

YOUR COMPLIMENTARY COPY  
ISSUE 22



# naturallyhealthy<sup>NEWS</sup>



**4 PAGE SERRAPEPTASE FEATURE –  
'THE MIRACLE ENZYME' THAT IS  
CHANGING LIVES**

**THE LATEST HEALTH NEWS & RESEARCH**

**MUST READ ON CO-ENZYME Q10**

**COULD YOU BE DEFICIENT IN IODINE?**

# MAJOR NEW NUTRITIONAL BREAKTHROUGH

**Serranol may help to support healthy:**

- Lungs & Heart
- Immune System & Cells
- Blood Flow & Circulation
- Brain + Much more...

**SERRANOL IS A UNIQUE COMBINATION OF 4 IMPORTANT NUTRIENTS IT CONTAINS:**

• **Chlorophyllin** is the active green pigment that is essential to maintain strong, vibrant, healthy, youthful, & rejuvenated cells.

• **Chlorogenic acid** is the green antioxidant that is essential to the healthy functioning of the immune system, helping to maintain the immune system's ability to fight off pathogens, viruses, bacteria, and other harmful organisms. It is essential to the health of the immune system and is found in many fruits and vegetables.

• **Chlorophyllin** is the active green pigment that is essential to maintain strong, vibrant, healthy, youthful, & rejuvenated cells. It is essential to the health of the immune system and is found in many fruits and vegetables.

SCORING TOP OF THE DRUG BARREL - THE BARREL FOR DRUGS THE ANTIOXIDANT LEVELS, NUTRIENT, & OTHER SUPPLEMENTS DO NOT EVEN MAKE THE TOP 10!

TOP 10 DRUGS (PER 100g)

SCORING DRUG	101,338
GLUCOSE	101,338
CHLOROPHYLL	101,338
ORGANIC	101,338
TURBIDITY (LACRIM)	101,338

• **Chlorophyllin** is the active green pigment that is essential to maintain strong, vibrant, healthy, youthful, & rejuvenated cells. It is essential to the health of the immune system and is found in many fruits and vegetables.

**THE COMBINATION OF INGREDIENTS CAN ONLY BE FOUND IN SERRANOL**



Recently reviewed in the Health Sciences Institute - an independent organization, dedicated to uncovering and researching the most urgent, advanced in modern underground medicine.



## welcome...

Hello and welcome to Issue 22 of Naturally Healthy News. If you are interested in looking after your health and wellbeing the natural way, then you will find a wealth of information in this magazine. From diabetes support to digestive issues, we have a range of advice to offer, no matter what your health concern may be.

Our report on the importance of vitamin D3 is particularly timely as research shows that today's children are so deficient in this vitamin that they are becoming sick. It's certainly time we took steps to address this worrying issue.

Another essential read is our special report on serrapeptase – the 'miracle' enzyme that helps to eliminate inflammation in the body. The number of positive testimonials we receive from people on how it has turned their health around just keep pouring in.

Take a look at our showcase pages for the latest supplements and products for good health. We have plenty of recommendations for you. Make sure you look out for the HealthPoint acupressure kit, which is officially 20 years old this year – and better than ever. I'm always thrilled to hear from customers who have been using this great product for 20 years and are still using it today to stay healthy. I would love to hear your success stories with using HealthPoint – please get in touch with me via email.

If you have any health questions, or are confused about the best supplements to take, I would be delighted to hear from you and answer your queries.

Take good care,

*Robert Redfern*

**Robert Redfern**  
Health advocate, author and broadcaster  
Email: [robert@goodhealth.nu](mailto:robert@goodhealth.nu)



## 3 WAYS TO READ THIS MAGAZINE

**1** Dive in – it's a great read from cover to cover, full of informative articles and recommended products to help your health.

**2** Dip in and out by subject matter: Heart health, Detoxing, Digestion, Skin... Go for what you most want to know about.

**3** As a reference guide to natural health. Keep it safe so you can help family and friends with their health when they need it.

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## Naturally Healthy Publications

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Printed by Woodford Litho Ltd,  
Freebournes Road, Witham, CM8 3UH



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# HEALTH NEWS

## COCOA COULD HELP DIABETES AND ADVANCED HEART FAILURE

US researchers have discovered that a flavonoid found in dark chocolate could help patients with advanced heart failure and type 2 diabetes. The study, led by Dr Francisco J Villarreal of the University of California, San Diego, focused on the effects of epicatechin-enriched cocoa. The five patients involved in the trial had suffered major damage to skeletal muscle mitochondria, the structures responsible for most of the energy produced in cells. These 'fuel cells' are dysfunctional as a result of both type 2 diabetes and heart failure, leading to abnormalities in skeletal muscle.

After three months of consuming dark chocolate bars and a beverage containing 100mg of epicatechin, the patients showed improved results in their skeletal muscle mitochondria. The results were published in the journal *Clinical and Translational Science*.



## VITAMIN D3 MAY HELP TO PRESERVE EYESIGHT

Vitamin D3 may help to preserve eyesight, a new study suggests. Researchers gave the vitamin to middle-aged mice for a period of six weeks and results showed that they experienced improved vision. The animals were also found to have reduced levels of amyloid beta in their eyes and blood vessels. This is a toxic protein linked to Alzheimer's disease and is a known marker of ageing.

## LIFETIME OF BRAIN ACTIVITY MAY REDUCE ALZHEIMER'S RISK

Researchers from the University of California, Berkeley, have found that a lifetime of daily intellectual stimulation could help prevent the formation of a destructive protein associated with Alzheimer's disease. The study, which was published in the *Archives of Neurology*, revealed that people with no symptoms of Alzheimer's who engaged in mentally stimulating activities throughout their lives had fewer deposits of beta-amyloid in their brains. "These findings point to a new way of thinking about how cognitive engagement throughout life affects the brain," said the study's principal investigator Dr William Jagust. "Rather than simply providing resistance to Alzheimer's, brain-stimulating activities may affect a primary pathological process in the disease. This suggests that cognitive therapies could have significant disease-modifying treatment benefits if applied early enough, before symptoms appear."



## STUDY HIGHLIGHTS CONCERNS OVER SLEEPING PILLS

Concerns have been raised over sleeping pills, after a study showed that they could increase the risk of death more than four-fold. The results, which were published in the journal *BMJ Open*, showed that the higher the dose, the greater the risk of dying, while people on higher doses were at a greater risk of cancer. Experts from the Jackson Hole Centre for Preventive Medicine in Wyoming and the Scripps Clinic Viterbi Family Sleep Centre in California, carried out the study on more than 10,500

people taking sleeping pills. The study included drugs used in the UK, such as benzodiazepines (including temazepam and diazepam), non-benzodiazepines, barbiturates and sedative antihistamines. The results showed that people prescribed sleeping pills were 4.6 times more likely to die during a two and a half year period compared to those not taking the drugs. Furthermore, the group of people taking the highest doses in the study were 35% more likely to develop a major cancer.

# HEALTH NEWS



## LIFESTYLE FACTORS BLAMED FOR CANCERS

Lifestyle factors are being blamed for 40% of cancers, say British researchers. A Cancer Research UK report found that more than 100,000 cancers each year in Britain are caused by four lifestyle factors: smoking, an unhealthy diet, alcohol and being overweight. Furthermore, the number rises to around 134,000 a year when 14 lifestyle and environmental factors are taken into account. The researchers added that 40% of cancers in women and 45% in men could be prevented by a healthier lifestyle.

## DID YOU KNOW?

If you are trying to lose weight, you should watch what you drink as well as what you eat. For example, many soft drinks and beer contain around 150 calories per 12oz serving. This means that if you drink just one a day you will be consuming an extra 54,750 calories, which translates to a 16lb weight gain over the space of a year.

## VITAMIN D DEFICIENCY LINKED WITH WRIST FRACTURES IN POSTMENOPAUSAL WOMEN



Postmenopausal women who have suffered wrist fractures have been found to be deficient in vitamin D, a new study has revealed. The study, which was presented at the 2012 Annual Meeting of the American Academy of Orthopaedic Surgeons, examined the issue of distal radius fractures (DRF), a common form of osteoporosis-related fracture. The researchers examined the medical records of 104 post menopausal women treated for a DRF and compared them to 107 age-matched control patients with soft tissue disease. The results showed that 44% of the DRF patients had reduced levels of vitamin D compared to just 13% in the control group.

## STUDY SHOWS HEART DISEASE COULD BE A RISK FACTOR FOR PROSTATE CANCER

A significant correlation between coronary artery disease and prostate cancer has been discovered by researchers at the Duke Cancer Institute in Durham, North Carolina. The discovery has led scientists to consider the possibility that the two conditions may have shared causes. The study, which was published in Cancer Epidemiology, Biomarkers & Prevention, involved examining data from 6,390 men participating in a prostate drug trial. Of these, 547 had a history of coronary artery

disease. The researchers found that having coronary artery disease increased the men's risk of prostate cancer by 35%, with the risk increasing over time. Also, the men with a history of heart disease were 24 percent more likely to be diagnosed with prostate cancer within the first two years of the study than those who did not have heart disease. After four years into the study, this group's prostate cancer risk was 74% higher.



# ENZYMES – PART OF LIFE

## ESSENTIAL DIGESTIVE

You are what you absorb – not what you eat

*What's the low-down?* This professional strength enzyme complex combines the power of 8 digestive enzymes with Fruta Fit Inulin to help support digestive health, mineral absorption and enzyme replacement (from those lost through cooking). It also offers relief from food allergies and indigestion and helps maintain a balanced gut flora composition. Take one before each meal.

*Did you know?* By the age of 50 you have less than 25% of the enzymes you had at 20!



## NATTOKINASE

The enzyme for healthy blood

*What's this?* Nattokinase is a potent fibrinolytic enzyme, extracted and highly purified from a traditional Japanese food called Natto. Research has shown Nattokinase supports the body in dissolving unhealthy coagulation of blood and may

help to lower blood pressure too.

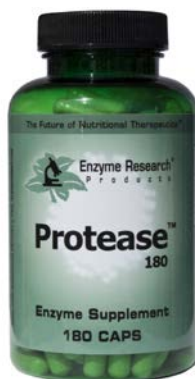
*How's it work?* According to Dr Martin Milner, from the Center for Natural Medicine in Portland, Oregon, what makes Nattokinase a particularly potent enzyme is that it enhances the body's natural ability to fight blood clots in several different ways.

## PROTEASE

Enzyme therapy for digestion of proteins

*What is protease?* It is one of the most important enzymes in the body as it is responsible for digesting proteins in your food. Protein is probably one of the most difficult substances to metabolize and, if the digestive process is incomplete, undigested protein can end up in your circulatory system, as well as other parts of your body.

*Why should I take it?* When taken in higher quantities, protease can help to clean up the body by removing unwanted protein from the circulatory system. This in turn helps to clean up the blood stream and restore energy and balance.



## SERRAPLUS+

Serrapeptase formula

*What's this?* This product does everything that SerraEnzyme serrapeptase does, but also contains 350mg MSM as well as 73 trace minerals.

*Anything else?* The MSM provides additional support for lungs, skin and connective tissue whilst the trace minerals deliver potent organic minerals that are missing from the food chain and can also help with utilisation of the enzymes.

## SERRAPET

Serrapeptase for your pet

*What's new?* SerraPet™ is a Serrapeptase formula especially for your pet. Serrapeptase has plenty of proven health benefits and can offer powerful health support, but it isn't found in your pet's diet.

*How does it help?* This product is already being used by vets and is said to help support healthy lungs, joints and tendons as well as offering relief from sinus and mucus problems. It is suitable for all pets and animals including horses, dogs and cats.



## SERRAENZYME 80,000iu

The essential enzyme

*Why is this essential?* SerraEnzyme™ is the Serrapeptase enzyme which helps to prevent and remove dead tissue and inflammation. Inflammation is a major factor in the majority of modern-day health issues. Serrapeptase is not found in your everyday diet.

*How else does it help?* It can help to maintain healthy digestion as well as healthy joints, veins and arteries. It also helps with scar tissue, sports injuries and more. The enzyme has been the subject of 23 research studies and has a fantastic library of testimonials.



## PENZIM GEL

Natural liquid enzymes

*What's new?* The natural enzymes in Penzim Gel help to speed up the body's ability to regenerate. They also help to nourish and moisturise the skin as well as replace damaged cells more quickly.

*Also useful for?* Combating bacterial skin problems and skin blemishes as well as improving the appearance of scars. As a side benefit, Penzim, which comes from pure Arctic marine sources, helps promote joint and muscle health and can reduce muscle pain.





# LUNG DISEASE

What can you do to help yourself?

Millions of people in the West are dying from lung disease. Robert Redfern explains how to keep your lungs healthy and prevent disease from taking hold

Our lungs are vital to our health as they extract the oxygen we need to survive from the air. But, did you know, that 500 years ago we had twice as much oxygen available to us as we do today? The fact is that industrialised society has removed 6 billion acres of trees from the planet, and trees recycle the carbon dioxide in the air in order to give back the oxygen we need.

There are several health problems that come along with this unwise removal of so many trees from the global ecosystem. Yet there are other problems that amplify this problem as well. Firstly, most people just don't breathe properly due to a sedentary and stress-filled lifestyle and this can lead to reverse breathing.

Secondly, we have lifestyle habits that damage our lungs. Smoking and dietary choices, such as eating chemically-laden junk food and bread, are damaging. Bread? Yes, bread! White bread, wholemeal, brown and, sadly, even wholegrain organic bread, all have negative consequences.

A third problem for our lungs is that many of us are not nourishing them with the right kind of foods, such as fruit and vegetables that are rich in nutrients and enzymes. These three factors mean that our lungs are subject to fungal and yeast overgrowth. This, in turn, leads to chronic inflammation of the lining of the lungs and eventual degeneration.

All of these factors combine to cause lower levels of oxygen absorption, and inadequate breathing compounds this problem even further. When the medical monopoly gets involved, and prescribes a never-ending supply of drugs, everything can spiral downward. I witnessed this firsthand with my own mother who died in her early 60s from COPD (chronic obstructive pulmonary disease).

Many people may feel that once you have to turn to 'big pharma' it's all over, but this isn't the case. In fact, recovery from lung disease is possible if the proper steps are taken. Let's take a look at two situations.





## DID YOU KNOW?



Want to learn more about how to keep your lungs healthy? Then visit the website [www.reallyhealthyfoods.com](http://www.reallyhealthyfoods.com), where you will discover some fascinating facts and health recommendations. For example, did you know that avocados are amazing for your lungs? Here's another tip: eating a mainly alkaline diet and avoiding all starchy carbohydrates will improve your health. [www.reallyhealthyfoods.com](http://www.reallyhealthyfoods.com) has menus and meal ideas as well, so check it out today!

## RECOMMENDED PRODUCTS



### Serranol

Try the number 1 lung health product which blends together Serrapeptase, Curcumin, Ecklonia Cava extract and Vitamin D3 to help support your lungs and bronchial system. It's the 'ultimate' product for lungs.

Why not combine **Oxysorb** with Serranol? Oxysorb is a powerful sublingual liquid enzyme extracted from deep water seaweed that, when taken under the tongue, improves your body's ability to absorb more oxygen.

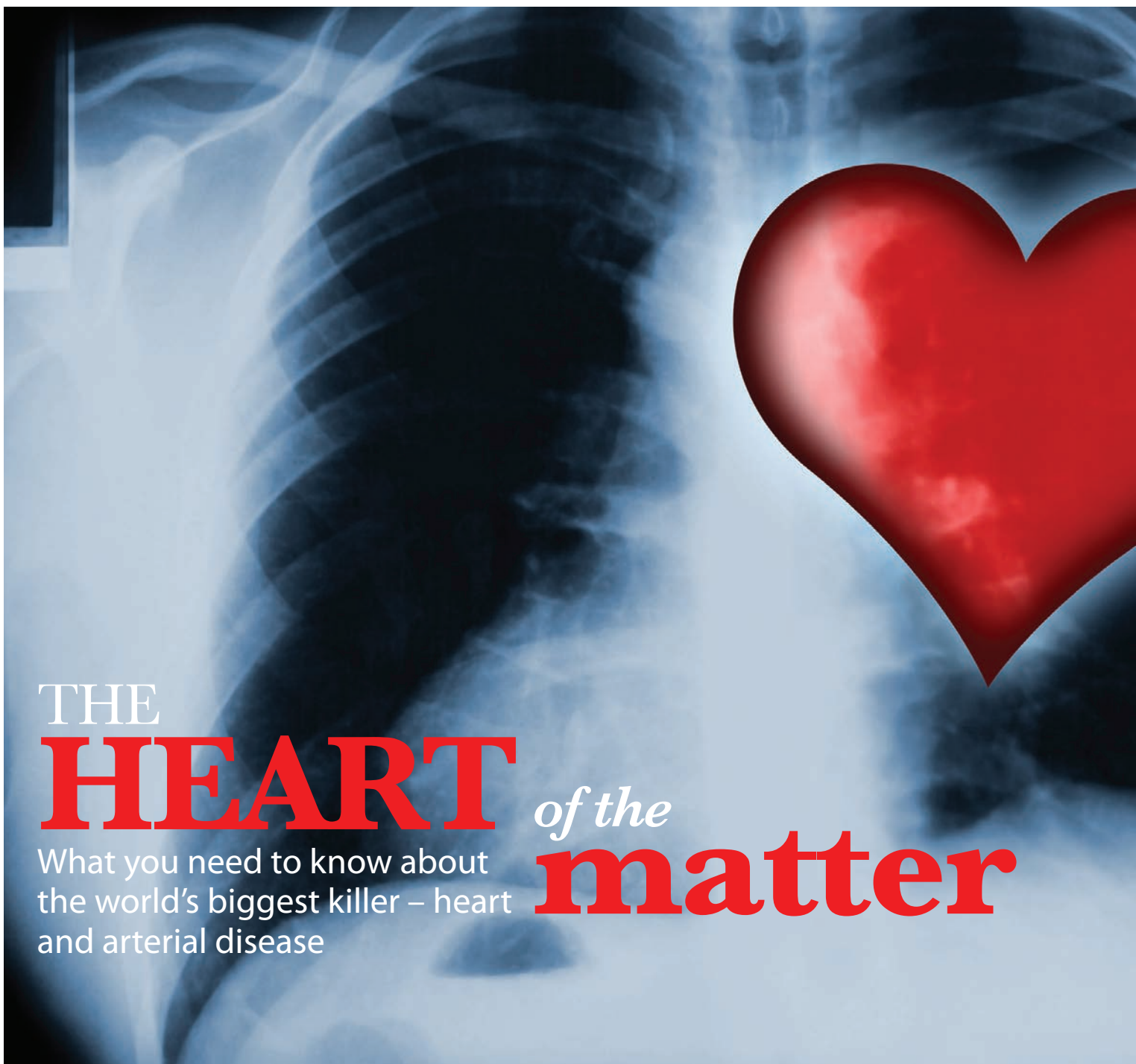
In 2006, Mike Tawse was in a tough situation. His lungs and heart were failing, he was wheelchair-bound and doctors had him on nothing less than 14 different drugs. Friends were already planning his funeral. Then, Mike was introduced to a plan from my book *The Miracle Enzyme* and within weeks he was recovering. Now, 6 years later, he does not take any drugs, goes to the gym 3 times a week and, for the first time in his 42 years, he can see properly. Mike still has cerebral palsy, but he did change his life for the better and he did so by following my plan and making significant dietary changes.

Margaret contacted me with great concern for her father whose life

mostly consisted of sitting in a chair while strapped to an oxygen mask. Doctors were certain that his condition was terminal and would only worsen. Margaret's father was initially resistant to changing his diet, but she convinced him to take the first step in the form of taking the supplement serrapeptase. Eventually her father was able to discard his oxygen mask and began enjoying a more mobile life as a result – and his life was extended.

In my book, *The Miracle Enzyme*, I have detailed action plans that address lung/bronchial problems. Follow the plans in this book, and you will see the benefits within 30 days!





# THE **HEART** *of the* **matter**

What you need to know about the world's biggest killer – heart and arterial disease

The amount of information circulating these days regarding health, nutrition and how to live a longer life is impressive. The internet has succeeded in dispersing information in a fashion that would have been unimaginable just 20 years ago. Yet, even with all of this information designed to encourage us to live healthier and longer lives, stroke and heart disease still remain the leading cause of death for men and women in the UK, including those in the 45 to 65 age range.

If blood flow is severely restricted, or cut off to part of the heart, the result is a heart attack. Our hearts do their job for decades or, in some cases, even more than a century without taking a break. The coronary arteries are responsible for feeding the heart with blood, and taking measures to prevent the hardening and narrowing of these arteries should be a number one priority for anyone looking to live a long and healthy life.

There are several reasons for why this narrowing of the coronary

arteries occurs. These include chronic inflammation, brought on by the stress hormone cortisol. Also the consumption of processed foods that are high in sodium, sugar and fat take their toll on overall health and heart health in particular.

## **Protective measures**

Luckily, there are steps you can take to protect your heart and keep it healthy. One of these is avoiding processed foods and fast foods which are usually low in nutrients, but high in sugar. Cut these





out of your diet and you will be doing your body and heart a great service.

Grain-fed dairy and meat are another problem. By switching the high saturated fats contained in grain-fed dairy and meat with grass-fed meat and chicken alternatives, you will be doing your heart and body another favour, as grass-fed meat and chicken have 6 times less saturated fat.

Research supports the fact that foods high in monounsaturated fat, such as

## DID YOU KNOW?



PAD, or peripheral artery disease, is a condition that occurs due to the obstruction of large arteries in the legs and arms. This can result in a range of symptoms including leg pain when walking, which is known as intermittent claudication. This condition may indicate a wider spread accumulation of fatty deposits in the arteries called atherosclerosis. Atherosclerosis is quite serious, as it can reduce blood flow not just to the legs, but to the brain and heart as well. Lifestyle changes and anti-inflammatory supplements can greatly reduce your risk.



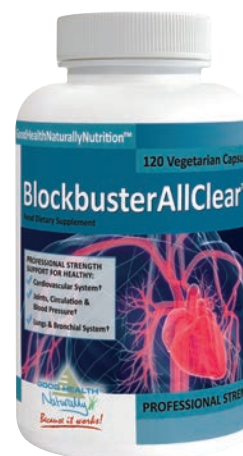
olive oil, and polyunsaturated fat, like nuts and vegetables, are good for your heart and your brain as well. Nuts protect against heart disease, as they are high in alpha-linolenic acid, often found in walnuts, as well as oleic acid, magnesium, arginine, fibre and vitamin E.

Oily fish and fish oil supplements are another great way of supporting your health. Consumption of fish, such as sardines, black cod/sablefish and wild Alaskan salmon, are all outstanding choices. These foods are high in heart and brain-healthy omega-3 fatty acids, which research has shown can even reverse aspects of atherosclerosis (hardening of the arteries). Furthermore, these foods are loaded with antioxidants which are important for fighting premature ageing and have anti-cancer and anti-disease properties as well.

Any changes you can make to reduce

inflammation in your body are steps towards preventing heart and arterial disease. The most effective food supplements are anti-inflammatory enzymes.

## RECOMMENDED PRODUCTS



### Blockbuster AllClear™

This unique combination of 16 powerful nutrients helps to support your heart and arteries. It contains the enzymes serrapeptase, nattokinase and protease, as well as antioxidants, minerals, probiotics and polyphenols.

Other recommended products include **UB8Q10**, which is up to 8 times more absorbable than ordinary CoQ10. CoQ10 is necessary for the functioning of every cell in your body. Also, **The Krill Miracle™** is a super-rich source of omega-3, 6 and 9 which now contains AstaXanthin to provide heart, cardiovascular, cholesterol and blood lipid level support.

# BEST FOR BRAIN HEALTH

## CURCUMINX4000

The super spice

*Have you tried?* CurcuminX4000™, the natural anti-inflammatory that's the biologically active element of turmeric, the yellow spice found in curry and which can help to protect the brain from oxidation. It has traditionally been used in Ayurvedic medicine for its anti-bacterial, antiviral and anti-fungal properties.

*Powerful?* When eaten, little curcumin is generally absorbed because it is soluble

in water. CurcuminX4000, however, uses new technology to protect the curcumin from water which in turn improves the bioavailability and absorption. Published studies have shown that this absorbs up to 23 times better than standard 95% turmeric extracts.



23X

## THE KRILL MIRACLE™

Better than fish oil

*What's krill?* A tiny shrimp-like crustacean found in the Southern Oceans, the only oceans in the world unpolluted by the heavy metals found in many fish oils. Krill are a super-rich source of omega-3, 6 and 9, and their antioxidant levels are 300 times greater than vitamins A and E and 48 times greater than omega-3 found in standard fish oils.

*What's it for?* Krill is a dietary supplement of ultra-pure balanced fatty acid nutrition for normal brain function. Krill oil is rich in EPA and DHA and is safe, pure and free from PCBs, dioxins and contaminants. It also contains AstaXanthin for an extra boost!



## GINKGO BILOBA

A herb for improving your mood

*What's the low-down?* The fan-shaped leaves of the ginkgo biloba, one of the world's oldest trees, have been a mainstay of Chinese herbalist practice for millennia. Ginkgo's popularity is worldwide today.

*Why should I take it?* Studies have indicated that ginkgo can help to improve memory, concentration and mood.

## LITHIUM BALANCE

A natural mood stabilizer

*How does it work?* When the trace mineral organic lithium is paired with the organic substance orotate, this creates a safe mood stabilizer. Orotate is an organic 'carrier' that transports the natural lithium exactly where it needs to be delivered so that it reaches the blood cells of our brain. This is where chemical imbalances occur.

*Tell me more?* When organic lithium is combined with orotate, it is reported to be many times more effective than the chemical inorganic lithium and to have no side effects. Lithium Balance is a 100% natural, highly effective and completely safe mood stabilizer.



