

NATURALLY HEALTHY NEWS



ISSUE 28

**YOUR
COPY**

CUT OUT SUGAR

And beat cancer

BEATING STRESS

You can escape this
silent killer

DELICIOUS, HEALTHY RECIPES

Great ideas for every
meal – plus treats!

HAVE A HEALTHY OLD AGE...

and save money, too!

IS THE WESTERN JUNK FOOD DIET HARMING YOUR CHILDREN?

How to have healthy,
happy kids



REALLY HEALTHY PASTA

YOUR HEALTHY CHOICE

**Gluten-Free, Organic Pasta available in
Red Lentil, Green Lentil and Black Bean**

Really Healthy Pasta Facts:

- ✓ **Gluten-free**
- ✓ Organic
- ✓ Hypo-allergenic
- ✓ High iron
- ✓ High fibre
- ✓ High protein
- ✓ Low GI
- ✓ Can be served raw, simply soak for 60-120mins
- ✓ Family friendly fast food
- ✓ Affordable and healthy meal
- ✓ Choice of penne, rotini, fettuccine, spaghetti, shells and macaroni



THE BEST-TASTING, HEALTHY ALTERNATIVE TO TRADITIONAL WHEAT PASTA

This healthy pasta is not just for anyone with a Gluten intolerance – this is for anyone who wants **HEALTHIER EATING!**



welcome...

Dear Reader,

Hello and welcome to Issue 28 of Naturally Healthy News. I know you are interested in looking after your health and wellbeing the natural way and you will find lots of great information in this magazine. I would like to draw your attention to pages 12-13 where you will see an article from my book, Solving Diabetes Type 2 In 27 Days. You may think that since you don't suffer with this condition it is of no interest to you, I beg to differ. As I am writing these words I hear on the radio that the epidemic of type 2 Diabetes is bankrupting the health systems of most western countries. Since it is your taxes that are being wasted with the useless drug treatments, it is you and me that will be called on to finance this bankruptcy. Share this article and magazine with everyone you know. You can download any of my eBooks at no cost (see the full list on page 34) many of which are also available in print (to buy).

From diabetes to heart and lung issues, we have a range of advice, no matter what your health concern may be. Our report on selenium is particularly timely as research shows that many diseases are made worse by deficiency of this mineral.

Can you afford an unhealthy old age? I can't, nor can the rest of the population. Whether you are 25 or 95 you owe it to your family and to yourself to be the best you can be. My team is here to help. The number of positive testimonials we receive from people on how it has turned their health around just keep pouring in.

I would love to hear your success after using one of my health recovery plans – please get in touch.

If you have any health questions, or are confused about the best supplements to take, I would be delighted to answer your queries. To contact me and my team of health coaches, email Help@MyGoodHealthClub.com. We will reply as quickly as possible and in strict confidence.

Regards and good health,

Robert Redfern

Robert Redfern
'Nutritionalist', Author & Broadcaster



3 WAYS TO READ THIS MAGAZINE

1

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

2

Dip in and out by subject matter: 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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Printed by Acorn Web, Loscoe
Close, Normanton Industrial Estate,
Normanton, West Yorkshire WF6 1TW



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This Mineral may prevent **CANCER AND DANDRUFF**

The anti-aging, anti-cancer mineral you can't live without

Most of us are familiar with the headlines – almost anything can give you cancer these days. The causes of cancer are plentiful, and warnings are everywhere. But for those of us looking for real answers on how to live fully without chronic disease, cancer prevention is a much tougher topic to tackle.

THE 'ANTI-CANCER' MINERAL

When you think health, longevity, and disease prevention, is selenium the first mineral that comes to mind?

Mainstream cancer prevention often boils down to a few pet topics: Stay out of the sun, don't smoke, and limit your exposure to chemicals. These cancer prevention tips may hold a shred of truth – though we have now learned that our

cancer-related sun phobia has caused its own set of problems, namely widespread vitamin D deficiency linked to chronic disease – but this still isn't the full picture.

What you will not hear in the media and may not hear from your doctor is this: Cancer prevention, a.k.a. the modern-day Fountain of Youth, comes from the inside out and not the outside in.

It's not popular to say that our lifestyle choices can cause cancer, but it's true. Cancer has been linked to sugar in the diet. In 1931, Dr. Otto Warburg of the Max Planck Institute in Berlin received the Nobel Prize for proving that cancer comes from an oxygen/cell dysfunction triggered by excess glucose in the body.¹ An inactive lifestyle, already associated with obesity, cardiovascular disease, and diabetes, can increase the risk of some cancers, based on findings published in the *Journal of the*

*National Cancer Institute.*²

Cancer Research UK goes so far as to say that over four in 10 cancer diagnoses could be prevented by making lifestyle changes. Over 50 percent of us may develop cancer within our lifetimes, but these major cancer prevention factors are within our control – eating a healthy diet, staying active, maintaining a healthy body weight, reducing alcohol intake, moderating sun exposure, and quitting smoking.³

It's safe to say that using a Really Healthy Diet as a cancer recovery and prevention tool has been sorely underestimated. Your cancer protection could lie right on your plate – in the nutrient-dense foods you eat and in the high-quality supplements you take. Critical minerals, like selenium, are the unsung heroes of disease protection.

Selenium plays an important role in the

fight against cancer and provides countless related health benefits.

WHY YOUR HEALTH DEPENDS ON SELENIUM

The research is clear. Selenium is an important dietary mineral that has cancer-protective properties. According to the Physicians Committee for Responsible Medicine, selenium is a “powerful mineral” needed by the body to defend healthy cells against cancer. More specifically, selenium is needed by enzymes in the body that neutralize harmful free radicals, which can create widespread oxidative damage that leads to cancer. Selenium also recycles antioxidants in the body that can protect against even more free radical damage.⁴

There’s more – not only does this mineral have the power to protect the body against outside contaminants and improve cancer cell elimination, but a higher selenium intake above the recommended dietary allowance can better protect against some cancers. Fascinating results were seen in an area of China where gastric and esophageal cancers had reached epidemic rates. Risk for these cancers was cut in half when study participants were given a large dose of selenium. Researchers concluded that “variations in selenium levels affect the incidence of certain cancers.”⁵

As impressive as this is, selenium’s positive health benefits are not limited to cancer prevention. In a study conducted on 24 asthma patients, participants who took selenium supplements over 14 weeks had fewer symptoms. Asthma has been linked to lower blood levels of selenium.⁶ The body also needs selenium to support immune function and male fertility. Selenium can boost immunity by working with other minerals to build white blood cells that fight off infection and disease. Selenium also supports critical antioxidants that make the protein found in sperm.



SELENIUM AND THE FOUNTAIN OF YOUTH

While we’re on this planet, most of us can agree on one common goal: We want to enjoy our lives by living stronger and longer. No one wants to think about the possibility of getting older, or even worse, suffering from a devastating disease at the end of life. Cancer prevention is just one piece of this puzzle.

On top of its powerful cancer-fighting ability, selenium may be the youthful elixir we have been searching for. When studying the biological basis of selenium and how it affects cellular telomerase activity and telomere length, scientists made a groundbreaking discovery: Selenium helps to stimulate telomerase, an enzyme needed to rebuild telomeres. Located as caps at the end of each DNA strand, protecting the body’s chromosomes, telomeres are a cellular marker of aging.⁷

Selenium’s anti-aging properties were solidified when scientists uncovered the mineral’s ability to stop deterioration in the body associated with age. Selenium slows down the aging process by helping cells rebuild telomeres. Researchers found that healthy telomeres are a prime indicator of healthier stem cells.⁸ This brings us back full circle: Cancer has been recognized as a stem cell disease. Telomerase plays a role in both cancer development and aging.

Selenium’s proven ability to stimulate telomerase makes this anti-aging and anti-cancer mineral more powerful than we even realized.

SELENIUM DEFICIENCY: ONE STEP CLOSER TO POOR HEALTH

This anti-aging, anti-cancer nutrient can have a whole-body effect on your health. Even if you don’t have a chronic disease yet, the signs of selenium deficiency may be apparent. Your health may already be suffering if you have symptoms like fatigue, dry skin, and dandruff.

For a pesky and often irritating skin condition like dandruff, characterized by a dry, flaky scalp, taking a selenium supplement to correct an underlying deficiency is a popular remedy. In cases where dandruff is caused by fungal overgrowth on the scalp, selenium can be used in a topical shampoo; selenium’s antifungal properties can destroy fungal cells and prevent healthy skin cells in the scalp from dying.

As selenium deficiency progresses, symptoms become even more alarming. Selenium deficient women may be prone to miscarriage. Since selenium is a critical cofactor of iodine, low selenium levels in the body can affect the thyroid and contribute to hypothyroidism, with related symptoms like emotional disturbances, heart palpitations, and light sensitivity.

Children who are selenium deficient may be in grave danger – a condition called Keshan disease, caused by a selenium deficiency, can weaken the heart muscle.⁹

One thing is for sure: Your health depends on this valuable mineral. What is the best way to get your body the daily selenium it needs?

THE ANSWER IS IONIC SELENIUM

Even with the freshest diet, adequate selenium may be hard to come by. Because of modern agricultural practices, our soil is vastly depleted. Healthy selenium-rich foods, like Brazil nuts, fish, oysters, and sunflower seeds, may not contain as much of this mineral as you think. Nutrient-poor soil cannot produce nutrient-rich food – it's as simple as that.

If you want to prevent cancer, boost immunity, calm dandruff, and so much more, a selenium supplement is an easy solution. But with so many supplements on the market, it's hard to know where to begin. You can start by narrowing down the right type of selenium that can be best used by your body: Liquid ionic selenium is a concentrated dietary supplement that provides a pure dose of the trace element selenium in ionic form.

This ionic form of selenium is worth remembering. Ionic selenium is the most beneficial and the most easily recognized by your body. When your body "meets" this selenium for the first time, it can immediately welcome, absorb, and use the mineral as intended. Ionic selenium remains safe and flexible in a liquid state with the potential to increase antioxidant action – providing further cancer protection benefits.

Selenium is a standout supplement for more than one reason. Selenium is the only supplement with an allowable cancer prevention health claim permitted by the FDA. A large government organization has recognized that your body urgently needs selenium to maintain its daily processes and protect against disease. The

EU confirms that a selenium supplement can contribute to normal immune system and thyroid function, protect cells against oxidative stress, contribute to normal hair and nail maintenance, and contribute to normal spermatogenesis.

Selenium as an ionic mineral provides the most benefit. A concentrated liquid ionic selenium supplement is most effectively used by the body and transported where it needs to go. Taking liquid ionic selenium is also economical: A single bottle can provide up to 48 servings of this richly concentrated mineral. Liquid ionic selenium can last for up to six weeks at a recommended one serving per day.

DON'T MAKE THIS COMMON SELENIUM MISTAKE

Taking the right type of selenium is the first and most important step if you want to see any of the health benefits this mineral has to offer. But again, there's more to the story – selenium is a supplement that affects a number of vital processes in your body. It can also affect how your body utilizes other critical minerals.

Selenium on its own is potent and powerful. When taken with the essential mineral iodine, it can be even better.

If you are already taking iodine to support your thyroid, energy, and immunity, ionic selenium matters. Your body needs *both of these minerals* to support day-to-day health. You can't have one without the other. Remember, in order to regulate thyroid hormones, iodine needs selenium. When iodine is deficient in the body, selenium deficiency becomes even worse. Long-term selenium and iodine deficiency can cause a serious thyroid imbalance.

Selenium and iodine are the perfect pair. When you take liquid ionic selenium, you are making your iodine supplement work that much better. What many people don't realize is that it would be a waste of time and money to take an immune and thyroid-boosting iodine supplement without a

selenium cofactor. Selenium and iodine work hand-in-hand. Together, they protect healthy cells from free radical damage associated with cancer.

When you know which minerals your body needs to reduce the risk of disease, cancer prevention is no longer a mystery. Cancer and most other chronic diseases are directly related to lifestyle choices and nutrient deficiencies. Taking selenium and iodine can bridge this gap.

A critical iodine cofactor and an "anti-cancer" mineral, your body needs selenium to support health today and prevent disease tomorrow.

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Recommended Product

IONIC SELENIUM
Delivers 300mcg Ionic Selenium per serving. The best way to supplement with Selenium and most recognised by the body.
x48 servings per bottle. Gluten free, suitable for Vegans.



Can Pasta Be Healthy?

Yes, but only if you
choose Wheat Free



There's a funny misconception surrounding a Really Healthy Diet, one we all like to grumble about under our breath. It's *deprivation*. You may not feel like you are on a successful diet until you have been deprived of all your favourite foods.

If you've been living with this "diet deprivation" mentality for years, this news may come as a shock to you. Dieting doesn't have to be hard. "Diet" doesn't have to be a four-letter word when you eat Really Healthy Foods you love to fuel your body and protect your health.

WHAT A SATISFYING LONGEVITY DIET LOOKS LIKE

Beyond initial weight loss benefits, most of us are trying to eat in a way to live fuller and live longer. There's plenty of research to support this way of life. In the largest and longest study conducted to date,

included in the Harvard-based Nurses' Health Study and Health Professionals Follow-up Study, close to 110,000 men and women had their dietary habits tracked for 14 years. The study participants that ate more fruits and vegetables each day had the lowest risk of developing cardiovascular disease. Eating 8 or more servings of fruits and veggies a day reduced the risk of heart attack or stroke by 30 percent, compared to the lowest intake category at less than 1.5 servings a day.¹

This is excellent information to have if you want to live better, live longer, and fully enjoy your lifespan. But automatically, research like this brings up the "glass half full" (or "plate half full") mindset. It begs the question: Do you have to exist on only fruits and vegetables if you want to prevent disease? Is living longer really worthwhile if you feel deprived?

REALLY HEALTHY FOOD DOES NOT MEAN DEPRIVATION

When it comes to cleaning up your diet, deprivation should be the four-letter word we're afraid to speak. Thinking that a healthy diet will leave you hungry and dissatisfied is what turns most people off and keeps them from making a long-term commitment to their health.

One of the most common concerns that comes up when making dietary changes is: Do I have to give up all the foods I love? What about delicious carbs? What about my favourite pasta?

It's hard to get around the fact that starchy carbohydrates, processed foods, and excess sugar in the diet are at the root of disease. Chronic disease has been linked to inflammation. Inflammation comes from an inflammatory diet. An inflammatory diet, common in the Western world, is full of un-natural foods like cookies, cereals, white rice, potatoes, breads, pastry, and pasta.

GRAINS AND CEREALS AREN'T GOOD FOR YOU (NOT EVEN ORGANIC)

At first glance, it seems like pasta should be off the table. Pasta made with starchy carbohydrates and even whole grains is inflammatory. No matter how much manufacturers try to convince you, refined and wholegrain pasta products just are not good for you.

Commercial pastas feed inflammation, which feeds chronic disease.

These commercial grains have been declared by many to be an enemy of your health. Much of this has to do with how grains affect your body, measured by the glycemic index. The glycemic index is a handy tool that we use to rank how starchy foods, those rich in carbohydrates, are converted into glucose by the body. The glycemic index also measures how starchy foods affect blood sugar levels. You may already know that grains are very high on the glycemic index because they cause a rapid spike in blood sugar.

High-glycemic foods like grains place a deadly strain on your body. High blood sugar levels, caused by foods high on the glycemic index, have been continually associated with chronic disease. Based on research published in the American Journal of Clinical Nutrition, starchy carbohydrates have been linked to higher C-reactive protein serum levels, a known marker of systemic inflammation and a predictor of cardiovascular disease risk.²

Grains are highly inflammatory for another reason. Grains contain an improper imbalance of omega-3 to omega-6 fatty acids. This imbalance compounds on the already problematic inflammatory cascade created by modern grains. The omega-3/omega-6 imbalance comes from unhealthy sugary and processed spreads that we often eat on our grains, making inflammation in the body even worse.

Contrary to popular belief – and contrary to the advertisements found on whole grain products – commercial grains are not your friend. 2013 research published in *Nutrients* confirmed that while wheat may

be one of the most consumed cereal grains worldwide, it is chock full of anti-nutrients. When consumed regularly, these anti-nutrients essentially sabotage the body and contribute to even more dysfunction and disease.³

We also know that commercial wheat contains gluten, a common dietary irritant. In his book *The Grain Brain*, neurologist Dr. David Perlmutter boldly refers to gluten sensitivity as “the greatest and most under-recognized health threat to humanity.” Dr. Perlmutter, with supporting research, blames gluten and grain for triggering a number of serious health conditions, including depression, headaches, epilepsy, ADHD, decreased libido, schizophrenia, and dementia. Perlmutter emphasizes that gluten can affect neurological function and gut health.⁴

YOU DON'T HAVE TO GIVE UP YOUR PASTA

Even on a Really Healthy Foods diet, there are always creative solutions. New pasta alternatives can do much more than satisfy a craving for a starchy taste. Really Healthy Pasta alternatives made with legumes are easy to prepare, delicious to eat, and beneficial to your health.

This pasta promise may seem too good to be true, but it hinges on what your pasta is made of. A pasta alternative made with a single ingredient, like legumes, is one of the safest substitutions you can make on a Really Healthy Foods diet. Beans (legumes) have been hailed for their ability to reduce the risk of cardiovascular disease, type 2 diabetes, and several types of cancer.⁵ Brazilian and U.S. governments have used this compelling research when creating daily bean intake recommendations for the public.

As an antidote to our Western processed food diet that triggers inflammation day after day, the American Diabetes Association, the American Heart Association, and the American Cancer Society back legumes as an essential food group to improve health and ward off

disease. Single-ingredient pasta made with legumes like green lentils, red lentils, and black beans fits this description perfectly. Healthy pasta exists when you choose a tasty, filling pasta alternative made with a nutrient-dense carbohydrate substitute.

So what does this mean as you embark on a Really Healthy Foods diet? Eating for health and longevity is a lifelong commitment. Lifestyle and diet changes need to be made to prevent disease, but eating for your health doesn't have to result in deprivation. If you're a pasta lover who just can't give up your carbs no matter how hard you try, it's time to think outside the pasta box. Not only is healthy pasta delicious, but it can improve your health.

Recommended Products

REALLY HEALTHY PASTA

Gluten-Free, Organic legume pasta available in Red Lentil or Black Bean. The only healthy alternative to unhealthy wheat pasta. High Protein, High Iron & High Fibre. Low GI, suitable for Vegans.



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Fast Track to an **EARLY DEATH**

The silent killer in your life

Stress is the norm in our Western world. The common belief goes like this: If you're not feeling, or at least looking, stressed, then you're probably not working hard enough.

This pro-stress belief is damaging for a number of reasons.

Not only does our cultural addiction to stress sabotage our personal time, family time, and quality of life, but it can ultimately shorten our life, according to research. In a 2013 study published in *Lancet Oncology*, researchers observed a small group of men and analyzed their diets and emotional health. The men who changed their diets and met their emotional needs had lengthened telomeres in their cells.¹

This discovery is mind-blowing, once you understand the purpose of telomeres in healthy cells. Telomeres, found at the end of chromosomes, regulate cell aging. Whenever a cell divides, part of its telomeres break down and are eventually depleted, ending the life of the cell. When Dr. Dean Ornish, lead study researcher of the Preventive Medicine Research Institute and University of California San Francisco, observed the chromosomes of 35 men diagnosed with prostate cancer over five years, he detected noticeable changes in the men who ate better, exercise regularly, practiced stress management, and participated in support groups.

These men had a lower incidence of prostate tumours compared to men who didn't participate in the programme. Men who made four major lifestyle changes

related to diet, exercise, stress, and support had higher levels of the enzyme telomerase that counteracts telomere shortening every time a cell divides. These men essentially had cells that lived longer, with an increase in telomere length by 10 per cent in just five years. An earlier 2011 study published in *Biological Psychiatry* confirmed similar results: People exposed to chronic stress or with recurrent depression had shorter telomeres in their white blood cells.²

Dr. Ornish called his work the "first controlled study showing that any intervention – in this case, lifestyle changes – can increase telomere length and begin to reverse aging at the cellular level."

STRESS IS THE SILENT KILLER

Now it's clear that when you're feeling stressed – related to work, family, finances, and more – it affects much more than just your mood. Dr. Heidi Fowler, an American psychiatrist, explains, "Stress affects most people in some way. Acute (sudden, short-term) stress leads to rapid changes throughout the body. Almost all body systems (the heart and blood vessels, immune system, lungs, digestive system, sensory organs, and brain) gear up to meet perceived danger. These stress responses could prove beneficial in a critical, life-or-death situation. Over time, however, repeated stressful situations put a strain on the body that may contribute to physical and psychological problems. Chronic (long-term) stress can have real health consequences and should be addressed like any other health concern."³

Dr. Martin V. Cohen doesn't hold back

– he considers stress the "silent killer" plaguing our modern society every minute of the day, ranging from levels of slight to intense. "Studies have shown that too much challenge, hardship or change cause an increase in the risk of illness. Experts refer to stress as the 'silent killer,'" says Dr. Cohen.⁴

Research supports this, with countless studies that back the deleterious effects of chronic stress. Based on statistics, it's a near-guarantee that you or someone you love is under a crippling amount of stress, putting their health at risk.

The American Institute of Stress says that 44 per cent of us feel more stress than we did just five years ago. One in five people are under "extreme stress," characterized by depression, shaking, and heart palpitations. Work stress results in 10 percent of strokes, and stress is pinpointed as the cause of 60 per cent of all human illness and disease.⁵

Three-quarters of all doctors' visits come from stress-related ailments.

Stress is costing us. It's robbing us of relaxation and free time. It's stealing our quality of life by burdening our health. It's even taking our money in the form of unnecessary doctors' visits and extraneous healthcare costs.

Stress may be invisible, but it is always with us. Unless you proactively address the stress triggers and responses in your life, it will be almost impossible to get this stress in check. Stress that runs rampant day after day, stress that you can't switch off even as you try to relax before bed, is affecting every cell in your body for the worse. Stress



creates a chemical reaction in the body that can spiral from unpleasant physical symptoms to devastating illness and deadly disease – if it is not stopped.

RELAXATION IS WITHIN YOUR REACH

If your body has been burdened by months and even years of stress, it may be crying out for your help – though you may not be able to hear it over the buzzing of stress in your ear. A body overloaded with toxic and chronic stress is in desperate need of support.

Stress recovery and resilience comes from powerful nutrition and much-needed rest.

As we've already learned from supporting research, a well-rounded approach to stress rehabilitation is most effective. Daily physical activity and breathing exercises can help to lower dangerous cortisol levels associated with the body's stress response. Mindfulness meditation has proven benefits to help your body process the mental and

physiological effects of stress.⁶

This leaves us with stress nutrition. Your body needs key nutrients to create an anti-stress buffer that will allow for restful sleep. Sleep is an essential time to replenish, regulating brain activity and memory, improving digestion, and bringing stress down to a manageable level. Broken, interrupted sleep never gives your body time to repair and recharge – and so the vicious stress cycle continues.

One quick way to address daily stress is to prep your body with powerful nutrients before bed. B vitamins work in combination to promote restful, healthy sleep patterns. When vitamins B3 and B6 are taken with L-Tryptophan and L-Theanine, these nutrients come together to combat stress and restlessness during times of peak physical and mental demand. This relaxation support can help to reduce high levels of the stress hormone cortisol and replenish essential nutrients depleted as a result of stress.

If you want to live long and live well, it's time to take stress seriously. If you want to

regulate stress while you rest, it's as easy as supporting your body with the right relaxation nutrients before bed.

Recommended Products

RELAXWELL

Relaxwell is a professional strength, super nutrient formula which uniquely combines L-Tryptophan, L-Theanine, Vitamin B6 and Vitamin B3.



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TYPE 2 DIABETES *is curable*

Eat your way out of Diabetes. Drugs Don't Work.

Type 2 diabetes is a lifestyle condition that occurs when there is too much sugar in the blood. When blood sugar is continuously high, because of a processed food diet rich in starchy carbohydrates and sugar, the body starts to break down. High blood sugar levels that go unregulated for too long desensitize the body. Soon, the body can no longer use insulin, a hormone produced by the pancreas.

TYPE 2 DIABETES AND INSULIN RESISTANCE

Insulin is important. This hormone helps deliver glucose to the cells after sugar and starch are broken down by the body, a process essential to cellular energy. Insulin also helps move glucose from the blood.

This is where type 1 and type 2 diabetes differ. Up to 90 percent of diabetes cases are type 2, where sugar-flooded cells become insulin resistant and are not able to utilize the insulin produced by the pancreas. In the remaining cases of type 1 diabetes, the pancreas is unable to produce insulin.

Once cells become resistant to insulin, glucose stays in the bloodstream instead of moving into the cells. Then a vicious cycle occurs – the pancreas releases even more insulin to move the sugar out of the bloodstream, which can soon cause a hormonal and thyroid imbalance.

Several critical lifestyle factors increase the risk of type 2 diabetes, including a family history of a poor diet that contributes to the condition, carrying too much belly fat, and having high blood pressure and high cholesterol. Type 2 diabetes risk also increases in those over 40 and/or of

American Indian/Alaskan Native, Asian or Pacific Islander, Latino, or Black descent – only when a starchy, sugary diet is eaten.

This insulin resistance that contributes to type 2 diabetes is created by diet. In reality, this is great news to have. Risk factors for this lifestyle condition are within your control. Changing the way you eat by removing starchy, sugary, processed foods from your diet can directly improve your health and may even reverse the effects of type 2 diabetes.

BLAME DIABETES ON YOUR DIET

The American Diabetes Association clearly states that type 2 diabetes is caused by genetic and lifestyle factors.¹ According to the ADA, one reason to avoid the processed food diet is because being overweight increases the risk of type 2 diabetes.

The ADA urges everyone to avoid sugar-sweetened beverages that can raise blood glucose and trigger both diabetes and weight gain.

Researchers have been trying to tell us this for some time. Soft drinks sweetened with high-fructose corn syrup are not only full of empty calories, but they can encourage the development of diabetes, even in children.² These drinks are full of reactive compounds that can cause cell and tissue damage that further contributes to the disease. High-fructose corn syrup can also be found in condiments and baked goods.

University of Minnesota School of Public Health researchers weren't pulling any punches when they said that fast food, offered in large portions with poor nutritional value, can increase the risk of type 2 diabetes and coronary heart disease.

When researchers examined the eating habits of Singapore residents, with findings published in the American Heart Association journal *Circulation*, they noted that people who ate fast food two or more times per week increased their risk of type 2 diabetes by 27 per cent.

The diabetes-diet connection is undeniable³, but there is an upside. Researchers at the Harvard School of Public Health discovered that people who improved their diet by just 10 per cent over four years – by eating Really Healthy Foods and avoiding junk foods and sugar – were able to reduce the risk of type 2 diabetes by 20 per cent. This is compared to people who did not make a change to their diet.⁴

EAT YOUR WAY OUT OF DIABETES

It may be hard to make major lifestyle changes at first, but this diabetes news really is uplifting. You don't have to be a slave to your genetics, even if diabetes appears to run in your family. Taking into account a genetic predisposition to a certain condition, lifestyle factors have a much bigger impact on health. As research has already proven, your diet has the biggest impact on your risk and your reversal of type 2 diabetes.

If you are prediabetic, have type 2 diabetes, or are currently eating a processed food diet, it's time to make a change. With a powerful combination of Really Healthy Foods and supporting nutrients, you can clear inflammation, balance blood sugar, and promote healing in your body. This effective form of diabetes rehabilitation is easier than many of us have been led to believe.

