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ISSUE 25



# naturallyhealthy **NEWS**



**WHAT ARE ENZYMES?**

**THE LATEST HEALTH  
NEWS & RESEARCH**

**HEADACHES & MIGRANES**

**IMPORTANT  
QUESTIONS ANSWERED**

THE BEST SUPPLEMENTS **RECIPES** SERRAPEPTASE **DID YOU KNOW?** ROBERT'S RANT **FACEBOOK**

# 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**

**NEW**







## welcome...

**Hello and welcome to Issue 25 of Naturally Healthy News.**

This is the first 'digital' Naturally Healthy News and is only available online.

We will still have two printed magazines, in September and January and then a digital Issue every two months, in March, May, July & November.

This magazine now has live links so you can click through to read more about the products you see and are interested in. Please send your feedback and your ideas for topics to be covered in the next Issue. Also get in touch if you would like to feature with 'Your Story' or a 'Testimonial'.

After many requests, I can confirm that Joint Health will be a feature in Issue 26. If you have any general health questions, or are confused about the best supplements to take, I would be delighted to hear from you and answer your queries.

Ask me a question online at [www.GoodHealthHelpdesk.com](http://www.GoodHealthHelpdesk.com), select 'Ask Robert a Question', select 'Robert's Question' and then click Next>

Here your questions will come through to me directly and I will answer in the strictest of confidence.

**Take good care,**

*Robert Redfern*

**Robert Redfern**  
Health advocate, author and broadcaster



## 3 WAYS TO READ THIS MAGAZINE

### 1

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

### 2

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

### 3

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

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## Naturally Healthy Publications

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# HEALTH news



## FAILING EYESIGHT: LUTEIN IS THE BEST DEFENCE

Lutein – the antioxidant found in dark green leafy

vegetables such as spinach and kale – has been proven to reduce our risk of developing the eye disease age-related macular degeneration (AMD).

AMD is the most common cause of deteriorating eyesight in the over 50s, and it's a problem that can accelerate quickly among cigarette smokers.

Researchers have been split over the effectiveness of the antioxidants – including vitamins A, C, E, zinc and beta-carotene – in preventing, or slowing, AMD.

But a new study has confirmed that lutein is the most effective antioxidant after studying the progress of a group of 4,519 participants aged between 60 and 80. Most of the group's lutein intake was from food rather than from supplements.

The single greatest source of lutein is from raw kale, followed by cooked kale, cooked spinach, cooked collards or cabbage.

(Source: *Archives of Ophthalmology*, 2007; 125: 1225-1232)

## LOW-RISK HEART PATIENTS SHOULD HELP DECIDE WHEN TO START STATINS

Healthy people with just a 7.5 per cent risk of developing heart disease in 10 years are routinely prescribed a statin drug to lower cholesterol—but it's a decision they should be taking as equal partners with the doctor, leading physicians are saying.

The risk level for starting drugs is arbitrary and isn't based on too much science, say three leading physicians at the Mayo Clinic in the US.

As the drugs are powerful and come with harmful side effects, the decision to start treatment should be taken jointly by the patient and doctor.

The 7.5 per cent risk level was set as the 'best practice' guideline last year by the American College of Cardiology and the American Heart Association, and attempts to assess the chances of someone suffering a heart attack or a stroke over the next decade.

But a more sophisticated, patient-centred approach is starting to develop, says Victor Montori, an endocrinologist.

(Source: *JAMA*, 2013; 310: 2503-4)



## REFINED SUGAR CAN TRIPLE HEART DISEASE RISK

Drinking just one sugar-sweetened drink every day increases your chances of developing heart disease, researchers say. Those who get a quarter or more of their daily calories from refined sugar triple their risk of dying from cardiovascular disease.

Refined sugar should make up less than 10 per cent of total calorie intake, which equates to around 70g for men and 50g for women, the World Health Organisation (WHO) advises.

Food that is high in added sugar, such as cakes, biscuits, chocolate and fizzy drinks, contains more than 22.5g of total sugars per 100g, while food low in sugar has less than 5g per 100g.

Researchers from the Centres for Disease Control and Prevention (CDC) discovered a significant link between the amount of sugar consumed and heart risk when they analysed the diets of tens of thousands of Americans. People eating too much sugar put on weight and even become obese, which, in turn, increases the risk of cardiovascular disease.

(Source: *JAMA Internal Medicine*, February 3, 2014; doi: 10.1001/jamainternmed.2013.13563)

## POIROT WAS RIGHT: FISH IS GOOD FOR THE BRAIN'S GREY CELLS

Top detective Hercule Poirot was on to something when he insisted on eating fish for his 'leetle brain cells'—the omega-3 fatty acids from fish such as salmon and tuna really are good for your brain, new research has confirmed.

The fatty acids help the connections and neural networks in the brain, say researchers at the Oregon Health & Science University, and they may even play a part in reversing some of the symptoms of autism and ADHD (attention-deficit, hyperactivity disorder).

The vital ingredient in the omega-3s seems to be DHA (docosahexaenoic acid), which is an important component in the brain, and helps to develop the brain's growth as well as our abilities to see.

The body can't make DHA so we have to get it from supplements or our diet, and the richest source are the fatty fish such as salmon, tuna and mackerel.

The researchers have been restricting their research to monkeys, but now they are beginning to ponder just how vital it could be if omega-3s were introduced early into the diet of a small child.

(Source: *Journal of Neuroscience*, 2014; 34: 2065)

# HEALTH news



## E-CIGARETTES CONTAIN CANCER-CAUSING CHEMICALS

E-cigarettes seem like a safer option compared to the real thing, but they are unregulated products that contain at least 19 harmful chemicals, including several that are cancer-causing, a scientist has warned.

The e-cigarettes also contain propylene glycol, which produces the 'smoke', but is a hazard if inhaled. However, studies have never been carried out to see what harm it does to the lungs at the concentrations delivered by the products, although America's National Institute for Occupational Safety and Health lists it as a risk and recommends immediate fresh air if it is inhaled.

Concerns about the fake cigarettes have been voiced by Philip McAndrew, of the Loyola University health system. He describes e-cigarettes as "a wolf in sheep's clothing" that needs to be regulated. "People think it's a safe alternative to cigarettes, but the reality is we really don't know," he said. One American city isn't waiting to find out. Chicago has decided to apply the same regulations to e-cigarettes as it already does to cigarettes. They are kept behind the counter and proof of age has to be produced.

McAndrew, who helps people quit smoking, says there are better ways of replacing cigarettes, especially as e-cigarettes are still delivering high quantities of nicotine to the body.

(Source: Loyola University health system website)

## COMMON PESTICIDES NOW LINKED TO PARKINSON'S

First it was Alzheimer's, now it's Parkinson's: in the past seven days, pesticides have been discovered to be a cause of these debilitating diseases. Latest research shows that the toxins can increase the chances of developing Parkinson's by up to six times in people who are especially susceptible.

One pesticide, benomyl, has already been found to be a cause of Parkinson's, but new research at the University of California at Los Angeles (UCLA) has identified 11 others that can cause the disease.

The toxins inhibit the enzyme, aldehyde dehydrogenase (ALDH), which affect dopamine cells that are linked to the development of Parkinson's.

People who have the common variant of the ALDH2 gene are more likely to be affected by the pesticides, and their risk of developing the disease can be between two to six times greater.

Most worryingly, the researchers found that the pesticides affected ALDH enzymes at very low levels, and far lower than current safety standards allow. Although benomyl has been banned, the other 11 identified by UCLA researchers are still in everyday use, and can be found on the foods we buy, and in parks and golf courses, as well as pest control agents in offices and homes.

(Source: *Neurology*, 2014; 82: 419)

## FEVER-FIGHTING DRUGS INCREASE FLU CASES AND DEATHS

Doctors are trained to bring down a fever as quickly as possible—but new research has found that drugs like ibuprofen and paracetamol increase the rate of flu by 5 per cent, and cause an additional thousand deaths each year in North America alone.

Fever is the body's natural defence mechanism against flu and colds. It protects us, and reduces the risk to others, says David Earn, at McMaster University in Canada.

It isn't just doctors who want to bring down fevers. We do as well, as sales of drugs like ibuprofen, aspirin and paracetamol demonstrate. But all that the drugs do is interfere with the body's natural processes, and they could be causing tens of thousands of extra cases of flu cases, and even deaths. Suppressing fever increases the number of annual flu cases by around 5 per cent, Earn estimates, and leads to around a thousand additional deaths from flu every year in North America.

(Source: *Proceedings of the Royal Society B*, 2014; 281: 1778 20132570)

Source: [www.WDDTY.com](http://www.WDDTY.com)



# BREAST OF HEALTH

## The essentials to optimise women's health.

**D**ue to an increase in breast cancer awareness, most women heed advice to regularly check their breasts and attend screenings or yearly mammograms. Yet many women experience breast changes during their menstrual cycles, feeling discomfort due to hormonal fluctuations and lumps that are benign. Unfortunately, the medical profession rarely address the root cause of the issue.

### Women struggle with a wide range of conditions affecting breast health, including:

- Breast fibrosis
- Breast engorgement (nodular mastitis)
- Hardening around breast implants (capsular contractor fibrosis)
- Fibrocystic breast disease
- Breast cancer

To improve women's health, breast health must become an important topic of conversation. Breast health conditions that are inadequately treated could cause months and even years of unnecessary aches, pains, and swelling.

### IS YOUR BREAST HEALTH AT RISK?

As a woman, you are likely to encounter issues in breast health at some time..

Fibrocystic breast disease is a painful condition affecting 30 to 60 percent of women, or half of women of childbearing age. Fibrocystic breast disease, or a group of cyclical breast pain symptoms may be alarming, but are non-cancerous. These

lumps may be uncomfortable and painful or fluctuate during the menstrual cycle.

Directly after birth, a breast condition termed nodular mastitis may become a cause for concern. Breast engorgement occurs as mammary glands expand to produce milk. This engorgement can cause swelling, throbbing, and extreme pain. When breast tissue becomes inflamed, it is called mastitis. A lump in the breast may appear with visible inflammation; if mastitis remains untreated, it can lead to a breast infection.

Women with breast augmentation have special issues in breast health. Hardening can occur at the site of the implant, also called capsular contraction fibrosis. Breasts may tighten and harden in the weeks or years following surgery. Since the hardening is related to fibrosis and not an infection, antibiotics cannot be used to reverse it.

### HELP FOR OPTIMAL BREAST HEALTH

No matter which breast condition you struggle with, help is available:

**Serrapeptase.** Symptoms grouped under conditions including fibrocystic breast disease have seen astonishing results with treatment from the serrapeptase enzyme. In a double-blind study conducted on 70 patients with breast engorgement caused by cystic breast disease, serrapeptase effectively reduced pain and swelling. 85.7 percent of the patients saw a moderate to marked improvement.<sup>1</sup>

### Recommended Products

**SERRAPLUS  
CURCUMINX4000  
NASCENT IODINE**



**Curcumin.** The super compound curcumin has been shown to inhibit the increase of several breast cancer cell lines, especially those related to chemical and pesticide estrogen environmental exposure.<sup>2</sup>

**Iodine.** Iodine is a remarkable mineral to support the health of breast tissue. Secondary to the thyroid, breasts contain the highest concentration of iodine. An iodine deficiency may trigger fibrocystic breast disease, as well as the development of painful cysts and nodules. Doses of 3000 to 6000 µg of iodine a day can offer relief.<sup>3</sup>

### References

Kee WH, Tan SL; Lee V, Salmon YM Singapore Med J, 1989

Verma et al. 1998

Darcan S, Goksen D. Consequences of iodine deficiency and preventive measures. *Pediatr Endocrinol Rev.* 2003 Dec;1 Suppl 2:162-8; discussion 68-9.

Products:

SerraEnzyme 80,000IU

CurcuminX4000™

Nascent Iodine

# STROKE RECOVERY

Learn how to reduce your risk of two types of stroke.

**A**ccording to The World Health Organization, 70 million people die of cardiovascular diseases globally, especially from heart attacks and strokes. The top contributing factor to this premature death is smoking, followed by a sedentary lifestyle and an unhealthy diet.

Stroke is the third leading cause of death and a top cause of long-term disability. Hundreds of thousands of people suffer from strokes each year, and thousands have repeat attacks. Strokes are common in the elderly population,

but they can occur at any age. Nearly 25 percent of strokes occur under the age of 65.

Fortunately, stroke risk factors are within your control. You can quit smoking, if you haven't already. You can make healthy lifestyle choices to exercise more and improve your diet. You can commit to heart health today to increase your lifespan and quality of life.

You can reduce your risk of stroke.

## TWO TYPES OF STROKE

The medical community agrees that there are two types of stroke. Both conditions

can seriously affect your health and even prove fatal.

**Ischemic stroke** – This is the most common type of stroke that affects 83 percent of all stroke victims. The stroke occurs when a blood vessel is blocked, normally by a blood clot. A clot can easily form if blood vessels are clogged by fat and cholesterol in what is known as atherosclerosis. When blood can't reach the brain, brain cells suffer due to lack of nutrients and oxygen.

**Hemorrhagic stroke** - This type of stroke occurs when a blood vessel in the brain



The above risk factors apply to both heart attack and stroke. Importantly, symptoms may vary for men and women. For example, in the instance of a heart attack, chest pain is often thought to be the most common complaint for men and women. However, women can experience less severe chest pain that may be more difficult to detect. A woman may dismiss her symptoms without seeking medical help. A vascular event may cause serious damage if it goes untreated.

With stroke and heart attack, it's important to take all symptoms seriously. A warning sign of a stroke may be obvious as numbness or difficulty speaking. A sign of a heart attack may be more subtle in a racing heart, nausea, and heartburn. When experiencing any vascular event, it's important to seek medical attention immediately.

bursts to cause a brain bleed. The stroke may be related to high blood pressure, or it could be caused by an aneurysm. When a blood vessel is weak and balloons or ruptures, bleeding will damage the brain. Protein amyloid buildup in arteries can also cause hemorrhagic stroke, especially in the elderly.

A third type of stroke may be considered a transient ischemic attack, or TIA. This minor stroke is a warning that a more severe stroke could occur in the future.

**Although there are two different types of stroke, risk factors remain the same:**

- People with a higher risk of blood clots—such as women over 35 on birth control who smoke
- Drinking excess alcohol
- Drug abuse
- Bleeding conditions—such as hemophilia
- Head injury
- Smoking
- Obesity
- Poor diet
- Heart disease
- Diabetes
- High blood pressure
- High cholesterol

### STROKE RECOVERY WITH COQ10

CoQ10 is a critical factor in stroke prevention and recovery. Coenzyme Q10 is produced naturally by the body; it supports healthy cells and DNA in all bodily systems, including bones, muscles, organs, and skin. If you don't have enough CoQ10, your organs may be impaired by up to 25 percent. CoQ10 supports optimal health by preventing cholesterol oxidation and warding off tissue attack on your joints, liver, lungs, brain, heart, and more.

CoQ10 may be a lifesaver for vascular health.

CoQ10 has been proven to stabilize heartbeat, prevent plaque blockage in the arteries, improve the health of heart patients and extend lifespan, improve function in weakened hearts, improve patient outcome after heart surgery, lower blood pressure, balance blood pressure in pregnant women, reduce blood stickiness, and prevent blood clots from blocking oxygen to the brain.

With age, CoQ10 levels drop dramatically. At the age of 80, your body will produce 65 percent less than normal. A dangerous 75 percent drop in CoQ10 can prove fatal. To worsen matters,,

### 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**.

cholesterol-lowering medications used to treat heart disease can block your production of CoQ10, since it shares the same synthetic pathway as cholesterol.

CoQ10 works as an antioxidant. It can prevent lipid peroxidation that damages LDL cholesterol and causes atherosclerosis. Researchers have discovered that just 100 mg of CoQ10 can inhibit LDL oxidation.<sup>1</sup> CoQ10 can also regulate blood pressure and offer relief for type 2 diabetes.

CoQ10 is vital, but poorly absorbed by the body through the digestive tract. CoQ10 is broken down as either ubiquinone or ubiquinol. With age, the ubiquinol form of CoQ10 is better utilized. Ubiquinol is best metabolized by the body to offer the greatest health benefits.

Compared to regular CoQ10, ubiquinol is more effective and more bioavailable.

Ubiquinol is the CoQ10 fuel your body needs to protect vascular health. Patented ubiquinol formulas have been proven to slow down the aging process by as much as 51 percent. With instances of stroke on the rise, it's time to pay attention to your health.

### Sources

1. Thomas SR, Neuzil J, Stocker R. Inhibition of LDL oxidation by ubiquinol-10. A protective mechanism for coenzyme Q in atherogenesis? *Molecular Aspects of Medicine*. 1997;(18) 1:85-103.





# *Enzymes*

## WHAT ARE THEY?

Enzymes are active proteins that function as biological catalysts, speeding up all metabolic reactions essential for the health of every living cell in your body.

**T**housands of enzymes are working every second to build and regenerate the body. They are constantly produced in the body and depend upon good nutrition to keep ahead of daily damage and degeneration. They do need help in this job, and are aided by Co-Enzymes, which are essential vitamins, such as Vitamin B12. Even a small deficiency in B12 results in disease. This becomes such

a problem with elderly people on poor diets, that they sometimes need injections.

Zinc is a mineral Co-factor, required by roughly 80 enzyme reactions. Co-Enzyme Q10 is required by every cell to generate its energy supply from food. Without enzymes and co-enzymes, there would be no life, as we know it. Grass, trees, insects, germs, animals, and humans all depend on enzymes to sustain growth and health.

In a nutshell, there are:

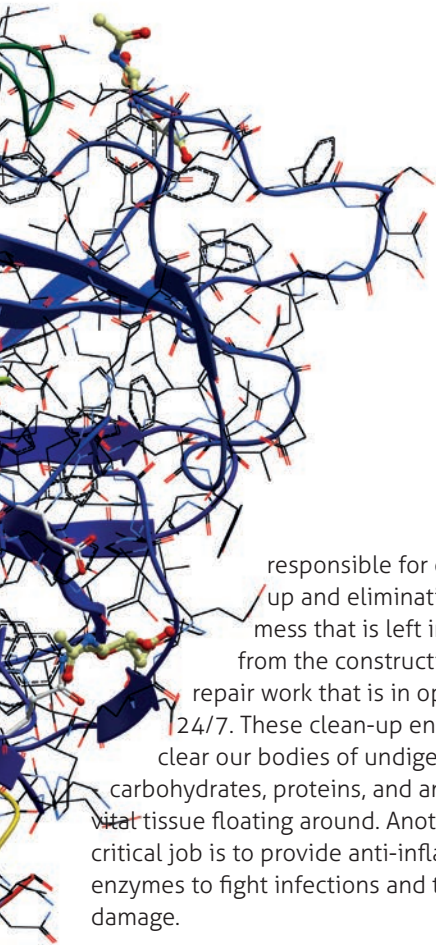
### 3 types of enzymes

**Food/digestive enzymes** – These break down the food we eat and convert it to its basic building blocks, before they can be assembled into healthy living tissue.

**Metabolic enzymes** - Metabolic enzymes use these nutrient building blocks to keep all organs and tissues functioning. Enzymes are required for hundreds of diverse chemical reactions controlling all cellular activities, such as repairing body organs and fighting disease. Our body's ability to stay healthy, to repair tissue when injured, and to protect us from disease is directly related to the quality and number of enzymes, coenzymes, and nutritious food.

**Clean-up enzymes** – These third types are





responsible for cleaning up and eliminating the mess that is left in the body from the construction and repair work that is in operation 24/7. These clean-up enzymes clear our bodies of undigested carbohydrates, proteins, and any non-vital tissue floating around. Another critical job is to provide anti-inflammatory enzymes to fight infections and tissue damage.

### “DIGEST/ BUILD/REPAIR/ CLEAN-UP”

Enzymes are catalysts, which are made of amino-acids sequenced by RNA (RiboNucleic Acid) and directed by DNA (DeoxyriboNucleic Acid). Some people call them ‘active proteins’. This activity means they make things happen. (Imagine a factory with lots of equipment and raw materials; nothing much happens without workers, which are the same as enzymes—look after them, and they will do a great job.)

Enzymes need a specific temperature and pH (measure of acidity/alkalinity) for peak performance. Enzymes from plants work best at the human body’s temperature and pH. They are essential in every function of growth, repair, and resulting health of every living cell in your body.

Thousands of enzymes are working every second to build and regenerate your body.

### WHAT DO THEY DO?

Enzymes act to do specific jobs, like:

- Digesting food.
- Breaking down toxins.
- Cleansing the blood.
- Supporting the immune system.

- Converting protein into muscle.
- Contracting muscles.
- Eliminating carbon dioxide from the lungs.
- Supporting the pancreas and other vital organs.

To have a healthy body, you need both workers (enzymes) and building materials. The building materials are proteins (amino acids), minerals, and vitamins.

Trying to function without all the necessary enzymes is the reason for most body malfunctions.

### There are seven categories of food enzymes:

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

Enzymes in a natural life would come from fresh living foods. There are two ways to preserve and replenish our enzyme level:

- Eat living foods and food supplements.
- Take enzyme supplements.

On a daily basis, enzymes are ingested in unprocessed, raw, or lightly cooked food (called exogenous or food enzymes). They are also produced or converted by other enzymes inside the body (endogenous, meaning inside-created). Some have a long life (weeks), and some have a short life (minutes). This explains the obvious need for a daily intake of enzymes that are alive (meaning not microwaved, cooked, or processed until enzyme death, as in pasteurized milk) and foods such as vegetables, fruits, raw or lightly cooked fish, meats, and sprouted seeds and beans.

Studies show that a 70 year old has only 20 percent of the enzyme levels of a 20 year old. This is a major part of the cause of age-related disease and is easy to correct with fresh live food and supplementation.

Enzymes have been studied more than any other facet of life and health over the past 100 years.

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

In studies equivalent to a human taking thousands of tablets, no side effects were shown. Only haemophilia patients would need to take enzymes under supervision. Do doctors prescribe them? Many do. There are numerous doctors who have changed completely and now practice health care (Lifestyle and Nutrition) as opposed to disease management (drugs and surgery).

These doctors are unfortunately a tiny minority. The majority of doctors will only practice “disease care”, until the system is taken out from the control of the medical/ pharmaceutical business, that only sees profit in disease management.

### 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.**



### Sources

1. Kee WH, Tan SL; Lee V, Salmon YM Singapore Med J, 1989
2. Verma et al. 1998
3. Darcan S, Goksen D. Consequences of iodine deficiency and preventive measures. *Pediatr Endocrinol Rev.* 2003 Dec;1 Suppl 2:162-8; discussion 68-9.

# Why your BLOOD SUGAR COUNTS!

## Controlling high blood sugar could avoid diabetes and common related health issues

### WHAT IS DIABETES?

Diabetes is a group of metabolic diseases characterized by high blood glucose.

Diabetes is a growing epidemic with The International Diabetes Federation estimating that one in 10 adults will have diabetes by the year 2030. Consequences commonly include obesity, hypertension and problems affecting the heart, eyes, kidneys and nervous tissue.

### Symptoms include increased thirst, hunger and frequent urination.

Diabetes in the medical community is categorized as :

• **Type 1:** The pancreas fails to produce sufficient insulin; also called insulin-dependent diabetes or juvenile diabetes.

**Type 2:** Cells may not respond to insulin, Insulin resistance is caused by a high-sugar, high-carbohydrate Western diet; also called adult-onset diabetes.

Gestational diabetes occurs during pregnancy.

Left untreated, diabetes is a serious health condition that can cause a number of complications. including cardiovascular disease, renal failure, retinopathy or blindness and even coma, ;the long-term effects of which can be life-threatening.

### 3 WAYS TO BALANCE BLOOD SUGAR

Once you've been diagnosed with diabetes, controlling blood sugar is critically important. Even before, you can make changes to the diet and regulate blood sugar levels. Type 2 diabetes is a lifestyle condition often related to excess weight and obesity. Balancing sugar intakes is one way to prevent the condition from developing altogether.

Whether you have diabetes or simply want to avoid it in the future, these remedies can work wonders to manage blood sugar levels:

**1. Cinnamon:** Cinnamon is a potent antioxidant and delicious spice with the ability to reduce hemoglobin A1C levels, related to blood sugar. Just 1- g of cinnamon a day can balance blood sugar, triglycerides, LDL cholesterol, and overall cholesterol in type 2 diabetic patients.<sup>1</sup>

**2. Chromium:** Research supports chromium to reduce blood sugar, as well as the amount of insulin required by diabetics. Studies also show that chromium can improve blood sugar control in gestational diabetics.<sup>2</sup>

**3. Fenugreek:** Fenugreek is a component in curry spices and can also lower blood sugar due to its high fiber content.

Research shows that just 100g of fenugreek seed per day could lower fasting blood glucose levels in insulin-dependent diabetics; this dose can also improve glucose tolerance and lower triglycerides, LDL cholesterol, and total cholesterol.<sup>3</sup>

Type 2 diabetes is a lifestyle condition that is entirely preventable. Use these clinically proven remedies along with regular, wholesome meals to transform your health.

### Sources

1. Cinnamon reduces blood pressure while balancing blood glucose. [www.greenmedinfo.com](http://www.greenmedinfo.com)

2. Chromium. [www.umm.edu](http://www.umm.edu)

3. Sharma RD, Raghuram TC, Rao NS. (1990) Effect of fenugreek seeds on blood glucose and serum lipids in type I diabetes. *Eur J Clin Nutr.* 44(4):301-6.

### 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.





# 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



# POLYCYSTIC OVARY SYNDROME

## A growing epidemic in women's health

### WHAT IS PCOS?

Polycystic ovary syndrome, also called PCOS, commonly affects millions of women in the UK. PCOS is one of the most widespread female endocrine disorders.

### It may affect a woman's:

- Hormones
- Menstrual cycle
- Fertility
- Heart
- Blood vessels
- Appearance

### Signs and Symptoms:

- High levels of male hormones —called androgens, though androgens can be found in women.
- Irregular or missed periods.
- Growth of numerous, small cysts in the ovaries.
- Overweight, acne or excess body hair.

### THE REALITY OF PCOS

The Office on Women's Health of the United States confirms that between one in 10 and one in 20 women of childbearing age has PCOS. An estimated one in 15 women is afflicted worldwide. When you put this in perspective, you or someone you love may have polycystic ovary syndrome. Since the condition is related to a woman's reproductive system, it is rarely discussed freely.

Women struggling with these symptoms are in desperate need of help.

PCOS is one of the most common endocrine problems in women of reproductive age. If left untreated, it may be one of the top causes of female infertility.

### CAUSES OF PCOS

The underlying cause of PCOS has been associated with genetic factors, but an overall cause is still unknown. PCOS is related to hormonal imbalances. A woman's ovaries may overproduce androgens; male hormones that can affect ovulation and distressing overgrowth of hair.

Furthermore, insulin may be directly related to PCOS. Insulin is a hormone that controls blood sugar and energy storage in the body. A woman with PCOS may have excess insulin. Too much insulin increases androgen production. Once this vicious cycle starts, hormonal imbalances can cause unpleasant symptoms like excessive hair growth, weight gain, acne, and infrequent ovulation.

### PCOS RELIEF

This condition may be common, but it is difficult for doctors to treat. Correcting a hormonal imbalance is a complicated 'cause and effect' task.

To find any relief for PCOS, insulin

resistance related to obesity and type 2 diabetes must be addressed first of all:

- Eliminate sugar from the diet.
- Cut out all starchy carbs – breads, cereals, rice, potatoes, cookies, pastries, pasta.
- Cut out processed foods and milk products.
- Eat fresh, whole foods – veggies, dark-skinned fruits, nuts, seeds, beans, lean proteins, healthy oils.
- A diet rich in nutritious foods and low in sugar can balance insulin and manage PCOS and restore fertility and reproductive health.. The importance of a low-sugar PCOS diet cannot be emphasized enough – your health depends on it.

