

TRADEMARK ASSIGNMENT

Electronic Version v1.1
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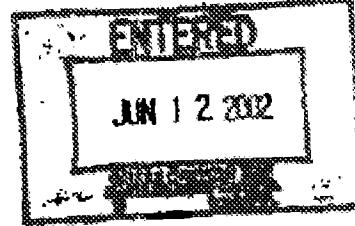
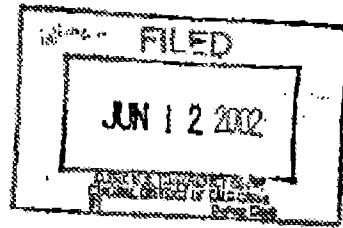
SUBMISSION TYPE:	NEW ASSIGNMENT		
NATURE OF CONVEYANCE:	Asset Purchase Agreement		
CONVEYING PARTY DATA			
Name	Formerly	Execution Date	Entity Type
Wolkowitz, Edward, M., Chapter 7 Trustee for the Estate of Dr. Koop.com, Inc., a California corporation		05/30/2002	CORPORATION: CALIFORNIA
RECEIVING PARTY DATA			
Name:	Vitacost Holdings, Inc.		
Street Address:	2049 High Ridge Road		
City:	Boynton		
State/Country:	FLORIDA		
Postal Code:	33426		
Entity Type:	CORPORATION: DELAWARE		
PROPERTY NUMBERS Total: 1			
Property Type	Number	Word Mark	
Registration Number:	2439962	DR. KOOP'S COMMUNITY PARTNER PROGRAM	
CORRESPONDENCE DATA			
Fax Number:	(908)722-0755		
	<i>Correspondence will be sent via US Mail when the fax attempt is unsuccessful.</i>		
Phone:	908-722-0700		
Email:	ipdept@nmmlaw.com		
Correspondent Name:	Davy E. Zoneraich		
Address Line 1:	721 Route 202-206		
Address Line 4:	Bridgewater, NEW JERSEY 08807		
NAME OF SUBMITTER:	Davy E. Zoneraich		
Signature:	/dez/		
Date:	02/24/2005		

CH \$40.00 2439962

Total Attachments: 18

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Exhibit A



1 DOUGLAS D. KAPPLER (State Bar No. 48979)
 CARMELA TAN (State Bar No. 195603)
 2 ROBINSON, DIAMANT & WOLKOWITZ
 A Professional Corporation
 3 1888 Century Park East, Suite 1500
 Los Angeles, California 90067
 4 Telephone: (310) 277-7400
 Facsimile: (310) 277-7584

5
 6 Attorneys for Edward M. Wolkowitz,
 Chapter 7 Trustee

7
 8 UNITED STATES BANKRUPTCY COURT
 9 CENTRAL DISTRICT OF CALIFORNIA
 LOS ANGELES DIVISION

10
 11 In re
 12 DR.KOOP.COM, INC.,
 a Delaware corporation,
 13
 14 Debtor.

Bk. No.: LA 01-47426-TD
 Chapter 7
 (Jointly Administered with Case
 No.: LA 01-47437-TD)

15 In re
 16 DR. KOOP LIFECARE, INC.,
 a Delaware corporation,
 17
 18 Debtor.

ORDER AUTHORIZING SALE OF
 ASSETS OF THE ESTATE FREE AND
 CLEAR OF LIENS AND ENCUMBRANCES
 Date: June 12, 2002
 Time: 11:00 a.m.
 Place: Courtroom "1345"
 255 East Temple Street
 Los Angeles, CA 90012

19
 20 Affects Both Debtors
 21 Affects only DR.KOOP.COM, INC.
 Affects only DR. KOOP LIFECARE, INC.

22
 23 On the above date and time, the Chapter 7 Trustee's
 24 Motion for Order Authorizing Sale of Assets of the Estate Free
 25 And Clear of Liens and Encumbrances (the "Motion"), filed by
 26 Edward M. Wolkowitz, the duly-appointed, acting, and qualified
 27 chapter 7 trustee for the bankruptcy estate of drkoop.com., Inc.,
 28 the debtor herein (the "Debtor"), was heard by the Honorable

C2T/00101569.WPD/ORD/17 158.000

1 Thomas B. Donovan, United States Bankruptcy Judge. Douglas D.
2 Kappler of Robinson, Diamant & Wolkowitz, A Professional
3 Corporation, appeared on behalf of the Trustee. All other
4 appearances are as noted on the record.

