

YOUR COMPLIMENTARY COPY
ISSUE 24



naturallyhealthy^{NEWS}



**THE LATEST HEALTH NEWS
AND RESEARCH**

**BENEFITS OF
A KETOGENIC DIET**

**KEEP YOUR SIGHTS
ON GOOD HEALTH**

HELP YOUR HEART

RECIPES **SUPPLEMENTS** MAGNESIUM **ROBERT'S RANT** LETTERS **SERRAPEPTASE** PET HEALTH

THIS 'MIRACLE' ENZYME IS CHANGING LIVES

Could it change yours?



Serrapeptase is an enzyme which can't be found in everyday diet. Enzymes are hugely important as they are the 'labour force of the body'.

SerraEnzyme 250,000iu is the new maximum strength serrapeptase from Good Health Naturally.

Try this if you need stronger serrapeptase and for any serious health condition that serrapeptase will help.

- Maximum strength serrapeptase
- 250,000iu serrapeptase per cap
- Also known as The 'Miracle' Enzyme
- Manufactured under strict guidelines, set by the U.S Food & Drug Administration's 'Good Manufacturing Practices'
- Over 30 years of use, the 'original' serrapeptase, most results and many testimonials
- Backed by Robert Redfern, serrapeptase expert
- Delayed release capsule, phthalate-free
- Suitable for vegetarians





welcome...

Hello and welcome to Issue 24 of Naturally Healthy News.

The big news is that we are now moving from an annual to a bi-monthly publication. Many readers have asked about this and it will enable us to include more topical articles. Since the magazine is to be published every two months I need your feedback and your ideas for topics to be covered. This is your magazine designed to help you look after your health and wellbeing the natural way. Your feedback will help us to make it as relevant as possible to help you achieve optimum wellness.

Articles I want to include are those that will counter the misinformation put out by pharmaceutical/food industry-sponsored 'spoiler' studies on lifestyle, diet and nutrition that are designed to confuse the public. The fact is that our lifestyle is the cause of disease and, in my 28 years of helping people, the successful outcomes I have witnessed from taking the natural approach have only served to support this view.

This expansion of the magazine will enable us to include more in-depth articles on the so-called ticking time bomb of Alzheimer's disease, senility and dementia. We have covered this subject in the current issue, along with other articles on a whole host of health conditions from diabetes support to digestive issues. We have a range of advice to offer, no matter what your health concern may be.

Future editions will include more in-depth articles on anti-ageing, cardiovascular and arterial health, lung health, blood sugar, autoimmune diseases and more.

We also plan to include more real life health stories like that of Dave Ferguson, whose success story is told on page 62. I'm always thrilled to hear from readers who have been following my plans for the last 28 years and are still using them today to stay healthy. I would love to hear your success story, so please get in touch with me via email.

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

Robert Redfern

**Take good care,
Robert Redfern
Health advocate, author and broadcaster**



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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10 Rayleigh Ave, Davenham,
Cheshire, CW9 8LE

Editor: Robert Redfern

Writers: Bethany Ramos and Liz Parry

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HEALTH news



ZINC KILLS PNEUMONIA AND MENINGITIS BACTERIA

Zinc is one of the very best anti-bacterial agents around – and scientists have discovered this week how it works, even against some of the deadliest bacteria that cause pneumonia and meningitis.

The essential mineral starves the bacteria by blocking its ability to scavenge for manganese in the body, which weakens it and makes the job of the immune system so much easier.

Scientists at the University of Adelaide have observed the way that zinc interplays with one of the deadliest bacteria, *Streptococcus pneumoniae*, which kills more than one million people a year by causing pneumonia, meningitis and other serious infectious diseases.

But the bacteria need to feed off manganese, an essential metal, in order to thrive and attack the body. Zinc interferes with that process, and stops manganese reaching the bacteria.

(Source: *Nature Chemical Biology*, 2013; doi: 10.1038/nchembio.1382)

WOMEN ON THE PILL TWICE AS LIKELY TO SUFFER FROM GLAUCOMA

Women who have taken the contraceptive pill for more than three years are twice as likely to suffer from glaucoma, one of the leading causes of blindness, researchers have announced. It's the first time the contraceptive pill has been linked to glaucoma, which affects around 60 million people worldwide. Researchers from the University of California, San Francisco, have discovered that women taking any oral contraceptive for longer than three years are just over twice as likely to develop the eye problem. They discovered the association when they analysed the health of 3,406 women aged 40 years and older. They say doctors should be aware of the possible risk, and encourage long-term users of the pill to have regular eye examinations.

(Source: *Proceedings of the annual meeting of the American Academy of Ophthalmology*, New Orleans, November 18, 2013).



SOLUBLE PAINKILLERS INCREASE HIGH BLOOD PRESSURE RISK SEVEN-FOLD

Soluble painkillers – many of which you can buy over-the-counter without a prescription – contain so much salt that they can increase the chances of developing high blood pressure (hypertension) more than seven times. They also raise the risk of a heart attack, stroke or fatal heart failure by 20 per cent.

People who regularly take soluble medication are especially at risk, say researchers from Dundee University, apparently the first to 'discover' that effervescent tablets contain sodium. It is often combined with bicarbonate, a substance that makes the tablets fizz. Levels of sodium were as high as 18mmol, which equates to one-fifth of a teaspoon, in one everyday painkiller. As the daily safe consumption of sodium is 104mmol, someone taking eight painkillers a day would exceed the limit by around 44mmol.

The researchers tested a range of painkillers, including paracetamol and aspirin.

(Source: *British Medical Journal*, 2013; 347:f6954)

SUGAR-SWEETENED COLA DRINKS INCREASE ENDOMETRIAL CANCER RISK

Women who regularly drink sugar-sweetened colas are running a high risk of developing endometrial cancer. The risk starts to increase for women who drink more than one cola a week, but it rises dramatically to a 78 per cent increased risk in women who drink eight or more cans or bottles a day.

The drinks seem to increase the chances of developing oestrogen-dependent type I endometrial cancer, which is the most common type of the cancer, but not type II. The colas that increase the risk are Coke, Pepsi and other colas, other carbonated drinks that have added sugar, plus lemonades and other non-carbonated fruit drinks, say researchers from the University of Minnesota.

The risk is directly related to the amount that is drunk, the researchers discovered after questioning 23,039 post-menopausal women. Compared to women who never drank colas, those who drank between 1.7 and 60.5 drinks a week saw their risk increase.

(Source: *Cancer Epidemiology Biomarkers & Prevention*, 2013; doi: 10.1158/1055-9965.EPI-13-0636).



IT'S NEVER TOO LATE TO START EXERCISING – EVEN IF YOU'RE RETIRED

It's never too late to start exercising. Even people who have never exercised until they reach their 60s can still benefit and enjoy a healthy old age, a new study has found.

The study, by researchers from University College London, assessed the health of 3,454 adults with an average age of 64 over an eight-year period. Sustained and frequent physical activity for four years increased by seven times the chances of a healthy, disease-free, old age compared to someone who is physically inactive.

It doesn't seem to matter when you start exercising, either. The participants who started exercising only at the start of the study – but had been inactive before – were still three times more likely to be 'healthy agers' by the end of the study compared to those who never did exercise during the lifetime of the trial. Exercise doesn't just help ward off the usual chronic diseases of old age, it also keeps us mentally sharp, too.

Regular exercisers maintained a good memory, and were able to lead an active social life. And the exercise doesn't have to be too onerous or regular, either. Those who did moderate to vigorous exercise at least once a week at the start of the study were four times more likely to be classified as 'a healthy ager' eight years later. The key, say the researchers, is little and often when it comes to exercise.

(Source: *British Journal of Sports Medicine*, 2013; doi: 10.1136/bjsports-2013-092993)

Source: www.WDDTY.com

ACE DRUGS CAUSE LIFE-THREATENING KIDNEY FAILURE

ACE inhibitors – drugs for lowering blood pressure – are a major cause of life-threatening kidney failure. They could be responsible for 15 per cent of all cases of kidney injuries, researchers estimate. It's always been suspected that the ACE (angiotensin receptor antagonists) drugs might cause kidney injury and failure, but nobody was sure how bad the problem might be.

So researchers from Cambridge University looked at two years, 2007 and 2010, and compared the level of prescribing to hospital admissions for kidney injury. ACE prescriptions suddenly increased by 16 per cent in 2010 in the UK, and there was a 52 per cent increase in hospital admissions for acute kidney injury that year, too. They reckon that 1,636 of the admissions in 2010 could have been avoided had doctors kept to prescribing levels of 2007. The researchers estimate that the ACE drugs could be responsible for one in seven cases – or nearly 15 per cent – of kidney injury.

Around 30 per cent of the patients die from kidney failure. ACE inhibitors are the world's second most-commonly prescribed drug, used to treat blood pressure, heart disease and – ironically – kidney failure.

(Source: *PLoS ONE*, 2013; 8: e78465)

SATURATED FATS DON'T CAUSE HEART DISEASE – THEY HELP PREVENT IT, LEADING SPECIALIST SAYS

Medicine has been getting it wrong for more than 40 years: saturated fats from foods such as dairy and red meat don't cause heart disease, they help prevent it, a leading heart specialist has said.

The real culprits are the trans fats found in processed and fast foods, bakery products and margarines, says Aseem Malhotra, cardiology specialist at Croydon University Hospital in London.

And although we're told to cut down on the trans fats, we're advised to do the same with saturated fats, and yet recent studies have shown these have a protective effect. The fats in dairy produce lower blood pressure and protect against diabetes, a precursor of heart disease. Red meat has a similar protective effect, but it's the processed meats that cause the damage, possibly because they contain preservatives such as nitrates and sodium.

The 40-year mantra of lowering total cholesterol levels through reducing the amount of fat we consume has paradoxically increased our risk of cardiovascular disease, and put millions of people on powerful statins that they don't need.

(Source: *British Medical Journal*, 2013; 347: f6340).



2014... Now is the time to start if you haven't already?

Renew your body now with these top picks...

Ancient Minerals Bath Flakes

Magnesium is known as the 'beautiful mineral' in Chinese medicine as it is implicated in hundreds of biochemical reactions in your body. It helps to reduce tiredness and fatigue, it helps your muscles function, it helps to maintain bones and teeth and so much more!

Why not unwind with Ancient Minerals Bath Flakes? These are drawn from the Ancient Zechstein seabed, approximately two miles beneath the surface of the earth. This seabed is rich in magnesium chloride and this is extracted to make the flakes. This is the best type of magnesium available!

Simply empty the flakes into a warm bath or foot bath. They are a very easy and convenient 'do it yourself' way to boost magnesium levels. Available in a small 750g pouch or larger jar.



Advanced Cellular Silver Range

Advanced Cellular Silver – 200 parts per million of uniquely energised silver molecules, proven safe in independent studies.

Advanced Cellular Glutathione (GSH) – GSH is one of the most critical molecules in the entire body.

Extensive research confirms that supplementing with GSH supports health and ACG GSH increases levels by over 10% in just 7 hours.

Advanced Cellular Zeolite – works on metals such as mercury, lead and chemical toxins, verified in multiple, independent studies.




LL's Magnetic Clay Detox Baths

There is a range of 12 different clay baths available. The most popular are:

Clear Out Detox, Smokers Detox, Mercury Detox and Natural Detox.

These baths can be used by everyone and the clay and formula ingredients are all natural. There are no emulsifiers or chemical additives and they are designed to be used in your own home for maximum convenience. The kits will administer 10 one-cup baths per kit and include eight pages of graphic step-by-step instructions.





SPRING CLEAN YOUR SYSTEM

Top detox tips for ridding your body of toxins

A detox is a great way of giving your body a good clean and removing any toxins that may have built up. We ingest toxins in many different ways: through food and drink, via airborne pollutants such as exhaust fumes, and through applying cosmetics to our skin and dyes to our hair.

Our bodies expel these toxins through our bowels, urinary tract and lungs. But if these exit routes are not working as well as they should, then the body will

expel toxins through the skin and mucous membranes. If you experience skin breakouts and persistent catarrh then this is a good indication that you are suffering with an overload of toxins.

Some practical ways to deal with this include getting out in the fresh air every day to clear your lungs. Drinking at least 1.5 litres of still water daily will also help to flush out toxins through your urinary tract. And taking fibre and psyllium husk will help your bowels to function properly.

However, from time to time, our bodies

need to be cleansed from harmful build-ups in order to really function at their best. Even though we may be eating a healthy diet, exercising and taking good quality supplements, our bodies may still need to be cleansed from other toxins, such as the build-up of toxic metals. These can include mercury, lead, aluminium, arsenic and cadmium.

We are exposed to these toxins in all manner of ways, from receiving amalgam fillings at the dentist, to eating fish that have been contaminated with chemicals,



being exposed to industrial fumes and eating food that has been sprayed with pesticides.

Symptoms such as headaches, tiredness, irritability, depression and anaemia are all signs that you could be experiencing a toxic accumulation of metals in your body's soft tissues.

Let's take a look at some ways to support the detoxification process.

IODINE

Restoring your iodine levels through

supplementation may help to support the detoxification process. In addition, iodine has been found to be beneficial in detoxing the body of sodium fluoride. Sodium fluoride can damage the liver and kidneys, weaken the immune system and may lead to symptoms that mimic fibromyalgia. It is added to many water supplies. Supplementation with iodine has been found to increase the excretion of sodium fluoride from our bodies via our urine in the form of calcium fluoride. However, it is recommended that this process is supported with calcium and magnesium supplements as the body's calcium levels will be depleted. Lecithin is also recommended as an adjunct to using iodine for excreting fluorides.¹ The only natural source of iodine 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.

CLAY BATHS

Clay baths are a simple way to help detox the body of metals and toxins such as lead, cadmium, mercury and aluminium. They have reportedly been safely used for centuries, the premise being that certain types of clays, like bentonite, are able to draw out toxins through the pores of the skin.

Clay baths help to stimulate the lymphatic system and cleanse the skin, which is of course the largest organ in the body. The benefits with clay baths are that they are inexpensive, do not require costly equipment and can save time and money compared to chelation therapy and other environmental detoxification programmes. They are also particularly good for relieving stress and promoting relaxation, especially in the evening.

In order to prepare a clay bath, you scatter dry powdered clay into your bath water, then simply lie back and relax for at least 15-20 minutes. Try to submerge as much of your body as possible during

Recommended Products

CLAY BATH KITS:

Clear Out Detox, Smokers Detox, Mercury Detox and Natural Detox all available.



ANCIENT MINERALS MAGNESIUM BATH FLAKES:

Genuine Zechstein magnesium chloride bath flakes, use either in the bath or footbath!

the bath as it is believed that the more clay that is used, the more powerful the response.²

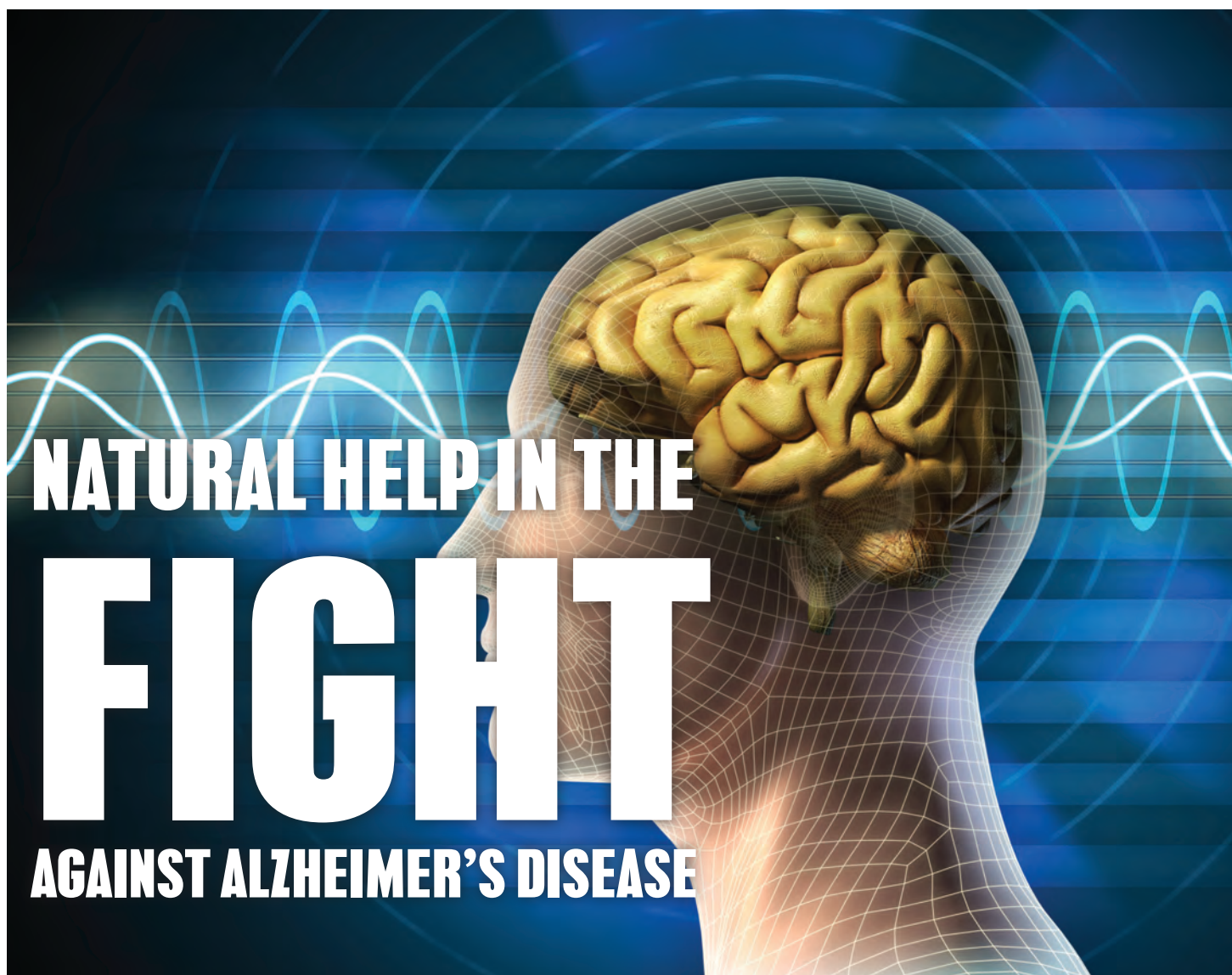
MAGNESIUM

Magnesium is necessary for the detoxification of the body's cells in many different ways. Firstly, this vital mineral plays a major role in the production of energy or ATP (adenosine triphosphate). This energy is vital for the detoxification process. Secondly, magnesium assists with the cleansing of cells by stimulating the sodium-potassium exchange on the cell wall which regulates potassium levels inside and outside the cell. Thirdly, magnesium regulates the calcium content inside cells, thus preventing cellular calcification and premature ageing.

In addition, magnesium protects the body's cells from oxidation by free radicals and protects the body from heavy metals such as mercury, aluminium, nickel, lead and cadmium. For this reason, magnesium is a useful means of protecting the body from chemical toxicity.³

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2. *Clay Baths: A Safe Method for Body Detoxification.* www.naturalnews.com
3. www.magnesiumoil.org.uk



Coconut oil, curcumin, DHA and B vitamins have all been shown to help protect against the ravages of Alzheimer's disease. We take a look at the evidence

According to Alzheimer's Disease International, there are currently an estimated 44.4 million people with dementia worldwide.

This number is expected to increase to around 75.6 million in 2030, and 135.5 million in 2050, with much of the increase being in developing countries. While these statistics are worrying, recent research has shed light on a number of natural supplements that may help this devastating degenerative condition.

COCONUT OIL

A 2004 clinical trial, published in the journal *Neurobiology of Aging*, reported significant improvements in Alzheimer's disease patients after 45 and 90 days of treatment with Medium Chain Triglycerides from coconut oil.¹

MCTs are the primary source of fat found within coconut oil, and they are also a primary source of ketone bodies, which provide an alternative energy source for the brain. The brain's usual energy source is glucose, but when

insulin resistance develops in the brain, which is what happens to people with Alzheimer's disease, parts of the brain start to shrink, leading to impaired functioning and eventual loss of memory, speech, movement and personality.

Ketone bodies, however, provide an alternative energy source which can prevent brain shrinkage and lead to improvements in cognitive function.

A recent pilot study investigated the effects of coconut oil supplementation on live rat neurons cultured in the lab and treated with β -amyloid peptides.² These peptides are the main component of the plaques found in the brains of patients with Alzheimer's disease and are believed to contribute to the disease. The results showed that the neurons damaged by the β -amyloid peptides and treated with

coconut oil appeared healthier, while the coconut oil seemed to prevent the damage caused to the mitochondria in these neurons. As the function of the mitochondria in the brains of Alzheimer's patients is often compromised, this discovery is highly significant.

CURCUMIN

A number of clinical trials indicate that curcumin, the compound found in the spice turmeric, has a neuroprotective effect, and many relate directly to Alzheimer's disease. For example, a study published in the journal *Ayu* reported that three patients with Alzheimer's disease experienced "remarkable" improvements in behavioural symptoms after consuming 100mg of curcumin daily for 12 weeks. The researchers concluded that the supplementation with curcumin increased the quality of life and activities of daily living of the patients and eased the burden on their caregivers.³

Curcumin is known to have anti-inflammatory properties which may play a protective role against the above-mentioned β -amyloid peptides.⁴ Also, research shows that a combination of curcumin and vitamin D₃ may help to stimulate the immune system to clear the brain of these β -amyloid peptides.⁵

DHA

DHA, or docosahexaenoic acid, is an omega-3 fatty acid that is needed for the maintenance of normal brain function. It is found in oily fish such as salmon, tuna and mackerel.

Decreased levels of DHA in the brain are linked with cognitive decline during ageing and with the onset of sporadic Alzheimer's disease.⁶ Research shows that DHA may be beneficial to those with Alzheimer's disease because of its ability to limit the production of β -amyloid which is involved in the progression of the disease. One particular study, carried out on mice, concluded that "dietary DHA could be protective against β -amyloid production,

accumulation, and potential downstream toxicity."⁷

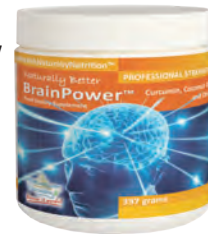
B VITAMINS

B vitamins have been shown to help in the fight against Alzheimer's disease by regulating the body's levels of homocysteine. This amino acid is normally converted into the brain chemical acetylcholine, which is used for memory, but studies have showed that Alzheimer's patients have unusually high levels of homocysteine in their bloodstream and low levels of acetylcholine. Additionally, high levels of homocysteine have been linked with brain shrinkage. One study demonstrated that "B vitamins lower homocysteine, which directly leads to a decrease in GM (grey matter) atrophy, thereby slowing cognitive decline." The researchers added that "the beneficial effect of B vitamins is confined to participants with high homocysteine."⁸

Recommended Products

BRAINPOWER

BrainPower is a new formulation which uniquely combines DHA, curcumin and coconut oil. Simply mix a spoonful with a small amount of your food of choice and chew slowly – this is for maximum absorption into the mouth and brain.



B4HEALTH™ SUBLINGUAL SPRAY

This formulation contains vitamins B3, B6, B12, C, D, E and folic acid, plus selenium, biotin, magnesium, dimethylglycine, taurine, ribose, co-enzyme Q10, N-acetyl-D-glucosamine and pine bark extract.



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BEST NEW PRODUCTS

SerraEnzyme 250,000IU

More Serrapeptase for more results

Give me the low-down! Serrapeptase has been around for over 30 years and is known as the 'miracle' enzyme. Previously the highest strength Serrapeptase that was available was a 80,000iu Serrapeptase (per cap), but now there is one that is three times stronger: 250,000iu!

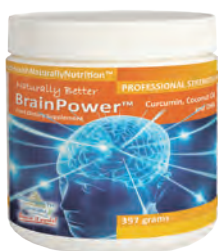


Is this for me? Serrapeptase is helping to change lives so give this a try if you have a serious health condition that Serrapeptase can help and/or if you need stronger Serrapeptase. It is manufactured under strict guidelines, set by the U.S Food and Drug Administration's 'Good Manufacturing Practices' and is phthalate-free. Get serious with your Serrapeptase!

BrainPower

Power up!

What's new? BrainPower is brand new for 2014 and is another special formula from Good Health Naturally. You won't be able to find this combination of ingredients anywhere else



Try me! There are three amazing ingredients in BrainPower: (1) Curcumin, the ancient spice which you may have heard about (often found in curry). There are over 1,800 studies on PubMed which show 1,800 reasons to take it! (2) Coconut oil, which is rich in medium chain fatty acids such as lauric acid and (3) DHA (Docosahexaenoic acid), which contributes to the maintenance of normal brain function

MaxiFocus (Liposomal)

Improved delivery for this very popular product

Why should I try this? MaxiFocus is a sublingual formula which was specially created using 24 super nutrients, including Lutein, Zeaxanthin and Riboflavin, which contributes to the maintenance of normal vision. It is much better than taking tablets (up to nine times better) because it is more easily absorbed and can be working in the eye within two minutes!



More absorption! This 'new' MaxiFocus is made using the liposomal system which means the absorption is now even better than the original!

Pure Concentrated Organic Minerals

77 minerals to help your health

What's this? Imagine the earth some 34 million years ago when enormous rainforests covered much of the planet. Like the animals of that time, plants were enormous compared to the plants of today, with root systems that reached deep into the earth. The root systems of these prehistoric giants were able to tap rich sources of inorganic minerals, which the plants then converted into organic, biologically-friendly minerals via photosynthesis. Once these giant plants died, the organic minerals within their structures were deposited onto the surface of the earth, where they were combined with fulvic acids created by the local soil microbes. This botanical life and death cycle continued for millions of years, gradually forming rare mineral deposits and these deposits are the source of Pure Concentrated Organic Minerals. One of the few known true prehistoric plant-matter deposits in the world, estimated to be at least 34 million years old



Tell me more! Contains 77 trace minerals, elements, electrolytes and 18 amino acids, available in capsule or liquid form, including Magnesium, Selenium, Copper, Chromium, Silver and many more

Krill update Krill update Krill update Krill update Krill update

The Krill Miracle is now available in a fish licap – previously it was a gelatin cap. In March it will be manufactured with a vegetable licap, meaning this product will be suitable for everyone! Krill is a 'super rich' source of omega-3, 6 and 9, which contains DHA and EPA – these contribute to the maintenance of normal vision and normal function of the heart. Are you getting your krill benefits?



