

YOUR COMPLIMENTARY COPY  
ISSUE 23



# naturally healthy **NEWS**



**SERRAPEPTASE – WHY IT'S THE  
'MIRACLE ENZYME'**

**THE LOWDOWN ON SUPER  
SUPPLEMENT CURCUMIN**

**MAGNESIUM – MORE IMPORTANT  
THAN FIRST THOUGHT**

**HEALTH NEWS AND  
CUTTING EDGE RESEARCH**

ASTAXANTHIN   **SUPPLEMENTS**   EYE HEALTH   **RECIPES**   IODINE   **EXPERT Q&A**   COQ10



# The Ancient Spice in the News

The  
**BEST**  
Curcumin  
supplement  
available

## What is Curcumin?

The principle Curcuminoid of the popular Indian spice Turmeric (found in curry) and has been used for thousands of years in Ayurvedic medicine.

“A published study shows that Curcuminx4000 absorbs up to 23x better than ordinary curcumin whilst an unpublished study claims it could be up to 45x better!”

A search on PUBMED reveals over 1800 studies for Curcumin

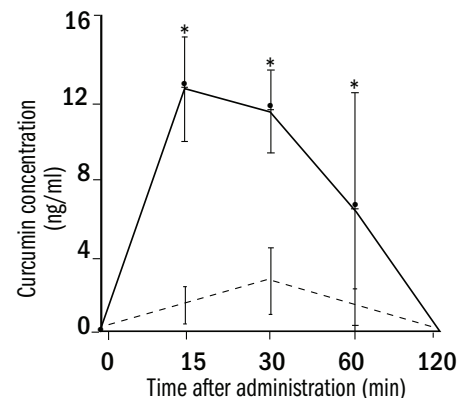


Figure 1. Plasma curcumin levels after dosing with Meriva (solid line) compared to unbound curcumin (broken line)

**180**  
veg caps

Take  
**x3**  
caps/day



Curcumin may become your best friend for the rest of your life!

Curcumin X4000™ is a registered trademark of Good Health Naturally



## welcome...

Dear follower of good health

If you are reading this then the world did not end as was predicted for 21st December 2012 by the Mayan calendar.

On a more serious note, you, like me, must constantly read about the fact that we are all living for longer and it is made to seem that the conventional medical system is making a huge difference to our lives. This is simply not true.

The indisputable fact is that a 65-year-old today will only have an extra life span of seven years compared to a 65-year-old in 1895! Yes you read that correctly – 1895. Despite spending trillions on medical care and bankrupting the economies of the western countries, all we get is seven extra precious years. Personally, I am convinced that one simple supplement a day, such as curcumin, would easily exceed that seven years, and the research backs this up. A new study shows that curcumin is as effective as exercise when it comes to protecting your heart but I prefer we do both of course.

The authorities in Europe are now formally banning any claim that a supplement can help your health. This ban even prohibits the claim that a bottle of water is essential to stop dehydration. Make of that what I think you will!

These prohibitive regulations are spreading around the world and Australia, Canada and even the USA (the Land of the Free?) are involved in such draconian regulations. All of these are designed to support the medical monopoly and deny that nutrition is the real cure for most diseases.

The evil empire would have you believe that taking supplements are not effective and at worst are bad for you. I believe the studies they support this with are as deceptive as a politician's expenses claim and, at best, are wrong and at worst criminal fraud. The good news is that studies from reputable sources show that taking a whole raft of supplements will protect you and your family and in many cases help you to recover from the diseases of the 21st century.

Take good care and have a good life.

*Robert Redfern*

**Robert Redfern**

**Health coach, nutritional formulator and rebel with a cause**



# 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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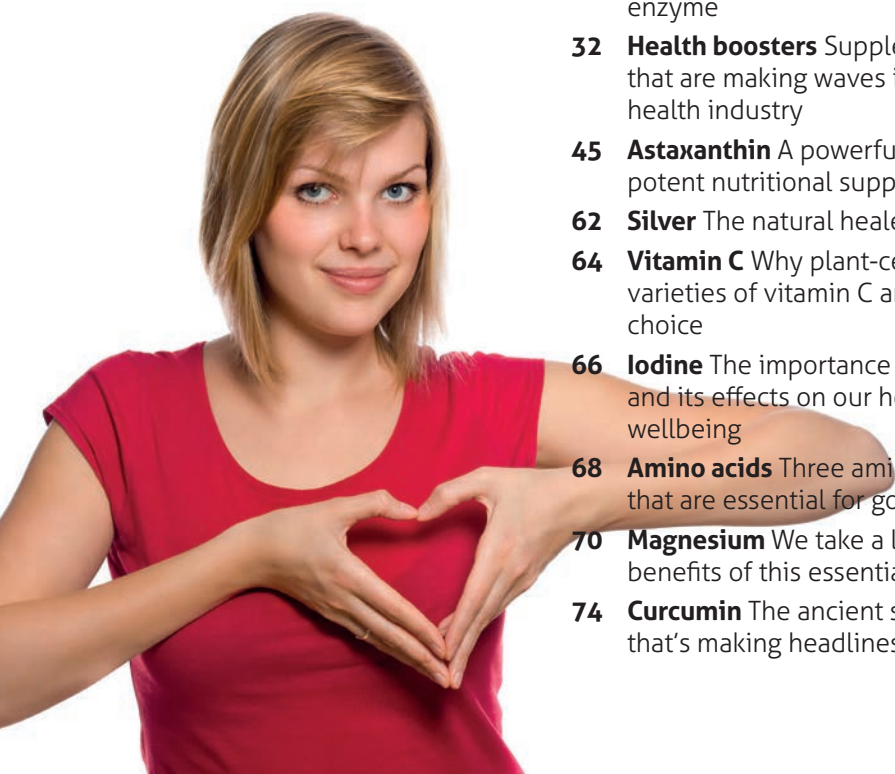
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# HEALTH news



## VITAMIN C DEFICIENCY WARNING FOR PREGNANT WOMEN

The importance of vitamin C levels in pregnancy has been underlined following

the results of a Danish study. Researchers at the University of Copenhagen have discovered that a deficiency in vitamin C among pregnant women can lead to serious health complications in the brains of their unborn babies. Even marginal deficiency of vitamin C can result in the memory centre of the brain being affected by 10 to 15%, preventing the brain from optimal development. Furthermore, if damage is already done to the brain of the foetus it cannot be repaired. The report, which was published in *PLOS ONE*, stated that between 10 and 20% of all adults in the developed world do not get enough vitamin C. However, lead researcher Professor Jens Lykkesfeldt stated that if pregnant women eat a varied diet, do not smoke and take daily vitamins they should not be at risk for vitamin C deficiency.

## SOFT DRINKS ASSOCIATED WITH INCREASED PROSTATE CANCER RISK

Men who drink one sugary soft drink a day could be at an increased risk of developing prostate cancer, according to a Swedish study. The study, published in the *American Journal of Clinical Nutrition*, followed over 8,000 men aged 45 to 73 for an average of 15 years. The results showed that men who drank 300ml of a fizzy drink a day were 40% more likely to develop prostate cancer than those who never consumed the drinks. The cancer was discovered after the men showed symptoms of the disease, and not through the screening process known as Prostate-Specific Antigen (PSA). Isabel Drake, a PhD student at Sweden's Lund University, stated that further research on how genes respond to different diets would make it possible to "tailor food and drink guidelines for certain high-risk groups."



## VITAMIN D FOUND TO HAVE CANCER PREVENTIVE EFFECTS

Canadian researchers have made a discovery that demonstrates the potential cancer-preventive effects of vitamin D. A team of researchers at McGill University in Montreal, Quebec, found that vitamin D slows the progression of cells from premalignant to malignant states, keeping their proliferation in check. The results, which are published in *Proceedings of the National Academy of Sciences*, show that the active form of vitamin D acts by several mechanisms to inhibit both the production and function of the protein cMYC. cMYC drives cell division and is active at elevated levels in more than half of all cancers.

## CURCUMIN MAY HELP PREVENT DIABETES

Further research has been published into the numerous health benefits of curcumin – this time in regard to diabetes prevention. A Thai clinical trial has found evidence that curcumin supplements may help to prevent diabetes in people at high risk. The trial, which was carried out by a team at Srinakharinwirot University in Nakhon Nayok, Thailand, involved 240 Thai adults with prediabetes. The participants were divided into two groups, with one taking curcumin capsules containing 250mg of curcuminoids, while the other was given a placebo. After a nine-month period, it was found that 19 individuals of the 116-person placebo group developed type 2 diabetes, while none of the participants of the 199-person curcumin group developed the disease. The researchers wrote: "Because of its benefits and safety, we propose that curcumin extract may be used for an intervention therapy for the prediabetes population." The results of the study were published in the journal *Diabetes Care*.







## YOUNG PEOPLE MORE AT RISK OF STROKE

Stroke may be affecting people at a younger age according to US scientists. The researchers believe that this may be due to a rise in risk factors such as diabetes, obesity and high cholesterol, it was reported in an online issue of *Neurology*. Study author Dr Brett Kissela, of the University of Cincinnati College of Medicine in Ohio and a Fellow of the American Academy of Neurology added: "Other factors, such as improved diagnosis through the increased use of MRI imaging may also be contributing. Regardless, the rising trend found in our study is of great concern for public health because strokes in younger people translate to greater lifetime disability." Dr Kissela advised that younger adults "should see a doctor regularly to monitor their overall health and risk for stroke and heart disease".

## CLOGGED ARTERIES IN DIABETICS LINKED TO LOW VITAMIN D

Low vitamin D levels could be the reason why people with diabetes often develop clogged arteries, which lead to heart disease. Researchers from Washington University School of Medicine have discovered that blood vessels are less likely to clog in people with diabetes who have an adequate intake of vitamin D. However, when patients have insufficient amounts of vitamin D, immune cells bind to blood vessels near the heart, then trap cholesterol to block those blood vessels. The findings were published in the *Journal of Biological Chemistry*.



## CURCUMIN SLOWS PANCREATIC CANCER

Curcumin has once again hit the headlines for its anti-cancer properties. A small study published in the journal *Clinical Cancer Research* demonstrated that it temporarily stopped advanced pancreatic cancer growth in two patients and substantially reduced the size of a tumour in another patient. During the study, 25 patients were given 8g of curcumin by mouth every day for two months. Maintenance therapy was continued at the same dose and schedule until the disease progressed. "The effects of curcumin were encouraging," commented the study's principal investigator, Razelle Kurzrock, M.D., chair of M. D. Anderson's Department of Investigational Cancer Therapeutics (Phase I clinical trial program). "It showed activity in patients, and there were no side effects."

## LOW VITAMIN D2 LEVELS LINKED TO ALZHEIMER'S DISEASE

According to new research, low levels of a particular form of vitamin D could be linked with Alzheimer's disease. A team from London's Kingston University collaborated with researchers from Brighton and Sussex Medical School and the Sussex Partnership NHS Foundation, and analysed blood samples from patients with Alzheimer's over a six-month period. They compared the results of individuals who were taking medication with those who were not being treated with any drugs and also a further group who did not have the condition. The results showed that Alzheimer's patients who were not taking medication had very low levels of vitamin D2 – the type originating from food such as oily fish, rather than that obtained from exposure to the sun. Those individuals who were either being treated with drugs to control their Alzheimer's or who didn't have the condition at all showed far higher levels of vitamin D2. Lead researcher Professor Declan Naughton commented: "Further investigations are now needed to determine whether simple dietary advice or giving a specific supplement could restore beneficial levels in Alzheimer's patients." The results were published in *Current Alzheimer Research*.





# DID YOU *know?*

We take a look at some popular nutrients and vitamins and how they can benefit our health and wellbeing

## DAILY IMMUNE PROTECTION

### Selenium

Selenium contributes to the maintenance of normal nails, normal hair and normal spermatogenesis. It also contributes to the normal function of the immune system, normal thyroid function and the protection of cells from oxidative stress. It can be found in Daily Immune Protection.



## ACTIVE LIFE

### Biotin

Biotin contributes to normal functioning of the nervous system, hair and skin, psychological function and macronutrient metabolism. Biotin can be found in Active Life.

### Calcium

Calcium contributes to normal blood clotting, normal muscle function and the normal function of digestive enzymes. It is needed for the maintenance of normal bones and normal teeth. It can be found in Active Life.

### Choline

Choline contributes to normal homocysteine metabolism, normal lipid metabolism and the maintenance of normal liver function. Choline can be found in Active Life.

### Chromium

Chromium contributes to normal macronutrient metabolism and the maintenance of normal blood glucose levels. It can be found in Active Life.

### Zinc

Zinc contributes to normal DNA synthesis, normal fertility and reproduction, the maintenance of normal testosterone levels in the blood and the normal function of the immune system. Zinc can be found in Active Life and Daily Immune Protection.



## HOMOCYSTEINE SPRAY

### Copper

Copper contributes to the maintenance of normal connective tissues, normal hair pigmentation, normal iron transport in the body, normal function of the immune system and normal skin pigmentation. Copper can be found in Homocysteine Spray.



## CORAL WHITE TOOTHPASTE AND XYLITOL CHEWING GUM

### Xylitol

Xylitol, instead of other sugars, contributes to the maintenance of tooth mineralization. Also, it induces a lower blood glucose rise after its consumption compared to sugar-containing food/drinks. Xylitol can be found in Xylitol chewing gum and Coral White toothpaste.



## THE KRILL MIRACLE

### DHA

Docosahexaenoic acid (DHA) contributes to the maintenance of normal brain function and the maintenance of normal vision. Eicosapentaenoic acid (EPA) and DHA contribute to the normal function of the heart. Both EPA and DHA can be found in The Krill Miracle. (These beneficial effects are obtained with a daily intake of 250mg of DHA)



- Docosahexaenoic acid (DHA) intake contributes to the normal visual development of infants up to 12 months of age (200mg intake).
- Docosahexaenoic acid (DHA) maternal intake contributes to the normal brain development of the foetus and breastfed infants (200mg intake).
- Docosahexaenoic acid (DHA) maternal intake contributes to the normal development of the eye of the foetus and breastfed infants (200mg intake).



## NASCENT IODINE

### Iodine

Iodine contributes to the normal growth of children. It also contributes to normal cognitive function, normal energy-yielding metabolism, normal functioning of the nervous system, the normal production of thyroid hormones and normal thyroid function. It can be found in Nascent Iodine.



## ACTIVE LIFE AND MAXI FOCUS

### Folate

Folate contributes to maternal tissue growth during pregnancy, normal blood formation and the normal function of the immune system. It can be found in Active Life and MaxiFocus.



## ESSENTIAL DIGESTIVE PLUS

### Lactase enzyme

Lactase enzyme improves lactose digestion in individuals who have difficulty digesting lactose. It can be found in Essential Digestive Plus.



## ANCIENT MINERALS MAGNESIUM OIL, MAGNESIUM GEL, MAGNESIUM BATH FLAKES AND MAGNESIUM LOTION

### Magnesium

Magnesium contributes to a reduction of tiredness and fatigue and has a role in the process of cell division. It also contributes to electrolyte balance, normal muscle function, normal energy-yielding metabolism, normal functioning of the nervous system, normal protein synthesis and normal psychological function. In addition it contributes to the maintenance of normal teeth and normal bones. It can be found in Ancient Minerals Magnesium Oil, Magnesium Gel, Magnesium Bath Flakes and Magnesium Lotion.



## RELAXWELL

### Niacin

Niacin contributes to the reduction of tiredness and fatigue. It also contributes to normal psychological function. It can be found in Relaxwell.



## MODUCARE

### Plant sterols/stanols

Plant sterols/stanols contribute to the maintenance of normal blood cholesterol levels. They can be found in Moducare. (The beneficial effect is obtained with a daily intake of at least 0.8 g of plant sterols/stanols).



## ACTIVE LIFE

### Phosphorus

Phosphorus is needed for the normal growth and development of bone in children. Phosphorus can be found in Active Life



## B4HEALTH

### Riboflavin

Riboflavin contributes to normal energy-yielding metabolism, normal functioning of the nervous system and the maintenance of normal mucous membranes. Riboflavin can be found in B4Health.



## MAXIFOCUS

### Thiamine

Thiamine contributes to the normal function of the heart. It can be found in MaxiFocus.



## VITAMIN D3 & K2 SPRAY

### Vitamin K

Vitamin K contributes to normal blood clotting and to the maintenance of normal bones. It can be found in Vitamin D3 and K2 Spray.







## MAXIFOCUS

### Potassium

Potassium contributes to the maintenance of normal blood pressure. It can be found in MaxiFocus.

## RELAXWELL

### Vitamin B6

Vitamin B6 contributes to normal cysteine synthesis, normal psychological function, normal protein and glycogen metabolism and the regulation of hormonal activity. It can be found in Relaxwell.



## XYLITOL CHEWING GUM

### Xylitol

Chewing gum sweetened with 100% xylitol has been shown to reduce dental plaque. High content/level of dental plaque is a risk factor in the development of caries in children. Chewing gum sweetened with 100% xylitol can be found in Xylitol gum (fresh fruits, green tea, cranberry, peppermint, spearmint and cinnamon flavours).

*(The beneficial effect is obtained with a consumption of 2-3g of chewing gum sweetened with 100% xylitol at least 3 times per day after meals).*



## PLANT CELL VITAMIN C

### Vitamin C

Vitamin C contributes to the following:

- Normal collagen formation for the normal function of blood vessels
- The normal function of the immune system during and after intense physical exercise
- Normal collagen formation for the normal function of bones
- Normal collagen formation for the normal function of cartilage
- Normal collagen formation for the normal function of gums
- Normal collagen formation for the normal function of skin
- Normal collagen formation for the normal function of teeth
- The reduction of tiredness and fatigue
- It increases iron absorption
- Vitamin C can be found in Plant Cell Vitamin C.



## SERRANOL, DAILY IMMUNE PROTECTION AND VITAMIN D3 & K2 SPRAY

### Vitamin D

Vitamin D contributes to normal absorption/utilisation of calcium and phosphorus and normal blood calcium levels. It also contributes to the maintenance of normal muscle function, the normal function of the immune system and has a role in the process of cell division. It can be found in Serranol, Daily Immune Protection and Vitamin D3 and K2 Spray.



## VITAMIN E

### Vitamin E

Vitamin E contributes to the protection of cells from oxidative stress. It can be found in Naturally Better Vitamin E.



## ACTIVE LIFE

### Pantothenic acid

Pantothenic acid contributes to normal mental performance, normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters. It also contributes to the reduction of tiredness and fatigue. Pantothenic acid can be found in Active Life.



## MAXIFOCUS

### Vitamin A

Vitamin A contributes to normal iron metabolism. It also contributes to the maintenance of normal mucous membranes, the maintenance of normal vision and the normal function of the immune system. Vitamin A has a role in the process of cell specialisation. Vitamin A can be found in MaxiFocus.



# NOT ALL PROBIOTICS ARE CREATED EQUAL...

*...and the third  
generation is now  
here to prove it\**

**Y**ou may already be aware that probiotics have been naturally supporting and enhancing health and wellness since the dawn of mankind when we consumed our probiotics by eating fruit and vegetables directly from the fields without washing them. Probiotics are now only available in the form of vitally important supplements. Natural health practitioners are now convinced that these supplements belong in everyone's natural health arsenal.

Up until now, modern medical doctors have ignored the benefits claimed by users of probiotic supplements, even when studies have showed how

important and effective they are during and after a course of antibiotics.

Before you realise the full benefit of third generation probiotics, there's a crucial concept to understand...

Despite what we're used to hearing, friendly bacteria are essential to our immunity as well as our very survival. One of the many (critical) areas around the body where these bacteria are particularly important for our health is in the gut. A microbial imbalance in the gut can wreak havoc on our health, digestion, elimination and overall feeling of wellbeing. This imbalance can be caused by diet, various medications (especially antibiotics), lifestyle factors, environmental toxins and the general

stress of daily living.

The good news is taking the right, effective probiotic is one of the easiest and best ways to promote gastrointestinal health by repopulating the gut with beneficial bacteria micro-organisms. These then spread throughout your body for greater protection.

Unfortunately not all probiotics are created equal. In fact it is critical that your probiotic is backed by scientific double-blind studies, peer-reviewed and with a one-year follow-up.

Third generation soil-based, non-dairy scientifically-proven probiotics address all of these problems. Here's why you should take them:



**Insufficient strains**

Typically, probiotics feature just one or two strains of beneficial bacteria. However, scientists estimate that as many as 1,000 different species of microbes naturally inhabit the human gut. Single-strain products, therefore, provide limited effectiveness.

**Short shelf life**

The majority of probiotics on the market utilise lactic-acid-based bacteria, which are destroyed by the heat and pressure of manufacturing, as well as by exposure to light and changes in temperature. Unless they are continuously refrigerated, they may not contain an adequate number of live organisms by the time they are ingested.

**Poor viability**

Even if a probiotic product does manage to contain an adequate number of live organisms at the time of ingestion, there is no guarantee that the bacteria will make it to the intestines alive – stomach acid is notorious for killing fragile lactic-acid-based bacteria.

**Lack of prebiotic**

Few probiotic supplements include prebiotics – the food that probiotic bacteria need to survive. As a result, the beneficial microbes that do make it to the gut intact have nothing to sustain their growth.

**Lack of studies**

Probiotic supplements on the market lack double-blind, peer-reviewed clinical studies with a 12-month follow-up, validating effectiveness. It is understandable the medical system has said: "Where is the evidence?"

**The solution!**

Third generation soil-based, non-dairy scientifically-proven probiotics to the highest standard.

## A quick overview of our affinity with bacteria

### WHY WE NEED MICROBES:

- ✓ Only one in 10 cells in the body is human — the rest are microbial.
- ✓ Each microbe inhabiting the body has its own set of genes, and those genes affect how the body functions. For example, certain microbial genes in the gut break down dietary fibre, amino acids and toxic chemicals, while others manufacture vitamins and still others influence immune function and digestion.
- ✓ People and bacteria are so dependent on each other that microbiologists are increasingly viewing microbes and humans as one super-organism.
- ✓ Unfortunately, it's easy for the microbial balance of the gut to become imbalanced, which can wreak havoc.
- ✓ The surest way to promote GI health is by repopulating the gut with beneficial bacteria, however, there are five major problems with the vast majority of probiotics that people try. Take a look at these five problems to the right.

**1. Broad spectrum formula** – They contain up to 29 different strains of beneficial micro flora. This means they better reflect the greater diversity of the intestines vs typical probiotic products that only contain 1-14 strains.

**2. Superb shelf stability** – Being soil-based, which naturally has millions more micro-organisms than dairy or plant probiotics, along with the unique cell protection process, means that these probiotics do not require refrigeration like most others. The majority of probiotics on the market today are dairy-based and so can be destroyed by heat and the pressure of manufacturing which means by the time you take them, most of the essential friendly bacteria have died. With third generation probiotics the cell protection safeguards the friendly bacteria against light, heat and pressure, even at 98°F! Perfect for all year round including when away on holiday.

**3. High viability** – The unique cell protection process also allows the probiotic to withstand breakdown by stomach acid so the good bacteria can reach their target destination intact and become active. Stomach acid can kill any fragile bacteria but in third

generation probiotics the friendly bacteria reach the intestines where they multiply and do the job they are supposed to do!

**4. Prebiotic support** – Third generation probiotics contain a prebiotic called Leonardite which ensures the survival of the friendly micro flora especially in the colon, whereas many other probiotics do not contain a prebiotic!

**5. Scientifically supported** – These probiotics are supported by a peer-reviewed, double-blind, placebo-controlled human clinical trial – including a one-year follow-up study, verifying long-term efficacy. Other second generation probiotic formulas are NOT supported by equivalent clinical studies.

### Recommended Product

#### **PRESCRIPT ASSIST**

- Third generation soil based probiotic
- x29 strains
- Supported with a clinical trial
- Prebiotic support



# BEST NEW PRODUCTS

## Daily Immune Protection

**This improved formula contains a unique combination of proven nutrients**

**What's in it?** EpiCor – a powerful antioxidant, eXselen selenium – an essential trace mineral for the body, Vitamin D3 – the nutrient that's been in the news – plus much more....

