

# NATURALLY HEALTHY NEWS



ISSUE 26

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# welcome...

## Hello and welcome to Issue 26 of Naturally Healthy News

The fact that you are reading this tells me you are interested in looking after your health and wellbeing the natural way. I am excited to deliver a wealth of information in this latest magazine including healthy teeth and gums, heart problems and liver disease. It could be all of these are linked, as many studies now indicate that infection may be at the source of nearly all these conditions, and unhealthy gums is the chief suspect for allowing infection to enter the bloodstream.

We have a full range of articles to offer, no matter what your health concern may be. Our reports include ageing diseases such as Cataracts, Deep Vein Thrombosis, B12 Deficiency, Macular Degeneration, Cholesterol and young people's health issues such as Infertility, Crohn's Disease, Obesity and Eczema.

I have included an article on the Prostate, about a condition that can affect males, both young and old, with plenty of important information on this. It is certainly time we took steps to address this worrying issue for many men.

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

We have lots of health news and showcase pages for the latest supplements and products for good health. There are also plenty of recommendations for you.

I would love to hear your success stories you've had from using any of my health plans – please get in touch with me via Robert's questions at [www.GoodHealthHelpDesk.com](http://www.GoodHealthHelpDesk.com)

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

Take good care,

*Robert Redfern*

**Robert Redfern**

Health advocate, author and broadcaster  
[www.GoodHealthHelpDesk.com](http://www.GoodHealthHelpDesk.com)



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## Naturally Healthy Publications

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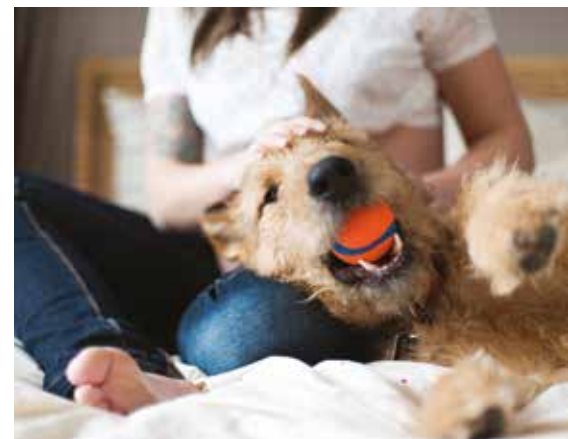
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# CHEW ON THIS

## Healthy teeth and gums affect the health of your heart

**A** beautiful smile does much more than make a great first impression. Most of us take care of our teeth because we want to look our best. Regular visits to the dentist, brushing, and flossing are all part of basic oral hygiene. Clean teeth are healthy teeth, and the health of your teeth matters much more than you think.

### THE TRUTH ABOUT GUM DISEASE

If you visit the dentist, you may be warned about the early signs of gum disease. Gum disease or periodontal disease may also be referred to as gingivitis. Gum disease begins as bacteria grow rampant in the mouth. If gum disease is left untreated – with poor nutrition and a lack of oral hygiene – it can result in the destruction of healthy gum tissue and, ultimately, tooth loss.

That's not all. Gum disease spreads infection in a condition called periodontitis. Physicians have known for many years that heart attacks are also caused by infection of the heart muscle. How does this infection spread to the vulnerable muscle of the heart? Diseased gums breed infection that can move to blockages in the arteries, especially the carotid artery – according to research. Gum disease may play a critical role in spreading infection and furthering damage to an unhealthy circulatory system.

Gum disease allows infection to enter the bloodstream. If the cardiovascular system is already inflamed, it may not stand a chance.

### HEAL GUM DISEASE AND PROTECT YOUR HEART

Gum disease is caused by a combination of poor oral hygiene and a high-sugar diet rich in starchy carbs. Basic oral hygiene for every member of the family is highly recommended to stop problems before they start:

- Use a spiral toothbrush between each tooth every time you brush.
- Use mouthwash to fight infection that causes inflamed gums – such as hydrogen peroxide purchased from a pharmacy.

The next and most critical step to heal gum disease is to focus on diet:

1. STOP eating starchy carbs and high-sugar foods altogether.
2. Mix a friendly probiotic into your foods to populate the mouth with good bacteria.
3. Use the potent enzyme Serrapeptase to calm gum inflammation.
4. Enjoy coconut oil liberally at each meal to kill gum disease-causing bacteria. Coconut oil can also be rubbed directly onto gums for all members of the family.
5. Take CoQ10 as an extra supplement to heal gum disease – research suggests that gum disease sufferers may have lower levels of CoQ10.

Without proper mouth care and changes to the diet, the outlook for gum disease is bleak. The World Health Organization cites that up to 20 per cent of middle-aged adults have severe periodontal disease

### Recommended Products

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



**COCONOIL COCONUT OIL**  
The world's finest Organic Coconut Oil, produced in Sri Lanka. This stable, healthy fat is naturally

free from trans-fatty acids and is rich in Medium Chain Triglycerides.

**SERRA ENZYME™ 250,000IU**  
This is a maximum strength Serrapeptase for serious Serrapeptase support.



**UB8Q10**, also known as Ubiquinol, is a coenzyme Q10 that is eight times better absorbed compared to ordinary CoQ10!

that may result in tooth loss. Your family deserves healthy, beautiful teeth as a hallmark of radiant health.



A photograph of an elderly couple with white hair, both smiling warmly. The man is wearing a green t-shirt and has his arms around the woman. The woman is also wearing a green top. They are outdoors, with green foliage in the background.

# WHAT IS THE *Miracle Enzyme™*?

## World-renowned Serrapeptase could change your life

**S**errapeptase is a natural, anti-inflammatory enzyme that was first found in the intestine of the silkworm. This enzyme grown in plant material has become special because it has had widespread clinical use, spanning more than 25 years throughout Europe and Asia. Many reputable physicians consider Serrapeptase to be a viable alternative to harsher salicylates, ibuprofen, and NSAIDs.

Unlike chemical drugs, Serrapeptase is natural. Originally found in the intestine

of the silkworm, Serrapeptase is now naturally produced in a laboratory using the fermentation process on plant material. Within fermentation, the immunologically active Serrapeptase enzyme is bound to the alpha 2 macroglobulin within biological fluids.

Serrapeptase digests certain proteins and attacks only dead tissue; the enzyme clears the pain-inducing amines released by inflammatory tissue. In the body, Serrapeptase can digest inflammation, blood clots, cysts, scar tissue, and arterial

plaque. Late German physician Dr Hans Nieper used natural Serrapeptase to treat arterial blockage in coronary patients. Nieper recommended Serrapeptase to shrink or diminish varicose veins and dissolve harmful blood clots. In his practice, Nieper was able to treat a woman scheduled for hand amputation and a man scheduled for bypass surgery without surgical intervention, using Serrapeptase.

Dr Simon Norton of the Epsom Chiropractic Clinic is "delighted" with the results he has seen in his practice after



recommending Serrapeptase to patients. Dr Norton has used Serrapeptase as an alternative, safe treatment for enlarged varicose veins, chronic headaches, smoker's lungs, and tennis elbow. Dr Norton prefers anti-inflammatory Serrapeptase use as part of his clinical holistic approach; health can be restored through diet and lifestyle changes, coupled with appropriate supplements.

Serrapeptase has been prescribed as a standard treatment in Germany and other European countries for traumatic swelling and inflammation.

### WHAT ARE THE BENEFITS OF SERRAPEPTASE?

Because of its astonishing clinical use, Serrapeptase is highly praised. This naturally occurring proteolytic enzyme provides the best results when used with a healthy diet and lifestyle plan to fight disease-causing inflammation in the body.

Serrapeptase can both heal and support functions in the body, like:

- Natural healing
- Sinus health
- Joint mobility
- Fluid balance
- Detoxification
- Post-op recovery

The benefits don't stop there. Serrapeptase testimonials come from far and wide, for a wide range of conditions; including anti-ageing, vision problems, cardiovascular issues, endometriosis, lung and chest ailments, multiple sclerosis, and trauma.

One woman describes her success in using Serrapeptase to treat painful endometriosis, "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."

Another Serrapeptase user confirms health benefits after a heart bypass operation, "I have been successfully using Serrapeptase since my heart bypass operation a few years ago. Regularly I undergo check-ups and so far my arteries

are perfectly clean to such a point that the Cardiologist has reduced my medication! THANK YOU so much!"

The latest research even provides hope for sufferers of Alzheimer's disease. In a new study published last year, researchers confirmed that Serrapeptase and Nattokinase administered daily for 45 days caused a significant decrease in brain chemical activity associated with Alzheimer's disease. This enzyme treatment also resulted in a significant increase in brain chemical activity that protects against Alzheimer's disease.<sup>1</sup>

### HOW CAN SERRAPEPTASE HELP YOU?

Serrapeptase as an anti-inflammatory enzyme is beneficial to your health, whether you struggle with a small or large health problem. Serrapeptase may be taken to aid relief from a specific health concern and disease-causing inflammation; it may also be taken as a supplement to promote overall wellbeing, longevity, and general health, as part of your daily health regime.

Serrapeptase is the right enzyme for you. If you want to see near-miraculous benefits from the use of Serrapeptase, as described in the testimonials above, consider the type of supplement that you take. Serrapeptase should be taken as an organic proteolytic enzyme in delayed-release capsules or tablets for optimum systemic delivery.

Serrapeptase is available in 80,000IU and 250,000IU doses. When 80,000IU delayed-release Serrapeptase capsules are taken on an empty stomach, they are activated in the small intestine instead of the stomach. There, this natural enzyme can do the job it sets out to do. It can help to clear inflammation and dead tissue causing harm to the body. The use of natural Serrapeptase does not come with any known side effects or interactions, compared to potentially dangerous prescription drug use. Make sure you ask for Serrapeptase with the coatings free from phthalates, a chemical plasticiser gaining a bad reputation.

250,000IU Serrapeptase is a concentrated dose in a maximum strength formulation. 250,000IU capsules provide more value for your money, as a cost-effective way to increase Serrapeptase dosage in capsule form. Serrapeptase 250,000IU capsules are three times stronger than 80,000IU capsules.

The 'Miracle Enzyme™' can fit within your routine, and work to help improve your health and quality of life. Serrapeptase users testify time and again that there is no problem too large or too small for the renowned enzyme, offering much-needed assistance in the relief of many chronic conditions, including arthritis, breast cysts, cancer recovery, chronic cough, Crohn's disease, fibromyalgia, chronic pain, sciatica, and more.

Serrapeptase user Lucinda W says: "I am taking 80,000IU Serrapeptase – one per day. I have only been taking it since Monday and already my colorectal problems feel better. For your info too, I recommended them to a friend of the lady who gives me a massage twice monthly as her friend has an enormous scar on her face from surgery. She has only been using them for two weeks and already she can see a difference."

### References

1. Hum Exp Toxicol. 2013 Jul;32(7):721-35.  
doi: 10.1177/0960327112467040.

### Recommended Product

#### SERRAENZYME 250,000IU

**This is a maximum strength serrapeptase for serious serrapeptase support. Available in x90 bottle or x30 Trial Size**



#### SERRAENZYME 80,000IU

**This is the original and bestselling serrapeptase for maintenance support. Available in x90 bottle or x30 Trial Size**





# ATRIAL FIBRILLATION

A simple problem with a simple solution

**A**trial fibrillation (AF or A-fib) is the most common type of cardiac arrhythmia, considered a heart rhythm disorder. While the condition may cause no noticeable symptoms, it can be linked to fainting, chest pain, heart palpitations, and congestive heart failure.

## ATRIAL FIBRILLATION FACTS

Here are a few important points to remember about a heart condition like atrial fibrillation:

- A-fib is an abnormal rhythm of the heart.

- A-fib is caused by abnormal electrical discharges in the atria of the heart.
- A-fib inhibits the atria's ability to pump blood through the ventricles, causing the heart to beat rapidly.

Over time, atrial fibrillation can result in stroke or heart attack. A doctor may diagnose the condition through a physical exam and electrocardiogram. Atrial fibrillation treatment may be necessary to control underlying risk factors and slow the rhythm of the heart. In order to prevent a stroke, blood thinning medications may be prescribed.

This is where matters quickly get

complicated. Heart medications used over the long-term to control A-fib should be considered with caution. Many such medications may not be effective to treat the condition. Some medications have severe side effects that can make health worse. Medical treatment options other than medication may include atrial defibrillators, AV node ablation, or a pacemaker.

## ATRIAL FIBRILLATION CAUSES

To find an effective course of treatment for atrial fibrillation, it helps to understand what causes the condition in the first

place. Within the upper right chamber of the heart, or the right atrium, the heart's natural pacemaker can be found. This pacemaker is called the sinus node, which produces an impulse to stimulate each beat of the heart.

When atrial fibrillation occurs, the upper heart chambers receive chaotic electrical signals. This will cause the chambers to quiver, and the AV node that connects the atria and ventricles will become overloaded with impulses. This "traffic jam" will create an irregular, rapid heartbeat. A normal heart beats at 60 to 100 beats a minute; a heart in atrial fibrillation may beat at 100 to 175 beats a minute.

It is possible for abnormalities to damage the structure of the heart to cause A-fib, such as:

- Heart attack
- High blood pressure
- Heart valve abnormality
- Congenital heart defects
- Heart surgery
- Sick sinus syndrome, affecting the natural pacemaker of the heart
- Viral infection
- Metabolic imbalance
- Overactive thyroid gland
- Stimulant exposure, including medications, tobacco, alcohol, or caffeine
- Emphysema or lung disease
- Stress, related to surgery, illness, or pneumonia
- Sleep apnoea

Besides the potential causes listed above, there is a condition called lone atrial fibrillation. Lone Atrial Fibrillation simply means that the cause of the disorder is unknown, and serious complications are unlikely.

Medical treatment can be difficult, if not impossible, for even a minor case of A-fib. Sufferers of the condition may have

multiple ablations with little success. In those cases, a lifetime of toxic medication may be prescribed to treat the heart, in an attempt to control rhythm, slow heart rate, and prevent blood clots from forming.

If the heart does not respond to treatment, and symptoms continue to occur, surgery may be advised. Many physicians see surgery as the only option for patients who do not respond to or tolerate heart medication. A doctor may push surgery after multiple blood clots and strokes. Such surgery is called "minimally invasive," but remember—heart surgery is never minor. It should only be used as a final option for a health condition.

### SIMPLE TREATMENT FOR ABNORMAL HEART RHYTHM

Understanding the simplicity of atrial fibrillation can help you to see how easy it is to treat the condition with the right recovery program. Never underestimate how much your diet affects the health of your heart. Even a mild arrhythmia can be impacted by the food you eat.

Heart health hinges on cutting all inflammatory foods out of the diet. It is important to stop eating starchy carbohydrates, processed foods, and dairy products. Substitute in their place fresh or frozen vegetables; beans, nuts, and seeds; dark-skinned fruits and avocados; healthy oils; and a minimum of six glasses of distilled or filtered water a day with a pinch of bicarbonate of soda to improve oxygen transport.

Simple treatment to support A-fib recovery starts with three important nutrients:

1. Magnesium: Topical magnesium oil can be applied to the chest, arm, and leg muscles daily. Magnesium increases ATP or cellular energy to protect cellular integrity, stimulate detoxification, and relieve aches and pains.

### Recommended Products

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



**TAURINE** The best Taurine supplement, delivers 50mg Taurine per serving (approx 500mg tablet equivalent). 60 servings per bottle

2. Taurine: Taurine makes up 50 per cent of the free amino acid in the heart and can strengthen the muscle when taken daily. Taurine as a supplement for heart support is backed by Dr Robert Abel Jr., MD.

3. Serrapeptase: Serrapeptase is a powerful, anti-inflammatory enzyme best taken with Nattokinase, Digestive Enzyme, Grape Seed Extract, and Pycnogenol, nutrient-rich to help support and strengthen arterial and cardiovascular.

Don't forget to build up your heart through daily activity. Walking a minimum of three to five miles every day can improve blood flow and nutrient delivery. This works hand-in-hand with a heart recovery programme rich in Really Healthy Foods and supplements.

Atrial fibrillation is not a hopeless heart condition. You may be discouraged if you have been prescribed a lifetime of medication or advised to have surgery. Before considering extreme options, start from the ground up. Strengthen your heart from the inside out with simple A-fib nutrient therapy.



# *Healthy vision* **LONG LIFE**



Common misinformation circulated in the medical community encourages the elderly to accept cataracts as a natural part of the ageing process. Find out why your vision doesn't have to diminish with age

**I**t may seem like a contradiction to say that you can see clearly as you enter your golden years. So many of us expect for our bodies to break down and our eyesight to worsen as we get older. Much of this has to do with stereotypes surrounding old age. We anticipate growing feeble, weak, and infirm.

Optimal health affects every part of your body, and your health doesn't have to break down with age. No matter how old you are at this very moment, it is the perfect opportunity to take health into your own hands. By making strategic lifestyle changes and supplementing with restorative nutrients, you can age gracefully with healthy vision.

#### **WHAT IS A CATARACT?**

A cataract is a cloud on the lens of the eye that can obstruct vision. In most cases, the development of a cataract is directly related to age. Cataracts have become increasingly common in the elderly population. Cataracts are considered the leading cause of vision loss in adults 55 and older and the leading cause of

blindness for adults around the world.

99 per cent of all cataracts are acquired cataracts. What does this mean exactly? A pre-senile cataract may develop associated with systemic disease, like diabetes, hypoglycemia, Myotonic Dystrophy, Stickler Syndrome, Down Syndrome, and more.

Cataracts can also be drug-induced related to certain medications, like corticosteroids. Acquired senile cataracts are caused by what is called the "natural aging process." When the eye ages without the support of proper nutrients, the lens will thicken and yellow. Without intervention or nutritional therapy, the lens will become discoloured and cloudy to create a cataract that obstructs vision.

If cataract development is related to disease, it is also a lifestyle issue. For example, type 2 diabetes is 100 per cent a lifestyle condition brought on by eating starchy carbs like pastry, bread, cookies, cereal, white rice, pasta, and other high sugar foods. If the condition is left untreated, or if medical intervention is used without lifestyle change, it can continue to burden the body and destroy health. Cataracts may be a by-product.

## EARLY INTERVENTION FOR CATARACTS

Treating a health condition that can cause cataracts as early as possible is imperative. For instance, following the Diabetes Rehabilitation Plan in the free e-book *Solving Type 2 Diabetes in 27 days* can offer relief through a long-term recovery program. Once the root cause has been addressed, side effects like cataracts are less likely to occur.

Yet the truth of the matter is that many medical groups do not promote cataract intervention. These same medical sources support highly invasive methods of treatment like cataract surgery – presumably for profit. Some medical organizations say, "Since developing cataracts is a natural part of the ageing

process, it is highly unlikely that you can prevent their development."

This statement is entirely false. The "natural" pitfalls of the aging process can be remedied with natural health. Making important lifestyle changes and restoring vision with essential nutrients is a much more effective way to prevent cataract development. Instead of waiting until it is too late with surgery as the only option to correct vision loss, preventative measures can start today. It is possible for cataracts to form at any age. However, cataracts are most often associated with age-related degeneration because of a simple lack of antioxidants in the diet. Your body needs antioxidants to neutralize outside free radical damage that can destroy the health of the eye. As years pass, antioxidant support and protection becomes even more important. Antioxidants can provide relief for many health issues that arise with so-called natural aging, especially cataracts.

## SEE CLEARLY INTO OLD AGE

Antioxidants are the cornerstone of cataract prevention and relief. Once cataracts begin to develop, antioxidant resources used to fight eye deterioration will be exhausted. This process will allow lens crystallins to cross-link so that a clouded cataract forms. As a result, eyesight will be compromised with the potential for blindness in the future. Targeted nutrients can help to restore and protect eye health to prevent cataract development and potential blindness.

Three critical nutrients can protect vision in the later stages of life:

1. N-Acetyl Carnosine: A clinical trial showed that 1 per cent N-Acetyl Carnosine used regularly can deliver high doses of carnosine to potentially reverse eye lens cross-linking with lens crystallins. In many cases, this process will reduce and possibly even eradicate existing cataracts in the eyes.

2. Glutathione: Known as the most

potent antioxidant that regulates all others, glutathione is naturally produced by the body. However, glutathione levels can deplete over time and due to compromised health. Oral glutathione spray will restore and regulate critical antioxidant levels in the body to protect ocular health.

3. Lutein: Lutein is a renowned nutrient for eye health, best absorbed in an antioxidant and nutrient-rich spray by mouth. Lutein is a powerful carotenoid that can restore low antioxidant levels associated with eyesight deterioration in the elderly.

It is never too early to protect your vision and combat the damaging effects of age. Yes, it is possible to age gracefully and healthfully to see clearly into your retirement years. Visual deterioration and cataracts are not a natural part of the aging process. Key nutrient supplements can be used to restore depleted antioxidant levels in the body and preserve eyesight at any age.

## Recommended Products

### CAN-C (N.A.C.) EYE DROPS N-Acetyl Carnosine drops



### ADVANCED CELLULAR GLUTATHIONE SPRAY

**Aims To Increase Intracellular  
Glutathione By Over 10% In  
7 Hours.**



### MAXI FOCUS

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





# THE GROWING *obesity crisis*

## A western health epidemic becomes a global concern

**O**besity is making headlines around the world. In Western countries, children, young adults, and adults of all ages are at an increased risk of obesity. With the obesity epidemic comes a long list of serious health issues.

One prominent health concern related to obesity is stroke among the younger population. Research published in the online issue of *Neurology* states that stroke may be affecting adults at an even younger age<sup>1</sup>. The reasons? Top risk factors include diabetes, obesity, and high cholesterol. All of these risks are lifestyle conditions. All of these risks can be reduced or eliminated by making changes to diet and daily habits.

Based on study results, stroke occurrence increased among younger adults from the ages of 20 to 54 between 1999 and 2005. Dr Brett Kissela of the University of Cincinnati College of Medicine in Ohio, fellow of the American Academy of Neurology, and study author states, "Other factors, such as improved diagnosis through the increased use of MRI imaging may also be contributing. Regardless, the rising trend found in our study is of great concern for public health because strokes in younger people translate to greater lifetime disability."

There is no good reason for a young adult to struggle with obesity that results in stroke. It is clear that obesity has become a major public health concern, especially for the Western population. If you or someone you love is overweight or obese, it is time to address the problem directly. Brushing off the issue can lead to a lifetime of heartache and health decline.

### THE HIGH SUGAR EPIDEMIC

You can put a name to the face of obesity: Sugar. Sugary, starchy, processed foods are to blame for the obesity crisis in the Western world. Breads, biscuits, cookies, cereals, pastries, white rice, potatoes, pastas, soft drinks, beer, and sugary snacks do nothing but perpetuate obesity and chronic disease. For most of us, this is a tough reality to face. You may call the no-sugar approach to natural health "taking candy from a baby." This is sound logic since children should be protected from the side effects of a high-sugar diet most of all.

Sugary foods and starchy carbs can destroy health starting at a young age. Statistics support this unnatural trend toward health decline. The World Health Organization (WHO) calls childhood obesity "one of the most serious public health challenges of the 21st century." The

prevalence of sugary snack foods high in carbohydrates has unfortunately spread beyond the Western world. Yes, obesity is a Western epidemic that affects children and adults alike. The obesity crisis has now gone global as it has infiltrated a number of low to middle-income countries, especially in urban developments.

According to the WHO: "Globally, in 2010 the number of overweight children under the age of five, is estimated to be over 42 million. Close to 35 million of these are living in developing countries. Overweight and obese children are likely to stay obese into adulthood and more likely to develop non-communicable diseases like diabetes and cardiovascular diseases at a younger age. Overweight and obesity, as well as their related diseases, are largely preventable. Prevention of childhood obesity therefore needs high priority." Obesity opens the door to disease. Obesity has spread around the globe. Obesity is prevalent among all age groups and is especially dangerous to children.

### REALLY HEALTHY FOOD RECOVERY

Once you see the obesity epidemic with open eyes, it is easy to understand how simple recovery can be:

1. Monitor sugar in your family's diet.



You may be surprised to find that almost all packaged, junk foods contain some type of sugar. Starchy carbs, like cookies and breads, are empty sources of sugar that should be avoided.

2. Eat more Really Healthy Foods. A Really Healthy Food diet just makes sense. Once you've eliminated starchy carbs, what is left? Fresh or frozen vegetables, dark-skinned fruits, beans, nuts, seeds, wild fish, pasture-fed meats and chicken, healthy oils, and sea or rock salt.

3. Go "against the grain." Almost any medical professional will tell you that grains are good for you. In truth, refined grains and cereals do nothing more than contribute to obesity; they are chock-full of sugar and will cause unnatural blood sugar spikes in the body. White pasta, white bread, and white rice can be replaced with couscous, quinoa, millet, and buckwheat.

### EAT FAT TO FIGHT OBESITY

The low-fat diet craze has come and gone,

yet most of the Western world is still afraid of fat. Today, we are eating less fat than we were decades before, according to the Harvard School of Public Health.

Yet obesity rates are climbing and will continue to soar until major dietary myths are addressed. Eating fat will not make you fat. On the contrary, healthy fats are essential to the health of your body and can help you to maintain a healthy weight. When healthy fats in the diet replace processed, sugary foods, you can literally watch your health turn around. Healthy fat in a meal is satisfying. Healthy fats help to regulate appetite and ensure that you fill up on nutritious foods instead of high-sugar alternatives. Beneficial polyunsaturated and monounsaturated fats are recommended, found in Really Healthy Foods like nuts, seeds, and avocados. Really healthy fats are not part of the problem. Really healthy fats can balance cholesterol, reduce the risk of heart disease, and fight obesity.

### References

1 "Age at stroke: Temporal trends in stroke incidence in a large, biracial population." *Neurology* Oct 10, 2012.

### Recommended Products

**ACTIVE LIFE Liquid multivitamin for all the family, containing over x90 vitamins, nutrients & minerals. Much better absorbed than tablets. Available in 473ml or 946ml.**



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



# 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!

# Get up and go!

Start the day the right way with these healthy and delicious recipes

## CRUSTLESS QUICHE

This is great to prepare on a Sunday night in prep for the week ahead.

### Ingredients

Herbs and spices of your choice (crushed fennel seeds work well)  
75g cup veggies of choice such as mushrooms, white onion, red bell pepper, spinach or kale  
5 free range eggs  
170ml coconut milk

### Method

1. Cook the meat with the herbs and spices, and sauté the vegetables.
2. Whisk the eggs with the coconut milk, and pour into muffin tins. (Use foil cups if desired.)
3. Add the meat and veggie blend to each cup of egg mixture.
4. Bake at 160c for 25 minutes or until golden brown.

These can be stored in the fridge until they are ready to be eaten.



## SMOKED SALMON, EGGS, AVOCADO, MUSHROOMS & TOMATO

### Ingredients

2 slices of sugar free smoked salmon  
1 organic pasture raised egg  
½ avocado  
A handful of organic mushrooms and organic tomatoes

### Method

1. Fry the mushrooms in some coconut oil, slice ½ an avocado. Add all to a plate with the smoked salmon and season.





# *Reduce the risk of* DVT

An anti-inflammatory diet can restore health and reduce complications of DVT

**D**VT stands for Deep Vein Thrombosis (or deep venous thrombosis). The condition occurs when a blood clot forms in a deep vein. A blood clot located inside a blood vessel is a thrombus. DVT is normally found in the legs, with accompanying symptoms like pain, swelling, redness, warmth, and enlarged superficial veins.