NEW

## B4HEALTH

New B vitamin complex

*Why should I take this?* According to a 2010 study, taking high doses of three vitamin B supplements every day can help to reduce brain shrinkage associated with dementia by up to 53 per cent. Scientists from the University of Oxford said their two-year clinical trial was the largest to date into the effect of B vitamins on so-called mild cognitive impairment (MCI) – a major risk factor for Alzheimer's disease and other forms of dementia.

*Tell me more!* The researchers said the results were so strong that it should open up a debate as to whether vitamin B tablets should be prescribed to everyone with MCI – half of whom develop Alzheimer's disease.

## RELAXWELL

A formula to combat stress and restlessness

*All in the name!* Yes, Relaxwell™ is a special formula created from tried and true quality ingredients known to support more restful and healthy sleep patterns.

*Active ingredients?* L-Tryptophan for healthy sleep patterns, L-Theanine for effective relaxation and vitamins B3 and B6 for powerful protection against high stress and unwieldy cortisol levels.



Zzzz

# BEST NEW PRODUCTS

## MAGNESIUM LOTION

Therapeutic levels of magnesium in a simple lotion

*What's this?* The latest addition to the Ancient Minerals Magnesium range, this lotion can be used as an alternative to magnesium tablets or if you find magnesium oils and gels are too concentrated. A teaspoon of the product contains 185mg elemental magnesium and also contains essential oils for healthy skin.

*How do I use it?*

The lotion is light enough to be used as a daily moisturiser whilst still delivering therapeutic levels of magnesium! Apply the desired amount to hands, face or body.



## VITAMIN C FROM PLANTS

A non-synthetic source of vitamin C

*Tell me more!* Plant derived High Dose Vitamin C Plus is a natural complex and does not come from synthetic sources, as produced by many drug companies.

*What are the benefits?* Vitamin C is invaluable for many things, such as healing wounds, scar tissue and fractures; strengthening blood vessels and fighting infection. It also helps in the production of collagen, an important building block for connective tissue.

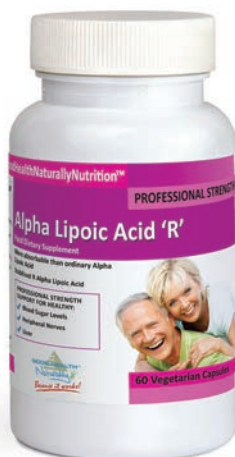
## ELECTROFLEX MASSAGER

Improved circulation through massage

*What does this do?* The Electroflex circulation massager can help to restore normal circulation levels by stimulating the nerve endings in the feet and lower legs with gentle and painless electrical impulses. Improved blood flow can increase oxygenation and nutrition retention in the body's cells. The product is so simple you can use it whilst watching TV!

*Anything else?* This is a registered Class 2a medical device compliant with EU Medical Devices Directive 93/42 EEC.

RRP £199.99, GHN PRICE £129.99 – SAVE £70.



## ALPHA LIPOIC ACID R

The bio-enhanced hard-working antioxidant

*Give me the low-down!* This 'network' antioxidant helps to maintain healthy blood sugar levels and also provides support for the peripheral nerves and liver. In addition to neutralizing free radicals, ALA has been noted for its ability to repair oxidative damage, regenerate other antioxidants and chelate excess metals.

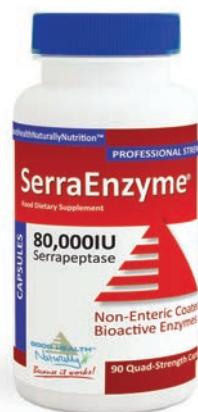
*Tell me more!* ALA R is significantly more bio-available than the 'free-acid' form of R-Lipoic Acid (RLA). In a preliminary trial, the maximum plasma concentration was 40 times higher than that of unstabilized RLA. What's more, it doesn't cause heartburn, indigestion or stomach discomfort, which can occur with unstabilized RLA.

## CORAL KIDS TOOTHPASTE

Clean teeth the natural way

*What's this?* Coral Kids Toothpaste is formulated with EcoSafe™ ionic coral minerals and is perhaps the most effective toothpaste for cavity protection, whitening teeth, freshening breath and shifting the pH of the mouth. The combination of coral minerals and xylitol means that the product could help to remineralize tooth enamel.

*How natural is it?* This toothpaste is free from Fluoride, Sodium Lauryl Sulfate, Glycerin, synthetic colours, flavours and preservatives. As it's free from toxins, kids can accidentally swallow the toothpaste with no harmful effects.



## SERRA ENZYME 80,000iu NON ENTERIC

The must-take dietary supplement

*What's this?* Serrapeptase is making headway in the natural health industry as the 'must take' dietary supplement because it isn't found in your everyday diet. This particular enzyme helps to clear inflammation and non-living tissue thus allowing the body's natural processes to function.

*Anything else?* This non-enteric option delivers 80,000iu serrapeptase in a delayed and slow release capsule.



# IMPROVE YOUR EYE HEALTH NATURALLY

How nutrition and lifestyle changes can improve eye health and even reverse some eye conditions

**S**tudies both in the UK and the US have shown that nutritional deficiencies are present in a majority of eye diseases. The four main causes of vision impairment include glaucoma, diabetic retinopathy, cataracts and macular degeneration.

Age-Related Macular Degeneration, or ARMD, typically impacts people as they get older. In fact, it is the leading cause of vision loss in people over the age of 50. According to estimates, about 25% of people over the age of 65 will end up with some form of sight loss. However, ARMD impacts young people as well. Symptoms vary depending on the person. In the early stages they can include blurred vision, the perception of straight lines as wavy, poor night vision and sensitivity to bright light.

The good news is that there are natural ways to improve and maintain your eye health. In fact, professionals in the United States have been using remarkable methods to reverse eye issues and even diseases. These recent breakthroughs can help you gain relief and improve your eyesight, even dramatically, over a 3 to 9 month period.

## **Nutritional issues**

The fact of the matter is that eye problems can be caused by nutritional issues such as food intolerances that result in poor absorption, or lack of nutrients in the diet due to issues involving the soil. For example, over-farming and natural erosion have both led to mineral deficiencies in food.

In addition to lutein, zeaxanthin is another carotenoid which

protects the macula from degeneration. These two carotenoids can be found in fruits and vegetables. Kale offers the highest level of protection, with 21,900 mcg of lutein. There are also impressive levels of lutein in collard greens (16,300 mcg) and cooked spinach (12,500 mcg).

Cutting back on starchy foods like bread, pastry, rice and potatoes can also help with eye health. These high starch foods can create high levels of glucose that result in inflammation and free radical damage.

You can learn more about the nutritional deficiencies that lead to eye diseases by reading 'Turning a Blind Eye'. This book outlines a 10-step plan for using nutrition to reverse eye conditions and explains how simple lifestyle changes can contribute to overall eye health. One of the author's key points

## **Are you dealing with eye problems?**

Regardless of what you may have been told, there is hope not only for keeping your existing conditions from worsening, but also for recovery. Many people using this plan will see marked improvements in just one to two months, while others may need up to nine months to achieve results.

**“EYE PROBLEMS CAN BE CAUSED BY NUTRITIONAL ISSUES SUCH AS FOOD INTOLERANCES”**

is that Lutein Spray serves as an amazing nutrient, and can actually help with macular regeneration. 'Turning a Blind Eye' also covers MicroCurrent Stimulation, which could be the 'final missing link,' ensuring that virtually everyone could regain his or her sight!

The programme detailed in 'Turning a Blind Eye' is used by professionals and could help you with the following issues:

- Glaucoma
- Macular degeneration
- Computer eye strain
- Diabetic retinopathy
- Cataracts
- Multiple sclerosis
- Dry eye
- Juvenile macular degeneration
- Failing eyesight
- Squinting

## RECOMMENDED FOR EYE HEALTH



### Maxi Focus™

This sublingual spray includes a complete nutritional formula to support eye health. It contains essential vitamins and minerals, plus the carotenoids Lutein and Zeaxanthin.

### AstaXanthin

This is a naturally occurring carotenoid pigment which is a powerful biological antioxidant and may prevent damage to the retina caused by strong sunlight.

Other recommended products include **Taurine™ Spray**, which is said to support the delivery of nutrients to the retina cells and protect against glucose damage. Also, **HealthPoint**, an electro-acupressure kit which stimulates blood flow to the eyes and **Turning A Blind Eye** is a book on Eye Health.

# An Ancient Spice Making Headlines

The  
**BEST**  
Curcumin  
supplement  
available

Curcumin is an extract from turmeric, the yellow spice found in curry, and has been used for thousands of years in Ayurvedic medicine for its anti-bacterial, anti-inflammatory, and viral and anti-fungal properties. On PubMed there are over 1,200 studies showing the amazing health benefits of curcumin.

When taken as a supplement, or from food, regular curcumin is poorly absorbed because it is soluble in water. However, curcuminoids are often now technology to protect the curcumin from the water which increases absorption. A published study shows this is up to 20 times better than ordinary curcumin while another study claims it is up to 45 times better!



**It may help support:**

- Lungs
- Heart and Circulation
- Liver health
- Joints
- Skin
- Eye problems
- Cells

**Much more**





# LOSE WEIGHT AND IMPROVE YOUR HEALTH!

We take a look at why losing excess pounds could be the best thing you do for your health

If you feel that you just can't lose weight no matter what you do, don't worry, as you are not alone. Many obese and overweight people around the world feel just as you do. But, keep in mind that it is possible to lose weight, as people are successfully doing it every day!

You may feel that your efforts to lose weight have been hampered by your hormones and other factors, such as food addiction. Increasingly, evidence is pointing us in the direction that this is indeed the case.

## The 'feelgood' response

Health experts are becoming alarmed by the negative impact on our health caused by sugar, junk food and salty carbohydrates. Becoming addicted to such foods is easier than one might believe, as they send blood glucose levels skyrocketing. Why is this important? When your blood glucose levels soar, they stimulate a release of serotonin, which creates a 'feelgood' response in the brain.

There is an up and down effect involved in this process, and that means that once levels drop, you end up craving more unhealthy carbs. If you eat too many of these unhealthy carbs, your body will certainly respond in an unhealthy fashion. The hormone insulin is released into your body in order to get rid of excess glucose in your blood.

## RESEARCH



A study published in the journal *Cancer Epidemiology* has demonstrated that high glycaemic index foods can actually accelerate the growth of tumours and cancer cells. High glycaemic index foods such as refined carbohydrates cause blood sugar levels to increase rapidly. The study, which examined the dietary habits of over 1,800 Mexican women, found that those who gained 57% or more of their total energy intake from carbohydrates demonstrated a 220% higher risk of breast cancer than women with more balanced diets.



## RECOMMENDED PRODUCTS

### L-Carnitine + CoQ10

This is a natural body substance which turns body fat into energy. Studies show that it reduces fat mass, increases muscle mass and reduces fatigue. All of these effects may contribute to weight loss



Also, **Nascent Iodine** is recognised as being the same kind of iodine produced by the thyroid, so this may help to enhance the metabolism and aid the oxidation of fats.

Another factor is that this process places a serious strain on your thyroid gland. The thyroid gland is quite significant in that it regulates your metabolism, effectively converting the food you consume into energy. Eating unhealthy carbs can keep your hormone system elevated and place the thyroid under prolonged stress. Illness ranging from obesity to heart disease and type 2 diabetes can result.

### The iodine issue

The issue of iodine is another important one where losing weight is concerned. Low levels of iodine in one's diet can cause hypothyroidism. This condition has a surprisingly diverse range of symptoms including a lack of energy and poor metabolism. Obese people are often lethargic, and this could be the result of a deficiency in iodine.

# BEST FOR IMMUNE HEALTH

## PROBIOTIC14

Strengthens the body's immune response to toxins

*What's this?* A superior probiotic blend of 14 viable strains of friendly bacteria containing 9 billion colony-forming units. It can help to protect against harmful bacteria and also help maintain the health of your digestive tract.



*How do I take it?*

Probiotic14 can be mixed with yoghurt or taken on an empty stomach first thing in the morning and before going to bed.

## MODUCARE

Support for your immune system

*Why should I take this?*

Studies have found that the blend of sterols and sterolins in Moducare may help to support a healthy and balanced immune system. Good immune health is essential in the prevention of colds, flu and infections.



*What are sterols?* Plant sterols are naturally found in fruit and vegetables. But we would need to eat 500 to 700g of fresh fruits and vegetables in order to derive 100g of sterols. Moducare is therefore a good alternative way of making sure you get your intake.

## SILVER GEL/SPRAY

Fight infections with silver

*Silver for infections?* Yes! In the early 1900s silver gained regulatory approval as an anti-microbial agent. Prior to the use of antibiotics it was used as a germicide and disinfectant, and in World War 1 silver compounds were used to treat infections.

*Tell me more!* The spray is 10ppm solution and the gel is 24ppm.



## DAILY IMMUNE PROTECTION (D.I.P.)

Support for a healthy immune system

*An immune booster?* Much more! D.I.P is in a category all of its own. It 'balances' immune response for optimal performance. Research shows the D.I.P formula supports both the innate and adaptive immune systems. It also 'educates' the immune system by prompting the proper immune response when the body is being inappropriately attacked, as in the case of allergies.

*What's the formulation?* EpiCor® (a powerful antioxidant) and eXselen™ Selenium with a strong dose of vitamin D3 to protect against infections, boost immune response against allergens and provide extra support for healthy cell growth.

## 1ST LINE

First line of defence against infections

*What's this?* 1st Line is an all-natural product which helps to fight against many types of infections including viruses. When added to water, 1st Line provides a drink that forms the same molecules (thiocynates ions) that make up our body's first line of defence against all types of bacteria, yeast, fungi, flu, germs and viruses.

*Anything else?* 1st Line attacks unwanted infections without doing harm to healthy bacteria in the body, a common side-effect when using antibiotic drugs. 1st line is safe and easy to use.



## GLYCOBOOST

A great source of essential polysaccharides

*What are essential polysaccharides?* Unlike essential amino acids and essential fatty acids, essential polysaccharides must be consumed in the diet in order to provide the structures necessary for inter-cellular communication. Inter-cellular communication is the basis for immune system recognition, cellular reproduction and auto-immune function.

*Tell me more!* There are eight essential polysaccharides and GlycoBoost, a potent and concentrated formula, is brimming with the full range.



## BETA FACTOR

Double your immune strength quickly

*Intriguing?* This supplement contains Beta 1, 3-D Glucan, a powerful immune system booster, which has been shown to help with bacterial and viral infections. Beta-1, 3-D Glucan works by activating the macrophages or immune cells, which trap and engulf foreign substances, similar to the way a Pacman works in the popular game.

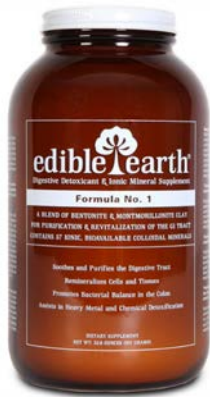
*Tell me more!* Researchers have found that the activated cells start a cascade effect in which the entire immune system may be strengthened, alerted and mobilized. The result is an amplified immune system response until the 'invaders' are defeated.



# BEST FOR DETOXING

## EDIBLE EARTH

The digestive detox



*What's this?* Edible Earth is a superior formulation of the finest mineral-rich clays from North America. Pure healing clays have been used as a natural form of detox and nourishment since before recorded history!

*How does it work?*  
The clays absorb

toxins, pathogens, metabolic waste and heavy metals as they pass through the digestive tract. The 57 bio-available minerals help to re-mineralise cells and tissues along the way, soothing and cleansing the digestive tract whilst promoting bacterial balance.

## ANCIENT MINERALS MAGNESIUM

Eliminate toxic waste with magnesium

*Why should I use this?* Magnesium is the single most important mineral for proper electrical balance, smooth metabolism, cellular detoxification and tissue purification. Without sufficient magnesium, toxic waste and acid residues can accumulate in cells and tissues.

*Where does it come from?* Ancient Minerals Magnesium is drawn from the 250million year isolated Ancient Zechstein Seabed, which lies 2 kilometres beneath the earth's crust. It is ultra pure, easy to use and absorbs quickly through the skin. Available in a gel, oil, lotion or as bath flakes.



## MADAL BAL

The lemon detox to aid weight loss

*What's this?* A simple, healthy, detox and weight loss programme which provides the body with everything it needs to cleanse itself naturally from accumulated toxins. Madal Bal Natural Tree Syrup is specifically formulated from four different palm syrups (not including palm oil) and premium Grade C+ maple syrup.

*Anything else?* Saps are harvested without harming the trees and with the utmost care to the environment. The products does not contain preservatives and was not made using chemical processes.



## CLAY BATH

Easy to use DIY clay bath

*Give me the low-down!* This all-natural clay bath kit assists in eliminating cadmium, tobacco residues, nicotine and pharmaceutical/recreational drug residues.

*What's in it?* The kit includes full step-by-step instructions, 15 pH testing strips, fiberglass drain screen, flat drain stopper, and herbal formula pack. Each kit will administer 10 one-cup baths. Also available in 'Natural Detox' and 'Clear Out Detox'.



## ORGANIC MINERALS

Top up your mineral levels

*Tell me more!* Colloidal Organic Minerals™ is formulated with over 70 organic minerals, including calcium, hydrogen, iron, magnesium, oxygen, selenium and zinc.

*Why should I take minerals?* The body must have a full spectrum of at least 70 minerals in order to experience full health. The problem is that minerals are disappearing out of the food chain; even organic vegetables only contain between 15 and 22 minerals.





# FOOD FOR THOUGHT

Absorption of nutrients can be more vital to your health than the food you eat

Of course, eating foods rich in nutrition is essential for good health, but there is one factor that is often overlooked. Eating the right foods, with the right nutrients, does not necessarily mean that your body will absorb them.

In order to rebuild your body, maintain energy and keep your immune system strong, you need nutrients that your body can readily absorb. Absorption occurs in the digestive tract before nutrients make their way into the bloodstream.

Digestive enzymes are vital, as they break down all the food that we eat. Ageing and cooked foods can lead to a depletion of enzymes. In fact, by the age of 50, the average person has less than 25% of the enzymes he or she had at the age of 20. What does that mean? It means that most of the nutrients you need could be going to waste.

### Potential problems

How can you fix this problem? One solution is to take high quality digestive enzyme supplements. It should be noted that even if you do take digestive enzyme supplements, there are still potential problems. Studies have shown that a high-glucose diet can literally shut off the gene that creates digestive enzymes. This means that the best anti-ageing option you have available is to restrict or, if possible, eliminate starchy carbs and other foods high in sugar. The end result will be that your body will be able to properly digest food and repair itself.

If you are lacking in key digestive enzymes, which are protease, amylase and the lipase group of digestive

## DID YOU KNOW?



**Many illnesses are due to inflammation. In fact, the syllable 'it is' at the end of so many medical words indicates inflammation. Appendicitis indicates an inflammation of the appendix and gastritis an inflammation of the stomach.**

enzymes, then various problems can occur.

Let's examine why you need these three different categories of digestive enzymes.

**Amylase** – this digests carbohydrates and dead blood cells (commonly known as pus). Without amylase, it is possible to develop pus-filled infections and various skin issues.

**Protease** – this digests proteins, parasites, bacteria, viruses and fungus. Without protease, your body loses its defence against intestinal bugs and viruses.

**Lipase** – without lipase, you cannot digest fat as well as fat soluble nutrients, such as fish oil and vitamin E. This situation can lead to issues such as diabetes, heart disease and high cholesterol.

### Friendly bacteria

Did you know that your body also needs 14 different friendly bacteria on a regular basis for good health? At the beginning of the 20th century the Russian scientist and Nobel Laureate Eli Metchnikoff suggested that it would be possible

to modify the gut flora and to replace harmful microbes with useful microbes! Probiotics are friendly bacteria that are vital for a healthy digestive tract. The friendly bacteria of probiotics work to keep unfriendly or pathogenic bacteria at bay and they also help with the absorption of key nutrients. In addition, probiotics keep the lining of your intestines healthy and work to keep candida albicans from developing into an issue. Yet, this is not all that probiotics can do, as they also play a key role in the healing process and anti-ageing.

By regularly taking the 14 probiotics necessary for good health, you can reap the wide range of benefits that they have to offer. This is a simple way to safeguard your health and stay healthy all year round.

## RECOMMENDED PRODUCTS

### RECOMMENDED PRODUCT

#### Probiotic14

- Lactobacillus acidophilus
- Bifidobacterium bifidum
- Lactobacillus plantarum
- Bacillus subtilis
- Bifidobacterium lactis
- Lactobacillus bulgaricus
- Streptococcus thermophilus

- Lactobacillus casei
- Lactobacillus salivarius
- Bifidobacterium breve
- Lactobacillus paracasei
- Lactobacillus rhamnosus
- Lactococcus lactis
- Lactobacillus brevis
- Fructooligosaccharides

ADD TO YOUR MORNING YOGHURT FOR AN ULTIMATE PROBIOTIC START TO YOUR DAY!



#### Essential Digestive Plus

A professional-strength enzyme complex that combines the power of 8 digestive enzyme with Fruta-Fit Inulin to provide digestive support.

- FrutaFit IQ Inulin
- Protease SP Blend
- Amylase
- Lipase
- Alpha Galactosidase
- Invertase
- Lactase
- Pectinase
- Glucoamylase
- Cellulase





# THE INFERTILITY EPIDEMIC

We take a look at some practical steps to address fertility problems

Currently, there is an epidemic in Western countries concerning infertility. While the causes may be complex, there are many natural options that couples can incorporate into their fertility plan to improve their success rates.

Medical intervention and infertility treatments are shockingly expensive. Natural treatment options are impressively

low in cost in comparison and do help couples achieve improved rates of conception.

What is at the core of this infertility epidemic? This is, of course, a topic of heated debate. Yet, there is little doubt that processed food, fast food, alcohol consumption, smoking, enzyme-depleted foods and delaying conception are all

playing a significant role. Fortunately, changes in diet can have a positive impact on these issues.

One major aspect that is contributing, perhaps greatly, to the infertility issue is the fact that doctors are not trained to embrace the importance of nutrition and lifestyle in regard to patient health. Most doctors generally don't consider the



## Breast is best...

If Canada's Toronto Public Health has its way, the decision to breastfeed will be easy for all Toronto mothers. The organisation wants the whole city of Toronto to be more breastfeeding friendly and encouraging to mums who wish to nurse. To that end, Public Health hopes to set up a 'baby friendly' designation through the Breastfeeding Committee of Canada.

### hormonal issues and imbalances

- Premature menopause
- Poor cervical mucous – this could impede sperm activity or damage sperm
- Failure of the fallopian tubes to carry eggs from the ovary to the uterus
- Issues such as gonorrhea, chlamydia, infections, endometriosis and prior surgeries
- Amino acid deficiencies as well as a lack in essential minerals may contribute to emotional issues related to conception

Likely causes include a diet that is high in sugar, processed foods, fast foods or starchy carbs. When a poor diet is combined with a lack of essential enzymes nutrients, this could greatly hamper conception due to hormonal imbalances and may even aggravate existing conditions.

### Male fertility problems

Various factors can impact male fertility. For example:

- Erectile dysfunction and impotence
- Poor sperm motility
- Low sperm count
- Blockage of the sperm ducts
- Improperly formed sperm
- Malformed sperm
- Amino acid deficiencies as well as a lack in essential minerals may contribute to emotional issues related to conception

Likely causes include a diet that is high in sugar, processed foods, fast foods or starchy carbs. When this is combined with

a lack of essential enzymes and nutrients needed for healthy blood flow and the production of viable and healthy sperm, problems can arise.

### Lifestyle changes

- Avoid processed foods, fast foods and sugar.
- Avoid starchy carbs such as pastry, rice, potatoes, pasta, cookies, breads, breakfast cereals, crackers and related products.
- Add sea salt or rock salt to your foods for additional minerals.
- Replace your starchy carbs with healthy alternatives such as quinoa and other options as outlined at [www.ReallyHealthyFoods.com](http://www.ReallyHealthyFoods.com)
- Consume at least 5 portions of nuts, seeds or beans each day.
- Boost your consumption of vegetables to 5 to 10 servings per day.
- Consume 3 to 5 portions of dark-skinned, low-sugar fruits per day.
- Eat wild caught, oily fish such as wild Alaskan salmon, sardines or black cod/sablefish, which are all high in omega-3 fatty acids.
- Choose grass-fed meat options.
- Drinking plenty of water is a must: drink 6 to 8 250ml/8fl oz glasses per day and add a pinch of bicarbonate of soda.
- Foods high in omega-3 are essential for health; include krill oil, olive oil and hemp oil in your diet.
- Select healthy supplements that will aid with your overall health and fertility.

idea that poor nutrition and poor lifestyle choices could be reducing fertility.

### Female fertility problems

Various factors can impact a woman's fertility. For example:

- Irregular ovulation
- Issues related to uterine fibroids
- A lack of ovulation as the result of cysts in the ovary
- A lack of ovulation due to

## RECOMMENDED PRODUCTS

### HealthyFlow

A powerful blend of amino acids.

FOR  
MEN

### SerraPlus

To help support removal of any blockages

FOR  
WOMEN

### AstaXanthin

Powerful antioxidant

FOR  
MEN &  
WOMEN

### ActiveLife

Powerful liquid multivitamin

FOR  
MEN &  
WOMEN

### HealthPoint

Electronic acupressure kit

FOR  
MEN &  
WOMEN



# ADDRESS YOUR SKIN PROBLEMS *from the inside out*

There is a substantial, if not profound, link between skin health and proper nutrition

The importance of a healthy, nutrient-rich diet cannot be underestimated when it comes to maintaining a clear complexion. If you have skin problems such as pimples, colour problems or blotches, then it's time to address your diet and make sure your body is getting all the nutrients it needs.

For starters, it is essential to stop eating starchy carbohydrates and replace them with superior alternatives like protein, vitamins and mineral-rich quinoa. If you can't live without starchy carbs, try to focus on eating just small portions of brown rice and whole grains instead.

Secondly, drop all cow's milk products and replace them with goat's and sheep's milk products. Next, make sure you get more essential fatty acids in your diet, such as hemp oil, which can even be used topically. Now, let's take a look at various skin conditions in more detail.