### Recommended Products

**SERRAPLUS+**  
**CURCUMINX4000**  
**NATRAGEST PROGESTERONE CREAM**





# Start right

Healthy and nutritional breakfasts. Try these suggestions

## BIG BREAKFAST HASH

### Ingredients

1 large sweet potato, chopped  
1 cup peppers and onions, chopped  
1 large handful fresh organic spinach  
1 tomato, finely chopped  
1 ½ tsp coconut oil or extra-virgin olive oil  
2 garlic cloves, crushed  
Optional: 2 organic, pasture raised chicken sausages, chopped  
Optional: 4 pieces nitrate-free pasture raised bacon, pre-cooked and chopped  
Himalayan sea salt and freshly ground pepper, to taste

### Method

1. In a frying pan, sauté oil and garlic over medium heat for 1 minute
2. Add in chopped sweet potato and stir
3. After 4-5 minutes, add in peppers, onion, and tomato
4. Sauté for about 5 minutes, stirring occasionally
5. Mix in chopped sausage and bacon, then cook for 5-7 minutes, stirring often
6. Mix in fresh spinach and cook for 2-3 minutes, or until sautéed
7. Remove skillet from heat and serve hot  
I served mine with fresh organic, pasture raised eggs.



## BREAKFAST PANCAKES

**Serves 2-3 people 10 small to medium sized pancakes.**

### Ingredients

3 extra large organic, pasture raised eggs  
½ cup milk (almond or coconut milk)  
¼ cup coconut flour  
¾ cup almond meal  
¼ cup mashed ripe banana  
¼ tsp. baking soda  
1 tsp. vanilla  
½ tsp. apple cider vinegar  
pinch of sea salt

### Method

1. Place all ingredients in the blender and blend on high for 30 seconds. Let the batter sit for 1 minute to let the coconut flour fluff up. Meanwhile, heat up a large skillet on medium heat with oil or butter. Pour the batter to make small to medium sized pancakes. Once a few bubbles pop on the pancakes, flip to cook on the other side for 1 minute, or until the pancake centre springs back to the touch.
2. Serve with whipped cream, berries and honey (for a special treat).

*Note: Very important that you use jumbo eggs and place the ingredients in the blender. This will ensure the best results.*



## COURGETTE PIE WITH CORIANDER, CUMIN AND LIME

**Create about 8 cups of courgette noodles, from 3 to 6 courgettes, depending on their size. Use a food processor with the julienne slicer setting, or if you have one, a vegetable noodle maker. Steam the courgette noodles just until they are tender and have reduced in size. Let the courgette noodles cool in a mesh strainer, then put them in a clean dry kitchen towel and squeeze most of the water out of them. Set them aside.**

### Ingredients

Add to a mixing bowl & mix well  
¾ cup almond flour  
¼ cup arrowroot flour  
¼ cup roughly chopped fresh coriander  
½ tsp sea salt  
½ tsp cumin  
¼ tsp garlic powder  
2 tsp fresh lime juice  
1 whisked egg  
Add the squeezed zucchini noodles

### Method

1. Gently work everything together with your hands.

2. Set your oven to 177c or 350f
3. Place a large oven-safe pan on the hob over low/medium heat.
4. When the pan is heated, add a tablespoon of coconut oil.
5. Place the courgette mixture into the pan and spread it out with a fork.
6. Turn the heat to medium and cook for about ten minutes, or until the bottom is golden brown.
7. Crack four eggs over the top and carefully transfer it to the oven.
8. Bake for about ten minutes.
9. Top with more fresh squeezed lime juice and coriander.

# *Breathe* EASIER

The relief you need for lung fibrosis.

**L**ung fibrosis is also called pulmonary fibrosis and occurs as scarring or thickened tissue in the lungs. Related conditions include sarcoidosis and Wegener's Granulomatosis.

The American Lung Association calls pulmonary fibrosis "the formation or development of excess fibrous connective tissue in the lungs," as well as "scarring of the lungs." When healthy lung tissue becomes thick and hardened with fibrosis, lung health and function are compromised.

Patients with pulmonary fibrosis experience difficulty with breathing.

Shortness of breath compromises quality of life and can affect overall health. Fibrosis that interferes with the ability to breathe makes it harder for oxygen to reach the bloodstream. The health of the lungs may worsen because of inflammation, poor nutrition, improper breathing patterns, and impaired function.

Lung conditions are widely overlooked in the medical community and can prove fatal: almost 30 percent of all deaths are caused by dysfunctional lungs. Before conditions like pulmonary fibrosis develop, it is critical to relieve lung symptoms to safeguard oxygen supply throughout the body.

## WHAT CAUSES PULMONARY FIBROSIS?

Most cases of lung fibrosis do not have a known cause. Pulmonary fibrosis may be diagnosed as idiopathic pulmonary

fibrosis, or IPF, which means that there is currently no cure, so the aims of treatment are to try and relieve symptoms and protect against further damage.

Pulmonary fibrosis is an interstitial lung disease. An interstitial lung disease may include 100 to 200 chronic lung conditions with several common links:

- Lung scarring.
- Affect the interstitium, tissue between lung air sacs.
- Caused by inflammation.
- Chronic inflammation can spread through

the body and affect a number of organs, emphasizing the need to eat healthy foods and essential nutrients, to manage lung symptoms.

## 4 WAYS TO LOVE YOUR LUNGS

There is hope for pulmonary rehabilitation.

Even with a condition like lung fibrosis, it is possible to rehabilitate lung health. In some cases, a doctor may point to genetics as a contributing factor to pulmonary fibrosis. But as former Cleveland Clinic surgeon, President of the Cleveland Clinic





strands); idiopathic pulmonary fibrosis patients without a genetic link to the condition had shorter telomeres compared to individuals without the disease.

3. Eat a non-inflammatory diet rich in vegetables, dark-skinned fruits, nuts, and seeds. Anti-inflammatory, whole foods can lengthen telomeres and improve overall health.
4. Learn healthier breathing. Relaxed breathing in the diaphragm or stomach will improve immune function and reduce the risk of lung infection.

### A MIRACLE ENZYME FOR LUNG HEALTH

A critical step in pulmonary rehabilitation is clearing inflammation to restore lung health. Eating healthy foods and avoiding inflammatory processed foods lays the foundation for optimal lung function.

#### The nutrients that you use for pulmonary fibrosis rehabilitation really count:

- **Serrapeptase.** Near-miraculous results have been seen in improving lung health with the use of the anti-inflammatory serrapeptase enzyme. Serrapeptase comes from the intestine of the silkworm and helps break down scar tissue, mucus, and lung inflammation. This allows the body to heal itself and improve compromised lung function.
- **Curcumin.** This renowned compound helps reduce inflammation and support healing in lung tissue. Curcumin is considered one of the most potent anti-inflammatory herbs available. It guards healthy cells against inflammatory damage and moderates the immune system; curcumin is also antifungal, antibacterial, and antiviral.
- **Vitamin D3.** Vitamin D3 is a must for essential immunity and lung health. Cells in the immune system contain vitamin D3 receptors. Vitamin D3 deficiency can weaken the immune response and open

staff, researcher, and author Dr. Caldwell B. Esselstyn Jr. has famously said, "Genes load the gun, but lifestyle pulls the trigger."

**Unhealthy lifestyle choices and certain foods will cause inflammation. Pulmonary rehabilitation starts with a commitment to recovery:**

1. Quit smoking, if you haven't already.
2. Cut out processed foods, especially processed meat. Processed meat is the top contributor to telomere shortening (protective caps at the end of DNA

### Recommended Product

#### SERRANOL

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



the door to lung infection. A vitamin D3 supplement is especially important since most people spend less time in the sun today; daily sun exposure is also recommended to improve immune health.

The process of pulmonary rehabilitation really is simple, though it requires a commitment to change. Without making better lifestyle choices and eating healthy foods, your lung health will remain compromised.

Essential nutrients can promote fibrosis recovery and will offer noticeable results. One serrapeptase user describes an experience in pulmonary fibrosis relief, "I must thank you so very much for helping my mom getting over her pulmonary fibrosis at age 75. She looks and feels like 40 and is also walking and exercising – resistance training at my home 4 times per week. I shall always be eternally grateful."

Taking traditional medication to treat fibrosis can be cumbersome and complicated. Even worse, it can take a toll on your health and start to burden the body. Natural is always better. Lung fibrosis rehabilitation is much simpler than you have been led to believe.

#### This is your 1-2-3 prescription for renewed lung health:

1. Calm inflammation.
2. Restore essential nutrients.
3. Breathe easy again.

A young child with blonde hair is looking up at a pregnant woman's belly. The child is smiling and looking up at the belly. The woman's belly is visible on the right side of the image.

# *Healthy* MOTHERS DELIVER *healthy* BABIES

A naturally healthy pregnancy builds the foundation of good health from cradle to grave.

**F**rom the moment of conception, a woman is educated on the importance of taking care of herself and her growing baby. Most pregnant women are advised to avoid strenuous activity, certain foods, and unhealthy substances. Mothers-to-be prepare for an optimal pregnancy by eating beneficial foods to support the health and development of their new born.

A woman's state of health is often

overlooked in prenatal education. A mother is encouraged to take a pregnancy multivitamin and eat right, but what about the nutrients she really needs to help her baby develop in the womb?

#### **A HEALTHY BABY STARTS WITH HEALTHY CONCEPTION**

It is important to prepare for pregnancy months before a baby is conceived. Due to poor diet, nutritional deficiency and inflammation, a significant number

of women suffer from infertility today. Infertility rates have remained constant over the past 20 years; roughly 50 million couples worldwide are unable to conceive after five years of trying.

You or someone you know may be struggling with infertility.

Correcting the health issues that cause infertility or optimize the chances of conception are the first step to support pregnancy. Robert Redfern has dealt with infertility in his own family. He recently



*was also tightened up and improved. Sian soon became pregnant again, and she kept to the plan and diet meticulously. This time everything went like a dream, and Jacob Michael Redfern started his new life.*

This beautiful story with a happy ending of new life hinges on a commitment to reproductive health. When a woman uses really healthy foods and the right nutrients to improve her fertility, it creates a cascade effect. Her pregnancy health and her baby's health will also improve.

### YOUR REALLY HEALTHY PREGNANCY PLAN

If you have difficulty conceiving, difficulty staying pregnant, or are experiencing health issues during pregnancy, this plan is for you. This plan should also be used by any pregnant woman to support her baby's health.

Making changes will protect your health as a mother and encourage foetal development:

- **Cut out all GM foods**, including meats fed GM feed. Studies link genetically modified foods with a host of reproductive problems.
- **Stop using the microwave.** Eat fresh, healthy foods instead.
- **Eliminate high-sugar foods, starchy carbohydrates, chemical drinks, and processed foods.**
- **Eat 9-14 portions of fresh or frozen vegetables daily.** Organic is preferred.
- **Eat 5 portions of dark-skinned fruits daily.** 2 avocados a day are recommended.
- **Eat 5 portions of beans, nuts, and seeds –** soaked, mashed nuts and seeds.
- **Eat 3-4 portions of oily fish a week –** salmon, sardines, mackerel, etc.
- **Enjoy healthy oils liberally –** hemp, omega 3, krill, olive, and coconut oil.
- **Drink 8 glasses of distilled or filtered water a day –** with a pinch of bicarbonate of soda.
- **Take 3-5 tablespoons of sea or rock salt a day –** along with the critical mineral iodine.

Let's not forget the importance of prenatal nutrients. The health of your baby depends on it. The top three nutrients for a

healthy pregnancy include the natural anti-inflammatory enzyme serrapeptase, the potent compound curcumin, and iodine.

- **Serrapeptase.** Serrapeptase users report astonishing results in clearing blocked fallopian tubes, even after unsuccessful surgery. Serrapeptase is safe enough to use during pregnancy and while breastfeeding.
- **Curcumin.** The powerful compound curcumin comes from the Indian spice turmeric, with more than 1800 studies to support its use. Curcumin calms pain and inflammation; it is antifungal, anti-inflammatory, antibacterial, antiviral, antitumor, anti-spasmodic, and antioxidant.
- **Iodine.** Iodine is critical during pregnancy; it supports healthy development in children alongside regular metabolism, cognitive function, nervous system function, and thyroid function.

Pregnancy is a short time in a woman's life. In these nine months, you can turn over a new leaf to transform you and your baby's health. Making nutritional changes is essential during pregnancy. Taking a commercial prenatal vitamin is not enough.

Cutting out processed foods, especially sugar, can protect your baby from a number of harmful health issues in utero. Recent studies have linked sugar toxicity with a higher risk of birth defects in pregnant women. These defects are linked to eating typical Western foods such as white rice, white bread, potatoes, and soft drinks in excess. Your developing baby deserves nutritious foods.

### Recommended Products

**SERRAPLUS+ 80,000IU  
CURCUMINX4000  
NASCENT IODINE**



celebrated the birth of his grandson Jacob, following several failed pregnancies.

**Robert's daughter-in-law Sian happily shares her story to provide encouragement and hope for millions of other women experiencing fertility struggles:**

*Sian, like many of today's females, had decided to leave having babies to later in life but then had many problems with spontaneous miscarriages, for which the medical system had no successful solutions. Like many women, Sian was getting desperate and so she started on the plan. Although she went onto the supplement plan, she did not take on board the diet recommendations.*

*The plan seemed fine and she became pregnant. Things were fine at first but, then on her first scan the medics noticed a growth, which they said was probably a fibroid. She increased her iodine drops and started to follow the diet to clear this but again, she miscarried. She then decided to keep to the plan and the growth was gone in as little as 8 weeks.*

*Now it was time to get serious. Sian stopped all carbohydrates and sugar, as well as alcohol, and kept to the Really Healthy Foods plan. The supplement plan*

# HEALTH news

## DOCTORS SENT NEW ALERT ABOUT 'KILLER' CONTRACEPTIVE PILLS

Doctors have been reminded yet again that the most commonly-prescribed birth control pills increase the risk of life-threatening blood clots. A new warning has gone out to every doctor across the UK after French authorities reported that 14 women have died after using one of the 'third generation' contraceptives.

Birth control pills, including Yasmin, Femodene and Marvelon, increase the risk of a blood clot compared to the older generation drugs, the UK's Medicines and Healthcare Products Regulatory Agency (MHRA) has told doctors.

Doctors need to pay special attention to an individual's risk factors before prescribing one of the third generation, combined hormonal contraceptives, they say. Women who have a history of deep vein thrombosis (DVT) or very high blood pressure should not take the drugs.

Packaging inserts, which list side effects and adverse reactions, are to be changed to include the increased risk of blood clots, says the MHRA.

However, the agency says the pills are safe for women who don't have any risk factors. The French study merely confirms that the risks remain small, they say.

*(Source: Mail on Sunday, February 2, 2014)*

## DRUGS BECOME PERSONALITIES IN NEW MARKETING PUSH

Big Pharma is starting to give a personality to its drugs in order to push revenues towards its annual sales target by 2018. Personality traits such as dependable, optimistic and elegant are being used to encourage people to want a specific drug.

Much of this new marketing spin is happening in the US where direct-to-consumer advertising is permitted. It's hoped that consumers will then ask the doctor to prescribe the 'dependable' drug.

Fifteen well-known drugs, such as Viagra, Lipitor and Prozac, are being given 'brand personalities', say researchers from the John Molson business school, a technique that has been used for years by Apple, Coca-Cola and other major manufacturers.

The personalities have two aspects: competence and innovation. So as well as being dependable, drugs are also being promoted as unique and original. This new marketing strategy is a necessary next step for Big Pharma as it moves towards global annual sales of \$1.3 trillion by 2018 in the face of stiff competition from generics and tough regulation.

*(Source: Journal of Consumer Marketing, 2013; 30: 583)*



## DDT PESTICIDE LINKED TO ALZHEIMER'S, 40 YEARS AFTER IT WAS BANNED

Researchers have this week found a link between Alzheimer's disease and the pesticide, DDT. Alzheimer's patients have four times the level of the toxins in their blood compared to a healthy person—even though the pesticide has been banned for more than 40 years in the West.

The Alzheimer's victims had high levels of DDE, the chemical compound that remains after DDT breaks down, say researchers at Rutgers University, who analysed blood samples from 86 patients and compared them to 79 people who didn't have the degenerative disease. Of the 89, 74 had levels of DDE that were four times higher than that found in the blood of the healthy controls.

But why was DDE there at all if the pesticide has been banned in the US since 1972? Around 80 per cent of all blood samples still carry traces of DDE, says the US's Centers for Disease Control and Prevention. This is because it can take decades for the chemical to break down, and people may still be exposed to DDT from fruits and vegetables that are sourced from abroad. It can also be found in fish that swim in polluted waters.

*(Source: JAMA Neurology, 2014; doi: 10.1001/jamaneurol.2013.6031)*

Source: [www.WDDTY.com](http://www.WDDTY.com)



## SUNSHINE PROTECTS AGAINST HEART DISEASE

As we've been saying for years, sunshine is good for you. The latest research has discovered it helps reduce blood pressure, which cuts the risk of heart attack and stroke.

Sunlight activates nitric oxide (NO) molecules on our skin, which transfer to our circulation system. NOs improve the health and 'tone' of our arteries and blood vessels, and this reduces blood pressure levels.

The discovery, by researchers at Southampton University, explains why deaths from cardiovascular disease peak in the winter months and in countries furthest from the equator.

The researchers exposed 24 volunteers to two, 20-minute sessions under a ultraviolet (UVA) sunlamp and then under the lamp with the UVA rays blocked.

Only the UVA sessions—which emulate real sunlight—had a beneficial effect. The UVA exposure dilates blood vessels, which significantly lowers blood pressure.

As cardiovascular disease is responsible for 30 per cent of all deaths, lead researcher Martin Feelisch says it is time to re-evaluate the current public health advice on sun exposure. "Avoiding excess sunlight exposure is critical to prevent skin cancer, but not being exposed to it at all, out of fear or as a result of a certain lifestyle, could increase the risk of cardiovascular disease," he says.

(Source: *Journal of Investigative Dermatology*, 2014; doi: 10.1038/jid.2014.27)



## ROUTINE DRUG BEFORE SURGERY HAS 'KILLED 800,000 PATIENTS'

Patients undergoing surgery are routinely given a beta-blocker in order to reduce stress on the heart—but the research that led to the adoption of the practice was falsified, and doctors reckon that 800,000 people have died as a result.

Beta-blockers, which are antihypertensives for lowering blood pressure, increase the chances of dying from a stroke or hypotension (dangerously low blood pressure levels) by 27 per cent.

Darrel Francis, professor of cardiology at Imperial College London, and his colleague, Graham Cole, have estimated that this raised risk has caused the deaths of around 800,000 around Europe in the past five years, including 10,000 Britons.

Their research paper, which reveals their estimate, was published on the website of the European Society of Cardiology's own journal, the *European Heart Journal*—but was removed within hours earlier this month. Journal editor Thomas Luscher said it had been a mistake to publish the paper.

It had been the ESC's own former chairman of its guidelines committee who had falsified the data that led to the adoption of beta-blockers for anyone undergoing any type of surgery. Don Poldermans, a former professor of cardiology at the Erasmus Medical Centre in Rotterdam, had published his influential paper in 2009, but it was discovered two years later that the data had been fabricated.

Despite the revelation, surgeons still routinely give beta-blockers to patients—and so, presumably, the death toll continues to rise.

(Source: *Heart*, 2013; doi: 10.1136/heartjnl-2013-304262; *Sunday Times*, 26 January 2014)



## SWINE FLU VACCINE DOES CAUSE NARCOLEPSY, RESEARCHERS CONFIRM

The swine flu (H1N1) vaccine definitely causes narcolepsy, the

sleeping sickness, researchers have confirmed this week. Young adults up to the age of 30 are especially susceptible.

The vaccine, Pandemrix, was widely used from 2009, when the threat of a swine flu global pandemic was at its peak. Millions of people were vaccinated, but within months there were reports of cases of narcolepsy. WDDTY featured one victim, Lucas Carlton, 9, who sleeps 20 hours a day after he was given the Pandemrix vaccine in January, 2011.

Now researchers at the Karolinska Institute in Stockholm have confirmed that Lucas's case was not an isolated one. They have found a link between the vaccine and narcolepsy after they analysed vaccine records that covered 61 per cent of the Swedish population.

Adolescents under the age of 20 and young adults up to the age of 30 were more susceptible, the researchers said. They couldn't find any other neurological or immune-system problems with the vaccine.

(Source: *Journal of Internal Medicine*, 2014; 275: 172-90)

Source: [www.WDDTY.com](http://www.WDDTY.com)

# My story...

## JAN LEWIS TELLS US ABOUT HER SARCOIDOSIS

"You cannot begin to understand how excited I am feeling. I believe that I have finally landed upon something that could potentially heal me totally of Sarcoidosis."

I have suffered with sarcoidosis since August 2000. I began taking natural supplements immediately and NEVER took any steroid drugs despite being told I could die if I did not enter into this treatment by two separate doctors.

Although I have taken other products, I have never quite been able to get over the sarcoidosis in its entirety. I managed to eliminate many of the symptoms, but in January of this past year, I began developing some severe problems with my shoulder, neck and arm (inflammation). I also have suffered with pain in my feet for over 10 years, which no doctor or podiatrist ever seemed to be able to fix, nor any amount of expensive shoes relieved.

A good friend who shares information with me about natural supplements, told me about Serrapeptase 2 weeks ago and I ordered it after reading the information available at your website. I noticed in less than 7 days that when I would get out of bed in the mornings, I was experiencing less foot pain. Now, 2 weeks later, I am starting to regain some mobility in my arm. My arm has been severely affected since January and certain movements were entirely impossible. I am now able to move my arm in most directions. While still sore to some extent, I am thrilled beyond words at how much improvement I am seeing in such a short period of time. I walked 2 miles the other night and not one time did I feel a need to return home because of foot pain.

I am currently still taking the 3 tablets 3 times a day and even took 10 tablets the other night before bedtime to see if additional help would occur. Sarcoidosis is also an inflammatory disease that has affected my liver, spleen and lungs. I believe that it too is being helped. The one thing that I have never totally been able to eliminate is a slight wheeze. I am now starting to experience less and less wheeze.

You cannot begin to understand how excited I am feeling. I believe that I have finally landed upon something that could potentially heal me totally from sarcoidosis. I just ordered 4 of the double strength capsules for my 90 year old mother who is crippled with osteoarthritis. I am also EXTREMELY interested in getting this for my step-daughter who has multiple sclerosis.

My most sincere thank you for this product and any help have given me. God bless you."

JL Louisville, Kentucky

## I WAS DIAGNOSED WITH VENOUS STASIS ULCERS

"About five years ago, I was diagnosed with venous stasis ulcers on my lower legs and ankles. I fought the ulcers for nearly three years before they finally healed.

A vascular surgeon explained that these ulcers were caused by a lack of venous blood flow in my legs. The veins were

clogged and blood could not circulate to the outside of my legs and allow these sores to heal. He told me that the condition was not reversible and my best hope was to wear support hose for the rest of my life, just to slow down the process and, hopefully, avoid amputation.

Another option was to run a laser in the veins that were stopped up and simply burn them out. This would not really help the condition, but would relieve some of the

pressure built up by the clogged veins.

Neither of these options was of much interest to me. I tried the stockings, but found them of no help. My legs, although the sores were healed, were in terrible shape.

Around the first month of the year, several new ulcers appeared. In February, one of them became infected and I was hospitalized with severe swelling and cellulitis. Just before I went in the hospital, I had added two enzymes to my regimen of herbs and vitamins. The two I added were Serrapeptase and Nattokinase.

I did not take them during the week I was in the hospital, but re-started when I got home. For a week, I took three Serrapeptase capsules three times a day, for the next two weeks I took two capsules three times a day. After that, I took two, twice a day.

The vascular surgeon told me they could do a test using ultrasound and see just where all the bad veins were, so that I could make a better decision about the laser burning procedure.

At the end of May, I finally decided to go get the test. The ulcers had already healed, and my legs were looking and feeling much better. The doctor and his staff were as amazed as I, when after two hours of exhaustive hunting, they could not find one single bad vein!

During the test, I had mentioned the enzymes I had been taking and the technician told the doctor's assistant about it. When I came out of the test room, she called me to another room and wanted to know more about the Serrapeptase and the Nattokinase. Perhaps my experience can help others who formerly had no hope.

Like you, I have heard and read about "miracle" potions that are supposed to heal everything imaginable. I have read testimonials and looked at the pictures. I took all this with a grain of salt. Some I tried and could tell no difference, some I ignored.

This, however, is different. Instead of just hearing about it, it happened to me and medical testing proved that the "medically impossible" had happened. I am now a believer in these enzymes. I personally highly recommend the SerraPlus+™ with MSM and trace minerals."

PE



# 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.

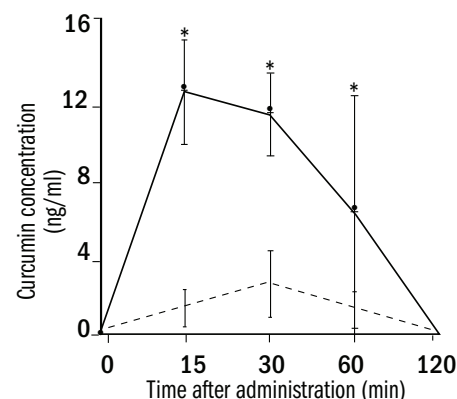


Figure 1. Plasma curcumin levels after dosing with Meriva (solid line) compared to unbound curcumin (broken line)



**180**  
**veg caps**

**Take**  
**x3**  
**caps/day**



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!

Curcumin X4000™ is a registered trademark of Good Health Naturally



# Healthy smoothies

Healthy and nutritional smoothies. Try these suggestions

## MAKE YOUR OWN BLEND-

### Ingredients

1 bunch green leafy vegetable of choice (50% of total)  
Dark skinned/pitted berries/fruit of choice (50% of total)  
1 avocado  
1" ginger  
Juice of 1 lemon  
Cup of water  
Any added other ingredient you wish, from flax meal to fresh chilli to raw cacao!

### Method

Place all ingredients into high speed blender and mix until smooth, pour and drink!



## KALE & CUCUMBER

### Ingredients

6" piece of cucumber  
3 medium Kale leaves, torn  
5 stems fresh mint  
3 stems fresh parsley  
1" piece fresh ginger  
1 avocado  
1 cup coconut water  
fresh juice of one lime  
1-2 tsp coconut oil  
1-2 tbsp hemp seeds or Chia seeds

### Method

Place all ingredients into high speed blender and mix until smooth, pour and drink!



## SPINACH & BROCCOLI

### Ingredients

1 bunch of spinach  
3 sprigs of broccoli  
The juice of one ruby red grapefruit  
½ cup of water  
½ cup of pure coconut milk (aroy-d)

### Method

Place all ingredients into high speed blender and mix until smooth, pour and drink!





# Pack a Punch For Lunch!

Healthy and nutritional lunches. Try these suggestions

## BIG SALADS

Roast a few chicken breasts and cut them into slices, or opt for a tin of fish- like salmon or sardines. (check the label, there should only be salt added!)

Put a couple handfuls of mixed greens or spinach in container, add veggies.

Add a few slices of the chicken breast.

In a tiny container put 2 Tbsp of dressing – I like either

equal parts lemon juice and olive oil or

1 Tbsp balsamic vinegar, 2 tsp dijon mustard and a splash of olive oil.

Mix altogether just before eating.

## Wraps

Lettuce, Romaine, Radicchio or even cooked Cabbage make a fabulous alternative to a 'bread' wrap.