Get your VITAMIN C FROM SOURCE

Natural plant-cell vitamin C supplements are safer and more effective

Whether you're suffering from the common cold or a more serious infection, vitamin C could hold the key to your health. Vitamin C is considered by many in the medical community as the foundation of immune health – supported by countless studies.

THOUSANDS OF REAL-WORLD HEALTH BENEFITS

Research supports that vitamin C can:

- Increase energy
- Boost stamina and alertness
- Strengthen the immune system
- Support wound, fracture and scar-healing
- Fight off infection
- Ward off the common cold/flu¹

Studies make powerful claims that support the efficacy of vitamin C. The National Library of Medicine contains thousands of studies that endorse vitamin C's ability to improve health. Vitamin C is a potent yet often underestimated nutrient that you simply can't live without.

STEER CLEAR OF SYNTHETICS

Taking vitamin C as a supplement could dramatically improve your health, but it's vital to choose the right product. Up to 95%

of over-the-counter vitamin C supplements are manufactured by drug companies and made with synthetic ingredients. This synthetic vitamin C is unnatural, hard on your body and likely a waste of money.

There is a 100% natural vitamin C supplement that is safer than a synthetic vitamin. A plant-cell vitamin C supplement is formulated from plant-cell nutrients and is designed to deliver a high amount of vitamin C in each dose.

While plant-cell technology is new in the world of vitamin and mineral supplements, plant-cell vitamins are the best choice by far. Plant-cell vitamin ingredients are cultivated using a full food matrix. So, your body will readily recognise the supplement ingredients as natural food. A plant-cell vitamin or mineral contains food components that can be processed by your body – proteins, carbs, enzymes, amino acids, lipids and bioflavonoids.

YOU CAN FEEL THE DIFFERENCE

Plant-cell vitamin C is easier for your body to absorb. Compared to a synthetic vitamin without active food components, plant-cell vitamin C is better absorbed and retained in the digestive process. Based on the results of a Scranton University double-blind study, plant-cell vitamin C is 1.87 times more absorbent than synthetic/USP vitamin C.

Plant-cell vitamin C is also 2.6 times more bioavailable than pharmaceutical vitamin C.

What this means for your body is complete synergy in a vitamin C supplement. When you take 100% plant-cell vitamin C, you won't risk ingesting any synthetic substances produced by a drug company. Plant-cell vitamin C supports the health of your entire body to provide long-term benefits – through unparalleled absorption.

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Recommended Product

PLANT-CELL VITAMIN C

This product is a natural complex and does not come from synthetic sources, as produced by the drug companies. Created out of plant-cell nutrients rather than USP grade vitamins, with unparalleled absorption, these extraordinary materials are well tolerated even by those who are sensitive to regular vitamins.



Balance your **BLOOD SUGAR**

High blood sugar levels, if left untreated, can lead to a whole host of serious health conditions. Here's how to keep them under control

Did you know that by 2025 it is estimated that five million people will have diabetes? According to Diabetes UK most of these cases will be type 2 diabetes, because of our ageing population and rapidly rising numbers of overweight and obese people.

For people with diabetes, controlling the body's blood sugar levels is essential. Our blood sugar levels denote the amount of glucose (sugar) that is present in our blood. Ordinarily our blood sugar levels remain within narrow limits throughout the day – approximately 4 to 8mmol/L. They tend to be at their lowest in the morning and increase when we eat.

Hyperglycemia (high blood sugar levels) occur when the body either can't make insulin (type 1 diabetes) or can't properly respond to insulin (type 2 diabetes). If left untreated, hyperglycemia can lead to damage of the small blood vessels, which can lead to an increased risk of heart disease and stroke, kidney disease, vision problems and nerve problems.

It is therefore extremely important to manage your blood sugar levels, in order to minimise your risk of developing these

complications. Let's take a look at some natural ingredients that can help with this.

CINNAMON

This fragrant spice is an antioxidant powerhouse, with an ORAC (Oxygen Radical Absorbency Capacity) score of 267,536. Research has shown that cinnamon helps to reduce haemoglobin A1C levels, which relate directly to blood sugar levels. As blood sugar levels are reduced, the damage to arteries is also reduced.¹ Evidence has shown that intakes

of 1, 3 or 6g of cinnamon per day can reduce blood sugar levels, triglycerides, LDL cholesterol and total cholesterol in people with type 2 diabetes.²

AMERICAN GINSENG

A number of studies have shown that American ginseng can help to lower blood sugar levels in people with type 2 diabetes. According to the University of Maryland Medical Center, the effect was noted both with fasting blood sugar and postprandial (after eating) glucose



levels. The Center quotes one study which discovered that people with type 2 diabetes who took American ginseng before or together with a high sugar drink experienced less of an increase in blood glucose levels.³

BITTER MELON

Bitter melon, which is also known as bitter gourd or karela, is used as a vegetable in India and other Asian countries and as an ingredient in certain curries. It is known to contain several compounds, including charantin and polypeptide-p, which have a blood glucose-lowering effect. A 2008 study found that bitter melon increased cellular uptake of glucose and improved glucose tolerance,⁴ while a 2011 study showed that a 2,000mg daily dose of bitter melon significantly reduced blood glucose levels among patients with type 2 diabetes.⁵

CHROMIUM

Studies have shown that chromium supplements may help to reduce blood sugar levels as well as the amount of insulin needed by people with diabetes. The University of Maryland Medical Center cites a double-blind, placebo-controlled study in which people with type 2 diabetes who took chromium picolinate had better HbA1c values (used to measure long-term control of blood sugar levels) than those who took a placebo. The group taking chromium also had better fasting blood glucose levels, a measure of short-term control of blood sugar levels. The Center also quotes a study whereby women who had diabetes as a result of being pregnant improved their blood sugar control when they took chromium.⁶

FENUGREEK SEEDS

Fenugreek seeds are a key ingredient in curries and have also been found to have medicinal benefits. They are high in soluble fibre, which helps to lower blood sugar levels by slowing down the digestion and absorption of carbohydrates. One study found that when a daily dose of 100g of defatted fenugreek seed powder was given to patients with insulin-dependent (type 1) diabetes, their fasting blood glucose levels were significantly reduced, their glucose tolerance improved and their total cholesterol, LDL cholesterol and triglyceride levels were all lowered.⁷

GYMNEMA SYLVESTRE

Gymnema or Gymnema Sylvestre is a shrub native to India and Africa with a long history of use in Ayurvedic medicine. The leaves of this plant contain gymnemic acids, which have been shown to slow down the transport of glucose from the intestines to the bloodstream. This helps to lower blood sugar levels and also haemoglobin A1C. Gymnema is also thought to promote healthy pancreatic cell function. In one study, 27 people with type 1 diabetes were given a daily dose of 400mg of Gymnema sylvestre. After 10 to 12 months, they experienced reductions in their fasting blood sugar levels, haemoglobin A1C and glycosylated plasma protein levels. Their insulin requirements were also reduced.⁸

NOPAL

Nopal, also known as the prickly pear, is a perennial cactus that is found in semi-tropical areas throughout the world. Research suggests that the stems of nopal can be very effective in decreasing blood sugar levels in people with type 2 diabetes.⁹ This is thought to be because nopal contains fibre and pectin, which can lower blood glucose by decreasing the absorption of sugar in the stomach and intestine.

Recommended Product

CINNAMON27™

This product contains calcium and chromium, plus a proprietary blend of cinnamon bark extract, gymnema sylvestra extract, bitter melon extract, fenugreek seed extract, coral minerals, American ginseng root extract, nopal cactus (prickly pear) extract and cinnamon powder.



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

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The benefits of a **KETOGENIC DIET**

This high-fat, low-carb diet can be used to manage epilepsy and starve cancer

The ketogenic diet is a specialty diet – high in fat and low in carbs with moderate protein. Similar to the concept of mainstream low-carb diets, the ketogenic diet encourages the body to burn fat instead of carbs and may provide benefits to control seizures associated with epilepsy.

HOW DOES IT WORK?

The name of the diet comes from the term

'ketogenic,' meaning to produce ketones in the body, which are formed as the body burns fat for its primary source of energy. In the standard Western diet, heavy in carbs, the body burns carbohydrates as fuel. The ketogenic diet is naturally low in carbs and high in healthy fats, making fats the prime fuel source.

Many physicians recommend the ketogenic diet for children who experience seizures from epilepsy. This diet can be especially helpful if a patient doesn't

respond to multiple seizure medications or has a negative reaction to pharmaceutical drugs.

Since the 1920s, children plagued with myoclonic, atonic and tonic-clonic seizures have relied on this unique diet. In that timeframe, 50 to 70 per cent of children with a variety of unmanageable seizures have found relief on the ketogenic diet.¹ However, the ketogenic diet still requires further research to pinpoint exactly how ketogenesis can prevent or reduce seizures.

THE KETOGENIC DIET AND EPILEPSY

As we just discussed, the ketogenic diet is most often associated with epilepsy. Children who do not respond to antiepileptic medications or with seizures caused by Lennox-Gastaut syndrome have found particular relief by following this diet.

Research supports the ketogenic diet in the treatment of epilepsy:

Brain health. Scientists have proven that the ketogenic diet alters energy metabolism in the brain and can affect 'brain excitability' as a by-product. Specifically, the ketogenic diet can change cell properties in the brain to decrease excitability and calm epileptic discharges.²

Seizure control. Johns Hopkins University researchers presented their findings at the 64th American Epilepsy Society annual meeting to shed light on how the ketogenic diet may control seizures. The retrospective study followed 28 patients who switched from the Modified Atkins Diet to the ketogenic diet; 32 per cent of patients saw an additional 10 per cent seizure reduction on the ketogenic diet. One in five patients was considered seizure-free.³

Long-term efficacy. The ketogenic diet for seizure control has been proven effective and safe for long-term use by the John Hopkins Children's Center. Study findings were published in the online journal *Epilepsia* in February 2010, following 101 patients who used the ketogenic diet from 1993 to 2008. After concluding the diet followed for anywhere from eight months to 14 years, 80 per cent of the patients were seizure-free or had seizures reduced by 50 per cent.⁴

THE KETOGENIC DIET AND CANCER

Struggling with potentially ineffective and often harmful chemical therapies may not be the only option for cancer patients. Many physicians now consider the ketogenic diet as the first course of treatment after a cancer diagnosis.

The link between the ketogenic diet and cancer is this – your body converts carbohydrates into glucose for energy, and cancer cells feed on glucose to thrive. A high-fat, low-carb ketogenic diet may have the ability to starve cancer cells of their main food source: sugar. When healthy cells no longer have glucose to feed on, their alternative fuel source is ketones in the body. Yet cancer cells can only survive by feeding on glucose. The logic is that if you starve cancer cells of their only food source, they'll have no choice but to die off.

At the very least, research supports the ketogenic diet to improve quality of life in tumour patients. Advanced cancer patients on the ketogenic diet experienced no severe side effects and reported better quality of life – improved emotional function and less insomnia – even after resuming chemotherapy.⁵ Dr. Scheck of the Barrow Neuro-Oncology Research Laboratory further confirms that the ketogenic diet, when used with cancer therapies like radiation and chemotherapy, can "slow the growth of living cancer cells and significantly increase survival time."⁶

Metabolic therapy researcher and scientist at the University of South Florida Dr. Dominic D'Agostino has devoted extensive research to the health effects of the ketogenic diet. When Dr. D'Agostino and his research team used metabolic therapy in the diets of lab mice – by removing carbohydrates – the mice were better able to survive aggressive metastatic cancer compared to chemotherapy.⁷

HOW TO FOLLOW THE KETOGENIC DIET

To correct a serious health issue like epilepsy or cancer, the ketogenic diet is best followed under the care of a physician. The guidelines for the ketogenic diet are simple:

- Cut out all starchy carbs, except for non-starchy vegetables.
- Avoid sugar in all foods and drinks.
- Eat a moderate amount of protein, found

in fresh, lean proteins like chicken and fish.

- Increase healthy fats, like avocados, nuts and seeds as well as hemp, olive and krill oils.
- Eliminate unhealthy fats, like trans fats and dairy products.

Making changes to the diet could hold the key to long-term health recovery, even for serious medical conditions. When used under the care of a doctor, the ketogenic diet may require initial observation and fine-tuning before striking a balance to improve health – especially in children. Most patients are recommended to start the diet for a minimum of a month to see relief.

It's important to note that while further research is still necessary, the ketogenic diet may have widespread health benefits, more than first imagined. Limited case studies support the ketogenic diet in the treatment of depression, migraines, polycystic ovary syndrome, autism and type 2 diabetes.

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A photograph of a middle-aged couple with grey hair, smiling and looking upwards against a clear blue sky. The woman is in the foreground, wearing a yellow ruffled top, and the man is behind her, also smiling. The overall mood is positive and healthy.

LOVE YOUR *lungs*

We take a look at some natural ingredients that can support the health of your lungs

Of all the organs in the body, the lungs are one of the most hardworking. They expand and contract as little as four times a minute in healthy lungs in order to fuel our bodies with life-sustaining oxygen and expel the carbon dioxide we create.

In industrialised countries where the air is filled with pollution, smoke, chemicals, pollen, dust and bacteria, respiratory disorders are becoming increasingly

common. These range from asthma and chronic obstructive pulmonary disease (COPD) to chronic bronchitis, acute bronchitis, emphysema and cystic fibrosis.

Various steps can be taken to protect our lungs and reduce our risk of lung disease. Firstly, if you smoke, then the most important thing you can do for your health is to stop. If necessary, seek help from a medical professional to help you quit. If you live or work with smokers, then take steps to avoid their second hand smoke.

Reduce your exposure to dust and chemical fumes. This doesn't just mean industrial chemicals but also the chemicals in products you might find in your home such as paints or solvents. Read the labels of all products and avoid using ones that cause irritation to the eyes, nose or throat.

One of the prime causes of lung disease is the consumption of grains and cereals. The damage to the lining of the lungs could be compared to the damage done to the lining of the intestines by grains and

also been found to support the health of our lungs.

ECKLONIA CAVA EXTRACT

This super antioxidant is a species of edible brown algae harvested from the coastal waters of Korea and China which is known to have an anti-allergy effect. Korean researchers discovered that Ecklonia Cava Extract had the ability to inhibit asthmatic reactions during a study carried out on mice. They concluded that "EC extracts may prove useful as an adjuvant therapy for allergic airway reactions".¹

SERRAPEPTASE

Serrapeptase is a potent anti-inflammatory which has been shown to help with a whole host of health conditions including respiratory issues. It dissolves non-living tissues such as fibrin, plaque, blood clots, cysts and inflammation in all forms – without harming living tissue. By clearing away this dead tissue it enables the body to heal itself. In one particular study on patients with chronic bronchitis, serrapeptase was shown to loosen mucus, decrease the frequency of cough and increase expectoration compared to a placebo.²

CURCUMIN

Curcumin, which is a phytochemical found in turmeric, has strong antibacterial, antiviral, antifungal and anti-inflammatory properties. It is a potent antioxidant which prevents the formation of damaging free radicals and works as a scavenger to neutralize free radicals that have already formed. A growing body of research backs up the notion that curcumin "plays a protective role in chronic obstructive pulmonary disease, acute lung injury, acute respiratory distress syndrome, and allergic asthma, its therapeutic action being on the prevention or modulation of inflammation and oxidative stress."³

cereals. Stopping all grains and cereals is the critical first step in lung recovery.

Eating 3-4 portions of dark skinned fruit and 6-8 portions of leafy green vegetables is the next step. According to research, evidence suggests that flavonoids, found in many fruits and vegetable, help to reduce the risk of lung cancer. Studies have also shown that higher levels of physical activity may lead to a 20 to 40% reduction in lung cancer risk.

In addition, the following nutrients have

Recommended Product

SERRANOL

Unique formulation that combines 80,000iu Serrapeptase, 250mg Curcumin, 50mg Ecklonia Cava Extract and 1,000iu vitamin D3 per capsule.



VITAMIN D3

Commonly known as the 'sunshine vitamin', our primary source of vitamin D is made when our skin is exposed to sunlight. Vitamin D3, also known as cholecalciferol, is the natural form that our bodies make either from sunshine or via the foods we eat.

The liver and kidneys turn vitamin D3 into the hormone calcitriol, which triggers over 200 genes including ones that are involved in the immune system. Vitamin D3 is therefore crucial for a strong immune system. In fact deficiency in vitamin D is "associated with increased autoimmunity as well as an increased susceptibility to infection".⁴

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THE *healthier* HEART COMBINATION

Spotlighting two potent vitamins which work together to protect the health of your heart

With age, it seems that heart health becomes more of a concern. And it's no wonder. Heart disease is a popular topic in the medical community. Heart disease is still the number one cause of premature death, despite the sharp increase in cancer-related deaths.

THE COMMON PROBLEM ALL HEART DISEASE SUFFERERS SHARE

An arterial blockage is caused by inflammation and subsequent damage. Cholesterol and calcium rush to the area and lay down plaque in an attempt to protect the walls of the artery.

As heart disease progresses, it becomes even more serious. If it doesn't result in premature death, an invasive medical treatment may be in order, like a stent. A stent is a wire mesh insert placed in a clogged artery after a blockage (like the one described above) – has been removed through angioplasty. Heart disease patients who have undergone angioplasty and stents are promised that the treatments will 'cut their risk of premature death.'

What all these patients have in common, however, is a lack of lifestyle changes. The vast majority of heart disease patients won't be instructed to cut out unnatural foods and carbohydrates. They are also unlikely to be taking heart supplements, like vitamin D3 and vitamin K2.

VITAMIN D3 AND VITAMIN K2 WORK IN SYNERGY FOR A HEALTHIER HEART

Two potent vitamins working together to protect the health of your heart is a powerful thing. Vitamin D3 and vitamin K2 are essential to take together to receive the full benefits of supplementation.

The vitamin D3-K2 combination has been proven to:

- Clear calcium build-up in arteries
- Reverse osteoporosis
- Strengthen the immune system
- Correct hormonal imbalances
- Ward off dementia
- Support joint health
- And much more

A vitamin D3-K2 supplement does more than improve bone health. While these vitamins have been taken individually for years, new research supports a long list of health benefits when taken together. Vitamin D3 and vitamin K2 lay the groundwork to improve heart health before more serious damage occurs.

If you are considering more invasive heart treatments, start by supporting your heart health from the inside out. In some cases, your doctor may advise you not to take vitamin D3-K2 if you are also taking warfarin. Making changes to your medication is a personal decision that should be made under the advice of a physician. If you stop taking warfarin, you can still improve your heart health

with vitamin D3-K2, along with powerful enzymes like Serrapeptase and Nattokinase, both of which are known to revitalise the cardiovascular system. Even after a stent, commitment to heart health is key to keep heart disease from progressing further.

Recommended Products

VITAMIN D-3 AND K-2 SUBLINGUAL SPRAY™

Get the most out of vitamin D3 and vitamin K2 in one sublingual formula! This product contains the most bioavailable form of vitamin K2 and the only vegan approved vitamin D3 available.



BLOCKBUSTER ALLCLEAR™

This product contains a careful blend of powerful enzymes such as Serrapeptase, Nattokinase, Digestive Enzyme, antioxidants and proanthocyanidins such as Grape Seed Extract and Pycnogenol® in a delayed release capsule. Perfect for those requiring the highest level of support for their health or just long term maintenance.



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- normal muscle function
- normal energy yielding metabolism
- normal protein synthesis
- normal functioning of the nervous system
- normal psychological function
- the maintenance of normal teeth and normal bones
- the process of cell division

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KEEP YOUR SIGHTS ON *good health*

Age-related macular degeneration is the leading cause of blindness in people over age 55, which is why it's more important than ever to protect the health of your eyes

Good eyesight is a precious gift we are given, and one we sometimes take for granted. It is essential to take care of our eyes through good nutrition and following a healthy lifestyle.

The four main causes of vision impairment include glaucoma, diabetic retinopathy, cataracts and age-related macular degeneration (AMD). More than 25 million people worldwide are affected by age-related macular degeneration, according to the American Optometric Association. In fact AMD is the leading cause of blindness in people over age 55 in the Western world and the incidence is expected to triple by 2025.

It is therefore more important than ever to take good care of our eyes. Let's take a look at some nutrients that can help.

Nutrients for eye health

The following nutrients can all benefit the health of our eyes. Are you getting enough?

Lutein	Thiamin	Zinc
Zeaxanthin	Riboflavin	Selenium
L-Taurine	Vitamin B6	Copper
Vitamin E	Folate	Chromium
Bilberry Extract	Vitamin B12	Phosphatidylserine
Ginkgo Biloba Extract	Biotin	Trimethylglycine
Niacin	Pantothenic Acid	Vanadium
Vitamin A	Iodine	
Vitamin D	Magnesium	

VITAMIN D

Vitamins A, C, and E, as well as zinc and copper are known to be important for eye health. However, researchers in the UK have found evidence to suggest that vitamin D3 could be important to eye health too, particularly in preventing AMD. Scientists from the Institute of Ophthalmology at University College London gave vitamin D3 supplementation to older mice, and after just six weeks the animals experienced reductions in retinal inflammation and levels of amyloid beta accumulation, both of which are associated with AMD. The mice also experienced improved vision and significant reductions in the numbers of retinal macrophages (immune cells that can cause inflammatory damage).¹

LUTEIN AND ZEAXANTHIN

Lutein and zeaxanthin are two important antioxidants which have been shown to reduce the risk of chronic eye diseases, including age-related macular degeneration. In fact a landmark 2004 study published in *Optometry: The Journal of the American Optometric Association*, showed that lutein supplementation may reverse the symptoms of AMD.

Furthermore, a 2012 Finnish study found that increased levels of lutein and zeaxanthin may reduce the risk of cataract formation by 40 per cent.² Good sources of lutein include yellow peppers and green

leafy vegetables such as kale, spinach, chard and broccoli. Zeaxanthin can be found in foods such as orange sweet peppers, broccoli, lettuce, spinach, oranges and eggs.

TAURINE

The amino acid taurine is produced by the body through the synthesis of two other amino acids: methionine and cysteine. Our bodies normally manufacture taurine rather than obtaining it from our diet, although good dietary sources include eggs, dairy products, fish and red meat. Taurine is found in very high concentrations in the retina, but declines significantly with age.

A deficiency can lead to a number of retinal problems such as retinal ganglion cell degeneration³ and retinal dysfunction in children.⁴ It is believed that taurine enhances the rods and cones within the retina, which serve as visual receptor cells. As we age, the macula area of the retina degenerates as the rods and cones die, which can lead to a loss of vision and blindness. There is a lot of evidence to suggest that taurine is essential for maintaining optimal retinal function.⁵



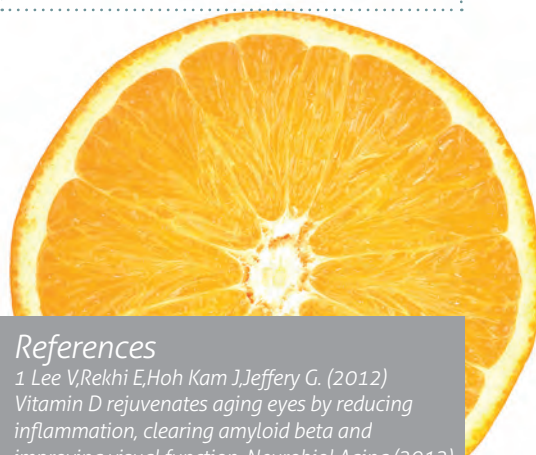
Recommended Products

MAXI FOCUS™

This sublingual spray contains the essential carotenoids Lutein and Zeaxanthin plus a full range of essential vitamins and minerals to support the health of your eyes. These nutrients absorb at least 900% better than their tablet equivalent and in most cases will be in the eye within two minutes.



Turning a Blind Eye by Robert Redfern. This fascinating book provides a 10-step plan including nutritional guidance and lifestyle changes to improve and support your eye health.



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What are Organic Minerals and where do they come from?

Imagine the earth some 34 million years ago when enormous rainforests covered much of the planet. Like the animals of that time, plants were enormous compared to the plants of today, with root systems that reached deep into the earth. The root systems of these prehistoric giants were able to tap rich sources of inorganic minerals, which the plants then converted into organic, biologically-friendly minerals via photosynthesis. Once these giant plants died,

the organic minerals within their structures were deposited onto the surface of the earth, where they were combined with fulvic acids created by the local soil microbes. This botanical life and death cycle continued for millions of years, gradually forming rare Fulvic Mineral deposits. . .

. . . these deposits are the source of Pure Concentrated Organic Minerals.

One of the few known true prehistoric plant-matter deposits in the world, estimated to be at least 34 million years old

Our Fulvic Minerals, having been digested by various species and millions of successive generations of microbes, have ultimately become one of the most complex natural substances on earth.

Mineral Facts:

Nature combines fulvic acid and minerals to form fulvic mineral complexes that are now being referred to by many nutrition and health experts as "the Missing Link of Nutrition."

∞

According to top nutrition scientists and experts mineral deficiencies, especially trace minerals, are wide spread.

∞

The World Health Organization maintains that iron is still the world's number one nutrient deficiency responsible for being the root cause of many disorders and diseases.

∞

If you believe that 2 or even 5 electrolytes is all that your body and cells require then think again – there are many more electrolytes required for optimum health, athletic stamina and endurance.

∞

Safe for all the family

The Features:

Contains all the essential minerals – organic selenium, zinc, manganese, copper and many more.