## Acne

If you have acne, you are not alone. More than 90% of teenagers

have to deal with acne in some fashion, and this condition may continue into adulthood. Hormonal disturbances produced by consuming sugar, starchy foods, fast foods and processed foods are key dietary factors responsible for this skin condition.

So how do you fight back? Stop eating carbs and products made from cow's milk and replace them with healthy options. Secondly, work to take care of your skin by opting for healthy skincare products that have very few ingredients. While sweat should be washed away immediately, don't scrub your skin, as this can cause inflammation.

## Psoriasis

Psoriasis has many potential causes. Current research indicates that immune system response plays a vital role. Try eliminating cow's milk products and starchy carbs to see improved results. Magnesium oil may help too.

## Rosacea

Rosacea is a skin condition that can vary considerably in

severity. It is chronic in nature and involves inflammation across the face including the forehead, chin, cheeks, nose and eyelid area. Rosacea is an immune system reaction to cow's milk products and starchy carbs, as the body is attempting to remove the toxic compounds found in processed foods. CurcuminX4000 may help.

### Eczema

Eczema is a blanket term for many conditions. Atopic eczema, which causes the skin to become inflamed or irritated, is the most common. Processed foods are once again the main culprit in this skin condition. Eliminating starchy carbohydrates and cow's milk products should help to address eczema. Hemp Oil and Active Life may help too.

### Dry skin

Many people struggle with the problem of dry skin. Potential contributors include harsh soaps, washing powders, the misuse of chemically-laden lotions and moisturisers and taking too many long and hot showers. Conditions such as malnutrition, psoriasis, hypothyroidism and diabetes may also be significant contributory factors.

There are a range of supplements that can help with dry skin, including Hemp Oil, Essential Digestive Plus, Ancient Minerals Magnesium, CurcuminX4000 and Derma Q-Gel® as a moisturiser.

Your skin is a key barrier against disease and illness, and keeping it healthy is vital. Ideally, you should treat these issues at a grassroots level and only consider using drugs on your skin as an absolute last resort.

### DID YOU KNOW?



Coenzyme Q10 (CoQ10) has two important roles in the body. Firstly it produces biological energy (ATP) inside the cells and, secondly, as an antioxidant it helps to neutralise harmful free radicals, which are one of the causes of ageing. Under perfect conditions, the body can produce as much CoQ10 as it needs. However, various factors, such as ageing, stress and some medications, can lower the body's levels of CoQ10. As a result the cells lose their ability to withstand stress and regenerate themselves. When used in skincare products, CoQ10 may help to boost skin repair and regeneration and reduce free radical damage.

## Your Skin's New Best Friend

Derma Q Gel® is a revolutionary skin energising cream. It's 100% natural, with no harsh exfoliants and no nasty peeling chemicals.

Protected by  
two US Patents  
- No 6,086,971  
and No  
6,740,338!

100%  
Paraben  
Free

### WHAT'S SO SPECIAL ABOUT DERMA Q GEL®? IT CONTAINS...

- ✓ Hydrosoluble CoQ10 and up to **5 times more CoQ10** than any other skin care cream. Not many creams are hydrosoluble yet this is so important because it enhances the absorption of the vitamins and herbal extracts.
- ✓ Palmitoyl Oligopeptide to help stimulate the deep layers of the skin's derma and Palmitoyl Tetrapeptide-7 to help reduce visible signs of puffiness.



- ✓ Alpha Lipoic Acid to help enhance the activity of the Vitamins C and E and to help improve overall skin tone and texture. This tri-antioxidant combination can help to reduce the typical signs of skin aging and damage.

Additional ingredients include Vitamin A, Vitamin D, Vitamin K1, Grape Seed Extract, Green Tea Extract, Chamomile Extract, Primrose Oil, Aloe Vera Gel, Kikui Nut Oil, Jojoba Oil, Sweet Almond Oil, Wheat Germ Oil, Avocado Oil and more!







# WHY CUTTING OUT STARCHY CARBS CAN REDUCE INFLAMMATION

Chronic inflammation is thought to play a part in a huge number of diseases. Here's how to reduce your risk

If you have a prolonged inflammation, injury or irritation, your immune system can typically heal the issue at hand. However, if your immune system cannot heal the problem this means that you have chronic inflammation, which is quite serious as, eventually, the immune system begins to turn on the body and attack it. The good news is that there are ways of addressing your chronic inflammation.

Pro-inflammatory cytokines are the part of our immune systems that attack and kill cells with oxidative chemicals. Unfortunately, when these proinflammatory cytokines don't stop their attacks, they will start killing cells that our bodies need! One example of this would be inflammation in a joint where the cartilage is eaten away, resulting in arthritis.

Elderly individuals are especially vulnerable to this kind of unchecked inflammation. As we age, our body loses its ability to 'down regulate' inflammation. However, this doesn't mean that you have to be old in order to suffer from chronic inflammation as lifestyle choices and other factors can lead to this issue as well.

## Chronic inflammation and chronic disease

Micro-organisms cause inflammation within our blood vessels, and the inflammation attacks the inside of the arteries. Lipoproteins form a sticky patch over the damaged part, which grabs

cholesterol and forms a bandage over the problematic area. This is the so-called 'bad cholesterol' that you have no doubt heard so much about in recent years. As the inflammation is inside now, this patch grows and bulges. In turn, the inflammation grows and bulges too. The final result is heart disease.

Medical science is beginning to admit that chronic inflammation is the main factor in all chronic disease. Further, medical science has been forced to admit that chronic inflammation is at the core of the two largest killers: cancer and heart disease. Yet, this is the tip of the iceberg, as chronic inflammation might also be the culprit in all degenerative disease, ranging from depression to anaemia, kidney failure, pancreatitis, fibrosis, Parkinson's disease, lupus, psoriasis, asthma and others.

So what is at the root of this deadly inflammation? The first place to look is your diet, as chronic inflammation is the result of eating starchy carbs and/or high glycaemic load foods. According to the Linus Pauling Institute, starchy carbs have been associated with increased serum levels of C-reactive protein, a marker of systemic inflammation. As it turns out, C-reactive protein is also a sensitive predictor of cardiovascular disease. There is a relationship, for example, between coronary heart disease risk and dietary glycemic load. This risk is more pronounced in overweight women, and this factor suggests that those who

are insulin resistant could be the most susceptible to the adverse cardiovascular effects of a highglycemic load diet.

## Nutritional nous

So, what practical steps can you take to reduce your inflammation? Firstly, don't eat starchy foods or foods that are high in sugar. Sugar stimulates the inflammation response, and this puts the immune system under great strain. Processed food and fast food are usually loaded with sugar, chemicals and depleted levels of nutrition and, as a result, they have a higher glycaemic level. You don't have to accept chronic inflammation and just live with it. Inflammation can be addressed with preventative steps such as lifestyle modification and savvy supplementation.

## RECOMMENDED PRODUCTS

### SerraEnzyme 80,000iu

This 'must take' supplement helps to clear inflammation and non-living tissue, allowing the body's natural processes to function.

Other recommended products include **Curcumin X4000™**, a natural anti-inflammatory traditionally used in Ayurvedic medicine for its antibacterial, antiviral and anti-fungal properties. Also **AxtaXanthin**, which has up to 550 times the antioxidant activity of vitamin E and 10 times the antioxidant activity of beta-carotene.

# 90 Liquid Vitamins & Minerals in ONE

**3 x better than tablets**



Active Life™ is the perfect all-in-one nutritional supplement for today's lifestyle. It contains a powerful and all-natural source of 90 Vitamins & Minerals.

Because it is a liquid it is up to 3 times more absorbable than a tablet and, along with the critical minerals Selenium and Chromium, Active Life™ provides you with your recommended daily value for vitamins such as: Vitamin A, C, D3, E, K, B1, B2, Iodine, Zinc, Copper and so on. We're sure you get the message!

Due to busy lives, poor diet and a need for nutrition, Active Life™ is the solution for you. It is the most economical daily nutritional program available.

**NEW**  
**Tasty Orange**  
**Mango Flavour**

**Suitable for all the family and for all ages**

Available in:  
large (946ml)  
or small (483ml)

Suitable for vegans



## Which FOCUS® is best for me?

**NEW FOCUS™ V MAXI FOCUS™**

*comparison*



10mg of Lutein delivered from New/Maxi Focus is the equivalent to approx 100mg of Lutein delivered from a tablet!

Product information	New Focus™	Maxi Focus™
Lutein	✓	✓
Zeaxanthin	✓	✓
L-Taurine	✓	✓
Vitamin E	✓	✓
Bilberry Extract	✓	✓
Ginkgo Biloba Extract	✓	✓
Niacin	✓	✓
Vitamin A		✓
Vitamin D		✓
Thiamin		✓
Riboflavin		✓
Vitamin B6		✓
Folate		✓
Vitamin B12		✓
Biotin		✓
Pantothenic Acid		✓
Iodine		✓
Magnesium		✓
Zinc		✓
Selenium		✓
Copper		✓
Chromium		✓
Phosphatidylserine		✓
Trimethylglycine		✓
Vanadium		✓
Size	30ml	60ml
Cost	£19.95	£24.95

Focus sprays provide sublingual formulas of essential nutrients and include a high dosage of Lutein and Zeaxanthin. These have been identified as the only two Carotenoid antioxidants specific to lens and macular health. The additional vitamins and minerals in the spray can also help to support the body and the brain.

### RECOMMENDED DOSAGE:

6 sprays daily of New Focus™ to deliver 10mg\* of Lutein Extract, Zeaxanthin and 3 other nutrients (180 sprays/container).

12 sprays daily of Maxi Focus™ to deliver 10mg\* Lutein Extract, Zeaxanthin and 22 other nutrients (360 sprays/container).

Using our recommended dosage, which can be varied based on individual requirements, each container of New Focus™ or Maxi Focus™ will last approximately 1 month. \*The reason it takes double the amount of sprays of Maxi Focus™ compared to New Focus™ to deliver 10mg of Lutein is because of all the added nutrients in the solution – please refer to table for full comparison.

# TACKLING DIABETES

Recognise the early warning signs of diabetes and take preventative steps now!

**W**hat are some of the clues that you may be at risk for diabetes? The signs include fatigue following a meal, high blood pressure, weight gain in your midsection, obesity, inflammation issues and problems with blood clotting. Your body could also be more resistant to the effects of insulin, and this means that it needs to work harder to keep your blood sugar levels normalised.

What is the main culprit in this process? A diet that is loaded with starchy, high sugar foods is at the heart of the problem. The more high sugar, starchy foods you eat, the more you can expect your insulin levels to rise, and you will see your appetite spike as well. It is a vicious circle. A family history of early heart disease, obesity, dementia or diabetes can serve to further increase your risk. All of these conditions are precursors of type 2 diabetes.

The problems that accompany diabetes include heart attacks, blindness, nerve damage, kidney failure and strokes. Even the increased risk of limb amputation is possible. What is less well known is that diabetes increases the risk for different kinds of cancer, Alzheimer's disease as well as impotence. Many people are surprised by the fact that the insulin resistance stage of pre-diabetes can be just as bad, resulting in a range of health problems.



## DID YOU KNOW?



A study has suggested that a poor diet during pregnancy could raise the unborn child's risk of developing diabetes in later life by reducing their ability to store fat. Poor nutrition while in the womb reduces the body's ability to hold fats in the correct places, meaning that fat is more likely to build up in places where it can cause harm, such as the liver and muscles. This raises the risk of diabetes and other age-related diseases in later stages of life, researchers from Cambridge and Leicester Universities said.



**“What is less well known is that diabetes increases the risk for different kinds of cancer, Alzheimer’s disease as well as impotence.”**

### Time for change

Is it possible to reverse the resistance to insulin and in the process improve your health? Conventional medicine flatly states, ‘no.’ According to conventional medicine in order to control blood sugar levels, drugs and insulin are the only way you can protect your organs and safeguard against death itself. However, this is not accurate, and, in fact, this approach might even increase your risks. Obesity is the real cause of diabetes, and that is intimately linked to diet and lifestyle choices. Make changes in this regard, and you can improve your insulin resistance and perhaps even reverse it!

In many cases, however, diabetes is diagnosed at a late stage. There exists a continuum of risks that must be taken seriously, ranging from slightly abnormal insulin and blood sugar levels to, of course, full-blown diabetes. This is why it is necessary to address your symptoms as soon as possible.

### Action plan

- Eliminate starchy carbohydrates including breads, cereals, potatoes, pasta, white rice, processed foods, milk products, pastry and biscuits. Replace with healthy options such as quinoa, brown rice, buckwheat and other healthy carbohydrate alternatives as found at [www.ReallyHealthyFoods.com](http://www.ReallyHealthyFoods.com).
- Use healthy fats like olive oil.
- Eat at least five portions of nuts, beans and seeds every day. Consider soaking and mashing your nuts and seeds.
- Eat the following foods every 2 to 4 hours: 6 to 10 small portions of fresh or frozen veggies, organic whenever possible, in soups, stir-fries, steamed, etc. 50% should be raw juiced as well.

### Key supportive supplements

Vitamin D3, 5,000iu capsules

A recent article published in Diabetes Educator concluded that adequate intake of vitamin D may prevent or delay the onset of diabetes and reduce complications for those who have already been diagnosed. The study was carried out by researchers from Loyola University Chicago Marcella Niehoff School of Nursing.

### Magnesium

Magnesium oil is applied topically and helps with glucose metabolism.

### R-alpha-lipoic acid

100mg daily may help to reduce blood sugar significantly. It is also effective for diabetic nerve damage or neuropathy.

## RECOMMENDED PRODUCTS



**Vitamin D3, 5000iu (per cap)**  
**Alpha Lipoic Acid R, 100mg (per cap)**





# Three important supplements for **WOMEN'S HEALTH**

We take a look at how krill oil, magnesium and iodine can all benefit women's health



**F**ew people realise how much difference supplements can make to their overall health. In fact, many of the health problems that currently plague us on a daily basis could easily be addressed by making the right supplement choices. Following through with those choices on a daily basis is also critically important. In this article we will look at three supplements that are specifically tailored towards improving health and wellbeing of women.

### Krill oil

Krill oil is harvested from tiny crustaceans in the waters of the Antarctic and is a very pure source of the omega-3 fatty acids EPA and DHA. These fatty acids are particularly useful in supporting heart and brain health. Krill oil also acts as a potent antioxidant and anti-inflammatory, which is highly beneficial when it comes to addressing the inflammation that so often accompanies PMS and painful periods.

### Magnesium

The second supplement we are going to look at is magnesium. When an individual is deficient in magnesium this can lead to a range of health problems including leg cramps, fatigue and insomnia. However, in terms of women's health, magnesium is particularly beneficial in preventing osteoporosis.

At one time, the scientific and medical community felt that calcium was by far the most important component in building strong bones; however, in recent years, the roles of vitamin D, vitamin K and magnesium have all been highlighted. In fact, magnesium plays a key role in building bone strength. Considering the number of women who will face osteoporosis in their lifetimes, magnesium is absolutely vital. Many experts feel that magnesium

oil, due to its high level of absorption, is the best overall choice in terms of supplementation.

### Iodine

The third vital supplement to women's health and wellbeing is iodine, which may come as a surprise to some people. Many people are deficient in iodine, which is important for many things, such as maintaining the health of the eyes and the digestive system. However, did you know that maintaining sufficient levels of iodine can prevent against fibrocystic breast disease in women? This condition involves the development of cysts and nodules in the breast.

Iodine is also vital for the health of the ovaries. Research has shown that women

who are lacking in iodine could develop cysts or even polycystic ovary syndrome (PCOS).

A lack of any key nutrient can have an adverse effect on our health and wellbeing. However, as this article has shown, krill oil, magnesium and iodine are particularly beneficial to women's health and are well worth considering as part of a healthy diet. By eating healthy, fresh foods and avoiding fast foods, processed foods, sugar and starches, you will see an increase in your quality of life, experience more energy and perhaps even live longer. The combination of prudent and appropriate supplements and a smart diet can work wonders for your quality of life.

## RECOMMENDED FOR WOMEN'S HEALTH



### The Krill Miracle™

This product contains a unique combination of antioxidants, omega-3, 6 and 9 oils and other potent ingredients in 100% natural Antarctic pure krill oil.

Other recommended products include the **Ancient Minerals Magnesium range** which delivers therapeutic levels of magnesium in several formats – a gel, lotion, oil and bath flakes. Also, **Nascent Iodine** helps maintain thyroid health as well as a healthy immune system.



# THE PROSTATE FORMULA THAT EVERY MAN SHOULD TAKE

Maintaining a healthy prostate is essential to all men says health advocate Robert Redfern

Maintaining proper urine flow and a healthy prostate can be a tricky proposition. In fact only 10% of men are unable to avoid such problems by the age of 80. Poor prostate health can lead to some serious and depressing issues, which means you need to be proactive about this aspect of your health. The unfortunate truth is that most men are not proactive enough and instead just hope for the best.

On the other hand, some men do take supplements for their prostate health, but they choose supplements that are not science-based. In other words, they don't contain the full spectrum of nutrients that are essential for prostate support. I believe that there are certain ingredients that are essential to prostate formulas if they truly are going to work on an optimal level.

## RESEARCH



Low levels of the hormone DHT are necessary to maintain a healthy-sized prostate, but levels of this hormone increase as men grow older. Interestingly, studies have shown that bee pollen (such as Graminex™ G63) can help to reduce DHT.

In England, researchers gave bee pollen to men who were going to the bathroom too often or were experiencing difficulty urinating. The results were impressive: after just 6 months, a whopping 79% of the men showed a significant improvement. Furthermore, 36% of the men felt completely satisfied by the results. How is this possible? Bee pollen works to relax the smooth muscles of the urinary tract and that allows urine to flow freely.





## DID YOU KNOW?



Beta-sitosterol is another nutrient that has been shown to help support the prostate, and it does so at the cellular level. When combined with lycopene, key amino acids, enzymes, vitamin D3 and minerals, the result is the perfect prostate formula.

I encourage you not to wait to become a statistic. A full 90% of men will experience prostate health issues, and that means you need to act now. Every man reading this should start taking the 20 plus nutrients that your prostate needs. If your prostate formula doesn't contain those 20 ingredients, or if you are not taking a prostate formula, then it is time to consider changing now to one that does.

## RECOMMENDED PRODUCTS

**Prostate Plus+**

This powerful non-drug formula supports prostate health and contains activating enzymes for maximum absorption and therapeutic effect.

Other recommended products include **Active Life**, a good all-round multivitamin supplement which contains over 90 vitamins and minerals. Also, **Serranol** helps promote better wellbeing for your inflammatory system and supports brain, joint, lung and bronchial health.

# BEST FOR HEART HEALTH

## UB8Q10 UBIQUINOL

8 times ordinary CoQ10

*What's CoQ10?* CoQ10 or co-enzyme Q10 is a greatly beneficial vitamin-like enzyme which is present in almost all plant, animal and human cells. Co-enzyme Q10 is linked to energy levels, weight, cell protection and cardiovascular health.

*Why should I take this one?* UB8 is the 'heavyweight' CoQ10 champion and absorbs up to 8 times more than ordinary CoQ10. 50mg of UB8 is the equivalent of taking 400mg of CoQ10 and studies suggest that 800mg is needed for the greatest benefits.



## HEALTHYFLOW

Now with L-Lysine

*Why try this?* Healthy Flow™ can help to support the cardiovascular system and kidneys, promote healthy blood flow and is also said to help with male fertility.

*What's in it?* 5000mg of L-Arginine, L-Citrulline, OPC (grapeseed extract), polyphenols (grapeseed skin extract), a proprietary blend of citric acid, Inulin powder, potassium sorbate, potassium benzoate and silica. This new formula now contains L-Lysine and AstraGin to increase absorption.



## HYSORB Q10

4 times ordinary CoQ10

*Why do I need this supplement?* Co-enzyme Q10 is the antioxidant which is necessary for every cell in the body to function well. If the body's levels of CoQ10 start dropping (and they naturally decline with age), so does our general health.

*Why this one?* Each serving of 100mg Hysorb Q10™ is equivalent to 400mg serving of ordinary co-enzyme Q10, making it one of the strongest veggie options in the market! It is said to help maintain a healthy heart whilst combating fatigue as well as the side effects of statins.

Vegetarian option



## BLOCKBUSTER ALLCLEAR™

A potent blend of enzymes

*Great name!* It's deserved for this amazing and unique blend of powerful enzymes and super nutrients. The ingredients in BlockBuster Allclear™ have been scientifically recognized for their health benefits.

*What's in it?* 16 super nutrients, including the powerful enzymes Serrapeptase and Nattokinase, plus digestive enzymes and proanthocyanidins such as grape seed extract and Pycnogenol – all with a long history of studies. This formula supports not only the arteries and the cardiovascular system but also the lungs, digestion, eyes, brain, circulation and more!

## L-CARNITINE PLUS CoQ10

Triple strength L-Carnitine

*Why do I need this?* If you aren't burning fat, you're storing it. L-Carnitine supplements can help prevent fatty build-ups in the heart and liver, which is especially likely if you are a regular consumer of alcohol.

*Great supplement?* Yes! L-Carnitine increases energy, burns fat (excellent support for a weight-loss program) and improves heart and liver health all at the same time! It also contains CoQ10 for extra heart support.



## HOMOCYSTEINE SUPPORT SUBLINGUAL SPRAY

Unique formula to protect against homocysteine

*What's homocysteine?* A toxic amino acid formed in the body, high levels of which are linked to a higher risk of heart disease. It is also said to cause damage to arteries and brain function. They key nutrients in HomoCysteine Sublingual Spray™ may help convert homocysteine to other substances, thus preventing an unwanted build-up.

*Tell me more!* The product has the same formula as that studied by Dr Matthias Rath

and Dr Linus Pauling: Vitamins B3, B6, B12, C, D, E and folic acid, plus copper, selenium, biotin, magnesium, trimethylglycine, carnitine, taurine, ribose, chondroitin, N-acetyl-D-glucosamine and pycnogenol.

## D-RIBOSE PLUS

For more energy

*What's this?* D-Ribose, a 5-carbon sugar, is a critical part of ATP (Adenosine triphosphate) production, which gives the body its source of energy. It is also essential for cellular regeneration and cellular energy.

It has been found that when D-Ribose is combined with malic acid and magnesium there is a synergy that results in greater energy production.

*Why should I use it?* Whether you are recovering from a health problem or you are a professional athlete needing faster recovery from intensive training, then 2 to 4 servings per day of D-RibosePlus should hit the spot.





# 10 steps to your natural eye health

**80%  
OF PEOPLE  
GET RESULTS**

Used by professionals in the USA to successfully reverse eye diseases. Failing eyesight is not your only option. Read how professionals get results with natural remedies.



**With  
FREE CD**

There is now a breakthrough that may help the majority of sufferers get relief and regain their sight over a 3 to 9 month period.

Read how instead of 'Turning a Blind Eye' many doctors in the USA have identified the nutritional deficiencies that are the underlying cause of many eye diseases. The book provides a 10 step plan to improve your nutrition and help to reverse eye conditions.

Studies both in the UK and the USA have indicated that nutritional deficiencies are found in the majority of eye diseases.

In the book you will read about Lutein Spray, the amazing nutrient that has been shown in these studies to be essential in the regeneration of the macular. You will also read of the other nutrients specific to your eye condition and how simple lifestyle changes may help.

Lastly, you will read about how MicroCurrent Stimulation may be the final 'missing link' to ensure nearly everyone can regain their sight.

## EYE PROBLEMS?

Then no matter what you have been told, you are about to get new hope of recovery, and the remaining few may have their condition stopped from getting any worse.

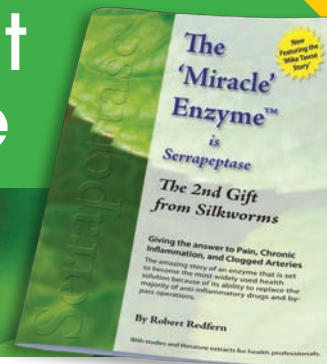
Many people using this plan will get good results within 1-2 months, others may take up to 9 months.

Used by professionals to successfully reverse eye conditions such as:

- Macular Degeneration
- Glaucoma
- Computer Eye Strain
- Conjunctivitis
- Diabetic Retinopathy
- Cataracts
- Multiple Sclerosis
- Squint
- Retinitis Pigmentosa
- Dry Eye
- Juvenile Macular Degeneration
- Failing Eyesight

# A healthcare book that could change your life

## The 'Miracle' Enzyme™ is Serrapeptase.



**Second  
Edition**

### What does Serrapeptase do?

Dead or inflamed tissues are two of the key causes of the majority of ailments in the body. Serrapeptase dissolves non-living tissue, blood clots, cysts and arterial plaque and all inflamed tissue, which are then dispersed. There is a growing list of conditions that respond to Serrapeptase simply taken orally in tablet or capsule form. And, what is more, in over 25 years of studies and usage, no harmful side-effects or contraindications have been found.

### PAIN RELIEF

### INFLAMMATION RELIEF

### CLEAR ARTERIES

A remarkable book about a remarkable enzyme. Read in detail the fascinating studies, uses and practitioners' reports.

### Suffering from any of these?

#### Pain of any kind

- Arthritis
- Multiple Sclerosis
- Rheumatoid Arthritis
- Headaches and Migraines caused by inflammation

#### Lung Problems

- Emphysema
- Bronchitis
- Bronchial Asthma
- Bronchiectasis

#### Eye Problems

- Inflammation
- Blocked veins

#### ENT problems

- Sinusitis problems
- Chronic ear infections
- Runny nose

#### Trauma

- Sports Injuries
- Traumatic swelling
- Post operative swellings
- Leg ulcers that are not healing

#### Inflammation of any kind eg:

- Inflammatory bowel diseases (Crohn's, Colitis)
- Cystitis
- Joint or muscle inflammation
- Fibromyalgia
- Breast Engorgement
- Fibrocystic Breast Disease

#### Cardiovascular

- Varicose Veins
- Cardiovascular Disease



# BOOST YOUR BRAIN HEALTH

A healthy diet, smart supplementation and the right lifestyle choices are essential to good brain health, says Robert Redfern, 66, and still getting younger

When I talk to people from the baby boomer generation about their health, a recurring theme is that they are worried about losing their minds. The specter of Alzheimer's disease and dementia tends to loom large, and people want to know what they can do about it.