**Tell me more!** Each serving (two caps) contains:

Vitamin C (from Ascorbic Acid)	Dimethylglycine HCL 250mg
120mg	Elderberry Fruit Extract 4:1 200mg
Vitamin D3 (from Cholecalciferol)	Larch Arabinogalactan Powder
1,000iu	200mg
ExSelen (2% Selenium) 100mcg	Immune Assist – Micron Powder
Zinc Glycinate Chelate 20% 5mg	80mg
EpiCor® (Dried Yeast Fermentate)	Beta Glucan 1,3 (Glucan 85%)
500mg	60mg



## Serranol

**Containing serrapeptase, curcumin, ecklonia cava extract and vitamin D3**

**Why should I try it?** This favourite contains four of the most powerful nutrients available in one capsule and has been further improved!

**What's in it?** It now contains 80,000iu of Serrapeptase, the 'miracle' enzyme per cap, 250mg MERIVA curcumin, (this is up to 23 times better than ordinary curcumin), plus ecklonia cava extract and vitamin D3.



## Coconut Oil

**Use for frying, spreading or just eat on its own!**

**Give me the low-down!** Coconoil™ Organic Virgin Coconut Oil is produced from the 'Pick of The Palms' in Sri Lanka. The palms have been specifically planted and nurtured with loving care to meet the strict criteria and high quality you demand of an organically grown coconut. The coconuts are traditionally harvested and cold pressed to produce a wonderful oil.

**Tell me more!** Coconoil™ deal directly with local farmers and import directly into the UK to assure the quality of their organic virgin coconut oil. The Vegetarian Society has approved the oil supplied by Coconoil™ as being suitable for vegetarians and vegans. Organic virgin coconut oil is a stable, healthy saturated fat that is naturally free from trans-fatty acids. It contains medium-chain fatty acids, such as lauric acid, which have a shorter chain length than most animal-derived long chain saturated fatty acids.



## Magnesium Oil Ultra

**The number one magnesium oil**

**What's this?** Ancient Minerals, the number one magnesium oil, is now combined with MSM to help increase absorption.

**Tell me more!** MSM (Methylsulfonylmethane) has long been revered as a superior form of sulfur supplementation, but as a topical it enhances cell membrane permeability and may facilitate more efficient uptake of magnesium ions.



## Prescript Assist

**Start and end the day with this product**

**Why so good?** Prescript Assist contains 29 strains of friendly bacteria whereas most other supplements contain 1-14 strains, which does not reflect what is needed inside your gut. The friendly bacteria in Prescript Assist are protected during and after manufacturing and you can be assured that they reach the intestines to do the job that they are supposed to.

**Tell me more!** Prescript Assist does not need refrigeration. Even two years after manufacture tests have proven that more than 95% of the friendly bacteria is still maintained in the capsule.



## Naturally Better Vitamin E

**All vitamin E is not the same! Choose 'Naturally Better' Vitamin E**

**Why should I try this?** Vitamin E occurs naturally in different forms – tocopherols and tocotrienols. Tocotrienols are up to 300% better and more effectively absorbed compared to tocopherols. Tocopherols are generally present in common vegetable oils while the richest source of tocotrienols is found in virgin crude palm oil, a vegetable oil that is trans-fat free. Tocotrienols have powerful health effects, with delta-tocotrienol having the greatest effect.

**Tell me more!** This vitamin E is a rich source of tocotrienols. What sets it apart specifically from all other ricebran and palm derived tocotrienol supplements on the market is that it has solid studies to support its efficacy. It comes in 20mg capsules.





# START THE DAY *right*

## Healthy breakfast recipes to fuel your day

### BACON, EGGS AND GREENS

#### Ingredients

4 strips organic, free range bacon  
(reserve 1 tbsp bacon grease)  
¼ yellow onion, diced  
Several leaves of kale, chard or spinach,  
chopped  
1 clove garlic, minced  
4 eggs  
1 avocado, sliced

- 1 Cook bacon. Remove from pan and put on paper towel to absorb extra oil. Crumble bacon when cool, and set aside.
- 2 Drain pan of all but a coating of bacon grease.
- 3 Sauté onion in bacon grease until slightly translucent. Add garlic and kale to pan and continue to cook until tender. Remove to two plates.
- 4 With the pan still hot, cook the eggs over easy in the leftover juices of the sauté.
- 5 When the eggs are cooked, layer them on top of the vegetables.
- 6 Top with the sliced avocado and crumbled bacon.



### NO OAT OAT-MEAL

#### Ingredients

¼ cup walnuts (any nuts will work, though)  
¼ cup pecans  
2 tbsp ground flax seed  
½-1 tsp ground cinnamon  
Dash of freshly ground nutmeg  
¼ tsp ground ginger  
1 tbsp almond butter  
1 banana, mashed  
3 eggs  
¼ cup unsweetened almond milk  
(add more if desired)  
2 tsp pumpkin seeds  
1 handful of fresh berries (optional)

- 1 Add the walnuts, pecans, flax seed and spices to a food processor and pulse mixture to a coarse grain (make sure to stop before it is ground into a powder). Set aside.
- 2 Whisk together the eggs and almond milk until the consistency thickens and becomes a loose custard.
- 3 Thoroughly blend the mashed banana and almond butter together and add it to the custard, mixing well.
- 4 Stir in the coarse nut mixture.
- 5 In a medium saucepan, warm the mixture on the stove until it reaches the desired consistency and the whisked eggs look firm as though cooked. This should only take about five minutes. Stir frequently.
- 6 Sprinkle pumpkin seeds and berries on top. Add more almond milk if desired.

### BREAKFAST SMOOTHIE

#### Ingredients

½ cup coconut milk or almond milk  
½ cup water  
1 tbsp flax meal with berries  
1 tbsp hemp powder  
½ avocado  
1 banana  
Handful of frozen berries  
(this can be tweaked to be any ingredients you want)

Add all ingredients to a food processor and pulse until a smooth liquid.





# SERRAPEPTASE: *the miracle enzyme*

This amazing, naturally occurring enzyme, is a power-house of support for a whole host of health conditions.

**F**irst discovered in the 1970s, serrapeptase is a proteolytic enzyme, which means that its primary task is to break down proteins. Serrapeptase naturally occurs in the intestine of the

silkworm and is used by the adult moth to dissolve the remains of the cocoon after metamorphosis. Now, however, it is processed commercially in laboratories through a fermentation process using the friendly bacteria *Serratia E15* to

create a plant-based formula.

Serrapeptase has been used medicinally in Europe and Asia for more than 25 years for its potent analgesic and anti-inflammatory properties. Today, it is used as a viable alternative



to ibuprofen and NSAIDs.

Serrapeptase dissolves non-living tissues such as fibrin, plaque, blood clots, cysts and inflammation in all forms – without harming living tissue. Dead or inflamed tissues are two of the key causes of the majority of ailments in the body so by removing these dead tissues serrapeptase enables the body to heal itself.

It has been found to help with numerous inflammatory conditions including atherosclerosis, arthritis, fibrocystic breast disease and carpal tunnel syndrome. The German physician, Dr Hans Nieper, reportedly had great success using serrapeptase in the reduction of heart disease and arterial blockage in his patients.

## HEALTH BENEFITS OF SERRAPEPTASE

Numerous studies have been carried out into the health benefits of serrapeptase.

In 2003 a team of Japanese researchers investigated the effect of serrapeptase on patients with chronic airway disease. The results showed that the patients in the treatment group experienced significant improvement after four weeks of serrapeptase therapy.<sup>1</sup>

A 2008 study suggested that serrapeptase may help to soothe pain and swelling after dental surgery. The 24 participants were either given serrapeptase and pain medication or a placebo in combination with pain medication following their surgery. Those in the serrapeptase group experienced significantly less pain and cheek swelling in the seven days after the operation.<sup>2</sup>

In 1996 Italian researchers at the University of Naples reported that serrapeptase reduced swelling, weakness and nighttime cramps in patients with inflammatory venous disease.<sup>3</sup>

Researchers in Singapore carried out a double-blind controlled trial in which serrapeptase was evaluated in a group of 70 patients with evidence of cystic breast disease. In the serrapeptase group improvements in breast pain and swelling were noted in significant numbers with no adverse reactions.<sup>4</sup>

A double-blind study involving patients with acute or chronic ear, nose or throat diseases found significant reductions in symptoms with those patients taking serrapeptase. This fact is attributed to the ability of the enzyme to reduce the viscosity of mucous, therefore helping drainage.<sup>5</sup>

## WHAT FORMULATIONS ARE AVAILABLE?

Serrapeptase is available in various formulations to suit different people and different health conditions. For example, a high strength of 80,000iu can be taken in a low dose of one or two per day for long-term maintenance and to support the health of the digestive system, arteries and lungs, or increased to 6 per day for maximum benefit in the shortest time and to support the health of the lungs, joints and tendons as well as aiding the reduction of scars and lesions.

Serrapeptase can be combined with other anti-inflammatory ingredients such as curcumin in order to promote a healthy heart, blood flow and circulation as well as healthy cholesterol levels. It can also be combined with antioxidants and other enzymes such as Pycnogenol® and nattokinase to support the cardiovascular and arterial system, promote healthy joints and cartilage, aid with wound healing and lower inflammation.

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. It is even suitable for use in pets!

## Recommended Products

**SerraEnzyme contains 80,000iu of natural serrapeptase and is formulated to take at a variable dosage for long-term maintenance or short term acute problems.**



**Serranol is a unique formulation combining the anti-inflammatory ingredients serrapeptase and CurcuminX4000™ with the calming effects of Ecklonia Cava and the immune-boosting power of vitamin D3.**



**SerraPlus+ is a high dosage formula which provides a balanced strength of 80,000iu enteric coated tablets for the best absorption, as well as the inclusion of 50mg of trace minerals and 350mg of MSM (Methylsulfonylmethane).**



**Blockbuster AllClear features a careful blend of serrapeptase, nattokinase, digestive enzymes, Pycnogenol®, antioxidants and proanthocyanidins such as grape seed extract.**



**SerraPet™ is a nutritional enzyme supplement for your pet which contains 80,000iu enteric coated tablets, for the best absorption and effect.**



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# Love your health? Love Serrapeptase

Looking for a product that contains Serrapeptase? Try one of these



## SerraEnzyme® 80,000iu

- ✓ Quad strength serrapeptase
- ✓ 80,000iu serrapeptase
- ✓ The 'original' serrapeptase
- ✓ Serrapeptase on its own
- ✓ Available in tabs or caps (x90)

## SerraPlus® 80,000iu

- ✓ Quad strength serrapeptase
- ✓ 80,000iu serrapeptase
- ✓ Serrapeptase plus MSM + Trace Minerals
- ✓ MSM, a natural sulphur compound
- ✓ Trace Minerals, to help improve the performance of the enzymes
- ✓ Available in tabs or caps (x60)



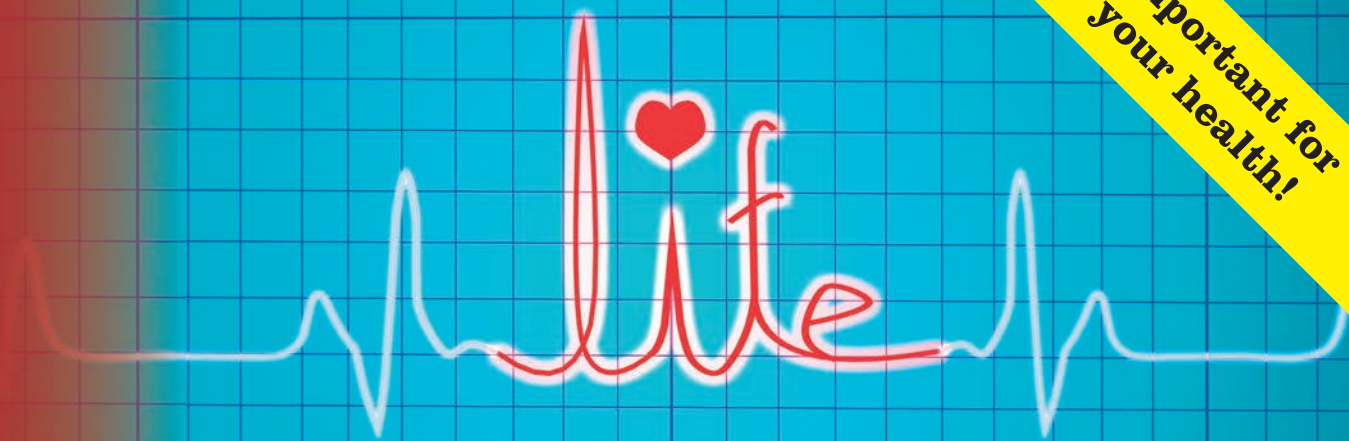
## Serranol™

- ✓ Now with 80,000iu serrapeptase per cap!
- ✓ 4 powerful nutrients, if you want more than just serrapeptase
- ✓ 250mg CurcuminX4000 from MERIVA, up to x23 better than ordinary curcumin
- ✓ Over 1800 studies on curcumin alone
- ✓ 50mg Ecklonia Cava Extract, subject to multi millions spent on research into this marine algae, the 'new kid on the block'
- ✓ 1000iu vitamin D3, the nutrient that has been in the news for its health benefits
- ✓ Available in caps (x90)
- ✓ This combination of ingredients can only be found in Serranol

All products in this magazine are available from your local health



**Important for  
your health!**



### Blockbuster AllClear™

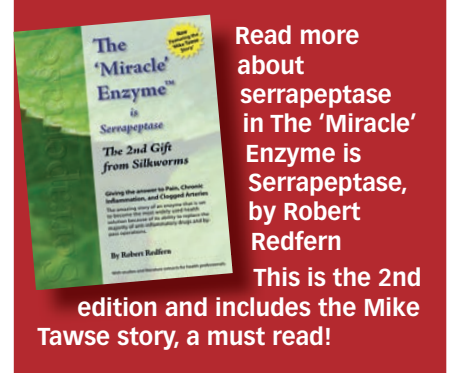
- ✓ Unique formulation of serrapeptase plus 15 other ingredients
  - ✓ Enzymes, antioxidants, minerals, polyphenols
- ✓ These ingredients cost much more if bought separately
  - ✓ Available in caps (x120)
- ✓ This combination of ingredients can only be found in Blockbuster AllClear



### SerraPet®

- ✓ 80,000iu serrapeptase for your pet
- ✓ Suitable for horses, dogs, cats & more
- ✓ Used by vets
- ✓ Number 1 serrapeptase product for pets
- ✓ Same serrapeptase benefits but for animals
- ✓ Available in tablets (x90)

### Read more...



Read more about serrapeptase in The 'Miracle' Enzyme is Serrapeptase, by Robert Redfern

This is the 2nd edition and includes the Mike Tawse story, a must read!

### GOOD HEALTH NATURALLY SERRAPEPTASE

**IS THE MOST TRUSTED SERRAPEPTASE**

**IS THE BEST-SELLING SERRAPEPTASE**

**IS THE FIRST & ORIGINAL SERRAPEPTASE**

**IS THE SERRAPEPTASE WITH THE MOST RESULTS**

**IS SUITABLE FOR VEGETARIANS**

**IS CHANGING LIVES**

**IS THE SERRAPEPTASE WITH THE MOST TESTIMONIALS**

Serrapeptase cannot be found in your everyday diet so supplement with one of these choices now!

Join the thousands of people worldwide who have had their lives turned upside down. Serrapeptase, The 'Miracle' Enzyme is changing lives.

All of these products displayed are suitable for vegetarians.



In order to experience good health and avoid disease it's essential to cut out grains from our diet, says Robert Redfern

**A**nyone with an interest in natural health and wellbeing will be aware that white rice, bread and pasta should be avoided as they are not part of a healthy lifestyle. These grains are nothing but sugar and can lead to unstable blood sugar levels. However, replacing them with whole grains and cereals will not help. The fact is that we need to avoid all grains as they are associated with numerous health complications and diseases. Let's take a look at the top reasons why we should eliminate these foods right away.

#### THEY HAVE A HIGH GLYCAEMIC INDEX

According to Dictionary.com the glycaemic index is a system that ranks foods by the speeds at which their carbohydrates are converted into glucose in the body; or to put it more simply, a measure of the effects of foods on blood sugar levels. All grains rank highly on the index, meaning that they raise blood sugar quickly as opposed to a slow, sustained release of sugar. High blood sugar levels are linked to a multitude of chronic diseases.

#### THEY CONTAIN MYCOTOXINS

Mycotoxins are poisonous substances produced by fungi which grow in yeast and mould. These toxins are linked to numerous diseases.

#### THEY CAN CAUSE INFLAMMATION

A proper essential fatty acid ratio is imperative to good health. Grains contain an improper balance of omegas-3s to omega-6s, leading to inflammation. This

inflammation is further exacerbated by the unhealthy spreads we put on our grains. The sugars also contribute to damage through a process called glycation. These all damage the walls of our arteries and joints.

#### THEY CAN BE ACID-FORMING

Our body is naturally alkaline and to remain this way we require the majority of our foods to be alkaline-forming. Grains are acid-forming which can lead to calcium loss in the urine and an increased risk of osteoporosis. When our body becomes too acidic, acidosis sets in, bringing with it many health concerns.

#### THEY FEED THE UNFRIENDLY BACTERIA IN THE GUT

An overabundance of sugar from consuming grains feeds the unfriendly bacteria in our intestinal tract. In the proper amounts these bacteria are necessary; however, in abundance they create illness.

#### THEY HAVE A LOW FIBRE CONTENT

Fruits contain twice as much fibre as grains, while non-starchy vegetables contain eight times more fibre.

#### THEY ARE A POOR SOURCE OF VITAMINS

Grains do not contain vitamin C or B12 and contain only trace amounts of folate and biotin, another B vitamin. Vitamin C is a powerful antioxidant and low levels of B12 and folate lead to increased levels of the amino acid homocysteine, increasing the risk of heart disease.

#### THEY INHIBIT THE ABSORPTION OF VITAMINS AND MINERALS

Pyridoxine glucosides, found in grains, block the absorption of B vitamins in the intestines, including B6, which is also related to increased levels of homocysteine. Vitamin D metabolism is also inhibited by the consumption of grains, reducing calcium absorption. Phytates, which are antioxidant compounds found in whole grains, chemically bond the iron, zinc, copper and calcium within grains, blocking their absorption during the digestion process.

#### THEY CONTAIN ENZYME INHIBITORS

Enzyme inhibitors suppress the enzymes you need to digest food, compromising digestion and placing stress on the pancreas.

#### THEY CONTAIN GLUTINOUS PROTEINS

Glutinous proteins are found in grains and are responsible for food allergies, intolerances and sensitivities.

#### THEY CAN EXACERBATE COELIAC DISEASE

Celiac disease is a genetic autoimmune disease affecting the small intestine. It may be triggered by eating too many grains early in life or a traumatic event creating stress in the body. Celiac disease causes great distress to the immune system and can only be managed by completely avoiding gluten.

#### THEY CONTAIN LECTINS

Lectins are proteins in grains which are indigestible. Instead of being absorbed, these proteins attach to cells in the intestines, increasing intestinal permeability and allowing partially undigested food proteins and undesirable bacteria to enter the bloodstream. This is a condition known as leaky gut syndrome. A leaky gut confuses the immune system, causing it to attack the body's own tissues.

Eliminating grains and replacing them with low sugar fruits and non-starchy vegetables will lead to better health. Nutritious, healthy and gluten-free alternatives to grains include quinoa, amaranth and buckwheat. Get creative with these new foods and they will open up a whole new world of flavours and good nutrition.



# Time to ditch the JUNK

PS. This is coconut milk

A number of studies have shown that junk food lowers children's IQ levels, meaning that healthy eating is critical for our little ones

**A**s our children are growing, it is vital that we feed them healthy, nourishing food to aid their development and wellbeing. Worryingly though, research has shown that children who are raised on a diet of junk food may have lower IQs than their peers who are fed a healthier diet.

A study, carried out by an academic at Goldsmiths, University of London, examined the diets of a group of 4,000 Scottish children, aged between three and five, to see if the food they ate affected their cognitive development. The results showed that those children who ate meals prepared with fresh ingredients had a higher IQ than their counterparts who ate a diet of junk food.

Dr Sophie von Stumm, from the department of psychology at Goldsmiths, said: "This research will go some way to providing hard evidence to support the various high-profile campaigns aimed at reducing the amount of fast food consumed by children in the UK."

Similar results were found in an American study published in the 2010

*Journal of Epidemiology & Community Health*. The findings showed that children who eat junk foods such as pizza, chips and biscuits before the age of three may end up having lower IQs than children who eat home-cooked foods with fruits and vegetables.

The researchers tested the children five years down the line and those who consumed a junk food diet were found to have IQ scores up to five points lower than their peers who ate healthier foods. Furthermore, the researchers suspected that the negative effect of eating junk foods so early in life may not be altered by future healthy habits because it is related to hindered brain development.

An Australian study published in the *European Journal of Epidemiology* in 2012 also backed up these findings. The University of Adelaide study of more than 7,000 children examined the link between their eating habits at six months, 15 months and two years and their IQ at eight years of age. The researchers found that children who were breastfed at six months and had a healthy diet at 15 and 24 months, had an IQ up to two points

higher by age eight. However those children who ate junk food in the first two years of life had IQs up to two points lower by age eight.

So, these results show that it is time to ditch the junk food and nourish our children with the healthiest foods and nutrients that will enable them to grow strong and well.

## Recommended Product

### ACTIVE LIFE

This liquid multivitamin contains 90 vitamins and minerals and is 300% more absorbent than tablets!

Other recommended products include **Eskimo Oil for Kids**, an omega-3, 6 and 9, vitamin D and E fish oil supplement formulated specially for children and **Probiotic 14**, a superior blend of 14 viable strains of friendly bacteria, containing nine billion colony-forming units.





# BREATHE. *easier!*

We take a look at five solutions to support lung health

**O**ur lungs fuel us with oxygen, the body's life-sustaining gas. They breathe in air, then extract the oxygen and pass it into the bloodstream, where it is rushed off to the tissues and organs that require it to function.

The lungs are the only way that oxygen can be absorbed by the body for delivery to all the organs. However, environmental damage and certain infections can make the lungs chronically unhealthy. Although keeping the lungs healthy to begin with is desirable, there are several supplements which can enable the lungs to become healthy again if they become diseased or unhealthy.

## SERRAPEPTASE

Serrapeptase is one of the world's most exciting enzymes. Many studies have been carried out into its numerous health benefits and effectiveness in helping lung conditions<sup>1</sup> such as Chronic Obstructive Pulmonary Disease, Emphysema, Bronchitis, Fibrosis, Bronchiectasis, Cystic Fibrosis, Chronic Cough, Bronchial Asthma, Pneumoconiosis and Asbestosis and dust allergies.

Serrapeptase is showing promise as a great natural anti-inflammatory agent<sup>2</sup> and herein lies the power behind its lung health benefits as it helps to clear out inflammation, mucus and dead/scar tissue. By clearing away this problem tissue it enables the body's own healing system to replace it with healthy tissue and brings about better lung function as a result.



## CURCUMIN

In the 2007 *Journal of Experimental Medicine and Biology*, researchers reported that existing drugs have not been shown to be effective in the treatment of lung conditions resulting from occupational and environmental exposures to mineral dusts, airborne pollutants, cigarette smoke, chemotherapy, radiotherapy and other causes of acute and chronic inflammatory lung disease.

However, in the March 2008 issue of *Molecular Nutritional and Food Research* it was revealed that researchers found that naturally occurring polyphenols in curcumin offer a safer alternative

treatment than traditionally used corticosteroids. Curcumin can directly scavenge free radicals such as superoxide anion and nitric oxide, and modulate important signalling pathways. These polyphenols also down-regulate expression of pro-inflammatory mediators, and up-regulate desirable gene expression in the lungs. The researchers concluded that curcumin is a potential therapeutic agent against chronic lung diseases.