If a thrombus detaches and travels to the lungs, it can be life-threatening. This potential complication is called a pulmonary embolism. Both DVT and pulmonary embolism are considered a single health condition called venous thromboembolism. Other complications are associated with the condition, including post-thrombotic syndrome. Not only do these conditions affect health, but they also place a burden on healthcare costs each year.

Within the past 25 years, scientists have worked diligently to better understand

the condition that is DVT. Medically speaking, progress has been made in providing better diagnosis and treatment. Nonetheless, DVT remains one of the most common medical problems today; 80 cases are diagnosed per 100,000 people per year (Ahamed, Nurul Firdaus, Deep Vein Thrombosis and Pulmonary Embolism, February 5, 2012).

Both DVT and pulmonary embolism are grossly underdiagnosed. The most common form of DVT affecting the lower extremities can be found in one in 1000 people. DVT in the legs remains an underlying contributing factor to acute pulmonary embolism in 90 per cent of cases. It results in over 25,000 deaths a year in Western countries.

## WHAT CAUSES DVT?

DVT can happen to anyone. Some of the most common risk factors include existing injury to a vein, poor circulation, paralysis, increased oestrogen related to

birth control pills or hormone replacement therapy, pregnancy, chronic illness, obesity, age, and family history. The vast majority of these risk factors are within your control. Even if you have a family history of DVT, genes have very little impact on health compared to lifestyle choices. Poor lifestyle choices tip the balance in the majority of cases. As you can see, some of the greatest risk factors for DVT include obesity and chronic illness brought on by an inflammatory lifestyle.

You can reduce major risk factors for DVT. Chronic inflammation from an inflammatory diet devoid of nutrients, along with stress, smoking, and alcohol overuse, can increase risk dramatically. When you add to this a lack of physical activity while remaining sedentary for long periods of time – three hours or more – disease and health complications are bound to happen.

As you reduce risk factors, your body needs the proper support to heal. In order





to relieve pain and swelling can help, though stockings may have to be worn for two years or more. In very serious cases, a blood clot may need to be removed surgically to prevent further life-threatening complications.

Yet the question remains: Why is diet overlooked as a primary cause of DVT? Compression stockings may offer some relief, but they can be a hassle to wear day in and day out for years. Anticoagulant medications used to treat blood clots come with serious risk, such as adverse drug interactions and uncontrolled bleeding due to thinned blood.

### DVT RECOVERY THROUGH RENEWED CIRCULATORY HEALTH

The only true way to address DVT and reduce the risk of life-threatening complications is to strengthen the circulatory system. First and foremost, inflammatory foods must be cut out of the diet. This includes junk foods like cookies, crackers, pastries, white rice, white pastas, breads, and processed foods that only contribute to systemic inflammation.

Nutritional therapy is the next step. Support circulatory health and reduce the risk of DVT with:

1. **Serrapeptase:** This renowned anti-inflammatory enzyme is best taken with a blend of Nattokinase, Protease, and Lipase to support a healthy cardiovascular system and arteries. Serrapeptase can be used to clear inflammation, balance blood pressure, and restore circulatory health.

2. **Magnesium:** Topical magnesium oil can be absorbed into the skin for maximum uptake. The mineral will make its way directly to the heart, while restoring cellular magnesium levels along the way. Magnesium is a mineral essential to overall health; the mineral is invaluable in the regulation of blood clots.

3. **Curcumin:** The ancient spice Curcumin can be taken along with Ecklonia Cava Extract, Serrapeptase, and Vitamin D3; these four "super nutrients" work together

to prevent DVT, it is important to make critical changes right away:

- Move often throughout the day.
- Avoid sitting or lying for long periods of time.
- Walk around every 2 to 3 hours while awake.
- Exercise legs while sitting by raising and lowering heels, flexing toes, and tightening and releasing muscles.
- Wear comfortable, loose fitting clothing.
- Maintain a healthy weight.
- Exercise regularly.
- Cut inflammatory trigger foods out of the diet.

There are several other therapeutic measures that can be taken to alleviate a condition like DVT. Doctors may first recommend medical compression stockings to improve blood flow and reduce the risk of a clot. In many cases, medications like anticoagulants may be prescribed. Compression stockings

### Recommended Products

#### BLOCKBUSTER ALLCLEAR

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



#### ANCIENT MINERALS MAGNESIUM OIL ULTRA

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

#### CURCUMINX4000™

At 20-45 times better utilisation, Curcumin X400™ is the most powerful and cost effective curcumin supplement available. In a recent study, 450mg CurcuminX400™ delivered the equivalent benefits of 4,000mg of ordinary curcumin 95 per cent capsules.



to balance cholesterol, heart health, blood flow, and circulation. Curcumin as a compound of turmeric has been used for centuries to ease pain and inflammation, with benefits to protect the heart and circulatory system.

DVT diet and nutrients can make a world of difference, long before surgery is needed. Diet and exercise are key to improve circulation and strengthen the circulatory system. Critical nutrients like Serrapeptase, Curcumin, and Magnesium support recovery by calming inflammation, improving blood flow, and regulating blood clots.





# *Cholesterol* **MYTHS BUSTED!**

## No matter what you have been told, cholesterol is essential to your health

**D**id you know that the liver produces cholesterol every day to regulate hormones, brain function, and arterial health? Don't let anyone tell you cholesterol is a disease. Your liver makes cholesterol because your body needs it. Calling cholesterol a disease is an utter contradiction.

Cholesterol produced by the liver helps protect the body – and the arteries – against harmful inflammation. Cholesterol

is essential to health. It is oxidized cholesterol in low or high levels that is responsible for heart disease.

### **HOW DOES CHOLESTEROL OXIDIZE?**

Cholesterol oxidizes after it is exposed to free radicals. Free radicals are unstable molecules that can destroy healthy cells in the body. Free radicals come from a number of external toxins, like air pollution, cigarette smoke, and drinking in

excess. Free radicals can be found in our food and water in the form of pesticides and other toxic chemicals. So, free radicals are a given, though direct sources of free radical damage should be avoided, like pesticides and cigarette smoke. Free radical oxidation can be seen anywhere in nature – a banana that begins to turn brown, meat that goes bad, a scrape on the skin that becomes red and inflamed.

The process of oxidation is bound to happen, inside and outside of the body. Though it is not possible to eliminate free radicals altogether, the main problem occurs when the body does not have enough antioxidants to fight off free

radical damage. A lack of antioxidants will allow cholesterol to oxidize. Oxidized cholesterol contributes to existing damage in the arteries and can affect the health of the heart.

### HEART-HEALTHY MYTHS

There are an astounding number of misconceptions surrounding heart health in the medical community. The first myth that needs busting is that of “bad” cholesterol. You may have been told by your doctor that there are two different kinds of cholesterol: good and bad, or HDL and LDL.

Bad cholesterol should be avoided at all costs, right? According to recent research, this myth is far from true. LDL (considered “bad”) cholesterol is not the evil many medical professionals make it out to be. In a recent study published in the *Journal of Gerontology*, researchers assessed 52 adults from the ages of 60 to 69. The study participants were healthy, although not physically active in an exercise program. The researchers were surprised to find that the study participants with the highest levels of “bad” cholesterol gained the most muscle mass after completing an intense workout.<sup>1</sup>

Study researcher Steve Riechman asserts that all cholesterol is good. Both LDL and HDL cholesterol are needed to balance overall health and provide specific benefits, such as the ability to gain muscle mass. Cutting out bad cholesterol completely can cause a number of health issues. Research supports cholesterol to prevent aggression, reduce the risk of haemorrhagic stroke, boost memory, fight infection, and even ward off cancer.

The second heart-healthy myth that needs busting is the recommendation to avoid saturated fat. Contrary to popular belief, saturated fat does not cause heart

disease. In fact, a cardiology specialist at the Croydon University Hospital in London, Aseem Malhotra, believes that quite the opposite is true: Saturated fats in dairy and red meat may help to prevent heart disease.<sup>2</sup>

The real danger can be found in trans fats in fast food and processed food, as well as baked goods and margarine. For years, we have been told by medical professionals to cut out trans fats and saturated fats completely. However, recent research points to the protective benefits of saturated fat in dairy to lower blood pressure and reduce the risk of diabetes, thus protecting against heart disease.

Both of these studies rebut “common medical wisdom” that advises a heart-healthy low-fat diet to lower total cholesterol. This is a dangerous, slippery slope that does nothing to protect the health of the heart. Reducing the amount of healthy fat in the diet can actually increase the risk of heart disease. A low-fat diet will not benefit your heart.

### THE CRITICAL HEART NUTRIENT

If avoiding cholesterol isn't the answer, what can you do to protect your heart? The best way to guard your heart is to cut out trans fats found in processed and fast foods. A heart-healthy diet consists of really healthy foods, free from starchy carbohydrates like cereals, cookies, white rice, potatoes, pastry, breads, and pasta. Enjoy up to 14 small portions of fresh or frozen vegetables a day; 3-5 portions of beans, nuts, and seeds; 3-5 portions of dark-skinned fruits; and liberal amounts of healthy oils, like hemp, krill, and olive oil.

There's more. You can strengthen your heart with one critical nutrient to rejuvenate and energize every part of your body. A young, healthy heart is protected by ample levels of CoQ10 produced by

the liver. CoQ10 is designed to support the heart, lungs, and muscles and combat free radical damage. Over time, aging, poor diet, and illness begin to take their toll. By age 80, the body produces 65 per cent less CoQ10. A 75 per cent CoQ10 decline can lead to death.

The heart-healthy nutrient ubiquinol is a form of coenzyme Q10 that is eight times better absorbed. This powerhouse antioxidant can fuel each cell and process in your body, while protecting the health of your heart. Supplementing with ubiquinol is critical to correct a CoQ10 deficiency. Ubiquinol can alleviate atherosclerosis, hypertension, congestive heart failure, angina, and arrhythmia to strengthen your heart for years to come.

### References

1. *J Gerontol A Biol Sci Med Sci* (2007) 62 (10): 1164-1171.
2. *Source: British Medical Journal*, 2013; 347: f6340).

### Recommended Products

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



**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. Suitable for Vegetarians.



# HEALTH news

## 'SLEEPING WITH BABY' A FACTOR IN COT DEATHS

Sudden infant death syndrome (SIDS) – once known as cot death – remains a mystery, although it's more likely to happen when the baby is sleeping with the parents, a new analysis has discovered.

It's the one factor that stands out in an analysis of 8,207 SIDS deaths, which involved children aged up to one year. In 69 per cent of the deaths, the children were sleeping in the same bed as the parents. The ratio rises to nearly 74 per cent in children aged between zero and three months. Older infants who were sleeping near the parental bed were often found prone with blankets or stuffed toys nearby.

These tragic cases suggest that risk factors change during the first year of life, and that babies in the first three months of life are at special risk when they sleep with parents.

(Source: *Pediatrics*, 2014; doi: 10.1542/peds.2014-0401)

## DRINK LESS ALCOHOL FOR A HEALTHY HEART

Alcohol may be good for you, according to some studies – but drinking less is even better, new research suggests. People who cut down on the booze improve their heart health, and see their body-mass index (BMI) and blood pressure drop.

The new finding throws into question the protective effects of alcohol, and especially red wine, on the health of our heart and cardiovascular system. Light-to-moderate drinkers, defined as those who drink 0.6 to 0.8 fluid ounces a day, or around one small glass of wine, were thought to enjoy the most protective effect.

But less is more, according to researchers from the University of Pennsylvania, who reckon that even light drinkers would benefit from cutting back. A 17 per cent reduction in weekly intake results in a 10 per cent

reduced risk of coronary heart disease, they say.

They base their recommendation on a reanalysis of more than 50 studies that involved around 260,000 people.

(Source: *British Medical Journal*, 2014; 349: g4164)



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



## ACUPUNCTURE HELPS EASE MENOPAUSAL HOT FLUSHES

Acupuncture can help reduce the frequency and intensity of hot flushes suffered by women going through the menopause. The therapy is an effective alternative to drugs, says a research study published by the North American Menopause Society.

The effect can be immediate, and doesn't seem to be based on the number of acupuncture sessions, or duration of treatment. 'Real' acupuncture outperformed 'sham', or placebo, acupuncture in reducing the severity of the attacks, although the frequency was lowered by both approaches.

The benefits were reported for up to three months.

(Source: *Menopause*, 2014; 1; doi: 10.1097/GME.0000000000000260)

## GUM DISEASE AGGRAVATES IBS

IBS (irritable bowel syndrome) sufferers should check the health of their teeth. Oral bacteria on gums and teeth can make the problem flare up, a new study has found.

Oral streptococci bacteria aggravate symptoms of colic and IBS, say researchers from Osaka University in Japan.

Thus far, their research has been limited to laboratory mice, but they are confident that similar responses would be seen in humans.

Dr Nigel Carter, chief executive of the British Dental Health Foundation, says that any tell-tale signs of gum disease – such as swollen, bleeding gums, infections, bad breath or loose teeth – should be treated immediately, and especially if you already have IBS.

(Source: *Oral Diseases*, 2014; 20: 359-66)

## PATIENTS TAKING WRONG DOSE BECAUSE THEY CAN'T READ THE LABEL

People may be overdosing on prescription drugs because the instructions are so poorly printed on labels that they are misreading them.

The print on the label on bottles and capsules is often too small, and doesn't follow any of the basic rules of typography that make words legible and clear, say researchers at the University of Waterloo in Canada.

It's a problem because most people taking prescription drugs are older and whose eyesight may be poor.

In one survey, the researchers asked 45 pharmacies to print off instructions, but 44 per cent of them used print that was smaller than 12 point, most centred the words, making them harder to read, and the words in almost every case were poorly spaced.

(Source: *Canadian Pharmacists Journal*, 2014; 147 (3): 179)



## VASECTOMY RAISES PROSTATE CANCER RISK 10 PER CENT

Men who have had a vasectomy are more likely to develop prostate cancer, and the more aggressive form that is likely to kill.

The procedure increases the overall risk by 10 per cent, and the chances of developing an advanced or lethal form is even higher – relative to the general population – at up to 20 per cent increased risk.

The greatest risk was among men who had a vasectomy at a younger age of 38 or so, say researchers from the Harvard School of Public Health, who analysed the health of 49,405 men over a 24-year period. In that time, 6,023 men developed prostate cancer, and a quarter of those had had a vasectomy.

Vasectomy is one of the most popular forms of contraception in the US and the UK, with around 15 per cent of men undergoing the procedure.

(Source: *Journal of Clinical Oncology*, 2014; doi: 10.1200/JCO.2013.54.8446)

## TWICE THE GOODNESS IN ORGANIC FRUIT AND VEG, NEW STUDY SAYS

You get twice the nutritional goodness when you eat organic fruits and vegetables, a new study has found. The pesticide-free produce have up to 69 per cent more antioxidants than non-organic varieties.

The person who always eats organic may even be able to halve the five-a-day daily recommended intake, say researchers from Newcastle University.

The study is the definitive study into organic produce, and reanalyses 343 peer-reviewed previous studies.

Study author Carlo Leifert says there are "statistically significant, meaningful" differences between organic and standard produce, with organic having from 19 to 69 per cent more antioxidants.

The compounds have a strong influence on heart health and some cancers.

(Source: *Daily Telegraph*, July 12, 2014)



## HEALTHY LIFESTYLE CAN ADD 10 YEARS TO YOUR LIFE

Want to live a longer and healthier life? It's easy, and it's all the stuff you already know: eat more fruit, lead an active life, keep alcohol intake to a minimum and don't smoke. Following these precepts could add 10 years to your life, reckon Swiss researchers.

On the negative side, someone who leads an unhealthy life – drinking too much, smoking, not exercising and having a poor diet – is two-and-a-half times more likely to die over the next decade once he reaches the age of 75 compared to someone of a similar age who has followed all the healthy guidelines. The healthy 75 year old is 67 per cent more likely to be still living 10 years later, but the unhealthy person has just a 35 per cent chance.

An unhealthy life seems to catch up with you only when you reach the age of 75 or so. Mortality levels in people aged up to 75 were similar, whether or not they followed a healthy lifestyle, say researchers from the University of Zurich.

The single most unhealthy lifestyle choice is smoking, say the researchers. Smokers are 57 per cent more likely to die prematurely than non-smokers, while inactivity, an unhealthy diet and alcohol abuse each raises the risk by 15 per cent.

The findings are based on the analysis of 16,721 men and women between 1977 and 1993 and their deaths by 2008.

(Source: *Preventive Medicine*, 2014; doi: 10.1016/j.ypmed.2014.05.023)

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



# Testimonials

A lifetime commitment to natural health brings great reward



## THE "MIRACLE ENZYME" SERRAPEPTASE OFFERS UNDENIABLE RESULTS TO IMPROVE CHRONIC AILMENTS AND QUALITY OF LIFE

### Healthy Vision, At Last

"Three years ago I was diagnosed with glaucoma. After reading your website about how Serrapeptase works I intuitively theorized that it will help my glaucoma by dissolving the debris in my eyes' sewage system over time. I stopped taking the medication from the hospital and focused on SerraEnzyme, Serranol and Blockbuster Allclear (mixing and interchanging them) up to 12 capsules daily. I also improved my diet to emphasize vegetables and good oil (coconut and palm oils). Two weeks ago I had my latest test and the pressure in the eyes were 17 and 18. Unknown to the doctor I have not taken any of his prescriptions for over two years now. I strongly believe the Serrapeptase plays a role in improving the eyes waste disposal system and I know that my eyes are certainly healthier than they were three years ago."

Chris

### Always Breathe Easy

"I ordered SerraEnzyme today – it is the best product on the market ever for improving lung health. THANK YOU."

George B.

### Long-Term Cardiac Recovery

"Dear Mr. Redfern, I have been successfully using Serrapeptase since my Heart bypass operation a few years ago. Regularly I undergo check-ups and so far my arteries are perfectly clean to such a point that the Cardiologist has reduced my medication! THANK YOU so much!"

Antonio D.

## THE COMPLETE IMPROVING HIGH BLOOD PRESSURE IN 30 DAYS REHABILITATION PLAN CAN EXPEDITE RECOVERY, EVEN FOR A CHRONIC HEALTH CONDITION

### Age Gracefully, Protect Your Heart

"Thank you for this. I took your course. Recently I visited the heart specialist for my three-yearly (cycle machine) test. He was astounded at the improvement. My heart pressure was 111/68 (down from over 130). I am 30% fitter than three years ago and 20% fitter than men of my age (70 years)."

Keep up the good work!

John M.

## POWERFUL, EFFECTIVE ELECTRONIC ACUPRESSURE WORKS HAND-IN-HAND WITH NUTRITIONAL THERAPY TO RESTORE HEALTH

### Fibromyalgia and Asthma Relief

"I would like to take this opportunity of saying how much I find the Healthpoint acupressure device very helpful. I have been taking your things for about 6 months now and find it helps immensely with fibromyalgia symptoms. We started on it to help my son who suffers asthma

and had inhaled a lot of paint/lacquer fumes when he was spraying one of his guitars (he's a guitar repairer/luthier) and the serrapeptase, I'm sure was a lifesaver. Thank you again for your wonderful product, I have told quite a few people about it, as I think it's just great."

Lenice, Australia

### Astounding Stroke Support

"I had a stroke and after being discharged from hospital was left paralyzed down the left hand side of my body. My neighbour immediately offered to loan me his HealthPoint and showed my wife and me the points in the manual. Within one week the paralysis was completely gone and I went back to work."

Washington State



# 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.



# Juices and Smoothies

These drinks are an easy and delicious way to add healthy nutrients to your diet

## LEMON CELERY SMOOTHIE

- 1 celery stalks
- ½ cucumber
- ½ apple
- 300ml almond milk or coconut milk
- ½ freshly squeezed lemon juice
- 1 tablespoon chia seeds

Add all ingredients to a blender and blend.



## BREAKFAST SMOOTHIE

- 240ml water
- 140g fresh blueberries or frozen
- 1 small banana
- ½ ripe avocado
- 50g spinach

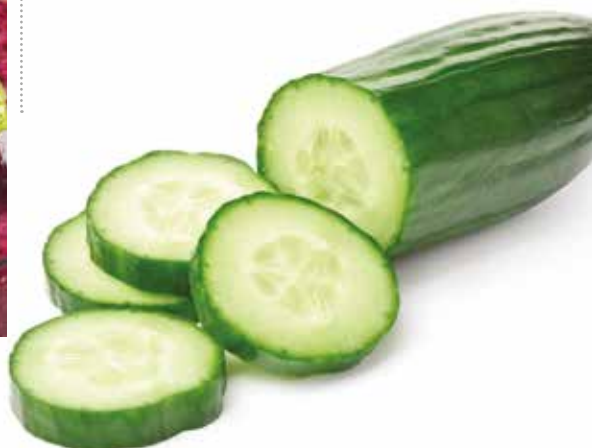
Add all ingredients to a blender and blend.



## BEETROOT SMOOTHIE

- 240 ml water
- 1 beetroot
- 1 cucumber
- 2 sticks of celery
- 3 carrots
- 1 red apple
- an inch of ginger

Add all ingredients to a blender and blend.



# Delicious and nutritious!

Eating a healthy diet doesn't mean you can't have the occasional treat! Try these ideas...

## FLOURLESS CHOCOLATE ORANGE CAKE

### Ingredients

2 organic small oranges  
50g cacao or cocoa powder  
190g ground almonds  
6 large eggs  
1 ½ tsp bicarbonate of soda  
3 tbsp raw honey



### Method:

1. Put the oranges in a pot and cover with water. Bring to a boil and simmer for two hours until soft.
2. Remove oranges, let cool, put both whole oranges into a food processor. Blend to a pulp.
3. Transfer mixture to a large mixing bowl. Whisk in the eggs and honey. Sieve in the cocoa powder, bicarbonate of soda. Stir in the almonds and mix everything together well to form a runny batter.
4. Pour into a greased or lined 20cm springform pan. Bake at 190c for 45mins to an hour. Remove from tin when cool.



## RAW HONEY ROASTED MACADAMIA NUT ICE CREAM

### Ingredients

#### Macadamia Nut Milk:

70g raw macadamia nuts  
240ml warm water  
2 tablespoons arrowroot powder  
350ml full fat coconut milk  
pinch of salt  
3 tablespoons raw honey  
1 egg  
1½ teaspoons vanilla extract

#### Honey Roasted Macadamia Nuts:

½ tablespoon raw honey  
1 teaspoon macadamia nut oil (or coconut oil)  
pinch of salt  
70g raw macadamia nuts, halved or chopped

#### For the macadamia nut milk:

1. Add the nuts and water to a blender and blend for a couple of minutes.
2. Strain the milk using a fine mesh strainer or

cheesecloth into a saucepan. This should yield one cup of macadamia nut milk.

3. Whisk the arrowroot powder into the milk until it dissolves.
4. Add the coconut milk, salt, raw honey and egg and heat mixture slowly at medium heat, stirring constantly until it starts to bubble and thickens.
5. Remove from heat, let it cool, then mix in the vanilla extract and refrigerate overnight.

#### For the honey roasted macadamia nuts:

1. In a bowl whisk together the honey, macadamia nut oil and salt. Add the nuts and mix well until all nuts are coated with the honey
2. Prepare a baking sheet with parchment paper and spread the coated nuts across the pan. Bake for 15 minutes at 175°C or until golden brown, being careful not to burn
3. Let the nuts cool and fold them into the chilled ice cream mixture.
4. Process the ice cream in your ice cream machine according to the manufacturer's instructions and serve.





# HEALTHY *sperm*

Low sperm levels are a global epidemic

**I**f you consult medical science, the outlook for a couple trying to conceive is bleak. As of 2010, there were almost 50 million couples around the world unable to have children after five years of trying. The quest for conception can be frustrating, expensive and heartbreaking, to say the least.

As couples try to get to the bottom of infertility, the possible causes are split evenly. Physicians believe that in roughly one third of infertile couples, male infertility may be the cause. In one third of infertile couples, female infertility may be the cause. In the remaining one third of

infertile couples, there is no known cause of infertility.

Couples who have unsuccessfully tried to conceive for months or even years will dig deeper, searching for help with their condition. A simple Internet search will yield astonishing results, often directly related to male infertility.

After reviewing several clinical studies over the past 15 to 20 years, researchers agree that male sperm counts are on the decline. These changes are recent and sudden, affecting the international population.<sup>1</sup> The sperm count in Scotland has dropped an astonishing 30 per cent in the past 25 years. In France, sperm

counts have dropped 25 per cent in 17 years. For this reason, scientists suggest that declining sperm rates may be related to environmental and lifestyle choices as opposed to underlying genetic issues. Scientists emphasize that the exact cause of lower sperm count in men around the world is still unknown, though preventative measures must be taken to discourage this trend from continuing.

For couples desperate to conceive, this underlying male fertility issue can be eye-opening. Many couples today wait longer to have children in order to save money, start a career, and stabilize their household. By the time they are ready to

have children, the conception window has narrowed.

An “unknown” fertility diagnosis can be devastating. It can cost thousands of pounds in medical reproductive treatment to conceive a child. Without a guarantee of reproductive success, male or female infertility can literally bankrupt a couple on their journey to fulfilling their dream of a family.

### ADDRESS THE STRESS

The medical community agrees that diet and lifestyle play a role in male fertility, but in some cases, it may be mind over matter. Research from Italy reveals that a man’s ability to produce healthy sperm levels may be directly related to his ability to handle stress.

Scientists discovered that men with higher levels of short-term and long-term stress and anxiety had less semen in their ejaculation. This group of men also had lower sperm concentration and sperm counts. Men with the highest levels of anxiety were most likely to have slow-moving, deformed sperm.<sup>2</sup>

Researchers believe that there is a strong link between stress and male infertility. This issue may be further compounded by added stress experienced during fertility treatments. It creates a vicious cycle. A man may be anxious about his ability to produce sperm in order to conceive; this anxiety can contribute to or cause fertility issues for a couple.

Stress as an underlying factor in male fertility cannot be overlooked. Stress management is an important coping skill that can be used to protect health and improve all areas of life. Men are encouraged to explore stress management techniques and make physical activity a regular part of their daily life.

Regular exercise puts beneficial stress on the body to improve the health of the heart. Physical exercise can also release high levels of emotional stress and anxiety. Stress levels can be further reduced

through meditation, breathing techniques, and even acupuncture. The World Health Organization supports acupuncture as a viable form of alternative treatment for more than 50 conditions – including headaches, arthritis, sciatica, and the common cold. Acupuncture has been proven effective in the treatment of stress and infertility.

### THE WESTERN UNNATURAL FOOD DIET LACKS CRITICAL NUTRIENTS

Scientists agree that environmental and lifestyle factors may be to blame for declining sperm counts. It’s hard to ignore the fact that most people today, men and women alike, eat a Western Unnatural Food Diet. Male and female infertility is a modern epidemic. Infertility factors like low sperm count and blocked fallopian tubes are a sign of the times, related to deteriorating diet and declining health. Researchers are 99 per cent certain that low levels of critical nutrients and unnatural foods are to blame for an apparent drop in fertility for both men and women. Junk food and poor diet also contribute to 50 per cent of all birth defects.

