

# NATURALLY HEALTHY NEWS



ISSUE 27

FREE

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## **NEW YEAR NEW YOU**

Why resolutions  
don't work

## **THE DANGERS OF MILK**

Why dairy could  
be damaging  
your health

## **KETOGENIC DIET**

Forget fads: This  
diet really will  
change your life

## **STATIN CONFUSION**

What you need to know

## **GREAT RECIPES**

Healthy and  
delicious meals to  
boost wellbeing



# IT TAKES GUTS TO BE HEALTHY



## You are what you eat, right? Wrong! You are what you absorb

- To be healthy, you need to eat healthy food. When you eat healthy food, you need to make sure you are getting as much nutrition out of the food as possible.
- It is a known fact that by the age of 50 you have roughly 25% of the enzymes you had when you were 20.
- So no matter what your age, consider taking Digestive Enzymes with each meal.
- Essential Digestive Plus is a tried & tested professional strength complex that combines the power of the most important digestive enzymes such as: Amylase, Protease (SP Blend), Lactase, Lipase, Pectinase, Invertase, Cellulase, Glucoamylase and Alpha Galactosidase.
- The Lactase enzyme, for instance, improves lactose digestion in individuals who have difficulty digesting lactose (better if you can eliminate this from your food/diet).
- Essential Digestive Plus also contains Fruta Fit Inulin, to help provide a source of soluble dietary fibre.

**THIS NEWLY IMPROVED FORMULA HAS X2 ADDED INGREDIENTS, PROTEASE 3.0 & PEPTIDASE TO HELP WITH GLUTEN DIGESTION.**

**THERE ARE ALSO X90 CAPSULES IN EACH BOTTLE, X30 MORE THAN THE PREVIOUS FORMULA & FOR THE SAME PRICE!**

**TAKE X1 CAP WITH EACH MEAL, ONE BOTTLE WILL LAST APPROX 1 MONTH.**





# welcome...

Dear Reader,

I trust you are reading this to further your plan on getting (or better still staying) really healthy this year.

Over the past 20 years or so I have helped many hundreds of thousands of people to achieve better health naturally and in many cases after the medical system gave up on them.

What has become apparent is even more help is needed to get on a plan and stay on a plan.

To this end I have been writing books as both FREE downloadable PDFs and now as printed workbooks (paid for). See some of them on Page 66. Most of the printed versions are available from 'Amazon Print On Demand' or your local health supplier.

The big news story this January is the launch of the third edition of my bestselling book, *The 'Miracle' Enzyme Is Serrapeptase* which you can read about on Page 10. This started out with 150 pages in early 2000 and is now over 360 pages, packed full of Serrapeptase information and all of the health plans that involve Serrapeptase, which will help you stay healthy.

Another book that I have just launched is *Improving Kidney Health in 30 Days*.

This is based upon the plan that many with kidney disease have used to recovery their kidney problems in as little as 30 days. See the review on Page 8.

To accompany the workbooks I have started [www.MyGoodHealthClub.com](http://www.MyGoodHealthClub.com) to provide dedicated personal coaching with a 12-month programme, to not only solve your immediate health challenge but to help ensure you get healthy and strong for the future. Read about this on Pages 16-19.

As ever go to [www.GoodHealthHelpDesk.com](http://www.GoodHealthHelpDesk.com) with any question you may have and enjoy this magazine as much as we had in putting it together. The next issue will be produced later this year.

Take good care,

*Robert Redfern*

**Robert Redfern**

**Health coach, author and broadcaster**



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**1**

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

**2**

Dip in and out by subject matter: advice on taking statins, fighting cancer naturally, great healthy recipes or pet health - go for what you most want to know about.

**3**

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

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## Naturally Healthy Publications

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This is the year to transform your health

# NEW YEAR *new start*

**Y**ou can probably guess the most popular New Year's resolution each year: lose weight, often followed by making improvements to your health. This is a common goal for almost every person as they reflect over the past year. They want to do better, live fuller, and live longer.

The problem is that setting lofty, unattainable goals is the quickest way to

sabotage yourself in the year to come.

## **WHY NEW YEAR'S RESOLUTIONS DON'T WORK**

You may be familiar with the definition of insanity: doing the same thing over and over again and expecting different results. This same principle applies to New Year's resolutions. This is not to say that it is impossible to achieve your goals for the coming year. But when you don't think

your resolutions through, you are more likely to fail. Only an estimated 8 per cent of people achieve their resolutions for the New Year.<sup>1</sup>

Jessica Lamb-Schapiro agrees that New Year's resolutions need a reality check. In her *Time* piece, she goes so far as to say that New Year's resolutions are bad for you. She explains, "When you tie your behavioral change to a specific date, you rob yourself of an opportunity to fail and recover, to 'fail better.' If you believe that you can only change on the New Year – the inherent message of New Year's resolutions – you will have to wait a whole year before you get another shot."

Lamb-Schapiro makes an interesting point. The New Year is the perfect time to look back over your life and make necessary changes but these changes must be realistic and long-lasting if you want them to stick. Your new year may not need



resolutions after all. Your new year needs a step-by-step recovery plan that you can use for the rest of your life.

### MAKE THIS NEW YEAR COUNT

There is a practical way to look at your New Year's resolutions and create a plan that will work for you over the long-term. Take losing weight, for example. Most of us would be happy to lose a little, or even a lot, of weight. There's a reason that weight loss is a common New Year's goal.

But deciding to lose weight without a health plan is a recipe for disaster.

The reason that weight loss is a popular New Year's resolution is because so many of us can't shake those extra pounds. Like many people, you may feel that you can't get the weight off no matter what you do. Even though other people on the internet and TV claim to be losing weight fast, you keep beating your head against a wall.

You may be buying into common weight loss myths. Contrary to what the fitness industry says, healthy, sustained weight loss isn't just about calories in and calories out. It is about the food, and especially the nutrients, that you put in your body. The food that you eat matters so much more than the calories that you count.

If you are still eating a 'standard' diet, or more accurately, the Western Unnatural Food Diet, you will find it almost impossible to lose weight.

This diet is mainly comprised of junk, unnatural foods that are high in carbohydrates and sugar. Because these sugary foods trigger a 'feel-good' response in the brain, they are addictive. High-carbohydrate and high-sugar foods cause blood sugar levels to soar. When your blood glucose skyrockets, it creates this "feel-good" brain response and your body physically craves the cycle all over again.

Eating high-carbohydrate foods with a high glycemic index not only makes it difficult to lose weight, but it also destroys your health. In a study published in the journal *Cancer Epidemiology, Mile Markers, and Prevention*, researchers found a



startling link between cancer and the consumption of refined carbohydrates.

In a case-controlled study that examined the dietary habits of more than 1800 women in Mexico, researchers discovered that women who consumed 57 per cent or more of their total energy from carbohydrates had a 220 per cent higher breast cancer risk compared to women with balanced diets. High-carbohydrate foods with a high glycemic index raise blood sugar and can even accelerate cancer cell and tumor growth.<sup>2</sup>

Other missing nutrients in the diet can also inhibit weight loss and contribute to chronic disease. Low iodine levels can cause hypothyroidism and make it

difficult to lose weight. Hypothyroidism is widely associated with lethargy and poor metabolism. Obesity has also been linked to lethargy, which could be related to a simple iodine deficiency.

### 5 WAYS TO RESTORE YOUR HEALTH THIS NEW YEAR

Weight loss may be your ultimate goal for the New Year, but it will not be possible without making important lifestyle changes. As a byproduct, these critical lifestyle changes will restore your health, improve your quality of life, and ward off disease in the future.

Use these five important tips to embrace the New Year:





**1. Eat more vegetables.** If you are finding it hard to give up your love of empty carbs, it's time to focus on the right carbohydrates in your diet. 9-14 servings of non-starchy fresh or frozen vegetables are recommended each day, in soups or stir-fried, steamed, or juiced; aim for 50 per cent raw, juiced vegetables, preferably organic. Making the switch from processed foods to Really Healthy Foods is one of the fastest ways to see your health recover and weight drop.

**2. Reconsider your bad habits.** This is a no-brainer on the New Year's resolution list, and it is also a personal decision. By now, we all know that smoking and

drinking excess alcohol can destroy your health. Ask a friend or family member for support or seek out a program to help you quit. Today is the day to turn a new page in your life.

**3. Drink more water.** This tip is simple and one that you are likely to see on every New Year's resolution list, but there is a catch: Drink 6-8 glasses of water per day with a pinch of bicarbonate of soda in each glass. Sodium bicarbonate deficiency has been linked to serious conditions like chronic kidney disease; sodium bicarb can support the alkaline balance in your body.

**4. Practice relaxed breathing.** Most of us breathe anxiously through the chest and deprive our body of much-needed oxygen. Relaxed breathing comes from the diaphragm or stomach. Anxious breathing causes a stress response that can weaken your health by releasing excess cortisol. Relaxed breathing calms the stress response, supports immune health, and protects the body against infection.

**5. Supplement missing nutrients.** This is the most important point on the list, next to cutting starchy carbohydrates out of your diet. Nascent Iodine, B Vitamins, and Magnesium Oil are the prime nutrients along with a good probiotic. Your body will not be able to repair itself without this proper nutritional support. Your body needs healthy proteins, fats, and carbohydrates; roughly 13 vitamins; 20-60 minerals; roughly 12 amino acids; an estimated 6 digestive enzymes from plants; oxygen; and probiotics each day for optimal digestion and health. Missing nutrients in the diet have been linked to almost every chronic disease.

The new year is a wonderful time to reflect and plan for a healthy future. This is your year. This is the perfect time to make new choices and start a rehabilitation plan that

you can use for the rest of your life. A new year, a new you, a new time to transform your health.

### Sources

1. "New Year's Resolutions Are Bad for You." *TIME.com*.
2. *Cancer Epidemiology, Mile Markers, and Prevention*, 2004.

### Recommended Products

#### NASCENT IODINE

**Nascent Iodine is recognized by the body as the same iodine that is recognized 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.**



#### MAGNESIUM OIL ULTRA

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



#### PRESCRIPT-ASSIST

**This is a third generation combination of more than x29 strains 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.**



# *Improving Kidney Health in 30 Days*

## BOOK REVIEW BY BETHANY RAMOS

Freedom from chronic kidney disease?

**R**obert's Kidney Health book came at just the right time for me. Within *Improving Kidney Health in 30 Days*, I found a step-by-step plan for the condition. This is something I had never seen before in all of my years researching kidney disease online and in the local library.

**Robert's 10 Step Kidney Rehabilitation Plan is as follows:**

1. Clear inflammation and facilitate healing
2. Supplement missing nutrients
3. Boost the immune system
4. Drink more water
5. Cut out unnatural foods
6. Eat really healthy foods
7. Stay active daily
8. Learn proper breathing
9. Stimulate acupressure points
10. Get more sun exposure

For me, this 10 step plan was a blessing, the support I had been looking for. After struggling with my condition for years, with its share of ups and downs, it finally seemed like I would be able to get some traction by making several important lifestyle changes. But I had to read the book first.

At the start of the book, I was happy to see a detailed Commitment Plan that I could record my progress on to keep me accountable. The Commitment Plan matched the Kidney Rehabilitation Plan. It

outlined a commitment to all of the healthy lifestyle steps listed above, with important nutritional changes and recommended supplements.

### THE REAL CAUSES OF CHRONIC KIDNEY DISEASE

Robert then went on to explain kidney disease and kidney health in a very straightforward manner. As I already stated, I've spent years reading up on kidney health and my particular condition. Robert detailed the cause of renal decline and the very important signs of chronic kidney disease.

**In the book, he boldly states:**

"Type 1 and 2 diabetes and high blood pressure are the most common causes of chronic kidney disease. It is important to understand that type 2 diabetes and high blood pressure are lifestyle conditions. These health issues are caused by eating pastries, bread, cookies, breakfast cereals, pizza, white rice, potatoes, parsnips, pasta, sugary drinks, and other high-sugar foods."

I've heard of kidney disease risk factors before, but I'd never heard this. I was amazed to learn that cutting unnatural foods out of the diet and supplementing missing nutrients could alleviate serious problems like high blood pressure and diabetes, which Robert confirms are the







two main causes of chronic kidney disease.

It all comes back to diet. Robert says, "The best way to control kidney disease is by managing blood pressure and blood sugar through a non-inflammatory lifestyle."

But what does this non-inflammatory lifestyle really mean? As I read on in the book, I discovered a name for our modern epidemic, called the Western Un-Natural Food Diet. As much as I would like to, it's hard to argue with Robert's point that what we eat for three meals a day directly affects our health.

*Improving Kidney Health in 30 Days* asserts that many of us are lacking essential nutrients because we eat a pro-inflammatory diet instead. As Robert already mentioned, this highly inflammatory diet mainly comes from sugary, carbohydrate-rich foods like cereals, pastas, breads, and potatoes. A high-carb, unhealthy fat diet like this is severely deficient in antioxidants and phytochemicals.

Thankfully, there's a simple solution. Robert recommends diet rehabilitation for kidney health through vegetables, dark-skinned fruits, seeds, nuts, and some beans. Robert states, "Antioxidants are essential for sufferers of CKD. Research has confirmed that antioxidants can help to slow the development of chronic kidney disease in patients with CKD."

### **SODIUM BICARBONATE: THE MISSING LINK**

I was ready to embrace this Really Healthy Foods diet because I know I have put my health on the backburner for years. And my kidneys have suffered for it. But a nutritious diet with plenty of antioxidants wasn't all Robert recommended in his book.

A central portion of the book focused on sodium bicarbonate as a supplement

for chronic kidney disease. Personally, I have taken sodium bicarbonate quite a few times as an acid indigestion fix at home. My wife has used baking soda to shine our tubs, but that's where my experience ends.

Robert cites research that proves sodium bicarbonate can be used as a supplement to help patients with chronic kidney disease:

"Patients who received sodium bicarbonate showed significantly slower kidney function decline compared to patients who did not receive the baking soda supplement. Patients in the sodium bicarbonate group had a rate of kidney decline considered slightly above the normal effects of aging. Even more impressive was the fact that patients who took sodium bicarbonate tablets were less likely to progress into end-stage renal disease and require dialysis."

Based on this compelling research, Robert recommends drinking 6 to 8 glasses of water per day with a pinch of sodium bicarbonate in each glass, along with the food, supplement, and lifestyle plan. Drinking sodium bicarb for kidney health is simple and effective. I know this because I have already started the daily remedy myself.

I would like to thank Robert for finally giving me kidney health information that I can use and that makes sense. This book is easy to read and provides a helpful kidney health plan.

You will first learn about kidney diseases, the risks and the causes. You will then learn how to put one foot in front of the other and eliminate harmful triggers from your diet that only make kidney disease worse. Then, you will learn to restore your kidney health with essential nutrients. Robert's recommended plan may show results within 30 days and should be used for long-term support.

# *The 'Miracle' Enzyme Is Serrapeptase*

## BOOK REVIEW

BY BETHANY RAMOS

Chronic pain relief finally makes sense.

Before reading Mr. Redfern's book, I'd heard of Serrapeptase, but I could never find all the information that I needed for my specific health condition online. Trust me when I say that I searched high and low to research this enzyme. I found a wealth of information in *The 'Miracle' Enzyme Is Serrapeptase*, by Mr. Robert Redfern.

### DETAILED SERRAPEPTASE HEALTH RECOVERY PLANS

This updated version of the book featured detailed health recovery plans for a number of conditions, and for that I am so grateful. I have to confess that I skipped ahead to check the health plan for my particular condition and went back to read the rest of the book later.

Among the dozens of Serrapeptase health plans, you'll find those for:

- Candida
- Juvenile arthritis
- Multiple sclerosis
- Alzheimer's disease
- Depression
- Cancer
- Stroke
- Diabetes
- Glaucoma
- COPD
- Osteoporosis

Truly, this is only a small sample of the

health plans available.

### FREQUENTLY ASKED QUESTIONS

The extended health plans span hundreds of pages and make up a large center section of the book. Each health problem is broken down into a summary, a cause, and a Frequently Asked Question, if applicable. I was also pleased to see a number of inspirational testimonials scattered throughout the book for many conditions.

Adam P. writes of his experience using Serrapeptase for joint pain:

"Hi Robert, just wanted to let you know that probably because of the Serrapeptase, the food I am eating and the juices that I've had, my recent blood tests came back great. I have no swelling anywhere and all my joints are great. No inflammation. Thank you so much for the information you have given me and for your support."

For each health condition, a rehabilitation plan is provided in a 4 to 8 week design created by Mr. Redfern. Supplements are listed with a description and dosage, in order of priority. For example, in the joint pain relief health plan, you will find four different recommended supplements, including the use of a daily electro-acupressure kit. Serrapeptase is the main part of the plan to calm inflammation and provide pain relief.



### SERRAPEPTASE DOES THE TRICK

How can Serrapeptase possibly affect so many health conditions? Mr. Redfern explains, "Serrapeptase has had wide clinical use, spanning over forty years throughout Europe and Asia, as a viable alternative to aspirin (salicylates), ibuprofen, and the more potent NSAIDs. Unlike these drugs, Serrapeptase is a naturally occurring protease enzyme agent with no inhibitory effects on prostaglandins and is devoid of gastrointestinal side effects."

According to Mr. Redfern, Serrapeptase is supposed to be used as an anti-inflammatory agent. This simply means that it dissolves non-living tissue, as well as arterial plaque, cysts, blood clots, and overall inflammation.





The book goes into extensive detail about Serrapeptase's ability. Doctors, clinical practitioners, and patients all testify to what really appears to be a miracle enzyme. Dr. Simon Norton of the Epsom Chiropractic Clinic confirms the enzyme's use for a myriad of applications, like headaches, varicose veins, and even smoker's lungs.

Dr. Norton states, "It has greatly improved the quality of many of my patients' lives. I've prescribed Serrapeptase for those with varicose veins on their legs which looked like a bunch of grapes. After a few months, they've returned with scarcely any sign of disfigurement."

### **SERRAPEPTASE AS PART OF A BRAND-NEW LIFE**

Serrapeptase has marvelous testimonials to back it up but after reading through the book, I learned that one powerful enzyme isn't all you need. As Mr. Redfern explains, lifestyle changes are the crux in the complete healthy body plan.

The first section of the book explains the power of the Serrapeptase enzyme with accompanying health plans. The second section of the book provides a step-by-step action plan to help the body recover from disease and prevent its return.

In the second section of the book, Mr. Redfern generously details this rehabilitation information. He includes a 10 Step Good Health for Life Plan, a Sample Daily Action Sheet, Food and Recipe Data Sheets, Menu Ideas, and an extensive Glycemic Index. Basically, if you have a question about what you should eat and how it affects your health, Mr. Redfern has covered it for you in the rehabilitation portion of the book.

Mr. Redfern explains, "My Basic Health Plan has been used by many thousands with great success. It needs to be used in conjunction with the enzymes and is strongly advised as a continuing lifestyle choice for good health for the rest of your life."

This well-rounded book is chock-full

of information at 360 pages. My personal recommendation is that you take your time to read and fully understand what Serrapeptase can do for your health. Then move on and discover your specific health condition and learn how the enzyme can help. Don't forget to follow up with the lifestyle changes in the second section of the book, or you may not get the results that you hope for.

Last but not least, all of the products are explained in detail at the end of the book, with benefits and ingredient labels listed. If you have a question about any of the supplements Mr. Redfern has recommended for use with Serrapeptase, you'll find the answers here. Mr. Redfern also extends his professional knowledge with a telephone Help Line available to answer any queries.

As a sufferer of chronic health issues, *The 'Miracle' Enzyme Is Serrapeptase* comes highly recommended. The book is full of advice and research that could unlock the key to your optimal health.

# THE ANSWER IS IN *your gut*

You can blame grains and cereals for many health problems

If you've ever craved carbohydrates before, then you know firsthand that grains and cereals are addictive. You can even go so far as to say that grains and cereals are the real problem. Grains and cereals are a cause of many health issues plaguing you and your family.

In a best-case scenario, eating a diet rich in grains and cereals will shorten your life. In a worst-case scenario, grains and cereals will cause a number of serious health conditions, including dementia.

[subhead] What's wrong with grains?

In a word: everything. If you've been listening to public health campaigns, you may wonder why grains are the enemy. Unfortunately, most popular "balanced diets" advocate healthy grains—when there really is no such thing.

White rice, white and whole-grain bread, and pastas are all grains that you must avoid. These grains are not part of a healthy lifestyle. They are chock-full of sugar and can cause unstable blood sugar levels. These grains are often processed and refined, devoid of fiber.

Whole grains are advertised as healthy, but remember, this is just not true. Some of these healthy food campaigns are funded by the food manufacturers themselves. This is very misleading. Whole grains are much closer to refined grains than most consumers realize.

All grains need to be avoided to lengthen life and ward off disease. Grains are compromising your health.

## WHAT'S WRONG WITH GRAINS?

1. **High glycemic index:** Grains cause rapid spikes in blood sugar, and high blood sugar levels have been linked to chronic disease.
2. **Mycotoxins:** Grains contain poisonous substances called mycotoxins, produced by fungi that grow on mold and yeast. Mycotoxins have been linked to a number of diseases.
3. **Inflammation:** Grains contain an improper omega-3 to omega-6 balance, known to trigger inflammation; inflammation contributes to chronic disease and damages arteries and joints.
4. **Acid-forming:** Your body needs alkaline foods to maintain its natural alkaline balance; grains are acidifying and can contribute to calcium loss and osteoporosis.
5. **Harmful bacterial overgrowth:** Eating grains can cause sugar buildup that feeds the growth of harmful bacteria in the gut.
6. **Nutrient imbalance:** Nutrient-poor grains may replace essential nutrient-dense foods in the diet, like fruits and vegetables rich in vitamins, minerals, and antioxidants.
7. **Low fiber content:** Non-starchy vegetables can supply eight times more fiber than grains.
8. **Vitamin deficient:** Grains contain no B12 and only trace amounts of folate and biotin. Low levels of folate and B12 can raise homocysteine levels and increase the risk of heart disease.
9. **Calcium deficient:** Grains are devoid of calcium and can also form an insoluble complex with calcium in the diet. High phosphorus levels in grains can cause a low calcium/high phosphorus imbalance to speed up bone loss.
10. **Poor vitamin absorption:** Grains inhibit vitamin D metabolism to further reduce calcium absorption.
11. **Poor mineral absorption:** Grain phytates chemically bond with minerals zinc, copper, iron, and calcium to block their absorption during digestion.
12. **Enzyme inhibitors:** Enzyme inhibitors in grains suppress enzymes needed to digest food; this process compromises digestion and burdens the pancreas.
13. **Acrylamide:** Acrylamide is a chemical created in some starchy foods cooked at a high heat, like bread, linked to birth defects, cancer, and other diseases.
14. **Glutinous proteins:** Gluten proteins in grains can contribute to food intolerances, sensitivities, and allergies, as well as lung diseases and celiac disease.





15. **Celiac disease:** This potentially life-threatening genetic autoimmune disease affects the small intestine and can be triggered by over-eating grains early in life.
16. **Dermatitis herpetiformis:** This chronic blistering skin condition associated with celiac disease requires the sufferer to avoid gluten.
17. **Hashimoto's disease:** This autoimmune disorder affects thyroid health; sufferers of the condition must avoid gluten.
18. **Leaky gut:** Indigestible proteins in grains called lectins can attach to intestinal cells to cause permeability. Partially undigested proteins and harmful bacteria can then enter the bloodstream in what is called leaky gut syndrome.
19. **Autism:** Sufferers may see noticeable improvement on a gluten-free diet.
20. **Schizophrenia:** Wheat may contain a narcotic-like substance that affects behavior; schizophrenic episodes may be decreased by removing gluten from the diet.

### HOW TO BEAT THE GRAIN ADDICTION

Your gut is the central focus of your health. It supplies nutrients to the rest of your body. If you are feeding your gut toxic grains time and again, make no mistake – these so-called “healthy” foods will affect your health for the worse.

Grain consumption has also been related to weight gain, adult-onset diabetes, insomnia, stroke, asthma flare-ups, anemia, certain cancers, high blood pressure, lung disease, epilepsy attacks, kidney stones, and vitamin and mineral deficiencies.

Grains can easily be replaced with non-inflammatory foods like low-sugar fruits and non-starchy vegetables. And not to worry, delicious grain alternatives are available. Nutritious, gluten-free grain substitutes include amaranth, buckwheat, chia, and quinoa.

If you continue to eat sugars, grains, and cereals, your digestive health will suffer. It is critically important to take essential digestive enzymes when eating a grain-rich diet. These enzymes can help to break

down food and better digest gluten.

You are what you eat, and you are what you digest. A diet free from grains and rich in essential nutrients can begin your recovery. If you have a chronic health condition that does not respond to medical treatment, grains could be one primary cause. Eliminate grains from your diet and watch your health soar.

### Recommended Product

#### ESSENTIAL DIGESTIVE PLUS

**This is a newly formulated professional strength enzyme complex combining the power of 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 and now comes with Peptidase and Protease for improved gluten digestion. Take with every meal.**



SerraEnzyme 80,000iu is the world's Number 1 and 'Original' Serrapeptase, developed almost 15 years ago by Serrapeptase expert Robert Redfern.

Delivering 80,000iu Serrapeptase per tablet or capsule, SerraEnzyme has helped to change lives for hundreds of thousands of customers, who have had a wide range of serious health problems.

This is the most trusted Serrapeptase, has generated the best results and has the most amount of testimonials.

# THIS 'MIRACLE' ENZYME HAS CHANGED LIVES

**SERRAPEPTASE CAN'T BE FOUND IN EVERYDAY DIET, THEREFORE SUPPLEMENTATION WHERE NECESSARY IS ESSENTIAL.**

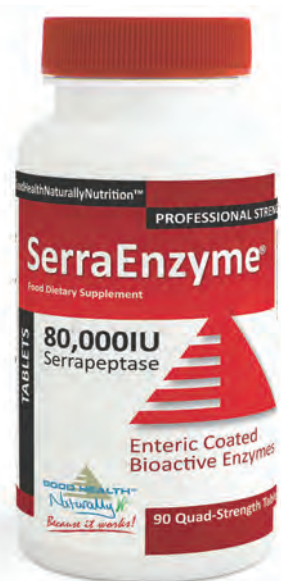
*Could it change yours?*

SerraEnzyme is manufactured under strict guidelines as set by the U.S. Food & Drug Administration's 'Good Manufacturing Practices', by Good Health Naturally.

Available in either a Delayed Release capsules (x90) or Nutratric Enteric tablet (x90) to allow for optimum performance and phthalate free. Suitable for Vegetarians.

## NEW TRIAL SIZE

SerraEnzyme is available in x30 capsule bottle if you want to try it for the first time. Discover whether this 'Miracle' Enzyme can help you!