## ECKLONIA CAVA

Derived from brown algae grown off the coast of Korea and Japan, Ecklonia Cava is a potent antioxidant, thus providing many health benefits. A study has found Ecklonia Cava to be of benefit in "significant inhibition of all asthmatic reactions" and concludes that Ecklonia Cava "extracts may prove useful as an adjunct therapy for allergic airway reactions".<sup>3</sup>

## VITAMIN D3

Vitamin D3 prevents inflammation by

activating molecules that switch off inflammatory genes. A study published in a 2010 issue of *The Journal of Immunology* reported that vitamin D3 induces an inhibitor of pro-inflammatory transcription factor. This is good news for those suffering from smokers' lung or chronic obstructive pulmonary disease, emphysema and chronic bronchitis – all of which have inflammation as underlying factors.

## SEAWEED ENZYME EXTRACT

This is a unique, natural oxygen-enhancing compound that supports the respiratory system and may improve lung health by assisting more oxygen to enter the bloodstream with each breath. It 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.

If you have been suffering from poor lung health then why not make your breathing and life easier with these supplements!

## Recommended Products

### SERRANOL

**This fabulous new formula provides a daily balanced dose of 240,000iu serrapeptase, 750mg of CurcuminX4000, 150mg of Ecklonia Cava Seaweed extract, and 3000iu of vitamin D3 all in delayed release capsules for the best absorption.**



### OXYSORB

**This is a unique, natural oxygen-enhancing seaweed enzyme extract that supports the respiratory system by assisting more oxygen to enter the bloodstream with each breath.**



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# 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 6,056,971  
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 ageing and damage.

✓ It is the **ONLY** cosmeceutical face cream with **Ubiquinol**, (Patent Pending), the **reduced active form of CoQ10**.



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



# Love Your Lungs? LOVE SERRANOL

Serranol™ is a unique combination of 4 special ingredients. It contains:



**SERRAPEPTASE** – The 'Miracle' Enzyme that is changing lives and is fast becoming one of the most popular enzymes of all time - because it works! Each capsule now contains 80,000iu's of serrapeptase.

**CURCUMIN** – This ancient spice (from turmeric that is often found in curry) has been used for thousands of years in Ayurvedic medicine. It has over 1800 studies on PubMed online, showing the amazing health benefits! Normally, when eaten, very little curcumin is absorbed but the curcumin in Serranol is MERIVA. This uses new technology which improves absorption meaning this is up to 23 times better than ordinary turmeric extracts.

**ECKLONIA CAVA EXTRACT** – Also known as 'Seanol', this is a relatively new ingredient but has already been backed with £20million of studies! This uses a 100% extract – important to note because lots of other extracts are only 13%

**VITAMIN D3** – You will have probably seen this in the news of late. Sometimes referred to as 'sunshine in a pill' it has been suggested that many people are D3 deficient.



**THIS COMBINATION OF INGREDIENTS CAN ONLY BE FOUND IN SERRANOL!!**

## More Oxygen?

In addition to Serranol™ why not boost with OxySorb™? This is a powerful sublingual liquid enzyme extracted from deep water Norwegian seaweed – this seaweed has to produce oxygen from CO2 in low temperatures and virtual darkness. OxySorb™, when under the tongue, may help the body's ability to absorb more oxygen and allow more oxygen to enter the bloodstream with each breath to OxySorb™. May help to support athletes, exercise and on long haul flights.



# THE *eyes* HAVE IT

A good diet and active lifestyle are essential to the health of your eyes, but a number of important nutrients can help too

**O**ur vision is often something that we take for granted, which is why it is so important to take care of our eyes through good nutrition and a healthy lifestyle. Various studies and clinical trials have discovered links between certain antioxidants and eye health, particularly in terms of reducing the risk of age-related macular degeneration (AMD). The main focus has been on the antioxidant vitamins A, C and E which can be found in a range of fruits and vegetables. However, other nutrients can also help to maintain healthy cells and tissues in the eye.

## **LUTEIN AND ZEAXANTHIN**

Research has found that two particular types of antioxidants, known as 'carotenoids', called lutein and zeaxanthin may help with eye health and, more specifically,



may lower the risk of developing AMD.<sup>1</sup> Both lutein and zeaxanthin can be found naturally in fruits and vegetables. Lutein is found in yellow peppers, mango, bilberries, and green leafy vegetables such as kale, spinach, chard and broccoli. Zeaxanthin can be found in orange sweet peppers, broccoli, corn, lettuce, spinach, tangerines, oranges and eggs.

Lutein is thought to play a major role in the health of the eye by helping to prevent damage to the macula, the central point of the retina needed for close work like reading and driving. Evidence also seems to suggest that lutein may have an antioxidant and anti-inflammatory effect to protect retinal cells.<sup>2</sup> Additionally, a study in the *Archives of Ophthalmology* found that diets rich in lutein and zeaxanthin were associated with a lower risk and prevalence of cataracts in women.<sup>3</sup>

### TAURINE

Taurine is an amino acid which is involved in retinal health. Taurine controls the electric charge across cell membranes and is essential for the function of nerve impulses. This nerve transmission is particularly important in the eye, which is why the retina has a higher concentration of taurine than any other organ in the body. Deficiencies of taurine are said to cause retinal lesions and visual deterioration – and this doesn't just apply to humans. Interestingly, a 1975 study found that a diet deficient in taurine was associated with retinal degeneration in cats.<sup>4</sup>

### ASTAXANTHIN

Research shows that astaxanthin may help with problems such as tired eyes, eye strain and eye irritation. Astaxanthin is a carotenoid found naturally in algae consumed by marine life such as lobster, shrimp, and salmon – indeed it gives them their reddish colour. It seems to work by improving blood flow to the muscles of the eye, as well as to the small blood vessels in the retina. It

also has anti-inflammatory properties. Several clinical trials have been carried out into the effectiveness of astaxanthin, including one randomized, placebo-controlled study conducted in Japan, where researchers found that people who work on computer monitors had a 54% reduction in eye fatigue when they took 6mg astaxanthin per day for four weeks compared with individuals who took a placebo.

### ACUPUNCTURE/ACUPRESSURE

Acupuncture is said to bring relief to strained, tired or irritated eyes by bringing better, localised blood flow to the entire eye region. It has also been used traditionally to help blurred vision, eyestrain and eye injuries for thousands of years. One study examined the effectiveness of acupuncture on AMD and found that 69% of patients improved in distant vision and 69% improved in near vision, leading

the researchers to state that “visual acuity in AMD may be improved by acupuncture”.<sup>5</sup>



### Recommended Product

#### MAXIFOCUS™

**MaxiFocus™ is a sublingual formula which contains 24 super nutrients and antioxidants, providing total nutritional support for the eyes and body and promoting overall health. Includes a highly absorbable amount of Lutein, Zeaxanthin & Taurine.**



Other recommended products include **AstaXanthin**, a naturally occurring carotenoid pigment which is a powerful antioxidant. **Taurine Spray**, an amino acid from protein, found in high levels in the retina and **HealthPoint**, the easy to use home electronic acupressure kit.

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# Put some FOCUS<sup>®</sup> into your Life

## NEW FOCUS<sup>™</sup> V MAXI FOCUS<sup>™</sup> *comparison*

**Lutein, Zeaxanthin  
+22 other nutrients  
60ml  
'It Really Works'**



**Lutein, Zeaxanthin  
+ 3 other nutrients  
30ml  
Best Value Lutein**



Product information	New Focus <sup>™</sup>	Maxi Focus <sup>™</sup>
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		✓

### How can Focus<sup>®</sup>

- ✓ In addition to Zeaxanthin to lens
- ✓ They are up to 9 minutes
- ✓ New Focus compared
- ✓ They are



Each serving of Focus<sup>®</sup> spray contains the same amount of Lutein & Zeaxanthin as approx **12 CUPS OF BROCCOLI!** 30 servings per container

### INSTRUCTIONS:

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

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

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



As seen on ITV's  
**'This Morning'**

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

## Focus® sprays help to support you?

*ation to essential nutrients they also contain a high dosage of **Lutein** and **AstaXanthin** – identified as the only two Carotenoid antioxidants that are specific for eye and macular health.*

*re sublingual formulas and the nutrients absorbing under the tongue are **20 times** better than their tablet equivalent and can be in the eye within 2 minutes.*

*ocus® and Maxi Focus® deliver the highest amount of nutrients for the **lowest cost** when compared to other supplements on the market!*

*re both vegan friendly, easy to use and easy to swallow.*

### Taurine Spray

An amino acid from protein that is found in high levels in the retina. This spray delivers 50mg taurine per serving (approx 500mg tablet equivalent) providing powerful support



### AstaXanthin

12mg BioAstin Astaxanthin and 120mcg Lutein per serving, this has been the focus of a large and growing number of peer reviewed scientific publications



### MSM & Silver Drops

Now with N-Acetyl Carnosine and Hydrosol Silver



### Pinhole Glasses

Acupressure technology to the eye area. Wear these whilst sat at a computer or watching TV!



**“Can this mouth spray help save your eyesight?”**

*Daily Mail*

# PROTECT YOUR *heart*

Heart disease is the biggest killer in the UK – here's how to lower your risk through a good diet and supplementation





**C**ardiovascular disease (CVD) incorporates all the diseases of the heart and circulation, including coronary heart disease and stroke, and statistics show that it is the biggest killer in the UK.

Risk factors include smoking, drinking alcohol, a poor diet, a lack of physical activity, obesity, hypertension, high cholesterol and diabetes. In order to lower your risk of heart disease and build a healthy heart, it is important to follow a healthy lifestyle including a sensible diet, regular exercise and good supplementation.

### HEART HEALTH TIPS

Firstly, if you smoke, it is essential that you stop. The chemicals in tobacco can damage your heart and blood vessels, leading to atherosclerosis (narrowing of the arteries), which can in turn lead to a heart attack.

Aim to include 30 minutes of aerobic exercise into your daily routine for at least five days of the week. Physical activity will help to keep your weight at a healthy level and may reduce your chances of developing other conditions that could put your heart under strain, such as high blood pressure, high cholesterol and diabetes.

Follow a healthy diet and your heart will thank you for it. Limit the amount of sugar and salt you consume and reduce your intake of saturated fat – this is mostly found in red meat, dairy products and coconut and palm oils. Cut out trans fats completely from your diet – these are found in processed and deep-fried fast foods, bakery products and margarines. Increase your intake of fibre from fruits, vegetables and whole grains, and omega-3 fatty acids from fish and olive oil. Only drink alcohol in moderation – no more than two drinks a day for men, and one a day for women.

Let's take a look at some supplements that are beneficial for heart health.

### SERRAPEPTASE

Serrapeptase is a multi-functional proteolytic enzyme derived from silkworms which dissolves non-living

tissues such as fibrin, plaque, blood clots cysts, and inflammation in all forms – without harming living tissue. It has been found to help with reducing swelling and inflammation<sup>1</sup>, which is why it is increasingly being used to support heart health – in particular atherosclerosis. The German physician, Dr. Hans Nieper, reportedly had great success using serrapeptase to help patients with heart disease and arterial blockage.

### NATTOKINASE

Nattokinase is a potent anti-clotting enzyme that is extracted from the traditional Japanese soy food, 'natto' (boiled soybeans that have been fermented with a bacterium called *Bacillus natto*). Research has shown that nattokinase helps to dissolve blood clots<sup>2</sup> and reduces high blood pressure<sup>3</sup>. The way in which it works is that it breaks down fibrin, a protein involved in blood clotting. In the heart, blood clots cause a blockage in the flow of blood to the muscle tissue which can result in the oxygen supply to that tissue being cut off, resulting in angina and heart attacks. Clots in the chambers of the heart can mobilize to the brain where they can also block blood and oxygen from reaching necessary areas, resulting in a stroke.

### MAGNESIUM

Magnesium is an important mineral that plays a key role in the prevention of cardiovascular disease. It helps to prevent angina by keeping the coronary arteries from having spasms, it regulates heart rhythm by co-ordinating the activity of the heart muscle and the nerves that initiate the heartbeat and it controls high blood pressure by relaxing the muscles that control the blood vessels and allowing the blood to flow more freely.

### COENZYME Q10

Coenzyme Q10 (CoQ10) is an essential nutrient which is made in the body and found in high amounts in the body's main organs, with the highest concentration being in the heart. Research has shown that CoQ10 can help to improve blood pressure<sup>4</sup> and its antioxidant activity

can help to combat lipid peroxidation, which contributes to the development of atherosclerosis.<sup>5</sup>

### Recommended Product

#### BLOCKBUSTER ALLCLEAR™

This product features a blend of powerful nutrients such as serrapeptase and nattokinase, digestive enzymes, antioxidants and proanthocyanidins such as grape seed extract and Pycnogenol® now in a delayed release capsule.



Other recommended products include **UB8Q10**, which is up to eight times more absorbable than ordinary CoQ10. Also, **Magnesium Oil**, which is applied topically for faster absorption and works immediately to raise magnesium levels 12 times faster than oral supplementation.



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# Look after YOUR TEETH the natural way

**X**ylitol chewing gum reduces the development of caries by both cleaning the teeth and releasing xylitol to inhibit plaque formation. This is particularly effective when used after meals. Xylitol inhibits plaque formation on the teeth by forming complexes with calcium and saliva proteins to remineralise the enamel.

This helps to prevent caries as well as detaching and removing any existing plaque deposits. Xylitol creates a cooling effect on the tongue, creating a refreshing sensation similar to menthol. Xylitol has no carcinogenic effect as bacteria cannot react with it. Studies have found xylitol may lead to a reduction in the incidence of caries by up to 100%.

## No nasties' toothpaste - with Xylitol

CORAL TOOTHPASTE (Mint)  
CORAL TOOTHPASTE FOR  
KIDS (Natural Bubblegum)



Made from ECOSAFE ionic coral minerals, Coral White is perhaps the cleanest and most effective toothpaste available, with no fluoride, no artificial flavours, no colours, no preservatives, no Glycerin and no Sodium Lauryl Sulfate.

Free from toxins, great tasting and with ionic calcium & 73 trace minerals there are plenty of reasons to smile with Coral!

## Miradent gum may help to:

- Promote good oral health
- Reduce plaque deposits
- Reduce plaque and acid-forming bacteria
- Re-mineralise the enamel
- Cool and freshen the mouth

- NO SUGAR
- NO ARTIFICIAL SWEETENERS
- NO ARTIFICIAL INGREDIENTS
- NO ASPARTAME
- NOTHING GENETICALLY MODIFIED
- LESS THAN 2 CALORIES PER PIECE
- 100% XYLITOL (NOT SUGAR) – SUITABLE FOR DIABETICS



Cranberry flavour



Spearmint flavour





# GIVE THIS SOME LOVE...

**BLOCKBUSTER ALLCLEAR™ IS A UNIQUE COMBINATION OF 16 SPECIAL INGREDIENTS.**

It blends together enzymes, antioxidants, minerals & polyphenols.

It contains:

Serrapeptase • **Nattokinase** • Protease • **Lipase** •  
 Amylase • **Cellulase** • Lactase • **Amla** • Olive Leaf •  
**Trace Minerals** • Lactospore Probiotics • **Protease S** •  
 Grapeseed Extract • **Policosanol & Pycnogenol**

Each of these ingredients has a different function and has been researched



FOR EXTRA SUPPORT WHY NOT TRY THESE WITH YOUR BLOCKBUSTER ALLCLEAR™ .....

**UB8Q10** – CoQ10 is necessary for the functioning of every cell in your body and your body can't survive without it! Tissues that require the most energy such as the heart require the largest amount of CoQ10. UB8Q10, also known as Ubiquinol, is up to 8 times more absorbable than ordinary CoQ10. Make UB8Q10 your number 1 choice for CoQ10!



## **Ancient Minerals Magnesium Oil**

Known as the 'beautiful mineral' in Chinese Medicine, magnesium is implicated in hundreds of biochemical reactions which contribute to the manufacture of energy and cardiovascular function. This magnesium is drawn from the 250 million year isolated Ancient Zechstein seabed, 2km beneath the earth's crust! Add this to Blockbuster and UB8 for the complete plan.





# 4 *of the best* HEALTH BOOSTERS

We take a look at four top health nutrients that are making waves in the world of health

**H**ere we will be taking a look at some less common but very exciting supplements that are making waves in the health industry. These four supplements have the highest ORAC (oxygen radical absorbance capacity) and polyphenol levels compared to any food or supplement. ORAC testing is a way of measuring the level of antioxidant protection capacity of a product or food.

## CURCUMIN

Curcumin is extracted from turmeric, which is commonly used in Indian cooking to add flavour, and provides

the yellow colour associated with some curries. Curcumin has been found to slow or stop enzymes that cause inflammation<sup>1</sup> and decreasing inflammation is essential to good health. It also has powerful antioxidant properties that can prevent free radical damage to cells<sup>2</sup>.

The problem in the past with curcumin has been its poor absorbency in the digestive tract, but a new process of binding the curcumin molecules to phytosomes enables at least 23 times better absorption, giving vastly improved results when compared to ordinary curcumin.

The antioxidant benefits that curcumin

delivers can be stronger than vitamin C, up to eight times more powerful than vitamin E and three times as powerful as grape seeds. Due to its powerful anti-inflammatory and antioxidant properties curcumin is able to assist in treating a wide range of conditions. This is because inflammation and free radical damage are factors in many health conditions.

### Here are some conditions that curcumin can help with:

- Cancer (cell growth)
- Skin cancer/conditions of the skin
- Arthritis
- Alzheimer's disease
- Digestive system disorders



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## Recommended Product

### SERRANOL

**This unique formula combines Serrapeptase, CurcuminX4000, Ecklonia Cava Extract and Vitamin D3. CurcuminX4000 is up to 23 times better absorbed than ordinary curcumin.**



A common cause behind many modern-day ailments is inflammation. Everything from joint problems, to memory issues and heart disease have been linked to excessive inflammation in the body. Controlling inflammation is one of the secrets to increased health and longevity. Serrapeptase is showing promise as a great natural anti-inflammatory agent<sup>3</sup> therefore being able to benefit a wide variety of conditions such as atherosclerosis, arthritis, fibrocystic breast disease and carpal tunnel syndrome.

Due to its unique properties it literally dissolves blood clots and can reduce varicose veins. Other studies have found that serrapeptase could effectively remove atherosclerotic plaque without hurting any of the healthy cells along the arterial wall.

### ECKLONIA CAVA EXTRACT

A staple health food for centuries for people throughout Asia but largely unknown in the west, Ecklonia Cava is extracted from a species of edible brown algae and is more powerful than any

other known antioxidant.

Studies are showing tremendous health benefits for a range of conditions from allergies<sup>4</sup> to atherosclerosis, LDL cholesterol, triglycerides, fibromyalgia, poor circulation, declining memory and much more.

As the cells in our body function they release waste products and accumulation of these waste products is harmful to our health. They are referred to as free radicals. Antioxidants neutralize many of the harmful effects of free radicals and Ecklonia Cava extract derives many of its health benefits from its potent antioxidant effects.

### VITAMIN D3

This is definitely a vitamin you want to become familiar with. It's one of the most useful nutritional tools we have at our disposal for improving overall health. Vitamin D3 is the only vitamin the body can manufacture from sunlight but due to modern indoor living and extensive use of sunscreen many of us are missing out on the health benefits of this vitamin.

One of the most important roles vitamin D3 influences in the body is bone health<sup>5</sup>. There are growing concerns about bone density, osteoporosis and fractures as we age. Ensuring adequate vitamin D3 is one way to keep your bones healthy and strong.

So, to summarise, these four powerful supplements may not be commonly known but they provide some fantastic health benefits. Make sure they are part of your health plans.

- Lung disease
- Bacteria, viruses, fungi and parasites
- Heart disease
- Liver damage

### SERRAPEPTASE

Numerous studies are being carried out into the effectiveness of the enzyme serrapeptase and its wide variety of health benefits. Enzymes are the driving force behind many of the chemical reactions inside the body that are crucial for survival. They're like tiny little cellular workers that help behind the scenes with all the processes in your body. This is why problems arise when we don't have enough enzymes.

DID YOU KNOW?

# DID YOU *know?*

We take a look at some popular nutrients and vitamins and how they can benefit our health and wellbeing

## B4 HEALTH

### Vitamin B12

Vitamin B12 contributes to normal functioning of the nervous system, normal homocysteine metabolism and normal red blood cell formation. It can be found in B4Health.



## ORGANIC COLLOIDAL MINERALS

### Manganese

Manganese contributes to the normal maintenance of bones, normal formation of connective tissue and the protection of cells from oxidative stress. It can be found in Organic Minerals.



# One of the Purest and Most Natural Products on Earth

## WHY ARE ORGANIC MINERALS SO IMPORTANT TO ME?

Nobel Laureate Dr. Linus Pauling stated, ***"Every sickness, disease and ailment is linked to a mineral deficiency or imbalance"***.

Because minerals govern 95% of your body's activities, it's crucial that you are getting the sufficient levels of minerals required daily.



- ✓ The finest, purest & most complete organic plant derived minerals available – essential for your body.
- ✓ A complete range of 70+ minerals ranging from A-Z on the mineral list including Calcium, Hydrogen, Iron, Magnesium, Oxygen, Selenium & Zinc.
- ✓ 100% plant derived & extracted from 70 million-year-old humic material, extracted in Emery County Mine, Utah, USA.
- ✓ Minerals are disappearing out of the food chain and now missing from soils. Get your daily requirement with Organic Minerals.
- ✓ Independently tested, it provides you with the highest concentration of minerals available: 38,000 mg per container.

Plus Organic Minerals™ is a registered trademark of Good Heath Naturally



# 4 SPECIAL INGREDIENTS...

**NEW FORMULATION**  
NOW INCLUDES MORE  
SERRAPEPTASE PER CAP

# ...1 CAPSULE

**Serranol™ is a unique combination of 4 important nutrients. It contains:**

**1 Serrapeptase** – also known as The 'Miracle' Enzyme, Serrapeptase is a critical enzyme that can't be found through everyday diet. It offers powerful support for a multitude of health issues. Now contains 80,000iu Serrapeptase per capsule.

**2 Curcumin** – this is the ancient spice that everyone is talking about. Curcumin is an extract from Turmeric (the yellow spice in curry), has been used for thousands of years in Ayurvedic medicine and has over 1800 studies available on PubMed which show the amazing health benefits. The Curcumin in Serranol™ is MERIVA Curcumin and this uses new technology to ensure maximum absorption. A published study shows it is 23 times better than ordinary Curcumin whilst an unpublished study claims it is 45 times better!

**3 Ecklonia Cava Extract** – a relatively new ingredient and also known as Seanol, this is the 'new kid on the block' with over £20million spent on studies. This uses a 100% full strength extract which is important because lots of other extracts are only 13%.

**4 Vitamin D3** – also known as 'sunshine in a pill', Vitamin D3 has regularly been in the press of late. It has been suggested that many people are Vitamin D3 deficient and this can potentially lead to a host of health problems.

**ECE IS TOP OF THE ORAC RATINGS – THIS RANKS FOODS FOR THEIR ANTIOXIDANT LEVELS. RESVERATROL & OTHER 'SUPER FRUITS' EG ACAI / GOJI DON'T EVEN MAKE THE TOP 10!!**

TOP 5 (ORAC UNITS PER 100g)

ECKLONIA CAVA	836,800
CLOVES	314,446
CINNAMON	267,536
OREGANO	200,129
TURMERIC/CURCUMIN	159,277

**THIS 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 advances in modern underground medicine







# TOP TIPS *for a* HEALTHY IMMUNE SYSTEM

Want to know how to improve your immune system function? Here's how

**O**ur immune system is our protection against exposure to foreign invaders, so the importance of having a properly functioning immune system cannot be over emphasised. When compromised it can lead to issues such as:

- Allergies
- Out of control stress
- Inflammation
- Weight struggles
- Digestive concerns
- Trouble sleeping
- Accelerated ageing

The good news, however, is that there are some key nutrients that can help to balance the immune system and ensure it is functioning at its full potential.

## **EPICOR DRIED YEAST FERMENTATE**

Epicor has many benefits, but its stand out characteristic is that it is a potent and powerful antioxidant. Antioxidants are needed to combat free radical damage. Free radicals can build up due to an excessive lifestyle of drinking, smoking and eating toxic foods.

The power of antioxidants is measured by an Oxygen Radical Absorption Capacity (ORAC) score. Epicor has an incredibly high ORAC value of 52,500

per 100g, making it more than capable of neutralizing free radical damage. Combine this with its powerful anti-inflammatory properties and you have a powerful tool to combat two of our bodies' worst enemies: excess free radicals and inflammation.