The Western Unnatural Food Diet is the number one disease and inflammation-producing diet in modern society. It is eaten more and more each day. It consists mainly of inflammatory, starchy foods like potatoes, cereals, pastas, breads, and pastries. It is high in unhealthy fats and low in critical antioxidants and phytochemicals needed to neutralize free radical damage.

This diet can be remedied with nutrient-rich Really Healthy Foods to restore reproductive health:

- Vegetables
- Dark-skinned fruits
- Nuts
- Seeds
- Beans

Male fertility is a serious issue that could be at the root of a couple’s inability to conceive. Both partners can benefit from

### Recommended Products

#### SERRAPLUS +™

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



#### HEALTHY FLOW™

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

#### L-CARNITINE

**500mg L-carnitine per serving plus 100mg CoQ10, 30 servings per bottle.**



making lifestyle changes to reduce stress and improve diet. For a woman, healthy nutrition and lifestyle choices can ensure a healthy pregnancy and delivery. For a man, stress management and anti-inflammatory foods can improve sperm production and motility to contribute to successful conception.

### References

1. S Dindyal. The sperm count has been decreasing steadily for many years in Western industrialised countries: Is there an endocrine basis for this decrease? *The Internet Journal of Urology*. 2003 Volume 2 Number 1.
2. Fertility and Sterility. Volume 99, Issue 6, Pages 1565-1572.e2, May 2013.





# Robert's Rant

By Robert Redfern  
(taken from my  
weekly email  
newsletter Naturally  
Healthy News, Week  
33 2014: Why I Feel  
Sorry For Doctors)

**W**hile sometimes I am accused of attacking doctors I can assure you it is not my intention (except of course the paid media spokespeople doctors of Big Pharma). In fact some of my best friends are doctors and they really care.

I am in fact attacking the fraudulent system created by the Medical/Pharma Cabal they have to work under. When I discuss this, one to one, they tell me it is a trap they are in, as their livelihood and possibly their career are at risk if they step out of line. They are left in no doubt what will happen to them if they do step out of the 'official line'.

There are many examples of the attacks they come under for stepping out of line and the worst thing they can do is to allow publicity when they have successfully prescribed natural solutions.

As I type this I am listening to the BBC Radio and they are discussing that in the future, UK GP surgeries may be closed down for poor performance. You and I being sane would consider this meaning the doctors who do not help enough people to get healthy, would be the ones who face sanctions.



No, the measurement of effectiveness will be prescribing the required number of drugs and vaccinations. This can be monitored by the Pharma salespeople/representatives who visit the doctors and push their own drugs. Doctors who ban these visits may be especially monitored as someone who 'has something to hide'.

Conspiracy theory? Not really, big pharma are continually fined billions for their fraud and there have been many books exposing this system and the former editor of *The New England Journal*, Marcia Angell MD revealed the corruption of the medical system in her many books, when she said: "Similar conflicts of interest and biases exist in virtually every field

of medicine, particularly those that rely heavily on drugs or devices. It is simply no longer possible to believe much of the clinical research that is published, or to rely on the judgment of trusted physicians or authoritative medical guidelines. I take no pleasure in this conclusion, which I reached slowly and reluctantly over my two decades as an editor of *The New England Journal of Medicine*."

As Editor of *The New England Journal*, Marcia was at the heart of the whole system and in effect is saying the whole medical systems are rotten to the core and you may not be able to believe anything that comes from it.

When doctors I speak to tell me they are



in a trap you can see from this how they are virtually blackmailed into following the 'official line'.

### MORE PROBLEMS FOR DOCTORS

A question I get asked daily is "should I carry on taking aspirin?" Doctors are asked the same question and for many years (based upon unbelievable evidence) they were instructed to put as many people as possible on aspirin. This they dutifully did until a few weeks ago when a review of those studies and the side effects of taking aspirin showed that any benefits were outweighed by the side effects and that the doctor should not simply hand prescriptions out to as many people as

possible. This many doctors dutifully did.

Big Pharma was not going to take this as a fact and quickly put together a group of people on their payroll and paid consultants who came up with a new angle. A couple of days ago you may have seen in the tame media:

"BBC News – Daily aspirin 'prevents and possibly treats cancer'"

Imagine the doctors and their patients reading this. A few weeks ago they were telling their patients to stop taking aspirin and now their patients come rushing back demanding aspirin to prevent cancer.

If the doctors read the same reviews that I read they will see that the so-called evidence was unbelievable. To quote Marcia Angell MD "It is simply no longer possible to believe much of the clinical research that is published, or to rely on the judgment of trusted physicians or authoritative medical guidelines".

The doctors are in a trap but not of their own making. 99% of doctors were kids that left school and were pushed by their parents' dreams or had their own dreams of healing people. They went to University and believed everything they were told. They did their time in medicine or whatever branch and eventually over the years realized it was mostly pushing drugs, surgery or devices. By now it was too late, the trap had sprung, they had a career, a mortgage, kids themselves.

If aspirin has any benefits it is as an anti-inflammatory. Since inflammation is a large factor in just about every disease (but you already know that) then all you need is a safe anti-inflammatory that is better than aspirin that you can take all of your life.

### ANOTHER WAY

I know, why not take serrapeptase for the rest of your life? It works better than aspirin, clears inflammation, fibrosis, scarring, mucus, helps clear infections, helps prevent Alzheimer's (in the latest studies) and most of all it is safe.

I guess you know I am joking with the last paragraph. The whole purpose of this newsletter is to convince you to take serrapeptase for the rest of your lives. Take the highest dose you can afford combined with Curcumin for the extra protection this gives against cancer and countless other health problems. Something is better than nothing.

My recommendations are:

I now personally take a daily dose of 500,000iu serrapeptase and sometimes 1,000,000iu (a combination of Serrapeptase 250,000iu capsules and a Serrapeptase/Curcumin formula), for anti-ageing, to reduce any inflammation and especially since the new study, with nattokinase to prevent dementia. Many with urgent health needs should take 2,000,000iu. The fact is enzymes that are not used within a few hours are recycled by the body to a different type of enzyme so any excess will be recycled to good use.

Just to be absolutely clear, if you have a serious problem and need faster results 2,000,000iu is a useful minimum to take over the day. Only those with gastritis or detoxing effects may need to lower or stop such a dosage.

## 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 up to 48 hours for a response.

Best regards,  
Robert Redfern

*Robert Redfern*





# *Fight against* **CROHN'S DISEASE**

Put an end to painful digestive disorders

**C**rohn's disease occurs when the digestive tract gets inflamed. This long pathway of inflammation may start at the mouth and end at the rectum – including the oesophagus, stomach, small intestine, and large intestine. Crohn's disease has the potential to affect the entire digestive process, though most of the painful digestive attacks take place in the lower small intestine.

In a flare-up of Crohn's disease, the affected area swells. Unpleasant, chronic symptoms will result – like pain and diarrhoea.

Crohn's disease symptoms are difficult to live with and can compromise quality of life.

Symptoms can range from mild to severe and may include:

- Stomach pain (most common)

- Diarrhoea (most common)
- Fever
- Weight loss
- Rectal bleeding
- Skin irritation
- Eye irritation
- Arthritis

Instances of Crohn's disease are on the rise, especially among young people. There are over 8000 new cases diagnosed each year. Crohn's disease affects roughly one in 1000 people. Crohn's disease is also likely to run in the family. Up to 20 per cent of people diagnosed with Crohn's also have a blood relative with inflammatory bowel disease.<sup>1</sup>

People of all ages can develop Crohn's disease. However, the condition is most often diagnosed between the ages of 20 to 30. As Crohn's disease progresses, it affects the health of the colon. This greatly increases the risk of colon cancer.

One in 20 Crohn's disease sufferers will develop colon cancer within 10 years after the condition is diagnosed.<sup>1</sup>

## **INVASIVE MEDICAL TREATMENT FOR DIGESTIVE DISTRESS**

Crohn's disease is hard to treat. The digestive disorder is marked by widespread inflammation that is difficult to control. With medical intervention, Crohn's can be managed in the short-term. More invasive long-term treatment is often recommended.

Up to 80 per cent of Crohn's disease sufferers will undergo surgery to control symptoms, repair the digestive system, and treat complications of the disorder.<sup>1</sup>

It should go without saying that surgery should always be a last resort option for a health issue. Since Crohn's disease is related to digestive inflammation, digestive health must be addressed first



before surgery is agreed upon.

The most common medical “prescription” for Crohn’s disease is a combination of nutritional supplements, drugs, and surgery. This medical protocol attempts to offer long periods of remission from the digestive condition with no guarantee of long-term recovery.

Medication for Crohn’s disease should not be taken lightly. Nutritional supplements are highly recommended, but typical Crohn’s medication will suppress the immune system in an attempt to calm inflammation. Suppressing inflammation may help to suppress pain, fever, and diarrhoea to allow the digestive system to heal – temporarily.

Crohn’s disease medications are complex and can come with an even longer list of side effects. Aminosaliclates, corticosteroids, immunomodulators, biological therapies, and antibiotics are recommended by medical professionals. For many patients, these aggressive meds further compromise health with mild to severe side effects – corticosteroids to control inflammation can only be taken in the short-term as they cause facial swelling, acne, hair growth, and excessive weight gain.

It would be an understatement to say that long-term, aggressive medication use is a burden for patients of Crohn’s disease. Doctors are quick to prescribe drugs to control symptoms, and diet is often overlooked at the root of the disorder.

## TARGET THE INFLAMMATION

Recovery and rehabilitation for Crohn’s disease hinges on one simple principle: Control inflammation through diet. Inflammatory bowel disease may run in the family for some sufferers of Crohn’s, but lifestyle is a much more important factor to take into account. Lifestyle choices can impact health and are always within your

control. Genes load the gun, and lifestyle pulls the trigger.

Many sufferers of Crohn’s disease are simply unaware that the majority of foods they eat each day are highly inflammatory. Starchy carbs like breads, pastries, cookies, cereals, potatoes, and pastas are all inflammatory triggers. Processed foods and milk products add to the burden.

Inflammatory foods sabotage digestive health and worsen a condition like Crohn’s. Healing will be next to impossible if you don’t cut inflammatory foods out of your diet. Really healthy foods and grain alternatives are recommended to nourish a wounded body and heal the gut: fresh or frozen vegetables; beans, nuts, and seeds; dark-skinned fruits; hemp, krill, and olive oil; and quinoa, millet, and buckwheat instead of processed carbs.

There’s more. Cutting inflammatory triggers out of the diet is the first step. Healing the gut with an anti-inflammatory enzyme offers hope for true recovery. The Serrapeptase enzyme, derived from the intestine of the silkworm, is renowned for its ability to digest inflammation and offer pain relief. Serrapeptase has been supported in a clinical setting for over 25 years as a safe, effective alternative to over-the-counter and prescription drugs – like ibuprofen and NSAIDs.

The Crohn’s and Colitis Foundation of America describes Crohn’s disease as a “chronic, life-long condition [that] can be treated but not cured.” We know now that cure is a medical term, and the medical community cannot offer any cures, or they would be out of business.

However, pain relief and rehabilitation are still possible. A non-inflammatory lifestyle is the first and most important step to allow your body to repair itself. You can support tissue regeneration and recovery with critical nutrients, like the anti-inflammatory enzyme Serrapeptase, to regain your digestive health.

## References

“Useful Statistics about Bowel Disease.” St Marks Foundation.

## Recommended Products

### SERRANOL

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



### CURCUMINX400™

**At 20-45 times better utilisation, Curcumin X400™ is the most powerful and cost effective curcumin supplement available. In a recent study, 450mg CurcuminX400™ delivered the equivalent benefits of 4,000mg of ordinary curcumin 95 per cent capsules.**

### DAILY IMMUNE PROTECTION

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





# HELP FOR *eczema*

Relief for a chronic skin condition “without a cure”

**E**czema is an itchy, painful, uncomfortable skin condition that has been called a global epidemic. This chronic skin disease is characterized by dry, red, itchy skin that can often weep and bleed. Eczema may also be referred to as atopic dermatitis and can affect up to 25 per cent of people around the world.

Eczema is known by its rash. The eczema rash can affect different areas of the body and may range from mild to severe. Eczema is uncomfortable and itchy. It may cause sufferers, especially small children, to scratch skin until it bleeds.

Some of the most common symptoms of eczema include:

- Dry, sensitive skin
- Itching
- Inflammation
- Scaling
- Chronic rash
- Rough patches
- Weeping patches
- Swollen skin
- Discoloured skin

It is clear to see that while eczema is inconvenient, it can also affect quality of life. A child with eczema may not be able to keep from scratching. A child who grows up with chronic eczema may suffer from embarrassment as they try to keep the condition hidden and under control.

## ECZEMA ON THE RISE

My Virtual Medicine Centre confirms that in 1940, only 4 per cent of the global population suffered from eczema.<sup>1</sup>

Nowadays, the number has skyrocketed to anywhere from 8 to 25 per cent. Eczema may be related to a number of allergic disorders, including hay fever and asthma. Eczema is most likely to appear among infants and children, though research now suggests that childhood eczema can continue into adulthood.

Why is eczema a global epidemic? Doctors still cannot agree on the reason for the increase in eczema diagnoses. A number of physicians point to the “hygiene hypothesis.” These physicians believe that

parents today overprotect their kids from dirt and germs that are necessary to build the immune system. When the immune system is not stimulated at a young age, it is not able to fight off irritation and inflammation – evidenced in chronic skin conditions like eczema.

There are a few interesting factors that support the hygiene hypothesis. Supporters of the theory cite the fact that children who grow up on farms with diverse germ exposure at a young age rarely ever develop eczema. Children born to large families with greater exposure to childhood disease are less likely to be diagnosed with the skin condition.

Other researchers believe:<sup>2</sup> “The ‘atopic eczema epidemic’ has developed in industrialized countries within the last four decades. The disease has a strong genetic influence, so environmental factors must be responsible for the dramatic increase in disease prevalence.”

Without a known cause and without a cure, treatment for eczema is frustrating for families around the world. There are a number of over-the-counter products that are recommended to soothe irritated skin. Yet in the most severe cases of weeping eczema, topical lotions do little to help and can make matters worse if they contain irritating chemicals and fragrances.

A severe case of eczema may require a visit to a paediatrician. This may lead to subsequent referrals to dermatologists and allergists to get to the root of the disorder. In an attempt to control a painful eczema outbreak, a doctor may prescribe topical hydrocortisone cream. This topical steroid is used to treat skin inflammation and may come with side effects like nausea, heartburn, dizziness, headache, difficulty sleeping, and acne.

Topical steroid use still leaves eczema sufferers between a rock and a hard place. Hydrocortisone cannot be used for a long period of time as it thins and compromises the quality of the skin. Long-term use may also lead to steroid withdrawal, infection, insomnia, elevated blood pressure, elevated blood sugar, and atherosclerosis.

## 5 STEPS FOR CHRONIC ECZEMA RELIEF

When you focus on the health of the body as a whole and treat eczema from the inside out, you can find relief. This five step eczema plan is critically important for young children with eczema to relieve pain, itching, and discomfort that could plague them well into adulthood.

Eczema relief is simple but requires a commitment to your health:

1. Take hemp seed oil by mouth each day to support healthy cell growth.
2. Take curcumin daily as a potent anti-inflammatory to ease pain and inflammation.
3. Take “The Miracle Enzyme” Serrapeptase daily to further calm inflammation.
4. Apply protective CoQ10 cream to the skin daily to replenish vital nutrients and protect against irritation.
5. Use HealthPoint electronic acupuncture at liver 3 and stomach 36 to target underlying digestive issues that can trigger inflammation.

## EAT TO BEAT ECZEMA

What you eat matters on the road to eczema recovery. If your child is suffering from eczema, now is the perfect time to make important changes to their diet so they can learn really healthy eating habits that will stick with them for the rest of their life:

- Cut out all starchy carbs, such as pastries, cookies, cereals, white rice, breads, potatoes, and pasta.
- Cut out processed foods and dairy products.
- Eat up to 14 portions of fresh or frozen veggies a day; 50 per cent raw juiced and organic, if possible.
- Eat 3-5 portions of beans, nuts, and seeds (soaked and mashed nuts and seeds).
- Eat 3-5 portions of dark-skinned fruits; 2 avocados a day are highly recommended.
- Enjoy healthy oils like hemp, krill, and olive oil.

- 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 with a little water.

Your skin is the largest organ in your body. Changing what you eat and supplementing with anti-inflammatory nutrients can offer much-needed eczema relief.

## References

1. “Atopic Dermatitis (Eczema).” myVMC.
2. *J Cosmet Dermatol.* 2003 Jul;2(3-4):202-10.5. [www.paulingtherapy.com](http://www.paulingtherapy.com)

## Recommended Products

### HEMP SEED OIL

**Almost perfectly balanced profile of Omega 3 & 6 and 9 fatty acids from cold-pressed organic hemp.**



### CURCUMINX4000

**At 20-45 times better utilisation, CurcuminX400TM is the most powerful and cost**

**effective curcumin supplement available. In a recent study, 450mg CurcuminX400TM delivered the equivalent benefits of 4,000mg of ordinary curcumin 95 per cent capsules.**

### DERMA Q-GEL

**100% natural, no harsh exfoliants, no nasty peeling chemicals, protected by x2 US Patents and 100% paraben free. Up to x5 more CoQ10 than any other skin cream.**



### MAGNESIUM LOTION

**The ‘lightest’ product in the Ancient Minerals magnesium range, still delivers magnesium benefits but light enough to be used as a moisturiser.**





NEW  
IMPROVED  
FORMULA  
x30 MORE CAPS  
NO CHANGE IN PRICE

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

You are what you absorb

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

Essential Digestive Plus is a professional strength complex that combines the power of all the important digestive enzymes, such as: Amylase, Protease (SP Blend), Lipase, Pectinase, Invertase, Cellulase, Glucoamylase, Alpha Galactosidase

The Lactase enzyme improves lactose digestion in individuals who have difficulty digestive lactose.

Essential Digestive Plus contains Fruta Fit Inulin, to help provide a source of soluble dietary fibre.

\* THIS NEW FORMULA HAS x2 NEW ADDED INGREDIENTS, PROTEASE 3.0 & PEPTIDASE TO HELP WITH GLUTEN DIGESTION.

\* THERE ARE ALSO x90 CAPS IN THE BOTTLE, x30 MORE THAN THE PREVIOUS FORMULA AND FOR THE SAME PRICE!!

\* THIS ENABLES x1 CAP TO BE TAKEN WITH EACH MEAL.  
EACH BOTTLE WILL LAST APPROX. 1 MONTH.



# Liven up lunch!

These healthy and delicious recipes will make lunch the highlight of your day

## NICOISE SALAD

### Ingredients

Grilled tuna steak or canned tuna  
Organic, boiled eggs  
Lettuce  
Tomatoes  
Cucumber  
Green beans  
Olives  
Capers  
Tinned Anchovies  
Sea salt and freshly ground black pepper to taste

### Method

1. Prepare the ingredients and arrange in a salad bowl.
2. For a dressing mix lemon juice, organic extra virgin olive oil and Dijon mustard, mix well.

## QUICK AND EASY TOMATO SOUP

### Ingredients

4 large ripe tomatoes  
½ medium onion  
5 garlic cloves  
1 tbsp olive oil  
1 tbsp chopped parsley, plus more for garnish  
340ml vegetable broth  
2 tbsp tomato paste  
Salt and pepper to taste

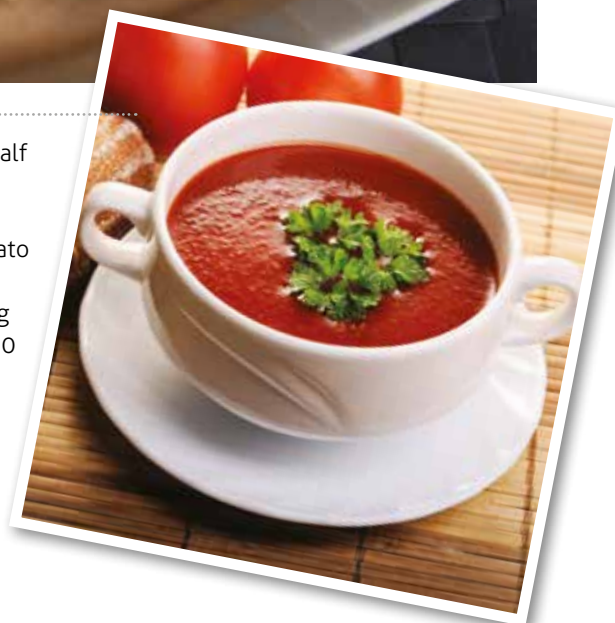
### Method

1. Preheat the oven to 180c.
2. Cut the tomatoes and onion into wedges, spread on a rimmed baking sheet. Drizzle with the olive oil, salt, pepper, and chopped parsley. Gently toss together with your hands. Tuck the garlic cloves into a tomato so that they don't burn.
3. Roast for approximately 40 minutes until




the tomatoes are reduced to about half their size. Remove and let cool.

4. Warm the vegetable stock in a large pan on medium heat, and stir in tomato paste.
5. Add the ingredients from the roasting tin into the broth and simmer for 8-10 minutes.
6. Use a hand blender to puree the soup in the pot, or transfer to blender or food processor and blend until soup is smooth. Add any more salt and pepper to taste.







An overlooked,  
underestimated  
mineral essential  
to your health

# *Essential* IODINE

**D**o you get enough iodine in your diet? This may be a difficult question to answer because iodine is rarely talked about. Iodine is a basic, essential mineral that is critical for healthy DNA function and development throughout life. Iodine is a building block that can benefit immunity, metabolism, endocrine function, and heart health.

You can find iodine almost anywhere in your body. Iodine is in the breasts and the thyroid. Iodine is in the cells. Iodine plays an integral, supporting role in cerebrospinal fluid, salivary glands, prostate, and even the brain. Everyone – men, women, and children – everyone needs a lifelong organic iodine supplement every day for radiant health.

Iodine is a trace element that can be found in rocks, seawater, and some soil.

Iodine can also be absorbed through the diet, in shellfish and fish. Many people are led to believe that iodine deficiency is a non-issue because of fortified cereals and grains, but actual iodine levels in packaged foods will fluctuate greatly, depending on the quality of soil used to grow the food.

Iodine deficiency was not a problem hundreds of years ago before mass soil depletion took place. Modern farming has robbed our food supply of this critical mineral and antioxidant. Iodine working as an antioxidant can neutralize free radical damage, guard against oxidative stress, and thus reduce the risk of chronic disease – including atherosclerosis, arthritis, and diabetes.

Iodine is essential for healthy thyroid function. If thyroid function is compromised, a number of unpleasant and alarming symptoms will occur. Long-term

thyroid dysfunction left untreated can result in heart disease.

It is never too early to start taking iodine as a supplement.

## **IODINE AND SELENIUM, THE PERFECT MARRIAGE**

It is all well and good to decide to take an iodine supplement. You are certainly on the right track. But one critical point that is easy to overlook is the need for an iodine cofactor: selenium. Selenium is another important mineral found in soil. Selenium may also be found in water and some foods. Selenium is critical to support metabolism and provide further protective benefits as an antioxidant. Working hand-in-hand with iodine, selenium helps to protect healthy cells from free radical damage. Research supports selenium to reduce the risk of prostate cancer. A number of serious health

conditions are also directly linked with low selenium levels – including Crohn’s disease and HIV.

Selenium is not naturally produced by the body, but it can be found in soil, water, some foods, and supplements. Unfortunately, selenium levels in soil and food are rapidly depleting. As mentioned above, chemical farming practices exhaust soil and reduce the mineral content of our food. It is a well-known, vicious cycle in the food production industry that further supports the need for a critical mineral supplement.

Taking selenium as a cofactor to iodine will support healthy thyroid hormone levels and balanced metabolism. Selenium takes it one step further by protecting the thyroid gland against potentially excessive iodine exposure.<sup>1</sup> Selenium keeps iodine in check and completes the picture of radiant health.

## YOU MIGHT BE IODINE DEFICIENT IF...

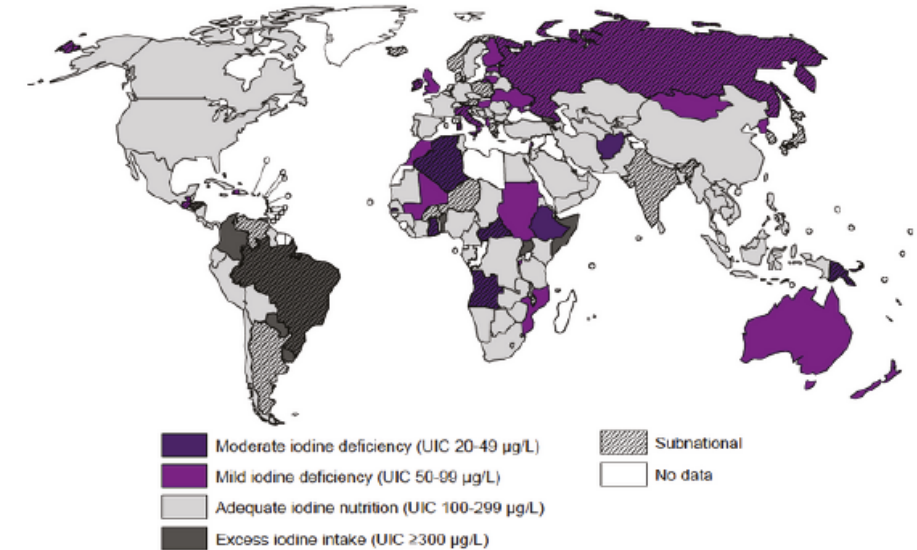
Now that you know how to take an iodine supplement with selenium, it is time to explore why. You may be suffering from iodine deficiency if you exhibit the following symptoms:

- Weight gain
- Fatigue
- Cold hands or feet
- Tingling hands or feet
- Hair loss
- Dry skin
- Brain fog
- Insomnia
- Muscle pain
- Swelling in the ankles
- High cholesterol levels

It’s important to understand that there are over two dozen major symptoms of iodine deficiency, associated with an underactive thyroid. Many times, a doctor may call the symptoms above “clinical depression” and mistreat an all-too-common mineral deficiency.

Restoring iodine levels can alleviate many of the symptoms listed above and provide added benefits to:

- Improve thyroid function
- Aid in detoxification
- Regulate metabolism and energy
- Boost immunity
- Protect the cardiovascular system
- Protect breast tissue, prostate, and ovaries



Credit chart: National iodine status in 2013: International Council for the Control of Iodine Deficiency Disorders (ICCIDD) Global Network

## THE ALARMING IODINE MISDIAGNOSIS

Most doctors don’t connect imbalanced iodine levels with the potential for serious disease. A number of the symptoms listed above may be brushed off without a possible medical cure – such as chronic fatigue. Other symptoms related to iodine deficiency may mandate prescription drugs, according to a health professional – such as high blood pressure and elevated cholesterol.

Before you succumb to a lifetime of medical treatment due to a supposedly incurable condition, iodine deficiency must be examined and treated.