Instead of living with a dangerous



lifestyle condition, you can make two important changes to turn your health around:

1. Cut the Sugar: An anti-diabetes diet is an anti-inflammatory diet. Avoid processed foods high in sugar and starchy carbohydrates like pastries, cereals, breads, white rice, potatoes, crackers, and dairy products. In their place, enjoy healthy fats; nuts, beans, and seeds; grass-fed meats and fish; fresh or frozen vegetables and dark-skinned fruits; and healthy carbohydrate alternatives like quinoa, millet, buckwheat, and legume pasta, which keep blood sugar levels stable.

2. Supply Missing Nutrients: This second step is one you don't want to overlook since missing nutrients can restore health to parts of your body that have been damaged by type 2 diabetes. Cinnamon is a power-nutrient with direct application for type 2 diabetes recovery; it helps the body better utilize insulin secreted by the pancreas.⁵ The anti-inflammatory proteolytic enzyme Serrapeptase works alongside cinnamon to curb inflammation from a processed food diet and to restore healthy blood flow, critical in a body damaged by diabetes. Last but certainly not least, magnesium

is another potent diabetes nutrient; low magnesium levels have been detected in people with type 2 diabetes.⁶

Conventional medicine says it's impossible to reverse insulin resistance and poor health caused by diabetes. Your doctor may recommend drugs and insulin to control blood sugar without ever getting to the root of the problem. If you're looking for a cure, medicine does not have one, but every health condition has a cause. When you take away the lifestyle factors that contribute to diabetes, you can manage the illness or reverse it completely, in many cases. You may call that a "cure," or you may call it healthy living.

Recommended Products

CINNAMON 27

Cinnamon27 is a unique formulation containing: Chromium & Calcium, Cinnamon Bark Extract, Gymnema Sylvestra Extract, Bitter Melon Extract, Fenugreek, Coral Minerals, American Ginseng Root, Nopal cactus & Cinnamon Powder. Cinnamon contributes to the maintenance of normal blood glucose levels. Take everyday before meals.



SERRANOL

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



ANCIENT MINERALS MAGNESIUM OIL 'ULTRA'

Ultra pure concentrated Genuine Zechstein magnesium chloride blended with MSM, for superior absorption.



SOLVING DIABETES IN 27 DAYS By Robert Redfern

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MAKE SURE YOU ARE GETTING YOUR MAGNESIUM BENEFITS DAILY

...with Ancient Minerals Magnesium Oil 'Ultra'

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)!

Always tired? Magnesium can contribute to a reduction of Tiredness and Fatigue and normal Energy Yielding Metabolism - **PROVEN**

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 bones - **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.



ULTRA PURE MAGNESIUM BLENDED WITH MSM - FOR MORE ABSORPTION!



Healthy Breakfasts

Get your day off to a good start with these healthy and delicious ideas

BERRY BREAKFAST BOMBS

Ingredients

1 cup raw Almonds
1 cup raw Walnuts
½ cup raw Sunflower Seeds
½ cup raw Pumpkin Seeds
½ cup raw Linseeds/Flaxseeds
1 large double punnet Blueberries
1 large double punnet Raspberries
1 teaspoon Coconut Sugar (optional)
Shredded Coconut (optional)

For The Raw Vanilla Cashew Cream:

1 tablespoons Agave Nectar
1 cup raw Cashews soaked for 2 hours
½ teaspoon Natural Vanilla Extract
A pinch of Celtic Sea Salt

Method

1. Pulse the nuts and the seeds within a food processor a few times until they're finely chopped. You can mix in a sweetener such as a teaspoon of coconut sugar or agave if necessary, along with the shredded coconut.
2. For the vanilla cashew cream, blend all of the ingredients for this into a blender and puree until smooth and creamy in consistency.
3. Take a glass and add a layer of berries to the bottom. You might like to alternate this layer between the different glasses, starting with blueberries in one layer and then raspberries on another, or vice versa – so that each fruit layer creates a contrast.
4. Place a layer of the nut mixture at the top of each glass, then spoon over a layer of the cashew cream before adding more nuts and seeds. Top with any



SPINACH AND OVEN-ROASTED TOMATO OMELETTE

Ingredients

1 tablespoon Olive Oil
4 large Eggs (beaten)
1 cup baby Spinach Leaves
½ cup unpasturised, organic, Feta Cheese
½ cup oven roasted Tomatoes

Method

1. Into a non-stick medium-sized pan, heat the olive oil. Sauté the spinach for 2-3 minutes and then once it's wilted, add in the oven roasted tomatoes and combine. Use the spatula to spread the vegetables evenly around the surface of the pan.
2. Pour in the beaten eggs, shaking the pan and ensuring the mixture is distributed evenly.
3. Once the bottom is set, after about 2 minutes loosen the omelette from the pan to prevent it from sticking. Sprinkle on the feta cheese from one side, and then flip it over to the other side to cook completely. This should be cooked until golden brown, before flipping the



omelette and cooking for a minute on the other side.

4. Cut the omelette in half by using a plastic spatula and then transfer to the two plates. Serve hot.

RAW BANANA NUT BARS

Ingredients

½ cup Mashed Banana
2 scoops Raw Vanilla Protein Powder (garden of life)
¼ cup Raw Sliced Almonds (or nut of choice)
2 tablespoons Raw Coconut Flour
1 tablespoon Water
1 teaspoon pure Vanilla Extract
½ teaspoon Cinnamon

Method

1. Place all ingredients in a bowl and mix until smooth.
2. Roll out on a cookie sheet lined with parchment paper and refrigerate for 30 minutes.
3. Cut into four pieces. Keep refrigerated.



MORE IS BETTER?

Less is more, but not when it comes to The Miracle Enzyme

Can you really have too much of a good thing? In many cases, the answer is yes – too much work and not enough play, too much junk food and not enough health food, even too much vacation when you are craving the comfort of your own home.

“Less is more” when you’re talking about friends, fun, and frivolity, but not when your health is on the line.

Your health and longevity depend on the right combination of Really Healthy Foods and nutrients. Some of these nutrients are so powerful and so effective that, in large doses, they can literally turn your health around. When taken at a high potency, simple enzymes become more powerful. A large amount of such a powerful enzyme can move quickly through your body, eating through inflammation and scar tissue, easing swelling and chronic pain, and even unclogging arteries.

OUR BODY NEEDS MORE OF THIS ‘MIRACLE’ ENZYME

The powerhouse enzyme in question is none other than Serrapeptase. Serrapeptase, free from side effects, comes from the intestine of the silkworm. The silkworm is known for its ability to eat and digest tough mulberry leaves in order to break through its chrysalis and take flight. The silkworm has the potent enzyme Serrapeptase to thank, an anti-inflammatory enzyme so powerful that some doctors in Germany and other parts of Europe prescribe it as a medicinal supplement.

The book *The ‘Miracle Enzyme’ Is Serrapeptase*, which addresses Serrapeptase use for more than 240 chronic health conditions, explains how a

single enzyme can have such an effect on the body, “As an anti-inflammatory, nothing surpasses the ability of Serrapeptase to safely stop inappropriate inflammation in its tracks. No matter the cause or the location (it even crosses the blood-brain barrier), Serrapeptase gets to work stopping the inflammation. If that is not enough, it has the ability to dissolve any dead or non-living tissue that may be gumming up the works, particularly mucus and inflammation associated with pain.”

This remarkable anti-pain enzyme has more than 40 years of clinical backing, based on research and practitioner observations. When taken at a high dose, Serrapeptase can address almost any pain or inflammatory concern in the body, including migraines and headaches; asthma, bronchitis, bronchiectasis, and other lung disorders; blocked arteries, stroke, and CVD; male and female infertility; and even cancer.

MORE SERRAPEPTASE, MORE RELIEF

Serrapeptase studies are plentiful, with remarkable results seen when Serrapeptase is administered in high doses. As researchers explained in a 2003 study published in *Respirology*, the proteolytic Serrapeptase enzyme is widely used in clinical settings in Japan. In an open-labelled trial with a non-treatment control group, patients with chronic airway disease received 30 mg of Serrapeptase a day for four weeks. Serrapeptase proved beneficial in clearing excess mucus and altering sputum viscoelasticity to relieve symptoms associated with the condition.¹

When patients with carpal tunnel syndrome were given 10 mg of Serrapeptase twice a day in a preliminary

trial that lasted six weeks, 65 percent of the patients saw significant clinical improvement. Taking this amount of Serrapeptase over an extended period of time did not show any side effects, allowing researchers to consider Serrapeptase therapy a “useful alternative mode of conservative treatment.”²

The most recent and most fascinating area of Serrapeptase research has to do with a particularly troubling degenerative condition that many consider a modern-day epidemic: Alzheimer’s disease. In a 2013 study published in *Human and Experimental Toxicology*, Serrapeptase, when used in combination with another proteolytic enzyme called Nattokinase, helped modulate certain factors that characterize Alzheimer’s disease. When male rats with Alzheimer’s-like pathology were given Serrapeptase and Nattokinase for 45 days, significant improvements in brain activity were noted. Researchers believe that taking both proteolytic enzymes orally could prove therapeutic in the treatment of Alzheimer’s disease.³

More than 23 credible studies support the use of Serrapeptase over an extended





period of time and in large amounts. User testimonials have come forth in the hundreds, praising this humble enzyme for its “miracle” powers. One Serrapeptase user reports that taking a high dose of the enzyme daily kept her husband’s crippling sinus headaches at bay for five weeks. She explains, “He only had one headache, and he used to have multiple headaches each week. My daughter also had multiple migraines a week and now has only had one in five weeks.”

Bobby Leopard of South Carolina says, “In the second week of March, I started taking two 400 mg capsules of Serrapeptase twice a day. By the second week of April – without changing my diet – my bad cholesterol went from 212 to 181, my triglycerides dropped from 476 to 356, and my blood sugar level dropped from 124 to 112.”

HOW MUCH SERRAPEPTASE DOES YOUR BODY NEED?

The best, and the only, way to take Serrapeptase is as an enzyme supplement in a form your body can use. After scientists isolated the proteolytic

Serrapeptase enzyme from the intestine of the silkworm, those suffering from chronic conditions began to use it as an oral supplement. When taken in a capsule at high strength – 250,000 IU is recommended – Serrapeptase can be immediately absorbed by the body before it begins to break down and clear proteins by hydrolysis.

Serrapeptase facilitates negative protein hydrolysis so that normal processes in your body can run more smoothly. Natural healing is stimulated. Sinus activity moves and clears. Fluid levels balance, and joint mobility may improve. Inflammation and associated aches and pains may be eased as Serrapeptase flushes harmful waste and toxins from the body.

To get all these “miraculous” health benefits and more, it comes down to dose and delivery. Serrapeptase works best when taken in large amounts, in a delayed release capsule on an empty stomach. This delivery system taps into all the power this potent enzyme has to offer, allowing it to activate in the small intestine instead of the stomach.

Administered at a high dose,

Serrapeptase takes on the non-living tissue burdening your body and releases anti-inflammatory mediators to calm the pain response. Redness, swelling, and pain subside so that true healing can begin – where your body needs it the most, from the inside out.

When you understand all the hard work that one enzyme is doing behind the scenes, it becomes clear that more truly is better. A small amount of Serrapeptase may not provide all of these anti-inflammatory and pain-management benefits. Taking the maximum dose of Serrapeptase is safe and can give relief in the shortest amount of time.

Recommended Products

SERRAENZYME 250,000IU

The world’s strongest serrapeptase delivering 250,000iu’s serrapeptase per cap. For serious health support, available in x90 or x30 Trial Size and in Delayed Release cap, for optimum performance.



BOOK: THE MIRACLE ENZYME IS SERRAPEPTASE by Robert Redfern. Read all about Serrapeptase in this 3rd edition, now with 240+ of health plans that contain serrapeptase!

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TAKES GUTS TO BE *healthy*

Concrete proof that you are what you eat

Think of your gut as your home base. Often overlooked and definitely underestimated, your gut is the central control station of your body. Food goes into your gut every time you eat. Nutrients are absorbed and assimilated and then moved to where they need to go throughout your body. Friendly bacteria, known as probiotics, build large communities in the gut that fight off pathogenic bacteria, infection, and yeast overgrowth.

HEALTH COMES FROM WITHIN

There's a common phrase most of us are familiar with: You are what you eat. You may use this expression to teach your child the importance of eating their fruits and vegetables. Even from an early age, children need to understand how Really Healthy Foods can fuel their bodies.

But for children and adults alike, this saying has a deeper meaning. When you hear "you are what you eat," consider the fact that your health in one year, five years, and 20 years depends on the nutrients absorbed by your gut today. Not only do Really Healthy Foods matter – avoiding processed foods, starchy carbs, and excess sugar – but the quality of your gut is just as important to put these foods to good use.

Your gut health today influences your wellbeing in the future. You can eat all the healthy foods your stomach can hold, but if your gut isn't "primed" to receive them, your health may still suffer.

Gut health has become a popular topic in the health world, and for good reason. Research is almost limitless in support of a robust gut, solidifying that your digestive health can affect every part of your body and even your risk for disease.

Gut rehabilitation has the power to transform your health. In a 2015 study published in *Brain, Behavior and Immunity*, Laura Steenbergen and Lorenza Colzato, psychologists at the Leiden Institute for Brain and Cognition, discovered that after taking probiotics for just four weeks, study participants were less likely to focus on bad feelings and bad past experiences.¹

The gut has also been referred to as the "second brain." It's that important. Home to trillions of gut bacteria in what is known as the gut microbiome, the human digestive system is in direct communication with the human brain. The gut contains a network of neurons that support this intimate relationship with the brain through vagus nerves. As such, the gut has the power to regulate stress, behaviour, and mood and even influence your emotional state.²

WHAT A HEALTHY GUT LOOKS LIKE

"Probiotic" is another popular health buzzword you've probably heard before, or at least seen advertised on yogurt. Remember, probiotics are the friendly bacteria that reside in the gut. Your digestive system, and indeed your entire body, needs these good bugs to fight off the bad bugs and keep digestion humming like a well-oiled machine.

In a review of nine studies, with research published in the *Hypertension journal of the American Heart Association*, living probiotics were found to lower blood pressure in those with high blood pressure levels.³ Gut probiotics have also been hailed for their immune-boosting properties; in a study conducted by University Medicine and Dentistry of New Jersey-School of Health Related Professions (UMDNJ-SHRP) on the sleep-deprived and stressed-out college

population, a probiotic supplement helped reduce the severity and duration of the common cold and upper respiratory tract infections.⁴

This exciting research is only the tip of the iceberg. The American Gastroenterological Association has long supported probiotics as essential to gut health. As microbiota expert Professor Francisco Guarner of the University Hospital Vall d'Hebron in Barcelona explained at Miami's Gut Microbiota for Health World Summit in 2014, diet and probiotic supplements go hand-in-hand.⁵ Your gut needs large amounts of beneficial probiotics to maintain health and ward off disease. The food you eat is equally important because it feeds gut microbes and can influence their diversity and composition.

THE 3 SECRETS OF A HEALTHY GUT

Gut health isn't a mystery, but commercial probiotics can be misleading. Eating sugary yogurt won't provide the probiotic power your gut needs to support your health – in fact, it may make digestive issues even worse.

Here's what it takes to feed your gut strategically to improve health and reduce risk of chronic disease:

1. Diet: As Professor Guarner pointed out, a Really Healthy Foods diet is the partner of robust gut health. No matter how many probiotic supplements you take, your gut health and the health of your body could still be at risk if you are consuming an inflammatory diet. Inflammatory foods, those processed and high in starchy carbs and sugar, automatically create inflammation in the gut. From the gut, this inflammatory cascade spreads to the rest of the body and greatly increases your risk



of chronic disease. Feed and nurture your gut to calm inflammation with fresh, whole vegetables and fruits, grass-fed meats and fish, nuts, seeds, and healthy oils – avoid sugar, bread, cereal, grains, wheat, rice, pastries, cookies, and dairy at all costs.

2. Probiotics: What does a gut-friendly probiotic look like? As mentioned above, commercial, processed yogurt, while it may contain minimal probiotics, is loaded with sugar. It will do your body more harm than good. A hardy probiotic dose comes in the form of a soil-based probiotic supplement, best taken in combination with a humic/fulvic acid prebiotic to enhance SBO proliferation. A soil-based probiotic is unique in that it provides the same type of microflora naturally found along a healthy human G.I. tract. This invaluable probiotic support goes directly to the gut to repair, restore, and build new communities of friendly bacteria.

3. Digestive Care: Healthy digestion wouldn't be possible without daily digestive support. Digestive enzymes give your gut the strength, or digestive "fire," to stoke the digestive process every time you eat. Digestive enzymes break down food for better nutrient absorption, working alongside the "cleanup crew" to rebalance the gut; naturally 'active' charcoal filtration cleans and flushes harmful contaminants

from the gut to improve nutrient uptake. Taking digestive enzymes and absorbent charcoal is essential for initial gut support – together, they can calm the stomach and settle chronic digestive distress.

If your health is suffering, or if you don't feel like your best self, your gut health should be your first area of concern. What goes into your body will eventually come

out – in the form of vitality or disease. How you care for your gut today is the best indicator of how you will feel tomorrow.

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Recommended Products

PRESCRIPT-ASSIST

3rd generation combination of more than x29 friendly soil-based organisms (SBOs), with a humic/fulvic acid prebiotic. Backed by a peer reviewed, human clinical trial with 1 year follow up verifying efficacy. Does not require refrigeration & safeguarded against light, heat & pressure.



ESSENTIAL DIGESTIVE PLUS

This is a newly formulated professional strength enzyme complex combining the power of all the important digestive enzymes with Fruta-Fit® Inulin. 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.



HEALTH news

GLUTEN SENSITIVITY ISN'T A FAD – IT'S A REAL PROBLEM, SAY SCIENTISTS

Not eating wheat is all the rage, and some sceptics regard it as a fashionable fad – but scientists have discovered that gluten sensitivity is a very real problem, and they've also figured out the biological mechanism behind it.

Eating wheat products such as bread or pasta releases molecules that can pass through the gut lining. The molecules include exorphins, which have been found in the spinal fluid of people with schizophrenia and autism. They could also have an opioid-drug effect, which would explain the light-headedness that seems to affect some sufferers.

Researchers from Milan University have discovered that eating gluten releases these proteins and molecules, but say that more research is needed to find out what biological effect they may be having.

Although the mechanism around celiac disease and gluten intolerance is known, that of gluten sensitivity has not, until now, been established – partly because doctors and scientists just haven't believed the problem exists.

The researchers made the discovery after they observed the biological processes that occurred after eating two kinds of sliced bread and four types of spaghetti.

(Source: *Food Research International*, 2015; 72: 208)

KEYHOLE SURGERY FOR KNEE PROBLEMS SHOULD BE STOPPED, SAY RESEARCHERS

Keyhole surgery for knee pain and damaged joints has been hailed as one of the major breakthroughs of medicine – but a new study says the procedure should be scrapped because the risks outweigh any benefits.

In fact, the benefits – such as less pain or greater mobility – usually disappear within a year, and yet the surgery comes with a host of risks.

The procedure, known as arthroscopy, increases the risks for deep vein thrombosis, pulmonary embolism (a blockage of the main artery of the lung), infection and even death.

And the benefits of surgery seemed to disappear within one to two years, researchers from the University of Southern Denmark discovered. As such, arthroscopy is not suitable for middle-aged and older patients with knee pain, whether or not they have osteoarthritis, they conclude.

They based their findings on a review of nine studies, involving 1,270 patients aged between 48 and 63 years. Most patients reported a "small but significant" reduction in pain immediately after surgery, but the pain started to return after six months or so. Mobility wasn't improved by the procedure.

(Source: *BMJ*, 2015; 350: h2747)

VEGAN DIET IS THE QUICKEST WAY TO LOSE WEIGHT

Want to lose some weight quickly? Go on a vegetarian diet – and if you want to fast-track your weight loss, go one step further and make it a vegan diet.

Cutting animal products out of our diets is the fastest way to lose weight, and it beats most other diets around, including low-carb and no-carb diets.

The effects can be seen from nine weeks and up to 18 months after starting a vegetarian diet, say researchers from the E-Da Hospital in Taiwan.

In a study of 1,151 dieters, who were on different diet regimes, those who ate only vegetarian food lost 2.02 kilos (4.4 lbs) more than those eating a meat-based diet. But those who were on a vegan diet, where all animal produce, such as milk and cheese, is avoided, saw the greatest weight loss. Vegans lost 2.52 kilos (5.5 lbs) more than those on a vegetarian diet – or nearly 10 lbs more than those on a meat-based diet.

It's not just what is left out, but what is put in, that makes vegetarian and vegan diets so effective, say the researchers. Whole-grain products and vegetables have low glycaemic index (GI) values and don't cause blood sugar levels to spike, while fruits are rich in fibre, antioxidants, minerals and chemicals. The fibre in whole-grain products also slows the digestion and absorption of foods.

(Source: *Journal of General Internal Medicine*, June 2015; doi: 10.1007/s11606-015-3390-7)



FRUCTOSE IN DRINKS AND READY-MEALS CAN LEAD TO HEART FAILURE

Fructose – often used as a 'healthier' alternative sweetener in fruit juices and drinks – can trigger uncontrolled growth of the heart, leading to heart failure, new research has found.

The discovery adds to earlier research that found the liver converts fructose very efficiently into fat, and people who drink large quantities of fructose-sweetened drinks are more likely to put on weight, develop high blood pressure and become insulin resistant, a range of conditions collectively known as metabolic syndrome.

Now Wilhelm Krek from ETH Zurich's Institute for Molecular Health Sciences has discovered that fructose can also cause the heart to grow uncontrollably.

Fructose seems to be involved in a fatal chain reaction that is more commonly seen in people with high blood pressure (HBP). In HBP patients, the heart grows in order to pump the blood around; however, as it runs out of its usual energy supply of fatty acids, it seeks out sugars, including fructose.

The key, as with most things, is moderation. Consuming fruit, which naturally contains fructose, and a fruit juice a day isn't going to do you any harm, says Krek. But drinking sweet soft juices, often with added sugar, together with ready meals and other foods that contain artificial fructose sweetener can produce a surplus in the body that triggers the mechanism which can lead to heart failure.

(Source: *Nature*, 2015; doi: 10.1038/nature14508)



PROBLEM CHILD? GIVE HIM FISH OILS, AND WATCH HIS BEHAVIOUR IMPROVE

Aggressive and anti-social behaviour in children can be helped by omega-3 fish oils. It's the ultimate brain food that can have a big impact on the children, especially if their diet is poor, say researchers.

It's already known that the fish oils can help adults with criminal or aggressive behaviour, but lead researcher Adrian Raine from the University of Pennsylvania wanted to find out if the supplements could do the same for children who were aggressive or anti-social.

The researchers gave 50 children, aged from eight to 16, a drink containing one gram of omega-3 every day for six months and another 50 the same drink but without the fish oils.

After six months, both groups reported less aggressive and anti-social behaviour, but only the omega-3 group continued to show an improvement in their behaviour after 12 months; there was a 42 per cent reduction in 'external' behaviour problems, such as aggression, and a 62 per cent drop in 'internal' behavioural problems, such as depression, anxiety and withdrawal.

Raine said that in earlier research he had discovered that children who had poor nutritional status at the age of three were more anti-social and aggressive by the time they were eight years old.

(Source: *Journal of Child Psychology and Psychiatry*, 2015; 56(5): 509)

EMF RADIATION FROM MOBILE PHONES AND WI-FI A HEALTH RISK, SAY SCIENTISTS

A group of scientists is appealing to the United Nations and the World Health Organisation (WHO) to initiate tougher guidelines on exposure to electromagnetic fields (EMFs) and wireless technology. They say there is growing evidence that EMFs are a risk to health and the environment.

The 190 scientists from 39 countries are calling for the introduction of precautionary measures, limit EMF exposure, especially for children and pregnant women, and to educate the public about health risks from EMFs, which are mainly generated from mobile phones and cell masts, wi fi and cordless phones.



They also wants the UN, the WHO and UN member states to explore the possible impact of EMFs on wildlife and the environment.

The International EMF Scientist Appeal points out that the WHO should already be issuing warnings. The WHO's own research committee listed EMF radiation as a 'possible carcinogen' in 2011, but has done nothing with the finding. Instead, it follows the guidelines of the International Commission on Non-Ionizing Radiation Protection (ICNIRP), which has stated there is no evidence that EMFs and mobile phones pose any risk to health. The commission is mainly made up of personnel from the mobile phone industry.

One of the scientists, Martin Blank from Columbia University in the US, says: "International exposure guidelines for electromagnetic fields must be strengthened to reflect the reality of their impact on our bodies, especially on our DNA. The time to deal with the harmful biological and health effects is long overdue. We must reduce exposure by establishing more protective guidelines."

(Source: www.emfscientist.org)

Source: www.WDDTY.com

Short-term recovery, long-term relief

Relief in 30 days from **CYSTIC FIBROSIS**



You never realize how much you depend on your lungs until your health is compromised. The lungs, responsible for each breath you take, keep you alive. Not only does your body need this breath for survival, but it requires a constant circulation of oxygen to keep all organs vital.

Any lung condition, particularly a genetic condition like cystic fibrosis (CF), can be devastating. Cystic fibrosis affects the lining of the lungs, small intestine, sweat glands, and pancreas. Mucus builds up to destroy lung tissue, inhibit gas exchange in the lungs, and attract infection like a magnet.

CYSTIC FIBROSIS CAN BE DEADLY

The book *Cystic Fibrosis Rehabilitation in 30 Days* explains the dangers of this lung disorder, "[Cystic fibrosis] also prevents the absorption of nutrients in the small intestines by blocking ducts from the pancreas that release digestive enzymes. It is the most common life-threatening genetic disease among Caucasian groups, although it affects all races and ethnic groups. Chronic under-nutrition, along with weight loss and growth failure, are the precursors of premature death."

Without extra protection from powerful nutrients, symptoms of chronic malnutrition caused by cystic fibrosis can ravage the body. A sufferer of cystic fibrosis may experience poor pancreatic function, fat malabsorption, difficulty gaining weight, abdominal pain, gut obstruction, rectal prolapse, heartburn, peptic ulcers, mucus buildup, respiratory infection, and more.

Cystic fibrosis is the most common hereditary disease that may be caused by an underlying mineral deficiency. The condition can be aggravated and worsened by a poor diet.

THE TOP 3 NUTRIENTS FOR CYSTIC FIBROSIS RECOVERY

What will it take to turn your health around, even with a serious lung condition like cystic fibrosis? Your doctor may tell you what all medical textbooks say: Cystic fibrosis is a genetic disease without a cure.

But just because this condition does not have a medical cure does not mean it can't be rehabilitated through strategic dietary and nutritional support.

A body burdened by cystic fibrosis needs three potent nutrients to turn health around:

- 1. Serrapeptase:** Serrapeptase is a renowned proteolytic enzyme, grown in a laboratory through the process of fermentation. This single enzyme has the power to eat through non-living tissue in the body, expelling mucus, waste, and inflammatory buildup that contributes to disease.¹ When taken as a supplement with supporting nutrients like curcumin, vitamin D3, and ecklonia cava, Serrapeptase can improve lung health by clearing inflammation and scarring associated with CF.
- 2. Iodine:** Iodine is an essential mineral that every person needs daily, even more so with a serious lung condition like cystic fibrosis. Researchers found cystic fibrosis patients to have "dramatic" iodine deficiency, causing subclinical hypothyroidism.²
- 3. Selenium:** Critical iodine in the body will go to waste without the support of a selenium cofactor. Most easily consumed in a multivitamin and mineral supplement, selenium works with iodine to protect and regenerate damaged cells. Taking selenium in a multivitamin will ensure that all missing nutrients are replenished, an important step to balance the nutritional deficiencies caused by cystic fibrosis.