## **SELENIUM**

Selenium is a trace mineral which is needed by the body, but we cannot produce it naturally without help. We rely on our food sources or supplements to get the required intake we need. Selenium possesses antioxidant properties and can also assist with immune function. It has been shown to protect against breast<sup>1</sup>, thyroid and



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## Recommended Product

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

**D.I.P. Daily Immune Protection™ is a unique formulation of proven ingredients for immune health. This super nutrient combination combines EpiCor® and eXselen™ Selenium with a strong dose of vitamin D3.**



**This NEW improved formula also includes Vitamin C, Zinc & Elderberry Fruit Extract.**

prostate concerns. eXselen is an organic form of selenium. It has a higher bio-availability rate meaning it is utilized by the body better.

### VITAMIN D

The role of vitamin D in our health extends way beyond its relationship with calcium and bone health. Although it may not be initially thought of as having a role to play in relation to our immune system, research has revealed it helps to protect against bacterial infections and is a critical component in the facilitation of a strong immune system<sup>2</sup>. This is due to the fact that vitamin D receptors are found on the cells that make up the immune system. Without adequate vitamin D

these immune cells won't function properly making us more susceptible to sickness, disease and infection.

### VITAMIN C

Long held as a cornerstone for immune function, research has been carried out into the effectiveness of vitamin C on everything from preventing and treating cancer<sup>3</sup> to helping defeat the common cold or flu. However, the amazing health benefits of this vitamin don't stop there as, once again, a lack of vitamin C has been linked to a decreased immune response and functioning. And if that wasn't enough, researchers also have shown that low vitamin C intake has been linked to drastic findings such as the

increased risk of dying in men<sup>4</sup>.

### ZINC GLYCINATE CHELATE

Chelated minerals provide optimum results and benefits because they are absorbed and assimilated into the body more efficiently than non-chelated minerals. Despite being a trace mineral and only needed in minute amounts, adequate zinc intake is critical. Zinc makes up the largest component of trace elements in cells and is involved in a multitude of cell functions. Zinc may decrease the potential of contracting the common cold and research suggests it actually decreases the longevity of this virus<sup>5</sup> when you have succumbed to it.

### DIMETHYLGLYCINE

Dimethylglycine HCL also known as Dimethylglycine is a component of every cell in the body. It is derived from amino acids which make up proteins – the building blocks of the body. Dimethylglycine enhances the immune response<sup>6</sup> and fights infection.

### ELDERBERRY FRUIT EXTRACT

Although it doesn't receive as much press as its berry brothers, perhaps it should. The elderberry is chock full of antioxidants and has been used for medicinal purposes for hundreds and hundreds of years. Elderberry extract has been shown to decrease the symptoms of influenza<sup>7</sup> and shorten the symptoms associated with the common cold.

# QUICK AND *easy*

Here are some quick and easy lunch ideas which are also filling and healthy

## SALAD

### Ingredients

Mixed leaves  
Tinned wild salmon  
Tomato  
Capers  
Avocado  
Cucumber  
Alfafa or sprouted seeds

1. Chop all the ingredients accordingly and add to a bowl or lunch box.
  2. Finish with a dressing of olive oil, mustard, lemon juice and seasonings.
- Top tip: keep the dressing and salad ingredients separate and mix them together just before you eat.



## FRITTATA

### Ingredients

4 tbsp fat (coconut oil or olive oil)  
½ medium onion, finely diced  
3 cloves garlic, minced  
½ lb mushrooms, thinly sliced  
½ lb frozen spinach  
8 eggs  
¼ cup coconut milk  
2 tbsp coconut flour  
1 cup of cherry tomatoes, halved  
5 oz Parma ham  
Salt and pepper  
12 cup muffin tin

1. Heat half the oil and fry the onion until soft. Add the garlic and mushrooms and then the spinach and heat until cooked. Set aside.
2. In a bowl mix together the eggs, coconut milk, coconut flour, salt and pepper. Add the mushroom mixture.
3. Use the remainder of the oil to grease the muffin tins.
4. Cover the bottom and sides of each cup with the Parma ham. Spoon the batter into each cup and top with the tomato halves. Bake in the oven until browned and firm.
5. These can then be carried to work in a lunch box or enjoyed at home.



## VEGETABLE SOUP

### Ingredients

1 onion  
A variety of vegetables such as broccoli, cauliflower, spinach and carrots  
Tinned tomatoes  
Olive or coconut oil  
Salt and pepper  
Mixed herbs  
Chilli

1. Roughly chop all the vegetables and put to one side.
2. Lightly fry the onion in coconut or olive oil until soft.
3. Once cooked add the other vegetables and continue to fry.
4. Add the tinned tomatoes and the salt, pepper, mixed herbs and chilli, adapting the amounts according to your taste.
5. Simmer until all the vegetables are soft enough to blend. Once cooked use a hand blender to blend until you reach your desired consistency.
6. Serve and enjoy.



### QUICK TIPS: Here are some more healthy lunch suggestions

Lettuce wraps – instead of bread, use lettuce to wrap your sandwich filling  
Invest in a good thermos/flask and bring in a hot, ready-to-eat soup, chilli or stew  
Make up a crust-less quiche or frittata  
Eat raw veggies with an almond butter or guacamole dip  
Try breadless sandwiches using cold meat or flat capsicum (bell pepper) for the 'bread'



# Q&A

## FERTILITY



### Robert Redfern offers some advice and tips on addressing fertility problems

#### Q ARE YOU OFTEN ASKED TO GIVE HEALTH ADVICE FOR INFERTILITY?

Yes, I am getting more and more questions asking for help with fertility and fallopian problems. You will understand why if you Google "falling sperm count". In Scotland the sperm count has dropped 30% in 25 years and even in France, the country famed for its cooking and healthy eating, it has dropped by 25% in just 17 years.

It is heartbreaking for couples who may have left it a little longer than they intended before starting a family. (We are at our most fertile by age 20). When they go down the medical route the money they saved to be able to afford children goes on dramatically expensive fertility treatment. In most cases it is thousands and they are forced to pay with no guarantee of success.

#### Q IN YOUR OPINION, WHAT ARE THE MAIN CAUSES FOR FERTILITY PROBLEMS?

Science and research show how diet, sugary drinks and a lack of nutrients are to blame in the majority of cases. Nutrition facts and studies show:

High levels of carbs and other high sugar foods and drinks increase the risk of foetal damage by over 100%. Taking iodine supplements (or having iodine-rich foods in the diet eliminates the risk of children being born with learning difficulties by 100%.

Zero levels of carbs and no high-sugar foods in the diet produces children who do not need glasses.

#### Q WHAT ADVICE WOULD YOU GIVE TO COUPLES STRUGGLING TO CONCEIVE?

The diet below (for both of you) is very important and there are many studies to support this. It is sometimes referred to as the hunter/gatherer diet as it does not include any processed food.

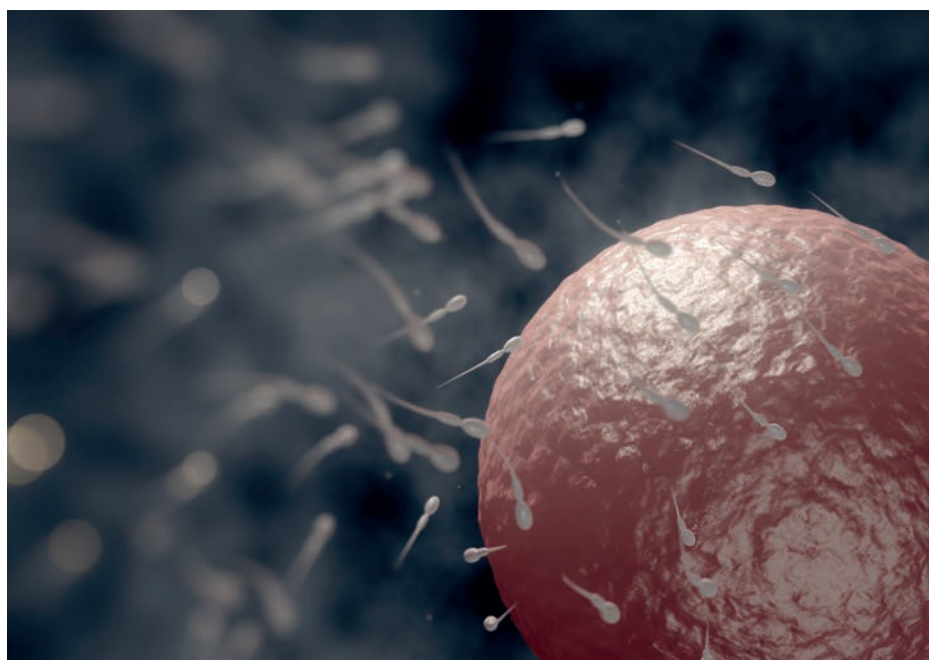
- Stop all starchy carbohydrates (breads, pastries, cookies, breakfast cereals, white rice, potatoes and pasta), processed foods and milk products. These are inflammatory foods and will make conceiving more difficult. Try to stick to quinoa and other carb alternatives for your health.
- Eat up to 14 small portions of fresh or frozen veggies daily in soups, juiced, stir-fried, steamed etc. Choose organic if possible.
- Eat 3-5 portions of beans, nuts and

seeds (soaked and mashed for the nuts and seeds).

- Eat 3-5 portions of dark-skinned fruits, (blueberries, cherries, red grapes and avocados).
- Include hemp oil and other healthy oils such as olive oil in your daily diet.
- Drink six glasses of distilled or filtered water per day with a pinch of bicarbonate of soda, which improves oxygen transport.
- Take 3 teaspoons of sea or rock salt daily in all of your food or water (no table salts).

#### Q WHAT SUPPLEMENTS DO YOU RECOMMEND?

For women suffering with fallopian tube problems, a curcumin and serrapeptase formulation will help as it combats inflammation and scarring. Also, for women, maca can help to improve hormonal balance and oestrogen levels in the body, while a liquid multivitamin will ensure that you are getting the best intake of nutrients. A nascent iodine supplement will help too as the highest concentrations of iodine can be found in the uterus and ovaries. Hypothyroidism can cause menstrual irregularities and a failure to ovulate. For men, L-arginine powder, Astaxanthin and Maca can all help with sperm count and motility.





# REST AND *relaxation*

Insomnia and an inability to relax can have a negative impact on your health. Here are some suggestions on how to help

**G**etting a proper night's sleep is essential to good health and wellbeing. Not only does sleep deprivation leave you feeling irritable and exhausted but it can also lead to further problems such as weight gain, the risk of heart disease and the risk of diabetes type 2. The following supplements are known to aid relaxation and promote a restful night's sleep.

## L-THEANINE

The amino acid L-theanine, which is the primary component in green tea, is known

to ease anxiety and stress and is also said to promote restful sleep.<sup>1</sup> Interestingly, when it is taken during the day, users report feelings of calm alertness, whilst at night it can aid sleep without any feelings of drowsiness the following morning. The way it works is that L-theanine counteracts the stimulatory effects of the caffeine in tea and triggers the brain to produce alpha brain waves which create deep relaxation and alertness. L-Theanine also helps to formulate GABA or Gamma Amino Butyric Acid, which influences the neurotransmitters serotonin and dopamine, thus producing a state of

relaxation.<sup>2</sup>

## L-TRYPTOPHAN

The amino acid L-tryptophan acts as a precursor to many neurotransmitters and neurochemicals, including serotonin (which improves mood and mental health) and melatonin (which improves sleep). Much research has been carried out into the effects of L-tryptophan and sleep. Evidence suggests that L-tryptophan in doses of 1g or more promotes feelings of sleepiness and decreases the amount of time it takes to get to sleep.<sup>3</sup> This amino acid is not found



in the body so it must be added through foods or nutritional supplements.

### VITAMIN B3

Vitamin B3, or niacin, is one of the eight essential B vitamins important in your diet.

In a 2005 evaluation of controlled studies published in the *Journal of Clinical Sleep Medicine*, the role of vitamin B3 in sleep promotion was explored, along with other alternative treatments. The authors discovered that when an increasing dose of nicotinamide, a supplemental form of niacin, was given over a period of 21 days, the subjects who did not have sleep problems experienced increased REM sleep. Meanwhile the subjects with insomnia experienced better sleep when given the same dosage.<sup>4</sup>

### VITAMIN B6

Vitamin B6, or pyridoxine, plays an important role in the production of serotonin, the neurotransmitter that helps to improve sleep length, improve mood and helps to calm the mind from anxiety or worry. The effects of vitamin B6 deficiency on sleep are said to be similar to the effects of serotonin depletion,

in terms of reduced body temperature, altered REM patterns and shorter periods of deep sleep. Interestingly, research seems to suggest that vitamin B6 may increase our ability to recall dreams by increasing cortical arousal during periods of rapid eye movement (REM) sleep.<sup>5</sup>

### MAGNESIUM

Magnesium is known as nature's relaxant and for good reason. It helps to ease tension and promote muscle relaxation which can in turn help people to fall asleep. This important nutrient is also involved in at least 300 essential biochemical reactions ranging from protein synthesis to calcium absorption and regulation of the sympathetic nervous system. Yet, interestingly, it is one of the main nutrients that tend to be deficient in our diets.

Studies suggest that magnesium deficiency may be one of the causes of insomnia.<sup>6</sup> Low magnesium levels can also cause the release of certain stress hormones in the body, particularly high levels of noradrenaline, which increase under stress. It is therefore crucial to ensure that you are getting the proper intake if you want to ensure good health and good sleep.

In summary, these nutrients all help to ease stress and reduce anxiety whilst promoting good sleep.

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### Recommended Product

#### RELAXWELL®

**Relaxwell® is a professional strength super nutrient formula which combines L-Tryptophan, L-Theanine, vitamin B6 and vitamin B3 for effective relaxation and sleep support.**



**Other recommended products include the Ancient Minerals Magnesium range which comprises magnesium oil, gel, lotion and bath flakes.**





# A home acupuncture machine to beat pain

By LESLEY TURNEY

**E**IGHT years ago, Sheena Parry was the victim of a horrific assault which left her in permanent pain. The former police sergeant, from Wolverhampton, was brutally attacked by a gang of youths and suffered such severe damage to her back that she feared for her future.

Yet now Sheena, 36, is beginning to rebuild her life thanks to a simple machine which enables her to administer her own acupuncture therapy — without needles.

Called HealthPoint, the device, which is about the same size as a mobile telephone, has a built-in detector that senses the low, electrical resistance characteristic of an acupuncture point.

It uses a mild electrical impulse to stimulate the point corresponding to the organ, or area of the body, in which the user is experiencing pain.

'I had tried absolutely everything else, and nothing worked,' says Sheena. 'I'd had all manner of painkillers, osteopathy and chiropractic treatment but there was constant, unremitting pain.'

'Initially I was sceptical about the acupuncture machine, but I noticed the benefits within moments. The best way to describe its effects is like imagining you've pulled a plug on the pain, and you can feel it draining out of your body. There's a slight tingling sensation when you locate the point, but no discomfort.'

Acupoints were mapped 2,000 years ago by Chinese health practitioners and the benefits of stimulating them have been widely documented. But only recently have scientists discovered the physical mechanism involved.

The points are the gateways to bio-electric channels running throughout the body. These channels are said to be the body's own, natural healing system.

When the system is working properly, the body heals itself, which is why cut fingers and broken legs get better, but if the system is dysfunctional, injuries fail to mend, symptoms linger and pain remains.

By stimulating the acupoint which relates to the specific organ or area involved, either through pressure, puncture with needles, or with electricity, the channel is kick-started into reactivation, resulting in instantaneous pain relief.

Sheena had been arresting a member of a gang of youths in 1988 when she was knocked to the ground and subjected to a severe kicking.

The lower three discs in her spinal column and the surrounding facet joints were so badly damaged that doctors decided to insert titanium rods into her back.

'I was a police sergeant,

but I had to retire, so I'd lost my career as well as being unable to do all the things I wanted to do,' says Sheena.

'When my husband Steve and I had our first baby, Kirsty, in 1991, that really finished me off. I couldn't pick her up or get down on the floor to play with her and I couldn't breastfeed because it was so painful to hold her in that position.'

'My second child, James, was born in 1994, and by then walking any distance was difficult and I was having trouble even getting dressed because of the bending and twisting involved.'

'I use the machine to stimulate acupoints in the crease at the back of my knee, and inside my ear to relieve the back pain, and I take it everywhere with me.'

HealthPoint, which has an extension lead for reaching awkward parts of the body, was designed by Dr Julian Kenyon, founder of the

British Medical Acupuncture Society. It is said to be foolproof in its accuracy in detecting acupoints. The actual mechanism was created by electronics engineer Robert Redfern, from Altrincham in Cheshire.

He says: 'Because the skin at an acupoint is ten to 20 times more conductive than other skin, users can sense the minute microvolt coming from the tip of the device.'

**T**HEY experience a tingling sensation from this tiny current but only when they've found the correct point. The current is much less powerful than the current used in TENS equipment.

'The body's channels have different voltages, depending on how ill or well a person is. A functional channel has a tiny voltage of about

minus 0.05 millivolts, whereas if the body has an ongoing problem, such as arthritis, this can rise to as much as plus one volt.'

'If you can take the voltage back to what it should be, you have achieved a balance and the healing system will start to function again.'

HealthPoint is already used in hospitals, by physiotherapists and GPs treating patients with a wide range of complaints.

Consultant microbiologist Dr Derek Parkin, who specialises in treating patients with ME at the Pilgrim Hospital in Lincolnshire, says it has been invaluable in his work.

'Apart from the relief of symptoms relating to ME, I have used the appliance for general pain relief for many other conditions with great benefit to my patients and no adverse effects,' he says.

Sheena Parry has lent her HealthPoint to friends and family, and says it has been effective in helping conditions as diverse as hay fever and hangovers.

She has even used the machine on her horses, to help cure tendon problems and other injuries.

'People can't believe the machine is as good as I say, but horses can't lie and when they see the effect it has on them, they are convinced.'

■ **HEALTHPOINT** costs £199.95, which includes an instructional video and user's manual. For a free information pack and stockists, Tel: 0870 241 4237 or Email: sales@goodhealthnaturally.com www.goodhealthnaturally.com



Straight to the point: Sheena Parry with the electrical acupuncture device

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'A home acupuncture  
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*Daily Mail*

**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.



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**More than 150 conditions can be helped**, and are included in the manual which shows the points to treat.

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.

**PAIN RELIEF AT THE TOUCH OF A BUTTON**



Zzzzz....  
Relax.... Relax....



Relaxwell™ is a special formula created from tried and tested quality ingredients known to support more restful and healthy relaxation 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 relaxation and tranquility, and stabilizing function of the central nervous system.

## It may help to:

- ✓ Naturally enhance relaxation ✓ 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 centres of the brain.

**L TRYPTOPHAN + L THEANINE + VITAMINS B3 + B6**  
This combination of ingredients can only be found in RelaxWell™

RelaxWell is a registered trade mark of Good Health Naturally



# GET *moving!*

Daily exercise is a fantastic way of strengthening your lungs

**C**ontrary to the opinion of fitness fanatics, there are two simple ways to get your lungs working better and stronger. And no, they do not include swimming and cycling, although you can add these later if you want to.

## PURPOSEFUL WALKING

One of the two simple ways to exercise is to build up to walking three to five miles per day in a fast, purposely strong way with as long a stride as you can. Keep your hands moving from chest level to belt level as you move with each stride. Use weights or wrist weights as you improve.

If this is difficult for you at the start, and your lungs are weak, then lie down to exercise to make it easier. Lie down in a comfortable place. On your bed, (if it's firm enough), when you first wake up is a great time and place for this. Bring a knee up to your chest as high as you can get it and then alternate with the other knee. Do as many of these as you can while keeping count. Do this every day and set yourself targets to increase the speed and the number as the weeks go by.

You should be doing enough to make your lungs and heart beat faster. At the same time as you improve your count on your back you need to be starting your walking and building this up.

## STRENGTHENING YOUR LUNGS

The second great exercise for strengthening your lungs is to build up slowly where you can exercise at maximum rate for two minutes, six times per day. It does not matter what

exercise you do, eg skipping, star jumps, running on the spot; just about anything as long as your heart and lungs are working at maximum capacity. By working at maximum rate your lungs and muscles connected with your heart and lungs will get stronger. Movement is a vital part of your recovery plan.





# ASTAXANTHIN:

*a powerful and potent nutritional supplement*

## This red-orange carotenoid pigment is proving to have a number of health benefits

Over the past few years, astaxanthin has earned a reputation as one of the most potent and powerful nutritional supplements ever made.

Astaxanthin is a red-orange carotenoid pigment derived from micro algae, fish and crustaceans, which can prevent and even treat conditions that progress from the negative effects of oxidative stress and antioxidant deterioration. 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.

Astaxanthin has been a hot topic of research with scientists uncovering many amazing benefits. Due to its powerful antioxidant properties it can assist in helping a range of health conditions. Research published in *The American Journal of Cardiology* provides solid evidence that daily supplementation with astaxanthin can inhibit the damaging effects of oxidative stress that leads to heart disease, heart attack<sup>1</sup> and dementia.

Some people taking astaxanthin claim that it helps to protect them against the sun and prevent sunburn and

research conducted in Italy appears to support these claims. Scientists in Rome compared the various protective abilities of carotenoids against UV exposure<sup>2</sup>. They used a moderate UV exposure that stimulates cell death and increases levels of free radicals and other reactive substances. Of all the carotenoids tested, only astaxanthin demonstrated pronounced photo-protective effects and countered the UV-induced alterations.

Astaxanthin is also called 'natural brain food' by some people and for good reason. It has the unique ability to cross the blood brain barrier which may account for its potent neuroprotective effects on the brain. Scientists who conducted studies looking at neurotoxins and their damaging effects on certain brain cells noted that cells treated

with astaxanthin showed significant protection<sup>3</sup>.

### Astaxanthin has been found to have a range of other health benefits including:

- May help to protect the brain from abnormal neurological function.
- May help reduce the proliferation of breast cancer tumour cells.
- May help to reduce inflammation in joints and tissues.
- Helps support increased muscle recovery and stamina.
- May help protect the body from cellular damage associated with highly oxidative foods.
- May help prevent UV damage to the eyes.
- May help the skin resist UV damage from excessive sunlight exposure.

From your eyes to your brain to your skin, astaxanthin can keep your body functioning at full potential.

### Recommended Product

#### ASTAXANTHIN

**AstaXanthin is a naturally occurring carotenoid pigment which, according to research, has up to 550 times the antioxidant activity of vitamin E and 10 times the antioxidant activity of beta-carotene.**



**Each capsule contains 4mg BioAstin Astaxanthin, the world's leading brand of Astaxanthin. Suitable for vegetarians.**

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A close-up photograph of a person's midsection. Their hands are positioned over their stomach, with fingers pointing towards the center, forming a heart shape. The person is wearing a red top. The background is a soft, out-of-focus green and white.

# GUT *feeling*

Digestion is crucial to good health. Here's how to help your digestive system to work at its best

**G**ood digestion is the foundation of good health. Without proper digestion, our bodies struggle to receive the nutrients from our diets. Poor digestive function can lead to numerous health problems from fatigue and skin disorders to inflammation and allergies. Let's take a look at some supplements that will help with good digestion.

## DIGESTIVE ENZYMES

Digestive enzymes are complex proteins involved in digestion and are needed for every single chemical action that takes place in the body. Enzymes are produced both internally (most notably in the pancreas and the other endocrine glands) and are also present in the raw foods we eat. Unfortunately, due to modern farming and food preparation, we are not getting the right amount of enzymes

from our food. Added to this, the ageing process depletes the body of its store of digestive enzymes.

The three digestive enzymes are protease, amylase and lipase. Amylase is needed to digest carbohydrates and dead blood cells. Protease digests proteins, parasites, bacteria, viruses and fungus. Lipase is needed to digest fat as well as fat soluble nutrients, such as fish oil and vitamin E.



the healing process and anti-ageing. Probiotics help to restore levels of gastrointestinal microflora that may have been compromised from the use of antibiotics and medication or as a result of poor diet, stress and digestive abnormalities. When choosing a probiotic, it is important to look for a multi-strain variety as these have been shown to exert more positive benefits and reach more areas of the gastrointestinal tract than single-strain varieties.