In many cases, it is entirely possible to supplement with iodine in the diet. Roughly 2 cups of kelp or kombu seaweed must be eaten each day for the correct dosage. While eating iodine-rich foods is certainly recommended, eating more than 2 cups of seaweed a day is often more expensive than taking a quick-absorbing iodine supplement.

A simple, effective, organic iodine supplement can help. Many people who take an iodine supplement with selenium as a cofactor experience relief for some of the most chronic symptoms listed above within a matter of hours or weeks. Just three drops of iodine a day delivers the amount your body needs. Remember – to achieve desired results, daily iodine must always be activated with a selenium supplement.

The first indicators of an underlying

iodine deficiency may be subtle, but they are important to detect early on. If you tire easily, have restless sleep, or have experienced unexpected weight gain, you could be iodine deficient. This is the prime time to supplement with iodine and selenium to restore health and ward off chronic disease.

## References

1. *Thyroid*. 2002 Oct;12(10):867-78.

## Recommended Products

### NASCENT IODINE™

**Is recognised by the body as the same iodine that is recognised by the thyroid and is absorbed effortlessly. One drop = 400mcg of iodine. Usage depends upon the desired effect, upto 10 drops a day (max) = 1 bottle will last at least 2 months! Nascent iodine is the best form of iodine supplementation.**



### ACTIVE LIFE™

**This liquid multivitamin contains 90 vitamins and minerals and is 300 per cent more absorbent than tablets! Contains iodine.**



# RELIEVE THE PAIN OF FROZEN SHOULDER

Calm inflammation before surgical intervention is needed

**F**rozen shoulder, also known as adhesive capsulitis, is a condition characterized by a painful, stiff shoulder. As the condition progresses, the shoulder becomes almost impossible to move without intense pain. Frozen shoulder currently affects two per cent of the population. The condition is more likely to occur in women than in men, normally between the ages of 40 and 60.

Frozen shoulder has three different stages. The entire cycle can last for months at a time. The first stage is painful, making shoulder movement difficult. In the second stage, pain may subside, and the shoulder will stiffen or become “frozen.” In the third stage, called “thawing,” range of motion

may improve temporarily until the pain cycle starts once again.

Can you imagine trying to carry on day-to-day tasks without the ability to freely move your shoulder? You may not realize how much you rely on your upper body until it is too late. Chronic pain and inflammation in the ball-and-socket joint of the shoulder can be devastating. If your job is physical in nature, you may have to take temporary leave or even permanent disability from work, in more severe cases.

## WHAT CAUSES FROZEN SHOULDER?

Similar to countless other medical conditions, physicians have yet to pinpoint the exact cause of frozen shoulder.

Research has not connected frozen shoulder to dominant arm use or even occupation.

However, frozen shoulder may be linked to potential risk factors for many patients:

- **Diabetes.** Frozen shoulder is likely to occur in 10 to 20 per cent of diabetic patients, though the cause remains unknown.
- **Injury.** Frozen shoulder may occur after a shoulder remains immobile for a period of time – after injury, fracture, or surgery.
- **Other Illness.** Frozen shoulder is associated with a number of health issues, like heart disease, Parkinson’s disease, hypothyroidism, and hyperthyroidism.
- **Perimenopause.** As frozen shoulder is more common in women than men,



surgery may be recommended to loosen the frozen joint and offer free range of motion.

### CALM INFLAMMATION, NATURALLY

Before surgery is ever on the table, it's critical to calm internal inflammation so the body can repair itself. Prescribed medications and steroid treatments for frozen shoulder will only offer temporary relief, if any at all. Surgery can be used to correct the condition in severe cases, though the problem is likely to return if underlying inflammation continues to damage the body.

Inflammation is at the root of a number of painful health conditions. Inflammation can trigger a chronic condition like frozen shoulder, as well as fibromyalgia, arthritis, migraines, cystitis, fibrocystic breast disease, and inflammatory bowel disease. A continuous inflammatory response in the body – brought on by an unnatural, inflammatory diet – can burden bodily systems, organs, and even joints.

Serrapeptase is one enzyme designed to naturally fight the damaging effects of inflammation. Serrapeptase is a proteolytic enzyme originally found in the intestine of the silkworm. This enzyme is now commercially produced in a laboratory for safe, effective supplement use, derived from the microorganism *Serratia E15*.

When Serrapeptase is taken in supplement form, it makes its way through the body, destroying and digesting dead, damaged tissue. This enzyme will do what it does best – defend against widespread inflammation and reduce chronic pain symptoms associated with a number of disorders. Once inflammation has cleared, natural self-healing in the body can begin.

One chronic pain sufferer describes their Serrapeptase use for frozen shoulder: "Last night was the first pain-free continuous

sleep I have had in 4 weeks. I will continue with the Serrapeptase therapy (3X3 per day) for now."

### REGAIN MOBILITY THROUGH ELECTRO-ACUPRESSURE

Full physical rehabilitation can be achieved through electro-acupressure, in many cases. Most people are familiar with acupressure that originates from Traditional Chinese medicine. Acupressure is a preferred alternative medical treatment that applies pressure to trigger points throughout the body. Electro-acupressure is a highly specialized, non-invasive form of acupressure. Mini electrical pulses are used to stimulate each acupressure trigger point for a short period of time. Electro-acupressure is user-friendly and safe for use without medical guidance.

Electro-acupressure points for a myriad of physical health conditions have been detected with advanced photographic technology; points can be seen as "electrical pores" on the skin. Electro-acupressure treatment creates a physical sensation when 100 per cent accuracy has been achieved to target the pain point in question.

With the help of the anti-inflammatory enzyme Serrapeptase to pave the way, electro-acupressure can offer a non-invasive rehabilitation option for frozen shoulder, compared to expensive surgery with months of downtime. Physiotherapists have used electro-acupuncture for years when working with patients. A senior physiotherapist from a Lancashire hospital group reports: "We are using [electro-acupressure] on patients who have sprains and strains, frozen shoulders, neck and back problems and chronic ankle injuries... nine out of ten times it has worked."

statistics link the condition with hormonal changes that occur in early menopause.

Regardless of the exact cause, frozen shoulder is a physical condition triggered by severe inflammation. Bones, ligaments, and tendons found in the shoulder joint are encapsulated in connective tissue. When this connective tissue gets inflamed and constricts around the shoulder joint, free movement is no longer possible.

For a mild case of frozen shoulder, a doctor may prescribe stretching exercises with the possibility of rehabilitation. Yet as the condition progresses and becomes more painful, medical intervention may be necessary. Corticosteroids and numbing medications may be used at the site of the joint to offer pain relief. In severe cases,



# HEALTH news

## THREE-QUARTERS OF COELIAC DISEASE CASES STILL UNDIAGNOSED

Coeliac disease – an intolerance to gluten, the protein in wheat, barley and rye – has been dismissed as ‘the yuppie’s disease’. But it’s very real, and although there has been a fourfold increase in the numbers diagnosed in the past 20 years, it’s reckoned that 75 per cent of cases are still unrecognised.

Around 24 per cent of sufferers in the UK have now been recognised and diagnosed, but that leaves the vast majority – estimated to be another 500,000 people – who still suffer in silence.

It’s estimated that coeliac disease affects one per cent of the population, but this can rise to 10 per cent in families that are affected, say researchers from Nottingham University.

Symptoms of coeliac disease range from gut problems, extreme tiredness, anaemia, headaches, mouth ulcers, depression and joint pain. In more serious cases, it can also lead to infertility, osteoporosis and cancer of the small bowel.

The only conventional treatment is avoidance of gluten in foods.  
(Source: *American Journal of Gastroenterology*, 2014; 109 (5): 757)

## EAT FATTY FISH ONCE A WEEK TO STAY MENTALLY SHARP

If you’re wondering whether you’ll lose your memory and cognitive abilities as you get older, take a look at the amount of fish you eat each week and that should give you a clue. There’s a direct association between long-chain polyunsaturated fatty acids (PUFAs) found in oily fish and the health of our brain, scientists have discovered.

Too many people eat far too little fish, and most of what they do eat is canned tuna, say researchers from Tufts University. The recommended amount of seafood we should be eating each week is around eight ounces, which translates to 1,750 mg of EPA and DHA a week, or 250 mg a day. But of the 895 participants assessed by researchers, just 27 per cent were consuming the recommended amount.

After carrying out a series of memory and word tests, the researchers concluded that those eating the least amount of PUFAs were also the most likely to suffer mental decline over the next 24 months, as their assessment two years later confirmed.

(Source: *FASEB Experimental Biology conference*, April 27, 2014)



## EXERCISE, AND NOT EATING LESS, IS THE KEY TO WEIGHT LOSS

So what matters more if you want to lose weight: exercising or eating less? The key could be exercise, researchers reckon; being a couch potato will put on the pounds more than eating.

Of course, it’s better to eat less and exercise more, but the researchers have noticed that although there’s been an obesity epidemic over the past 20 years, people haven’t been eating more. Instead, their lives have become more sedentary, spending extra hours in front of the TV and less time being active.

Stanford University researchers have discovered a sharp decrease in physical exercise and an increase in average body mass index (BMI) in the US over the last 20 years, and yet caloric intake has remained steady over the period.

The ratio of American adult women who reported doing no exercise whatsoever jumped from 19.1 per cent in 1994 to 51.7 per cent by 2010; 43.5 per cent men reported doing no exercise by 2010, compared to 11.4 per cent in 1994.

It was the one significant difference between the two periods. Food intake was roughly the same, according to the data collected by the National Health and Nutrition Examination Survey.

(Source: *American Journal of Medicine*, 2014; doi: 10.1016/j.amjmed.2014.02.026).



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

## PROCESSED-FOOD CHEMICAL DEFINITELY CAUSES CANCER, SAY RESEARCHERS

A chemical found in foods such as crisps, chips, bread and biscuits has been confirmed as cancer-causing (carcinogen). Acrylamide, which adds flavour and 'browns' starchy foods cooked at high temperatures, should be avoided as much as possible, and manufacturers should look to reduce the chemical, says the European Food Safety Authority (EFSA).

Acrylamide has been suspected of being a carcinogen for more than a decade, but it's only been in the last month or so that scientific advisers to the EFSA have confirmed the association. Children are at special risk because of the amount of acrylamide they consume for their body weight.

The EFSA has now launched a review period, during which other voices from science will be heard. If its position hasn't changed after reviewing more evidence, it will recommend all food manufacturers to reduce the amount of acrylamide in the foods they produce.

The chemical forms from sugars and an amino acid that are naturally present in starchy foods. Although it was first detected only in 2002, it has always been present in mass-production processed foods.

(Source: EFSA press release, July 1, 2014)

## LOW LEVELS OF SUNSHINE VITAMIN A DIRECT CAUSE OF HIGH BLOOD PRESSURE

Low levels of vitamin D – the sunshine vitamin – are linked to high blood pressure (hypertension), and vitamin supplements could reverse the problem, a new research study suggests.

In fact, low levels of the vitamin may well be a direct cause of hypertension, say researchers from the University of South Australia. Taking vitamin D supplements is an attractive idea, say the researchers, especially as antihypertensive drugs come with side effects and are expensive.

The researchers found such a strong association between levels of the vitamin in the blood of 146,500 patients with hypertension that they believe that low levels cause the problem.

There was an 8 per cent reduction in the risk of developing hypertension for every 10 per cent increase in levels of the vitamin in blood serum, they found.

(Source: *Lancet Diabetes & Endocrinology*, 2014; doi: 10.1016/S2213-8587(14)70113-5)



## ALMONDS ARE THE SUPER-NUTS THAT KEEP THE HEART HEALTHY

If nuts are a super-food, then almonds are a super super-food. New research has discovered that the nuts help reduce the risk of heart disease by keeping the arteries healthy.

Almonds increase the amount of antioxidants in the blood stream, reduce blood pressure and improve the flow of blood. And these benefits can be seen within a month of snacking on 50g of almonds a day, researchers at Aston University have found. They added the nuts to the diets of one group, while the rest carried on with their normal diets, which didn't include almonds.

Those who ate the almonds for a month had higher levels of antioxidants in their blood, improved blood flow and lower blood pressure. Almonds are full of healthy fats and vitamin E, and could be a key ingredient in the Mediterranean diet.

And the take-home message – aside from eating almonds every day – is that it's never too late to start. If beneficial effects can be seen in a month, they could help you as well, said lead researcher Prof Helen Griffiths.

(Source: *Free Radical Research*, 2014; 48(5): 599)



## CANCER COULD BE ANOTHER INFLAMMATORY DISEASE

Inflammation – the body's natural repair response – is increasingly being seen as the real culprit in heart disease. And now it's being linked to cancer after researchers found that even the most aggressive breast cancer tumours were responding to anti-inflammatory drugs.

Anti-inflammatories, and especially JAK inhibitors, designed to treat rheumatoid arthritis, disturb the anti-viral pathways of triple-negative tumours, the most aggressive form of breast cancer.

These pathways drive inflammation, which seems to cause the tumours to grow and spread, say researchers at the Washington University School of Medicine.

(Source: *Cell reports*, 2014; 7(2): 514)

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



# *How to correct a* **B12** *deficiency*

A silent epidemic can destroy your health

**C**alled by many a “silent epidemic,” a B12 deficiency could lie at the root of your chronic health issues. Lacking one critical vitamin, both in supplement form and in the diet, could lead to a slippery slope of health decline. Many health problems related to a vitamin B12 deficiency are difficult to detect. They may be confused or misdiagnosed as other related health issues.

According to Harvard Health

Publications,<sup>1</sup> some people don’t consume enough vitamin B12 to meet their needs, while others can’t absorb enough, no matter how much they take in. As a result, vitamin B12 deficiency is relatively common, especially among older people.

#### **WHAT DOES A VITAMIN B12 DEFICIENCY LOOK LIKE?**

As discussed above, a vitamin B12 deficiency can mirror a number of serious symptoms of illness, including:

- Alzheimer’s and dementia
- Multiple sclerosis and neurological disorders
- Mental illness, i.e. depression, anxiety, and bipolar disorder
- Heart disease
- Learning disabilities in children
- Infertility
- Autism
- Autoimmune disease
- Cancer



Other common symptoms of B12 deficiency may include:

- Headache
- Weakness or lightheadedness
- Rapid breathing
- Rapid heartbeat
- Easy bruising
- Upset stomach
- Weight loss
- Diarrhoea or constipation

Vitamin B12 deficiency can be initially triggered by health conditions like anaemia, coeliac disease, Crohn's disease, lupus, or atrophic gastritis that causes the stomach lining to thin. The elderly are susceptible to vitamin B12 deficiency, as well as vegans and vegetarians who don't eat a balanced diet.

## A GROWING PUBLIC HEALTH CONCERN

Your body needs vitamin B12 to regulate multiple daily functions, including the formation of red blood cells and the support of healthy nerve tissue. While anaemia can cause a vitamin B12 deficiency in some cases, deficiency left untreated can also lead to anaemia and eventually irreversible nerve and brain damage.

Once pernicious anaemia develops as a result of vitamin B12 deficiency, serious intervention is needed. In the case of pernicious anaemia, the body is no longer able to produce intrinsic factor in the stomach. This intrinsic factor (IF) is critical to support the absorption of vitamin B12. Medical treatment for a condition like pernicious anaemia requires vitamin B12 injections directly to the bloodstream, instead of absorbing the vitamin through the stomach.

Many doctors are aware of the reality of vitamin B12 deficiency – the effects of the condition are well-documented throughout medical literature. Yet many physicians fail to realize that vitamin B12 deficiency has grown increasingly common and may be an underlying factor in several serious health disorders. Most doctors focus on B12

deficiency among the elderly population. However, a Tufts study confirmed that up to 40 per cent of people between the ages of 26 and 83 have plasma B12 levels below normal range. This significant deficiency has the potential to cause neurological symptoms.<sup>2</sup>

Researchers were surprised to discover that low levels of B12 were just as common among younger people as in the older population. A vitamin B12 deficiency can affect your health regardless of your age. Low B12 levels are responsible for countless chronic symptoms in younger people that appear to have no known medical cause.

Among older people, vitamin B12 deficiency still remains a major concern as it affects up to 40 per cent of adults over age 60 in the Western world. B12 deficiency among older adults often goes unchecked as the symptoms are easily confused with what is called "natural ageing." But make no mistake – cognitive decline, memory loss, and a loss of physical function are not a natural part of ageing. These issues should be addressed as a serious, potential vitamin deficiency.

## BALANCE B12, RESTORE YOUR HEALTH

The need for a vitamin B12 supplement for all age groups is clear. Up to 40 per cent of adults have a confirmed vitamin B12 deficiency with the potential for ill health. This problem will only continue to grow with age and could be responsible for mental and physical decline in older populations.

Vitamin B12 can be found in the diet in a number of really healthy foods, best consumed with a highly absorbable vitamin B12 supplement. Enjoy three to four portions of wild caught fish a week, along with grass-fed beef in moderation, as a rich source of B12 in the diet.

To restore vitamin B12 and correct deficiency, absorption is key. Vitamin B12 is best absorbed in a sublingual spray through the mouth. Vitamin B12 spray as

a supplement can restore deficiency, ease symptoms of the condition, and balance toxic homocysteine levels in the body.

One of the greatest benefits of taking a vitamin B12 supplement is the ability to prevent the unwanted build-up of homocysteine. Homocysteine is a toxic amino acid. It is created as a by-product once other amino acids are broken down by the body. High homocysteine levels have been linked to an increased risk of heart and vessel disease over time. In addition to the many symptoms caused by B12 deficiency, elevated homocysteine is a direct threat to heart health, even above oxidized blood cholesterol.

Progressive vitamin B12 deficiency has been directly linked with increased blood levels of homocysteine and a decreased rate of DNA synthesis. Vitamin B12 as a sublingual spray taken daily can maintain healthy homocysteine levels to protect heart health. When you correct underlying vitamin B12 deficiency with a daily supplement, you can preserve brain function and cardiovascular capacity. You can restore levels of vitamin B12 to fight unnatural premature aging and improve quality and length of life.

## References

1. "Vitamin B12 Deficiency Can Be Sneaky, Harmful." Harvard Health Blog RSS.
2. "B12 Deficiency May Be More Widespread Than Thought." ARS.

## Recommended Product

### B4HEALTH™ INTRA-ORAL SPRAY

**This formulation delivers your daily requirement of B12, all the other 'important' B vitamins and also contains Vitamins C, D, E, folic acid, selenium, biotin, magnesium, dimethylglycine, taurine, ribose, co-enzyme Q10, N-acetyl D-glucosamine and pine bark extract.**



# 6 of the best

## 6 of the best supplements 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.



### 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.



### 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 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.



### 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- up to 4 servings per day, in water or orange juice.



### 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 off any excess / residue. Apply before & after any sport and exercise or whenever required.



# Really useful WEBSITES

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



<http://curcuminhealth.info>  
Read all about Curcumin, the Miracle Spice  
FREE 21 page book download



**Health Questions**  
[www.GoodHealthHelpdesk.com](http://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](http://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



# As powerful as anything you can take...

# Pure Concentrated Organic Minerals

## How can minerals help you and your family?

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

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

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

**Magnesium** – the 'beautiful' mineral in Chinese medicine, this contributes to a reduction of tiredness and fatigue, normal muscle function, normal psychological function, to the maintenance of normal bones and teeth and has a role in the process of cell division

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

**Fluoride** – contributes to the maintenance of tooth mineralisation

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

**Manganese** – contributes to the normal formation of connective tissue

**Chromium** – contributes to the maintenance of normal blood glucose levels

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

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

*There are many more minerals and amino acids which play a very important role in your health.*



## Mineral Facts:

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

∞

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

∞

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

∞

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

∞

Safe for all the family

## The Features:

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

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

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

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

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

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

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

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

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

# *Put your best foot forward*

## A surprising remedy for athlete's foot

### WHAT YOU NEED TO KNOW ABOUT ATHLETE'S FOOT

In spite of its name, athlete's foot doesn't just affect athletes. Athlete's foot is a common skin disorder, characterized by infection on the soles of the feet and between the toes. Athlete's foot is a fungal infection. This means that the condition is contagious and can spread easily simply by walking on the floor. Fungal athlete's foot can also spread to other parts of the body, like the groin and palms.

70 per cent of people may suffer from athlete's foot in their lifetime. Some of the most common symptoms of athlete's foot include:

- Dry skin
- Itching
- Burning
- Peeling
- Pain
- Inflammation
- Cracking
- Bleeding
- Blistering, in rare cases

Symptoms of athlete's foot will appear at the site of the fungal infection, normally the foot. Keep in mind that if athlete's foot spreads to other parts of the body, like the groin or palms of the hands, the same recurrent symptoms of itching, burning, and peeling may occur there too.

### WHAT CAUSES ATHLETE'S FOOT?

You may have heard the old wives' tale that athlete's foot is spread in showers and locker rooms. In this case, the rumour is true. Warm, damp areas are breeding grounds for fungi. This type of fungal infection was once widely circulated among athletes who used locker rooms and pool facilities on a regular basis. The term "athlete's foot" was coined to describe this pesky skin condition.

If you spot a fungal infection like athlete's foot on your skin, you'll probably



book an appointment with your podiatrist (chiroprapist) right away. A podiatrist can help to determine if flaky, peeling, cracked skin on the foot is caused by fungus. A podiatrist may prescribe an antifungal medication, taken orally or topically, which can come with side effects.

Side effects for oral and topical athlete's foot medications may vary and could include swelling, difficulty breathing, hives, nausea, loss of appetite, and a red skin rash. In some cases, fungicidal chemicals may fail to treat the condition. If symptoms are caused by a bacterial infection, a doctor may prescribe antibiotics.

### NATURAL RELIEF FOR CHRONIC ATHLETE'S FOOT

Before you agree to take an oral antifungal or antibiotic, try one natural remedy that could transform the quality of your skin. Natural magnesium oil can be sprayed directly on the skin to offer relief for a widespread, painful fungal infection.

Magnesium oil sprayed topically improves both uptake and permeability to ease pain and inflammation associated with countless chronic conditions.

Athlete's foot is no exception. Often called the forgotten mineral, magnesium is what your body craves to bring your health back into balance. Magnesium oil absorbed through the skin can purge toxins, balance the nervous system, and ease swelling and inflammation caused by athlete's foot.

### *Recommended Product*

#### ANCIENT MINERALS MAGNESIUM OIL ULTRA

**Ancient Minerals Magnesium Oil contains only raw, highly concentrated, ultra-pure magnesium chloride and other trace minerals drawn from the Ancient Zechstein Seabed in Northern Europe. Blended with MSM for more absorption & extra MSM benefits!**





# *The cancer* **RECOVERY DIET**

Live better, live longer

**C**ancer is not the leading cause of death in our population, but it is a major health concern. On a yearly basis, cancer kills fewer people than cardiovascular disease. Yet its death rate continues to climb as the medical community drops the ball.

Physicians and researchers scramble to find a cure for this devastating illness. However, preventative inflammatory factors are hardly ever taken into account. A patient may not seek treatment for their cancer-causing lifestyle until it is too late. Science still has yet to find a cure for any of the major cancers within the past century.

This medical failure is infuriating. A patient with cancer may be offered little hope of treatment – with treatment options that destroy immunity and the health of the body. Since the medical community fails to use their billions of dollars in funding to provide education for an anti-inflammatory, cancer-free lifestyle, cancer patients are often sent home to die.

## **A CAUSE AND A CURE**

Healthy cells use fat, protein, carbohydrates, and sugar for 20 per cent of their energy; the rest of the aerobic process requires 80 per cent oxygen. Clearly, sugar is the least healthy option

to feed a healthy cell. Excessive sugar in the diet can cause long-term damage to arteries, organs, and cells. Excessive sugar can lead to chronic disease, as well as cancer.

Cancer cells are not able to carry out the aerobic process of a healthy cell. Instead, cancer cells will use glycolysis, where glucose is fermented in an environment devoid of oxygen. This inefficient fermentation process separates cancer cells from healthy cells. Cancer cells can rapidly reproduce, but they are not able to effectively produce enough energy to sustain themselves.

Science supports the fact that cancer cells thrive on sugar. A cancer cell consumes sugar up to 17 times faster than a normal, healthy cell. Cancer cells are also likely to form tumours, covered in a protective coating to guard against natural breakdown by enzymes in the bloodstream.

A study published in the journal *Cancer Epidemiology, Mile Markers, and Prevention* proves this point. The controlled study examined the dietary habits of more than 1800 women in Mexico. Researchers discovered that women who received 57 percent or more of their total energy intake from refined carbohydrates had a 220 percent higher risk of breast cancer compared to women







with balanced diets.<sup>1</sup>

Foods high on the glycaemic index were shown to accelerate the growth of cancerous cells and tumours in the body. Researchers from the study believe that the correlation between refined carbohydrate consumption and breast cancer may be related to elevated insulin levels. A number of breast cancer tumours are supported by high insulin levels in the body; insulin may also promote the development of other types of cancer, including colon cancer.

### CANCER RECOVERY THROUGH AN ANTI-INFLAMMATORY DIET

Diet is the foundation of optimal health. An anti-inflammatory diet is also the foundation of a cancer recovery plan. While cancer has no medical cure, an antioxidant-rich, anti-inflammatory diet low in sugar could offer a "cure" for this grave illness, in many cases.

Sugar is the enemy of cancer rehabilitation. Your recovery food plan starts by eating an anti-inflammatory diet rich in really healthy foods:

- STOP all starchy carbohydrates, processed foods, and dairy products. These inflammatory foods include cookies, pastries, breads, cereals, white rice, potatoes, and pasta. Enjoy other carb alternatives, like quinoa, millet, and buckwheat.
- Eat up to 14 small portions of fresh or frozen vegetables a day – 50 per cent raw, juiced and organic preferred.
- Eat 3-5 portions of beans, nuts, and seeds – soaked, mashed nuts and seeds.
- Eat 3-5 portions of dark-skinned fruits – as well as avocados.
- Enjoy healthy oils liberally – hemp, krill, and olive, etc.
- Drink 8 glasses of distilled or filtered water a day with a pinch of bicarbonate of soda – to improve oxygen transport.
- Take 3-5 teaspoons of sea or rock salt a day – in food or a little water.

An anti-inflammatory, anti-cancer diet can be supplemented with critical nutrients. Immune support to fight off

aggressive cancer cells is critical with thiocyanate ions. Thiocyanate ions can clear infection that resides in unhealthy cells; infection has been linked to general cancer development.

Serrapeptase is one important enzyme to rely on during cancer rehabilitation. Serrapeptase is a naturally occurring anti-inflammatory enzyme that can offer long-term rehabilitation and pain relief.

As Serrapeptase dissolves dead or non-living tissue, such as tumours, the body's own immune system then has the opportunity to fight.

One cancer patient used Serrapeptase to alleviate chemotherapy side effects and support full recovery: "After taking serrapeptase and along with following your advice, he basically suffered no side effects with the chemotherapy and has now made a full recovery. He had only been married 18 months at the time and chances of a family looked bleak, but 8 months after finishing treatment his wife fell pregnant, and they are now expecting their second child."

Please don't wait to change your diet until it is too late. The medical community may make recommendations to avoid important cancer risk factors, like smoking, but the root cause in an inflammatory Western diet is rarely examined.