# Healthy Breakfasts

Get the day off to a healthy start with our delicious breakfast ideas

## CHICKEN AND APPLE PATTIES

### Ingredients

2 large chicken breasts, or use 450g minced chicken (Organic and Pasture raised)  
1 green apple, peeled and finely diced  
1 tablespoon fresh thyme, finely chopped  
3 tablespoons fresh parsley, finely chopped  
1 tablespoon fresh oregano, finely chopped  
2 teaspoons garlic powder  
Salt and pepper  
Coconut oil to cook with

### Method

1. Preheat oven to 220°C.
2. Place 3 tablespoons of coconut oil into a frying pan and cook on a medium-high heat, the apples, thyme, parsley, and oregano until the apples soften.
3. Remove from heat and let cool for 5 minutes.
4. Food process the chicken breast (if you're not using minced chicken meat).
5. Mix the chicken meat with everything in the frying pan, as well as the garlic powder, salt and pepper (including any leftover oil).
6. Form 12 thin patties (1/2 inch thick) from the meat and place on a baking tray lined with foil (so you don't need to wash the baking tray).
7. Bake for 20 minutes. Check with a meat thermometer that the internal temperature of a patty near the middle of the tray is 75°C.
8. Eat Immediately or cool and store in fridge or freezer (reheat easily in the mornings in the frying pan).
9. Serve with lightly steamed greens (kale, spinach, collards).



## COCONUT PORRIDGE

### Ingredients

1/2 cup full-fat coconut milk PLUS 1/4 cup water (source a coconut milk with no additives other than water)  
3 tablespoons coconut flour  
2 tablespoons finely shredded coconut  
1 organic, pastured egg OR 1/2 banana, mashed for egg free option  
Toppings of your choice – chopped up pecans and dried dates here

### Method

1. In a small saucepan, mix together the coconut milk, water, coconut flour and shredded coconut. Bring to a boil (mixture will be thick), cover, reduce heat to low, and simmer for 2-3 minutes. Stir halfway through.
2. Off the heat, crack the egg into the saucepan and whisk quickly to prevent the egg from scrambling with the heat. Then, return to the heat and stir until thickened, about 2 minutes.
3. For the egg free version follow the



instructions above but don't add the egg. Instead, whisk in the mashed banana and stir briefly.

4. Top with chopped nuts and dried fruit.

## BAKED TOMATO, SPINACH & EGG

### Ingredients

2 medium/large fresh tomatoes (beef tomato)  
2 large eggs  
Handful of fresh spinach (or frozen spinach)  
1 teaspoon fresh Italian herbs  
Sea salt and cracked black pepper to taste

### Method

1. Preheat oven to 175°C.
2. Line a baking sheet with aluminium foil.
3. Cut the tops of the tomatoes off.
4. With a spoon (I like to use a serrated grapefruit spoon), spoon out all the tomato innards.
5. Add some spinach to the bottom of the hollowed out tomato.



6. Crack an egg inside, on top of the spinach.
7. Bake at 175°C for 30 minutes.
8. Let cool for a few minutes.
9. Dust with minced herbs, salt & pepper then enjoy!

# GOOD HEALTH COACHING:

## *The Missing Link in Recovery*

### Health care....not disease care

**I**n the 21st Century, disease is rampant. Heart disease, cancer, diabetes, lung disease, obesity, infertility, bone disease, autoimmune diseases like Multiple Sclerosis (MS), Rheumatoid Arthritis, and Lupus, and the ever-growing menace that is Alzheimer's are just a few amongst the many modern-day chronic illnesses we face.

However, as a society led by misrepresentation, these conditions are managed through 'disease care' (caring for the disease) rather than health care (caring for our health), and the cost of this misplaced system of care is bankrupting most western countries. It only serves to make the pharmaceutical companies that lead it very wealthy. The pharmaceutical and medical alliance are unlikely to turn to health care when 'disease care' is so much more profitable, and when global businesses are spending ever-increasing amounts of money to influence the training of medical staff and medical dieticians.

To be clear health care is opposite to 'disease care'. Health care consists of adopting a different, healthier lifestyle to the unhealthy one that caused the problem in the first place. It is true that genes are a factor, but the old saying, "genes may load the gun, but it is lifestyle that pulls the

trigger", is usually correct.

It's no secret that the medical system has failed to stem the huge increase in disease prevalence, and this is partly because they are not addressing the vital health care changes that are essential to any recovery process. In addition to this, the budget for health care itself is simply, and inexplicably tiny compared to that of 'disease care'.

Other than handing out a few advisory leaflets and setting up a few ad hoc clinics, very few countries offer an end-to-end plan, which must include a long-term structured follow up process to help patients get truly healthy and beat disease.

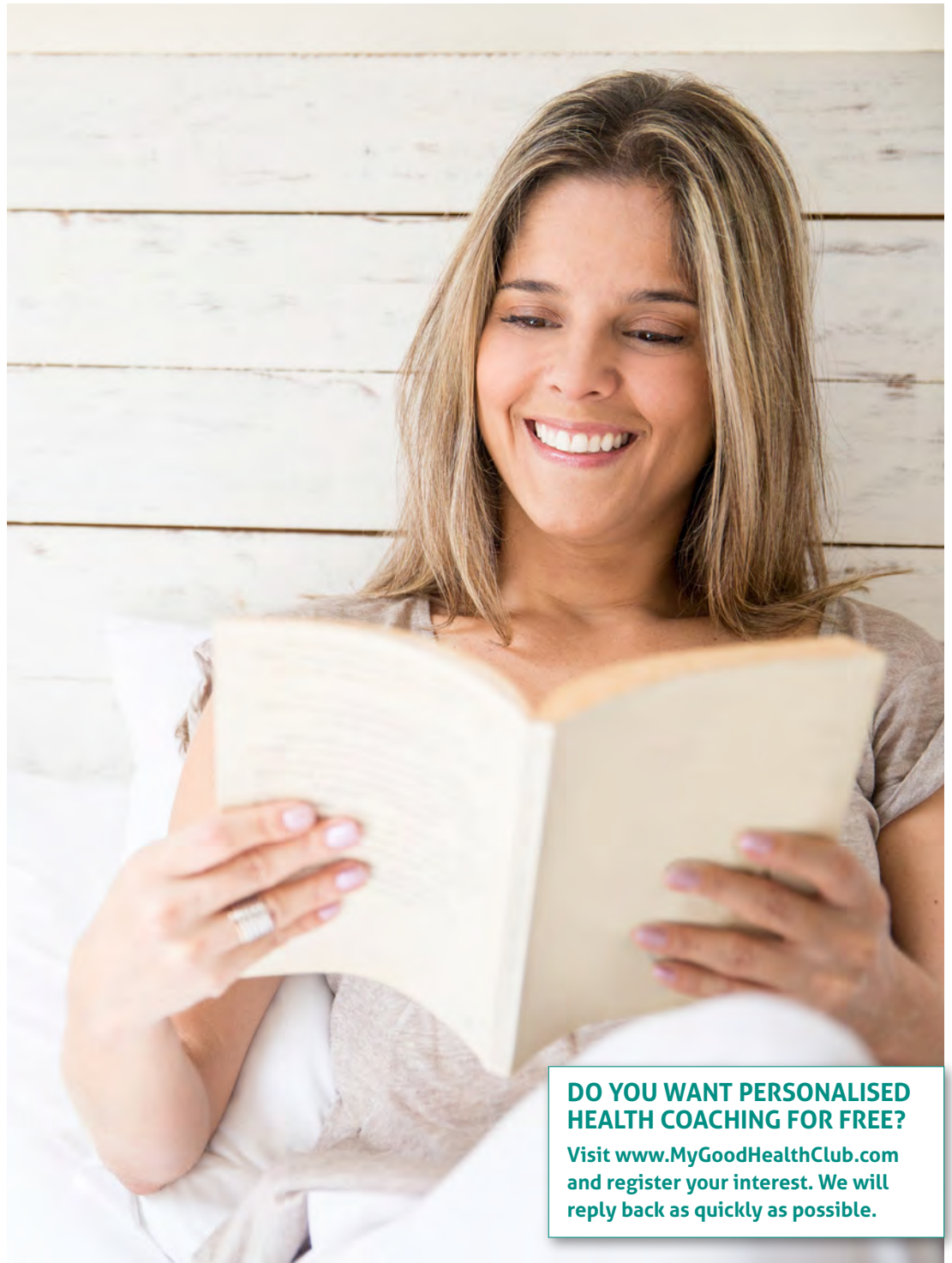
Another part of the problem is that medical staff on the frontline of our care are not trained to understand the critical effects of ignoring things like proper breathing techniques for oxygenation, appropriate exercise, and essential nutrient replacement (such as enzymes, iodine, and selenium); as well as refusing to acknowledge the devastating effects of the junk foods people include every single day in their diet. Even when a life is on the line, medical personnel are bound to follow instructions from 'on high', and these vital areas are either only addressed in passing comment, or often not addressed in any way at all.



At the end of the day, no medical system will pay a bonus to get patients healthy and free from pharmaceutical drugs when there is so much money to be made from having people on long-term medication.

As modern life evolves, there are new additional health dangers. Genetically modified organisms (GMOs), for example, whether consumed directly or via the feed given to factory meats and fish, appear in





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many foodstuffs, to the point where we have to go out of our way to find labels that specifically negate them!

To be fair, recent successes in health care have been helping smokers kick this well-publicized habit. However, it did take nearly 60 years of campaigning by doctors and researchers before governments were forced to act. Politicians are loathed to go against the interests of their 'paymasters',

and only when pressure becomes overwhelming and votes are in peril will they grudgingly act.

Bearing this in mind, how long do you think it will take before governments and bureaucrats begin to act against other industries? The junk food industry profits solely from delivering highly processed, high sugar, pesticide contaminated, nutritionally deficient, genetically

modified, toxic food! Will it take governments and bureaucrats to no longer get donations from these industries? Or perhaps when they no longer get highly paid jobs or consultancies from these associations? Or maybe when there is enough groundswell to put votes at risk? Will that be one year, 20 years? 60 years?

So we realize that 'disease care' just does not work. It doesn't get anyone

healthy. This is shown daily with the continuance of chronic conditions simply being 'managed', rather than resolved. No amount of drugs will get a sufferer of Diabetes Type 2 healthy. Diabetes is, plainly and simply, a lifestyle problem. Yes, it's true that sufferers of diabetes may have a genetic predisposition to the problem. However, it is their junk food orientated, nutritionally deficient diet that triggers the disease. Without the junk food diet diabetes would not exist, and the subsequent heart disease, amputations and diseased organs would not exist as a result!

### GOOD HEALTH COACHING

Good Health Coaching centers have been set up to offer a real health care alternative to disease management.

Using the power of the Internet, telecommunications and low cost publishing, it is possible to extend individual health coaching to everyone, reaching individuals in their own homes, and reaching the care-givers they rely upon.

Good Health Help Desk has always given successful coaching advice, and provides resources such as eBooks, printed books and of course personal responses to your questions.

However, with the advent of ad hoc opinion from blogs, social media comment on the Internet, and sales of various nutritional supplements, and the resulting exposure of the thousands of questions asked everyday on [www.GoodHealthHelpDesk.com](http://www.GoodHealthHelpDesk.com), it soon became apparent that a more dedicated and advanced system was needed.

It was clear that many people needed a more structured and individual plan of action. A plan that not only answered all of their questions, but also gave a specific route to successful recovery in the process.

Good Health Coaching enables you to



become fully conversant with the lifestyle and solutions that produce the fastest results. Most people begin to notice a difference within 30 days, which is the goal of Good Health Coaching centers. This positive improvement being seen so early on is essential to increasing motivation to continue, and results in a willingness and desire to stay with the plan for the full advised 12 months.

Why a 12-month plan? While many people gain good health within a few months, experience shows it takes an

average of 12 months to get the body to a properly recognizable healthy state. Support from Good Health Coaching for 12 months enables all of the good lifestyle actions to become so ingrained that they actually become habit, and will stick forever. This is a proven recovery method.

To enable Good Health Coaching to be offered to clients in nearly every country in the world, software was needed that offered a few important criteria:

- The client needs to have completely



private and confidential access to the plan, its resources and individual measurements of their improvement (e.g. blood sugar, blood pressure, and so on).

- The Health Coach needs to have confidential access to allow them to provide full support and monitor the actions and goals that measure the client's ongoing success.
- All of the plans need to be fully 'auditable' to enable us to measure the final outcome of a group of actions. For example, if the audit showed that a particular aspect of dietary change was providing greater results, that information could be conveyed to other clients as part of a standard goal of achievement.

The software chosen was developed at a cost of many hundreds of thousands of US dollars, and will continue to cost even more as we keep up with the technological needs of our users. Things such as mobile phone alerts set for individual task reminders are just some of the new developments we are planning to introduce.

## EARLY TRIALS

When introducing the idea and whilst in the beta' stages of our Good Health Coaching process, probably the most poignant help asked for was from spouses, family members, and care-givers of those suffering from Alzheimer's disease.

Many hundreds of people watch their loved one slowly declining in memory ability, and physical ability every day, creating a feeling of sheer helplessness.

Many studies exist that prove how Alzheimer's disease may be prevented and/or helped by following specific steps that include:

- Appropriate exercise
- Avoidance of sugar and starchy carbs
- Inclusion of regular fish and healthy fats

**"The plan has made a difference to my husband's condition. Most of the improvements have come from implementing the lifestyle changes alongside your health plan as it's the program as a whole that has made the most difference. My husband's Alzheimer's has now stabilized."**

**Maggie L, UK**

in the diet, and

- Taking specific beneficial nutrients.

It was therefore decided to trial the coaching system by supporting Alzheimer's disease care-givers, supporting them with every step in delivering a health plan to the sufferer. It is probably the most complicated plan to deliver, but the easiest plan to measure in terms of its success – essentially using a 30 question test, from a starting point, and through to monthly improvements. This made it ideal for a trial.

All of the Health Coaching plans are based on the extensive range of eBooks and printed books by Robert Redfern.

The books themselves can be used by anyone, as a stand-alone recovery aid, and are currently used by thousands around the world. They contain comprehensive, yet easy to read and follow details, and are all based upon studies regarding lifestyle and nutrition.

The added benefit of our Good Health Coaching system is simply to keep you motivated to stay on the plans, measure your success, and to provide extra support to help you stay dedicated.

Even though the Good Health Coaching system is pc-based, if you do not use a computer it is still completely possible for us to help you. All of the resources can be printed out and sent to you, and all the support you need will be given via arranged phone consultations.

## THE RESULTS

See above an early example of a clients husband with Alzheimer's, who has recently been helped. Whether to a small or large degree, by following our plan (even if an individual has only followed a small percentage of the full plan), we are happy to be able to make a difference.

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# HEALTH news

## SUNSHINE VITAMIN REDUCES HEART ATTACK RISK

Vitamin D – the sunshine vitamin – helps us survive a heart attack, and could even prevent the attack in the first place, a new study has found.

People deficient in the vitamin are seven times more likely to suffer poor brain functioning after a heart attack, say researchers. The attack could also be a killer if levels of the vitamin are low.

The most common source is sunshine, which the body synthesises into the vitamin, but most people living in the northern hemisphere are deficient, a problem not helped by an over-zealous 'keep out of the sun' campaign. Other sources include oily fish, eggs and supplements.

Its importance was underlined again this week by researchers from Korea after they monitored 55 heart-attack patients. Those with the highest levels of the vitamin were seven times less likely to suffer any long-term neurological problems after the attack. Overall, 65 per cent of the patients with low levels of the vitamin suffered a severe loss of brain functioning six months after the attack compared to 22 per cent of those with higher levels, while 29 per cent of those with low levels were also more likely to have died within six months after the attack. None of the patients with higher levels had died.

(Source: *European Society of Cardiology acute cardiovascular care conference, October 18, 2014*)

## PROBIOTIC REDUCES BLOOD PRESSURE

Taking a probiotic every day- either in a yoghurt drink or as a supplement - can help reduce blood pressure levels.

It's a long-term procedure, however, and no reductions in blood pressure readings were seen in people taking a probiotic for less than eight weeks, say researchers at the Griffith University school of medicine.

Lead researcher Jing Sun thinks a probiotic could have a positive impact on other areas of cardiovascular health, too, such as lowering cholesterol, reducing blood glucose and insulin resistance, both markers of type 2 diabetes.

Probiotics lower systolic blood pressure (the top number) by an average of 3.56 millimetres of mercury (mm Hg) and diastolic pressure by an average of 2.38 mm Hg. They were even more effective in a person whose blood pressure is already elevated, according to current medical thinking, and is above 130/85. The researchers made their conclusions after they analysed nine studies, involving 543 adults. The participants had taken probiotics in yoghurt, fermented and sour milk and cheese, and supplements.

(Source: *Hypertension, 2014; doi: 10.1161/HYPERTENSIONAHA.114.03469*)

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



## WALKING FOR 30 MINUTES A DAY REDUCES BREAST CANCER RISK AFTER MENOPAUSE

Women who take up some physical activity after menopause reduce their chances of developing breast cancer.

Walking four hours a week, or cycling or engaging in any sport for two hours a week, reduce their risk of developing invasive breast cancer by 10 per cent, say researchers from the Institute Gustave Roussy in France.

The great news is that you don't have to do vigorous or frequent exercise; just walking for 30 minutes every day is enough.

They discovered the protective effects of exercise when they analysed the responses of 59,308 post-menopausal women, and followed their progress for nearly nine years.

(Source: *Cancer Epidemiology Biomarkers and Prevention, 2014; doi: 10.1158/1055-9965.EPI-14-0150*)

## ACUPUNCTURE EASES FATIGUE AND DEPRESSION

Acupuncture 'significantly improves' fatigue, anxiety, depression and sleep problems. The findings build on earlier research that discovered the therapy reduces joint pain.

Electroacupuncture, a form of acupuncture that uses small electrical currents through acupuncture needles, achieves a turn round in the health problems within just eight weeks, say researchers from the University of Pennsylvania.

They tested the therapy on a group of women with early-stage breast cancer who were being treated with aromatase inhibitors (AIs), which cause joint pain in half of patients.

The AIs also cause other side effects, such as anxiety, depression, and fatigue, and the researchers wanted to see if acupuncture could improve those problems, as it had improved joint pains in an earlier study.

It was tested against 'sham' acupuncture, where the needles were not inserted into the skin, and women who had the real treatment reported a halving in fatigue, anxiety and depression.

(Source: *Cancer, 2014; doi: 10.1002/cncr.28917*)



## STRESS AT WORK IS ANOTHER CAUSE OF DIABETES

What causes type 2 diabetes, the 'lifestyle' disease? Poor diet, lack of exercise and being overweight, for sure - but scientists reckon that stress at work should be added to the list.

People who struggle at work or have a demanding boss have a 45 per cent higher risk of developing the disease, even if they're eating a healthy diet and exercising. As with most cases of stress, it's those who feel they don't have much control over events or outcomes who are at the highest risk, say researchers from the University Hospital of Giessen and Marburg.

Even people who have none of the known risk factors can develop diabetes if they work in a stressful environment.

The researchers made the connection to the disease when they examined the health of around 5,300 employees aged between 29 and 66; although none of them had diabetes at the beginning of the study, almost 300 went on to develop the disease during the following 13 years.

Workplace stress is already known to cause heart disease—but now diabetes can be added to the list.

(Source: *Psychosomatic Medicine*, 2014; doi: 10.1097/PSY.000000000000084)



## MED DIET REVERSES METABOLIC SYNDROME AND EARLY-STAGE HEART DISEASE

A Mediterranean diet with extra virgin olive oil or nuts may be able to reverse metabolic syndrome, a condition that affects a quarter of all people worldwide. Symptoms include large waist circumference, high blood pressure, and low HDL cholesterol levels, which can lead to diabetes and heart disease.

Eating the diet for up to five years can reverse the symptoms in 28 per cent of sufferers, and take them out of the danger zone for heart disease and premature death.

A group of 3,707 adults aged between 55 and 80 years, who all had metabolic syndrome, ate a Mediterranean diet with extra virgin olive oil or with nuts, while the third group ate a standard low-fat diet.

After 56 months, both groups on the Mediterranean diets had lost weight and had lower blood glucose levels, and 28 per cent of them no longer had the symptoms of metabolic syndrome. Similar improvements weren't seen in the group on the low-fat diet.

(Source: *Canadian Medical Association Journal*, October 2014; doi: 10.1503/cmaj.140764)

## 60 PER CENT OF HOSPITAL PATIENTS USING ALTERNATIVE MEDICINE 'ON THE QUIET'

The majority of hospital patients are using alternative remedies and therapies 'on the quiet' in order to get well, a new study has discovered. Faith healing, chiropractic, aromatherapy and native healing are regularly being used by patients, most of whom say they were helped by the therapy.

The extent of the use of alternative medicine has been uncovered by a researcher who questioned 172 parents of patients at a children's hospital in Canada. Of these, 64 per cent were actively using some alternative or complementary product, including multivitamins, vitamin C and calcium.

But a large minority were also using alternative therapies; 37 per cent had used massage, 25 per cent faith healing, 20 per cent chiropractic, 15 per cent aromatherapy and 7 per cent Aboriginal healing.

Very few had any regrets after using the therapies, and most said they had been helped by them – but around a third of them hadn't told hospital staff, says the researcher, Sunita Vohra, a paediatrician based at the University of Alberta.

(Source: *CMAJ Open*, 2014; 2: e217)

## LIFESTYLE TRUMPS GENETICS FOR HEART ATTACK RISK

Medicine has become too obsessed with genetics and family history when trying to calculate the risk of a heart attack. Lifestyle habits trump the DNA we're born with every time, a new study has discovered.

People with an existing heart problem won't necessarily have a heart attack, even if their genetics and family history suggest they are at high risk.

Instead, heart patients have far more control over the likelihood of an attack than medicine realises by making good lifestyle choices such as eating healthily, exercising and not smoking, say researchers from the Intermountain Medical Centre Heart Institute.

They analysed the records of patients with heart disease at different stages, and discovered that the link between a family history of heart disease and the likelihood of a heart attack was far less strong than had been expected. Even patients with narrowed arteries - one of the indicators of a heart attack - can control the risk by changing their lifestyle, they found.

(Source: *Proceedings of the American Society of Human Genetics*, San Diego, October 20, 2014)

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



# Walk your way to BETTER HEALTH

Simple solutions for  
the sedentary lifestyle

**H**ow much time do you spend sitting each day? For most people, the majority of the day involves sitting: Sitting on your commute to work, sitting at your desk, sitting as you eat dinner with your family, sitting as you relax after a long day of work in front of the TV.

Sitting is a part of life, but it shouldn't consume your entire life. Even a small amount of daily activity can make a dramatic difference in your health.

## WHY YOU NEED TO GET MOVING TODAY

You have probably heard of the sedentary lifestyle before. Most of us are sedentary participants because of how our modern world functions. As described above, we have to sit for the majority of the day. It takes a great amount of effort to start moving and stay moving. But this effort could be one factor that transforms your health.

Yes, changes in our society are not helping with the need for daily activity. Researchers confirm that just a few decades ago, in 1970, two out of 10 people participated in a job with light activity, like a desk job. Three out of 10 people worked high-intensity jobs,

including farming, manufacturing, and construction.

Household computer use rose from 15 per cent to 69 per cent between 1989 and 2009. By 2003, close to six out of 10 working adults used a computer at their job. More than nine out of 10 children used computers at school.<sup>1</sup>

Technology is a wonderful thing, but it makes it easy for us to sit and observe. It takes motivation and commitment to unplug and start moving. Public health officials state that we need up to 150 minutes of exercise per week to offset this new sedentary imbalance in our culture. Regular activity can prevent and manage serious chronic health conditions, including obesity, cardiovascular disease, type 2 diabetes, and some cancers.<sup>2</sup>

Sitting for eight hours per day can shorten your life considerably compared to those who sit for less than three hours per day. For this reason, standing desks have become a popular fixture in many modern offices to promote activity. The message is clear: It's time to get moving.

## YOUR DAILY ACTIVITY: WHERE TO BEGIN

One reason that it is difficult for many people to start daily activity is because

they don't know where to begin. The good news is that daily exercise is easier than many fitness fanatics make it out to be.

## JUST START WALKING

You can build up vigorous walking to 3 to 5 miles per day with a fast, purposeful stride. Pump your hands from belt to chest level with each stride. As your fitness increases, add wrist or ankle weights. This activity may seem simple, but daily commitment is the key. Boston University researchers confirm that walking just 6000 steps a day, or 3 miles, can improve mobility in those with or at risk for knee osteoarthritis.<sup>3</sup>

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# What are Pure Concentrated Organic Minerals and where do they come from?



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

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

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

Organic minerals are one of the few known true prehistoric plant-matter deposits in the world, estimated to be at least 34 million years old.

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

## Mineral Facts:

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

∞

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

∞

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

∞

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

∞

Safe for all the family.

## The Features:

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

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

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

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

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

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

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

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

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



# Healthy Soups

These winter warmers are perfect for a healthy lunch or dinner

## SUPER GREEN SOUP

### Ingredients

- ¼ of a cucumber
- 1 avocado
- 1-2 spring onions
- 1-2 sprigs of fresh mint
- A large bunch kale leaves
- handful of parsley or cilantro
- 1 head of lettuce
- 1 cup of pure water
- 2 egg yolks (optional)
- 1 tablespoon olive oil
- ¼ teaspoon sea/himalayan salt
- 1 tablespoon apple cider vinegar or lemon juice
- ¼ teaspoon cayenne (optional)

### Method

1. In a blender add egg yolk, whizz until frothy.
2. Add olive oil, salt, cayenne and apple cider vinegar or lemon juice
3. Next add the vegetables and water; if you don't have a high speed blender, add incrementally, blending in between and adding a bit of water each time.
4. For maximum benefit serve cold, but in these winter months you can lightly heat on the hob.



## COCONUT & CHICKEN CURRY SOUP

### Ingredients

- Coconut oil/olive oil
- 3 organic, pasture-raised chicken breasts, cut into bite sized chunks
- ½ of a large onion, chopped fine
- 1 tablespoon grated fresh ginger
- 1 ½ cups chicken broth
- 400ml of pure coconut milk, full fat
- 2 teaspoons curry powder
- 1 jalapeño, seeded, minced
- 2 tablespoons lime juice
- 1 small green pepper, sliced thin
- ½ cup chopped fresh coriander, plus extra for garnish
- ½ cup unsweetened chipped coconut

### Method

1. Heat the oil in a medium sized soup pan over medium heat. Add the chicken to the oil, season lightly with salt and pepper. Sauté until cooked through and golden. Remove chicken and set aside. Sauté the onion, adding more oil if necessary, until tender.
2. Return the chicken to the pot with the onions. Add the ginger; cook for 1 minute. Add chicken broth, coconut milk, curry powder and jalapeno. Bring to a simmer over medium heat. Add the green pepper and coriander and simmer an additional 3 minutes. Stir in lime juice. Season to taste with salt and pepper.
3. Garnish with additional cilantro and a sprinkling of shredded coconut. Serve.