### INULIN

Inulin is a natural soluble dietary fibre derived from chicory root which is also found in a number of fruits and vegetables. It has many health benefits, the main one being supporting digestive health. Inulin is known as a prebiotic because it increases the activity of the beneficial bacteria in the gut, by acting as a 'food' for the good bacteria in your digestive system. It therefore helps to promote digestive health and prevents the growth of harmful bacteria in the gut.

### CURCUMIN

Curcumin is the active anti-inflammatory ingredient of turmeric, the spice traditionally used in curries. It is a potent antioxidant and has pharmacological actions that might benefit patients with digestive disorders, such as ulcerative colitis<sup>1</sup>

and inflammatory bowel disease (IBD)<sup>2</sup>. Due to its inherent poor absorbency, high doses of ordinary curcumin have been needed to achieve the dramatic effects shown in worldwide studies. Studies have shown that Meriva curcumin is absorbed up to 23 times more than ordinary curcumin. A 2007 study, published in the journal *Cancer Chemotherapy and Pharmacology*, demonstrated Meriva's superior bioavailability compared to ordinary curcumin.<sup>3</sup>

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### PROBIOTICS

Probiotics are friendly bacteria that are vital for a healthy digestive tract. They 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 a problem. Yet, this is not all that probiotics can do, as they also play a key role in

## Recommended Products

### ESSENTIAL DIGESTIVE PLUS™

This is a newly formulated, professional-strength enzyme complex which combines the power of eight digestive enzymes with Fruta-Fit® Inulin to provide digestive support.

Also recommended is **Prescript-Assist®**, a third generation combination of more than 29 probiotic microflora soil-based-organisms (SBOs) combined with a humic/fulvic acid prebiotic. And **CurcuminX4000™** up to 23 times better than ordinary curcumin.

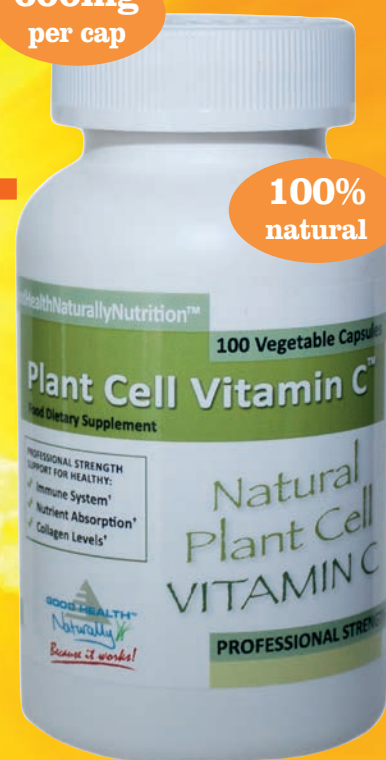


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#### AMOUNT PER SERVING (2 CAPS)

Vitamin C (from Ascorbic Acid)	120 mg
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ExSelen (2% Selenium)	100 mcg
Zinc Glycinate Chelate 20%	5 mg
Epicor (dried yeast fermentate)	500 mg
Dimethylglycine HCL	250 mg
Elderberry Fruit Extract 4:1	200 mg
Larch Arabinogalactan Powder	200 mg
Immune Assist - Micron Powder	80 mg
Beta Glucan 1,3 (Glucan 85%)	60 mg



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Not only is AstaXanthin™ the pigment that gives all of these their 'pink' colour, it is an incredibly powerful nutrient.

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- **X11 stronger than Beta Carotene**
- **X550 more effective than Vitamin E**
- **Crosses the 'blood-brain' barrier**

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



You are what  
you **eat** right?...  
**...Wrong!**  
You are what you **absorb!**

It is a known fact that by the age of 50 you have roughly 25% of the enzymes you had when you were 20.

Essential Digestive Plus™ is a professional strength complex that combines the power of 8 digestive enzymes such as: Amylase for carbohydrates, Protease for proteins & Lipase for fats.

It also contains Fruta-Fit Inulin to help provide a source of soluble dietary fibre.

**The Lactase Enzyme improves lactose digestion in individuals who have difficulty digesting lactose**

**Take one capsule before each meal**







# NUTRIENTS TO KEEP YOUR PET HEALTHY

Here are some tips on how to  
look after your furry companions  
and keep them in the best of  
health



**H**aving a pet can be a great source of love and joy but, unfortunately, their bodies are prone to wear, tear and disease just like us. The good news is though, that in the same way as humans, pets can benefit from added nutritional supplements. Here are five key supplements for keeping your furry friend in top shape.

## SERRAPEPTASE

Serrapeptase is a powerful enzyme which is naturally produced by the silk worm. The way it works is that it acts like an internal 'spring clean' for your pet's body, cleaning out all the unwanted debris, dead cells and waste products. This can really help arthritic and joint problems which can be common for ageing dogs or horses.

## PROBIOTICS

In the same way as with human beings, the role of the gut is vital for the health and wellbeing of your pet. The gut is where food is digested and nutrients are absorbed and transported to the body for utilization. It's definitely an area you want to keep healthy in your pet.

A delicate balance exists in the gut between good bacteria and bad bacteria. When this balance is upset it can lead to a range of health concerns including digestive issues and a lowered immune system<sup>1</sup>. The balance can be disrupted by environmental, dietary factors and antibiotic use. Correcting the problem is easy with a good probiotic. A probiotic provides a large dose of good bacteria that can be utilized by the gut to replenish the natural microflora needed to function properly.

## DIGESTIVE ENZYMES

Another crucial part of digestion is the ability to break down the food your pet eats. Modern pet diets are very different to the natural diets our animals are supposed to eat and often lack the natural enzymes that our pets need. Dry food, cooked food or overly processed food may cause a digestive enzyme deficiency in your pet. Some other clues your pet may be lacking in digestive enzymes could be if they have any of these symptoms:

- Acid reflux
- Belching and gas
- Vomiting undigested food (four or five hours after eating)
- Bad breath
- Bloating
- Diarrhoea
- Abdominal pain, cramping and gurgling
- Foul-smelling stools
- Undigested food in your pet's stool

The addition of digestive enzymes will allow your pets to process food more efficiently, and give them the extra support they need to not just survive, but thrive!

## SILVER

Silver can be described as nature's antibiotic. It can be used against viral, bacterial and fungal infections. It is claimed to be effective against more than 650 disease-causing organisms including ringworm, mange, salmonella, E coli, *Candida Albicans*

and other yeast infections. Silver has many internal benefits but it can also be used externally to help with the recovery of cuts, abrasions or infections.

## CURCUMIN

Curcumin, the principle active component in turmeric, is a potent anti-inflammatory and antibacterial agent that shows promise in the prevention and treatment of cancer<sup>2</sup> and Alzheimer's disease, among other conditions. For pets the anti-inflammatory properties are great for reducing arthritis and associated joint pain.

Help your pet to enjoy more health and vitality with these five nutritional supplements.

## Recommended Products

### SERRAPET

**SerraPet™ is a nutritional enzyme supplement for pets. As part of a healthy lifestyle, the powerful enzyme, serrapeptase, in SerraPet™, helps promote better wellbeing for your pet and supports its overall health.**



**Other recommended products include Essential Digestive Plus™ containing FrutaFit inulin®, Prescript-Assist®, a soil-based probiotic for gastrointestinal support, CurcuminX4000 and Hydrosol Silver Gel/Spray.**

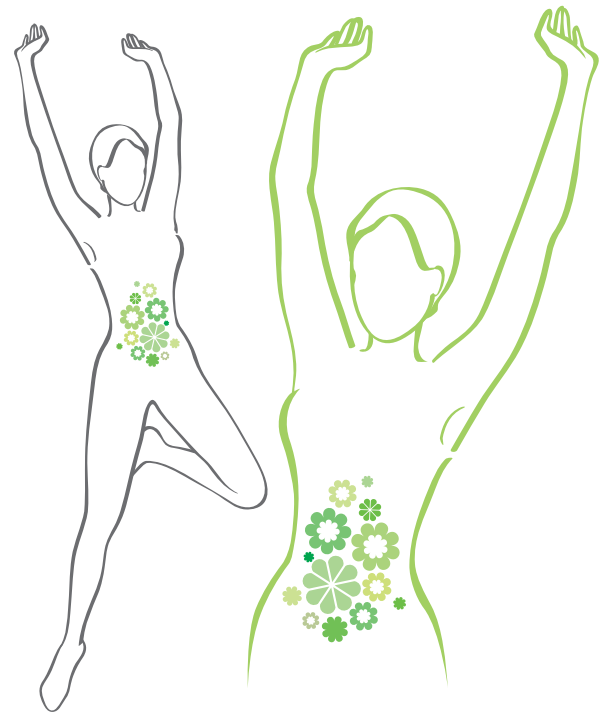
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# Q&A ENZYMES



Robert Redfern gives an overview of enzymes and the role they play in our health



## Q WHAT ARE ENZYMES?

Enzymes are essential for the growth, repair and health of every living cell in the body. They are constantly being converted or produced in the body and depend upon good, living nutrition to keep ahead of daily damage and degeneration. They need help to do their job and this comes from co-enzymes. These are critical vitamins and minerals such as vitamin B12, zinc and co-enzyme Q10. Enzymes need a specific temperature and pH (measure of acidity/alkalinity) to perform their work. Enzymes from plants work best at the human body's temperature and pH.

## Q WHAT DO THEY DO?

There are three different types of enzymes:

### 1. Food/digestive enzymes

These take the basic building blocks delivered by the food we eat and convert them to colloidal particles (the smallest particles that exist in a free state) which can then be converted into healthy, living tissue.

### 2. Metabolic enzymes

These use the colloidal particles to keep our organs and tissues functioning with hundreds of diverse chemical activities. Our body's ability to stay healthy, to repair tissue when injured and to protect us from disease is directly related to the quality and number of enzymes, co-enzymes and nutritious food.

### 3. Clean-up enzymes

These are responsible for cleaning up and eliminating the mess that is left in our body from the construction and repair

work that is in operation 24/7. These clean-up enzymes clear our bodies of the undigested carbohydrates, proteins and any non-vital tissue floating around. Another vital job is to provide anti-inflammatory enzymes to fight infections and tissue damage.

### These enzymes do specific jobs such as:

1. Digesting food
2. Breaking down toxins
3. Cleansing the blood
4. Supporting the immune system
5. Converting protein into muscle
6. Contracting muscles
7. Eliminating carbon dioxide from the lungs
8. Supporting the pancreas and other vital organs

Enzymes are the workers in your body – they carry out every chemical reaction. To have a healthy body you need both workers (enzymes) and building materials. The building materials are proteins (amino acids), minerals and vitamins. Trying to function without all the necessary enzymes is the reason for most body malfunctions. There are seven categories of food enzymes:

1. Lipase to break down fat
2. Protease to break down protein
3. Cellulase to break down fibres
4. Amylase to break down starch
5. Lactase to break down dairy foods
6. Sucrase to break down sugars
7. Maltase to break down grains

There are two ways to preserve and replenish our enzyme level: by eating living foods and food supplements and

taking enzyme supplements.

## Q WHERE DO THEY COME FROM?

Enzymes are ingested through unprocessed, raw or lightly cooked food (called exogenous or food enzymes) and they are also produced or converted by other enzymes inside the body (endogenous, meaning inside-created).

Some have a long life (weeks) and some have a short life (minutes). This explains the need for a daily intake of enzymes that are alive (meaning not microwaved, cooked or processed until enzyme death, as in pasteurised milk) and foods such as vegetables, fruits, raw or lightly cooked fish, meats and sprouted seeds and beans.

Studies show that a 70-year-old has only 20% of the enzymes found in the body of a 20-year-old. This is a major part of the cause of age-related diseases and is easy to correct with better food and supplementation.

## Q ARE THERE ANY SCIENTIFIC STUDIES?

In 1930 only 80 enzymes were known. By 2000 3,000 enzymes had been researched and discovered. There are literally thousands of studies on enzymes' contribution to life and health. Rheumatoid arthritis, cancer and lung diseases all have studies showing enzyme therapy to be the most successful prime treatment.

## Q ARE THEY SAFE?

In studies equivalent to a human taking thousand of tablets, no side effects were shown. Only haemophilia patients would need to take them under supervision.



# Love Vitamin D3?

## Vitamin D3 and K2 spray

**NEW  
FOR 2013**

### D3 NOW IN A SPRAY FOR BETTER ABSORPTION

- Vitamin D contributes to normal absorption/utilisation of calcium and phosphorus
- Vitamin D contributes to normal blood calcium levels
- Vitamin D contributes to the maintenance of normal muscle function
- Vitamin D contributes to the normal function of the immune system
- Vitamin D has a role in the process of cell division
- Vitamin K contributes to normal blood clotting
- Vitamin K contributes to the maintenance of normal bones

**Can Vitamin D3 and K2 spray  
contribute to your health?**



### NATURAL OPTIONS FOR YOUR PETS AND ANIMALS

## Good Health Naturally's TOP PICKS FOR PETS

WE OFTEN GET ASKED WHAT ARE THE BEST SUPPLEMENTS FOR PETS. HERE WE PROVIDE OUR TOP PICKS....

#### ...PICK ONE - SERRAPET

Serrapeptase for your  
pets

Also known as The  
'Miracle' Enzyme

Horses, Dogs, Cats

Used by vets



#### ...PICK TWO - PRESCRIPT ASSIST

Broad spectrum probiotic &  
prebiotic

Mix with food

Clinical studies: Bittner, A.C. & Smith,  
J (2005), Advanced Probiotic-Prebiotic  
Treatment For Canine Diarrhea. Kent  
WA: Bittner & Associates



#### ...PICK THREE - HYDROSOL SILVER GEL

FACT - In the early 1900's Silver  
gained regulatory approval as an  
antimicrobial agent

FACT - prior to the introduction  
of antibiotics, colloidal silver  
was used as a germicide &  
disinfectant and in WW1 silver  
compounds were used to prevent &  
treat infections

Made using SilverSol technology  
& covered under one or more of  
the following Patents: 6,214,299;  
6,743,348; 7,135,195 with other  
patents pending



SerraPet® Prescript Assist™ Hydrosol™ Silver Gel are registered trademarks of Good Health Naturally





# 3 WAYS TO KEEP YOUR FAMILY HEALTHY

Follow these recommendations to ensure your family has a solid foundation for healthy living



**W**e take a look at three of the simplest and best ways to ensure that all members of your family enjoy good health and wellbeing.

### 1 MULTIVITAMINS

Taking a multivitamin each day is an easy and inexpensive way to ensure that you are getting an adequate supply of vitamins, as well as some of the minerals you need for good health. A good multivitamin can help to complement your healthy eating habits and you can look at it as a 'safety net' that covers all your bases. So, during those times where you may stray from your healthy diet, you get out of routine or your diet lacks variety you can be sure that you're still supplying your body with the vitamins it needs. Preventing vitamin deficiencies is just one of the many benefits taking a multivitamin can provide.

Not all multivitamins are created equally. Besides the standard vitamins and minerals there are some additional ones to check that your multivitamin contains. Firstly it should have the critical minerals selenium and chromium, which have a range of benefits such as helping the immune system, aiding metabolism, regulating fat and cholesterol and providing antioxidant support. A commonly overlooked nutrient is molybdenum which is an important co-enzyme in a range of health conditions. Promoting and maintaining a healthy thyroid requires iodine, so that's another one to look out for.

Another tip to bear in mind when choosing multivitamins is to consider a liquid form as this is not only more convenient but can be better absorbed by the body.

### 2 PROBIOTICS – THE 'GOOD' BACTERIA

Despite proving their effectiveness in scientific studies, many people are still unaware of the health benefits of probiotics.

While there are bacteria that cause diseases, the body also contains 'good bacteria' that are essential for good health. One such place where the importance of good bacteria is paramount is in our gastrointestinal tract or gut. When we don't have enough good bacteria in our guts a number of bacteria-related health problems can ensue, ranging from digestive upset, headaches, sluggishness, irritability, candidiasis (an overgrowth of the bacteria *Candida albicans*) and even anxiety.

Make sure your chosen probiotic has a broad spectrum formula. This means that the probiotic contains many different strains of beneficial microflora and better reflects the great microbial

diversity of the intestines. Many probiotics are also sensitive and are damaged by light, heat and pressure – rendering them useless to you as an end-user. There needs to be some protection for the probiotic so it can reach its target destination – your intestines – intact. When it is there it can become active, multiply and provide you with the greatest health benefits.

Be sure your probiotic formula has prebiotic support so the beneficial bacteria have a food source when they reach your gut. This ensures they stay alive and can then go on to do their job. Look for a probiotic that is supported by scientific research, preferably a peer-reviewed, double blind, placebo-controlled human clinical trial which is the gold standard in scientific validity.

### 3 DIGESTIVE ENZYMES

Although a healthy diet is a good starting point for improving our health, the ability of our body to absorb the nutrients and extract energy from our food is equally, if not more important. This is the role digestive enzymes play in our health.

A few of the symptoms that may be related to a lack of digestive enzymes include: belching, gas after eating, indigestion, difficulty digesting fruit and vegetables, heartburn and bloating.

A digestive enzyme supplement can assist in the reactions involved in breaking down and digesting our food. A good digestive enzyme supplement should also contain Inulin. Inulin works by selectively stimulating the growth of good bacteria to aid digestion and therefore increase the body's ability to absorb essential minerals and synthesize vitamins found both in supplementation and food.

Take heed of this three-step advice and you and your loved ones should enjoy better health and wellbeing.

### Recommended Products

#### ACTIVE LIFE

**Active Life vitamins and Ionic trace minerals is a liquid supplement that allows for maximum absorption and utilization in the body – 300% more absorbent than tablets!**



**Other recommended products include Essential Digestive Plus™ containing FrutaFit inulin® and Prescript-Assist®, a soil-based probiotic for gastrointestinal support.**



# TAKE A DEEP *breath*

Breathing correctly is essential to good lung health and also for reducing stress

**B**reathing is such a natural process that most of the time we don't even think about it. However, you may be surprised to know that some of us are not in fact breathing correctly. It is critical to breathe properly, especially when you have unhealthy lungs.

There are two ways to breathe. The first one is an anxious breath in the chest and the second is a relaxed breath in the diaphragm, or more precisely in the tummy area.

## STRESS BREATHING

The first breath in the chest is part of the stress response and involves hormones such as cortisol. This type of breathing should last no longer than it takes to deal with a problem in life before another hormone kicks in to create relaxed breathing. If this 'stress' type of breathing becomes chronic or habitual then the cortisol and retained carbon dioxide become part of the problem and the body's natural, healthy systems cannot function properly. It also weakens the immune system and opens you up to infections, which is the last thing you need with unhealthy lungs.

Your goal is to relearn relaxed, healthy breathing, where you clear cortisol and carbon dioxide from your lungs. Too much carbon dioxide in your bloodstream destroys something called haemoglobin which is the blood's method of carrying oxygen around the body. So you can see why it's critical to be able to breathe in a relaxed way from the diaphragm.

## HOW TO BREATHE PROPERLY

The simple way to learn is to lie on your back on a firm bed or on the floor on a blanket or mat. Put a bit of weight over your belly button, such as a heavy book. Take a breath into your

nose so that the book rises as you fill your diaphragm (tummy) with air. Hold the breath in your tummy for the count of four and then breathe out through your nose and feel your tummy deflating. Let go of any tension you may have with the out-breath. Then repeat.

Your upper chest should not move at all, which shows that you are relaxed and not 'stress breathing'. Practise this over and over again while lying down and once you have really got the long, slow rhythm of relaxed breathing then try it standing up.

You may feel dizzy to begin with getting all this fresh oxygen, but you must practise this every spare minute you have.





# The Ultimate Daily Multivitamin

- ✓ Comprehensive, high potency, daily vitamin
- ✓ Elemental Lutein and Elemental Zeaxanthin
- ✓ Also contains Green Tea Extract, Lycopene, Quercetin & Resveratrol
- ✓ Formulated, manufactured & distributed by an optometrist with over 20 years of nutritional expertise
- ✓ 120 vegetable caps

## Supplement Facts

Serving Size: 4 Vegetarian Capsules

Servings Per Container: 30

Ingredients	Amount Per Serving	% DV
Vitamin A (beta-carotene)	500 IU	10%
Vitamin A (as retinyl palmitate)	2500 IU	50%
Vitamin C (as ascorbic acid)	500 mg	833%
Vitamin D3 (as cholecalciferol)	1200 IU	300%
Vitamin E (mixed tocopherols & alpha tocopheryl)	400 IU	1333%
Thiamin B1 (as thiamin mononitrate)	10 mg	667%
Riboflavin B2	10 mg	588%
Niacin B3 (as niacinamide)	50 mg	250%
Vitamin B6 (as pyridoxine hydrochloride)	10 mg	500%
Folic Acid (Vitamin B9)	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	100 mcg	1667%
Biotin	300 mcg	100%
Pantothenic Acid B5 (as calcium pantothenate)	25 mg	250%
Calcium (as dicalcium phosphate)	100 mg	10%
Phosphorous (as dicalcium phosphate)	78 mg	8%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	100 mg	25%
Zinc (as zinc oxide)	30 mg	200%
Selenium (as amino acid chelate)	140 mcg	200%
Copper (as amino acid chelate)	2 mg	100%
Magnese (as amino acid chelate)	10 mg	500%
Chromium (as amino acid chelate)	150 mcg	125%
Molybdenum (as amino acid chelate)	150 mcg	200%
Chloride (as potassium chloride)	97 mg	3%
Potassium (as potassium chloride)	105 mg	3%
Acetyl L-Carnitine (as Hydrochloride)	200mg	*
Alpha Lipoic Acid	50 mg	*
Bilberry Extract, powdered (fruit)	40 mg	*
Boron (as amino acid chelate)	200 mcg	*
Choline Bitartrate	100 mg	*
Co-Q-10 (Ubiquinone)	20 mg	*
Ginkgo Biloba Extract, powdered (leaves)	40 mg	*
L-Glutathione (as base)	5 mg	*
Grape Seed Extract, powdered	25 mg	*
Green Tea Extract, powdered		*
98% Polyphenols, 50% EGCG	150 mg	*
Hesperidin Complex	50 mg	*
Inositol	17 mg	*
Lutein (200 mg 10% FloraGLO)	20 mg	*
Lycopene	2 mg	*
N-Acetyl-Cysteine	100 mg	*
Nickel (as amino acid chelate)	5mcg	*
Quercetin	10 mg	*
Resveratrol	5 mg	*
Rutin	10 mg	*
Silicon (as amino acid chelate)	2 mg	*
Taurine (as L-Taurine base)	400 mg	*
Vanadium (as amino acid chelate)	10 mcg	*
Zeaxanthin	4mg	*

\* Daily Value not established





# SHARPEN YOUR BRAIN POWER

We take a look at some natural ways  
to support your brain health



Everything you are and everything you do is controlled by your brain. Your brain used to be thought of as a static object, unable to grow or develop its capacity or performance much after adolescence. Now, we know that under certain conditions your brain will continue to make new neural connections and grow to operate at its best.

Just a few of the tasks the brain performs include attention, perception, thinking, language and memory. Keeping this organ in good shape is a priority for a full and rich life. Here are a few supplements to help make this job easier.

### KRILL OIL

Did you know 60% of your brain is fat? It's true. Fat is found in high levels in your neurons, the cells of your brain and nervous system, where it provides structural support. The fat in these cells is crucial for the nerve cells to communicate. Low levels of the essential omega-3 fat docosahexaenoic acid (DHA) have been linked to memory loss, Alzheimer's disease, depression, schizophrenia and bipolar disorder.

Many neuro-degenerative conditions can not only be prevented but also reversed with the right supplements. For example, in one study, published in *Alzheimer's and Dementia*, 485 elderly volunteers suffering from memory deficits saw significant improvements after taking 900mg of DHA per day for 24 weeks, compared with those not supplementing.