According to a Cancer Research UK report, lifestyle factors are responsible for more than 40 per cent of cancers. Over 100,000 cancers diagnosed in Britain each year are caused by four major lifestyle issues: smoking, poor diet, alcohol, and being overweight. This number of cancer diagnoses may rise to 134,000 a year when 14 total lifestyle and environmental factors are taken into account.

Researchers agree: 40 per cent of cancers in women and 45 percent of cancers in men could easily be prevented with healthy lifestyle choices.

### References

1. New research shows cancer caused by carbohydrates, sugars, white flour, and corn syrup, August 08, 2004.

# Ask Robert Redfern: Serrapeptase

Robert Redfern speaks about “The Miracle Enzyme.”

## SERRAPEPTASE OFFERS HOPE FOR INFERTILITY

**Q: Along with PCOS (Polycystic Ovaries Syndrome), I have been diagnosed with pelvic adhesions with my fallopian tubes and my ovary is also stuck to my pelvic wall after suffering from endometriosis. Due to this problem, I have been labelled as infertile and the doctors have stated the only way I would be able to conceive is via IVF which is not even guaranteed. I was wondering if Serrapeptase can help to dissolve these adhesions?**

**A: Robert says:** I would strongly recommend SerraPlus+ or better still BlockBuster AllClear in high doses. Also consider Curcuminx4000 and Astaxanthin. Your diet is important, and I recommend my food plan below, for any health issue (and anti-ageing).

Eating a mainly alkaline diet is the critical thing to do. STOP all starchy

carbohydrates (breads, pastry, cookies, breakfast cereals, rice, potatoes, and pasta), processed foods, and milk products. Eat some of the following foods every 2 hours:

- Eat 14 portions of fresh or frozen veggies daily (in soups, juiced, stir-fried, steamed, etc.); 50 per cent raw juiced (use the pulp in soups) – organic, if possible.
- Eat 5 portions of beans, nuts, and seeds (soaked and mashed for the nuts and seeds).
- Eat 5 portions dark skinned fruits (such as blueberries, cherries, red grapes, and especially the minimum of 2 avocados daily).
- Wild fish is most important, as well as grass-fed meats or chicken (only a small amount and better grass-fed).
- Hemp, Omega 3, or Krill Oil and other healthy oils (such as olive oil) are recommended.
- Drink 8 glasses of distilled or filtered

water per day with a pinch of bicarbonate of soda.

- Take 3 x 1/2 teaspoons of sea or rock salt daily in food or a little water.
- Exercise every day – gentle rebounding, fast walking for 3 miles, and low weight training (all to the music of your youth).

## SERRAPEPTASE FOR DECLINING THROAT HEALTH

**Q: I have nodules in my throat and it's getting worse, and I also have Pharyngolaryngitis. My doctor once prescribed me Serrapeptase. I have abnormalities in my mucus too; it is thick and makes my throat uncomfortable. Could this really help me? And how many milligrams do you think should I take?**

**A: Robert says:** You need:

- SerraPlus+ 80,000iu: 1 x 3 times per day, 30 minutes before eating a meal, with a glass of water. (Enzymes are measured in IU and not measured in mgs.)
- Nascent Iodine Drops: 3 drops x 3 times per day in a little water.

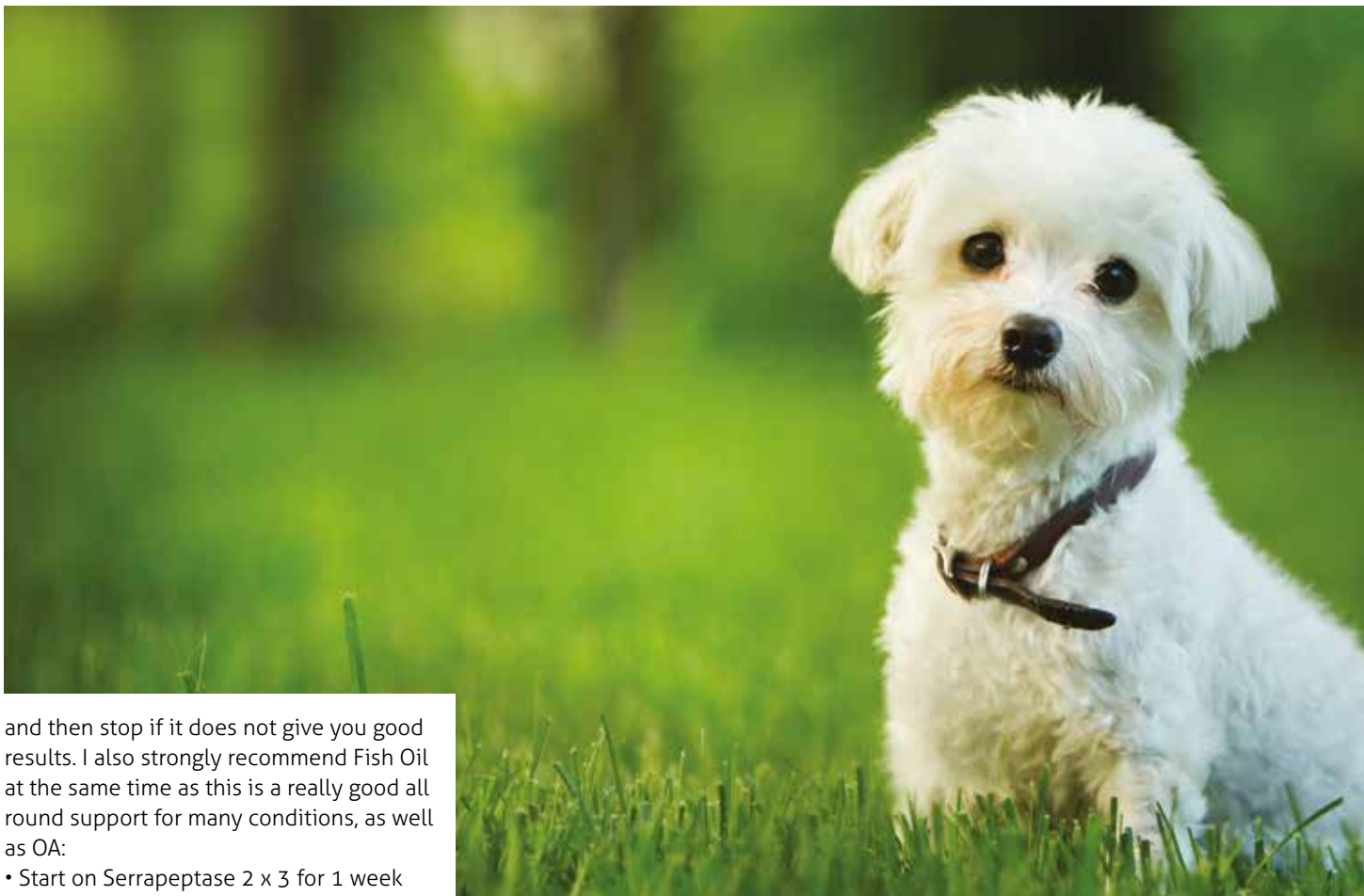
## POSITIVE OUTLOOK FOR OSTEOARTHRITIS RELIEF

**Q: Can you please tell me if you have had any positive results from patients using Serrapeptase for osteoarthritis? I have this problem myself but, as a pensioner where every penny is a prisoner, I would like some advice before investing money in this product. Your help with this would be much appreciated.**

**A: Robert says:** Osteoarthritis is a difficult one to answer as there are different types of OA. I have feedback from some users that it was gone within a week or so and others have no difference even after a month or longer. This is one of those instances where you try it for 1 month







and then stop if it does not give you good results. I also strongly recommend Fish Oil at the same time as this is a really good all round support for many conditions, as well as OA:

- Start on Serrapeptase 2 x 3 for 1 week and then drop to 1 x 3 per day. Take 30 minutes before eating with a glass of water.
- Take fish oil with your meals.

### FOR EMPHYSEMA REHABILITATION, THE BEST IS YET TO COME

**Q: I am very excited after finding out about Serrapeptase. I am a 70 year old female. I was diagnosed with Emphysema 5 years ago. I had accepted that it was a progressive illness that could not be cured. When I read about the 'Miracle Enzyme' on my daily Google news about Emphysema, my daughter rushed out and purchased some. I have been taking it for just 12 days and already I am feeling great benefits from it. I have been reading everything I can about it. I am recommending it to all my family and friends as nearly everyone can benefit from it in one way or another. The reason for my getting in touch with you is to try to get a clear list of the different doses each one should take. I am taking 1 x 60,000iu, 3 times a day.**

**A: Robert says:** The best is yet to come. I am sending the full plan below for your

condition. The more you do, the better you will feel. All of the plans are in my book The Miracle Enzyme, and you can read lots more on the Serrapeptase website at [www.serrapeptase.info](http://www.serrapeptase.info).

Email back any time and listen to me on: <http://www.goodhealthradio.org>

The full plan is as below. I can advise further on the amounts in a month's time when you report your progress. (I take 4 per day just for feeling good and anti-ageing.)

- SerraPlus+: 2 x 3 times per day
- Curcuminx4000: 3 x 3 times per day
- OxySorb: 1 squirt under tongue, 4 times per day
- ActiveLife: 2 x 15ml per day

### SERRAPEPTASE FOR YOUR PET!

**Q: What is the recommended dosage of Serrapeptase for a 7 pound Maltese dog? Acute or preventative. She is 9 years old and has sudden vision problems. There is a history of GME in the bloodlines so I am concerned about auto immune inflammation and scar tissue on the brain**

**or spinal cord. She is presently also on thyroid hormones for low thyroid levels.**

**A: Robert says:** Vision problems, as I am sure you have been told, can have multiple causes. This plan is to get her healthy.

- Serrapet 80,000iu tablets are tiny and can be administered whole. Give her one in the morning 30 minutes before food and one in the afternoon. If she needs SerraEnzyme capsules, then the powder needs mixing with a non-protein treat.
- I recommend Nascent Iodine Drops to support the immune system and the thyroid. The alternative is her food blended with a portion of Kelp or Kombu seaweed (which I recommend anyway).
- Curcuminx4000 - 1/2 capsule x 2 times per day again mixed with food; this can be taken with and mixed with the SerraEnzyme.
- Lastly, all dogs being fed cooked foods need a multivitamin, digestive enzymes, and probiotic every day with that food. Do you have a tray of living mixed grasses for her to nibble on?



# *Control your* **BLOOD PRESSURE** *without medication*

Natural rehabilitation for lifelong cardiovascular health

**A**ccording to the World Heart Federation, an astonishing number of people have high blood pressure around the world – 970 million, to be exact. In the Western world, more than 330 million people suffer from elevated blood pressure, or hypertension.

Hypertension has been rated by the World Health Organization as one of the leading causes of premature death.

That is only the tip of the iceberg. Elevated blood pressure is considered a growing epidemic. World Heart Federation statistics estimate that close to 1.56 billion adults will have high blood pressure by the year 2025 if preventative measures are not taken to improve heart health.

## **UNDERSTANDING HIGH BLOOD PRESSURE**

Blood pressure is a simple measurement of the force necessary to maintain blood flow throughout your body. Blood pressure is defined as the exerting force or pressure exerted by the blood against artery walls as

the heart pumps.

High blood pressure occurs when blood force gets too high.

You have probably heard about high blood pressure before as it is a very common condition. Yet if it is left untreated or is not properly monitored, it can be life-threatening. Elevated blood pressure above healthy levels of blood flow can trigger a number of devastating health issues, one of which is cardiovascular disease. Long-term high blood pressure will damage blood vessels and increase the risk of stroke.

The health of your heart depends on healthy blood pressure.

While hypertension is most often discussed, there are two types of irregular blood pressure to consider. High blood pressure is called hypertension, when blood pressure is too high. Low blood pressure is

called hypotension when blood pressure is too low. Both of these conditions are alarming and should be taken seriously. Hypertension, especially, should be addressed right away to protect the health of the heart.

## **HEART HEALTHY HIGH BLOOD PRESSURE FACTS**

It is easy to think that high blood pressure won't happen to you, but this condition often sneaks up with age. The reality is that one in three people around the world have high blood pressure. Rates of hypertension skyrocket as a person grows older.

50 per cent of adults in the Western world over age 60 have high blood pressure. 90 per cent of adults are at risk of developing high blood pressure within their lives.



There are certain risk factors that contribute to high blood pressure:

- Poor diet
- Obesity
- Smoking
- Sedentary lifestyle
- Oral contraceptives
- Diabetes
- Depression
- Drinking excess alcohol
- Emotional stress

Women and men of black ancestry have the highest risk of high blood pressure. Men have higher rates of hypertension than women, although women are more susceptible post-menopause, or after the age of 55.

Lifestyle factors play an undeniable role in the regulation of high blood pressure. Inactivity is often to blame. Regular exercise helps to lower the heart rate, and it can decrease the number of times the heart beats. This will automatically lower the amount of blood pressure on artery walls.

Likewise, regular exercise supports a healthy weight. Being just a few pounds overweight will require your body to pump more blood just to stay alive. As more blood travels through blood vessels, it places even more strain on artery walls to increase blood pressure.

The talk of high blood pressure may be intimidating and discouraging, but there is a silver lining. All of these factors are entirely within your control. You can make positive lifestyle changes to exercise, reduce anxiety, moderate alcohol consumption, quit smoking, and eat really healthy foods to balance blood pressure and protect your heart.

## 5 QUICK TIPS TO NATURALLY CONTROL BLOOD PRESSURE

It does take a commitment to your health to protect your heart, but balancing blood

pressure isn't as complicated as many medical professionals would like you to believe. Take these five tips to heart to improve cardiovascular health. You can also access the free guide *Improving High Blood Pressure in 30 Days* at [www.free-health-books.info/free-books-2013](http://www.free-health-books.info/free-books-2013).

1. Eat an anti-inflammatory diet. Cutting out inflammatory foods can automatically lower blood pressure—nourishing, anti-inflammatory foods like non-starchy vegetables, legumes, dark-skinned fruits, quinoa, millet, buckwheat, and hemp seeds are recommended.
2. Eliminate or moderate meat intake. A diet low or devoid of meat can help to lower blood pressure; saturated fat in animal products may affect blood viscosity, which is higher in sufferers of hypertension.
3. Maintain a healthy weight. Following an anti-inflammatory diet makes it easy to regulate body weight.
4. Take vitamin C. Research supports 500mg or more of vitamin C per day to lower blood pressure.<sup>1</sup>
5. Take anti-inflammatory enzymes. An anti-inflammatory enzyme like Serrapeptase, used in combination with digestive enzymes, antioxidants, and Nattokinase, can support arterial and circulatory health to maintain blood pressure over the long-term.

It is important to point out that, despite what many medical professionals may suggest, too much cholesterol is not a contributing factor to hypertension and heart disease. Cholesterol produced by the liver is necessary for optimal health. It supports brain function and

hormonal balance, while guarding against inflammation.

Oxidized cholesterol is the culprit behind serious cardiovascular damage. Cholesterol is oxidized after it is exposed to free radicals, which contributes to existing inflammation in the arteries. This is just one more reason to rehabilitate blood pressure and heart health with an antioxidant-rich, anti-inflammatory diet. Antioxidants neutralize free radical damage to keep cholesterol oxidation at bay.

What you eat and the lifestyle choices you make can directly impact the health of your heart.

## Recommended Products

### BLOCKBUSTER ALLCLEAR™

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



### RELAXWELL™

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



### CAMU CAMU

This small plant found in the Amazon has one of the highest recorded Vitamin C levels worldwide, over 2,700mg Vitamin C per 100g of fruit! This raw whole food is ORAC tested for antioxidant capacity.



## References

*Advances in Pharmacological Sciences, Volume 2011.*





# *Age related* **MACULAR DEGENERATION**

Have you taken your vision for granted?

**T**ime is not on your side when it comes to protecting your sight. Age Related Macular Degeneration, called ARMD, remains the leading cause of vision loss in adults over 50. The unfortunate truth is that many younger adults choose not to “see” that far in the future. You may believe ARMD will not happen to you. You may consider ARMD a far off risk that can be addressed once you

reach retirement age.

Would it surprise you to know that adults are suffering from age related macular degeneration at a younger and younger age? Some ARMD sufferers are as young as the age of 20. ARMD is responsible for roughly 5 per cent of blindness around the world. The condition continues to progress; up to 196 million people may suffer from age related macular degeneration by the year 2020.

The International Agency for the Prevention of Blindness describes the condition as:

“AMD is the third most important cause of blindness in the world and the leading cause of blindness in higher income countries with ageing populations.”

## **TAKING OFF THE BLINDERS**

One of the main causes of age related macular degeneration is an increased



amount of free radical damage inflicted on the human body. Free radicals can be found anywhere. You may find them in sun exposure, unnatural foods, pollution, and environmental toxins. To make matters worse, the Western diet is sorely lacking in antioxidants needed to protect our delicate eyes against disease.

Powerful antioxidants called carotenoids in ample amounts can protect your eyes from degeneration. As free radicals attack your healthy eyes again and again, the macula becomes damaged. The macula is a small part of the eye that controls central vision. Small and mighty, the macula provides you with the ability to see crisp detail and vivid colours. A deteriorated macula resulting in ARMD may start in one eye and will soon affect the other eye, in many cases.

Age related macular degeneration may be broken down into two categories:

**1. Dry:** The most common type of ARMD may develop slowly and will ultimately cause a loss of central vision, in 95 per cent of cases. The good news is that dry ARMD is largely reliant on nutrition and lifestyle factors. It is possible to stop and reverse dry ARMD with an anti-inflammatory diet and eye-healthy nutrients.

**2. Wet:** Weak, malnourished blood vessels will result in wet ARMD. These deteriorating vessels are found behind the retina and will soon leak into the macula. Wet ARMD is less common than dry ARMD, but it will result in a rapid loss of vision. It is harder to achieve full recovery for wet ARMD, though damage can be minimized with the right lifestyle choices.

## TWO ESSENTIAL NUTRIENTS FOR CLEAR EYES

ARMD described as a medical condition sounds complex, when the treatment really is simple. The problem has already been pinpointed as a lack of antioxidants in the diet. Many physicians agree.

According to Macular Degeneration

International, patients with ARMD may be told that there is no treatment available to reverse or halt the condition. Patients may be "encouraged" to take antioxidant vitamins at a bare minimum.

While antioxidant intake is essential, targeted antioxidant use is key. Taking a run-of-the-mill antioxidant vitamin isn't going to improve or stop vision loss. Understanding which critical nutrients your eyes need to protect and restore sight can greatly reduce the risk of blindness.

Two specific nutrients are responsible for protecting the macula from degeneration:

**1. Lutein:** Lutein is not made by your body. This powerful carotenoid must be gleaned in food and nutritional supplements to prevent permanent vision loss. An anti-inflammatory diet rich in fresh fruits and vegetables provides a foundation for healthy vision at any age. Up to 14 portions of fresh or frozen vegetables a day are recommended. Along with that, a daily lutein supplement can support eye, brain, and full-body health.

**2. Zeaxanthin:** Like lutein, zeaxanthin is an antioxidant found in most fruits and vegetables; antioxidant levels are especially high in green, leafy vegetables. Zeaxanthin works alongside lutein to maintain the structural integrity of blood vessels that supply the macula to protect against photo-oxidation. Zeaxanthin in the diet and in supplement form is highly recommended.

Lutein and zeaxanthin are undeniably important to eye health. These potent antioxidants are known to be missing in sufferers of ARMD. In a review of more than 25 epidemiological studies that examined the dietary intake of carotenoids, lutein and zeaxanthin were found to be inversely associated with age related macular degeneration.

Alongside essential nutrient support, electro-acupressure can be used to restore the health of the eyes. There are a number

of factors that contribute to ARMD. One of the most common triggers, after free radical damage, is a lack of circulation associated with age.

In order for the macula to function in optimal health with crystal-clear vision, proper nutrients, oxygen, and detoxification are needed. Low circulation reduces antioxidant and oxygen supply to the eyes. This process will soon result in vision dysfunction and long-term degeneration.

Electro-acupressure micro-current stimulation is an exciting new technology that can be used to treat macular degeneration. For both wet and dry ARMD, early clinical trials have shown up to a 70 per cent improvement in vision. Electro-acupressure therapy can stimulate the retina and degenerated macula using well-mapped acupressure points on the body. When used with antioxidant nutritional supplements, hope for recovery is available. Vision loss is not a natural part of the ageing process.

## Recommended Products

### MAXIFOCUS

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



### HEALTHPOINT™ KIT

Electronic acupressure kit for home, delivers all the benefits of acupuncture but without the needles! Easy to use and with full instructional DVD. Developed with leading pain specialist Dr Julian Kenyon over 20 years ago.





# ONE MINERAL CAN *transform your health*

What can magnesium do for you?

**W**hen it comes to magnesium, the name says it all. Magnesium is called the “Beautiful Mineral” in Chinese medicine. In Traditional Chinese Medicine, magnesium is considered vital – as important as water and air to the health of the body.

Magnesium is important – it is the fourth most abundant mineral in the body.

Your body contains just a few ounces of magnesium, but it facilitates hundreds of biochemical reactions. Some of these reactions help your body in the most essential processes, to manufacture energy and maintain cardiovascular health. In fact, the cells of a healthy heart contain

10 times the magnesium found in the bloodstream. 50 per cent to 60 per cent of magnesium in the body can be found in the hard structures of the bones and teeth.

Here are 10 important ways that the Beautiful Mineral can benefit your health:

1. Relieve headaches.
2. Ease muscle spasms/cramps.
3. Relieve painful symptoms of fibromyalgia.
4. Alleviate anxiety and depression.
5. Help with autism and ADD, in some cases.
6. Soothe psoriasis, acne, and eczema.
7. Balance blood pressure.
8. Offer relief for seizures and coronary spasms caused by deficiency.
9. Support more restful sleep.

10. Relax the nervous system and elevate mood.

## DO YOU NEED MORE MAGNESIUM?

If you are deficient in magnesium, you are going to know it. Most people brush off typical signs of magnesium deficiency as run-of-the-mill aches and pains. You may experience tense muscles, insomnia, athlete’s foot, cramps, anxiety, and more.

A magnesium deficiency should not be taken lightly. Magnesium deficiency disrupts the balance of magnesium and other minerals in the body. A seemingly straightforward problem like magnesium deficiency can cause a “domino effect” to trigger a cascade of health issues throughout the body.

Low magnesium has been linked to a higher risk of heart problems, diabetes, asthma, osteoporosis, and high blood pressure.

Fewer than 30 per cent of adults meet the Recommended Daily Allowance of magnesium (300mg for men, 270mg for women).

If you suspect that you fall into this magnesium deficient group, diagnosing a deficiency is not that easy. If you take a blood test through your physician, results may be difficult to interpret. Magnesium deficiency may be assessed through a blood serum test. Yet only 0.3 per cent of magnesium is found in blood serum, with 1 per cent being found in the blood, making clinical blood serum tests unreliable.

Here are several quick warning signs that you can use to check for magnesium deficiency:

1. Excess consumption of sugary, starchy foods – refined sugar causes the body to excrete magnesium through the kidneys.
2. Regularly drinking caffeinated beverages, like coffee or tea – another factor that can cause the kidneys to release magnesium.
3. Drinking more than seven alcoholic beverages a week – research confirmed magnesium deficiency in 30 per cent of alcoholics.<sup>1</sup>
4. Excess stress – known to trigger magnesium deficiency.
5. Common neuromuscular symptoms, like cramping, tics, and muscle spasms – often the first signs of magnesium deficiency.

It's important to point out that adults ages 55 and older are prone to low magnesium levels. The combination of stress, aging, and disease can create the perfect storm and cause a magnesium deficit.

Even worse, older adults are less likely to intake magnesium from whole food sources, compared to younger age groups. Magnesium metabolism may also become inefficient with age – this makes it difficult

for the body to absorb and retain ample magnesium.

Adults over 55 can take magnesium as a lifelong supplement. Daily magnesium supplements can prevent body storages from running low and reduce the risk of a number of chronic conditions associated with age.

### HOW TO GET THE MOST OUT OF YOUR MAGNESIUM

Magnesium has been used as a cure-all since ancient times. Long ago, magnesium's restorative benefits were praised in the form of Epsom salts and laxatives. In the 1600s, the first world-famous Epsom spring was discovered in England as a popular therapeutic treatment. It was used to promote internal wellness and to purify the blood. Magnesium sulphate as a salt was isolated by Nehemia Grew from such Epsom spring water in 1695.<sup>2</sup>

Nowadays, most people take magnesium tablets, yet many people still suffer from magnesium deficiency. The type and form of magnesium that you take matters.

The top sources of magnesium come from:

- The Ancient Zechstein seabed, 2km beneath the earth's crust – ultra-pure and highly concentrated.
- Oil, gel, bath flake, and lotion formulations – more efficiently absorbed as they are applied directly to the skin and carried through the circulatory system.

The very best magnesium meets both requirements listed above. Magnesium formulated with a new combination of magnesium oil and OptiMSM, available in oil, lotion, and bath flakes.

Magnesium products that contain a patented form of MSM (OptiMSM) are known to dramatically improve absorption, according to research. Within this new formulation, magnesium is rapidly absorbed with clinical benefits for the liver, joints, skin, and immune system. Newly formulated magnesium oil improves

efficacy by up to 400 per cent and does not sting when applied to the skin.

For health problems ranging from mild to severe, magnesium may hold the key to optimal health.

Magnesium oil can be applied to the body daily; magnesium lotion can refresh and rejuvenate aging skin on the face; magnesium bath flakes can be used for aches and pains in children and the elderly alike.

Don't underestimate the power of magnesium to transform your health – a common mineral deficiency with a simple remedy.

### References

1. Irwin R, Rippe J. *Irwin and Rippe's Intensive Care Medicine*. Philadelphia: Lippincott, Williams and Wilkins; 2008.
2. "Magnesium Facts and Information." *ancient-minerals.com*.

### Recommended Products

**ANCIENT MINERALS MAGNESIUM OIL ULTRA, MAGNESIUM GEL ULTRA, MAGNESIUM LOTION ULTRA AND MAGNESIUM BATH FLAKES ULTRA**

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







**X23  
BETTER!**

# 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.

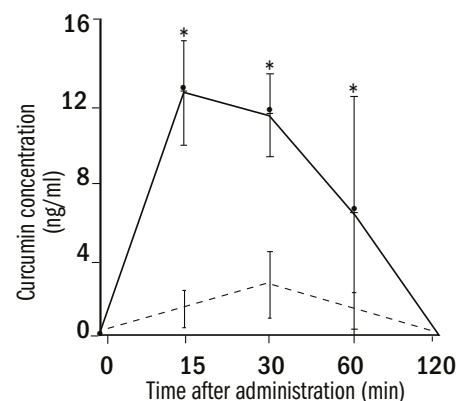


Figure 1. Plasma curcumin levels after dosing with Meriva (solid line) compared to unbound curcumin (broken line)



**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



# REST EASY

Why anxiety is the enemy of good health

**Y**our heart is pounding, your mind is racing, and you can't concentrate. You may feel like your thoughts are spiralling out of control. You may be fixated on a worst-case scenario you just can't shake. Even though anxiety is an emotional response, it is also a physical state that can greatly affect the health of the body.