Load it with some protein (meat or fish) and more veggies (salad, mushrooms, courgette, avocado, anything you prefer) for the perfect portable lunch.



## Container with Chicken, Veggie and Nuts

Use a roasted chicken breast, leftover meat from dinner or a tin of sardines/salmon, some veggie slices (like cucumber, red pepper and tomato) and a small handful of nuts.

## LEFTOVERS

Save dinner leftovers or make a big pot of soup or stew for a portable lunch.

Soups are very inexpensive to make and you can be loaded with protein and veggies.

Something like this soup is brilliant if you are active

## ORGANIC, PASTURE RAISED ROAST CHICKEN SOUP WITH ROASTED VEGETABLES

### Ingredients:

2 garlic cloves, minced  
2 carrots, peeled and cubed  
1 cup butternut squash, peeled and cubed  
1 small sweet potato, peeled and cubed\*  
½ onion, quartered  
2 tablespoons extra virgin olive oil  
4 cups chicken stock, store-bought or homemade  
2-3 cups leftover shredded chicken  
¾ teaspoon dried parsley  
1 teaspoon sea salt  
½ teaspoon dried thyme  
½ teaspoon dried rosemary  
¼ teaspoon dried oregano  
¼ teaspoon cracked pepper  
1 cup water  
2 cups baby spinach

### Method:

1. Preheat oven to 220c
2. Toss the vegetables in the olive oil and sprinkle with salt and pepper. Roast for 20 minutes, until the vegetables are tender.
3. Meanwhile, bring the chicken stock to a simmer in a large pan. Add the chicken, herbs, and salt and pepper. Cover and cook while the vegetables are roasting, about 15 minutes.
4. Add half the vegetables to the soup, and place the other half in a blender. Make sure to put all of the onions quarters into the blender. Puree the vegetables with 1 cup of water.
5. Add the vegetable puree and baby spinach to the soup. Simmer for 5-10 minutes, until the spinach is wilted and the soup is hot.
6. Adjust seasonings to your taste.





# UTERINE *fibroids*

You can restore and retain your reproductive health.

## WHAT ARE UTERINE FIBROIDS?

Uterine fibroids are noncancerous growths that form from smooth muscle tissue in the uterus. Uterine fibroids are the most common tumors found in females, normally in their reproductive years.

It's possible for multiple fibroids to grow and result in heavy, painful periods. Other common symptoms include pain during sex and frequent urination. Fibroids can interfere with conception and pregnancy, although the risk is small.

The National Uterine Fibroids Foundation confirms that up to 80 percent of women may have uterine fibroids. In the majority of cases, a woman will not have any symptoms. Roughly 25 percent of women may have symptoms severe

enough to require treatment.

Remember, most women with uterine fibroids don't have any symptoms.

**If the condition progresses, symptoms may include:**

- Abnormal uterine bleeding
- Heavy, painful periods
- Prolonged periods
- Spotting between periods
- Iron deficiency anemia, related to heavy bleeding
- Severe pain, related to deteriorating fibroids
- Pressure or pelvic pain
- Pressure on the bladder
- Pressure on the rectum or pain during bowel movement

## WHAT IS THE TREATMENT FOR UTERINE FIBROIDS?

Although common, the exact cause of fibroids is unclear, but related to oestrogen dominance. Thus, during the menopause, fibroids can shrink. While medication may be recommended, it may curb bleeding but not address the fibroids and can still give side-effects.. Lifestyle changes and nutritional therapy are effective options that can re-balance hormone levels and can help to regulate uterine fibroids and prevent them from growing in the future.

Your physician may offer several treatment options; surgery to remove the fibroids, medications that that risk side effects, or low-dose oral contraceptives to



therapy may be recommended, with the burden of side effects that can resemble PMS—like swollen breasts, nausea, and headaches.

In more extreme cases, surgery may be the only choice, but for the majority of women with mild to moderate uterine fibroids, lifestyle and diet changes are the first course of action. Even physicians acknowledge that lifestyle changes can offer great relief for reproductive health issues, far before drugs or surgery are ever needed. Even after surgery, fibroids can grow back without a supportive diet, lifestyle and supplement programme to restore long-term reproductive health. Fibroids are not life-threatening, so you may even adopt a natural regime and monitor relief before any drastic measures are taken.

**Do not even consider surgery until you have made lifestyle and diet changes:**

- **Commit to a low sugar diet.** Sugar and glucose cause hormonal imbalances that feed uterine fibroids. Opt for the hunter/gatherer diet, rich in vegetables, fruits, lean proteins, nuts, and seeds, without any high-carb, high-sugar foods.
- **Cut out all starchy carbs and dairy products.** This includes breakfast cereals, cookies, pastries, breads, white rice, potatoes, pastas, and milk products.
- **Eat complex carb alternatives,** like quinoa and brown rice.
- **Limit meat intake.** Pasture-fed, organic meats are preferred; moderating meat is recommended to support a healthy body pH, since meats are acidic.
- **Enjoy more anti-inflammatory oils.** This includes olive, hemp, coconut, avocado, and sesame seed oils to calm inflammation and balance reproductive health.

**NUTRITIONAL THERAPY IS THE NEXT STEP**

Curcumin is a potent compound that can be taken daily to calm inflammation, support healing, and shrink uterine

regulate hormone levels.

The National Uterine Fibroids Foundation reveals that roughly half of hysterectomies are performed to treat uterine fibroids.

A hysterectomy is a drastic, invasive medical procedure to remove the entire uterus, taking fibroids with it. Obviously, once the uterus is removed, a woman will no longer be able to bear children. If a hysterectomy is performed during reproductive years, a woman loses her chances to complete her family.

It is shocking to hear that 37 percent of all women will undergo a hysterectomy by the age of 60.

More than one third of women will have their uterus removed. After this “surgical menopause,” hormone replacement

*Recommended Products*

**NASCENT IODINE, BLOCKBUSTER ALLCLEAR, CURCUMINX4000 AND ACTIVE LIFE**



fibroids. Powerful curcumin offers relief for pain and inflammation. Curcumin is antibacterial, antiviral, anti-inflammatory, and antifungal.

The “miracle” enzyme serrapeptase works hand-in-hand with curcumin to restore reproductive health. Serrapeptase is anti-inflammatory and has zero side effects. It offers pain and inflammation relief and special help for reproductive disorders.

One serrapeptase user describes her experience, “I suffered Endometriosis on the outside of my uterus, as well as several small fibroids located in my uterus. I had excessive bleeding for four years, with clots and uterine pain. My menses were lengthening to 10 days. I was eating only organic products and staying away from hormone injected foods, such as dairy and non-free range meat. After I had an endometrial ablation done in November of 2005, they could not remove the fibroids or the endometriosis. So, in February of 2006, I started on Serrapeptase for a few months. The pain started decreasing almost within the first week! I finally went in October of 2006 for a vaginal partial hysterectomy, and afterward, I was told that there were no fibroids and my cervix and uterus were normal.”

If you fall in the 80 percent of women with uterine fibroids, there is hope. Before you explore invasive surgery or harmful medication, you can restore reproductive health with nutritious foods and supportive supplements.



# Robert's Rant

Health News  
(Week 39 - 2013)  
By Robert Redfern

**E**very day I get 'bad news' emails from readers asking my opinion on something they have read on the internet regarding the bad-mouthing of supplements, or, warning of their side effects. Even though every report I have ever checked has proven to be false, I still need to go and check these reports...just to be sure. It is not just for my reader's health, but for my family's as well, and since we all take many more supplements than the average family, we need to be doubly sure.

There are over 54,000 supplements or ingredients on the market. The FDA (USA Food and Drug Administration) would love to ban supplements and they would do so if they had any evidence.

Since the USA is the only country in the world with a written constitution, the government there cannot simply pass a law to ban anything without good cause. In Australia and Canada (and now in the UK since it joined the European Union) the government will not allow a bill of rights for its citizens (or subjects as they are called). They can ban any supplement at will. Thousands have simply been 'banned' in the past few years.

In the USA the FDA makes lots of noises, but the only thing it has done against supplements is to pull them off the market if they have found to be contaminated (and we all agree that is sensible). The problem comes when the FDA then try to keep it off the market without good cause.

This happened with L-Tryptophan, an







amazing amino acid that was pulled off the market when a contaminated batch from Japan was found, causing some problems. L-Tryptophan has been showed in studies to be equal or better than depression drugs and so pulling it off the market was the perfect opportunity to support their pharmaceutical friends and their drugs.

The FDA tried to claim it was L-Tryptophan that caused the problems and it took quite a few years of court cases by consumer rights groups to force the FDA to allow it back onto the market. I put L-Tryptophan into my RelaxWell formulation immediately (for sleep & relaxation) and it is one of the reasons I get so many grateful thank you emails (and yes, I take it every day).

L-Tryptophan is a good example of what a bill of rights can do to empower citizens. However, it does not stop the smear reports and campaigns by those who want supplements off the market. Some of these are not smears but simply bad science.

## Contact Me...

If you want to get in touch feel free to Contact Me at [www.GoodHealthHelpdesk.com](http://www.GoodHealthHelpdesk.com), select 'Ask Robert A Question', select 'Robert's Questions' and then click Next>. Here your question will come through to me directly and I will answer in the strictest of confidence. Please allow upto 48 hours for a response.

Best regards,  
Robert Redfern

*Robert Redfern*





# *What is* AUTOIMMUNE DISEASE?

One in 12 people around the world suffer one or more autoimmune disease.

**A**utoimmune disease is rarely talked about, but it may affect someone you love. Today, more than 50 million people in developed countries, have some type of autoimmune disease. Once one autoimmune disease has been diagnosed, it becomes more likely for a second autoimmune disease to occur. It is a vicious cycle.

Autoimmune diseases are caused by imbalances in immune responses as the body fails to recognize its own self, and destroys tissues leading to damage and illness. The immune cells in the body will

single out healthy cells to attack, when these healthy cells should be protected instead. Internal attacks like this where the body “turns against itself” can cause a number of serious symptoms, some of which may even be life-threatening.

## 5 RISK FACTORS FOR AUTOIMMUNE DISEASE

The medical community is still working to determine a cause for autoimmune disease. However, there are several risk factors that may contribute to the problem, like:

**1. Gender:** Autoimmune disease is more

likely to occur in women; up to three quarters of autoimmune disease sufferers are women in their reproductive years.

**2. Genetics:** Relatives with autoimmune disease may indicate a predisposition to the condition.

**3. Environmental triggers:** This includes certain metals, iodine, chemicals, bacteria, and viruses.

**4. Ancestry:** Some ethnic groups have a stronger link to autoimmune disease.

**5. Free radicals:** Unstable free radicals are known to create oxidative stress and damage healthy cells.

One trademark of autoimmune disease is chronic inflammation. While inflammation is a normal process in the body that stimulates healing, chronic inflammation





## A CLOSER LOOK AT MULTIPLE SCLEROSIS

Multiple sclerosis is an autoimmune disease that plagues the brain and spinal cord, also called the central nervous system. Roughly 2.5 million people all over the world have multiple sclerosis, or MS. MS affects women more often than men; women are three times more likely to suffer from the condition.

MS can strike at any age, although it normally affects younger women between 20 and 40. MS is an autoimmune disease that damages the myelin sheath, which protects nerve cells in the body. This damage results in inflammation that compromises nerve signals and injures the overall nervous system.

### Common symptoms of multiple sclerosis include:

- Fatigue
- Dizziness
- Numbness
- Loss of coordination
- Frequent urination
- Constipation
- Impaired/loss of vision
- Muscle spasms
- Cognitive problems
- Difficulty speaking/eating

Doctors remain unable to pinpoint the cause of multiple sclerosis, although there are a number of risk factors. Those most likely to have MS are Caucasians and people of Northern European descent. Multiple sclerosis is far less common among African Americans, Native American Indians, and Asians.

Many physicians believe that MS is caused by toxins in the environment. Toxic heavy metals like lead, mercury, and aluminum can cross the blood-brain barrier. This delicate barrier is designed to protect the brain against foreign invaders and damage to the myelin sheath. Toxins can potentially trigger an autoimmune attack or symptoms in a person that already has MS.

## HEALING WITH A REALLY HEALTHY FOODS DIET

MS is just one example of a severe autoimmune disease. Other examples include coeliac disease, type 1 diabetes, Hashimoto's disease, inflammatory bowel disease, psoriasis, and rheumatoid arthritis.

Since autoimmune disease is linked to inflammation, an anti-inflammatory diet is critical. Missing essential nutrients can feed the cycle of inflammation. Helpful anti-inflammatory nutrients include B vitamins, magnesium, selenium, and chromium that may be deficient in the Western Unnatural Food Diet.

When you combine one or more unhealthy lifestyle factors with inflammatory foods, you create the perfect storm for autoimmune disease.

An unhealthy diet along with smoking, alcohol overuse, stress, metabolic syndrome, lack of exercise, and subsequent obesity can cause serious health problems. The Western Unnatural Food Diet full of processed, junk foods is the number one immune system damaging diet eaten around the world. This harmful diet is consumed more and more on a daily basis with foods like cereals, pastas, breads, pastries, and potatoes. This diet is missing really healthy foods like dark-skinned fruits, vegetables, nuts, seeds, and beans.

When you eat a really healthy foods diet, your immune system can recover and return to its former role of finding and destroying foreign invaders, without attacking native structures in the body. Immune function will be influenced by the foods you eat. Vegetable oils found in commercial foods can compromise immunity.

Research supports an anti-inflammatory, lower-fat diet to slow the progression of autoimmune disease. A really healthy foods diet that is low in fat—with balanced sources of healthy fat—can give you the antioxidants and nutrients you need to stimulate healing and correct immune malfunction.

over the long-term can wreak havoc on health. The inflammatory process may begin when blood flow increases to an affected area. The inflammatory process should end when the immune system has finished its work in fighting off pathogens and healing damaged tissue.

Since an autoimmune disease involves an internal attack, inflammation may remain unchecked and widespread. An attack may occur in this process:

- Healthy cells are injured by free radicals.
- Some immune cells become sensitive to injured healthy cells.
- These "rogue" immune cells are not regulated by other cells in the immune system.
- The immune system begins to attack itself.

To read more about Autoimmune Disease and to see a Health Plan [click here](#)

# ONE ENZYME OFFERS A *‘miracle’ cure*

The serrapeptase enzyme is renowned for its ability to fight inflammation.

**W**hen it comes to your health, one of the most important words that you need to know is “inflammation.” We are all familiar with inflammation in many health problems—swelling, irritation, and even pus around a wound. At face value, inflammation is a good thing. Inflammation is used to protect the body and fight disease. Inflammation is a sign that your body is healing. This process may also be called acute inflammation.

Chronic inflammation is another matter.

Compared to acute inflammation that may progress rapidly to protect the body, chronic inflammation is long-term and can last for months or years. It may be related to initial acute inflammation, an autoimmune response, or a low-intensity trigger.

**Chronic inflammation can lead to disease, including:**

- Asthma
- Tuberculosis
- Rheumatoid arthritis
- Crohn’s disease

- Chronic sinusitis
- Fibromyalgia
- Fibrocystic breast disease
- Chronic pain
- And much more

Inflammation is a complex process,,,needed to heal infections, wounds, and tissue damage. Without inflammation, your body would be continuously under attack. However, prolonged inflammation left untreated, can cause a number of debilitating and even life-threatening conditions, including some forms of cancer.



## SERRAPEPTASE AND INFLAMMATION

Serrapeptase is known as “The Miracle Enzyme.” Serrapeptase has more than 25 years of clinical use in Europe and Asia. A number of esteemed physicians recommend the enzyme as an alternative to more harmful medications used to treat disease and inflammation—such as ibuprofen, salicylates, and NSAIDs.

Serrapeptase is natural.

Classified as a proteolytic enzyme, serrapeptase was discovered in the intestine of the silkworm in the 1960s. Serrapeptase in silkworms helps to break down and digest mulberry leaves. The serrapeptase enzyme also dissolves the hard silkworm cocoon during metamorphosis. Evidenced in this natural process, serrapeptase has similar benefits in the human body.

**Serrapeptase can be used in the same way to treat inflammation in the body. It can break down:**

- Inflammation
- Scar tissue
- Blood clots
- Cysts
- Arterial plaques

Moreover, serrapeptase is without side effects. When you consider typical medical treatment with prescription drugs, you may be at risk for any number of harmful side effects. One of the most common medication side effects is gastric ulcers, advancing as far as kidney and cardiovascular damage. This is precisely why physicians rotate NSAIDs when treating patients since the drugs may cause side effects or become ineffective during use.

It is worth mentioning again and again that serrapeptase is free from side effects. This impressive enzyme offers proven anti-inflammatory benefits in the body without side effects to treat a number of serious health conditions. Serrapeptase users have experienced natural relief in arterial

disease, cardiovascular disease, varicose veins, laryngitis, sinusitis, endometriosis, bronchitis, cystic fibrosis, multiple sclerosis, and so much more.

One serrapeptase user reports relief for joint and back pain, as well as interstitial cystitis: “I love Serrapeptase. My joints and back problems feel better and I also use it for my Interstitial Cystitis. Thanks for the miracle.”

The consistent use of serrapeptase has also offered confirmed endometriosis relief: “A couple of years ago I took your product serrapeptase for endometriosis and with the help of this and other things I no longer have it. Thanks.”

## GROUNDBREAKING SERRAPEPTASE RESEARCH

More than 23 scientific studies confirm the benefits of serrapeptase.

Serrapeptase research supports its use for a broad range of inflammatory health issues. In one double-blind study conducted on 70 patients with cystic breast disease, women were divided at random into a treatment group and a placebo group. Serrapeptase outperformed the placebo by improving breast pain, swelling, and induration. 85.7% of the patients that took serrapeptase saw a moderate to marked improvement without any adverse reactions.

It’s no wonder that more doctors are starting to rely on the anti-inflammatory enzyme serrapeptase. Anti-inflammatory drugs are currently the most commonly prescribed medications. Doctors in Germany and other countries now consider serrapeptase an alternative treatment for a multitude of health conditions.

Dr. H. A. Nieper of Germany confirms, “I have used Serrapeptase with excellent, even life-saving results. Many of my patients have shown significant improved blood flow through their previously constricted arteries, as confirmed by ultrasound examination. Unfortunately, orthodox cardiologists do not employ this important method in their practices.”

## HOW SERRAPEPTASE CAN HELP YOU

Serrapeptase is a trusted enzyme used by physicians, registered nurses, chiropractors, and alternative medicine practitioners. It can support recovery for serious health conditions and improve quality of life.

The greatest benefit in taking serrapeptase is efficacy.

To receive the countless health benefits of natural serrapeptase, a minimum dose of 80,000 IUs must be taken per capsule. Clinical research has confirmed that a higher concentration generally provides better results.

Look for enteric-coated serrapeptase tablets or granules with no additives for the most effective delivery. No matter what concentration you choose, the enzyme is without side effects.

Serrapeptase can be safely used to ease inflammation related to any health issue, even while pregnant and breastfeeding. Serrapeptase can provide benefits for children two and over, as well as your favorite pet. Serrapeptase can even be taken 24 hours before and after surgery to clear scar tissue and stop adhesions from forming.

If your health hangs in the balance, serrapeptase is the enzyme for you. If you hope to prevent serious health conditions from developing in the future, make serrapeptase a part of your daily routine. You won’t regret it.

### Recommended Products

#### SERRAENZYME 250,000iu

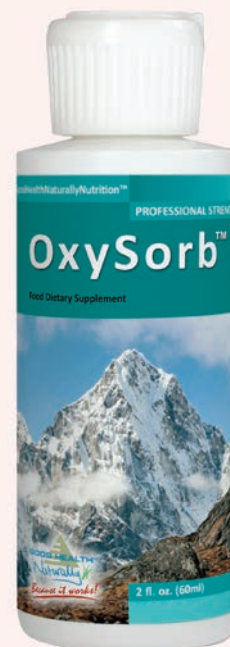
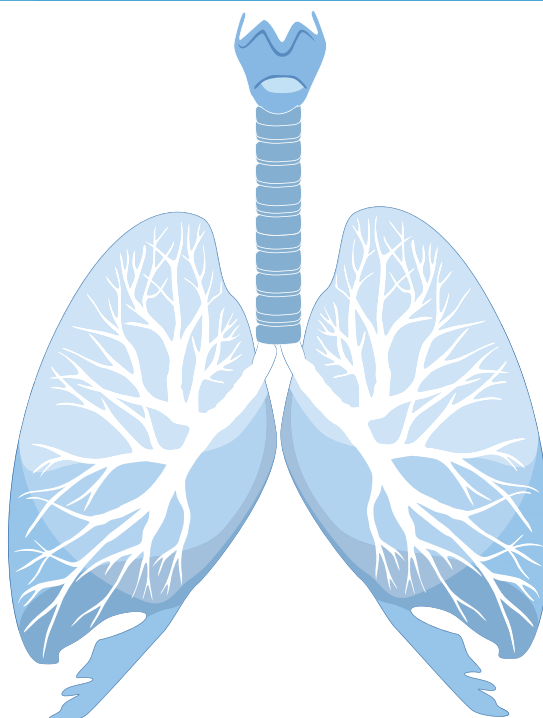
**This is a new maximum strength serrapeptase for serious serrapeptase support.**



#### SERRAENZYME 80,000iu

**Is the ‘original’ and bestselling serrapeptase for maintenance support.**





# 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 CO<sup>2</sup> 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!**



# Dinner time!

## Healthy and nutritional dinner recipes

### SALMON & VEGETABLES

#### Ingredients

Coconut oil  
 ¾ lb salmon, skin on  
 2 tbs pecans, chopped  
 1 tbs rosemary, chopped  
 ¼ tsp sea salt (optional)

#### Method

1. Preheat oven to 175c
2. Lightly grease an oven tray with coconut oil.
3. Lay salmon on the tray skin side down.
4. Sprinkle fish with pecans, rosemary, and sea salt.
5. Bake for 12-15 minutes or until salmon flakes lightly with a fork.
6. Accompany with a portion of roasted vegetables of your choice. Pick an array of colours, sprinkle with olive oil, salt, pepper, garlic and preferred spices, and roast at 200c until cooked.

### LAMB SHANKS

#### Serves: 4-6

#### Ingredients

1 large onion, chopped  
 2 large carrots, chopped into chunks  
 2 celery stalks, chopped into chunks (reserve the leaves to add later)  
 4-6 lamb shanks (about 1.5kg)  
 2 garlic cloves, crushed  
 400g can chopped tomatoes  
 ½ cup beef bone broth (or beef stock or one cup of water with stock powder)  
 ¼ cup red wine  
 1 tablespoon tomato paste  
 1 bay leaf  
 a few sprigs of thyme or a good dash of dried thyme  
 3 teaspoons chopped preserved lemon (or finely grated lemon rind)  
 1 teaspoon cinnamon



#### Method

1. Put onion, carrot and celery in the slow-cooker (4.5 L). Arrange the shanks on top, then add the remaining ingredients. Stir a little (no need to mix completely). Put on the lid then cook for 4 hours on high or 8 hours on low.
2. If you don't have a slow cooker, cook in an oven proof dish with the lid on, in the oven for 2 ½ - 3 hours at 150c
3. In the final 20 minutes, add the celery leaves.
4. Serve with some extra preserved lemon on top, mashed sweet potato, steamed broccoli and spinach.

### BUTTER CHICKEN (MURGH MAKHANI)

#### Ingredients

#### Marinade

2 lbs Organic, Pasture raised, Chicken Thighs (boneless and skinless), cut into small pieces  
 ½ cup Coconut Cream (or refrigerate can of Coconut Milk overnight and use the cream on top of the can)  
 1 tbs freshly squeezed lemon juice  
 ¼ tsp Garam Masala  
 ¼ tsp Coriander Powder  
 ¼ tsp Cumin Powder  
 ¼ tsp Turmeric Powder  
 ¼ tsp Paprika  
 ¼ tsp salt  
 ¼ tsp pepper

#### Curry

2 tbs grassfed, Organic Ghee or coconut oil  
 1 onion, chopped  
 1 inch ginger, minced  
 5 garlic cloves, minced  
 1 green pepper, chopped in large pieces

1 15 oz can Organic Tomato Sauce  
 400ml Organic Coconut Milk, full fat (aroy-d carton is the best option)  
 1 tsp Garam Masala  
 1 tsp Kashmiri Chilli Powder  
 1 tsp Coriander Powder  
 salt and pepper to taste  
 a pinch of Fenugreek Leaves

#### Method

1. Place chicken in a bowl and marinate with coconut cream and spices, set aside.
2. Add ghee/coconut oil to a pan on medium heat. Once this melts, add onions and cook until completely dark golden-brown, but be careful not to burn them (this will take at least 15-20 mins)
3. Add ginger and garlic and fry for a few more minutes.
4. Add spices and fry for a minute. Then add the chicken mixture and briefly stir-fry to coat chicken with the sauce.
5. Add green pepper and tomato sauce and cover the pan. Let everything simmer for 12-15 minutes.
6. Add the coconut milk and a pinch of fenugreek leaves - let it simmer for another few minutes.
7. Garnish with fresh coriander.



DID YOU KNOW?

# DID YOU KNOW?

## did you know?

**Magnesium contributes to a reduction of tiredness and fatigue**

**Try** Ancient Minerals  
Magnesium Oil,  
Magnesium Gel,  
Magnesium Flakes or  
Magnesium Lotion

APPROVED CLAIM TAKEN FROM  
THE E.U REGISTER ON NUTRITION &  
HEALTH CLAIMS



## did you know?

**Calcium is needed for the maintenance of normal bones**

Calcium is just one of the 77 trace minerals which can be found in Pure Concentrated Organic Minerals (liquid or capsules)

APPROVED CLAIM TAKEN FROM THE E.U  
REGISTER ON NUTRITION & HEALTH CLAIMS



## did you know?

**Beta Glucans contribute to the maintenance of normal blood cholesterol levels**

Beta Glucans are in Daily Immune Protection (D.I.P.)

APPROVED CLAIM TAKEN FROM  
THE E.U REGISTER ON NUTRITION  
& HEALTH CLAIMS



## did you know?

**Choline contributes to the maintenance of normal liver function**

Choline can be found in Active Life, the liquid multivitamin for everyday use

APPROVED CLAIM TAKEN  
FROM THE E.U REGISTER ON  
NUTRITION & HEALTH CLAIMS





## did you know?

**Folate contributes to maternal tissue growth during pregnancy**

Folate can be found in MaxiFocus along with 22 other nutrients

APPROVED CLAIM TAKEN FROM THE E.U REGISTER ON NUTRITION & HEALTH CLAIMS



## did you know?

**Vitamin B6 contributes to the regulation of hormonal activity**

Vitamin B6 can be found in Relaxwell

APPROVED CLAIM TAKEN FROM THE E.U REGISTER ON NUTRITION & HEALTH CLAIMS



## did you know?

**Vitamin B12 contributes to normal homocysteine metabolism**

Vitamin B12 can be found in B4Health Spray, packed full of all the essential B Vitamins

APPROVED CLAIM TAKEN FROM THE E.U REGISTER ON NUTRITION & HEALTH CLAIMS



## did you know?

**Vitamin C contributes to normal collagen formation for the normal function of skin, cartilage, gums and teeth**

Vitamin C can be found in Plant Cell Vitamin C, the NON-SYNTHETIC form of Vitamin C (the best form!)