## BONE BROTH

### Ingredients

- 3.8 litres of pure water
- 1 teaspoon sea/Himalayan salt
- 2 tablespoons apple cider vinegar
- 2 large onions, unpeeled and coarsely chopped
- 2 carrots, scrubbed and coarsely chopped
- 3 celery stalks, coarsely chopped
- 1 bunch fresh parsley
- 2-3 garlic cloves, lightly smashed
- 1kg – 2kg grass fed/pasture raised meat or poultry bones

### Method

- Even if you don't have a slow-cooker you can still reproduce this recipe in a pan on the hob, with a large pan on very low heat.
1. Place all ingredients in a large slow cooker set on high.
  2. Bring to the boil, then reduce the setting to low for 12-24 hours. The longer it cooks, the better it tastes!
  3. Strain the stock through a fine mesh strainer and discard the waste.





# Healthier Treats

We all deserve a treat from time to time, and with a few tweaks, some of your favourite indulgences can be healthier

## RASPBERRY CHOCOLATE TART

### Ingredients

#### Crust:

- ½ cup pecans
- 1 cup almond flour
- 1 tablespoon raw honey
- 6 tablespoons coconut oil (melted)

#### Chocolate Filling:

- 400ml good quality coconut milk (full fat)
- 4 tablespoons raw cacao powder (unsweetened)
- 3 tablespoons of raw honey
- ½ teaspoon vanilla extract
- Fresh raspberries

### Method

#### Crust:

1. Preheat the oven at 175°C.
2. Grind the pecans in a blender, or food processor.
3. In a bowl combine the ground pecans, coconut oil, honey and almond flour. Work the mixture with your hands until all is well combined and a dough is formed.
4. Pat the pecan mixture on to the bottom and sides of a silicone muffin pan.
5. Bake for about 12 minutes or until crust starts to turn brown.

#### Chocolate Filling:

1. Mix the coconut milk and honey in a saucepan.
2. Stir under medium heat until simmering.
3. Lower the heat as low as it goes and let it cook for about 2 hours, stirring once in a while.
4. You will notice the mixture getting thicker and after 2 hours it should be thick enough so that it does not run off the spoon easily.
5. Once thick enough add the raw cacao powder and vanilla extract.
6. Turn the heat to medium and cook for



- another 7 minutes, stirring constantly and scrapping the sides of the pan.
7. Let it cool completely before pouring it in the baked crust. It is a good idea to even chill it in the fridge for a couple of hours.

8. Once mixture has cooled completely and has thickened even more, fill the baked crust and top it with fresh raspberries.
9. Chill in the fridge and serve.

## CHOCOLATE AVOCADO MOUSSE

### Ingredients

- ¼ cup raw organic honey or 4 organic fresh pitted dates
- 2 ripe avocados
- 1 teaspoon pure vanilla extract or paste or pods from 1 fresh vanilla bean
- ½ cup raw cocoa powder
- Pinch of sea salt and cinnamon to enhance flavour

### Method

1. Combine all the ingredients in a good powerful high speed blender, adding the honey first, followed by the avocado, vanilla and cocoa.
2. Blend for about 30 seconds until



- smooth and creamy.
3. Add a splash coconut milk to make a lighter mousse.
4. Spoon into a bowl and allow to set in the fridge.



# MY HISTORY WITH *MSM Drops*

**T**hese are drops that I have used for nearly 20 years for my eyes and ears at the cost of a few pennies per week. The MSM drops I use are the only product on the market that contain:

- **OptiMSM - MSM** (MethylSulfonylMethane) is a biological sulphur needed by the body to maintain youthful, healthy connective tissue, protein and pH levels. There is a branded superior form of MSM called OptiMSM, which has been used to make drops.
- **HydroSol Silver** – to clear any infections and also acts as a super preservative.
- **N-Acetyl Carnosine** - a super antioxidant shown in Russian studies to prevent degeneration in the eye including cataracts.

I first started using these MSM drops

nearly 20 years ago when I suffered from a lot of red eye and especially when flying long haul. In those days it was particularly bad as I was sometimes flying 10 flights around Europe and the USA in as many days, holding trainings and workshops in different cities. No matter how red my eyes were, 15 minutes after using MSM drops they felt and looked great.

I heard that these drops could also be used as ear-drops and as I was prone to ear infections (both eardrums perforated), I tried them. Within days, my ears felt better too. Now at the first tingle in my ears or red eye, out come the MSM drops and away goes the infection. It also helps children to avoid grommets... The very first was my nephew nearly 17 years ago and I cannot count since then how many children have avoided ear grommets from

my recommendation to use MSM drops.

Over the years I have had feedback from countless people telling me it has solved a huge range of eye problems.

There are no specific scientific explanation for this but this is the explanation I have come across.....

Your eye is like a water balloon. The optical tissue normally allows fluids to flow through the membrane wall, which acts like a filter, supplying nutrition and cleaning out particles, keeping your eye clear so your vision is good.

When the membranes become tough like leather, fluids are trapped, and particles start to build up. If the build-up continues, it will seem as if you are looking through frosted glass. Our eyes should also be flexible, so the muscles can change the eye's contour and focus. When the eye



membranes and muscles become tough, the eye cannot focus properly and vision becomes blurry.

When treating irritated eyes, most medicated eye drops and medications 'deadens the nerves' and cover the pain, but the problem is not solved and the discomfort returns. We in turn buy more eye drops to relieve the discomfort.

MSM drops soften the membranes, allowing fluids to pass through the optical tissues.

When our optical membranes become permeable, nutrients are able to penetrate through the optical tissues and provide nutrients needed for the body to heal itself. MSM softens tough, leathery tissue, equalises pressure, repairs damaged membranes, clears up red spots and broken blood vessels and helps remove floaters and other eye particles. The less rigid cell walls may improve vision, but they may also improve eye health. Soft membranes improve the movement of fluids and nutrition in the eye. MSM eye-drops contribute to the flexibility of cell walls. Rigid cell walls in the eye can cause vision problems, infection and degeneration and users of these drops claim they have helped:

- **Floaters:** These are small clumps of protein that float around in the jelly-like substance inside your eye, known as vitreous humour. People who are near sighted and those older than 70 years will often have floaters in their eyes. It is a myth that floaters cannot be treated and removed, as there are a number of things that can be done to alleviate this annoying but harmless condition. These drops may help floaters pass through the vitreous humour more quickly, and would therefore drastically reduce their impact.
- **Glaucoma:** This is a serious disease where rigid cell walls don't allow fluids to exit the

eye. The disease glaucoma is defined as a build-up of pressure in the eye. MSM helps to soften tissues and allow for the correct permeation of fluid through tissues. This can be vital in the case of Glaucoma.

- **Blepharitis:** A.k.a. dry eyes (often referred to as Dry Eye Syndrome) is the most frequent patient complaint to eye doctors. About 15 per cent of the population in all groups experience varying degrees of dry eye syndromes. Like most eye conditions, Dry Eye Syndrome is often related to health conditions in the rest of the body. It is commonly associated with dryness of other mucous membranes, interior body surfaces such as joints and brittle nails.

- **Cataracts:** A cataract is a clouding of part of your eye called the lens. Your vision becomes blurred or dim because light cannot pass through the clouded lens to the back of the eye.

- **Computer vision syndrome (CVS):** defined as a complex of eye and vision problems that are experienced during and related to computer use, is a repetitive strain disorder that appears to be growing rapidly, with some studies estimating that 90 per cent of those using computers for more than 3 hours per day experience it (CVS) in some form. Daily use of MSM drops should help alleviate some of the symptoms.

- **Conjunctivitis:** The most common eye disease in the Western hemisphere. Because of its exposed position, the conjunctiva comes into contact with more micro-organisms than any other membrane. Bacteria, such as pneumococcus, staphylococcus or streptococcus, cause some cases although allergies and some viruses can also cause conjunctivitis. A virus called adenovirus causes other cases. This virus can be spread in many ways including swimming pools, wet towels, etc. It usually results in

## Recommended Product

### MSM+SILVER

**This contains a potent combination of MSM (Methylsulfonylmethane), a natural sulphur that resides in the body, plus hydrosol silver 10ppm and N-Acetyl-L-Carnosine.**



red, irritated eyes, which if MSM drops are used immediately, will disappear within a day or so. If the symptoms linger, go to the eye doctor.

- I am sure that MSM Drops that contain N-acetylcarnosine, could also benefit the following eye-disorders:

1. Presbyopia.
2. Open-angle primary glaucoma (in combination with beta-blockers).
3. Corneal disorders.
4. Computer vision syndrome.
5. Eye strain.
6. Ocular inflammation.
7. Blurred vision.
8. Dry eye syndrome.
9. Retinal diseases.
10. Vitreous opacities and lesions.
11. Complications of diabetes mellitus and other systemic diseases.
12. Benefit for those people who wear contact lenses, particularly soft contact lenses. (Not only do the lubricants in the MSM Drops help to make wearing contact lenses more comfortable, but n-acetylcarnosine is also believed to reduce the build up of lactic acid in the eye, thus enabling the lens to be left safely in the eye for longer).

Regards and good health,  
Robert Redfern

*Robert Redfern*





# Robert's Rant: Science or Outcome?

In the early days when I was asked by readers to provide the science or studies so they could present them to their doctors who had asked for them, I would spend time digging them out and I, like the reader, innocently thought the doctor would say 'wow' and start supporting their plan to recovery.

Of course it never happened.

The nearest any reader ever got was a metaphorical pat on the head from the doctor saying, 'yes, carry on if you think it is doing you some good, it cannot do any harm.' Since it was proved to be a waste of time providing the studies I stopped wasting my time and started to only look at science (cynically), for when I am evaluating a new formulation.

Now you would think that doctors are cynical disbelieving people (as I claim to be) but you could not be further from the truth. Doctors are believers. They believe what the authority tells them to prescribe in face of the daily massive failure of those prescriptions to get anyone healthy. I am sure they do not enjoy this failure and, in fact, I read that doctors are seriously unhappy with their work life.

This is understandable since, in spite of the trillions spent on so-called health care by the medical system, the five leading causes of death in Western nations are:

- 1st – Heart Disease
- 2nd – Cancer
- 3rd – Chronic Lower Respiratory Diseases
- 4th – Stroke
- 5th – Unintentional death (mainly caused directly by that very medical system).

The 5th leading cause of death is the medical system itself, set up to prevent (they do call themselves healthcare) and to



help heal these conditions. It is my opinion that a large proportion of the deaths in 1 to 4 are indirectly attributable to the medical system.

These five leading causes of death are all preventable by better care and especially the 5th one, 'Death Directly Caused by Medical Care'. Imagine if the 5th leading cause of death in the Western world was plane crashes caused by bad design or pilot error? Airline customers would not put up with such a threat to their lives. Why do those same customers put up with harm or death from medical error or badly designed or prescribed drugs?

More to the point, why do doctors put up with medical error and badly-designed drugs? The big difference between medical doctors and pilots may be that pilots fly in the same planes as we do. Pilots insist the planes are mechanically safe and

they insist the crew and ground staff are trained to a 100 per cent degree of detail to ensure everyone is safe. Pilots and crew would refuse to fly unsafe planes just as we would.

It may be time for a revolution by doctors and their customers. The medical system they are being asked to operate does not work for the leading causes of death and the other chronic conditions that are easily dealt with.

To give you some idea on how the information is kept from you in the media I am using the statistics from the USA (now on), which may have the most open freedom of information system in the world.

There will be small differences from country to country.

What's truly terrible about this list above is that the top four can be directly attributed to lifestyle (in 1900, the



top three causes of death were due to infectious diseases).

A 55-year old in the year 1900 could expect to live (on average) an extra 18 years.

A 55-year old in the year 2009 could expect to live (on average) an extra 26 years.

(Source, American Council of Life Insurers)

By my calculations that is an extra eight lousy years extra for spending trillions on medical care which has failed by any measure. It is likely those extra eight years are the result of better working conditions, cleaner drinking water and better sanitation. I cannot say the food is better now.

To compare deaths from plane crashes from 1920 to present day would not be fair but the fact is the success by plane makers and the crews have made flying safer and safer. To get a real perspective on how safe flying is:

In 1999 the total number of deaths in plane crashes was 1200 people

In 2013 the total number of deaths in plane crashes was 265 people

Imagine if the medical system could improve their record to the same degree.

I said that the 5th cause of death (around 150,000 in the USA) was 'Death Directly Caused by Medical Care.' Of course the medical system and the authorities try to hide the facts about the number of people who die at the hands of the medical system. They would never put it into such a table since it may cause a revolution by doctors and their customers. The real amount of people killed by the medical system may dwarf them all and may be the largest cause of death. These below are the USA figures but there is no reason to believe it is any different in the UK and other western countries.

As I said there is no way the medical system and the authorities will publish the real figures and so groups in the USA

#### Estimated Annual Mortality and Economic Cost of Medical Intervention (Collated by Life Extension Foundation)

Condition	Deaths	Cost	Author
Adverse Drug Reactions	106,000	\$12 billion	Lazarou (1), Suh (49)
Medical error	98,000	\$2 billion	IOM(6)
Bedsore	115,000	\$55 billion	Xakellis (7), Barczak (8)
Infection	88,000	\$5 billion	Weinstein(9), MMWR (10)
Malnutrition	108,800	\$77 billion	Nurses Coalition (11)
Outpatients	199,000	\$122 billion	Starfield (12), Weingart (112)
Unnecessary Procedures	37,136	\$9 billion	HCUP (3,13)
Surgery-Related	32,000	-	AHRQ (85)
<b>Total</b>	<b>783,936</b>	<b>\$282 billion</b>	

have collected all of the figures from the sources shown.

Using Leape's 1997 medical and drug error rate of 3 million (14) multiplied by the 14 per cent fatality rate he used in 1994 (16) produces an annual death rate of 420,000 for drug errors and medical errors combined. Using this number instead of Lazarou's 106,000 drug errors and the Institute of Medicine's (IOM) estimated 98,000 annual medical errors would add another 216,000 deaths, for a total of 999,936 deaths annually.

These figures may be slightly high or slightly low. The main thing is that the medical system and authorities are hiding the truth of the devastating number of deaths and injuries. It is like hiding the number of plane crashes, which they don't.

What will you do? Change your diet? Exercise? Take missing minerals?

This truly has to become the age of self-responsibility but for that to succeed the doctors have to be part of the revolution and fight against the 'Pharma Gangsters'

and their paid hirelings in the medical system and politicians.

Over the past 25 years I have communicated with tens of thousands who had given up on the medical system and wanted to solve their condition. The results for those who follow the plans in my books are outstanding. Are they 100 per cent? No, but for those who follow the plan in detail around 70 per cent do clear their problems. That is 70 per cent better than a failed system.

*Robert Redfern*

Robert Redfern

### Contact Me...

TO CONTACT ME, VISIT  
[www.GoodHealthHelpdesk.com](http://www.GoodHealthHelpdesk.com)  
 CLICK 'ASK ROBERT A QUESTION' AND  
 SEND ME A TICKET.


 A woman with dark hair tied back, wearing a white t-shirt and white pants, is sitting cross-legged on a blue yoga mat on a grassy lawn. She has her eyes closed and a serene expression, with her hands resting on her knees in a meditative pose. The background is a lush green park with trees and a clear sky.
 

# New Serrapeptase Research

## IS NOTHING SHORT OF MIRACULOUS

Extensive new research supports this powerful anti-inflammatory enzyme

**S**uffering from a chronic health condition is not as hopeless as it once was. Finally, there is good news on the horizon - in the form of a clinically-supported "wonder" enzyme known as Serrapeptase.

Serrapeptase may be new to many, but the anti-inflammatory enzyme has been restoring health for more than 40 years. Healthcare practitioners have observed its dramatic effects for more than four decades in countless applications, including blocked arteries, breast engorgement, fibrocystic breast disease, arthritis, inflammatory migraines and headaches, some cancers, and more. But what does the research say?

### THE TOP TEN SERRAPEPTASE STUDIES

Based on user testimonials and clinical application, Serrapeptase can be used for almost any physical ailment as all health issues are derived from inflammation in the body. Even more importantly, Serrapeptase has scientific backing for this pain and inflammation relief. Serrapeptase research spans more than 40 years with

new discoveries published regularly.

These top 10 Serrapeptase studies are only the tip of the iceberg:

**1. Alzheimer's Disease:** In an exciting breakthrough for sufferers of this debilitating health condition, proteolytic enzymes Serrapeptase and Nattokinase were observed to effectively modulate some factors that characterize Alzheimer's disease.<sup>1</sup>

**2. Asthma:** The relief chronic asthma sufferers have been looking for – researchers discovered that Serrapeptase supported the dissolution of sputum in asthma patients.<sup>2</sup>

**3. Breast Engorgement:** Based on the use of anti-inflammatory Serrapeptase in a clinical setting, scientists now consider the enzyme to be "a safe and effective method for the treatment of breast engorgement."<sup>3</sup>

**4. Carpal Tunnel Syndrome:** Researchers believe that Serrapeptase enzyme therapy can be used as an effective alternative treatment for carpal tunnel syndrome.<sup>4</sup>

**5. Chronic Bronchitis:** Bronchitis patients treated with Serrapeptase showed noticeably superior results compared to the treatment placebo group in reduced cough frequency, lessened expectoration, and loosened sputum.<sup>5</sup>

**6. Inflammation:** Serrapeptase has broad clinical backing in its use as an anti-inflammatory enzyme.<sup>6</sup>

**7. Mucus Reduction:** When taken orally, Serrapeptase can reduce the viscoelasticity of nasal mucus.<sup>7</sup>

**8. Postoperative Swelling:** Following a third molar surgery, patients who took anti-inflammatory Serrapeptase observed a reduction in postoperative cheek swelling and pain intensity.<sup>8</sup>

**9. Sinusitis:** Serrapeptase anti-inflammatory treatment offered noticeable improvement in patients with sinusitis, laryngitis, and catarrhal rhinopharyngitis.<sup>9</sup>

**10. Wound Healing:** Serratiopeptidase and metronidazole therapy supported



improved wound healing in a clinical setting.<sup>10</sup>

## THE ANSWER TO THE ALZHEIMER'S EPIDEMIC?

Perhaps the most astonishing new Serrapeptase research concerns its ability to treat Alzheimer's disease. In 2013, a study was published detailing the effects of Serrapeptase and Nattokinase when administered daily for 45 days. Following the enzyme treatment, researchers observed a marked decrease in brain chemical activity that led to the development of Alzheimer's disease.

The enzyme treatment also greatly increased brain chemical activity that helped to protect against Alzheimer's.<sup>1</sup>

Alzheimer's disease and a number of other chronic health conditions are often described as hopeless in the medical community. Unless you do some digging on your own or read *The 'Miracle' Enzyme Is Serrapeptase*, you'll be hard-pressed to find a positive outlook for a devastating condition like Alzheimer's.

Do not give up hope yet. New Serrapeptase research consistently reinforces what the natural health community has embraced for more than four decades. In combination with nutritional supplements and lifestyle changes, Serrapeptase can provide powerful long-term healthcare. In contrast, medications prescribed for a condition like Alzheimer's will only provide disease management.

## SERRAPEPTASE HEALTHCARE IS NOT DISEASE MANAGEMENT

You and your loved ones deserve better, and science is on your side. In most cases, you'll find doctors who prescribe medication to 'manage' a chronic health condition. Disease management never addresses the root issue.

Fortunately, the powerful Serrapeptase enzyme has been prescribed by a growing number of doctors who take a comprehensive healthcare approach, including lifestyle and nutrition. These doctors may be in the minority, but they have research to back them. An enzyme like Serrapeptase can help to restore quality of life and promote disease recovery.

Vast research supports Serrapeptase to clear chronic inflammation and renew health. No matter what ails you, Serrapeptase can provide anti-inflammatory relief when combined with a personalized health plan. Serrapeptase health plans may be followed for 30 days and can offer noticeable improvement in decreased symptoms, even for serious conditions like Alzheimer's disease.

Serrapeptase can help you get your life back.

Harold of Australia describes his 'miraculous' encounter with Serrapeptase to provide relief for blocked arteries, "I just wanted to let you know that I have my results from my ultrasound on my Carotid

arteries. The left is now completely clear from 48 per cent blocked and the right has a small visible amount about 5 per cent to 10 per cent from 50 per cent blocked. From something that cannot be reversed, good old Serrapeptase has done the trick. Many thanks for all your advice and encouragement."

## Sources

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## 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.



### SERRAZYME 250,000IU

This is a new maximum strength Serrapeptase for serious Serrapeptase support. Available in x90 or x30 caps.



# ONLY THE STRONG *survive*

Not just any probiotic will do

**P**robiotics is a buzzword in health media today. You have probably considered a probiotic for yourself or your family, but you may not know where to begin in choosing the right supplement. It's important to know that not all probiotics are created equal. When you see a "probiotic" label on a product at the supermarket, you may not be getting what you pay for.

How do you separate the right probiotic from the rest? How do you choose a potent probiotic that will truly support gut health?

## SCIENCE SAYS: SOIL-BASED FORMULAS

Along with other essential nutrients like proteins, fats, carbohydrates, vitamins,

minerals, amino acids, fatty acids, and digestive enzymes, your body needs probiotics to survive. If you don't have friendly bugs in your gut, you're opening the door to chronic illness and health decline.

Here's why you can add probiotics to your essential nutrients list: Beneficial probiotic bacteria are vital to gut health. Friendly gut bacteria aid digestion and absorption of nutrients. Probiotics in the gut produce B vitamins and enzymes that your body so desperately needs. Your body can't function without this gut support.

Adding more probiotics to your diet is a step in the right direction. But that still doesn't answer the question: How?

Probiotics are available in food and supplement form. Eating fermented

foods is a recommended part of a non-inflammatory diet. Taking a soil-based probiotic will support your diet and uphold gut health.

The reason that you can't just pick up any probiotic product from the grocery store is simple: Most commercial probiotic foods and supplements are inferior. "Probiotic" dairy products can't do what they are advertised to do. It's the bacteria that are the problem.

## PROBIOTIC DAIRY DOESN'T MEASURE UP

It may seem counterintuitive to seek out bacteria. Our culture has been inundated with the cleanliness and sanitation message for decades. We have been told that bacteria are bad, and hygiene is good.





probiotic, they must have viability. This simply means that the probiotic bacteria have been naturally adapted to better survive the harsh environment of the human digestive system. Powerful soil-based probiotics of this kind may contain up to 29 different bacterial strains that can survive and thrive in the human body.

Compare 29 strains of soil-based probiotic bacteria to two strains of dairy probiotic bacteria, and you will see the difference.

Soil-based probiotics teeming with robust bacteria have impressive clinical backing. In a number of placebo-controlled, double-blind, peer-reviewed clinical trials, soil-based probiotics have been proven to replenish healthy microflora in the gut; support robust digestive health; relieve occasional abdominal discomfort, bloating, nausea, and indigestion; promote normal elimination; reduce gas; and support whole-body wellness.

## 2 WAYS TO AVOID PROBIOTIC PROBLEMS

There are two important points to remember when choosing the right probiotic supplement:

1. Strong overcomes weak.
2. More are better.

Your body needs a strong, robust probiotic supplement to impact gut health. A weaker probiotic product from the supermarket just won't do. Dairy probiotics made with lactic-acid based organisms are simply not as viable as next-generation, soil-based probiotics. Compared to dairy probiotics, soil-based probiotics have been adapted for millennia and hand-picked from the terrestrial microbe to best populate the human body.

From the vast Human Microbiome Project, spanning more than five years of National Institutes of Health funded research from 80 different universities and institutions, it has become clear: More bacteria are better.

The Human Microbiome Project solidified that there are actually thousands

of microbial species in the gut, compared to the hundreds once estimated. Your body needs a large amount of friendly probiotic bacteria – in a large variety. Diverse strains of probiotics can do more for your body than individual strains in the gut.<sup>1</sup>

As you search for the right probiotic for your health, just know that there are plenty of probiotic problems on the market. Much of this has to do with the fact that probiotics have boomed in popularity. Even with the best advertising, packaging can be misleading.

Now you know what to look for in a soil-based probiotic. The right probiotic for your gut is plentiful and diverse. Look for a broad-spectrum, clinically-supported probiotic that contains up to 29 different strains of friendly bacteria to promote intestinal microbial diversity. Compare this to weaker formulations of dairy probiotics with only one to two strains of beneficial bacteria.

A diverse probiotic can support your gut and transform your health. A strong probiotic makes its way through stomach acid to inoculate your gut with the friendly bacteria it needs to thrive. This truly is the survival of the fittest.

### Sources

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### 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.**



But this message is one-sided. It does not take into account the fact that our body needs ample amounts of good bacteria to fight off the bad.

These good bacteria are what make a good probiotic. When you compare a soil-based probiotic supplement to a probiotic dairy product, you will see a drastic difference. Commercial probiotic products have just a few strains of friendly bacteria – one or two fragile, lactic-acid based bacterial strains at most.

Your gut deserves so much better. It would be a waste of your time to purchase a commercial dairy probiotic with very little friendly bacteria. It may taste delicious as a yogurt or smoothie, but it won't get the job done.

To benefit from friendly bacteria in a

# DID YOU *know?*

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

**Selenium** contributes to the maintenance of normal nails, normal hair and normal spermatogenesis. It also contributes to the normal function of the immune system, normal thyroid function and the protection of cells from oxidative stress.\*

Selenium can be found in Daily Immune Protection.



**Vitamin K** contributes to normal blood clotting and to the maintenance of normal bones.\*

Vitamin K can be found in Vitamin D-3 and K-2 Spray.



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

Magnesium can be found in Ancient Minerals Magnesium Oil Spray, Magnesium Gel, Magnesium Lotion & Magnesium Bath Flakes.



**Plant sterols/stanols** contribute to the maintenance of normal blood cholesterol levels.\*

Plant sterols/stanols can be found in Moducare.



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

Vitamin C can be found in Camu Camu Vitamin C.



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

Vitamin D can be found in Serranol, a unique combination of Serrapeptase, Curcumin, Ecklonia Cava extract & D3.



**Vitamin B12** contributes to normal homocysteine metabolism.\*

Vitamin B12 can be found in B4Health Spray, an 'intra-oral' spray full of essential B Vitamins.