## THE SLIPPERY SLOPE

Anxiety is a normal response to a stressful day at work or shocking news about a friend or family member. Once your body enters a nervous state, a fight-or-flight response is activated. This fight-or-flight response puts the body on alert and is especially helpful in the event of a physical attack. Long-term anxiety that goes unchecked can place stress on the body day after day. Research has proven that sufferers of anxiety disorders have a greater risk of chronic disease. A person who experiences constant anxiety may have more intense symptoms of illness and may be more susceptible to death once they get sick.

Anxiety has been related to a number of health issues, such as:<sup>1</sup>

- Chronic Respiratory Disorders: Studies have found a high rate of anxiety and

panic attacks in patients with chronic respiratory disease, affecting women more often than men.

- Gastrointestinal Disorders: Research has linked high anxiety levels with the development of IBS after a bowel infection.
- Heart Disease: According to data from a Nurses' Health Study, women with the highest phobic anxiety levels were 59 per cent more likely to have a heart attack compared to women with lower anxiety.

Chronic anxiety and the constant release of stress hormones will wreak havoc on once-balanced health. These factors in combination will suppress the immune system and trigger digestive disorders. Muscle tension and short-term memory loss are examples of the immediate effects on the body. Over time, the risk of premature coronary artery disease and heart attack skyrockets.

## YOUR BODY CRAVES PEACE

Addressing anxiety head-on is critical. Physicians recommend stress management techniques and anxiety therapy, including yoga, meditation, exercise, cognitive behavioural therapy, regulated sleep patterns, and changes to the diet.

High levels of anxiety can create a vicious cycle by making it difficult to sleep at night. When you don't get the rest you need, anxiety will intensify in the morning to trigger a damaging stress response all day long.

The long-term use of a prescription sleep aid is never recommended. There has got to be a better way to support relaxation and offer anxiety relief. The most potent sleep aid nature has to offer comes in the form of B vitamins. Taking vitamins B3 and B6, along with L-Tryptophan and L-Theanine, before bed can combat stress and balance cortisol levels. A natural, effective relaxation supplement will support deep sleep and offer a fresh start to a brand-new day.

## References

"Anxiety and physical illness." [health.harvard.edu](http://health.harvard.edu). JUL 2008.

## Recommended Product

### RELAXWELL

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





# HEALTH news

## IT'S NEVER TOO LATE: HEART DISEASE CAN BE REVERSED BY BETTER LIFESTYLE

It's an idea that medicine doesn't fully embrace: the body is a self-healing system. Even people with heart disease can completely reverse the condition by a change of lifestyle, a new research study has found. So, instead of just containing a disease with the help of drugs, people can reverse their condition by adopting healthier life choices, including better diets and moderate exercise.

This has been illustrated by a study of more than 5,000 young people – aged between 18 and 30 – who were already showing signs of heart disease, including coronary artery thickening and calcification.

Checking their progress 20 years later, researchers from Northwestern University Feinberg School of Medicine discovered that those who adopted healthier lifestyles reduced, or even reversed, their symptoms, but those who added another bad habit saw the condition worsen.

Just 10 per cent of the group had adopted five healthier lifestyle options – including losing weight, moderate exercising, eating more fruits and vegetables, not smoking, and drinking only one or two glasses a day of wine – and these had seen their heart disease reverse. But another 25 per cent had adopted at least one of the healthier choices, and they saw their symptoms improve.

"It's a positive message. It's never too late, and you're not doomed," says lead investigator Bonnie Spring. "It helps debunk two myths," she adds, "the first is that it's nearly impossible to change patients' behaviours. The second myth is that the damage has already been done. Clearly, that's incorrect."

(Source: *Circulation*, 2014; doi: 10.1161/CIRCULATIONAHA.113.005445)

## OMEGA-3 FATTY ACIDS BLOCK EYE DISEASE IN THE ELDERLY

The omega-3 fatty acids – found in fish and fish oil supplements – could prevent age-related macular degeneration (AMD), the most common cause of blindness and poor sight in the elderly.

No drugs can treat the problem, but researchers have found that omega-3 blocks the growth of blood vessels, one of the main characteristics of AMD.

Although the tests thus far have been on laboratory mice, researchers from the Massachusetts Eye and Ear research institute are confident that the fatty acids could work just as well on human subjects. Their discovery couldn't come at a better time. It's reckoned that the prevalence of AMD will increase by 50 per cent by 2020.

(Source: *Proceedings of the National Academy of Sciences*, 2014; doi: 10.1073/pnas.1401191111)

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



## HEART PATIENTS NOT TOLD STENTS AREN'T A LIFE-SAVER

Doctors have a legal responsibility to seek true informed consent from the patient, although most pay lip service to their responsibilities – but researchers say it's vital when it comes to heart surgery. Many patients are having stents fitted to unblock arteries, and aren't being told the procedure won't save their life or prevent a heart attack.

Although the procedure can help someone live longer after a heart attack, many more have stents fitted when they have 'stable heart disease', but have not had a heart attack. For these people, the procedure – properly known as percutaneous coronary intervention, or PCI – might help reduce angina, or chest pains, but it wouldn't do much more, although most patients seemed to have the impression that it could even be a life-saver, says Dr Aseem Malhotra, consultant clinical associate to the Academy of Medical Royal Colleges.

Absolute transparency is imperative before the patient undergoes the risky procedure, and it's one occasion when true informed consent – where the real risks and rewards are explained – is gained, he said.

(Source: *JAMA Internal Medicine*, 2014; doi: 10.1001/jamainternmed.2013.9190)





## REGULAR ONE-DAY FASTS KEEP DIABETES AT BAY

Fasting for even just 24 hours every so often could stop someone who is pre-diabetic from developing full-blown type 2 diabetes.

When the body goes without food for 12 hours, it starts scavenging for other sources of energy, including LDL cholesterol, the 'bad' cholesterol, from fat cells and uses it as energy. Fasting one day a week for six weeks starts changing the pre-diabetic profile, such as high blood sugar and low levels of HDL cholesterol, say researchers from the Intermountain Medical Centre in Utah.

Fasting for just one time and then stopping actually increases cholesterol levels, and benefits aren't seen until it is repeated once a week for at least six weeks.

Researchers say that people who have regularly fasted for many years have much lower incidence of diabetes and coronary artery disease. One unexpected further benefit was weight loss; on average, the participants lost around three pounds over the six weeks.

*(Source: Proceedings of the 2014 American Diabetes Association Scientific Sessions, San Francisco, June 14, 2014)*

## CUTTING CARBS REDUCES GENETIC RISK FOR BREAST CANCER

Women with a genetic predisposition for breast cancer can reduce the risk by cutting down on carbs in their diet.

The dietary change can dramatically reduce the chances of breast cancer recurring because it affects the production of the insulin-like growth factor 1 (IGF-1), which has been associated with cancer growth. IGF-1 receptors have been found in breast tumour tissue, and researchers reckon the hormone could also be making cancer therapy less effective.

In one study by researchers at Dartmouth College, women with the IGF-1 receptors were far less likely to see their cancer return if they cut down on carbohydrates, which are known to 'feed' the hormone. The discovery adds to the growing picture of an association between breast cancer and obesity and diabetes, they say.

*(Source: Cancer Epidemiology Biomarkers & Prevention, 2014; doi: 10.1158/1055-9965.EPI-13-1218)*



## MEDITATION HELPS PEOPLE COPE WITH HEART DISEASE AND DIABETES

People suffering from life-crippling, chronic conditions such as heart disease and diabetes cope far better if they take up meditation, a new study has found.

Mindfulness meditation, as practised by Buddhists, allows patients to manage their problem far better. After a six-week course of meditation, patients were sleeping better, were more relaxed, and were worrying less about their health, a University of Manchester study has found.

The researchers tested the meditation technique on 40 patients, who all had at least five sessions during the six weeks.

Long-term effects – or benefits of longer-term meditation – weren't assessed.

*(Source: Behavioural Medicine, 2014; 40(2): 53)*



## PEOPLE WITH CLEAR ARTERIES STILL SUFFER FATAL HEART ATTACK

You're just as likely to suffer a fatal heart attack when your arteries aren't blocked, a major new study has found – so putting a question-mark over the cholesterol/blocked artery theory of heart disease.

People with clear arteries where blood is flowing freely still face a 44 per cent increased risk of a major heart attack, and one that could even be fatal. Their risk was similar to people whose arteries were obstructed by LDL cholesterol, say researchers from the University of Colorado's School of Medicine.

They tracked 40,872 older people who had their heart and arteries checked by angiogram, and were categorised either as normal, non-obstructive CAD (coronary artery disease) and obstructive CAD.

Yet, within a year, the rate of heart attack and death was similar in both the CAD groups, so the obstruction of arteries was only one factor, the researchers say. The message seems to be that people with non-obstructive CAD shouldn't be complacent; they should give up smoking if they are smokers, eat healthy diets, exercise and lose weight.

*(Source: American Heart Association Quality of Care and Outcomes research 2014 scientific sessions)*

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



# THE DARK SIDE OF *Anticoagulant use*

Alarming side effects put your heart health at risk

**A**nticoagulants are the drug of choice, prescribed by doctors to reduce blood clotting in arteries, veins, and the heart. Blood clots are a major health concern since they can block blood flow to the heart and brain. Even a minor blood clot can result in a heart attack or stroke.

If you search “anticoagulants” on the Internet, one of the most popular search results remains “anticoagulants side effects,” and with good reason. Anticoagulants are popularly prescribed medications to prevent blood clots and stop larger blood clots from forming.

Common prescription anticoagulants include warfarin and heparin.

Anticoagulants are most often prescribed when blood clots too quickly. This can cause blood clots to form in the wrong places to greatly increase the risk of serious medical conditions, like stroke, heart attack, transient ischemic attack, deep vein thrombosis, and pulmonary embolism.

Taking anticoagulants is a serious matter. You must follow the instruction of your doctor carefully and inform any other doctor or dentist that you are on medication. You must ask your doctor before taking any other type of medicine,

including sleeping pills, antibiotics, cold medicine, and vitamins. Even a simple vitamin can make an anticoagulant stronger or weaker, which can prove incredibly dangerous.

## **ANTICOAGULANT SIDE EFFECTS**

Anticoagulants can be used to reduce the risk of blood clots, but they can also wreak havoc on your health. Your doctor may caution you of early warning signs of a larger problem, such as:

- Red or dark brown urine
- Red, dark brown, or black stool
- Abnormal bleeding before a menstrual period

- Bleeding gums
- Headache or stomach pain that won't go away
- Dizziness or fainting
- Fatigue or weakness

When taking an anticoagulant, you must be even more vigilant about your health. The medication cannot be taken while pregnant, so it is important to alert your doctor if there is a possibility you may be pregnant. You must also contact your doctor if you have any kind of accident or notice abnormal bruising or blood blisters.

Minor anticoagulant complications can progress into more serious side effects. You may cough up blood, have difficulty breathing, or experience chest pain. Since anticoagulants thin the blood, a typical nosebleed may last much longer than 10 minutes. The drug warfarin can cause rashes, diarrhoea, nausea, and vomiting. Heparin in drug form may cause hair loss and an abnormal drop in blood platelets, which can trigger bleeding in vital areas.

Such aggressive drugs continue to affect health and may not be sustainable over the long-term. Blood clotting is a condition that must be taken seriously, but there is hope. A full rehabilitation plan with an anti-inflammatory diet and exercise program can restore circulatory health. In many cases, you can reduce the amount of anticoagulant medication you take. In some cases, full recovery may eliminate the use of medication altogether.

## GET THE ALL CLEAR

Diet and exercise are the first steps to achieve circulatory health:

- An anti-inflammatory diet rich in Really Healthy Foods will help to eliminate inflammatory triggers and improve circulation.
- It is important to cut out all starchy carbohydrates, processed foods, high sugar foods, and dairy products.

- Enjoy vegetables, dark-skinned fruits, avocados, beans, nuts, seeds, wild fish, grass-fed meat, couscous, quinoa, buckwheat, and healthy oils liberally.

Exercise every day will keep the circulatory system pumping strong:

- Gentle rebounding for 30 minutes, brisk walking for 3 miles, and low weight training are recommended.
- If circulatory issues keep you from physical activity, start out slow. You can begin by lying on your back on the couch and cycling your legs in the air.
- Small steps forward can improve circulation and ease the burden on the heart and lungs.

As an alternative to toxic medication, natural enzymes can boost circulatory health. In what has been called the World's Most Powerful Enzyme Formula, Serrapeptase, Nattokinase, digestive enzymes, antioxidants, and proanthocyanidins work in harmony. These enzymes can improve arterial and cardiovascular function, regulate blood pressure and the circulatory system, and support digestive, lung, eye, and brain health.

Natural support for circulation can transform your circulatory health. Prescription anticoagulants are only designed to control and manage the issue. They do not provide any hope of a long-term cure or relief. The risk for a more serious medical complication, including a heart attack or stroke, remains if anticoagulants are not taken under strict doctor's orders. Even physicians call anticoagulants "aggressive drugs."

Powerful enzymes can calm inflammation, support detoxification, and improve blood flow. These enzymes work together to destroy and flush damaged tissue from the body. Blood

flow and circulation will improve once unhealthy fibrin in arteries and veins has been removed naturally. As a by-product, arterial walls will strengthen, and blood detoxification will take place.

Anti-inflammatory circulation is especially beneficial for those with blood clotting risk and can be helpful for any older adult. Circulation often slows with age, especially without regular exercise. An enzyme like Serrapeptase can support a natural, healthy aging process by removing fibrin build-up. Serrapeptase will ease the burden on the circulatory system caused by thickened blood and a weakened immune system – triggered by inflammation.

Your circulatory health can get better with age. When you stop eating inflammatory foods, your health will simply improve. As you begin to exercise daily, healthy circulation is a natural result. With the use of anti-inflammatory enzymes, you can clear inflammation, boost immunity, and allow the body to heal itself naturally. Strengthening circulation may allow you to reduce the use of harmful anticoagulants and minimize their side effects.

## Recommended Products

### BLOCKBUSTER ALLCLEAR™

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

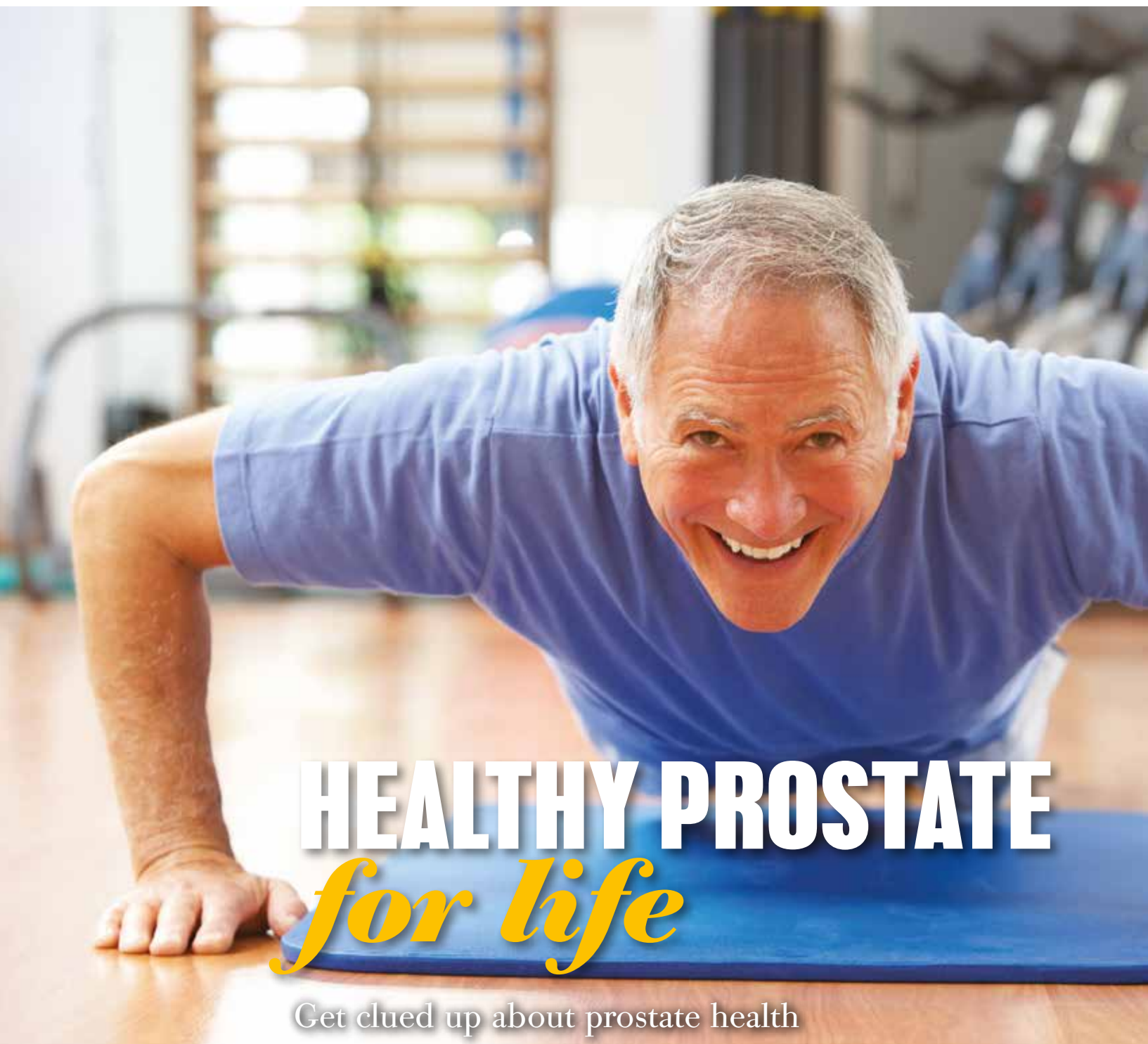


### NATTOKINASE

**Fibrinolytic enzyme and highly purified from a Japanese food called Natto, 2000FU pure Nattokinase per cap.**







# HEALTHY PROSTATE *for life*

Get clued up about prostate health

## WHAT IS THE PROSTATE?

Most men (and women) have heard of the prostate but have no idea what it is for or where it is precisely. It is critical that you do know. For young men it is vital for fertility; and in older men it's especially important for good health. Life will be very miserable later on if you do not get yourself clued up about prostate health.

The prostate is a gland (about the

size of a walnut) that surrounds your waterway (urethra) as it exists on your bladder. It produces most of the alkaline fluid that carries the man's sperm during ejaculations.

Most healthy young men (those on a healthy diet, who do not sit for long periods and consume moderate alcohol) will have a healthy fluid flow, especially in their early twenties.

For clarity a healthy diet is low in starchy high sugar foods and high in healthy fats with critical nutrients such as zinc, iodine, vitamin E, copper and selenium to name a few.

The sad truth is that the diet of the majority of men is a modern junk foods diet lacking in these critical nutrients and worse still, their sperm count is dropping like a stone (30 per cent over the past 25



years). That is bad enough but the prostate problems that await those on this diet are much worse.

### WHAT GOES WRONG?

The majority on a poor lifestyle will see their prostate start to enlarge after age 25. This growth is called benign prostatic hyperplasia (BPH) and it is the most common cause of prostate enlargement. It

is a benign condition that may not present any symptoms for many years. Eventually symptoms of BPH may include:

- A hesitant, interrupted, or weak urine stream
- Urgency, leaking or dribbling
- A sense of incomplete emptying during or after urination
- More frequent urination, especially at night
- Possible erectile dysfunction (ED)

The other main problem is a condition called Prostatitis, which can occur at any age. This can take various forms but the symptom that causes the pain is the inflammation. The main cause is infection and I am in no doubt this is caused by a lack of healthy nutrition.

Lastly, a very good reason for taking care of the prostate is the fact that prostate cancer kills three per cent of the male population (compared to two per cent for breast cancer). It is the second highest rate of death for males by cancer and may one day be the highest.

### WHAT CAN I DO TO ACHIEVE AND MAINTAIN A HEALTHY PROSTATE?

If you have symptoms, then get a diagnosis from a doctor. My opinion is that doctors have no treatments that will get your prostate healthy and in fact among the many side effects of the treatments you can include ED and cancer. Since it is bad diet and lack of critical nutrients that cause the problems, then it is logical that solving the cause will involve diet and lifestyle, and that this does solve it. Obviously a healthy diet is critical.

Even then unless you include a high level of nutrient rich foods such as seafoods, shellfish (such as oysters) and seaweed, the only solution is supplements. The good news is that nutrients are well studied and shown to be successful at restoring and maintaining a healthy

prostate. Make sure you are getting enough Iodine.

Prostatitis, inflamed prostate is normally dealt with using powerful anti-inflammatory supplements such as Serrapeptase, Curcumin and Vitamin D3, but you may also need the nutrients below.

Enlarged prostate, Benign Prostatic Hyperplasia (BPH) (also healthy fertility) needs a little more attention and great success has been shown with beta-sitosterol rich nutrients.

There are good and more importantly, independent studies for these ingredients: Saw Palmetto Fruit Extract, Vitamin D, Vitamin E, Beta-Carotene, Vitamin B2, Vitamin B6, Vitamin D3, Copper, Selenium, Nettle Root, Uva Ursi (BearBerry), Graminex, Pollen, L-Glycine, L-Alanine, Lycored (Lycopene), Ginseng, Asparagus Extract, Blessed Thistle, Fenugreek Extract, Cayenne Powder and Marshmallow Root.

Did I mention a healthy diet and lifestyle? Simply treat yourself as the special person that you are and you can keep your healthy prostate function for the rest of your life.

### Recommended Products

#### PROSTATE PLUS+

**Unique, specially formulated blend of 23 ingredients, containing those that are important, such as: Saw Palmetto, Selenium, Vitamin D3, Vitamin B6, Vitamin E.**



#### SERRANOL™

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



# *Improving Alzheimer's Disease in 30 Days Review*

## Senile dementia recovery within your reach

I have not read a book on Alzheimer's disease like this before. In *Improving Alzheimer's Disease in 30 Days*, Natural Health author and Nutritionist Robert Redfern explains the potential triggers and rehabilitation process for Alzheimer's in a way I had not heard before, up until now.

From the introduction of the book, Mr. Redfern is clear - Alzheimer's disease requires a commitment to health and lifestyle changes to see any improvement in the condition. Likewise, an Alzheimer's disease diagnosis is entirely personal. Mr. Redfern urges caretakers to work carefully with sufferers of Alzheimer's on an individual basis, implementing his natural health plan "slowly, gradually, and patiently."

This perspective was refreshing to hear. Mr. Redfern goes on to review the root of the issue:

"Nothing will affect you more than what you choose to eat three to four times a day, every day. Unfortunately, the majority of us are lacking essential nutrients in our diet that promote optimal health, thus triggering inflammation. This nutrient deficiency combined with one or more unhealthy lifestyle choices can exacerbate senile dementia.

This pro-inflammatory diet is chock-full of sugary foods – breads, pastas, potatoes, and cereals. The Western Unnatural Food Diet is very high in unhealthy fats and lacking in phytochemicals and antioxidants needed to neutralize free radicals. This



prevalent diet is desperately in need of high-fibre foods and high-nutrient foods that support senile dementia rehabilitation."

### HOPE FOR ALZHEIMER'S DISEASE

One thing that stands out about *Alzheimer's Disease in 30 Days* is that the book is both informative and easy to understand. Mr. Redfern explores the scientific causes of Alzheimer's disease, in many cases - related to high blood sugar, sleep deprivation, blood pressure, low testosterone, inflammation, food additives, and vitamin E.

One study of note that Mr. Redfern includes confirms a link between Alzheimer's recovery and vitamin E supplementation: "When Minneapolis VA Health Care System researchers observed 613 Alzheimer's patients in four different randomized groups, a delay in cognitive decline was found in the group

that received 2000IU of vitamin E per day. The study lasted 2.5 years. Patients in the groups that received Alzheimer's medication combined with vitamin E and Alzheimer's medication exclusively did not show cognitive improvement."

Based on scientific findings, Mr. Redfern makes his Alzheimer's disease rehabilitation plan clear. His plan is intended to not only reduce the risk of the condition but to keep it from progressing and possibly reverse it, in some cases. Hope for Alzheimer's includes nutrients, balanced diet, exercise, social stimulation, and adopting hobbies that engage the brain, according to this book.

*Improving Alzheimer's Disease in 30 Days* is a user-friendly, critical guide for anyone with a loved one suffering from Alzheimer's. In fact, I would venture to say that this book is important to read for all people – if you hope to age gracefully without cognitive decline.



# 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.

**4x**

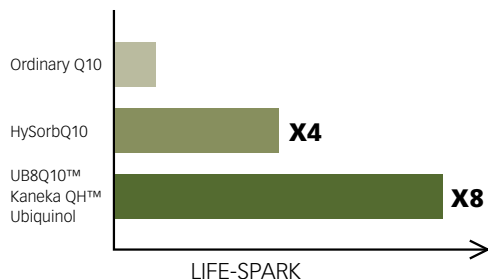


- 4 times more absorbable than ordinary CoQ10
- 4 times better than ordinary CoQ10
- 50mg cap equivalent to taking 200mg ordinary CoQ10
- Made using a Bioenhanced CoQ10, suitable for vegetarians

**8x**



- 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





# *Self-care is essential for* **ASTHMA RELIEF**

Asthma control can help you breathe easy again

**A**sthma diagnoses are on the rise. According to the World Health Organization (WHO), there are more than 235 million asthma sufferers around the world. What makes matters worse is that the condition commonly affects children. Asthma is considered the most prevalent chronic disease among children.

Remember, asthma is a worldwide concern. Many of us mistakenly believe that asthma only affects high-income countries, but that is far from the truth. Asthma is a chronic lung condition that affects countries around the world

“regardless of level of development,” confirmed by the WHO. 80 per cent of asthma-related deaths occur in low to lower-middle income countries.<sup>1</sup>

Asthma may appear as continual attacks of breathlessness and wheezing. These symptoms and attacks can vary in intensity by individual. Asthma occurs when the airways of the lungs become inflamed. During a flare-up or attack, the airways become even more swollen. Muscles surrounding the airways may tighten. This will result in classic asthma – coughing, wheezing, a tight chest, and shortness of breath.

## **5 IMPORTANT GUIDELINES FOR ASTHMA**

Asthma is a serious condition that often affects children. If you or your child has recently received an asthma diagnosis, there’s no need to panic. There are five critical points to remember as you approach asthma rehabilitation:

1. Always take asthma seriously.
2. Take asthma medication to treat the condition initially.
3. If asthma symptoms don’t stop or worsen, get help.
4. Know and understand your asthma symptoms.
5. Create a plan to get off asthma



medication and control the condition without drugs. Drugs have short-term and long-term side effects that will compromise health.

Determining a cause for asthma can be difficult if you rely on the medical community for research. The pharmaceutical industry would love for people to believe that asthma is triggered by pollution, dust mites, genetics, and environmental factors. These "causes" leave you helpless and out of control of your condition.

The alternative explanation is that an inflammatory diet and panic attacks exacerbate allergic triggers. A deficiency in beneficial gut bacteria, along with chronic anxiety, may be to blame. While it is true that many people have a genetic predisposition to a condition like asthma, this doesn't mean that you have to surrender to your fate.

Asthma can be easily aggravated by intense exercise, allergic reactions, infection, anxiety and emotional distress, cold air, occupational dust, air pollution, household products, and medication. There is one thread that links all these triggers together. It is inflammation. This underlying cause is confirmed by the fact that the most commonly prescribed asthma drug is an anti-inflammatory steroid.