There is no medical cure for cystic fibrosis, but recovery is possible when

you take it day-by-day. Nutrition is the cornerstone of cystic fibrosis rehabilitation. With support from the right nutrients, your body can heal itself and improve function. There is hope for your health, even after a cystic fibrosis diagnosis.

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 recognized by the thyroid and is absorbed effortlessly by the body.

One drop = 400mcg of iodine. Nascent iodine is the best form of iodine supplementation. 1 bottle will last approx 3mths.



ACTIVE LIFE

The perfect all-in-one supplement for the whole family, containing a powerful source of 90 vitamins and minerals. Comes in tasty Orange Mango flavour.



CYSTIC FIBROSIS REHABILITATION IN 30 DAYS By Robert Redfern

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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.

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Healthy Soups

These healthy and delicious soups are perfect for lunch or dinner

HEALING ASIAN SOUP WITH GINGER

Ingredients

- 1 cup sliced Mushrooms
- 1 Spring Onion
- 1 cup Spinach Leaves
- 3 ½ slices fresh Root Ginger
- 4 cups good quality Vegetable Broth

Method

1. Take a medium sized saucepan and bring the vegetable stock to a low simmer. Add in the ginger slices and simmer for around 15 minutes or longer. If the stock has reduced, add a small amount of water.
2. As the ginger simmers in the stock, wash and then thinly slice the mushrooms, adding the spinach leaves. After the spring onion has been cleaned and sliced very thinly, bring the stock back on a low simmer and then add the mushrooms, before simmering for one minute more.
3. After the heat has been turned off, add the spring onion and serve the soup hot. You may want to use chopsticks to eat the vegetables with after you have finished the broth.



ARTICHOKE SOUP

Ingredients

- 2 tablespoons Olive Oil
- 5 medium sized Artichokes
- Juice of one Lemon
- 2 Leeks, washed and sliced well
- 3 chopped Shallots
- 6 chopped Garlic Cloves
- 1 tablespoon fresh Thyme Leaves
- 1 fresh Bay Leaf
- 2 tablespoons chopped fresh Italian Parsley
- ¼ teaspoon crushed Red Pepper Flakes
- Sea Salt, Black Pepper
- 1 litres Water

Method

1. Clean and prepare the artichokes. (To clean artichokes, fill a bowl with approximately one litre of cold water and add the juice of one lemon, plus the squeezed-out lemon halves. Peel and trim the stem of the first artichoke. Pull off any tough outer leaves and discard. Using a paring knife, trim away any tough parts around the base and stem of the artichoke. With a serrated knife, cut off the top third of the artichoke and discard.) Put cleaned artichokes in a serving bowl and toss with the lemon juice.
2. Heat the olive oil in a soup pot over a medium high heat. Add the leeks and the shallots and cook for 10 minutes until softened.
3. Sprinkle in the bay leaf, crushed red pepper flakes, garlic, thyme and salt together. Cook for 1-2 minutes until the garlic becomes fragrant. Add in the water and bring to the boil. Add in the prepared and drained artichokes, bringing the soup to a rapid simmer. Cook uncovered until the artichokes become tender, after about one and a half hours. Once cooked the soup can be blended to create a creamy soup. Stir in the chopped parsley and serve.

RED GAZPACHO SOUP

Ingredients

- 4 ripe Tomatoes
- 1 small coarsely chopped Onion
- 1 peeled Garlic Clove
- 1 cup Pure Tomato Juice
- 2 tablespoons Lemon Juice
- 1 sprig of fresh Parsley
- 1 medium sized Cucumber
- 4 ice cubes
- Pepper to taste, Cayenne if desired

Method

1. Take a food processor and blend all of the ingredients until the vegetables are small but not puréed. Serve.



Healthier Treats

Treating yourself needn't be bad for you with these delicious ideas

VEGAN CHOCOLATE ICE CREAM

Ingredients

830ml Coconut Cream OR full fat Coconut Milk

$\frac{2}{3}$ cup Unsweetened Cocoa or Cacao Powder

100g Pitted Dates

1 teaspoon pure Vanilla Extract

$\frac{1}{2}$ cup Unsweetened Almond Milk

Optional add-ins:

1 fl oz/30ml espresso, cooled

$\frac{1}{2}$ teaspoon Cinnamon

Cacao Nibs

Method

1. Take a large mixing bowl and place it in the fridge for 10 minutes.
2. Add the pitted dates into the food processor and process until only small bits remain. Add some hot water in a little at a time until a thick paste is formed. Set this aside.
3. Scoop out the coconut cream or the coconut milk, making sure to reserve any clear liquid for other uses. Place within the chilled mixing bowl.
4. Use the mixer to whip until smooth and creamy. Then add in the vanilla, cocoa powder, almond milk and half of the date paste, along with a little cocoa powder.
5. Transfer the mixture into a parchment-lined and freezer-safe container. Cover this loosely with plastic wrap, adding foil on the top to help it to freeze.
6. Take the mixture out of the refrigerator a few hours later when it's turned into a chilled mousse like ice cream. If you would like thicker ice cream, freeze overnight.
7. When scooping out the ice cream, set it out for at least 20 minutes prior to scooping. You may need to place the scoop under hot water to warm it slightly before scooping.



CHOCOLATE AND STRAWBERRY CAKE

Ingredients

Crust:

75 grams Almonds
100 grams Cashew Nuts
2 tablespoons Coconut Oil
2 tablespoons Honey

Chocolate Filling:

2 $\frac{1}{2}$ Avocados
200g Cacao Powder
2 tablespoons melted Coconut Oil
3 tablespoons Honey

Method

For the crust:

1. Place the cashew nuts and almonds into a food processor and mix until it is the consistency of sand.
2. Add the melted coconut oil and honey into the mixture.
3. Spread out onto a pie dish and place



in the freezer for 15-30 minutes.

For the chocolate filling:

1. Run the avocado, cacao powder, melted coconut oil and honey into a food processor until the mixture is smooth.
2. Spread the mixture over the frozen crust.
3. Place back into the refrigerator for 15-30 minutes. It tastes best half-frozen, so take out and serve after this time.



IT'S NOT FAT.

It's Junk Food and Sugar

Fat isn't making you fat

Awareness of our modern obesity epidemic is gaining traction, and that's a good thing. There's no shortage of obesity statistics – most of us are aware that global obesity has reached epidemic proportions, affecting rich and poor men, women, and children alike. Based on carefully calculated global estimates, there are more than 500 million adults around the world who are considered obese. Nearly 10 percent of men and 14 percent of women worldwide are obese. The obesity rate has almost doubled since 1980.¹

We're not short on obesity, but we are short on answers.

WHY THE MAINSTREAM OBESITY MESSAGE IS MISLEADING

When we're talking obesity, the public is normally given this common advice: It's time to make a change. The global obesity epidemic is one of the major contributors to several leading causes of death, like stroke, heart disease, diabetes, and some cancers. Healthy eating and active living can fix this.

This is true, but it is not the full picture.

These anti-obesity slogans still do not explain what it takes to create a change that fights obesity, improves health, and lengthens life.

This is where most of us are lost. This is why we feel like we are beating our head against a wall and can't shake that extra weight, no matter how hard we try. The reason that most of us remain stuck – and at risk for disease – is simply the result of wrong information.

THERE'S NO REASON TO FEAR FAT

We've long been told that fat is making us fat, when this couldn't be further from the truth. If you think back to the 1980s low-fat craze, a time when fat in food was avoided like the plague and harmful chemicals and sugar were eaten as a substitute, health did not improve. Our health has steadily gotten worse. This is because fat, rumored to cause obesity and contribute to disease, was not the problem.

New research blows this "low-fat theory" out of the water. You may have been told to avoid fat completely to manage your weight, keep cholesterol low, and prevent clogged arteries. This fat-phobic rumour has been circulated in the medical community for more than 40 years. We have been told to avoid saturated fats in

red meat (not processed) and dairy, which may cause heart disease and obesity.

Dr. Aseem Malhotra, cardiology specialist at London's Croydon University Hospital, says the opposite is true: Saturated fat is not the enemy of our health. The real enemy is trans-fat found in processed foods, fast foods, margarine, and baked goods. After being cautioned to avoid both trans-fat and saturated fat, the latest research suggests that saturated fat may actually be beneficial and could protect the health of the heart.²

If fat isn't the problem, then what is? What is holding us back from maintaining a healthy weight and reducing the risk of obesity-related disease? Here's a hint: The answer is in your diet, but it has nothing to do with fat.

There are two food groups behind the obesity epidemic:

1. Processed foods
2. Sugar

Processed foods sabotage your body by triggering inflammation and making it almost impossible to lose weight. Sugary foods, rich in empty calories and poor in nutrients, only fuel obesity further while increasing the risk of diabetes and heart disease.

Want more proof? While exercise is

important to curb obesity and related health conditions, it can't beat out Really Healthy Foods. A 2015 study published in the *British Journal of Sports Medicine* asserts that "you cannot outrun a bad diet." Sugar and carbohydrates are the top contributors to obesity. Exercise alone can't guarantee weight loss. A poor diet filled with processed, sugary foods "generates more disease than physical inactivity, alcohol and smoking combined."³

Foods like bread, pastry, cookies, potatoes, breakfast cereal, white rice, and pasta are indigestible by the delicate human gut. Not only do these foods create whole-body inflammation that contributes to chronic disease, but they affect your health and quality of life. Even your child's IQ may be vulnerable to the junk food you eat – young children who ate more fruits and vegetables after starting solid foods had a higher IQ and better memory by age 4.⁴ Children who regularly ate junk food and sweets during the first two years of their life exhibited decreased IQ by age 8 compared to other children who did not eat the same processed foods.⁵

FOUR HIDDEN OBESITY TRIGGERS AND HOW TO FIGHT THEM

When you think about the hidden factors that sneak up and contribute to weight gain, the obesity epidemic makes perfect sense:

1. Processed Food Diet: We now know that processed foods and excess sugar are the problem. Really Healthy Foods, like vegetables, fruits, nuts, beans, seeds, grass-fed meats and fish, and healthy oils, are an easy fix. Single-ingredient pasta alternatives made only with legumes are also available to satisfy a carb craving. This kind of nutrient-dense meal alternative can support the fight against obesity and reduce the risk of related health conditions, like heart disease, cancer, and diabetes.

2. No Nutritional Support: High-quality supplements work hand-in-hand with Really Healthy Foods to support weight loss and protect against disease. Type 2 diabetes, a preventable lifestyle condition

often caused by obesity, makes up 90 percent of all diabetes cases; diabetes was responsible for an estimated 1.5 million deaths worldwide in 2012.⁶ Even type 2 diabetes can be reduced and rehabilitated with the right nutritional support. A powerful nutrient like cinnamon can regulate blood sugar and cholesterol. Cinnamon has been shown to reduce cholesterol by about 18 percent and lower blood sugar levels by about 24 per cent.⁷

3. Inactivity: Exercise is secondary to diet when it comes to obesity risk, but your activity level still matters. If you find yourself sitting for most of the day and can't find time to exercise or take a daily walk, the number on the scale will creep up, and your health will suffer. This lack of exercise also weakens the immune system, and a poor immune system leaves your body in overload, vulnerable to disease. Inactivity contributes to obesity, but a sedentary lifestyle can be deadly in and of itself. Lack of exercise has caused twice as many deaths as obesity; one 20 minute walk a day could reduce the risk of premature death by up to 30 percent, according to a report published in the *American Journal of Clinical Nutrition*.⁸

4. Stress: Stress is another silent partner in the obesity game and a prime contributor to chronic disease. Stress causes cortisol in the body to skyrocket in what is known as the "stress response." High cortisol levels over the long-term have been linked to poor immunity, blood sugar imbalance, disrupted sleep, and, of course, abdominal weight gain. Sleep deprivation is another chronic stressor that can increase obesity risk.⁹ Calming the stress response is critical if you hope to bring your body back to a healthy weight. B vitamins, taken along with L-Tryptophan and L-Theanine before bed, can counteract stress and subsequent weight gain by giving your body the chance to repair and reset.

There is hope for the widespread obesity epidemic affecting families and shortening lives. Now we know where to look for answers. When we change our food, nutrition, and lifestyle habits – and pass

Recommended Products

CINNAMON 27

Cinnamon27 is a unique formulation containing: Chromium & Calcium, Cinnamon Bark Extract, Gymnema Sylvestra Extract, Bitter Melon Extract, Fenugreek, Coral Minerals, American Ginseng Root, Nopal cactus & Cinnamon Powder. Cinnamon contributes to the maintenance of normal blood glucose levels. Take everyday before meals.



REALLY HEALTHY PASTA

Gluten-Free, Organic legume pasta available in Red Lentil or Black Bean. The only healthy alternative to unhealthy wheat pasta. High Protein, High Iron & High Fibre. Low GI, suitable for Vegans.



these ideas on to our kids – we can affect change at a global level. This is more than obesity awareness. This is Really Healthy Living that supports a new generation who lives longer, fuller lives.

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Robert's Rant:

Medicine – A Friend, Foe, or Fraud?

Everybody knows (or thinks they know) what the word medicine means. Some say it is a friend in times of need when we are sick. I say, possibly – in a few cases. But in the main, it is part of a fraud and deception when it comes to getting us healthy.

WHAT IS HEALTH?

Hear my case and then decide. I will try not to digress as I only have 1000 words, but here I go:

First, I have to qualify the meaning of health. The medical system uses the word so loosely they appear not to want a real definition. An example is that they call themselves a health service, whereas a more accurate description is a disease-management system.

The Natural Health Movement agrees with the WHO (World Health Organisation) definition of Health:

"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

WHAT IS MEDICINE?

The Oxford English Dictionary says that medicine is "the science or practice of the diagnosis, treatment, and prevention of disease (in technical use often taken to exclude surgery)."

So, the first dictionary explanation is that medicine is "the science or practice of the diagnosis, treatment, and prevention of disease." Notice the part "science OR practice." You would think that medicine should be scientifically based, not a practice. Doesn't the medical system and medical researchers (hereafter called The Medical Monopoly) brag that medicine is science? Yes, they do. In fact, that is the whole big gun they aim at Natural Health



through nutrition and lifestyle. They claim that their medicine is scientifically based and that enzymes, minerals, and vitamins have no basis in science.

Remember:

1. Medicine is not scientific in general.
2. Medicine does not work most of the time (as in, it does not get anyone healthy).
3. Pharmaceutical marketing is based on bribery, deception, and fraud.
4. Drug acceptance is based on scientific fraud and deception.
5. Pharmaceutical companies are guilty of terrorizing and deceiving the population into taking their drugs.

WHAT IS THE MEDICAL MONOPOLY?

I call it "The Medical Monopoly" because that is what it has become. Over hundreds of years, a battle raged between two distinct groups of physicians, the Natural

Health Group and the Medical Group (my descriptions). Since both groups mainly used herbs and minerals (and a few toxic substances), it really was a battle for power and not ideology. Of course, they made up various reasons to denigrate and disparage the other group's work and results, but none of this was based upon science.

I first came across the history of this battle when I read a huge book called *The Cambridge Illustrated History of Medicine* by Roy Sydney Porter. At the time, in the early '90s, I was in the early phase of my research to understand why both of my parents had died young (my mother at 62 and my father a year later at 64). Roy Porter (1946-2002) was the historian at the Wellcome Trust in London when he wrote this book, and he is justifiably recognised as the most influential historian of medicine of his generation. In the book, he explains the battle that raged between the two groups of physicians in a

surprisingly balanced way.

This did surprise me as I do include the Wellcome Trust as part of The Medical Monopoly. I justify this inclusion as it has the largest stash of tax-free cash at £16 billion and is the second largest private investor in the world of The Medical Monopoly, after the Bill & Melinda Gates Foundation that has copied this tax-free trust model. We know that these two mega tax-free trusts are part of (or support) The Medical Monopoly.

Unfortunately, Roy Porter trusted the same doctor model that was supposed to look after the health of my parents, and he dropped dead at the even younger age of 58.

In the last 100 years or so, the group I have named, The Medical Monopoly, has all but won this battle. There are other books you can read such as my other favourite, *Dirty Medicine* by Martin Walker. Walker is a journalist/writer who set out to write a book that would rubbish the Natural Health movement (he believed in doctors at that time) and ended up discovering the massive criminality and fraud of The Medical Monopoly. Martin Walker's second book, *Dirty Medicine: The Handbook*, logs many of the politicians, doctors, and pharmaceutical companies involved in this fraud. Read also a book by UK physician/journalist Ben Goldacre, who, while not being convinced of the benefits of Natural Health, is also not a friend of Big Pharma. His book, *Bad Pharma: How Drug Companies Mislead Doctors and Harm Patients*, documents the pharmaceutical industry, its relationship with the medical profession, and the extent to which it controls academic research into its own products.

8 MEDICAL MONOPOLY MYTHS... BUSTED

The Medical Monopoly makes a generous living based on misinformation. Most of us have believed the half-truths spread in the medical community for far too long. Here are the facts we know about The Medical Monopoly:

1. It is not scientific as 80 per cent of

JUST 8 PER CENT OF MEDICINE IS PROVEN TO WORK

Only around 8 per cent of conventional medicine has been scientifically proven to be effective, a new study has discovered. The 'success' of medicine has been achieved through spin, data manipulation and by ignoring the failures.

The true picture has emerged only since regulations that control clinical medical trials have been tightened up in the US. Before the stricter rules were introduced in 2000, 57 per cent of large-budget clinical trials for the prevention or treatment of heart disease were returning positive results; since then, just 8 per cent of trials have been positive.

Researchers from Oregon State University explored large trials that were funded by the National Heart, Lung and Blood Institute. In all, of the 55 studies reviewed, 30 were published before the regulations were tightened, and 25 published since. Of the 25 published more recently, just two had positive outcomes, compared with 17 of the 30 studies published under more lax reporting requirements.

Under the tougher rules, all clinical trials involving people must be posted with the clinicaltrials.gov database beforehand. This prevents poor results being forgotten, or massaging the data to achieve a better outcome.

Although their analysis covered drugs and treatments only for heart disease, the researchers are confident they would see a similar picture emerge for treatments for diabetes, cancer and any other disease.

(Source: PLOS ONE, August 2015; doi: 10.1371/journal.pone.0132382)

all medicines prescribed have never undergone double blind trials.

2. The 20 per cent that have had trials are suspect as Big Pharma has been caught committing scientific fraud many times and has been fined billions by regulators, which they seem happy to pay.
3. Not only do the drugs NOT get anyone healthy, but they are documented in killing thousands and possibly millions each year.
4. Big Pharma has been found guilty of bribing doctors to prescribe their drugs.
5. In the USA, there is a public register of these payments or benefits in kind. See www.propublica.org.
6. Any doctor who prescribes them is also suspect if they allow the drug company reps from these criminal companies to visit their premises.
7. In the UK, the Prime Minister, David Cameron, accepted a big, fat donation cheque from the boss of GSK just two weeks after GSK was fined billions for their fraud. Many other UK politicians are in the direct pay of drug companies.
8. Politicians of power in the USA and, in fact, in any uncivilized country are all in the pay of Big Pharma, or at least, they keep their mouth shut tight about it as

though that makes it moral.

If you follow the lifestyle plan in any of my books on page 34 in this magazine, you will become healthier. That is an absolute promise. How healthy will always depend on how accurately you follow the plan and how advanced you are. The worse your condition, the longer it takes.

Mike Tawse was at death's door, taking 14 Pharma drugs, and within months was off all of them with his doctor's permission as she could see he just did not need them anymore. He is convinced now it was the drugs that were making him so sick.

"Though you can't go back and make a brand new start,

You can start from now and make a brand new end."

Have your 'rant'...

If you have an opinion or want to have a rant, we would love to hear from you. Get in touch at www.GoodHealthHelpDesk.com, click Ask Robert a Question>>Robert's Questions>>Next.

We will reply to all rants!



DOES JUNK FOOD MAKE *junk kids?*

These modern foods are holding your child back

“**J**unk food is killing our children.” It may shock you to hear such a bold statement, especially as a parent, but Professor W. Philip T. James, M.D., chairman of the International Obesity Task Force, says we can no longer hide from the truth. What our kids eat is hindering their growth and development. It may even be shortening their lives.

JUNK FOOD AND CHILD OBESITY

If the obesity epidemic continues at its current rate, our kids will bear the brunt of the burden, says the International Obesity Task Force.¹ There are now over 300 million obese people around the globe, defined as a condition of excess body fat associated with chronic disease. Obesity affects men, women, and children in both developed and developing countries. Based on World Health Organization standards, it is possible that up to 22 million children under the age of 5 are overweight.

In the U.S. alone, the amount of overweight children from ages 5 to 14 has doubled within the past 30 years, increasing from 15 per cent to 32 per cent.

As parents hyper-vigilant about our children’s wellbeing, what are we doing wrong? The problem lies on your child’s plate, in the inflammatory, processed foods they eat at each meal. These junk foods are the modern favourites, like bread, pastry, cereal, potatoes, white rice, dairy, pasta, and processed foods. On the contrary, Really Healthy Foods like vegetables, dark-skinned fruits, seeds, nuts, beans, grass-fed meats, poultry, fish, and sprouted grains refresh and restore. These foods promote healthy development in children and can reduce the risk of disease later in life.

When looking for answers, researchers point to one major problem in the junk food pandemic: It’s everywhere. You, like many parents, may have a few junk foods in the kitchen at home that your kids love to eat. An even bigger issue

lies in the widespread availability of junk food in schools, another contributor to childhood obesity. Researchers agree that junk food access is a major problem for today’s students, strongly correlated to weight gain and obesity in adolescence and adulthood.² The American Psychological Association places the blame on advertising – increases in junk food advertising have clear associations with rates of childhood obesity.³

JUNK FOOD ADDICTION STARTS BEFORE BIRTH

Giving your child processed foods in moderation may not seem like a problem, especially when everyone else is doing it. Junk foods are at school. Junk foods are at birthday parties. Junk foods are in restaurants – it seems our kids cannot escape them.

But as we dig deeper and begin to understand how these processed foods are crippling our children, this junk food

infiltration becomes even more serious.

It starts earlier than we realize.

Most women are well aware of the fact that a healthy diet during pregnancy is essential to support a healthy baby. 2013 research from The FASEB Journal proved just how important a healthy pregnancy diet is: It can affect your child's health for the rest of their life. Pregnant mothers who ate junk food caused developmental changes in the brains of their unborn children. These changes occurred in the opioid signaling pathways, decreasing opioid sensitivity. As a result, the children were born less sensitive to the opioids released after eating processed, sugary foods – babies were born “addicted” to junk food and needed to eat more to achieve the same reward sensation after eating.⁴

A processed food diet in early childhood has long been proven to lower IQ. A diet rich in vitamins and minerals may have the opposite effect, say researchers who conducted the Avon Longitudinal Study of Parents and Children (ALSPAC) on close to 14,000 children. In the study, a healthy diet led to the highest IQ by the age of 8.5 years old.⁵

3 CHILDHOOD OBESITY SOLUTIONS THAT START AT HOME

The solution to childhood obesity is simple, but no one said it was going to be easy. Junk food is everywhere, and it is shortening the lives of the next generation. When your family makes a commitment to “junk the junk” and change habits, you are

not only improving your children's health today, but you are reducing their risk of disease tomorrow.

Here's where to begin:

1. Anti-Junk Food Diet: Junk food in the womb and junk food in the early years has a devastating effect on a child's health. The solution is simple: The Anti-Junk Food Diet is the Really Healthy Foods Diet, rich in fresh fruits and vegetables, nourishing proteins, and healthy fats that support brain development. This anti-inflammatory diet is most important during pregnancy and in the younger years – and should continue through childhood and beyond.

2. Anti-Junk Food Nutrition: Even the best Really Healthy Foods diet can't provide all the nutrients your child needs for healthy brain, behavioral, and physical development in each stage of life. A daily full-spectrum vitamin with 90 vitamins and minerals can bridge this gap. These nutrients are most effectively absorbed and distributed throughout the body with powerful digestive support: Daily digestive enzymes can improve digestion and ensure a healthy gut. Children also need a daily probiotic to strengthen the gut barrier, offering natural resistance to infection, food allergies and sensitivities, and chronic inflammation that contributes to disease.

3. Daily Activity: Inactive kids are likely to become inactive adults, says the American Heart Association. Physical inactivity is one of the top risk factors for coronary artery disease and can increase the risk of lifestyle conditions like high blood pressure, stroke, diabetes, and obesity. This

is not a burden you want to place on your child at such a young age. Teach healthy habits early on by making exercise a part of your daily life. Take a walk each night after dinner to unwind, reconnect, and reap countless social, psychological, and physical benefits.

Instead of looking at the childhood obesity crisis as a challenge, you can see it as an opportunity. This is your chance to do things differently than the previous generation did. By making a few simple changes at home, you're giving your kids a priceless gift of a longer and fuller life.

Recommended Products

ACTIVELIFE

The perfect all-in-one supplement for the whole family, containing a powerful source of 90 vitamins and minerals. Comes in tasty Orange Mango flavour.



ESSENTIAL DIGESTIVE PLUS THIS IS A NEWLY FORMULATED

professional strength enzyme complex combining the power of all the important digestive enzymes with Fruta-Fit® Inulin. 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.



PRESCRIPT-ASSIST

3rd generation combination of more than x29 friendly soil-based organisms (SBOs), with a humic/fulvic acid prebiotic. Backed by a peer reviewed, human clinical trial with 1 year follow up verifying efficacy. Does not require refrigeration & safeguarded against light, heat & pressure.



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Mg + S = Healthier Bodies

Mg is for magnesium, S is for sulphur

MAGNESIUM HAS A *good friend*

This marvellous mineral doesn't work alone

Magnesium is one essential mineral that we don't pay enough attention to. As the fourth most abundant mineral in the body, your cells require magnesium each day to stay healthy. Magnesium is vital to a number of bodily processes, one of the most important being cellular respiration.

To put it simply, your body needs lots of magnesium every day in a bioavailable form that it can use. Daily magnesium is the building block of a strong and well-functioning nervous system. Magnesium also ensures healthy heart and brain function, smooth digestion, improved energy and endurance, timely wound healing, and deeper sleep. The mineral magnesium can be used as a natural muscle relaxant and may also ease aches and pains associated with chronic inflammatory conditions.

YOUR BODY CAN'T LIVE WITHOUT IT

When you think about the fact that your body depends on magnesium each day

to regulate more than 300 biochemical reactions as an enzyme cofactor, the vast amount of research in support of magnesium makes sense.

One of the most popular uses of magnesium as a supplement is to soothe aches and pains, providing relief for degenerative health conditions like arthritis. Magnesium can be applied to the skin or absorbed in a bath for arthritis relief. Researchers also discovered that older adults with the lowest levels of magnesium were more than twice as likely to have osteoarthritis of the knee. These findings, published in 2012 in *Arthritis Care and Research*, were consistent with other studies that have linked low magnesium levels with inflammatory diseases like arthritis.¹

Magnesium intake impacts whole-body health. When researchers conducted a meta-analysis of 13 observational studies, analysing close to 540,000 participants with 24,500 new cases of diabetes, higher magnesium intake was directly linked to a reduced risk of diabetes.² Researchers have found magnesium useful for severe asthma

attacks, chronic migraines, and insomnia in the elderly with potential sleep regulation benefits for the general population.^{3,4,5}

Magnesium is an invaluable mineral your body needs every day to survive.

Your health depends on it. As the book *The Magnesium Manual: The Forgotten Mineral Every Body Needs* explains, "Magnesium deficiency makes your body vulnerable to imbalance and disease because almost all of your body depends on this mineral. Even a slight lack or full-blown deficiency can quickly cause problems – approximately 99 percent of the magnesium in your body can be found in bone, muscle, and soft tissue."