5 The Court, having read and considered the Motion and
6 all responses thereto, having heard and considered the arguments
7 of counsel, having found that notice and service of the Motion
8 was proper and appropriate under the circumstances, and good
9 cause appearing therefor,

10 IT IS HEREBY ORDERED THAT:

- 11 1. The Motion is granted.
- 12 2. The Trustee is authorized to sell and transfer the
13 Debtor's right, title, and interest in and to substantially all
14 tangible and intangible assets owned by the Debtor used in
15 connection with operation of the websites known as drkoop.com and
16 drBrew.com and more fully described on Exhibit "1" attached
17 hereto (the "Assets"), free and clear of liens and encumbrances,
18 to Vitacost Holdings, Inc. ("Vitacost" or "Buyer") for the sum of
19 \$300,000.00 cash.
- 20 3. The Asset Purchase Agreement entered into between
21 the Trustee and Vitacost is approved.
- 22 4. The Buyer is a good faith purchaser as that term
23 is defined in 11 U.S.C. § 363(m).
- 24 5. The Trustee is authorized to execute any and all
25 additional documents necessary to effectuate the sale of the
26 Assets to Vitacost.

27 ///

28 ///

CZT\00101569.WPD\ORD\173.8.000

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6. Notice of the Motion was adequate under the
circumstances and pursuant to 11 U.S.C. § 102.

DATED:

JUN 12 2002

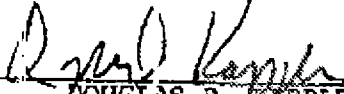
Thomas B. Donovan

THE HONORABLE THOMAS B. DONOVAN
United States Bankruptcy Judge

PRESENTED BY:

ROBINSON, DIAMANT & WOLKOWITZ
A Professional Corporation

By:



DOUGLAS D. KAPPLER

Attorneys for Edward M. Wolkowitz
Chapter 7 Trustee

SCHEDULE I

1. All domain names presently owned by or registered in the name of the Debtor including:

- | | |
|-------------------------------|--------------------------|
| drkoop.com | drkoop.org |
| drdrew.com | ebenefitsgroup.net |
| ebenefitsgroup.com; | ebenefitsgroup.org |
| ebenefitsgroup.net | ebenefitsgroup.org |
| travelsmart.com | mytravelsmart.com |
| benefitinternet.com | benefitinternet.org |
| benefitinternet.net | atschoolcafe.com |
| atschoolcafe.net | atschoolcafe.org |
| bigbenefit.com | bigbenefit.net |
| atplaycafe.net | atplaycafe.net |
| atplaycafe.com; | drugchecker.com |
| ummi.drkoop.com | ghmc.drkoop.com |
| ihc.drkoop.com | inova.drkoop.com |
| mhd.drkoop.com | phs.drkoop.com |
| pinnaleshealthcare.drkoop.com | promina.drkoop.com |
| riverside.drkoop.com | ssmak.drkoop.com |
| STJOSEPHS-CANDLER.drkoop.com | tah.drkoop.com |
| virtua.drkoop; | wfumbc.drkoop.com |
| covenanthealth.drkoop.com | baptisthealth.drkoop.com |
| memorialcare.drkoop.com | healthology.drkoop.com |
| clubs.drkoop.com | health.aol.drkoop.com |
| ads.drkoop.com | dev.drkoop.com |
| forums.drkoop.com; | chat.drkoop.com |
| kchat.drkoop.com | ds.drkoop.com |
| drugchecker.drkoop.com | go.drkoop.com |

2. All trademark registrations and applications of the Debtor including, but not limited to the following marks: DRKOOP.COM (#2,368,069); DRKOOP'S COMMUNITY PARTNER PROGRAM (#2,435,962), DRUG CHECKER(2) and the following applications: YOUR TRUSTED HEALTH NETWORK.

3. E-mail addresses for all drkoop.com registered users (estimated at 1,576,436) and drkoop.com newsletter recipients (estimated at 799,358) subject to opt-out procedures set forth in the Privacy Settlement.