I have seen from personal experience what Alzheimer's or dementia can do to one's life and family, as my father lived with dementia during the final two years of his life. It is vital that we keep our brains healthy and sharp as we age, so that we can protect our memories and reasoning ability. For, without these abilities, how can we live productive and happy lives?

## Lifestyle factors

Supplements can play an impressive role in keeping our brains

healthy and functioning optimally as we age. But you can't keep your brain healthy through supplements alone. It is also important to make the right lifestyle choices so that your brain receives the oxygen it needs in order to keep its complex neural circuitry functioning.

Reducing stress is another key factor because stress can literally shrink the brain. In particular, stress can cause the hippocampus to shrink, which is the part of the brain responsible for thinking and memory. This is why regular exercise and other stress reduction measures are very important.

## The 5-step brain boosting plan

Here are 5 steps you can take to keep your brain in top



## DID YOU KNOW?



Scientists in the US have found that fasting for one or two days a week can boost brain health and increase longevity. The study was carried out by researchers from the National Institute on Ageing in Baltimore. The team discovered that eating no more than 500 calories per day, one or two days per week, helped protect the brain against Alzheimer's, Parkinson's and other degenerative diseases. The study backs up previous findings whereby rats and mice that were given restricted amounts of food increased their lifespan by up to 40%.

crossword puzzles and sudoku.

5 Don't eat starchy carbohydrates. Instead, opt for plenty of vegetables, dark-skinned fruits, nuts, seeds and sprouted grains as well as oily wild fish, grass-fed meats and unprocessed poultry.

Do I recommend this plan? Most definitely! Both of my parents died at a younger age than I am right now. However, I am very healthy and although I am 66 years old, my brain certainly isn't! Following the right diet, making the right lifestyle choices and selecting the right supplements can help you to feel the same way.

condition, no matter what your age might be:

- 1 Select quality supplements designed to protect brain health, such as curcumin, vinpocetine, minerals and essential fatty acids.
- 2 Exercise regularly, as exercise has been shown to keep oxygen flowing to the brain and thus has a protective effect against degenerative brain diseases.
- 3 Take supplements, such as probiotics, which will boost your immune system and prevent infections.
- 4 Take steps to keep your brain active. Talking with friends is one way to keep your brain active and so are activities like

## RECOMMENDED PRODUCTS



### Serranol

This is a unique combination of four important ingredients: Curcumin, Serrapeptase, Ecklonia Cava Extract and Vitamin D3.

Other recommended products include **The Krill Miracle** which is a super-rich source of omega-3, 6 and 9. Also **Refocus** to help provide a boost!



# THE 'MIRACLE' ENZYME THAT'S CHANGING LIVES

## What is serrapeptase and why is it the 'miracle' enzyme?

Serrapeptase is a proteolytic enzyme (protease) which is responsible for breaking down molecules of proteins into peptides and, eventually, amino acids. Enzymes are catalysts or 'active proteins,' which means that they make things happen. Enzymes are vital for growth and repair and are therefore also essential to the health of every living cell in your body. Serrapeptase works its magic by eliminating inflammation, pain, plaque in the arteries and even dead tissue in the form of cysts and scars.

### How do we know it works?

Over 20 successful studies conducted  
Used effectively by doctors worldwide  
Testimonial after testimonial from satisfied users

### Where does serrapeptase come from?

Originally, this amazing enzyme was found in the intestine of the silkworm. It was first discovered in the 1960s by researchers studying the worm and its utilisation of this powerful enzyme. Silkworms use serrapeptase to facilitate the breakdown and digestion of the tough mulberry leaves they consume. The enzyme also dissolves their hard cocoon and allows the worm to fly away.

Serrapeptase is now produced in laboratories through a fermentation process using the friendly bacteria *Serratia E15* to create a plant-based formula. Plant-based enzymes work best when exposed to the temperature and pH of the human body.

### Serrapeptase as an anti-inflammatory

Histological studies have demonstrated the powerful anti-





inflammatory effects of this naturally occurring enzyme. Serrapeptase has had an extensive clinical use spanning over 30 years throughout Europe and Asia as a safe, viable alternative to aspirin (salicylate), ibuprofen and more potent non-steroidal anti-inflammatory drugs (NSAIDs). This miracle enzyme is naturally occurring, with no inhibitory effects on prostaglandins and none of the ill effects often associated with NSAIDs.

NSAIDs offer temporary, symptomatic relief but never deal with the underlying condition behind the symptoms in the first place. These also have known side-effects, such as:

- Immune system suppression
- Neurological damage
- Gastrointestinal distress and complications
- Kidney damage
- Cardiovascular effects

Try the miracle enzyme alternative instead!

In addition to relief and healing from pain and inflammation, serrapeptase gives effective, safe support for a growing number of ailments, including:

- Chest and lung diseases
- Carpal tunnel syndrome
- Leg ulcers
- Traumatic swelling
- Cystitis
- Fibromyalgia
- Joint and muscle pain
- Inflammatory bowel diseases
- Migraines and headaches
- Ear, nose and throat problems
- MS
- Arthritis
- Sports injuries
- Fibrocystic breast disease
- Varicose veins
- Nephritis

### **Why is serrapeptase so good?**

Dead or inflamed tissues are two of the key causes of the majority of ailments in the body. Serrapeptase actually dissolves non-living tissue such as blood clots, cysts, arterial plaque and all other inflamed tissue. By removing inflammation, serrapeptase enables the body to heal itself.

## Testimonials

Here are some testimonials from people who have experienced first hand the powerful effects of using serrapeptase

**"Free from 20 years of back pain"**  
SD, from the USA, says: "I first started ordering serrapeptase for my neighbour who has cancer – I am her Naturopathic Counsellor. She had a cough that wouldn't go away, and one of the groups I am in recommended Serrapeptase. After taking 2 tablets 3 times a day of the 40,000iu capsules for about six weeks, her shortness of breath had lessened, her voice was back to normal and her cough had subsided a lot.

After doing much research on this product, I decided to buy a case. I gave some to my brother and his wife, my sister and my son. I started taking 2 capsules 2 times a day of the 40,000iu dosage. I did not have any real ailments that I was targeting but, being a smoker, (I know I should quit) I realised the benefits it would bring. I'd had a constant pain in my back for over 20 years which was something I just lived with, and never really took anything for it unless it became unbearable.

After taking serrapeptase for about three weeks, I was talking to someone about it, and I realised I had no pain. Ever since that time I have been pain-free. This is probably the first time in my life that, no matter how hard I work (and I'm a hard worker), I am completely pain-free all the time, and I feel great.

I am so amazed with this product that I talk to people all the time about it. Almost everyone I know could benefit from it in one way or another. I now take 2 to 3 a day just for maintenance."

**"My heart specialist is astounded"**  
JM from the UK says: "I took two courses of serrapeptase two years ago. Recently I visited the heart specialist for my three-yearly cycle machine test. He was astounded at the improvement. My heart pressure was 111/68 (down from over 130). I am 30% fitter than three years ago and 20% fitter than men of my age (I am 70 years old). Keep up the good work!"

**"Relief from arthritis and asthma"**  
DR from Canada says: "I suffered from arthritis in my hips and back for about 5 or 6 years. I tried physio, massage and medications to get relief. It took about a month before I really felt free [of pain], but if I overdid it, the pain would return. I am mostly pain-free (especially if I don't forget that I am not a young chick anymore!) Plus, my asthma has improved, I am able to resume walking and swimming and I hardly ever get colds any more!"

**"I think this will save me from surgery"**  
TRM from the USA says: "I really like the serrapeptase. I am taking 12 to 16 tablets a day and am already seeing and feeling results, after only 2 weeks of use! I've needed a total knee replacement of both knees since 1993. I was considering surgery, but now I think this product may clear up the inflammation and save me from the barbaric surgeon's knife. I sincerely hope so. I will give this product 3 to 4 months but, so far, it has relieved my daily knee pain by 50%. If this keeps getting better, I will literally jump for joy. I believe SerraEnzyme will become the number 1 super supplement of the 21st century!"

## WHICH SERRAPEPTASE SHOULD I TAKE?

In each of these products, the role of Serrapeptase is the same and will help most conditions, while the additional ingredients make them more beneficial for other specific health issues.



**SERRANOL™**

40,000iu of Serrapeptase plus 3 other ingredients: Curcumin for nerve, liver and brain support; Vitamin D3 for healthy bones, hormones and immune support; and Ecklonia Cava, an extract from marine algae that has been the subject of £20 million of research, and is a very powerful antioxidant, nerve support and circulation aid.

### BUY THIS FOR:

Nerve issues, lack of energy, circulation, weight loss, fibromyalgia and overall health.





### SERRAENZYME™ 80,000iu

This is Serrapeptase alone and is available as tablets or capsules (enteric coated) to suit your personal preference – there's no difference in effect.

#### BUY THIS FOR:

General inflammation and all round general health maintenance, plus help with the reduction of scars (internal and external) and for varicose veins support.

### SERRAPLUS™ 80,000iu

Also available in tablets or capsules. SerraPlus contains the same amount of Serrapeptase, but also has MSM, a natural sulphur compound for joints and lung health, and trace minerals which act as co-enzymes to improve the performance of the enzymes.

#### BUY THIS FOR:

All lung conditions, connective tissue support and joint health.

### Use of serrapeptase

An effective dosage of natural serrapeptase should contain around 80,000 international units (IUs) per tablet or capsule. This amount is formulated to give maximum benefit in the minimum amount of time. In some scenarios less is more; however, in the case of serrapeptase, higher doses show better results. A good source of serrapeptase is one with no additives, enteric-coated tablets or granules, guaranteeing a safe, effective delivery system.

In over 25 years of studies serrapeptase has demonstrated no side-effects or interactions with medications and is safe for use during pregnancy and breastfeeding. When used in the lowest dose possible, it is also safe for children aged 2 years and over for certain conditions, as well as suitable for pets (dogs, cats and horses).

### Research

In vitro and in vivo studies measuring the specific anti-inflammatory effect of serrapeptase show that it is superior to that of other proteolytic enzymes. A series of controlled, clinical studies with large patient groups also suggest that it is useful for a broad range of inflammatory conditions.

In a double-blind study serrapeptase was evaluated in a group of 70 patients with evidence of cystic breast disease. These patients were randomly divided into a treatment group and a placebo group. Serrapeptase was noted to be superior to the placebo in terms of improving breast pain, swelling and induration. Furthermore, 85.7% of the patients receiving

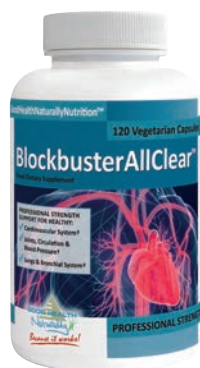
## Serrapeptase is used by:

Medical doctors  
Registered nurses  
Chiropractors  
Naturopaths  
Alternative medicine practitioners  
Chelation/ozone specialists

serrapeptase reported a moderate to marked improvement. No adverse reactions were reported.

Anti-inflammatory medications are the most widely prescribed and self-prescribed class of drugs on the market, making the use of a safe enzyme an ideal addition to a physician's little black bag. Doctors in Germany and other countries are very familiar with serrapeptase and currently prescribe it for their patients' use.

Over the past few years many reputable researchers have looked into the efficacy of Serrapeptase. Read about their findings as well as testimonials from people who have experienced effective results from serrapeptase in: The 'Miracle' Enzyme is Serrapeptase. This book can be purchased from your local independent health food store.



### BLOCKBUSTER ALLCLEAR™

Serrapeptase with Nattokinase, this supplement is for healthy blood and has 14 other super ingredients including Olive Leaf, Grape Seed extract and Pycnogenol.

#### BUY THIS FOR:

Cardiovascular issues, healthy arteries and veins and stroke recovery.



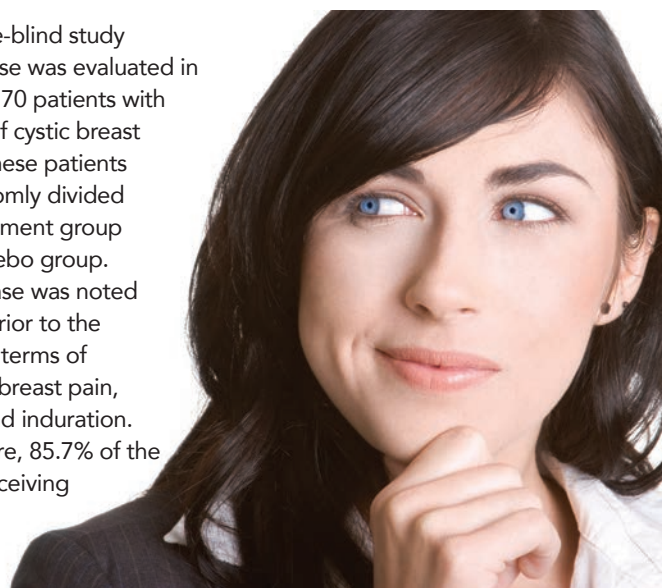
FOR  
PETS

### SERRAPET™

This is Serrapeptase for your pets, including cats, dogs and horses.

#### BUY THIS FOR:

Serrapeptase results for animals, including those that have inflammation issues that need resolving.



# THE ANCIENT SPICE THAT'S MAKING HEADLINES

Curcumin is a powerful antioxidant and anti-inflammatory which helps to fight numerous diseases. Here's why you should be taking it

If you enjoy eating spicy food then you may already be familiar with curcumin. Curcumin is an extract from turmeric (the yellow spice found in curry) which is known for its antibacterial, antiviral and antifungal properties. This spice is a member of the ginger family and has been used for thousands of years in Ayurvedic medicine.

Curcumin a powerful anti-inflammatory, meaning that it is useful for tackling a range of health issues from arthritis, autoimmune diseases, cardiovascular disease, cancer and even neurological diseases such as Alzheimer's disease. To date, there have been a staggering 1,800 studies backing up the effectiveness of curcumin.

## How it works

Curcumin performs its magic in the body in two different ways. Firstly it prevents the formation of damaging free radicals and, secondly, it works as a scavenger which neutralizes free radicals that have already formed.

The bottom line is that curcumin is able to outperform other antioxidants. It comes as no surprise to hear that many

researchers rate curcumin as the most powerful supplement in the world.

But what about turmeric? Is it possible to get enough curcumin by sprinkling this spice on your food? The answer is no, due to the fact that turmeric only contains about 2 to 5% curcumin. Also, curcumin is soluble in water making it is very difficult to absorb. As a result, supplementation is necessary.

## Curcumin may help to support:

- Healthy lungs
- Cells
- Eyes and lenses
- Skin
- Heart, circulation and blood flow
- Joints
- Immune response
- Nerve sheaths
- Brain
- And much more!





### Therapeutic uses of curcumin

- To treat dyspepsia, one study used 500mg of turmeric powder four times daily (2g per day of turmeric) for seven days (Thamlikitkul, J Med Assoc Thai 1989).
- For ulcerative colitis, 1g of curcumin was used twice a day (2g per day of curcumin) (Hanai, Clin Gastroenterol Hepatol 2006).
- For ulcerative proctitis 550mg of curcumin was used twice daily for 1 month and then 550mg three times daily for another month (Holt, Digestive Diseases and Sciences 2005).
- For chronic anterior uveitis, 375mg of curcumin three times a day (1.1g per day of curcumin) was used in a three-month study (Lal, Phytother Res 1999).
- For rheumatoid arthritis, 1,200mg of curcumin was used per day (Deodhar, Indian J Med Res, 1980).
- For treating psoriasis, a curcuminoid C3 complex containing 95% curcuminoids was given as three 500mg capsules three times daily (4.5g per day) (Kurd, J Am Acad Dermatol, 2008).

## RESEARCH



A great deal of research is being carried out into the effectiveness of curcumin and, in particular, its effect on cancer. Professor Bharat Aggarwal is a professor of cancer medicine at the MD Anderson Cancer Centre at the University of Texas. He notes that incidents of the top 4 cancers in America, namely breast, colon, lung and prostate, are as much as 10 times lower in India where large amounts of turmeric are consumed daily. Professor Aggarwal made this startling statement: "We have not found a single cancer on which curcumin does not work." Professor Aggarwal believes that the answer lies in curcumin's ability to block NF-kB, a protein which is necessary for the proliferation and metastasis of tumours.

One must wonder why this research has not received much more publicity. In an interview with Reuters, Aggarwal explained that, since curcumin is a natural substance, the drug companies have zero interest in increasing public awareness of it because curcumin cannot be patented. However, this hasn't stopped some from trying. In the late 1990s, the US Patent and Trademark Office granted a patent for turmeric to the University of Mississippi; however, the patent was withdrawn after an appeal from the Indian government.

## RECOMMENDED PRODUCTS

### CurcuminX4000

When eaten, very little curcumin is generally absorbed, but CurcuminX4000 uses new technology to protect the curcumin from the water which improves the bioavailability meaning better absorption. Published studies have shown that this absorbs up to 23 times better than standard turmeric extracts whilst an unpublished study claims it could be up to 45 times better!



Also look out for Serranol, which blends together Curcumin, Ecklonia Cava extract, Serrapeptase and Vitamin D3.



# Is JUNK FOOD

## literally killing our children?

### An obesity epic is on the rise. Here's how you can take steps to tackle the problem

Over the last few decades, the idea of the homemade meal has taken a real knock as processed foods and ready meals have all but destroyed traditional home cooking. Professor W Philip T. James MD, chairman of the International Obesity Task Force, has declared that now is the time for us to face the fact that the food our children routinely consume just isn't cutting it.

The simple fact is that millions of people in the West are dying each year from obesity as well as obesity-related disease. Here are some steps you should follow to combat this problem:

- Get rid of junk food in your house. Set aside a few minutes and toss it all out!

#### DID YOU KNOW?



Here are some startling facts from the International Obesity Task Force:

- 7 out of 10 doctor visits are the result of fatigue
- 1 out of 3 children are at risk of developing type 2 diabetes
- 1 in 4 – a full 25% – of children are clinically obese
- Today's generation is the first for 200 years that is not expected to outlive its parents!

- Stop eating fast food and processed foods and replace them with healthy, wholefood alternatives.
- Learn what your healthy food options are.
- Ask your school to assist you in forming a parent's group designed to teach cooking courses and nutrition in your school and school district.
- Establish a communal web blog for your schools and community, designed to seek out and disseminate menus, recipes and important health and nutrition information.

#### How to spot junk food when you see it

The easiest way to spot junk food is to realise that it will likely come in a box or from a fast food restaurant. Foods such as breads, pasta, pastry, white rice, breakfast cereals, biscuits and similar types of foods need to be off your grocery list and out of your house.

Milk and cheese are processed and, as a result, your body doesn't know what to do with them. Likewise, many types of meat are processed and full of potentially harmful nitrates. Often 'fresh meat' is still processed. Furthermore, when animals are mostly fed grains and corn, you can expect these meat options to contain up to 6 times more saturated fats.

#### Healthy food options

Fruits and vegetables are, of course, very nutritious and healthy. Look for dark-skinned fruits, beans, seeds, nuts, oily fish, sprouted grains, grass-fed meats and unprocessed poultry.

Additional steps should include smart supplements such as a well-balanced multivitamin and mineral supplement, probiotics, vitamin D, digestive enzymes and fatty acids. Adding these supplements can make a real difference to your family's health.

#### RECOMMENDED PRODUCTS

##### Active Life

A liquid multivitamin with over 90 vitamins and minerals in one! Available in orange and mango flavour and in 473ml or 946ml sizes.



Other recommended products include **Probiotic14**, a blend of 14 strains of friendly bacteria. Also, **Essential Digestive Plus** which contains 8 digestive enzymes to help with digestive health.

# BEST FOR LUNG HEALTH

## SERRANOL

Ultimate lung support

*What's this?* A unique combination of Serrapeptase, Curcumin, Ecklonia Cava Extract and vitamin D3. Serrapeptase may help to remove inflammation, mucus and dead tissue. Studies have shown that Curcumin, an extract from turmeric, offers plenty of lung health benefits and also helps support the symptoms of chronic lung disease.

*What about the other ingredients?* Ecklonia Cava is a species of edible brown algae which acts as a powerful antioxidant. Vitamin D3 helps to support the alveoli and outer walls, which are linked to the capacity to exchange oxygen and carbon dioxide. A reduced capacity can lead to a shortness of breath.



## OXYSORB

Supports exercise, athletes and long-haul flights!

*What's new?* This is a powerful sublingual enzyme extracted from deep water Norwegian seaweed. This seaweed has to produce oxygen from CO2 in low temperatures and virtual darkness.

*How does it work?* When taken under the tongue, OxySorb may help the body's ability to absorb more oxygen and allow more oxygen to enter the bloodstream with each breath.



## NASCENT IODINE

An easy-to-take form of iodine

*Why do I need iodine?* All the cells in your body contain and make use of iodine. It is concentrated in the glandular system, with your thyroid containing the highest amount. Significant amounts are also stockpiled in other areas of the body including the salivary glands, cerebrospinal fluid and the brain, gastric mucosa, choroid plexus, breasts and ovaries. Iodine deficiency is believed to be a primary cause of ovarian cysts, including polycystic ovary syndrome.

*How much should I take?* One drop contains 400mcg iodine. If using for additional energy and general improved health, take up to 6 drops daily. Frequent small doses are more effective than larger amounts at less frequent intervals. Always take on an empty stomach.



## VITAMIN D3

5000iu's

The 'sunshine vitamin' in the news

*Why do I need it?* Vitamin D3 is naturally produced by the human body when exposed to direct sunlight. The season, geographic latitude, time of day, cloud cover, smog and sunscreen all affect UV ray exposure and vitamin D3 synthesis in the skin, so it's important for people with limited sun exposure to consider a supplement like this.

*Why this one?* It delivers a significant dose of 5,000iu vitamin D3 as well as 100mg calcium from coral per capsule.



## OLIVE LEAF EXTRACT

The natural bug buster

*Why's it so good?* Natural antibiotics like olive leaf contain anti-fungal and anti-viral properties which may be the most effective means of combating many of today's new strains of colds and flu, including many potent varieties of influenza and para-influenza viruses.

*How does it work?* The antioxidants contained within olive leaf have the effect of eliminating damaging free radicals, leaving far more of the immune system's resources available for fighting off colds and flu. Olive leaf's combined qualities of boosting the effectiveness of the immune system and weakening the virus itself creates a powerful, safe and natural defence against various pathogens.



## ACTIVE LIFE

The perfect all-in-one supplement

*What's this?* A powerful blend of 90 vitamins and minerals in liquid form for better absorption. Along with the critical minerals selenium and chromium, Active Life provides the whole family with the recommended daily value of nutrients including vitamins A, C, D3, E, K, B1, B2 plus iodine, copper, zinc and more!

*Anything else?* This supplement has a tasty orange flavour and is available in large (946ml) or small (483ml).

Multi-vitamin



## ESKIMO 3

A natural source of omega-3

*What's this?* Eskimo-3 is a natural source of omega-3 fatty acids, including Eicosapentaenoic acid (EPA) and Docosahexaenoic acid (DHA).

*Does the research back it up?* One of the most clinically validated nutritional supplements available, Eskimo-3 has been the subject of more than 100 independent, peer reviewed, published clinical trials and studies and more than 100 scientific papers.





# *Why* **MAGNESIUM MATTERS**

In the West, 80% of the population are said to be deficient in magnesium. Now you can up your intake by applying it directly to your skin



**M**agnesium is essential for good health. This important mineral is used by the body in many different ways, ranging from digestion and cell and bone formation to muscle function, relaxation and energy provision. But magnesium does even more, as it works to activate more enzyme systems in the body than iron and zinc combined! Yet despite the fact that this mineral is so important in maintaining health and wellbeing, magnesium deficiency is very widespread.

The symptoms of magnesium deficiency vary considerably and can include muscle twitching and leg cramps as well as fatigue, insomnia and other symptoms. Magnesium supplementation can often address these issues, but it has been shown to be beneficial in other ways as well. For example, studies have shown that magnesium can benefit the cardiovascular system, as it is a natural muscle relaxant. In this fashion, magnesium can help to regulate blood pressure.

You probably already know that calcium is important for durable bones, but studies have revealed that those looking to avoid osteoporosis should place equal emphasis on magnesium.

Magnesium-rich foods are, of course, very good for you. Foods such as nuts, buckwheat and leafy greens all contain good levels of magnesium, but due to the depletion of our soil, it is unlikely that you will achieve the levels of magnesium that your body needs from food alone. Additionally, there is the issue of buying over-the-counter supplements from pharmacies. These supplements have a serious absorption deficiency and, in fact, may only have absorption rates of 5-10%!

This is partially due to the fact that these supplements are not readily assimilated because they are inorganic. However, this is not the case with magnesium oil or gel, as its positive effects can be felt immediately.

### Magnesium oil – An optimal solution

The Nobel Laureate Dr Linus Pauling was quoted as saying: “Every sickness, disease and ailment is linked to a mineral deficiency or imbalance.” Indeed in the West, 80% of the population are said to be deficient in magnesium. The single best way to address this deficiency is through magnesium oil or gel that is absorbed directly through the skin. Unlike magnesium tablets, there are no side-effects from using magnesium oil or gel. Furthermore, a trial carried out by Dr Norman Shealy on his patients found that, in just 6 weeks, magnesium oil was able to increase magnesium levels to a rate that would have taken 2 years with tablets!

