



Matol prides itself in continually achieving
the highest quality products

By Kristine Clark, Ph.D., R.D., Matol Health Professional

As the Director of Sports Nutrition at Penn State University, I'm in a position to hear about new health products on a daily basis, from all corners of the globe. But for the last ten years I've been using and supporting Matol products because none of the other ones I hear or read about come close to the quality that Matol prides itself in achieving.

Matol makes nutritional supplements that make sense in supporting a sound, well-balanced diet. Even as a nutrition expert, I can't eat perfectly each day. Based on my travel and work schedules, try as I might, both my exercise and diet suffer. I need to pay careful attention to the number of calories I eat and the number I burn with exercise, so my "body's checking account" is always balanced. As a result, sometimes I can't get as many calories in as I'd like, which means, without a high quality supplement, such as Matolife™, I would miss out on my RDA (required daily allowance) for many vitamins and minerals. Iron, calcium, and zinc are three minerals I feel I can't afford to shortchange myself on.

So along with Matolife™, I use Matol®/Km® to get additional important minerals (iron, calcium, and potassium). In addition to getting extra minerals from Matol®/Km®, the herbal extracts contribute to a wide variety of protective health features.

Suffering from an inflamed sciatic nerve, the anti-inflammatory properties of several herbs in Matol®/Km® played a role in reducing my discomfort. In sharing this knowledge with my physical therapist, his response was so positive that he wanted all of his tendinitis patients to start taking it! What an excellent way to reduce the incidence of over-consumed drugs!

My physician wanted me to take 600 mg of ibuprofen four times a day to reduce the inflammation. That's 2400 mg a day!! Many people know that large amounts of ibuprofen can be tremendously irritating to the digestive tract. In this case, I was able to avoid a "new" problem by increasing my intake of Matol®/Km® and getting positive results without drugs!

I use the MBA™ bars as a meal replacement about three times per week to help keep my total calories intake in check. I feel these great tasting bars do fit into a healthy diet and allow me to hop on a plane or stay in my office for lunch without sacrificing good nutrition.

I also use BotanELLE™ Progesterone Creme as a replacement for the progesterone I'm losing with age. The role progesterone plays in balancing my hormonal profile matters to me. My goal with all Matol products is to avoid using prescription medications. It seems that herbal based products are gentler on our systems and offer an opportunity to take care of ourselves in a responsible, health promoting way.

All of the Matol products are effective. From Biomune OSF™ to the Enzymes, each contributes a piece to the complex puzzle we call "total well-being." That statement even applies to the BotanELLE™ line of bath and body products which benefits us through our "senses" or aromatherapeutics.

As new products become part of the Matol line, they all become part of my health routine. They are easy to use, fit my lifestyle, and assist me in managing my health.

No product or group of products can do for me what I must be responsible for myself!! I have to exercise or engage in purposeful physical activity everyday. I have to buy the right kinds of foods, prepare them in a low fat way, use the FibreSonic® to support the amount of fiber I need in my daily diet, and pay attention to my state of mental health. But in the grand scheme of "caring for myself" I readily accept the help that Matol has created for me. It's all part of the package to stay on the positive side of health.

Dr. Kristine Clarke has been involved with Matol since 1991. Dr Clarke says that she relies on the knowledge of Matol Distributors to take her message to hundreds of others who need assistance changing bad health habits to good ones. Currently, she is Director of Sports Nutrition at Penn State University. There she counsels over 800 varsity athletes from 29 sports. She is also the spokesperson for the United States Soccer Federation and a Fellow of the American College of Sports Medicine. In 1998, she was elected as a Board of Trustee member to that group.