Contains 18 amino acids – formed over the course of 34 million years – proof of its plant and organic origin.

More than 70 electrolytes in the most effective form known to science – each mineral electrolyte carries its own unique 'bio-electric signature'.

Highest fulvic content per serving available – our fulvic acid content is always 4-8% the highest concentration of true "acidic" fulvic acid in the marketplace and it is 100% dissolved.

Drop for drop it contains more minerals, trace minerals, amino acids and fulvic acids than any other Fulvic Mineral product.

Economical – more minerals and benefits for your money, all in one formula

Completely of plant origin – Only true plant origin minerals can be water extracted as our Fulvic Minerals are – no other ingredients or additives are used or added.

Contains nature's most bio-ionically transferable minerals and trace elements – no other mineral product can deliver all the natural ingredients contained in our unique Fulvic Minerals.

Convenient – requires only a few drops daily placed in your favourite juice or water (with lemon or lime).



DIRECTIONS: For best results, take 3-5 drops, 2 or 3 times per day in water with lemon added or natural fruit juice, or as directed by a healthcare professional. Never place directly in your mouth - always dilute in fruit juice or water. Never place in chlorinated water or ice made from chlorinated water.

Upon these directions, one bottle will last approximately two months

DIRECTIONS: For best results, take 2 capsules per day, or as directed by a healthcare professional. Children under 12, give only 1 capsule per day.

Upon these directions, one bottle will last approximately one month



How can minerals help you and your family?

Here are just a few examples, all of which have all been authorised by the E.U. on their 'health and nutrition health claims register':

Potassium – found primarily inside the cells of the body and contributes to normal functioning of the nervous system, normal muscle function and to the maintenance of normal blood pressure

Iodine - the very first nutrient designated as being an essential part of the human diet. It contributes to normal cognitive function, normal energy yielding metabolism, the maintenance of normal skin, to normal thyroid function and to the normal growth of children

Magnesium – the 'beautiful' mineral in Chinese Medicine, this contributes to a reduction of tiredness

and fatigue, normal muscle function, normal psychological function, to the maintenance of normal bones and teeth and has a role in the process of cell division

Chloride – contributes to normal digestion by production of hydrochloric acid in the stomach

Fluoride – contributes to the maintenance of tooth mineralisation

Selenium – contributes to the maintenance of normal hair, nails, to the normal function of the immune system

Manganese – contributes to the normal formation of

connective tissue

Chromium – contributes to the maintenance of normal blood glucose levels

Copper – contributes to normal skin and hair pigmentation and normal iron transport in the body

Phosphorous - is a mineral that has more functions than any other minerals in the body. It contributes to normal function of cell membranes

There are many more minerals and amino acids which play a very important role in your health, see the full list on the back page.

Organic Minerals – what's inside?

- | | | |
|--------------|----------------|--------------|
| ✓ Carbon | ✓ Potassium | ✓ Tantalum |
| ✓ Beryllium | ✓ Scandium | ✓ Tungsten |
| ✓ Sodium | ✓ Vanadium | ✓ Osmium |
| ✓ Aluminium | ✓ Manganese | ✓ Platinum |
| ✓ Phosphorus | ✓ Cobalt | ✓ Strontium |
| ✓ Chloride | ✓ Copper | ✓ Zirconium |
| ✓ Calcium | ✓ Gallium | ✓ Molybdenum |
| ✓ Titanium | ✓ Arsenic | ✓ Rhodium |
| ✓ Chromium | ✓ Bromine | ✓ Silver |
| ✓ Iron | ✓ Ruthenium | ✓ Indium |
| ✓ Nickel | ✓ Palladium | ✓ Antimony |
| ✓ Zinc | ✓ Cadmium | ✓ Iodine |
| ✓ Germanium | ✓ Tin | ✓ Barium |
| ✓ Selenium | ✓ Tellurium | ✓ Cerium |
| ✓ Rubidium | ✓ Cesium | ✓ Neodymium |
| ✓ Yttrium | ✓ Lanthanum | ✓ Europium |
| ✓ Niobium | ✓ Praseodymium | ✓ Mercury |
| ✓ Erbium | ✓ Samarium | ✓ Lead |
| ✓ Ytterbium | ✓ Gadolinium | ✓ Thorium |
| ✓ Hafnium | ✓ Dysprosium | ✓ Rhenium |
| ✓ Lithium | ✓ Fluoride | ✓ Iridium |
| ✓ Boron | ✓ Terbium | ✓ Gold |
| ✓ Magnesium | ✓ Holmium | ✓ Thallium |
| ✓ Silicon | ✓ Thulium | ✓ Bismuth |
| ✓ Sulfur | ✓ Lutetium | |

34 million years old

77 trace minerals, elements, electrolytes and 18 amino acids, available in capsule or liquid form

Includes Magnesium, Selenium, Copper, Chromium, Silver and many more



Help your **HEART**

Spotlighting some supplements that are beneficial for heart health

Coronary heart disease (CHD) is the UK's biggest killer, resulting in around 82,000 deaths each year, according to the NHS. But, if steps are taken to follow a healthy diet, take regular exercise and take good quality supplements, we can reduce our risk of developing this serious condition. In this article we will focus on some supplements that are beneficial for heart health.

SERRAPEPTASE

This multi-functional proteolytic enzyme is derived from silkworms, and works by dissolving non-living tissues such as plaque, blood clots, cysts and inflammation in all forms – without harming living tissue. The German physician, Dr Hans Nieper, reportedly used Serrapeptase with great success in helping his patients with heart disease and arterial blockages.

NATTOKINASE

This potent anti-clotting enzyme is extracted from the traditional Japanese soy food 'natto'. Nattokinase 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 lead to the oxygen supply to that tissue being cut off, resulting in angina and heart attacks. Clots in the chambers of the heart can move to the brain where they can also block blood and oxygen from reaching necessary areas, resulting in a stroke.

MAGNESIUM

This important mineral plays a key role in the prevention of cardiovascular disease.



It protects against angina by preventing the coronary arteries from having spasms. It also 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 enabling the blood to flow more freely.

DIGESTIVE ENZYMES

Enzymes are crucial to all of the body's physiological processes. A deficiency in digestive enzymes reduces the availability of the body's metabolic enzymes. Metabolic enzymes help to combat chronic inflammation which, if left untreated, can lead to serious problems such as cardiovascular disease and even cancer. These enzymes help to reduce inflammation in the body by breaking down foreign proteins in the blood which cause inflammation and ensuring they

are removed from your system through the blood stream and lymphatic system. Metabolic enzymes also help to remove fibrin, the clotting material mentioned above, which can prolong inflammation.¹

ACEROLA CHERRIES

These cherries are rich natural sources of vitamins A and C as well as an excellent source of powerful antioxidants, protein and natural salts such as iron, phosphorous and calcium. Vitamin C in particular helps reduce your risk of stroke and can help improve blood vessel relaxation if you suffer from cardiovascular disease. Research has shown that the anthocyanins in cherries suppress pain caused by inflammation. They also help to lower cholesterol and prevent build-ups of plaque in the arteries. Many phenolic compounds in cherries also lower blood lipid levels and offer protection against heart disease and stroke.



PYCNOGENOL

A number of clinical trials have shown that Pycnogenol, an extract from French Maritime Pine bark, offers various health benefits for the cardiovascular system. It has been shown to reduce high blood pressure, reduce platelet activity and exerts beneficial actions on blood lipid profile. In one particular study, Swiss researchers noted significant improvements in the function of the endothelial cells as well as improved blood flow in patients with cardiovascular disease after eight weeks' supplementation with 200mg of Pycnogenol.²

AMLA

Amla, also known as the Indian gooseberry, has been shown to reduce cholesterol and keep heart disease in check. Amla is known for its ability to control the oxidation of LDL (low density lipoprotein). The oxidation of LDL releases free radicals

which cause coronary artery disease, so controlling this process is vital for the prevention of heart disease. Amla also prevents atherosclerosis (hardening of the arteries) thus offering further protection against heart disease.

OLIVE LEAF EXTRACTS

Studies show that olive leaf extracts offer a number of benefits for heart health, ranging from the ability to lower blood pressure³ to fighting atherosclerosis. Like amla they help prevent the oxidation of LDL cholesterol – an early sign of atherosclerosis. They also increase the production of nitric oxide which helps with the dilation of blood vessels. And they curtail the activity of matrix metalloproteinases (MMPs), which make the linings of the blood vessels more vulnerable to plaque damage.

GRAPESEED EXTRACT

Grapeseed extract has been found to help reduce LDL cholesterol⁴ and also protects against atherosclerosis.⁵ Through a process of gene transcription it helps to turn on the enzyme nitric oxide synthase, which in turn produces nitric oxide. This helps the blood vessels to relax in order for the blood to flow more easily. Grapeseed extract can also help to reduce inflammation and boosts the antioxidant activity in heart cells, thus protecting them from free radical-induced death.

POLICOSANOL

Policosanol is a chemical obtained from sugar cane and other sources. It is used as a dietary supplement and can reportedly help to lower cholesterol by inhibiting cholesterol formation in the liver. It is also said to help break down LDL (low-density lipoprotein or "bad") cholesterol. Policosanol also helps to decrease the stickiness of platelets, which might help to reduce blood clots.

Recommended Products

BLOCKBUSTER ALLCLEAR™

This product contains a careful blend of powerful enzymes such as Serrapeptase and Nattokinase, plus digestive enzymes, antioxidants and proanthocyanidins such as grape seed extract and Pycnogenol® now in a delayed release capsule.



ANCIENT MINERALS MAGNESIUM OIL ULTRA

Ancient Minerals Magnesium Oil contains only raw, highly concentrated, ultra-pure magnesium chloride and other trace minerals drawn from the Ancient Zechstein Seabed in Northern Europe.



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HEALTHY GUMS HEALTHY HEART

Why looking after the health of your gums is vital for protecting the health of your heart

fluoride, artificial flavours and sodium laurel sulfate is highly recommended.

Organic coconut oil is another natural remedy that can kill the opportunistic bacteria that cause gum disease. Rub it directly on the gums to improve gum health for the whole family. As an added bonus, organic coconut oil has been proven to support brain health!

HERE ARE FIVE SPECIFIC WAYS TO BOOST GUM HEALTH AND FIGHT OFF INFECTION:

- **Make changes to your diet.** This means eliminating high-sugar, high-carb foods and drinks.
- **Commit to better oral hygiene.** Encourage each member of your family to use a spiral brush with mouthwash and natural toothpaste whenever they brush.
- **Rub organic coconut oil directly on the**

gums for all members of the family.

- **Mix a probiotic capsule into your food.** This will populate the gums with beneficial bacteria that keep harmful bacteria in check.
- **Calm inflammation with the enzyme Serrapeptase.** Taking the Serrapeptase enzyme can accelerate healing and reduce inflammation that leaves the body (and heart) vulnerable to infection.

Healthy teeth and gums are not only beautiful to look at, they are the cornerstone of long-term heart health. Give your family the gift of a lifetime by teaching good dental hygiene to keep harmful infection out.

Properly cleaning your teeth could actually save your life – not to mention the lives of your family. Dental hygiene is an important habit to establish at a young age to support heart health early in life.

DISEASED GUMS OPEN THE DOOR TO INFECTION

In medical and dental communities, it is common knowledge that heart attacks are often caused by infection in the heart muscles that enters through diseased gums. Unfortunately, this 'common' medical knowledge isn't as well understood by the rest of the world. Diseased gums open the door to infection in the bloodstream. Infection can run rampant if the body is already inflamed and vulnerable.

KEEP GUMS HEALTHY TO KEEP INFECTION OUT

First of all, in order to improve your gum health and calm inflammation you should cut out carbs and sugary foods and drinks. You should also deep clean with a spiral toothbrush, mouthwash and natural toothpaste every time you brush – toothpaste made without preservatives,

Did you know?

New research supports that artery blockages, particularly in the carotid artery, may be the result of the same type of infection spread from the gums.

In most cases infection shouldn't pose much harm to an already healthy circulatory system. But many times, infection will thrive when there is existing inflammation in the body – such as in an artery.

Infection plus existing inflammation will accelerate damage in the endothelium lining of an artery. This will soon cause a serious blockage that can affect heart health and quality of life.

Recommended Products

XYLITOL NATURAL CHEWING GUM

Unlike other gums available on the market, Xylitol is all natural and contains less than two calories per piece. It contains no sugar and no artificial sweeteners or ingredients.



CORAL WHITE® TOOTH PASTE

This natural toothpaste is formulated with Eco-Safe™ ionic coral minerals from above the sea. Coral White contains no fluoride, no artificial flavours or colours, no preservatives and no sodium lauryl sulfate.



Other recommended products include HySorbQ10™, Organic Virgin Coconut Oil, Serra Enzyme™ and Prescript-Assist®.

The Ancient Spice in the News

Over 1,800 reasons why curcumin can help you....

- Curcumin is the 'spice of India' and there are over 1,800 studies which show amazing health benefits.
- It has been in the news as many 'famous' people have explained how curcumin has helped them.
- It is well known that curcumin can help serious health problems.
- What is it? Curcumin is the principle curcuminoid of the popular Indian spice turmeric, which is found in curry and has been used for thousands of years in Ayurvedic medicine.
- One of the world's biggest secrets is truly out. Make sure you don't miss out on the benefits of curcumin.

NOTE
NOT ALL
CURCUMIN IS
THE SAME

Make sure you choose CurcuminX4000.

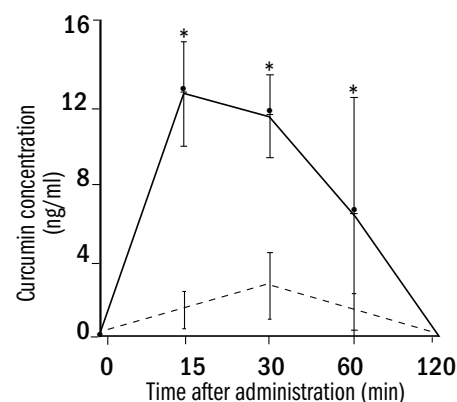


Figure 1. Plasma curcumin levels after dosing with Meriva (solid line) compared to unbound curcumin (broken line)



A published study shows that CurcuminX4000 absorbs up to 23 times more than ordinary curcumin, whilst an unpublished study claims it could be up to 45 times better!

180
veg caps

Take
X3
caps/day



Curcumin X4000™ is a registered trademark of Good Health Naturally

HOMOCYSTEINE: *the toxic amino acid*

Elevated levels of the amino acid homocysteine have been linked with a range of diseases, from dementia to heart disease

Homocysteine is an amino acid which the body makes from another amino acid called methionine. Methionine is obtained through protein-rich foods like meats, seafood, dairy products and eggs.

Ordinarily, homocysteine is converted into two substances called SAMe (S-adenosyl methionine) and glutathione, both of which have benefits to our health. For example, SAMe helps to prevent depression, arthritis and liver damage while glutathione is a powerful antioxidant that helps to slow the ageing process.

The conversion of homocysteine into SAMe requires folic acid, vitamin B12, vitamin B2, zinc, trimethylglycine and magnesium. The conversion of homocysteine to glutathione requires vitamin B6, vitamin B2 and zinc.

When these conversions do not occur properly, the amount of homocysteine in the blood becomes elevated. High levels of homocysteine have been linked with an increased risk of heart disease, vascular disease, dementia and Alzheimer's disease. Let's take a look at the evidence.

CARDIOVASCULAR DISEASE

High homocysteine levels have been identified as an independent risk factor for heart disease.¹ This is because elevated blood homocysteine levels are thought to be linked with damage to the arteries, causing atherosclerosis (hardening of the arteries). High homocysteine can also cause the blood to have a higher than

normal tendency to clot, which leads to an increased risk of developing a dangerous clot that could lead to a stroke. And, high homocysteine is also known to significantly lower the levels of nitric oxide in the blood. Nitric oxide is essential for the maintenance of healthy and flexible arterial walls.

ALZHEIMER'S DISEASE

High levels of homocysteine have been linked with brain diseases such as Alzheimer's disease and dementia. Homocysteine is normally converted into the brain chemical acetylcholine, which is used for memory, but studies have shown that Alzheimer's patients have unusually high levels of homocysteine in their bloodstream and low levels of acetylcholine. A study published in the *New England Journal of Medicine* in 2002 reported that elevated homocysteine blood levels are an independent risk factor for dementia and Alzheimer's disease. The researchers found that raised homocysteine levels preceded the onset of dementia in 83 of 111 individuals. Furthermore, the findings showed that the risk of Alzheimer's disease nearly doubled in individuals who had blood levels of homocysteine greater than 14 µL per litre.²

REDUCED IMMUNITY

When an inefficient conversion of homocysteine to glutathione leads to a high blood level of homocysteine, the body ends up with fewer levels of glutathione and the antioxidant activity





Pauling Therapy

The two-time Nobel prize Laureate, Dr Linus Pauling, and his associate Dr Matthias Rath, published a definitive analysis of the cause and treatment of all forms of cardiovascular disease, including congestive heart failure, heart disease

and stroke. The “mega nutrient” therapy they advocated in their thesis has become known as the Pauling Therapy and involves supplementation with vitamin C and lysine. Pauling theorised that too little vitamin C raises cholesterol levels,

including the Lp(a) variant that causes narrowing of blood vessels. After Pauling discovered that Lp(a) binds to strands of lysine protruding from weak and damaged blood vessels, he invented the high-lysine therapy that bears his name.⁵

that it provides. With reduced amounts of glutathione and antioxidant activity in the blood, the cells are more susceptible to free radical damage, which accelerates the ageing process and decreases the strength of the immune system.

THE IMPORTANCE OF B VITAMINS

Research suggests that supplementation with B vitamins can help to reduce the body's levels of homocysteine. Indeed, a 2002 review article in the *Journal of the American Medical Association* reported that an analysis of multiple studies found that folic acid lowered homocysteine levels by about 25 per cent. When folic acid was combined with vitamin B12, homocysteine levels reduced by a further 7 per cent.³

According to the Linus Pauling Institute, supplementation with vitamins B6, B12 and folic acid, as well as betaine, has been shown to effectively lower homocysteine levels in the blood. One particular report states that “folic acid appears to be useful in most subjects; very high doses of B6 (100 mg or more daily) also seem to have broad utility, whereas lower doses may benefit only those whose baseline B6 status is poor.”⁴

The report also states that “an additional mechanism for reconvertng homocysteine to methionine is provided by the enzyme betaine homocysteine methyltransferase (BHMT).” It explains that intakes of 6g or more daily of betaine have been successfully used to treat genetic homocystinuria (increased levels of

homocysteine) in humans.

So, in conclusion, in order to keep your homocysteine levels in check, it is well worth considering supplementing your diet with these vital vitamins.

Recommended Product

B4HEALTH SUBLINGUAL SPRAY

Studies performed by Dr Matthias Rath and Dr Linus Pauling led to the formulation in B4Health™ Sublingual Spray. The product contains: vitamins B3, B6, B12, C, D, E, and folic acid, plus Selenium, Biotin, Magnesium, Dimethylglycine, Taurine, Ribose, Co-enzyme Q10, N-acetyl-D-glucosamine and Pine Bark extract. It has a 900% better absorption rate than capsules.



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HEALTH news

EXERCISE AS GOOD AS DRUGS FOR KEEPING YOU ALIVE AFTER HEART DISEASE



Exercise can be as good as drugs for keeping you alive after you've suffered one of the life-threatening conditions such as coronary heart disease, diabetes, stroke or heart failure, a major new study has found. The benefits of regular exercise match those of all the major drugs – such as statins, beta blockers, ACE inhibitors – when it comes to keeping us alive, say researchers from Stanford and Harvard universities and the London School of Economics. The one exception were the diuretics, which were more beneficial than exercise after heart failure.

The researchers looked at the results from 305 medical trials which involved 339,274 people, across some of the most deadly chronic conditions, such as heart disease, diabetes and stroke. They noted that earlier studies into exercise had come up with similar positive results on other chronic conditions, such as cancer, arthritis and respiratory diseases.

The one thing they weren't able to establish was the best kind of exercise; the studies examined a wide range of exercise regimes, from walking, jogging, running and gym work-outs, say the researchers. But with just 14 per cent of Britons doing any kind of exercise at all, doing something could help improve the health of millions of people.

(Source: *British Medical Journal*, 2013; 347: f5577).

NUTS REALLY DO PROTECT AGAINST CANCER AND HEART DISEASE

Yet more evidence has shown that nuts are good for you. Eating nuts – and especially walnuts – three times a week will reduce your chances of dying from cancer or heart disease.

Of course, it's hard to know what came first: do nuts make us healthier, or do healthier people eat nuts? Certainly, nut eaters seem to be more likely to follow the fruits-and-vegetables Mediterranean diet, have their weight under control, are less likely to smoke and are physically more active.

Nut eaters reduce their chances of dying prematurely by 39 per cent, and those who eat walnuts reduce their risk by 45 per cent, compared to a non-nut eater.

The reduction rose to 55 per cent in those who ate one serving of 28 g of nuts three times a week.

(Source: *BMC Medicine*, 2013; 11: 164).



DRINKING COFFEE HALVES RISK OF LIVER CANCER

Drinking coffee every day reduces your chances of developing liver cancer. Three cups a day halve the risk of HCC, or hepatocellular carcinoma, the most common type of liver cancer.

HCC is the third most lethal form of cancer, but your chances of developing it can be reduced when you drink coffee, new research suggests. People who regularly drink coffee can reduce their risk by 40 per cent, but the risk drops to 50 per cent in those who drink three cups a day.

The link between coffee and liver cancer has already been noted, but researchers from Milan in Italy have included the very latest studies to confirm earlier findings. The finding adds to the growing health benefits of coffee. Earlier studies have shown it helps prevent diabetes and cirrhosis of the liver.

(Source: *Clinical Gastroenterology and Hepatology*, 2013; 11: 1413).

WOMEN WITH BREAST CANCER A THIRD LESS LIKELY TO DIE IF THEY TAKE MULTIVITAMINS

Women with breast cancer are more likely to survive if they take multivitamin and mineral supplements. They reduce the chances of dying from the cancer by around 30 per cent, researchers have found.

The supplements seem to have a protective effect in postmenopausal women whose breast cancer has become invasive – in other words, it had entered into the breast tissue.

Women who take multivitamin and mineral supplements at least once a week are 30 per cent less likely to die from the cancer than women who don't take any supplements. Researchers from the Yeshiva University made the discovery when they analysed data from the Women's Health Initiative (WHI), and the 7,728 women who were diagnosed with invasive breast cancer. Around 38 per cent of the women were taking a multivitamin, and most of these had been taking them before breast cancer had been detected.

(Source: *Breast Cancer Research and Treatment*, 2013; doi: 10.1007/s10549-013-2712-x)

Source: www.WDDTY.com

ONE ANTIOXIDANT:

Eight powerful benefits

Studies show that vitamin E can stimulate hair growth, lower cholesterol and reduce the risk of Alzheimer's disease

You'll be hard-pressed to find a vitamin that can provide as many health benefits in one fell swoop as vitamin E. This potent antioxidant is a powerhouse vitamin with a multitude of extensive research backing its effectiveness.

THE TOP EIGHT BENEFITS OF VITAMIN E

Vitamin E has been proven to benefit:

1. Hair growth
2. Cholesterol levels
3. Alzheimer's disease
4. Stroke-related injuries
5. Heart health
6. Non-alcoholic fatty liver disease
7. Immune function
8. Skin health

These eight points are only the tip of the iceberg when it comes to how vitamin E can impact your health. Here's what the research has shown:

Vitamin E research from a 1998 study supports high doses of the antioxidant to reduce the risk of Alzheimer's disease.¹

Recommended Product

NATURALLY BETTER VITAMIN E

Vitamin E occurs naturally in different forms: Tocopherol and Tocotrienol. Tocotrienols are up to 300 per cent better and more effectively absorbed compared to Tocopherols. Vitamin E contributes to the protection of cells from oxidative stress. Naturally Better Vitamin E is a rich source of Tocotrienols, 20mg per capsule.



Vitamin E taken by healthy seniors can strengthen the immune response.²

Vitamin E has shown promise in the treatment of non-alcoholic fatty liver disease – the most chronic liver disease in children and adolescents in the US.³

Daily vitamin E supplements may increase hair growth in men with male pattern baldness by up to 42 per cent.⁴

Vitamin E can improve cholesterol levels and potentially reduce the risk of heart disease, especially in adults over 50.⁵

UNDERSTANDING THE POWER THAT IS VITAMIN E

Choosing the right form of vitamin E can determine how well this antioxidant works for you as a supplement. Before you invest in a vitamin E supplement, consider this – vitamin E has two different forms: Tocopherol and Tocotrienol. Most vitamin E supplements are sold in the Tocopherol form. Unfortunately, this form is far less effective. Tocotrienol vitamin E supplements are 300% more absorbent and effective.

Another distinct difference is in the source: Vitamin E Tocopherols are found in common vegetable oils, while rich Tocotrienols are derived from virgin crude palm oil, a type of vegetable oil free from trans-fats.

An even more important comparison is in how each type of vitamin E can impact cholesterol. In a 2007 study that compared both forms of vitamin E and their influence on cholesterol, Tocopherols (vegetable oil-derived) showed little improvement.

Tocotrienols (virgin crude palm oil-derived) showed favourable effects on cholesterol levels.⁶

So, when it comes to choosing a vitamin E supplement, remember that oral vitamin E Tocotrienols are not only 100% natural but they are the most effective form available with the highest rate of absorption.