APPROVED CLAIM TAKEN FROM THE E.U REGISTER ON NUTRITION & HEALTH CLAIMS



## did you know?

**Vitamin D contributes to the normal function of the immune system**

Vitamin D3 can be found in Vitamin D3/K2 Spray

APPROVED CLAIM TAKEN FROM THE E.U REGISTER ON NUTRITION & HEALTH CLAIMS



# THUNDER AHEAD

Headaches and migraines can be disabling enough to grind you down and stop you in your tracks. Robert Redfern explains more

**H**eadaches and Migraines are a real pain for sufferers. For those of us who are free of them, the only way we know how severely others are suffering, is when we see how debilitating it is for them and how they sometimes simply cannot function.

Even though I do not suffer from them (particularly since I changed my diet), I feel I can claim to have become an expert at least in preventing and clearing them with 23 years of doing just this.

What are headaches/migraines?

There are nearly as many types of headaches/migraines as there are

opinions! In many cases, headaches may only occur occasionally and are quickly overcome by having something to eat or a quiet rest. However, some people may suffer unpleasant attacks, which may last for several hours, or even days, preventing them from carrying out their usual daily routines, which even affects the lives of others that rely on them.

#### Here are a few:

Toxin or weekend headaches/migraines come about through a high level of stress that constricts the blood capillaries in those who feel stressed about their daily jobs. Somehow, they manage to hold it

together all week, then along comes Friday evening/Saturday morning and as soon as they relax, the capillaries' toxins that would normally detox every day, suddenly rush into the system and bring about pain. The bad news is that it can last a few hours, or in the worst cases, 2 days and then clear just before going back to their jobs on Monday morning. This may be a factor in other types as well of course.

#### Triggers include-

**Emotional stress-** tension, anger or shock,  
**Physical stress-** overwork or lack of sleep/  
rest,

**Diet** – missing meals, dehydration, drinking



This is a headache occurring over the back of the head. Many of those with occipital headaches suffer accompanying neck problems and both need to be addressed.

#### **Temporal Headaches/Migraines**

This is a headache/migraine occurring on the side of the head.

#### **Vertex Headaches/Migraines**

This is a headache/migraine occurring on the top of the head.

#### **Cluster Headaches/Migraines**

These are repeated very painful temporal headaches/migraines.

#### **Sinusitis Headaches/Migraines**

Frontal Headaches/Migraines caused by inflamed sinuses usually caused by infection, allergy or viral autoimmune diseases.

### **WHAT ARE THE SOLUTIONS FOR THESE HEADACHES/MIGRAINES?**

Following my plan will always result in preventing and stopping these problems but I cannot promise they will never come back. The more of the following points you deal with the better chance of long-term help.

#### **Some common causes:**

TMJ (jaw pain/tension), not drinking 6-8 x 500ml (16fl.oz) glasses of water per day, poor breathing patterns, tension/anxiety/stress/depression, allergies, excess unnatural foods (grains, cereals, sugar, processed foods in the diet), chemicals in foods, dairy, fluorescent lighting/bright lights, emotional issues, hormonal imbalances, lack of sleep and of course alcohol (for some people, just 1 glass). Even if you use my solutions below I still strongly recommend you deal with all of these common causes in your life. Not just

for headache/migraines but for your health and quality of life.

#### **The best solutions:**

With or without dealing with these causes above I recommend:

**Electroacupressure.** This is the fastest and most effective treatment for all headaches/migraines. I can say this from experience both in treating many thousands of people over the last 23 years, including my own family. All of the various types listed above respond instantly by treating to prevent the attack; treating just as you feel it starting or repeated treatments over a few hours if it has already started. It also quickly deals with other causes including neck pain, shoulder pain and TMJ (jaw pain).

**Serrapeptase** is very good at clearing some types and can be used alongside Electroacupressure. Inflammation is always a factor in headaches/migraines and Serrapeptase is essential for support. There may be scarring in the brain contributing to these problems and serrapeptase is the better solution for this.

**Products to help relax** – can help to dramatically reduce many of the prime causes of headaches/migraines, including tension/anxiety/stress/depression. This helps you keep life in balance and although your challenges are still there you will find you can deal with them much better and nothing helps as much as being headache/migraine free.

Headaches and migraines can make many lives a misery, but I promise the majority can get them under control to a point when they may never come back, with my help.

too much alcohol or additives in processed foods,

**Environment-** bright lights, computer screens, loud noises,

**Hormonal causes-** female cycles,

**High blood pressure-** diet and lifestyle.

#### **Tension headaches/migraines include:**

##### **Frontal Headaches/Migraines**

These occur over the frontal region of the head (forehead). Migraine is a particular type of headache, often lasting many hours and accompanied by sensations of flashing lights, nausea and vomiting.

##### **Occipital (Neck) Headaches/Migraine**

# HEALTH news

## WHY YOU CAN GET ILL AFTER A LONG FLIGHT

Have you ever fallen ill after a long-haul flight? Some reckon it's due to the poor air circulating on the plane—but researchers this week have come up with a new theory.

They say that anything that interferes with our 'body clock'—such as jet lag or shift work—can disrupt the genes that are associated with our immune system. With the immune system temporarily malfunctioning, we become more likely to catch viruses that are prevalent at the time.

When our body is out of sync, there can be a six-fold reduction in genes that help regulate the immune system and many other biological processes.

Researchers from the University of Surrey made the discovery when they deprived 22 volunteers of a normal sleep pattern; their usual sleep-wake cycle was delayed by four hours each day until sleep eventually became out of sync by 12 hours.

When blood samples were taken, researchers found there was a massive reduction in the genes that were attuned to a circadian (24-hour) rhythm. (Source: *Proceedings of the National Academy of Sciences*, January 2014)

## CANCER-CAUSING DNA CAN BE OVER-WRITTEN BY DIET, SAY RESEARCHERS

Faulty genes that increase the chances of cancer can be 'over-written' by diet and environmental changes, scientists say this week. If true, it means that your DNA doesn't have to be a death sentence—and nor do you need to have a just-in-case mastectomy.

Faulty genes, such as BRCA, dramatically increase the chances of breast, ovarian and prostate cancers in particular—and women who have inherited the genes are sometimes encouraged to have a double mastectomy, a choice that was made by Hollywood film star Angelina Jolie.

But researchers at the Institute for Medical Research in Belgrade, Serbia say that genetics is trumped by epigenetics, which involves outside influences that can rewrite DNA coding.

The single most important influence is diet, and especially bioactive foods, although environmental factors also play a part. A person's own metabolism also influences the impact that diet and environment have.

The researchers admit that this is just the start. More research is needed to work out doses and concentrations of bioactive foods that influence cancer prevention and treatment.

(Source: *Nutrition and Cancer*, 2013; 65 (6): 781-92)



## MULTIVITAMIN CAN SAVE 130,000 CANCER DEATHS A YEAR

Forget the recent bad news that vitamins and supplements can supposedly harm, or even kill, you: the truth is that around 130,000 cancer deaths could be avoided each year if every adult started taking a multivitamin, a new review has concluded.

The major clinical trials into the benefits—or otherwise—of vitamins are all seriously flawed, says Prof Balz Frei at the Linus Pauling Institute at Oregon State University. They usually involve doctors and nurses, who have a better understanding of diet and nutrition in the first place.

But it's different story for the average American, the vast majority of whom don't get the required amounts of vitamin D and E to maintain basic health. Around 40 per cent don't get enough vitamin C, and half are deficient in vitamin A, calcium and magnesium. The lack is even more acute among smokers, the obese, the elderly and those who are already sick.

This was borne out by the largest trial into vitamin use which concluded that 130,000 cancer deaths could be avoided in the US every year if every adult took a multivitamin every day.

(Source: *Nutrients*, 2013; 5: 5161).



Source: [www.WDDTY.com](http://www.WDDTY.com)





## NEW THERAPY REVERSING AUTISTIC SYMPTOMS IN JUST NINE HOURS

A new therapy is having a remarkable success with children with autism.

NeuroModulation Technique (NMT) – also known as the Feinberg Method - is transforming behaviour and mood in just nine hours, a new study has discovered.

NMT tries to re-establish healthy neural communication between the mind and body.

It has been tested on 18 children with autism, who received two sessions of NMT a week for six weeks, which amounted to nine hours of therapy. In that time, some of the children displayed improved behaviour, mood, speech, language skills and social awareness, said lead researcher Robert Weiner, a clinical psychologist based in Dallas, Texas.

Those nine hours compared to just two to three days of Applied Behaviour Analysis, the current 'gold standard' therapy for autism.

The mother of one child who took part in the study commented: "My son had an extremely difficult time keeping a calm body for any length of time. Now he can sit still for 40 minutes, and he is doing better sitting properly at the dinner table."

(Source: *Explore*, 2014; 10: 13-23).

## VITAMIN E SLOWS PROGRESS OF ALZHEIMER'S, AND LETS SUFFERERS LEAD A NORMAL LIFE

Far from being a 'killer', as a recent study has claimed, vitamin E can slow the progress of moderate Alzheimer's disease, a new study has found.

The alpha-tocopherol, fat-soluble formulation of the vitamin can help the Alzheimer's victim carry on with the simple day-to-day routine activities such as shopping, preparing meals, planning and travelling.

Taking vitamin E daily slows functional decline in the Alzheimer's patient by 19 per cent, which translates into six months of symptom-free living, say researchers at the Icahn School of Medicine at Mount Sinai. This is great news for the patient, close family members and carers.

The researchers gave 613 patients with mild to moderate Alzheimer's a daily 1200 IU vitamin E supplement, or an Alzheimer's drug or a placebo, or sugar pill, and found the supplement outperformed them all, and was 19 per cent more effective than the placebo.

Earlier studies by the same group found that vitamin E had similar benefits even among people with severe Alzheimer's.

(Source: *Journal of the American Medical Association*, 2014; 311: 33).



## TOMATOES HELP PREVENT BREAST CANCER IN THE OLDER WOMAN

Older women who are more likely to develop breast cancer should start eating more tomatoes, researchers suggest. The fruit regulates the hormones that can help prevent the disease.

Eating tomatoes every day raises levels of adiponectin, a hormone that helps regulate blood sugar and fat levels, and lower the risk of breast cancer. The advice is especially important for women who are post-menopausal and, as a result, have a higher risk of developing breast cancer.

The benefits can be seen quite quickly. Researchers from the Ohio State University saw a 9 per cent rise in adiponectin levels after just 10 weeks when 70 women ate tomatoes and tomato-enriched foods that contained at least 25 milligrams of lycopene every day.

(Source: *Journal of Clinical Endocrinology & Metabolism*, published online, January 1, 2014)

## AN APPLE A DAY IS AS GOOD AS A STATIN FOR REDUCING HEART ATTACK RISK

Grandmother was right: an apple a day keeps the doctor away. More especially, it's a life-saver that reduces the risk of heart attack and stroke, and is as effective as taking a statin drug.

In fact, eating an apple a day should be compulsory for everyone over the age of 50, say researchers at Oxford University. They estimate it could save a similar number of lives each year as statin drugs, and without the side effects of diabetes and muscle disease.

Using mathematical modelling, the researchers say that eating an apple a day could prevent 8,500 deaths from heart disease every year if 70 per cent of the total population of over-50s did so, compared to 9,400 saved lives if everyone took a statin.

(Source: *BMJ*, 2013; 347: f7267)

Source: [www.WDDTY.com](http://www.WDDTY.com)



*it takes*  
**GUTS**  
*to cure autism*

Of course I am not talking about bravery or determination, but a healthy gut system!

**A**s well as Autism, I also include ADHD, ADD and Asperger's – these are also manifestations of a Gut/Brain disorder. The knowledge of this is not new (how the brain is linked to the gut). Hippocrates in ancient Greece said, "let food be thy medicine and medicine be thy food".

There have been many studies on Autism and the digestive system. James Adams - director of just one Autism/Asperger's Research Program said "One of the reasons we started addressing this topic is the fact that autistic children have a lot of GI problems that can last

into adulthood," and Krajmalnik-Brown (a researcher for the program) said: "Studies have shown that when we manage these problems, their behaviour improves dramatically."

There is no possible solution without a full diet change and this is especially difficult for Gut/Brain disorders, as the determination needed to achieve a healthy gut is undermined by an abnormal fixation with unhealthy foods. Change is difficult for most human beings, but it seems almost impossible for those with a Gut/Brain disorder or those caring for sufferers.

Especially children.

It is estimated that 15 years ago, around

1 in 10,000 kids had autism in the U.S.

Now it is estimated to be 1 in 50.

At this rate, what will it be in another 15 years' time?

I know I've suffered from many of the symptoms of a Gut/Brain disorder and still do if I fall off the 'healthy food wagon'. Many people feel like they are suffering, but also find it isn't easy to change their diet – even if their life depends upon it. That's because it can be difficult for some to change a lifetime of poor dietary choices.

The topic for this week's newsletter came to me while watching a programme of a guy whose health was so bad he decided to consume only juiced vegetables and fruits for 60 days.

Not only did he lose lots of weight,





get off his prescription drugs and look much healthier but one of his employees in his business pointed out his thinking and clarity of decision making had considerably improved.

I have no doubt that since he was only eating (juicing) raw fresh foods, he was also taking in friendly bacteria as well as feeding the existing friendly bacteria, which would accelerate his recovery (plus he had cut out dairy, carbs etc). Maybe the simple solution is to do anything we can to improve our gut, then everything after that may become much easier?

Easy steps for a healthy Gut/Brain (all supported by studies), include:

Taking a powerful Probiotic such as Prescript Assist, which can be opened and mixed with any food. Studies show the

brain is affected positively with this.

Taking specific relaxation supplements such as RelaxWell, to help with the anxiety that causes changes and for a more relaxed sleep (opened and mixed for easy use).

Taking critical nutrients missing from the diet, including Nascent Iodine Drops (4 drops x 4 times per day in a little water), and a good multivitamin such as Active Life (90 liquid vitamins in one)/MaxiVision containing selenium as a critical co-factor of Iodine.

Taking BrainPower for its effective DHA/MCT's/curcumin is helpful and is good for mixing in foods.

Krill Oil, Fish Oil complex or Hemp Oil for vegans.

Ancient Minerals Magnesium OIL Lotion

A better alternative is Magnesium Oil with added plant derived Melatonin (see studies at end)

Diet is the one solution that will make the biggest change. The diet that makes a dramatic difference is the 'My Really

Healthy Foods' diet. There are lots of other recipes on the internet and you can find them by searching on 'Ketogenic' recipes and 'Paleo' recipes.

When it comes to children, get the mixing bowl out and start making the 'Olivia's Chocolate Brownies' and 'Ann's Chocolate Cake'. There are many delicious desserts that will help to sweeten the change! See [www.ReallyHealthyFoods.com](http://www.ReallyHealthyFoods.com)

With kind regards,

*Robert Redfern*

**Robert Redfern**  
Nutritionalist, Author & Broadcaster  
[www.GoodHealthHelpDesk.com](http://www.GoodHealthHelpDesk.com)

PS.

*The initial cause of Gut/Brain disorders arises from lack of friendly bacteria available at birth or in the first year. It is also likely to be compounded by vaccinations, the latest studies confirm. The good news- it is a dysfunction - not a life sentence.*

## Studies

*Iodine Deficiency Linked to Autism- In a number of countries with reported increases in autism, there has been a concomitant increase in the prevalence of iodine deficiency.*

*(3 4 5) Further evidence that iodine deficiency during the prenatal period, has been associated with a number of adverse effects on the brain resulting in a continuum of effects from mild to severe, depending on the degree of iodine deficiency, from lowered IQ to severe mental retardation, i.e., cretinism. The mechanism of iodine deficiency is that insufficient levels of iodine lead to an imbalance in thyroid hormone metabolism with a decrease in circulating thyroxine (T4) in both the pregnant mother and the foetus. This results in irreversible changes in brain architecture such as less dense neural connections. (6) It has been reported that some children with autism have "underconnectivity" in certain regions of the brain.*

*(7) <http://www.bmj.com/rapid-response/2011/10/30/iodine-deficiency-cause-autism>*

*According to World Health Organization, in 2007, nearly 2 billion individuals had insufficient iodine intake, a third being of school age. Thus, iodine deficiency, as the single greatest preventable cause of mental retardation, is an important public-health problem."*

*Melatonin for sleep in children with autism: a controlled trial examining dose, tolerability, and outcomes. Malow B, Adkins KW, et al.,*

*Sleep Disorders Division, Department of Neurology and Kennedy Center, Vanderbilt University School of Medicine, Nashville, TN 37232, USA. [beth.malow@vanderbilt.edu](mailto:beth.malow@vanderbilt.edu)*

*Supplemental melatonin has shown promise in treating sleep onset insomnia in children with autism spectrum disorders (ASD). Twenty-four children, free of psychotropic medications, completed an open-label dose-escalation study to assess dose-response, tolerability, safety, feasibility of collecting actigraphy data, and ability of outcome measures to detect change during a 14-week intervention. Supplemental melatonin improved sleep latency, as measured by actigraphy, in most children at 1 or 3 mg dosages. It was effective in week 1 of treatment, maintained effects over several months, was well tolerated and safe, and showed improvement in sleep, behaviour, and parenting stress. Our findings contribute to the growing literature on supplemental melatonin for insomnia in ASD.*

# 6 of the BEST

6 of the best supplements for your pets and animals



## HEALTHPOINT KIT FOR DOGS & HORSES

This electroacupressure kit, with the help of its unique searching system, enables you to quickly become an expert at locating acupuncture points precisely.

With the aid of the comprehensive manual, it enables you to easily help any condition which benefits from acupuncture. Since 1992, thousands of animals have responded to HealthPoint. See video at [www.DoveHealth.com](http://www.DoveHealth.com)

## SERRAPET

The number 1 serrapeptase for animals, delivering 80,000iu's serrapeptase per

tablet. Also known as the 'Miracle' Enzyme, serrapeptase can help a whole host of health conditions. SerraPet is suitable for all animals, including horses, dogs and cats. It is being used by vets and is the serrapeptase trusted to deliver the best results. Do not feed with protein. For more info also see [www.SerraPet.com](http://www.SerraPet.com)



## PRESCRIPT ASSIST

This is a broad spectrum probiotic and prebiotic, with a variety of x29 strains of friendly bacteria. There is a good study which showed quick improvement with canine diarrhoea (Bittner, A.C. & Smioth J (2005), Advanced Probiotic – Prebiotic Treatment For Canine Diarrhea. Keny WA: Bittner & Associates). Break open and mix with food. For more info see [www.Probiotic29.com](http://www.Probiotic29.com)



## HYDROSOL SILVER GEL / SPRAY

Studies show that the Sol form of Silver is more powerful than the Ionic form of Silver. Manufactured using Silver Sol technology, covered under one or more of the following patents: 6,214,299; 6,743,348; 7,135,195, with other patents pending.

Spray into drinking water or apply the gel to the skin as needed.

## HEMP SEED OIL

Hemp is unique with an almost perfectly balanced profile of Omega 3, 6 & 9 fatty acids from cold pressed organic hemp. Simply mix 1-2 teaspoons in with food.



## ESSENTIAL DIGESTIVE PLUS

Combines the power of 8 important digestive enzymes. Break open and mix with food.





# Really useful WEBSITES

3 websites, which may be of interest to Naturally Healthy News readers



**Healthy Eating**  
**www.ReallyHealthyFoods.com**

- The 'home' of healthy foods
- Healthy, easy to make recipes
- Basic Food Plan of what to eat and what NOT to eat
- 'Anne's Kitchen'
- Post your healthy recipe for others to see



**Health Questions**  
**www.GoodHealthHelpdesk.com**

- Read weekly news from Robert Redfern
- Browse the knowledgebase for articles & information
- Ask Robert a Question
- Questions answered by Robert Redfern in strict confidence

**Serrapeptase Information: www.Serrapeptase.info**

- FREE 34 page extract available from the book The 'Miracle' Enzyme is Serrapeptase
- Read more about serrapeptase, the amazing enzyme that is becoming the most widely alternative to most anti-inflammatory drugs
- Discover user testimonials
- Watch serrapeptase videos
- Find out which is the best serrapeptase to buy



# 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.





# *Improving Fibromyalgia/chronic fatigue in 30 days*

Finally, fibromyalgia and chronic fatigue relief. Book Review by Bethany Ramos

**I**t wasn't until I read *Improving Fibromyalgia/Chronic Fatigue in 30 Days* that I understood there could be relief for chronic pain. Specifically, relief can be found for fibromyalgia characterized by sleepless nights, muscle pain, and fatigue. Through this book, I learned that fibromyalgia is an autoimmune syndrome. Fibromyalgia and chronic fatigue are closely related. Author Robert Redfern reports that sufferers of one or both of these conditions "may feel worn out and exhausted most of the day."

## REDFERN COMMENTS:

"Fibromyalgia and chronic fatigue compromise quality of life. What is even more shocking is that women are 10 times more likely to suffer from fibromyalgia than men. Fibromyalgia risk increases with age – with diagnoses most common in middle-age."

**This book lists common fibromyalgia triggers as:**

- Giving birth
- Injury
- Infection
- Environmental toxins
- Hormonal imbalance
- Chronic stress
- Autoimmune disorders
- Conditions that cause sleep disturbances

## Redfern explains:

"Fibromyalgia and related symptoms put your health at risk. Instead of struggling with chronic fatigue and pain day after day, it's time to make fibromyalgia recovery a priority. You deserve a healthier, happier

life free from pain and exhaustion. Correcting the root cause of the condition through Fibromyalgia Rehabilitation can improve your overall health."

**His revolutionary book also identifies other conditions related to fibromyalgia, including:**

- Candida
- Irritable bowel syndrome (IBS)
- Headaches
- Mood disorders
- Weight issues

*Improving Fibromyalgia/Chronic Fatigue in 30 Days* opens the door to fibromyalgia recovery. I've learned the hard way that fibromyalgia treatment doesn't come easy. Redfern describes this common treatment dilemma:

"Because of the complexity and diversity of fibromyalgia symptoms, many doctors are skeptical. Diagnosis of fibromyalgia and chronic fatigue can be difficult and nearly impossible to treat. If you struggle with

chronic symptoms that appear to have no cause, you may feel frustrated, isolated, and alone."

I believe anyone with fibromyalgia can identify with this struggle. I was so excited to find a clear rehabilitation plan to support recovery and natural healing in this book. This program explores fibromyalgia risk factors and causes. It also explains related trigger foods that can compromise immune health – such as MSG, aspartame, preservatives, gluten, sugar, and peanuts.

Recovery is now within reach. This book has taught me that essential nutrients and healthy lifestyle choices are the cornerstone of fibromyalgia rehabilitation. Redfern never claims a "cure," but explains that the recovery plan enables the body to repair itself in the short-term and long-term.

I'm filled with gratitude for *Improving Fibromyalgia/Chronic Fatigue in 30 Days*. It makes sense of the condition and offers hope through physical activity, nutritional therapy, and healthy food choices.



# BACK *to health*

**M**any people suffer for years with back problems—ranging from nagging low-grade aches, to excruciating, debilitating pain. They may have been helped by doctors, chiropractors, and osteopaths, but never really found permanent relief; some who took the surgery route ended up even worse.

**Their conditions include:**

- Scoliosis
- Herniated discs
- Sciatica
- Fibromyalgia
- Arthritis
- Lower back pain
- Mid-back pain
- People who have sustained serious back injuries from accidents

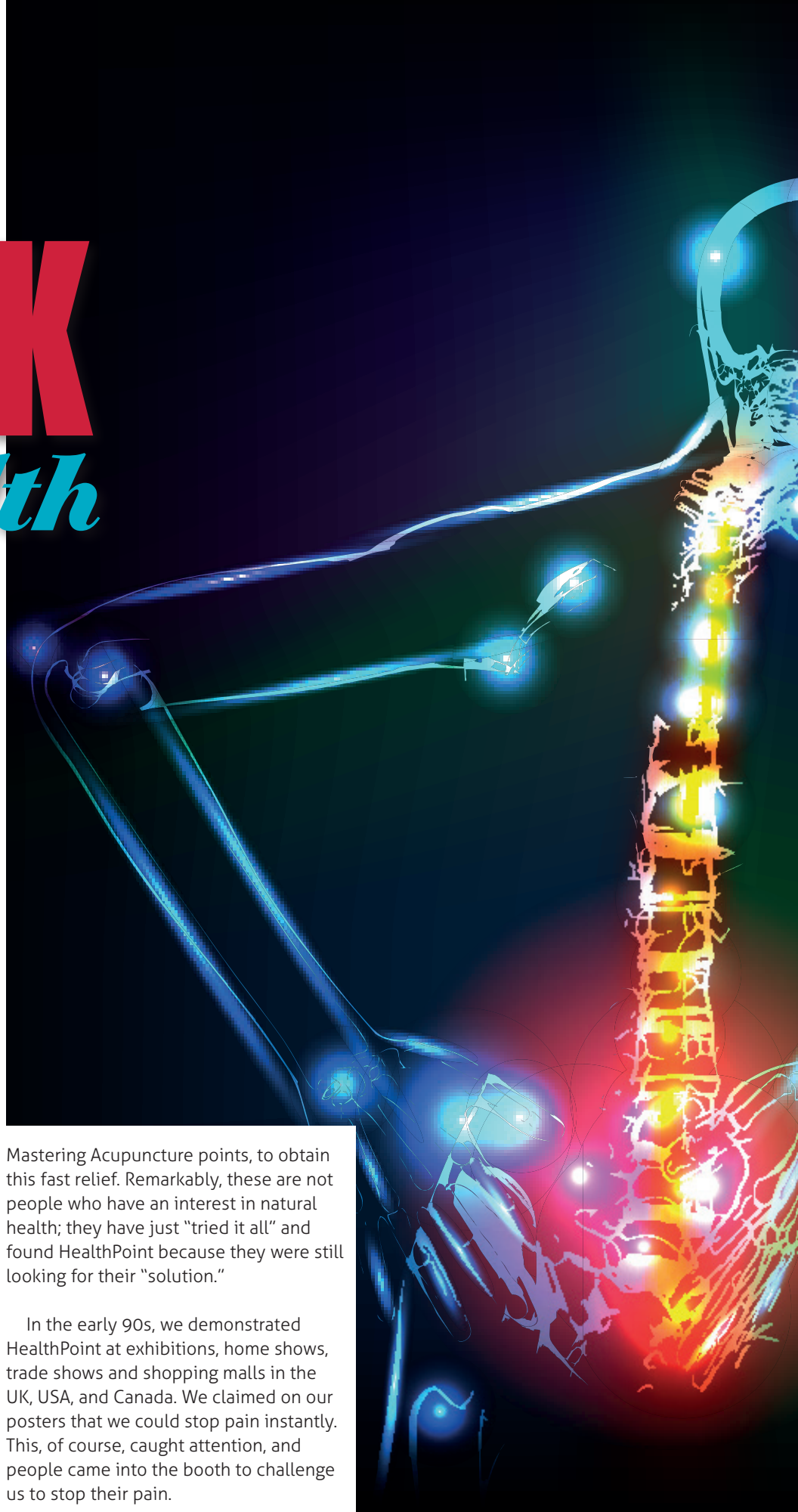
Many tens of thousands of back pain sufferers in countries all over the world have experienced what some call a miracle.

They have achieved this completely with their own hands, or help from a friend. They have been able to drastically reduce their pain by as much as 90 percent or more, often in minutes. Usually, in about two to three days and with continuing treatment for a month or so, they can eliminate their problems completely.