### THE BENEFITS OF TOPICALLY APPLIED MAGNESIUM

Magnesium gel and oil are made from an ancient source of magnesium chloride and biologically active organic aloe vera extract. Here are a few ways in which magnesium oil and gel can benefit your health:

- Restoring cellular magnesium levels
- Supporting detoxification
- Relieving aches and pains throughout your body
- Alleviating stress and improving your mood
- Encouraging the formation of healthy skin tissue

### RECOMMENDED PRODUCT



#### Magnesium Oil

Magnesium Oil 237ml, the number 1 magnesium supplement and the strongest in the Ancient Minerals range at 560mg elemental magnesium per teaspoon



# Tell me more about SerraPlus+™

SerraPlus+™ contains 80,000iu of Serrapeptase **plus** MSM and Trace Minerals for additional support.

Serrapeptase has a **wide range** of health benefits. It can help to prevent and remove **dead tissue** and unhealthy inflammation such as **scar tissue** and **lesions**. **SerraPlus+™** combines **Serrapeptase** with:

**350mg MSM** – for additional support for lungs, joints, skin and connective tissue, and

**50mg of 73 Trace Minerals** – to deliver potent organic minerals missing from the food chain and to ensure better utilisation of enzymes.



- ✓ Digestive System
- ✓ Arteries
- ✓ Veins
- ✓ Colon
- ✓ Inflammation & Pain
- ✓ Cysts
- ✓ Fibrosis
- ✓ Sports Injury
- ✓ Trauma & Swelling & more



## Helping you sleep and rest



Relaxwell® is a special formula created from tried and true quality ingredients known to support more restful and healthy sleep patterns with a combination of B-Vitamins to act as powerful aids against high stress and unwieldy cortisol levels.

L-Tryptophan is an essential amino acid and the precursor to serotonin. Serotonin is a neurotransmitter responsible for transmitting nerve impulses in the brain, inducing sleep and tranquility, and stabilizing function of the central nervous system.

### It may help to:

- ✓ Naturally enhance relaxation and sleep
- ✓ Relieve anxiety
- ✓ Act as a natural mood enhancer
- ✓ Reduce minor premenstrual symptoms
- ✓ Facilitate gut motility
- ✓ Reduce cravings for carbohydrates

L-Theanine - is a natural phytochemical found in Japanese green tea. L-Theanine is a non-essential amino acid that is present in the brain, and is a close relative of Glutamate. Studies indicate that L-Theanine interacts with the neurotransmitter, GABA (gamma-aminobutyrate). GABA, known for its importance in nervous system functioning, works with the mood centers of the brain.

### + VITAMINS B3 & B6

*This combination of ingredients can only be found in RelaxWell*

# BEST FOR HEALTH & BEAUTY



## CORAL TOOTHPASTE

The world's truly natural toothpaste

*Made from?* Eco-Safe™ ionic coral minerals. Coral White® is perhaps the cleanest and most effective toothpaste available, with no fluoride, artificial flavours or colours, no preservatives and no sodium lauryl sulfate.

*Added benefits?* Brushing your teeth with Coral White® not only helps to prevent cavities, but it whitens teeth, freshens breath and, because of the unique whole food mineral complex from coral minerals and Xylitol, it can help to re-mineralize tooth enamel.

## REELEV

Fast relief from the symptoms of cold sores

*What's this?* A patented cold sore symptom treatment that includes natural and organic botanical extracts. ViMDX-Releev™ appeals to the growing educated health conscious consumer market.

*Tell me more!*  
The non-toxic, botanical nature of ViMDX-Releev™ is preferred by individuals not necessarily looking for alternative medicines but who are concerned with the use of drugs and their possible side effects.



## RIO ROSA MOSQUETA OIL

Fresh, natural skincare

*Intriguing?* Rosa Mosqueta oil, also known as rose hip oil, is a pure, unscented oil from a wild rose (Rosa Affinis Rubiginosa) of the Andes. It helps to maintain freshness in the skin, reduces the appearance of scars and prevents the signs of premature ageing.

*Why should I use it?* The oil is particularly rich in essential fatty acids (EFAs), which are known to be necessary constituents of cell membranes and crucial to the synthesis of prostaglandins (hormone-like substances which regulate many of the body's functions).



## CRYSTAL DEODORANT ROLL ON or SPRAY

The original all-natural crystal deodorant

*What does it help?* If you have sensitive skin or allergies, or want to avoid chemicals such as aluminum chlorohydrate/zirconium, which are found in mainstream deodorants, Crystal Body Deodorant Spray is for you!

*Why so good?* Crystal Body Deodorant is made of 100% natural mineral salts, which are hypoallergenic, fragrance-free, paraben-free, non-sticky, non-staining and leave no white residue. The mineral salts form a fine layer on the skin, creating an environment in which it's impossible for bacteria to thrive without inhibiting the body's natural expulsion of toxins.

## DERMA Q GEL

The all-natural skin cream

FAB!

*What's this?* This product could be your skin's new best friend! It's revolutionary (protected by two US patents), paraben-free, 100% natural and does not contain harsh exfoliants or nasty peeling chemicals.

*What's in it?* Hydrosoluble CoQ10, up to 5 times more CoQ10 than any other skin cream, vitamins A, D and K1, grape seed extract, green tea and chamomile extracts, primrose oil, Kikui nut oil, jojoba oil, sweet almond oil, avocado oil and more!



## XYLITOL CHEWING GUM

Natural chewing gum

Good for oral health? Yes! Studies have shown that this naturally sweet plant 'sugar' helps protect against dental caries and promotes better oral health. This chewing gum is all-natural and does not contain any sugar, artificial sweeteners, artificial ingredients, aspartame or anything genetically modified!

Tasty? Very, and available in the following flavours: fresh fruits, green tea, cranberry, cinnamon, spearmint and peppermint flavours. The gum is suitable for vegetarians and is available in packs of 1 tube (30 pieces) or 12 tubes (360 pieces).

## OZONATED OLIVE OIL

An old solution for today's skin conditions

*Any history?* Ozonated Olive Oil was used during World War I to treat wounds and trench foot. Now it's being rediscovered! Apply 3 times a day to keep the ozone supply to the skin fresh and bring relief to a variety of skin conditions.

*What sort of skin conditions?* Athlete's foot and fungal infections, insect bites and bruises, plus soothing relief from the symptoms of chicken pox and psoriasis.





# KRILL OIL:

## Why it's the catch of the day

Krill oil is rich in essential fatty acids and a far purer form of fish oil. Here's a look at its benefits



mega-3 fish oils are well-known for their benefits to our health and wellbeing, but did you know that krill oil is a far purer form of omega-3?

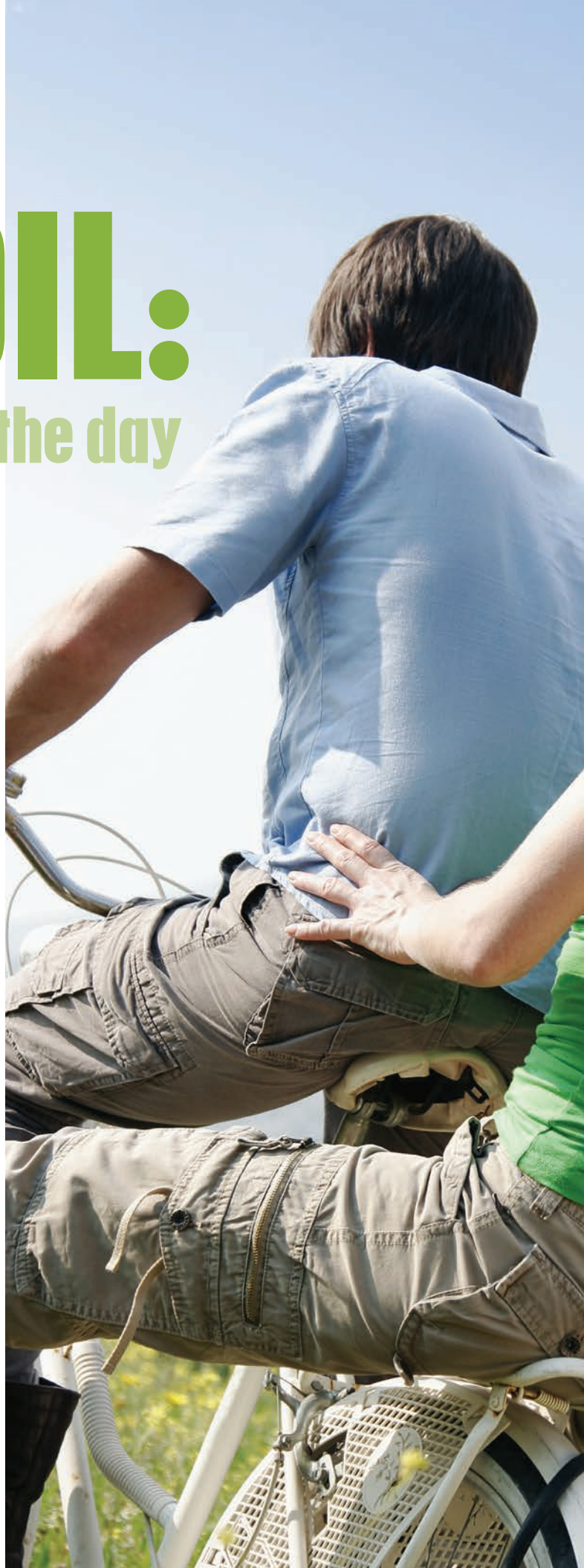
Krill oil is harvested from tiny shrimp-like crustaceans that are found in the Southern Oceans, such as off the coast of Antarctica, where there is very little pollution and contamination. In fact the krill oil that comes from near Antarctica is the purest. Krill are the most abundant life form on the planet, and they also happen to be very low down on the food chain which means that they contain far fewer contaminants like the heavy metal mercury. This makes them a good alternative to fish oil as fish can be high in heavy metals.

When it comes to eating fish, the best options are those that are low down on the food chain, like sardines, or fish that live in very clean waters, such as wild Alaskan salmon. However, in terms of fish oils, krill oil is outstanding as there is virtually no risk of heavy metal contamination.

### The benefits of krill oil

Krill oil is particularly rich in the omega-3 fatty acids EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). These essential fatty acids are extremely important for maintaining the health of our hearts and brains. Furthermore, studies have shown that krill oil can help to reduce heart-damaging inflammation as well as improve memory, overall mood, learning and concentration. Additionally, krill oil has also been shown to raise healthy cholesterol levels as well as blood lipid levels.

Since krill oil works as an anti-inflammatory, it can also help to improve joint health and even address the pain and symptoms most frequently associated with arthritis. This anti-inflammatory





aspect of krill oil can also provide substantial relief from PMS symptoms and painful periods, making it a particularly good supplement for women's health.

Research has also shown that krill oil can boost the functioning of the immune system and can help to protect the liver. Much like the spice cinnamon, krill oil has been shown to stabilise blood sugar levels, making it an attractive supplement for diabetics.

### Antioxidant power

Krill oil has antioxidant levels that are 300 times greater than vitamins A and E and a whopping 48 times greater than the omega-2 found in typical fish oils. Professor Basant Puri, Professor and Consultant at the MRI Unit, Imaging Sciences Department, MRC Clinical Sciences Centre at Hammersmith Hospital has penned over 20 books on clinical depression and is an enthusiastic supporter of krill oil. He says: "The importance of essential fatty acids found in krill cannot be overemphasised. Everyone, particularly children, can benefit greatly from taking such a supplement."

Thus, it seems that the range of health benefits we can gain from krill oil is impressive. The fact that this powerful supplement is free of heavy metals and other impurities makes it an attractive alternative to fish oils and a great benefit to our health and wellbeing in numerous ways.

## RECOMMENDED PRODUCTS

### The Krill Miracle™

This unique combination of antioxidants, omega-3, 6 and 9 oils and other potent ingredients also contains AstaXanthin for extra health support. It's the No.1 krill oil supplement that you can trust!





It is widely recognized that no other substance supercharges your cells and helps prevent and reverse high blood pressure... blocked arteries... heart problems... breathing problems... skin damage... nerve damage... brain cell deterioration... abnormal cell growth... gum disease... muscle wasting... blood sugar imbalance... headaches... obesity... infertility... and that's just for starters!

1041, 1042, 1043, 1044, 1045, 1046, 1047, 1048, 1049, 1050, 1051, 1052, 1053, 1054, 1055, 1056, 1057, 1058, 1059, 1060, 1061, 1062, 1063, 1064, 1065, 1066, 1067, 1068, 1069, 1070, 1071, 1072, 1073, 1074, 1075, 1076, 1077, 1078, 1079, 1080, 1081, 1082, 1083, 1084, 1085, 1086, 1087, 1088, 1089, 1090, 1091, 1092, 1093, 1094, 1095, 1096, 1097, 1098, 1099, 1100, 1101, 1102, 1103, 1104, 1105, 1106, 1107, 1108, 1109, 1110, 1111, 1112, 1113, 1114, 1115, 1116, 1117, 1118, 1119, 1120, 1121, 1122, 1123, 1124, 1125, 1126, 1127, 1128, 1129, 1130, 1131, 1132, 1133, 1134, 1135, 1136, 1137, 1138, 1139, 1140, 1141, 1142, 1143, 1144, 1145, 1146, 1147, 1148, 1149, 1150, 1151, 1152, 1153, 1154, 1155, 1156, 1157, 1158, 1159, 1160, 1161, 1162, 1163, 1164, 1165, 1166, 1167, 1168, 1169, 1170, 1171, 1172, 1173, 1174, 1175, 1176, 1177, 1178, 1179, 1180, 1181, 1182, 1183, 1184, 1185, 1186, 1187, 1188, 1189, 1190, 1191, 1192, 1193, 1194, 1195, 1196, 1197, 1198, 1199, 1200, 1201, 1202, 1203, 1204, 1205, 1206, 1207, 1208, 1209, 1210, 1211, 1212, 1213, 1214, 1215, 1216, 1217, 1218, 1219, 1220, 1221, 1222, 1223, 1224, 1225, 1226, 1227, 1228, 1229, 1230, 1231, 1232, 1233, 1234, 1235, 1236, 1237, 1238, 1239, 1240, 1241, 1242, 1243, 1244, 1245, 1246, 1247, 1248, 1249, 1250, 1251, 1252, 1253, 1254, 1255, 1256, 1257, 1258, 1259, 1260, 1261, 1262, 1263, 1264, 1265, 1266, 1267, 1268, 1269, 1270, 1271, 1272, 1273, 1274, 1275, 1276, 1277, 1278, 1279, 1280, 1281, 1282, 1283, 1284, 1285, 1286, 1287, 1288, 1289, 1290, 1291, 1292, 1293, 1294, 1295, 1296, 1297, 1298, 1299, 1300, 1301, 1302, 1303, 1304, 1305, 1306, 1307, 1308, 1309, 1310, 1311, 1312, 1313, 1314, 1315, 1316, 1317, 1318, 1319, 1320, 1321, 1322, 1323, 1324, 1325, 1326, 1327, 1328, 1329, 1330, 1331, 1332, 1333, 1334, 1335, 1336, 1337, 1338, 1339, 1340, 1341, 1342, 1343, 1344, 1345, 1346, 1347, 1348, 1349, 1350, 1351, 1352, 1353, 1354, 1355, 1356, 1357, 1358, 1359, 1360, 1361, 1362, 1363, 1364, 1365, 1366, 1367, 1368, 1369, 1370, 1371, 1372, 1373, 1374, 1375, 1376, 1377, 1378, 1379, 1380, 1381, 1382, 1383, 1384, 1385, 1386, 1387, 1388, 1389, 1390, 1391, 1392, 1393, 1394, 1395, 1396, 1397, 1398, 1399, 1400, 1401, 1402, 1403, 1404, 1405, 1406, 1407, 1408, 1409, 1410, 1411, 1412, 1413, 1414, 1415, 1416, 1417, 1418, 1419, 1420, 1421, 1422, 1423, 1424, 1425, 1426, 1427, 1428, 1429, 1430, 1431, 1432, 1433, 1434, 1435, 1436, 1437, 1438, 1439, 1440, 1441, 1442, 1443, 1444, 1445, 1446, 1447, 1448, 1449, 1450, 1451, 1452, 1453, 1454, 1455, 1456, 1457, 1458, 1459, 1460, 1461, 1462, 1463, 1464, 1465, 1466, 1467, 1468, 1469, 1470, 1471, 1472, 1473, 1474, 1475, 1476, 1477, 1478, 1479, 1480, 1481, 1482, 1483, 1484, 1485, 1486, 1487, 1488, 1489, 1490, 1491, 1492, 1493, 1494, 1495, 1496, 1497, 1498, 1499, 1500, 1501, 1502, 1503, 1504, 1505, 1506, 1507, 1508, 1509, 1510, 1511, 1512, 1513, 1514, 1515, 1516, 1517, 1518, 1519, 1520, 1521, 1522, 1523, 1524, 1525, 1526, 1527, 1528, 1529, 1530, 1531, 1532, 1533, 1534, 1535, 1536, 1537, 1538, 1539, 1540, 1541, 1542, 1543, 1544, 1545, 1546, 1547, 1548, 1549, 1550, 1551, 1552, 1553, 1554, 1555, 1556, 1557, 1558, 1559, 1560, 1561, 1562, 1563, 1564, 1565, 1566, 1567, 1568, 1569, 1570, 1571, 1572, 1573, 1574, 1575, 1576, 1577, 1578, 1579, 1580, 1581, 1582, 1583, 1584, 1585, 1586, 1587, 1588, 1589, 1590, 1591, 1592, 1593, 1594, 1595, 1596, 1597, 1598, 1599, 1600, 1601, 1602, 1603, 1604, 1605, 1606, 1607, 1608, 1609, 1610, 1611, 1612, 1613, 1614, 1615, 1616, 1617, 1618, 1619, 1620, 1621, 1622, 1623, 1624, 1625, 1626, 1627, 1628, 1629, 1630, 1631, 1632, 1633, 1634, 1635, 1636, 1637, 1638, 1639, 1640, 1641, 1642, 1643, 1644, 1645, 1646, 1647, 1648, 1649, 1650, 1651, 1652, 1653, 1654, 1655, 1656, 1657, 1658, 1659, 1660, 1661, 1662, 1663, 1664, 1665, 1666, 1667, 1668, 1669, 1670, 1671, 1672, 1673, 1674, 1675, 1676, 1677, 1678, 1679, 1680, 1681, 1682, 1683, 1684, 1685, 1686, 1687, 1688, 1689, 1690, 1691, 1692, 1693, 1694, 1695, 1696, 1697, 1698, 1699, 1700, 1701, 1702, 1703, 1704, 1705, 1706, 1707, 1708, 1709, 1710, 1711, 1712, 1713, 1714, 1715, 1716, 1717, 1718, 1719, 1720, 1721, 1722,



# JUST HOW VITAL T ABOUT EVERY

## IT'S WHAT YOU ABSORB

4x

**HYSORBQ10™**  
4x ABSORBENCY  
IN VEGGIE CAPS

**HysorbQ10™ caps** are made using an advanced absorption technology that extracts the most bioavailable form of Coenzyme Q10 from the natural Coenzyme Q10 found in vegetables. This process results in a highly absorbable form of Coenzyme Q10 that is 4x more absorbable than other forms of Coenzyme Q10.

- **HysorbQ10™ caps** are made using an advanced absorption technology that extracts the most bioavailable form of Coenzyme Q10 from the natural Coenzyme Q10 found in vegetables.
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- **HysorbQ10™ caps** are made using an advanced absorption technology that extracts the most bioavailable form of Coenzyme Q10 from the natural Coenzyme Q10 found in vegetables.
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8x

**UBSQ10™ - UBIQUINOL**  
8x ABSORBENCY  
GELATIN CAPSULES

**Ubiquinol** is the most bioavailable form of Coenzyme Q10. It is the only form of Coenzyme Q10 that is naturally absorbed by the body. This process results in a highly absorbable form of Coenzyme Q10 that is 8x more absorbable than other forms of Coenzyme Q10.

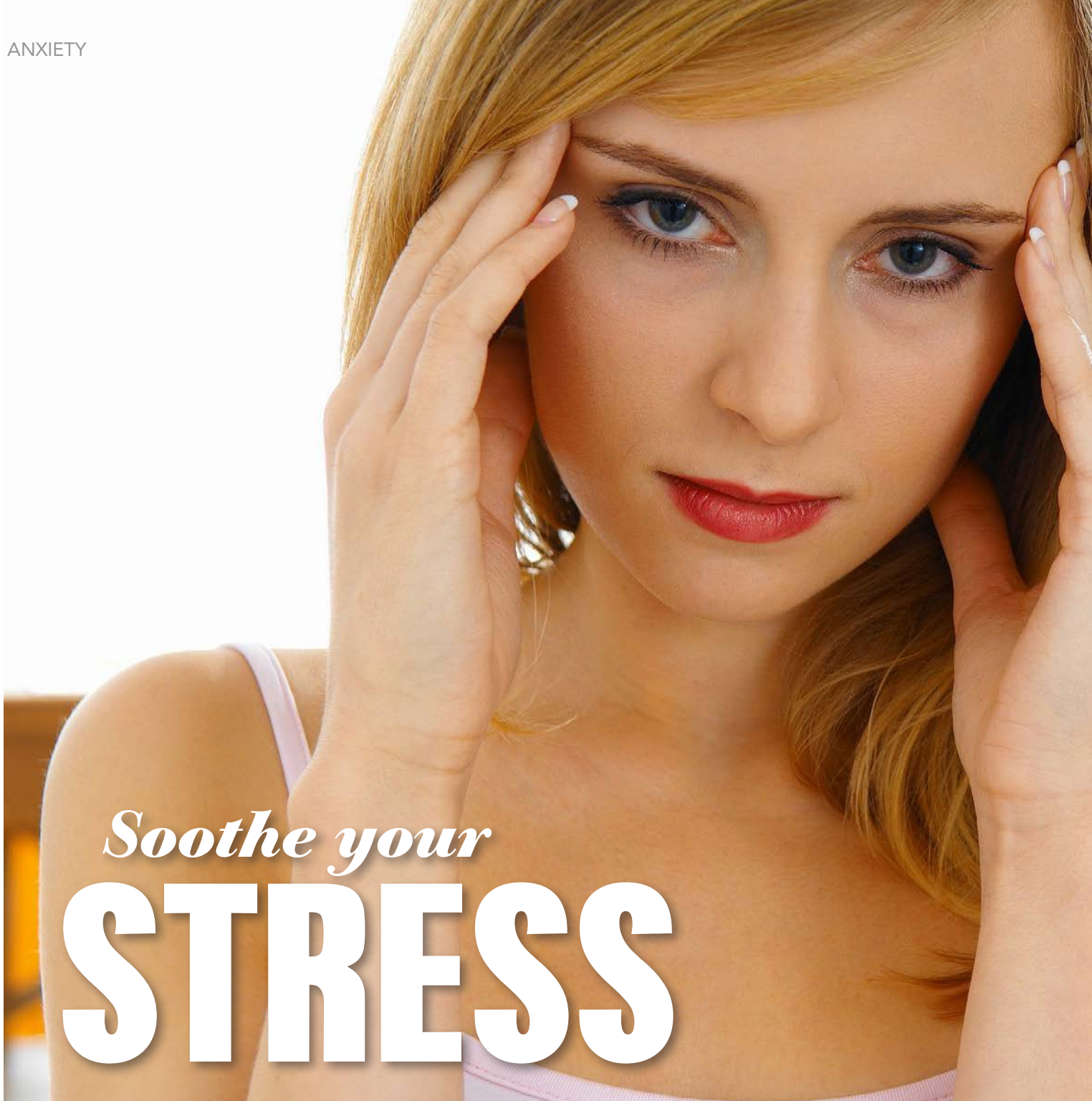
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# *Soothe your* **STRESS**

**Chronic stress contributes to a wide variety of health problems, which is why it's so important to keep it under control**

You may have noticed that stress in small doses can be a good motivator. However, too much stress over prolonged periods of time can become a problem. As Dr Bruce McEwen, professor and head of the neuroendocrinology laboratory at Rockefeller University, New York, stated: "I think of stress as a word that we give to a challenge of any kind. And when we are challenged, our body system produces mediators, hormones like cortisol and adrenaline, which help to get us going and actually do all sorts of good

things that keep us alive."

The UK-based non-profit agency the Stress Management Society notes that various studies have shown that chronic stress is quite harmful to human health. In fact, chronic stress can play a role in a variety of issues, ranging from heart disease and high blood pressure to depression and fatigue. Furthermore, studies indicate that around 30% of people suffer from some form of stress every day.

## Beat stress with magnesium

If you want to cope with stress effectively, then you need magnesium in your diet – and plenty of it. Many of the diseases that have become commonplace in modern society go hand in hand with a magnesium deficiency, so states Dr Leo Galland, an expert in the field of nutritional medicine. If your magnesium levels are low, then your nervous system becomes unbalanced. This leads to tight muscles and increased levels of mental stress. Proper levels of magnesium are needed for the efficient production of GABA (Gamma Amino Butyric Acid). GABA influences the levels of the neurotransmitters serotonin and dopamine, which are vital for relaxation. The fastest way to get magnesium into your body is through magnesium oil spray.

nutrient in Japan. This amino acid directly stimulates the production of alpha brain waves, which produce mental alertness and a state of deep relaxation, similar to that which can be found through meditation.

L-Theanine also plays a key role in the formation of GABA or Gamma Amino Butyric Acid. GABA influences the neurotransmitters serotonin and dopamine. This is quite important as these two neurotransmitters produce a state of relaxation and calm the brain via inhibiting the production of brain chemicals such as noradrenalin. If you are under chronic stress, you need more GABA.

### RECOMMENDED PRODUCTS

#### Relaxwell™

This special formula contains L-Tryptophan for healthy sleep patterns, L-Theanine for effective relaxation and vitamins B3 and B6 for powerful protection against high stress and unwieldy cortisol levels.



Other recommended products include **Magnesium Lotion**, which can be used as an alternative to magnesium tablets or if you find magnesium oils and gels are too concentrated. Also **Lithium Balance**, a 100% natural, highly effective and completely safe mood stabilizer.