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Natural ways to support your **IMMUNITY**

We highlight some natural supplements that may help to support your immune system

EPICOR®

EpiCor® is a dietary supplement which is derived from the dry fermentation of the yeast *Saccharomyces cerevisiae*. It is a potent and powerful antioxidant with an ORAC (Oxygen Radical Absorption Capacity) value of 52,500/100g. ORAC scores denote the particular power of an antioxidant, so this high value demonstrates that EpiCor® is particularly good for neutralising free radical damage. EpiCor® has been shown to modulate the immune system and influence antioxidant levels in the blood. One particular study demonstrated its ability to reduce cold and flu-like symptoms in non-vaccinated individuals.¹

SELENIUM

Selenium is an essential trace mineral which is needed for the proper functioning of neutrophils, macrophages, natural killer cells, T lymphocytes and other immune mechanisms. Its antioxidant properties enable it to protect healthy cells from free radical damage and support immune function. Increased intake of selenium may alleviate pathological conditions such as oxidative stress and inflammation.²

VITAMIN D3

Vitamin D is vital for maintaining a strong immune system. The cells that make up the immune system contain vitamin D receptors, meaning that without adequate levels of this important vitamin the

immune cells become weak, leaving us susceptible to sickness and infection. Our primary source of it is made when the skin is exposed to UVB sunrays. Vitamin D3 (cholecalciferol) is the natural form that we make from sunshine or ingest from foods. The liver and kidneys convert vitamin D3 into calcitriol, which is a powerful hormone that can trigger over 200 genes including ones that are involved in the immune system.

VITAMIN C

Vitamin C is essential for the proper functioning of the immune system. However, our stores of this vital vitamin become depleted during times of stress and when we have infections. Vitamin C supplementation has been shown to improve various parts of the immune system such as antimicrobial and natural killer cell activities, lymphocyte

proliferation, chemotaxis, and delayed-type hypersensitivity. Research shows that it can reduce “the risk, severity, and duration of infectious diseases” as well as “ameliorate symptoms and shorten the duration of respiratory tract infections including the common cold.”³

ZINC

Zinc is a mineral which is essential to the functioning of the immune system. It is necessary for normal T-cell and natural killer cell function as well as normal lymphocyte activity. It may also be directly involved in antibody production, which helps the body to fight infection. A lot of research has been carried out into zinc and immunity. One review found that, when taken within 24 hours of the first symptoms of a cold, zinc can reduce its duration and significantly reduce the severity of symptoms.⁴ Recent research from Ohio State University showed that zinc plays an important role in controlling the body's response to infections by modulating the immune response in a way that helps to stop excessive inflammation.⁵

DIMETHYLGLYCINE HCL

Dimethylglycine HCL, also known as Dimethylglycine, is a component of every cell in the body. It is derived from amino acids which are the building blocks for proteins. Dimethylglycine helps to enhance the immune response⁶ and fight infection.

ELDERBERRY FRUIT EXTRACT

Elderberries have been used medicinally for hundreds of years to treat colds, flu and sinus infections. The elderberry is packed with powerful antioxidants known as anthocyanins and has powerful immune-stimulating, anti-viral and anti-inflammatory properties. Research has shown that this bountiful berry can help to fight the flu. A 2004 study of 60 people suffering with flu found that those who took elderberry extract for five days saw

their symptoms reduce four days earlier than those taking a placebo.⁷

LARCH ARABINOGALACTAN

Larch arabinogalactan is an excellent source of dietary fibre which has been found to help increase levels of beneficial gut bacteria, such as Bifidobacteria and Lactobacillus. According to experimental studies, larch arabinogalactan can help to stimulate the cytotoxic abilities of natural killer (NK) cells and enhances other functional aspects of the immune system. As a result, it has been suggested that larch arabinogalactan may be useful as a “therapeutic agent in conditions associated with lowered immune function, decreased NK activity, or chronic viral infection.”⁸

BETA GLUCANS

Beta glucans are naturally occurring polysaccharides found in the cell walls of pathogens such as fungi, yeasts and

moulds. They are believed to be immune modulators, meaning that they help to regulate the immune system, increasing its efficiency. Beta glucans stimulate the activity of macrophages, which are immune cells that destroy invading pathogens and stimulate other immune cells to attack. They also stimulate natural killer cells which bind to tumours or viruses and release chemicals to destroy them.⁹

Recommended Product

DAILY IMMUNE PROTECTION™

A unique combination of ingredients to help maintain the function of the immune system, including: Epicor, Selenium, Vitamin D3, Vitamin C, Zinc, Dimethylglycine, Elderberry Fruit Extract, Beta Glucans and Larch Arabinogalactan.



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Ask Robert Redfern: What is cancer?

Health advocate Robert Redfern discusses the causes of cancer, and looks at the alternative view of healing this prevalent condition

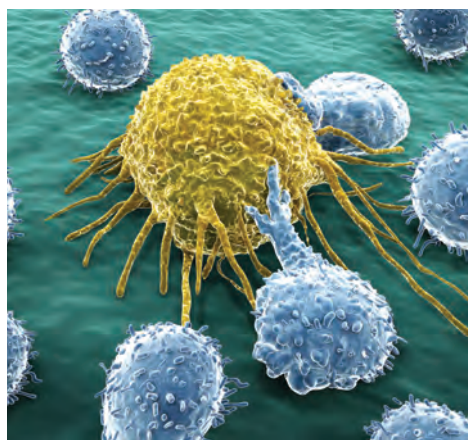


Cancer kills fewer people than heart or cardio diseases do. Its death rate, however, is increasing and this is due to the failure of the medical business to address and educate the masses about the causes and its failure to find a cure for any of the main cancers over the last 100 years. Since many cancers would have been dealt with by our body's own immune system if left alone, it is safe to assume the medical business does not delay by very much the premature death of the majority of cancer sufferers, unlike the treatments by doctors for heart or cardio disease.

The strange thing about cancer is that although it does not kill as many people as heart or cardio disease, most people only ask for alternative help after they have started cancer treatment and, worse of all, when they have been told to go home and wait for death. The alternative view of the prime cause of cancer (and most disease) is the diet.

HEALTHY CELLS

All healthy cells in our bodies use an aerobic process for energy to enable them to survive. This process uses approximately 80 per cent oxygen to burn 20 per cent



fats, proteins, carbohydrates or sugars. Fats, proteins and carbohydrates are preferable and in that order, while sugar is the least healthy as it has addictive qualities that soon lead to amounts in excess of the required 20 per cent. It can also cause damage to arteries, organs and cells.

To avoid any damage in the bloodstream, a hormone called insulin pumps extra sugar into the cells. This can be dangerous as excess sugar in the cells may lead to many kinds of diseases such as cancers.

CANCER CELLS

Cancer cells have either lost their ability to carry out the aerobic process or, by design, must use an anaerobic metabolic pathway, which uses very little oxygen instead. This anaerobic process is called 'glycolysis'. Glycolysis involves the fermentation of glucose in an environment that is devoid of oxygen.

Cancer cells produce up to 20 times less ATP (adenosine triphosphate, or energy fuel) which makes them weaker than normal, healthy cells in the body. Healthy cells use oxygen as their primary method of producing energy for themselves. This means that, although cancer cells are prolific at reproducing, they barely make enough energy to sustain themselves, hence they form into a tumour, possibly to give them strength.

WHAT IS A TUMOUR?

Cancer cells are prolific at reproducing themselves to create a tumour. When cancer cells are disturbed they can spread throughout the body but they barely make enough energy to sustain and to protect themselves from the hunter-killer macrophages in the bloodstream, unless they form a tumour.

It has not been proven why cancer

cells create tumours and there are various theories as to why this happens. The current one that is subject to the most research and makes the most sense is that tumours are trying to protect us from an infection.

Some claim it is a virus, a part of the herpes family (big pharma thinks so and is racing to develop cancer vaccines) and others say it is a bacteria. Whatever the cause of the tumour, the current solution being researched has to include an ultra-low sugar diet such as the ketogenic diet, which starves the tumour. Though physicians are not taught in medical school to tell their cancer patients to avoid sugar, proper nutrition and an ultra-low sugar diet can play a big part in tumour recovery.

DETECTING TUMOURS

Science-based medicine has known for a long time that cancer cells thrive on sugar and that this is the most accurate detection method for tumours. This is evidenced by how PET scans work for cancer. PET scans involve the injection of a mildly radioactive sugar solution. After the solution has been injected, a scan is performed to see which cells of the body highlight radioactivity the most.

Since cancer cells gobble up sugar about 15 to 17 times faster than normal healthy cells, any active cancer cells in the body will be highlighted like a beacon on the PET scan, before normal healthy cells have a chance to take up the sugar solution.

Tumours have a protection mechanism by creating a coating which stops the normal activity of the enzymes in the bloodstream from recognising them as unnatural cells and breaking them down.

In conclusion, whatever path you follow to clear cancer it must include an ultra-low sugar diet. Ketogenic recipes are all ultra low.

ALL YOUR DAILY B VITAMIN NEEDS IN ONE

**B VITAMIN DEFICIENCY HAS BEEN LINKED TO
MANY HEALTH PROBLEMS.**

B4Health Spray delivers the most important B vitamins and contributes to normal psychological function and normal homocysteine metabolism.

Have you been reading all the press on how important B vitamins are? Do you currently take a B vitamin supplement?

B4Health CAN HELP YOU.....

B4Health Spray is a sublingual spray which provides you with your DAILY VALUE for vitamins B3, B6, Folate, B12, Biotin, Selenium, Vitamin C, Vitamin D and vitamin E.

Vitamin B6 contributes to normal cysteine synthesis, normal psychological function, normal protein and glycogen metabolism and to the regulation of hormonal activity.

Vitamin B12 contributes to normal homocysteine metabolism, normal red blood cell formation and functioning of the nervous system.

Along with the B vitamin benefits you get the added benefits of all the other ingredients, such as vitamins C and D, which help to maintain your immune system.

B4Health Spray is much better than taking a tablet because it is more absorbable.

This unique formulation of ingredients can only be found in B4Health Spray. Give it a try if you take a B vitamin tablet or think you need B vitamin support.





Robert's Rant

By Robert Redfern
(taken from my weekly
email newsletter
Naturally Healthy News
(Week 48 – 2013))

Not a day goes by without me receiving four to five questions from readers asking me: "Do you have an alternative suggestion to statins?" This is usually because they have been suffering the side effects of taking these drugs or they have read about the side effects.

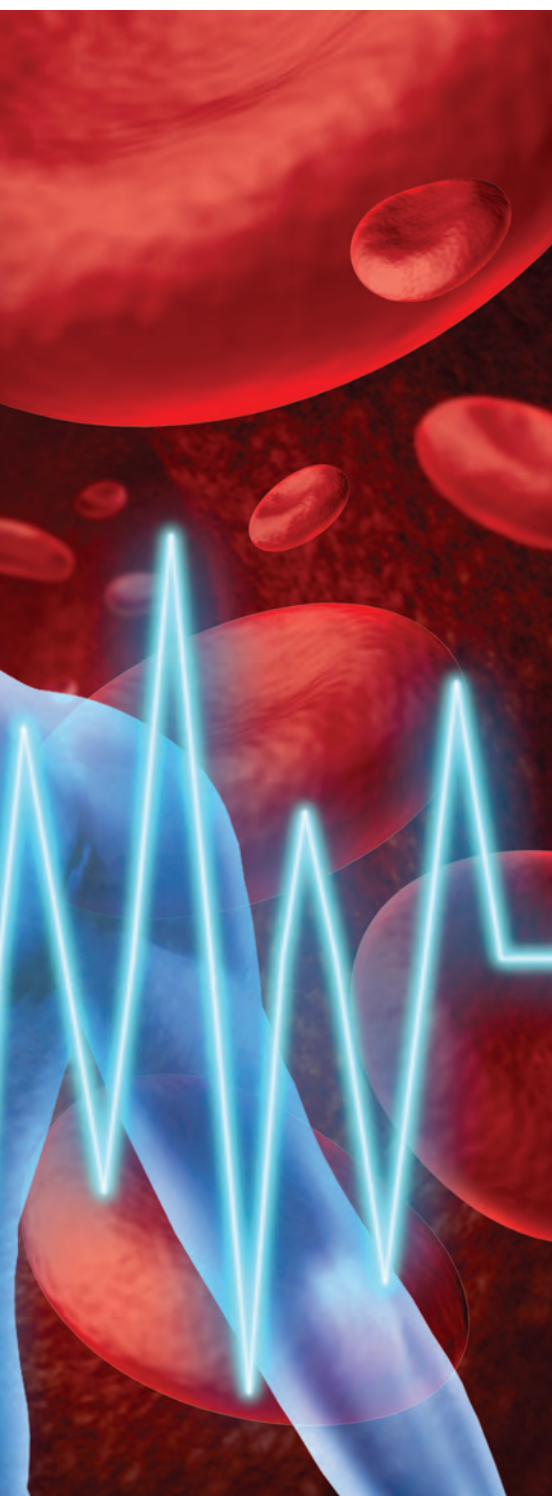
Almost everyone will tell me they don't want to just stop taking them as they have been told by their physician that they have to, as they will protect them. They want me to give them an alternative so that they will be safe.

I do what I do to help readers live a longer and healthier life – something that was denied to my parents. I really don't want to upset and confuse them, but I have to be honest.

STATINS JUST DO NOT WORK!

When I say 'work' I mean they will not help you to live longer and they will not help you to live healthier. Yes, you read that correctly. Millions of people are taking statins throughout the world and suffering numerous side effects in the hope that they will live a longer and healthier life. However, the numbers of those who may live a longer and healthier life range from one out of every 300 to one out of every 700. Yes, statins do lower cholesterol, but since high cholesterol is not a disease, then of course low cholesterol does not





equal a longer, healthier life.

Why would your well-meaning doctor continue to prescribe drugs that do not work in the sense that the risks/benefits are so small as to be insignificant?

It is because they are being brainwashed by the pharma companies with a barrage of false data. But, to be fair, they are just ordinary people doing a job. If the 'instruction manual' for their job says, 'prescribe statins', then they generally prescribe statins. They are also in fear for their jobs, the same as anyone who is under the control of a system that may take away their livelihood if they do not follow the manual.

Even governments are afraid to go against big pharma (or are bribed not to go against them). Big pharma are masters at using the media (and the tame charities) to blackmail governments to keep pushing their pharma drugs that just do not work. They deliver sick people to the media to be interviewed, begging for more drugs. What can a government do that depends upon votes?

Selling/prescribing drugs that do not work is not against the law. When drug companies break the law (which they frequently do) they get fined billions. It is not against the law because the whole science system is broke. The pharma and food industry may have managed to brainwash (bribe? blackmail?) the whole of the health research business. Why else would they support pharma drugs that do not work?

Why is it not against the law to prescribe drugs that do not work? I cannot answer this. I guess it is because they fixed the science to state incorrect information such as 'high cholesterol is a disease'.

Even the bodies (such as the Food & Drug Administration, or the FDA) who are responsible for putting drugs on the market in the USA are quite clear

that they are only interested in testing whether statins lower cholesterol and are not implying you will live a longer and healthier life.

WHERE DOES THIS LEAVE YOU?

I trust you are researching all of the information and are reading this as part of your research. If so then these are the facts according to the latest science:

- Statins do not work to give you a longer, healthier life and have numerous side effects.
- High cholesterol is not a disease and, if anything, it's your body's best attempt to protect your arteries from the inflammation caused by eating grains and cereals.
- High homocysteine is a disease and lowering it will help you to live a longer and healthier life.
- This inflammation is caused in the main by eating grains and cereals. This includes the so-called 'healthy' whole grains.

How do you live a longer and healthier life? Gain healthy cholesterol? Healthy homocysteine? Here is my advice:

- Stop all grains and cereals. Yes all of them and if in doubt, leave it out!
- Take B4Health Spray, which is the best value and most absorbable B vitamin complex.
- Take Active Life 90 Liquid Vitamin/Minerals or MaxiVision to deliver a full spectrum of micro-nutrients.
- If you are over 45 consider UB8Q10 Ubiquinol. Take 50mg twice a day (this is eight times better than ordinary CoQ10).
- Consider SerraEnzyme Serrapeptase as a long term anti-inflammatory.

That is all you have to do unless you have urgently serious health problems, in which case please contact me for a personal plan.

A truly miraculous ENZYME

Serrapeptase is a simple enzyme with the power to transform your health

Serrapeptase is a proteolytic enzyme first discovered in the 1970s. Naturally found in the intestine of the silkworm, it is used to break down the cocoon following metamorphosis. In the body, Serrapeptase breaks down proteins into peptides and ultimately amino acids.

Enzymes are essential to health. Often called active proteins, enzymes aid in absorption, repair and growth. Powerful enzymes ensure health in every cell in the body.

Each enzyme has a unique job. Serrapeptase, renowned for its ability to break down and dissolve, can calm inflammation, ease pain and clear plaque in the arteries. This potent enzyme even has the ability to disperse dead tissue in the body, such as scars and cysts.

After scientists recognised the potential of Serrapeptase, leading to its "discovery" in

the 1970s, they set out to harness its power in a laboratory setting. The Serrapeptase enzyme was formulated with a plant medium and the beneficial bacteria *Serratia E15*.

From then on, Serrapeptase's almost magical properties were celebrated in the medical community, with over 23 studies to back it. The Serrapeptase enzyme was introduced to the world in 2000 by Good Health Naturally. It is now sold on every continent, making its remarkable benefits available to millions.

SERRAPEPTASE RESEARCH

More than 23 scientific studies support Serrapeptase, but it wasn't until Robert Redfern launched the health information website www.Serrapeptase.info that the enzyme's popularity soared. Robert details the many health benefits of Serrapeptase in his book *The 'Miracle' Enzyme*.

Serrapeptase research speaks for itself,

offering relief for countless maladies. 23 scientific references for Serrapeptase use can be found at www.Serrapeptase.info:

Allergies. Serrapeptase calms inflammation and clears mucus associated with allergies and chronic cough, giving the body the chance to replace unhealthy tissue with healthy tissue.

Cystic fibrosis. Serrapeptase effectively clears inflammation and mucus associated with the disorder, thus minimising the spread of harmful bacteria and infection.

Emphysema. Research supports Serrapeptase to significantly ease swelling in patients with chronic emphysema compared to a placebo group.

Heart health. Serrapeptase can clear inflammation and dead tissue built up in artery walls; Serrapeptase was first used to treat atherosclerosis by researchers in Germany.



Multiple sclerosis. Serrapeptase taken with Curcumin, Ecklonia Cava, and vitamin D3 can clear scar tissue and inflammation associated with the autoimmune disorder; this process may allow for better nerve signal function and regeneration of healthy tissue.

Rheumatoid arthritis. Multiple studies support enzyme therapy to manage pain and inflammation caused by rheumatoid arthritis as effectively as pharmaceutical drugs – without side effects.

Sinusitis. Serrapeptase clears all inflammation and mucus and equips the body's immune system to combat sinus infection.

In a double-blind study conducted on 70 patients suffering from breast engorgement related to cystic breast disease, Serrapeptase results were noticeably superior to ease breast swelling and breast pain. 85.7 per cent of the patients treated

with Serrapeptase showed moderate to marked improvement. (Kee WH, Tan SL; Lee V, Salmon YM Singapore Med J, 1989)

SERRAPEPTASE ON THE HORIZON

Discoveries for potential Serrapeptase use continue to break ground. The current benefits of Serrapeptase are extensive and impressive. New Serrapeptase applications may include relief for breast fibrosis, blocked fallopian tubes and Morton's Neuroma.

Serrapeptase has widespread use to treat diverse ailments – like Morton's Neuroma, characterised by swelling in the nerve tunnel under the foot, similar to carpal tunnel in the wrist. Serrapeptase can ease this condition without side effects or contraindications, even while pregnant. User testimonials confirm, "I have Morton's Neuroma on my right foot. It has improved since I started taking the Serrapeptase enzyme. I have also noticed that other 'hot spots' of arthritic type of pains have disappeared."

In instances where medication must be taken to improve health, Serrapeptase can still better the outcome. Though antibiotic use is recommended only as needed to prevent antibiotic resistance, Serrapeptase may reduce biofilm on harmful bacteria and enhance antibiotic efficacy when taken together. Serrapeptase can work synergistically with aspirin to provide anti-inflammatory benefits, without increasing the risk of gastrointestinal ulceration, according to 2008 research published by the *Indian Journal of Pharmaceutical Sciences*.

SUPERIOR SERRAPEPTASE FORMULATION

To receive health benefits for a minor to major ailment, the recommended dose of natural Serrapeptase is 80,000 IU per capsule at a minimum. This formulation offers remarkable health benefits in a convenient capsule delivery system, supported by the extensive research listed above. When it comes to Serrapeptase,

the old adage "less is more" does not hold true. Studies support higher doses of Serrapeptase to provide greater results.

In order for Serrapeptase to have any effect on the body, it must be delivered in an enteric-coated capsule. High-dose Serrapeptase in tablet or capsule form should be formulated free from additives in a delayed release, enteric-coated delivery system. Powerful Serrapeptase capsule delivery is designed to reach the small intestine for greater absorption by passing through the stomach intact.

Today, even more potent Serrapeptase formulations are available at 250,000 IU. Maximum strength Serrapeptase can accelerate healing, improve joint mobility, reduce inflammation and support post-surgical recovery. Serrapeptase encapsulated at such a high dose must be manufactured under strict FDA Good Manufacturing Practices guidelines to ensure safe absorption and delivery. Maximum strength Serrapeptase can enhance overall health and may target specific ailments backed by research – heart disease, arthritis, sinusitis, bronchitis and more.

Serrapeptase is recognised as a powerful alternative to often harmful over-the-counter and prescription drugs by physicians, registered nurses, chiropractors, naturopaths and alternative medicine practitioners. Serrapeptase has been used to treat mild to serious health issues for more than 30 years. Serrapeptase currently has wide clinical use in Europe and Asia and is recommended as a safe substitute for pharmaceuticals, including NSAIDs, ibuprofen and salicylates.

Recommended Products

SERRAENZYME 250,000iu

This is a new maximum strength serrapeptase for serious serrapeptase support.

SERRAENZYME 80,000iu

Is the 'original' and bestselling serrapeptase for maintenance support.



The benefits of ASTAXANTHIN

This potent antioxidant could benefit your health in a number of ways

Carotenoids are types of naturally-occurring pigments which have powerful antioxidant properties that are beneficial for our health.

Astaxanthin is a red-orange carotenoid pigment, derived from micro algae, fish and crustaceans, which has been the subject of a number of clinical trials. Research shows that it has some impressive health benefits.

Astaxanthin has a particularly strong free radical scavenging activity which helps to protect the body's cells, organs and tissues from oxidative stress. Research has demonstrated its antioxidant and anti-inflammatory properties and established it "as an appropriate candidate for development as a therapeutic agent

for cardiovascular oxidative stress and inflammation."¹

Astaxanthin has also been found to lower triglycerides and raise HDL-cholesterol as well as improve blood flow "in an experimental microcirculation model"².

Unlike many other antioxidants, astaxanthin has the ability to cross the blood-brain barrier which means that it exerts a protective effect on the brain and eyes. Indeed, researchers who carried out studies looking at neurotoxins and their damaging effects on certain brain cells noted that cells treated with astaxanthin showed significant protection³.

Here are some other nutrients that are part of the same chemical family as astaxanthin:

LUTEIN

Lutein is one of two major carotenoids found in the human eye, specifically in the macula and retina. Supplementation with lutein has been found to reduce the risk of chronic eye diseases such as age-related macular degeneration (AMD) and cataracts.

VITAMIN A (BETA CAROTENE)

Beta-carotene is converted by the human body into vitamin A (retinol). Vitamin A is necessary for good eye health, a strong immune system and healthy skin and mucus membranes.

VITAMIN E (D-ALPHA TOCOPHEROL)

Vitamin E helps to protect our cells from the damage caused by free radicals. It also supports the immune system and helps to widen blood vessels and prevent blood from clotting. d-alpha tocopherol is the natural form of vitamin E, which is better retained by the body compared to the synthetic form (dl-alpha-tocopherol).

Recommended Product

ASTAXANTHIN

Made using BioAstin
Natural AstaXanthin, the
world's bestselling brand of
AstaXanthin and reviewed
by the US FDA without
objection.



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LOVE YOUR HEART?

LOVE THESE PRODUCTS

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.



Go with your **GUT INSTINCT!**

Enzymes are a vital part of digestive health.
We take a look at the role they play

A regular, well-functioning digestive system is vital to good health. Without proper digestion, our bodies struggle to receive the nutrients they need from our food and we are left feeling sluggish and tired. Also, toxins begin to accumulate in our bodies, leading to poor health and disease. In this article we will take a look at some supplements to help support the digestive process.

DIGESTIVE ENZYMES

Digestive enzymes are complex proteins involved in the process of digestion, which

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 ingested by us through the raw or lightly cooked foods we eat. However, as a result of modern farming methods and food preparation, we are no longer obtaining the right amount of enzymes from our food. Furthermore, the ageing process depletes the body of its store of digestive enzymes. There are two ways to preserve and replenish our enzyme level: by eating living foods and food supplements and taking enzyme supplements. Here are

some examples of important digestive enzymes, and the roles they play in our health:

AMYLASE

Amylase is a digestive enzyme which is secreted by the salivary and pancreatic glands. It breaks down carbohydrates into a form that can be used by the body for energy. As a result of poor dietary habits and ageing, many people become deficient in amylase, the symptoms of which can include allergies, excess gas, constipation and general digestive upset. Low levels of amylase are also thought to lead to a variety of conditions such as

Inulin

Inulin is a natural form of soluble dietary fibre which is derived from chicory root. It is also found in a number of fruits and vegetables. Inulin has a number of health benefits, but the main one is supporting digestive health. It 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. Inulin therefore helps to promote digestive health and prevents the growth of harmful bacteria in the gut.

type 2 diabetes, blood sugar imbalances, hypoglycemia and food sensitivities.

PROTEASE

This digestive enzyme is found in the gastric and pancreatic juices. It breaks down proteins into amino acids called peptides, which can be absorbed through the intestinal wall. Protease also helps to digest the cell walls of unwanted harmful organisms in the body as well as breaking down toxins, cellular debris and undigested proteins. This helps our immune system by avoiding an overload of toxins. Protease has been found to help with Inflammatory Bowel Disease, stomach ulcers and helps to promote beneficial gut bacteria.