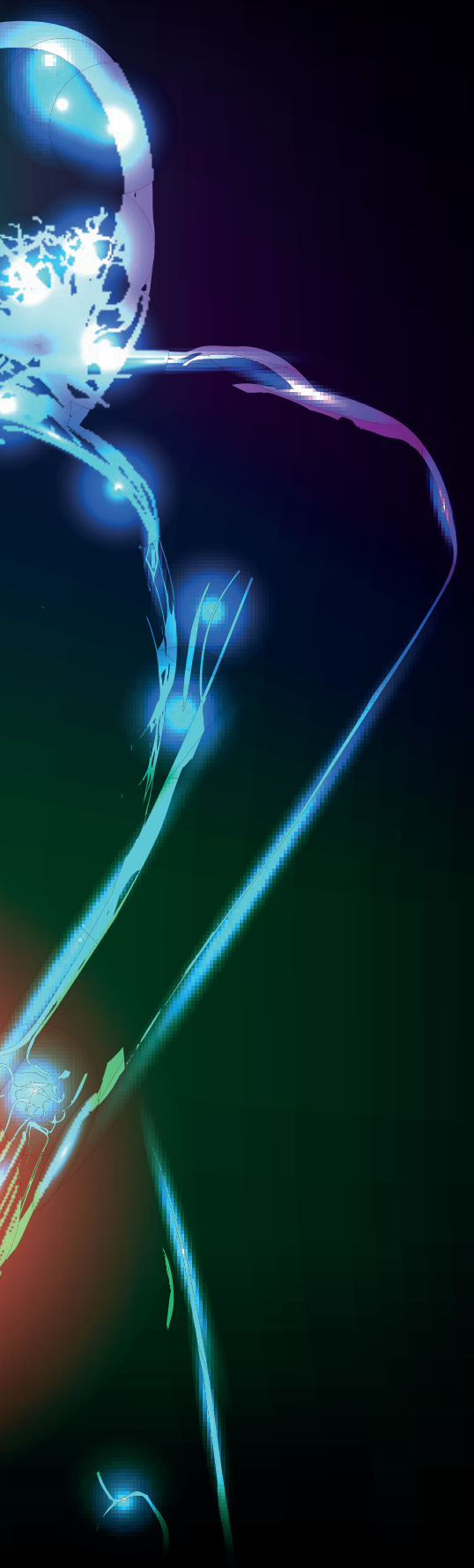
How? They simply went through the Mastering Acupuncture Manual to the correct treatment instruction for their particular condition. They then applied the HealthPoint probe as indicated in

Mastering Acupuncture points, to obtain this fast relief. Remarkably, these are not people who have an interest in natural health; they have just “tried it all” and found HealthPoint because they were still looking for their “solution.”

In the early 90s, we demonstrated HealthPoint at exhibitions, home shows, trade shows and shopping malls in the UK, USA, and Canada. We claimed on our posters that we could stop pain instantly. This, of course, caught attention, and people came into the booth to challenge us to stop their pain.







### WHAT IS HEALTHPOINT?

It is an electronic device that locates and stimulates the points on the body known as acupuncture points.

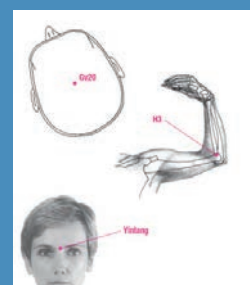
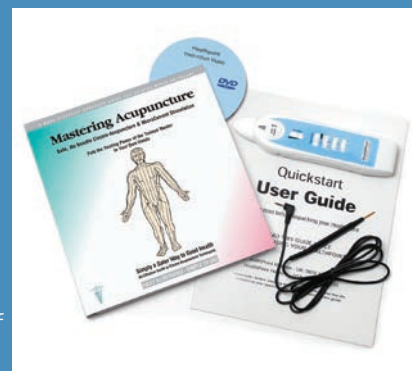
### WHAT DOES IT DO?

HealthPoint, with the help of its unique searching system, enables you to quickly become an expert at precisely locating acupuncture treatment points. With the aid of the comprehensive manual, it enables you to easily treat any condition that benefits from acupuncture.

### WHAT IS THE EFFECT?

Rapid, effective, long-lasting pain relief and an apparent acceleration of tissue repair, by stimulating the body's own healing system.

Back pain is just one of the many success stories from HealthPoint.



Video Player to go here to show HealthPoint Video

“I suffered from Herniated Ruptured Disc for 16 years. I tried going to a chiropractor, bed rest, and no activity. After getting my back realigned, I was still in pain, until I used the HealthPoint. I felt relief immediately. I was in awful pain when the HealthPoint arrived. I used it and went to bed and slept as if I had never had back trouble. I get immediate relief every time I use it. Now, I use it to help back pain, foot pain, sinus, and bursitis. I can now move free of pain, enjoy life, and enjoy associations with people. I would not leave home without it.”

F.E.B., USA

# Important questions answered

Courtesy of your personal health coach Robert Redfern

## DESPERATE FOR ARTHRITIS RELIEF

**Q:** Could you please tell me which tablet is best for arthritis? And how much they are?

**A:** Robert says: Arthritis is complicated, which can be caused by low level infection or diet (usually inflammatory foods such as carbs—grains and cereals—and possibly deadly nightshade family products, such as tomatoes, potatoes, and peppers, etc.). Rheumatoid arthritis is not caused by wear and tear. The solutions are:

- Taking something to clear up the infection.
- Clearing the inflammation in the joints using serrapeptase and curcumin.
- Stopping the foods causing the problems.
- Eating lots of the foods that regenerate cartilage.

## SERRAPEPTASE AND HIGH BLOOD PRESSURE

**Q:** Serrapeptase reduces bradykinin, which also dilates blood vessels. So could Serrapeptase cause blood pressure in a hypertensive to increase?

**A:** Robert says: Inflammation can increase blood pressure. Bradykinin is increased to help the production of Nitric Oxide (NO), which helps dilate blood vessels and lower blood pressure. It does not directly reduce bradykinin. This reduction happens to a number of elevated protein levels in the blood that are no longer needed in the same amount once inflammation is brought under control.

An example is histamine. This is elevated in response to inflammation and has a

pronounced beneficial vascular effect, but once the inflammation is back under control, the histamine also reduces. This is where the big pharma gets it wrong. The body responds to attack in many ways, and the response is not the disease, it is the attack. We do not need drugs to attack levels of the body's defenders, we need to deal with the attacker (usually un-natural foods). In other words, we should deal with the cause, and the body will deal with the effects.

## URGENT HELP NEEDED FOR DOG WITH A SLIPPED DISC

**Q:** My daughter's dog has just had an operation on his back for slipped disc. We are worried that he may not regain the use of his back legs. He is in a very good animal hospital and receiving wonderful care. Would serrapeptase help with long term aftercare?

**A:** Robert says: Yes, it urgently needs SerraPet. It would have been my recommendation not to have the operation and used SerraPet and HealthPoint. We have saved many dogs and horses from operations with these two. HealthPoint may still be needed.

## ADVICE TO CONTROL CHOLESTEROL

**Q:** I just have mild plaque buildup and cholesterol is a bit high. Blood pressure sometimes 121 and then one day 156, erratic.

**A:** Robert says: Mild plaque is not a problem and taking BlockBusterAllclear, stopping starchy carbs and cow's milk products, and eating at least 3 portions of leafy greens for the Vitamin K complex will







clear this. You can take Super K Complex if you have a problem with leafy greens. If you are over 45, then you may know that we need extra CoQ10 for healthy arteries and the best way is Ubiquinol. Unhealthy cholesterol and HBP are all cleared up as a side effect of following the above plan as they have the same cause as the plaque. However, in studies, Homocysteine is a better marker than high cholesterol for risk of an adverse cardio event, and this should be no more than eight. If you have had this test, please come back to me with the results.

### HOW TO RESTORE POSTNATAL HEALTH

**Q: I seem to have a sugar level problem, adrenal problem, low iron, and blood pressure. I can't eat anything sugary, but I have to have enough food in me so I don't feel faint. There is no real diagnosis apart from bp on low side, low iron, and poor hormone levels. I had my third baby eight months ago, so stressed out a bit**

**too. I have sore feet from the weight of pregnancy and baby and had cystitis.**

**A:** Robert says: Your problems are not uncommon. Having a baby means the child will have taken the best nutrition from your body leaving you malnourished, unless you had supplemented. That is why all mums to be need to take a full spectrum of supplements and a super healthy diet before conceiving, during pregnancy, and postnatal.

Doctors are not trained in proper nutrition and neither are midwives, which leaves mums and babies in a bad position. For 60 years, we have known that Vitamin D3 supplements were needed for mums and children to prevent bone problems, and yet recently mums were being thrown into prison because their babies had broken bones. It has since been found out it was Vitamin D3 deficiency. (They have now released the women and men.) It is the doctors and trainers of the midwives that should have gone to jail for bad

treatment of the mums and babies. When this was found out a few weeks ago, you should have at least had a call to your doctor's surgery to receive apologies for not giving you proper nutritional advice.

It is protein you need to feel full (not carbs) and to help rebuild you. Make a large pan of quinoa that you can keep in the fridge and add a few spoonfuls to any food to give you a protein kick. For breakfast, my wife just made avocado, quinoa, pomegranate, and kiwis. Kiwis are full of vitamin C, which increases the absorbency of iron.

There is no quick fix for you. You have to rebuild your life plan from what you were doing to one that will give you and your family the future you desire. Start by building a new menu for your family food. Email it to me for feedback. The 3 critical nutrients you need are: Active Life 90 vitamins and minerals, Nascent Iodine Drops at 3 drops x 3 times per day in a little water, and Kidney Rescue herbal formula.

# *Endometriosis* RECOVERY

Endometriosis is a very common gynaecological condition.

**M**any women with endometriosis suffer in silence for years. According to the Endometriosis Foundation of America, a woman may experience pain related to the condition for almost a decade before receiving a diagnosis. 176 million women and girls are affected by endometriosis around the world. The cost of the disease is overwhelming, estimated at \$22 billion a year.

## WHAT IS ENDOMETRIOSIS?

Endometriosis is a gynecological disorder. The condition occurs when the cells that line the womb, also called the endometrium, grow outside of the uterine cavity. This growth most frequently occurs in the peritoneum, or the abdominal cavity. Wherever it grows, it responds to the hormonal cycle and bleeds every time a period occurs. Normal menstrual blood escapes through the vagina, but endometrial blood has no outlet and becomes trapped in the tissue, causing pain.

This irregular growth can cause pain and infertility.

Pain may increase around a woman's

menstrual cycle. Symptoms may vary depending on the site of active endometriosis growth. For many women struggling with infertility, endometriosis may be the underlying cause.

The reason endometriosis is so difficult to detect in reproductive years, is because the pain is likened to menstrual cramps. If a woman has experienced painful periods her entire life, she may not know that a further diagnosis of endometriosis is needed.

**Some of the most common symptoms of the condition include:**

- Painful menstruation
- Intermittent or chronic pelvic pain

- Irregular vaginal or uterine bleeding
- Irregular vaginal clotting
- Large, painful ovarian cysts
- Infertility
- Miscarriage
- Ectopic pregnancy
- Pain during sex
- Nausea, vomiting
- Diarrhea, constipation
- Gastrointestinal cramping
- Blood in the urine
- Fatigue, chronic pain

A true endometriosis diagnosis requires surgical biopsy. This may contribute to the significant delay in diagnosis for many women around the world. As described





above, a woman may struggle with one or many of these symptoms for up to 10 years before seeking medical help. A vast majority of these symptoms can be dismissed as “typical” women’s issues.

Effective treatment for endometriosis may be unreliable or devalued. Yet treating the condition is of the utmost importance to restore sexual pleasure, fertility, and quality of life—especially related to the menstrual cycle.

If you visit your doctor for endometriosis treatment, he or she may recommend a protocol that includes surgery. A laparoscopic excision is the preferred medical treatment for endometriosis to remove harmful, unnatural growth outside of the uterus. A hysterectomy may be advised in extreme cases. A number of other medications may be prescribed to control symptoms, including pain killers, prescription narcotics, and NSAIDs (non-steroidal anti-inflammatory drugs); all of these drugs carry risks of side effects.

## ENDOMETRIOSIS AND INFLAMMATION

Doctors prescribe NSAIDs to treat endometriosis because the disorder is largely related to inflammatory processes. Acute inflammation is one thing—a normal response to heal the body. Chronic inflammation is entirely another and can go on for years to deteriorate overall health.

Endometriosis is one unfortunate example of chronic inflammation left

unchecked.

A doctor may try to prescribe anti-inflammatory drugs to calm inflammation. Yet these drugs will only address surface symptoms and not the cause of the disorder. It is important to understand that endometriosis medications are used primarily for pain management. Underlying inflammation that triggers the disorder may be remedied with an anti-inflammatory diet.

## YOUR ANTI-INFLAMMATORY DIET FOR REPRODUCTIVE HEALTH

Making changes to your diet can effectively transform reproductive health. If you have been struggling with endometriosis or the symptoms described above for years, there is hope in sight. You may want to visit a doctor to receive an official diagnosis, but the drugs prescribed for the condition may not be adequate.

### Remove inflammatory food triggers from your diet to restore reproductive health:

- **Cut out starchy carbohydrates, processed foods, and milk products.** These top inflammatory triggers inhibit healing and may include cookies, pastries, breads, cereals, white rice, potatoes, and pasta.
- **Make it your goal to eat 14 small portions of fresh or frozen vegetables a day.** Try 50% raw juice, as well as vegetables in soups, stir fried, steamed, etc.
- **Eat 3 to 5 portions of beans, nuts, and seeds.** Remember to enjoy nuts and seeds

soaked and mashed.

- **Eat 3 to 5 portions of dark-skinned fruits** – red grapes, cherries, blueberries, and a minimum of two avocados a day.
- **Enjoy meals with healthy oils** – include hemp, krill, and olive oil.
- **Drink 6 glasses of filtered or distilled water a day.** Add a pinch of bicarbonate of soda to each glass to boost oxygen transport.
- **Take 3 to 5 teaspoons of sea or rock salt a day** – in food or with a little water.

Eliminating processed foods from your diet is critical for endometriosis recovery. Instead of taking harsh medications with potential side effects, you can calm inflammation in your body the natural way.

Last but not least, don’t forget the importance of essential nutrients to rehabilitate reproductive health. The top nutrient recommended for endometriosis is the serrapeptase enzyme. This natural yet potent enzyme has the power to break down non-living tissue in the body and clear scars, cysts, and all types of inflammation.

Endometriosis sufferers have seen great results with an anti-inflammatory enzyme: “A couple of years ago I took your product serrapeptase for endometriosis and with the help of this and other things I no longer have it. Thanks.” With this type of nutritional support, you can see partial or complete endometriosis relief, in many cases.



# Kidney DISEASES

Sports and exercise health hinges on speedy recovery

**Y**our kidneys are two bean-shaped organs, each about the size of a medium-sized apple. They are located towards the back of your body, just below the rib cage.

Inside each kidney is a filter for your blood, composed of about a million tiny structures called nephrons. They remove waste products and extra water, to form urine. The urine flows through tubes called ureters to your bladder, which stores the urine until you go to the bathroom.

Some kidney diseases attack the nephrons. This damage may leave kidneys unable to remove waste. Prime causes (excluding genetic problems, injuries, or pharma drugs) include high-sugar diet and infection.

## WHAT IS YOUR RISK FOR KIDNEY DISEASE?

The same high-sugar diet that creates

this greater risk for kidney disease also parallels diabetes and high blood pressure risk. Family members with kidney disease are said to be a risk factor, but since they almost certainly will be eating the same diet, it is obvious. Chronic kidney disease (CKD) can happen quickly as a result of infection not dealt with properly or a high-sugar diet that damages the nephrons slowly over several years.

### Other kidney problems include:

- Cysts (PKD)
- Stones
- Infections
- Cancer

You can have tests to find out if you have kidney disease. It is important to detect early enough to follow the simple natural solutions to recover healthy kidneys.

If you have been diagnosed with kidney

disease or kidney cancer, you could face serious chronic health issues. Quality of life is threatened, as well as being condemned to a lifetime on drugs, if you end up with a transplant. Knowing what the earliest symptoms of kidney disease are helps with early detection and slowing the disease's progression.

## 10 KIDNEY DISEASE WARNING SIGNS YOU CAN'T IGNORE

Chronic kidney disease and polycystic kidney disease often go undiagnosed and are allowed to progress because the signs and symptoms are so subtle. There are 10 key kidney disease symptoms. If you or a loved one is experiencing any of these symptoms, consult a doctor and request the proper blood and urine tests. Some of these symptoms may be related to conditions other than kidney disease, but only a doctor can provide a diagnosis after seeing your test results.





### 1. Changes in Urination

Because your kidneys are tasked with making urine, and thereby eliminating waste, any changes in the frequency, color, or appearance of urine should be taken seriously. Some common types of changes include:

- Urinating more frequently during the night or in greater amounts
- Urinating less often or in smaller amounts
- Having foamy or bubbly urine or blood in your urine
- Difficulty urinating

### 2. Swelling

If your kidneys are unable to remove extra fluid from your body, you will likely experience swelling in your legs, ankles, feet, face, or hands.

### 3. Skin Rash/Itching

If your kidneys are unable to remove waste from the bloodstream, the build-up can cause rashes and severe itching.

### 4. Leg, Back, or Side Pain

Kidney problems can lead to pain in the back, side, or even in the leg. Kidney cysts (large, fluid-filled sacs) resulting from polycystic kidney disease that form on kidneys and occasionally on the liver can also cause back and leg pain.

### 5. Metallic Taste in Mouth/Ammonia Breath

When waste builds up in the bloodstream, it can cause bad breath, a metallic taste in the mouth, and affect how food tastes. You may also have a change in appetite that results in weight loss.

### 6. Nausea and Vomiting

Waste build-up in the blood can also cause nausea and vomiting.

### 7. Feeling Cold

Healthy kidneys make the hormone known as erythropoietin, which prompts the body to make oxygen-carrying red blood cells. Kidney disease can interrupt the healthy production of this hormone and cause a decrease in red blood cells, a condition known as anemia. Anemia and kidney disease can result in a variety of symptoms, including constantly feeling cold and shortness of breath.

### 8. Shortness of Breath

Kidney disease can cause extra fluid to build up in the lungs, leading to shortness

of breath. Anemia, a common side effect of kidney disease which starves your body of oxygen, can also cause you to feel winded or short of breath.

### 9. Dizziness and Trouble Concentrating

When you suffer from anemia related to kidney failure, both your body and your brain will be lacking the proper amount of oxygen. The result can be dizziness, trouble with concentration, and memory-related issues.

### 10. Fatigue

When kidneys fail, and side effects like anemia set in, you may experience tired muscles, weakness, and overall fatigue.

## 5 POINTS FOR HEALTHY KIDNEY SUCCESS

Understanding how to recover healthy kidneys is critical. There are many more options available to you than merely kidney dialysis treatments and a lifelong dependence on drugs.

1. Drink 6 x 500ml (16 oz.) glasses of water with 1/3 teaspoon bicarbonate of soda\* in each glass over each day.
2. Take high absorbency Curcumin.
3. Take high dosage Serrapeptase.
4. Take a 29 strain Soil Based Probiotic.
5. Stop carbs and other high-sugar foods.

## \*BAKING SODA 'COULD HELP KIDNEYS'

New research by British scientists suggests sodium bicarbonate - otherwise known as baking soda - can dramatically slow the progress of chronic kidney disease. The simple household product used for baking, cleaning, bee stings and acid indigestion is so effective it could prevent patients having to be put on kidney machines, the results show.

Around three million people in the UK suffer from chronic kidney disease, which may have a number of causes. The condition ranges in severity from a mild degree of poor functioning to complete kidney failure.

Seriously affected patients may have to spend time each day on a dialysis machine which takes over the function of the kidneys. An estimated 37,800 patients in the UK receive renal replacement therapy, which may involve dialysis or a kidney transplant.

The cost of looking after kidney failure patients soaks up 3% of the entire NHS budget. On average, every patient on dialysis costs the NHS £30,000 per year.

The pilot study conducted at the Royal London Hospital, Whitechapel, was the first controlled test of the treatment in a clinical setting.

*The findings have been published in the Journal of the American Society of Nephrology.*



# HEALING WITH *magnesium*

Correct this common deficiency by applying magnesium directly to your skin.

**M**agnesium is a mineral that is essential to your health. But would you be surprised to learn that 80 percent of the Western population may be deficient? According to Nobel Laureate Dr. Linus Pauling, "Every sickness, disease and ailment is linked to a mineral deficiency or imbalance."

Magnesium deficiency is widespread. Symptoms may be as minor as muscle twitching or leg cramps that are easy to

dismiss, but can progress into debilitating fatigue and insomnia.

**More severe symptoms of magnesium deficiency include:**

- Loss of appetite
- Nausea
- Vomiting
- Numbness
- Tingling
- Seizures
- Personality changes

- Abnormal heart rhythms
- Coronary spasms

What is even more troubling is the fact that magnesium deficiency is difficult to diagnose.

Beyond the symptoms, magnesium deficiency does not show up in a typical blood test. Only 1 percent of the magnesium in the body is stored in the blood. Magnesium deficiency is nearly impossible to detect from a blood test and most physicians do not check magnesium levels routinely.

Despite widespread deficiency, doctors may not be aware of your magnesium



status. This is an unfortunate paradox in the medical community. A simple magnesium deficiency may be responsible for more diseases than any other nutrient, according to a statement from Dr. Norman Shealy.

He elaborates, "Every known illness is associated with a magnesium deficiency."

This is a strong declaration from a respected physician and renowned expert in pain management. We can all benefit from taking this warning to heart. Magnesium is a critical mineral required for the electrical stability of all cells in the body. Alarming, 80 percent of the population may suffer from an undetected magnesium deficiency, which may be responsible for countless diseases plaguing our society.

### MAGNESIUM-RICH FOOD SOURCES

Magnesium status can be improved by increasing dietary intakes. It is recommended to consume natural foods, as plant and animal foods contain higher levels of magnesium, whereas processed foods remove magnesium content significantly.

**You can also add magnesium-rich foods to your meals, including:**

- Nuts
- Seeds
- Buckwheat
- Leafy greens
- Fish – mackerel, pollock, tuna
- Beans, lentils
- Avocados

Avocados are the ultimate superfood and make the perfect addition to any diet. To receive the greatest health benefit, eat two per day. The average avocado offers 7 percent of the daily value of magnesium, or 29 mg per 100 g of avocado.

Eating magnesium-rich foods can work wonders, yet in many cases, it still may not be enough. The unfortunate truth is that nutrient levels in our soil have been drastically depleted. It is very difficult to receive the levels of magnesium your body

needs to correct a deficiency from diet alone.

Therefore, a magnesium supplement may be considered to correct a deficiency that could leave you at risk for chronic disease.

### TOPICAL MAGNESIUM FOR GOOD HEALTH

Having established that magnesium deficiency may be the contributing factor to a number of diseases, taking a magnesium supplement becomes an important choice. Magnesium supplementation can help to alleviate many of the minor symptoms and complaints associated with magnesium deficiency – muscle cramps, fatigue, insomnia, and more.

The best way to deliver magnesium into the body is straight through the skin. Though there are countless magnesium powders and tablets on the market, it helps to remember that your skin is the largest organ in your body.

Simply applying magnesium to the skin offers direct delivery.

Dr. Norman Shealy endorses this method of magnesium delivery, based on a trial conducted on his patients. He discovered that magnesium oil applied to the skin for just six weeks, could increase magnesium levels in the body equivalent to taking magnesium tablets for two years. Therefore, topical magnesium gel or oil is a superior supplement.

**Applying magnesium to your skin is soothing and relaxing, but it is also beneficial to:**

- Restore levels of cellular magnesium in the body.
- Aid in full-body detoxification.
- Calm persistent aches and pains.
- Reduce stress and stabilize mood.
- Build bone strength and prevent bone loss.
- Stimulate the growth of healthy skin tissue.

Magnesium plays an important role in the

### Recommended Products

#### ANCIENT MINERALS MAGNESIUM

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



prevention of osteoporosis, even more so than calcium. Magnesium is a mineral that has the power to improve bone strength and reduce bone loss. Although most older women and men are encouraged to increase calcium intake to prevent osteoporosis, magnesium may be the superstar mineral missing in action.

Magnesium is essential to calcium transport. After reviewing a two year study on osteoporosis, researchers agree that magnesium therapy can help to prevent fractures. Magnesium therapy also increases bone density. (Nutrition Reviews, 53:71-74.)

Topical, or transdermal, magnesium therapy is the most effective option available. Transdermal magnesium saturates healthy skin tissue. Magnesium can quickly travel to the cells in the body for absorption at a higher dose – without risking magnesium loss in the digestive tract.

Topical magnesium benefits your body inside and out. It is truly the only way to take a magnesium supplement with the most effective results. You can remedy magnesium deficiency with a simple gel or oil applied to your skin or by soaking with magnesium bath flakes. You can correct a number of problematic symptoms and reduce your risk of serious disease.

# The power of Acupuncture at your fingertips

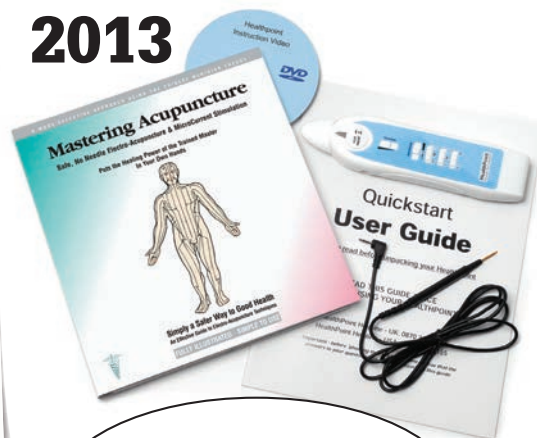
1992



Used in many  
NHS hospitals



2013



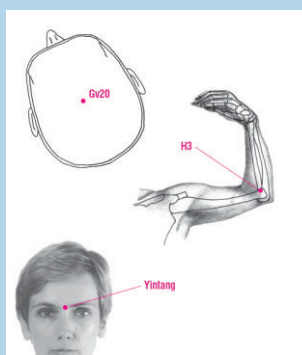
'A home acupuncture  
machine to beat pain'  
*Daily Mail*

**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**





The importance of homocysteine as a marker for overall health and wellbeing is now very well established, which makes it highly negligent that your doctors do not to offer to test your level, at least every 5 years.

**T**here are an increasing number of studies, which show that homocysteine levels in your blood can predict risk of potential health problems.

Raised blood homocysteine levels can reliably indicate the development of:

- Heart Disease
- Alzheimer's
- Dementia
- Female fertility and miscarriages
- Strokes (in older people even better than any usual measure of risk including cholesterol, blood pressure or smoking)
- Memory decline, poor concentration, impaired judgement and lowered mood

The good news it is that raised homocysteine levels can usually be brought back to normal levels by simple dietary changes and / or supplementation with B vitamins.

Quite easily.

It is essential that you get your homocysteine level tested, to identify any nutritional requirements and then to monitor dietary changes, to ensure that acceptable homocysteine levels are reached.

Repeating tests every year is worthwhile, to reach your target.

Having a test every 5 years is fine, once you hit your target of '6', if you stick to your plan.

**How do I achieve the perfect 6? There are two ways:**

1. Eat a really healthy foods diet and take Prescript Assist. Probiotics are a critical part of B Vitamin metabolism. See the diet plan here.
2. Or the efficient, fast way is sublingual B4Health Spray. This ensures all of the vitamins are absorbed under the tongue (rather than wasted in the intestines as with B vitamin tablets). This is as good as it gets in helping to keep homocysteine at bay.

There are a few people who may need regular injections of B12 as they get older. B4Health will resolve this need and stabilise energy levels.

# HEALTH news

## WHOOING COUGH VACCINE CAN MAKE DISEASE WORSE

After 50 years of mass immunisation, cases of whooping cough (pertussis) continue to rise. But why? It's because the vaccine actually encourages the growth of one of the bacterium responsible for the disease, researchers have discovered.