4. E-mail addresses for all drdrew.com registered users (estimated at 659,283) and drdrew.com newsletter recipients (estimated at 480,038) subject to opt-out procedures set forth in the Privacy Settlement.

5. All software, software codes, software programs and discs containing software or related information in the possession or control of the Seller, including all user lists.

EXHIBIT 1

4

6. All computer servers and hardware used to run drkoop.com and drdrew.com, including the following software platform and system features:

MS Site Server	Site Assure	Veritas Netbackup
Dundas Software	Winzip	Wtsftp
Eversoft	Cit 3.2	PC Anywhere
Hysia 2.0	Global Scape	SQL 7.0
Win NT 4.0	Eshare	Retrospect 5.0
NA Netshield	Acrobat Reader 5.0	Web Board 5.0
Coffee cup Free HTML	Ektron : ewebedit pro 2.0	Q logic management suite
Netscape Server suite		

7. Copies of all books and records of the Debtor related to ownership and management of drkoop.com and drdrew.com and any related websites.
8. Copies of all contracts and leases of the Debtor related to ownership and management of drkoop.com and drdrew.com and any related websites.

9. All Debtor owned content presently appearing on any of the Debtor's websites, provided the name, "C. Everett Koop, M.D.," or variations thereof, not including the URL "Dr. Koop.com," or variations thereof, and the likeness of C. "Everett" Koop, M.D., will be removed from the website.

JEP

EXHIBIT 1

5

BILL OF SALE

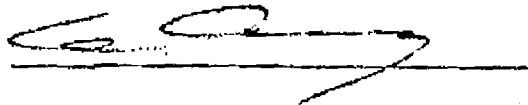
For valuable consideration, the receipt and sufficiency of which is hereby acknowledged, and pursuant to the Order Authorizing Sale of Assets of the Estate Free and Clear of Liens and Encumbrances entered on June 12, 2002, by the United States Bankruptcy Court for the Central District of California, Los Angeles Division, in the bankruptcy case of drkoop.com, Inc. (the "Debtor"), Bankruptcy Case No. LA 01-47426-TD, authorizing the Bankruptcy Trustee Edward M. Wolkowitz (the "Seller") to sell and transfer all of the Debtor's right, title and interest in and to substantially all tangible and intangible assets of the Debtor used in connection with operation of the websites known as drkoop.com and drdrew.com to Vitacost Holdings, Inc. (the "Buyer"), Seller hereby sells, transfers, assigns, conveys, and delivers to Buyer, its successors and assigns, all of Seller's right, title, and interest in and to all of the assets and properties listed on Schedule A attached hereto and incorporated herein by reference (the "Assets").

Seller, for himself and his successors and assigns, further covenants with Buyer and its successors and assigns, that Seller and its successors and assigns, will do, execute and deliver, or will cause to be done, executed and delivered, all such further acts, transfers, assignments, conveyances, and assurances, for the better assuring, conveying and confirming unto Buyer, its successors and assigns, all and singular the Assets hereby assigned, transferred and conveyed, as Buyer, its successors and assigns, shall reasonably require.

IN WITNESS WHEREOF this Bill of Sale has been duly executed effective as of July 9, 2002.

SELLER:

Edward M. Wolkowitz, Trustee of the
Bankruptcy Estate of drkoop.com, Inc.



SCHEDULE A

1. All domain names presently owned by or registered in the name of the Debtor including:

drkoop.com	drkoop.org
drdrew.com	ebenefitsgroup.net
ebenefitsgroup.com;	ebenefitsgroup.org
ebenefitgroup.net	ebenefitgroup.org
travelsmarte.com	mytravelsmarte.com
benefitinternet.com	benefitinternet.org
benefitinternet.net	atschoolcafe.com
atschoolcafe.net	atschoolcafe.org
bigbenefit.com	bigbenefit.net
atplaycafe.org	atplaycafe.net
atplaycafe.com;	drugchecker.com
umm.drkoop.com	gbmc.drkoop.com
ihc.drkoop.com	inova.drkoop.com
mhd.drkoop.com	phs.drkoop.com
pinnaac:lehealthcare.drkoop.com	promina.drkoop.com
riverside.drkoop.com	ssmok.drkoop.com
STJOSEPHS-CANDLER.drkoop.com	trnh.drkoop.com
virtua.drkoop;	wfumbc.drkoop.com
covenanthealth.drkoop.com	baptisthealth.drkoop.com
memorialcare.drkoop.com	healthology.drkoop.com
clubs.drkoop.com	health.aol.drkoop.com
ads.drkoop.com	dev.drkoop.com
forums.drkoop.com	chat.drkoop.com
kchat.drkoop.com	de.drkoop.com
drugchecker.drkoop.com	go.drkoop.com