#### The new anti-stress formula

A new formula is now on the market which has been developed to combat negative stress. This formula has been specifically designed to help reduce the stress hormone cortisol, and it contains important nutrients that often become depleted as a result of stress. These include the calming amino acid L-Theanine as well as the well-known stress fighters L-Tryptophan and vitamins B3 and B6. It is essential to keep up your levels of these important nutrients during

times of stress and illness.

The amino acid L-Tryptophan is a precursor for the important neurotransmitter and mood-regulator, serotonin, which is why it is often called the 'feelgood amino acid.' It has been used to treat sleep problems, depression, anxiety and premenstrual syndrome as well as helping people to quit smoking.

L-Theanine, found in green tea, is the most commonly-used stress reduction



## Looking for an amazing fighter?

# TRY VITAMIN D3

From colds and flu to cancer, this remarkable vitamin can help all manner of health problems

Vitamin D3's health benefits and immunity-boosting capabilities are beginning to receive the attention they deserve. The evidence from studies are piling up, including one from the University College London Institute of Child Health, which concluded that vitamin D3 issues have largely been overlooked and are vital to health.

Cancer Research UK has done an about face on its advice that people should stay out of the sun from the hours of 11am and 3pm, wear sunscreen, hats and cover up with clothing. In fact, now they want you out in the sun! The organisation now recommends short amounts of midday exposure without sunscreen to boost vitamin D3 levels and, in the process, boost the immune system as well.

### Prevention and treatment with vitamin D

Cancer researchers are very interested in what vitamin D can do. They are looking at vitamin D both as a preventative agent and as a means of treatment. Here are some of the diseases that vitamin D may play a vital role in preventing or treating:

#### Breast cancer

In a 2007 American study of over 30,000 women, it was found that those who consumed foods rich in vitamin D and calcium were 40% less likely to develop breast cancer before the menopause.

#### Prostate cancer

A 2009 study revealed that vitamin D reduced PSA levels by as much as half in 20% of patients. These levels are used to measure the severity of prostate cancer.

#### Bowel cancer

An Imperial College London study showed that people with the highest concentration of vitamin D3 in their blood had a 40% reduced risk of bowel cancer.

#### Colds and flu

Would you like to reduce your cold and flu risk by 70%? According to a study at Winthrop University Hospital, vitamin D3 stimulated the subjects' natural immunity to viruses and bacteria.

#### Multiple Sclerosis

Research from Canada indicates that there is a link between MS and vitamin D. Lead researcher Professor Ebers believes that vitamin D may someday be used to treat and even prevent MS.

#### Other diseases and conditions

Other studies have shown that vitamin D could play a vital role in reducing the severity of psoriasis and may help with joint mobility as well. In one recent study, individuals over 60 saw increased hip flexion strength and leg extension strength when taking a combination of calcium and vitamin D.

## Research

A University of Michigan study of 40 pregnant women, the majority of which were taking prenatal vitamins, turned up some startling results. Over 25% of the women had seriously low levels of vitamin D.

Anthony Norman is a professor emeritus of biochemistry and biomedical sciences and an expert on vitamin D. In the July 2010 issue of *Endocrine Today*, Norman stated that half of the people in Europe and North America are vitamin D deficient or have insufficient levels. Furthermore, he stated: "It is clear that merely eating vitamin D-rich foods is not enough to solve the problem for most adults... There is a wide consensus among scientists that the relative daily intake of vitamin D should be increased to 2,000-4,000 IU for most adults."

## RECOMMENDED PRODUCTS

### Vitamin D3

This super supplement delivers a significant dose of 5,000iu vitamin D3 as well as 100mg calcium from coral per capsule.

Also, **Daily Immune Protection (DIP)** contains EpiCor® (a powerful antioxidant) and **eXselen™ Selenium** with a strong dose of vitamin D3 to protect against infections and boost immune response. And **Serranol** is a unique combination of Serrapeptase, Curcumin, Ecklonia Cava extract and vitamin D3.



# Health advice for the **OVER-50s**



Taking care of your health is increasingly important as you age. We offer some hints and tips

Political decisions in the UK could mean that men and women will need to work well past the age of 70! This makes it more important than ever to take care of yourself as you age.

If you are thinking of consulting your doctor to find out more about preventative health care and steps you can take, you might want to look elsewhere. This is because their recommendations will often be focused on statins and other drugs offered up by the pharmaceutical industry. The simple fact is that drugs don't improve your health. The truth is that they temporarily make you feel better, but often leave you feeling worse in the long run.

It is very important to remember that your traditional doctor receives very little training in nutritional healthcare. He or she is trained primarily in disease management, and therefore the focus isn't on keeping you young, healthy or able!

## **Foods to stock up on**

Good nutrition is the backbone of health. The right lifestyle choices, proper food choices and exercise will all help to keep you healthy. No matter what your age may be, you need to have a plan for maintaining your health. So let's take a look at the foods you should be considering for your long-term health plan!

### **1) Essential fatty acids**

Sardines, wild Alaskan salmon, olive oil and hemp oil are just a few examples of foods that are rich in brain-healthy fats such as omega-3 essential fatty acids.

### **2) Vegetables**

Vegetables are loaded with nutritional goodness. Try to consume 8 to 12 servings of vegetables per day in soups, stir-fries, salads or juices.

### **3) Fruits**

Aim for several servings of fruit per day, with a focus on dark-skinned fruits, which have the highest levels of anti-ageing antioxidants. Additionally, avocados stand as a true superfood, as they are loaded with a wide range of nutrients.

### **4) Beans, nuts and seeds**

You will receive optimal absorbency if you soak your beans for 24-48 hours before eating.

## **Foods to eliminate from your diet**

Skip breads, grains, pastry, breakfast cereals, pasta, high sugar fruits, high sugar vegetables, such as parsnips and potatoes, as well as white rice. Cut out processed foods, cut down on alcohol and drink plenty of water! A good way to start the day is with a large glass of hot water and freshly squeezed lemon.

## **Smart supplementation**

Exercise and smart supplementation is, of course, key as well. Consider walking 3 to 5 miles every day at a fast rate and using a long stride.

Supplements such as curcumin, serrapeptase, CoQ10, mineral supplements containing lutein, a good quality multivitamin and digestive enzymes will help you to maintain and improve your health.

Above all, have a purpose in life, for without goals, you will lack drive. Do volunteer work in your community, join groups and work to make friends. Without these vital components of happiness, all the supplements in the world may do you little good.

## **RECOMMENDED PRODUCTS**

### **Serranol**

A potent combination of Curcumin, Serrapeptase, Ecklonia Cava and Vitamin D3.

### **MaxiFocus**

A sublingual mouth spray that contains lutein, zeaxanthin and 22 other nutrients.

### **UB8Q10**

Up to 8 times more absorbable than ordinary Q10.

### **B4Health (NEW)**

This new product contains all your B vitamin needs in one tablet.







Our furry friends can benefit greatly from taking supplements says health advocate and pet owner Robert Redfern

*Natural*

# PET CARE

**O**ur animals give us so much – and not just unconditional love and companionship. Studies indicate that being an animal caregiver can lower stress levels and even reduce the risks of disease. You care about your own health so you should do the same for your furry friends as well.

## Smart supplementation for dogs

When Rosie, Susan's Shitzu dog, developed lymphatic cancer, one of the symptoms was enlarged nodes in Rosie's throat which impacted her ability to swallow. Susan gave her pet BetaFactor®, a supplement for boosting the immune system as well as protease and carotene supplements in the hope of addressing her cancer. Within just one month the nodes had shrunk and soon Rosie was in remission. Luckily, Susan's little Shitzu went on to live two more years.

In another example, Julia's terrier suffered from arthritis in his back leg. Yet after less than one month on SerraPet™, Julia's dog was able to go on long walks and rebuild the muscle. "I am going to tell my vet about SerraPet™," said Julia.

CurcuminX4000™ is another helpful supplement for joint and inflammation problems. The Indian system of Ayurvedic medicine has used the herb curcumin for over 5,000 years for detoxification and as a circulation aid.

## Cat success stories

My own cat, Sheba, has a long-term problem with polyps in her right ear. If left untreated they had the potential to reach her eardrum and the operation needed would have been quite invasive. I turned to BetaFactor® and, after several months of use, Sheba's vet declared that her polyps were contained. I believe that with continued use these polyps are likely to shrink significantly.

Many vets are using SerraPet™ enzymes for treating arthritis and a range of other animal conditions. To date, the results have been noteworthy. A prescription is not necessary for this course of animal treatment, and it is quite cost effective as it costs far less than conventional medicine. Additionally, there have been no recorded side-effects with SerraPet™, and the



pain relief appears to be almost total in nature.

In another uplifting cat health story, Ann had impressive results of her own using SerraPet™ on her 16-year-old cat Clipsee. Clipsee was experiencing problems with her hindquarters and had lost mobility in her tail. She also suffered from incontinence. Yet after two months on SerraPet™, Clipsee was much more energetic and even running around. The incontinence issue had stopped too.

### Natural horse health options

Antibiotic-resistant wounds and infections that refuse to heal are becoming increasingly commonplace in both animals and humans. Hydrosol Silver serves as a truly impressive tissue-

healing agent and an anti-bacterial and anti-viral agent as well. Recently, Kirsty's 19-year-old horse was wounded so severely that the vet suggested putting him to sleep. Kirsty opted for Hydrosol Silver and SerraPet™ instead. "The results are amazing," she says. "There is no scarring and the hair has grown back. Now I have a reputation for producing my Hydrosol bottle at the first sign of infection."

SerraPet™ has also been shown to work for other pets too. For example, June at Parrotcare and Rehabilitation Ltd uses it on birds. She has found that this supplement seems to have stopped them from plucking out their own feathers. This issue has previously been considered untreatable, making SerraPet™ quite a breakthrough supplement.

## RECOMMENDED FOR PET HEALTH

### SerraPet™

This Serrapeptase formula provides great health support for dogs, horses and cats as it helps to reduce inflammation.

Other recommended products include **Silver gel/spray** which helps to fight infections and **AstaXanthin**, which is a powerful antioxidant for eye health. **CurcuminX4000** is a natural anti-inflammatory traditionally used in Ayurvedic medicine for its anti-bacterial, antiviral and anti-fungal properties.





# DON'T OVERLOOK IODINE

Iodine is a powerful antioxidant that can help to prevent chronic disease, but deficiency is widespread

Iodine is found in every single cell of your body and is essential for life. However, iodine deficiency is in fact quite widespread, and this issue contributes to a range of diseases.

Unfortunately most doctors fail to recognise the vital relationship between iodine and disease. For example, you may hear from medical professionals that there is 'no cure' for your chronic fatigue, your high blood pressure or your cholesterol and that you must go on one or more drugs. Yet, your 'incurable and lifelong condition' might just be the result of an iodine deficiency.

Our ancestors enjoyed soil that was rich in minerals and, as a result, they did not have a problem with iodine deficiencies. However, modern farming practices have depleted the soil and given rise to the wide range of problems that a lack of iodine can produce. Iodine acts as a powerful antioxidant

and can prevent the oxidative stress that leads to chronic diseases, such as arthritis, atherosclerosis and diabetes. Iodine is also vital for a properly functioning thyroid. If your thyroid isn't functioning well, the end result can be heart disease.

If you feel sluggish or seem to lack energy, this could also be due to a lack of iodine in your diet. Your body needs iodine for the formation of a critical thyroid hormone, which helps maintain healthy cells and an optimal metabolic rate. This, in turn, converts your food into energy. Therefore, a lack of iodine can sap your energy. In addition to fatigue, a lack of iodine could result in weight gain and even depression.

Here are a few of the issues you could face if you are deficient in iodine:

## Skin

20% of iodine is stored in your skin. Without enough iodine, you can get dry skin.

## Eyes

Iodine is abundant in your tear glands, and if you lack iodine, dry eyes can be the result.

## Breasts

A lack of iodine can result in fibrocystic

## DID YOU KNOW?



36.5% of school-age children are said to be deficient in iodine and this issue can result in significant health problems. Without proper iodine levels, the production of thyroid hormones can fall and cause the thyroid to enlarge. Even a small iodine deficiency is said to lower the IQ by a startling 15 points.

breast disease, which can cause severe pain and the development of cysts and nodules.

## Digestion

A lack of iodine can cause digestive problems as iodine is necessary for the production of stomach acid.

## Ovaries

It has been discovered that women who lack iodine can go on to develop cysts or even polycystic ovary syndrome.

Currently, European experts feel that 150 mcg per day of iodine is too low, as it doesn't factor in all the needs of all of the organs of the body. Natural health experts feel that up to 50mg of iodine per day from natural sources is an excellent idea.

## FOOD FACTS

Food sources that contain substantial amounts of iodine include:

- Kelp seaweed
- Kombu seaweed

## RECOMMENDED PRODUCT

### Nascent Iodine

This is the best form of iodine supplementation

# IMPROVE & BOOST YOUR CIRCULATION WITH ELECTROFLEX

## Safe and effective boost for poor circulation

Electroflex can bring back normal circulation levels to your body by stimulating the nerve endings with electrical impulses. This impulse simulates natural signals sent from nerves in the muscles to the brain and is very gentle and painless. The electrical impulse causes the muscle to contract and release, forcing blood to move again. With repeated use of Electroflex, the muscle becomes 'retrained' to function properly again. This technology of neuromuscular electrical stimulation is called T.E.N.S. and is widely used in rehabilitation, as well as physical therapy. The Electroflex is a registered Class 2a medical device compliant with European Medical Devices Directive 93/42 EEC.

The veins and capillaries in the legs must work very hard against gravity to pump the blood from the feet back up around the body. To help, the legs contain a series of very important pumps and one-way valves. With age or illness, these can weaken and become less effective, reducing circulation and causing a number of health problems.



**Bring back normal circulation levels to your body**

## THE BEST FORM OF IODINE SUPPLEMENTATION

### What is Iodine?

Iodine is an integral and essential part of healthy DNA integrity (both developmentally and throughout life), immunity, metabolic balance, endocrine function and cardiovascular health. It has been suggested that many people are Iodine deficient. The thyroid contains the most amount of iodine but it is also in all your cells and other body areas such as salivary glands, cerebrospinal fluid, brain & breasts.

### What does it do?

Nascent Iodine may help to support:

- **Thyroid Gland\***
- **Detoxification\***
- **Metabolism & Energy Levels\***
- **Cardiovascular System\***
- **Immune System Function\***
- **Breast Tissue, Prostate & Ovaries\***

**30ml  
1 fl. oz.  
2% strength**





# BEST FOR EYE HEALTH

## NEW FOCUS (30ml)

Nutrients for good eye health

*What's this?* This product contains a high dose of Lutein, Zeaxanthin, Taurine, Bilberry Extract and Ginkgo Biloba Extract, all of which are beneficial to eye health.

*Why's it good for eye health?* Lutein and Zeaxanthin were identified in 1995 as the two carotenoid antioxidants specific to lens and macula health. Selectively accumulated from plasma and deposited in the lens, macula, and lungs, Lutein and Zeaxanthin help to filter light and protect the retina.



now with  
Lutein

## ASTAXANTHIN

A powerful antioxidant for eye health

*What's new?* This veggie softgel delivers 12mg BioAstin natural Astaxanthin and now contains 120mcg Lutein (per gel).

*Why should I take it?* Astaxanthin has been the focus of a large and growing number of peer-reviewed scientific publications. One particular study focuses on how it may prevent damage to the retina caused by strong sunlight. Research has also shown that natural Astaxanthin has up to 550 times the antioxidant activity of vitamin E and 10 times the antioxidant activity of beta-carotene.

## HEALTHPOINT

Acupuncture without the needles

*What's new?* This electro-acupressure kit gives you the power to precisely locate acupuncture points so you can enjoy the benefits of acupuncture without the needles! It's particularly good for eye health as it stimulates blood flow to the eyes.

*Is it simple to use?* Yes! And, with the instructional DVD and book included in the kit, you can quickly become an expert at locating acupuncture points. A simple way to experience rapid, effective and long-lasting pain relief support.



## TURNING A BLIND EYE

A handy guide to eye conditions

*Read all about it!* This comprehensive guide to eyesight problems includes a 10-step plan designed to help improve your nutrition and maintain good eye health. Studies both in the UK and the USA have indicated that nutritional deficiencies are found in the majority of eye diseases.

*What else does it include?* The book also features information about nutrients specific to eye health and how simple lifestyle changes may help.

## MSM & SILVER DROPS

Effective drops for eyes and ears

*What's new?* These effective drops for eyes and ears now contain N-Acetyl Carnosine and Hydrosol Silver.

*Tell me more!* Combined with the MSM, these two powerful agents may help to soften tough, leathery tissue, equalize pressure, repair damaged membranes and broken blood vessels and could help to clear up floaters. N-Acetyl-L-Carnosine delivers the L-Carnosine into the fluid area surrounding the lens, where it acts as a powerful antioxidant.

now with  
N-Acetyl  
Carnosine



## CAN-C NAC DROPS

Lubrication for the eyes

*What's this?* These drops contain N-Acetyl-Carnosine (NAC) which helps to support healthy corneas. They deliver L-carnosine into the fluid area surrounding the lens, where it acts as a natural and comprehensive antioxidant, protecting structural lens proteins from the free-radical induced oxidation process.

*Safe to use?* These drops are safe for use by diabetics, contact lens wearers (both hard and soft) and people with glaucoma.

# BEST FOR EYE HEALTH



## THERA TEARS

All natural relief for dry eyes

**Dry eyes?** If you have sandy, gritty, irritated or burning eyes, which get worse as the day goes on, you're probably one of millions with the problem that doctors call 'dry eye'. The delicate living tissue on the surface of your eye has no blood supply, so oxygen and electrolytes are taken to the eye's surface with the watery layer of your tears.

**How does this product help?** Thera Tears is a gentle lubricant that matches your natural tears and provides long-lasting relief. It's all-natural and preservative-free.

## PINHOLE GLASSES

Acupressure technology to stimulate blood flow to the eyes

**How do they work?** These Pinhole Massager Glasses help to stimulate blood flow to the eyes and massage the eye area in just a few minutes a day.

**Why should I use them?** These glasses provide relief for those who spend a lot of time at a computer screen, watching TV or doing close-up work. They help to relieve sore eyes, ease migraines and sinus problems, and can prevent bags and wrinkles around the eye area.



## MAXIFOCUS (60ml)

Powerful nutrients for eye health

Top product

**What's new?** This product delivers the same Lutein & Zeaxanthin as New Focus but is double the size and contains an additional 17 Nutrients for extra support.

**Why do I need it?** It is the only sublingual formula that delivers the complete spectrum of nutrients needed by the eyes and is absorbed at least 900% better than tablet equivalents.

## MAXIVISION

Advanced antioxidant formula

**What's this?** A comprehensive, high potency daily multivitamin, with elemental Lutein and elemental Zeaxanthin. The premier product for overall health and vision!

**Tell me more!** MaxiVision is formulated, manufactured and distributed by an optometrist with over 20 years of nutritional expertise. The product also contains Green Tea Extract, Lycopene, Quercetin and Resveratrol.



## TAURINE

A spray to support eye health

**What's Taurine?** An amino acid from protein, found in high levels in the retina, which is thought to help protect against ultraviolet light and toxic substances. It is also said to support the delivery of nutrients to the retina cells and protect against glucose damage.

**Anything else?** This spray delivers 50mg taurine per serving (approx 500mg tablet equivalent), providing powerful support for healthy eyes.



## VIVA-DROPS

Gentle drops for dry, irritated eyes

**For dry eyes?** Viva-Drops™ help prevent red, itchy, burning, watery eyes or 'dry eye' as it's called. The drops maintain a thick, healthy, tear film for eye comfort.

**Tell me more!** These topically applied antioxidant drops immediately relieve and protect against irritation. No preservatives are used because they are known to irritate eyes.



# YOUR HEALTH QUESTIONS ANSWERED

By your personal health coach, Robert Redfern



## Help needed for foot pain

Dear Robert, I have pain under my foot which the doctors called a neuroma. All they offer is steroid injections or operations and cannot guarantee success with either of them. Can you suggest a safer alternative? Thank you, Marcella

### Robert says:

Marcella, what you have is called Morton's Neuroma. This is a swelling on a nerve tunnel under the foot resulting in inflammation and pain which becomes chronic (because we continually walk on it). I find that about 7 out of 10 people get success with the following plan. There are no side-effects or contraindications, even in pregnancy.

- SerraPlus+ (serrapeptase, MSM and trace minerals) 1 capsule to be taken 3 times per day, 30 minutes before eating – for inflammation
- A high dose B vitamin complex to include at least 100mg vitamin B6 – for nerve repair (look for B4Health)
- Magnesium oil, massaged into the foot and calf once daily – this improves magnesium and oxygen levels and is good for exercise as well
- CurcuminX4000, 2 capsules 3 times per day with the SerraPlus+ for nerve repair

It is sensible to cushion the foot during recovery. Also, seek alternative exercises to running such as running in a swimming pool and/or lying on your back and cycling your legs in the air.

## Should I be worried about spotting?

Hi Robert, I have suffered with blocked fallopian tubes and severe internal adhesions for over 12 years. I had surgery to correct this in 2000 but, 18 months ago, I needed surgery again because of the tube filling with fluid. My doctor cut a section from the tube and drained it but didn't touch any of the major scar tissue that had reformed. She did tell me, however, that my appendix is completely attached to my abdominal wall. The pain has been unbearable.

Luckily, I came across serrapeptase. I've been taking it for 6 days and I feel like a new person! My question is, I've been spotting since the day after I started taking it. Should this be expected (it has happened before after surgery) or should I be worried? Thank you so much for your informative site: [www.serrapeptase.info](http://www.serrapeptase.info), Angela

### Robert says:

Angela, the following is based upon feedback from many hundreds of ladies with your problems, though maybe not as severe as yours. Firstly, it does give success in a large number of cases and it can take anywhere between 2 and 6 months. Secondly, the spotting is to be expected and it could be a few months at least. There will be a lot of tissue clearing. Thirdly, I do try to persuade everyone that the real solution to such problems and the epidemic of infertility in both women and men is stopping the industrialised food that everyone is eating and replacing it with healthy foods and supplements to boost fertility. The very minimum I suggest is SerraPlus+ 80,000iu (serrapeptase, MSM and trace minerals). Lastly, take a look at our healthy food plan at [www.ReallyHealthyFoods.com](http://www.ReallyHealthyFoods.com)

PS A final operation may be needed but this time scars and adhesions cannot reform as last time.

## Serrapeptase problem

Hello Robert, I started taking serrapeptase about a month ago. I've been taking the recommended dosage, but have been suffering with terrible acid reflux and a tight diaphragm. I stopped taking it today. Please would you advise me on your digestive plan, before I start taking it again? I am taking these tablets because I suffer with quite aggressive acne. My skin has improved since taking serrapeptase, so I would like to get the digestive problem sorted. Regards, Cheryl

### Robert says:

Cheryl, all disease starts in the unhealthy digestive tract and all healing comes from the healthy digestive tract. The main things that make the digestive tract unhealthy are un-natural foods such as starchy carbs, foods processed in factories, stress and drinking soft drinks. I recommend:

- Probiotic14
- Essential Digestive Enzymes
- GastroEnzyme

Also, stop all starchy carbs, cow's milk products and other un-natural processed foods.



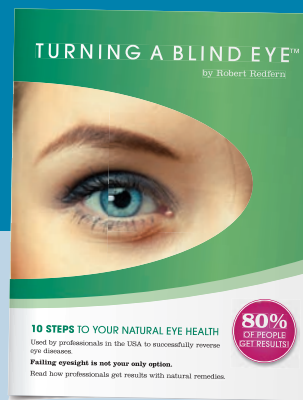
## Questions?

Contact [Robert@GoodHealth.nu](mailto:Robert@GoodHealth.nu)

# 10 steps to your natural eye health

**80%  
OF PEOPLE  
GET RESULTS**

Used by professionals in the USA to successfully reverse eye diseases. Failing eyesight is not your only option. Read how professionals get results with natural remedies.



**With  
FREE CD**

There is now a breakthrough that may help the majority of sufferers get relief and regain their sight over a 3 to 9 month period.

Read how instead of 'Turning a Blind Eye' many doctors in the USA have identified the nutritional deficiencies that are the underlying cause of many eye diseases. The book provides a 10 step plan to improve your nutrition and help to reverse eye conditions.

Studies both in the UK and the USA have indicated that nutritional deficiencies are found in the majority of eye diseases.

In the book you will read about Lutein Spray, the amazing nutrient that has been shown in these studies to be essential in the regeneration of the macular. You will also read of the other nutrients specific to your eye condition and how simple lifestyle changes may help.

Lastly, you will read about how MicroCurrent Stimulation may be the final 'missing link' to ensure nearly everyone can regain their sight.

## EYE PROBLEMS?

Then no matter what you have been told, you are about to get new hope of recovery, and the remaining few may have their condition stopped from getting any worse.

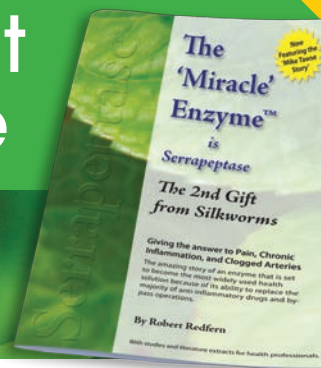
Many people using this plan will get good results within 1-2 months, others may take up to 9 months.

Used by professionals to successfully reverse eye conditions such as:

- Macular Degeneration
- Glaucoma
- Computer Eye Strain
- Conjunctivitis
- Diabetic Retinopathy
- Cataracts
- Multiple Sclerosis
- Squint
- Retinitis Pigmentosa
- Dry Eye
- Juvenile Macular Degeneration
- Failing Eyesight

# A healthcare book that could change your life

## The 'Miracle' Enzyme™ is Serrapeptase.



**Second  
Edition**

### What does Serrapeptase do?

Dead or inflamed tissues are two of the key causes of the majority of ailments in the body. Serrapeptase dissolves non-living tissue, blood clots, cysts and arterial plaque and all inflamed tissue, which are then dispersed. There is a growing list of conditions that respond to Serrapeptase simply taken orally in tablet or capsule form. And, what is more, in over 25 years of studies and usage, no harmful side-effects or contraindications have been found.

