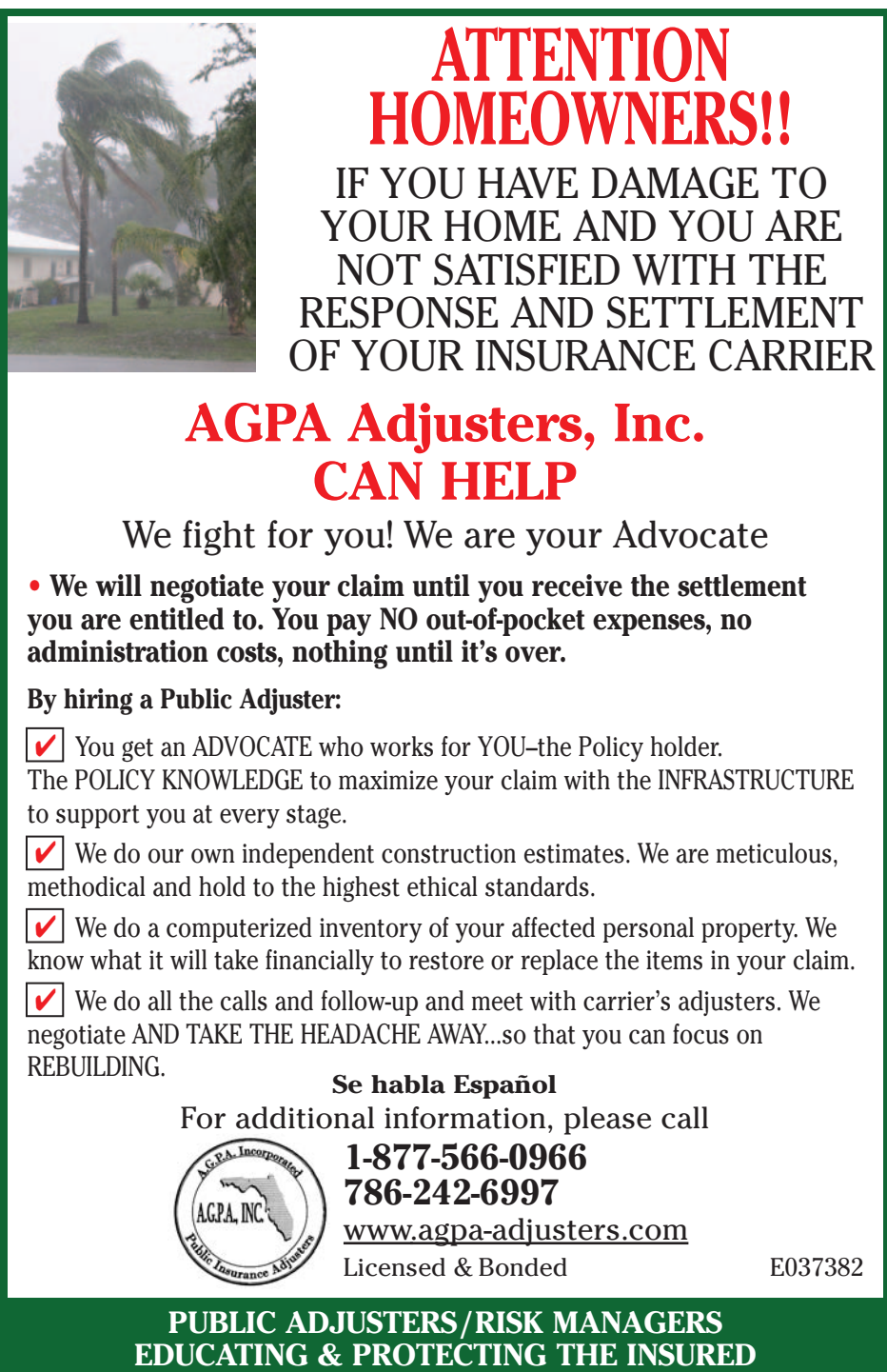
c. After you receive your checks from the insurance company and are not satisfied with your insurance company.

Clearly, we can represent you at any point in the claims process, preferably in the beginning.

I've always been a people person and love to help whenever I can. I lived in Brazil four years as a missionary and have long believed in helping those around me. I studied Marketing at Montclair University near West New York N.J. where I grew up.

I started working with a Public Adjusting firm in September of 1998 and loved the work and ability to help others so much I opened AGPA Adjusters in 2002. We were three when I started and have now grown to 27 people with satellite offices in Tallahassee, Port Charlotte and Kissimmee. I truly do believe that we are here for you.

— Rolando Gonzalez



ATTENTION HOMEOWNERS!!

IF YOU HAVE DAMAGE TO YOUR HOME AND YOU ARE NOT SATISFIED WITH THE RESPONSE AND SETTLEMENT OF YOUR INSURANCE CARRIER

AGPA Adjusters, Inc. CAN HELP

We fight for you! We are your Advocate

- We will negotiate your claim until you receive the settlement you are entitled to. You pay NO out-of-pocket expenses, no administration costs, nothing until it's over.

By hiring a Public Adjuster:

- ✓ You get an ADVOCATE who works for YOU—the Policy holder. The POLICY KNOWLEDGE to maximize your claim with the INFRASTRUCTURE to support you at every stage.
- ✓ We do our own independent construction estimates. We are meticulous, methodical and hold to the highest ethical standards.
- ✓ We do a computerized inventory of your affected personal property. We know what it will take financially to restore or replace the items in your claim.
- ✓ We do all the calls and follow-up and meet with carrier's adjusters. We negotiate AND TAKE THE HEADACHE AWAY...so that you can focus on REBUILDING.

Se habla Español

For additional information, please call

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