LIPASE

Lipase is mainly produced in the pancreas but is also found in the mouth and stomach. It is needed to break down fats, also known as lipids, into glycerol and fatty acids. Lipase helps to maintain our pancreatic enzymes at optimal levels as we age. Research also shows that it may help people with coeliac disease, may improve indigestion, helps to improve immune function and aids fat digestion and weight control.

LACTASE

Lactase is produced by the cells lining the small intestines. It is needed to break down lactose, the main sugar found in milk. Most individuals are born producing it, but often make less of it as they age, which can cause lactose intolerance.

CELLULOSE

Cellulase is an enzyme that is needed to break down cellulose into glucose so that it can be used by the body for energy. Cellulose is a polysaccharide fibre found in the majority of raw foods, especially raw vegetables. Our bodies do not produce cellulase, which is why we need to take it in supplement form in order to ensure that we can properly digest foods containing cellulose. Without cellulase we can experience symptoms such as bloating, excessive gas and abdominal pain.

ALPHA GALACTOSIDASE

Foods such as beans and cruciferous vegetables like broccoli, cabbage and cauliflower are notorious for causing excess gas and bloating. The abovementioned foods contain carbohydrates which are linked to proteins or fats (known as glycoproteins or glycolipids) which aren't properly digested in the gut. These badly-digested particles are then fermented by intestinal bacteria, which produce gas, leaving us feeling bloated and uncomfortable. The enzyme alpha galactosidase stops this process. Alpha galactosidase is produced in the mouth and pancreas, but the amount we produce decreases with age. A deficiency of this enzyme can lead to indigestion, excess gas and Candida overgrowth.

INVERTASE

This is an enzyme which digests carbohydrates, converting sucrose into glucose and fructose. It enhances the overall digestion of starch, sugar and other

carbohydrates. As our body ages, we have less access to invertase, which reduces our ability to extract the essential nutrients from the food we eat. This enzyme is most often found in bee pollen and yeast sources. It has a number of antioxidant properties and is a natural immune booster. It also helps to reduce stomach toxicity and offers natural respiratory support.

PECTINASE

This enzyme is generally found in fruits such as bananas and apples. It breaks down pectin, a polysaccharide found in plant cell walls. Along with cellulase, pectinase assists with the digestion of plant-based foods, increasing their nutritional and prebiotic worth. Pectinase has been shown to promote the growth and health of intestinal microbiota and provides fuel for the lining of the colon.

GLUCOAMYLASE

Glucoamylase helps to break down starch that is naturally found in most vegetables and also in foods such as potatoes, corn, rice and wheat. It is produced in the mouth and pancreas. Glucoamylase breaks down these starches into glucose, which is absorbable and usable. By taking the load off the digestive process, it helps to reduce a number of digestive problems such as excess gas, bloating and fatigue. It has been shown to help ease the symptoms of IBS and may help to reduce food allergies.

Recommended Product

ESSENTIAL DIGESTIVE PLUS™

This is a newly formulated professional strength enzyme complex combining the power of eight digestive enzymes with Fruta-Fit® Inulin to create a powerhouse of digestive support. Contains the Lactase enzyme which improves lactose digestion in individuals who have difficulty digesting lactose.





Your health questions answered

By your personal health coach Robert Redfern



PREGNANCY-RELATED EYE PROBLEMS

Q: I've had severe problems with floaters in both eyes, along with other eye problems seemingly related to pregnancy such as flare, starbursting, halos, double vision, etc. All the doctors say my eyes are healthy, so it's probably caused by my hormones. Would serrapeptase improve my condition?

A: Robert says: Floaters are the most common eye question that I get asked. This is probably because most people have them. We all have some debris from birth that lies out of sight at the bottom of the eye. Bodily changes such as ageing, and perhaps hormonal changes, can affect the viscosity of the vitreous and make it easier for the floaters to be disturbed. More cell debris can be deposited as the result of the vitreous pulling away from the retina. This is more frequent in short-sighted people because the back of

the eye is shaped more like the pointed end of an egg, rather than perfectly round. The flashes of light that you have seen are the result of this detachment. Minor detachments may not be obvious in an examination and are not viewed as important. It is too early to consider a vitrectomy, which is not a pleasant procedure.

You may find that the floaters settle out of sight. It is unlikely that they can be removed as the eye is a sealed unit.



They may break up and become less troublesome. Stroking the upper eyelid downwards can offer temporary relief and you can learn to look past the floaters. Drink sufficient water and avoid stress as far as possible.

Try massaging Ancient Minerals Magnesium Oil Ultra into your arm, chest, neck, forehead and shoulder muscles. Also try Taurine liquid sprayed under the tongue – this can strengthen the cell walls of the retina as well as having many other benefits in the cardiovascular system. Revision Formula is also a herbal mix which may help to settle the floaters.

MORTON'S NEUROMA – COULD SERRAPEPTASE HELP?

Q: I have begun taking serrapeptase for Morton's Neuroma. I have taken 300,000iu for three days now and the following symptoms are occurring: Both my feet are very sensitive now as opposed to the one (left foot) in which the neuroma is located. I am having cramps (not too severe) and my sleep is being disturbed. Is this normal in your experience?

A: Robert says: Morton's Neuroma is a swelling on a nerve tunnel under the foot, resulting in inflammation and pain that becomes chronic (because we continually walk on it). This is much like carpal tunnel on the wrist (because we continually use it). I get about 7 out of 10 people getting success with my plan. There are no side-effects nor contraindications, even in pregnancy. The foot sensations and cramps indicate magnesium shortage. Are you following my full Morton's Neuroma plan? This includes massaging Ancient Minerals Magnesium Oil Ultra into your feet and calve muscles. Pain Genie is the ultimate solution.



COULD SERRAPEPTASE HELP RHEUMATOID ARTHRITIS?

Q: My daughter (aged 48) has rheumatoid arthritis. Can she be helped by taking serrapeptase?

A: Robert says: Your daughter will almost certainly get relief with a high dose of serrapeptase as this condition has inflammation as a huge part of the problem. However, since this is an auto-immune disease, to clear up the problem once and for all, she will need to follow my full auto immune diet and plan. She can contact me at the Help Desk for this. For good relief I initially suggest 2 x 250,000iu caps, 30 minutes before each meal and the last two at bedtime. Also, 2 x CurcuminX4000, three times per day, 30 minutes before each meal with the Serrapeptase. These can be reduced by 50 per cent as improvement takes place and increased in the event of a flare-up.



HELP FOR CORONARY ATHEROSCLEROSIS DISEASE

Q: I have coronary atherosclerosis disease. I need to know how to get the most out of serrapeptase. Should I take it with vitamins and minerals or take them separately? If so, how many hours in between should I take them and when is it dissolved in the body?

A: Robert says: Atherosclerosis is a blocking of the arteries caused by inflammation, infection and a high sugar/carb diet. High stress can also be a factor. All medical intervention is only temporary unless you plan to solve the causes. There are three solutions: enzymes, vitamins and minerals, and a sugar/carb-free diet (replaced by leafy, green veggies).

Serrapeptase/Nattokinase enzymes are always taken 30 minutes before food, whereas vitamins and minerals are taken with food. As for the diet, you can find some inspiration in our recipes on pages 76, 77 and 78. To improve leg circulation from PAD or DVT or any other lower leg circulation problems, massage Ancient

Minerals Magnesium Oil Ultra into the calf every day or so.

OSTEOARTHRITIS QUERY

Q: Can you please tell me if you have had any positive results from patients using serrapeptase for osteoarthritis?

A: Robert says: Osteoarthritis is a difficult one to give a simple answer for as there are different types. I have feedback from some serrapeptase users who report that it was gone within a week or so and others who have no difference even after a month or so. This is one of those instances where you try it for one month and then stop if it does not give you good results. I also strongly recommend fish or krill oil at the same time as this is a really good all-round support for many conditions as well as osteoarthritis. Start on 2 x 3 of 250,000iu capsules/tablets of serrapeptase for one week and then drop to 1 x 3 per day. Take them 30 minutes before eating with a glass of water. Take fish oil with your meal and follow the Really Healthy Foods plan on pages 76, 77 and 78.





Natural health for **PETS**

Just like us, our furry friends can benefit from the natural approach to health and wellbeing

As a reader of this magazine, you are no doubt interested in taking a natural approach to your health. But have you considered natural supplementation for your pets too?

Our furry companions give us much joy and unconditional love, so it's our responsibility to make sure they are kept in optimal health. Let's take a look at how they can benefit from the enzyme Serrapeptase.

THE POWER OF SERRAPEPTASE

Serrapeptase is a proteolytic enzyme, meaning that its primary task is to break down proteins. It is found naturally in the intestine of the silkworm and is used by the adult moth to dissolve the remains of the cocoon after metamorphosis.

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 both humans

and animals so by removing these dead tissues Serrapeptase enables the body to heal itself. This amazing enzyme has been successfully used on humans without side effects for 25 years. Now it is being used to help animals.

Testimonials

"It has given us so much pleasure to see her more comfortable"

Lesley Wilson was delighted to see her arthritic greyhound reaping the benefits of Serrapeptase. Lesley said: "She has completely come off her anti-inflammatories but is brighter, happier, more energetic and does not limp or show any sign of pain. Many have commented on how good she looks and how supple she seems these days. She has not had any further fits either so we have not had to increase her phenobarb as we had had to previously. It has given us so much pleasure to see her more comfortable and know there isn't the risk of gastric side effects etc. Our vet, although saying he was unable to recommend Serrapeptase as he was unaware of clinical trials etc, was very open and agreed she continue on it if it helped her."

"This is a truly remarkable recovery"

Liz Hayden used Serrapeptase on her horse, which sustained a severe tendon injury in April. By June a scan showed that he had a chronic tendonitis with much scar tissue formed, both on the tendons, in the tendon sheaths and in the surrounding ligaments. She said: "The prognosis was poor; 'moderate to guarded for anything more than light hacking' said the report. I had no idea about dose, so had to make an educated guess! I fed him 10 tablets of Serrapeptase a day for six weeks, then

six a day for two months, then three a day for a further two months. He has just been re-scanned (November). To my delight, the scan showed almost a full recovery. There is minimal scarring on the tendons, and none in the tendon sheaths or ligaments. This is a truly remarkable recovery, and I am absolutely delighted."

"Even the vet has said he is a walking miracle!"

When Clare Jeffries' dog was diagnosed with a blood clot, she tried giving him Serrapeptase. She said: "Nine weeks ago he was diagnosed with a sizeable blood clot that was affecting the blood supply to his rear legs, so much so that he went onto three legs as his left leg was very painful and eventually did not want to walk. The scan that we had confirmed the position and size of the clot and that he did not have a pulse in either leg. He was given about a week to live. I started him on Serrapeptase double strength three times a day and each day he has slowly got better and better. One month ago he went for his check-up and the vet informed me that his pulse had returned in his right leg. Two weeks later we returned to the vet to be told that he now has a pulse in both legs. He is now almost back to his old self and walking a full perimeter of our park and enjoys chasing his ball again. All of this I am sure is down to the Serrapeptase – even the vet has said he is a walking miracle!"

Recommended Product

SERRAPET™

The only serrapeptase for animals, suitable for all animals including dogs, cats and horses. 80,000iu serrapeptase per tablet, being used by thousands of pet owners and vets.



A number of vets have been using Serrapeptase for arthritis as well as a range of other conditions in animals, and to date the signs have been very encouraging. The treatment does not require a prescription and is a fraction of the cost of conventional medicines. So far, the supplement has been given to dogs, all severely affected with arthritis and all in a great degree of pain. There have been no side effects and pain relief has been almost total. This amazing enzyme has also been given to horses, and the results have been impressive too. The notable thing about these results is that we can rule out the idea of auto suggestion because animals have no concept of the placebo effect.

The medicinal effects of Serrapeptase for animals identified clinically are:

- Lung, sinus and other mucus problems
- Pain problems of any kind
- Inflammation (after surgery, injury etc)
- Scar tissue
- Mastitis
- Cysts

DID YOU *know?*

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

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.



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.



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.



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.



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).



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.



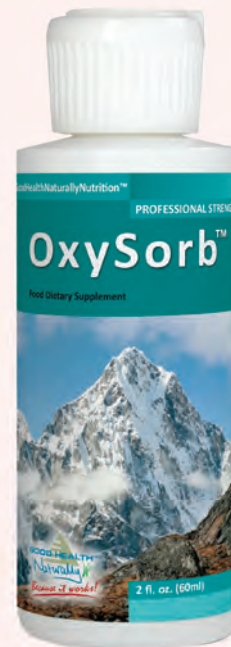
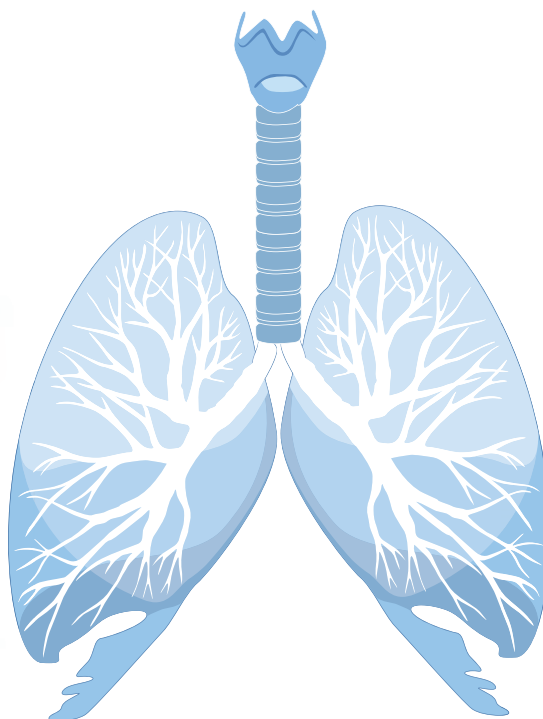
PLANT CELL VITAMIN C

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.





Breathe in... Breathe out...

Serranol in.....Serranol out.....Oxysorb in.....Oxysorb out

Do you love your lungs? Get to love Serranol and Oxysorb.

Serranol is a unique combination of ingredients which has been specially formulated by Robert Redfern.

Each capsule contains Serrapeptase, Curcumin, Ecklonia Cava Extract and Vitamin D3.

4 POWERFUL NUTRIENTS, 1 CAPSULE

Serrapeptase – also known as The 'Miracle' Enzyme. Serrapeptase is a proteolytic enzyme which helps to break down proteins. It has been used for over 30 years with miraculous results. Each capsule contains 80,000iu serrapeptase.

Ecklonia Cava Extract – a recent discovery which is getting heavy

backing, millions have already been spent on studies. The extract is 100%, whereas many other extracts are only 13%.

Curcumin – the ancient spice from turmeric, this has been used for thousands of years and there are over 1,800 studies on how this alone can help you. Even more

effective when you add it to the other ingredients!

Vitamin D3 – the Vitamin D council considers 50% of the global population to be deficient. Make sure you aren't in that 50% (each capsule of Serranol provides 1000iu D3)

Oxysorb is a sublingual liquid enzyme extracted from deep water Norwegian seaweed – this seaweed has to produce oxygen from CO² in low temperatures and virtual darkness. When under the tongue, Oxysorb may help the body's ability to absorb more oxygen and allow more oxygen to enter the bloodstream.

Good for athletes, exercise and long haul flights!

Athletes NEED SUPERIOR SUPPORT

Sports and exercise health hinges on speedy recovery



Exercise can improve your quality of life, but it can also be hard on your body. According to the American Academy of Orthopaedic Surgeons and The American Orthopaedic Society for Sports Medicine, wear and tear on the body for a competitive athlete is an unfortunate reality.

CONSIDER THESE STATISTICS:

- More than 95,000 people in the US visited a doctor for an acromioclavicular (AC) joint-related injury in 2008.
- 25,000 ankle sprains occur in the US each day.
- Accident and emergency departments in the UK saw a 14 per cent rise in sports injuries from 2011 to 2012.
- The anterior cruciate ligament (ACL) is one of the most commonly injured

ligaments in the knee.

- Athletes who suffer an ACL injury have a much higher risk of arthritis later in life.

Sports injuries and damage to the body from wear and tear are bound to happen to a competitive athlete. Wear and tear is also a risk for the regular exerciser. While no one will dispute the importance of exercise and competitive sport, the way you care for your body now will determine how well it functions later. If you want to keep exercising and competing, it's time to give your body the TLC it deserves to buffer damage that may occur down the road.

SPORTS HEALTH 101

Exercise recovery after a tough workout or competition is all about managing inflammation. While the word inflammation may make you think of a swollen, twisted

ankle, post-exercise inflammation occurs every time you engage in physical activity. Some inflammation is necessary to strengthen the body after a workout, but excess inflammation after strenuous activity can cause damage.

There are three specific ways you can support your health and bounce back faster after exercise or competition:

1. Use anti-inflammatory enzymes.

Yes, you can have too much of a good thing when it comes to inflammation. Taking protective enzymes is critical to calm the inflammatory response in the body after exercise. Serrapeptase is a natural anti-inflammatory enzyme with extensive clinical research to back its ability to improve joint, lung and tendon health – without any harmful side-effects



often caused by over-the-counter anti-inflammatory drugs.

For athletes and exercisers alike, this enzyme is worth noting. Once you visit your doctor with a sports-related ailment, you'll quickly realise that anti-inflammatory meds are some of the most prescribed drugs in the medical community. A safe enzyme alternative comes as a welcome relief to calm inflammation, promote recovery and encourage the body to heal – naturally.

Serrapeptase's natural anti-inflammatory benefits are known worldwide. Doctors in Germany have begun to prescribe the enzyme to their patients as an anti-inflammatory alternative. Serrapeptase is widely used by physicians, registered nurses, chiropractors, naturopaths and alternative medicine practitioners to ensure rapid recovery.

2. Try natural pain management. Chronic pain in athletes and exercisers is almost impossible to bear. But the use of long-term pain medication, including over-the-counter drugs, can be a slippery slope. The natural mineral magnesium is Mother Nature's remedy for safe pain management. Aches and pains, joint stiffness and inflammation can all be alleviated with the regular use of magnesium oil.

In the Western world, close to 80 per cent of the population is thought to be magnesium-deficient. What does a magnesium deficiency look like? You may experience fatigue, muscle twitching, leg cramping and even insomnia. A gentle magnesium supplement can ease post-workout muscle cramping, with added benefits to improve heart health.

Magnesium is a natural muscle relaxant, and it is one of the best exercise recovery tools to have in your arsenal. Natural magnesium is available in spray oil or gel form to improve cell membrane permeability. A healing soak in a magnesium bath after a tough run or rigorous match may be just what the doctor ordered to correct an underlying deficiency and support safe pain management.

3. Restore energy levels. Proper recovery after sports and exercise can refresh you in time for your next competition. A five-carbon sugar called D-Ribose is the cornerstone of cellular regeneration to support post-workout cellular energy. D-Ribose plays an important role in the production of adenosine triphosphate (ATP) in the heart and muscles. ATP transports energy to cells and is vital for cellular survival.

In short, renewed cellular energy is critical for health recovery. D-Ribose benefits professional athletes, exercise lovers and anyone in need of support when recovering from a health issue.

Recommended Products

SERRAPLUS+™

This nutritional enzyme/mineral matrix has been formulated to supplement what you don't find in your everyday diet. SerraPlus+ contains 80,000iu serrapeptase per tab/cap plus MSM and Trace Minerals, for extra benefits.



Other recommended products include D-RibosePlus™ and Ancient Minerals Magnesium Oil Ultra.

D-Ribose is gentle and safe enough for children to use. This source of energy makes for faster recovery after competition and training. When D-Ribose is taken in combination with malic acid and magnesium, it can result in noticeably improved energy levels.

If you're feeling run down after starting a new workout regimen or following a tough sports season, cellular regeneration is the starting point for long-term recovery. D-Ribose has a multitude of applications in fibromyalgia, chronic fatigue syndrome and myalgic encephalomyelitis (ME) rehabilitation. In day-to-day life, D-Ribose can keep the pep in your step by restoring energy reserves depleted by overwork and stress.

Natural healing is integral to any sports recovery programme. The body is a beautiful machine that is fully capable of healing itself, with the proper care and support. Powerful anti-inflammatory enzymes, natural minerals and even simple sugars can work together for short-term and long-term relief. Regular exercise is important for a long and healthy life. Exercise support and recovery are just as important to protect the body against wear and tear that could lead to injury.

THE FORMULA FOR *calm*

In today's fast-paced world many of us are battling with stress, insomnia and depression, but fortunately help is at hand

There's little doubt that stress, anxiety and depression are on the increase in today's world. According to the American Psychological Association, most Americans are suffering from moderate to high stress, with 44 per cent reporting that their stress levels have increased over the past five years. Stress, if left unchecked, can lead to serious health conditions such as high blood pressure, heart disease, obesity and diabetes.

Many people who are experiencing stress also tend to suffer with insomnia and depression, furthering the negative impact on their health. So what can be done about these issues, which are becoming so widespread? Fortunately there are several

natural supplements which can help to promote calm and relaxation and aid a better night's sleep.

L-THEANINE

The amino acid L-theanine, which is found in green tea leaves, has been shown to reduce anxiety and stress.¹ At higher doses than typically found in a cup of black tea, it has been found to have the unique ability to relax the mind without causing drowsiness.² This is because L-theanine directly stimulates the production of alpha brain waves, creating a state of deep relaxation and mental alertness similar to that achieved through meditation. L-theanine is also known to block the binding of L-glutamic acid to glutamate

receptors in the brain, and has been considered to cause anti-stress effects by inhibiting cortical neuron excitation.

This amino acid is also involved in the formation of the inhibitory neurotransmitter Gamma Amino Butyric Acid (GABA), which influences the levels of the neurotransmitters dopamine and serotonin – the brain chemicals that produce a state of relaxation. Not only can L-theanine reduce anxiety and stress, but it has also been shown to attenuate the blood pressure increase in high-stress-response adults.³

L-TRYPTOPHAN

L-tryptophan is one of eight essential amino acids which cannot be synthesised

"an increase in rated subjective sleepiness and a decrease in sleep latency (time to sleep)."⁴

VITAMIN B3

B vitamins are known stress relievers which help to keep the nervous system functioning. They cannot be stored in our bodies, so we depend entirely on our daily diet to supply them. During times of stress and illness, the body uses larger amounts than normal of these vitamins, making it important to replenish them on a daily basis. Vitamin B3, or niacin, is one of the B complex vitamins.

Niacin, also known as nicotinic acid, has two other forms: niacinamide, also known as nicotinamide and inositol hexanicotinate, both of which have different effects to niacin. Niacinamide is made from niacin in the body. When the body has a surplus amount of niacin, it converts the left over amounts to niacinamide. Both niacin and niacinamide are necessary for the proper breakdown and absorption of fats and sugars in the body, and also for the maintenance of healthy cells.

Niacinamide supplementation has been used as a natural treatment for insomnia. In 2005 the *Journal of Clinical Sleep Medicine* reported on of a study involving two female participants suffering from insomnia who were given niacinamide supplementation over 21 days. It was reported that at the end of the study, the women experienced a 79.5 per cent increase in sleep efficiency.

VITAMIN B6

Vitamin B6, or pyridoxine, is needed by the body to convert carbohydrates into glucose, which is used to produce energy. It is also needed for the production of red blood cells and the proper functioning of nerves. Pyridoxine is involved in the synthesis of the neurotransmitters serotonin and norepinephrine, which influence mood, and melatonin, which helps to regulate the body clock.

Pyridoxine deficiency is rare, although

Recommended Product

RELAXWELL®

Relaxwell® is a special formula created from tried and true quality ingredients. It combines L-Tryptophan, L-Theanine, vitamin B6 and vitamin B3.



certain medications can lead to reduced levels. Symptoms of a serious deficiency range from nervousness, irritability and depression to poor concentration, short-term memory loss and muscle weakness.

Studies have found that pyridoxine may reduce depression associated with premenstrual syndrome⁵ and it has been proposed that "high intakes of pyridoxine may have the potential to improve prognosis in many individuals" with reference to chronic dysphoria, a condition characterised by anxiety, depression or unease.⁶

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in the human body – this means we need to get it through our diet or via supplementation. Common sources include red meat, dairy products, nuts, seeds, legumes, soy beans and soy products, tuna, shellfish and turkey. L-tryptophan acts as a precursor for serotonin, a neurotransmitter which helps the body to regulate mood, sleep patterns and appetite.

A small amount of L-tryptophan is converted into niacin (vitamin B3) by the liver, which can help to prevent the symptoms associated with niacin deficiency when dietary intake of this vitamin is low (see below). Several studies have been carried out on the effects of L-tryptophan on sleep. Evidence suggests that in doses of 1g or more it produces

HEALTH news

BROCCOLI COULD PREVENT – AND EVEN SLOW – OSTEOARTHRITIS



Eating a handful of broccoli every day could prevent and slow the spread of osteoarthritis, the degenerative disease that destroys joints.

Sulforaphane, a compound in the vegetable, slows the destruction of cartilage in joints by blocking enzymes and interfering with the inflammatory processes that are associated with osteoarthritis. Sulforaphane is also found in Brussels sprouts and cabbage.

Researchers from the University of East Anglia reckon that eating 100g (3.5oz) – equivalent to a handful – every day could prevent the disease, and may even slow its progress once it has been diagnosed.

Medicine has no answer to osteoarthritis other than prescribing painkillers that ease the inflammation. Joint replacement surgery is often offered only when the joint has been almost completely destroyed.

After successfully demonstrating the positive effects of broccoli in laboratory trials, researchers are now testing it on 20 volunteers with osteoarthritis, who will eat 'super-charged' broccoli – a specially grown variety that is a cross between standard broccoli and wild broccoli found in Sicily – for two weeks. In that time, researchers hope to see the disease slow, although they don't expect to see joints start to repair in such a short period. (Source: *Arthritis & Rheumatism*, 2013; doi: 10.1002/art38133)

HEALTHY DIET OVERWRITES GENETIC CODE FOR CHRONIC DISEASE

Good news for anyone with a family history of heart disease and stroke – you can change your genetic inheritance with a healthy diet, say researchers.