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

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



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





# Healthy Lunch

No need to reach for another unhealthy sandwich with our great lunch suggestions



## CAULIFLOWER FRITTERS

### Ingredients

Half a large head cauliflower  
1 carrot, grated  
2 organic, pastured whole eggs  
 $\frac{1}{4}$  cup flaxseed meal  
 $\frac{1}{4}$  cup raw, unsalted sunflower seeds  
 $\frac{1}{4}$  cup hazelnuts, finely chopped  
 $\frac{1}{4}$  cup fresh parsley, finely chopped  
1 teaspoon lime juice  
 $\frac{1}{2}$  teaspoon salt  
1 tablespoon poppy seeds  
 $\frac{1}{4}$  teaspoon black pepper  
1 teaspoon fresh thyme  
 $\frac{1}{2}$  teaspoon ground cinnamon  
 $\frac{1}{4}$  teaspoon smoked paprika  
Pinch cayenne pepper

### Method

1. Cut cauliflower into little florets and add to the bowl of your food processor. Process on pulse until cauliflower has texture of large grains of cracked wheat. Transfer to a large mixing bowl.
2. Add the rest of the ingredients and mix until well combined.
3. Heat a splash of coconut/olive oil in a frying pan and carefully drop about  $\frac{1}{4}$  of a cup of mixture for each fritter.
4. Cook three or four fritters at a time for 2 – 3 minutes on each side, until golden brown, then keep warm while you cook the remaining fritters.
5. Serve hot or cold with a few fresh vegetables or a nice green salad.

## PALEO CHICKEN CAESAR SALAD

### Ingredients

1-2 heads romaine lettuce  
1 organic, pasture-raised, roast chicken, meat removed and chopped  
 $\frac{1}{4}$  cup pine nuts  
A few anchovies  
Fresh cracked pepper, to taste  
2 cloves garlic  
 $\frac{1}{4}$  cup pine nuts  
2 egg yolks  
 $\frac{1}{2}$  cup olive oil  
 $\frac{1}{4}$  cup water  
Juice of 1 lemon  
1 teaspoon sea salt  
 $\frac{1}{2}$  teaspoon black pepper

### Method

1. Prepare the romaine lettuce.
2. Remove meat from a roast chicken and chop. Set aside.
3. In a medium sized salad bowl, layer chopped romaine lettuce, chopped chicken,  $\frac{1}{4}$  cup pine nuts, chopped up anchovies and fresh cracked pepper to taste.
4. In a blender, blend together garlic,  $\frac{1}{4}$  cup pine nuts, egg yolks, olive oil, water,

lemon juice, sea salt, and black pepper.

5. Drizzle half of the dressing over the salad and toss. Taste and add more dressing if desired.
6. Serve immediately or chill in the refrigerator.
7. Save the remaining dressing in the refrigerator for 3–5 days for another use.




## SHAVED COURGETTE & SARDINE SALAD

### Ingredients

1 medium courgette, washed and shaved into ribbons  
Juice of  $\frac{1}{2}$  lemon  
 $\frac{1}{2}$  teaspoon sea salt  
2 tablespoons extra-virgin olive oil  
2 tablespoons chopped spring onion  
1 medium roasted pepper, sliced  
1-2 tablespoons pumpkin seeds  
100g tinned sardines

### Method

1. Using a peeler, shave the courgette into long, thin pieces.
2. Place shaved courgette ribbons in a bowl.
3. Drizzle with lemon juice, olive oil and season with sea salt and toss with your hands to mix through. This will slightly pickle the courgette.
4. Then toss through chopped onion, roasted peppers and pumpkin seeds. Serve sardines on top. Super simple!



Your body needs this  
“Master Mineral” for more  
than 300 vital processes!

# 5 SIGNS YOU'RE SUFFERING FROM *Magnesium Deficiency*

**Y**ou've heard of magnesium before, but what does it mean for your optimal health? How is it possible that one mineral can support hundreds of critical functions in your body?

Magnesium chloride has long been used in medical settings to save lives. In an emergency, magnesium chloride can be injected into a patient to increase heart attack and stroke survival. Some physicians go so far as to say that magnesium is the first mineral defense you should keep on hand in your medicine cabinet. It's that important.

## **WHAT CAN MAGNESIUM DO FOR YOU?**

If you're suffering from chronic health issues without a known cause, magnesium could be the missing link.

Magnesium is responsible for keeping your body running smoothly in hundreds of different ways. Dr. Andrea Rosanoff, Ph.D., Director of Research & Science Information Outreach for the Center for Magnesium Education & Research, underscores the importance of magnesium in the body, "Once magnesium falls down below a certain level, just about everything starts to go."

Dr. Rosanoff points out that the body may need even more mineral support during times of stress. She adds, "The magnesium requirement during stress soars. This includes any kind of stress coming into the body from exercise, mental and emotional issues, high noise, chemicals, or any other source."

With day-to-day stress being a fact of life, you may need more magnesium than you think.

Magnesium is the fourth most prevalent mineral in the body. It is impossible to maintain health without it. Close to 50 per cent of your body's total magnesium can be found in the bones. The remaining magnesium is located in organ and tissue cells. Only 1 per cent of your body's magnesium can be found in the bloodstream, which the body constantly regulates to maintain magnesium balance.

Your heart needs magnesium to keep beating. Your muscles and nerves need magnesium to function at normal levels. Your immune system needs magnesium to ward off sickness. Your bones need magnesium to maintain their strength. Your body needs magnesium to manage blood sugar and regulate blood pressure. Without enough magnesium, your risk for diabetes, hypertension, and heart disease greatly increases.



Magnesium can benefit a number of health conditions, including:

- Acne
- ADD
- Anxiety/depression
- Asthma
- Autism
- Blood pressure
- Diabetes
- Eczema
- Fibromyalgia
- Headaches
- Heart disease
- Insomnia
- Muscle cramps/spasms
- Osteoporosis
- Psoriasis
- Restless leg syndrome

Since magnesium is an essential component in the construction of cell membranes, Dr. Rosanoff considers magnesium vital to heart health. The heart is composed of countless cells, and these cells need magnesium to maintain heart muscle strength. Without it, cell structure, energy production, and heart function are affected.

## 5 WARNING SIGNS OF MAGNESIUM DEFICIENCY

How do you know if your health has been compromised by magnesium deficiency? These are five warning signs you don't want to overlook:

- 1. Cravings.** One of your body's first responses to magnesium deficiency is in the form of cravings. If you're not getting enough magnesium, you may feel chronically exhausted and crave salty, carbohydrate-rich foods.
- 2. Increased anxiety.** The body needs extra magnesium to respond to stress. Magnesium has been praised for its ability to offer anxiety and depression relief; symptoms of deficiency may include anxiety, irritability, panic attacks, depression, apathy, and agoraphobia.
- 3. Muscle pains.** A soak in a warm bath with magnesium flakes can help to detoxify and

ease muscular aches and pains. Common magnesium deficiency symptoms may include muscle and leg cramps, muscle soreness and tension, painful muscle spasms and tremors, muscle twitches, and osteoporosis, in some cases.

**4. Neurological disturbances.** When magnesium levels get too low, it's common to experience hearing loss, ringing in the ear, migraines, hyperactivity, restlessness, numbness, insomnia, and even convulsions.

**5. Poor heart health.** The Center for Magnesium Education & Research confirms that magnesium's effects on the heart can be widespread. Cardiovascular symptoms related to magnesium deficiency may include heart palpitations, chest pain from spasms, irregular heartbeat, high blood pressure, chest tightness, heart valve disease, and cardiac arrest.

## MAGNESIUM ISN'T COMPLETE WITHOUT MSM

Popping a magnesium supplement sounds simple enough, but magnesium pills miss the mark. Magnesium is most effectively absorbed topically, when applied as a lotion or spray or soaked through the skin in a bath. Optimal magnesium uptake is only achieved with the support of MSM (methylsulfonylmethane), a natural sulfur compound.

You can call MSM and magnesium the "dynamic duo." You can't have one without the other. MSM has been proven to enhance cell permeability. MSM significantly increases the body's uptake of topical magnesium. Just like magnesium, your body needs MSM to support daily processes, including connective tissue and respiratory function.

MSM is the perfect partner for magnesium as it also supports pain management. MSM can ease inflammation and help to improve joint mobility. MSM and magnesium work in synergy through convenient topical absorption. An MSM and magnesium spray used daily can help to correct an underlying magnesium

deficiency to soothe aches and pains, calm inflammation, ease anxiety, and protect heart health.

Medical professionals agree that a magnesium deficiency can shorten your life. Dr. Jerry Aikawa, professor and author of *Magnesium: Its Biological Significance*, calls magnesium the "most important mineral for man and all living organisms."<sup>2</sup>

Today, low magnesium levels may trigger a number of unpleasant symptoms that compromise your quality of life. Your body needs magnesium to support hundreds of enzymatic processes. For the most effective absorption, MSM helps magnesium get the job done.

### Sources

1. Andrea Rosanoff, PhD, *The Importance of Magnesium to Heart Health - Organic Connections.* Organic Connections.
2. Aikawa, Jerry Kazuo. *Magnesium: Its Biologic Significance.* Boca Raton, Fla.: CRC, 1981.

## Recommended Products

**MAGNESIUM OIL ULTRA 125ML & 237ML, 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.**



# THE MACULAR DEGENERATION FACTOR YOUR DOCTOR IS MISSING

## Are your eyes starving for nutrients?

**W**ith millions of people in the Western countries living with significant sight loss and thousands of people a day starting to lose their sight, it makes sense for everyone to be aware of the latest research suggesting practical ways to maintain eye health. Robert Redfern of [www.Eyesight.nu](http://www.Eyesight.nu) has helped pioneer a combined nutrition and microcurrent approach to eye problems. He explains here the alternative approach to vision disorders.

### POOR NUTRITION AS A CAUSE

Orthodox eye doctors have little or no training in nutrition and subsequently may tell you that there are no known causes of these conditions. We concur with a

different group of doctors who have found that it is contributed to significantly, or exacerbated by, malnutrition or nutritional deficiencies.

Every day we need the following to sustain vibrant life and health:

- Proteins, fats, carbohydrates
- 13 or so vitamins
- 20-60 minerals (the number depends which scientist you believe)
- 12 or so amino acids
- 6 or so digestive enzymes (from plants)
- Oxygen
- Probiotics (the healthy bacteria that should be in your intestines)

All of the listed factors need to be in place as they all work interactively, or as co-factors. Any deficiency will result in a malfunction.

### Lutein and Zeaxanthin Associated with Reduced Risk for Age-Related Eye Disease

Reports from the Age-Related Eye Disease Study Research Group on thousands of people have concluded that consuming higher levels of the yellow plant pigments Lutein and Zeaxanthin (and other essential nutrients) may be associated with a lower risk for age-related macular degeneration.

Only the uninformed would claim that these essential nutrients are in the average Western diet (even if your ageing digestive system could absorb them).

We need many specific nutrients to help counteract an essential part of the body's energy creation called free radicals.

We should have two specific antioxidants in our eyes: Lutein and



**Over 45?** "Having an eye test at least once every two years should be part of everyone's health care routine. Many causes of sight loss are preventable if they are caught early with nutrition changes."

Zeaxanthin, which help to counter this free radical activity. The energy molecule ATP (created by our cells to provide all of our energy for life, cellular cleaning and regeneration) is a third major help. We can conclude therefore that it is necessary to have these nutrients in abundance in our eyes.

Why might patients be lacking them? Lutein and Zeaxanthin are found in abundance in dark, leafy green vegetables.

There are four reasons why they may be missing from the eyes:

1. We simply do not eat enough vegetables every day.
2. As we get older, we do not absorb food from our digestive system as well. This is mainly caused by lack of digestive enzymes in the food. A study shows that the average 70-year-old has only 20 per cent of the beneficial enzymes available compared to a 20-year-old. There is an urgent need to increase enzyme intake, either by way of specific foods or supplements, to help make up for this poor absorption. Food intolerance to wheat or dairy is very common. This blocks the uptake of nutrients in the digestive tract.
3. Eating too many grains, cereals and dairy products can replace or block proper nutrition. Wheat, grains and dairy are not appropriate nutrition for humans in the amounts typically consumed in the average Western diet. The negative aspects of these foods are made much worse by processing.

4. The blood system can suffer clogging as a result of the inappropriate diet in number four. Poor absorption and smoking (studies show smokers are 2.5 times more likely to get eye disease) cause the tiny veins in the eye to block, thereby starving the eye of essential nutrients.

### MICROCURRENT STIMULATION AS A CURE?

MicroCurrent stimulation is an exciting development that is now being used to treat macular degeneration. Results of the initial clinical trials indicate that 70 per cent of patients with the dry or wet form of macular degeneration will have a significant improvement of vision.

There are many factors related to the reasons for macular degeneration. The most common cause is the arteriosclerosis process that takes place as we age. The macula has very high metabolic needs compared to other areas of the body. It requires proper nutritional elements, oxygen, and the elimination of waste products in order to function properly. Arteriosclerosis reduces the supply of oxygen and nutrients to the macula and will cause a dysfunction in the macula and, ultimately, degeneration.

Microcurrent stimulation (MCS) is a treatment in which a weak electric current uses a frequency to stimulate the retina and the diseased macula to restore sight. Interest in the procedure accelerated in the 90's when Sam Snead, the professional golfer, underwent a series of MCS treatments that improved his vision that was weakened by macular degeneration.

Robert Becker, in his book, *The Body Electric*, documents the relationship of electricity in life and healing. Becker found that voltage differences develop in the body during injury and disease. An injury produces a positive charge in the area and

sets up the voltage potential differences. It becomes a bioelectric battery waiting to be turned on. Studies show that the MCS facilitates the healing of the body, the healing of bone fractures, tendon, and skin injuries.

In 1993, Dr. Merrill Allen and Dr. Leland Michael published their preliminary study on the rate of development of ARMD in people using nutritional supplements and simultaneous treatment with a weak electrical current.

In 1997, Dr. John Jardin reported his results after treating thirty-five macular degeneration patients with a controlled MicroCurrent containing between 200 and 250 micro-amps applied to eight points around the eye. All thirty-five patients reported an improvement in their vision.

### Recommended Product

#### MAXIFOCUS

This 'intra'oral' spray contains the essential carotenoids Lutein and Zeaxanthin plus a full range of essential vitamins and minerals such as Riboflavin, which contributes to the maintenance of normal vision.

These nutrients absorb at least 900% better than their tablet equivalent and in most cases will be in the eye within two minutes.



#### HEALTHPOINT

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



# HEALTH news

## THIRD OF KNEE REPLACEMENT PROCEDURES SHOULDN'T HAVE HAPPENED

One third of knee replacement procedures on arthritis sufferers shouldn't have been carried out, a new study has discovered.

In addition, the need for the surgery was inconclusive in a further 22 per cent of cases, which suggests that more than half of all total knee replacement procedures are dubious.

In the 34 per cent of procedures that were 'inappropriate' – or shouldn't have happened – the arthritis sufferer wasn't in any great pain and mobility was still good.

Only 44 per cent of procedures were fully justified, say researchers from the Virginia Commonwealth University in the USA, who analysed 175 cases of total knee replacement surgery. They say it is the first time anyone has analysed whether the procedure was necessary.

Around 600,000 knee replacements are performed in the US every year – and more than 200,000 of them could be unnecessary if the research findings are to be believed.

(Source: *Arthritis & Rheumatology*, 2014; doi: 10.1002/art.38685)

## ALTERNATIVE TREATMENTS MAY BE USED ON CHILDHOOD CANCERS

The European Medicines Agency is prepared to look at alternative treatments for rare cancers – including all childhood cancers – after it heard that conventional medicine has no answers.

Alternative and innovative therapies should be considered for 'rare' cancers – which include 186 different cancers and all childhood cancers – as long as the patient's safety wasn't jeopardised, says Dr Paolo Casali, chairman of the Rare Cancers Europe group, in a report to the EMA. The 'rare' cancers make up 20 per cent of all cancer cases.

It's impossible to carry out large randomised trials on the effectiveness of alternative treatments for rare cancers because, by definition, there are too few people to participate in the studies.

But it's not just down to scientific trials, Markus Wartenberg, from a patient representative group, told the EMA; it's also because conventional medicine doesn't have any answers. "Patients don't understand endpoints. Every day patients are dying. We need access to treatment, we need better treatments and for some rare cancers, we simply need a treatment because there is no treatment at all."

(Source: *Annals of Oncology*, 2014; doi: 10.1093/annonc/mdu459)



## FAMILY DOCTORS GET CASH INCENTIVE TO DIAGNOSE DEMENTIA

Family doctors in England are being given cash incentives to diagnose patients with dementia. The doctors – usually without any special training in neurological or cognitive disorders – will be paid £55 for each case they identify.

Doctors are already incentivised to give the MMR vaccine to children, and check for high blood pressure and cholesterol levels – but patient groups say this is a step too far, and will reward poor doctors to diagnose a case of dementia that may not even be there. Elderly patients will suddenly have a 'bounty on their head', one patient group said.

The move comes from NHS England, which is concerned that fewer than half the 800,000 cases of dementia are ever diagnosed. Dr Martin McShane, national director for long-term conditions at NHS England, said: "We know that more needs to be done across the health service to ensure that people living with dementia are identified so that they can get the tailored care and support they need."

As there is no cure for dementia, and any care is inadequate or non-existent, the additional dementia diagnoses seem pointless – other than to give the doctor more money, of course.

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



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



## BROCCOLI SPROUTS REDUCE WORST SYMPTOMS OF AUTISM

Some of the worst behavioural patterns of autism can be minimised by eating broccoli sprouts. A chemical from the vegetable helps autistic children to interact better, and improves their verbal skills, a new study has found.

The chemical, sulforaphane, has already been promoted as a possible cancer preventative, but researchers also think it could help children with autism spectrum disorder, or ASD.

They've tested it on a group of 40 teenage boys and men, aged between 13 and 27, with moderate to severe autism, and found that most given a daily dose of sulforaphane saw 'substantial improvements' in their social interaction and verbal communication, while repetitive and ritualistic behaviours, common in autism, decreased, compared to those given a placebo instead.

Sulforaphane seems to have a similar effect as fever does on autism. Parents have noticed that their child's autism improves temporarily while he or she has a fever, and sulforaphane seems to have a similarly beneficial effect at the cellular level.

(Source: PNAS, October 13, 2014; doi: 10.1073/pnas.1416940111)

## PULSES STEM THOSE FOOD CRAVINGS

What's a good food to help you lose weight? Try the pulses – such as beans, peas, chickpeas and lentils – because they will help make you feel fuller, says a new study.

People who eat 160 grams of dietary pulses every day feel 30 per cent fuller than those who don't include them in their diet, say researchers from St Michael's Hospital in Canada. As a result, they eat less, and don't suffer sudden hunger and food cravings.

Pulses are also low glycaemic foods, which mean they break down slowly and need less blood-sugar to do so.

(Source: Obesity, 2014; 22(8): 1773)



## CAR POLLUTION A MAJOR RISK FACTOR FOR FATAL HEART ATTACK

People living close to a busy major road are more likely to die from a sudden heart attack because of the pollution the cars generate.

Those living closest to a busy road are most at risk, say researchers from Harvard Medical School. People living within 50 metres, or 164 feet, of a major road have a 38 per cent increased chance of dying from a sudden heart attack compared to those living at least 500 meters, or 0.3 miles, away. The risk increases 6 per cent for every 100 meters, or 328 feet, someone lives closer to a busy road.

Car pollution is right up there as a risk factor for heart disease alongside age, race, cigarette smoking, a lack of exercise and a poor diet, say the researchers.

(Source: Circulation, 2014; doi: 10.1161/CIRCULATIONAHA.114.011489)



## OLIVE OIL HELPS A DAMAGED HEART

Olive oil can help prevent heart failure by making a damaged heart function more efficiently, a major new study has found.

Oleate, a fat in the oil, helps the heart to contract and pump blood – and may break the vicious cycle of heart failure, say researchers from the University of Illinois. By contrast, fats from dairy, meat and palm oil – in other words, from the standard Western diet – worsen heart disease and failure.

Oleate has a 'significantly positive effect' on heart health, even when the heart has started to fail.

When laboratory rats with failing hearts were given olive oil, their hearts immediately improved in the way the hearts contracted and pumped blood, said lead researcher Douglas Landowski.

Heart failure isn't about having a heart attack: instead, it's a chronic disease that occurs when the heart becomes enlarged because of high blood pressure. Because it has to work harder in order to pump blood, the heart walls grow thicker and the volume of blood being pumped falls. The failing heart can't process or store fats effectively, although they are needed for fuel. These fats cause toxic by-products that contribute to heart disease.

(Source: Circulation, September 29, 2014; doi: 10.1161/CIRCULATIONAHA.112.011687)

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





# *One spice could transform your* **BRAIN HEALTH**

Curcumin is praised as a natural cognitive “miracle!”

**P**remature aging doesn't have to be a fact of life. Your brain health matters, especially as you age.

Sadly, cognitive decline has become the norm in the Western world. Age is considered one of the greatest risk factors for cognitive impairment. A growing number of Baby Boomers over the age of 65 are experiencing cognitive impairment as we speak.

According to the World Health Organization, cognitive impairment and dementia are increasing around the globe. In developed countries, numbers may rise to approximately 2 billion sufferers over

the age of 60 by the year 2050. This is 22 per cent of the world's population.<sup>1</sup>

If 22 per cent of the world will soon be affected by cognitive impairment, it could happen to you or someone you love.

Watching cognitive decline is heartbreaking, experiencing it is overwhelming. The CDC confirms that cognitive impairment is also expensive, resulting in three times as many hospitalizations compared to patients hospitalized for other reasons. Alzheimer's and related dementia conditions are considered the third most expensive disease to treat.<sup>2</sup>

## **THE ANSWER IS SIMPLE**

Everyone is worried about cognitive decline, whether it will affect you or someone you love, as the years pass. Researchers are striving to find a cure for Alzheimer's disease, but nothing has worked yet.

It is becoming clear that drugs aren't the solution. Drugs will only manage symptoms of a damaging cognitive condition like Alzheimer's disease. Drugs cannot provide a cure. Drugs reinforce disease management and do not focus on restoring brain health.

Curcumin is one powerful spice that has been used as a medicinal remedy for



centuries. Curcumin comes from turmeric found in curry powder, yellow mustard, and various Indonesian dishes. Curcumin is the chemical compound in this familiar spice that gives it its deep yellow color.

Curcumin is a phytochemical. It is classified within a group of compounds called curcuminoids. Curcumin stands out because it is a natural polyphenol with a number of historical healing applications - for sprains, wounds, arthritis, digestive issues, coughs, colds, burns, parasites, and liver health.

Why has curcumin worked so well as a trusted remedy for centuries? It is a potent antioxidant with anti-inflammatory, antibacterial, antiviral, antifungal, anti-yeast, anti-allergenic, antispasmodic, and anti-tumor benefits. Because of its high antioxidant levels, curcumin can effectively neutralize free radicals, providing powerful protection against cancer.

So what does this mean for your brain health? The scientific community knows more than they let on about this wonderful spice. Curcumin offers extraordinary cognitive health benefits. It's considered one of the most powerful natural substances available to protect brain health.

## HOW YOU CAN SPICE UP YOUR BRAIN

The "inevitable" onset of cognitive decline begins when abnormal protein structures form in parts of the brain. These proteins are called beta-amyloid plaques. If you are eating an inflammatory diet filled with starchy carbs and unhealthy fats, as so many of us are, inflammation can soon spread to the brain. Brain inflammation can result in the deposit of these abnormal proteins on brain neurons to decrease cognitive function.

But here's the good news - researchers have discovered that curcumin can bind to beta-amyloid plaques. Curcumin can break plaques down so that they can be eliminated by the body.

In one such study conducted on patients

with severe cognitive decline, curcumin's benefits were outstanding. The study group taking curcumin had noticeably higher levels of dissolved abnormal proteins in the blood compared to the placebo group.<sup>3</sup>

Gregory Coal, Associate Director of the Alzheimer's Disease Center at the University of California, Los Angeles (UCLA), adds his insight, "What's unique about Curcumin, is that it binds directly to beta-amyloid deposits in the brain and reduces their size."

Curcumin's ability to eliminate these harmful proteins is critical. This process can help to protect brain neurons and uphold brain function. Curcumin is one of the only natural substances that you can find that has been proven to fully protect the brain from cognitive decline.

## THERE IS A CATCH...

Is this curcumin promise really too good to be true? Curcumin lives up to all of its claims and more, but we can't forget about absorption. Curcumin is a potent spice with renowned benefits, but it is not easily absorbed by the body. When consumed in food, black pepper has been proven to significantly increase curcumin absorption.

Curcumin can also be taken as a supplement. Curcumin supplements designed for maximum absorption will help deliver this superior compound throughout the body where it is needed, especially to your brain.

Curcumin can't reach your brain without the right delivery system.

Natural anti-inflammatory curcumin supplements may provide up to 23-45 times better absorption than ordinary curcumin. Curcumin taken as a highly absorbable supplement can bridge the gap that has existed for thousands of years. When curcumin was ingested through turmeric in the diet, only a portion of its antiviral, anti-inflammatory, anti-fungal, and antibacterial benefits were seen—all because of poor absorption.

Rapidly absorbed curcumin at a high dose could transform your brain health. If

you're already showing signs of cognitive decline, it's not too late. If someone you love suffers from dementia or Alzheimer's disease, curcumin can provide noticeable improvements, in many cases.

Curcumin is the ticket to healthy cognitive function at any age. And don't forget – this powerful spice does so much more. Curcumin can protect your brain health, improve memory and mental clarity, balance mood and energy, support heart health and balance cholesterol, ease aches and pains, renew the skin, detoxify the liver, and jumpstart vitality.

Curcumin is called "Nature's Miracle Spice" for a reason.

## Sources

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3. Arthr Res Ther, 2005;8(1): doi:10.1186/ar1846

## Recommended Products

### CURCUMINX4000

**At 23-45 times better utilisation, CurcuminX4000 is the most powerful and cost effective curcumin supplement available. In a recent study, 450mg CurcuminX4000 delivered the equivalent benefits of 4,000mg of ordinary curcumin 95 per cent capsules.**



### BRAINPOWER

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

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The screenshot shows the homepage of the Naturally Healthy News website. At the top is a green navigation bar with links: HOME, ABOUT ROBERT REDFERN, ASK ME A QUESTION, BOOKS, CONTACT, GOODHEALTH TV, BLOG, and YOUR STORIES. Below the navigation bar is a header section with the 'NATURALLY HEALTHY NEWS' logo on the left, a 'GOOD HEALTH Naturally' logo in the center, and a red banner for 'Serra Enzyme™ 250,000iu Serrapeptase' on the right with a 'BUY CAPS' button. Below the header is a horizontal menu with categories: ARTICLES, HEALTHNEWS, SERRAPEPTASE, CURCUMIN, HEALTHPOINT, EYESIGHT, NEWSLETTER, PET HEALTH, and FOOD. The main content area features four article teasers, each with a small image and a title: 'Alpha Lipoic Acid: The Benefits', 'Go With the Flow', 'The Spice of Life', and 'Vitamin E: Choosing The Right Type'. To the right of the teasers are social media sharing icons for Facebook, Google+, Twitter, Pinterest, and YouTube, and a search bar labeled 'Search the site...'. Below the teasers is a 'FREE Download Click Here' button and a preview of the 'NATURALLY HEALTHY NEWS' magazine cover.