2. All trademark registrations and applications of the Debtor including, but not limited to the following marks: DRKOOP.COM (#2,368,069); DRKOOP'S COMMUNITY PARTNER PROGRAM (#2,439,962), DRUG CHECKER(2) and the following applications: YOUR TRUSTED HEALTH NETWORK.
3. E-mail addresses for all drkoop.com registered users (estimated at 1,576,436) and drkoop.com newsletter recipients (estimated at 799,358) subject to opt-out procedures set forth in the Privacy Settlement.
4. E-mail addresses for all drdrew.com registered users (estimated at 659,283) and drdrew.com newsletter recipients (estimated at 480,038) subject to opt-out procedures set forth in the Privacy Settlement.

(DDK/00102220.DOC/ROS/17358.000) * \Documents and Settings\bjcmeester\Local Settings\Temporary Internet Files\GLK11\drkoop.com Bill of Sale.doc

PAGE 13/33 * RCVD AT 5/24/04 2:38:14 PM [Eastern Daylight Time] * SVR:57 * DNS:8733 * CSID:5617528888 * DURATION (mm-ss):14-62

PAGE 44/54 * RCVD AT 7/8/2004 3:19:22 PM [Eastern Daylight Time] * SVR:RDMOFAX17 * DNS:8733 * CSID:973 538 1984 * DURATION (mm-ss):21-28

TRADEMARK
REEL: 003034 FRAME: 0457

SCHEDULE A

5. All software, software codes, software programs and discs containing software or related information in the possession or control of the Seller, including all user lists.

6. All computer servers and hardware used to run drkoop.com and drdrew.com, including the following software platform and system features:

MS Site Server	Site Assure	Veritas Netbackup
Dundas Software	Winzip	Wtsftp
Evrsoft	Crt 3.2	PC Anywhere
Hyena 2.0	Global Scape	SQL 7.0
Win NT 4.0	Estare	Retrospect 5.0
NA Netshield	Acrobat Reader 5.0	Web Board 5.0
Coffee cup Free HTML	Ektron : ewebedit pro 2.0	Q logic management suite
Netscape Server suite		

7. Copies of all books and records of the Debtor related to ownership and management of drkoop.com and drdrew.com and any related websites.

8. Copies of all contracts and leases of the Debtor related to ownership and management of drkoop.com and drdrew.com and any related websites.

9. All Debtor owned content presently appearing on any of the Debtor's websites, provided the name "C. Everett Koop, M.D. or variances thereof, not including the URL "drkoop.com," or variances thereof, and the likeness of C. Everett Koop, M.D., will be removed from the website.

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PAGE 14/33 * RCVD AT 5/24/04 2:38:14 PM [Eastern Daylight Time] * SVR:17 * DNS:8733 * CSID:561752888 * DURATION (mm-ss):14-52

PAGE 45/44 * RCVD AT 7/8/2004 3:19:22 PM [Eastern Daylight Time] * SVR:RDMOFAX17 * DNS:8733 * CSID:973 538 1984 * DURATION (mm-ss):21-28

EXHIBIT 5.11

See attached.