A Mediterranean diet – which includes olive oil, fish, complex carbohydrates and nuts – can overwrite genetic codes that dramatically increase the risk for heart disease and stroke, say researchers at Tufts University.

They made the discovery while testing the impact of several diets – the Mediterranean and a low-fat diet – on around 7,000 men and women, and how it affected their chances of developing heart disease over a five-year period. But around 900 of the participants had genetic variations that made them more susceptible for heart disease, and which is usually preceded by type 2 diabetes. However, the increased risk was eliminated in those who were eating the Mediterranean diet; it put them "on an even playing field with everyone else", one of the researchers said.

(Source: *Diabetes Care*, 2013; doi: 10.2337/dc13-0955)

Source: www.WDDTY.com

CURRY SPICE COULD STOP PROSTATE CANCER SPREADING

Curcumin, a compound found in turmeric and a staple of curries, slows prostate cancer growth and could help protect against that cancer as well as breast cancer, scientists have discovered.

The polyphenol slows tumour spread in prostate cancer – though the results have been seen only in animal studies so far. The research team from Ludwig-Maximilians-University in Munich had previously found that curcumin stopped breast cancer from spreading to the lungs, but again the results were seen only in animals. However, the researchers now believe they have seen enough to suggest that, although the spice shouldn't replace conventional treatments for cancer, it could be included in the diet of anyone worried about developing breast or prostate cancers.

(Source: *Carcinogenesis*, 2012; 33: 2507-19.)



ACUPUNCTURE REDUCES PAIN (AND IT'S NOT A PLACEBO)

Acupuncture does work. A major study has confirmed that it eases chronic pain – and it's got nothing to do with the 'placebo effect', where the benefits are all in the patient's mind.

The therapy should be included in the range of pain-control options offered to patients, say researchers from the Sloan-Kettering Cancer Center in New York.

They are convinced of acupuncture's effectiveness because of the sheer scale of the research they've carried out. They collated 29 different studies involving a total of 17,922 patients who were given either acupuncture or 'sham' acupuncture. With sham acupuncture, the needles are either not inserted properly or placed at 'wrong' points on the body.

The patients given real acupuncture reported far greater reduction of their pain than those given the fake acupuncture, so demonstrating that it was the actual therapy – and not the placebo effect – that was working.

(Source: *Arch Intern Med*, 2012; 172: 1444-53.)

Unique combination of ingredients...

- **DIP is the number 1 supplement** to help support the normal function of the immune system. It contains all the important nutrients that are needed and which work better when together.
- If you bought all of these ingredients separately it would cost much more and **this combination can only be found in D.I.P.**
- **Invest in your immune system,** invest in D.I.P!
- Each bottle will last around 1 month and is **safe for all the family.**

AMOUNT PER SERVING (2 CAPS)

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



ANOTHER GOOD HEALTH NATURALLY FORMULATION

Love your sleep and relaxation?

Get to love Relaxwell

Take 2 capsules of Relaxwell before you go to bed.....this tried and tested formulation combines L-Tryptophan and L-Theanine with important B vitamins.

L-Tryptophan was discovered over 100 years ago. It is an essential amino acid and the precursor to serotonin (a neurotransmitter responsible for transmitting nerve impulses to the brain). L-Theanine is a natural phytochemical found in Japanese Green Tea and studies show it interacts with the neurotransmitter GABA. The B vitamins, B6 and Niacin, contribute to normal psychological function.

Love your sleep? Love Relaxwell!

For relaxation take 1 capsule up to 3 times daily.

EACH CAPSULE CONTAINS

L-TRYPTOPHAN (500mg)
L-THEANINE (100mg)
NICOTINIC ACID (10mg)
NIACINAMIDE (10mg)
PYRIDOXINE HCl (10mg)



ANOTHER GOOD HEALTH NATURALLY FORMULATION

YOUR GREY MATTER *matters*

Sharp brain function
in four easy steps.
Find out how to feed
your brain

Brain function matters in every stage of life, and it becomes even more important with age. You can support brain health in your younger years by protecting cognitive function. Supplements with healthy fats and trace minerals can preserve mental acuity as you age.

IS YOUR LIFESTYLE BRAIN-FRIENDLY?

If you want to avoid major cognitive issues in the future, like dementia and Alzheimer's disease, a lifestyle makeover may be in order. Lifestyle factors are inarguably linked with brain health with each passing decade.

While supplements can work wonders – which we will discuss later in this article – a healthy lifestyle is the foundation for a brain that stays sharp with age.

Your lifestyle will give your brain the oxygen it needs to function optimally day after day. Outside factors like stress can actually cause the brain to shrink. A shrunken hippocampus will affect memory and cognitive function.

Natural stress-busters like exercise will not only protect the brain from stress-toxicity, but physical activity can directly increase circulation to the brain. Staying

active with age supports the health of your brain and your entire body. You certainly can't lose.

TWO SUPPLEMENTS CAN CHANGE THE WAY YOU THINK

Once you have examined your lifestyle and have committed to 'smarter' living, you can seal the deal by literally supplementing your brain health. Two nutrients are critical to enhance brain health and protect against premature ageing:

1. OMEGA-3S

Many people are unaware that the brain is 60 per cent fat. Essential fatty acids called omega-3s contain EPA and DHA. One University of California study confirmed that a diet deficient in omega-3s, especially EPA and DHA, may cause cognitive decline.¹ Though it may seem simple to up your omega-3s by eating more fish – and whole foods like lean proteins are highly recommended – a



4 keys to a youthful brain

- Regular exercise supports circulation and delivers oxygen straight to the brain.
- Brain games like Sudoku and crossword puzzles can keep the brain active.
- Really healthy foods, free from starchy carbs, protect the brain from harmful inflammation.
- Nourishing supplements, like krill oil and lithium orotate, safeguard the health of an ageing brain.

supplement can be your best bet.

Why do you need an outside source of omega-3s? Again, it's important to emphasise that lifestyle choices are paramount to brain health. Eating a fresh, whole food diet free from starchy carbs and high in vegetables and natural proteins lays the ground for exceptional brain health. But even with the best intentions, the average diet is far too low in omega-3 fats. If you eat any type of processed foods, your diet may be loaded with processed omega-6 fats, causing a dangerous imbalance.

An omega-3 supplement like krill oil will provide a pure, natural source of essential fatty acids. A concentrated krill oil supplement with omega-3, 6, and 9 oils makes for excellent brain health. Krill oil is unique since it is anti-inflammatory. It contains omega fatty acids and antioxidants that calm the inflammatory response in the body. Anti-inflammatory krill oil protects the brain and can even ease a number of inflammatory conditions associated with age, such as rheumatoid arthritis, osteoarthritis and cardiovascular disease.

LITHIUM OROTATE

Lithium is a natural mineral found in a number of whole foods, like whole grains and vegetables. Lithium is also a vital component of several organs and bodily systems. Most importantly, lithium is an organic trace mineral praised for its mood

stabilising properties. The supplemental form of lithium, lithium orotate, is a safe alternative to antidepressants. Natural lithium orotate is delivered to the body in an organic carrier that ensures rapid transfer to the blood cells in the brain. This lithium orotate delivery system is designed to target the area of the brain where chemical imbalances occur. Compared to chemical antidepressants, lithium orotate has zero side effects.

100 per cent natural lithium orotate supports mental and emotional health. Some of the many benefits of this mineral supplement include support for depression, migraines, frequent headaches, bipolar disorder, menopause, PMS, alcoholism, ADHD, anorexia and even Alzheimer's and Parkinson's diseases.

For many who have struggled with mental health issues throughout their life, this natural, organic form of lithium is a welcome relief. For others, mental and emotional issues arise with age as cognitive function declines. Lithium orotate as a supplement is gentle and perfectly safe. In 2010, *Discover Magazine* called lithium "The Metal Marvel That Has Mended Brains for 50 Years," praising the mineral for its ability to protect the mentally ill from neuron damage and death in the brain.

AGE GRACEFULLY WITH OPTIMAL BRAIN HEALTH

Premature death caused by disease is

Recommended Products

THE KRILL MIRACLE

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

The Krill Miracle™ is made using Superba™ Krill Oil which is one of the few products made of marine oils, which has food grade approval throughout the whole supply chain, from harvesting to finished product.



LITHIUM BALANCE

Lithium Balance contains the trace mineral lithium in the supplemental orotate form.



tragic and often entirely preventable. Just as concerning is cognitive decline with age that can destroy quality of life. Preserving brain health with a balanced diet, an active lifestyle and the right supplements will allow you to age gracefully.

Concentrated krill oil rich in omega-3, 6 and 9 acids can lessen the burden of age on the body and improve brain function at the same time. Lithium orotate ensures a healthy mental response, balanced mood and emotional support – all without harmful side effects. Life truly can get better with age with the right supplements on your side. 'Miraculous' krill oil paired with an anti-ageing nutrient like lithium orotate will help you to look forward to your golden years.

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My story...

Reader Dave Ferguson explains how he has restored his health and wellbeing naturally after experiencing two heart attacks

Dear Robert

I thought it was time to give you an update on my progress on taking large dosage Serrapeptase as per your article Australian naturopath.

Firstly a little background. I had my first heart attack aged 48. After coming out of six days in intensive care, I was put on a general ward next to a 24-hour dialysis machine on one side and a demented patient who screamed incessantly on the other. I signed myself out of hospital on day seven and was probably lucky to survive the experience.

I attended a stress test some weeks later, and the 'one-size-fits-all bypass' was strongly advised. I decided against this and began a rigorous routine of self-help through diet and exercise.

All went well until I foolishly started smoking cigars again in 2001, and this combined with a stressful business

about these arrogant people?). This time I was under considerable pressure from close family to succumb to the operation. However, something inside told me to explore other avenues. A few weeks later the story of the dire state of North Staffs hospital hit the headlines, so it seems someone was looking after me.

Through a connection in the complementary health business I was put in touch with a guy called Burton Goldberg in NY (Founder of *Alternative Health Magazine*). The telephone call cost me £60 and Burton, who was brilliant, told me more about heart disease and my options, than any of the so-called heart specialists I had seen in the NHS.

He put me in touch with a specialist in electro magnetic therapy, Dr Anthony Scott Morley, in Dorset, who treated me with a combination of electro acupuncture

"My energy levels are massively increasing and the feeling of wellbeing has taken me back the way I was, pre-first heart attack."

experience led to a second heart attack in 2008. This time the attack was nowhere near as severe as the first attack but, nevertheless, following an angiogram an immediate bypass was recommended (no surprise there then).

I attended an appointment with a most supercilious consultant (what is it

and homeopathy. No question in my mind – he saved my life. I have visited Anthony regularly over the past four years until his retirement this year. Anthony made me operational, not brand new, but operational. However, I always had the ambition that somehow, some way, I would find a way to regain full fitness.

My own self-diagnosis was that Anthony had reduced the arterial blockages by about 50 per cent, but they were still there. On reading your article about the Australian Naturopath, initially I was somewhat sceptical, as I have tried many therapies (Linus Pauling, high juicing etc). Also I had purchased Blockbuster Allclear





and sadly didn't see any improvement. So I decided to try the Serrapeptase 250,000iu Max Dose, some 50 days ago. I have to tell you that in the last two weeks I have experienced an almost unbelievable improvement in my physical status.

My energy levels are massively increasing and the feeling of wellbeing has

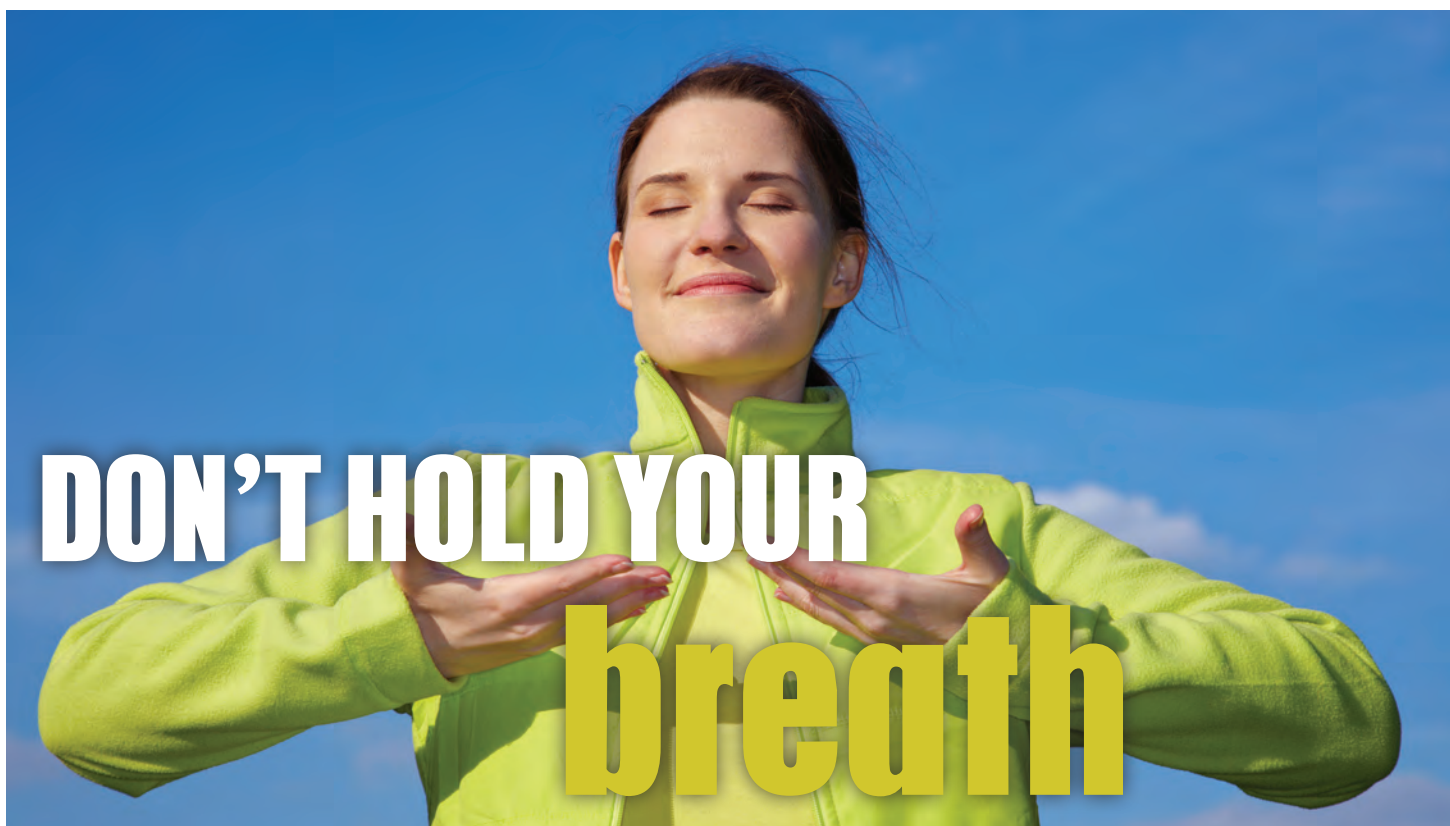
taken me back the way I was, pre-first heart attack. I just feel good...

I have hesitated to write this story for fear of 'banjaxing' the effect, but now feel so good that this information needs to be passed on to fellow sufferers. I plan to continue the high dosage for some time, and of course will follow your advice

regarding future maintenance of the condition. Can't thank you enough.

Best wishes

Dave Ferguson



Daily stress and interaction with technology compromise relaxed breathing

The vast majority of people breathe irregularly when checking email – four out of five, to be exact. In a recent study conducted by Linda Stone, a former Apple executive, she discovered a newly recognised health condition known as ‘email apnea.’¹ While a minor disruption in breathing throughout the day may not seem like cause for concern, email apnea can cause a ripple effect with long-lasting health consequences.

UNCHECKED STRESS DISRUPTS BREATHING

Picture this – you’re in the middle of composing an important email to your boss that must be sent before the end of the day. With this type of taxing communication, you may find that you automatically hold your breath, without even realising it.

You may be familiar with the term apnea (suspension of breathing) in reference to sleep apnea. Sleep apnea occurs in a number of overweight adults as they stop breathing in deep sleep. Over the long term, sleep apnea can lead to multiple symptoms

that arise from sleep deprivation – poor concentration, low libido, headaches, depression, anxiety and fatigue are examples.

Apnea that occurs while awake, like ‘email apnea,’ has its own harmful effect on the body. When you stop breathing, even momentarily, it deprives your body of oxygen. It also naturally activates your sympathetic nervous system to ring alarm bells throughout the body in the fight-or-flight response. Common symptoms experienced with email apnea correlate with high stress levels – pupil dilation, flushing, sweating and restless legs.²

This detrimental pattern is hard to recognise and difficult to break. Continuous, unregulated fight-or-flight responses may keep the body in a constant state of panic and trigger long-term health issues, like high blood pressure.

EMAIL ISN'T THE PROBLEM

Before you decide to give up technology altogether, consider this alternative. It isn't the interaction with email and similar technologies like texting that is at the root of the problem. It is how you approach email

that could be triggering your constant stress response.

Deep, relaxed breathing is paramount to longevity. The breath is the essence of life and is responsible for circulating fresh oxygen to all parts of the body. Yet many people are unfamiliar with what relaxed breathing looks and feels like – especially after experiencing email apnea day after day.

Experts recommend stepping away from emails in the office periodically to take a deep breath and centre your health. Try these relaxed breathing techniques to activate your diaphragm the next time email apnea creeps up on you:

- Breathe in and out from the belly.
- With each breath, hold your tongue against the roof of your mouth and breathe through your nose.
- Place a finger on your belly button and watch the belly expand with each inhale.
- Hold each inhale for the count of four and exhale to the count of seven.
- Repeat this exercise one to four times with each email break.

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HEALTH news

FEWER OVER-60S SHOULD BE TAKING BLOOD PRESSURE DRUGS, SAYS NEW US GUIDELINES

From 2014, fewer over-60s in the US will start antihypertensive drug treatment to lower blood pressure (BP). Instead, they should be encouraged to adopt a healthier lifestyle, according to new practice guidelines.

In a surprise move, the Eighth Joint National Committee (JNC) has raised the blood pressure readings at which drug treatment should begin. Up to now, it has applied to anyone over the age of 60 with a BP reading of 140/90, but the JNC's 2014 Hypertension Guidelines have raised that to 150/90.

There is no evidence that the over-60s are any better off by starting medication at the lower reading, says lead author Dr Paul James, and they also have to contend with the side effects of the drugs. Doctors should instead be encouraging patients to eat a better diet, exercise every day and lose weight.

This unexpected move presents a dilemma for the UK's 'best practice' group, Nice, which is currently recommending the US's previous BP reading of 140/90 at which to begin medication.

(Source: JAMA, 2013; December 18: doi: 10.1001/jama.2013.284427)

UK GOVERNMENT DEMANDS DRUGS INDUSTRY COMES CLEAN ON HIDDEN DATA

The UK government is demanding greater openness from the pharmaceutical industry after it spent £424m on stockpiling the Tamiflu anti-viral drug without ever knowing if it would work.

The UK Parliament's public accounts committee wants the release of all research data on every prescription drug available on the country's National Health Service (NHS). It is "of extreme concern" that the true effectiveness, and safety, of prescription drugs remains unknown because the drugs industry refuses to reveal research data from drug trials, the committee has said.

Half of all trial data is never released, and this is invariably the 'bad news' about drugs not working properly or not being safe.

(Source: BBC News, January 3, 2014).

Source: www.WDDTY.com



CHOLESTEROL AND BLOOD PRESSURE LEVELS DON'T SHOW HEART DISEASE RISK, NEW STUDY FINDS

Around a third of people who are taking a statin probably don't need the drug – and that's because we've got it wrong about the usual risk factors for heart disease and stroke. People with higher levels of cholesterol and raised blood pressure are usually given the drug, but there's a far more accurate method for assessing the real risk, say researchers.

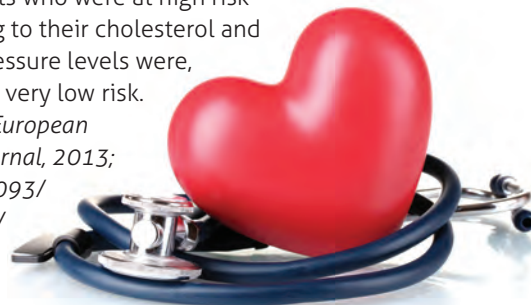
Only people with raised calcium levels in their arteries should be taking a statin, say researchers at the Brigham and Women's Hospital in Boston, USA. Instead, they are routinely given to people with higher cholesterol levels or raised blood pressure or have diabetes, and increasingly to all people over the age of 50 as a 'just-in-case' medication.

As a result, around one third of people are taking a statin unnecessarily, and are also exposing themselves to one of the drug's side effects. Ironically, those who are at higher risk of a heart attack or stroke are often overlooked and are not being prescribed statins.

The current markers of possible heart disease – such as high cholesterol, raised blood pressure or diabetes – just aren't accurate enough. Instead, a build-up of calcium in the arteries is a far better indicator of potential trouble, say the researchers who assessed the health of 6,698 patients with heart problems. Over a seven-year period, the researchers found that measures of coronary artery calcium (CAC) were the best indicators of heart disease, and only those with high levels should be treated with statins.

In fact, CAC levels successfully identified 15 per cent of patients who were likely to develop heart disease, and yet, according to all the traditional measures, were at low risk. Conversely, 35 per cent of patients who were at high risk according to their cholesterol and blood pressure levels were, in fact, at very low risk.

(Source: *European Heart Journal*, 2013; doi: 10.1093/eurheartj/eh508)





IODINE: *the essential trace element*

Iodine is known to be important for good thyroid function, but did you know that it plays many other important roles in our overall health and wellbeing?

Iodine is a trace element that is essential for life. It plays an important role in the healthy functioning of your thyroid gland and is required to make the thyroid hormones T3 (triiodothyronine) and T4 (thyroxine). These thyroid hormones circulate in the bloodstream and are responsible for a number of roles in the body including regulating our temperature, heart rate, metabolism, glucose consumption and production of proteins.

Hyperthyroidism is where too much thyroid hormone is produced, and this can result in a very high metabolic rate. Symptoms of the condition include a rapid heart rate, excessive sweating, weight loss and feeling hot. With hypothyroidism, where too little thyroid hormone is produced, people experience symptoms such as a slower heart rate than normal, they tend to feel cold and experience unexplained weight gain, dry skin, weakness, muscle aches, depression and fatigue.

Iodine deficiency can lead to hypothyroidism, enlargement of the thyroid (known as goiter) and to mental retardation in infants and children whose mothers were iodine deficient during pregnancy.

Thyroid problems are not the only issues linked with iodine deficiency. Research suggests that it is also linked to obesity, cognitive impairment, psychiatric disorders, fibromyalgia and a variety of cancers.¹

Iodine deficiency was common in certain areas of the US and Canada before the 1920s, but the introduction of iodized salt has virtually eliminated the problem. However, the problem persists in many other parts of the world where people do not have enough iodine available through their diet. According to the American Thyroid Association approximately 40 per cent of the world's population remains at risk for iodine deficiency.

BEYOND THE THYROID

The nourishment of the thyroid gland is just one of many bodily functions for which iodine is needed. Let's take a look at some of its other uses:

BREAST HEALTH

Iodine plays an important role in the health of women's breast tissue. Other than the thyroid, the highest concentration of iodine is found in breast tissue. Iodine deficiency has been linked with fibrocystic breast disease, which can cause severe breast pain and the development of cysts and nodules. Research has shown that daily amounts of 3,000-6,000 mcg of iodine may help relieve the symptoms of fibrocystic breast disease.²

THE SKIN

Did you know that 20 per cent of the iodine in your body is stored in your skin? This is why a deficiency of iodine can lead to skin dryness and a lack of sweating.

THE MUSCLES

32 per cent of your body's stores of iodine are contained in your muscles. If these levels are depleted this can lead to muscle pain and other fibromyalgia symptoms.

THE DIGESTIVE TRACT

Parts of the digestive tract contain a high concentration of iodine. Concentrated amounts are found in the cells of the stomach lining. Iodine deficiency has been linked with digestive problems.

THE EYES

The tear glands contain large amounts of iodine, which is why a deficiency can lead to dry eyes.

THE OVARIES

High levels of iodine are found in the ovaries. Iodine deficiency is linked with ovarian cysts and may also be related to polycystic ovary syndrome.

According to research, health disorders linked to iodine deficiency can be prevented by an adequate intake of iodine.³ However, as the body does not make iodine, it is therefore an essential part of your diet. Iodine is found in a variety of foods ranging from cheese and cow's milk to eggs, saltwater fish and shellfish. The highest concentrations of this trace element are found in seaweed, particularly kelp and bladderwrack.

Recommended Product

NASCENT IODINE

Nascent iodine is recognised by the body as the same iodine that is recognised by the thyroid and is absorbed effortlessly by the body. One drop = 400mcg of iodine. Usage depends upon the desired effect. Frequent small doses are more effective than larger amounts at less frequent intervals. Nascent iodine is the best form of iodine supplementation.



The European recommended daily intake is 150mcg per day of iodine, but natural health practitioners suggest that up to 50mg of iodine per day from natural sources will support better health. Look for atomic nascent iodine as this is the closest form to natural iodine.

Nascent iodine is a consumable iodine in its atomic form rather than its molecular form. It is an iodine atom that has an incomplete number of electrons. It is paramagnetic. This means that the iodine atoms can hold an electromagnetic charge. Nascent iodine therefore has a huge energy release when consumed. This 'charged' state is held by the atom until diluted in water and consumed, whereby it gradually loses energy over a two to three-hour time span. During this time, the iodine is recognised by the body as the same iodine that is recognised by the thyroid and is absorbed effortlessly by the body.