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- Fibrosis Rehabilitation in 30 Days
- Pneumoconiosis Rehabilitation in 30 Days
- Pulmonary Tuberculosis Rehabilitation in 30 Days
- Solving Diabetes Type 2 In 27 Days
- Improving Heart Disease In 30 Days
- Improving High Blood Pressure In 30 Days
- Nature's Miracle Herb – Curcumin
- The Miracle Enzyme (34 Page Excerpt)
- Focus On Saving Eyesight
- Turning a Blind Eye (WorkBook, 16 Page Excerpt)



# 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.

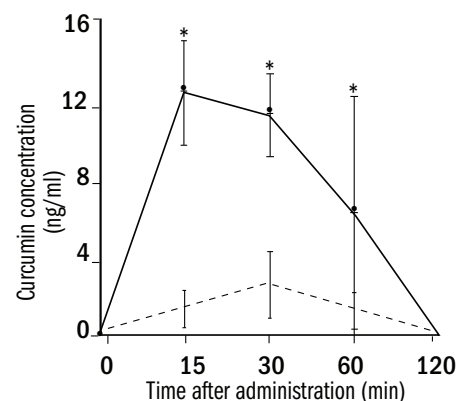


Figure 1. Plasma curcumin levels after dosing with Meriva (solid line) compared to unbound curcumin (broken line)



**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.



# “B” Healthy for Life

## Why the B vitamin is so complex

On your search for a vitamin supplement, you have probably come across the average vitamin B-complex. Vitamin B-complex refers to all essential water-soluble vitamins, with the exception of vitamin C.

**The Average Vitamin B-complex includes:**

- Vitamin B1 - Thiamine
- Vitamin B2 - Riboflavin
- Vitamin B3 - Niacin
- Vitamin B5 - Pantothenic acid
- Vitamin B6 - Pyridoxine
- Biotin
- Folic acid - Foliates
- Vitamin B12 - Cobalamins

Just as the name suggests, vitamin B is complex. For years, researchers thought that vitamin B was only a single vitamin. It could be found in yeast, liver, and rice extracts. Soon enough, researchers uncovered the truth: These extracts were rich in multiple vitamins with their own special properties.

Upon this discovery, misconceptions spread about B vitamins. People in the health community automatically assumed that B vitamins had a unique relationship with one another. The unofficial grouping of other nutrients in the vitamin B-complex, including choline and PABA, added to this confusion.

B-complex vitamins are essential vitamins.

All B-complex vitamins perform special functions in the body. Vitamins B1, B2, B3 and biotin support energy production; vitamin B5 helps the body efficiently use proteins, carbohydrates, and fats; vitamin B6 is critical for amino acid metabolism; folic acid and vitamin B12 support cellular division. Yet the truth remains—there is no function in the body that requires all B vitamins.

### TAKE A SECOND LOOK AT VITAMIN B

Like so many people, you may have assumed that your body needs large amounts of these B vitamins. But the recommended daily allowance for each B vitamin is different and can vary greatly. An adult male needs only 1.3 mg of vitamin B6 a day. Compare this to the 16 mg of vitamin B3, or niacin, recommended daily for an adult man.

That is a drastic difference.

Thus, it makes sense to take a closer look at your B-complex vitamin. There's no reason to take equal amounts of each B vitamin. Recommended daily allowances for men and women vary from small to large amounts. There's also no reason to “overdose” on B-complex vitamins for

### Recommended Product

#### B4HEALTH SPRAY

**This ‘intra-oral’ spray is the best way to get all your daily B Vitamin needs in one. Just x6 sprays daily will provide you with all the essential B Vitamins. Much better absorbed than tablets and suitable for Vegetarians.**



the purpose of boosted energy, stress reduction, or fewer cravings, as many commercial health products suggest.

### HOW MUCH “B” DO YOU NEED?

Your body needs B-complex vitamins in the right amounts. When taken strategically in a formulation that is easily absorbed by the body, B vitamins can help to lower homocysteine, a toxic amino acid that accumulates in the blood through normal bodily processes. Lower homocysteine levels can reduce the risk of Alzheimer's disease, dementia, heart disease, miscarriage and female infertility, and stroke. Raised homocysteine levels have been associated with poor concentration, memory, and mood.

It's what you absorb: It's clear that vitamin B is not optional for health and longevity. The best way to absorb vitamin B and lower elevated homocysteine levels is through a sublingual spray, which can be up to 900 per cent more absorbable than capsules. Oral vitamin B-complex can support a number of healthy functions in the body, including cardiovascular and brain health and healthier homocysteine levels (high Homocysteine is the real marker for disease).

The key is finding a supplement that provides the best absorption of B-complex vitamins in the right amounts. Your body critically needs the vitamins B1, B2, B3, B5, B6, B12.

A highly absorbent vitamin B spray can give you a new lease on life – and prevent unwanted homocysteine buildup that can trigger chronic disease.







# STATIN CONFUSION

## A must-read before you consider cholesterol lowering drugs

**S**tatins are controversial. Your doctor may prescribe statins as a means to lower cholesterol. Statin medications reduce cholesterol production in the liver to lower cholesterol levels in the blood. In order to do this, statins block a liver enzyme that helps make cholesterol.

Why would a doctor prescribe this kind of drug when your body needs cholesterol? Statins are intended to lower cholesterol production and even help your body resorb blood cholesterol that can build up as plaque on arterial walls. The purpose is to prevent blood vessel blockages and future heart attacks.

But statins cannot save your life. High cholesterol is not a disease that needs drug treatment. High cholesterol may be a warning of an unhealthy lifestyle, except in rare cases of genetic issues. When you change your life, you can change your cholesterol levels – without dependence on potentially harmful drugs.

Let's not forget that statins come with side effects. Some of the most common side effects include headache, nausea, vomiting, constipation, diarrhoea, weakness, and muscle pain. Statin warnings caution users about possible mental confusion, memory loss, high blood sugar, and type 2 diabetes side effects.

In rare, serious cases, side effects may include muscle inflammation, elevated CPK levels that can cause muscle pain and weakness, and rhabdomyolysis, a painful muscle condition that can affect the kidneys.

Research indicates that almost one in five statin users suffer from side effects. The only side effect of changing your life is renewed health.

### **WHAT DOCTORS SAY ABOUT STATINS**

It may comfort you to know that not every physician is behind statin use. Statins start arguments among health experts: Some





believe statin use is essential to prevent heart disease and stroke. Other health professionals feel quite the opposite.

Dr. Haroun Gajraj is a vascular surgeon who thinks that statins are not necessary for heart health. He says, "After looking more closely at the research, I'd concluded that statins were not going to save me from a heart attack and that my cholesterol levels were all but irrelevant."<sup>1</sup>

How did this respected surgeon come to this conclusion? From his account, Dr. Gajraj discovered that he had extraordinarily high cholesterol levels in a routine health checkup eight years ago. His blood cholesterol was almost twice the recommended maximum amount.

Dr. Gajraj was prescribed statins, intended to lower cholesterol and possibly prevent heart disease and stroke. He took this medication for eight years to manage his condition. After examining the research further, he decided that statins were not the answer to prevent a heart attack.

Once Dr. Gajraj quit taking statins, he had his blood tested again. His new blood cholesterol level after three months off statins was lower than his blood cholesterol had ever been on medication. What did this surgeon do to change his cholesterol? Dr. Gajraj chose to eliminate

sugar and starchy carbs and eat healthy animal fats.

He explains, "Just lowering cholesterol with drugs without sorting out the dietary and lifestyle factors that actually cause heart disease is nonsensical."

### 3 SIMPLE STEPS FOR NORMAL CHOLESTEROL

These simple lifestyle changes apply to cholesterol, as well as serious health conditions like stroke, Alzheimer's disease, and most heart diseases.

**Show this plan to your doctor before you agree to a statin prescription:**

#### 1. Supplement with missing nutrients.

Cholesterol has long been blamed for heart disease, but it is not the real enemy. Research now shows that cholesterol is not the primary cause of heart disease: You can blame oxidation and inflammation. Missing nutrients are needed to calm inflammation and prevent oxidation that can cause cholesterol to harden in the arteries. Fat-soluble antioxidant Coenzyme Q10 is essential to the healthy function of every cell in the body; low levels of CoQ10 have been linked to high blood pressure, heart attack, angina, and even obesity.

**2. Stop eating starchy carbs.** What you eat directly affects inflammation and oxidation in your body, contributing to hardened cholesterol in the arteries. If you are considering statins, it is now more important than ever to stop eating starchy carbs and high sugar foods and drinks. These unnatural foods are the main cause of heart disease and other chronic health conditions.

**3. Walk for a minimum of 5 miles a day.** Exercise is one important and natural way to strengthen your health. On the road to heart health, daily physical activity can't be overlooked. Begin walking every day and build up to a goal of 5 miles per day. Once you reach this goal, continue walking at a fast pace using Nordic poles. Daily, low-impact exercise like this relieves stress and

strengthens the circulatory system.

We now know that statins aren't the solution for a healthy heart. More than 55 per cent of doctors are against the levels of statins currently prescribed and would not recommend the medication for themselves or their families.

Your heart does need support to continue beating strong for the rest of your life. Lifestyle changes are essential. Exercise lays the foundation. Supplementing with essential nutrients like CoQ10 can restore heart function.

Your heart needs extra CoQ10 to ward off disease and attack. Statins can inhibit CoQ10 absorption through the diet. Strong, healthy heart tissue requires a large amount of energy to beat regularly – meaning that it needs the largest amounts of CoQ10 to function optimally day after day. CoQ10 supplements have been proven to greatly benefit those with failing cardiac systems by providing noticeable strength and vigor.

### Recommended Products

#### UB8Q10 UBIQUINOL

**This is the most powerful Co-Enzyme Q10, upto x8 better absorbed compared to ordinary CoQ10. Each 50mg softgel is the equivalent of taking 400mg of ordinary CoQ10. Derived from KanekaQ10, the world's most researched and recognised CoQ10. Note this is a Gelatin softgel.**



#### HYSORBQ10

**For a Vegetarian CoQ10 choose Hysorb, upto x4 better than ordinary CoQ10. Each cap is the equivalent of taking 200mg of ordinary CoQ10. Made using a Bio-enhanced CoQ10, suitable for vegetarians.**



### Sources

1. "Why I've Ditched Statins for Good." *The Telegraph*.



# *Your doctor is* **WRONG ABOUT IODINE**

## One critical mineral your body can't live without

**I**odine is found in every cell of your body. It is essential for life and plays an important role in the prevention of chronic disease. It is no surprise that most people are iodine deficient. Modern disease is on the rise, yet it is easy to prevent and manage when you supplement with missing nutrients.

Sadly, many doctors are wrong about iodine. Your doctor may tell you not to eat high-iodine foods or take food state supplements. This attitude is dangerously misinformed. It may be true that you should avoid potassium iodide supplements, but your body needs iodine in food and from an absorbable supplement to survive.

### **IODINE IS ESSENTIAL FOR EVERYONE**

Thousands of years ago, the thought of iodine deficiency was not even an issue. Our ancient ancestors drank water and ate food grown in soil that was rich in minerals. Our modern diet is severely lacking. Foods grown in commercial agriculture come from depleted soil. Processed foods only contribute to widespread iodine deficiency.

It's safe to say that your body is not getting the minerals it needs.

Iodine plays a critical role in the body. As a powerful antioxidant, it helps to prevent oxidative stress. Oxidative stress caused by free radical damage will lead to

chronic disease in the long-term, including diabetes, arthritis, and atherosclerosis. Iodine also supports thyroid function. Compromised thyroid health can contribute to heart disease.

Iodine is so important to the body that it is recommended by the American Academy of Pediatrics before birth. According to the 2014 *Pediatrics* report, Iodine Deficiency, Pollutant Chemicals, and the Thyroid: New Information on an Old Problem, researchers confirm that up to one third of pregnant women are likely to be iodine deficient.<sup>1</sup>

Pregnant and lactating women need ample amounts of iodine, yet the AAP estimates that only 15 per cent of this group takes adequate iodine supplements. Taking an iodine supplement can help pregnant women to produce thyroid hormone to support a baby's brain



development.

In more serious cases of iodine deficiency, untreated hypothyroidism in infants can cause permanent brain damage. Milder cases of hypothyroidism in infants can affect cognitive development. A pregnant mother and baby with low iodine levels will be vulnerable to the effects of some environmental pollutants. The AAP strongly recommends an iodine supplement for all women of childbearing age, especially pregnant and breastfeeding women.

The World Health Organization supports these findings and calls iodine essential to healthy brain development in babies and young children. The WHO strongly recommends an increase in iodine during pregnancy to provide enough of this mineral to the fetus.

Iodine can also help to protect breast health. Low levels of iodine have been linked to fibrocystic breast disease. Researchers have observed an increase in autoimmune and non-autoimmune thyroid diseases in patients with breast cancer.<sup>2</sup>

### IODINE DEFICIENCY CAN ALSO CAUSE:

- Dry, itchy skin
- Dry eyes
- Exhaustion
- Restless sleep
- Unexplained weight gain
- Cold hands and feet
- Muscle pain
- High cholesterol
- Indigestion caused by low stomach acid
- Ovarian cysts and polycystic ovarian disease

People of all ages need organic iodine as a supplement. Based on the research above, it is clear that women need higher doses of iodine than men. Iodine

is especially important for children to support healthy growth and prevent learning disabilities.

### HOW MUCH IODINE DO YOU REALLY NEED?

To say that there is confusion surrounding iodine recommendations would be an understatement. Your doctor may tell you to stay away from excess iodine, including potassium iodide tablets which may damage the thyroid.

Your body needs a small amount of daily iodine to support robust health: 3.6 mg per day.

Taking in iodine through the diet is a good start, but problems quickly arise. Kelp and kombu seaweeds are some of the best food sources of iodine. However, organic iodine found in kelp and kelp tablets may not be well absorbed by the body. Iodine from food can be easily flushed from the body by chemical toxins. Fluoride is one of the biggest contributors, found in toothpaste and the water supply. When fluoride enters your body from tap water, it automatically leeches much-needed iodine.

To get this amount of organic iodine from kelp tablets, you would need to take nearly 20 tablets per day. You would need to eat 2 cups of kelp or kombu seaweed a day to reach 3.6 mg intake. For many people, this goal is unattainable. Purchasing this much raw kelp can be expensive. Taking an effective iodine supplement is more cost-effective and convenient.

Bioavailable iodine drops will cut through all of these iodine absorption problems. This iodine is not like the antiseptic iodine you can find in commercial products. Consumable iodine in the atomic form rather than

the molecular form stays “charged” until it is consumed. Then, atomic iodine will gradually release its energy over a two to three hour period. As it travels through the body, it will be absorbed as the same valuable iodine produced by the thyroid.

This synergy is what your body needs to fully use iodine. Atomic iodine must also be taken with selenium as an important cofactor.

If you are currently iodine deficient or are suffering from an iodine-related health issue, the effects of an iodine supplement will be immediate. You may notice a boost in energy just days after taking atomic iodine. Over the years, a powerful iodine supplement can clear chronic health issues and ward off disease.

Iodine deficiency has an easy fix. Use consumable iodine to restore your health.

### Sources

1. AAP Recommendations on Iodine Nutrition During Pregnancy and Lactation. *Pediatrics* 2014; 134:4 e1282.
2. *Breast Cancer Res.* 2003;5(5):R110-3. Epub 2003 Jun 5.

### Recommended Products

#### NASCENT IODINE

**Nascent Iodine is recognized by the body as the same iodine that is recognized 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.**



A photograph of a woman and a man sleeping peacefully in a bed. The woman is in the foreground, resting her head on a white pillow, wearing a white nightgown with a blue floral pattern. The man is in the background, also sleeping, wearing a light blue shirt. The scene is softly lit, creating a calm and restful atmosphere.

# *Major sleep* **PROBLEMS SOLVED**

Good sleep is essential for everyone

**S**leep is something we take for granted. We expect to go to bed and rest each night after a long day of work, but how much rest are we actually getting?

Sleep is a precious commodity in the Western world. In a 2013 Travelodge survey, researchers discovered that 27 per cent of Britons got less sleep than they did the previous year. 65 per cent of adults in the UK averaged six hours and 27 minutes of sleep a night, one hour and 33 minutes shy of the recommended eight hours.<sup>1</sup>

Around the world, other countries clocked in with lower than average sleep rates, such as Japan with an estimated seven hours and

14 minutes of sleep on weekdays. This is compared to countries on the higher end of the scale, like China with sleep averages of more than nine hours per weekday.

Sleep deprivation is common, more common than many of us would like to admit. If you spend the night tossing and turning or have trouble getting to sleep, this issue needs to be addressed right away. Every night that you spend lying awake is another night that compromises your health. Getting enough sleep is the foundation of a long and happy life.

## **YOUR BRAIN ON POOR SLEEP**

Your body needs sleep to repair, restore,

and rejuvenate. The plain truth is that most of us do not make sleep a priority because of work, family, and daily stress. But as your sleep habits are compromised, so is your quality of life. You may find it harder to focus and stay present. A lack of sleep will quickly start to wear on you with obvious effects.

Your brain needs sleep to function optimally. Sleep also helps your body age gracefully and supports overall health. The National Sleep Foundation confirms that shorter sleep times have been linked to an increased body mass index and risk of obesity, diabetes, heart problems, memory decline, and psychiatric conditions such as





depression and substance abuse.

Good sleep is serious. Researchers Michael H. Bonnet and Donna L. Arand explain, "There is strong evidence that sufficient shortening or disturbance of the sleep process compromises mood, performance and alertness and can result in injury or death. In this light, the most common-sense 'do no injury' medical advice would be to avoid sleep deprivation."<sup>2</sup>

Your sleep-deprived brain is a scary sight. After a night of poor sleep caused by a work deadline or anxiety, you may notice the effects right away. You may wake up irritable and exhausted. You may have trouble focusing on everyday tasks as you start work in the morning. By the time the midafternoon slump hits, you may find yourself forgetful and confused. It will be a chore to maintain your focus and make it to the end of the day.

It's not just your imagination. Research has proven that a lack of sleep has a direct effect on brain health. Sleep loss can kill brain cells and lead to irreversible

brain damage, according to a 2014 study published in the *Journal of Neuroscience*.<sup>3</sup>

The study detailed the phenomenon of what is called 'extended wakefulness.' University of Pennsylvania Center for Sleep and Circadian Neurobiology researchers discovered that this prolonged wakefulness can damage brain cell locus coeruleus (LC) neurons needed to keep the body awake and alert.

The study observed the brains of mice in sleep conditions similar to shift work or late nights. Disrupted circadian rhythms in the mice caused LC brain cells to degenerate and die. Following just three days of sleep deprivation at four to five hours per night, mice exhibited a 25 per cent decline in LC neurons. More research is needed to confirm the same effects in humans, but researchers have linked sleep deprivation with irreversible brain injury.

## 2 COMMON SLEEP PROBLEMS SOLVED

It's one thing to understand that your brain and your body need sleep to thrive. It's quite another thing when your body won't cooperate to give you the sleep you need.

**On the road to good sleep, you're likely to run into two common problems:**

1. Trouble getting to sleep.
2. Trouble staying asleep.

If you have difficulty getting to sleep there is a simple solution. This issue is most often caused by too much mental stimulation before bed and lack of melatonin. A topical magnesium cream rich in natural plant melatonin can calm anxiety and prepare your body for sleep.

Trouble staying asleep? Natural, sleep-inducing compounds like L-tryptophan, L-theanine, vitamin B3, and vitamin B6 can lower cortisol and support healthy sleep patterns and manage stress.

This powerful sleep formulation can

work wonders if you find yourself waking in the night. Wakefulness, restlessness, and difficulty staying asleep are all caused by too much cortisol, a stress hormone released in the body throughout the day. When your body cannot effectively control this hormone, your sleep will suffer. You may fall asleep easily, but cortisol will wake you up again.

Balanced cortisol levels for deep sleep come from the right combination of B vitamins. Vitamins B3 and B6 buffer the stress response in the body and get cortisol under control. Taking these B vitamins throughout the day can promote relaxation. When taken before bed, vitamins B3 and B6 will regulate stress to make sleepless nights a thing of the past.

### Sources

1. *The Weekend Lie-in Has Been Laid to Rest as We Become a Nation of Snoozesters.* Marketwire.
2. "How Much Sleep Do We Really Need?" National Sleep Foundation.
3. *The Journal of Neuroscience*, 19 March 2014, 34(12): 4418-4431; doi: 10.1523/JNEUROSCI.5025-12.2014

### Recommended Products

#### GOODNIGHT MAGNESIUM LOTION

Unique blend of Magnesium lotion, MSM and Melatonin in a base of certified Organic Oils.



#### RELAXWELL

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



# *Solving Diabetes Type 2 in 27 Days*

## BOOK REVIEW

BY BETHANY RAMOS

### Diabetes lifestyle changes for a new life

**S**olving Diabetes Type 2 in 27 Days is a book I had been dying to read. I had spent many years trying to manage my health and blood sugar, to no avail. When I saw that this book covered the science of a non-inflammatory lifestyle to prevent and control diabetes, I knew it contained the information I needed for my pre-diabetes risk factors.

Right out of the gate, Robert Redfern did not disappoint. Concerning diabetes, he stated:

"The fact is that diabetes is a 100 per cent lifestyle condition caused by eating bread, pastry, cookies, breakfast cereals,

pizzas, white rice, high sugar foods, potatoes, parsnips, sugary drinks, and pasta."

Would you believe that this was the first time I had heard this information explained before? Of course, I had always listened to my doctor about cleaning up my diet to manage blood sugar, but I was given very little direction. I tried to read about diabetes diets on my own, but again, the information was unclear.

I have always thought myself a healthy eater, but Robert Redfern made it plain that carbohydrate-rich foods in my diet were causing the problem. I had to give up my love of unnatural foods, including dairy, if I wanted to remedy my health condition.



The book provides a simple solution as to why diabetes is fast becoming a modern health epidemic:

"Anyone who avoids these unnatural foods and supplements with the missing nutrients does not suffer from diabetes."

Unnatural foods and missing nutrients are issues I am all too familiar with,





both for myself and my family. I have seen many loved ones struggle with this dangerous condition – as Robert Redfern calls diabetes, a “silent killer.” His book states that a diagnosis of diabetes is unacceptable, especially with age. This dangerous disorder and fifth-leading cause of death can cause numerous related health conditions and complications.

*Solving Diabetes Type 2 in 27 Days* provides hope for rehabilitation and potential long-term recovery in just 27 days.

### DIABETES HAS A “CURE”

I greatly appreciated Robert Redfern’s book

because it gives a full picture of diabetes as a health issue, along with a 10 step rehab plan. The book begins by exploring diabetes, hypoglycemia, hyperglycemia, the pancreas, the liver, and insulin.

The three main types of diabetes are covered: type 2, type 1, and gestational diabetes, along with secondary diabetes.

Robert Redfern makes it clear that his book addresses type 2 diabetes, diagnosed in up to 90 per cent of cases. Type 2 diabetes differs from type 1 diabetes since the pancreas can secrete insulin, but cells are not able to utilize this hormone. This is called insulin resistance. In comparison, type 1 diabetes is diagnosed when the pancreas can no longer produce insulin. Robert Redfern cautions that his rehabilitation plan should only be used by type 1 diabetics under the care of a health professional.

**Through his rehabilitation plan, Robert Redfern provides hope of a “cure” for diabetes with the following explanation:**

“Cure is a medical term, and medicine does not offer any cures. However, everything has a cause. Take away the cause, apply the science of a non-inflammatory lifestyle, and your body will be able to repair itself with a little bit of help.”

What I took away from this is that it is totally possible to renew your health if you are willing to make the changes. Since diabetes is an inflammatory lifestyle condition (referring to type 2), there is great hope in making lifestyle changes. Robert Redfern’s sensible plan gives the body the critical nutrients it is missing to regenerate health and sustain recovery through new lifestyle changes.

As an important note, Robert Redfern points out the genetic paradox of diabetes. Many people mistakenly believe diabetes to be a death sentence if it runs in the family; I have long felt the same way

about my heritage. The book explains that while it is possible to inherit genetic risk factors for type 1 diabetes, both diet and viral infections have serious impact on the development of the disease. Genetics can also influence type 2 diabetes, but lifestyle modifications can help to avoid the condition altogether.

**Remember:** “Type 2 diabetes is related to poor lifestyle choices. Type 2 diabetes can be improved and even ‘cured’ by improving upon these choices.”

### DIABETES REHABILITATION: WHERE TO BEGIN

If you’re anything like me, you will be chomping at the bit to begin on your diabetes rehabilitation plan after reading this book. If your health is already poor, Robert Redfern’s Diabetes Type 2 Rehabilitation Plan will point you in a new direction.

**The health plan covers how to:**

1. Clear inflammation, balance blood sugar, and promote healing.
2. Strengthen the immune system.
3. Supplement missing nutrients.
4. Drink enough water.
5. Avoid unnatural foods.
6. Eat really healthy foods.
7. Walk and move daily.
8. Breathe properly.
9. Stimulate acupressure points.
10. Get out into the sun as much as possible.

Truly, there is hope for a debilitating condition like type 2 diabetes. I know this after reading the book and putting the rehabilitation plan into practice. I can tell you from personal experience that these lifestyle changes are never easy, but they are rewarding. As *Solving Diabetes Type 2 in 27 Days* promises, it is almost impossible not to see a change in your health after putting Robert Redfern’s plan into practice.



# BREATHE EASY: *Healthier lungs for a healthier life*

Pulmonary rehabilitation offers natural lung support

**B**reathing difficulties are frightening and frustrating. Many sufferers of chronic lung conditions have been plagued with health issues their entire life. You may not know what it's like to take a deep breath and breathe easy. You may not know what it's like to go on a walk without assistance or coughing and wheezing.

Thankfully, all of that can change. Your lung health can be rehabilitated.

*"Pulmonary rehabilitation is a program of exercise, education, and support to help you learn to breathe – and function – at the highest level possible."* COPD Foundation.

## WHY HAS YOUR LUNG HEALTH DECLINED?

If you have been diagnosed with a chronic lung condition, you may have an explanation for your poor lung health. Otherwise, you may be experiencing a number of confusing symptoms that have progressed over time: chest pain, coughing, wheezing, difficulty breathing, mucus buildup, and more.