Whooping cough is caused by one of two forms of bacterium: the more common *Bordetella pertussis* – which the vaccine deals with successfully – and *Bordetella parapertussis*.

Not only are the antigens in the vaccine designed to exclusively eliminate the *B.pertussis* bacteria, they create an environment that actively encourages and makes more potent the *B.parapertussis* bacteria.

Researchers from Sheffield University made the discovery when they measured the effectiveness of the acellular whooping cough vaccine against the two bacteria; although it cleared the *B.pertussis* bacterium, there was a 40-fold increase in the *B.parapertussis* bacterium in the lungs. The vaccine also blocks the body's own immune system from fighting the bacterium.

(Source: *Proc Biol Sci*, 2010; 277 (1690): 2017-25).

## BLOOD-THINNING DRUG DOUBLES STROKE RISK IN FIRST WEEK

Warfarin, the blood-thinning drug, doubles the risk of a stroke in the first week. Patients with irregular heartbeat are at special risk, with a 2.3 times increased chance of a stroke, usually by the third day after starting the drug.

The risk continues for the first month, but reduces after the first week, say researchers at McGill University, who made the discovery after they looked at the history of more than 70,000 people who were taking the anti-coagulant. Of these, 5,519 people, or 2 per cent, suffered a stroke after starting treatment. Although the drug stops blood clotting by suppressing the body's production of vitamin K, the researchers believe it may have the contrary effect in the first few days, and actually make the blood 'stickier'.

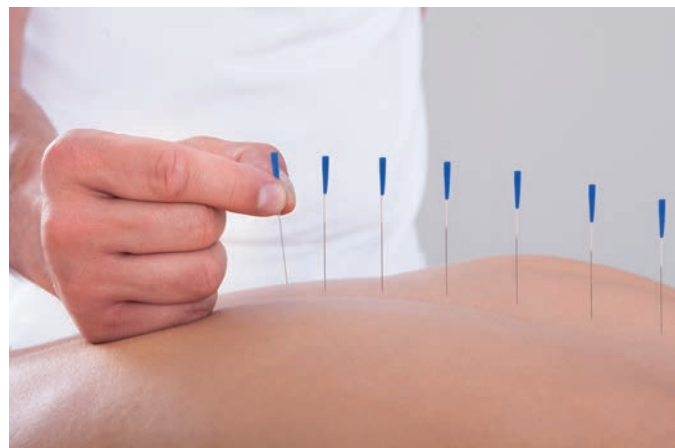
In people with irregular heartbeat, the heart is not pumping efficiently, and blood is more likely to clot anyway, and Warfarin only seems to help that process; clots that break away and form in the brain can cause a stroke, and this is the phenomenon that the McGill researchers witnessed. Although people shouldn't stop taking Warfarin, it could be supplemented by another anti-coagulant during the first month in order to reduce the risk, the researchers say.

(Source: *European Heart Journal*, 2013; doi: 10.1093/eurheartj/ehd499)

## ACUPUNCTURE REALLY DOES RELIEVE PAIN, AND IS AN EFFECTIVE ALTERNATIVE TO CODEINE

Could acupuncture be routinely prescribed by US doctors for pain relief? It could happen, according to a new study that found it works in children who have had their tonsils taken out. Doctors' choices were narrowed earlier this year when America's drug regulator, the Food and Drug Administration (FDA), banned the use of codeine in children who had had a tonsillectomy after the drug was found to cause complications. But Dr James Ochi, a pediatric ear, nose and throat surgeon in San Diego, has produced a study on the successful use of acupuncture on a group of 31 children, aged from two to 17 years, after tonsillectomy. Their pain levels fell dramatically after just 15 minutes of acupuncture, and the pain relief lasted for nearly three days afterwards. It was no great news to Dr Ochi who says he has been using acupuncture for years, and even before the codeine ban. An earlier study at Harvard came to similar conclusions: acupuncture reduces pain in children following ear surgery, the researchers found.

(Source: *International Journal of Pediatric Otorhinolaryngology*, 2013; 77: 2058)



Source: [www.WDDTY.com](http://www.WDDTY.com)





## CT SCANS SEE 18 PER CENT OF LUNG CANCERS THAT AREN'T THERE

CT (computed tomography) scans are 'seeing' around 18 per cent of lung cancers that aren't actually there, although with some cancers this rises to an astonishing 79 per cent of 'false positives'. The inaccuracy of low-dose computed tomography (LDCT) has come to light in a new study of 55,452 people who were considered as high-risk of lung cancer. CT scans picked up 1,086 lung cancer cases in the group, although later investigation discovered that 18 per cent were over-diagnosed: in other words, the cancer would never have become 'clinically significant, requiring treatment.

Despite this, a positive result usually triggers aggressive and invasive treatment, including chemotherapy and surgery. The rate of false-positives generated by CT scans is worse for other types of lung cancer: for non-small cell lung cancers, it's around 22 per cent, and 78.9 per cent of bronchioalveolar cancers—or cancer of the air sacs—are overdiagnosed. (

*Source: JAMA Internal Medicine, 2013; doi: 10.1001/jamainternmed.2013.12738)*

## FIVE LIFESTYLE CHANGES THAT REDUCE YOUR DEMENTIA RISK

With the news currently focusing on better treatments for dementia, there are five simple lifestyle changes you can make today that will lower your risk of ever getting it. Even adopting four of the five lifestyle changes when you have dementia will slow your rate of decline by 60 per cent, researchers have found. The 'magic five' are: taking regular exercise, not smoking, maintaining a low body weight, eating a healthy diet and drinking only moderate amounts of alcohol. The most important of the five is regular exercise, say researchers at Cardiff University's medical school. They also reduce your risk of developing diabetes, heart disease and stroke by 70 per cent compared to someone who hasn't adopted any of the changes.

"Healthy behaviours have a far more beneficial effect than any medical treatment," said lead researcher Peter Elwood. Although the lifestyle choices are obvious, and well known, just 1 per cent of adults in Wales is following all five, and 5 per cent of the country's population – which amounts to around 240,000 people – isn't adopting any of them. (*Source: PLoS ONE, 2013; 8: e81877*)

**Source: [www.WDDTY.com](http://www.WDDTY.com)**

## MAGNESIUM TO TREAT M.E.

Patients with ME, or chronic fatigue syndrome, are low in red blood cell magnesium and benefit from magnesium therapy.

That's the conclusion of the first randomized placebo controlled, double blind trial (ie, one the medical community approves of) carried out at the University of Southampton medical school, which tested injected magnesium therapy against a placebo, both given to ME patients.

The study found that two thirds of the patients with ME had lower red cell magnesium concentrations than did healthy counterparts.

Of the 15 patients given intramuscular magnesium sulphate for six weeks, 12 reported improved energy levels, better emotional states and less pain compared to only 3 of the 17 controls.


Furthermore, the red blood cell magnesium of all the patients on magnesium returned to normal, compared to only one of the controls.

## GRAPE SEED EXTRACT KILLS PROSTATE CANCER CELLS IN BREAKTHROUGH LAB TESTS

There's definitely something about grape seed extract as a cancer-fighter: after proving its worth for 10 years, researchers have discovered in laboratory tests that it kills prostate cancer cells while leaving healthy ones unharmed. The seed's active cancer-fighting compound is called B2G2, and researchers at the University of Colorado's cancer centre have been demonstrating its effectiveness for 10 years. But it was only recently the researchers were able to identify B2G2 and isolate it.

The next stage is to make a compound, but it's expensive and difficult to isolate it. The other hurdle is getting the approval of America's drug regulators, the Food and Drug Administration (FDA), to carry out clinical trials on humans when the researchers are not sure of the mechanisms themselves, and what other effects B2G2 may have.

*(Source: Nutrition and Cancer, 2013; 131105125434005).*



Whilst our ancestors coped with natural foods in limited supply, modern lifestyles have turned this on its head, with more to eat and less to do.

# SUGAR CRAVE OR GRAVE

## *greed or need?*

**H**umans have a naturally sweet tooth and have evolved to gather and eat plant foods to provide energy in the form of glucose, to fuel our brains and bodies. Natural foods are rich in vitamins, minerals and nutrients that optimize health. In an age of abundance, society is tempted to eat too much refined food, full of sugar, but with little nutritional value. These 'empty calories' serve only to drive obesity and increase risk of diabetes and heart disease.

Sugar is hidden in the majority of commercial foods—like processed snacks, juices, dairy products, pasta, pastries,

and more. Did you know that the average Westerner eats an astonishing 60 to 70 teaspoons of sugar each day?

**Use this easy sugar conversion:**  
 EVERY 20 Calories of Carbohydrate (Sugar)  
 = 5 Grams of Carbohydrate (Sugar) = 1  
 Teaspoon of Sugar

This formula can help you calculate how much sugar your body takes in daily. Paying attention to sugar and carbohydrate content makes it easier to maintain a healthy weight.

The truth is that we only require an equivalent of 12 teaspoons of sugar, or 60 g of carbohydrates, a day.

Compare this to the 60 or 70 g of sugar consumed in the typical diet. What a difference! It's essential to remember that 5 g of carbohydrates converts to 1 teaspoon of sugar. If you think you are avoiding unnecessary sugar by cutting out candy and cookies, think again. Eating a large bagel meets your sugar requirement for the day at 12 teaspoons of sugar. This is precisely why starchy carbohydrates should be limited.

### **PUTTING SUGAR IN PERSPECTIVE**

If you have never taken the time to examine sugar and carbohydrates in your diet, you may be shocked. You may be



- **1 sweet potato** - 8 teaspoons of sugar
- **2 slices of bread** - 4 teaspoons of sugar
- **1 cup of strawberries** - 2.5 teaspoons of sugar
- **1 soft drink** - 8 teaspoons of sugar

It's clear to see that empty carbohydrates in the diet should be avoided. This includes processed foods, white rice, potatoes, pastas, breads, cereals, soft drinks, and pastries.

### IF YOU CAN'T EAT SUGAR, WHAT CAN YOU EAT?

There is no reason to feel deprived as you regulate your sugar intake. Cutting unnecessary sugar and carbohydrates holds the key to your health. High-sugar, high-carb foods are inflammatory. Inflammation is one of the top causes of disease in the Western world.

#### Here are a few helpful tips to jumpstart a low-sugar, anti-inflammatory diet:

- Cut out starchy carbs – pastries, cookies, cereals, white rice, potatoes, breads, and pasta.
- Cut out processed foods and dairy products.
- Eat 14 small portions of veggies a day.
- Eat 3-5 portions of beans, nuts, and seeds a day – soaked, mashed nuts and seeds.
- Eat 3-5 portions of dark-skinned fruits – a minimum of 2 avocados a day.
- Add healthy oils to your diet – omega 3, hemp, krill, and olive oil.

### SUGARY FOODS CAN SHORTEN YOUR LIFE

Processed, high-sugar, high-carb foods are a Western epidemic. Many times, the medical community cannot find a cure. Diet is ignored completely or used as a last resort to address chronic health issues.

It's time to eliminate excess sugar from your diet before it's too late.

Sugary foods are high on the glycemic index, which means that high-sugar foods cause a spike in blood sugar levels. When you eat a sugary bowl of cereal, for example, it will quickly raise your

blood sugar. This is compared to eating an alternative grain like quinoa that will raise blood sugar slowly without a crash. High blood sugar levels caused by junk foods have been linked to countless chronic diseases.

Once sugar enters your digestive system, it feeds unhealthy, pathogenic gut bacteria. An excess of sugar from high-carb foods can cause illness due to an imbalance of bacteria in the digestive tract.

Last but not least, processed, sugary foods are completely devoid of nutrients. Eating a sugary snack instead of a fruit or vegetable won't do you any favours. Fruits and vegetables are rich in antioxidants, vitamins, minerals, and phytochemicals. Processed snacks feed inflammation in the body with a quick overload of sugar.

Won't you join with us to spread the message of the dangers of sugar toxicity? Most people reach for high-sugar, high-carb foods without a second thought. Over the long-term, this bad habit can literally destroy life. Natural, healthy foods are the answer to combat a high sugar diet. Avoid sugar toxicity and chronic disease by limiting your sugar intake to 12 teaspoons a day.

eating what many consider a healthy diet, but refined or empty carbohydrates are filling your body full of unnecessary sugar that can quickly lead to toxicity. This is the ultimate sugar trap.

#### Here are some examples of hidden sources of sugar in the diet:

- **1 cup of milk** - 2 teaspoons of sugar
- **1 bowl of breakfast cereal with milk** - 8 teaspoons of sugar
- **1 cup of cooked rice** - 9 teaspoons of sugar
- **1 banana** - 5 teaspoons of sugar
- **1 baked potato without skin** - 7 teaspoons of sugar





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

...want one that is 8 times better?

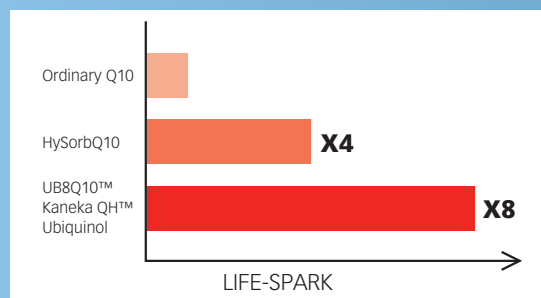
COQ10 **fuels every cell and function in your body**. It's the nearest thing in your body to the spark of life itself.

This 'life-spark' has just gotten 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.

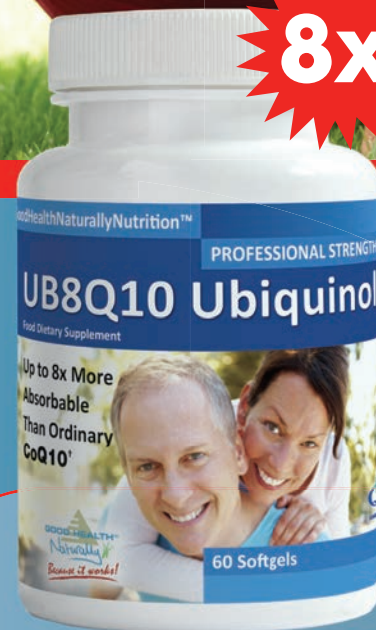
It's not just what you take with CoQ10, it is **what you absorb**.

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.

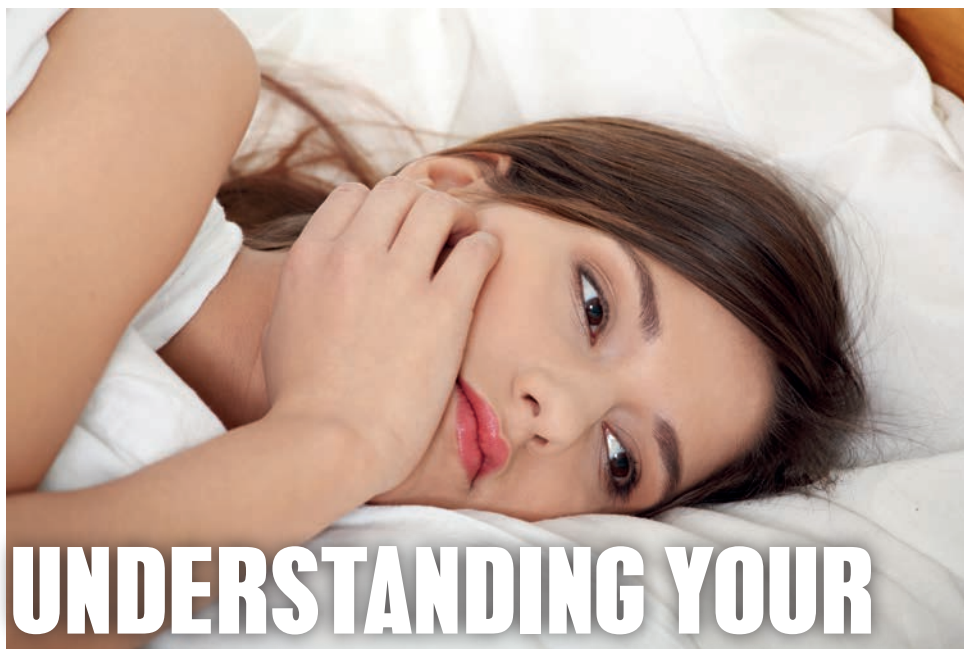


- 4 times more absorbable than ordinary CoQ10
- 4 times better than ordinary CoQ10
- 50mg cap equivalent to taking 200mg ordinary CoQ10
- Made using a Bioenhanced CoQ10, suitable for vegetarians



- 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





# UNDERSTANDING YOUR thyroid health

Are you slowing down or speeding up?

**D**o you wake up tired, feel moody, cold and put on weight easily? Or do you feel irritable, hyperactive, hot and lose weight easily? Most people blame their metabolism and the clinical answer may rest in the function of a gland in the neck, known as the thyroid.

Thyroxine is a hormone produced by the thyroid. An underactive or overactive thyroid can release too much or too little thyroxine respectively, causing hormonal imbalances in the body. Thyroxine levels regulate our metabolic rate, heart rate, body temperature, muscle tone and affect nearly every tissue in the body.

## SIGNS AND SYMPTOMS

**Hyperthyroidism** - High levels of thyroid hormones.

- Weight loss with increased appetite,
- Sweating and palpitations,
- Heart failure and muscle weakness,
- Irregular periods and infertility in women,
- Hyperactivity, nervousness and irritability,
- Vomiting or diarrhoea,
- Goitre (swollen throat) and difficulty swallowing.

**Hypothyroidism** - Low levels of thyroid hormones.

- Weight gain,
- Cold hands and feet,
- Weak muscles, sluggish movements,
- Painful periods,
- Physical and mental lethargy or depression,
- Constipation or indigestion,
- Goitre- enlargement of thyroid gland.

## THE TRUE CAUSE OF THYROID DYSFUNCTION

Symptoms may be mild and develop slowly and can progress, undetected for many years. Contributory causes include inflammation, auto-immune attack, genetic factors, tumours, stress or certain drugs.

**Foods to eat and foods to avoid to support your thyroid:**

**Avoid** – High-sugar diet – sugary fruits, sugary foods, and starchy carbs.

**Include** – Seafood and seaweed - for iodine, the most important mineral required to make thyroxine.

**Include** – Brazil nuts for the mineral selenium, to activate thyroxine.

**Two nutrients can restore thyroid health:**

**1. Iodine:** supports healthy growth in

children and regulates cognitive function, metabolism, nervous system function, thyroid hormone production, and thyroid health.

**2. Selenium:** is a trace mineral that is essential to the body, which we must obtain from the diet. However, depleted soil levels in the UK equate to deficient food sources and supplements are the only effective way to support selenium intake. Selenium aids in healthy immune and thyroid function and protects cells against damage from oxidative stress.

Taking iodine and selenium supplements can restore thyroid health. Not only will this improve thyroid function, but it can enhance detoxification, metabolism, daily energy, cardiovascular health, immune system function, and reproductive health. Iodine is also anti-parasitic, antiviral, and antibacterial.

If you suffer from dry skin, dry eyes, poor digestion, cysts in the breasts or ovaries, or poor motor development, a daily iodine supplement is the best choice for you. Please note that iodine requires selenium in a supplement or food source to activate it.

## Recommended Products

### 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.**



### DAILY IMMUNE PROTECTION™

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



# *Alzheimer's Disease and Senile Dementia*

Improving symptoms of alzheimer's and restoring quality of life in 30 days. Bethany Ramos reviews the eBook *Improving Alzheimer's Disease in 30 Days*

**M**ental illness and brain disorders are predicted to become top listed burdens of global illness by 2020, alongside heart disease and cancer.

This amazing book about Alzheimer's recovery offers some exciting news for those with Alzheimer's disease and age-related senile dementia.

## **ACCORDING TO THE WRITER ROBERT REDFERN:**

No matter what we have been led to believe, senile dementia is not part of the aging process. Growing older with a clear, crisp mind can be possible, with healthy dietary and lifestyle choices. In many cases, symptoms of senile dementia and Alzheimer's disease can be prevented or reversed, using the right recovery program.

If you or someone you love suffers from Alzheimer's disease, watching their cognitive decline can be heartbreaking. Senile dementia refers to a number of conditions that affect mental function as a person ages. Alzheimer's disease is a condition that afflicts almost 70% of senile dementia sufferers.

Robert Redfern believes that Alzheimer's disease is very rarely diagnosed as a genetic condition.



**He states that senile dementia and Alzheimer's are related to lifestyle risk factors, including:**

- High carbohydrate/high sugar diet
- Vitamin deficiency
- Poor thyroid function
- Inflammation
- Oxidative stress

**He identifies other risk factors for Alzheimer's disease, including:**

- High blood sugar levels, related to diabetes
- High LDL cholesterol
- Excess body weight in women
- High homocysteine levels, related to inflammation
- Metabolic syndrome
- High blood pressure
- Cardiovascular disease

Reading this book provides an understanding that Alzheimer's recovery is possible. Identifying and addressing risk factors and using nutrients to restore health, can help many patients improve symptoms of Alzheimer's.

This Alzheimer's Rehabilitation Plan

may be a lifeline for anyone struggling with early onset Alzheimer's disease.

**To quote Robert Redfern:**

This brain disorder can be devastating if left untreated. An Alzheimer's disease sufferer may experience memory loss, cognitive decline, and widespread changes in behavior that affect daily life. Because of these common risk factors, Alzheimer's is becoming a worldwide phenomenon. There may be as many as 75.6 million Alzheimer's sufferers by 2030, according to Alzheimer's Disease International.

The program I reviewed in *Improving Alzheimer's Disease in 30 Days* offers Alzheimer's rehabilitation by protecting brain health. It highlights how nutritional therapy can be used to calm inflammation, eliminate triggers, and support recovery in many cases. Robert Redfern shared that those who follow the 10 Step Alzheimer's Rehabilitation Program may see symptoms of senile dementia subside or disappear completely.

It is liberating to find that Alzheimer's disease is not the final word or even the norm in old age. *Improving Alzheimer's Disease in 30 Days* makes Alzheimer's rehabilitation simple.



# 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!*



# MORTON'S

## *Neuroma*

Feet First! Don't you deserve relief?

**M**orton's neuroma is a painful disorder of the foot. The condition may begin when pain is detected around the ball of the foot, normally between the third and fourth toes. If you suffer from Morton's neuroma, then you'll know the feeling—discomfort around the ball of the foot, similar to a small rock stuck in your shoe.

### WHAT IS MORTON'S NEUROMA?

Morton's neuroma occurs when a nerve

in the ball of the foot swells or thickens. When toes are cramped together over long periods of time, it can cause swelling in the nerve between the toes. This swelling will become increasingly painful, especially when walking. You may find that when you wear tight shoes or high heels, pain worsens.

Morton's neuroma may progress to affect one or both feet. What starts as a slight tingling sensation in between the toes can worsen over time. Toes may cramp. Sharp pain may shoot through the foot. It may be

almost impossible to place weight on the ball of the foot or the base of the toes.

### Common symptoms of Morton's neuroma include:

- Tingling between the toes
- Painful burning/sharp pain in the foot
- Pain worsens when walking
- Tingling and pain that worsens over time
- Cramping in the toes
- Pain increases when wearing tight shoes

Changing into roomier shoes can provide



some relief, but hardly addresses the root of the problem.. Constant discomfort in the foot can affect quality of life. You may find it difficult to walk and exercise. As a result, your wellbeing will inevitably suffer.

### WHAT CAUSES MORTON'S NEUROMA?

As described, Morton's neuroma pain is triggered by an irritated or compressed nerve between the toe bones. Although the exact cause remains unknown, experts have identified risk factors that may play a role in the development of symptoms.

#### Many podiatrists point to common foot problems that could exacerbate the issue:

- Flat feet
- High arches
- Bunions
- Hammer toes
- Abnormally positioned toes

A physician may tell you that tight footwear and rigorous exercise can aggravate the condition. You may be advised not to play sports or engage in strenuous activity. But again, this recommendation doesn't address the cause of the disorder. Avoiding exercise may offer temporary pain relief, but it will compromise your health.

A sedentary lifestyle is not a cure for Morton's neuroma.

### THE TRUTH ABOUT MORTON'S NEUROMA TREATMENT

Besides avoiding physical activity and walking that can trigger pain, a podiatrist may advise surgery. At face value, surgery may seem like an ideal solution for Morton's neuroma, especially if you have struggled with pain, swelling, and cramping for years on end.

Yet according to Present Podiatry, surgery is not the answer for the majority of patients. Up to 80% of patients with

Morton's neuroma do not need surgical intervention. Furthermore, 20% of patients who undergo surgery are dissatisfied with the outcome.

One study conducted on 115 patients with Morton's neuroma confirmed that 80% of sufferers fared better without surgery. Other treatment options were explored, including wearing a wider shoe and using prescription injections for three months without improvement. The study reported that four out of five patients found foot pain relief without invasive surgery.<sup>1</sup>

For the vast majority of health issues, surgery should not be the first course of action.

If you've been struggling with chronic pain for many years, a "quick fix" surgery may seem like the answer. Yet surgery is never a quick solution. Surgery is invasive and requires months of rehabilitation. You may be prescribed harmful drugs with risk of side effects. Worse still, if the underlying cause of the condition is never addressed, symptoms could reoccur in the future.

### THE SERRAPEPTASE CONNECTION

Sufferers of Morton's neuroma are shocked to hear that nutritional therapy can offer pain relief. The natural enzyme serrapeptase has helped those with the condition find relief and regain their ability to walk without pain.

Serrapeptase is an anti-inflammatory enzyme that comes from the intestine of the silkworm. Serrapeptase's ability to break down non-living tissue and inflammation can directly benefit Morton's neuroma recovery.

One serrapeptase user describes their experience, "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 pains have disappeared! Thanks."

### Recommended Product

**SERRAPLUS+ 80,000IU**  
80,000iu's serrapeptase per  
tab/cap mixed with MSM &  
Trace Minerals.



Another Morton's neuroma sufferer confirms, "Serrapeptase completely cured my Morton's Neuroma some years ago."

While surgery can be beneficial in emergency circumstances, it's always best to start with natural remedies. The enzyme serrapeptase can calm inflammation in the body. Morton's neuroma sufferers report near-miraculous results and long-term pain relief.

Eating healthy foods is always recommended alongside serrapeptase use. The foods you eat each and every day affect your health from head to toe. Cutting out processed foods and starchy carbs will work hand-in-hand with serrapeptase to calm inflammation in the body. Eating fresh vegetables and dark-skinned fruits regularly will give your body the antioxidant protection it needs to guard against damage.

Even with a chronic pain condition like Morton's neuroma, it is still important to walk and move every day. Use exercise to build up your strength and support your recovery system. If pain is severe, commit to a minimum of two minutes of physical activity a day and build from there. The most effective treatment for Morton's neuroma does not involve a sedentary lifestyle and surgery. You can get your life back and find relief.

### Sources

*Morton's Interdigital Neuroma: A Comprehensive Treatment Protocol* GL Bennett et al 1995 *Foot Ankle International* Vol 16, No.12/December 1995

# HEALTH news

## 40 PER CENT OF MEDICAL PRACTICES AND DRUGS ARE USELESS, SAYS MAJOR REVIEW

Around 40 per cent of medical procedures and drugs—such as COX-2 painkillers, stents for coronary artery disease and HRT—have never worked and should be stopped, a major review of current practices has concluded.

The practices “were instituted in error, never helped patients and have eroded trust in medicine,” says Dr Vinay Prasad, a chief fellow of America’s National Cancer Institute. They also take up valuable resources and money.

In reviewing 363 studies on established medical practices, Dr Prasad found that just 38 per cent were proven to be beneficial; 22 per cent were inconclusive and 40 per cent were not helping the patient.