Dr. Sherry A. Rogers, author of *Wellness Against All Odds*, adds, "The average American diet, government studies show us, provides only 40 per cent – less than half the magnesium that we all need in a day. So almost everybody is low!"⁶

WHY IS MAGNESIUM MISSING?

Because of its importance, and because of its widespread deficiency, magnesium has been called the "missing mineral." While it may seem easy to eat more magnesium-rich foods and pop a magnesium tablet, there

are several big reasons many of us remain deficient.

A Really Healthy Foods Diet, rich in vitamins and minerals and free from processed, sugary foods, provides your body with the nutrients it needs each day. But in many cases, even the healthiest diet may not be enough by itself – especially when it comes to adequate levels of magnesium. Since 1950, magnesium levels in the food supply have dropped anywhere from 30-80 per cent; modern farming methods have depleted soil and robbed fresh foods of their vitamin, mineral, and antioxidant content.

Magnesium-rich foods may not be as rich as you think. This means a magnesium supplement is in order.

Here's the next wall you can expect a hit in the fight against magnesium deficiency: A magnesium supplement is ideal to make up for nutrient depletion in our modern diet. But most commercial magnesium supplements in tablet or powdered form are ineffective at best. You see, your body is not fully equipped to absorb magnesium in this way. An over-the-counter magnesium supplement may have an absorption rate as low as 5 to 10 percent, and it is most likely lacking the one critical nutrient needed for maximum magnesium delivery.

THIS MARVELLOUS MINERAL WORKS BETTER WITH MSM

The interesting thing about nutrients is that they often work better together. Some examples include iodine and its cofactor selenium and the duo of vitamin D3 and vitamin K2. Magnesium and MSM are another important nutrient pair to remember – they are team players. Magnesium and MSM work together in harmony to improve magnesium absorption and remedy a long list of health problems associated with magnesium deficiency.

Magnesium has been used as an ancient remedy for centuries, but it was not until recently that we discovered the most effective delivery system for this life-giving mineral: Subdermal application.

This simply means that magnesium is best absorbed through the largest organ in your body, your skin, in a soothing form like an oil spray, lotion, gel, or bath soak. Magnesium's ability to penetrate the skin is remarkable. Magnesium nourishes as it is quickly absorbed and transported to the bloodstream where it can be most effectively used by the body.⁷

But let's not forget about magnesium's friend, MSM. MSM, an organic sulfur-containing compound also known as Methylsulfonylmethane, can be naturally found in vegetables, fruits, grains, animals, and humans. Research backs MSM to support the structural integrity of the skin, improve the production of the antioxidant glutathione to neutralize free radicals, and – best of all – greatly increase magnesium absorption when used in the same delivery system. OptiMSM is the premium trademarked form of MSM, manufactured to meet stringent safety, quality, and consistency standards.

For example, applying a magnesium and OptiMSM spray oil can improve the efficacy of magnesium by up to 400 per cent, while also minimizing the stinging sensation of magnesium on bare skin. All of the benefits, and no side effects.⁸

You may be greatly in need of a magnesium and OptiMSM supplement if you fall into the "high risk" category for magnesium deficiency. If you eat sugary, starchy foods that trigger magnesium excretion; if you drink caffeinated beverages that cause the kidneys to release magnesium; if you drink more than seven alcoholic beverages a week associated with magnesium deficiency; if you are under stress; or if you are showing early symptoms of deficiency like tics, cramps, and muscle spasms, your body is crying out for magnesium.

You can remedy a magnesium deficiency before a more serious health problem occurs with a highly absorbable subdermal magnesium supplement. Magnesium and MSM work together to ensure that none of this precious mineral goes to waste.

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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 protein synthesis and normal psychological function. In addition, it contributes to the maintenance of normal teeth and normal bones. Ultra pure concentrated Genuine Zechstein magnesium chloride blended with MSM, for superior absorption. Available in Oil, Gel, Bath Flakes, Lotion.

BOOKS TO HELP YOU LEAD A HEALTHY LIFESTYLE

NaturallyHealthyNews.com has a whole range of books and health plans, some free to download and some available to purchase

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in 30 Days**



**Improving
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**Solving
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27 Days**



**Improving
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Pressure in
30 Days**



**Improving
Fertility in
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**Improving
Stroke in
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**Improving
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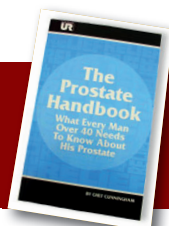
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Kidney Health in
30 Days**



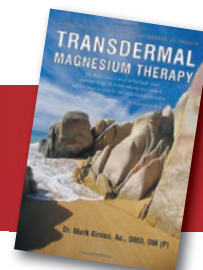
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**ALL OF THESE BOOKS ARE AVAILABLE
TO BUY IN PRINTED FORMAT**

Healthy Lunches

Avoid afternoon slumps with a healthy and nutritious lunch



VEGETABLE SALAD

Ingredients

1 cup of Really Healthy Pasta or Quinoa
 1 Red Onion, finely chopped
 ½ Pepper (any colour), finely chopped
 A handful of Cabbage, finely chopped
 1 Carrot, finely chopped
 A handful of Mushrooms, finely chopped
 ½ a Tomato, finely chopped
 ½ teaspoon Garlic, finely chopped
 ½ teaspoon Ginger, finely chopped
 1 tablespoon Olive Oil
 Sea Salt, to taste
 ½ teaspoon Black Pepper Powder
 Lime juice (a few drops)

Method

1. Heat the olive oil in a pan, add the finely chopped garlic and onions, sauté until the onion turns light golden brown in colour.
2. Add all the vegetables and sauté on high flame continuously for 2-3 minutes until the vegetables become a little crisper.
3. Add the sea salt as needed, pepper and a few drops of lime juice to taste.
4. Add the cooked really healthy pasta or quinoa to it and mix well.

Other vegetables such as spring onion, cauliflower, broccoli and corn can also be added.

ARTICHOKE TOMATO SALAD

Ingredients

5 Large Tomatoes cut into wedges
 1 7.5 ounce can marinated, quartered and drained Artichoke Hearts
 2 minced Garlic Cloves
 2 tablespoons White Wine Vinegar
 2 tablespoons Fresh Minced Parsley
 One 2.25 ounce can of sliced ripe and drained Olives
 ¼ teaspoon Sea Salt
 ¼ teaspoon Pepper

Method

1. Onto a large serving platter, arrange the tomato wedges. Sprinkle with the sea salt and the pepper.
2. Into a small bowl combine the remaining ingredients. Spoon this over the tomatoes and then refrigerate any of the leftovers.



ROASTED BRUSSELS SPROUTS SKEWERS

Ingredients

1 tablespoon Hemp Oil
 ¼ cup Lemon Juice
 32 Brussels Sprouts, trimmed and stemmed
 1-2 sprigs Thyme
 2 teaspoon fresh Hemp Seeds
 1 tablespoons Coconut Oil

Method

1. Preheat the oven to 500F/260C and then whisk together the lemon juice, hemp oil and thyme into a bowl. Set aside.
2. Toss the Brussels sprouts into a mixture of safflower oil and place onto a large and rimmed baking sheet. Season

with salt and pepper and then add one tablespoon of water to the pan, arranging the Brussels sprouts cut side down. Place foil over the top and cover tightly, roasting for 10-15 minutes until the Brussels sprouts become heavily browned.

3. Toss into 2 tablespoons of dipping sauce and then leave to rest, until cool to handle but still warm. Onto a skewer, thread the 4 Brussels sprout halves and then arrange onto a platter. Sprinkle with hemp seeds and serve warm and with the dipping sauce on the side.

Restore and renew
the surface of your
skin

SCARS ARE NOT FOREVER

Beauty may be only skin deep, but your skin health starts far below the surface. It's fascinating to think that your skin is actually the largest organ in your body. Just like any other vital organ, your skin is directly affected by how well you care for your body each day.

Your skin is often the first indicator of an underlying health issue – it's that sensitive. The American Academy of Dermatology confirms that your skin may show the first signs of internal disease, before a condition advances and grows more serious.¹

WHAT LIES BENEATH

The answer to healthy skin lies within. As life goes on, skin damage may be inevitable. But even scarring to this vulnerable, protective organ, ranging from mild to severe, can be reduced and often eliminated with the right combination of nutrients.

Scarring can be caused by a number of factors that inflict damage on the skin – cuts, injuries, wounds, acne scarring, sun damage, and more. Once the delicate skin barrier has been compromised at the surface, it is almost impossible for skin to fully repair itself without support. After your skin has been scarred, it does not naturally regenerate. A scar will heal over and create scar tissue that may be stiff, uncomfortable, and unsightly. This scar tissue will remain and may even grow worse, until the skin is given the nutrients it needs to self-heal.

TWO WAYS TO REDUCE SCARRING AND HEAL DAMAGED SKIN

Skin nutrition is the easiest and most effective way to regenerate once-healthy

skin that has been scarred. The most powerful skin nutrition comes from the inside, supplying this protective barrier with concentrated enzymes and minerals to rebuild its foundation. Skin healing support wouldn't be complete without external nourishment – regenerative oils can deeply penetrate the skin to improve texture, appearance, and elasticity.

Scar-renewal skin nutrition comes first from the inside and can also be absorbed through the surface of the skin:

Internal: Feed your skin from deep within by nourishing your body with powerful nutrients. To minimize scar tissue, the potent proteolytic enzyme Serrapeptase moves quickly through the body, dissolving dead or non-living tissue that includes scar tissue on the surface of the skin. Serrapeptase's regenerative properties are most apparent when used in combination with trace minerals and MSM, known for its ability to soften skin and decrease scar tissue.² MSM can also improve the skin's structural integrity and may inhibit pro-inflammatory mediators that compromise the surface of the skin.

External: Preserve the delicate organ that is your skin with pure, unscented oils that provide external protection. Rose hip oil is renowned for its ability to prevent premature aging, improve skin texture, and diminish scars. Rich in unsaturated essential fatty acids, rose hip oil's natural healing properties have been confirmed in a clinical setting. When rose hip oil was applied to 180 patients with surgical, traumatic, and burn scars, as well as signs of premature aging, in a two-year study, continuous application showed tremendous results in attenuating scars

and wrinkles, halting premature aging, and restoring skin color and tone that had been lost.³

Even a surface issue like skin scarring can affect your quality of life. It can literally change the way you see yourself. True skin renewal starts on the inside with the right nutritional support. Powerful oils with scientific backing can help skin repair and regenerate so that unsightly scars become a memory.

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Recommended Products

SERRAPLUS+

A unique formula which provides 80,000iu's serrapeptase in a nutrateric enteric coated tablet (for optimum performance), plus 50mg of Trace Minerals and 350mg of MSM (Methylsulfonylmethane). Phthalate free.



RIO ROSA

Rosa Mosqueta Oil is a pure, unscented Rose Hip Oil from a wild rose of the Andes, rich in Essential Fatty Acids.



IMPROVING MEN'S HEALTH IN 30 DAYS

Book Review by Bethany Ramos

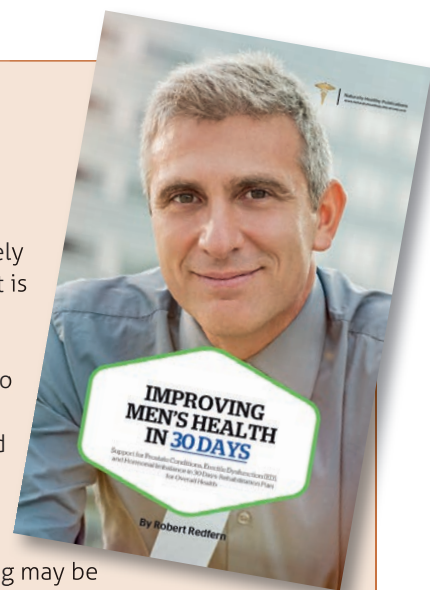
Prostate health is something men don't like to talk about. Men's health problems are very rarely discussed, which means they often go unchecked and untreated. A men's health problem that is untreated could lead to a much more serious health issue, and in some cases, even death.

In his new book *Improving Men's Health in 30 Days*, Robert Redfern starts the conversation. His book tackles some of the tougher topics of men's health that many men are so reluctant to talk about – even to their physicians. These all-too-common disorders plaguing men around the world include enlarged prostate, prostatitis, and prostate cancer; erectile dysfunction; and hormonal imbalance. As Redfern points out, one in three men over the age of 40 will have some kind of prostate problem. One in 13 men over 40 will have a serious prostate health issue.

"Men are often taught to be strong and to keep everything inside. While this way of thinking may be beneficial in certain scenarios, it can be detrimental when it comes to health," writes Redfern.

Redfern covers each men's health condition in detail with supporting research. Conventional medical treatment options are explained, with side effects. The natural causes of such conditions are also explained, with essential nutrients presented to restore good health.

It is Redfern's 10 Step Recovery Plan that makes this men's health book so unique. Steps like clearing inflammation, supplementing missing nutrients, eating Really Healthy Foods, staying active, and more provide hope for men everywhere to live longer and healthier lives.



IMPROVING ENDOMETRIOSIS AND FIBROIDS IN 30 DAYS

Book Review by Bethany Ramos

For an estimated one in 10 women of reproductive age, an endometriosis diagnosis seems hopeless. And for an estimated 20 to 50 per cent of women over the age of 30, painful, uncomfortable uterine fibroids are a constant struggle. In *Improving Endometriosis and Fibroids in 30 Days*, natural health author Robert Redfern provides a simple explanation for the root cause of these inflammatory reproductive disorders. His rehabilitation plan can be used to clear the conditions within 30 days and support long-term reproductive health.


Redfern, writing in a friendly tone, traces common reproductive issues like endometriosis and fibroids back to inflammation in the diet. Drugs like NSAIDs are often prescribed by doctors for endometriosis and fibroids because these disorders are inflammatory, says Redfern. It is this cause that many doctors fail to understand and to explain to their patients. Chronic inflammation that can damage reproductive organs comes from the diet, and anti-inflammatory drugs are only able to manage symptoms without addressing the problem.

"Fibroids and endometriosis are caused by unregulated chronic inflammation in the body," he says.

"Making simple yet effective changes to your diet can transform your reproductive health. For most women with fibroids or endometriosis, this is wonderful news. There is an end in sight."

At the end of the book, Redfern presents his reproductive health rehabilitation plan. His plan hinges on the essential truth explained throughout the book: In order to find relief from these chronic reproductive disorders, inflammatory foods must be eliminated and missing nutrients replaced to help the body heal. Any woman struggling with infertility, pain, or another reproductive issue can find some relief from following Redfern's clear-cut daily plan. *Improving Endometriosis and Fibroids in 30 Days* offers a simple 10 Step Plan to remove the lifestyle factors known to cause endometriosis and fibroids, leading to partial or full recovery, in many cases.





Neglecting your
health will cost you

CAN YOU AFFORD AN UNHEALTHY OLD AGE?

Like death and taxes, growing older is a fact of life, and not one many of us are comfortable with. It would just be easier to live forever, young, vital, and full of promise, than to face the often tragic reality of old age. Most of us aren't ready to go down without a fight. This may explain why the global anti-aging market, including products and services, was valued at close to \$250 billion in 2012 alone. Worldwide anti-aging sales are expected to increase up to \$345 billion in 2018.¹

This almost obsessive interest in youth is a problem, and not for the reason you

would expect. It isn't "wrong" to want to preserve your quality and length of life. This is a natural human urge we all share.

The problem lies in where we direct our youthful obsessions: Products, treatments, and surgeries that make up the anti-aging market are only skin deep.

True youth and vitality that allow you to age gracefully don't come in the form of an anti-aging cream.

Living longer, living fuller, and living stronger is all about how you nourish and protect your body to reduce the risk of disease. And wouldn't you know it – this internal care has an added bonus: It may help you look younger too.

THE REAL COST OF AGING

External aging may be unpleasant when you discover that first wrinkle, but it's internal aging that can cause the most damage. It's easy to think that the choices you make today won't catch up with you in the future. This "procrastination mentality" is most apparent in the food on your plate – if you are one of the millions who eat the Standard Western Diet, more aptly named the Western Un-Natural Food Diet.

Diet is the foundation of longevity and health. An inflammatory diet made up of modern, processed foods, high in starchy carbohydrates and sugar, is a disease-

promoting diet. When you eat popular Western foods, like pastries, cookies, breads, cereals, potatoes, white rice, pasta, and dairy products, day after day, you are promoting disease. There are no two ways about it.

Low-grade, chronic, whole-body inflammation is one of the top 10 leading causes of death. This inflammation is so dangerous that it contributes to the development of at least seven chronic diseases, including chronic lower respiratory disease, stroke, heart disease, cancer, Alzheimer's disease, nephritis, and diabetes.²

Eating the same inflammatory foods each day makes it most impossible to escape these diseases in old age. Once an inflammatory disease has been diagnosed, you may be prescribed medication to manage the condition. But if the cause of the disease is never addressed – inflammation that stems from a poor diet – health will inevitably get worse.

You can guarantee one thing: If chronic inflammation isn't addressed in the younger years, it will worsen in old age. If you have managed to escape disease before your senior years but have not changed your inflammatory lifestyle, it is only a matter of time before your past catches up with you. The development of disease later in life can be devastating, and it can be costly.

The National Council on Aging estimates that up to 92 per cent of older adults suffer from at least one chronic disease – and 77 per cent of older adults suffer from two. Four chronic diseases, cancer, stroke, diabetes, and heart disease, result in two thirds of all annual deaths.³

In this case, you can put a price on your health. Chronic disease accounts for up to 75 per cent of all healthcare costs in the U.S., yet only 1 percent of all health dollars spent actually go to improving health.

The World Health Organization concedes that while we may be living longer than ever before, we are not necessarily

living better. Some researchers believe in what is called an “expansion of morbidity” as our global aging population increases – disability rates may rise as life expectancies increase. Even if modern medicine is able to slow down the progression of chronic disease that turns into disability, easing the burden of severe disability among the elderly, milder chronic disease is still likely to increase.⁴

YOUR BODY IS A FINE MACHINE

If you have a beautiful car that you want to preserve, you will put only the finest oil and gasoline in it.

It's baffling to think that you would not treat your body the same way. The foods you put in your body are fuel, and they are protection.

Really Healthy Foods, rich in antioxidants and low in inflammatory triggers, fuel the fine machine that is the human body so that it can make it to the finish line. Just like every car needs regular tune-ups, your body requires constant nutritional attention to function at its peak.

If you want to live to see and enjoy your golden years, support your body's natural aging process before it is too late:

1. Increase Nutrition: Eating an anti-inflammatory Really Healthy Foods Diet is critical, but even our soil suffers from “old age.” Over the years, modern agricultural practices have depleted the soil of vital nutrients. The Really Healthy Foods you eat can offer great benefit, but they may not contain enough nutritional power to protect your body against all disease. Men, women, children, and the elderly need extra support from daily liquid vitamins and minerals. An all-in-one nutritional supplement is not only convenient, it is nourishing: Your body can repair, restore, and rebuild to reduce the risk of disease.

2. Improve Digestion: Neglecting your digestive health is the equivalent of spinning your wheels – you're not going to get anywhere. You can eat the healthiest diet and take the best supplements, but

your health may still be in danger if your digestive system is not equipped and ready to absorb. Daily digestive enzymes are essential. Digestive enzymes work hard behind the scenes to completely break down food so it can be best utilized by the body. These enzymes support a healthy community of balanced gut flora, known to protect against infection and inflammation associated with chronic disease.

You can't live forever, but with powerful nutritional support, you can live longer and better than you ever imagined.

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Recommended Products

ACTIVELIFE

The perfect all-in-one supplement for the whole family, containing a powerful source of 90 vitamins and minerals. Comes in tasty Orange Mango flavour.



ESSENTIAL DIGESTIVE PLUS

This is a newly formulated professional strength enzyme complex combining the power of all the important digestive enzymes with Fruta-Fit® Inulin. 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.



HEALTH news

LOSE WEIGHT AND TAKE VIT D TO REDUCE CANCER RISK

Losing weight is a great way to reduce inflammation in your body – one of the key contributors to a range of diseases, from arthritis to heart disease to some cancers – but the process can be fast-tracked when you take vitamin D supplements as well.

Both strategies on their own can help reduce levels of chronic inflammation, but combining the two is even more effective.

Researchers at the Fred Hutchinson Cancer Research Centre tested the two approaches, and the two combined, on a group of 218 overweight women who had low levels of vitamin D. All of them exercised five days a week for 12 months, and some also took 2000 IUs of vitamin D every day, while the rest were given a placebo, or sugar pill.

At the end of the year, all the participants had reduced their levels of inflammation, but those who also took the vitamin had a 37 per cent reduction in their biological markers for inflammation, known as interleukin-6 (IL-6). Those who had only exercised and taken a placebo saw a 17 per cent reduction in their inflammatory markers.

High levels of IL-6 have been linked to cancers, diabetes, heart disease and even depression.

(Source: Cancer Prevention Research, 2015; doi: 10.1158/1940-6207.CAPR-14-0449)

PARKINSON'S DISEASE STARTS IN THE GUT

Parkinson's is a degenerative disease associated with the brain – but breakthrough research has discovered it begins in the gut.

People who have suffered for years with gut problems such as constipation could be showing early signs of the disease.

The infection eventually reaches the brain via the vagus nerves in the stomach, say researchers. The remedy is effective but extreme: the severing of the entire nerve.

This also fits with previous studies that had found some association between the disease and the nerves. People who have their vagus nerve completely severed halved their risk of developing Parkinson's. But those who had only a small part severed were not protected from getting the disease, say researchers from Aarhus University.

The researchers had studied around 15,000 patients who had the vagus nerve in their stomach severed.

(Source: Annals of Neurology, 2015; doi: 10.1002/ana.24448)



ONE BAR OF CHOCOLATE A DAY COULD REDUCE YOUR RISK OF HEART DISEASE

Eating one small bar of chocolate every day reduces your risk of heart disease and stroke. And it doesn't seem to matter whether you eat dark or dairy chocolate – both have a similar positive effect.

People who eat 100 g of chocolate, equivalent to a small bar, every day lower their risk of heart disease by 11 per cent and stroke by 23 per cent compared to someone who doesn't eat any chocolate.

But what surprised the researchers from the EPIC-Norfolk study was that similar beneficial effects were seen whether dark or dairy chocolate was eaten. This suggests that flavonoids aren't the only healthy ingredient in chocolate, but that other compounds associated with dairy, such as calcium and fatty acids, may also help towards heart health.

The results are based on a survey of almost 21,000 adults living in Norfolk, UK, whose lifestyles and health were tracked for 12 years. In that time, 3,013 participants suffered heart disease or stroke.

The researchers do sound a note of caution: people may have deliberately under-reported the amount of chocolate they were eating, and those with heart disease may have decided to eat less chocolate.

But one thing's for sure: eating chocolate probably won't do your heart any harm.

(Source: Heart, 2015; doi: 10.1136/heartjnl-2014-307050)



Source: www.WDDTY.com

FORGET FATS, IT'S THE QUALITY OF THE FOOD, SAY ACADEMICS

Government health warnings about eating too much fat are not based on any science and are misleading the public, say leading academics this week.

Instead, health officials should be distinguishing between healthy and harmful foods rather than their fat content. Foods that are rich in health-giving fats – such as nuts, vegetable oils and fish – should be encouraged, while low-fat foods are harmful, and certainly worse for us than their full-fat equivalents.

The pronouncement is aimed at officials who are preparing the Dietary Guidelines for Americans, which is due to be published later this year.

Dariusz Mozaffarian, dean at Tufts University and David Ludwig of Boston Children's Hospital, said: "Placing limits on total fat intake has no basis in science and leads to all sorts of wrong industry and consumer decisions".

Ever since the Dietary Guidance shifted the focus to low-fat foods, people have been buying products that contain trans fats, and are made with sugars and refined grains.

"Foods rich in added sugars, starches and refined grains like white bread, white rice, chips, crackers and bakery desserts still account for most of the calories people eat."

(Source: JAMA, 2015; doi: 10.1001/jama.2015.5941)

CAN'T SLEEP? COGNITIVE BEHAVIOURAL THERAPY (CBT) COULD BE THE INSOMNIAC'S DREAM

Suddenly can't sleep? The answer could be a few sessions of cognitive behavioural therapy (CBT): it cured 73 per cent of recent insomniacs after just three months, a new study has found.

One one-hour session of one-to-one CBT was given to a group of 20 adults who reported having recently started to have problems sleeping, or were waking up too early. After a month, 60 per cent of those reported improvements in their sleep patterns and quality, and, by three months, this had risen to 73 per cent.

By comparison, just 15 per cent of another group of 20 recent insomniacs, who weren't given CBT, also said their sleep had improved.

The study was led by Jason Ellis from Northumbria University, who also carried out the CBT sessions.

Insomnia affects around one-third of the adult population to some degree. Typical problems include having difficulty falling asleep, struggling to get back to sleep after they wake up, or waking up too early.

(Source: Sleep, 2015; 38(6): 971-8)

DANGERS OF SWIMMING IN CONTACT LENSES ASSOCIATED WITH BLINDNESS



Don't go swimming when you're wearing contact lenses – it can cause serious bacterial contamination that can sometimes result in blindness.

Londoner Irenie Ekkeshis has been campaigning to raise awareness about infection that can occur when water from swimming pools gets into the eyes when wearing contact lenses. She was blinded in one eye after she contracted a serious infection, Acanthamoeba keratitis. She wants contact lens manufacturers to put a warning symbol on packaging, and she has the support of Moorfields Eye Hospital in London. "The chances of contracting this very rare, but awful, infection can be minimised by following a simple rule: contact lenses and water should never mix," says Irenie, 35.

It's not just water from swimming pools, either. Tap water, and water in hot tubs, showers, oceans and lakes can all carry the danger.

One option is to wear swimming goggles, but it's not a fool-proof solution as water can seep in under the mask. A better approach is to wear prescription goggles, and keep the contact lenses in their case, say experts.

MORE THAN HALF OF CHILDREN ARE DEHYDRATED

More than half of children and adolescents aren't drinking enough water, and even mild dehydration can cause headaches, irritability, poor physical performance and reduced cognitive functioning, a new study has found.

And it's worse for boys. Around 76 per cent are dehydrated, say researchers from Harvard T H Chan School of Public Health, who examined the records of more than 4,000 children and adolescents aged six to 19 years. Nearly one quarter of the children admitted not drinking any plain water whatsoever.

Dehydration is one of the most overlooked problems that can lead to poor health and affect school performance, say the researchers. "Even though for most of these kids this is not an immediate, dramatic health threat, this is an issue that could really be reducing quality of life and well-being for many, many children and adolescents," said lead researcher Erica Kenney.

At least the problem is easy to fix, she added.

(Source: American Journal of Public Health, 2015; e1, doi: 10.2105/AJPH.2015.302572)

Source: www.WDDTY.com

What can you see in your **FUTURE?**

Vision loss
isn't natural



Once you hit the big 40, you can expect to see a few changes in your body. Around this time, metabolism decreases.

Energy levels may drop, and a few more wrinkles may appear.

Yes, your body may be growing older, but that doesn't mean you are getting "old." As the saying goes, you are as young as you feel. And nothing will make you feel more youthful than seeing clearly into old age.

SIGHT LOSS IS WHAT WE FEAR THE MOST

Getting older is unpleasant because the future is unknown. You may not like seeing gray hair and wrinkles pop up in the mirror. You may start to worry about how long you have left to enjoy the life you've built for yourself.

This "age resistance" is normal. We will all experience it at one point or another.