Ex 5.11

PAGE 4854 * RCVD AT 7/8/2004 3:19:22 PM [Eastern Daylight Time] * SVR:RDMCFAX17 * DNIS:8733 * CSID:973 538 1984 * DURATION (mm-ss):21-28

TRADEMARK
REEL: 003034 FRAME: 0459

Search []

Advertisement

Dr. Koop
Web
ARTHRITIS

Free Arthritis Information

July 7, 2004

News

PC-Secur Yousters Less Ahead in Learning
New research shows computers help preschoolers get better scores on IQ, school readiness tests, but only if they work on learning programs, not video games

Heart Disease: Diabetes, Pancreatic Cancer Linked
Experimental vaccine appears to stimulate immune system

Time 1, Unleashed: Permitted to Mine
Researchers connect Saw in wireless system

Leads to New Research: CBP
Said the people to cough, they say, especially if you're uninsured

Medical Breakthroughs - NEW
New drug therapies

Links: Cancer News

Customized Cancer Treatment

New Approach to Crohn's
Stem Cell Research

Alzheimer's Research

WebQUEST
New site helps create health news

Health Highlights for Jun. 7, 2004

- **Anti-Cholesterol Drugs May Reduce Colorectal Cancer Risk**
- **Metabolic Disease Rates for Children Increase in ICU at 2004**
- **Metabolic Abnormalities With Increased Bowel Cancer Risk**
- **Two New Types of Cancer Therapies Show Promise**
- **Chemotherapy Benefits Some Lung Cancer Patients**

Health Tip: Finger Splint
Home-care suggestions

Health Tip: Purchase Medications on the Internet
Buy only from licensed pharmacies

Health Tip: Candidates to Watch?
Some are off waiting lists

Other Stories

Overactive Bladder Drug Approved
Calms muscles, reducing contractions

Researcher: Noninvasive Test
New drug helps travelers' diarrhea

New Research for Rare Hereditary Disorders
Rare conditions could lead to leukemia

Bladder Cancer Risk: Get Test for Prostate Cancer
For men that don't respond to hormone therapy

Genetic Advances to Treat Psoriasis
Times informed with updates

Advertisement

Do you have Arthritis?

Advertisement

Learn what vitamins and supplements can help you

Health Tab:

Links to the Vitacost Natural Medicine Center hosted on drkoop.com.

Special Offers:

Guaranteed link Vitamin & Supplement Reviews.

Top Feature:

Guaranteed top placement to the Vitacost Natural Medicine Center hosted on drkoop.com. Low Carb Diet link will be guaranteed at #5.

If the drkoop.com site is redesigned, placements of similar relative size and position to the new pages will be maintained.

Higher Costs Mean Fewer Take Lifesaving Drugs
 Study finds use of statins drops sharply when co-pay rises

By Steven Reinberg
 HealthDay Reporter
 TUESDAY, June 8 (HealthDayNews) — Many patients are not taking cholesterol-lowering drugs even though they can help prevent a second heart attack or stroke, and high insurance co-pays are the main reason why, researchers report.

The study found that almost half of patients who had prescriptions for the drugs, called statins, did not take them often enough or stopped taking them. The report appeared in the June issue of the *Journal of General Internal Medicine*.

"Fewer patients are taking statins than we would like to see it," said Dr. James Stevenson, director of pharmacy services at the University of Michigan Health Services.

"People don't take the drugs regularly and discontinue therapy at a rapid rate," he added. "Since these are drugs that are known to improve survival in patients with cardiovascular disease, this is not a good thing. There will be increased mortality and disease."

In addition, Stevenson's group compared people who had had a heart attack or stroke to patients who had had neither. Surprisingly, they found those who had had a heart attack or stroke were just as likely not to take their statins as those who didn't suffer either stroke.

To come to their conclusions, the researchers looked at data from the Michigan records of 4,502 patients.

"The success of the patient's co-pay was a clear predictor of poor compliance," said study co-author Dr. A. Mark Franks, a professor of general medicine and health policy at the University of Michigan. "As the amount of money that you had to pay to get your cholesterol-lowering drug went up, the likelihood of your taking it went down substantially."

Among patients whose co-pay was less than \$10 a month, 59 percent finished on the drug after four years. In contrast, 50 percent of patients whose monthly co-pay was more than \$20 stopped on their first or only one year.

"This confirms that the amount of money that people actually have to pay for their drugs out of pocket, even if they have pharmacy benefits, is a critical aspect of getting drugs to people who need them," Franks said.

Franks believes that one way to solve this problem is to lower or eliminate co-pays for patients who have had a heart attack or stroke. This might help insure that drug patients, who are most at risk for another event, will continue to take their medications. Statins, he noted, have a proven benefit in preventing a second event.