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

Daily Mail

A photograph of a middle-aged couple walking hand-in-hand through a grassy field. The woman is on the left, wearing a light blue short-sleeved top and light-colored pants. The man is on the right, wearing a green polo shirt with white stripes on the sleeves and light-colored pants. They are both smiling and looking towards the camera. The background is a soft-focus landscape with green trees and a bright sky.

MAGNESIUM

the essential mineral

We take a look at why everyone should be considering magnesium supplementation

Did you know that according to statistics, the majority of those in developed countries are deficient in magnesium? This vital mineral is needed by every cell in the body and is particularly needed by the heart, the kidneys and the muscles.

Magnesium is responsible for over 300 enzyme reactions in the body. It is

necessary for the synthesis of proteins, the utilisation of fats and carbohydrates and the production of energy. In fact a serious deficiency of this important mineral "commonly occurs in critical illness and correlates with a higher mortality and worse clinical outcome in the intensive care unit."¹

Magnesium was found primarily in green, leafy vegetables; whole grains;

nuts and seeds. The content of such has almost halved in the past 60 years. Proof if ever it was needed that we should be eating our greens and also considering supplementation. Just think, millions of people who are being given expensive drugs for chronic illnesses could be helped to regain their health naturally through magnesium supplementation.

Did you know?

The best way to take magnesium is to apply it to the skin through use of an oil or gel.

Dr Norman Shealy, one of the world's leading experts in pain management, carried out a trial to determine whether or not magnesium could be absorbed through the skin. The trial participants applied magnesium to their skin each day for a month and had their magnesium levels tested before and after the trial. The results showed that 12 of the 16 participants had "significant improvements in intracellular magnesium levels" after just four weeks of applying the magnesium oil.

The symptoms of magnesium deficiency can include the following:

- Agitation and anxiety
- Restless leg syndrome (RLS)
- Insomnia
- Irritability
- Nausea and vomiting
- Loss of appetite
- Abnormal heart rhythms
- Low blood pressure
- Confusion
- Muscle cramps, spasm and weakness
- Hyperventilation
- Seizures

ANXIETY AND DEPRESSION

Stress, anxiety and depression are very much on the increase in today's world, but rather than turning to tranquilizers or anti-depressants, perhaps we should be looking to supplement our diets that may be lacking in magnesium. Research has suggested that magnesium may help with anxiety through its influence on the hypothalamic-pituitary adrenal (HPA) axis². A study which compared the effects of magnesium with an anti-depressant drug found that magnesium was highly effective in treating depression and as effective as medication.³ And a series of case studies demonstrated that supplementation with magnesium led to a rapid recovery from major depression.⁴

DIABETES

Low levels of magnesium have been

associated with people who have type 2 diabetes. In one study, published in the journal *Diabetes Care* in 2006, researchers found "a significant inverse association between magnesium intake and diabetes risk,"⁵ leading them to support increased consumption of sources of magnesium. Insulin function is dependent on magnesium as the mineral is responsible for the activation of insulin receptors and for the stimulation of proteins and substrates involved in insulin signalling.

HEART HEALTH

Magnesium is essential to the health of our hearts. It helps to maintain a normal heart rhythm and is sometimes given intravenously in hospitals to reduce the chance of atrial fibrillation and cardiac arrhythmia (irregular heartbeat). One particular study, published in the *American Journal of Clinical Nutrition*, found that "higher plasma concentrations and dietary magnesium intakes were associated with lower risks of SCD (sudden cardiac death" in women).⁶ Another study, again published in the *American Journal of Clinical Nutrition*, in 2013, found that "circulating and dietary magnesium are inversely associated" with the risk of cardiovascular disease, leading the researchers to call for further clinical trials to "evaluate the potential role of magnesium in the prevention of CVD and IHD (ischemic heart disease)."⁷

So, in conclusion, there are many health conditions which can benefit from the vital

Recommended Product

ANCIENT MINERALS MAGNESIUM OIL ULTRA

This product contains raw, highly concentrated, ultra-pure magnesium chloride and other trace minerals drawn from the Ancient Zechstein Seabed in Northern Europe. Magnesium Oil Ultra also contains MSM to improve absorbency and for extra MSM health benefits.



mineral magnesium, making the need to supplement with it more important than ever.

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CoQ10:

vital for health

Coenzyme Q10 is needed for all cellular functions and can benefit a wide range of health conditions

Coenzyme Q10, or coQ10 as it is commonly known, is a vitamin-like substance which is found naturally in every cell of the body. CoQ10 is manufactured by our bodies and is used to produce adenosine triphosphate (ATP), which is the body's major form of stored energy. An adequate supply of ATP is needed for all cellular functions.

CoQ10 comes in two forms – ubiquinone and ubiquinol. Ubiquinone is the completely oxidized form of CoQ10 which is metabolized within our bodies where it

becomes ubiquinol, the antioxidant form of CoQ10. Ubiquinol is a powerful antioxidant which scavenges free radicals, helping to protect proteins, low-density lipoprotein (LDL, a cholesterol transporter) and DNA from oxidative damage.

When we are young our bodies are able to produce as much coQ10 as we need, but various factors such as ageing and stress can lower our levels of CoQ10. As a result, the ability of our cells to regenerate and withstand stress begins to decline. A coQ10 deficiency can mean that the body's cells may not have enough energy

to function properly and may also mean that the body will become more vulnerable to free radical damage which could lead to disease.

CoQ10 is often recommended to counteract the muscle aches and weakness associated with cholesterol-lowering statin drugs. It is thought that such drugs can lead to a depletion of coQ10 levels, resulting in these symptoms.¹

Numerous studies have demonstrated the beneficial effects of supplementing with coQ10, most of which come from its role in oxygen utilisation and energy

production, particularly in heart muscle cells. Let's take a look at some conditions that it can benefit.

HEART FAILURE

Patients with heart failure have lower levels of coQ10 in their heart muscles and as the severity of the condition worsens, so does the coQ10 deficiency. However, new research has shown that coQ10 can reduce the risk of death from heart failure by 50 per cent. Danish researchers carried out a study of 420 people with severe heart failure, assigning the participants a coQ10 supplement or a placebo, and monitored them for two years. Their findings were that coQ10 reduced the risk of a major adverse cardiovascular event by approximately 50 per cent, leading the researchers to state that coQ10 should be added to standard treatment for heart failure.²

TYPE 2 DIABETES

Evidence suggests that coQ10 can benefit people with type 2 diabetes. Australian researchers carried out a 12-week study on 74 people with type 2 diabetes, either assigning them a twice daily dose of 100mg of coQ10, a 200mg daily dose of a lipid-regulating drug or neither. Their findings showed that supplementation with coQ10 significantly improved blood pressure and glycaemic control.³

Furthermore, preliminary studies suggest that coQ10 may help neuropathy, or nerve damage, which is the most common cause of injury and death in people with diabetes. Researchers from the University of Miami found that supplementation with CoQ10 was able to decrease neuropathy-induced pain in diabetic mice.⁴

HIGH BLOOD PRESSURE

Several clinical studies have suggested that coQ10 may help to lower blood pressure. One study involved 109 patients with symptomatic essential hypertension who were given coQ10 supplementation. The researchers noted "a definite and gradual improvement in functional status"

and were able to gradually decrease antihypertensive drug therapy within the first one to six months. Afterwards, "clinical status and cardiovascular drug requirements stabilised with a significantly improved systolic and diastolic blood pressure."⁵

Additionally, a review of 12 clinical trials concluded that "coenzyme Q10 has the potential in hypertensive patients to lower systolic blood pressure by up to 17 mm Hg and diastolic blood pressure by up to 10 mm Hg without significant side effects."⁶

PARKINSON'S DISEASE

A number of studies have demonstrated that coQ10 can have beneficial effects on Parkinson's disease, particularly with regard to its neuroprotective effects in patients with early and midstage Parkinson's. One clinical trial involved 80 subjects with the condition who were randomly assigned a placebo or coQ10 at dosages of 300, 600 or 1,200 mg/d. The subjects taking the coQ10 developed less disability compared to those taking the placebo, and the researchers concluded that coQ10 "appears to slow the

Recommended Products

UB8Q10, also known as Ubiquinol, is a coenzyme Q10 that is eight times better absorbed compared to ordinary coQ10!



HYSORBQ10™

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 bioenhanced coQ10 for enhanced dissolution and easier absorption.

progressive deterioration of function in Parkinson's disease."⁷

A review of four clinical trials concluded that supplementation with coQ10 at 1,200 mg/d for 16 months was "well tolerated" by patients with the condition and that the improvements in activities of daily living and the Unified Parkinson's Disease Rating Scale (UPDRS) were "positive".⁸

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Nature's SUPER SPICE

Turmeric is exotic, pungent, and delicious. It also contains the chemical compound curcumin which has been praised for its phenomenal health benefits

If you were told that one herb in your kitchen cupboard may hold the key to unlocking many modern health issues, would you be surprised? Western physicians often make healthcare more complicated than it needs to be. Sometimes the simplest remedies are the most powerful. You may find answers to your pressing health problems in your very own kitchen.

THE ANCIENT INDIAN SPICE THAT BRINGS MORE THAN FLAVOUR

Turmeric is a yellow spice that has been used to flavour Indian food for centuries. It is also found in prepared yellow mustard, Indonesian chili paste, Thai curry, Caribbean curry, garam masala and much more.

Curcumin is a compound in turmeric which has been found to have anti-inflammatory, antibacterial, antiviral and antifungal properties. Historically, curcumin has been used to heal wounds, sprains, coughs, colds, burns and arthritis. When enjoyed in the diet, through turmeric, curcumin offers marginal benefits. As merely a spice compound, curcumin has poor absorbency. As a high-potency supplement, however, it can hold the key to renewed health.

A LOOK AT THE EVIDENCE

Curcumin studies fill pages and pages of medical journals. Year after year, more curcumin breakthroughs are published, emphasising how important this spice

compound is to the health of us all.

Here are some of the most impressive studies that support the power of curcumin:

- **Curcumin for Alzheimer's disease.** In a study of aged female rats, curcumin was found to decrease oxidative damage and improve spatial memory.¹
- **Curcumin for arthritis.** Research shows that curcumin can help to ease the symptoms of rheumatoid arthritis.²
- **Curcumin for digestive disorders.** According to research, curcumin can help to soothe gastric inflammation, including ulcers.³
- **Curcumin for heart disease.** Curcumin may help to lower inflammatory markers that may trigger heart disease.⁴

Curcumin's antioxidant power

"Turmeric is the fourth most antioxidant-rich herb with an Oxygen Radical Absorbance Capacity (ORAC) of 159,277. The curcuminoids boost levels of the body's most potent antioxidants including glutathione, superoxide dismutase and catalase. These molecules are critical for the body to limit oxidative stress-related damage to the vital organ systems." Source: www.naturalnews.com



- **Curcumin for liver damage.** Curcumin may help to slow or prevent damage from liver disease.⁵

There are countless studies that hail curcumin's ability to transform health and ward off disease. Inside and out, curcumin improves quality of life. Curcumin can be used as an alternative to more aggressive anti-inflammatory drugs to naturally calm inflammation. The antioxidant and anti-inflammatory properties of curcumin also provide a therapeutic remedy for acne.

Curcumin is even safe enough for use in children's health. Based on research from the Los Angeles Biomedical Research Institute at Harbor-UCLA Medical Center, premature babies reliant on ventilators and oxygen therapy can benefit from curcumin's

anti-inflammatory properties to protect against long-term lung damage.⁶

BIOAVAILABLE CURCUMIN IS THE GOLD STANDARD

To receive the many health benefits of curcumin, absorption makes a world of difference. Yes, you can enjoy turmeric as a spice and ingest curcumin compounds with your meal. However, the many studies listed above tapped in to the remarkable properties of curcumin by using far above average doses.

Bioavailable curcumin taken as a supplement offers a breakthrough in absorption. Bioavailable curcumin bridges the gap between curcumin in spice and the countless health issues plaguing our modern society. Bioavailable curcumin even has markedly higher absorption rates than commercial curcumin extract.

Remember, absorption is key. If your body can't absorb curcumin, then you can't tap into its fullest potential. Bioavailable curcumin is seven times more absorbent than ordinary curcumin. Bioavailable curcumin calms the body's inflammatory cascade, eases pain, corrects digestive issues and removes brain plaque to preserve cognitive function.

Curcumin is much more than a spice. It is an all-natural compound with strong pharmacological properties. In the supplement form, bioavailable curcumin is potent and protective. Bioavailable curcumin is rapidly absorbed in the body and offers 20-40 times better utilisation than regular curcumin. A new breakthrough formulation provides innovative curcumin delivery in a bioavailable capsule that effectively reaches the bloodstream.

Make no mistake – curcumin has the ability to heal and prevent a number of different diseases. Turmeric as a natural

Recommended Product

CURCUMINX4000™

At 20-45 times better utilisation, CurcuminX4000™ is the most powerful and cost effective curcumin supplement available. In a recent study, 450mg CurcuminX4000™ delivered the equivalent benefits of 4,000mg of ordinary curcumin 95 per cent capsules.



remedy has been an integral part of Ayurvedic medicine for centuries. Cutting-edge scientific technology has made bioavailable curcumin a reality. Potent, powerful, natural curcumin is a health elixir in a capsule – with the ability to fight heart disease, diabetes, arthritis, Alzheimer's disease and more.

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Deliciously healthy

Healthy, nutritional meals can be both simple and tasty.
Try these suggestions

CARROT, GINGER AND ORANGE SMOOTHIE

Start your day on the right note with this vitamin-packed smoothie

Ingredients

- 1 cup fresh, pure carrot juice (organic if possible)
- 1 organic orange, peeled
- 1 big handful of organic spinach
- 1 small square of ginger
- 1-2 handfuls of ice

Method

1. Place the carrot juice, orange, spinach and ginger in a blender.
2. Blend on medium speed for about 30 seconds.
3. Add ice and finish blending. Pour into a glass and enjoy!

breakfast



lunch

BUTTERNUT SQUASH AND SMOKY BLACK BEAN SALAD

This colourful salad is full of flavour and so good for you!

Ingredients

- | | |
|---|--|
| 4 cups ½-inch cubed, peeled, butternut squash | 1 tbsp Dijon mustard |
| 7 tps extra-virgin olive oil, divided | 1 tbsp honey |
| ½ cup walnuts, chopped | 1 tbsp adobo sauce |
| Cooking spray | 2 garlic cloves, thinly sliced |
| ½ tsp kosher salt, divided | ¼ tsp black pepper |
| 2 tbsps red wine vinegar | 1 15oz can no-salt-added black beans, rinsed and drained |
| | 1 9oz package baby arugula |

Method

1. Preheat the oven to 425°F.
2. Combine the squash and 1 tbsp oil; toss to coat. Arrange the squash on a jelly-roll pan. Bake at 425°F for 25 minutes or until tender.
3. Arrange the walnuts on the jelly-roll pan; coat with cooking spray. Sprinkle 1/8 tsp of salt over the nuts and toss. Bake at 425°F for 10 minutes or until toasted, stirring once.
4. Combine 1 tbsp olive oil, vinegar, mustard, honey and adobo sauce in a bowl and stir with a whisk.
5. Heat a medium non-stick skillet over a medium heat. Add the remaining 1 tsp of oil to the pan and swirl to coat. Add the garlic and saute for one minute. Add the squash, the remaining 3/8 tsp of salt, pepper and beans and cook for three minutes or until heated through. Remove from the heat, stir in 3 tbsps adobo dressing and toss to coat.
6. Combine the remaining dressing and arugula and toss to coat. Divide the arugula mixture evenly among four plates and top with the bean mixture.

dinner

BROILED GARLIC SALMON AND TOMATOES

Ingredients

4-6 oz pieces skinless salmon fillet
 4 medium tomatoes, halved
 2 tbsps olive oil
 Kosher salt and black pepper
 ½ tsp paprika
 8 sprigs fresh thyme
 4 garlic cloves, sliced

Method

1. Heat a broiler. Place the salmon and tomatoes, cut-side up, in a broilerproof roasting pan or on a rimmed baking sheet.
2. Drizzle with oil and season with ¾ tsp salt and ¼ tsp pepper. Sprinkle the salmon with the paprika. Scatter the thyme and garlic over the top.
3. Broil until the salmon is opaque throughout and the tomatoes are tender, eight to 10 minutes.

BANANA CHIA PUDDING

This is a light, tasty and healthy alternative to rice pudding or sugar and calorie-laden desserts

Ingredients

1 cup of coconut milk
 1 banana
 1 tbsp coconut oil
 4 tbsps chia seeds
 ¼ tsp Mesquite
 ¼ tsp vanilla

Method

1. Blend the coconut milk in a blender or food processor with the rest of the ingredients until it forms a smooth mixture.
2. Place the pudding in the fridge and allow it to swell.
3. Decorate with banana slices and cacao nibs.
4. Serve and enjoy!

dessert





KALE CHIPS

These are easy to prepare, taste delicious and are a much healthier alternative to fries or chips!

Ingredients

- 1 handful of kale
- 1 tsp olive oil
- ¼ tsp sea salt (optional)

Method

1. Preheat the oven to 350°F.
2. Wash the kale and remove any tough stems.
3. Cut the kale into two to three-inch sections and place on a baking sheet.
4. Drizzle with olive oil and then sprinkle with sea salt, if desired. Toss the kale to fully coat with oil.
5. Bake for 10-15 minutes, or until crispy. Be sure to serve hot.

snack



drink

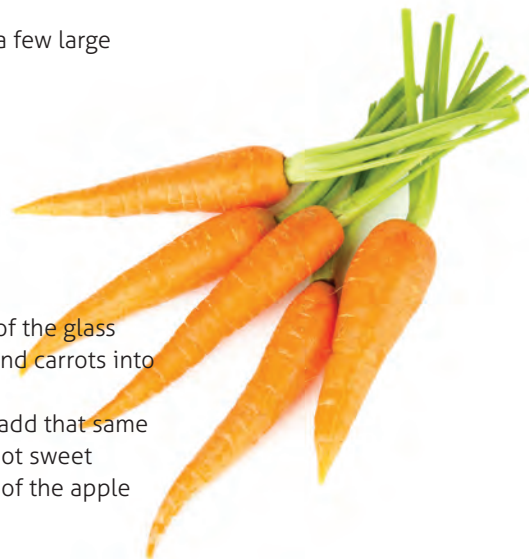
SPINACH, APPLE AND CARROT BLEND

Ingredients

- 1 bunch spinach, stems removed (or a few large handfuls)
- 2 large handfuls baby carrots
- 1 ½ medium size apples
- 1 tbsp lemon juice
- Sweetener to taste (optional)
- Equal amounts water

Method

1. Put the lemon juice in the bottom of the glass with ice. Place the spinach, apple and carrots into the juicer.
2. See how much juice is made, then add that same amount of water to the mix. If it's not sweet enough for you, add the other half of the apple or your sweetener of choice.
3. Pour over ice, stir, sip and enjoy!



Love your skin? Love your joints?

Love Joint & Skin Matrix



What is collagen?

Collagen is the main structural protein of the various connective tissues, accounting for around 30% of the protein content of the human body. It is often considered to be the "glue that holds the body together".

Collagen is found in many parts of the body in the fibrous tissues such as skin, ligaments and tendons, as well as in the bones, blood vessels, the cornea of the eye and in the gut.

Joint & Skin Matrix is made with Biocell Collagen...

- Uses a patented Bio-Optimised process which ensures increased bioavailability and rapid absorption
- Over 20 clinical studies including four human clinical trials support its effectiveness and safety (many collagen products lack clinical evidence and have a very different make-up to Joint & Skin Matrix)
- Patented composition of hydrolysed collagen type II, low molecular weight hyaluronic acid and chondroitin sulphate
- Full comprehensive support for complex conditions, fast action, effective results



Improve your **CIRCULATION**

We take a look at some important nutrients that can benefit the circulation

The importance of good circulation is not to be underestimated. When the body's vital organs and circulatory system are working in unison, then the result is proper blood flow. Increased blood flow can improve the supply of oxygen-rich blood to your extremities and also benefits the heart and muscles. Increased blood flow also promotes cell growth and organ function. It benefits the skin, lowers the heart rate, relaxes the heart muscles and ensures that your blood pressure flows evenly and smoothly. Increasing the amount of aerobic activity you do will help to improve your circulation, but a number of important nutrients will also help with this.

L-ARGININE

L-Arginine is an amino acid which can help to increase vasodilation (widening of the blood vessels) in the body.¹ As a result, researchers have suggested that it may benefit cardiovascular diseases such as atherosclerosis (clogged arteries), high blood pressure and congestive heart failure. The way it works is that L-Arginine is converted into nitric oxide by the body and nitric oxide causes blood vessels to dilate, resulting in greater blood flow. One study showed that supplementation with L-Arginine helped to improve nitric oxide production and exercise capacity in both healthy subjects and those with chronic disease, such as diabetes and heart failure.²

L-LYSINE

L-Lysine is an essential amino acid, meaning that is essential for our health, but we cannot manufacture it, so we need to get it from our food or from supplements. It helps to ensure the adequate absorption of calcium and decreases the amount of calcium that is lost in urine. For this reason, L-Lysine is thought to help prevent the bone loss associated with osteoporosis.³ L-Lysine also enhances the production of collagen for bone, cartilage and connective tissue and helps the immune system to manufacture antibodies. L-Lysine is necessary for the synthesis of the nutrient carnitine, which helps to convert fatty acids into energy. Carnitine plays a major role in metabolising fats and limiting levels



of LDL cholesterol. A carnitine deficiency can lead to an increased risk of developing heart and circulatory system diseases.

L-CITRULLINE

Our bodies naturally convert the amino acid L-Citrulline into L-Arginine. Like L-Arginine, L-Citrulline can improve the body's levels of nitric oxide, thus helping with the dilation of blood vessels. In turn this means that it may offer benefits for improving blood flow and reducing blood pressure. One study claimed that L-Citrulline is actually 1.6 times more effective at elevating plasma L-Arginine levels compared to supplementing with L-Arginine alone.⁴ The study also showed that L-Citrulline supplementation help

to reduce the body's sensitivity to cold temperature by increasing blood flow to the skin.

GRAPESEED EXTRACT

Grapeseed extract is known to exert a protective effect on the cardiovascular system and also protects against atherosclerosis.⁵ Through a process of gene transcription it helps to turn on the enzyme nitric oxide synthase, which in turn produces nitric oxide, thus enabling the blood vessels to relax in order for the blood to flow more easily.

Grapeseed extract can also help to reduce inflammation and boosts the antioxidant activity in heart cells, thus protecting them from free radical-induced death. Grapeseed extract has also been found to help reduce LDL cholesterol. Researchers found that giving 40 people with high cholesterol a twice daily dose of 100mg of grapeseed extract and 200mcg of chromium lowered their LDL cholesterol by 20 per cent.⁶

POLYPHENOLS

Polyphenols are a large class of chemical compounds found in plants. They are characterised by the presence of more than one phenol unit or building block per molecule. Examples include resveratrol in red wine, capsaicin in chilli and paprika and cinnamic acid in cinnamon. Evidence suggests that higher polyphenol intake from fruits and vegetables is associated with a decreased risk of cardiovascular disease.⁷ Indeed, studies show that flavonoids improve endothelial function and help to reduce platelet aggregation. Due to their antithrombotic, anti-inflammatory and anti-aggregative effect, polyphenols are believed to play a role in the prevention and treatment of cardiovascular disease.⁸

Recommended Product

HEALTHYFLOW™

5g of Arginine, combined with large doses of L-Citrulline, L-Lysine, OPC (Grapeseed Extract), Polyphenols (Grape Skin Extract) and a proprietary blend of Citric Acid, Be Flora, Potassium Sorbate and Silica makes Healthy Flow™ possibly the best all-round amino acid health supplement with a library of studies to back it up.



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Krill Oil: THE SUPERIOR CHOICE

Krill oil possesses the power to lower cholesterol, fight inflammation and optimise brain function. It's no wonder many health experts call it 'the krill miracle'

Fish oil supplements have been recommended for years as a source of beneficial omega-3 fatty acids. However, research now suggests that krill oil is superior to ordinary fish oil. Krill oil comes from tiny shrimp-like crustaceans that are found in the Southern Oceans. What makes these oceans so special is that they are the only ones in the world currently

unpolluted by toxic heavy metals found in fish oils today.

KRILL: SMALL IN SIZE, MIGHTY IN POWER

The often-overlooked krill are full of the same omega-3s found in fish oil, namely EPA and DHA. However, there is one important distinction. Fish oil contains triglyceride omega-3s; krill oil contains

double chain phospholipid omega-3s. Double chain phospholipid fats match the fats in human cell walls.

Compared to a fish oil supplement, krill oil phospholipids containing EPA and DHA are highly absorbent. These small crustaceans are also full of vitamins and antioxidants – vitamin A, vitamin D, vitamin E, plus the antioxidants canthaxanthin and astaxanthin.

Did you know?

The antioxidant content of krill oil is certainly impressive. All antioxidants are rated by their Oxygen Radical Absorbance Capacity, or ORAC, to determine potency. Based on ORAC values, krill oil is 48 times more potent than fish oil!

If you take a closer look at krill in the ocean, you'll see that they are bright red in colour. This vibrant red pigment is also found in other ocean life – lobsters, mussels, crabs and shrimp. Krill get their red hue from the antioxidant astaxanthin. This antioxidant is renowned for its potency in scavenging free radicals. Astaxanthin can fight premature ageing and protect the body against serious disease.

Not only do krill have a rich nutrient profile – full of healthy fats, vitamins and antioxidants – but they're low on the food chain. This simply means that krill oil has a significantly lower risk of heavy metal contamination, both because of low levels of pollution in the Southern Oceans and because of a cleaner diet.

'MIRACULOUS' KRILL OIL BENEFITS AT A GLANCE

Now we have looked at why it's beneficial to take krill oil compared to fish oil, it's time to explore how krill oil can improve your health.