But what most of us are really worried about, and what we don't often admit, is the thought of losing our sight with age. In a 2012 Bausch + Lomb survey, commissioned by Ocuvite, 2000 British adults from ages 30 to 60 were questioned. The largest portion of the group at 42 per cent said that they believed age-related vision loss to be inevitable. 11,000 global survey participants from 11 different countries said they would do almost anything to preserve their sight, if only they knew how.¹

79 per cent of those surveyed would rather lose their hearing than their sight. 68 per cent of the participants would rather lose a limb than experience vision loss.

There's a key takeaway from this revealing survey. Not only are we terrified of the possibility of sight loss in old age, but we have very little information about how to prevent it. Even worse, the clock is ticking. In order to prevent so-called "common" vision loss associated with age,

our eyes need immediate attention.

YOUR EYES ARE STARVING

As you go about your day and fill your plate with your favourite foods, have you ever thought about where these nutrients go once they're absorbed by your body? The food you eat each day is broken down and utilized by your body. Once nutrients pass through the digestive tract, they are quickly sent where they are needed most. If nutrients are not readily available – from a processed food diet – important parts of your body begin to suffer.

This deterioration means your body is hungry. As eyesight worsens over time, your eyes are literally starving for nutrients.

Eating a modern inflammatory diet can compromise eye health and open the door to eye disease. As the book *Improving Eye Disease in 30 Days* points out, with the exception of genetic dysfunction,

"Inflammation is at the root of all disease." The book continues, "Eye diseases are no exception. Just as inflammation is behind chronic disease (cardiovascular disease, cancer, and, as we have seen, diabetes), it is also behind the manifestation of eye diseases. Inflammation of the eye is a result of many of the same things that create inflammation in other parts of the body."

Research agrees: University of Liverpool scientists discovered that eyesight deterioration caused by Age-Related Macular Degeneration (AMD), a common eye disease and the leading cause of blindness in the UK, could be reduced by as much as 20 per cent by increasing vegetable, fruit, and nut intake.² Tufts University researchers found that eating starchy carbohydrates, high on the glycemic index and typical of what you would find in a processed food diet, increased risk of advanced AMD. Researchers went so far as to say that up to 20 per cent of the cases of this degenerative eye disease could have been prevented with a lower glycemic diet.³

So, not only do your eyes need critical nutrients, but they need protection from these inflammatory, sugary, starchy foods.

KEEP YOUR SIGHTS SET ON THREE NUTRIENTS

Out of all the organs in your body, your eyes are the hungriest for nutrients and oxygen. These delicate yet complex organs are incredibly sensitive to malnutrition that may stem from a depleted, inflammatory diet. Poor diet and a sedentary lifestyle can also cause poor circulation, making it nearly impossible for your eyes to receive the nutrients they so desperately need.

Time is of the essence if you want to keep your vision intact. You can support daily and long-term eye health by supplying your eyes with direct nutrition from a highly-absorbable supplement.

Three "All-Star" eye nutrients can change the way you see the world:

1. Astaxanthin: You may best recognize astaxanthin as the red-carotenoid pigment that gives colourful crustaceans their colour. 65 times more powerful than ordinary vitamin C and a primary eye care nutrient,

this super-antioxidant is one of the few that can penetrate the retinal barrier. As such, astaxanthin may help prevent retinal damage caused by strong sunlight.⁴

2. Lutein: Lutein is another important carotenoid, found in dark leafy greens like spinach and kale. In combination with the carotenoid zeaxanthin, this power nutrient works to protect the macula from free radical damage; co-nutrients lutein and zeaxanthin are the protective antioxidants found to be missing in the eyes of sufferers of AMD.⁵ Taking a lutein and zeaxanthin supplement is more important than ever. Though AMD once occurred later in life, vision loss now appears in those as young as 20 when eye health is compromised by free radical damage, toxin exposure, and the processed food diet.

3. Krill: Krill oil, rich in omega 3, 6, and 9 fatty acids, is a champion of strong vision. Researchers at the Wilmer Eye Institute found omega 3 fatty acids likely to protect against advanced AMD, with growing evidence supporting the nutrient as essential to eye health.⁶ Krill oil seems to have it all – derived from shrimp-like crustaceans in the unpolluted Southern Oceans, krill oil is another excellent source

of the carotenoid astaxanthin. Nourishing krill oil protects vulnerable cell membranes and can help stabilize blood sugar levels. These blood sugar stabilizing benefits mean krill oil can guard against the visual deterioration caused by a high glycemic diet. Controlling blood sugar can stop or reverse diabetic retinopathy, an eye disease associated with diabetes; research also supports DHA in krill oil to help prevent diabetic retinopathy.⁷

The right nutrition is the only thing that stands between you and your sight. Nutritional therapies for sight loss and eye disease have shown remarkable results, sometimes in as little as 3 to 9 months. When you know how to care for your eyes with nutrients proven to keep vision strong, the future truly looks bright.

Recommended Products

MAXIFOCUS

Unique powerful formula that blends x24 important nutrients including Lutein, Zeaxanthin & Riboflavin, which contributes to the maintenance of normal vision. New dropper system in glass bottle for better delivery and increased results.



THE KRILL MIRACLE

Super rich source of Omega 3, 6 & 9 and containing DHA & EPA, which contributes towards the maintenance of normal vision. Made using a patented Eco-harvesting fishing system which ensures no by-catch. Delivered in a Veggie Licap.

ASTAXANTHIN

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



IMPROVING EYE DISEASE IN 30 DAYS
By Robert Redfern

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LITHIUM

for a healthy brain

You can regenerate your brain

There's an anti-aging secret that everyone needs to know, and it has nothing to do with youthful skin. One vital and often overlooked mineral can literally change the way you think as you grow older.

THE DEMISE OF THE AGING BRAIN

If you have ever forgotten where you placed your glasses or your car keys, you have probably joked, "I guess I'm getting old." There's more truth to that statement than many people realize. One of the most important areas of the brain, the part that retains memories, is called the hippocampus. As you grow older, the

hippocampus shrinks. If your brain isn't given the proper nutritional support early on, the hippocampus will grow smaller and may cause depression, memory loss, and even dementia.

American Academy of Neurology researchers discovered that shrinking in the hippocampus can precede Alzheimer's disease.¹

So what can be done to preserve your memory and protect brain function against the shrinkage caused by age? The answer is not just to protect and preserve but to renew and regenerate. Known as the number one brain-supporting mineral found in nature, lithium's regenerative effect on the brain has made this mineral

famous. University of California Los Angeles neuroscientists observed that lithium, which has long been used as a standard treatment for bipolar disorder in drug form, helped increase grey matter in the brains of bipolar patients.²

If that's what the lithium drug can do, just imagine the impact that the mineral lithium orotate can have on your brain.

Lithium's long-term use as a treatment for mental illness has resulted in many misconceptions about the mineral's relationship with the brain. In the nutrient form, lithium is a top supporter of the aging human brain. Lithium can stimulate growth in the grey matter area of the brain, a region made up of neuronal bodies that

is more likely to shrink than white brain matter. This result was seen after just four weeks.³ A condition like Alzheimer's disease causes gray matter shrinkage because of neuron loss. This makes lithium especially promising in the treatment of degenerative brain disease. Research also suggests that lithium can inhibit the secretion of beta-amyloid peptides and protect against beta-amyloid damage, a protein found in high levels in brains ravaged by Alzheimer's disease.⁴

LITHIUM IS FOR EVERYONE

It's easy to think that this essential anti-aging mineral is only for people who need that extra brain support: Those who are older, those who are suffering from mental illness, and those showing the early signs of Alzheimer's disease.

Don't let this "lithium lie" hold you back from achieving your best brain health.

Lithium is for everyone. The sooner you start taking lithium as a brain-supporting mineral, the sooner the lost grey matter in your brain can begin to grow back.

Even a low dose of lithium, no prescription needed, can provide big benefits. This daily dose of lithium as a supplement can help to regenerate brain cells, improve declining memory, and even help the brain to grow younger again. In a 2014 New York Times article, Anna Fels writes of the naturally occurring element, "Some scientists have, in fact, proposed that lithium be recognized as an essential trace element nutrient. Who knows what the impact on our society would be if micro-dose lithium were again part of our standard nutritional fare? What if it were added back to soft drinks or popular vitamin brands or even put into the water supply? The research to date strongly suggests that suicide levels would be reduced, and even perhaps other violent acts. And maybe the dementia rate would decline."⁵

As Fels points out, research unequivocally supports the beneficial effects of lithium for everyone, even in small amounts. One Japanese study

observed that low doses of lithium exposure may be neuroprotective and could enhance neuron growth. In an epidemiological review of lithium in drinking water, the majority of the studies concluded that higher levels of lithium in the water supply had beneficial legal, clinical, behavioural, and medical outcomes.

Everyone needs this underestimated mineral to protect healthy brain cells from damage and to reverse much of the damage that has already been done to an aging brain. A lithium orotate supplement can be a safe, natural alternative to antidepressants and an early protector against cognitive decline, associated with dementia and Alzheimer's disease. Lithium in a low dose has benefits for anyone – to keep the brain sharp as you age.

THE PROBLEM WITH 'BRAIN BOOSTER' SUPPLEMENTS

As our aging population begins to experience the first frightening glimpses of cognitive decline, we're looking for answers. Today, there's no shortage of anti-aging nutrition. There are plenty of vitamins and minerals on the market that promise to boost and protect your brain. But there are a few problems with picking up the first brain support supplement you see at the supermarket or health food store.

The most obvious problem is that many over-the-counter supplements may simply be ineffective. Even worse, they may not be safe. The FDA recently discovered that popular "store brand" herbal supplements sold at big-box retailers in the U.S., including ginseng known to support mental health and St. John's wort used to enhance mood, contained fraudulent and dangerous ingredients. These store brand products sold by popular retailers to the unsuspecting public were found to contain filler ingredients like asparagus, powdered rice, and houseplants and did not contain any advertised ingredients on the label.⁶

If you buy a generic brain support supplement at a retail store, there's no

guarantee you can trust what's in it. Just as importantly, most of these brain supplements are missing the one mineral your brain really needs to regenerate and fight the effects of age.

The "smart" mineral these supplements are missing is lithium. An essential supporter of mental and emotional health, lithium orotate can provide relief for frequent headaches and migraines, bipolar disorder and depression, PMS and menopause, ADHD, alcoholism, anorexia, and Parkinson's and Alzheimer's diseases. Lithium helps your brain grow new grey matter, and it protects against normal brain shrinkage and decline that occurs naturally in the course of your life. Lithium also guards your brain against everyday risk factors, like the damage caused by stroke or prescription drugs.

With even a small daily dose of lithium, your brain will regenerate, you'll think more clearly, and those embarrassing "senior moments" will be forgotten.

Recommended Products

LITHIUM BALANCE

Contains the trace mineral in the supplemental orotate form. 100 per cent natural and completely safe to use, does not lower your energy level and has no harmful side effects.



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A woman with blonde hair tied back, wearing a bright yellow-green long-sleeved shirt, stands in a grassy park with trees in the background. Her arms are outstretched to the sides, and she has a joyful expression, looking upwards and to the right. The background is a soft-focus view of a park with green trees and a body of water in the distance.

Give your Immune System some TLC

A HEALTHY IMMUNE SYSTEM IS YOUR BEST FRIEND

When you think of your body as a friend, it's so much easier to treat it well. Instead of viewing your body as the enemy – battling the bulge of weight gain, feeding it inflammatory foods, and running it into the ground with too much work and not enough play – think of it as a lifelong friend who has always been there for you. Your body does so much more than you give it credit for. This is all made possible by the help of a strong and well-functioning immune system.

When your immune system is naturally healthy, it is truly the best friend you can have.

THE MARVELLOUS WONDER OF A STRONG IMMUNE SYSTEM

Your immune system is not only a great friend, it is an intricately functioning defence mechanism that science has only

begun to uncover. You may not consider your immune system until it is too late – when you come down with a cold, when your allergies flare up, or when you have been diagnosed with a chronic disease.

It's then you realize: Your friend, your ally, your immune system has been trying to tell you something all along. Your immune system is one of the best friends you will ever have because it is designed to protect. Your immune system alerts you of danger early on. Your immune system throws up red flags before a more serious health problem arises, indicating that it is in desperate need of some TLC.

Pro-immunity TLC comes in the form of rest, exercise, and nourishment. Without the proper nutrition, your immunity will be mediocre at best. Powerful nutrition can directly strengthen immunity to reduce the risk of illness and disease. A weak and poorly nourished immune system may exhibit early warning signs like fatigue, dull

skin or brown patches on the skin, frequent illness like respiratory infections, sudden weight loss or weight gain, and slow wound healing.

If your immune system is crying “danger,” it is the voice of a trusted friend who is only trying to help.

Supporting and regulating immunity is critical, both for the present and the future. Static factors can influence your immunity from birth – for example, breastfeeding can change a baby's gut microbiota and may influence susceptibility to allergies and asthma – but your in-born immune system is not your permanent lot in life.¹

Early immunity, supported by pregnant and breastfeeding mothers who eat Really Healthy Foods, can give a baby the best chance of entering the world with a strong best friend by its side, a robust immune system. But even if immunological factors are working against you, and you have been suffering from weak immunity for far

too long, you still have a fighting chance. Researchers have discovered that your immune system can be educated. You can strengthen immunity by giving your body the nutrients it needs.

Really Healthy Foods, rich in antioxidants and free from starchy carbs and sugar, are a prime contributor to superior immune health. As the Cleveland Clinic confirms, your diet plays an integral role in strengthening your immune system.² Fresh fruits, vegetables, and other Really Healthy Foods full of vitamins and minerals, coupled with restful sleep and regular exercise, can literally change your immunity.

Inflammatory foods from our modern Western diet have the opposite effect. Some of your favourite foods may be sabotaging your immune health.

SUGAR IS THE NUMBER ONE ENEMY OF IMMUNITY

Your immune system's job is to protect – it wards off foreign invaders and infection that can enter the body to cause illness and disease. Even “innocent” foreign invaders, like processed, sugary foods, place a burden on your already fragile immune system.

Sugar is not a friend to your body, and it is not a friend to your immunity.

Eating sugary foods is like eating disease. Sugary treats and foods rich in starchy carbohydrates, like breads, pastas, cereals, white rice, pastries, and cookies, are the reason you can't seem to get and stay healthy, improve energy, or lose that extra weight. These foods are a drain on your immune system and a contaminant to your body. Even worse, they open the door to inflammation, increasing your risk of chronic disease.

This is information we've known for some time but have been unwilling to admit. Way back in 1973, a study was published in The American Journal of Clinical Nutrition that changed how we thought about sugar and immune health. Researchers discovered that eating 100g

of sugar, equivalent to three cans of soda, greatly inhibited the white blood cells' ability to kill off bacteria for up to five hours afterward.³

In no uncertain terms, the sugary foods you eat are destroying your immunity. That's no way to treat a friend.

FOUR POWERFUL NUTRIENTS FOR A NATURAL DEFENCE

Really Healthy Foods lay the foundation for natural immunity. Immune-boosting nutrients offer daily support to keep your immune system running strong:

1. Vitamin D3: The sunshine vitamin, which your skin needs daily from both supplementation and moderate sun exposure, is a potent immune-strengthener when combined with other super-nutrients. Selenium works with vitamin D3 to help the body resist infection. Epicor, a specialty pro-immunity ingredient made from natural brewer's yeast, has seven human clinical studies published to back its revitalizing effect on immune health.

2. Probiotics: Taking a daily probiotic is a guaranteed immune win – probiotics can boost immunity from within. A digestive system teeming with diverse microbes helps to ward off infection and defend against disease. Soil Based Organisms provide the most beneficial probiotic boost in a supplement since they come from the same microflora found along a healthy human G.I. tract.

3. Olive Leaf Extract: The olive tree is known for its beauty and its powerful healing properties derived from a phenolic compound called Oleuropein. Oleuropein, found in olive leaf extract, is naturally disease-resistant with wide clinical backing; the olive leaf has been used since ancient times to repel parasites, fungi, flu, and bacterial infection.

4. Silver Spray: Doctor-recommended silver spray offers long-lasting immune support to reinforce your body's natural defence system. Silver has been used as a family-friendly immune remedy for more than 2500 years. Taking just 10 ppm of

silver per day as an oral spray can reduce fatigue and increase immunity without any known side effects.

Improving immunity is easy when you think of it as caring for a dear friend. With a balanced plan that includes rest, exercise, anti-inflammatory foods, and nutrients, your body's first line of defence has never looked better.

Recommended Products

DAILY IMMUNE PROTECTION

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



PRESCRIPT-ASSIST

3rd generation combination of more than x29 friendly soil-based organisms (SBOs), with a humic/fulvic acid prebiotic. Backed by a peer reviewed, human clinical trial with 1 year follow up verifying efficacy. Does not require refrigeration & safeguarded against light, heat & pressure.



HYDROSOL SILVER SPRAY

Created with a molecular structure to allow silver particles to be transported throughout the body and excreted within 24 hours. Provides all the benefits of medicinal silver with no known side effects. 10ppm silver.



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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!



Your skin is trying to tell you something

WHAT YOU SEE ON THE OUTSIDE IS WHAT YOU DON'T SEE ON THE INSIDE

Your health may be written all over your face. That is to say, the quality of your skin is merely a reflection of what's going on inside your body.

SKIN NUTRITION MADE EASY

As Dr. Francesca Fusco, Mount Sinai Medical Center's Assistant Clinical Professor of Dermatology, was quoted as saying on Oprah.com, "Almost every health condition translates to the skin."¹

"When something isn't functioning well on the inside, the clues start appearing on the outside," says Dr. Fusco.

Even the most common skin concerns, those that we are told to cover up and correct with anti-aging products, could be a warning sign that something is going wrong inside your body. Wrinkles and signs of premature aging may be related to poor bone density; brown spots on the skin could be an early sign of type 2 diabetes; dull skin may mean an omega-3 fatty acid deficiency; in some cases, very dry skin can be an early sign of cancer.

In a groundbreaking clinical trial commissioned by Estée Lauder, University Hospitals Case Medical Center found that internal stressors directly affect the quality of the skin; poor sleepers in the study had worse skin health and accelerated signs of skin aging.²

Many disorders that first appear in the skin are directly related to chronic disease, triggered by a nutrient-poor diet. When your body is lacking nourishment, your skin is one of the first things to go. Nutrient deficiency shows up in the skin far before it is ever seen in the body. This makes listening to your skin even more important – otherwise, chronic health problems associated with a lifelong nutrient

deficiency may only be detected when it is too late.

THREE SUPER NUTRIENTS CAN TRANSFORM YOUR SKIN

Skin nutrition isn't as complicated as it seems. Just as your skin is highly responsive to deficiency, it is quick to recover with support from internal and external nutrients:

- 1. Curcumin:** The potent antioxidant curcumin, isolated as the active compound in the ancient spice turmeric, can neutralize free radical damage and curb inflammation, thus preserving the health of the skin. University of Texas M. D. Anderson Cancer Center researchers discovered that curcumin in small doses can stop melanoma cell growth and cause cancerous cells to self-destruct.³
- 2. Magnesium:** Magnesium is one nourishing supplement that is easier to absorb through the skin. Considered one of the most important minerals in the body, transdermal magnesium quickly penetrates the skin to reach the bloodstream. Almost 80 percent of us are magnesium deficient, and topical magnesium can correct a number of underlying health problems caused by this deficiency. Magnesium applied with MSM as a daily lotion may also encourage healthy skin tissue growth.
- 3. Derma Q-Gel CoQ10 Creme:** Bioactive CoQ10 is a special skin nutrient. Derma Q-Gel CoQ10 Creme can deeply penetrate into the derma to promote antioxidant activity. When applied to the skin, Derma Q-Gel CoQ10 Creme can replenish tired and damaged skin by supplying nutrients at the surface. This protective process improves both skin tone and texture. Now that you know your skin health is directly related to your inner health, skin

recovery takes on a whole new meaning. When you listen to your skin and treat it like the vital organ it is, your whole body benefits.

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Recommended Products

CURCUMINX4000

At 23-45 times better utilisation, CurcuminX400 is the most powerful and cost effective curcumin supplement available. In a recent study, 450mg CurcuminX400 delivered the equivalent benefits of 4,000mg of ordinary curcumin 95 per cent capsules.



MAGNESIUM LOTION 'ULTRA'

Ultra pure magnesium chloride, taken from the Ancient Zechstein seabed and blended with MSM for better absorption. Lightest in the magnesium range, can be used as a moisturiser.



DERMA Q GEL

100% natural and contains upto x5 greater concentration of CoQ10 than any other skin care cream. No harsh exfoliants or peeling chemicals.





One side effect that we are all supposed to expect from aging is bad joints. The thinking is, your joints have been supporting your body for your entire life. As you get older, it only makes sense that these joints would start to wear down and may need to be replaced. It happens in cars and other machines, so why wouldn't it happen in people?

Arthritis is a health problem made up of many different conditions that all have one thing in common: inflamed joints. While arthritis can take on a number of forms in the body, like osteoarthritis, rheumatoid arthritis, and psoriatic arthritis, there are more than 100 kinds of arthritis that cause severe joint pain.

Each arthritic condition may have its own medical cause to blame, but we now know that these conditions are inflammatory. Though osteoarthritis is considered a non-inflammatory degenerative joint disease in the medical community, it still has an inflammatory trigger that can be traced back to diet, like any other lifestyle disease. Arthritis

is caused by chronic inflammation in the body that can lead to chronic joint pain.

HOW CHRONIC INFLAMMATION DESTROYS HEALTHY JOINTS

Arthritis is a rheumatic disease – a type of disease that affects joints and muscles. The American College of Rheumatology tells us that there are an estimated 52.5 million adults suffering from arthritis, or 23 per cent, in the U.S. alone.¹ And still, millions of adults suffer from other inflammatory, rheumatic conditions that affect their quality of life – including the 5 million people with fibromyalgia, the 8 million people with gout, and the 59 million people with lower back pain in the U.S.

Arthritis remains the top cause of disability in Western countries because so many of us don't know what to do about it.

Roughly 10 per cent of the global population over the age of 60 is already showing signs of the most common arthritic disorder, osteoarthritis. This is why we believe that joints wear down with age. When we hear of another older person being diagnosed with osteoarthritis, or when we experience it in our body, we may

sigh and accept our fate, saying, "It's about time my body started to give out."

This couldn't be further from the truth.

Osteoarthritis, for example, is a rheumatic joint disease that affects the cartilage needed to cushion the joint. Osteoarthritis results when the protective cartilage layer starts to erode, and bones rub together. This rubbing causes immediate pain, swelling, and immobility at the site. Joints may become malformed, and bone spurs can grow as bones rub together. These joints break down not because of old age but because of chronic inflammation that has been left to destroy the body over a long period of time, caused by nutrient deficiency and an inflammatory diet.

The book *Improving Arthritis in 30 Days* explains, "Most of us lack the essential nutrients in our diet needed for good health, triggering inflammation. This absence of nutrients combined with one or several other unhealthy lifestyle factors can perpetuate arthritis."

These inflammatory foods that break down healthy joints are some of our favorites in the Western diet. Most of us have been eating sugary, starchy foods like

pastas, cereals, white rice, potatoes, breads, pastries, and cookies for years. Since these foods are processed and devoid of nutrients, lacking essential phytochemicals and antioxidants needed to neutralize free radical damage, inflammation continues. Joints break down. Arthritis can occur if this inflammatory cascade is not stopped.

ONE CHANGE PROTECTS JOINTS FROM DEGENERATIVE DISEASE

If you could do one thing differently to save your joints, would you do it? The answer is simple, but it is not so easy. The food that you put in your body – especially when you have one or more degenerative diseases – directly impacts joint health.

Remember, joint deterioration isn't caused by normal wear and tear. It's caused by chronic inflammation.

Diet is the one factor you can change that impacts dangerous levels of inflammation in your body. University of East Anglia researchers discovered that your mother may have been right all along – eating your greens could protect against arthritis. In the laboratory, scientists isolated a compound in broccoli called sulforaphane that may block joint-destroying enzymes to slow or prevent the development of osteoarthritis.²

On the other side of the plate, British researchers found that eating high levels of red meat may be an independent risk factor for inflammatory arthritis, a common early sign of rheumatoid arthritis.³ Complementary research suggests that a gluten-free vegan diet may help to lower cholesterol and increase natural antibodies

that fight against symptoms of chronic inflammatory disease, like rheumatoid arthritis. This type of diet can also reduce risk of heart attack and stroke in someone with rheumatoid arthritis, a condition that increases risk for cardiovascular disease.⁴

This research paints a very clear picture. Cutting processed, inflammatory foods out of the diet can protect joints from inflammation that causes them to break down. If you already have arthritis, eating an anti-inflammatory diet (rich in vegetables, dark-skinned fruits, healthy oils, grass-fed meats and fish, and healthy carbohydrate alternatives like quinoa and legume pasta) can show immediate effects to relieve joint pain or reverse the condition, in some cases.

Part of changing your diet to support arthritis relief includes giving your joints the nutrients they need to repair and heal. The powerful proteolytic enzyme Serrapeptase is a known anti-inflammatory and chronic pain buffer.⁵ When taken with other super-nutrients like curcumin, vitamin D3, and Ecklonia Cava extract, Serrapeptase can calm whole-body inflammation, reduce signs of aging, and support joint health. Nourishing krill oil works alongside Serrapeptase to reduce high levels of inflammation in the body and improve joint mobility; the National Institutes of Health confirms that omega-3 fatty acids, abundant in krill oil, can ease joint tenderness and reduce the need for corticosteroid drugs in cases of rheumatoid arthritis.⁶ Joints that have already been crippled by arthritis are not a lost cause – anti-inflammatory nutrients can help heal, and at-home

acupressure can be used to locate pain points and ease pain and swelling at the site.⁷

You don't have to sit idly by and watch your joints get worse with age. There are plenty of tools available to offer arthritis pain relief and even support recovery. If you make one change today, change the way you eat: If you are feeding your body inflammation, you are feeding arthritis. The only way to protect joints from devastating levels of inflammation is to stop eating the foods that cause it in the first place.

Recommended Products



SERRANOL

Unique formulation that combines 80,000iu Serrapeptase, 250mg Curcumin, 50mg Ecklonia Cava Extract and 1.000iu vitamin D3 per capsule.



THE KRILL MIRACLE

Super rich source of Omega 3, 6 & 9 and containing DHA & EPA, which contributes towards the maintenance of normal vision. Made using a patented Eco-harvesting fishing system which ensures no by-catch. Delivered in a Veggie Licap.

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.



IMPROVING RHEUMATOID ARTHRITIS AND JUVENILE ARTHRITIS IN 30 DAYS

By Robert Redfern

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Eating Sugar IS LIKE *Eating Cancer*

The cancer prevention factor no one is talking about

We already know the scary cancer statistics – almost 50 per cent of us will get cancer within our lifetime. Cancer is scary because it represents the unknown. This chronic disease currently does not have a medical cure, even after more than 60 years spent and billions of dollars wasted on research, pharmaceuticals, and awareness campaigns.

Why does cancer remain such a mystery? What is it about cancer that is so hard to understand?

CANCER IS NATURAL

Cancer is a frightening phenomenon because it is normal for us to fear what we don't understand. But would it comfort you to know that cancer is not really the enemy? According to the book *Cancer Cell Rehabilitation in 30 Days*, cancer cells occur naturally in the body. This simply means

that the natural presence of cancer cells is nothing to be afraid of. It is when cancerous cells grow out of control that our health is in danger.

Why do these cancer cells start to grow out of control, and what can we do to prevent it? In 1931, Dr. Otto Warburg of the Max Planck Institute in Berlin received the Nobel Prize for making a controversial cancer discovery. Dr. Warburg famously proved that cancer in the body is caused by a cell/oxygen dysfunction, triggered by excess glucose.