Another study, published in *Nutritional Neuroscience*, found significant improvement in verbal fluency scores after taking 800mg of DHA per day for four months compared with a placebo. Krill oil contains essential DHA and in a far more absorbable form than other animal based omega-3s. It also contains vitamin E, vitamin A and vitamin D.

### LITHIUM

Lithium is a trace mineral with some very positive benefits for the brain. It has two remarkable powers in the brains of mentally ill patients: protecting neurons from damage and death<sup>1</sup> and alleviating existing damage by spurring new nerve cell growth<sup>2</sup>.

Lithium could be helpful in treating or preventing Alzheimer's disease, schizophrenia, stroke, glaucoma, amyotrophic lateral sclerosis (ALS) and Huntington's disease – an impressive tally that earned it the nickname "the aspirin of the brain" in the journal *Nature*.

### COCONUT OIL

Coconut oil not only helps cholesterol levels but it is also showing promise in the way it helps the brains of some Alzheimer's patients. This is leading researchers to believe its benefits can even be extended to people with Parkinson's disease, ALS, epilepsy, dementia and even schizophrenia and autism.

It appears that in the case of Alzheimer's disease certain brain cells may have difficulty utilizing glucose (made from the carbohydrates we eat), which is the brain's principle source of energy. Without fuel, these precious neurons may begin to die. There is an alternative energy source for

brain cells in the form of fats known as ketones. When we consume oils such as coconut oil, which contain medium-chain triglycerides (MCTs), the liver converts these MCTs into ketones. Research has shown that ketones are proving to be of benefit for Alzheimer's disease<sup>3</sup>.

### IODINE

Iodine is an essential mineral for normal growth and development of the brain and body. Since the body does not make iodine, it must be obtained from the foods we eat or via supplementation. Severe iodine deficiency has long been known to cause mental impairment, stunted growth and other problems in children.

New research is suggesting that mild iodine deficiency "could prevent children from attaining their full intellectual potential," as reported in the *American Journal of Clinical Nutrition*. Iodine impacts the brain through its influence on hormones, namely the thyroid hormone which is important for growth and development.

So, as you can see, the above-mentioned supplements are well worth considering in order to keep your brain functioning at its best.

## Recommended Products

### THE KRILL MIRACLE™

This unique combination of antioxidants, omega-3, 6 and 9 oils and other potent ingredients in 100% natural Antarctic Pure Krill Oil offers support for concentration, memory and learning.



Other recommended products include **Coconoil™ Organic Virgin Coconut Oil** which contains medium-chain fatty acids, such as lauric acid. Also, **Lithium Balance**, which contains the trace mineral lithium in the supplemental orotate form.



## References

1. Hashimoto R, Takei N, Shimazu K, Christ L, Lu B, Chuang DM (2002). Lithium induces brain-derived neurotrophic factor and activates TrkB in rodent cortical neurons: an essential step for neuroprotection against glutamate excitotoxicity. *Neuropharmacology*. 43(7):1173-9.
2. Bearden CE, Thompson PM, Dalwani M, Hayashi KM, Lee AD, Nicoletti M, Trakhtenbroit M, Glahn DC, Brambilla P, Sassi RB, Mallinger AG, Frank E, Kupfer DJ, Soares JC. (2007). Greater cortical gray matter density in lithium-treated patients with bipolar disorder. *Biol Psychiatry*. 62(1):7-16.
3. Henderson ST, (2008). Ketone bodies as a therapeutic for Alzheimer's disease. *Neurotherapeutics*. 5(3):470-80.

# SWEET *treats*

Who says that desserts can't be healthy?

## CARROT AND BANANA MUFFINS

### Ingredients

2 cups almond flour  
2 tsp baking soda  
1 tsp sea salt  
1 tbsp cinnamon  
1 cup dates, pitted  
3 ripe bananas  
3 eggs  
1 tsp apple cider vinegar  
¼ cup coconut oil, melted  
1 ½ cups carrots, shredded  
¾ cup walnuts (or nuts of choice), finely chopped  
Muffin paper liners

1. Preheat the oven to 176°C/350°F.
2. In a large bowl, combine the flour, baking soda, salt and cinnamon.
3. In a food processor, combine the dates, bananas, eggs, vinegar and oil.
4. Add the mixture from the food processor to the dry mixture in the large bowl and combine thoroughly.
5. Fold in carrots and nuts.
6. Spoon the mixture into paper-lined muffin tins.
7. Bake for 25 minutes.



## CHOC CHIP COOKIES

### Ingredients

3 cups almond flour  
½ cup coconut oil, melted  
½ cup raw honey or agave nectar  
2 large eggs  
1 tsp baking soda  
1 tsp sea salt  
1 tsp vanilla extract  
1 ½ cups dark chocolate, unsweetened chocolate chips

1. Preheat the oven to 190°C/375°F and line a baking sheet with parchment paper.
2. In a small mixing bowl, combine the dry ingredients and set aside.
3. In a medium mixing bowl, beat the eggs, honey/agave, and vanilla extract with a hand mixer, or wire whisk.
4. Pour the wet ingredients slowly into the dry ingredients and beat with a mixer or fork until combined.
5. Add the melted coconut oil and continue to blend until combined. Stir in the chocolate chips.
6. Drop tablespoon-sized balls of cookie dough onto the prepared baking sheet.
7. Bake for approximately 8-10 minutes.

## CHOCOLATE PALEO CAKE

### Ingredients

½ cup sultanas soaked for 12 hours  
1 ripe banana  
3 eggs  
½ cup coconut oil  
2 tsp vanilla extract  
½ cup almond flour  
½ cup unsweetened 100% pure organic cocoa powder  
1 tsp baking soda  
½ tsp fine Celtic sea salt  
½ cup fresh orange juice  
Grated rind of 1 medium orange

1. Place the sultanas in a food processor and pulse until completely puréed.
2. Add the banana and continue to pulse until puréed and combined with the sultanas.
3. Add the fruit purée to the bowl of a stand mixer. Add the eggs, vanilla, coconut oil, orange juice and grated rind and mix on a low-medium speed until well combined.
4. Combine the dry ingredients in a separate bowl.
5. Slowly add the dry ingredients into the wet ingredients and mix on a low-speed, scraping down the sides, until you have a smooth batter.
6. Grease an 8inch x 8inch glass pan with coconut oil, pour in the batter and smooth it with the back of a spatula.
7. Bake at 176°C/350°F for 30-35 minutes or until a toothpick stuck in the middle comes out clean.





# Turn Your Life UMOD episodn



SerraPlus+™ contains 80,000iu of serrapeptase per tab/cap + MSM + Trace Minerals for for lungs, joints and connective tissue to for all the things that MSM supports.

It provides the wide range of health benefits that you get from serrapeptase, The 'Miracle' Enzyme plus:

350mg MSM – for all the things MSM supports!

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



**FACT:**

UNHEALTHY INFLAMMATION IS ONE OF THE MAJOR FACTORS IN THE MAJORITY OF MODERN DAY HEALTH ISSUES

# The Silver Lining



**Silver Spray**



**Silver Gel**



**MSM + Silver Drops**

**Safe For All The Family**

**Silver has been used for thousands of years and in the past 100 years became the mainstay and used throughout the world.**

This product is safe for all the family and manufactured using SilverSol technology. It is covered under one or more of the following Patents: 6,214,299; 6,743,348; 7,135,195 with other Patents pending. Studies show that the Sol form of Silver is more powerful than the Ionic form of Silver.



A warm, sunlit photograph of a woman and a young girl in a field of dandelions. The woman, with long brown hair, is smiling and holding the girl. The girl, with long brown hair and a red hair clip, is looking down at a bouquet of dandelion flowers she is holding. The background is a soft-focus green field with many dandelions.

# SILVER: THE NATURAL HEALER

Silver has been used for natural healing for thousands of years. We take a look at its health benefits



**S**ilver is a metallic element that has several antibiotic and antimicrobial properties. It was used extensively for thousands of years for a variety of medical purposes before the introduction of antibiotics in the 1940s and it is still widely used in alternative medicine.

There are numerous references to the medical use of silver throughout history. Hippocrates is said to have used silver to treat ulcers and to promote wound healing, while the Romans are reported to have used silver nitrate for medical purposes. By the 19th century it was common practice to store wine, water, milk and vinegar in silver vessels in order to keep it fresh and silver was said to have been used during the Second World War to preserve food and water.

Medical uses of silver were developed in the 19th century thanks to the discovery of its antibacterial and antimicrobial properties. As a result, the topical application of silver salts became a commonly used therapy.

Notably, in 1884 the German obstetrician, Franz Crede, successfully used a solution of silver nitrate dropped into the eyes of newborns to treat incidences of blindness caused by venereal disease.

During the first half of the 20th century, silver was used for wound dressings and also for sutures in order to prevent infections. Its ophthalmic use was developed extensively as was its use in treating infectious diseases.<sup>1</sup>

Today, silver remains a popular natural and alternative treatment which can be used both orally and topically in the form of liquid silver, sprays and gels which can be applied directly to the skin. It continues to be used for wound healing, to boost the immune system by helping the body to fight bacteria and viruses and also to help sore throats and the common cold.

### HOW DOES IT WORK?

The way that colloidal silver works is that it disables the particular enzyme that all one-celled bacteria, fungi and viruses use for their oxygen metabolism. It co-mingles with the blood and enters the cells to seek out and destroy harmful organisms, suffocating them in six minutes or less, after initial contact.

It was reported in *Science Digest* in 1978 that research at Washington University School of Medicine demonstrated that silver is bactericidal to nearly 650 different disease-causing organisms, and that silver-resistant bacteria strains do not develop.

In 1988 the UCLA School of Medicine conducted medical tests on colloidal silver which highlighted its ability to kill viral, fungal and bacterial organisms. Larry C Ford, M.D., of the Department of Obstetrics and Gynaecology at the UCLA School of Medicines

Centre for the Health Sciences, subsequently wrote: "Anti-microbial and anti-bacterial effects were demonstrated in 10/5 concentrations per milliliter of the following: neisseria gonorrhea, gardurella vaginalis, streptococcus pyogenes, staphylococcus aureus, candida albicans, candida eolobata, m. furfur, salmonella typhi."

### SILVER HYDROSOL

Standard colloidal silver consists of a suspension of fine particles dispersed in a liquid. There are many types of colloidal silver on the market, each claiming a different strength or formula. However, Silver Hydrosol is an innovative form which uses extremely pure water as the medium – a key factor in quality and safety. It provides ultra pure and ultra small silver ion particles delivering precise levels of functional silver at safe, non-toxic levels.

When choosing a Silver Hydrosol product it is important to remember that the lower the ppm (parts per million) the better. A higher ppm means larger particle size and lower effective potency whereas a smaller particle size means more surface area and more absorbability.

Unlike regular colloidal silvers, Silver Hydrosol contains no silver salts or nitrates, and has a much longer shelf life. Tests have shown that Silver Hydrosol is up to 10,000 times more effective than standard colloidal or ionic silver.

Research, testing and long-term use have demonstrated that Silver Hydrosol is completely safe to use for all the family. No adverse reactions or negative side effects have been reported involving Silver Hydrosol.

### Recommended Products

Choose either **Hydrosol™ Silver Gel, 24ppm**, or **Hydrosol Silver Spray, 10ppm**.



Also recommended is **MSM+Silver™ Drops**, which contains a potent combination of MSM

(Methylsulfonylmethane), a natural sulphur that resides in the body, plus hydrosol silver 10ppm and N-Acetyl-L-Carnosine.



### References

1. Alexander JW. History of the medical use of silver. *Surg Infect (Larchmt)*. 2009 Jun;10(3):289-92.

When choosing vitamin C supplements, the best and most natural option is to go for plant-cell varieties – and here's why

# ALL VITAMIN C *is not the same*

**Y**ou may not realise this but 95% of all the vitamin C (ascorbic acid) on the shelves is made in synthetic industrial processes in factories by chemical/pharmaceutical companies.

Not only are you getting an unnatural form of vitamin C that does not absorb as well as food state vitamin C, but your purchase of such products is going into the coffers of pharmaceutical companies.

## NEW, INNOVATIVE APPROACH

Plant-cell Technology™ is a new and innovative approach towards the manufacturing of vitamins and minerals. Plant-cell ingredients are 'grown' containing a full food matrix so, in essence, your body recognises these ingredients as food. Plant-cell minerals and vitamins contain food constituents of proteins, carbohydrates, lipids, amino acids, enzymes and bioflavonoids. Unlike plant-cells, synthetic vitamins do not contain these active constituents that assist the body in breaking down, absorbing and retaining the nutrients for optimum results.

Created out of plant-cell nutrients rather than synthetic vitamins, with unparalleled absorption, these extraordinary materials are well tolerated even by those who are sensitive to regular vitamins. Plant-cell supplements are safer, more

effective, and exceed the absorption, retention and utilization of any form of synthetic vitamin/mineral supplement on the market today, regardless of brand name, source or price.

## WHAT DOES THE RESEARCH SAY?

Research carried out at the University of Scranton, Pennsylvania, United States, found that the absorption of plant-cell vitamin C was 1.87 times better than USP (US Pharmacopeia) ascorbic acid. Also, it was found that the bioavailability of plant-cell vitamin C was 2.6 times greater than pharmaceutical form and the maximum blood level peak was 126% higher for plant-cell vitamin C than for pharmaceutical form.

It is useful in maintaining protein collagen of the tissues, helping to heal wounds, scar tissue and fractures.

## Recommended Product

### PLANT CELL VITAMIN C

**This is a natural complex and does not come from synthetic sources, as produced by the drug companies.**





# 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.

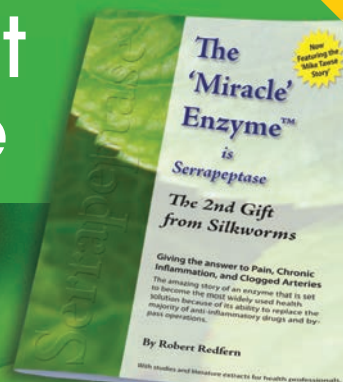
Many people using this plan will get good results within 1-2 months, others may take up to 9 months.

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
- Varicose Veins
- Cardiovascular Disease

# IODINE: ESSENTIAL IN MORE WAYS THAN ONE

We take a look at the importance of iodine and its effects on our health and wellbeing

**I**t wouldn't be an exaggeration to say that iodine is needed for the healthy function of almost every cell in the body. It is required to make the thyroid hormones T3 (triiodothyronine) and T4 (thyroxine), is necessary for a healthy immune system and has many therapeutic benefits including antibacterial, antiparasitic and antiviral properties.

Iodine is a trace element found in seawater, rocks and certain types of soil. Good food sources include seafood and shellfish. It can also be found in cereals and grains, but the levels vary depending on the amount of iodine in the soil where the plants are grown.

Over millions of years most of the earth has become depleted of iodine so that crops and grazing animals more often than not struggle to get enough iodine. Indeed a re-emergence of iodine deficiency has been noted in the USA and Australia<sup>1</sup>. According to the World Health Organization, iodine deficiency is the world's most prevalent, yet easily preventable, cause of brain damage.

## THE BENEFITS OF IODINE

The benefits of iodine can include increased energy. Every action we make requires energy. Whether it's walking, talking, thinking, blinking or just sitting there letting our heart muscle beat – all these actions require energy. The iodine-derived thyroid hormones have a role in telling the body's cells how much energy to make.

Iodine, through its influence on the

thyroid, helps to regulate our body temperature – helping us feel not too cold, not too hot, but just right. As a follow on from this a healthy thyroid is also related to our metabolism and regulation of our body weight.

Restoring your iodine levels through supplementation may help to support:

- The thyroid gland
- Detoxification
- Metabolism and energy levels
- The cardiovascular system
- Immune system function
- Breast tissue
- The prostate
- The ovaries

The only natural source of iodine, in sufficient quantities, is via seaweed such as Kelp and Kombu but you would need three portions per day to get the required intake. Look for colloidal or atomic nascent iodine as that is the closest to natural iodine that you can get.

## References

1. Li M, Ma G, Boyages SC, Eastman CJ. (2001). Re-emergence of iodine deficiency in Australia. *Asia Pac J Clin Nutr.* 10(3):200-3.

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## Could you be deficient in iodine?

Low levels of iodine can affect not only the functioning of the thyroid but also the following things:

**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 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.

**Intellectual and neuromotor development** – Studies have shown that a lack of iodine can result in deficits in neurological function including intellectual performance and cognitive skills<sup>2</sup>.

### *Recommended Product*

#### **NASCENT IODINE**

Nascent Iodine is a consumable iodine in its atomic form rather than its molecular form. It is the closest to the food form of iodine and is the best form of iodine supplementation



# 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

## RESEARCH

Research has shown that L-arginine can help to increase vasodilation (widening of the blood vessels)<sup>1</sup> which may in turn help medical conditions such as chest pain, atherosclerosis (clogged arteries), heart disease or failure, erectile dysfunction, intermittent claudication/peripheral vascular disease and vascular headaches (headache-inducing blood vessel swelling).

Supplementation with L-arginine has also been found to improve nitric oxide production and exercise capacity in both healthy subjects and those with chronic disease, such as diabetes and heart failure.<sup>2</sup>



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 Product

### HEALTHY FLOW

**Contains 1,500mg of L-Lysine added to 5,000mg of L-Arginine and 200mg of L-Citrulline, 50mg AstraGin (to dramatically improve absorption of the amino acids), 150mg of Grapeseed Extract and 25mg of Polyphenols to make this the number one amino acids supplement!**



## References

1. Bode-Böger SM, Böger RH, Galland A, Tsikas D, Frölich JC. L-arginine-induced vasodilation in healthy humans: pharmacokinetic-pharmacodynamic relationship. *Br J Clin Pharmacol*. 1998 Nov;46(5):489-97.
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# The trace element essential for life

Iodine contributes to normal cognitive function, normal energy yielding metabolism, normal functioning of the nervous system, normal thyroid function and to the normal production of thyroid hormones

## 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.

## WHY NASCENT IODINE? THE TECHNICAL STUFF

Nascent Iodine is a form of iodine that can be ingested into the body and it exists in an atomic form instead of a molecular form. It has an incomplete number of electrons and is paramagnetic - this means it can hold its 'charged' state until diluted in water and consumed. It then gradually loses energy over a 2-3hr time span. During this period the body is unable to distinguish between Nascent Iodine and the iodine naturally utilised by the thyroid and it is easily absorbed.

## BUT MOST IMPORTANTLY.....

This is what makes Nascent Iodine the best form of iodine supplementation available!



**"When I was a medical student, iodine in the form of K1 was the universal medicine. Nobody knew what it did but it did something and did something good", Nobel Laureate Albert Szent Gyorgyi, the physician who discovered Vitamin C.**



# MAGNESIUM: *the forgotten mineral*

We highlight the many health benefits of magnesium

**V**ery few people are aware of how vital magnesium is for overall health. After oxygen, water and basic food, magnesium may be the most important element needed by our bodies as it activates over 300 different biochemical reactions necessary for the body to function properly. Studies show that most people consume just half of the recommend daily intake of magnesium and that more than eight out of 10 people do not take enough daily magnesium for even the minimum daily amounts recommended. Recent research has revealed that this lack of magnesium may put your heart – and your health – at risk.

## BONE STRENGTH

Low magnesium levels are being linked to conditions such as cardiovascular disease, hypertension, diabetes, atherosclerosis<sup>1</sup> and much, much more. In fact magnesium is more important than calcium, potassium or sodium and helps





to regulate all three of them. Contrary to popular misconceptions, it is magnesium that is actually most important in building strong bones and preventing bone loss. Due to its role in active calcium transport it is a hot topic for researchers looking at osteoporosis who, after a two-year study, concluded that "magnesium therapy appears to have prevented fractures and resulted in a significant increase in bone density."<sup>2</sup>.

## MUSCLE RELAXATION

From your bones to your muscles it appears that the benefits of magnesium are never ending. Magnesium is a muscle relaxant, while calcium is a muscle constrictor. Low magnesium intake is

associated with muscle spasm, tremors and convulsions. Magnesium helps to give a signal to muscles to relax.

## ANXIETY

Anxiety can affect our lives dramatically. In a time when our society is more stressed than perhaps ever before, feelings of anxiety have become an everyday occurrence in many people's lives and anxiety disorders are becoming more prevalent. As a result, natural anxiety remedies are more relevant than ever. Magnesium, a vital mineral nutrient, is perhaps one of the most important natural anxiety remedies because of its effectiveness, record of safe use, availability and value. Research has suggested that magnesium may help with anxiety through its influence on the hypothalamic-pituitary adrenal (HPA) axis<sup>3</sup>.

## MAGNESIUM SUPPLEMENTATION: IS THERE A RIGHT WAY?

Magnesium, like most other supplements, is available in tablet or powdered forms but very little can be absorbed this way. However the skin has been shown to be the most effective method for absorption. Magnesium can be delivered topically through the skin via transdermal magnesium in oil, bath flakes or gels. Although it may seem a little odd to put a supplement on your skin it's important to remember that the skin is our largest organ and is very permeable.

Also we must understand that we lose magnesium through the gastrointestinal tract and the kidneys. That's why when looking to increase your 'net' amount of magnesium it is important to lower

the amount of elimination as waste through the gastrointestinal tract (the stomach, intestines and colon). In this sense transdermal magnesium is the best choice.

The benefits of transdermal magnesium supplementation were demonstrated in a study where three quarters of the participants in the trial showed marked improvements in their intracellular magnesium levels.<sup>4</sup> The researchers concluded that:

- Transdermal therapy creates tissue saturation, which allows magnesium to travel to the body's tissues and cells at a high dose without losses through the gastrointestinal tract.
- When taken orally, however, magnesium may be absorbed inefficiently, either due to the laxative effect of oral doses; due to the effect of other foods, vitamins or minerals in the gut that lessen absorption; or due to individual differences, such as leaky gut syndrome, that reduce magnesium processing.

So if you're looking to benefit from magnesium it appears that transdermal is the way to go. It really is as easy as soaking in a bath, having a foot bath or applying an oil or gel to your skin.

## Recommended Products

### ANCIENT MINERALS MAGNESIUM

The Ancient Minerals Magnesium range includes oil, gel, lotion and bath flakes so that you can enjoy the benefits of topically applied magnesium. The products are easy to apply and are rapidly absorbed into the skin.



## References

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4. *Transdermal Magnesium Therapy: A New Modality for the Maintenance of Health* by Dr Mark Sircus. iUniverse; 2nd edition (7 July 2011)

# VITAMIN E:

## *choosing the right type*

**V**itamin E occurs naturally in two different forms: tocopherols and tocotrienols and the difference between the two is quite remarkable. Tocotrienols are up to 300% better and more effectively absorbed compared to tocopherols.

Tocopherols are generally present in common vegetable oils while the richest source of tocotrienols is found in virgin crude palm oil, a vegetable oil that is trans fat-free. Tocotrienols belong to the fat soluble vitamin E family and provide a number of health benefits including cholesterol reduction, arterial stiffness reduction, improved ventricular function and regression of atherosclerosis. Let's take a look at its health benefits in further detail.

### THE HEALTH BENEFITS OF TOCOTRIENOLS

Research suggests that tocotrienols may act as potent anti-cancer agents by inhibiting mammalian DNA polymerase (the enzyme that assists DNA replication) and also inhibiting angiogenesis (the growth of new blood vessels).<sup>1</sup> Tocopherols, however, do not influence the activities of mammalian polymerase and angiogenesis as much, suggesting that the three double bonds in the unsaturated side chain of tocotrienols play an important factor in the inhibition of mammalian DNA polymerase.

A Japanese study found that natural full spectrum palm tocotrienol complex (in the form of Tocomin 50%) suppressed in vivo angiogenesis in bovine aortic endothelial cells and human umbilical vein endothelial cells. This led the researchers to suggest that, as angiogenesis is essential for tumour growth, its inhibition by tocotrienols could help to prevent cancer from becoming metastatic. However it has been noted that human trials are necessary with Tocomin tocotrienols to determine what effect these palm tocotrienols will have in the human body.