### WHAT DO HEALTHY LUNGS LOOK LIKE?

If you or someone you love has been suffering from asthma for years, you may not know what healthy lungs look and feel like. Really healthy lungs, free from asthma and chronic disease, allow you to breathe easy. Good lung function will supply oxygen to the body so that you can remain active without feeling fatigued.

Really healthy lungs are synonymous with good quality of life.

The average breath volume is 500ml, or 1 pint. The typical resting respiratory rate for an adult is roughly 10 to 20 breaths per

minute. One third of the breathing time is spent on inhalation. Chronic anxiety can further compromise breathing. The end goal to improve lung function and rehabilitate lung health is six breaths per minute in a relaxed state.

When a lung condition like asthma is left untreated, it can be frightening and difficult to control. In many cases, it may lead to a gradual decline in health. In some cases, it can be life-threatening.

Even a condition like asthma can be rehabilitated through a recovery program. This asthma recovery programme is fully detailed in the free guide *COPD Rehabilitation in 30 Days*, available at [www.free-health-books.info/free-books-2013](http://www.free-health-books.info/free-books-2013). Really healthy lung function is possible to achieve with commitment to a rehabilitation plan. Proper nutrition, an anti-inflammatory diet, breathing exercises, and exercise intervals can be used to significantly improve lung capacity.

Optimal lung health becomes even more important with age since the lungs start to shrink as we grow older.

### RESTORE LUNG HEALTH THROUGH PULMONARY REHABILITATION

A number of lung conditions, including asthma, are largely considered lifestyle problems. It may be an overstatement to call Pulmonary Rehabilitation a "cure" for asthma as that is a medical term. Medicine does not have the power to provide any cures, or else healthcare professionals would be out of business.

Asthma recovery starts by taking away the cause of the disorder. With the help of the science of Pulmonary Rehabilitation, your body can work as it was designed to. Your body can restore and repair itself with help from lifestyle changes and nutritional therapy.

Asthma responds well to Pulmonary Rehabilitation, with more than 30 years of research and scientific backing. Pulmonary Rehabilitation is designed for use by

### Recommended Products

#### SERRANOL™

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



#### 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.**



chronically ill patients with respiratory problems who have seen little to no results through medical treatment.

Pulmonary Rehabilitation, first developed by Charles Denison in 1895, supports lung recovery, along with essential nutrients used to clear inflammation and scarring so that you can breathe easy again. Specifically, Serrapeptase, Curcumin, and the seaweed extract Ecklonia Cava work in harmony to calm chronic inflammation, heal damage, and clear scarred lung tissue.

Asthma does not have to be a life sentence. Pulmonary Rehabilitation can help. You can take your health back into your own hands. Learn more about the complete Asthma Rehabilitation Plan in the free e-book *COPD Rehabilitation in 30 Days*, available at [www.free-health-books.info/free-books-2013](http://www.free-health-books.info/free-books-2013)

### References

1. "Asthma." WHO.



# HEALTH news

## PROCESSED MEATS INCREASE HEART FAILURE RISK BY A THIRD

Red meat – and processed meat in particular – has been linked to heart failure in men and breast cancer in women this week.

There's a strong association between processed meat, such as ham, salami, sausages, bacon and hot dogs, and heart failure in men. For every 50 grams of processed meat – which is equivalent to one slice of ham, for example – eaten every day, the risk of death from heart failure rises by 38 per cent. Heavy processed-meat eaters are twice as likely to die from heart failure as men who eat small amounts of the meats every day.

The association was discovered when researchers reviewed the lifestyles of 37,035 men aged between 45 and 79 who were tracked for 12 years. During that time, 2,891 men were diagnosed with heart failure, and 266 died from it.

There was no increased risk in men who ate red meat, but didn't eat processed meats – but there did seem to be some association to breast cancer in women who ate a lot of red meat when they were young.

Harvard researchers, who tracked the health of 88,803 women aged from 23 to 49, found that the diets of the 2,830 women who developed breast cancer included more red meat compared to healthy women when they were younger.

The researchers estimate that women who replace a serving of red meat with poultry reduce the risk of breast cancer by 17 per cent, and adding more nuts and fish also reduce the risk by 14 per cent.

(Sources: *heart disease: Circ Heart Fail*, 2014; doi: 10.1161/Circheartfailure.113.000921; *breast cancer: BMJ*, 2014; 348: g3437)

## MOBILE PHONES DO CAUSE BRAIN CANCER, SCIENTISTS CONFIRM

Use your mobile phone sparingly. Talking on your mobile phone for more than 30 minutes every day could nearly triple your risk of developing a glioma, a common form of brain tumour, researchers have announced.

The risk is highest among the heaviest users of mobiles, who spend anything from 30 minutes and 80 minutes or more every day making calls, say researchers from the French CERENAT study. However, there is no risk among occasional and light users.

The most likely form of tumour that can develop after heavy use is a glioma, but researchers found that another type, a meningioma, was also regularly seen among the study's participants. In all, researchers recorded 253 gliomas and 194 meningiomas among the participants.

Fears of a link between mobile phone use and brain tumours have been voiced for nearly 20 years, although a large study, sponsored by the mobile phone industry, found no association.

The CERENAT findings put the problem right back on the table.  
(Source: *Occupational Environmental Medicine*, 2014; doi: 10.1136/oemed-2013-101754)



## WHY THE MEDITERRANEAN DIET IS SO GOOD FOR YOUR HEART

What's the secret to the Mediterranean diet, which we all know is good for us and our heart? Researchers think they have finally figured it out: it's the interplay between olive oil and leafy salad.

When the unsaturated fats in olive oil are in contact with the nitrite in vegetables and salad greens, they form nitro fatty acids, which lower blood pressure. Nuts and avocado can also do the job of the olive oil, say researchers from King's College London.

They fed the diet to genetically-engineered mice, but they are confident they would see the same health-giving results in humans. The mice share with humans an enzyme called epoxide hydrolase, which can raise blood pressure levels. The nitro fatty acids from the diet block the enzyme.

Many studies have demonstrated the benefits of the Mediterranean diet, which is made up of fresh vegetables and fruit, salads, wholegrain cereals, and olive oil and nuts – but now we know why it works.

(Source: *Proceedings of the National Academy of Sciences*, 2014; doi: 10.1073/pnas.1402965111)

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

# Marvellous mains!

Your main meal of the day is perhaps the most important, and a good time to cram in as many great nutrients as possible

## MACKEREL AND CHUTNEY

### Ingredients

#### For the chutney:

Pinch Coconut nectar  
25g sultanas  
Few sprigs fresh rosemary  
2cm piece root ginger, peeled and finely chopped  
shallot, peeled and finely chopped  
3 sticks rhubarb  
5 tbsp cider vinegar  
1 orange, juice only  
Salt and black pepper

#### For the mackerel:

Wholemackerel, gutted, filleted and pin boned  
Coconut Oil for cooking

### Method

1. For the chutney, in a heavy-based pan heat and stir in the sultanas, rosemary sprigs, ginger, shallot, rhubarb and coconut nectar.
2. Stir in the cider vinegar and orange juice. Bring back to the boil and cook gently for 8-10 minutes. Season with salt and pepper and set aside to cool.
3. For the mackerel, place the mackerel fillets skin-side up on an oven tray. Brush with coconut oil and use a blow torch to cook evenly. Turn over and repeat on the other side (alternatively place the fillets under a hot grill). Season with salt and pepper.
4. Serve a spoonful of chutney with the cooked mackerel fillets and a salad or mixed roasted veggies.



## VENISON CROCKPOT STEW

### Ingredients

680g of wild venison stew meat	1 can of crushed tomatoes
450g of carrots	225g of organic, nitrite-free bacon
1 head of celery	1 tbsp. of garlic powder
1 medium onion	2 sprigs of fresh rosemary
6 cloves of garlic (minced)	2 sprigs of fresh thyme
225ml homemade bone broth	2 bay leaves

### Method

1. Chop your bacon into small pieces and fry. Remove cooked bacon from the pan (do not throw away that beautiful cooking fat, we are about to use it!)
2. Making sure the pan is hot, brown the venison. Cook for a minute or so on high heat, each side. Remove and place aside.
3. Add in the onion, carrots and celery and cook for 5-6 minutes. Once your onions, carrots and celery have started to cook add in all the ingredients; garlic, tomatoes, herbs, etc.
4. Bring the stew to simmer
5. Pour the stew into the slow cooker and cook on low for 8 hours.
6. Once complete, remove the sprigs and bay leaves. Eat with a mound of steamed kale and cauliflower rice!

Simple food combining for heartburn relief

# WHEN ANTACIDS AREN'T ENOUGH

**W**henver you eat your favourite food, your body breaks it down into a form that it can use to nourish cells and provide energy. This is called digestion.

The digestive system is much more complex than this. It consists of a series of hollow organs joined together in a long, twisting tube. The digestive system starts at the mouth and ends at the anus, including the oesophagus, stomach, small intestine, and large intestine. The digestive system also includes the liver, gallbladder, and pancreas that produce juices to aid in digestion.

Heartburn is one side effect of inefficient digestion.

You have probably experienced heartburn more than once in your life. You may have felt painful burning in your chest or throat. Heartburn that occurs more than twice a week is called gastroesophageal reflux disease, or GERD. It is also possible to have GERD without experiencing heartburn.

## HEARTBURN CONFUSION ABOUNDS

There are a number of theories behind the cause of heartburn and what triggers this unpleasant digestive issue. Pregnancy may increase the risk of heartburn. In the vast majority of cases, some medications, alcohol, and especially food cause heartburn.

A doctor may recommend avoiding heartburn trigger foods and trying over-the-counter medications like antacids to ease discomfort. Yet even a minor condition like heartburn can take a turn for the worse. If heartburn continues and becomes chronic, prescription drugs or surgery may be

required.

The medical community continues to chase rabbit trails on the search for heartburn relief. Doctors are on the right track when they recommend avoiding heartburn trigger foods. Foods that cause chronic heartburn must be eliminated first before antacid medication and invasive surgery are ever considered.

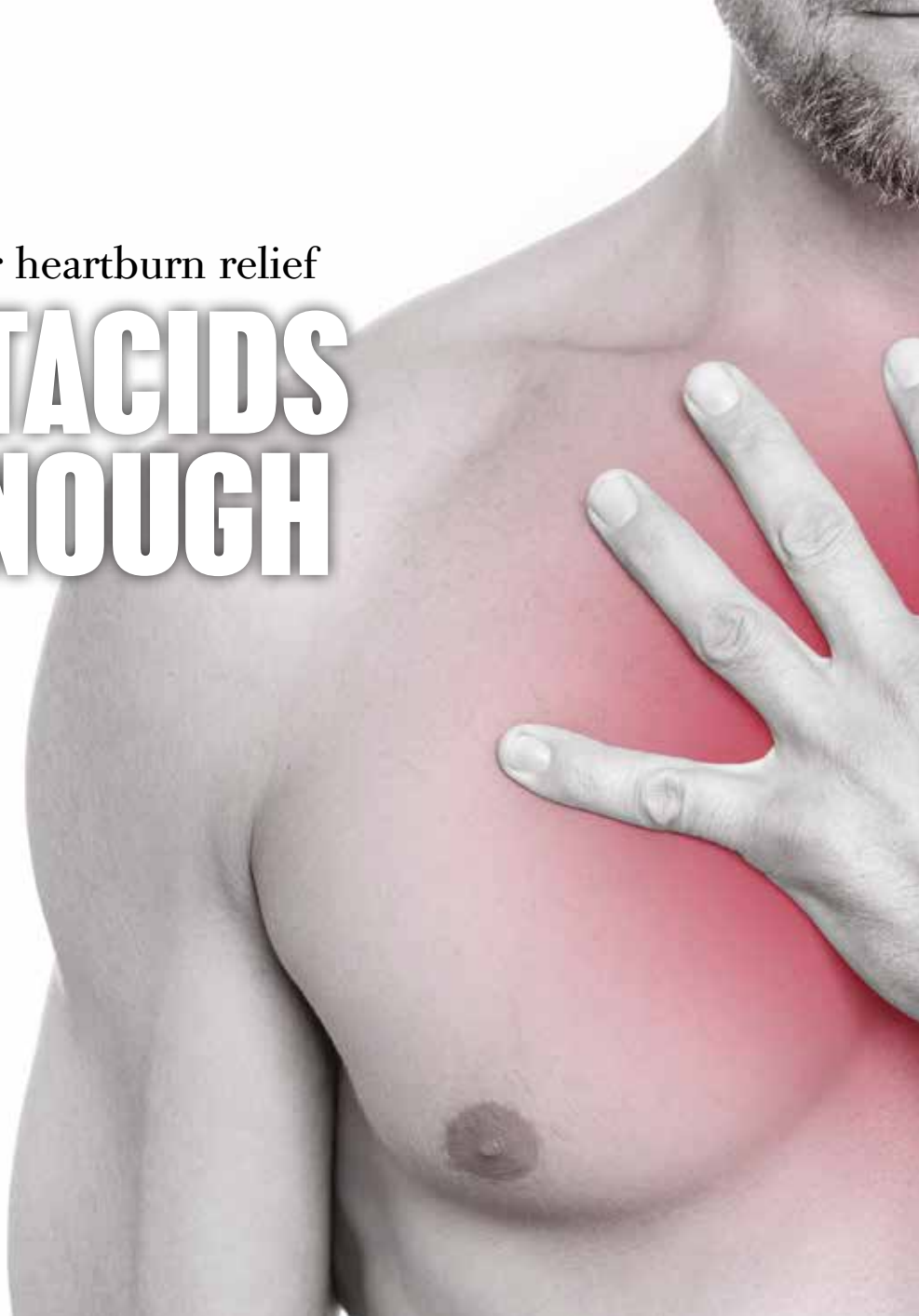
Antacid use seems like a quick fix for a chronic condition. Antacids are eaten like sweets throughout the Western world. Antacids merely put a band-aid on a more serious health wound in the body. If heartburn is chronic, then something is triggering it again and again. An underlying digestive issue is most definitely the cause,

and certain trigger foods continue to make the problem worse.

Not only are antacids marketed to look like sweets, but they are pushed by the medical community. If you take a closer look at the ingredient label, you may not like what you see. Antacids contain active ingredients like calcium carbonate, known to cause constipation and increase acid reflux with overuse.

Antacid ingredients like aluminum hydroxide, magnesium hydroxide, and magnesium oxide can cause constipation and diarrhoea and contribute to existing kidney problems.

Listen to what your body is telling you. If you experience heartburn regularly, it





### Recommended Products

#### ESSENTIAL DIGESTIVE PLUS™

**This is a newly formulated professional strength enzyme complex combining the power of all the important 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. Now with x2 added ingredients, Peptidase and Protease for improved gluten digestion and now with x90 caps per bottle**



You can support the way your body digests the Really Healthy Foods you eat with food combining at each meal. Food combining focuses on the best way to digest each food. This will ensure that every critical nutrient reaches your digestive system to do the job it was designed to do. Foods can be categorized as proteins, carbohydrates, and fats. The guidelines for food combining are simple and straightforward:

- Avoid eating protein and starchy carbohydrates at the same meal. Protein and starchy carbs cancel each other out and inhibit proper digestion. It's best to cut starchy carbs out of the diet or wait two hours after eating starch to eat protein.
- Avoid eating fruits and vegetables at the same meal. Sweets should not be eaten directly after a meal, no matter what Western culture tells you. Fruit is best eaten up to 60 minutes before dinner; acidic fruits do not combine well with starchy carbohydrates.
- Eat protein with non-starchy vegetables at any time. Healthy fats can also be eaten with protein and vegetable meals, though not with starches.

If you regularly experience digestive discomfort, like heartburn, food combining can help. A Really Healthy Foods diet with food combining is the first step. You can also support your digestive process from beginning to end with the right digestive enzymes.

A digestive enzyme supplement can assist in the breakdown and digestion of food. An effective digestive enzyme containing inulin will help to stimulate the growth of friendly gut bacteria. This will increase the body's ability to absorb and synthesize vitamins and minerals found in the food you eat. With the proper support of digestive enzymes and Really Healthy Foods, heartburn can become a thing of the past.

may be directly linked to the foods you eat. Your digestive health may be suffering, and heartburn is the "help" message that your body is sending to you. Digestive health must be restored to relieve this discomfort. Antacid overuse is never the answer for a chronic problem that stems from digestive distress.

### IMPROPER FOOD COMBINING IS TO BLAME

Before you reach for that antacid, give a second thought to how you ate your last meal. Most of us don't consider how we prepare our meals, as long as they are served hot and ready to eat. But improper food combining is one of the top causes

of digestive distress, including gas, upset stomach, and heartburn.

Though these issues may be managed with over-the-counter meds like antacids, digestive problems over the long-term can cause malnutrition. This point is important to emphasize: even if you are eating a Really Healthy Foods diet, improper food combining could rob you of the nutrients your body needs.

Change how you eat, restore digestive health, and watch heartburn disappear. You can calm heartburn by first eliminating the trigger foods from your diet. This includes inflammatory foods typical of the Western diet, like starchy carbohydrates, high sugar foods, processed foods, and dairy products.

# 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!!**



### BATH FLAKES



**15g**  
Magnesium  
per cup

### GEL



**490mg**  
Magnesium  
per tsp

### OIL



**560mg**  
Magnesium  
per tsp

### LOTION



**185mg**  
Magnesium  
per tsp

### OIL & MSM



**Available  
in 125ml  
or 237ml**

**MSM**  
for more  
absorption

- 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*

# Testimonials

Real stories of lives changed by a focus on natural living



## RELIEF FOR HEART ATTACK AND FRACTURED PELVIS

"I have been using the UB8Q10 since it arrived at my house and I really think it is great. I take two capsules in the morning and one before going to bed and I feel absolutely fine. I have also started taking the Blockbuster AllClear and I've been amazed by it. I had a heart attack a year ago and since taking the Blockbuster I have not felt even one indication of angina. Absolutely great."

**Gus P.**

## HELP FOR MIGRAINE AND MUSCLE AND JOINT PAIN

"I suffered from fibromyalgia, collagenous colitis and migraines. After starting serrapeptase, the migraines stopped in about one week and they have not returned. My muscle and joint pain was also greatly relieved."

**Z.T., United States**

## I CAN FEEL MY LEGS AGAIN!

"I lived with numbness in my legs for at least ten years due to the onset of Type II diabetes, and it had been getting progressively worse. My herbalist told

me about serrapeptase. I took 6-8 of the 80,000IU tablets once a day after I got home from work. I also took wheatgrass. After only about a week and a half, I was absolutely amazed that the numbness in my legs had receded, and I could feel my legs again! I no longer 'stump around', and I'm able to walk normally. I'm pretty excited about that!"

**K.S.**

## DEVELOPING CATARACTS CLEARED WITH MAXIFOCUS

"I had an elderly customer who cleared her developing cataracts with MaxiFocus. She reported excellent results after using 3 bottles last year and this was confirmed with eye tests. She was delighted, as you can imagine.

She came to me originally using a zimmer frame and in a lot of pain with arthritis etc. I treated her and within a month she was walking with two walking sticks. Eventually she was down to one more for 'comfort' than support. We then started work on her sight which is greatly improved with no need for an operation."

**Mrs Alma W**

## ACNE RELIEF

"My acne is starting to improve and my skin is clearing up - finally, after trying every skin cream under the sun. The Serranol and the NatraGest are making a big difference. Thank you!"

**Barbara, USA**



# ARTHRITIC *joints*

## Regain movement, relieve long-term pain

**A**rthritis, by definition, is caused when a joint or joints become inflamed. From there, the diagnosis of arthritis gets more complicated. Arthritis can appear in the body in a number of different forms, though one underlying factor links all the conditions together: chronic pain.

Since the condition is inflammatory, the majority of arthritis sufferers will also struggle with chronic inflammation. As such, arthritis is considered a rheumatic disease. Arthritis may be accompanied by pain in the joints, inflammation, and swelling. Cases of arthritis can vary by affected region, pain level, damage to the body, and length of episodes.

According to the Arthritis Foundation: "Arthritis is actually a complex family of musculoskeletal disorders consisting of more than 100 different diseases or conditions that can affect people of all ages, races and genders."

### ARTHRITIS AROUND THE WORLD

Arthritis remains the top cause of disability in Western countries. There are more than 175 million adults around the world who suffer from the condition. Roughly 10 per cent of the global population over the age of 60 has already exhibited some symptoms of osteoarthritis – the most common arthritic joint disorder. Osteoarthritis remains the fourth leading cause of Years Lived with Disability (YLDs). There are 20 million people around the world so crippled by arthritis that it limits



their daily mobility.

As the condition progresses, it will continue to affect physical activity level. Many arthritis sufferers may become homebound. Yet the number of arthritis diagnoses climbs year after year and is responsible for over one million hospital

visits, according to Disabled World statistics.

Though the condition is often associated with the elderly, arthritis does not just occur in old age. Two thirds of arthritis sufferers are under the age of 65. The condition affects more than 300,000 children.

## COUNTERACT DAMAGING INFLAMMATION

Arthritis is an inflammatory disorder. The only effective treatment for the condition should address underlying inflammation that causes pain, swelling, and joint damage again and again.

A number of treatments are recommended to ease discomfort associated with arthritis. In many cases, medical intervention may be required. Prescription drugs like pain relievers, anti-inflammatories, and disease-modifying anti-rheumatic drugs may be used to minimize pain and slow the progression of the disease.

Yet if the underlying cause of inflammation isn't addressed, drugs will offer little help and could make matters worse, in some cases. Long-term, continuous prescription drug use will poison the body. Multiple arthritic drugs may have to be administered at different times in different doses to have any effect on a body beaten down by the condition.

Common arthritic drugs have been linked to nausea, vomiting, diarrhoea, constipation, headache, drowsiness, and gastrointestinal bleeding. In those with lupus, non-steroidal anti-inflammatory drugs can also cause kidney damage. Corticosteroids used to decrease arthritic inflammation can offer temporary relief, though the drugs suppress immune health even when administered in small doses.

"The Miracle Enzyme" Serrapeptase can provide relief for painful inflammation. If you or someone you love is already on a drug regimen for arthritis, the natural, anti-inflammatory enzyme Serrapeptase can help to improve health and wean off prescription drugs. A powerful enzyme like Serrapeptase should be explored for arthritis rehabilitation far before drug side effects occur or surgery is needed.

When the natural enzyme Serrapeptase is ingested, it moves through the body to destroy and digest dead tissue. This therapeutic process defends the body against inflammation. It has been known to directly alleviate a number of painful symptoms associated with chronic pain conditions, including arthritis. Once Serrapeptase has done its work, the body's natural self-healing system can repair damage to arthritic joints.

One chronic arthritis sufferer describes their experience with anti-inflammatory Serrapeptase: "I got off Celebrex two years ago after my twin sister died from a perforated bowel from taking Celebrex and I have been taking Serrapeptase for two years now and need no other medication. I have no sore joints anymore from my Osteoarthritis, only a little stiffness first thing in the morning. I am 62 years old and still do everything I did at 40. I just wish my sister had known about Serrapeptase. This information needs to get out to the people who are treating people with arthritis because the drug companies will obviously be against it."

## RELIEVE PAIN AND RESTORE MOBILITY

The last step in the arthritic rehabilitation process involves restorative therapy. A number of natural treatments are recommended for arthritis discomfort, including yoga, meditation, and Tai Chi. While these practices are certainly good for a balanced lifestyle, electro-acupressure is a proven alternative treatment that can be used for long-lasting arthritis relief.

Electro-acupressure uses a micro-current to stimulate targeted pain points mapped throughout the body. This simple device will activate trigger points for a short period of time. It is user-friendly and

## Recommended Products

### SERRANOL™

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



### HEALTHPOINT™ KIT

**Electronic acupressure kit for home, delivers all the benefits of acupuncture but without the needles! Easy to use and with full instructional DVD. Developed with leading pain specialist Dr Julian Kenyon over 20 years ago.**



can be used freely without medical advice to relieve major symptoms and minor aches and pains of arthritis. Arthritic knees especially are an easily rehabilitated pain condition.

One arthritis and fibromyalgia sufferer describes her experience with electro-acupressure: "I would like to take this opportunity to say how much I find the HealthPoint™ acupressure device very helpful. I have had arthritis from the age of 12 and now for the past 4 years have developed fibromyalgia. However, with alternative treatment and supplements, I am still keeping active at age 72 and manage a large house and 1 acre of garden very well, by spacing out my energy sensibly."

Arthritis recovery starts with a commitment to your health. You can find the complete anti-inflammatory Arthritis Rehabilitation Plan in the free guide *Improving Arthritis in 30 Days*.



# Your health questions answered

By your personal health coach Robert Redfern



## PREVENTATIVE TREATMENT RESTORES AUTOIMMUNE HEALTH

**Q:** My son, aged 31, was diagnosed with Seronegative arthritis some time ago, and he is back on Sulfasalazine but has also received an injection which he said was extremely painful. This seemed to work for a while but now he is suffering from much more regular flare-ups, and the pain has extended from his knee into his hips as well. The specialist wants to put him on stronger medication, which will prevent him from having children. He does not want to take as they want to start a family in about a year. What would you recommend?

**A: Robert says:** This is an autoimmune problem in the same way that lupus, RA, MS, and many other problems are; the latest research is indicating cancer as well. Visit [goodhealthdesk.com](http://goodhealthdesk.com) and follow the Autoimmune Disease Health Plan there.

## PSORIASIS RECOVERY FOR HEALTHY SKIN

**Q:** I heard about your serrapeptase and curcumin products through a friend who highly recommended them. My son has psoriasis. Do you think it will help with his condition? As for me, I have a dark shadow in my right eye due to LASIK surgery in my eye. Also, a little over a month ago I had food poisoning from my own fermented sauerkraut which ever since gave me a burning sensation when I wash my hands in cold water. Thank you and looking forward to hearing from you.

**A: Robert says:** Psoriasis is a reaction to starchy carbs. Do your best to keep to the Really Healthy Foods food plan listed at [goodhealthdesk.com](http://goodhealthdesk.com), with recommended supplements.

- CurcuminX4000
- Probiotic14
- Essential Digestive Plus

For your specific health problems, please try:

- 1st Line Immune Kit
- MaxiFocus
- AstaXanthin

## HELP FOR DEEP VEIN THROMBOSIS AND PULMONARY EMBOLISM

**Q:** I have had a DVT and bi-lateral pulmonary embolism (PE). I had a stint put in where the blockage was. The DVT was dissolved in the hospital, but I was told that the PE would dissolve naturally over time. Will taking Serrapeptase help dissolve the PE faster and could it cause problems with the stint or tissue around it?

**A: Robert says:** Stints are temporary and will block up over time. DVTs are caused by an inflammatory diet and will come back again unless you change your diet. Bi-lateral PE is the same as a DVT but in a different place.

The very minimum I recommend is:

- BlockBuster AllClear - 1 x 3 times per day, 30 minutes before eating a meal, with a glass of water.
- Serranol - 1 x 3 times per day with the BlockBuster.
- UB8Q10 Ubiquinol - 2 caps x 2 times per day with food.
- The Krill Miracle Oil - 1 cap x 2 times per day with food.
- Active Life 90 Liquid Vitamins and Minerals - 15ml x 2 times per day with a little juice with your food.