In his lecture delivered at the annual meeting of Nobelists in Lindau, Germany, in 1966, Dr. Warburg said, "Cancer, above all other diseases, has countless secondary causes. But, even for cancer, there is only one prime cause. Summarized in a few words, the prime cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar. All normal body cells meet their energy needs by respiration of oxygen,

whereas cancer cells meet their energy needs in great part by fermentation."¹

Cancer Cell Rehabilitation in 30 Days explains further, "Cancer cells consume sugar at 15 to 17 times faster than healthy cells. A low-sugar diet is the best way to starve cancer and start recovery."

We are given the contradicting message that our bodies need sugar to provide us with energy, and yet this so-called "energy source" is also responsible for feeding cancer. Increasingly high levels of sugar can be found in our modern inflammatory diet, with plates piled high with foods like pastries, cookies, breads, cereals, white rice, potatoes, processed foods, and dairy products.

Starchy, sugary, processed foods cause blood sugar levels to spike. Sustained levels of high blood sugar, like what you would find in someone with a lifestyle condition like type 2 diabetes, damage healthy cells. These sky-high levels of sugar in the body can also increase the risk

of cancer, according to researchers at the University Rey Juan Carlos in Madrid.

University Rey Juan Carlos scientists, led by Dr. Custodia Garcia-Jimenez, discovered that obesity, diabetes, and cancer have a common link: High sugar levels in the body, common in obesity and diabetes, can increase the activity of a specific gene known to aid in cancer progression.² Scientists have also discovered that some sugar molecules support the growth of malignant cancer cells.³

Dr. Garcia said, "Changing diet is one of easiest prevention strategies that can potentially save a lot of suffering and money."

ARE YOU CONSUMING CANCER?

If you are eating sugar, you are eating cancer, as research has confirmed. Remember, cancer cells already exist inside of your body as a normal part of your immune system. Ideally, these cells are very weak and easily overpowered by healthy cells. But once glucose levels in your body increase and extra sugar is readily available, cancer in a high-glucose, low-oxygen environment can start to spread.

As researchers have discovered, the best cancer prevention lies in a low-sugar diet. The easiest and most obvious way to minimize cancer risk is to minimize the processed, sugary foods you put on your plate. These foods rich in sugar and starchy carbohydrates feed cancer. These foods are also low in the essential nutrients your body needs to restore health and rehabilitate from cancer.

CANCER PREVENTION IS THE 'CURE'

Even with billions of dollars sunk into the cancer business, we still don't have a cure. But rather than investing in costly medical care and toxic treatment, it is much safer and much more effective to eat your way toward a cancer "cure."

We've already discussed that the only approach to cancer-free living is to eat a low-sugar diet. Processed foods and starchy carbohydrates are off the table. Instead, fill your plate with fresh, flavourful, cancer-preventative foods, like vegetables; dark-skinned fruits that include avocado; healthy oils; nuts, beans, and seeds; grass-fed meats and fish; and healthy carbohydrate alternatives like quinoa, amaranth, buckwheat, and legume pasta.

You can give healthy cells in your body a fighting chance against dormant cancer cells with potent nutritional support. Curcumin is a phytochemical and renowned anti-cancer compound, derived from the Indian spice turmeric. Considered an antioxidant powerhouse, a curcumin supplement can protect healthy cells from oxidation and can stimulate apoptosis (programmed cell death) among certain cancer cells, including B lymphoma and leukemia cells.⁴

Natural cancer prevention and recovery wouldn't be complete without the trace mineral selenium. Selenium, best taken in the liquid ionic form, has clinical backing to decrease mortality rates related to colon, lung, and prostate cancers, when higher selenium levels were found in the blood. Just like curcumin, selenium provides antioxidant protection to help healthy cells resist the noxious effect of cancerous cells in the body; researchers discovered that taking as little as 200 µg of selenium per day could significantly lower the rates of some cancers.⁵

The next time that you read a cancer warning in the news, remember that this lifestyle disease is nothing to be afraid of. Cancer cells naturally occur in your body, and their growth is perpetuated by the sugar you eat. When you think of it this way, cancer prevention is easy: Eliminate refined sugar and supplement missing nutrients to reduce your risk of this devastating disease.

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Recommended Products

CURCUMINX4000

At 23-45 times better utilisation, CurcuminX400 is the most powerful and cost effective curcumin supplement available. In a recent study, 450mg CurcuminX400 delivered the equivalent benefits of 4,000mg of ordinary curcumin 95 per cent capsules.



IONIC SELENIUM

Delivers 300mcg Ionic Selenium per serving. The best way to supplement with Selenium and most recognised by the body. x48 servings per bottle. Gluten free, suitable for Vegans.



CANCER CELL REHABILITATION IN 30 DAYS By Robert Redfern



How do you mend a **BROKEN HEART?**

Eat to the beat
of good health

A heart attack is something you don't see coming. Dr. Chauncey Crandall, Director of Preventative Medicine at Palm Beach Cardiovascular Clinic and Chief of Interventional Cardiology at Good Samaritan Medical Center in Palm Beach, Florida, says that the common heart attack can be both silent and deadly – if you don't know what to look for.¹

Dr. Crandall knows heart disease inside and out. When studying at Yale medical school, he and other researchers created heart disease in the laboratory so they could better understand its cause and how to prevent it. Based on his years of research and observation, Dr. Crandall describes heart disease as the silent killer; 25 per cent of all heart attacks occur without any noticeable symptoms.

WHAT IS YOUR BODY TRYING TO TELL YOU?

If you don't know what to look for in your body, actual signs of a heart attack may be too subtle to detect until it is too late.

Dr. Crandall confirms that because of

our modern diet and unhealthy lifestyle choices, heart disease remains a major threat. Heart disease is still the number one killer, responsible for more deaths than all cancers combined. This heart disease risk, and especially the risk of death, only continues to increase when we keep eating inflammatory foods (starchy and sugary processed foods) that promote disease. When these lifestyle choices are working against us – and when we don't know what signs to look for – a heart attack can sneak up out of nowhere.

First the symptoms, and then the answers.

There are several clues your body can give you right before a heart attack: You may experience chest pain that can travel as different sensations throughout the body, including pain or discomfort in the neck, back, arms, jaw, or stomach. You may also feel nauseous and start to sweat, a symptom normally confused with digestive trouble and not a heart attack. Even worse, if you have a chronic lifestyle condition like diabetes that results in high blood sugar, your heart attack symptoms may be camouflaged completely.

Paying attention to your body is the first step. If you notice any unusual changes or feel like something isn't right, it's important to contact your doctor immediately or call for help in an emergency. Risking embarrassment with a heart attack "false alarm" is always better than losing your life.

IS YOUR LIFESTYLE BREAKING YOUR HEART?

The often undetected symptoms of a heart attack are important to understand, but they only provide half a solution. You can stay on the lookout for signs of a heart attack at all times, but wouldn't you rather rest easy in knowing that your heart is in great shape? The way you treat your heart – and especially the foods you feed your heart – is the fine line between life and death.

Everything that goes into your body affects your heart, your hardest working muscle. It's easy to take this beating muscular pump for granted, but remember, your heart works nonstop, 24 hours a day, seven days a week. It never gets a break.

When this vital muscle is burdened

by inflammatory foods and sedentary living, it starts to lose its ability to circulate effectively. In the condition of heart disease, which may include atrial fibrillation, angina, cardiomyopathy, congestive heart disease, coronary artery disease, and heart valve disease, heart health deteriorates and is soon destroyed. Heart disease may be caused by inflammation from a processed food diet, vitamin and mineral deficiency, toxin overload, or inflammation, calcification, and degeneration of the heart valves and endothelium.

The book *Improving Heart Disease in 30 Days* explains, "Over time, chronic inflammation can damage the walls of the arteries and can eventually lead to arterial plaques breaking open, resulting in a heart attack or stroke. The arterial walls are damaged, and the diameter of the vessels becomes smaller and smaller. Damage can also occur quite rapidly, even in a matter of months."

The greatest predictor of whether you will have a heart attack lies in your ability to stop this inflammation.

Not only does inflammation from an un-natural Western diet compromise the health of the heart, but it opens the door to all chronic lifestyle disease, including stroke, type 2 diabetes, kidney disease, lung disease, infertility, prostate cancer, Alzheimer's disease, and so much more. When you get control over this inflammation, you get control over your health. When you get control over your health, you can strengthen and even reverse much of the damage that has been done to your heart – and the rest of your body.

It's a mistake to underestimate the effect that diet has on your heart. American College of Cardiology researchers proved that adults who ate the Mediterranean diet, rich in healthy fats, fruits and vegetables, fish, nuts, and beans, were 47 per cent less likely to have heart disease.² Eating a large

amount of plant-based foods, with fewer animal-based foods, may reduce the risk of dying from stroke and heart disease by 20 per cent.³

HOPE FOR THE BROKENHEARTED

Even if you've been eating an inflammatory diet every day of your life, there's still hope for your heart. One study followed 5000 young people from the ages of 18 to 30 who were already showing signs of heart disease, such as calcification and thickening of coronary arteries. After a 20-year check-up, Northwestern University Feinberg School of Medicine researchers noted that the study participants who improved their lifestyles – by quitting smoking, eating more fruits and vegetables, exercising, losing weight, and limiting alcohol intake – reduced and reversed their symptoms of heart disease. Study participants whose habits got worse saw heart disease damage increase.⁴

Changing your diet is non-negotiable if you want to see your heart health improve. Really Healthy Foods like vegetables and dark-skinned fruits; beans, nuts, and seeds; grass-fed meat and fish; healthy oils; and carbohydrate alternatives like millet, quinoa, and legume pasta are known supporters of heart health.

And where diet may lack in some critical nutrients, powerful supplements pick up the slack: Two potent enzymes work as a team to support heart health and improve circulation; anti-inflammatory Serrapeptase can calm inflammation that leaves the heart vulnerable to infection, while Nattokinase works similarly to the clot-busting drugs prescribed to sufferers of heart disease.⁵ The missing mineral magnesium, when taken as a topical supplement with MSM, can help to reduce angina risk by preventing coronary artery spasms.⁶ Daily magnesium also helps regulate heart rhythm and control blood pressure by working as a muscle relaxant.

Heart attack education is important,

but prevention is even better. Cutting out inflammatory food triggers and supplying missing nutrients will give your heart the support it needs to heal and fight.

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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 for optimum performance. Phthalate Free.



ANCIENT MINERALS MAGNESIUM OIL 'ULTRA'

Ultra pure concentrated Genuine Zechstein magnesium chloride blended with MSM, for superior absorption. Available in 237ml or 125ml Intro Size.



IMPROVING HEART DISEASE IN 30 DAYS
By Robert Redfern



THE WHO RECOMMENDS

Iodine supplementation for everyone

Why don't doctors?

What kind of recommendation will it take for you to commit to taking an iodine supplement every day? The World Health Organization is clear. The WHO calls iodine deficiency “the world’s most prevalent, yet easily preventable, cause of brain damage.”¹

The big problem is that an all-too-common iodine deficiency, which can result in a number of iodine deficiency disorders, often starts before birth. This puts a child’s brain development and lifelong health at risk. Severe iodine deficiency during pregnancy can even cause stillbirth, which is why most of the iodine focus is on pregnant women.

An iodine supplement for pregnant women is critical, but there’s more to the story. The WHO recommends extra iodine

for everyone – this includes men, women, children, and the elderly.² The American Thyroid Association is also a driving force behind the movement to include a daily serving of iodine in prenatal vitamins for pregnant and breastfeeding women.³ If an iodine supplement is essential for daily health and thyroid, endocrine, heart, metabolism, and immune function, why aren’t doctors prescribing it?

IODINE IS THE BUILDING BLOCK OF HEALTH

You can also call iodine the misunderstood mineral. Your body needs much more of this vital mineral than many medical professionals acknowledge. Patients are often told by their doctors that their thyroid produces all the iodine they need, when even the World Health Organization states that this simply is not true.

Iodine was the very first nutrient designated as an essential part of the

human diet. Even before birth, iodine contributes to healthy growth and development – this includes support for normal cognitive function, energy-producing metabolism, nervous system function, and thyroid hormone production and regulation.

Iodine is everywhere in your body, and it is doing much more than you realize. As iodine regulates thyroid function and manages metabolism, it helps to stabilize the heart rate, maintain a healthy weight, keep the body warm, and preserve digestive health.

Iodine is indispensable for women’s health. A woman needs iodine to support breast health, function, and shape. Iodine deficiency has been linked to a number of reproductive issues, including ovarian cysts and reproductive dysfunction. Iodine is considered a primary protective mineral in the prevention of uterine, breast, ovary, and even prostate cancer.⁴

The reality of iodine deficiency is frightening. To make matters worse, most of our population is iodine deficient, and we don't even know it.

Hundreds of years ago, iodine deficiency was not a problem. Our ancestors gleaned this critical nutrient from food grown in mineral-rich soil. Today, because of agricultural practices that have caused mass soil depletion along with the use of chemical fertilizers, our food supply has been robbed of the vitamins, minerals, and antioxidants we so desperately need, one of the most important being iodine.

We are told to increase iodine in the diet first of all. Iodine can be found in shellfish and fish, as well as fortified cereals and grains. But iodine intake that comes through packaged foods brings us right back to the problem: iodine levels in food are wildly unpredictable. Iodine in food can fluctuate, depending on the quality of soil it's grown in.

IODIZED SALT IS NOT ENOUGH

The World Health Organization recommends iodized salt as an answer to this worldwide iodine problem. The WHO's recommendation for a daily iodine supplement for everyone is correct, but table salt is not the solution.

One hundred years ago, doctors advised adding 150 µg of an unnatural form of iodine, known as potassium iodide, to processed salt. This "junk salt" is the last thing your body needs – it is just sodium with all other minerals taken out. Iodized table salt is made from a manufactured form of sodium with synthetic chemicals added. Not only is iodized table salt ineffective as an iodine supplement, but it can be toxic.

Your body needs salt, and your body needs iodine, but not combined in a processed form like iodized table salt. 3 to 5 tablespoons of sea or rock salt can meet your daily salt requirement, best used with

a highly absorbable iodine supplement.

Researchers have discovered another skeleton in the closet of iodized table salt. When Texas scientists, concerned about the alarmingly low iodine intake in the Western World, tested iodized table salt, they were shocked at what they found. 53 per cent of iodized table salt samples had less iodine than the recommended level provided by the FDA.⁵

If you are relying on iodized table salt for your daily dose of iodine, it's almost impossible to get the mineral support your body needs.

THE ONLY WAY TO TAKE YOUR DAILY IODINE

Even the World Health Organization agrees: iodine deficiency is a serious problem that can contribute to defect and disease. We all need iodine every day, though many doctors still underestimate its importance. The WHO recommends iodized table salt as a Band-Aid for this iodine epidemic, which we now know is not nearly effective enough.

Your body needs a daily iodine supplement in a form it can use, with support from a nutrient cofactor that makes iodine even more effective.

To prevent an iodine deficiency that can lead to a serious health problem, it is all about iodine uptake. Atomic iodine, also known as nascent iodine, is more effective than any iodine supplement you will find – including potassium iodide in table salt and iodine tablets.

Consumable iodine in the atomic form rather than the molecular form has an incomplete number of electrons. Nascent iodine is also paramagnetic. This simply means that nascent iodine atoms can hold an electromagnetic charge, allowing for a huge release of energy after liquid iodine is consumed. When nascent iodine enters your body in this charged state, it is recognized by the thyroid and absorbed

immediately.

There's more. Nascent iodine is most powerful when taken in the liquid form with its partner ionic selenium. Selenium is another valuable mineral we are just not getting enough of, and selenium is also needed to activate iodine in the body. Your body does not naturally produce selenium, so you need a selenium cofactor whenever you take nascent iodine.

Take these two nutrients together, and iodine's effect on the body is almost unstoppable. You will not find this kind of nutritional support from our depleted food supply and especially not from junk table salt.

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Recommended Products

NASCENT IODINE

One drop = 400mcg of iodine. Frequent small doses are more effective than larger amounts at less frequent intervals. Nascent iodine is the best form of iodine supplementation.



IONIC SELENIUM

Delivers 300mcg Ionic Selenium per serving. The best way to supplement with Selenium and most recognised by the body. x48 servings per bottle. Gluten free, suitable for Vegans.

ICONIC SELENIUM

Selenium contributes to the normal function of the Immune System, to the protection of cells from Oxidative Stress, to the maintenance of normal Hair and Bones, to normal Thyroid Function and to normal Spermatogenesis.



- Ionic Selenium is a rich, concentrated dietary supplement that delivers Selenium in Ionic form – the most widely recognised by the body.
- 300mcg per serving (48 servings per bottle).
- One bottle will last approx. 6 weeks.
- Suitable for Vegans, Gluten-Free.
- Works well with Nascent Iodine!



IMPROVING EYE DISEASE IN 30 DAYS

Book Review by Bethany Ramos

We are all afraid of losing sight with age, says *Improving Eye Disease in 30 Days*. Robert Redfern's latest book in his series was written for anyone who fears that their vision will decline as they grow older. *Improving Eye Disease in 30 Days* uncovers an important truth for those who want to see clearly into old age: Contrary to popular belief, eyesight deterioration is not a normal side effect of aging. Missing nutrients can cause malnutrition and deterioration in the eyes. This leads to premature vision loss.

Deterioration may happen with age, but prevention starts today, says Redfern. "Most of us do not eat enough of the nutrients we need to protect our eyes each day," he explains.

The mainstream message in the medical community is that there is no known cause of eye disease, but Redfern disagrees. "Eye diseases are caused by, or worsened by, malnutrition and nutritional deficiencies," he says.

Improving Eye Disease in 30 Days covers not only general sight loss related to age, poor diet, and a lack of nutrition, but it discusses how to manage and even reverse three of the most devastating eye diseases: age-related macular degeneration, retinitis pigmentosa, and diabetic retinopathy. Redfern's explanation of how diet relates to eye disease is important for anyone who is at risk to read – age-related macular degeneration is the third leading cause of global blindness; retinitis pigmentosa is a genetic condition that affects more than 1.5 million people around the world; almost half of all type 1 and type 2 diabetes sufferers have diabetic retinopathy.

As Redfern sums up, the "cure" for most degenerative eye disease is easier than we have been led to believe: "When you take away the underlying cause and follow a non-inflammatory lifestyle, your body will have the support it needs to repair itself, in many cases."



CANCER CELL REHABILITATION IN 30 DAYS

Book Review by Bethany Ramos

Cancer Cell Rehabilitation in 30 Days by Robert Redfern will help you see cancer in a whole new light. If you believe what you read in the media, and in the many cancer-related studies circulated online, you may have been taught to fear cancer. This is normal, explains Redfern, but it isn't the full truth.

Redfern uncovers the true cause of the cancer epidemic in *Cancer Cell Rehabilitation in 30 Days*, with highlights like:

- Cancer cells in the body are natural.
- Cancer cells are weaker than healthy cells.
- Cancer cells can be easily destroyed by the immune system.
- Cancer feeds on sugar.
- Excess sugar comes from an Un-Natural Western Diet.

Redfern writes, "You may be surprised to hear that cancer cells are naturally found in the body... Problems occur when cancer cells grow uncontrollably." He continues, "Cancer cells consume sugar at 15 to 17 times faster than healthy cells. A low-sugar diet is the best way to starve cancer and start recovery."

It is this cancer-diet connection that brings the book together. Redfern's view of cancer is simplistic yet powerful: Cancer cells, naturally found in the body, are only dangerous as they start to grow out of control. We can literally "feed" cancer in our body by eating sugar in excess – in a modern, processed food diet, says Redfern.

Cancer Cell Rehabilitation in 30 Days presents Redfern's Daily Cancer-Free Living Rehabilitation Plan that is essential for everyone, considering that cancer deaths are on the rise. Redfern's user-friendly plan makes it possible to take back control by reducing cancer risk, with the potential to improve health where cancer growth has spread.



HEALTH news

REGULAR LOW-CALORIE FASTING COULD HELP YOU LIVE LONGER

Going on the occasional low-calorie fast for four days could help you live longer, lose weight – and even make you smarter.

The four-day fast should be carried out once every three to six months, says Valter Longo, from the University of Southern California. But he warns against being too extreme. Don't go on a water-only fast, and diabetics shouldn't go on a fast at all.

Fasting is difficult for the vast majority of people, he says, which is why he's created the FMD, or fast-mimicking diet, which provides all the benefits of a no-food fast but without completely restricting food. It's a plant-based approach, and allows vegetable soup, energy bars, energy drinks, chamomile tea and a vegetable supplement.

Longo and his team have tested it on 19 people, who went on the diet once a month for three months, and then went back to their normal diet for the remaining 25 days or so of the month. At the end of the trial, their biomarkers for ageing, diabetes, heart disease and cancer had all reduced.

In earlier trials with mice, the diet also improved the biomarkers that are associated with cognitive abilities.

(Source: *Cell Metabolism*, 2015; doi: 10.1016/j.cmet.2015.05.012)

FRACKING RELEASES CANCER-CAUSING POLLUTANTS

Fracking releases high levels of pollutants that have been linked to some cancers and respiratory problems such as asthma. The levels are far higher than environmental agencies consider being safe, and could affect the health of people living in drilling areas.

Fracking – a technique where high-pressure water is aimed at shale rock to extract the gas inside – releases high levels of PAHs (polycyclic aromatic hydrocarbons) into the atmosphere, say researchers from Oregon State University.

The researchers began their investigations after they had been approached by a group of residents in Carroll County, Ohio, where there is a deep formation of shale and is a 'hot-spot' of natural gas prospecting. The residents were all concerned about the impact of the drilling on their health.

The researchers set up boxes that measure air quality in gardens close to drilling sites and up to three miles away. Not surprisingly, those closest to the wells also had the highest levels of PAHs, but even the lowest levels were still 10 times higher than in Michigan, where there is no fracking. All the levels are considered unsafe according to the Environmental Protection Agency.

(Source: *Environmental Science & Technology*, 2015; 49(8): 5203)



GREEN TEA REDUCES PROSTATE CANCER RISK

Men who are at high risk of developing prostate cancer can reduce their chances dramatically by drinking green tea every day. Catechins, compounds found in the tea, block cancer cell growth and stop it spreading, say researchers from the H Lee Moffitt Cancer Centre.

They tested the tea on a group of 97 men who were at high risk of developing prostate cancer because of abnormal cell activity. Forty-nine of the men were given decaffeinated green tea capsules, called Polyphenon E, and 48 were instead given a placebo, or sugar pill. After a year, those given the green tea capsules had fewer lesions than those given the placebo, and their PSA (prostate-specific antigen) levels had also dropped. PSA is the standard bio-marker for prostate cancer.

The researchers point out that 20 per cent of green tea is drunk in Asian countries where prostate cancer deaths are among the lowest in the world.

(Source: *Proceedings of the American Society of Clinical Oncology annual meeting, Chicago, May 26, 2015*)

COENZYME Q10 REDUCES DEATHS IN HEART FAILURE PATIENTS

People who've suffered heart failure dramatically reduce their chances of dying or suffering more heart problems if they supplement with coenzyme Q10, a major new study has found.

Taking a 100 mg supplement three times a day for two years reduces the risk by 43 per cent, say researchers in the study.

They recruited 420 chronic heart failure patients who took a CoQ10 supplement or a placebo pill for two years. At the end of the trial, those who were taking the supplement were 43 per cent less likely to die or suffer another major cardiovascular problem, and 42 per cent less likely to die from any cause. Their heart symptoms also improved during the two years.

(Source: *Journal of the American College of Cardiology*, 2014; 2(6): 641-9)

DARK CHOCOLATE COULD MAKE YOU MORE ATTENTIVE AND FOCUSED

Overcome the mid-morning energy low with a piece or two of dark chocolate, researchers say – and they have the brain scans to prove it.

The chocolate makes us more attentive and awake, and its benefits aren't psychological; it affects areas of the brain associated with attention and focus, say researchers from Northern Arizona University, who connected a group of volunteers to EEG scanners.

The 122 participants had their brains monitored while they were given a piece of dark chocolate, with 60 per cent cacao, and five 'dummy' pieces. Only when they ate the real chocolate did the appropriate areas of the brain become stimulated, they said.

It's the cacao in the chocolate that has the brain-stimulating qualities, so only dark chocolate will do. The sugar and milk in standard chocolate don't have the same effects.

In one of the tests, the researchers added the amino acid L-theanine to the cacao. The amino acid, most commonly found in green tea, lowered the participants' blood pressure and created a sense of calm and peace.

(Source: *NeuroRegulation*, 2015; 2: 3-28)



STAY WELL WITH A FEW NO-DRINKING DAYS EACH WEEK

Drinking the occasional glass of red wine may be good for us – but a new study suggests it's important to have a few non-drinking days in between.

Drinking one or two glasses of alcohol every day greatly increases the risk of developing cirrhosis of the liver, research by the World Health Organization (WHO) has discovered. The disease has previously been associated purely with heavy drinking, rather than the frequency that people drink.

The WHO has reported that 6 per cent of all deaths around the world are caused by drinking alcohol, and most of these are from alcoholic cirrhosis. Cirrhosis is scarring of the liver caused by long-term damage, and half of all cases are caused by alcohol.

The WHO's researchers analysed the alcohol consumption and drinking patterns from 193 countries to discover that the frequency we drink mattered more than the amount we drink. (Source: *European Association for the Study of the Liver report*, April 25, 2015)

NEW 'LYME DISEASE' COULD BE MAJOR HEALTH THREAT

A new tick-borne disease – similar to Lyme's disease – has been discovered in Russia and Asia, including China and Japan. This disease, which has never been seen before, has been described as a substantial health threat.

The tick, which is most commonly found on goats, can cause fever, headache and tiredness in anyone who is bitten. Cases that have been identified so far have been successfully treated with antibiotics, and especially doxycycline.

Because it has only recently been discovered, nobody can be sure how many people have been affected, says Dr J Stephen Dumler, a professor of pathology at the University of Maryland school of medicine, who helped make the discovery. He was part of a team that tested 477 patients in north-east China who had been bitten by a tick over one month in the spring of 2014. Of those, 28 had been infected with the new bacteria.

It's thought the taiga tick is responsible for this new disease, a bacterial infection called *A. capra* (from the Latin word for goat). The tick is closely related to the deer tick responsible for Lyme's disease, and is found in Eastern Europe, and across Russia and Asia.

(Source: *Lancet Infectious Diseases*, 2015; doi: 10.1016/S1473-3099(15)70051-4)

FAMILY HISTORY OF BREAST CANCER ISN'T A DEATH SENTENCE

Family history isn't such an important factor after all when it comes to breast cancer. You're as likely to survive it as women who have no cancer in their family, new research suggests.

Hereditary factors are reckoned to be responsible for a quarter of all cases of breast cancer – but they don't make any difference to the prognosis, say researchers from the University of Southampton.

Women with a family history have the same chances of surviving the disease as those who don't, a study of 2,850 breast cancer patients discovered. The women were all under the age of 41, and some had a family history of breast or ovarian cancer. But there was no difference in the rate of cancer recurrence after treatment, said lead researcher Prof Diana Eccles.

(Source: *British Journal of Surgery*, 2015; doi: 10.1002/bjs.9816)

Source: www.WDDTY.com



5 SIMPLE EXERCISES TO KEEP YOUR BODY STRONG

Why doctors are prescribing exercise

If there was a miracle cure available to help you live better and live longer, would you try it? In a 2015 report released by the Academy of Medical Royal Colleges, based on a two-year analysis of 200 separate studies, lead study author and Consultant Orthopaedic surgeon Scarlett McNally deemed exercise a miracle cure.¹

The report confirms that exercising for just 30 minutes five times a week could essentially solve our global health crisis. Breast cancer risk can be reduced by up to 25 per cent, bowel cancer risk can be reduced by up to 45 per cent, dementia risk can be reduced by up to 30 per cent, stroke risk can be reduced by 30 per cent, and heart disease risk can be reduced by more than 40 per cent – all from regular exercise.