Krill oil has been proven to:

- Calm heart-damaging inflammation
- Regulate cholesterol and blood lipid levels
- Improve liver function
- Optimise brain capability
- Strengthen the immune system
- Regulate blood sugar levels
- Decrease arthritis pain and symptoms
- Boost mood levels
- Ease symptoms of PMS/painful menstruation
- Renew skin health
- Reduce signs of premature ageing

The 'miraculous' powers of krill oil come

from its antioxidant and pure omega-3 content. The unfortunate truth is that most diets are sorely lacking in beneficial omega-3s, especially if you've been sold the story that fat-free foods are best for you. The truth is that you don't have to avoid fat like the plague. A diet deficient in healthy omega-3 fats with an excess of omega-6 fats can actually throw your health out of whack and even make you sick.

FINDING THE OMEGA-3/OMEGA-6 BALANCE

The ideal ratio of omega-6 to omega-3 fats in the diet is 1:1. Yet many people, particularly in the Western world, have a staggeringly high ratio of omega-6 fats compared to omega-3s. This ratio may be as high as 50:1, in many cases. Though omega-6 fats are beneficial, excess comes in the form of inexpensive vegetable oils in processed foods.

This is a far cry from the whole food diet eaten by our ancestors – rich in seafood with a balance of omega-3 and omega-6 fats. A sharp increase in omega-6 fats in the modern diet, along with a drop in beneficial omega-3s, can trigger inflammation throughout the body. It may even be responsible for a number of inflammatory diseases prevalent in today's society, like diabetes, heart disease and cancer.

Taking pure krill oil rich in omega-3s will give your body the balance it craves to restore health and fight off disease. A concentrated krill oil supplement with omega-3, 6, and 9 oils will boost omega-3 intake to calm inflammation. Rich omega-3 fatty acids EPA and DHA are essential to

the body's health to preserve quality of life and resist disease.

ANTIOXIDANTS HOLD THE KEY

Increasing your omega-3 intake is a noble effort to protect heart health, lower cholesterol and reduce disease-causing inflammation. Although omega-3s can be found in any over-the-counter fish oil, commercial fish oils are lacking one critical thing: antioxidants.

Even the highest-quality fish oils are low in antioxidants. Pure krill oil is naturally rich in antioxidants. If you choose to take omega-3s in the fish oil form, you may need antioxidants more than ever. Fish oil has a short shelf life and is prone to oxidation. Antioxidants are key to protecting the body against potentially rancid fish oil that has already oxidized.

Krill oil has just what your body needs to thrive. Essential fats and protective antioxidants meet in one capsule. Krill oil protects against free radical damage with its high antioxidant content and fights harmful inflammation with beneficial omega-3s.

A krill oil supplement made with 100% natural omega-3, 6, and 9 fatty acids promotes wellness and longevity. Krill oil is safe, pure and protective. It's the perfect alternative to often contaminated fish oil. Those with seafood allergies or those who are taking anticoagulants are encouraged to consult with their doctor before use.

Recommended Product

THE KRILL MIRACLE
This is a unique combination of antioxidants, concentrated omega-3, 6 and 9 oils and other potent ingredients in 100 per cent natural Antarctic Pure Krill Oil. Now in Licaps® (fish gelatin).





Your health questions answered

By your personal health coach Robert Redfern

FIBROMYALGIA AND CHRONIC FATIGUE SYNDROME

Q: I am 73 years old and weigh only 90lbs. I have fibromyalgia, chronic fatigue syndrome and a leaky gut (a spastic colon). I am starting the SerraEnzyme and would like to know how much to take and if I should expect any symptoms of detox?

A: Robert says: This is an auto immune disease and I strongly recommend my Fibromyalgia/Chronic Fatigue Health and Activity Plans to clear your problems. Take the SerraEnzyme 250,000iu caps 2 x 3 times daily, 30 minutes before eating a meal. If you get my plan, drop to 1 x 3 with the Serranol. Detox can occur in rare cases and can be uncomfortable but it is harmless.

BLOOD PRESSURE WORRY

Q: SerraEnzyme sounds terrific but does it affect blood pressure tablets? I normally find my blood pressure goes up from normal to high when I have tried other enzymes. Please advise me about your product.

A: Robert says: It may and it may not. High blood pressure is not caused by a shortage of pharma tablets nor is it caused by consuming enzymes. To understand high blood pressure you need to know the cause. The existing known causes are: anxiety, poor breathing, sitting down for more than four hours per day, lack of exercise/movement, eating starchy carbs such as grains, cereals, potatoes, etc. Not eating enough green vegetables/leaves (6-10 portions per day) and not eating dark-skinned fruits (and eating high sugar fruits instead) along with animal fats (meats, etc) can all cause high blood pressure.

PSORIASIS QUERY

Q: Is there any information about serrapeptase for treating psoriasis?

A: Robert says: Psoriasis is caused by an



unhealthy digestive tract and this usually clears within a few weeks. My suggestion is to take two capsules of Curcuminx4000 x 3 times per day, 30 minutes before eating a meal. Also take two capsules of Prescript Assist, three times per day just before food. Also, follow the Really Healthy Foods plan on page 76.

CAN SERRAPEPTASE HELP AFTER A STROKE?

Q: My partner had a stroke five weeks ago. He is 55 years old and never been ill before this. Can serrapeptase help after a stroke?

A: Robert says: I have a stroke recovery programme at my Help Desk that works usually 100 per cent of the time and very quickly when it's only been five weeks. It worked for my younger brother within two weeks, when he had a stroke two

weeks before (total of four weeks). It takes longer the longer it is before the plan is implemented. The record is a doctor who successfully recovered himself two years after his stroke. It took him nine months.

HELP FOR MY HORSE

Q: I have been giving my horse, who has COPD, serrapeptase for seven days. I am wondering how long it will be before I might notice it working? He has been wheezing terribly.

A: Robert says: High dose serrapeptase (500,000iu to 1,000,000iu per day) should work within 30 days. Put Hydrosol Silver in the drinking water. Another alternative is sodium bicarbonate added to the water (not for race horses as it is a banned substance – it gives them an unfair advantage). Again, increase slowly until your horse indicates it is unacceptable and then lower slightly.

HEALTH news

70 PER CENT OF ALZHEIMER'S PATIENTS ARE WRONGLY DIAGNOSED

Up to 70 per cent of elderly people in the UK and the US are being diagnosed with Alzheimer's when they don't have the disease at all. They are given powerful drugs – including 'chemical coshes' to sedate them – when all they have is mild memory loss which can happen with age, an expert panel warns.

Around 65 per cent of people aged over 80 will be diagnosed with Alzheimer's in a new drive in the UK and the US to screen the elderly. But only between five and 15 per cent of people with mild cognitive impairment, such as memory loss, will ever develop Alzheimer's. The rest will never suffer from the disease, despite the prognosis, and they may even improve, say specialists in the UK and Australia.

A similar picture is emerging for people labelled as having dementia.

Around 25 per cent will never see their mild cognitive problems develop into full dementia. Despite this, virtually everyone displaying any mild cognitive problem, such as memory loss, will be given powerful drugs to treat a non-existent problem – and may suffer cognitive decline as a result of the medication.

(Source: *British Medical Journal*, 2013; 347: f5125).



TWO FRUITS AND ONE VEG THAT KEEP INFLAMMATION IN CHECK

Two types of fruit and a vegetable should become central parts of your diet in order to counter inflammation in your body, which is increasingly being recognised as one of the major causes of heart disease, some cancers, dementia and arthritis.

Eating more citrus fruits, dark leafy greens and tomatoes is a natural way to reduce inflammation, and adding wild salmon to your diet will also help, say researchers at the University of Alabama.

The fruits have high amounts of antioxidants, and the greens are rich in vitamin K, another natural anti-inflammatory, while wild-caught salmon add omega-3 fatty acids to your diet.

Making sure the vegetables and fruits are as fresh as they can be, while avoiding processed and fried foods, will also help in reducing inflammation, and should mean you can do so without resorting to anti-inflammatory drugs. (Source: *University of Alabama website*).

OIL BETTER THAN TOOTHPASTE FOR FIGHTING TOOTH DECAY

Toothpaste that includes coconut oil kills most of the bacteria found in the mouth, especially if the oil has added enzymes. More important, it counteracts the bacteria that are a major cause of tooth decay.

The oil is also active against *Candida albicans*, the yeast-like fungus that causes thrush and gut problems, say researchers from the Athlone Institute of Technology (AIT) in Ireland.

It's so effective that the research team thinks the oil should be added to commercially available toothpaste.

(Source: AIT website at www.ait.ie/aboutaitandathlone/newsevents/pressreleases/2012pressreleases/title-16107-en.html)

HIGH-CARB DIET CAUSES MEMORY LOSS AS WE AGE

Eating a diet that's rich in carbohydrates – like sweets, soft drinks, bread, pasta and potatoes – is a direct cause of mild dementia and memory loss as we get older. Such foods increase the risk fourfold, while sugars are the second biggest cause of cognitive impairment, which is often considered a forerunner of severe dementia and Alzheimer's.

A diet that's high in fats and protein is far less likely to cause mental decline, say researchers from the Mayo Clinic. Their findings are some of the most emphatic ever made about diet and mental sharpness, and their 400 per cent association is as close as we'll get to establishing that carbohydrates are definitely a cause. The researchers reckon that carbs interfere with the body's ability to metabolise glucose and insulin, which are needed to 'feed' the brain. The same can happen when we eat too much sugar.

The carbohydrate link was discovered when the researchers analysed the lifestyles and diets of 937 people aged 70-89 years. They found that those who ate the most carbohydrates were 3.6 times more likely to show mild cognitive decline, including problems with memory, language, thinking and judgement. Those who ate more fats were 42 per cent less likely to suffer such a decline, while those with high-protein diets had the lowest risk at 21 per cent. (Source: *J Alzheimers Dis*, 2012; 32: 329-39.)

A home acupuncture machine to beat pain

By LESLEY TURNEY

EIGHT 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 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 arrested 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 acupuncture point is ten to 20 times more conductive than other skin, users can sense the minute microvolt coming from the tip of the device.'

THEY 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.'



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

HEALTHPOINT

For the Whole Family



HealthPoint™ Kit

- HealthPoint™ Device
- 160 Condition Support Manual
- QuickStart Guide
- Training DVD
- Carrying Pouch
- Remote Probe
- Earclips
- Cottonbud probe for around eyes



The power of Acupuncture at your fingertips

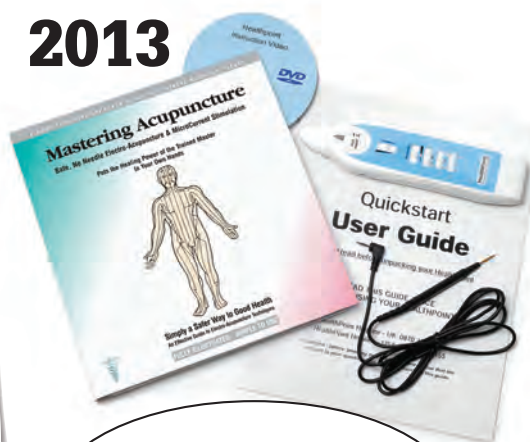
1992



Used in many
NHS hospitals



2013



'A home acupuncture
machine to beat pain'

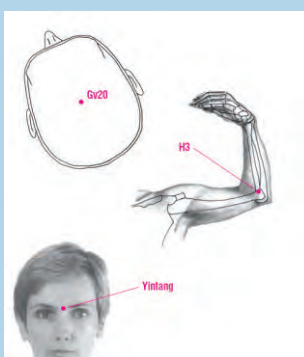
Daily Mail

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.

This small hand-held device was developed in 1992 and has been used throughout the world, in clinics, hospitals and by thousands of people in their own homes. Powered by a small battery, it is used to stimulate the acupressure points anywhere in the body with a tiny electrical current that matches your own body's natural voltage, frequency and wave form.



- ✓ Use at home/work/abroad
- ✓ For whole family including pets
- ✓ Low cost for a lifetime of electro-acupressure treatment
- ✓ Safe, painless & effective
- ✓ Really easy to use



Finding the
points is made
easy in the full
manual - when
the device
takes over
you get 100%
accuracy

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

Diabetes

Diabetes is a condition in which high blood sugar levels in the body are caused by a lack of insulin or the body's resistance to insulin. Insulin is the hormone that regulates glucose in the blood. Without enough insulin, glucose builds up in the blood, leading to various complications that can affect many parts of the body.

ALPHA LIPOIC ACID?

your metabolic health may depend on it

Introducing the potent, protective antioxidant which helps to promote healthy blood sugar levels

According to the International Diabetes Federation, 382 million people have diabetes. If that number doesn't surprise you, consider that diabetes diagnoses will climb to 592 million by 2035. Cases of type 2 diabetes are increasing in every country.

More than ever, it's important to find natural resources to support healthy blood sugar levels and protect the body against oxidative stress. In what is called metabolic syndrome – referring to risk factors like high blood pressure, high triglycerides, insulin resistance and low HDL – the risk of both diabetes and heart disease increases dramatically.

ONE ANTIOXIDANT PROMOTES HEALTHY BLOOD SUGAR LEVELS

Supplementing with the right antioxidant can keep blood sugar levels stable. Alpha lipoic acid (ALA) is a potent, protective antioxidant with benefits to:

- Reduce oxidative stress
- Maintain optimal blood sugar levels
- Help the body better use glucose
- Support insulin sensitivity
- Improve endothelial function
- Enhance eye health¹
- Protect against Alzheimer's disease²

- Prevent bone loss³

And the list goes on. Many health professionals now understand that alpha lipoic acid is critical to support healthy blood sugar levels. Within the spectrum of metabolic syndrome, alpha lipoic acid has the ability to relieve a number of major risk factors that contribute to prediabetes. Research supports that patients with metabolic syndrome can use alpha lipoic acid to balance blood pressure and insulin resistance, improve their lipid profile and maintain a healthy weight.⁴

Patients that have already been diagnosed with type 2 diabetes can still benefit from all ALA has to offer. Research backs alpha lipoic acid in the treatment of nerve damage associated with high blood sugar levels in diabetics, also called diabetic neuropathy.⁵

BIO-ENHANCED ALPHA LIPOIC ACID R IS A CUT ABOVE

If you're looking for the protective antioxidant benefits of alpha lipoic acid – and especially if you have metabolic syndrome or type 2 diabetes – you have a decision to make. When choosing a supplement, you're likely to find the 'free acid' form of lipoic acid: R-Lipoic Acid (RLA). Unfortunately, RLA is not as bioavailable as the alternative ALA R, or Alpha Lipoic Acid R™.

ALA R has a maximum plasma concentration 40 times higher than unstabilised RLA, according to research conducted in a preliminary trial. Bio-enhanced ALA R also comes with a long list of added benefits – quicker release and zero risk of heartburn and indigestion, to name a few.

Research supports lipoic acid as a pivotal tool in the rehabilitation of metabolic syndrome and type 2 diabetes. But the type of alpha lipoic acid that you take does matter. The network antioxidant Alpha Lipoic Acid R™ can balance blood sugar and support eye, pancreas and liver health. ALA R taken as a supplement can even improve the absorption of other supplements, making them more effective.

Recommended Product

ALPHA LIPOIC ACID R™

Simply the best form of ALA available.



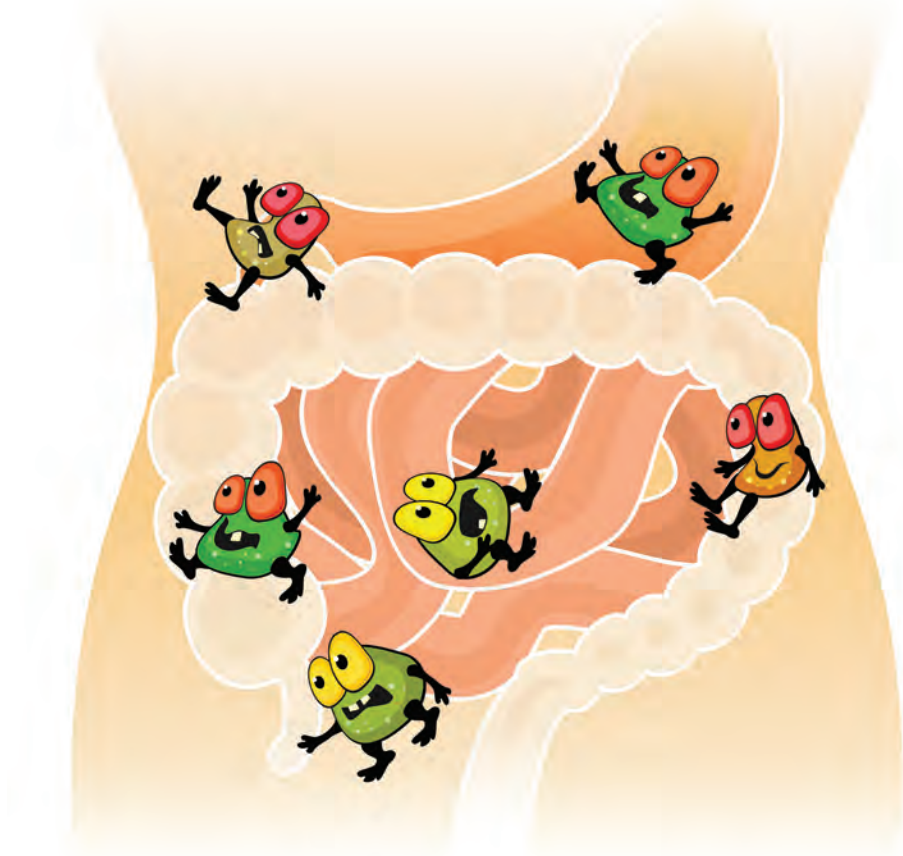
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Why your body needs 'BUGS' to thrive

We take a look at the importance of friendly bacteria

You may have heard of friendly bacteria – like probiotics – but did you know that over 100 trillion bacteria from 400 different species can be found in your digestive tract? These 'bugs' have a very specific purpose: to help digest, absorb and produce B vitamins and enzymes that support the health of your entire body.

Friendly and unfriendly 'bugs' in the body aren't visible to the naked eye. Yet they are vital to the health of every bodily system. Good and bad bacteria can be found in the gut, in the mouth, on the skin and even in the birth canal. Bacteria outnumber human cells in your body by 10 to 1. Whether you realise it or not, your body needs bacteria to stay alive.

OPTIMAL HEALTH BEGINS WITH OPTIMAL DIGESTION

The environment of your digestive system dictates the quality of your overall health.

Simply put – if you have a recurrent health issue or even a major health problem, it can be traced back to the quality of your digestive health. If your gut is outnumbered by harmful bacteria, it throws your health off balance. Harmful bacteria can infiltrate your body to cause a number of corresponding symptoms and, eventually, a massive breakdown.

Taking non-steroidal anti-inflammatory drugs can destroy friendly intestinal flora. Chlorine in drinking water can further harm digestive health. Foods like meat, chicken and dairy products loaded full of antibiotics can wipe out all good bacteria in the gut.

When you don't have friendly bugs on your side, your body is vulnerable to widespread damage. Supporting your digestion will lead to optimal health – in terms of better nutrition, lower cholesterol, higher immunity, healthier skin, fewer digestive issues and even protection against cancer.

NOT ALL PROBIOTICS ARE CREATED EQUAL

You can find a probiotic supplement at almost any health store or grocery chain. However, not all probiotics provide the same benefits to restore health from the inside out. Most store-bought probiotics are made with fragile bacteria that are quickly destroyed by stomach acid. For this reason, it's critical to look for a probiotic formulated with viable bacteria that can reach the intestines intact.

Just as important as viability is diversity. Diversity in a probiotic means that more beneficial bacteria will spread throughout your body. A higher microbial diversity in the gut is a marker of exceptional health. Many store-bought probiotics have two or fewer strains of friendly bacteria. The most beneficial probiotic contains up to 29 strains of friendly bacteria that improve absorption, enhance digestion and support gut-immune health.

The right probiotic is all-encompassing. Research supports that potent, multi-strain probiotics can alleviate gastritis caused by antibiotic therapy, recondition the GI tract after antibiotic use, and even effectively treat IBS and other chronic gastric issues. (Bittner et al., 2005)

Recommended Product

PRESCRIPT-ASSIST®

This product is a third-generation combination of more than x29 friendly soil-based-organisms (SBOs) uniquely combined with a humic/fulvic acid prebiotic that enhances SBO proliferation. Backed by human clinical trials, including a one year follow up, this is proven to work.



LOVE YOUR BRAIN? LOVE BRAINPOWER

BRAINPOWER IS A NEW FORMULATION WHICH UNIQUELY COMBINES DHA, CURCUMIN AND COCONUT OIL.

DHA alone contributes to the maintenance of normal brain function.

You also get the amazing benefits of the Curcumin and Coconut Oil which have been well documented in the news.

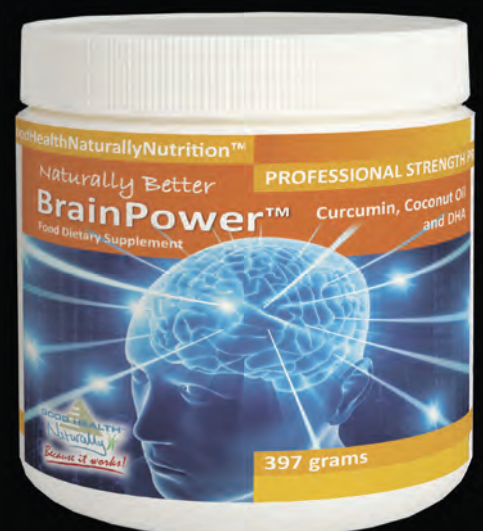
Coconut Oil (with its Medium Chain Triglycerides content) and Curcumin are both 'famous' for how they impact upon good brain health.

Nowhere else can you find all three ingredients combined together like this, specially formulated with care.

When you combine all three you get a more powerful 'solution' to your problem. It is much better than taking the ingredients separately.

Simply mix a spoonful with a small amount of your food of choice and chew slowly – this is for maximum absorption into the mouth and brain.

LOVE YOUR BRAIN? TRY BRAINPOWER



Not all Co-Enzyme Q10 is the same...

...want one that is 8 times better?

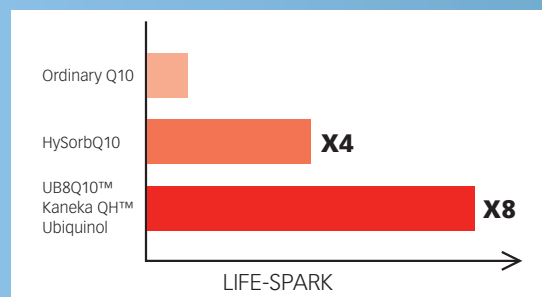
COQ10 **fuels every cell and function in your body**. It's the nearest thing in your body to the spark of life itself.

This 'life-spark' has just got better, **up to 8 times better!** Thanks to a recent breakthrough in Japan there are two formulas which are **4 times and 8 times more absorbable** than ordinary CoQ10.

It's not just what you take with CoQ10, it is **what you absorb**.

Make sure you **'fuel' yourself** with either UB8Q10 or Hysorb!

The difference? **UB8Q10 is 8 times better** and in a gelatin cap, whilst **Hysorb is 4 times better**, in a veg cap.



- 4 times more absorbable than ordinary CoQ10
- 4 times better than ordinary CoQ10
- 50mg cap equivalent to taking 200mg ordinary CoQ10
- Made using a Bioenhanced CoQ10, suitable for vegetarians



- Most powerful CoQ10
- Up to 8 times more absorbable than ordinary CoQ10
- Up to 8 times better than ordinary CoQ10
 - 50mg softgel equivalent to taking 400mg ordinary CoQ10
- The only patented, stabilised form of ubiquinol available
- Derived from KanekaQ10, the world's most recognised and researched CoQ10
 - Manufactured per the good manufacturing practices designated by the FDA
- Gelatin cap

Need to FOCUS on your vision?

Riboflavin contributes to the maintenance of normal vision



Did you know that MaxiFocus can **help you to maintain your normal vision?** MaxiFocus is a sublingual spray that is sprayed into your mouth and contains 24 super nutrients.

Along with Riboflavin, it also contains a **high amount of Lutein and Zeaxanthin** – these have been identified as two really important ‘carotenoids’, specific for lens and macular health.

Because it is a spray it is up to **9 times better than taking a tablet** and is guaranteed to deliver the highest amount of Lutein, Zeaxanthin and Riboflavin for the lowest cost.

Simply take 12 sprays daily, swish around the mouth and then swallow. One bottle will last for about 1 month. The nutrients that absorb under the tongue can be in the eye within 2 minutes!

Also contains L-Taurine, Bilberry Extract, Ginkgo Biloba Extract, Vitamin D, Iodine, Zinc, Selenium, Chromium and much more.



What's in MaxiFocus?	Maxi Focus™
Lutein	✓
Zeaxanthin	✓
L-Taurine	✓
Vitamin E	✓
Bilberry Extract	✓
Ginkgo Biloba Extract	✓
Niacin	✓
Vitamin A	✓
Vitamin D	✓
Thiamin	✓
Riboflavin	✓
Vitamin B6	✓
Folate	✓
Vitamin B12	✓
Biotin	✓
Pantothenic Acid	✓
Iodine	✓
Magnesium	✓
Zinc	✓
Selenium	✓
Copper	✓
Chromium	✓
Phosphatidylserine	✓
Trimethylglycine	✓
Vanadium	✓



Each serving of MaxiFocus contains the same amount of Lutein and Zeaxanthin as approx. **12 CUPS OF BROCCOLI!** 30 servings per bottle.

MORE ABSORPTION...
MAXIFOCUS IS NOW MANUFACTURED USING NEW LIPOSOMAL TECHNOLOGY.
THIS INCREASES THE ABSORPTION FURTHER SO YOU CAN EXPECT EVEN BETTER RESULTS!

GOOD HEALTH™
Naturally
Because it works!

All products in this magazine are available from your Regular Health Supplier