### PAIN RELIEF

### INFLAMMATION RELIEF

### CLEAR ARTERIES

A remarkable book about a remarkable enzyme. Read in detail the fascinating studies, uses and practitioners' reports.

### Suffering from any of these?

#### Pain of any kind

- Arthritis
- Multiple Sclerosis
- Rheumatoid Arthritis
- Headaches and Migraines caused by inflammation

#### Lung Problems

- Emphysema
- Bronchitis
- Bronchial Asthma
- Bronchiectasis

#### Eye Problems

- Inflammation
- Blocked veins

#### ENT problems

- Sinusitis problems
- Chronic ear infections
- Runny nose

#### Trauma

- Sports Injuries
- Traumatic swelling
- Post operative swellings
- Leg ulcers that are not healing

#### Inflammation of any kind eg:

- Inflammatory bowel diseases (Crohn's, Colitis)
- Cystitis
- Joint or muscle inflammation
- Fibromyalgia
- Breast Engorgement
- Fibrocystic Breast Disease
- Cardiovascular**
- Varicose Veins
- Cardiovascular Disease



# THE SUPER ANTIOXIDANT YOU NEED TO KNOW ABOUT

From allergies to atherosclerosis, the super antioxidant Ecklonia Cava Extract offers a wealth of benefits to our health

For centuries people throughout Asia have consumed Ecklonia Cava Extract (ECE), a species of edible brown algae. Harvested from the coastal waters of Japan, Korea and China, a number of studies indicate that ECE offers outstanding health benefits. Here are some of the many health conditions it can help with:

## Fibromyalgia

Patients with fibromyalgia were given ECE as part of a 2-month, double-blinded study and results showed improved sleep patterns and energy levels, a 30% reduction in pain and 40% overall improvement. The placebo patients, by contrast, showed no improvement.

## Vascular inflammation

Researchers into coronary artery disease have found that ECE inhibits the oxidation of LDL or 'bad' cholesterol better than green tea. It helps remove plaque and reduces vascular inflammation, which also affects the body's inflammatory response.

## Atherosclerosis

A clinical trial has demonstrated ECE's ability to reverse atherosclerosis. The trial confirmed that ECE has the capacity to regenerate the cells which are critical to the inner lining of the blood vessels

and recover their plasticity after 6 weeks' treatment.

## Cardiovascular protection

Ecklonia Cava Extract's many health benefits provide additional cardiovascular protection for obese patients, who are more prone to cardiovascular and coronary heart disease.

## Memory

Memory can be improved by ECE through increasing the blood flow rate in the carotid artery. Another study revealed that ECE compounds prevented sleepiness in bus drivers and students due to extra blood flow and oxygen delivery to the brain.

## Antioxidant activity

Where the aged brain may suffer

reduced blood flow and inflammatory reactions, the ECE compound Fucoidan has a protective effect. Its antioxidants and anti-inflammatory activity disable neuro-toxic free radical activity.

## Cholesterol

Researchers gave a group of 39 high cholesterol sufferers, with an average age of 55, low dose ECE compounds for 6 weeks. This resulted in

## WORLD'S HIGHEST ORAC?

The antioxidant values of foods listed are expressed in ORAC (Oxygen Radical Absorbance Capacity) units. This unit of measurement for antioxidants was developed by the National Institute on Aging in the National Institutes of Health (NIH). Antioxidants are essential to our health because they wipe out damaging free radicals which are the prime cause of ageing and degeneration of cells. Ecklonia Cava and curcumin, both of which are included in the super supplement Serranol, have a combined total of 995,000 units per 100mg.





that ECE reversed fat deposits in the liver and cells of the pancreas and also inhibited inflammation. Excessive fat deposits and inflammation result in insulin insensitivity and type 2 diabetes.

### Erectile dysfunction

ECE compounds produce the chemical nitric oxide (NO) which keeps the arterial walls relaxed and dilated. Scientists studied 31 men with erectile dysfunction for over 6 months, comparing eight weeks of ECE use to Viagra. The results showed that ECE scored higher than Viagra on all counts.

## RECOMMENDED PRODUCTS

moderate drops in LDL cholesterol and Triglycerides and a rise in 'good' HDL.

### Joint support

A favourable combination of ECE's natural anti-inflammatory and tissue-protective properties appears to help improve arthritis and neuralgia. Research shows that cartilage cells treated with ECE had up to an 80% reduction in degeneration.

### Brain function

Researchers have found that ECE inhibits beta-amyloid deposits in the brain; the accumulating substance of Alzheimer's disease. Studies have also shown that ECE helps rats to learn maze challenges faster, showing short-term memory improvement.

### Relaxation

An EEG study on healthy, middle-aged volunteers found that ECE compounds

can increase alpha-waves – an indicator of relaxation.

### Allergies

ECE plays a beneficial role in significantly relieving allergic reactions without the side-effects of antihistamine drugs.

### Lung disease

Findings suggest that ECE compounds may prevent or reverse progressive chronic lung disease such as asthma and Chronic Obstructive Pulmonary Disease.

### Weight loss

A beverage containing 200mg ECE was given daily to 141 young adults. After 2 weeks their weight dropped by 2.5lbs, muscle mass increased by 2.5lbs and body fat dropped by 4lbs.

### Diabetes

A study carried out on mice showed



### Serranol

This is a unique combination of Ecklonia Cava Extract, Serrapeptase Curcumin and Vitamin D3. This uses a 100% full strength extract (ECE) which is important because lots of other extracts are only 13% in strength!



# Really healthy recipes

If you thought that healthy food would be bland then think again! Try these mouthwatering recipes that are full of nutritional goodness

## BREAKFAST

### Home made muesli

Combining your favourite ingredients in a fibre-rich muesli means you can avoid unnecessary ingredients like wheat, sugar and salt without compromising on taste.

Ingredients:

**Choose your favourite combination from the following ingredients:**

Buckwheat flakes  
Millet flakes  
Mixed dried fruit such as sultanas, raisins, apricots and blueberries  
Flaked almonds  
Any chopped nuts (not peanuts)  
Dried goji berries  
Mixed seeds such as pumpkin, sunflower, linseed and sesame  
Chopped fresh fruit such as apples, blueberries, pears and nectarines  
Almond milk

Method:

- 1 Simply combine your favourite ingredients from the list above into a delicious, flavoursome breakfast.
- 2 Use the almond milk to moisten the muesli instead of cow's milk.



## LUNCH

### Salmon and salad

In this light lunch option, grilled salmon (or any oily fish) is served with a colourful, fresh salad and a homemade dressing incorporating your favourite flavours.

Ingredients:

Salmon fillet or any other oily fish, preferably wild caught  
Olive oil  
Lemon juice

#### For the salad:

2 large cupfuls of mixed dark green and red salad leaves  
2 or 3 spring onions sliced  
½ cup of fresh, shelled peas or mange tout peas sliced  
3 or 4 fresh asparagus tips  
¼ cucumber, diced

#### For the dressing:

1 shallot, finely chopped  
1 tbsp white wine vinegar  
1 tbsp fresh lemon juice  
2 tbsps olive oil  
1 tbsp fresh herbs such as dill or parsley, chopped  
Salt and pepper

Method:

- 1 Heat grill to medium heat and line a grill pan with foil.
- 2 Place the salmon or other fish fillet on the grill pan, squeeze the lemon juice over the fish, drizzle with olive oil and place under the grill on medium heat.
- 3 Grill for approximately 15 minutes or until cooked right the way through. Once cooked, allow to cool until you can break it up gently into pieces.
- 4 Combine all the dressing ingredients in a small bowl and mix thoroughly. Season with salt and pepper to taste.
- 5 Combine the salad leaves, onions, peas, cucumber and asparagus in a bowl. Pour the dressing over the salad and mix well.
- 6 Transfer the dressed salad to a plate and top with the broken up pieces of salmon.





## DINNER

### Creamy curried vegetables

This warming blend of tasty vegetables and chickpeas is cooked in Indian spices and served with your choice of quinoa, spinach or a small amount of brown rice.

#### Ingredients:

½ large butternut squash  
chopped into ¾ inch cubes  
½ red pepper chopped into  
large pieces  
½ green pepper chopped  
into large pieces  
½ can cooked chickpeas,  
drained  
1 small onion chopped into  
large pieces  
1-2 tbsps of curry powder  
depending on your heat  
preference  
1 can coconut milk, preferably  
organic  
1 bunch of fresh coriander  
leaves, chopped  
Oil for frying – coconut oil or  
olive oil is best

#### Method:

- 1 Heat a large frying pan with a tablespoon of oil to a medium heat. Add the curry powder and stir into the oil.
- 2 Add the butternut squash, peppers and onion to the pan and mix thoroughly with the curried oil. Saute gently for 5 minutes until the veg has started to soften.
- 3 Add the chickpeas to the pan and mix.
- 4 Add the coconut milk and 200ml of water.
- 5 Simmer for 15-20 minutes or until the vegetables are tender.
- 6 Add the chopped coriander at the end of cooking time and stir in.
- 7 Season to taste and serve with quinoa, fresh spinach or a small amount of brown rice.

## DESSERT

### Easy raw chocolate tart

This lusciously rich dessert preserves all the nutritional benefits of raw chocolate and other healthy ingredients.

#### Ingredients:

For the base:  
300g pecans or almonds  
1 tsp good quality sea salt  
200g medjool dates

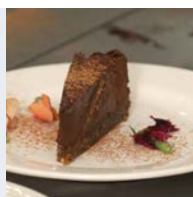
#### For the filling:

4 medium-sized ripe avocados  
150g virgin coconut oil  
2 vanilla pods, seeds only  
200g raw cacao powder  
Pinch of salt  
300g coconut blossom sugar  
or agave nectar to taste

Tip: Once set and ready to serve, you can top with fresh berries and dust with cacao powder for an extra flourish.

#### Method:

- 1 In a food processor blend the pecans or almonds. Add the salt and medjool dates and blend until you have a 'dough' or until the mix forms a ball.
- 2 Press this mixture into the bottom of a mould. Cover in clingfilm and leave to harden in the freezer until you are ready to pour on the filling. A silicone mould is ideal for this as it is easier to get the tart out once it has set.
- 3 For the filling blend all the filling ingredients together until smooth, then pour onto the base.
- 4 Set in the freezer for one hour. Then it should be firm enough to slice up.





# SILVER – AN ALTERNATIVE TO ANTIBIOTICS?

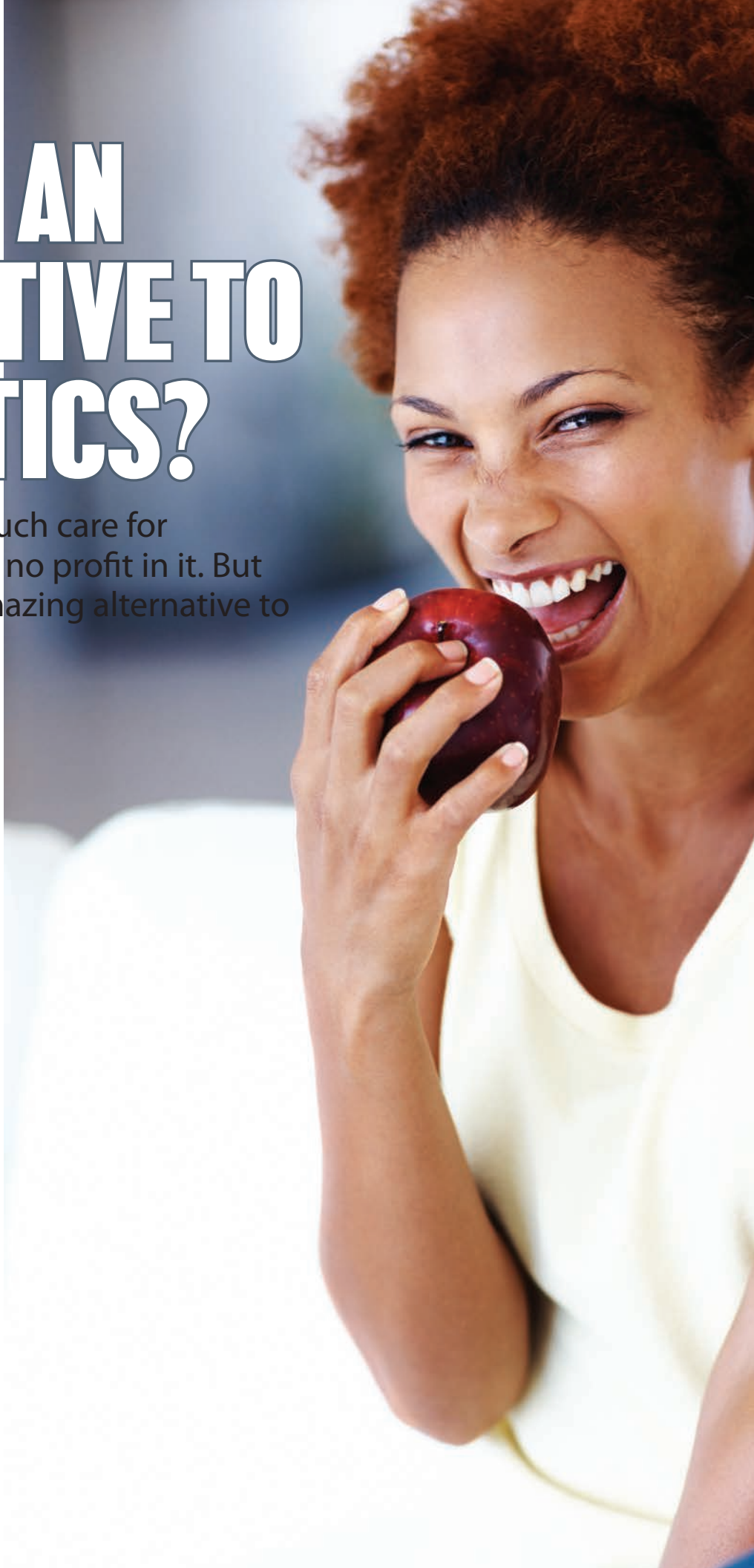
Drug companies don't much care for colloidal silver, as there is no profit in it. But silver stands out as an amazing alternative to antibiotics

**T**here is no shortage of horror stories involving serious and even life-threatening viral, bacterial and fungal infections in today's headlines. Periodically, we are told that antibiotics are our only line of defence and that the overuse of our current antibiotics has left us vulnerable as the 'bugs' have adapted. However, as it turns out, there is an impressive and viable alternative to antibiotics, which has been with us for over 2,500 years! Even better news is that this alternative has no harmful side-effects and is completely safe.

Standard colloidal silver consists of a suspension of fine particles dispersed in a liquid or gas. The silver is believed to work by changing the electrical charge on bacteria, preventing reproduction. Silver continues to work whenever it touches bacteria. There are many brands of colloidal silver on the market, each claiming a different strength or formula. You may hear scare stories of people turning grey when using colloidal silver. These relate to people who have tried to make it at home using impure water and with no means of controlling the strength.

## Hydrosol silver

The latest patented silver technology is a 'sol' form, which has a unique tetrahedral





## RESEARCH



Silver is a very broad spectrum antimicrobial agent that is totally non-toxic for both humans and animals. Over 190 independent studies and 10,000 individual antimicrobial tests have been performed on colloidal silver products. In a US government test, Ionic Silver increased the survival rate of mice from 30% to 60% against the H5-N1 Bird Flu virus when used orally on a daily basis.

In a scientific paper, the T lymphocyte count of 7 human HIV patients was found to increase by an average of almost 40% when just 2 ounces were administered daily over 4 months. Furthermore, there is compelling evidence that colloidal silver also combats TB, MRSA, Hepatitis B, HIV, yeast and several other pathogens.

structure and a coating of silver oxide, making it very stable. It is made with extremely pure water, a key factor in quality and safety. It also has a natural resonance, which means that the silver does not need to actually contact the bacteria to be effective. Tests have shown it to be up to 10,000 times more effective than standard colloidal or ionic silver.

Even hospitals are now opting to use colloidal silver. One example is the use of colloidal silver to prevent the spread of Legionnaires' disease in hospital water supplies. Hospitals have also used

this amazing alternative to antibiotics to treat the eyes of newborns, to help prevent blindness due to infection. Some hospitals have even produced their own colloidal silver formulas when antibiotic treatments have failed.

## RECOMMENDED SILVER PRODUCTS



## No Patent, no publicity?

So why don't you hear more about colloidal silver in general? After all, it is highly safe and amazingly effective, so why isn't there more coverage and attention? One reason is that it is difficult to establish guidelines for its use inside the body, and this is required for medicinal substances. However, the biggest single reason that you don't hear more about colloidal silver is most likely due to the fact that it cannot be patented. Drug companies do, however, have antibiotic drugs that they can patent. This may be why you do not hear more about this amazing support for your immune system.

**Silver gel/spray** With its anti-bacterial and anti-infection properties, silver can be used by the whole family with no harmful side effects.

**MSM+Silver™ Drops** Effective water drops which now contain N-Acetyl Carnosine and Hydrosol Silver combined with MSM.



# *Balance your* **IMMUNE SYSTEM**

We take a look at a product which will help your immune system to function optimally 365 days a year

**A**s a health conscious person, you are no doubt aware that your immune system is always being placed under stress by a variety of factors, ranging from the ageing process and daily stress to environmental pollution. Lifestyle choices, such as a poor diet and lack of exercise, are also taxing on the immune system. What impacts your body also impacts your immune system. Therefore, issues such as inflammation, digestive problems, allergies, premature ageing, weight gain and weakened stress defences can combine to negatively impact your immunity. Luckily, there are practical steps that you can take to address this.

### **DIP – Daily Immune Protection**

DIP or Daily Immune Protection stands in a category all by itself due to the fact that it balances your immune response for optimal performance. Other health products can temporarily boost your immune system, but the D.I.P formula works to

support both your adaptive and innate immune system by 'educating' your immune system to deliver the proper response when your body is being attacked.

D.I.P nutrients include EpiCor®. This is a powerful antioxidant with a very high ORAC (Oxygen Radical Absorption Capacity) value of 52,500/100g. Furthermore, research indicates that EpiCor® has anti-inflammatory properties as well. This product is based on years of research and development and is fully tested and safe.

**Daily Immune Protection also contains other impressive ingredients:**

### **eXselen™ Selenium**

The trace mineral selenium is a natural antioxidant that helps protect your cells from free radical damage. Additionally, it supports immune function and helps the body's normal





inflammatory responses. Selenium may even help support thyroid, prostate and breast health.

eXselen™ is a form of highly bioavailable organic selenium that ensures high levels of selenomethionine – selenomethionine is the preferred form for efficient absorption by the body. No less than 15 years and 60 years of proprietary fermentation technology stand behind eXselen™.

### Vitamin D3

Modern medical science is really beginning to embrace vitamin D3 and with good reason. Studies have shown that vitamin D3 is essential for a strong immune system because the cells needed to make up your immune system contain vitamin D3 receptors. Therefore, without vitamin D3, immune cells become weak and simply do not fight infections as they should. Vitamin D3 deficiencies are quite common, and this fact underscores the importance of proper supplementation.

## RECOMMENDED PRODUCTS



### Daily Immune Protection (DIP)

Not just an immune booster, DIP balances immune response for optimal performance.

### Plant Cell Vitamin C

This non-synthetic source of vitamin C is invaluable for many things, such as healing wounds, scar tissue and fractures; strengthening blood vessels and fighting infection.

Also, **Silver gel** and spray helps to fight infections due to its anti-microbial and antibacterial properties. **1ST Line** is an all-natural product which, when added to water, helps to fight against many types of infections including viruses.

## RESEARCH



Research to date shows that EpiCor® works to enhance the immune system in a variety of ways by:

- Being a powerful antioxidant with an extremely high ORAC value
- Having significant anti-inflammatory properties
- Supporting the adaptive immune system by activating important natural killer (NK) cells
- Increasing levels of secretory IgA, which serve to support the human mucosal barrier

In addition, these studies show that reactions between EpiCor® and prescription drugs is unlikely. Daily Immune Protection, containing EpiCor®, is simply a fantastic choice for staying healthy every day of the year.

# Have the power of the **Master Acupuncturist** in your own hands

**HealthPoint™** electroacupressure kit gives you the power to precisely locate acupuncture points so you can enjoy the benefits of acupuncture without the needles! It's easy to use, and with the instructional DVD and book included in the HealthPoint™ kit, you can quickly become an expert at locating acupuncture points and experience rapid, effective and long-lasting relief for pain and non-pain conditions.



**1992**



**More than 150 conditions can be helped**, and are included in the manual, including headaches, back and neck problems, sports injuries, joints – and the body's natural healing system is also stimulated too which can speed recovery in many cases.

HealthPoint™ breakthrough technology was developed by leading pain control specialist Dr Julian Kenyon. Now 20 successful years later, HealthPoint™ features the latest microchip technology for its unique searching system.

For more info go to [www.Dovehealth.com](http://www.Dovehealth.com)

**2012**



- ✓ Use at home/work/abroad
- ✓ For whole family including pets
- ✓ Low cost for a lifetime of acupuncture treatment
- ✓ Safe, painless & effective

*EquiHealth HealthPoint Horse Treatment Book also available.*



**No.1** RECOMMENDED BRAND FOR TOPICAL MAGNESIUM THERAPY

# 250 Million Years in the Making



## How can Magnesium help me?

Often revered as the "Beautiful Mineral" in Chinese Medicine, Magnesium is as essential to the body as water and air, with its beauty easily attributed to its absolute and undeniable healing power. Although there are only several ounces of Magnesium in your body, it is implicated in hundreds of biochemical reactions, scores of which contribute to the manufacture of energy and cardiovascular function.

**IF YOU TAKE MAGNESIUM TABLETS  
THEN TRY THIS RANGE NOW!!**



### HOW YOU CAN SPECIFICALLY HELP YOURSELF...

- ✓ Relief of Stomach
- ✓ Relief of Anxiety
- ✓ Relief of Spasms?
- ✓ Maintenance of Proper Muscle Function
- ✓ A Healthy Energy Level?
- ✓ A Healthy Immune System?
- ✓ Healthy Skin Issues?
- ✓ A Healthy Intestine?
- ✓ Better Quality Sleep?
- ✓ Magnesium Levels
- ✓ Enhancing Cardiovascular System?
- ✓ Relief for Menstrual & Related?

...AND How Ancient Minerals™ Is the answer!

**ORIGINAL, PROFESSIONAL STRENGTH  
MAGNESIUM PRODUCTS**

Ancient Minerals™ is drawn from the 250 million year isolated Ancient Zechstein Seabed, 23m beneath the earth's crust.

- Ultra Pure & Highly Concentrated
- Rapidly Absorbed
- Available as an oil (highest concentration), bath flakes, gel or as a lotion (lightest concentration). The lotion can be used as a skin moisturiser whilst still delivering therapeutic levels of magnesium.

# CHOLESTEROL AND COQ10: WHAT YOU NEED TO KNOW NOW

If you are taking cholesterol drugs then you need to know about Coenzyme-Q10. Here's why



Has cholesterol earned a bad rep? In a sense the answer to that question is yes. But the problem isn't cholesterol as much as it is the plaque that builds up in artery walls, as this plaque increases blood pressure and can trigger heart attacks as well as strokes. The Framingham Heart study of 5,127 people showed that 75% of those who had heart attacks had normal, not abnormal, cholesterol levels.

The issue isn't cholesterol, but free radical damage. Free radicals produce a chain reaction of oxidation, and this leads to scarred arteries. Once the arteries are damaged, the immune system begins to take action and works to repair the scarring with oxidized cholesterol. What follows are symptoms of heart disease, and so the medical community usually prescribes

cholesterol-lowering statin drugs.

Unfortunately, these statin drugs have serious side-effects, such as heart failure, and they also seriously lower Coenzyme-Q10 levels. Coenzyme-Q10 can help prevent strokes and heart attacks by preventing inflammation in the arteries, rejuvenating heart cells and even lowering blood pressure.

## Providing energy on an atomic level

Dr Stephen Sinatra, author of *The Coenzyme Q10 Phenomenon*, believes that your organs may become significantly impaired if your CoQ10 levels fall by 25%. If your levels fall by 75%, you may even be facing serious tissue damage or death! CoQ10 is the most powerful 'rust proofing' antioxidant currently known



## DID YOU KNOW?



### Muscle pain and statins: the connection

According to research published in the *Journal of Atherosclerosis and Thrombosis*, taking even a small 10mg dose of statin drugs, such as Crestor®, Lescol®, Lipitor®, Ranzolont®, Simvador®, Zocor® or Lipostat®, can deplete your CoQ10 levels by an amazing 40% in just 2 months. Muscle pain is one common side-effect that people can experience when taking such drugs. In fact, in Canada, cholesterol-lowering drugs have a so-called 'black box' warning. This attention-grabbing warning admits that lowering of CoQ10 in your heart could lead to impaired cardiac function. Therefore, if you are on any of the aforementioned statin drugs, you should investigate CoQ10 further.

time you are 80, your ability to produce this critical co-enzyme has dropped by 65%!

When an individual raises the level of CoQ10 in his or her body, new healthy cells replace ageing ones, the heart and brain become revitalized and immune system functionality is boosted. Furthermore, CoQ10 is considered to be very safe. In fact, there are more than 1,000 studies which support its safety and show that taking this supplement does not produce side-effects.

Should your doctor be telling you about CoQ10 if you are on statin drugs? Absolutely!

## RECOMMENDED PRODUCTS



If gelatin is ok for you then go for **UB8Q10** – this absorbs up to 8 times more than ordinary CoQ10 and is the most powerful Q10 formula available. If you are veggie then go for **HYSORB Q10**. Each dose of 100mg Hysorb Q10™ is equivalent to 400mg ordinary co-enzyme Q10, making it one of the strongest veggie options on the market!