If you needed another reason to get moving, consider this: Exercise is a well-known buster of brain fatigue; regular activity can increase mitochondrial numbers in brain cells to benefit brain health.² Even in the presence of disease, physical activity is potent. Kansas State University researchers discovered that moderate exercise may help to make cancer treatments more effective. A slow jog or a brisk walk around the block could help counteract some side effects of toxic cancer treatment.³

It's time to lace up your trainers and get moving.

THE TOP 5 EXERCISES FOR GOOD HEALTH

Among all the research in support of exercise, one truth stands out. If you want all the health benefits exercise has to offer, the most important thing is that you get moving and stay moving on most days of the week. The type of exercise that you do can help you get even more out of your weekly workout programme.

In their report entitled the "Quantity and Quality of Exercise for Developing and Maintaining Cardiorespiratory, Musculoskeletal, and Neuromotor Fitness in Apparently Healthy Adults: Guidance for Prescribing Exercise," the American College of Sports Medicine (ACSM) recommends a combination of strength training, aerobic, and flexibility exercises for all adults at least 150 minutes a week (matching Academy of Medical Royal Colleges recommendations).⁴

These exercises are appropriate for all activity levels and can make up a well-rounded workout plan:

1. Knee-to-Chest: This starter exercise is ideal if you are new to fitness or are recovering your health. Lie on your back on a firm bed, preferably when you first wake up in the morning. Bring one knee to your

chest as high as you can and then alternate the other knee. Do as many of these knee-to-chest reps as you can count. Practice this exercise every day and work up your count as your lung and heart health improve.

2. On-the-Spot: One way to build up strength quickly and effectively is by practicing aerobic exercise in the comfort of your own home. Strengthen your lungs by exercising at a maximum rate for two minutes, six times per day, with the exercise of your choice — running in place, skipping, star jumps, etc. Build up your endurance in these daily bursts of activity so that your heart, lungs, and connecting muscles are working their hardest. Weight training can be added to this exercise at least two days a week to work all major muscle groups: the arms, shoulders, chest, abdomen, back, hips, and legs. Weight training helps build lean muscle mass and can increase bone density to reduce the risk of osteoporosis.

3. Walking: Walking daily is one of the best ways to get in shape, regardless of your fitness level. Walk in a fast, purposeful, long stride with your head held high and your chin parallel to the ground. Move your shoulders naturally and freely and keep stomach muscles tight. Swing your arms in a natural motion while walking briskly and tuck your pelvis under your torso. Build up to walking 3 to 5 miles per day and use

wrist and ankle weights as you get stronger.

4. Running: When your health has improved so much that walking no longer presents a challenge, a high-intensity jog or run can keep your body fit. Research has busted the myth that running may be bad for the knees; the American College of Rheumatology confirms that regular running does not increase the risk of developing osteoarthritis of the knee and may even protect against the disease.⁵ Ohio State University researchers also recommend exercising in intervals, alternating walking and running, to maintain endurance during a workout.⁶

5. Yoga: The ACSM recommends flexibility exercises as part of a weekly workout routine for a reason – improving flexibility can keep you mobile with age, even reducing the risk of age-related falls. You can increase flexibility while strengthening your muscles in a full-body practice like yoga. Because of its total wellness benefits and protective effect against disease, Dr. Richard Usatine of Florida State University considers yoga the “prescription” for better health.⁷

4 SUPER NUTRIENTS TO POWER YOUR WORKOUT

To meet these exercise recommendations, and to keep your body going strong at least five days a week, you need gas in your tank. Daily nutritional support keeps your body from running on empty. Without this pre- and post-workout nutrition, you’ll soon hit that familiar exercise slump where you can’t seem to drag yourself out of bed in the morning.

You can break this vicious cycle with a daily boost of nutrients:

1. D-Ribose - Every athlete and exerciser needs this five-carbon sugar to maintain post-workout energy levels by supporting cellular regeneration. Renewed cellular energy means a faster recovery time and even more energy at your next workout. D-Ribose is powerful enough for professional athletes yet safe enough for children to use.

2. L-Arginine - One of the biggest benefits of regular exercise is its ability to

strengthen your heart, reducing the risk of chronic disease. The protein amino acid L-Arginine is a healthy heart champion and prime supporter of post-workout recovery, known for its ability to improve circulation, open blood vessels, and protect against cardiovascular disease.

3. Magnesium - Magnesium is the marvellous mineral most people are deficient in, and it is the mineral your body needs to buffer the stress response created by exercise. When absorbed in a topical transdermal delivery system before a workout, magnesium is quickly utilized and can equip the body to better handle exercise-induced stress. Researchers discovered that taking a magnesium supplement helped to reduce the stress response in endurance athletes.⁸

4. Oxygen-enhancing enzyme - Aerobic exercise literally means “requiring free oxygen.” A refreshing dose of oxygen is exactly what your body needs to renew and repair after heavy exertion. A natural oxygen-enhancing liquid enzyme, derived from deep water seaweed extract, can support respiratory health and improve the cardiovascular system’s ability to absorb and transport oxygen during and after a workout.

Research tells us that nutrition and exercise are a winning combination, and it’s easy to see why exercise is called the miracle cure. Every step you take is one step closer to good health.

Recommended Products

D-RIBOSE PLUS POWDER

Perfect for a person recovering from any health problem or a professional athlete that needs faster recovery from intensive training. About 2-4 servings per day should hit the spot.



HEALTHYFLOW

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



ANCIENT MINERALS MAGNESIUM OIL ULTRA

Magnesium contributes to electrolyte balance and normal energy-yielding metabolism. Available in 125ml and 237ml.



OXYSORB

A powerful sublingual liquid enzyme extracted from deep water seaweed that when taken under the tongue, improves your body’s ability to absorb more oxygen.



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A NATURALLY HEALTHY PET *is man's best friend*

Drugs don't make healthy pets

Your beloved pet may be your truest friend. Pets are faithful, loyal, and unconditionally loving. Your dog happily greets you with a lick and a wag when you wake up in the morning, and he's there to comfort you at the end of a long day. Researchers say not to underestimate the power of this close animal connection. While we already know that people are drawn to close relationships with other people, domesticated animals are also capable of deep bonding with their owners, similar to a parent-child relationship.¹

Now you have a scientific reason to call your dog or cat your baby. This important animal relationship can not only affect daily happiness, it can improve your health. Research has long supported the health benefits of owning a pet among older adults. The study *Fostering the Human-Animal Bond for Older Adults* confirms that the common burden of illness and emotional distress in older adults can

be eased with the support of a loving animal companion; owning a pet is known to increase activity and reduce social isolation.²

Dog owners may receive even more benefits. In a statement published in the journal *Circulation*, the American Heart Association explains that owning a dog could provide noticeable benefits to heart health since dog owners are likely to be more active. Dog ownership can help to reduce the risk of cardiovascular disease; owning a pet can also lower cholesterol, blood pressure, and rates of obesity, while helping the body to better process stress.³

WHAT HAPPENS WHEN YOUR PET GETS SICK?

You may not realize how much you depend on your furry friend until his health starts to decline. Even animals are subject to the effects of aging and disease. Animals, like people, need support from powerful nutrients and a Really Healthy Foods Diet that can help them live longer – and

possibly increase your lifespan too!

When your pet is naturally healthy, everybody wins.

It's drilled into us to vigilantly care for our family's health, and many times, a beloved pet's health slips through the cracks. We all have the best intentions to take our pet in for a yearly checkup, but if they look and act healthy, we may push that veterinary appointment to the bottom of our to-do list. It's no surprise that more than half of the cats in the U.S. have not seen a veterinarian within the past year for a routine checkup, based on the results of a study conducted by the American Association of Feline Practitioners and Bayer HealthCare.⁴

Every pet owner starts off with good intentions. 83 per cent of new cats receive veterinary care within their first year of ownership, with a significant drop off in care each year after that. Study authors point out that compared to dogs, cats may be especially at risk for health problems since they are more likely to mask signs of injury and illness.

When you do finally take your pet to the vet for a pressing problem, it may be

too late. Since most pets aren't given daily nutritional support, needed to sustain health and ward off chronic disease, these undetected yet easily preventable health problems seem to appear out of nowhere. If your pet is sick or has a life-threatening illness, a vet has no choice but to prescribe potentially toxic medications. Just like when treating sick people, these medications aren't able to cure. Drugs don't address the cause of a health problem; they only manage a health issue to make a pet more comfortable. Even worse, these medications are expensive. Costly prescription drugs used to treat a health problem may not work and could make a pet's health worse.

NATURALLY HEALTHY PETS DESERVE THE BEST CARE

If you think of your pet like a child, as so many of us do, it makes sense to care for your pet as a beloved member of the family. Daily nutrition supplements can have a lifelong effect on your pet's health and may prevent or reverse a number of serious health conditions. Many pet owners avoid annual vet check-ups because of cost alone, but this daily nutritional support could offset the cost of unneeded medication.

Like people, pets are also sensitive to inflammatory foods and need daily nutrients to guard against disease. You can protect your pet from the effects of a disease-promoting modern diet by not

feeding him table scraps.

You can also support daily nutrition with three simple supplements that make a naturally healthy pet:

Curcumin – The active compound in the ancient spice turmeric is best known for its potent antibacterial, antioxidant, and anti-inflammatory properties. Curcumin is a staple of daily pet health since it helps to improve circulation, detoxify, and ease inflammation that causes joint pain. Curcumin as an anti-inflammatory shows promising application in cancer treatment and prevention.⁵

Probiotic – Also similar to people, your pet's health and wellbeing starts in his gut. If your pet's digestive system isn't equipped with beneficial bacteria to absorb and transport nutrients where they need to go, it doesn't matter what kind of fancy food you buy. Improving a pet's digestive health with a daily soil-based probiotic can build a healthy gut teeming with friendly bacteria; researchers support complex microflora in the guts of animals to help resist disease.⁶

Serrapeptase – Serrapeptase is a renowned proteolytic enzyme that every pet needs to buffer chronic inflammation before it leads to devastating disease. Serrapeptase as an enzyme is a powerful cleaner – it can remove non-living tissue build-up, waste, and dead cells that are burdening your pet's body. Serrapeptase is most popularly used to support aging pets and can ease arthritis

and joint issues common in older dogs and horses.

To truly understand the promise of these healthy pet nutrients, it helps to hear it from the horse's mouth: Liz Hayden describes her experience in giving her horse Serrapeptase to treat painful scar tissue caused by chronic tendonitis after a severe tendon injury, "The prognosis was poor; 'moderate to guarded for anything more than light hacking,' said the report. I had no idea about dose, so had to make an educated guess! I fed him 10 tablets of Serrapeptase a day for six weeks, then six a day for two months, then three a day for a further two months. He has just been re-scanned. To my delight, the scan showed almost a full recovery."

A pet's health is often overlooked because animals can't speak for themselves. That's where you as a loving owner come in. Natural pet care is the best care you can give man's best friend.

Recommended Products

SERRAPET

The number 1 serrapeptase for animals, delivering 80,000iu serrapeptase per tablet. Also known as 'the miracle enzyme', it can help a whole host of pet health conditions.



CURCUMINX4000

The biologically active element of turmeric, it has been used in traditional ayurvedic medicine for thousands of years. This version absorbs up to x23 better than standard 95 per cent turmeric extracts.



PRESCRIPT-ASSIST

This is a broad spectrum probiotic and prebiotic, with a variety of 29x strains of friendly bacteria. Break open and mix with food.



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The trace element essential for life

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



WHAT IS IODINE?

Iodine is an integral and essential part of healthy DNA integrity (both developmentally and throughout life), immunity, metabolic balance, endocrine function and cardiovascular health. It has been suggested that many people are iodine deficient. The thyroid contains the most amount of iodine but it is also in all your cells and other body areas such as salivary glands, cerebrospinal fluid, brain & breasts.

WHY NASCENT IODINE? THE TECHNICAL STUFF

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

BUT MOST IMPORTANTLY.....

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

“

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

”

DON'T TAKE MORE, *take Ubiquinol CoQ10*

Want to add nine years to your life?

CoQ10 is one exciting antioxidant. Also called co-enzyme Q10, this vitamin-like substance is found naturally in every cell in your body. Your body manufactures CoQ10 and uses it to produce adenosine triphosphate (ATP), your body's prime source of stored energy needed in large amounts.

Researchers have spent a lot of time looking at this intriguing nutrient. Some studies even suggest that increasing levels of this potent antioxidant could add nine years to your life.¹

YOU CAN'T LIVE WITHOUT IT

CoQ10 can be found in the body in two different forms:

Ubiquinone: The fully oxidized form of CoQ10, metabolized by the body and turned into the antioxidant form of CoQ10 called ubiquinol.

Ubiquinol: The power-antioxidant form of CoQ10, able to scavenge free radicals and protect DNA, proteins, and low-density lipoprotein (cholesterol transporter LDL) from oxidative damage.

Here's the fascinating thing about this guardian antioxidant required by every cell in your body: CoQ10 is needed by the body to convert food into energy – that much we know. CoQ10's superior antioxidant power can protect healthy cells and DNA from free radical oxidation, staving off the effects of aging and reducing risk of serious health problems like heart disease and cancer. CoQ10's power comes from its ability to prevent blood clot formation, improve cellular

energy production, and act as a protective antioxidant.

What CoQ10 does for your heart is nothing short of amazing.

CoQ10 can be found in high concentrations in the heart, along with the liver, pancreas, and kidneys. All of these organs have high energy needs and rely on CoQ10 for antioxidant support. CoQ10 is a known defender of heart and vascular health. CoQ10's ability to enhance energy production and improve oxygen utilization offers a special benefit to heart muscle cells. CoQ10 not only supports robust circulatory health, but it is needed for the optimal function of the heart muscle.

Researchers observed something interesting about CoQ10's relationship with the heart. CoQ10 levels are naturally lower in the heart muscle of patients with heart failure. This deficiency can get even worse as heart failure progresses. Many times, statins are used to treat patients with heart failure because they block cholesterol synthesis, but they also block CoQ10 synthesis. In a randomized study conducted on 420 patients with severe heart failure, researchers noted that heart-protective CoQ10 halved all mortality causes, as well as the risk of MACE (major

adverse cardiovascular event).²

"CoQ10 is the first medication to improve survival in chronic heart failure since ACE inhibitors and beta blockers more than a decade ago and should be added to standard heart failure therapy," says lead study author Professor Mortensen. He explains, "Other heart failure medications block rather than enhance cellular processes and may have side effects. Supplementation with CoQ10, which is a natural and safe substance, corrects a deficiency in the body and blocks the vicious metabolic cycle in chronic heart failure called the energy starved heart."

And don't forget – CoQ10 has powerful anti-aging properties and may even extend lifespan. This comes from CoQ10's essential heart health benefits, which promote a long and healthy life, coupled with its ability to help mitochondria in the cells consume energy more efficiently. Scientists believe that free radical damage to cell mitochondria is at the root of all aging in the body, so CoQ10's critical mitochondria protection may lead to a longer life.³ As CoQ10 helps mitochondria better consume energy, the damaging and disease-promoting effects of the aging



process come to a halt.

CoQ10 is an antioxidant protector of every cell in your body, and so much more. CoQ10 can buffer free radical oxidation and subsequent inflammation, providing promise to address the underlying cause of a number of neurodegenerative conditions, like Parkinson's and Alzheimer's disease.⁴ In patients with diabetes, taking a CoQ10 supplement may help to manage high blood pressure and blood sugar levels, while improving heart health.⁵ CoQ10 can even improve pulmonary function and exercise performance in sufferers of chronic lung disease, like COPD and IPF.⁶

THE BIG COQ10 PROBLEM

Your body needs ample amounts of CoQ10 every day to support cell health and protect against damage. Your body also needs this vital antioxidant to keep your heart beating strong and minimize the devastating effects of the aging process.

The problem is, CoQ10 levels in the body are naturally depleted with age.

When you're young, your body produces as much CoQ10 as you need. But as the years pass, and the body becomes burdened by stress and aging, CoQ10 levels drop drastically. At age 20, the heart has higher CoQ10 levels than any other major organ in the body. By age 80, CoQ10 levels in the heart are reduced by more than half. This takes a toll on healthy cells. Cells are no longer able to regenerate and withstand oxidative stress on their own.

As CoQ10 levels drop with age, your body can't produce enough energy to function at its peak. Your defence is compromised. Once-healthy cells are now vulnerable to free radical damage that can lead to disease.

Your body needs more CoQ10, and lots of it, if you want to stop this dangerous

domino effect.

When you're thinking about powerful antioxidant protection, it makes sense to want more to receive more benefit. But you'll quickly discover that one of the biggest problems with taking a CoQ10 supplement is that CoQ10 in its natural state is very hard for your body to absorb. Coenzyme Q10 is unable to fully dissolve in the digestive tract – so, more isn't always better.

Your body can't use CoQ10 if it isn't able to absorb it.

Ubiquinol, the antioxidant form of CoQ10 in the body, bypasses this absorption problem completely. Ubiquinol is a form of CoQ10 that is eight times better absorbed compared to ordinary CoQ10. For vegetarians, hydrosoluble CoQ10 is four times better absorbed than ordinary CoQ10.

CoQ10 is one of the most popular supplements available today because of its undeniable health benefits. But to receive antioxidant support, you have to know you're taking the best form of this essential nutrient. Ubiquinol is the most bioavailable

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 Vegan 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.



form of CoQ10 that your body can use. If you want to live longer and enjoy your health – and especially if you are at risk for heart disease – daily ubiquinol is what every cell in your body needs.

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HEALTH news

REVERSE PROSTATE PROBLEMS BY TREATING GUM DISEASE

Treating gum disease can reduce inflammation in the body, and it could be a way of reversing arthritis and heart disease. And a new study demonstrates that it's an effective way to treat prostate inflammation, or prostatitis.

With prostatitis, the prostate gland becomes inflamed, and urination can be difficult or painful. It can heal in time, but drugs such as antibiotics, painkillers and anti-inflammatories are commonly prescribed to help treat it.

But researchers from Case Western Reserve University have successfully treated the problem by reducing gum disease and inflammation.

In a study of 27 men with prostatitis, all had moderate to severe gum disease. During the eight-week study period, they were treated for gum disease, but not for their prostatitis, and yet 21 of the 27 men had lower levels of PSA (an inflammation marker of the prostate gland) afterwards. Those with the highest levels of inflammation benefited the most, and their symptoms improved or disappeared altogether. Just six of the men said there had been no improvement in their prostatitis.

(Source: *Dentistry*, 2015; 05(03); doi: 10.45172/2161-1122.1000284)



TRIPLE THE NUMBER OF CHILDREN NOW HAS CELIAC DISEASE

The number of children diagnosed with celiac disease – where there is a serious auto-immune reaction to dietary gluten from wheat, barley and rye – has trebled in the UK over the past 20 years.

It's reckoned that around one per cent of all children in the UK have the disease, say researchers from the Health Improvement Network.

The greatest increase has been seen among girls under the age of 18, where rates have doubled between 1993 and 2012. There has been a 39 per cent increase in diagnoses among boys.

There was also a stark difference between socio-economic groups. Those from a more deprived background were only half as likely to be diagnosed. The researchers can't explain the disparity, but believe it could be because those from wealthier families are more likely to have the disease diagnosed.

(Source: *Archives of Disease in Childhood*, 2015; doi: 10.1136/archdischild-2014-307105)

Source: www.WDDTY.com

WALKING 30 MINUTES A DAY REDUCES RISK OF EARLY DEATH BY 40 PER CENT

It doesn't take much: walking or cycling for more than 30 minutes a day can reduce your chances of a premature death by up to 40 per cent.

Any exercise – from light to vigorous – can have a massive beneficial effect on your health and longevity. But doing too little won't help. People who walk or cycle for less than an hour a week didn't see much benefit, say researchers from the Oslo Study.

The findings are based on surveys of around 15,000 men, born between 1923 and 1932, and whose health and physical activity was monitored in 1972. The analysis was repeated in the year 2000, and the men who were still alive were tracked for a further 12 years.

The activity levels of the men were divided into four categories: sedentary (no exercise); light (walking or cycling for at least four hours a week); moderate (formal exercise, sporting activity, or heavy gardening for at least four hours a week), and vigorous (hard training or competitive sports several times a week).

The men who did 30 minutes of light or vigorous exercise six days a week had a 40 per cent lower risk of a premature death. And those who did moderate to vigorous physical activity were likely to live five years longer than those who were sedentary and did no exercise.

The impact of exercise is equivalent to quitting smoking, the researchers conclude.

(Source: *British Journal of Sports Medicine*, 2015; 49 (11): 743)





LOVE YOUR LUNGS? LOVE SERRANOL

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

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

x4 POWERFUL NUTRIENTS, x1 CAPSULE

- ✓ Serrapeptase – Also known as The 'Miracle' Enzyme. Serrapeptase is a proteolytic enzyme which helps to break down proteins. It has been used for over 30 years with miraculous results. Each capsule contains 80,000iu serrapeptase
- ✓ Ecklonia Cava Extract – A recent discovery which is getting heavy backing, millions have already been spent on studies. This extract is 100%, whereas many other extracts are only 13%.
- ✓ Curcumin – From the ancient spice Turmeric, this has been used for thousands of years and there are over 1,800 studies on how this alone can help you! Even more powerful when mixed with the other ingredients in Serranol.
- ✓ Vitamin D3 – The Vitamin D council considers 50% of the global population to be deficient. Make sure you aren't in that 50%. Each capsule contains 1000iu D3.



NOWHERE ELSE CAN YOU FIND THIS BLEND OF INGREDIENTS IN ONE CAPSULE!

HEALTHY PROSTATE *maketh the man*

Men don't need to suffer in silence

Every 19 minutes, a man dies from prostate cancer. The most recent statistics from the American Cancer Society tell us that prostate cancer is responsible for at least 75 deaths per day. One in seven men in the U.S. will have prostate cancer in his lifetime.¹

At a global level, an estimated one in three men over the age of 40 will have some kind of prostate problem. One in 13 men over age 40 will have a serious prostate health issue.

Prostate cancer is a buzzword, but there are plenty of prostate health concerns that can affect a man and his quality of life. The prostate, a walnut-sized gland located in low in the pelvis and underneath the bladder, is vital to male reproductive health. When health starts to falter in this small gland, a slew of health problems can arise, including enlarged prostate, prostatitis, and even prostate cancer.

DRUGS AREN'T THE ANSWER

When you start experiencing unpleasant symptoms related to your prostate, you'll probably visit your doctor first. For example, painful urination or blood in the urine may be an early sign of prostate cancer; symptoms like lower back pain, recurring urinary tract infections, and pain during ejaculation may be related to prostatitis.

For almost any prostate-related health condition, your doctor will likely prescribe medication to "fix" the problem. Alpha blockers may be used to treat enlarged prostate and can increase risk of heart

failure over long-term use; antibiotics used to address a prostatitis infection can destroy healthy levels of beneficial microflora in the gut; the toxic effects of cancer treatments are well-known and, in many cases, can be a cause of death.

Medication seems like the most logical choice when the medical community blames poor prostate health on genetics. Your doctor may tell you that you have a genetic predisposition to prostate cancer, meaning that you have no control over your fate. But what your doctor may fail to point out or even recognize is that all factors related to prostate cancer, except in very rare cases, and all factors related to chronic lifestyle disease can be changed by the choices you make.

The book *Improving Men's Health in 30 Days* explains why there may be hope for those who have a genetic predisposition to a devastating health condition like prostate cancer, "Even poor genes that indicate cancer can be 'overwritten' by making the necessary dietary and environmental changes, according to research. Simply put, this means that your DNA is not a death

sentence. Researchers from Belgrade's Institute for Medical Research assert that epigenetics trump genetics, meaning that outside influences can help to rewrite DNA coding. The very most important outside influence is diet, followed by environmental factors. Bioactive foods, particularly nutrient-rich, non-starchy vegetables, can improve health and prevent disease."

Changing your diet may be the most important thing you can do as a man to improve health and ward off a serious condition like prostate cancer. Harvard School of Public Health researchers were clear: after an initial prostate cancer diagnosis, eating the typical Western diet, high in dairy, processed foods, refined grains, and red meat, has been linked to a significantly higher risk of prostate-cancer related mortality and overall mortality. A 2015 study published in *Cancer Prevention Research* found that a heart-healthy diet rich in Really Healthy Foods could greatly reduce the chances of dying of prostate cancer.

In a group of 926 men diagnosed with



prostate cancer and followed for 14 years on average after diagnosis, the men who ate a Western diet had a two and a half times higher risk of prostate cancer-related death compared to the men who ate the healthiest diet, with a 36 per cent lower risk of death overall.

That's not all – within an evidenced-based review, researchers confirmed that a diet low in fat and red meat and high in vegetables and fruits could help to prevent prostate cancer. Study authors said of the compelling review published in the *Journal of Human Nutrition and Dietetics*, "In patients with prostate cancer, dietary therapy allows patients to be an active participant in their treatment."³

3 PROSTATE NUTRIENTS EVERY MAN NEEDS

Your reproductive health and longevity hinge on your prostate. And as we've already discovered from supporting research, your prostate health hinges on an anti-inflammatory diet rich in powerful nutrients.

Eating a Really Healthy Foods Diet full of vegetables and dark-skinned fruits; nuts, beans, and seeds; grass-fed meats and oily fish in moderation; healthy oils; and carbohydrate alternatives like quinoa, buckwheat, and legume pasta is the foundation of prostate health. But because of modern agricultural practices that have depleted our soil, even the healthiest diet can't give your prostate the abundant nutrients it needs every day to ward off illness and disease.

These potent prostate nutrients can be taken as a supplement to support daily men's health:

1. Iodine - Without a doubt, iodine is one missing mineral every man needs. Liquid nascent iodine is a known supporter of energy, detoxification, metabolism, immunity, and thyroid function; compared to the U.S. where prostate cancer is rampant, prostate cancer rates are

remarkably lower in Japan, a country with a high iodine intake.⁴

2. Serrapeptase - Serrapeptase is a potent anti-inflammatory enzyme, known for its ability to eat through inflammation and nonliving tissue in the body.⁵ Serrapeptase works alongside other super-nutrients, like vitamin D3, curcumin, and Ecklonia cava extract, to ease pain and inflammation in the prostate and to buffer chronic inflammation in the body that leads to cancer.

3. Zinc - Most men don't realize that the prostate gland has one of the highest concentrations of zinc in the body. When cancer develops in the prostate gland, zinc levels drop dramatically, leading many researchers to believe that increasing zinc intake could help to prevent prostate cancer or at least provide a treatment strategy.⁶ Zinc is best taken along with other critical nutrients known to support men's health, like vitamin B6, vitamin D3, vitamin E, saw palmetto, and selenium. (Note: Selenium is also an essential cofactor needed to activate iodine in the body).

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The prostate is one area of men's health we don't often talk about. As a cultural norm, men are taught to be strong and silent, and this attitude has taken a toll on our health. The more we are willing to talk about men's health concerns and the nutrients we need to prevent illness, the more prostate health will improve and cancer rates will drop.

Recommended Products

PROSTATEPLUS+

A powerful non-drug, NATURAL vitamin, herb, and mineral formula with activating enzymes for maximum absorption.²³ Important nutrients with a raft of good studies have been combined to deliver what we consider to be the most effective formula available. An example is Vitamin D3 from a vegan source supplying up to 2400IU per day.



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 recognized by the thyroid and is absorbed effortlessly by the body. One drop = 400mcg of iodine. Nascent iodine is the best form of iodine supplementation.