"As reported to drug discount cards or extending benefits, we need to identify the people who need the medication most and

Health Tab:
 Links to the Vitacost Natural Medicine Center hosted on drkoop.com.

Special Offers:
 Guaranteed link Vitamin & Supplement Reviews.

Top Feature:
 Guaranteed top placement to the Vitacost Natural Medicine Center hosted on drkoop.com. Low Carb Diet link will be guaranteed at #5.

The screenshot shows the drkoop.com website with a search bar at the top. On the left is a navigation menu with categories like 'Special Offers', 'Free Eczema Information Kit', 'Lower your cholesterol and save money!', 'Tools for Diabetes Management', 'One in 5 Americans have it, is your?', 'Blood Pressure', 'Free Arthritis Information', 'Hep C Therapy', 'Vitamins & Supplement Review', 'TV Schedule', 'Impotence', 'What is GERD?', 'Osteoarthritis', 'Heart Disease', 'Depression', 'Dyspareunia', 'Herpes', 'Fibromyalgia', 'Cosmetic Surgery', 'Medical Imaging', 'Top Features', 'Schizophrenia', 'Hair Loss', 'Liver Disease', 'Allergies', 'Eczema', 'Asthma', 'Heart Disease', 'Foot Care', 'Cholesterol', 'Diabetes', 'Impotence', 'Triple B Free Surgery', 'Subscribe to our Free Newsletter', 'Quizzes & Tools', 'Health Encyclopedia', 'Library & Communities', '3D Interactive Human Atlas', 'Video Library', 'Privacy Policy', 'Drug Information', 'Drug Search', 'Medical Conditions', 'Drug Interactions', 'Image Database', 'PIN Identifier'. The main content area features several articles:

- Green Tea:** A good cup of tea is a popular beverage, but it may actually possess astounding benefits for your health. Green tea, due to its high levels of a chemical compound known as EGCG, has been the subject of many research studies. EGCG has been shown to offer dramatic reductions for atherosclerosis patients, and may improve levels of such elements of atherosclerosis as LDL cholesterol and triglycerides. In addition, EGCG has been shown to display anti-bacterial activities, and may in fact, actually enhance anti-bacterial therapy. And according to multiple studies, EGCG may hold stunning benefits against cancer cells.
- Green Tea May Hold Remarkable Heart Benefits:** Health concerns targeting the heart, especially that of congestive heart failure (CHF), have become a depressing reality for millions of people. In fact, the levels of those afflicted with some form of cardiovascular disease are approaching pandemic levels. But recent and amazing research has shown that the simple herb known as Hawthorn extract may offer specific and cardiovascular benefits, including that of reduced levels of blood pressure and "bad" cholesterol, and most significantly, as a powerful anti-oxidant for people with CHF. Hawthorn extract may also possess benefits for other health needs, as well.
- How Relief from Migraines with CoQ10:** For an estimated 20 million Americans, migraines are an unfortunate yet common daily occurrence. Although there are several drugs available, unfortunately they can be associated with side effects. However, new research may offer relief from this debilitating health issue, in the form of study supplements. Studies have shown that certain supplements, especially that of coenzyme Q10 (CoQ10), appear to reduce the frequency of migraines. In addition, such nutrients as magnesium, 5-HTP and the B vitamins have been shown to provide successful migraine maintenance and relief.

At the bottom of the page, there is a disclaimer: "The drkoop.com URL and web site is not associated with C. Everett Koop, M.D., former Surgeon General of the United States."

Health Tab:
Links to the Vitacost Natural Medicine Center hosted on drkoop.com.

Sponsored By:
Provides user with notification this content is sponsored by Vitacost.

Special Offers:
Guaranteed link Vitamin & Supplement Reviews.

All clicks from this page to Vitacost.com will be counted as advertising during the 3rd year of the Agreement.

drkoop.com

HealthSmart

Immune System May Protect Against Cognitive Decline



Researchers say mouse study could lead one day to preventive vaccine

Small researchers believe they have demonstrated a link between natural system functioning and cognitive impairment, at least in mice.

While some scientists find the research promising, others point out that applying the findings to human brains — such as Alzheimer's disease or schizophrenia — requires an extraordinary leap.