Many people are not aware that lungs shrink with age. This problem can be further exacerbated by poor nutrition, inflammation, underuse, and improper breathing patterns. Up to a third of all deaths are related to lung dysfunction.

Taking your lung health seriously is important. It could be a matter of life or death.

If you have suffered from a lung condition or related symptoms for years, it is possible that your anxiety levels have increased due to long-term breathing difficulties. Anxiety can influence daily breathing patterns. A sufferer of lung disease may breathe in anxious patterns that further deprive the body of oxygen and contribute to lung dysfunction.

Yet the prime contributor to lung decline is inflammation, related to lifestyle choices. Chronic inflammation has been directly linked to chronic disease. Eating sugary and



starchy foods in a nutritionally deficient diet can cause an inflammatory cascade throughout the body. A common lung condition like COPD, the fourth leading cause of death in the Western world, may occur secondary to chronic inflammation.

Emphysema is another devastating yet common lung condition with a root in inflammation. Emphysema may be caused by eating too many starchy foods or dairy products, coupled with a weakened immune system, air pollution, and often smoking. A nutrient-poor diet contributes to emphysema and can increase risk of lung infection.

Other chronic lung health conditions caused or worsened by inflammation include bronchitis, pulmonary fibrosis, bronchiectasis, pneumoconiosis, cystic fibrosis, chronic cough, bronchial asthma, and pulmonary tuberculosis.

Each of these lung conditions is unique in its risk factors and symptoms, and each has a serious effect on overall health. Even a genetic condition like cystic fibrosis, which currently does not have a cure, can be made worse by a poor diet with essential mineral deficiencies. Sufferers of cystic fibrosis can see great improvement through lifestyle changes within a pulmonary rehabilitation plan, in many cases.

### WHAT CAN PULMONARY REHABILITATION DO FOR YOU?

*"Any person with a chronic lung disease might benefit from pulmonary rehabilitation."* Cleveland Clinic.

Make changes to your life, and it is almost impossible not to see an improvement in your lung health. Remember, chronic inflammatory triggers like starchy foods, dairy products, nutrient deficiency, infection, improper breathing, pollution, and smoking can contribute to lung disease. In the majority of cases, eliminating these triggers will help lung symptoms to clear up noticeably.

What does optimal lung health look like? Aim to reduce anxious breathing to

an average of six breaths per minute in a relaxed state. Pulmonary rehabilitation can help you meet this goal.

Pulmonary rehabilitation is a lung treatment with more than 30 years of clinical backing. Sufferers of chronic lung disease and those with lung decline can benefit from this step-by-step plan - to restore lung function and reduce dependence on medication. Charles Denison documented the first pulmonary rehabilitation plan in 1895.

### 3 WAYS TO PRACTISE PULMONARY REHABILITATION TODAY

Pulmonary rehabilitation is a 10 step plan and lifetime commitment to lung health. Every change that you make in your life moves you one step closer to restored lung function.

**You can improve your lung health by taking three important steps today:**

1. Learn relaxed breathing.
2. Cut out inflammatory foods.
3. Supplement missing nutrients.

Relaxed breathing provides your body with the oxygen it needs to survive. To learn relaxed breathing, start by lying flat on your back with a small object on your navel, like a book:

- Breathe deeply through the nose and fill your stomach with air.
- Hold the in-breath for a count of 4.
- Exhale through the nose and watch your stomach deflate.
- Use the object on your stomach to track proper breathing, in and out through the diaphragm; your chest should not move.
- Try this new breathing technique as often as possible until it becomes a habit.

Day after day, unnatural foods like starchy carbohydrates and dairy products make lung inflammation worse. It cannot be over-stated how important it is to cut unnatural carbohydrates out of your diet, like cookies, breads, pastries, cereals, pasta, and potatoes, if you want to improve

lung health. These foods can be replaced with Really Healthy Foods and essential nutrients needed to support lung recovery.

Essential nutrients are the final step of your lung renewal. It would not make sense to ask your body to repair itself without providing the nutritional support needed for rehabilitation.

Lung health nutrients are powerful in their ability to recover lung function. A potent combination of Serrapeptase, Curcumin, Ecklonia Cava extract, and Vitamin D3 is the number one supporter of lung health. Your body also needs the critical mineral iodine to support all lung conditions, especially fibrosis. Iodine can't work without the cofactor selenium to aid in cellular protection and regeneration.

Your lung health depends on these nutrients. Your body can't produce many essential nutrients on its own, including the trace mineral selenium. Powerful nutrients can strengthen lung health and immune function to ward off further infection. Nutritional support can help you to breathe easy again.

### Recommended Products

#### SERRANOL

**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 recognized 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.**

# Pink is not just for girls!

Think Flamingos. Think Salmon.  
Think Shrimp. Think Pink!

What have they all got in common? AstaXanthin.



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

It is a Carotenoid which is produced by plants (and some animals) as part of their survival mechanisms and is:

- X65 more powerful than Vitamin C
- X11 stronger than Beta Carotene
- X550 more effective than Vitamin E
- Able to cross the 'blood-brain' barrier

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

AstaXanthin™ is a registered trademark of Good Health Naturally

## Get your D3 and K2 in ONE!



VITAMIN D COUNCIL CONSIDERS 50% OF GLOBAL POPULATION TO BE DEFICIENT IN VITAMIN D & MANY HEALTH CONCERNS ARE LINKED WITH THIS DEFICIENCY.

**200iu Vitamin D3 and 20mcg Vitamin K-2 MK7 per spray. 1 bottle lasts approx 30 days (5 sprays per day).**

Vitamin D contributes to: normal absorption of calcium and phosphorus, normal blood calcium levels, the maintenance of normal bones, maintenance of normal teeth, maintenance of normal muscle function and to the normal function of the immune system.

Vitamin K contributes to: normal blood clotting and to the maintenance of normal bones, K2 is the most bio-available form of Vitamin K.

Made with VITASHINE, the world's first fully Vegan & Vegetarian suitable Vitamin D3 (Cholecalciferol), 100% plant-source. Registered and reviewed with Vegan & Vegetarian societies.

VITASHINE is the result of years of research, results validated by leading experts including the University of Sterling! Taste free, suitable for all the family.



**RESEARCH SHOWS THAT VITAMIN D3 / K2 ARE A FORMIDABLE FORCE!**

**Vitamin D3 starts the job, Vitamin K2 finishes it!**



# FIGHT INFLAMMATION AND HEAL PAINFUL LEG ULCERS

Advanced healing for leg wounds and venous ulcers

**A** venous ulcer is a type of wound that can appear on the legs. An ulcer will grow when veins in the legs no longer efficiently pump blood back to the heart. If you experience this venous insufficiency, you may notice ulcers that form on the lower leg, normally above the ankle and below the calf.

Venous ulcers are common because of poor circulation as you get older. Ulcers can be itchy and painful and may cause swelling. Once they appear, they can last for months or years. Skin around the ulcer may become discolored or hardened; a sore may produce unpleasant discharge.

Venous ulcers are something you should pay attention to. They often heal slowly. They can come back again and again if they are not properly healed.

## ONE 'MIRACLE' ENZYME HEALS FROM THE INSIDE OUT

Your doctor may have reasonable goals to reduce swelling, improve healing, and prevent ulcers from returning. But doctors often recommend medication and even surgery to deal with long-term venous ulcers.

Your success in relieving and healing a venous ulcer lies in your body's ability to calm inflammation. Serrapeptase is a

renowned anti-inflammatory enzyme that comes from the intestine of the silkworm. It has seen impressive results in clearing dead tissue for a long list of serious health conditions, including relief for Parkinson's disease, heart disease, kidney disease, cataracts, COPD, and more.

Serrapeptase has also shown impressive results when used to heal diabetic ulcers. To treat an open wound like this, Serrapeptase needs the support of one important partner.

## HYDROPHILIC GEL CAN PROTECT, CALM AND HEAL

Serrapeptase works below the surface of the skin, clearing inflammation and improving circulation. There is also inflammation at the site of a wound.

A chronic open wound is a sign of disrupted tissue healing. Tissue healing is automatically disrupted when free radicals form as an open wound is exposed. These free radicals perpetuate inflammation and slow down healing. A powerful hydrophilic gel applied to living skin around a wound can reduce pain and accelerate healing.

Accelerated healing is made possible by covering an ulcer with the hydrophilic gels moist, protective layer that does not absorb into tissue. This barrier protects damaged skin from toxins and bacteria. The gel

barrier takes the place of the skin that has been wounded and broken—it protects the site and lets the body heal itself again.

Hydrophilic gel on an open wound has one more important job. It cleans up the free radicals that cause pain and stop healing. Hydrophilic gel's free radical binding technology is very rare in a wound healing gel.

When used for venous ulcers, it outperformed other topical balms to heal chronic and acute wounds, as well as defects.

## Recommended Products

### SERRAPLUS+

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



### HEMAGEL

Powerful hydrophilic gel. Backed by two clinical trials to confirm the reliability, versatility and power of hydrophilic gel.



# HEALTH news

## WE SURVIVE DEATH, MAJOR SCIENTIFIC STUDY PROVES

Something of us survives death, a major study has concluded. Near-death experiences (NDEs) and out-of-body experiences (OBEs) are real and happen when the body has physically died.

Scientists have believed the brain can survive for no more than 30 seconds after the heart has stopped beating, but the new study reveals that people continued to have experiences some minutes after they had died.

After they were resuscitated, they spoke about seeing bright lights, or being beckoned by a guide, while others say they floated to the ceiling and continued to watch medical staff at work on their body.

One example, of a 57-year-old social worker who died on the operating table, recalled with vivid detail everything that was happening in the room, and the staff there confirmed afterwards that his description was accurate. He also recalled hearing two bleeps from a monitoring machine that makes a noise once every three minutes, so the researchers know he was 'dead' for between three and six minutes.

The study, by researchers at Southampton University, analysed 2,060 cases of cardiac arrest where the patient was declared dead for three minutes or longer. Of these, 46 per cent recalled experiences that continued after their death.

(Source: *Resuscitation*, 2014; doi: 10.1016/j.resuscitation.2014.09.004)

## PISTACHIOS TAKE THE STRAIN OFF THE HEART

Eating pistachios every day can reduce the effects of stress - and especially on the heart and arteries - for people suffering from type 2 diabetes, say researchers.

Two servings of the nuts each day lower artery restriction and strain on the heart, which can result from the typical stresses of the day, and this is especially good news for diabetics, who are already at risk of developing heart disease, say researchers from Penn State.

The nuts are rich in 'good' fats, fibre, potassium and antioxidants, which all contribute to a healthy heart and vascular system.

A group of diabetics undertook stress tests after eating a standard American diet high in saturated fats and then one that included 3 ounces of pistachios a day.

After eating the nuts for two weeks, the participants' blood vessels were more relaxed and open at the end of the stress tests. Blood pressure readings were also lower after eating the nuts.

(Source: *Journal of the American Heart Association*, 2014; 3(4): e000873)



## HEALTHY LIFESTYLE CAN ELIMINATE FOUR OUT OF FIVE HEART ATTACKS

The vast majority of heart attacks could be prevented by adopting a healthier lifestyle, such as exercising, eating better and not smoking, a new study has found. The changes could eliminate four out of five attacks in men.

Although it's hardly a secret that a healthier lifestyle can have an impact on cardiovascular health, the dramatic fall in the risk surprised even the researchers from the Karolinska Institute in Stockholm.

They discovered that four out of five - or 80 per cent - of heart attacks could be prevented in men who followed a healthier lifestyle.

They followed 20,721 healthy men aged between 45 and 79 years for 11 years, and assessed their lifestyle choices.

Those in the lowest-risk category were non-smokers who walked or cycled for 40 minutes a day, exercised at least one hour a week, had a waist measurement below 95 centimetres (37 inches), drank moderate amounts of alcohol, and ate a healthy diet of vegetables, fruits, nuts, whole grains and fish. These men had an 86 per cent lower risk compared to men with the unhealthiest lifestyles.

Obvious as all this may seem, just 2 per cent of Americans currently follow a healthy lifestyle.

(Source: *Journal of the American College of Cardiology*, 2014; 64: 1299-1306)





## SHORTNESS OF BREATH A NEW SYMPTOM OF HEART FAILURE

Scientists have discovered a new tell-tale sign of heart failure: a shortness of breath when you are bending over, such as when you're tying your shoe laces.

The scientists from UT Southwestern Medical Centre have even given a name to the symptom they discovered: bendopnea.

Breathlessness isn't a risk factor for heart failure, but a symptom that the condition may be worsening, they point out. Around 10 per cent of patients living with heart failure have an advanced condition, and bendopnea may be an indicator.

Patients they've identified with bendopnea have a build-up of fluids that raise blood pressure levels.

(Source: *Journal of the American College of Cardiology: Heart Failure*, 2014; 2: 24)

## EATING OUR FIVE-A-DAY IMPROVES OUR MENTAL HEALTH TOO

Eating our five-a-day is supposed to be good for our bodily health - but it seems it is just as good for our mental wellbeing too.

People who don't eat their fruit and vegetables are far more likely to suffer 'low mental wellbeing', which is linked to mental illness and mental health problems, such as depression.

Conversely, those who eat at least five servings a day are more likely to be optimistic, happy, have high self-esteem, be resilient and have good relationships with others. 'High mental wellbeing' not only protects against common mental problems, it also impacts positively on our general health, too, say researchers from the University of Warwick.

In an assessment of the mental health of around 14,000 participants, the researchers say that a healthy diet is only one factor in determining our sense of wellbeing, but when it comes to our mental outlook, it's an overlooked one.

(Source: *BMJ Open*, 2014; 4: e005878)



## STOP BREAST-SCREENING THE OVER 70S, NEW STUDY URGES

Breast-screening for the over-70s does more harm than good. It doesn't prevent deaths from breast cancer, but it does initiate over-diagnosis and over-treatment - and a great deal of unnecessary worry, a new research paper has concluded.

Routine mammography breast cancer was extended to women aged between 69 and 75 in 1998 in the Netherlands, and Dutch national guidelines now recommend screening for all women up to the age of 75.

But is the new strategy doing any good? Researchers from Leiden University Medical Centre analysed data from the women screened from 1995 to 2011 who fell into the older age group, and then compared them with women aged 75 and older, and who were exempt from screening.

They discovered that for every case of early advanced cancer that was detected, 20 'false-positives' - or cancers that were wrongly detected - were also identified. Despite the wrong diagnosis, the woman invariably endured months of unnecessary treatment, which may have included chemotherapy and even mastectomy, or breast removal.

A more sensible approach is needed, say the researchers. Instead of a blanket screening programme for the older woman, doctors need to individually select those women, based on breast cancer risk profile and life expectancy.

(Source: *British Medical Journal*, 2014; 349: g5410)

## APPLE AND FACEBOOK WRONG TO OFFER 'EGG FREEZING', SAYS UK FERTILITY EXPERT

Apple and Facebook are offering to pay for female employees to have their eggs frozen - but it's a procedure that results in a live birth in just 8 per cent of cases, says the UK's leading fertility expert, Lord Robert Winston.

The two technology giants are playing into the hands of commercial interests that are 'grossly overselling' techniques that have very little practical chance of producing a baby, he told a Birmingham University seminar recently.

He criticised the Human Fertilisation and Embryology Authority for being too lenient on the providers, who were over-promising the likely outcome. In fact, just 8 per cent of births result from fertility treatments from frozen eggs.

(Source: *Birmingham City University*)

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



# THE POWER OF THE *Krill Miracle*

## Pure omega-3s, free from harmful toxins.

**Y**our body needs omega-3s to stay alive. These healthy fatty acids are what your body craves to function optimally each day. Omega-3s support healthy triglyceride levels. They can reduce the risk of heart disease, ease stiffness and joint pain, support brain health with benefits for depression and bipolar disorder, and provide foundational neurological and visual development in infants.

If you're eating a Really Healthy Foods diet, you may assume that fish are the best source of omega-3s. Important omega-3s like DHA and EPA can be found in some fish; the omega-3 fatty acid ALA can be found in nuts and seeds.

Fish are recommended on a Really Healthy Foods diet: 3 to 4 portions of oily fish per week, and wild caught is preferred. But with fresh fish comes the risk of contamination. Research suggests that eating large amounts of fish can expose

you to a wide range of toxins and industrial pollutants. This includes heavy metals, radioactive poisons, mercury, and PCBs. Fish and shellfish consumption should be monitored for this reason among pregnant and nursing women and children.

Wild caught, oily fish like salmon are best, but even wild caught fish contain some mercury. The truth is that oceans, rivers, and lakes are polluted, and this affects our food supply. Eating fish several times a week does pose some risk, along with the many omega-3 benefits it provides.



Fish are not the best choice for daily omega-3 intake. Daily omega-3s need to come from a safe and rich source. Instead of taking a fish oil capsule that may come from polluted waters, we must look deeper for a pure source of omega-3s.

### KRILL OIL IS THE REAL MIRACLE

Krill are the oceans' best kept secret. These tiny, shrimp-like crustaceans can be found in Southern Oceans. Southern Oceans are the only oceans in the world that are still preserved in their natural beauty. They have not yet been polluted by toxic heavy metals that can be found in most fish and fish oils.

Krill also provide a pure, super-rich source of omega-3, 6, and 9 fatty acids.

Pure krill oil is the safe daily omega-3 supplement you have been looking for. Compared to potentially toxic fish oil capsules sold in health food stores, rich krill oil is teeming with benefits.

#### Your body needs krill oil to:

- Reduce inflammation
- Balance healthy cholesterol lipid levels
- Balance liver function
- Strengthen immune support
- Improve blood sugar
- Improve mood and brain health

Pure krill oil from these Southern Oceans is bioavailable. This means that the omega-3s DHA and EPA in krill oil are better used by the body since they are bonded to phospholipids instead of triglycerides. Pure krill oil as a supplement protects the body from harmful outside toxins with superior resistance to rancidity. Even better, krill oil does not have the same fishy aftertaste as other fish oils.

### YOUR BODY CRAVES THIS HEALTHY FAT

If there's one thing that will motivate you

to commit to a daily omega-3 supplement like krill, it's the health of your brain. Most of us don't realize that the brain is made up of 60 per cent fat. In fact, you may have been "brain-washed" like the rest of us to believe that fat is the enemy of a healthy diet.

This couldn't be further from the truth. Fat is in your brain. High levels of fat have been detected in brain cells, neurons, and the nervous system to provide structural support. Fat in brain cells is essential in order for nerve cells to communicate. Low levels of the omega-3 fat DHA have been associated with depression, schizophrenia, bipolar disorder, Alzheimer's disease, and memory loss.

Experiencing brain health decline is scary. Fortunately, neurodegenerative disorders like this can often be prevented and even corrected with the right choice of supplement. In a study conducted on lab animals, the daily consumption of krill oil helped to boost learning and working memory with benefits as an anti-depressive substance.<sup>1</sup>

Krill oil's beneficial omega-3 effects on the body are well-documented. Krill oil showed significant results in decreased inflammation and reduced arthritic symptoms within a short study treatment of just 7 to 14 days.<sup>2</sup> Krill oil supplements have been proven effective in reducing cardiovascular risk factors by lowering serum triglycerides without increasing LDL cholesterol in adults with borderline to high triglyceride levels.<sup>3</sup>

### IT'S ALL IN THE DELIVERY

With the wide range of krill supplements on the market, it's hard to know which capsule will give you the most omega-3 protection from daily use. Before you choose a supplement, consider your krill

delivery system.

Pure krill oil is best taken in a capsule. Krill vegetable licaps are formulated with improved technology to fully enclose precious nutrients. This protective vegetable licap formula prevents leakage, tampering, and oxidation. Vegetable licaps are airtight. Nutrients stay fresh until they are delivered throughout your body.

Vegetable licaps are widely considered the superior krill delivery system. Licaps enhance shelf-life through a specialized sealing process. Krill oil taken in a licap will not be compromised - ensuring that the protective fatty acids do everything your body needs them to do.

Daily antioxidant and omega-3 intake is hard to come by. Even with a Really Healthy Foods diet, your body is in need of this krill support. Powerful, pure krill oil licaps make it easy to get the most out of your omega-3s.

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### Recommended Products

#### THE KRILL MIRACLE

The Krill Miracle is a super-rich source of omega-3, 6, and 9, which contains DHA and EPA that contribute to the maintenance of normal vision and normal function of the heart. It is now available in a vegetable licap, which means it is suitable for everyone.





# 10 WAYS THAT SILVER CAN *Improve your health*

## Now you can fight infection at the source

**H**ave you ever considered silver an important part of balanced health? Silver sol is doctor recommended and backed by extensive scientific evidence. Silver sol has been used by tens of thousands of people as primary immune support.

You may be familiar with silver as a shiny metal, but as a pH balanced supplement, it is so much more. pH balanced Silver sol is a new antimicrobial solution made of 0.001 per cent elemental silver and 99.999 per cent pure water.

In this form, Silver sol is powerful. It has been proven to kill drug-resistant bacterial strains, stop the replication of pathogenic viruses, and restore health. Silver sol can be

taken topically or orally without any side effects. Specially engineered silver sol can change the way your body fights infection.

### THE MODERN ANTIMICROBIAL SOLUTION

Silver is a common medicinal remedy. Therapeutic silver has been around for centuries. It was made popular because of its antimicrobial benefits when used in silverware, silver milk pails, silver coins in wells, and silver to disinfect newborn's eyes.

Silver has established antimicrobial properties. Compared to these age-old therapies, today's use of antimicrobial silver sol is more potent than anyone could have imagined.

pH balanced silver sol is the next level of antimicrobial silver - with the ability to inhibit and even kill a wide range of pathogenic bacteria, like the dangerous, drug-resistant strain MRSA.<sup>1</sup> Silver sol has been proven to kill *Shigella boydii*, *Escheria coli*, *Haemophilus influenzae*, *Klebsiella pneumoniae*, *Enterobacter aerogenes*, *Pseudomonas aeruginosa*, and *Streptococcus pneumonia* bacteria.

Silver sol passes each new clinical test with flying colors. Researchers now consider this silver a "broad-spectrum antimicrobial agent." Dr. Ron Leavitt, Professor of Molecular Biology and Microbiology at Brigham Young University, confirms that there are no potentially pathogenic bacteria that silver sol has not killed to date.<sup>2</sup>



## 10 AMAZING HEALTH BENEFITS OF SILVER SOL

Some of the many therapeutic health benefits of silver sol include:

**1. Anti-fungal:** Silver sol can be applied directly to yeast infections on the body, such as in the underarms or vagina. Silver sol can be taken internally to treat muscle pain, digestive issues, and symptoms like attention deficit disorder, depression, headaches, and autoimmune dysfunction caused by yeast and fungal infection.

**2. Anti-tumor:** According to Dr. Gordon Pederson, a tumor may stem from a number of root causes. Dr. Pederson recommends that patients diagnosed with a tumor drink 1 to 4 ounces of silver sol a day, sipping every hour for the first 4 to 8 hours. Then, continue to drink 2 ounces a day over the next five days, 2 tablespoons in the morning and 2 tablespoons at night. Visible tumors can benefit from topical silver sol application.<sup>3</sup>

**3. Antibiotic alternative:** Disease-causing viruses cannot be cured by pharmaceutical drugs. Viruses are often mistreated with antibiotics; pH balanced silver sol has been patented to reverse transcriptase and DNA polymerase viruses to interrupt replication, according to Dr. Pederson.<sup>3</sup>

**4. Bladder infection:** Silver sol taken orally with cranberry juice or juniper berries can treat bladder infection within 12 to 24 hours.

**5. Blood cleansing:** Silver sol is a known detoxifier and blood cleanser; silver sol can enter red blood cells to cleanse viruses, yeast, parasites, bacteria, and other toxins at the cellular level.

**6. Bronchitis:** Bronchitis may be bacterial or viral; silver sol can clear bronchitis

when taken orally, through a nebulizer, or as a nasal spray. Silver sol spray is recommended for chronic bronchitis prevention.

**7. Cancer:** Cancer patients should consult with a doctor concerning all new treatment options. However, silver sol has a wide range of applications for countless health conditions, cancer included. When women with breast cancer received a single 10 ppm dose of silver sol, 100 per cent normal tissue was detected during a biopsy 19 days after the injection.<sup>4</sup>

**8. Colds:** The common cold is a virus that can quickly replicate and produce excessive mucus. Silver sol taken orally or as a spray can reduce inflammation and congestion to halt the spread of the virus.

**9. Kidney disease:** Silver sol passes through the bloodstream, intestines, and kidneys unchanged to provide antibacterial and antiviral benefits. Silver sol can be used for kidney disease to disinfect and control infection.

**10. Wound healing:** Silver sol has widespread clinical application in topical wound healing. It can improve healing and reduce infection when applied to bruises, lacerations, cuts, burns, and even broken bones.

The health benefits of silver sol are impossible to ignore. Following years of research, doctors have begun to embrace this potent product to treat often devastating infectious disease. What's more, silver sol has been used in clinical settings to treat abscesses, acne, age spots, athlete's foot, bacterial infection, bad breath, bedsores, black mold, heart disease, cavities, irritable bowel syndrome, and more.

Silver sol has been created with a new molecular structure, unlike any silver product available to date. This new silver structure allows silver particles to be effectively transported throughout the body and excreted within just 24 hours. Silver sol taken as a patented supplement can be ingested daily without the risk of buildup in the body.

To see the greatest benefit to your health, silver must be quickly absorbed within the bloodstream. New silver sol delivery helps particles reach peak bloodstream absorption within just two hours. This patented formula provides all the benefits of medicinal silver - with maximum effectiveness and no known side effects.

What can silver do for your health?

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### Recommended Products

**HYDROSOL™ SILVER SPRAY 10PPM SILVER**

**HYDROSOL SILVER GEL 24PPM**

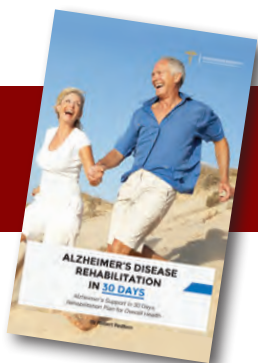
**Also recommended MSM + SILVER DROPS, blending 10ppm Silver with MSM and SILVERSOL TOOTHGEL, blending 22ppm silver with Xylitol and Natural Peppermint Oil (BPA free packaging).**



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# LOVE YOUR BRAIN? LOVE BRAINPOWER

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

**DHA alone contributes to the maintenance of normal brain function.**

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

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

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

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

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

**LOVE YOUR BRAIN? TRY BRAINPOWER**





# VITAMIN D

*One vitamin you're not getting enough of*

## Scientific errors reveal the truth about the sunshine vitamin

**V**itamin D has long been called the sunshine vitamin. Vitamin D got its catchy name because it is best absorbed by the skin through sun exposure without sunscreen. You can also get small amounts of vitamin D from your diet.