Also why not try with **L-Carnitine Plus CoQ10**? This can help to prevent fatty build-ups in the heart and liver.

to science, and it works to provide every cell in your body, all 100 trillion of them, with energy on the atomic level. Your cells are made up of atoms and do, in fact, run off atomic energy. This energy is called adenosine triphosphate or ATP, and each of your cells is literally packed with tiny atomic reactors to spark this energy; these atomic reactors are known as mitochondria.

ATP does more than just 'spark' your cells, as it is also responsible for carrying away oxidized free radical waste produced during this atomic reaction. If you don't have enough ATP, your energy levels and strength will drop. Furthermore, it is vital to note that, as you age, your body's natural ability to produce CoQ10 drops dramatically. By the

# *The colourful pigment with* **ANTIOXIDANT POWER**

Astaxanthin is not just the pigment that gives lobsters their colourful hue – it's also an incredibly powerful antioxidant with an array of health benefits

A growing amount of excitement is being generated around Astaxanthin (pronounced asta-zan-thin). Saying that Astaxanthin is a powerful antioxidant would be quite an understatement, as this merely scratches the surface in terms of how it contributes to overall human health.

Astaxanthin is a subcategory of the carotenoid family. Carotenoids are phytochemicals (plant chemicals) which are produced by plants, and some animals too, as part of their survival mechanisms. Plants use carotenoids for their natural antioxidant properties which help to protect them from the harsh rays of the sun. This has led many people to suggest that Astaxanthin can act as a sun protector for humans as well. Indeed many cosmetic manufacturers have begun to use Astaxanthin as an ingredient in facial and body creams to provide UV protection and to give support for damaged skin. Incidentally, Astaxanthin is the pigment responsible for the red colouring of aquatic life such as shrimp, lobster, crab and salmon (for which it also helps to swim upstream). It also gives flamingos their colourful hue.





## DID YOU KNOW?



### Astaxanthin is...

- 65 times more powerful than vitamin C
- 11 times stronger than beta carotene
- 550 times more effective than vitamin E
- And, it crosses the blood-brain barrier

### Ultimate eye health

Recent studies have revealed that Astaxanthin is the ultimate supplement for eye health. A primary reason for this is because it's one of the few antioxidants that can penetrate the retinal barrier of the eyes. Supplementing with Astaxanthin has been found to have protective benefits against a number of vision-related problems such as cataracts, glaucoma and macular degeneration.

Astaxanthin has also been found to improve the health of the brain and central nervous system. Studies show that it can improve both learning and memory skills – something which could be particularly beneficial to anyone at risk (through hereditary genes) of vascular dementia. Astaxanthin is also good for combating oxidative damage, which can affect the central nervous system in particular.

### Improved liver function

Healthier liver function is another benefit. Results of a 2002 study into the effects of Astaxanthin on liver function showed that it protects the liver from oxidative damage (those powerful antioxidant properties at work again). The study also showed that a 100mg dose of Astaxanthin induced detoxifying enzymes in the cells of the liver, thereby improving its ability to remove harmful contaminants, bacteria, viruses and dead red blood cells.

Scientists from Tohoku University

have documented the fact that daily supplements of the natural pigment Astaxanthin can help to reduce the accumulation of compounds called phospholipid hydroperoxides (PLOOH). These compounds are known to accumulate abnormally in the red blood cells (erythrocytes) of people with dementia. As a result, the researchers believe that the pink pigment may help to prevent dementia.

These are just a handful of studies which demonstrate the health benefits of Astaxanthin. We would need a much longer article to cover the huge number of ways in which it helps to promote good health.

## RECOMMENDED PRODUCTS

### AstaXanthin

Good Health Naturally's AstaXanthin is suitable for vegetarians and is made using BioAstin® Natural Astaxanthin, the world's bestselling brand of Astaxanthin for humans. It was the first source of Astaxanthin for human nutrition reviewed by the US Food and Drug Administration (FDA). In August 1999, BioAstin completed a review by the FDA without objection and was allowed to be sold as a human dietary supplement.



# *Give your body a* **SPRING CLEAN**

Detoxification is a highly effective way of removing harmful impurities from your body

**Y**ou might not think about your colon and the importance of gut bacteria very often, but the simple fact is that these factors play a vital role in your health and wellbeing. More than ever, our bodies are being asked to deal with strange, foreign and downright hostile chemicals, pesticides and other artificially manufactured agents not found in nature.

Modern life has its wonders, but it also provides no shortage of assaults on our bodies. Every day our systems are under attack from every direction. Harmful compounds are found in the water we drink and in the air that we breathe. Sugar is in products one would never suspect in a dizzying array of forms, and processed foods make up a 'normal' diet for millions around the world! Health experts feel that these and other harmful factors on our health end up creating a toxic build-up in our bodies.

A recent article in Vegetarian Times had the following astute observation: "Let's face it: irritable bowel syndrome, constipation, gas, diverticulitis and colon cancer are simply not things we like to discuss. And yet, as the old expression goes, death begins in the colon. Don't believe it? Ask any coroner. Autopsies often reveal colons that are plugged up to 80% with waste material." There is no doubt that is certainly an attention-grabbing quote!

"Death begins in the colon," is a profound statement and serves to instantly and dramatically underscore the importance of numerous factors including eating a healthy diet, getting plenty of fibre and water and undergoing periodic detoxification regimens.

Neglecting our health through poor diet choices and ignoring vital steps like detoxification and probiotics leaves our bodies vulnerable to a range of different diseases, including cancer. In





"Neglecting our health through poor diet choices and ignoring vital steps like detoxification and probiotics leaves our bodies vulnerable to a range of different diseases, including cancer."

order for our bodies to function properly, we need to periodically cleanse them of the harmful build-ups that might occur.

By undergoing regular cleansing, you can lower your risk of disease and such symptoms as fatigue and chronic, painful constipation. Think of the colon as the 'sewer system' of your body and, along with your other organs like your liver, you need to cleanse it from time to time. The way to do this is through a good detoxification programme.

A good detox programme will help you remove the build-up of toxins that accumulate in your body. By implementing the right detoxification programme, you will look better, feel better, have more energy, decrease your chances of disease and maybe even live longer as well!

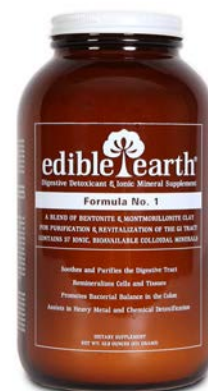
Detoxing stands out as one of the easiest, yet most important steps that you can take to help your body. Even if you are eating a very healthy diet that is free or virtually free of processed food, fast food and starchy foods, you still need to undergo detoxification to deal with past toxic build-ups.

## RECOMMENDED PRODUCTS

### Edible Earth

This is a superior formulation of the finest mineral-rich clays from North America which detoxes the body and soothes and cleanses the digestive tract whilst promoting bacterial balance.

Other recommended products include **Nascent Iodine** which tackles symptoms such as tiredness, headaches and nervous tension. Also, the **Ancient Minerals range**, including oil, gel, bath flakes and lotion, contains high levels of magnesium, the single most important mineral for cellular detoxification and tissue purification. And the Clay Bath Kit assists in eliminating cadmium, tobacco residues, nicotine and pharmaceutical or recreational drug residues.



GET SERIOUS WITH  
YOUR HEALTH WITH  
**BLOCKBUSTER ALLCLEAR**





# AR™

## WHY IS BLOCKBUSTER ALLCLEAR™ THE BEST IN THE WORLD?

The amazing blend of powerful enzymes and super nutrients in Blockbuster All Clear™ is the key to your success.

The ingredients in Blockbuster have been scientifically recognised for their amazing health benefits.

A unique formula not available elsewhere; we have carefully chosen the blend of enzymes, antioxidants, minerals, probiotics and polyphenols for their proven effectiveness and purity to bring you good health, naturally.

The following 16 ingredients are listed showing their activity and where appropriate their weight in mg.

### 2 CAPSULES FROM US:

Serrapeptase 50,000IU  
 Nattokinase 1,400FU  
 Protease 20,000 BT  
 Urtase 1000IU  
 Amylase 80000G  
 Cellulase 480CB  
 Lactase 1000ALU  
 Acids 17.5% 50mg  
 Amino ACN Tannins 50mg  
 Olive Leaf Citrus Blend Citoline™ 200mg  
 Trace Minerals (Coral Calcium) 100mg  
 Lactosporin Probiotics 15 million 50mg  
 Protease 5.0mg  
 Ginkgo seed extract 60% 100mg  
 Policosanol 6mg  
 Pyrogallol™ 10mg

16 ACTIVE  
Ingredients

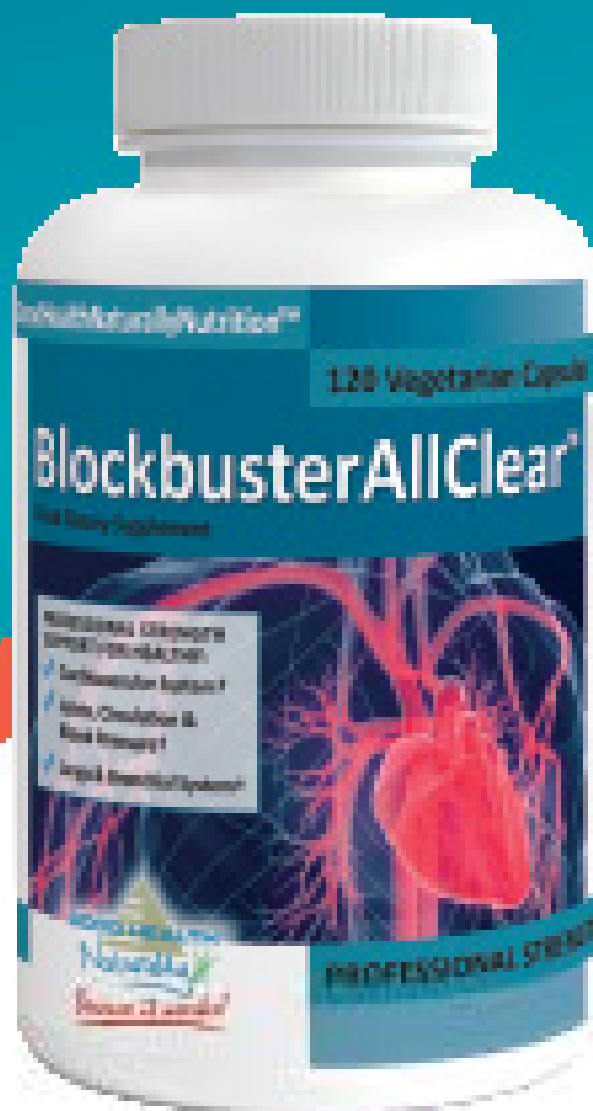
## FACT

### OUTSTANDING VALUE

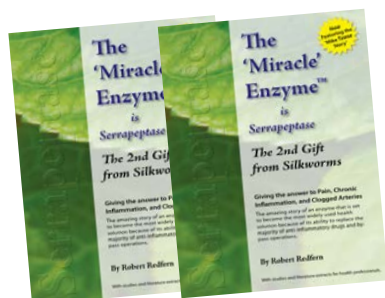
Blockbuster saves you money – these ingredients cost much more if bought separately

### MAY SUPPORT HEALTHY:

- Lungs
- Immune System
- Circulation
- Blood Flow
- Arteries



# GOOD HEALTH SHOWCASES



## THE MIRACLE ENZYME IS SERRAPEPTASE

A health care book that could change your life!

*What's this?* A remarkable book about a remarkable enzyme. Read in detail the fascinating studies, uses and practitioner's reports about Serrapeptase.

*Tell me more!* This enzyme was originally discovered over 30 years ago being used by the silkworm in its cocoon to dissolve proteins. Since then the clinical use of Serrapeptase as an anti-inflammatory has been widespread throughout Europe and Asia. The book explains how this revolutionary enzyme is set to become the most widely used alternative to the majority of anti-inflammatory drugs – without the side-effects!

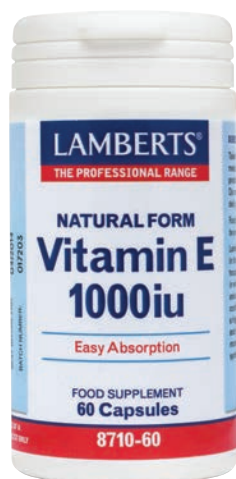
## VITAMIN E

1,000 iu high strength antioxidant

*What does it do?* Antioxidant vitamin E protects every cell in the body from free radicals and studies indicate that it can help maintain the health of the heart, by protecting polyunsaturated fats in the body from being oxidised into saturated fats.

*How is it different?*

This is vitamin E in its natural form, d-alpha-tocopherol, as it occurs in foods. Research has confirmed it has higher biological activity and is absorbed and retained more readily than commonly found synthetic vitamin E.



## EMU OIL

For musculoskeletal and skin health  
*Intriguing!* The emu produces an oil which, once refined, is one of nature's finest natural ways to replenish the skin.

*What should I use it for?* The Aborigines have used emu oil for many many years to help relieve burns, bruises, cuts, muscular aches and joint pain/problems. The product is 100% natural.

## GLUCOSAMINE, CHONDROITIN MSM PLUS

Good for joint health

*What's this?* This product, which now includes MSM and collagen, can help rebuild cartilage damage, support the health of connective tissue, soothe joint inflammation and promote healthy tendons, ligaments, synovial fluid, skin, bones and nails.

*How does it help cartilage?* Cartilage is a living tissue with the ability to regenerate itself, given the right nourishment. Studies confirm that supplementary glucosamine is readily absorbed and incorporated into cartilage and other connective tissue.

Now with collagen



## CALCIUM, MAGNESIUM, POTASSIUM WITH VITAMIN D3

The essential building blocks of our physical bodies

*Why should I take this?* Calcium is necessary for the development of strong bones and teeth and it can help to maintain a regular heart beat as well as help to relax the central nervous system.

*Tell me more!* Magnesium is necessary for bones, heart and muscle response and is a vital catalyst in enzyme activity, especially energy production. Potassium is necessary for cell membrane potential, nerve impulse conduction, good heart rhythm and acid base balance.

## HEMP SEED OIL

The 'king' of oils!

*Why's it so good?* Hemp Seed Oil has an almost perfectly balanced profile of omega-3, 6 and 9 fatty acids plus GLA from cold-pressed organic hemp. These essential fatty acids have been studied for their ability to improve immunity, skin, vitality and mood.

*Versatile use?* With its pleasant, nutty flavour Hemp Seed Oil can be used in salad dressings, mayonnaise and dips.





# BREATHE EASIER BY IMPROVING YOUR ENVIRONMENTAL CONDITIONS

We take a look at the facts surrounding the inflammatory conditions asthma and bronchitis

Few people realise the overall global significance of asthma. However, according to some estimates, asthma may be responsible for up to a quarter of a million deaths annually! It is quite complicated to get to the root of issues like asthma and bronchitis that interfere with breathing. The fact is that everything from poor indoor or outdoor air quality to dust mites and allergies can trigger asthma symptoms of varying severity.

Like so many diseases, asthma is the result of inflammation. In the case of asthma, inflammation causes bronchospasms in the airways and the result can be difficulty breathing, coughing and wheezing. Environmental factors, such as poor air quality and air contamination, can also play a role in the process.

Exposure to pollutants and toxic compounds early in life, such as cigarette smoke and volatile organic compounds, may be partially to explain for the development of asthma, at least in some people who eventually develop the condition. It is important to note that there are genetic factors involved in asthma as well, and these factors are still being studied and explored.

Lifestyle choices, such as avoiding smoke

in all forms, and seeking out ways to improve general air quality, are both important ways to address and manage asthma symptoms in sufferers. It is possible to improve indoor air quality by frequently replacing air filters in heating and cooling units, using high-quality air filters, and buying air-cleaning plants, such as Boston ferns and snake plants. Frequently opening windows and doors can also go a long way in preventing the symptoms of asthma.

Like asthma, bronchitis is also inflammatory in nature. In particular, bronchitis is a chronic inflammation of the mucous membranes of the bronchi in the lungs. If this situation becomes serious, it can develop into 'acute bronchitis,' which can lead to a serious and lasting cough. Viruses are cited as being the most frequent culprit in the development

of bronchitis. As a result, symptoms that resemble flu or a cold, such as a sore throat, tend to accompany acute bronchitis.

Another form of bronchitis called 'chronic bronchitis' is the result of being exposed to harmful air pollution. Cigarette smoke tops the list of culprits. This distinction between 'acute' and 'chronic' bronchitis can make bronchitis difficult to understand from the layperson's point of view.

Once again, like asthma, bronchitis is greatly aggravated by airborne irritants such as cigarette smoke or other air pollutants. Therefore avoiding such airborne compounds or taking steps to address them is vitally important for overall lung health.

## RECOMMENDED PRODUCTS

### Plant Cell Vitamin C

This natural product contains a high level of vitamin C and helps to support healthy tissue, healthy arteries and bronchial function.

Also, HealthPoint is an electro-acupressure kit gives you the power to precisely locate acupuncture points so you can enjoy the benefits of acupuncture without the needles!



# Better Than Fish Oil

Krill is a dietary supplement of ultra-pure omega fatty acids formulated to promote wellness and longevity.

The Krill Miracle™ can help support:

- A healthy heart
- Improvement in cholesterol and other blood lipid levels
- Stabilisation of blood sugar levels
- Eye health
- Healthy joints
- Healthy liver
- Relief of PMS symptoms
- Boost in immune system
- Improved concentration & memory
- Skin health

Krill are a super rich source of Omega 3, 6 and 9. Their antioxidant levels are up to 300 times greater than Vitamins A & E and up to 48 times greater than Omega 3 found in standard fish oils.



Krill are tiny shrimp-like crustaceans found in the Southern Ocean – the only oceans in the world that remain unpolluted by the heavy toxic metals that are now found in many fish oils. They are a highly renewable source and the largest biomass in the ocean. The Krill Miracle™ is a dietary supplement made using pure Superba™ Krill Oil, European Novel Food approved and processed fresh from sustainable krill harvests in the Antarctic Ocean using a patented Eco-harvesting fishing system ensuring no by-catch.

Superstar  
among  
vitamins

## SUNPOWER

Vitamin D3 is naturally produced by the body when exposed to sunlight. However, due to season, geographic latitude, time of day, cloud and other factors many of us find we **have limited exposure throughout the year and are therefore lacking in Vitamin D3.**

Vitamin D has always been considered essential for strong **Bone Health**. Now more recent studies show it can help support:

- ✓ Whole Body Wellness
- ✓ Immune System
- ✓ Healthy Hormonal Balance
- ✓ Blood Sugar Regulation
- ✓ Healthy Hormonal Balance
- ✓ Better Calcium Absorption



This Vitamin D3 delivers a 5,000iu dose of Vitamin D3 and 100mg of Calcium from coral per capsule. Small vegetable capsule & easy to swallow. Dairy, Gluten & Soy free.





*Amazing*

# AMINO ACIDS!

We focus on three amino acids which are essential to good health and wellbeing

**A**mino acids are vital for building and rebuilding muscle. Yet, they can do far more, as they contribute to human health in many ways that people don't realise. Three amino acids, L-Arginine, L-Lysine and L-Citrulline, all contribute to the body in a myriad of ways. In this article we will explore how these three amino acids can be used to address a range of health issues.

## L-Arginine and your health

The body converts L-Arginine into nitric oxide. Nitric oxide is important because it causes blood vessels to open up wider, resulting in greater blood flow. Frequently, L-Arginine is used to treat issues related to heart disease such as high blood pressure and congestive heart failure. Additionally, L-Arginine is used to increase the strength of the immune system and improve circulation issues including erectile dysfunction. Finally, some evidence indicates that L-Arginine may also play a role in reducing the recovery time of injuries as it has an anti-inflammatory effect.

## L-Lysine and your health

L-Lysine is another essential amino acid which is necessary for human health. To date, studies have shown that L-Lysine could play a role in reducing cortisol levels in the body and can effectively lower stress levels. It is therefore possible that L-Lysine may help with relaxation. Furthermore, L-Lysine is being studied for its ability to fight cancer. Evidence also suggests that L-Lysine is a powerful immune system booster and has the ability to fight cold sores and the herpes virus.

## L-Citrulline and your health

The amino acid L-Citrulline is similar to L-Arginine in that L-Citrulline can also boost nitric oxide levels in the body and relax blood vessels. In fact, our bodies naturally convert L-Citrulline into L-Arginine. This can translate into benefits for heart health and other blood flow issues such as erectile dysfunction. L-Citrulline is considered to be a strong amino acid that can be used for boosting energy and increasing athletic performance. Research also points towards L-Citrulline's potential use in Alzheimer's disease.

## RECOMMENDED PRODUCTS

The three amino acids mentioned above stand out as excellent supplements which have proven benefits. Whether it is supporting healthy: blood flow, energy, anti-ageing, or improving health in a variety of other ways, they have much to offer. They can all be found in **HealthyFlow**, which now has an improved formula. The product now contains 1,500mg of L-Lysine added to 5,000mg of L-Arginine and 200mg of L-Citrulline, plus 150mg of Grapeseed Extract and 25mg of Polyphenols to make this the number 1 amino acids supplement!



# GHN Essentials

The best 4 products to help support your health concern – ask how they can help you NOW!

## BLOOD SUGAR HEALTH



Alpha Lipic Acid R, Serranol, Active Life, CurcuminX4000

## BONE HEALTH



Calcium, Magnesium & Potassium Plus, Magnesium Gel, Hemp Seed Oil, Probiotic14

## BRAIN HEALTH



Serranol, CurcuminX4000, MaxiFocus, RelaxWell

## BRONCHIAL HEALTH



Plant Cell Vitamin C, HealthPoint Kit, Daily Immune Protection, Active Life

## CARDIO HEALTH



Blockbuster AllClear, Healthy Flow, CurcuminX4000, The KRILL Miracle

## CELL HEALTH



CurcuminX4000, Vitamin D3, BetaFactor, Olive Leaf Extract

## CHILDREN'S HEALTH



Active Life, Probiotic14, Essential Digestive Plus, Eskimo Fish Oil

## DETOX HEALTH



Edible Earth, Magnesium Bath Flakes, Nascent Iodine, Clay Bath Kit



BUY ALL 4 FOR THE BEST RESULTS or BUY THE  
NUMBER **1** PRODUCT AS YOUR 'ESSENTIAL'

### DIGESTIVE HEALTH



Essential Digestive Plus, Edible Earth, Probiotic14, Serranol

### EYE HEALTH



MaxiFocus, AstaXanthin, Taurine Spray, HealthPoint Kit

### HEART HEALTH



Blockbuster AllClear, UB8Q10, The KRILL Miracle, Active Life

### IMMUNE HEALTH



Daily Immune Protection, 1st Line, Hydrosol Silver, Beta Factor

### INFLAMMATION HEALTH



SerraEnzyme 80,000iu, CurcuminX4000, AstaXanthin, The KRILL Miracle

### LUNG HEALTH



Serranol, 1st line, OxySorb, Active Life

### OVER 50s HEALTH



Serranol, CurcuminX4000, Essential Digestive Plus, MaxiFocus

### PET HEALTH



SerraPet, CurcuminX4000, Essential Digestive Plus, Hydrosol Silver

BUY ALL 4 FOR THE BEST RESULTS or BUY THE  
NUMBER **1** PRODUCT AS YOUR 'ESSENTIAL'

### JOINT HEALTH



### MEN'S HEALTH



### MENTAL HEALTH



### SEXUAL & FERTILITY HEALTH



### SKIN HEALTH



### SPORT & EXERCISE HEALTH



### STRESS, MOOD & SLEEP HEALTH



### WOMEN'S HEALTH





# Put some FOCUS® into your Eye Health

As seen on TV's  
"This Morning"

Lutein, Zeaxanthin  
and other nutrients  
found

"It Really Works"

Lutein, Zeaxanthin  
+ a other nutrients  
found

Don't Wait a Minute

FOCUS  
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FOCUS  
FOCUS  
FOCUS

FOCUS® spray helps to support your eye health

- ✓ maintains or improves vision for eye health  
they also support a high degree of vision and  
concentration - there's that as the body can't absorb  
nutrients if you are spending so long and money  
on it.
- ✓ they are subject to FOCUS and the muscles  
stretching and the muscles up as a result  
from their active appearance and can be in the  
eye health and vision.
- ✓ they are subject to FOCUS and the muscles  
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eye health and vision.
- ✓ they are subject to FOCUS and the muscles  
stretching and the muscles up as a result  
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eye health and vision.

Each serving of Focus® spray contains the same  
amount of Lutein & Zeaxanthin as approx 12 CUPS  
OF BROCCOLI 30 servings per container

"Can this mouth spray help save  
your eyesight?" Daily Mail

# Why is this Miracle Enzyme® changing lives? Because it Works!

Important for  
your health

enzymes are hugely important as they are the 'labour force of the body'. serrapeptase is a critical enzyme in keeping you healthy as it helps to support the clearing of unhealthy inflammation thus allowing the body's naturally healing processes to function. unhealthy inflammation is the major factor in the majority of modern day health issues.



## WHY SERRAPEPTASE?

- IS THE MOST TRUSTED SERRAPEPTASE
- IS THE BEST-SELLING SERRAPEPTASE
- IS THE FIRST & ORIGINAL SERRAPEPTASE
- IS THE SERRAPEPTASE WITH THE MOST EVIDENCE
- IS THE SERRAPEPTASE WITH THE MOST TESTIMONIALS
- IS AVAILABLE IN TABS OR CAPS & ENTERIC OR NON ENTERIC COATING

**Serrapeptase® may offer powerful support for health:**

- ✓ **skin**
- ✓ **lungs**
- ✓ **circulation**
- ✓ **arthritis**
- ✓ **sinus**
- ✓ **eyes**
- ✓ **independently of all the body's natural healing with a variety of conditions have been reported to reduce swelling and also by providing alternative options.**



All products in this magazine are available from Good Health USA  
T: 1-800-455-9155  
[www.GoodHealthUSA.com](http://www.GoodHealthUSA.com)