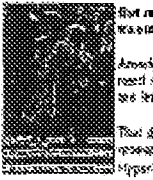
Curcumin Inhibits Cancer Cell Growth in Studies



Curcumin, also known as turmeric, has gained four or five years for cancer research. But according to recent studies, you may be amazed to find that this humble spice may hold potentially groundbreaking benefits as a anti-cancer agent. Research has shown that curcumin may safely and effectively inhibit cancerous cell growth in various types of cancer, including prostate, colon, lung, and skin cancer. In fact, the benefits of curcumin may extend to other chronic conditions, as one study found that the herb may have a therapeutic effect on cyclic breast

Read More >>>

Blood Pressure Control Key for the Oldest



But researchers add this group needs aggressive treatment the most

Americans 80 years of age or older are in greatest need of getting their blood pressure under control but are least likely to keep it in check.

That dangerous health problem was reported by researchers on May 21 at the American Society of Hypertension's annual meeting in New York City.

Read More >>>

Good News for Chocolate Lovers



Chocolate does it helps heart and arteries, but caffeine doesn't get some bleeding

For those who love dark chocolate and cocoa, take this to heart. Your blood circulation may actually benefit your cardiovascular health.

Chocolate helps the heart and arteries and cocoa does the same as older adults, claim two researchers made this week at the American Society of Hypertension's annual meeting in New York City.

Read More >>>

By Alan S. Joseph, MD
Recent HealthSmart Articles

This article has been featured in HealthSmart. Research and medical research has shown that the simple herb lemon or lemon extract may offer significant cardiovascular benefits, including that of reduced levels of blood pressure and total cholesterol, and more importantly, as a powerful new option for people with congestive heart failure. [Read More >>>](#)

More than 100 million people in the U.S. suffer from osteoporosis, a condition that causes bones to become brittle and fracture. In addition, such patients are at risk for osteoporosis-related fractures. Research has shown that curcumin may safely and effectively inhibit cancerous cell growth in various types of cancer, including prostate, colon, lung, and skin cancer. In fact, the benefits of curcumin may extend to other chronic conditions, as one study found that the herb may have a therapeutic effect on cyclic breast

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Sign up today to be among the first to see the latest research and clinical studies on the effects of natural and natural medicine on your health. [Sign Up Now](#)

Let Vitacost put the keys to a healthy life in your hands - **ABSOLUTELY FREE!**

Ad Placement:
Maximum 160x800 ad placement. This placement may only contain text links.

Content Placement:
Guaranteed number 2 placement in the drkoop.com HealthSmart newsletter. Vitacost must provide content at least 2 business days prior to the newsletter being mailed.

Gussis, Geoffrey

Subject: FW: DrKoop
Follow Up Flag: Follow up
Flag Status: Flagged

From: Wayne Gorsek [mailto:Wayne@vitacost.com]
Sent: Thursday, June 03, 2004 4:58 PM
To: Ashraf Nashed M.D.
Subject: FW: HealthSmart

Recent newsletter sample.

From: HealthSmart [mailto:healthsmart@drkoop.com]
Sent: Wednesday, May 26, 2004 1:07 PM
To: Wayne Gorsek
Subject: HealthSmart



HealthSmart

Newsletter

For Your Health
By Allen S. Josephs, MD

**Recent Health News
Articles:**

Curcumin Inhibits Cancer Cell Growth In Studies



Allen S. Josephs, MD

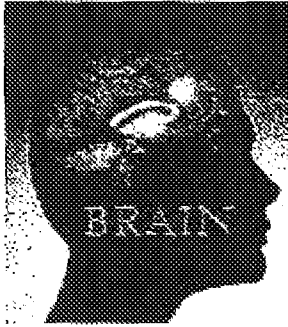
Curcumin, also known as turmeric, has gained favor as a savory spice for Indian cooking. But according to recent studies, you may be amazed to find that this humble herb may hold potentially groundbreaking benefits as an anti-cancer agent. Research has shown that curcumin may safely and effectively inhibit cancerous cell growth in various types of cancer, including prostate, colon, lung, and skin cancer. In fact, the benefits of curcumin may extend to other chronic conditions, as one study found that the herb may have a therapeutic effect on cystic fibrosis.