### THE REAL TRUTH ABOUT VITAMIN D

Within the scientific community, vitamin D has sparked a lively debate. The Vitamin D Council confirms that globally renowned medical journal *The Lancet* recently published two articles that contained significant errors about vitamin D.<sup>1</sup>

According to the Council, the articles erroneously argue that an association between vitamin D deficiency and a number of diseases, including cancer, is due to "reverse causation." Scientists hypothesize that sufferers of such diseases spend less

time in the sun and therefore have lower vitamin D levels.

Dr. Oliver Gillie, scientist and author, stood up for this misunderstood vitamin in his counter-argument published in the *Public Health Nutrition* journal. Gillie points out that "reverse causation" is a false conclusion. Scientists who detected negative results in a clinical trial on vitamin D supplementation can only prove that the vitamin did not heal a specific group of people. These trials do not explore the possibility of irreparable damage already caused by vitamin D deficiency.<sup>2</sup>

Dr. Gillie says, "They have made a mistake in scientific reasoning known to statisticians as type 2 error. I call it the gold standard fallacy."

According to Dr. Gillie, scientists did not account for the fact that chronic adult disease could be caused by childhood or teenage vitamin D deficiency. Once this

damage is done, giving vitamin D to a supplement group may prove fruitless.

Dr. Gillie points to an example of rickets, a bone deformation condition in children; the condition is caused by low levels of sun exposure and vitamin D. Rickets can only be corrected with the right vitamin D supplement in childhood during times of growth. During adulthood, vitamin D supplementation cannot change the condition as bones have already stopped growing.

Too little, too late. This paradox may explain a number of chronic diseases diagnosed in adulthood that do not respond to treatment. Serious conditions like multiple sclerosis have been associated with low levels of sun exposure in northern countries with long winters. Growing research suggests that vitamin D deficiency may be a major contributor to MS.

According to the Vitamin D Council,



vitamin D deficiency may be a possible or probable cause of a long list of conditions that include bone fractures, some heart problems, schizophrenia, autism, Alzheimer's disease, Parkinson's disease, Crohn's disease, celiac disease, rheumatoid arthritis, ulcerative colitis, chronic lymphocytic leukemia, and more.

## 5 IMPORTANT VITAMIN D BREAKTHROUGHS

The medical community is acknowledging what the health world has known for decades: Scientists now recognize the importance of vitamin D for essential health and disease-free living. Vitamin D is making headlines left and right to support its powerful effect on the body.

Here are five studies that may change the way you see vitamin D:

**1. Lung Cancer:** Research supports vitamin D to reduce the risk of lung cancer, with the support of vitamin A, among high-risk smokers and asbestos exposed workers.<sup>3</sup>

**2. Lupus:** Recent Clinical Rheumatology research discovered that low vitamin D levels in children with systemic lupus erythematosus can increase antibody levels and disease activity. Researchers believe that childhood lupus disease activity may be linked with low serum vitamin D levels.<sup>4</sup>

**3. Prostate Cancer:** Researchers have uncovered a link between prostate cancer and vitamin D; men with prostate cancer often have lower vitamin D levels. A 2014 study revealed that African-American men with lower levels of vitamin D had increased risk of prostate cancer.<sup>5</sup>

**4. Stress Fractures:** Canadian researchers examined eight studies concerning stress fractures in a total of 2634 military personnel. Researchers confirmed that

average vitamin D levels in personnel with stress fractures were lower than those in personnel without stress fractures.<sup>6</sup>

**5. Women's Health:** In a randomized, controlled clinical trial conducted at the University of Malaya in Malaysia on healthy, pre-menopausal women, vitamin D3 was shown to improve quality of life. The vitamin did not impact markers of cardiovascular health.<sup>7</sup>

## THE VITAMIN YOUR BODY NEEDS

The benefits of vitamin D are clear, but choosing the right supplement is not always that easy. To see any of the health benefits above - and to ward off chronic disease - you need a supplement that is designed for maximum efficacy and uptake in your body.

The answer is vitamin D3. Vitamin D3 is the vitamin that your body absorbs from the sun. Your body can naturally synthesize 10,000 to 15,000 IU of vitamin D3 through your skin within just a few moments of natural sun exposure.

Please remember, vitamin D3 is different to vitamin D2. Vitamin D3 is the true sunshine vitamin. Vitamin D2 is the synthetic version of this vitamin that you may find in supplements and fortified

foods. Researchers have found vitamin D3 to be 87 per cent more effective in raising vitamin D blood levels than vitamin D2 in humans.<sup>8</sup>

Besides natural sun exposure for up to 20 minutes a day, vitamin D3 is the supplement you need to uphold and recover your health. As we have learned from growing bodies of research, a vitamin D3 supplement is especially important for your family. Countless chronic health conditions in adulthood could be caused by a childhood vitamin D3 deficiency that is easy to prevent.

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## Recommended Products

### VITAMIN D3 5000IU

**5,000iu's D3 per capsule for high strength, professional D3 support plus 100mg of calcium from coral.**



### VITAMIN D3/K2 SPRAY

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



# HEALTH news

## AN APPLE A DAY HELPS FIGHT OBESITY

An apple a day doesn't just keep the doctor away - it may also help you stay slim. Granny Smith apples in particular fight obesity and some of its worst effects, say researchers.

The apples counteract problems associated with obesity, such as low-grade and chronic inflammation that can lead to diabetes. They also interfere with metabolic processes that are associated with obesity, and they make you feel satisfied and full.

All apples have non-digestible compounds - such as dietary fibre and polyphenols - that encourage the growth of 'friendly' bacteria in the colon.

But the very best apples for amounts of non-digestible compounds are the tart green Granny Smiths. They contain more than the Braeburn, Fuji, Gala, Golden Delicious, McIntosh and Red Delicious varieties, say researchers from Washington State University.

(Source: *Food Chemistry*, 2014; 161: 208)

## STOP GIVING CHILDREN ROUTINE DENTAL X-RAYS, SAYS NEW CAMPAIGN

Children shouldn't be given routine dental x-rays. The radiation may affect their developing organs and tissues, says a group of dentists who want to change standard practice.

Children should have x-rays only when absolutely necessary, the dose should be reduced and the child should always wear a thyroid collar when the test is given, say dentists who have created the 'Image Gently' campaign.

Giving children routine x-rays when they are small could affect their long-term health and expose them to excessive radiation levels during their lifetime, says campaign leader William C Scarfe, based at the University of Louisville School of Dentistry.

The campaigners have set out a six-point plan for dentists to follow when considering an x-ray for a child: select x-rays for a patient's individual needs, not as routine; use the fastest image receptor possible, such as E- or F-speed film or sensors; aim the x-ray beam only at the immediate area of interest; use thyroid collars; reduce the level of exposure to better suit the child; use cone beam computed tomography (CBCT) only when absolutely necessary.

(Source: *Oral Surgery, Oral Medicine, Oral Pathology and Oral Radiology*, 2014;

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

## IMPLANTS LINKED TO RARE BREAST CANCER

Breast implants may cause a rare type of breast cancer known as ALCL, researchers fear.



ALCL (anaplastic large cell lymphoma) are usually found in the lymph nodes, but almost never in the breast. But in the past few years, 71 cases of ALCL breast cancer have been reported, and implants have been suspected as the cause.

Some of the cases were treated with radiotherapy and chemotherapy, but others regressed on their own when the implants were removed.

An abnormal immune response to the implant could be one cause of the cancer, says an international research group led by pathologist Lukas Kenner from Vienna.

(Source: *Mutation Research*, 2014; doi: 10.1016/j.mrrev.2014;08.002)

## ENERGY DRINKS CAUSING SUDDEN HEART ATTACK DEATHS

Energy drinks should come with a health warning. The drinks - often drunk in night clubs or during exercise - have been responsible for eight deaths and 257 cases of cardiovascular, psychiatric or neurological adverse reactions in France alone over the past two years.

The deaths were caused by heart disturbances after the drinks caused sudden heart rhythm disorders (arrhythmia), angina or heart attack.

The drinks contain caffeine equivalent to two espressos, taurine and glucuronolactone, an artificial stimulant.

The drinks were approved for general public consumption in France in 2008, although they were monitored by health agencies for adverse reactions.

Prof Milou-Daniel Drici from Anses, the French food safety agency, said that 'caffeine syndrome' was the most common problem, which was associated with a sudden fast heart rate (tachycardia), tremor, anxiety and headache.

People who already have a heart condition should stay away from the drinks, he advises, and even healthy people should be made aware that the drinks have 'absolutely no place during or after physical exercise'.

Prof Drici fears the true picture could be much worse, as people don't even associate energy drinks with a heart problem they might be experiencing, and so don't bother to mention it to the doctor.

(Source: *The European Society of Cardiology 2014 Congress*, August 31, 2014)



# In the spotlight for the right reasons

## BRAINPOWER

*Power up!*

BrainPower is a new formula from Good Health Naturally. You won't be able to find this combination of ingredients anywhere else. There are three amazing ingredients in BrainPower: (1) Curcumin, the ancient spice which you may have heard about (often found in curry). (2) Coconut oil, which is rich in medium chain fatty acids such as lauric acid and (3) DHA (Docosahexaenoic acid) which contributes to the maintenance of normal brain function.

Mix 1 spoonful with a small amount of food of your choice and chew slowly.



with fulvic acids created by the local soil microbes. This botanical life and death cycle continued for millions of years, gradually forming rare mineral deposits and these deposits are the source of Pure Concentrated Organic Minerals. One of the few known true prehistoric plant-matter deposits in the world, estimated to be at least 35 million years old!

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

Liquid – take 3-5 drops, 2-3 times per day in water or Caps – take x2 per day.

## PURE CONCENTRATED ORGANIC MINERALS

*77 minerals to help your health*

Imagine the earth some 3.4 million years ago when enormous rainforests covered much of the planet. Like the animals of that time, plants were enormous compared to the plants of today, with root systems that reached deep into the earth. The root systems of these prehistoric giants were able to tap rich sources of inorganic minerals, which the plants then converted into organic, biologically-friendly minerals via photosynthesis. Once these giant plants died, the organic minerals within their structures were deposited onto the surface of the earth, where they were combined



## COCONUT OIL

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

Coconoil™ Organic Virgin Coconut Oil is produced from the 'Pick of the Palms' in Sri Lanka. The palms have been specifically planted and nurtured with loving care to meet the strict criteria and high quality you demand of an organically-grown coconut. The coconuts are traditionally harvested and cold pressed to produce a wonderful oil. Coconoil™ deal directly with local farmers and import directly into the UK to assure the quality of their organic virgin coconut oil. The Vegetarian Society has approved the oil supplied by Coconoil™ as being suitable for vegetarians and vegans.



Organic virgin coconut oil is a stable, healthy saturated fat that is naturally free from trans-fatty acids. It contains medium-chain fatty acids such as lauric acid, which have a shorter chain length than most animal-derived long chain saturated fatty acids.

Use as required (frying, spreading etc).

## NATURALLY BETTER VITAMIN E

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

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

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

Take x1 capsule daily.



# FULVIC MINERALS

Scientists agree that fulvic minerals could be the most important discovery in the 'Missing Link of Nutrition'

**F**ulvic minerals are now considered to be the most important nutrient discovery of the past 100 years. Due to their many nutritional components, including antioxidant and electrolytic power, ounce for ounce, they are believed to be more therapeutic, revitalizing and restorative than other nutrients according to scientists.

Fulvic minerals are thought to 'dramatically increase permeability of bio-membranes' meaning that they can sensitize cell membranes, allowing for better absorption of nutrients and improved energy levels. Many of the minerals' other benefits include a more sound and restful sleep, general health, vitality along with relief for aches and pains.

Scientists have studied fulvic minerals in-depth and found that they contain all the antioxidant minerals including organic selenium, zinc, manganese and copper amongst others. These minerals also have a range of 18 amino acids that have been formed over the course of 38 million years.

## WHAT ARE FULVIC MINERAL COMPLEXES?

Fulvic acid and mineral complexes were

formed from plant and root systems that reached deep into the earth over 38 million years ago. These root systems tapped into rich sources of inorganic minerals that the plants would then convert into organic and friendly minerals via photosynthesis.

After these plants died, the organic minerals within their structures became deposited onto the surface of the earth. From here it was combined with fulvic acids that were created by the local soil microbes. This botanical life and death cycle then continued for millions of years, forming rare fulvic mineral deposits

gradually over time.

## HOW FULVIC MINERALS BENEFIT THE BODY

The health benefits of fulvic minerals are vast and varied and this is because of their bio-electrolytic power. When they are used regularly in supplements, fulvic minerals can stimulate the metabolism, act as a catalyst in respiration, increase the metabolism of proteins and increase the activity of multiple enzymes.

Internally this can result in increased energy, reduced blood pressure, alleviated anemia, restored electrochemical balance





### *Recommended Product*

#### **PURE CONCENTRATED ORGANIC MINERALS LIQUID WITH FULVIC ACID**

**This contains antioxidant minerals – organic selenium, zinc, manganese, copper and others; 18 Amino Acids, formed over the course of 38 million years, proof of its plant and organic origin; plus more than 70 electrolytes in the most effective form known to science. It may support better absorption of nutrients from supplements and food, improved energy levels, more sound and restful sleep and the relief of aches and pains. It's available as capsules or liquid drops.**



and other potential benefits that include rebuilding the immune system.

While externally, bio-electrically charged fulvic/humic minerals are beneficial in treating open wound, healing burns with minimum pain or scarring, eliminating discoloration due to skin bruises and helping to heal cuts and abrasions. Other benefits include healing insect and spider bites, treating rashes and skin irritations, neutralizing poison ivy and oak, killing pathogens responsible for athlete's foot, as well as acting as a wide spectrum anti-microbial and fungicide.

Fulvic minerals have other benefits,

most interesting of which is clearer mind and brain function. This is because the brain and its cells require 12 times more oxygen than other body cells and trace minerals bound to fulvic acid supply a trickle charge of bio-electrical energy that's vital for healthy cell function. Each of these minerals or trace elements carries a unique frequency of bio-electrical energy.

#### **UNIQUE AND POTENT ELECTROLYTE PROPERTIES**

As a natural electrolyte, fulvic minerals are powerful because they contain over 70 electrolytes. These can act as

either an acceptor or donor in creating electrochemical balance, working to neutralize the bad effects of free radicals when it finds unpaired positive electrons, supplying equal as well as opposite negative charge. If the free radicals carry a negative charge, the fulvic acid molecule can also supply any positive unpaired electrons, nullifying any charge.

This extra electrolyte energy can have a powerful impact on athletic performance, increasing stamina and endurance by supplying your muscles, ligaments and tendon cells with more than 70 electrolytes in their most effective form.

Fulvic trace minerals also have a soothing effect on arthritis and can relieve aches and pains more readily by ensuring that the body is able to manufacture anti-inflammatory enzymes to reduce pain and swelling, associated with arthritic conditions.

It has been proven that it's essential for the body's cells to retain their electrical potential by remaining 'charged'. High quality electrolytes are vital for proper cellular functioning, because in molecular processes it enables the electrons to be set loose and transfers electrical current, therefore enabling the flow of ions.

The conductivity of fulvic/humic minerals has been measured in a laboratory and it has been shown to have an electric potential of 132,000 us/cm at 25 degrees centigrade! This means that there is a powerful trickle charge available to all the cells, meaning that all cells will benefit from and be able to maintain cellular health and longevity.

# The Ultimate Probiotic...

5 reasons why Prescript-Assist should be your probiotic of choice

## The Problem with most Probiotics

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



## The Prescript-Assist Solution

### 1. Broad-Spectrum Formula

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

### 2. Unparalleled Shelf Stability

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

### 3. High Viability

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

### 4. Prebiotic Support

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

### 5. Backed by Sound Science

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



# Healthy Dinner

Make your main meal of the day something to look forward to with these healthy and delicious recipes

## SLOW COOKER CHICKEN MUSAKHAN

Serves approx 5-6  
Ingredients

1kg boneless skinless organic, pasture-raised chicken thighs  
2 onions, halved lengthwise and thinly sliced  
1.5 tbs olive oil  
1 tablespoon ground sumac  
1 teaspoon cinnamon  
¼ teaspoon ground allspice  
¼ teaspoon ground cloves  
Big pinch saffron  
Handful of pine nuts  
Fresh mint for garnish  
Salt and pepper

### Method

1. In a pan lightly fry the onion in coconut/olive oil. Once the onion has softened add the sumac, cinnamon, allspice, cloves and saffron, and cook for a few minutes on a medium heat.
2. Put chicken into the slow cooker. Season liberally with salt and pepper. Add in the onion mixture and stir, nestling the chicken in the onions. Add ½ cup water.
3. Cook on low for 6 hours or until done. When ready to serve, lightly toast the pine nuts in a bit of olive oil over medium-high until browned. Finely chop the mint. Taste and add more salt and pepper to the chicken if desired. Serve topped with mint and pine nuts.
4. Serve with a pile of roasted or steamed veggies.



## SALMON WITH A MUSTARD AND DILL CRUST

### Ingredients

4 teaspoon mustard seeds  
½ teaspoon garlic powder  
¼ teaspoon salt  
¼ teaspoon black pepper  
¼ teaspoon dried dill  
4 fillets of wild Alaskan salmon



### Method

1. Preheat the oven to 220°C. Grind all of the spices together with a mortar and pestle until mustard seeds are cracked, most are powder, and everything is well blended.
2. Spread the mixture over the salmon evenly, and place on a baking pan with a non-stick rack.
3. Bake for 15 to 20 minutes, until the flesh flakes easily with a fork. If you prefer salmon that is medium-rare, 15 minutes should do the trick.
4. Enjoy with plenty of sautéed greens, or a salad.

## CAULIFLOWER CRUST PIZZA

### Ingredients

Organic tomato passata sauce (or a homemade 'clean' pizza sauce)  
1 head cauliflower  
2 organic, pastured eggs  
Coconut flour  
1 med-large onion

¾ cup spinach  
Jar of anchovies  
Jar of capers  
Garlic powder  
Italian herb mix, e.g. oregano, sage, marjoram, thyme, basil, rosemary  
Black pepper

### Method

1. Preheat oven to 200°C.
2. Rinse and prepare cauliflower into a rice-like texture; this can be finely shredded in a food processor or grated by hand.
3. Put cauliflower "rice" in a large pan and steam till soft. Set aside and let cool.
4. Cook spinach and warm up your sauce.
5. Cut onion into rings and fry till soft and caramelized.
6. Take your cooled down cauliflower and add the 2 eggs and a spoonful of coconut flour to bind it. Mix and separate into even portions.
7. Place parchment paper on a baking sheet. Mould each portion into a pie crust on your paper and place into hot oven.
8. Cook crust for 15 minutes or until it feels firm (it will depend on how thick you make the pies and how wet the cauliflower is).
9. Take out of oven and add warmed sauce and sprinkle with Italian herbs. Then layer your toppings, I start with spinach, onions, capers and then anchovies (you can add whatever healthy toppings you like, veggies, meat, fish).

# PET *testimonials*

Good Health Naturally products aren't just for humans; here, we hear from some of our readers about how pets can be helped by an all-round approach to health

"My dog is a 90 pound mixed breed and will be 18 years old soon. He is very active, runs, chases his tail and acts like a five year old. Two years ago we discovered he had kidney damage from a routine physical examination. The vet said it was to do with his age, there was nothing I could do about it and it was only going to get worse. That is when I started giving him GlycoBoost. His kidneys are normal now and he has the keenest eyesight amongst other amazing qualities for a dog his age. I think I will start taking the GlycoBoost for myself. Great product!"

**Mike O**

"I take Serrapeptase myself just to make sure I keep my veins/artries clean. I broke my tailbone 2+ years ago. I was in a lot of pain all the time, especially when I had to drive from Massachusetts to Ohio non-stop. Serrapeptase has improved my situation by about 75 per cent. I expect to be pain-free pretty soon. My girlfriend also gives her older dog Serrapeptase after seeing the difference in my dog. I feel this

is the single most important item in my house."

**Anne M.**

"Robert, I would like to post some feedback about the marvellous improvement my dog has made, after giving her SerraPet tablets. My 7 year old dog, Sky, decided to take a flying leap into oblivion, over the wall of a bridge, unaware that there was a drop of approximately 30 feet onto stony ground. She destroyed the ligaments in her right front wrist which was totally unstable and

she had temporarily dislocated her right hip joint.

Six weeks later, after an operation to plate her right front wrist she was still feeling fairly sorry for herself even though the splint had been removed and she was able to walk about. I had heard of Serrapeptase through a friend and decided to give Sky two tablets in the morning and evening. Within 24 hours she had improved a lot - she was much happier in herself. She still had her limp but she was moving more freely and seemed so much better overall.

I have continued with the 4 tablets daily







years later at aged 15 she was still being kept mobile, safely without drugs and at a cheaper cost."

## Mr. Rich

"I bought SerraEnzyme 80,000IU and began taking 6 pills per day in divided doses on an empty stomach to combat extreme inflammation from Polymyalgia Rheumatica. I also gave it to my 15 year old golden retriever, and noticed several of her "old dog lumps and bumps" shrinking dramatically. One even disappeared completely."

## Madeline M.

"This is a story about Serrapeptase and Oscar, my 14-year old Bichon Frise dog.

Since he was a pup, Oscar has had a skin allergy; and now that he is a bit long in the tooth, the condition seems to have worsened.

We sent Oscar to a groomer for a bath and groom and, I suspect the groomer used the wrong type of shampoo and/or allowed the hot clipper to irritate his skin.

The following day he showed signs of a strong allergic reaction: irritated bright pink skin and itching all over. Oscar was obviously in misery, trying to stop the itch by rubbing himself on the carpet and furniture; he was in a state of complete discomfort. And this was the worst attack of this nature that he has ever experienced.

In past occurrences we would take him to a vet to get an injection of antihistamine and the problem would be solved. But, being late Saturday afternoon, no local vet was available. Then we came up with the idea to try Serrapeptase on him since

it works so well for us. Knowing that we would have a struggle on our hands trying to send a tablet down his throat, we cut an 80,000IU Serrapeptase in half and mixed the contents with some food. Almost immediately, he calmed down and the itching had obviously stopped. His skin was still pink so we knew that he wasn't completely cured.

Several hours later, the itch returned – but not as violently as before. We gave him the remaining half of the tablet and there is a definite improvement. We're confident that the Serrapeptase was the perfect solution to Oscar's misery. He slept very soundly that night."

## Ngareta Ring

"My pet labrador has always had a sensitive stomach and is prone to bouts of diarrhoea. I now give her two Prescript-Assist per day and there has been no more diarrhoea. If her stools do become quite soft, this is usually because she has eaten something she shouldn't have. I then increase to maybe 4 or 6 capsules for a couple of days and it goes back to normal."

## Debbie

"You recently helped us with recommending SerraPet for one of our charity ponies, Topsy, for her arthritis. I thought you would like to know that it's made a huge difference to her and it worked quickly too! We filmed her progress and posted it on our blog so people can see for themselves the results."

## Faye, People 4 Ponies

for the first pot of 90 tablets and am now going to reduce the dosage to 1 tablet in the night and morning. She still limps and we have to be careful to restrict her exercise but she's now almost back to her old energetic self."

## Jane and Sky

"I was introduced to Serrapeptase when my 13-year-old female dog was unable to walk due to arthritis and the drugs could do no more. Within a few weeks of taking it she was up and walking again. Two

# Ask Robert Redfern

Important questions answered by your personal health coach!



**Q:** Six years back, my mom (in India) had a severe heart attack and was diagnosed with 3 blockages in her heart and arteries. She had to undergo surgery to put stents in. Since then, her health has been on and off. Her main problems are low oxygen and low haemoglobin. She even had a very minor stroke from which she recovered relatively quickly.

Do you think taking Blockbuster AllClear, and other cardio health supporting supplements (like OxySorb, CoQ10) will help her, without any adverse effects? Please let me know your opinion. Rekha S., UNITED STATES

**A: Robert says:** It is urgent you get her on as much of the Heart Disease Health Plan as possible. If it was my mom she would be on it 100 per cent. Do not rely on medical doctors to save her as they are simply trained to administer drugs. The basic products in this plan include Blockbuster

AllClear, Serranol and Vitamin D3/K2 Spray at its core. Breathing incorrectly is the cause of low haemoglobin and low bicarbonate of soda levels can have an impact too. Make sure whoever cares for her is trained in the whole plan.

**Q:** For several years now I have increasingly suffered fluid and stiffness in my leg joints as a result of injuries when I played rugby some 40 years ago. I also have Bakers cyst on the left knee. Recently I have been taking steroids for eczema and have found that the stiffness has all but disappeared. I cannot continue taking steroids indefinitely and so have searched for an alternative. I also take Aspirin, Atorvastatin and Candesartan for blood pressure and cholesterol. Can you advise which product and the dosage I need to prevent the fluid and stiffness returning? Neville B.

**A: Robert says:** Try SerraEnzyme 80,000IU 2 x 3 times per day for 1 month. If that has not cleared it then it may need the BlockBuster AllClear.

**Q:** Do you recommend taking Serranol after a hip replacement operation? I also have a digestive reflux (GORD). Will the enzyme cause problems with this? I am 72 years old.

**A: Robert says:** Not if you take it with a pinch of bicarbonate of soda in each 500ml glass of water and you take them with the Serranol. If you eat my diet your life will get better and better.

**Q:** I am on my way to being 40 years old. I have been struggling with blocked tubes. Both seem to be blocked a great deal. I really want to have a baby but don't know if it would happen for me at my age. Would Serrapeptase help me? By the way I haven't had a period in over a year. I'm so concerned. Doctors in Tobago (that's in the Caribbean) said there's nothing I can do. In May and June, I saw a slight period (very slight), but haven't seen anything for July. If I am to take the Serrapeptase enzyme, what dosage should I take and do I use it with anything else? I also suffer from multiple kidney stones. Would this also help? Elizabeth

**A: Robert says:** There can be no promises as I cannot know how much the blockage is. What I can promise is that you will end up healthier, whether children come into your life or not. I am sending my fertility plan. I recommend SerraPlus+, 2 capsules, 3 times a day, 30 minutes before eating with a glass of water. Also take Curcuminx4000, Astaxanthin and





MacaPro along with the Nascent Iodine Drops. The diet is the most important part and is where you will need the most work drawing up a menu and checking back with me to review it. Food (God made, not man made) is what makes us who we should be. Most food available is junk and you (and me) need to put the work in to change.