Visit [goodhealthdesk.com](http://goodhealthdesk.com) and follow the food plans there: look for the Really Healthy Foods plan and the Against the Grain plan. Also take a look at the recipes at [ReallyHealthyFoods.com](http://ReallyHealthyFoods.com). There is more if you want to completely change your future but ask me once you are feeling great with the above.





## GUIDANCE FOR NATURAL REMEDIES TO IMPROVE HEALTH

**Q:** My knee is really swollen with fluid and I wanted to avoid having an aspiration. What is the maximum number of MSM capsules I can take? I am taking Pregnacare, which includes all the DoH recommended stuff as well as extra omega 3,6 and 9 – which I think is from hemp or flaxseed. Also, I'm vegetarian but have started eating one portion of tuna a week. I have stopped Siberian ginseng as couldn't find out whether it was ok to take, and I get mixed messages about iron supplements – so don't know if you can advise? Also, is it ok to take lutein and bilberry tincture?

**A: Robert says:** If you take SerraPlus+, it has MSM included. If you are taking the 3, 6 and 9, then you do not need to eat tuna. The main thing is to keep away from all junk foods such as breads, pastry, potatoes, milk products, etc. and eat lots of veggies and dark skinned fruits, nuts, seeds, and beans. Avocados can be eaten 3 times per day if you like them.



There is an iron supplement called Spatone from the health store or the chemist, which is the best. Lutein and bilberry are fine. You can get them in my MaxiFocus spray.

## CARDIOVASCULAR REHABILITATION ENHANCES QUALITY OF LIFE

**Q:** Six years back my mum (in India) had a severe heart attack and was diagnosed with 3 blockages in her heart arteries and had to undergo surgery to put in stents. Since then, her health has been ok/not ok on and off. Her main problem is low oxygen and low haemoglobin. She even had a very minor stroke from which she could recover quickly. Do you think taking Blockbuster All Clear, and other cardio health supporting supplements (like OxySorb and CoQ10) will help her without any adverse effects?

**A:** It is urgent you get her on as much of the Heart Disease Health Plan at [goodhealthdesk.com](http://goodhealthdesk.com) as possible. If it was my mum, she would be on it 100 per cent. Make sure whoever cares for her is trained in the whole plan. Do not rely on medical doctors to save her as they are simply

trained to administer drugs. Also bear in mind that breathing incorrectly is the cause of low haemoglobin and low bicarbonate of soda.

## SERRANOL USE DURING PREGNANCY

**Q:** Is Serranol safe for pregnant women? I read all over the place that tumeric-curcumin is not safe for pregnant women and it needs to be avoided. I cannot find anywhere contraindications in your supplements.

**A: Robert says:** This is the consensus from scientists. Pregnancy and Lactation: Although there is no evidence that dietary consumption of turmeric as a spice adversely affects pregnancy or lactation, the safety of curcumin supplements in pregnancy and lactation has not been established.

The countries that consume the largest amounts of turmeric and curcumin have shown no ill effects.

I can confirm all of the females in my family have taken curcumin and serrapeptase, and all of them have had healthy pregnancies and babies.



# Love your skin? Love your joints?

## Love Joint & Skin Matrix



### What is collagen?

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

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

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

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



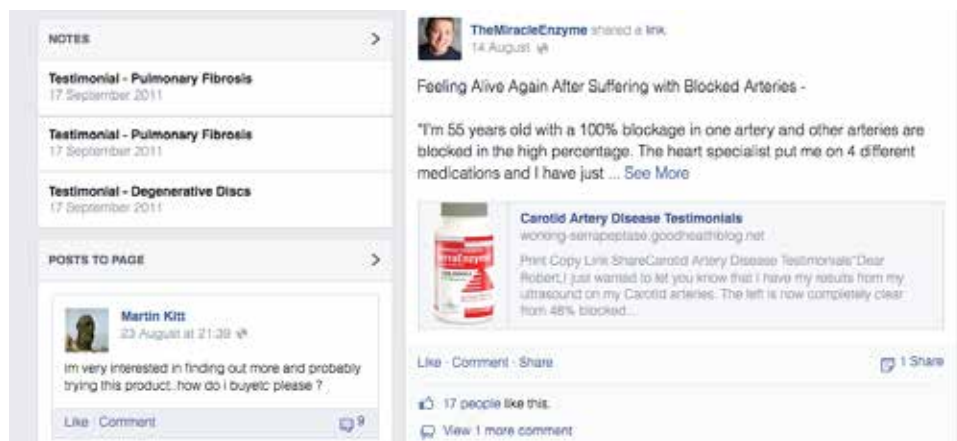
# LIKE SERRAPEPTASE?

LIKE [www.facebook.com/TheMiracleEnzyme](http://www.facebook.com/TheMiracleEnzyme)  
Robert Redfern's facebook page for serrapeptase, The 'Miracle' Enzyme.



Like this page to be kept up-to-date with serrapeptase news and to see how it is helping to change lives daily. Read user testimonials (such as those displayed on this page), to read first-hand how it can help a whole host of health conditions.

Leave your own testimonial to help spread the word on serrapeptase. If you are a serrapeptase fan this is a page for you!





# 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**  
(previously, like most other KRILL products this was in a gelatin shell)



# YOU CAN GET YOUR LIFE BACK

Alzheimer's disease sufferers see noticeable improvement in their condition after following the Alzheimer's Rehabilitation Plan found in *Improving Alzheimer's Disease in 30 Days*

## HE IS DOING WELL

"You have been such a help in getting my husband on the right supplements. He is taking everything you recommended and is doing well. I do not want this treatment for him as yet. I will continue the supplements until such time when they no longer help. In the meanwhile, I would like this treatment to be available for him when he is ready for it.

The new treatment for AD, an intra-spinal injection of Enbrel, is working minor miracles for the patients able to afford it. We want to have this treatment approved for AD in the US so mainstream America can be a part of this miracle. We are trying to get the word out. I will forward a letter for your review and hope you have suggestions as to how to get this accomplished. As always, I do appreciate you. Please let me know if you are open to helping. If so, I will forward the letter.

Thank you so much Robert."  
Jeanne



## WE ARE CAUTIOUSLY OPTIMISTIC

"He showed marked improvement on his drawing of a clock. He seemed euphoric after the injection and during the week showed improvement in his interaction with others particularly in conversation. He said his mind felt clearer. He also improved - baby steps - in his reading. He is still not reading fluently but is somewhat better. Yesterday we had our second appointment. Again, after the injection, there was a slight improvement on the clock test. He didn't seem to have the euphoria this time but today felt strong and again interacts and joins in conversations. His attitude and affect have changed dramatically and he seems pretty normal to the casual observer, I think.

We are cautiously optimistic because we are seeing changes in his personality and have hope that he will continue to gain skills lost in the not-too-distant past. This ray of hope is so encouraging because the only advice we've received from other doctors involved in our case is to prepare for long-term care with no chance of regaining lost abilities.

This treatment doesn't come cheap but we are thankful that we can handle the expense. I grieve for all the people who are faced with a diagnosis of Alzheimer's disease and have no recourse but to let it run its course. With the baby boomers coming of age, we are going to see a huge drain on our society physically and monetarily so we need to work fast to offer relief to these people."

**Arminee**





# ALL ABOUT *gout*

Chronic pain relief is within your reach

**G**out is one of the most common types of arthritis. It occurs when severe attacks suddenly take place in the joints, normally at the joint of the base of the big toe. These attacks are characterized by redness, tenderness, and intense pain.

There is no doubt about it – gout is painful. Gout “attacks,” as they are often called, can cause restless, broken sleep because of pain and inflammation. When a joint affected by gout becomes swollen and painful to the touch, even a light sheet may be too much to bear.

## WHAT CAUSES GOUT?

Gout is more likely to affect men than women, though women are more susceptible to the condition post-menopause. Gout is on the rise in Western countries. Gout now affects millions and has been associated with a notable increase in obesity and hypertension. In the past 20 years, gout diagnoses have spread to include roughly 4 per cent of the population.<sup>1</sup>

Gout occurs when there is an overload of uric acid in the blood. While excess uric acid doesn't always cause gout, it is possible for high levels of uric acid to form hard crystals around joints. The risk

of Gout is greatly increased in those who are overweight, drink excess alcohol, or eat a diet high in purines – chemicals found in meat and fish. Taking diuretics can also lead to gout.

## MEDICAL INTERVENTION OFFERS LITTLE RELIEF

Most sufferers will make a visit to their doctor for a painful case of gout. It's important that gout is addressed early on since the condition left untreated can continue to burden and erode joints over time.

Doctors may use a blood test to measure uric acid and test for gout. In



Corticosteroid use does not come without side effects and cannot be used for long-term treatment. As research has already pointed out, increased instances of gout are directly related to obesity and hypertension. Gout is also related to diet – uric acid waste is created as a by-product when purines in food are broken down by the body.

The UK Gout Society confirms, "If you already suffer from gout, eating a diet that is rich in purines can result in a five-fold increase in gout attacks."

## TWO-PART GOUT TREATMENT PLAN TO FIGHT INFLAMMATION

Gout is difficult to manage with medical intervention if changes are not made to address the root cause of the disorder. With the right rehabilitation plan, gout pain is easy to alleviate on the road to recovery:

### 1. Gout Rehabilitation Part 1 - Really

**Healthy Foods:** Medical professionals agree that obesity is a risk factor for gout. Gout is an inflammatory condition further triggered by inflammatory foods in the diet. The only way to calm inflammation and maintain a healthy body weight is by eating Really Healthy Foods.

- Cut out all inflammatory triggers – pastas, breads, cereals, pastries, white rice, potatoes, and sugary foods and drinks.
- Avoid high-purine foods – liver, kidney, game, seafood, oily fish, and yeast extracts, such as beer.
- Eat up to 14 portions of fresh or frozen vegetables a day (50 per cent raw juiced and organic recommended).
- Eat 3-5 portions of beans, nuts, and seeds (nuts and seeds soaked and mashed).
- Eat 3-5 portions of dark-skinned fruits, including avocado, a day.
- Add healthy oils to the diet – hemp, krill, and olive oil, etc.
- Drink 8 glasses of distilled or filtered water a day – with a pinch of bicarbonate of soda.

- Add 3-5 teaspoons of sea or rock salt to food or a little water per day.

### 2. Gout Rehabilitation Part 2 – The

**Miracle Enzyme:** Serrapeptase is an anti-inflammatory enzyme called "The Miracle Enzyme." Serrapeptase can be used, along with Really Healthy Foods, for pain and inflammation relief. Serrapeptase has been supported through clinical use of more than 25 years; it provides an effective, natural alternative to more harmful medications, including NSAIDs, without the risk of side effects.

One healthcare practitioner describes the effectiveness of Serrapeptase for gout treatment: "I have a client who has suffered with a severe gout-like arthritic pain for 5 years, possibly as a result of taking ecstasy in his youth. His general health also suffered, he developed a lung problem and he was at a very low ebb. He was taking large doses of Ibuprofen, with little relief. He started taking Serrapeptase, but after 3 months he was still in some pain and was going to give up. I persuaded him to carry on and he started to improve. He is now fully recovered, playing golf and enjoying life again. He is absolutely delighted."

Gout is a pain condition that can rob vitality and quality of life. Really Healthy Foods and Serrapeptase work hand-in-hand to get to the bottom of the issue – by fighting inflammation and removing uric acid crystals that cause gout.

### References

Yanyan Zhu, Bhavik J Pandya, Hyon K Choi. *Prevalence of Gout and Hyperuricemia in the US General Population. Arthritis & Rheumatism, 2011; DOI: 10.1002/art.30520*

### Recommended Products

#### SERRAENZYME 80,000IU

**This is the original and bestselling Serrapeptase for maintenance and support.**



order to stop the painful attacks, a shot of corticosteroids may be administered. Corticosteroids are used to treat gout in large doses that are eventually tapered off. Rest and anti-inflammatory medicines are also prescribed.

This medical treatment may provide temporary relief, often within 24 hours, but it is not a long-term solution. Corticosteroids used for an extended period of time may come with side effects like osteoporosis, cataracts, and hip, shoulder, and knee joint damage, in some cases. Short-term side effects for corticosteroid drug use include nervousness, mood swings, insomnia, weight gain, fluid retention, increased risk of infection, high blood pressure, and diabetes.

This medical treatment for gout only slaps a band-aid on the issue.

# Liver disease

Live a life of health and hope

**Y**our liver is a vital organ. Its primary job is to digest food and absorb essential nutrients. It also cycles toxic waste out of the body so that you can live a healthy, balanced life.

As you can imagine, disease of the liver can be devastating. In some cases, liver disease can be genetic, though most liver problems are directly related to chemical exposure, viruses, and lifestyle. Some health problems of the liver may be short-term, while others can be lifelong and cause irreparable damage.

## WHAT IS LIVER DISEASE?

Liver disease comes in a number of forms and may include:

- Hepatitis
- Inflammation of the liver
- Alcoholic liver disease
- Fatty liver disease
- Cirrhosis
- Primary biliary cirrhosis
- Primary sclerosing cholangitis
- Genetic liver disorders

The most common causes of liver disease may include:

- Autoimmune issue, i.e. virus
- Alcohol poisoning
- Pharmaceutical drugs
- Chemical toxins
- Processed fats in junk food
- High-sugar foods
- Starchy carbohydrates

- Excess iron or copper, caused by genetic issues in rare cases

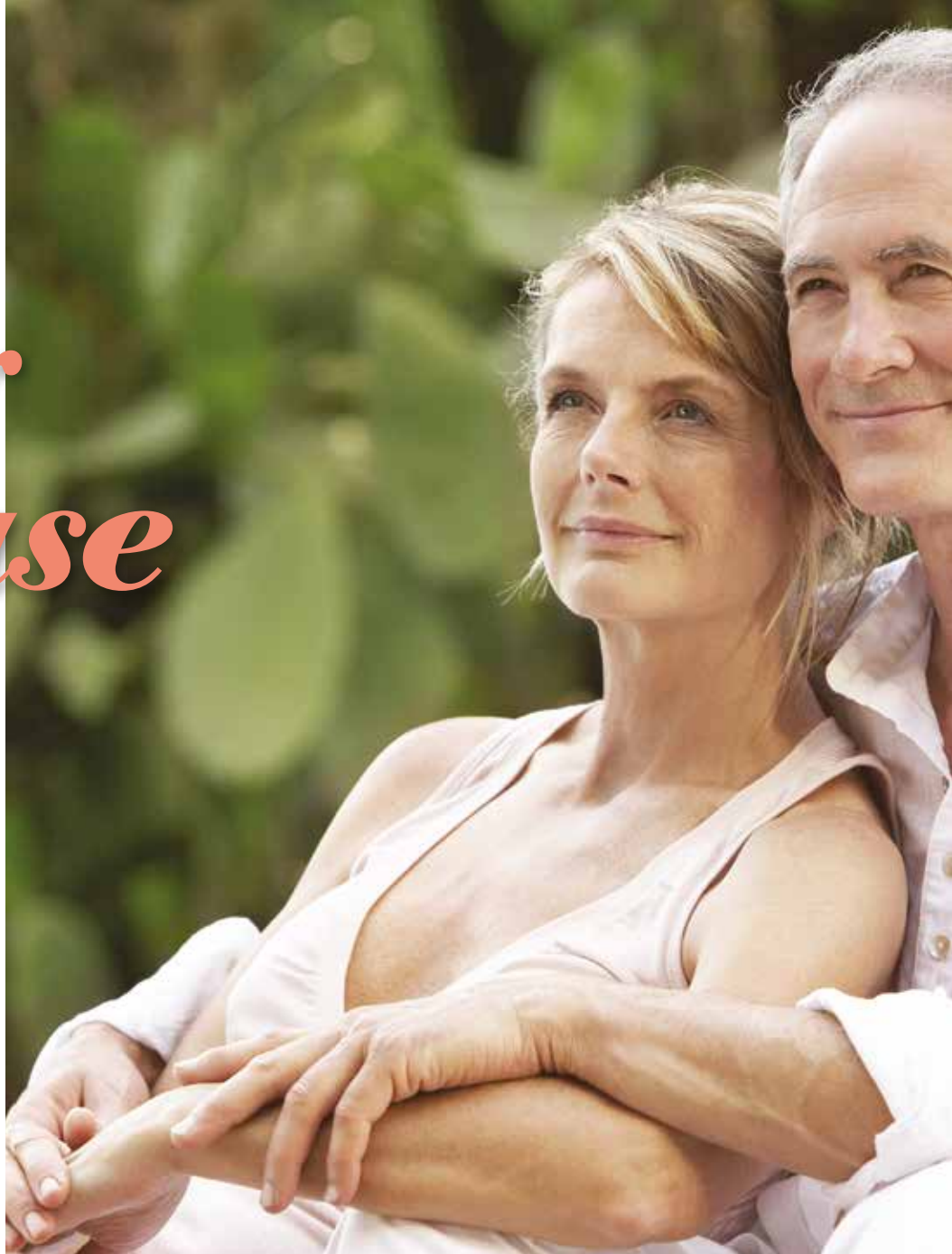
Liver dysfunction or disease can cause a number of physical symptoms:

- Digestive issues
- Imbalanced blood sugar
- Immune disorders
- Abnormal fat absorption
- Metabolic disorders
- Discoloured, yellowish skin and eyes
- Abdominal swelling and pain
- Itchy skin
- Dark urine
- Pale stool
- Bloody or tar-coloured stool
- Chronic fatigue

When the liver does not function properly, it cannot absorb fat. Malabsorption of fat will cause a number of unique symptoms that may be chronic, painful, and unpleasant – reflux, indigestion, fat-soluble vitamin deficiency, gallstones, haemorrhoids, fatty food intolerance, alcohol intolerance, abdominal bloating, constipation, nausea, and vomiting.

## THE TRUTH BEHIND LIVER DISEASE

Liver disease remains the only major cause of death that continues to increase each year in Western countries.<sup>1</sup> Liver disease is considered the fifth biggest killer in England and Wales, following heart, cancer, stroke, and respiratory





disease. Today, twice as many people die from liver disease, compared to 20 years ago. Liver disease is responsible for more deaths than car accidents and diabetes combined.<sup>1</sup>

It cannot be emphasized enough that liver disease is largely related to lifestyle choices. In many cases, liver disease can be brought on by alcohol abuse. Liver disease caused by alcohol abuse can develop silently. However, you cannot ignore the fact that medical treatment for alcohol-related liver disease is on the rise. In Scotland alone, hospital patients treated for alcohol-related liver disease have increased by 400 per cent in just over 20 years.<sup>2</sup>

Beyond alcohol use and abuse, Hepatitis

B remains the most common and serious liver infection around the world. Hepatitis B affects more than 2 billion people globally, according to the World Health Organization. Over 350 million people suffer from chronic, lifelong Hepatitis B infection.

Hepatitis B is transmitted through blood, semen, and bodily fluids. Once the Hepatitis B virus invades the liver, it can cause widespread inflammation and infection. In some cases, Hepatitis B is acute with an infection that lasts less than six months. Recovery in this case is possible when the immune system can fight off the virus and clear it from the body.

Chronic Hepatitis B can last six months or longer. If the immune system is not able to attack the virus, a Hepatitis B infection could become a permanent condition. Severe Hepatitis B without proper care can lead to liver cirrhosis and liver cancer. In many cases, chronic Hepatitis B may go undetected for decades until it causes serious liver disease.

### YOUR LIVER HEALTH IS IN YOUR HANDS

Liver disease is hard to identify until it is too late. Caring for your liver each and every day is of the utmost importance to aid in detoxification, restore health, and protect against inflammation.

The majority of cases of cirrhosis of the liver can be eliminated by addressing chronic alcohol abuse. For help with alcohol addiction, please see a professional right away. Then, liver health can be restored by making important changes to diet and by supplementing critical nutrients.

For other diseases of the liver, like Hepatitis B, anti-inflammatory liver support is crucial. Hepatitis B can be fatal if left untreated. A healthy immune system can fend off a Hepatitis B attack and prevent irreparable liver damage.

You can rehabilitate liver disease with

two important nutrients for full or partial recovery, in many cases:

**1. Thiocyanate:** Immune support is the foundation to ward off liver attack from viruses, inflammation, and toxins. Thiocyanate ions support the body's natural bioidentical response to attack, providing noticeably stronger immunity at the first sign of infection. Thiocyanate can be used as a natural defence without any side effects associated with antibiotic use; avoiding antibiotics, unless absolutely necessary, will preserve the body's balance of healthy bacteria.

**2. Alpha Lipoic Acid R:** Alpha Lipoic Acid R is a network antioxidant with the ability to support liver health, pancreas function, and blood sugar balance – along with renewed vision and immunity as an added bonus. When taken with a full supplement regimen, Alpha Lipoic Acid R can improve the efficacy of other nutritional supplements.

On the road to liver recovery, examine your diet. Liver disease is triggered and exacerbated by inflammation. Eating inflammatory foods, like starchy carbohydrates, processed snacks, and dairy products, will only make liver disease worse. Genes may contribute to a small portion of liver diseases, but lifestyle choices make matters far worse.

Change your diet, supplement nutrients, and restore liver health.

### References

- Office for National Statistics: *Health Service Quarterly*, Winter 2008, No. 40 p59-60.
- ISD SMR01, 11 June 2007.

### Recommended Product

**ALPHA LIPOIC ACID R™**  
**Alpha Lipoic Acid 'R'**  
**improves utilisation upto**  
**x40 more than ordinary**  
**ALA. The best ALA R**  
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# MORTON'S *neuroma*

Is the outlook for this painful foot condition really so bleak?

**M**orton's neuroma is a painful condition that affects nerves between the toes. When fibrous tissue develops around a nerve running between the toes, it can compress the sensitive nerve to cause irritation. Soon enough, sharp pain will be felt on the ball of the foot and at the base of the toes during any type of activity.

Morton's neuroma can affect one or both feet. A neuroma will normally occur between the third and fourth toes, although the second and third toes may also be affected.

Morton's neuroma can start subtly. You may feel tingling between your toes that worsens over time. As months pass, your toes may start to cramp. Shooting, burning pain may spread to the ball of your foot or the base of your toes. You may notice that pain is especially intense when walking or wearing shoes that press on the neuroma.

## **AN EXCRUCIATING BALL AND CHAIN**

Morton's neuroma that affects an active, healthy person can turn daily activities into complicated, painful tasks. If you exercise regularly or are involved in sports, Morton's

neuroma can be devastating.

Some of the most common symptoms include:

- Tingling
- Numbness
- Foot pain
- Cramping in toes
- Pain that worsens during activity
- Intense pain when wearing shoes

An active runner may notice pain in the split second when their foot pushes off the starting block. A busy working mother may feel the same pinch when wearing high heeled shoes to the office. An elderly man

may have difficulty walking to the mailbox while wearing shoes, as the condition can be aggravated when toe bones are compressed to further pinch the irritated nerve.

Morton's neuroma can be managed, though it is an irritating, chronic pain condition that is difficult to live with. In more severe cases, Morton's neuroma can destroy the hope of any healthy physical activity. An athlete with Morton's neuroma may not be able to compete. An active adult may no longer be able to walk or run each day.

Morton's neuroma may not cause a physical disability, but it can cause chronic pain, frustration, and anxiety. If you experience shooting pain in your foot time and again, week after week, you may feel anxious to walk anywhere. You may avoid physical events, like walking in the park with your family on a Sunday afternoon. You may be forced to take costly time off work if your job requires you to stand on your feet.

### A PAIN CONDITION WITHOUT A MEDICAL CURE

If you're looking for medical help for Morton's neuroma, just know that the outlook is bleak. Physicians have a number of recommended treatment options, but there is no medical cure for the pain disorder. Sufferers of Morton's neuroma may feel like they are at their wits' end. They are overwhelmed and frustrated that they may never be able to exercise or play their favourite sport again.

Effective Morton's neuroma treatment is hard to come by. Your doctor may first recommend that you change your footwear by wearing wider, more comfortable shoes that don't compress the toes. However, this recommendation hardly addresses the real issue. You may also be advised to buy expensive orthoses – custom footwear inserts and pads that lift and separate bones to relieve irritation.

Medically speaking, doctors recommend corticosteroid injections at the site of the nerve pain to ease swelling and inflammation. These medical therapies are thought to bring "some relief," along with the potential for side effects. As a result, corticosteroids can only be used for short-term treatment.

Last but not least, surgery may be discussed for Morton's neuroma relief. Since the condition does not have a cure, surgery may or may not offer hope for mobility and rehabilitation. Conservative treatment will be recommended first, starting with corticosteroid injections.

You may then be referred to an orthopaedic surgeon to discuss surgery to resect a portion of the compressed nerve or release surrounding tissue. Surgery is costly and invasive. It may require a long recovery time. Surgery should only be explored when all other rehabilitation options have been exhausted.

### GET BACK ON YOUR FEET

One Morton's neuroma sufferer sums up her treatment dilemma perfectly: "I have pain under my foot which the doctors called a neuroma. All they offer is steroid injections or operations and cannot guarantee success with either of them. Can you suggest a safer alternative?"

Morton's neuroma rehabilitation for a pain-free lifestyle is available. Since the foot condition is triggered by chronic inflammation and swelling, an anti-inflammatory enzyme is in order. Serrapeptase, derived from the intestine of the silkworm, is renowned for its ability to calm inflammation.

Anti-inflammatory Serrapeptase works best for pain relief alongside two key nutrients: B vitamins and magnesium. A daily B vitamin complex can help to stimulate nerve repair and prevent a recurrence of neuroma in the future. Topical magnesium oil massaged directly into the skin can boost magnesium and

### Recommended Product

#### SERRAPLUS +™

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



#### B4HEALTH™ SUBLINGUAL SPRAY

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



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oxygen levels, relieve aches and pains, and support a healthy exercise program.

Essential nutrients can aid recovery and all-around pain relief. The key enzyme Serrapeptase works in synergy with B vitamins and magnesium to support the body's natural healing process for long-term rehabilitation.

One chronic Morton's neuroma sufferer agrees: "I have Morton's Neuroma on my right foot. It has improved since I started taking the Serrapeptase enzyme. I have also noticed that other "hot spots" of arthritic type of pains have disappeared! Thanks."

# 6 of the *best*

6 of the best supplements for your pets and animals

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

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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)



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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.



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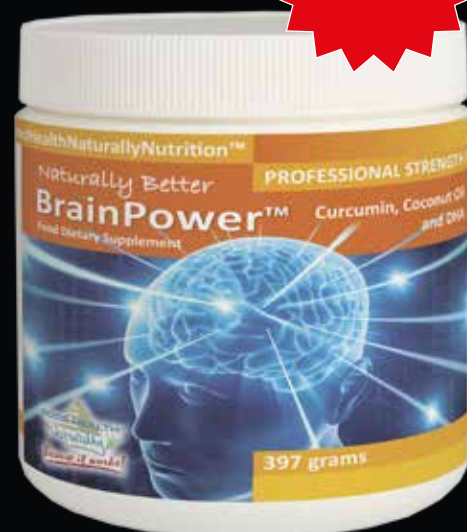
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**LOVE YOUR BRAIN? TRY BRAINPOWER**

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