Examples of useless practices included:

- Stents for stable coronary disease
- HRT (hormone replacement therapy) for post-menopausal women to help prevent heart disease
- Pulmonary artery catheters for patients in shock
- The drug, aprotinin, in cardiac surgery
- The COX-2 painkillers

(Source: Mayo Clinic Proceedings, 2013; 88)

## EXERCISE BETTER THAN DRUGS AFTER A STROKE

Exercise is better for you than a prescription drug after you’ve had a stroke. Physical activity will do more to help you live longer, a major new study has found.

And physical activity is as good as a drug when it comes to heart disease, say researchers. The only drugs that were more effective than exercise were the diuretics for heart failure.

Researchers from Harvard and Stanford universities and London School of Economics analysed 305 studies that had tested exercise against drugs for four of the major conditions of the West: coronary heart disease, stroke, heart failure and diabetes. Overall, death rates in the drugs and exercise groups were similar, other than for stroke victims, where exercise prolonged life better than drugs, and heart failure, where diuretics were more beneficial than exercise.

The researchers say that doctors should start recommending exercise alongside a prescription.

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



## SKIPPING BREAKFAST INCREASES HEART ATTACK RISK

It’s been said that breakfast is the most important meal of the day—and now researchers have proved it. Skipping breakfast increases your chances of a heart attack, but so too does eating late in the evening.

People who regularly skip breakfast have a 27 per cent higher risk of heart attack or cardiovascular disease that results in death. Breakfast-skippers were also more likely to be overweight, have high blood pressure and cholesterol, and suffer from diabetes, which can all lead to heart disease.

The risk rises to 55 per cent if you eat very late in the evening, and after your usual bedtime, say researchers from Harvard School of Public Health.

The researchers had looked at the lifestyles and eating habits of 26,902 male health professionals aged between 45 and 82 for a period of 16 years. The men who skipped breakfast were also more likely to be smokers, were unmarried, were less active and drank more alcohol, but researchers say they accounted for these risk factors in their analysis.

Although the risk seems far higher among late eaters, so few people in the study actually did this that the researchers don’t feel they have enough data to definitively state it is a dangerous habit.

And the perfect breakfast? Try nuts and chopped fruits in a bowl of whole-grain cereal or oatmeal, they suggest.

(Source: Circulation. 2013; 128: 337).

Source: [www.WDDTY.com](http://www.WDDTY.com)



# 6 of the BEST

## 6 of the best for Children's Health



### XYLITOL CHEWING GUM

#### TOOTH MINERALISATION

It has been authorised that 'chewing gum sweetened with 100% xylitol has been shown to reduce dental plaque'. High content/level of dental plaque is a risk factor in the development of caries in children.

Xylitol gum is 100% xylitol and is available in various flavours: Fresh Fruits, Green Tea, Cranberry, Peppermint, Spearmint & Cinnamon. 1 tube contains 30 pieces.



### ACTIVE LIFE LIQUID MULTIVITAMIN

Make sure your children get all their essential vitamins – in one! Active Life contains over 90 liquid vitamins & minerals, in a great tasting orange & mango flavour.

Shake before use, mix with a glass of juice or water. Dose-

Children under 12 years- x1 teaspoon in the morning and x1 in the evening.

Children over 12 years- ½ fl.oz. in the morning and ½ fl.oz. in the evening.



Active Life is for all the family, so you can take it too!

### PROBIOTIC14 SUPERIOR BLEND OF FRIENDLY BACTERIA

There are many studies which demonstrate the importance of probiotics for your child's health. Probiotic14 contains a superior blend of 14 viable strains of friendly bacteria and over 9 billion colony forming units!

The capsules are small, so are easy to swallow.

Alternatively break open the capsule and mix with food, such as organic yoghurt.



### ESSENTIAL DIGESTIVE PLUS DIGESTIVE ENZYME FORMULA

You are what you absorb, not what you eat (healthy food still necessary)! Make sure your child gets the nutrients from healthy food with the help of Essential Digestive Plus. Combining the power of 8 digestive enzymes, Essential Digestive Plus will help to break down foods such as fats, dairy, carbohydrates, proteins.



### MSM & SILVER DROPS ONE FOR THE CUPBOARD

Multi-purpose drops which combine MSM (methylsulfonylmethane), a natural sulphur that resides in the body, with Hydrosol Silver, the best form of Silver. Handy to



keep for many eventualities!

Use 1-2 drops per application, when needed.

Coral Kids Toothpaste BubbleGum

### NATURAL TOOTHPASTE

In the same way as the chewing gum, this Xylitol toothpaste contributes to the maintenance of tooth mineralisation. Formulated with EcoSafe ionic coral minerals it contains calcium and 73 other trace minerals.

It DOES NOT CONTAIN any: fluoride, sodium lauryl sulphate, glycerin, synthetic colours, synthetic flavours or synthetic preservatives.

This is a great toothpaste for kids; an alternative option is Coral Mint toothpaste, which also avoids all the nasty ingredients found in many other toothpastes.



# 5 ESSENTIAL NUTRIENTS TO REVITALIZE YOUR TIRED *skin*

Beautiful skin outside reflects inner wellbeing.

**Y**our skin is the largest organ of your body. It's also the first place to show signs of aging and deteriorating health. Common skin issues—like acne, dryness, and irritation—can indicate further health problems that lurk underneath the surface.

Dr. Georgiana Donadio, founder of

the National Institute of Whole Health, explains, "Your skin is the fingerprint of what is going on inside your body, and all skin conditions, from psoriasis to acne to aging, are the manifestations of your body's internal needs, including its nutritional needs."

Your skin health is directly related to your nutrition.

**Become the watchdog of your own health.** Look for signs of poor skin conditions, such as:

- **Acne** - Skin overproduces oil and irregularly sheds dead skin cells.
- **Blotchy/uneven skin tone** - Skin is malnourished, tired, and dehydrated.
- **Flaky** - Skin is dry, dehydrated, and irritated, perhaps related to a skin



condition like psoriasis or a thyroid disorder.

- **Hyperpigmentation** - Skin has dark spots linked to UV damage, medications, or existing clinical conditions, like pituitary tumors or liver disease.
- **Rash** – Skin shows patches of redness and inflammation which may be an allergic reaction to an irritant; rashes may also be caused by fungal or bacterial infections or more serious illness.
- **Wrinkles** - Skin loses elasticity and shows signs of sagging, stress and environmental damage from smoking, UV damage, or pollution. Some wrinkles are inevitable, though premature aging can be minimized.

Whilst it may be tempting to slather your skin with the latest beauty products and anti-aging remedies, you may be wasting your money if you fail to address internal health issues first. You can have glowing, supple, youthful skin free from conditions like acne, eczema, and psoriasis when you give your skin the support it craves with five key nutrients.

## 5 VITAL SKIN NUTRIENTS YOU COULD BE MISSING

**1. Biotin**- is a water-soluble vitamin and essential enzyme cofactor that helps regulate fatty acid metabolism. Your skin thrives on balanced fat production. Fatty cells will protect the skin's surface against environmental damage, as well as flakiness and irritation caused by dehydration. Biotin further supports balanced nervous system response, macronutrient metabolism, and psychological function.

**2. CoQ10.** This important skin nutrient is often called vitamin Q. CoQ10 is essential in the production of cellular energy and also provides protective antioxidant benefits. CoQ10 becomes even more important with age, since CoQ10 levels in the body decline with aging. Cells

become less efficient in energy production and antioxidant protection, and signs of age—especially wrinkles—will appear. Even more potent benefits can be found in the reduced form of CoQ10, ubiquinol. Research supports that ubiquinol offers more efficient absorption and enhanced bioavailability compared to other forms of CoQ10.

**3. Curcumin.** Turmeric extract is renowned for its ability to retard inflammatory enzymes. It is also a potent antioxidant that can neutralize harmful free radicals to curb damage, and support skin health. Potent curcumin at high doses can protect against a number of serious skin conditions—including skin cancer, acne, and psoriasis, as confirmed by the National Psoriasis Foundation.

**4. Copper.** This vital mineral is required for healthy connective tissue, iron transfer, immune function, hair pigmentation, and skin pigmentation. Copper is a trace mineral that can be found in all body tissues and works as a protective antioxidant. Copper supports collagen formation and skin elasticity to reduce the effects of premature aging.

**5. Magnesium.** This critical mineral is commonly deficient in Western populations. Topical magnesium gel or oil can absorb directly into the skin to support detoxification, stress and the formation of healthy skin tissue. Increasing dietary intakes may benefit symptoms of dermatitis, eczema, psoriasis, and acne.

## YOUR HEALTHY SKIN DIET

Even with these five healthy skin nutrients, it will be impossible to transform your skin if you don't also make changes to your diet. If you still eat commercial, processed foods high in carbs and sugar, your skin will still suffer.

## Try Me!

**Derma Q Gel Cream**  
upto x5 more CoQ10  
than any other skin  
care cream, 100%  
natural with NO harsh  
exfoliants or peeling chemicals, 100%  
paraben free



- Eat 9-14 servings of fresh or frozen veggies a day.
- Eat 5 servings of antioxidant-rich, dark-skinned fruits a day.
- Eat 2 avocados a day, the all-time superfood.
- Eat 5 servings of beans, nuts, and seeds a day (soaked, mashed nuts and seeds).
- Eat 3-4 servings of oily fish a week, such as salmon, sardines, or mackerel.
- Eat pasture-fed meats or chicken in moderation, if you eat meat.
- Enjoy hemp, omega 3, krill, olive, and coconut oils liberally.
- Drink 8 glasses of distilled or filtered water a day with a pinch of bicarbonate of soda.
- Take 3-5 teaspoons of sea or rock salt a day in food or water, with an iodine supplement.

You can eat your way to healthy skin.

Importantly, it is critical to cut out all starchy carbohydrates and eat a nutritious, wholesome diet. Eliminating pastries, cookies, cereals, breads, potatoes, and pasta can help to minimize skin outbreaks. This is especially urgent if you have a skin condition with regular flare-ups, like eczema, acne, or psoriasis.

After revitalizing your diet, you can focus on the right nutrients to restore skin health—biotin for glowing skin, CoQ10 to minimize wrinkles, curcumin to calm inflammation, copper for healthy pigmentation, and magnesium for detoxification and new skin growth. Bless your skin with balanced nutrition.

# 250 Million Years in the Making

## How can Magnesium help me?

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

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



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

**ORIGINAL, PROFESSIONAL STRENGTH  
MAGNESIUM PRODUCTS**

Ancient Minerals™ is drawn from the 250 million year isolated Ancient Zechstein Seabed, 2km beneath the earth's crust.

- *Ultra Pure & Highly Concentrated*
- *Rapidly Absorbed*
- *Available as an oil (highest concentration), bath flakes, gel or as a lotion (lightest concentration).*
- *The lotion can be used as a daily skin moisturiser*



# Occasional treats and desserts

## MACA TRUFFLES

### INGREDIENTS

6 dates, chopped  
 3 tbsp raw cacao powder  
 2 tbsp raw maca powder  
 ¼ tsp ground cinnamon  
 ¼ tsp vanilla extract  
 1 cup shredded coconut  
 ½ cup hemp seeds  
 ½ cup flaked almonds  
 2 tbsp coconut sugar/nectar  
 3 tbsp coconut oil  
 Optional extras – acai powder (2 tbsp); raw mesquite powder (1 tsp); raw cacao nibs (1 tsp); greens powder (1 tsp)

### Method

1. Add all ingredients to a food processor. Pulse for 2 minutes or until mixture looks like chocolate cookie dough. Add water if mixture is too thick.
2. Remove cacao mixture from food processor. Roll into small balls.
3. Refrigerate for an hour. Dust with cacao, cinnamon and/or coconut.

## APPLE CRUMBLE

### Recipe 3-6 portions

4 apples  
 1 ¾ cup almond flour  
 ½ cup shredded coconut  
 2 tsp cinnamon  
 ½ tsp real vanilla powder or 1 tsp vanilla extract  
 A pinch of Himalayan pink salt  
 3 tbs coconut sugar/nectar or raw honey  
 100 g (3.5 oz) coconut butter, or organic grassfed butter, room temp

### Method

1. Preheat oven to 160c.
2. Slice the apples thinly and place them in a pie dish that you have greased with coconut oil or butter.
3. Sprinkle some cinnamon on top of the apples.
4. Mix together the almond flour, shredded coconut, cinnamon, vanilla, salt and sweetener.
5. Blend down the butter with your hands so you will get a crumble.
6. Sprinkle the crumble on top of the apples.
7. Place in the oven for about 30-40 min or till it's golden and looks beautiful.

## HOMEMADE CHOCOLATE

### Ingredients

2 oz coconut butter/oil  
 1 oz cacao butter in small pieces  
 3 oz cacao powder  
 Raw honey to taste  
 Any additional added ingredient - nuts, salt, dried fruit. I'm adding chunky himalayan salt.

### Method

1. Using a bain marie/double broiler, slowly melt the coconut & cacao butter together, stirring often. Once melted slowly add the cacao powder, whisking constantly to avoid lumps.
2. Once the cacao powder is incorporated smoothly, add honey. Continue to whisk, taste & add honey until it meets your preference (remember the least the better!).
3. Stir in the sea salt. Remove from heat & carefully pour into molds & place in the freezer to harden. Store in freezer.



## CHOCOLATE CHIA SEED PUDDING

### Ingredients

1 cup Almond Milk or Coconut Milk  
 2 Tbs Organic Cocoa Powder  
 ¼ cup Chia Seeds  
 Splash of Vanilla  
 Dash of Cinnamon

### Method

1. Mix everything together in a bowl. Then cover.
2. Put into the fridge overnight.
3. Get out in the morning and stir to break up any chunks.
4. Serve with some chopped up strawberries or fruit of your choice.



# ANTIBIOTICS *are used and abused*

Read this before you take your next course of antibiotics.

**A**lmost everyone has been prescribed antibiotics at some stage of life. Many doctors prescribe antibiotics as a precautionary measure. Instead of focusing on the bigger picture of overall health, antibiotics are given frequently, without adequate reason, as a means to safeguard against the possibility of infection.

Babies, young children, and the elderly are given antibiotics too readily.

## THE ANTIBIOTIC RESISTANCE EPIDEMIC

As a result of antibiotic overuse, antibiotic resistance has been observed in all classes of these drugs. This simply means that

superbugs have developed in response to constant antibiotic use. Strains of bacteria have become resilient to survive antibiotic formulations. Some pathogens are even considered multidrug resistant, making them more dangerous than ever before.

As far back as 1992, the Centers for Disease Control in Atlanta, Georgia, published a paper called "Epidemiology of drug resistance: implications for a post anti-microbial era" in *Science* (Cohen '92). This paper gained popularity for its coverage of unchecked antibiotic resistance in hospitals and surrounding communities from 1950 to 1990.

Antibiotic resistance may cause history to repeat itself.

Deadly superbugs are on the rise

once again. Despite modern medical breakthroughs and improved sanitation in our contemporary world, UK authors published an article in the *Lancet*, warning the public of the seriousness of increasing bacterial infection death rates. Authors believe that bacterial infection fatalities "might return to those of the early 20th century," being directly related to antibiotic overuse.

What are repercussions of antibiotic abuse? If antibiotics are no longer effective to fight off infection, even routine medical procedures could pose risks. A patient undergoing simple surgery could develop a postsurgical infection. If antibiotics become ineffective to treat the infection because of antibiotic resistance, basic





surgery could be fatal.

Let's not forget the "backdoor" antibiotic risk. The Centers for Disease Control in the US issued a 2013 report that confirmed a connection between routine antibiotic use in livestock and growing superbug infections among people. More than 70 percent of antibiotics sold in the US go directly to farm animals. Animals farmed in poor conditions are at a higher risk of infection. Antibiotics keep livestock infection levels low to increase profit, and these drugs also have a metabolic effect to fatten up the animals.

So, we are eating antibiotics in processed meat to further increase exposure. The same antibiotics also

contribute to the problem of antibiotic resistance in the environment. Antibiotic resistance is serious and widespread. It can result in thousands of deaths a year and millions of related infections.

### PREVENTION IS THE ONLY WAY

Antibiotics have long been used as the first course of action to fight infection. Antibiotics have certainly saved lives, but growing antibiotic resistance can't be discounted. Antibiotic overuse has become equally dangerous and leaves modern society vulnerable to serious infection and even death.

Researchers believe that prevention starts with nutritional therapy. When the body is lacking in essential nutrients, immunity is compromised. A person that eats a pro-inflammatory diet full of processed, commercial foods may not have the nutrients they need to ward off an outside attack. Vital supplements for robust immune health include zinc, vitamin C, omega-3 fatty acids, and probiotics.

Yet the majority of us will continue to suffer. The reason why? Poor diet and sedentary lifestyle are also a growing epidemic, along with antibiotic resistance. When you put all of these risk factors together, infection is an even greater possibility.

Lower levels of physical activity and poor nutrition will deplete the body of essential micro and phytonutrients. A poor diet also means lower fruit and vegetable intake, which can support immune health with natural anti-adhesins and antibacterial properties. Modern agricultural methods and food processing technology may also contribute to the problem—stripping fresh produce of essential nutrients.

Environmental and dietary factors burden the immune system. This phenomenon is obvious anytime you

travel to a less developed country. There, you may be at greater risk of pathogenic infection, to which the locals are naturally immune. Clearly, pharmaceuticals aren't the answer to superbug strains of bacteria, virus, and yeast.

### ANTIBIOTIC COMMON SENSE

It's important to take antibiotic use and exposure seriously to prevent the spread of antibiotic resistance. It's critical not to take antibiotics unless you have a bacterial infection that requires treatment. This can be discussed with your doctor to determine if antibiotics are really needed; bacterial infection must be confirmed through a medical lab before antibiotics are administered.

More than half of all antibiotic drugs are unnecessarily prescribed.

Beyond antibiotic use, immune health is more significant than ever before. Immune health holds the key to fight deadly superbugs. Robust immunity is the only way to overcome infection. Support your immune health daily with really healthy foods and essential nutrients. Immune boosting nutrients like vitamins A, B, C, D, E, and zinc are highly recommended.

Hypothiocyanite ions taken directly can significantly enhance immune function. Hypothiocyanite ions were first used for food plant sterilization in France and later for bulk milk sterilization by the World Health Organization. Today, the same benefits are seen in immune therapy in Finland and the UK, spurred on by a dental professional who used hypothiocyanite ions to prevent and manage periodontal disease.

You can fight against antibiotic resistance by only using antibiotics when absolutely necessary. You can reduce your risk of infection with natural immune-boosting nutrients to cut down on antibiotic overuse.

# Important questions answered

Courtesy of your personal health coach Robert Redfern



## LUNG HEALTH

**Q:** I've been suffering terrible sinus problems. Had a CAT scan yesterday and it showed the left side of my face is all blocked. I've just taken 5 days of a 6 day Medrol dose pack, with no results. The doctor prescribed Avelox which I don't want to take. I was taking Serrapeptase. Can I go back to taking Serrapeptase in the evening though I've been taking the 6 day dose pack 4mg of Medrol? I also finished a 20 day dose of Biaxin and the sinus infection has come back since being off the Biaxin.

**A: Robert says:** Normally I recommend SerraEnzyme 80,000iu x 3 times per day or 2 x 3 if acute, 30mins before eating a meal, with a glass of water.

Drink 6-8 glasses of water with a pinch of bicarbonate of soda in each glass. Stop all starchy carbs and cow's milk products (sheep's and goat's products are fine) Serranol is the super formulation to take if your existing supplement is not working. This contains four super nutrients such as Serrapeptase, Curcumin, Nattokinase, Ecklonia Cava extract and Vitamin D3. Healthy diet is important too, see [www.reallyhealthyfoods.com](http://www.reallyhealthyfoods.com) for recipe ideas that will support the recovery process.

## CARDIOVASCULAR HEALTH

**Q:** I was talking about Serrapeptase with a friend of mine and he mentioned that when blood clots are interfered with they might break away and reach the brain or the heart to cause problems. Any views on this? Could this sort of problem occur as a result of Serrapeptase? Has your research covered this aspect? Who conducted the research, where, when etc? Many thanks.

**A: Robert says:** Serrapeptase has been available for over 30 years and this is not a

reported problem. Clots form as a result of chronic inflammation and by stopping the inflammation you stop the clots forming. Anyone with a serious clotting problem would use my BlockBuster formula that has Nattokinase - another enzyme that is superior to Warfarin at dissolving clots as they form. Your questions are also answered in my book *The Miracle Enzyme™* which also has links to the studies.

## AUTOIMMUNE HEALTH

**Q:** My daughter (age 48) has Rheumatoid Arthritis, her 16 year old son has Asperger's (autism) and I have end stage glaucoma. Which of us can be helped by taking serrapeptase? If you have any information on any people helped by serrapeptase that have these problems I would sure appreciate the info. Thank you.

**A: Robert says:** Everybody (including your daughter and son) will get relief with serrapeptase as most conditions have inflammation as part of the problem. However, if they want to clear up the problem once and for all they need to follow my full autoimmune health plan and this includes a diet change to really healthy foods for the rest of their lives.

The RA and Asperger's are reasonably easy to clear up but I need full details regarding your glaucoma as there are many different types and causes of this condition.

## DIGESTIVE OR SKIN HEALTH

**Q:** Dear Robert, A scan has shown that I have a 'mass' in my stomach approximately 5cm by 5cm; no pain a bit of tenderness, and I have high levels of stomach bacteria - the doctor has put me on a week's course of Nexium Hp7 to clear the bacteria and I need to go back to the doctors in six

weeks after tests have been carried out. Can you suggest any other alternative methods that I can employ to tackle this situation?

**A: Robert says:** The simple term 'mass of bacteria' is a silly unscientific term that shows the ignorance of the medical system. Our body contains a huge mass of essential bacteria and we would die without it. What your doctor is really referring to is a mass of 'unfriendly' bacteria. The cause of this is many and varied but the two most common are lack of friendly bacteria (aka probiotics) in the diet and/or a diet with lots of high sugar foods (grains, cereals, high sugar fruits, milk products etc). The solution is the same whether before taking the Nexium antibiotics or after taking them and that is to take a high dose of Prescript Assist (see it and studies at [www.Probiotic29.com](http://www.Probiotic29.com)). See [www.reallyhealthyfoods.com](http://www.reallyhealthyfoods.com) for food ideas too.

## PET HEALTH

**Q:** We have a five-pound chihuahua that is 14 years old. She has some serious issues with her heart (enlarged, poor circulation). She also has small seizures three or four times a day where she loses her legs and collapses. She cries out when these happen and needs comforting to get through them. Fortunately, after a few minutes, she is ok and back up on her feet. Will Serrapeptase help her? What dosage should a small dog like this get? Thank you so much.

**A: Robert says:** Give her 1 SerraPet x 2 times per day, 30mins before eating a meal. Give it to her in her muzzle and then hold it closed and stroke her throat until she swallows. It's also wise to give her a daily multivitamin/mineral with selenium in it.



**Q: I have just purchased my first serrapeptase tablets - do you think I will be ok as I have suffered for over 20 years with an underactive thyroid? I take 150 mg Thyroxine each day, I was taking the serrapeptase to aid with urticaria - this is a rash and itch problem I have recently developed.**

**A:** It is fine to take the tablets with any drug and it may help your thyroids as well. Underactive thyroids are caused by a deficiency of iodine and eating a high starchy carbs, surgery diet. You still need iodine for many other health issues around the body (even if you want to carry on taking the drugs) and I recommend the following: Nascent Iodine drops - 23 drops x 3 times per day in a little water.

Stop starchy carbs and high sugar foods and follow the plan as attached and at <http://www.reallyhealthyfoods.com>. It is likely that you will need to lower the thyroid drugs if you follow this healthy lifestyle as healthy people do not need drugs of course.

**Q: I have thyroid eye disease and over 1 year ago I had a two wall decompression surgery to have my eyes settle back into a normal position and other surgeries as well. I don't know if you are familiar with thyroid eye disease? Anyhow I now have more protrusion and eyelid retracting now. I go in for a CT scan in 2 weeks to see how much inflamed tissue is surrounding it as well as behind my eye. I do not want to have any more surgery...A friend of mine told me about serrapeptase and I have done some research on this product. I have taken it now for 2 days...How long will I need to take this for...? I have pressure and pain behind my eye. I also take natural supplements like flaxseed oil, and selenium etc. Will it help with my condition?**

**A:** I strongly recommend: Nascent Iodine Drops - 2 drops x 3 times per day in a little water. Serranol - 2 capsules x 3 times per day, 30mins before eating a meal, with a glass of water. You can take 1 serrapeptase x 3 times, at the same time as the Serranol.



Stop all wheat products completely. You should start to see results in 30-45 days.

**Q: For the last 35 years I have suffered from spots on my scalp. In more recent years, the number of spots has increased and I tend to scratch at them without thinking. In the last 10 years or so these spots have spread to the back of my neck and shoulders and part way down my back. I think that stress can make them worse.**

I have tried various lotions and potions and taken echinacea. Two years ago my doctor prescribed a month long course of antibiotics (I think she said it was for acne). I didn't collect the antibiotics from the pharmacy, because a friend told me that they can make one feel very low, and at that time I was not feeling on top of the world.

**Can you tell me of anything that can help me to get rid of these annoying and unsightly spots, please?**

**A:** Take Serranol - 2 caps x 3 times per day. If infected use Hydrosol Silver gel until healed and then Derma Q-Gel apply to spots two times daily. See them both at [www.goodhealthnaturally.com](http://www.goodhealthnaturally.com)

**Q: I have symptoms of Peyronie's disease and in my research stumbled across Serrapeptase. Your website and booklet have been informative and helpful. Do**

**you know if Serrapeptase can assist in a cure of Peyronies disease?**

**A:** I am confident you can clear it. I recommend BlockBuster AllClear, taken 2 x 3 times per day, 30 minutes before eating a meal. Alternatively take SerraPlus, 1 capsule x 3 times per day. Also take Nascent Iodine Drops - 3 x 3 drops a day.

**Q: I have been reading about serrapeptase. I am considering trying this for Morton's Neuroma. I have also read that this is a natural painkiller. Will this block the pain and therefore need to be taken on a continual daily basis or will this help clear the problem and only need to be taken for a certain length of time?**

**A:** The pain associated with Morton's Neuroma is as a result of pressure from fibrosis pressing on a nerve. Serrapeptase will clear this fibrosis and of course the pain that results from it. If the cause of the fibrosis (e.g. vitamin or mineral deficiency) is resolved, then the fibrosis will not return. I recommend: Take SerraPlus+ 2 x 3 times per day, 30mins before eating with a glass of water.

Also drink 6 other glasses of water with a pinch of bicarbonate of soda in each glass over the course of the day. I also recommend cutting down on starchy carbohydrates and increasing green vegetables and dark skinned fruits.

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Robert Redfern's facebook page for serrapeptase, The 'Miracle' Enzyme.

**Serrapeptase Info On FaceBook**

**TheMiracleEnzyme**  
2,549 likes · 86 talking about this

**Website**  
The miraculous story of serrapeptase: solution to pain, chronic inflammation and clogged arteries. The silkworm works hard for survival, digesting tough mulberry leaves

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**Testimonial - Pulmonary Fibrosis**  
I was diagnosed with pulmonary fibrosis

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Leave your own testimonial to help spread the word on serrapeptase. If you are a serrapeptase fan this is a page for you!

<http://serrapeptase.info/Serrapeptase-Testimonials/mortons-neuroma/taking-serrapeptase-for-mortons-neuroma-and-stress-fracture-inflammation/>

**Taking Serrapeptase For Morton's Neuroma and Stress Fracture Inflammation | Serrapeptase Information**  
serrapeptase.info

"Hi Robert, Your plan has helped a lot. I have been following it for a month. I plan to..."

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13 people like this.