**Q: Could you provide information with regards to ADHD please? A friend's son is entering the US Navy and is weaning off of Adderall. I know diet is very important, but what supplements could help this young man? Could I give your contact info to his mother so maybe you and her could talk?**

**A: Robert says:** He needs:

- BrainPower – 3 large teaspoons over the day
- Prescript Assist – 2 x 2 times per day for 2 weeks and then drop to 1 per day
- Active Life – 15ml x 2 times per day

Avoid all grains and starchy carbohydrates, instead stick to the Really Healthy Foods plan I recommend.



**Q: My name is Marilyn and I am 63 years young. I have fibromyalgia, arthritis, panic and anxiety disorder and bruising issues. My question is since I bruise all the time and tend to bleed more than normal when injured, is this alright for me to take? Seeing that it dissolves blood clots wouldn't this mean it thins out the blood? I take Purity vitamins which is a very good vitamin, probiotics, apple cider vinegar, magnesium, Klonopin, Tenormin and I think that's about it. Can I use this enzyme?**

**Marilyn**

**A: Robert says:** I cannot give you a simple answer regarding serrapeptase as your life and health depend on it. I am sending my full plan for a really healthy life and you need to decide on each item that you want to integrate into your life. My product suggestions from the Fibromyalgia plan are 1st Line Kit, Serranol, Nascent Iodine Drops, GlycoBoost, D.I.P., Prescript-Assist, Active Life and MaxiVision.

**Q: I have had bronchitis for two months now, and had two courses of Amoxicillin**

**250mg. It's clearing now, but I wonder if Serrapeptase might help make my breathing easier and clear the remaining cough away? There is only a small bit of mucus coming out if I cough but it's still not nice.**

**Allen S., United Kingdom**

**A: Robert says:** My recommendations from the basic plan are:

- Serranol
- Nascent Iodine Drops
- Magnesium Oil Spray ULTRA with OptiMSM

Consider cutting starchy carbs out or at least down and replace with veggies and dark-skinned fruits.

**Q: Please help. I suffer from Blepharitis. Do you have any recommendations?**

**A: Robert says:** The three things we recommend for dry eyes/blepharitis are: MaxiFocus, Saline Drops and HealthPoint. We also suggest Hemp Seed Oil, VisionTone, TheraTears and MSM + Silver Drops. I would also recommend taking Nascent Iodine drops in a little water daily.

# 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!



# *The Dangers of Milk*

Don't believe everything your mother told you...

**E**at your vegetables and drink your milk. This is probably what your mother told you day after day around the dinner table. It's not your mother's fault that she served up tall glasses of cow's milk at every family meal. She was just doing what she believed to be best because of the milk myth that has been circulating for decades.

You've heard it too: Milk does a body good. But is this really true?

## THE MILK MYTH BUSTED

Age-old wisdom states that milk is essential to a healthy body. Pro-milk campaigns have advertised this 'fact' for years. Our population, especially children, is urged to drink milk at every meal. But what is believed to be a healthy beverage is doing more harm than good.

Researchers from Uppsala University in Sweden have come to a shocking conclusion about milk.

In a recent study published in the *British Medical Journal*, data was collected from two large, long-term reviews of 61,000 adult women and 45,000 adult men in Sweden. These groups were observed based on dietary habits, especially related to the quantity and type of dairy products consumed.

Study analysis showed that women who drank three or more glasses of milk a day had a higher risk of fracture and death. Men who drank three or more glasses of milk a day had a slightly higher risk of death, mostly linked to cardiovascular disease when compared to men who drank less than a glass of milk a day. Consuming cheese and fermented dairy products did not carry the same risk.<sup>1</sup>

Here's what milk did not do: drinking milk did not reduce the risk of fracture, as conventional wisdom and medical professionals have led us to believe.

Drinking milk increased risk of bone fracture and contributed to earlier mortality. Researchers confirmed what natural health practitioners have known for years - milk triggers inflammation and oxidative stress in the body. Oxidative stress has been linked to premature aging, cancer, and heart disease.

Harvard Medical School research suggests that some types of milk can damage your health as much as smoking four packs of cigarettes a day. According to the EPA, dairy products are responsible for up to 30 per cent of dioxin exposure in adults and 50 per cent in children. Because of sex steroid hormones found in animal products, dairy consumption has been inversely related to sperm morphology and progressive motility.

## MOVE OVER, MILK

For many of us who have enjoyed a tall glass of milk with a meal since childhood, this discovery is mind-blowing. Milk is one of many unnatural foods that promote inflammation in the body. Cow's milk should be avoided at all costs, though sheep and goat's milk products are considered less harmful.

Why is milk an enemy of your health?



Milk contains a sugar called D-galactose, known to accelerate aging. Study authors confirm that D-galactose can contribute to an unnatural and premature aging cascade in the body. Milk triggers oxidative stress, chronic inflammation, weakened immunity, neurodegeneration, and gene transcriptional changes - all of which can burden your health and shorten your life.

## Sources

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# 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)





# Your stories



## SERRAENZYME SAVED ME FROM PAIN

"One morning I woke up with a terrible pain in my left shoulder. I didn't know what went wrong and I was hoping for it to disappear somehow. I tried to do some exercises to control the pain and release whatever the problem might have been (I suspected that I slept on the "wrong side") and it would settle by itself after a while. It didn't. It might have been what GP's would call a "frozen shoulder". I never went to see a GP.

This pain stayed with me for many months and restricted my movements considerably. I could not lift my left arm beyond a certain point. And I couldn't carry my shopping with my left arm. Remembering that I gave my mother SerraEnzyme to heal her wound after surgery, I started to take SerraEnzyme, 80.000IU with a standard dosage. This improved the pain but didn't get rid of it completely. I changed to SerraEnzyme 250,000IU and increased the dosage. I can't remember how long exactly it took but it must have been a couple of weeks. Then the pain and the restriction in movement were gone. Completely. I no longer have any shoulder pain. Today I

take SerraEnzyme when I get a headache or when I feel the first symptoms of flu. It works."

*Evelin*

## PROSTATE PLUS SUCCESS

"Robert, I want to tell you that your Prostate Plus has worked miracles for me. I was the guy getting up four times a night to try to pee...after a lot of pushing very little came out. Now, it's like when I was 19 and drinking too much beer... and no more of that feeling that I always gotta go. I was determined NOT to buy the product that's been advertised to death by that football jock that played a hundred million times on TV. That was \$45/mo and even if it worked, the commercials were so obnoxious. I made up my mind I wasn't going to buy it. Now your product has produced the same result...and I don't remember the exact cost...but it works. Thanks. I'm using the Serranol too."

*John S. Houston, Lt. Col., USAF, (Ret)*

## ANXIETY ISSUES SOLVED

"My daughter suffered panic and anxiety attacks in her first year of university. I gave her the Relaxwell to try and she said she felt much calmer, slept better and was able to get through the days without the usual feelings of anxiety."

*Debbie, UK*

## RELIEF FOR LEG PAIN AND MIGRAINE

"I just wanted to let you know that in the short time that my mother was on serrapeptase, the pain in her legs/knees had improved slightly and she also said it had taken away the (toothache). In her own words she also said she could straighten her legs in bed for the first time in years... My husband also takes it for his migraines and this is the longest he has gone without a migraine for around 3 months."

*Pauline R.*

## BLOOD SUGAR LEVEL MIRACLE

"I am a Type 2 diabetic and my sugar level had recently gotten out of control. I would wake up with 199 or over 200. I had not been testing my blood sugar level for months, only once in a while. The last 2 days since taking serrapeptase, I have tested it in the morning. One morning it was 157 which is good for me as I have a leaky liver that leaks out sugar at night. This morning I did a test and it was 140 – now that is a miracle. The only thing I am doing differently is taking 6 serrapeptase tablets when I get up each morning with half a glass of water. It has to be the tablets. I am thrilled and will continue taking your supplements. Thank you so much."

*Ruthanne A.*



# ONE DIET FOR

## *weight loss, cancer and epilepsy?*

Freedom from disease starts with your next meal

**B**y now, we all know that you can eat for your health. What you eat three to four times a day directly impacts your short-term health. But what you may not know is that eating the right diet could drastically improve your long-term health and ward off incurable disease.

### WHAT IS THE KETOGENIC DIET?

As you begin to understand that starchy carbohydrates are at the root of chronic inflammation and disease, the ketogenic diet makes sense. The ketogenic diet is a low carbohydrate diet. Before you brush off this diet as the next 'low carb' fad, please understand the difference: the ketogenic diet replaces empty carbohydrates with healthy fats and moderate protein.

This diet is so effective that it is currently under investigation by the scientific community.

A simple change to a high healthy fat,

low carbohydrate plan can easily help you to reach your ideal weight. As an even bigger bonus, this diet can ward off chronic degenerative disease. After decades of use for epileptic seizure management, the ketogenic diet is now being studied for its ability to prevent and treat cancer.

Lose weight, manage seizures, and ward off cancer: What can the ketogenic diet do for you?

### THE KETOGENIC DIET FOR EPILEPSY

The first line of epileptic treatment is antiepileptic drugs. However, these drugs only work in up to 65 per cent of patients. Physicians have long recognized that where antiepileptics fall short, the ketogenic diet can fill the gap. The ketogenic diet has been recognized as a medicinal treatment option for epileptic seizures in children since the late 1990s.

First developed in the 1920s, the ketogenic diet reached medical acclaim

once physicians observed that fasting can help to control seizures. The high fat, low carbohydrate ketogenic diet stimulates the effects of starvation on the body by forcing it to metabolize fat as its primary fuel source. Research confirms the ketogenic diet's ability to control epileptic seizures, as well as its protective effect on other metabolic conditions, including ischemia, trauma, and cancer.<sup>1</sup>

### THE KETOGENIC DIET FOR CANCER

The ketogenic diet has established application in epileptic seizure management, with related cancer research currently underway. On the road to cancer recovery, the ketogenic diet is critical: all sugary carbohydrates must be eliminated, except for non-starchy vegetables, and replaced with healthy fats and moderate proteins.

There is one reason the ketogenic diet may work to prevent and treat cancer.





Cancer cells feed on glucose in the body. Carbohydrates are converted into glucose. The ketogenic diet lowers blood glucose levels by restricting unnatural carbohydrates with moderate protein intake. This starves cancer cells so that they cannot multiply.

The ketogenic diet has shown positive results in its ability to reduce tumor size in mice. Based on mounting research, the ketogenic diet may help to halt cancer progression in humans. The restricted ketogenic diet has been proven an effective, non-toxic cancer therapy option, used to inhibit malignant brain cancer growth.<sup>2</sup>

### THE KETOGENIC DIET FOR WEIGHT LOSS

It should come as no surprise that the ketogenic diet has astounding weight loss results. Besides its ability to manage chronic degenerative disease, the low

carbohydrate, high healthy fat diet can help you to quickly reach your ideal weight.

On the ketogenic diet, the body will reach a state of mimicked starvation, or ketosis, with a high fat burning rate. The traditional low carbohydrate approach popularized by the Atkins Diet can't provide this same ketosis benefit; the key to the ketogenic diet is the 'sweet spot.' A healthy diet low in unnatural carbohydrates with moderate protein will keep the body in fat burning mode.

Too much protein can raise insulin levels and compromise ketosis.

In a clinical setting, a long-term ketogenic diet has been proven to significantly reduce body mass index and body weight, along with LDL cholesterol, blood glucose, and triglyceride levels, in obese patients.<sup>3</sup>

### THE KETOGENIC DIET FOR OVERALL HEALTH

There are major benefits to the ketogenic diet for disease prevention, weight loss, and wellness.

The ketogenic diet may have applications in the treatment of nonalcoholic fatty liver disease, Alzheimer's disease and dementia, Parkinson's disease, traumatic brain injury, autism, depression, narcolepsy, and headaches. Within a comprehensive review, researchers confirmed that the ketogenic diet is neuroprotective. Considering its effect on energy metabolism, the ketogenic diet can help to reduce premature aging and neural degeneration that affects cognitive function.<sup>4</sup>

### THE KETOGENIC DIET IS THE REALLY HEALTHY FOODS DIET

The ketogenic diet can be embraced by

anyone who wants to take an anti-cancer approach to their health. In truth, the ketogenic diet is the Really Healthy Foods diet. You can enjoy Really Healthy Foods every two hours, free from unhealthy carbohydrates and rich in healthy fats.

### These Really Healthy Foods support the ketogenic diet:

- Fresh or frozen veggies enjoyed daily; 50 per cent raw juiced and organic, if possible.
- Antioxidant-rich, dark-skinned fruits.
- Avocados, a superfood with close to a full spectrum of nutrients.
- Beans, nuts, and seeds; soaked and mashed nuts and seeds.
- Oily fish, like salmon, sardines, and mackerel; wild-caught fish is recommended.
- Pasture-fed meats or chicken in moderation; grass-fed is preferred over grain-fed.
- Ample healthy oils, like hemp, omega 3, krill, olive, and coconut oil.
- 8 glasses of distilled or filtered water per day with a pinch of sodium bicarbonate.
- 3-5 teaspoons of sea or rock salt per day in food or a little water.
- For disease rehabilitation and cancer prevention, the ketogenic diet is recommended at a fat to carbohydrate and protein ratio of 3:1:1 or 4:1:1. 87-90 per cent of calories should come from healthy fats.

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# *You have more control over Cancer than you think*

Don't become a victim of this lifestyle condition

**Y**ou have probably been led to believe that cancer is genetic. You may have been told that there is very little you can do about it. This familiar argument is continually circulated in the medical community.

When you hear that you are likely to become a victim of cancer because of your genes, it sounds hopeless. Like so many other people, you may fear that cancer is lurking around every corner: toxins, pollution, chemical products, stress, weight gain - and the list goes on.

Almost anything can give you cancer these days!

Is there any hope for this bleak cancer outlook? When you examine the root cause of cancer, the picture becomes clearer. It is possible to have genetic factors that increase cancer risk. But as former Cleveland Clinic surgeon, President of the Cleveland Clinic staff, author, and researcher Dr. Caldwell B. Esselstyn Jr. famously said, "Genes load the gun, but lifestyle pulls the trigger."

## **IS YOUR LIFE MAKING YOU SICK?**

In most cases, the answer is yes. The outcome of your life, especially related to chronic disease, is a direct result of your lifestyle choices. This may be a hard pill to swallow at first, but it is much easier than swallowing potentially toxic medications to manage a devastating health condition in the future.

Cancer Research UK recently confirmed that of the more than 100,000 cancers that occur each year in Britain, there are four main lifestyle factors to blame:<sup>1</sup>

1. Smoking
2. Unhealthy diet
3. Alcohol
4. Being overweight

Incidences of cancer rise even higher to an estimated 134,000 a year when 14 different lifestyle and environmental factors are considered. Researchers concluded that 40 per cent of cancers in women and 45 per cent of cancers in men could be prevented by making healthier lifestyle choices.

Prevention is the solution. If you knew that a locomotive was barreling down the tracks in your direction, wouldn't you do everything in your power to move out of the way? There may be genetic risk factors for cancer in your family's history, but you still have important choices that you can make today.

You can move out of cancer's way by making several changes to your life.







## THE KEY TO CANCER-FREE LIVING

You can live a cancer-free lifestyle by avoiding the primary causes of this devastating disease: Poor nutrition and lack of minerals in the diet. While it certainly is possible for toxins to trigger cancer development, diet and minerals must already be lacking to open the door to disease.

The anti-cancer diet is the key.

Cancer Research UK recommends a protective diet of five portions of fruits and vegetables per day. This diet is a good start, but it is missing one critical component: cutting out sugars, starchy carbs, processed foods, and dairy products.

Cancer feeds on sugar. The anti-cancer diet starves the disease by eliminating sugar and starchy carbohydrates from unnatural foods that are converted to glucose in the body. You can bolster your body against the effects of cancer by eating no less than 8 to 14 portions of vegetables and low-sugar fruits a day.

Starchy carbs have also been directly linked to chronic inflammation. Chronic inflammation is at the root of a number of diseases. Long-term inflammation in the body can affect all bodily systems, including the immune system. When your immune system is no longer able to fight off attack, you may be vulnerable to incurable disease, including cancer.

Diet really does matter, especially related to unnatural meats. Based on 2012 research, eating industrial meats can increase the risk of prostate cancer by up to 40 per cent.<sup>2</sup> Both men and women are recommended to eat organic meats in moderation; avoid meat raised on corn, soy, and other chemicals. Red meat and barbecued meat should be avoided or limited as they increase cancer risk.

**Research supports several critical lifestyle factors to reduce the risk of cancer:**

- Good vitamin D3-K2 levels.
- Good iodine levels.
- Good selenium levels.

- Extra curcumin taken daily.
- Large amounts of leafy greens every day, especially broccoli.
- Ample vitamin A-rich foods.
- More healthy fats, like olive, hemp, avocado, coconut, and krill oil.
- Daily exercise, including walking.

## DON'T BUY INTO THE CANCER BUSINESS

Cancer is everywhere. If you spend any time on social media, then you have probably supported or donated to a cancer cause. But amidst all the research, drugs, charities, and media campaigns, scientists have yet to find a cure for cancer. The cancer cause has been raking in donations for more than 50 years with trillions of dollars in total revenue. Yet, cancer sufferers are still left seeking answers.

You now know that cancer prevention comes from the inside out. If you want to avoid this cancer drug trade, now is the time to start preparing your body for the future. Cancer may seem scary, but you now understand the true risk factors.

When you make changes to your diet and address unnecessary risk factors, like smoking, excess alcohol use, and excess weight, you will see your health transform before your very eyes. This cancer message is empowering, and it is one that should be shared with every person you know.

There's no need to live life in fear, watching for signs of cancer at every turn. You can live a natural, healthy lifestyle that supports cancer prevention and recovery. You can live peacefully knowing that cancer is not out to get you.

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# HEART DISEASE

## *Industry Myths Busted*

Is your doctor making money off your heart?

**H**eart disease is on the rise, but what does this mean when you visit your doctor? Stroke and heart disease are still the leading cause of death in many Western countries for men and women ages 45 to 65.

We have all of the tools we need to live longer, healthier lives, but so many are cut short.

The blame most often lies on the “heart disease industry.” Doctors are important participants in your health – but they can only provide disease management. This disease management is limited as it can never offer a long-term solution. Disease management is made even worse by the greed of the pharmaceutical industry.

Drug companies are well known for

committing disease fraud. This simply means that drug companies try to make money off your disease. They will never offer rehabilitation as a form of healthcare. If you get better and recover from your condition, you will no longer need to pay for expensive drugs.

Because of this biased disease management model, the waters of heart disease treatment are often murky. It can be hard to get a clear answer about heart health when you visit your doctor. You may be prescribed a drug you don’t need with little information on how to really protect your heart.

At times like these, who can you trust?

### THE TOP 5 HEART DISEASE INDUSTRY MYTHS

Treating heart disease has truly become

a business, when you consider the truth behind many heart health misconceptions.

Here are a few important truths about heart disease that could change your life:

**1. High cholesterol does not cause heart attacks.** When questioned directly, most physicians will admit that up to 50 per cent of heart attack patients actually have low cholesterol levels. Your body needs cholesterol to survive. Inflammation and oxidation can cause cholesterol to harden in the arteries, which can be addressed through a non-inflammatory lifestyle.

**2. You don’t need cholesterol-lowering drugs.** Statins are widely overprescribed in the heart disease industry; these drugs are pushed by pharmaceutical companies





who want at-risk patients to take them for years. The truth is that statins can make cholesterol issues in the body worse. They can even block CoQ10 absorption. Your body needs CoQ10 to support heart muscle energy day after day.

**3. Statins cause other health problems.** If you have been prescribed statins to lower cholesterol, then you have probably been told that the drugs come with minimal side effects. However, one of the most overlooked issues with statins is how they can cause a ripple effect to damage your health. In a Canadian study conducted on 1.5 million participants, researchers confirmed that diabetes risk can increase by up to 22 per cent when taking statins.<sup>1</sup>

**4. Heart disease is more serious than you think.** Heart health has a bigger impact than many of us realize. Not only can poor heart health lead to compromised quality of life and eventual death, but it has been linked to other devastating health conditions. Researchers at the Duke Cancer Institute in North Carolina recently discovered that prostate cancer and coronary artery disease may have shared causes. In a prostate drug trial conducted

on 6390 men, researchers confirmed that having coronary artery disease increased risk of prostate cancer by 35 per cent. This risk continued to increase over time.<sup>2</sup>

**5. There is a way to calm heart inflammation.** Your doctor may agree that heart disease is caused by inflammation yet will still prescribe unnecessary drugs. Fortunately, more and more doctors are embracing anti-inflammatory alternatives, like the renowned Serrapeptase, a powerful enzyme. When used with potent nutrients like Nattokinase, Serrapeptase can support healthy blood flow to the heart.

### THE TRUTH WILL SET YOU FREE

Understanding the truth about your heart health can be liberating. It can put you on a path to rehabilitation and even lengthen your life.

What does your heart need to keep beating strong, free from damage and disease? First and foremost, you will see immediate changes by eliminating inflammatory foods from your diet. This change seems subtle, but it will directly impact heart health. Cut out all sugary foods, starchy carbohydrates, processed foods, and dairy products; enjoy Really Healthy Foods like non-starchy vegetables, dark-skinned fruits, moderate proteins, and healthy fats every two hours.

You can further support heart health with the right nutrients. Powerful enzymes like anti-inflammatory Serrapeptase can help to improve blood flow, when used with nutrients like Nattokinase. When these potent enzymes are taken with antioxidants and proanthocyanidins, it can support healthy arteries, blood pressure, circulation, and cardiovascular function.

If you're not getting the nutrients you need, your heart will suffer. Your doctor may agree that heart problems are related to inflammation, but it's hard to find a medical solution that doesn't involve

### Recommended Product

#### BLOCKBUSTER ALLCLEAR

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



#### UB8Q10 UBIQUINOL

**This is a coenzyme Q10 that is eight times better absorbed compared to ordinary CoQ10. The most powerful CoEnzyme Q10.**



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prescription drugs. As we've already discovered, your heart won't benefit from these drugs. Drugs will only put a Band-Aid on a much larger problem and are not likely to improve your health.

Heart rehabilitation through missing nutrients is at the forefront of modern healthcare. A number of doctors are embracing the anti-inflammatory enzyme Serrapeptase to treat degenerative heart disease in Germany and other parts of Europe.

Before you agree to take unnecessary and potentially dangerous prescription drugs, think about what you want your life to look like in 10 years. You can support and regenerate your heart with the right nutrients. Don't fall for the heart disease industry trap.

# Powerful Health Formulations

## UB8Q10 UBIQUINOL

*X8 better than ordinary CoQ10!*



Studies show that this form of CoQ10 is absorbed more efficiently and offers enhanced bioavailability over other forms of CoQ10.

50mg of UB8Q10 (ubiquinol) equates to 400mg of ordinary CoQ10. Studies suggest 800mg is needed for the greatest benefits.

This 'heavyweight' CoQ10 champion is the only patented, stabilised form of ubiquinol available and is derived from KanekaQ10, the world's most recognised and researched CoQ10.

Make this your number 1 choice if you take CoQ10, take x2 softgels per day (gelatin shell). Note if you want a vegetarian option look at HySorbQ10, x4 better than ordinary CoQ10.

## RELAXWELL

*All in the name!*



Yes, Relaxwell is a special formula created from tried and true quality ingredients.

It contains important B vitamins along with L-Tryptophan, an essential amino acid and the precursor to Serotonin (a neurotransmitter responsible for transmitting nerve impulses to the brain) and L-Theanine, a natural phytochemical

found in Japanese green tea. This non-essential amino acid is present in the brain and a close relative of Glutamate. Studies indicate that L-Theanine interacts with the neurotransmitter GABA. Take 1-2 capsules 30 minutes before bed or as required, during the day.

## BLOCKBUSTER ALLCLEAR

*Is this the world's most powerful enzyme formula?*



**Great name!** It's deserved for the amazing blend of powerful enzymes and super nutrients. The ingredients in Blockbuster have been scientifically tested for their health benefits.

**What's in it?** 16 super nutrients including the powerful enzymes Serrapeptase, Nattokinase, Digestive Enzymes mixed with Grape Seed Extract, Pycnogenol & more – all with a long history of studies.

This unique blend would cost you much more if you bought the ingredients separately! Take 2-4 capsules daily.

## CURCUMINX4000

*The super spice with over 1800 studies!*



**Have you tried?** CurcuminX4000, the biologically active element of turmeric, the yellow spice

found in curry has been traditionally used in Ayurvedic medicine for thousands of years.

**Powerful?** When eaten, little curcumin is absorbed because it is soluble in water. CurcuminX4000 however uses new technology to protect the curcumin from water, which in turn improves the bioavailability and absorption. Published studies have shown that this absorbs up to x23 better than standard 95 per cent turmeric extracts whilst an unpublished study claims it is x45 better! Take 3 capsules daily.

## ACTIVE LIFE

*90 Liquid Vitamins & Minerals in One*



The perfect all-in-one nutritional supplement for all the family. It contains a powerful and all natural source of 90 vitamins and minerals.

Because it is a liquid, Active Life absorbs up to x3 more than a tablet and along with the critical minerals Selenium & Chromium, provides you with your recommended daily value for Vitamins such as Vitamin A, C, D3, E, K, B1, B2, Iodine, Zinc and Copper.

Available in 483ml (small) or 946ml (large) and in a tasty Orange Mango flavour, it is one of the most economical nutritional programs available. Take daily with food.



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Often revered as the 'Beautiful Mineral' in Chinese Medicine, magnesium is as essential to the body as water and air. Although there are only several ounces of magnesium in your body, it is implicated in hundreds of biochemical reactions (over 300)!

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**Play sport or exercise?** Magnesium can contribute to Electrolyte Balance, normal Muscle Function & normal Protein Synthesis - **PROVEN**

**What else?** Magnesium contributes to the normal functioning of the nervous system, normal psychological function, the process of cell division and to the maintenance of normal teeth and bonus - **PROVEN**

The best way to get your Magnesium is through Ancient Minerals Magnesium Oil 'Ultra', recommended by my magnesium experts Dr Mark Sircus and Daniel Reid.

This magnesium was discovered in the late 1990's, a rare and pristine source of unadulterated magnesium chloride found in an ancient geological formation - the ancient Zechstein seabed.

Taking over 250 million years to make and drawn from 2 miles below the surface of the earth, Ancient Minerals magnesium is the purest and finest natural magnesium in the world!



## 'ULTRA' MAGNESIUM - with MSM

This spray also contains MSM, a superior form of the mineral sulfur which is frequently found near hot springs and volcanic craters. Not only does this provide EXTRA BENEFITS but it also helps to IMPROVE ABSORPTION. Ideal for those with sensitive skin! Nowhere else in the world can you find these two amazing ingredients blended together! Available in 125ml or 237ml bottle.

**Suggested Use:** Spray onto arms, chest or legs daily as required and allow to dry.



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