Its cancer-fighting properties are not the only notable health benefit of tocotrienols. Two NIH-funded studies conducted at the Ohio State University Medical Center discovered that taking

All vitamin E is not the same – did you know that one form is up to 300% better absorbed?

tocotrienols orally (specifically Tocomin and Tocomin SupraBio™) is an effective way to elevate blood plasma levels to concentrations that could help protect against neurological damage resulting from stroke. These studies were published in the May 2006 issue of the journal *Antioxidant & Redox Signaling* and the June 2006 issue of the *Journal of Neurochemistry*.

Other studies have demonstrated the following benefits of tocotrienols:

- Cholesterol reduction
- Reversing carotid atherosclerosis
- Protection against ischemia/reperfusion heart injury
- Inhibition of platelet aggregation
- Neuroprotection
- Anti-cancer and tumour suppressive
- Lowering blood pressure
- Immune function
- Benefiting hair growth

So, as we can see from the above mentioned studies, not all vitamin E is the same – make sure you choose a tocotrienol product to get the best health benefits possible.

### References

1. *Biochemical and Biophysical Research Communication*, 2006 (339), 949-955.

### Recommended Product

#### VITAMIN E

Contains a naturally occurring mixture of tocotrienols and tocopherols, extracted and concentrated from virgin crude palm oil / palm fruits (*Elaeis Guineensis*).





**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!!**



- Magnesium contributes to a reduction of tiredness and fatigue
- Magnesium contributes to electrolyte balance
- Magnesium contributes to normal muscle function
- Magnesium contributes to normal energy yielding metabolism
- Magnesium contributes to normal functioning of the nervous system
- Magnesium contributes to normal protein synthesis
- Magnesium contributes to normal psychological function
- Magnesium contributes to the maintenance of normal teeth and normal bones
- Magnesium has a role in the process of cell division

**ORIGINAL, PROFESSIONAL STRENGTH  
MAGNESIUM PRODUCTS**

Ancient Minerals™ is drawn from the 250 million year isolated Ancient Zechstein Seabed, 2km 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 daily skin moisturiser*

# THE *spice* OF LIFE

Curcumin has been the subject of a huge amount of clinical trials investigating its wide-ranging health benefits. We take a look at the evidence

**C**urcumin is a popular ingredient in curries as it is the natural pigment that gives the spice turmeric its yellow colour.

However, curcumin also has strong antibacterial, antiviral, antifungal and anti-inflammatory properties which is why it has been used for thousands of years in Ayurvedic medicine. As a potent antioxidant it prevents the formation of damaging free radicals and works as a scavenger to neutralize free radicals that have already formed. Furthermore, curcumin interacts with numerous biochemicals in the body to promote the body's normal inflammatory response and help keep this response functioning as it should.

Curcumin has increasingly come under the spotlight in recent years, with numerous studies investigating its potential health benefits. Reportedly, over 2,500 preclinical scientific investigations have supported the activity of curcumin in helping a range of chronic diseases. From prostate cancer and Alzheimer's disease to heart failure, diabetes and arthritis, there are numerous health conditions that it can protect against. Let's take a look at some of the research backing this up.

## OSTEOARTHRITIS (OA)

Scientists have found a proprietary curcumin extract may relieve pain and increase mobility in osteoarthritis (OA) patients at a dose much lower than prior studies on similar endpoints. Published in the June issue of *Pain Medicine*<sup>1</sup>, the trial involved OA given a complex

of curcumin with phosphatidylcholine (Meriva®).

The investigation was undertaken by Indena scientists in conjunction with scientists from Chieti-Pescara University, Pescara, and Università del Piemonte Orientale, Novara, both in Italy. The researchers gauged OA in 50 patients using WOMAC scores. Mobility was evaluated using walking performance (treadmill), and C-reactive protein (CRP) was measured to assess inflammatory status.

## BENEFITING CARDIOVASCULAR HEALTH

New data from a Japanese clinical trial has shown that daily supplements of curcumin may benefit cardiovascular health to the same extent as exercise. Vascular health, which is measured by flow-mediated dilation (FMD), was found to improve equally in groups of post-menopausal women receiving the curcumin supplements and those receiving aerobic exercise training.<sup>2</sup>

## ALZHEIMER'S DISEASE

Researchers from Michigan State University have discovered that curcumin has the ability to prevent the formation of alpha-synuclein proteins which are the hallmarks of many neurodegenerative diseases like Parkinson's and Alzheimer's disease. The reason for this is because curcumin is able to cross the blood-brain barrier to affect biochemical and electrical activities in the brain.<sup>3</sup>

## MERIVA CURCUMIN

Curcumin is difficult to absorb into

the human bloodstream from the gastrointestinal tract when consumed orally.<sup>4</sup> However Meriva curcumin has been found to be much better absorbed by the body than ordinary curcumin. A 2007 study published in the journal *Cancer Chemotherapy and Pharmacology* demonstrated Meriva's superior bioavailability compared to a standardized curcumin extract.<sup>5</sup> This animal study noted a significantly greater amount of curcumin in the blood and tissue after dosing with Meriva.

A human study compared blood levels of curcumin after dosing with 4g of a standardized curcuminoid extract to 450mg Meriva curcuminoids (bound to phosphatidylcholine), and found similar blood levels of curcumin.

So, as we can see, the benefits of curcumin are far ranging indeed. And if you are considering taking curcumin it is well worth investigating Meriva for its better absorption rate in the body.

## Recommended Product

### CURCUMINX4000

Each capsule of CurcuminX4000 contains 200mg of highly effective curcumin phytosome which, in a recent study, showed an increase in utilization of up to 23 times compared to ordinary curcumin.





## References

1. Belcaro G, Cesarone MR, Dugall M, Pellegrini L, Ledda A, Grossi MG, Togni S, Appendino G. Product-evaluation registry of Meriva®, a curcumin-phosphatidylcholine complex, for the complementary management of osteoarthritis. *Painmedicine*. 2010 Jun;52(2 Suppl 1):55-62.
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# MOUTHWATERING *main*s

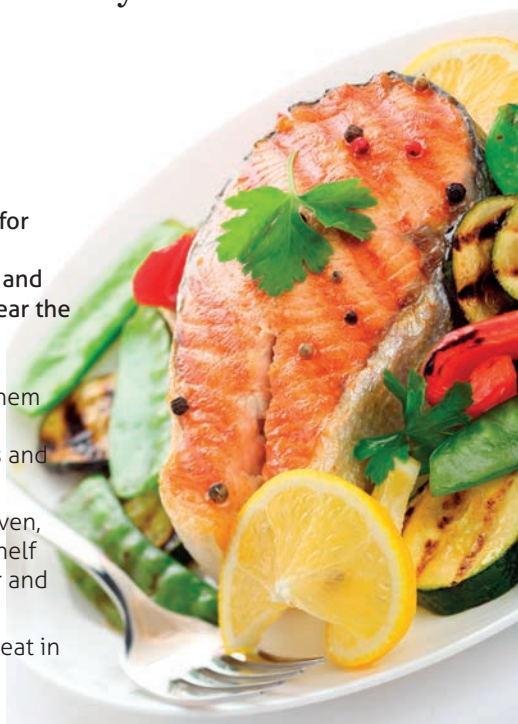
Nutritious recipe ideas for your main meal of the day

## ROASTED VEGETABLES WITH FISH

### Ingredients

You can use whatever veggies you want for this: asparagus, broccoli, cauliflower, red onions, peppers, courgette, green beans and so on. Kale and cabbage can be added near the end of cooking time.

1. Roughly chop all the vegetables, put them into an oven tray and pour olive oil or coconut oil over them. Add seasonings and then mix well together.
2. Cook the vegetables in a pre-heated oven, gas mark 7, 425°F (220°C), on a high shelf for 35-40 minutes, until they're tender and turning brown at the edges.
3. Season the fish and fry on a medium heat in coconut oil until cooked.
4. Serve the two together and enjoy.



## SHEPHERD'S PIE

### Ingredients

Organic, free range lamb mince  
Cauliflower  
Onion  
Tinned chopped tomatoes  
Garlic  
Herbs, spices, seasonings  
Carrots  
Greens of your choice – eg kale, spinach or cabbage

1. Roughly chop the cauliflower and set to steam. Once soft, remove from the heat and mash. Set aside.
2. Lightly fry the onion and garlic, adding the lamb and then the carrots. Once the lamb is browned add the tomatoes and seasonings of your choice. Simmer until nearly cooked.
3. Transfer the mixture to an ovenware dish, then cover with the cauliflower mash. Bake in the oven until browned and cooked.
4. Whilst in the oven, steam the greens ready to serve with the shepherd's pie.

## THAI RED CURRY WITH QUINOA

### Ingredients

Use prawns or your choice of meat  
A variety of vegetables eg broccoli, peppers, cauliflower, spinach, sugar snap peas  
1 can of coconut milk  
Thai red curry paste – a no-added-nasties brand  
Quinoa

1. Cook the quinoa according to the packet instructions.
2. Fry the meat or prawns in coconut oil in a wok until nearly cooked. Transfer into a dish and set aside.
3. Add your paste to the wok and lightly fry, before adding the coconut milk.
4. Next add your vegetables and simmer gently. When nearly cooked add the meat or prawns and simmer until it is cooked through.
5. Serve with the quinoa as you would white rice.



This is cauliflower topping



# The Ancient Spice in the News

The  
**BEST**  
Curcumin  
supplement  
available

## What is Curcumin?

The principle Curcuminoid of the popular Indian spice Turmeric (found in curry) and has been used for thousands of years in Ayurvedic medicine.

“A published study shows that Curcuminx4000 absorbs up to 23x better than ordinary curcumin whilst an unpublished study claims it could be up to 45x better!”

A search on PUBMED reveals over 1800 studies for Curcumin

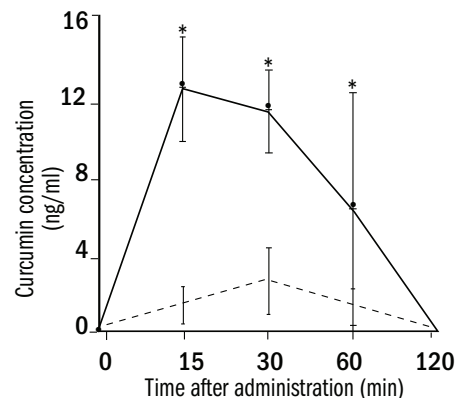


Figure 1. Plasma curcumin levels after dosing with Meriva (solid line) compared to unbound curcumin (broken line)

**180**  
veg caps

Take  
**x3**  
caps/day



Curcumin may become your best friend for the rest of your life!

Curcumin X4000™ is a registered trademark of Good Health Naturally



# *Time for an* **OIL CHANGE?**

In many ways, krill oil is proving to be much more potent and powerful for our health than fish oil

**B**y now most people are aware of the positive health reasons for supplementing with omega-3 fats in our diet. With benefits ranging from improved joint health, brain function, better skin and a whole host of others, getting these 'good fats' into our body is one of the best things we can do for our health.

But what a lot of people don't know is there is an easier and more powerful way to get our omega-3 fats than the commonly used fish oil (and omega-6 and 9).

## **SAY HELLO TO KRILL OIL**

Krill oil comes from krill which are small, shrimp-like crustaceans that inhabit the cold ocean areas of the world. Like fish oil, krill contains both the omega-3 fats, eicosapentanoic (EPA) and docosahexanoic acid (DHA), omega-6 and omega-9. However the biggest difference is that the structure of krill oil is in phospholipid form – the same as the fat in our own cell walls so it's better utilized by our body.

Krill oil contains vitamin E, vitamin A, vitamin D and potent antioxidants. When it is measured in terms of ORAC (oxygen

radical absorbance capacity) values – the gold standard of measuring antioxidants – it is found to be 48 times more potent than fish oil<sup>1</sup>.

As an additional bonus, krill oil also contains astaxanthin, a red-orange pigment found in aquatic animals and microalgae.





Astaxanthin is closely related to the better-known carotenoids such as beta-carotene and lutein. Studies have shown the antioxidant properties of astaxanthin to be significantly more effective than vitamin E<sup>2</sup>. The astaxanthin found in krill oil provides excellent protection against harmful ultraviolet light and UV-induced skin damage.

A number of studies have shown that krill oil is beneficial in reducing LDL-cholesterol (the bad cholesterol) and raising HDL-cholesterol (the good cholesterol). Head-to-head studies of krill oil vs fish oil have also found krill oil to be better at reducing glucose, triglycerides and LDL cholesterol at lower doses.<sup>3</sup>

### THE SAME BENEFITS FOR SORE JOINTS AND ARTHRITIS... ONLY BETTER

Just as fish oil has been shown to be beneficial for joint pain, inflammation and arthritis, krill oil is also showing these benefits. But due to its structural properties the effects may be faster. One particular study involved 90 individuals with rheumatoid arthritis or osteoarthritis who were monitored by blood

tests and subjective questionnaires for 30 days while taking krill oil. The results showed that inflammation markers in the blood reduced by 30% at the end of 30 days. Subjectively pain, stiffness and functional impairment as rated by the individuals reduced by at least 20%.<sup>4</sup>

Lastly, a slightly off-putting factor about fish oil was the fishy after taste or burping that it produced. The good news is that problem is solved with krill oil. Due to the rapid absorption of krill oil and the high antioxidant content there is virtually never occurrences of fishy burping and aftertaste sometimes experienced with fish oil.

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### Recommended Product

#### THE KRILL MIRACLE™

Containing a powerful combination of omega-3, 6 and 9 oils, antioxidants and other potent ingredients in 100% natural Antarctic Pure Krill Oil.



# GO WITH THE *flow*

## Top supplements to support a healthy circulation

**E**veryone knows blood circulation is a fundamental function of the human body. But not everyone realises just how many health benefits they stand to gain from getting their blood moving properly. In addition to fending off heart disease, improved circulation can enhance mental performance, boost the immune system and metabolism, and can even give skin an extra glow.

Your blood is a delivery system of oxygen and nutrients to all the cells of your body. If it's not reaching areas of your body adequately they won't get the essential oxygen and nutrients they need for survival. In severe cases this can lead to death of those cells or tissues but in most cases it just means the area will be unhealthy. For your extremities that may mean numbness or tingling, coldness, cuts or wounds taking excessive time to heal as well as dry skin.

While diet and walking are good foundations for improving our circulation, here are some nutrients that are known circulation boosters.

### **L-ARGININE**

L-Arginine is an amino acid, which are the building blocks of protein, and it is utilised as a precursor to produce nitric oxide. Nitric oxide helps to increase the diameter of arteries in a process called vasodilation. When your arteries are vasodilated more blood will circulate in your system and blood flow will be improved therefore improving overall heart health<sup>1</sup>. It appears we can improve the benefits of L-arginine by combining it with another amino acid.

L-citrulline, a non-essential amino acid in your body, helps clear out toxins while enhancing your body's circulation. The reason why people are so excited about L-citrulline is that it helps the body produce nitric oxide through an alternative pathway. According to Dr Louis J Ignarro (co-recipient of the 1998 Nobel Prize in Physiology or Medicine): "My research shows that if you take only L-arginine, which is the dominant producer of nitric oxide, you will not receive the maximum benefit. I have found that by including the synergistic partner L-citrulline, your ability to boost [nitric



# Better than Fish Oil

oxide] production is greatly enhanced over the effects of L-arginine alone."

## LYSINE

Lysine, or L-lysine, is an essential amino acid that helps to maintain overall good health within the human body through a variety of functions. An essential building block for all protein in the body, L-lysine cannot be synthesized within the human body and must be obtained solely through diet or supplementation. L-lysine plays a crucial role in the structural, circulatory and immune systems of the human body. Lysine is believed to strengthen circulation<sup>2</sup> and help the immune system manufacture antibodies.

## SERRAPEPTASE

Serrapeptase is an enzyme originally used by the silk worm which delivers a whole host of benefits for humans and animals. It is particularly notable as an anti-inflammatory and for increasing circulation. Due to its unique properties serrapeptase is able to dissolve dead tissue. The enzymes in serrapeptase help to improve circulation by consuming excess fibrin<sup>3</sup>. This excess fibrin can cause blood to thicken, creating the perfect environment for the formation of clots. Cleaning excess fibrin from the blood and reducing the stickiness of blood cells, thereby minimises the leading causes of stroke and heart attack – blood clots. Keep the 'river of life' flowing in your body with these nutrients.

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## Recommended Product

### BLOCKBUSTER ALLCLEAR™

This product contains a blend of powerful enzymes such as serrapeptase, nattokinase, digestive enzyme, antioxidants and proanthocyanidins such as grape seed extract and Pycnogenol®.

Also recommended is **Healthy Flow™**, a powerful blend of the essential amino acids Arginine, Citrulline and L-Lysine.



## Krill is a dietary supplement of ultra pure omega fatty acids including DHA and EPA

Eicosapentaenoic acid (EPA) and DHA contribute to the normal function of the heart (with a daily intake of 250mg)

No fishy aftertaste  
Also contains AstaXanthin

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



The Krill Miracle™ is a registered trademark of Good Health Naturally

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.



# ALPHA LIPOIC ACID: *the benefits*

## The fatty acid and antioxidant that is throwing up some interesting research

**A**lpha lipoic acid is a fatty acid found naturally inside every cell in the body and its purpose is to produce the energy for our body's normal functions. Alpha lipoic acid converts glucose (blood sugar) into energy. Other names for it include lipoic acid, thioctic acid and ALA.

Alpha lipoic acid is also an antioxidant, a substance that neutralizes potentially harmful chemicals called free radicals. What makes alpha lipoic acid unique is that it functions in water and fat, unlike the more common antioxidants vitamins C and E, and it appears to be able to recycle antioxidants such as vitamin C and glutathione after they have been used up. Glutathione is an important antioxidant that helps the body to eliminate potentially harmful substances. Alpha lipoic acid increases the formation of glutathione.

### VARIATIONS

Alpha lipoic acid exists in two forms: alpha lipoic acid-R and S-alpha lipoic acid. These two forms contain the same number and composition of atoms but have different arrangements of the atoms in their respective molecules. Natural lipoic acid is alpha lipoic acid-R. S-alpha lipoic acid contains a 50/50 mixture of the two forms. Studies with the mixture demonstrated beneficial effects in treating a number of diseases and conditions. More recent research has shown that alpha lipoic acid-R alone is far more effective than S-alpha lipoic acid or the mixture. Recently, pure

alpha lipoic acid-R has become available as a nutritional supplement.

### HOW IT HELPS THE BODY

Nearly all researchers agree that the decay of mitochondrial function (where the body produces energy) is a major component of the ageing process. Calorie restriction, with adequate nutrition, is the only proven way to slow down the fundamental ageing process in mammals. Many of the benefits of alpha lipoic acid-R closely mimic those of caloric restriction.

A study in a short-lived strain of mouse demonstrated that alpha lipoic acid-R can dramatically increase its lifespan<sup>1</sup>. The National Institutes on Aging are currently funding studies to see if alpha lipoic acid-R can truly slow down the ageing process in humans as it has in mice.

Peripheral neuropathy or polyneuropathy is when an area of the body, usually a part of a limb like a hand or foot, has symptoms of pain, burning, numbness, tingling, weakness and itching.

It can be caused by injury, nutritional deficiencies, chemotherapy or by conditions such as diabetes, Lyme disease, alcoholism, shingles, thyroid disease and kidney failure.

Alpha lipoic acid is thought to work as an antioxidant in both water and fatty tissue, enabling it to enter all parts of the nerve cell and protect it from damage. Preliminary studies suggest that alpha lipoic acid may help peripheral neuropathy. One of the largest studies involved 181 people suffering the condition taking a supplement of alpha lipoic acid. After five weeks it was discovered that their symptoms had improved.<sup>2</sup>

Alpha lipoic acid can cross the blood-brain barrier, a wall of tiny vessels and structural cells, and pass easily into the brain. It is thought to protect brain and nerve tissue by preventing free radical damage.

Animal studies have shown that by reducing oxidative damage and improving energy efficiency, alpha lipoic acid "improves performance on memory tasks"<sup>3</sup>.

### Recommended Product

**ALPHA LIPOIC ACID 'R'**  
Provides 200mg Bio-enhanced®  
Na-RALA per serving,  
up to x40 better absorbed than  
ordinary  
Alpha Lipoic Acid



### References

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# LOVE YOUR HEART LOVE YOUR **ARTERIES**

**16 ACTIVE  
Ingredients**

## 2 CAPSULES PROVIDE:

- ✓ Serrapeptase 40,000IU
- ✓ Nattokinase 1,600FU
- ✓ Protease 20,000HUT
- ✓ Lipase 1000IU
- ✓ Amylase 4000SKB
- ✓ Cellulase 600CU
- ✓ Lactase 1000ALU
- ✓ Acerola 17.5% 50mg
- ✓ Amla 45% Tannins 50mg
- ✓ Olive Leaf Citrus Blend Citrolive™ 255mg
- ✓ Trace Minerals (Coral Calcium) 100mg
- ✓ Lactospore® Probiotics 15 million 25mg
- ✓ Protease S 5mg
- ✓ Grapeseed extract 95% 100mg
- ✓ Policosanol 6mg
- ✓ Pycnogenol® 10mg

## **FACT**

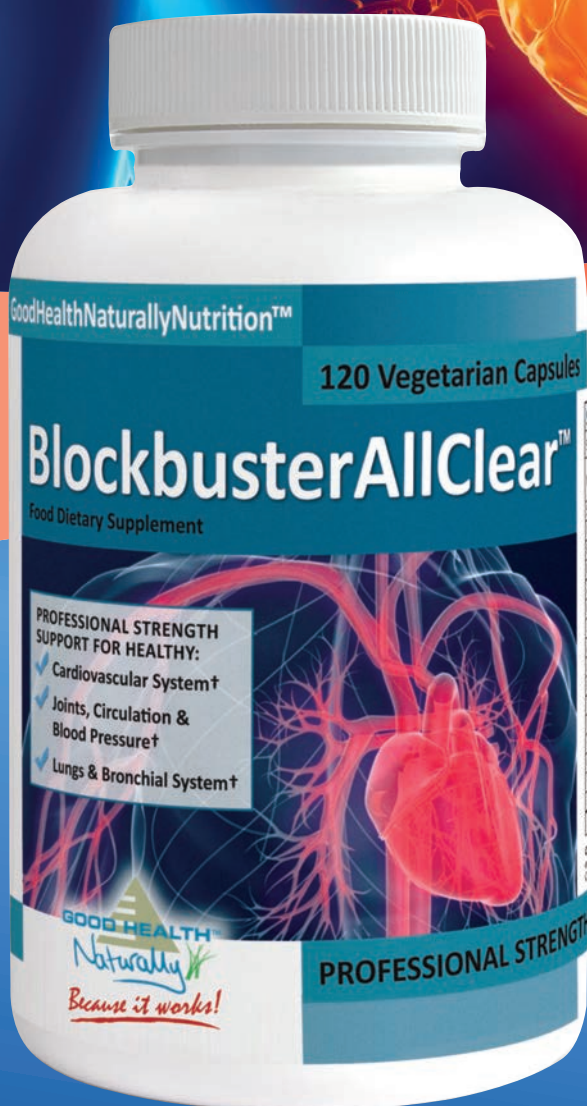
### OUTSTANDING VALUE

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

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

The amazing blend of powerful enzymes and super nutrients in BlockBuster Allclear™ is the key to your success.

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.



# CoQ10:

## *the essential nutrient*

There are many reasons why you should be supplementing with this essential nutrient – particularly if taking statins

**C**oenzyme Q10 (CoQ10) performs two major roles in the body – energy production and antioxidant protection. Found in the mitochondria of the body's cells, CoQ10 helps to generate adenosine triphosphate (ATP), which is the body's energy currency. CoQ10 is also found in high concentrations in the heart, liver, kidneys and pancreas – all of which are the organs with the highest energy needs.

CoQ10 generates energy in its oxidized form, called ubiquinone, and it also produces ubiquinol, its reduced form, which acts as a powerful antioxidant. Ubiquinol scavenges free radicals, helping to protect proteins, low-density lipoprotein (LDL, a cholesterol transporter) and DNA from oxidative damage.

### **COQ10 DEFICIENCY**

The body only makes a small amount of CoQ10 and, as we age, we begin to lose our natural ability to synthesize this



enzyme. It can also be very hard to get directly from food. A deficiency of CoQ10 can mean that the body's cells may not have enough energy to function properly and you will become more vulnerable to free radical damage that could lead to disease.