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This Herb May Hold Remarkable Benefits
Recent and amazing research has shown that the simple herb known as hawthorn extract may offer significant cardiovascular benefits, including that of reduced levels of blood pressure and "bad" cholesterol, and most significantly, as a powerful new option for people with congestive heart failure.
[Read More >>>](#)

Immune System May Protect Against Cognitive Disorders

New Relief from Migraines with CoQ10
Studies have shown that certain supplements, especially that of coenzyme



Researchers say mouse study could lead one day to preventive vaccine

Israeli researchers believe they have demonstrated a link between immune system functioning and cognitive impairment, at least in mice.

While some scientists find the research promising, others point out that applying the findings to human ailments -- such as Alzheimer's disease or schizophrenia -- requires an extraordinary leap.

[more...](#)

Q10 (CoQ10), appear to reduce the frequency of migraines. In addition, such nutrients as magnesium, 5-HTP and the B vitamins have been shown to provide successful migraine maintenance and relief. [Read More >>>](#)

Micronutrients Have Impressive Health Benefits According to Studies

It is likely that half of the U.S. population is deficient in at least one of five essential micronutrients. Multiple studies have illustrated that consuming vitamins and antioxidants can have a positive effect on reducing the risk of chronic diseases, especially that of cancer and heart disease.

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Blood Pressure Control Poorest For The Oldest



But researchers add this group needs aggressive treatment the most

Americans 80 years of age or older are in greatest need of getting their blood pressure under control but are least likely to keep it in check

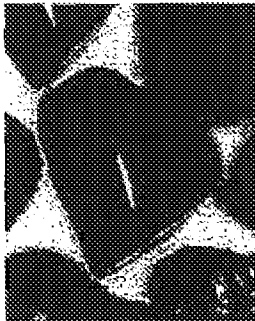
That dangerous health paradox was reported by researchers on May 21 at the American Society of Hypertension's annual meeting in New York City.

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Turning Back the Clock With Carnitine?

Despite our best efforts, there is no reversing the aging process. However, researchers are finding the one multi-functional nutrient, carnitine, may possess astounding anti-aging properties. [Read More >>>](#)

Good News for Chocolate Lovers



Studies find it helps heart and arteries, but caffeine doesn't get same blessing

For those who love dark chocolate and cocoa, take this to heart: Your sinful addiction may actually boost your cardiovascular health.

Chocolate helps the heart and arteries and cocoa does the same in older adults, claim two presentations made this week at the American Society of Hypertension's annual meeting in

New York City.

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Plastic Surgeons Frown on Reality TV Shows



Say they raise false hopes, risks of complications

Let's face it, you don't need a pretty face to get on television anymore; nowadays it helps to have an ugly one.

And if you come with crooked teeth, small breasts and cellulite to boot, that's even better. These qualities will make you a perfect candidate for one of the various reality "makeover" plastic surgery shows proliferating across the tube these days.

[more...](#)

Realistic Expectations Pivotal to Marital Bliss

Study finds couples who set sights too high are headed for a fall

Newlyweds should enjoy a dose of reality along with that wedding cake if they want to keep their marriage healthy, says a study in the May issue of the *Journal of Personality and Social Psychology*.

Researchers found newlywed couples were less likely to experience deep declines in marital satisfaction if they had a realistic picture of their relationship -- even if that picture was not completely rosy.

[more...](#)

Health Centers

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Free Arthritis Information	Learn about the Purple Pill	Free Eczema Information Kit	Do you have Arthritis?
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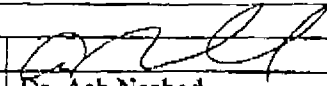
7/8/2004

PAGE 54/54 * RCVD AT 7/8/2004 3:19:22 PM [Eastern Daylight Time] * SVR:RDMOFAX117 * DNS:8733 * CSID:973 538 1984 * DURATION (mm-ss):21-28

TOTAL P.54

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IN WITNESS WHEREOF, the parties hereto have executed this Agreement as of the date first written above:

ATTEST:		VITACOST.COM, INC.	
By:		By:	
Name:		Name:	Wayne Gorsek
Title:		Title:	Chief Executive Officer
ATTEST:		MDCHOICE.COM, INC.	
By:		By:	
Name:		Name:	Dr. Ash Nashed
Title:		Title:	President