**Beryl Spencer** thanks for brilliant info keep it up  
26 February at 15:36 · Like · 1

**Mark Welshinger** I've been taking Serrapeptase for a couple of weeks and it seems to be helping some.  
26 February at 19:31 · Like · 1

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**Likes**

- My Good Health Club** Company
- CurcuminHealth** Community
- The Health-Care Survivor** Author
- Naturally Healthy Publications** Public Figure
- EyesightNu** Website

**TheMiracleEnzyme** shared a link.  
26 February

## Recent Posts By Others

**Dalonsa Shanet Thomas**  
Many people doubt Serrapeptase and if it really works. Dora it really dissolve scar tissue and adhesions?  
Like · Comment · 1 March at 22:38

**Nancy McLeod**  
What about Costochondritis? What will this Miracle Enzyme do for someone who has Costochondritis and is taking BP meds as well. Information would be much appreciated.  
Like · Comment · 1 March at 03:33 via Mobile

**Kristan Forsberg Prieto**  
I just purchased some serrapeptase to help with uterine fibroids. I bought I believe the dosage is 40,000. I started slow to see how I would react and I am on day 3 and started 3 capsules in the am. I have been doing research and it has some conflicting reports of side effects. Where can I find studies that show the safety of this supplement? I am optimistically hopeful this will help. I have also had 2 c sections and a tub ligation, so I am sure I have lots of scar tissue as well... I did not purchase the brand you have on your page, I bought the vitamin world brand. I was also looking to vitallym. Any thought or suggestions would be greatly appreciated. Thank you!!  
Like · Comment · 28 February at 18:26

**Dalonsa Shanet Thomas** likes this.  
**View 2 more comments**

**Kristan Forsberg Prieto** I hope it works too 😊 I do not want to face a hysterectomy... Best wishes to you!  
28 February at 23:25 · Like · 1

**Dalonsa Shanet Thomas** I wish you luck as well. And thanks  
1 March at 04:24 · Like

**Momolu Dorley**  
How can I get Serrapeptase? In Turkey, I surfed for it in a fleet of pharmacies and nutritional stores but to no avail. Already ordered via Amazon. Just want to know whether you have your product in Turkey! Suffering from cervical and lumbar spine problems. Had two cervical surgeries and varicocele surgery as well. Preparing for lumbar surgery!

**Anita Shah**  
Robert, is there an upper limit for nattokinase? I see products ranging from 2000 FU to 15000 FU per capsule!  
Like · Comment · 19 February at 04:53

**View 1 more comment**

**Anita Shah** isn't there a danger of blood becoming too thin by taking much nattokinase?  
20 February at 02:54 · Like

**TheMiracleEnzyme** Enzymes taken in excess of need are recycled into other enzymes so generally the answer is no.  
20 February at 05:36 · Like

**Write a comment...**

**Helen Stapleton**  
Stuart Howarth Can I introduce you to Robert... Maybe email him and tell him what you are going through, these enzymes have helped me with blood clots and endometriosis and kidney problems, they have been a godsend to me. <http://www.serrapeptase.info/info/> Is his website xx

**Serrapeptase Information**  
[www.serrapeptase.info](http://www.serrapeptase.info)  
Is Serrapeptase the Miracle Enzyme? It's Serrapeptase the Miracle Enzyme! 3,84/5 (76.83%) 120 votes A remarkable book that can change your life! Claim Your FREE 34 pages Serrapeptase - A 2nd Gift from Silkworms The natural Chelation-Anti-Inflammatory Serrapeptase has had wide

**Like · Comment · Share** · 15 February at 16:33

**Dalonsa Shanet Thomas** likes this.

**TheMiracleEnzyme** Stuart, Please use my new helpdesk [www.GoodHealthHelpDesk.com](http://www.GoodHealthHelpDesk.com) where I have more resources and privacy.  
15 February at 18:47 · Like

**Write a comment...**

**Anita Shah**  
Please suggest heart healthy preventive protocol for someone over 70, in relatively good health. He already takes one baby aspirin daily  
Like · Comment · 15 February at 06:17

**View 5 more comments**

# BETTER THAN FISH OIL?

Super Rich Source Of Ultra Pure Omega 3, 6 & 9

**FACT:** The KRILL Miracle contributes to the maintenance of normal brain function

**FACT:** The KRILL Miracle contributes to the maintenance of normal vision

**FACT:** The KRILL Miracle contributes to the normal function of the heart

The KRILL Miracle is a super rich source of ultra pure **Omega 3,6 and 9**. When compared to fish oil, one of the most popular dietary supplements, KRILL is thought to have a greater level of antioxidants and is without any fishy aftertaste.

It is also a higher quality because KRILL are only found in the Southern Oceans, the only oceans in the world that remain unpolluted by heavy toxic metals, dioxins and other contaminants.

The E.U. recently confirmed and authorised the claims that DHA & EPA (in Krill) helps support your Brain, Vision & Heart.

## Three HUGE benefits from one capsule.

It also contributes to the normal brain development of the foetus and breastfed infants and maternal intake contributes to the normal development of the eye of the foetus and breastfed infants.

The KRILL Miracle is made using Superba Krill Oil, European Novel Food approved and processed from sustainable harvests in the Antarctic Ocean, using a patented Eco-harvesting fishing system which ensures no by-catch.

**NOW DELIVERED USING A VEGETABLE LICAP MAKING THIS PRODUCT SUITABLE FOR EVERYONE**

(previously, like most other KRILL products this was in a gelatin shell)





# TESTIMONIALS

**M**aking a commitment to eat nutritious foods, stay active, and take quality supplements can literally change your life. Serrapeptase users with chronic and even life-threatening health issues have seen amazing results:

"I ordered SerraEnzyme today – it is the best product on the market ever for improving lung health. THANK YOU."

George B.

**"I have been taking SerraEnzyme 80,000IU twice a day for carpal tunnel and it has helped tremendously. I would like to continue taking it for anti-aging. I am 54. Thank you."**

Mary O., United States

The potent compound curcumin is another wonder supplement with proven results to balance health:

"I am in my 70's now, but when I was in my 30's I had a hysterectomy and they took some of my bowel away at the same time. I have had trouble with my bowels ever since. I started taking Serranol and Curcumin in December last year and am delighted to say that my bowels are now perfect."

Marian T.

On top of making lifestyle changes, a device like HealthPoint can offer relief using electronic acupuncture to stimulate healing in the body:

"I tried going to a chiropractor, bed rest, and no activity. After getting my back realigned, I was still in pain, until I used the HealthPoint. I felt relief immediately. I was in awful pain when the HealthPoint arrived. I used it and went to bed and slept as if I had never had back trouble. I get immediate relief every time I use it. Now, I use it to help back pain, foot pain, sinus, and bursitis. I can now move free of pain, enjoy life, and enjoy associations with people. I would not leave home without it."

F.B. USA

**"Hello, I'm using serrapeptase, Serranol and Ancient Minerals Magnesium Oil Spray for my lumbar injury and I am very pleased with the results."**

Jeanine L., Canada

"Hi, this may seem strange to you but, I initially started taking serrapeptase as part of treatment for Lyme disease. Some of my numerous symptoms were hair loss, loss of collagen, shortness of breath, hypercoagulation etc. And I also had a wart on the bottom of my foot that wouldn't go away – about 5 days into taking the serrapeptase my hair loss decreased significantly. After a month, the wart on the bottom of my foot was almost gone! After about 2 months, the shortness of breath was much better. I then started an all-natural protocol (still using the serrapeptase) and I am now after 3 months feeling better than I have in 2 years! Thank you."

Melisa Y., CANADA

**"Thank you so much, I've been taking Curcuminx4000 for over 6 months and it helped me reverse my diabetes type II along with Jarrow Formulas Glucose Optimizer. I sold my last 3 bottles to relatives and ran out last week so that's why I was eager for delivery. Thanks again!"**

Robert M.



No matter what your doctor has told you, your body needs cholesterol.

**W**ould you believe that cholesterol is essential for good health? Your liver produces cholesterol every day. It is used by the body to balance hormone levels, support brain function, and defend the arteries and bodily systems against inflammation.

#### **CHOLESTEROL IS NECESSARY FOR OPTIMAL HEALTH.**

Yet it is damaged, or oxidized cholesterol at low or high levels, triggered by high blood glucose and potentially cortisol, that contributes to cardiovascular disease. Cholesterol is oxidized after it is exposed

to free radicals, but most of us suffer far too much free radical damage from a lack of antioxidants in the diet. This will cause cholesterol to oxidize to support inflammation already found in the arteries.

#### **2 KINDS OF CHOLESTEROL**

If you've had a recent physical from your doctor, you know that there are two kinds of cholesterol:

**1. Good Cholesterol:** High-density lipoprotein (HDL)

**2. Bad Cholesterol:** Low-density lipoprotein (LDL)

One researcher at Texas A&M University in the United States has turned "common" medical knowledge about cholesterol on

its head. He is defending LDL cholesterol. He believes that so-called bad cholesterol may not be as bad as physicians have made it out to be.

Steve Riechman, researcher at the Department of Health and Kinesiology, published his study in the *Journal of Gerontology*, along with colleagues from the Northern Ontario School of Medicine, the University of Pittsburgh, Kent State University, and the Johns Hopkins Weight Management Center. The study examined 52 adults between the ages of 60 to 69. The study participants were considered in good health, although they were not physically active. (*J Gerontol A Biol Sci Med Sci* (2007) 62 (10): 1164-1171.)



After the study subjects finished a vigorous workout, the participants with the highest LDL, or “bad,” cholesterol levels gained the most muscle mass. The study supports the fact that we need a certain amount of LDL cholesterol to encourage muscle gain. Riechman explains, “There’s no doubt you need both—the LDL and the HDL—and the truth is, it (cholesterol) is all good.”

### DON'T CUT OUT CHOLESTEROL COMPLETELY

Healthy levels of cholesterol support a number of functions in the human body. Some scientists refer to cholesterol as “the mother of all hormones.” Trying to cut out cholesterol completely can ultimately sabotage your health.

**Cholesterol levels that dip too low can negate a number of cholesterol health benefits, like:**

- Lower levels of aggression.
- Reduced risk of some cancers.
- Reduced risk of hemorrhagic stroke.
- Improved memory function.
- Improved ability to fight infection.

As you consider cholesterol, it is time to chuck the “good” and “bad” association out of the window. Some progressive scientists now refer to good and bad cholesterol as the “cholesterol myth.” Bad cholesterol was thought to contribute to heart disease, when underlying triggers are actually linked to inflammation.

LDL cholesterol is not bad. It has a very beneficial purpose to balance the health of the body. Although doctors have encouraged their patients to lower

their cholesterol intake for years, research proves otherwise. Studies conducted on the elderly show that patients with the lowest cholesterol levels had the highest risk of death overall.

### WHAT ABOUT HEART DISEASE?

What does this mean for cholesterol and your heart? Medical professionals say that cholesterol is the cause of all heart attack and stroke, yet research confirms that this is no longer the truth.

Dr. Malcolm Kendrick recently presented his findings at a British Medical Association meeting, stating that elevated cholesterol levels do not cause heart disease. Based on data compiled from the World Health Organization MONICA project, Dr. Kendrick asserts that there is no relationship between cholesterol and heart disease.

He states that: “... rather than promoting [blocked arteries], high cholesterol may be protective [against blocked arteries], possibly through its beneficial influence on the immune system.”

50 percent of heart attack sufferers already have low cholesterol levels.

The true cause of heart disease is oxidation and inflammation. Cholesterol may contribute in this situation, but it is not an underlying cause. The antioxidant nutrient CoQ10 can offer widespread benefits for cardiovascular complaints. CoQ10 taken as a supplement can prevent cholesterol oxidation; it can neutralize free radicals and limit tissue damage in the lungs, heart, brain, liver, and joints.

The nutrient CoQ10 plays a significant role to protect heart health. CoQ10 may prevent and reverse a number of serious health problems, including blocked

arteries, chest pain, nerve damage, high blood pressure, breathing difficulties, and brain cell deterioration. CoQ10 has been called a miracle by many, for its ability to protect cells against free radicals and prevent premature aging.

A super-absorbable, reduced form of CoQ10 is recommended as ubiquinol. Ubiquinol supplementation is the most effective way for your body to maintain optimal CoQ10 levels. This can add years to your life as CoQ10 synthesis in your own cells declines with age.

Your body needs both LDL and HDL cholesterol to thrive. LDL cholesterol has had a negative rap as “bad” cholesterol for far too long. Your body needs LDL cholesterol to function for tissue repair and HDL cholesterol works as the cleanup crew when the repair is done. LDL and HDL cholesterol work in balance to maintain optimal health. You can’t have one without the other.



# UNDERSTANDING *Interstitial cystitis*



Improve bladder health and find relief for painful bladder syndrome.

## WHAT IS INTERSTITIAL CYSTITIS?

The medical term interstitial cystitis is a condition described as “painful bladder syndrome.” by the National Kidney and Urologic Diseases Information Clearinghouse, NIH.

**Interstitial cystitis (IC) may be characterized by:**

- Discomfort or pain in the bladder or pelvic region
- Pressure or tenderness in the bladder or pelvic area
- Frequent or urgent need to urinate
- Intense pain as bladder fills or empties
- A combination of these symptoms.

Women with this condition may experience an increase in symptoms during their menstrual cycle or during intercourse.

Due to the variety and severity of symptoms, interstitial cystitis can vary from one person to the next, and is diagnosed as a syndrome of diseases. Many researchers believe that the condition is related to several diseases without one straightforward cause. Painful bladder syndrome may be used to describe a number of uncomfortable or painful urinary symptoms that may be related to interstitial cystitis.

Interstitial cystitis indicates urinary pain without a known cause—compared to pain

from urinary stones or a bladder infection.

## WHO IS AFFECTED BY INTERSTITIAL CYSTITIS?

This painful bladder condition is more common in women than men. Furthermore, a woman with interstitial cystitis (IC) may suffer from any number of related health conditions that aggravate the disorder, such as fibromyalgia or irritable bowel syndrome (IBS).

Scientists have pinpointed that IC may be related to whole-body inflammation. Inflammatory responses in other parts of the body can cause related conditions like irritable bowel syndrome, inflammation of





untreated becomes hazardous to health. Chronic inflammation is significantly different from acute inflammation, which you may see at the site of a small wound, like redness and swelling around a cut on the finger.

### INTERSTITIAL CYSTITIS AND YOUR DIET

Chronic inflammation is damaging and can even affect bladder health. A natural remedy for chronic inflammation in the body is an anti-inflammatory diet. Although simple, making changes to the way you eat can calm inflammation and stimulate healing in your body.

There is no medical cure for interstitial cystitis, yet doctors have observed that symptoms often disappear “without explanation” after making a change in diet.

The unfortunate truth is that the average Western diet is full of inflammatory trigger foods. You may not think twice about the meal that you eat, but what you eat three to four times a day directly affects your health. You may be deficient in essential nutrients that fight inflammation.

#### Top Foods to combat inflammation-

- Oily fish
- Vegetables
- Dark-skinned fruits
- Nuts
- Seeds
- Beans

Make no mistake – a fresh diet rich in antioxidants has the power to neutralize damaging free radicals. This will ease the burden of oxidative stress on your body caused by outside factors, like pollution, pesticides, environmental toxins, and more. Free radicals are a part of everyday life and can even be created by healthy activities like exercise and eating. You need antioxidants in your diet to protect your health.

High-quality foods and supplements can fight free radicals and protect the body from damage. These powerful foods and nutrients can slow down the inflammatory cascade. Once inflammation has been calmed, your body can heal to restore your health.

the bladder and other organs.

Physicians once believed that IC was caused by a bacterial infection due to the similarity in symptoms. However, no organisms are detected in the urine of those with IC. Patients with the condition will not respond to antibiotics and find it very difficult to seek effective treatment. Doctors may prescribe any number of potentially harmful drugs, which may cause side effects such as gastrointestinal discomfort, hair loss, liver damage, and risks during pregnancy.

It is important not to overlook inflammation as a defining factor in IC. Chronic inflammation in the body left

### THE SERRAPEPTASE CONNECTION

More specifically, what kind of nutrients do you need to rehabilitate interstitial cystitis? After you make important changes to your diet to calm inflammation, the right nutrients are critical to balance your health.

A painful, inflammatory condition like interstitial cystitis will respond effectively to the anti-inflammatory enzyme serrapeptase. Serrapeptase was discovered in the intestine of the silkworm in the 1970s. Today, it is considered “The Miracle Enzyme” because of its ability to break down non-living tissue and calm disease-causing inflammation.

Since interstitial cystitis is an inflammatory disorder, serrapeptase may offer the perfect solution.

One serrapeptase user states, “I take 3 Serrapeptase tablets daily to keep my interstitial cystitis under control – which they do – marvelous. After suffering excruciating pain for months I am now free from pain.”

Another satisfied user adds, “Hi, I love Serrapeptase. My joints and back problems feel better and I also use it for my Interstitial Cystitis. Thanks for the miracle.”

It’s a relief to find that there is hope for interstitial cystitis, beyond harsh prescription medication. The serrapeptase enzyme is anti-inflammatory and powerful in its ability to offer pain and inflammation relief. A painful, chronic condition like interstitial cystitis isn’t hopeless when you change your diet and support recovery with natural anti-inflammatory enzymes.

The greatest advantage to this plan for interstitial cystitis relief is that it will address inflammation throughout your body and benefit overall health.

### 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.



# PET TESTIMONIALS

**A** pet really is man's best friend. Besides the love that a pet provides, there are a number of health benefits that come from owning a pet. Pets may help to minimize allergies, improve socialization, protect heart health and increase physical activity. With all the joy your pet brings, doesn't your furry companion deserve the best?

Pet owners agree that the serrapeptase enzyme can work wonders in improving quality and length of life in many pets:

"I know SerraPet works as it dissolved my labrador's oral cancerous tumor. I am now buying it for my German Shepherd rescue dog to treat her cysts."

Bev

**"My dog, with the autoimmune disease Pemphigus Foliaceus, now takes the curcumin; 1 tablet 3 times daily and SerraPet, 2 tablets twice daily. I have also added emu oil direct to the lesions and the results are excellent."**

John M.

"Hi, we were told there was no way we could ever stop the cancer from spreading on our cat's larynx and were given a life span of 2-3 months. We started on 2 Serrapeptase a day along with steroid treatment. We truly love this cat. She is part of our family and she's now feeling wonderful."

Barb M.

**"This is just to say a well-deserved thank you. I ordered the SerraPet tablets for my terrier who has arthritis in his back leg and was losing muscle. This was painful for him. He has been on SerraPet for nearly one month. He can now go on nice long walks and does not limp or carry his leg the next day. Also his muscle is building up. Thank you for a great product. I am going to tell my vet about SerraPet."**

Julia

"I've been using serrapeptase for my horse's injury to reduce scar formation – it's been a great success!"

Angela G., Great Britain

**"I have been giving my horse 4 megacaps of serrapeptase twice a day for his tenosynovitis since the middle of June. Most of the swelling has gone down and he is sound 90% of the time. Sometimes on returning from a ride his leg swells up a bit, but so far he hasn't gone lame again. Thank you."**

Sue L.

"I'm giving Serrapeptase to my dog for arthritis – and it is helping."

Janet F.

**"My cat had ringworm. I applied a topical cream on to help. Her tail was totally hairless, and so were her legs. Since taking the serrapeptase she is now off of the cortisone as well as the antibiotic, both of which she took daily. I'm thankful to have heard about Serrapeptase for my sake as well as my cats. I'm now spreading the word to others."**

Cheryl H.

"My foal's leg problems and lameness have improved significantly since taking serrapeptase."

Olin





"I wanted to follow up with you! My pet dog Destiny, as you may recall was diagnosed with chronic bronchitis. The diagnosis was made after a tracheal wash – so it was a real diagnosis. We have chest x-rays from over a year showing chest congestion. She struggled for a year going from one holistic vet to another and they tried Chinese herbs, acupuncture, etc. Nothing worked. She coughed endlessly and was miserable.

Anyhow, after 25 days on serrapeptase she went back to the vet today and her lungs were **NORMAL** and the blood work (which had been elevated due to the steroids and pancreatitis) was normal and even that shocked the vet because generally blood levels do not stabilize that quickly. **SO, we have a SUCCESS STORY here. THANK YOU so very much! I am so happy and grateful for this MIRACLE supplement! And, she healed very quickly after the obstruction surgery and bounced back in an amazing fashion!"**

**Jill L.**

"Dear Robert, I e-mailed you about my little pit bull with the cervical disk problem, I don't know if the Serrapeptase helped with that but I do know that it has prevented any episodes of the inflammatory bowel disease that she has had for 3 years, ever since she went through the trauma of 5 surgeries in 2 years.

Just wanted to let you know, we now appreciate the fact that we don't have to take her out at 2:00am any longer, she doesn't run away from her food because of the pain she associates with eating anymore, and no more bloody stools. I know it is the Serrapeptase because this is the only thing we are using. Thank you."

**Spencer C.**

"I was told by my vet that my dog Krystal would need a £2,000 leg operation. Krystal been very poorly with leg, skin and hair problems, as well as feeling tired. She is only 6 and was acting like a dog twice her age. Unable to pay the £2,000 I put her on to the SerraPlus myself and she now has a quality of life she has never had before. She can now walk and even run without limping and her hair is not falling out any more. She is now enjoying her friend Blossom, my other retriever. I didn't realise at the time that you offered these for pets so now I can 100% recommend these to anyone out there with a concern for their pet. And I say 100 times over thank you so much for introducing these to me. Both myself and my dog are taking SerraPlus every day. Regards,"

**Krystina**

### *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.



# 6 of the BEST

6 of the best for Sports & Exercise



## SERRAENZYME 250,000IU MAXIMUM STRENGTH SERRAPEPTASE

This is the highest amount of serrapeptase available, per capsule. Serrapeptase is known as The 'Miracle' Enzyme and is a proteolytic enzyme which helps to break down proteins. Each cap delivers 250,000iu's serrapeptase (phthalate free) and is 'Delayed Release' for optimum performance.



Take on an empty stomach, in the morning and at bedtime.

## ANCIENT MINERAL MAGNESIUM OIL ULTRA MAGNESIUM ADVANTAGE

Recently 'allowed claims' for Magnesium include: a reduction of tiredness & fatigue, normal muscle function, energy yielding metabolism, electrolyte balance, protein synthesis, normal bones.....plus many



more healthy benefits!

Ancient Minerals Magnesium Oil ULTRA combines the power of Magnesium with MSM. MSM helps with absorption and provides numerous additional health benefits, such as for joints, skin and connective tissue.

Simply spray Oil ULTRA onto your arms, chest & legs daily, whenever required.

## OXYSORB MORE OXYGEN

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. Placed under the tongue, Oxysorb may help the body's ability to absorb more oxygen and allow more oxygen to enter the bloodstream.



## D-RIBOSE 5 CARBON SUGAR

Quite simply, D-Ribose is a critical part of ATP production and essential for cellular regeneration and cellular energy. There are over 60 large servings per container (5000mg D-Ribose per serving).



Suggested dose- upto 4 servings per day, in water or orange juice.

## HEALTHYFLOW AMINO ACID BLEND

Powerful blend of the essential amino acids L-Arginine, L-Citrulline & L-Lysine. Also contains Grapeseed Extract, Polyphenols, Citric Acid, Be Flora, Potassium Sorbate & Silica, along with AstraGin to help absorption of the amino acids. 5000mg L-Arginine per serving, 30 servings per container.



## ANCIENT MINERALS MAGNESIUM GEL MAGNESIUM ADVANTAGE 2

Recommended for use with the 'Ancient Minerals Magnesium range', this gel has a high concentration of magnesium (490mg elemental magnesium per tsp). This provides another way to get magnesium into your body, to deliver all the benefits of magnesium.



Massage the gel into body areas and then wipe of any excess / residue. Apply before & after any sport and exercise or whenever required.



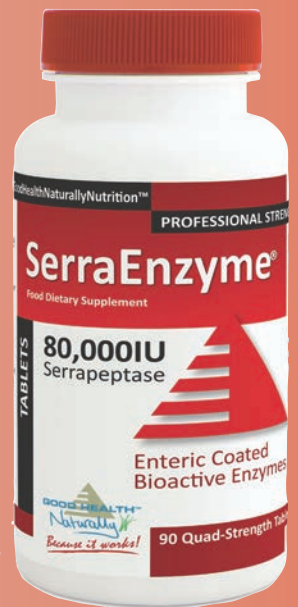
# Love life?

# Love SerraEnzyme



- ♥ SerraEnzyme 80,000iu is the world's number 1 serrapeptase
- ♥ 80,000iu's serrapeptase per tablet or capsule
- ♥ Hundreds or thousands of customers have seen their lives turned around since taking this 'Miracle' Enzyme, for a wide range of health problems
- ♥ SERRAPEPTASE CAN'T BE FOUND IN EVERYDAY DIET THEREFORE SUPPLEMENTATION WHERE NECESSARY IS ESSENTIAL
- ♥ SerraEnzyme is the 'first', 'original' & most trusted serrapeptase
- ♥ SerraEnzyme is the serrapeptase which has generated the best results and most testimonials
- ♥ Manufactured under strict guidelines, set by the U.S Food & Drug Administration's 'Good Manufacturing Practices', by Good Health Naturally
- ♥ Suitable for vegetarians
- ♥ Available in a Delayed Release capsule or Nutrateric Enteric tablet, both are phthalate free and allow for optimum performance

**GIVE SERRAENZYME A TRY TODAY IF YOU HAVE A HEALTH PROBLEM WHICH MAY BE HELPED BY THIS 'MIRACLE' ENZYME!!**



# THE BEST WAY TO GET ALL YOUR DAILY B VITAMINS IN ONE

NEW FORMULA NOW ALSO CONTAINS  
**VITAMINS B1, B2 & B5**

- ✓ Just x 6 sprays daily will provide you with your 100% daily value, or recommended amount, of essential B Vitamins
- ✓ Also delivers 100% daily value of Vitamin C, Vitamin D, Vitamin E & Selenium
- ✓ This unique formulation of ingredients can only be found in B4Health Spray
- ✓ B Vitamin deficiency has been linked to many health problems
- ✓ Easy to use spray, better absorbed than tablets, suitable for vegetarians
- ✓ Give B4 Health Spray a TRY if you currently take a B Vitamin tablet or think you need B Vitamin Support!



- **Vitamin B1 (Thiamine) contributes to:** the normal function of the heart
- **Vitamin B2 contributes to:** normal energy-yielding metabolism, the maintenance of normal mucus membranes, normal vision & normal skin
- **Vitamin B5 (Pantothenic Acid) contributes to:** normal mental performance, normal synthesis & metabolism of steroid hormones, vitamin D & some neurotransmitters & to the reduction of tiredness & fatigue
- **Vitamin B6 contributes to:** normal cysteine synthesis, normal protein and glycogen metabolism & to the regulation of hormonal activity
- **Vitamin B12 contributes to:** normal homocysteine metabolism & normal red blood cell formation
- **Folate contributes to:** maternal tissue growth during pregnancy, normal amino acid synthesis & normal blood formation
- **Biotin contributes to:** the normal functioning of the nervous system, normal psychological function & to the maintenance of normal hair
- **Vitamin C contributes to:** normal function of the immune system & normal collagen formation for the normal function of blood vessels, bones, cartilage, gums, skin & teeth
- **Vitamin D contributes to:** normal absorption of calcium and phosphorus, normal blood calcium levels, the maintenance of normal bones, maintenance of normal teeth & to the maintenance of normal muscle function
- **Vitamin E contributes to:** the protection of cells from oxidative stress



**Directions** – Take x6 sprays (in the mouth) once a day, or as directed by your health care professional. Shake well before each use.