Ageing isn't the only reason why our CoQ10 levels drop – taking medication such as statins has been shown to reduce CoQ10 levels too. This is why many people end up with muscle aches and weakness while taking statins. A study in *The Journal of Clinical Pharmacology* showed statins decrease serum CoQ10 levels up to 40%. Other drugs that can reduce levels of CoQ10 include beta-blockers, antidepressants, diuretics, anti-diabetic medications and psychotherapeutic medications.

The following symptoms may be a sign that you have deficient CoQ10 levels:

- Gum or periodontal disease
- Hypertension
- Arteriosclerosis/atherosclerosis
- Angina, arrhythmia or congestive heart failure
- Stomach (gastric) or duodenal ulcers
- High blood sugar
- Kidney or renal failure
- A weak immune system leading to susceptibility to infections

## THE BENEFITS OF COQ10

CoQ10's antioxidant action has been found to help combat lipid peroxidation, which damages LDL and contributes to the development of atherosclerosis (hardening of the arteries). Australian researchers discovered that 100mg of CoQ10 significantly increases LDL-ubiquinol concentration, thus potentially inhibiting LDL oxidation.<sup>1</sup>

CoQ10 has also been found to improve blood pressure. Researchers from the University of Florence Medical School found that when patients with essential hypertension were given 50mg of CoQ10 twice daily for 10 weeks, they experienced a significant decrease in peripheral resistance and blood pressure.<sup>2</sup>

And CoQ10 can also help people with type 2 diabetes. Researchers from the University of Western Australia found that a 100mg twice daily dose of CoQ10 helped improve blood pressure and long-term glycemic control.<sup>3</sup>

## WHICH FORM IS BEST?

Generally speaking CoQ10 is poorly absorbed by the body because its crystalline structure doesn't fully dissolve in the gastrointestinal tract. However, hydrosoluble CoQ10 dissolves in water, making it easier for the body to absorb. Also, studies show that hydrosoluble CoQ10 is more efficient in increasing ubiquinone levels.<sup>4</sup>

As mentioned above, CoQ10 comes in two forms – ubiquinone and ubiquinol.

Ubiquinone is the completely oxidized form of CoQ10 and, when taken, it is metabolized within our bodies where it becomes ubiquinol – the antioxidant form of CoQ10. As we age, our ability to metabolize is reduced over time, which is why it becomes more difficult for the body to break down ubiquinone into ubiquinol. Therefore, with age, it is best to choose ubiquinol in order to gain the best benefits from your CoQ10 supplementation.

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## Recommended Product

**UB8Q10,**  
Also known as  
**Ubiquinol**, this is a co-  
enzyme Q10 that is eight  
times better absorbed  
compared to ordinary  
CoQ10!

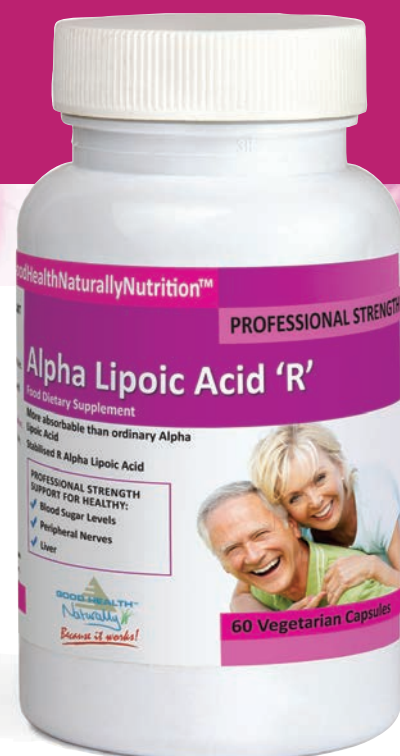


Also recommended is  
**HysorbQ10™** up to four  
times better absorbed  
compared to ordinary Q10,  
and **L-Carnitine+CoQ10**,  
a blend of L-Carnitine and  
Q10.



# As hard working as you can get...

- ALA R improves utilisation x40 times more than ordinary Alpha Lipoic Acid
- Both water soluble and fat soluble in cells and tissues
- Improves the effect of glutathione and co-enzyme Q10
- Supports B vitamins for energy production
- Approved in Germany!
- One of the best all round supplements available



**CHOOSE ALA 'R'!**

## One of the Purest and Most Natural Products on Earth

### WHY ARE ORGANIC MINERALS SO IMPORTANT TO ME?

Nobel Laureate Dr. Linus Pauling stated,  
***"Every sickness, disease and ailment  
is linked to a mineral deficiency or  
imbalance"***.

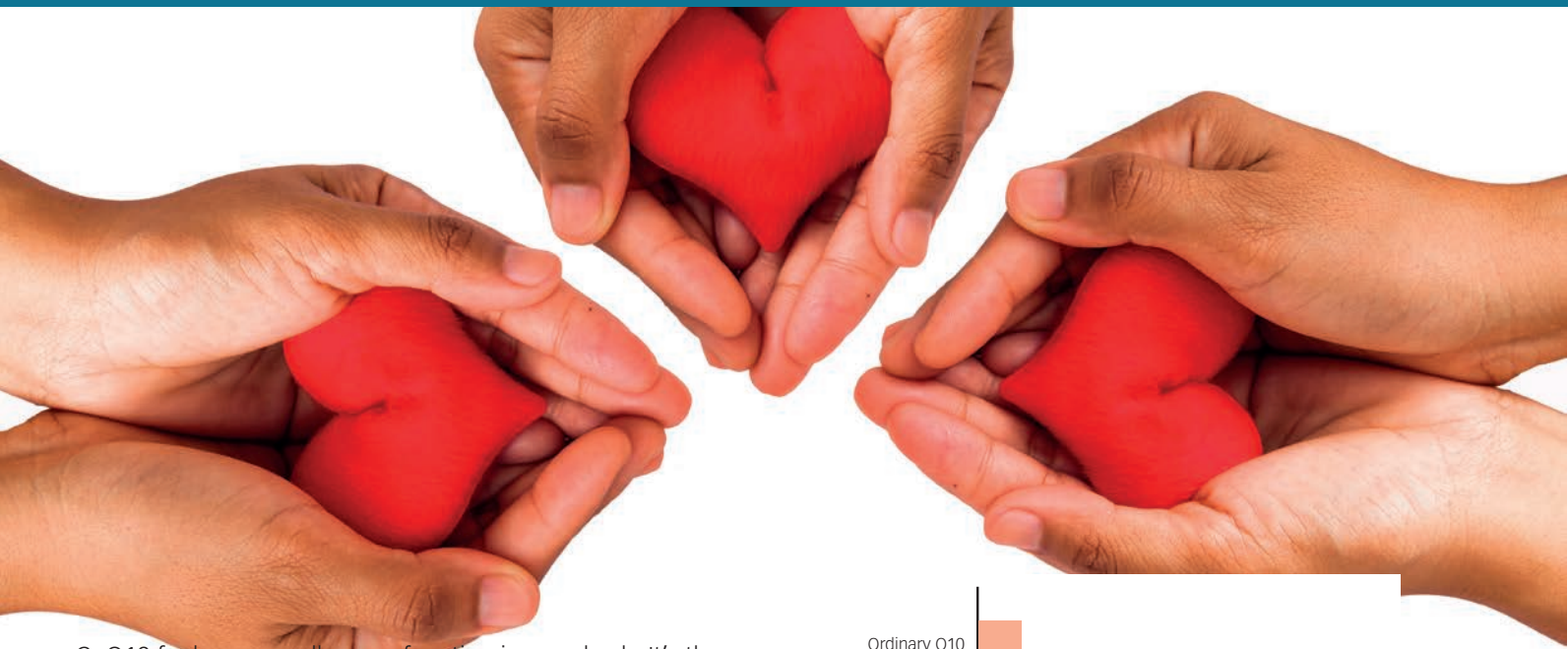
Because minerals govern 95% of your  
body's activities, it's crucial that you are  
getting the sufficient levels of minerals  
required daily.



- ✓ The finest, purest & most complete organic plant derived minerals available – essential for your body.
- ✓ A complete range of 70+ minerals ranging from A-Z on the mineral list including Calcium, Hydrogen, Iron, Magnesium, Oxygen, Selenium & Zinc.
- ✓ 100% plant derived & extracted from 70 million-year-old humic material, extracted in Emery County Mine, Utah, USA.
- ✓ Minerals are disappearing out of the food chain and now missing from soils. Get your daily requirement with Organic Minerals.
- ✓ Independently tested, it provides you with the highest concentration of minerals available: 38,000 mg per container.

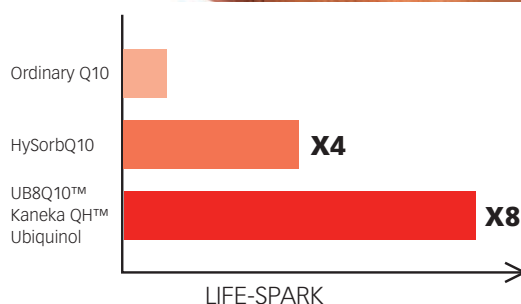


# IF YOU TAKE CO-ENZYME Q10 MAKE SURE YOU READ THIS...



CoQ10 fuels every cell, every function in your body. It's the nearest thing in your body to the spark of life itself.

But, this 'life-spark' has just got better – 4 or even 8 times better! Thanks to a stunning breakthrough in Japan, there are now 2 specially patented new formulas which are 4 and 8 times more absorbable by your body than ordinary CoQ10.



## IT'S WHAT YOU ABSORB



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

**UB8Q10™ - UBIQUINOL 8 x ABSORBENCY  
GELATIN CAPSULES**

**HySorbQ10™ Caps** are made using an Advanced Bioavailability Water Miscible CoQ10 from the makers of Q-Gel® that uses pure Hydro-Q-Sorb® CoQ10 – a Bio-enhanced Coenzyme CoQ10, (Patent Number 6,861,447) – for enhanced dissolution and easier absorption.

- HySorbQ10™ Caps CoQ10 is 100% Natural
- HySorbQ10™ Caps CoQ10 is 100% vegetarian
- HySorbQ10™ Caps CoQ10 has NO artificial ingredients
- HySorbQ10™ Caps CoQ10 has NO Vitamin E
- HySorbQ10™ Caps CoQ10 has NO Soy
- HySorbQ10™ Caps CoQ10 is an All Trans CoQ10
- HySorbQ10™ Caps CoQ10 is a USP Grade CoQ10
- HySorbQ10™ Caps CoQ10 is non – GMO (NO Genetically Modified Organisms)

HySorbQ10™ 50mg Veggie Capsule Supplement Facts:

**Serving Size: 1 Capsule.**

**Amount per Capsule: CoEnzyme Q10 (hydroQsorb®) 50mg\*** (note as this is up to 4 times more absorbable it is equivalent to taking 200mg ordinary CoQ10). \*Daily Value not established.



**UB8Q10™ Kaneka QH™ Ubiquinol** is the antioxidant form of CoQ10. Studies show this form of CoQ10 is absorbed more efficiently and offers enhanced bioavailability over other forms of CoQ10 (ubiquinone).

- UB8Q10™ – Especially for the ageing digestive tract
- UB8Q10™ – The only patented, stabilized form of ubiquinol available
- UB8Q10™ – Provides the reduced (active antioxidant) form of CoQ10
- UB8Q10™ – Ubiquinol provides powerful anti-oxidant protection to cells and plays a role in the body's natural production of cellular energy.
- UB8Q10™ – Easy-to-swallow softgel
- UB8Q10™ – Gluten Free
- UB8Q10™ – Caps CoQ10 is non-GMO (NO Genetically Modified Organisms)
- UB8Q10™ – 50mg SOFTGEL GELATIN Capsule

**Serving Size: 1 Capsule. Amount per Capsule: UB8Q10™ Kaneka QH™ Ubiquinol 50 mg\*** (note as this is up to 8 times more absorbable it is equivalent to taking 400mg ordinary CoQ10). \*Daily Value not established.



# The Prescript-Assist™ Answer

Prescript-Assist is a next generation, clinically proven probiotic supplement that solves the **5** major problems plaguing other probiotics

## The Problem with most Probiotics

1. **Strain Homogeneity.** Typically, probiotics feature just one or two strains of beneficial bacteria. However, scientists estimate that as many as 1,000 different species of microbes naturally inhabit the human gut. Single-strain products, therefore, provide limited effectiveness.
2. **Perishability.** The majority of probiotics on the market utilize lactic-acid-based bacteria, which are destroyed by the heat and pressure of manufacturing, as well as by exposure to light and changes in temperature. Unless they are continuously refrigerated, they may not contain an adequate number of live organisms by the time they are ingested.
3. **Low Viability.** Even if a probiotic product does manage to contain an adequate number of live organisms at the time of ingestion, there is no guarantee that the bacteria will make it to the intestines alive — stomach acid is notorious for killing fragile lactic-acid-based bacteria.
4. **Lack of Prebiotics.** Few probiotic supplements include prebiotics — the food that probiotic bacteria need to survive. As a result, the beneficial microbes that *do* make it to the gut intact have nothing to sustain their growth.
5. **Weak Scientific Validation:** Most probiotic supplements on the market lack clinical studies validating effectiveness.



## The Prescript Assist Solution

### 1. Broad-Spectrum Formula

Prescript-Assist is a broad-spectrum formula that contains 29 different strains of beneficial microflora — not just one or two. That means it better reflects the great microbial diversity of the intestines vs typical probiotic products.

### 2. Unparalleled Shelf Stability

The probiotic bacteria in Prescript-Assist are unique because each cell is protected by a durable seed-like structure. As a result, they are safeguarded against light, heat and pressure. Routine testing shows that Prescript-Assist retains more than 95 percent of its potency two years after the date of manufacture, even when stored at 98°F.

### 3. High Viability

The seed-like structure encasing the probiotic bacteria in Prescript-Assist also protects them against degradation by stomach acid, so they reach their target destination — your intestines — intact. There, they become active and multiply.

### 4. Prebiotic Support

To ensure that the 29 strains of beneficial microflora in Prescript-Assist have a food source once they reach the GI tract, the formula includes leonardite, a prebiotic composition of humic and fulvic acids.

### 5. Backed by Sound Science

Supported by a peer-reviewed, double-blind, placebo-controlled human clinical trial — including a one-year follow-up study, verifying long term efficacy.

*"I cannot emphasize enough the positive results my patients have experienced during Prescript-Assist's clinical evaluation; now going on six years. The product continues to prove effective at augmenting many gut function processes which have become complicated by various medications, individual lifestyles, environmental toxins, and the general stress of daily living. Unlike any probiotics I have ever tested, I firmly believe that everyone could use Prescript-Assist to their benefit."*

Charles Smith DO (FACOG, Surgeon) Plainview Rural Health Clinic, Plainview TX



# THE PERFECT *combination*



Did you know that a combination of vitamins D3 and K2 can bring great health benefits to your bones and heart?

**M**uch research has been published into the health benefits of vitamin D, but now new research is demonstrating that vitamin D3 combined with vitamin K2 can pack a powerful health punch. This potent combination is particularly effective for bone strength and cardiovascular health. Let's take a look at these vitamins in more detail.

## VITAMIN D3

Vitamin D is essential for a wide variety of functions, including helping to regulate the amount of calcium and phosphate in the body. These substances are needed for healthy bones and teeth. Vitamin D may have other important roles in the body including regulating cell growth<sup>1</sup>, neuromuscular and immune function and reducing inflammation<sup>2</sup>. Vitamin D is found in a small number of foods such as oily fish, eggs and fortified breakfast cereals but the best form is through exposing the skin to sunlight. Vitamin D from sunlight acts as a pro-hormone, rapidly converting to vitamin D3.

## VITAMIN K2

Rather than being a single nutrient, vitamin K is actually the name given to a group of vitamins of similar composition. The two main groups of vitamin K that occur naturally are vitamin K1 (phyloquinone) and K2 (menaquinone). K1 is found in many green vegetables and K2 is produced by bacteria. Vitamin K2 is an important fat-soluble vitamin that plays critical roles in protecting the heart and brain and building strong bones<sup>3</sup>. Its role in the body is to help move calcium into the right areas, such as the bones and teeth. It also helps remove calcium from areas where it shouldn't be such as in the arteries and soft

tissues. A large part of arterial plaque consists of calcium deposits (atherosclerosis), hence the term 'hardening of the arteries.'

## THE RELATIONSHIP BETWEEN VITAMIN D3 AND VITAMIN K2

Supplementing with vitamin D greatly enhances the body's ability to absorb calcium. However, vitamin K2 is necessary to move the calcium where it is supposed to be in the body. Vitamin K2 activates a protein hormone called osteocalcin, produced by osteoblasts, which helps to bind calcium into the matrix of the bone. Osteocalcin also appears to help prevent calcium from depositing into the arteries. Thus, without vitamin K2, the calcium brought into the body by vitamin D may begin to build up in the arteries rather than in the bones. Vitamin K and vitamin D work together to increase Matrix GLA Protein (or MGP), the protein which protects the blood vessels from calcification.

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## Recommended Product

### VITAMIN D3 AND K2 SPRAY

**Vitamin D3 and K2 are combined in this handy spray to provide 1000iu D3 and 100mcg K2 per serving. Suitable for vegans.**



# competition TIME

Complete this quick crossword and you could be in with a chance of winning £100 worth of health products of your choice!

## Dear reader

It's time to relax and have some fun!

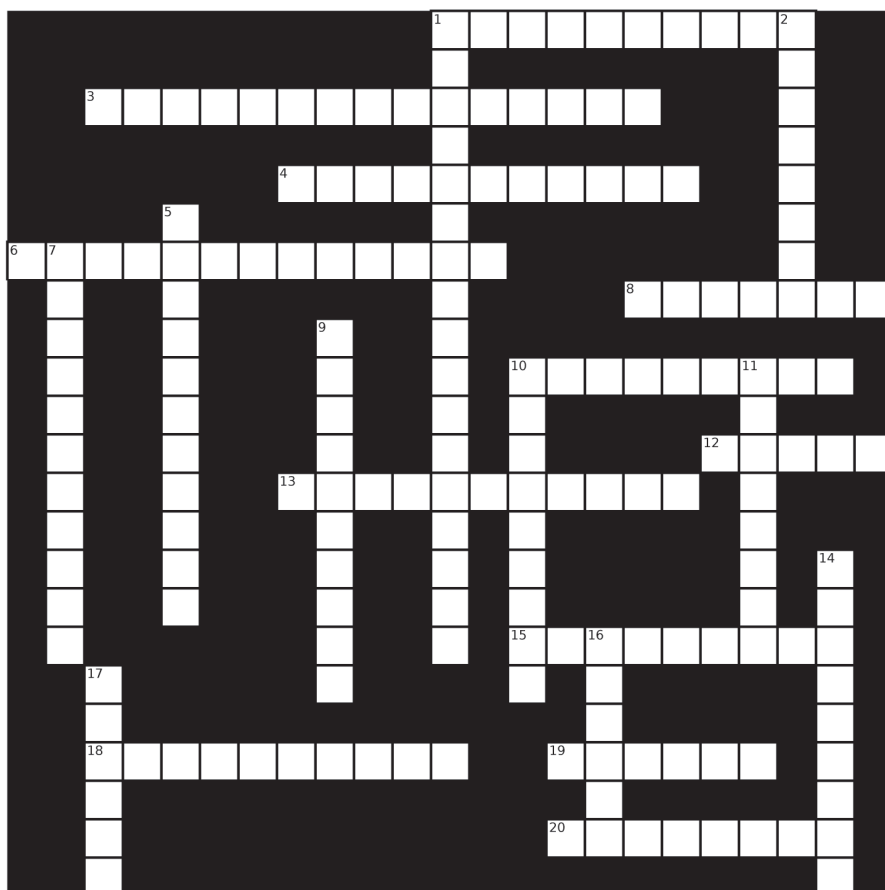
Sit down, get a cup of herbal tea and grab a piece of 'healthy cake' (see our recipes on page 60). It's time to get your thinking caps on and try our quick crossword – all the answers can be found within this magazine.

Once you have completed the crossword, fill out your details in the form provided, tear out this page and hand it in at your local health shop next time you visit. One lucky winner, drawn at random from all the entries, will win £100 worth of health products. Don't worry if you don't manage to complete the crossword – all attempted crosswords will be accepted!

The answers will be in the next edition of *Naturally Healthy News*.

Good luck!

Naturally Healthy News



## CONTACT DETAILS

Name: .....

If you win please confirm how we should contact you

Telephone / Email / Home Address: .....

.....

## Down

1. This form of vitamin C is superior to the synthetic form made by Pharma companies (5-4-7-1)
2. Which serrapeptase formulation is designed for dogs and horses? (8)
5. Stay away from this type of product that contains parabens (11)
7. The powerful antioxidant that gives flamingoes and salmon their pink colour (11)
9. Found in green tea, this nutrient is used for sleep and relaxation in Japan (10)
10. This essential 'beautiful mineral' is implicated in hundreds of biochemical actions in the body (9)
11. Used for thousands of years in Ayurvedic medicine (8)
14. Which formulation helps you sleep, rest and relax? (9)
16. Essential for a healthy thyroid, breasts and skin (6)
17. This carotenoid is essential for healthy eyes (6)

## Across

1. Friendly bacteria essential for healthy digestion (10)
3. The only 29 strain probiotic formula with full scientific studies (9-6)
4. What do I need to locate and treat acupuncture points with electronic pulses? (11)
6. Stay away from this so-called food group for a healthier diet (13)
8. A healthy chewing gum that actually protects teeth (7)
10. Sublingual spray which delivers 15 nutrients 900% better compared to tablets (9)
12. Similar to fish oil but up to six times more powerful (5)
13. Also known as 'The Miracle Enzyme' (11)
15. This form of CoQ10 absorbs eight times better for those over 45 (9)
18. Stay away from this product if it contains fluoride or sodium lauryl sulphate (10)
19. Used to treat infections for 50 years before the use of antibiotics (6)
20. Which powerful formula contains serrapeptase, curcumin, Ecklonia Cava and vitamin D3? (8)

**Terms and conditions:** The draw will take place on 30th April 2013. Any entry after this date will be invalid. Only one entry per person. The winner will be notified after the closing date via their preferred contact method. The prize cannot be exchanged for cash. The decision of the judge is final and no correspondence will be entered into.



**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!!**



- Magnesium contributes to a reduction of tiredness and fatigue
- Magnesium contributes to electrolyte balance
- Magnesium contributes to normal muscle function
- Magnesium contributes to normal energy yielding metabolism
- Magnesium contributes to normal functioning of the nervous system
- Magnesium contributes to normal protein synthesis
- Magnesium contributes to normal psychological function
- Magnesium contributes to the maintenance of normal teeth and normal bones
- Magnesium has a role in the process of cell division

**ORIGINAL, PROFESSIONAL STRENGTH  
MAGNESIUM PRODUCTS**

Ancient Minerals™ is drawn from the 250 million year isolated Ancient Zechstein Seabed, 2km 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 daily skin moisturiser*

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

The 'Miracle'  
Enzyme® is  
Serrapeptase



## **SERRAENZYME® 80,000iu...**

**IS THE MOST TRUSTED SERRAPEPTASE**

**IS THE BEST-SELLING SERRAPEPTASE**

**IS THE FIRST & ORIGINAL SERRAPEPTASE**

**IS THE SERRAPEPTASE WITH THE MOST RESULTS**

**IS SUITABLE FOR VEGETARIANS**

**IS CHANGING LIVES**

**IS THE SERRAPEPTASE WITH THE MOST  
TESTIMONIALS**

**IS AVAILABLE IN TABS OR CAPS & ENTERIC  
OR NON ENTERIC COATING**

Ask your local health specialist  
how SerraEnzyme can help to  
change your life

Serrapeptase, an enzyme, is  
the Number 1 supplement that  
can't be found in everyday diet

Wonderful results with a variety of  
conditions have been reported in various  
testimonials and also by practitioners'  
observations of patients.

The 'Miracle' Enzyme is a registered trademark of Good Health Naturally

All products in this magazine are available from your local health retailer