**IMPROVING MEN'S HEALTH
IN 30 DAYS**
By Robert Redfern

GET THIS EVERY DAY FOR A HEALTHY BRAIN

It's no wonder we have a terrible perception of aging. The media tells us there is no hope for devastating age-related conditions, like chronic disease and sight loss. On top of that, we also have to worry about losing our faculties at the end of life.

Many people live in constant fear of "losing their mind."

AGE ISN'T TO BLAME FOR AN UNHEALTHY BRAIN

For anyone who has seen a loved one suffer because of dementia or Alzheimer's disease, the prospect of mental decline becomes even scarier. It can be heartbreaking to watch someone lose their ability to think, reason, and lead an independent life.

The book *Alzheimer's Disease Rehabilitation in 30 Days* sheds light on the startling Alzheimer's epidemic: there are more than 44.4 million people around the world who suffer from dementia, with an estimated 75.6 million by 2030. Some of the most common warning signs of Alzheimer's disease, provided by The Alzheimer's Association, include memory loss, difficulty planning or solving problems, challenges in completing familiar tasks, confusion, difficulty writing or speaking, poor judgment, and mood and personality changes.

If you do an internet search for the cause of Alzheimer's disease, you'll be given very little helpful information. Modern medicine blames crippling brain changes primarily on age and genetics, with some lifestyle factors contributing to cognitive decline.

Alzheimer's Disease Rehabilitation in 30 Days argues, "Genetics have very little to do with the development of Alzheimer's disease. Some of the most common risk

factors include high blood sugar related to diabetes, high LDL cholesterol, excess body weight in women, high homocysteine levels related to inflammation, lifestyle-related illnesses, metabolic syndrome, or unhealthy lifestyle factors, including smoking, alcohol overuse, high blood pressure, diabetes, and heart disease."

SMART NUTRITION CAN CHANGE THE WAY YOU THINK

You may have heard the term "brain food" before, referring to eating nutritious foods before a big meeting or exam. Just like any vital organ, with the brain being the most complex organ in your body, your brain is starving for nutrition. If you eat a modern diet, the outlook is even worse – your brain health will decline when you feed your body inflammatory, processed foods lacking essential phytochemicals, antioxidants, and nutrients.

The brain has also been compared to an engine. This complex mechanism runs your body, and it needs healthy oils in abundance to nourish and protect all brain cells vulnerable to cognitive decline. In 2014, scientists from the University of Copenhagen discovered that mice on a high-fat diet postponed signs of brain aging. Researchers found that a diet high in healthy fats, i.e., medium chain fatty acids in coconut oil, provided brain cells with extra fuel to repair damage – especially important for children suffering from premature aging syndromes and adults with Parkinson's and Alzheimer's disease.¹

On behalf of the Cure Alzheimer's Fund, Dr. Rudy Tanzi explained that when coconut oil is taken as a supplement along with exercise, high levels of beneficial polyphenols in coconut oil act as antioxidants and can help buffer harmful inflammation that causes tissue

degeneration in conditions like Alzheimer's disease.²

Nourish your brain with nourishing oils, like MCT and coconut oil rich in fatty acids, to fight off mental decline. Protective fatty acids can be taken as a supplement or even drizzled on greens as salad dressing. Brain-boosting oils can help prevent and delay the inevitable aging conditions we fear the most. This powerful brain food keeps your body's most important engine running strong at any age.

Recommended Products

COCONUT OIL

The world's finest Organic Coconut Oil, produced in Sri Lanka. This stable, healthy fat is naturally free from trans-fatty acids and is rich in Medium Chain Triglycerides.



XCT BULLETPROOF OIL

Extracted from palm and coconut oil in a time consuming process, which makes it the most potent XCT on the market. Rich in MCT's, can be used for frying, with coffee, salads etc



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Healthy Dinners

Healthy and delicious evening meal ideas



SWEET POTATO, KALE AND QUINOA FRITTERS

Ingredients:

- 2 cups cooked Quinoa
- 2 cups finely chopped Kale
- 1 large Sweet Potato, steamed and pureed
- 2 Eggs
- 2 teaspoons Coconut Flour
- 1 pinch Paprika
- 1 teaspoon grated Ginger
- 4 tablespoons Coconut Oil
- 1 teaspoon Sea Salt
- 1 teaspoon Freshly Ground Black Pepper

Method

1. Divide the kale and make it into a tight roll, chopping them chiffonade style.
2. Place all of the ingredients into a medium sized bowl, mixing them well.
3. Heat four tablespoons of coconut oil into a medium sized pan. Take an ice cream scooper and place about six scoops of the mixture, forming them into patties in the pan. Cook for 3-4 minutes on each side to ensure they are golden brown.
4. Leave the patties on a rack to cool. These fritters should be served warm and can be served with a salad, or alongside your favourite wild/naturally reared protein.

WINTER VEGETABLE CURRY

Ingredients

- 2 ½lbs Vegetables such as carrots, kale, broccoli, cauliflower, courgette and spinach
- 2 tablespoons Olive Oil
- Fresh Ginger
- 1 tablespoon Curry Powder
- 1 Onion
- 4 Garlic Cloves
- 400ml Coconut Milk
- ¼ teaspoon Ground Cinnamon
- Freshly ground Black Pepper

Method

1. Cut the vegetables into bite-sized cubes, florets or sticks.
2. Into a thick bottomed pan, heat the oil – adding the onions and the salt, cooking for around 3 minutes and stirring frequently in the process. Add in the ground cinnamon, curry powder, ginger and the garlic cloves. Cook for one minute.
3. Add in the vegetables, and pour in



two thirds of the coconut milk along with 1/2 cup of water (120ml), stirring occasionally until the vegetables become soft.

4. Stir in the rest of the coconut milk, cooking for another minute or two. Add the black pepper, and serve. This can be served with your favourite wild/naturally reared protein.

REALLY HEALTHY PASTA

Ingredients

- 1 x 227g (8oz.) Red Lentil Penne
- 2x cooked Chicken Breast (optional)
- 1-2 tbsp Pesto
- 1 large bunch of Basil (approx. 2 cups)
- ½ cup walnuts or Pine Nuts
- 2 medium Garlic Cloves, minced
- ½ cup Extra Virgin Olive Oil approx
- Salt and Pepper to taste

Method

1. Place basil, nuts and garlic in food processor.
2. Run the food processor, pausing to add olive oil to reach desired consistency.
3. Salt and pepper to taste.



4. Mix the desired amount of pesto into the cooked red lentil penne.
5. Top with slices of the cooked chicken breast and serve.

THE HEALTHIEST SPICE

in the world

In the decades spent investigating the antioxidant, anti-inflammatory, antiviral, antibacterial, and antifungal properties of curcumin, a compound derived from the ancient Indian spice turmeric, researchers made a breakthrough discovery: Curcumin in large doses can neutralize disease-promoting free radical damage and may prove beneficial in the treatment of cancer.¹

THE HISTORY OF THE ANCIENT SPICE

For more than 4000 years, turmeric, a.k.a. *Curcuma longa*, has been used as a therapeutic spice to treat a number of serious health conditions, confirms the University of Maryland Medical Center.² In the spice form, turmeric has helped heal sprains, coughs, colds, burns, dysentery caused by parasites, and sickness of the liver. For centuries, turmeric has been popularly used as a cooking spice in Indian and Thai cuisine, best known for giving Indian curry its yellow colour and flavour. Turmeric as a folk remedy and "cure all" has extensive history in Ayurvedic and Chinese medicine, popularly used as an anti-inflammatory herb in India to relieve stomach irritation. The early healing benefits of turmeric can be traced back to 600 A.D.

It wasn't until the curcumin compound in turmeric was isolated that the true healing potential of the spice was unlocked. In 1910, the chemical makeup of curcumin was confirmed in a laboratory setting. In the mid-1970s and '80s, researchers began to analyse the disease-fighting benefits of curcumin on a larger scale. Curcumin was established as a natural polyphenol and phytochemical belonging to a class of compounds called curcuminoids; as a standardized extract from the dried root of the curcuma plant, curcumin offers potent medicinal benefits.



A potent anti-inflammatory extract with scientific backing

The initial focus on curcumin was in its application as an antioxidant. When used in folk medicine and as a cooking ingredient, turmeric, containing curcumin, was widely accepted as a food preservative. Turmeric was able to preserve food by protecting it against oxidation. Curcumin as a potent antioxidant has the same effect in the body, protecting healthy cells from free radical damage. The active compounds in curcumin may target as many as 10 different causative factors pinpointed in cancer development.

Scientists soon learned that the initial healing properties of turmeric, related to its hidden compound curcumin, were only a glimpse of its potential. In the past 40 years since curcumin has received scientific acclaim, thousands of studies have been published backing both its efficacy and safety. Research published in the *Annals of Indian Academy of Neurology* states, "Worldwide, there are over 1000 published animal and human studies, both in vivo and in vitro in which the effects of curcumin on various diseases have been examined."²

CURCUMIN AND ALZHEIMER'S DISEASE

Researchers agree that curcumin is an antioxidant with anti-inflammatory and neuroprotective properties. In a study conducted on aging female rats, where curcumin was administered daily for a period of 12 days, behavioural assessments were performed. Curcumin noticeably

improved cognitive function by decreasing lipid peroxidation in the brain tissue of the rats, with potential protective benefits for the development of Alzheimer's disease.⁴

CURCUMIN AND ARTHRITIS

Curcumin is a known cancer protector because it induces apoptosis, or programmed cell death. This special property of curcumin has direct application in the treatment of an inflammatory degenerative disease like arthritis. Both preclinical and clinical trials have proven curcumin's ability to conquer arthritic inflammation. Curcumin can also induce apoptotic cell death of activated human CD4+ T cells, inhibiting the expression of pro-inflammatory cytokines and chemokines. Curcumin's immunomodulatory effect may prove beneficial in arthritis, atherosclerosis, diabetes, and cancer relief.⁵

CURCUMIN AND CANCER

Curcumin's impact on cancer is extensive, related to its apoptotic ability. Curcumin wards off cancer by halting the spread of the disease, or inhibiting angiogenesis; curcumin also improves immunity to naturally resist cancer development. Researchers demonstrated curcumin's ability to inhibit oesophageal cancer cell proliferation through testing performed in a variety of cultured cell lines. Curcumin's anti-proliferation effect on tumour cells was observed within 24 hours, significantly

increasing over the next 72 hours.⁶

CURCUMIN AND HEART DISEASE

As an anti-inflammatory antioxidant, curcumin can strengthen the heart. When 121 patients, who had all undergone non-emergent bypass surgery, were given 1 gram curcumin supplements four times a day, only 13 per cent of the curcumin group had a heart attack during their hospital stay, compared to 30 per cent of the placebo group.⁷

CURCUMIN AND INFECTION

In 2012, researchers observed the antiviral effect of curcumin on the potentially deadly Rift Valley Fever virus, spread by mosquitoes. Aarthi Narayanan, research assistant professor at the National Center for Biodefense and Infectious Diseases at George Mason University and lead study investigator, confirmed that curcumin provided protection against the dangerous virus by stopping infected cells from multiplying.⁸

CURCUMIN AND INFLAMMATION

Researchers have long observed curcumin's anti-inflammatory benefits in the treatment of chronic disease. Curcumin's safe use in fighting inflammation in people of all ages was proved when it was used to treat premature infants with potentially life-threatening lung damage. In a study published online in the American Journal of Physiology, Lung Cellular and Molecular Physiology, researchers noted that curcumin could protect against bronchopulmonary dysplasia in premature babies, an inflammatory lung condition that results in scarring, as well as hypoxia, for up to three weeks after birth. These results matched the findings of a similar LA BioMed study, where curcumin offered anti-inflammatory protection for up to one week after birth.⁹

CURCUMIN AND LUNG DISEASE

When researchers examined the

pharmacological application of curcumin, they discovered that the compound's widespread anti-inflammatory effect could aid in treatment of most chronic diseases, including those that are cardiovascular, neurological, neoplastic, metabolic, and pulmonary in nature. "Perhaps suppression of inflammatory intermediates is the most important mechanism for its role in most of these chronic diseases," say University of Texas M. D. Anderson Cancer Center researchers.¹⁰

CURCUMIN DOSE

Research supports this natural compound to improve joint and muscle health, aid in detoxification, calm whole-body inflammation, boost cognitive and cardiovascular function, and fight off chronic disease. Bioavailable curcumin taken daily at a high dose can provide maximum health benefits, without any known side effects associated with anti-inflammatory pharmaceuticals. When taken with other nutrients like coconut oil and DHA, curcumin has a more targeted effect –protecting the brain from dangerous

levels of inflammation, supporting mental function, and reducing risk of cognitive decline.

Recommended Products

CURCUMINX4000

Each capsule of **CurcuminX4000™** contains **200mg of highly effective Curcumin Phytosome**, which in a recent study showed an increase in utilization up to 20-45X compared to ordinary Curcumin 95 per cent. Now **CurcuminX4000™** has a unique high utilization formulation to avoid the need for high doses.



BRAINPOWER

Uniquely combines **Curcumin, Coconut Oil & DHA**. DHA alone contributes to the maintenance of normal brain function! Nowhere else can you find these three ingredients combined together, formulated with care.



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Ask Robert Redfern

Important questions answered by your personal health coach!



Q: I have been following your advice for diseased heart valves and taking the BlockBuster AllClear. What else can you recommend to help as the healing process?

A: Make sure to follow my Diseased Heart Valves Plan and Diseased Heart Valves Activity Plan for best results – find both of these at www.goodhealthhelpdesk.com.

A combination of taking the supplements along with eating a healthy diet (and avoiding starchy carbs, etc.) and taking exercise is recommended.

Q: Dear Robert, I am a 28-year-old lady diagnosed with a 2-inch endometriotic ovarian cyst. I so much want to avoid surgery that I have been researching for the last few days and finally found articles about Serrapeptase.

I decided to give it a try. But I am confused over the dosage and therefore which brand to prefer over another one. Given your experience, what would you recommend for my case and how long should I keep taking this enzyme? I am interested in knowing your opinion, thank you.

Tanya M., Brazil

A: Tanya, You can clear this problem in a matter of 30-60 days if you stick to the Endometriosis Health Plan, which you can find at www.goodhealthhelpdesk.com.

Take Serranol. Look carefully at the rest. Is seaweed eaten in ZA? Kelp and Kombu will give you iodine.

Q: I've recently quit smoking and drinking after being told that I have a blood clot in my leg. I am worried about it and not sure what can be done before it progresses to anything worse.

A: Get on my healthy diet and lifestyle plan immediately. You can find plenty of recipes that will help at ReallyHealthyFoods.com. Please follow my Cardiac Disease Health Plan too as it contains the nutrients your body needs to start on the path to good health.

Q: Are the Prescript-Assist capsules that can be opened to halve the dose?

I'm 73 and consider myself healthy. The only medication I take is Armorers for the thyroid. I have joint problems and recently realized I have Dupuytren's in my right hand and vitiligo. Enzymes are indicated for this whole autoimmune syndrome. I'm game, I just need help getting into the program at the pace my body can handle. Thank you for your help. I really appreciate the time you take to respond personally regarding my concerns.

A: Just so you know for your digestive problems:

1. Grains and cereals are not natural foods and harm you. They are a major factor in all diseases. There are many alternatives such as Quinoa and Buckwheat.

2. Cow's milk products are not natural foods and again will harm you. (Sheep and goat's milk products are less harmful).

In the Garden of Eden (before food companies) the food we picked off the garden floor was covered with over 50 probiotics and that gave us immune protection, manufacturer's essential vitamins such as K and various B vitamins.



It also cleans the intestines, ensures proper absorption of foods and sends messages to the brain as to what is happening in the digestive tract. None of this happens with fermented foods or bentonite clay.

Prescript-Assist can be opened and mixed with a little mashed food. Then this can be divided into two parts. Chew this very slowly to populate the mouth first before swallowing and then leave the other part in the fridge for later.

I strongly recommend Nascent Iodine Drops or 3 portions of Kelp or Kombu per day to get the essential iodine you need. As well as being beneficial for the thyroid you need this for many processes around the body including protecting your breast health.



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

A: Inflammation can increase blood pressure. Bradykinin is increased to help the production of Nitric Oxide (NO) which helps dilate blood vessels and lower blood.

It does not directly reduce bradykinin. This reduction happens to a number of elevated protein levels in the blood that are no longer needed in the same amount once inflammation is brought under control. An example is histamine. This is elevated in response to inflammation and has a pronounced beneficial vascular effect but once the inflammation is back under control the histamine also reduces.

This is where Big Pharma gets it wrong. The body responds to attack in many ways and the response is not the disease, it is

the attack. We do not need drugs to attack levels of the body's defenders, we need to deal with the attacker (usually unnatural foods). In other words, we should deal with the cause and the body will deal with the effects.

Have a question?

To ask Robert a question on any health issue, visit www.GoodHealthHelpdesk.com and select 'Ask Robert a Question'. All questions will be answered in strict confidence and as quickly as possible.



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



Better than Alpha Lipoic Acid

This bio-enhanced antioxidant does MORE than just balancing blood sugar

There's something about alpha lipoic acid that has researchers buzzing. Alpha lipoic acid (ALA) is a potent, protective antioxidant that can help stabilize blood sugar. This benefit alone has major significance for sufferers of prediabetes and type 2 diabetes – and the rest of us who eat a modern, processed food diet.

Alpha lipoic acid is a network antioxidant that can keep blood sugar levels stable. That's not all. As a super-antioxidant, ALA protects against oxidative stress, supports eye health, improves endothelial function, defends against heart disease, guards against bone loss, and even gives hope for Alzheimer's disease. Alpha lipoic acid can shield the body from heavy metal environmental contaminants, offer migraine relief, and renew the skin.

WHAT THE RESEARCH HAS TO SAY ABOUT ALA

Taking alpha lipoic acid as a supplement has immediate benefits when it comes to heart health. In a study conducted on mice by Oregon State University researchers, alpha lipoic acid helped to inhibit arterial lesion formation, reduce blood vessel inflammation, lower triglycerides, and minimize weight gain. All of these factors have direct application in the treatment of cardiovascular disease.¹

ALA supplements had a noticeable anti-aging effect on rats, improving brain function and energy.² Scientists consider alpha lipoic acid a potential new and successful treatment option for Alzheimer's disease. ALA stabilized cognitive function and provided neuroprotective benefits in study participants who took the supplement.³

Blood sugar regulation may be one of the biggest reasons to take this amazing antioxidant. Diabetes is considered a leading cause of death and disability around the world. Because of the wide consumption of the Western Un-Natural Food Diet, filled with starchy carbs and sugary foods that keep blood sugar levels high, the diabetes outlook is worse than ever. When you think about the fact that over 470 million people are expected to have prediabetes, a precursor to the lifestyle condition type 2 diabetes, by 2030, this makes alpha lipoic acid an essential nutrient for everyone.⁴ ALA can support glycemic control, improve insulin sensitivity, and buffer oxidative stress, with a "major benefit" when used as a supplement to treat diabetic neuropathy.⁵

THERE CAN ONLY BE ONE

Alpha lipoic acid has exciting research to back it, but it is its unique role in the body that makes this antioxidant so special. Within a regenerative network of five antioxidants, vitamin C, vitamin E, coenzyme Q10, glutathione, and lipoic acid, ALA has been called "the most versatile and powerful antioxidant in the entire antioxidant defense network" by Dr. Lester Packer in his book *The Antioxidant Miracle*.⁶

Your body needs a large amount of this antioxidant every day to see any benefits, and if you're not taking the right form of ALA, your body can't use it. Alpha Lipoic Acid R is the form of ALA that is more bioavailable to your body. Compared to the "free acid" form, called R-Lipoic Acid or RLA, Alpha Lipoic Acid R shows better results with a maximum plasma concentration up to 40 times higher than unstabilized RLA, as observed in a



preliminary trial.

Alpha Lipoic Acid R is easily absorbed so that it can go right to work. When taken in this bio-active form, ALA R is an antioxidant force to be reckoned with – it can even improve the uptake of other supplements to make them more effective.

Recommended Product

ALPHA LIPOIC ACID 'R'
Alpha Lipoic Acid 'R™' is significantly more bio-available than the 'free acid' form of R-Lipoic Acid (RLA). In a preliminary trial, the maximum plasma concentration was 40 times higher than that of unstabilized RLA.



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The Ancient Spice in the News

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

- Curcumin is derived from turmeric, 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.

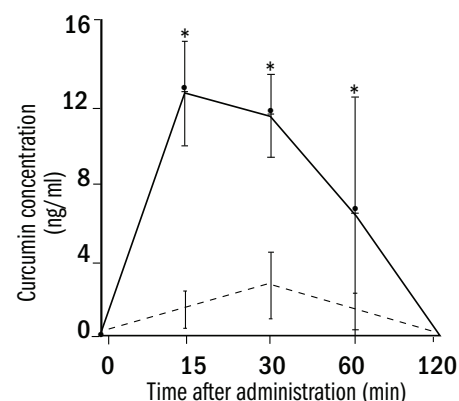


Figure 1. Plasma curcumin levels after dosing with Meriva (solid line) compared to unbound curcumin (broken line)



180
veg caps

Take
x3
caps/day



Approx.
2mths
supply

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!

THE BEST WAY TO GET ALL YOUR DAILY B VITAMINS IN ONE

NEW FORMULA CONTAINING
VITAMINS B1, B2 & B5



- ✓ Just x6 sprays daily will provide you with your **100% daily value**, or recommended amount, of essential B Vitamins
- ✓ Also delivers **100% daily value** of Vitamin C, Vitamin D, Vitamin E & Selenium
- ✓ This unique formulation of ingredients can only be found in B4Health Spray
- ✓ B Vitamin deficiency has been linked to many health problems
- ✓ Easy to use spray, better absorbed than tablets, suitable for vegetarians
- ✓ Give B4 Health Spray a TRY if you currently take a B Vitamin tablet or think you need B Vitamin Support!
- **Vitamin B1 (Thiamine) contributes to:** the normal function of the heart
- **Vitamin B2 contributes to:** normal energy-yielding metabolism, the maintenance of normal mucus membranes, normal vision & normal skin
- **Vitamin B5 (Pantothenic Acid) contributes to:** normal mental performance, normal synthesis & metabolism of steroid hormones, vitamin D & some neurotransmitters & to the reduction of tiredness & fatigue
- **Vitamin B6 contributes to:** normal cysteine synthesis, normal protein and glycogen metabolism & to the regulation of hormonal activity
- **Vitamin B12 contributes to:** normal homocysteine metabolism & normal red blood cell formation
- **Folate contributes to:** maternal tissue growth during pregnancy, normal amino acid synthesis & normal blood formation
- **Biotin contributes to:** the normal functioning of the nervous system, normal psychological function & to the maintenance of normal hair
- **Vitamin C contributes to:** normal function of the immune system & normal collagen formation for the normal function of blood vessels, bones, cartilage, gums, skin & teeth
- **Vitamin D contributes to:** normal absorption of calcium and phosphorus, normal blood calcium levels, the maintenance of normal bones, maintenance of normal teeth & to the maintenance of normal muscle function
- **Vitamin E contributes to:** the protection of cells from oxidative stress



FOR HEALTHY BONES

do this 3 ways to improve bone strength

Take a moment before you brush off this osteoporosis warning if you don't fall into a typical "high risk" category. If you believe what your doctor and mainstream media tell you, then you probably think osteoporosis is only a woman's disease. Elderly, frail women are the only ones who suffer from brittle bones that increase the risk of falls and fractures. Right? Wrong.

NOT JUST A WOMAN'S DISEASE

The Beth Israel Deaconess Medical Center (BIDMC) confirms that osteoporosis-related injuries total at over 2 million per year, and that's just in the U.S. Most healthcare practitioners focus on improving bone density and minimizing risk of osteoporosis among postmenopausal women – which is a big mistake.

Men are slipping through the cracks.

Recent BIDMC research indicates a major healthcare fail when men are not included in the effort to reduce bone loss and prevent fractures. Dr. Tamara Rozental, lead study author and investigator at the BIDMC's Department of Orthopedic

Surgery, explains the danger of this oversight, "Given that the prevalence of fragility fractures among men is expected to increase threefold by the year 2050, adequately evaluating and treating men for osteoporosis is of paramount importance."¹

Rozental examined five years of distal radius fractures in patients from 2007 to 2012; a distal radius fracture, a break in the radius closer to the wrist, may be an early indicator of bone loss. This type of fracture can occur roughly 10 to 15 years before a hip fracture, says Rozental. Rozental discovered that, following this early warning fracture, 53 per cent of women received a dual x-ray used to measure bone mineral density, compared to a mere 18 percent of men. Only 21 per cent of men received supplemental treatment in the form of calcium and vitamin D six months after injury compared to 55 per cent of women.

This research brings an important point home. Osteoporosis isn't picky: Bone density loss can affect young and old men and women around the world. Effective osteoporosis prevention is important for everyone who wants to get better with age.

CALCIUM ISN'T THE ANSWER

Bring up healthy bones among friends, and you'll probably hear this response: "My doctor told me that I had risk factors for osteoporosis, so I started taking a calcium supplement."

This common misconception is what is keeping bones so weak. Osteoporosis rumors that circulate in the medical community, especially surrounding calcium and bone density, have done much more harm than good. Calcium is the most abundant mineral in the body and plays an important role in bone strength, but taking extra calcium cannot help prevent osteoporosis.

The book *Reverse Osteoporosis in 30 Days* calls this the "calcium myth," saying, "Calcium intake, while important, may not be as important to bone health as calcium loss."

If you're eating the Western Un-Natural Food Diet, calcium loss is a guaranteed problem. Rapid calcium loss known to contribute to bone mineral loss can appear in the urine and may be related to drinking excess alcohol and caffeine; too much salt, animal protein, and grain in the diet; low

potassium levels; smoking; and vitamin D deficiency.

In the Framingham Osteoporosis Study conducted on 2500 people, researchers observed that drinking cola contributed to a lower bone mineral density at three different locations in the hips of older women.² High salt diets, like those rich in processed foods and dairy products, deplete calcium levels in the body and can increase risk for kidney stones and osteoporosis.³ One Japanese study even found that a high salt diet increases a woman's risk of breaking a bone after menopause, no matter her bone density; older women who had the highest sodium in their diet had more than four times the risk of a nonvertebral fracture.⁴

3 REASONS YOUR BONES ARE WEAK

If you don't take your bone health seriously today, you may wind up with a fracture or another severe health problem tomorrow. Osteoporosis starts with a low level of bone loss. It can quickly progress to weak bones that are more likely to fracture and break. Researchers also found that people with osteoporosis have a 1.76-fold higher risk of developing sudden deafness compared to those who don't have the bone disease.⁵

These factors that compromise bone health will only get worse with each passing year:

1. Un-Natural Food Diet: Besides keeping bones healthy and strong, calcium works to buffer the acidity in your blood. A healthy body is alkaline, not acidic, and your bones are your body's biggest supplier of alkali. The body stays alkaline by pulling calcium phosphate from the bones. When your diet is highly acidic, because of too much acid-forming animal protein and modern grain, calcium is leached from the bones, and bone loss is inevitable. Alkalizing fruits and vegetables can improve bone strength by helping the body retain calcium.

2. Missing Nutrients: One of the most

important roles of vitamin D3 in the body is its impact on bone health.⁵ Vitamin D3 is best received through moderate sun exposure and as a supplement in partnership with vitamin K2. When vitamin D3 and K2 are taken together, they greatly enhance calcium absorption with the potential to manage and even reverse bone loss. Your bone health also depends on daily vitamin C, needed to mineralize bone and stimulate the new growth of bone-forming cells.

3. Sedentary Lifestyle: This one is easy – researchers have proven beyond a shadow of a doubt that weight-bearing exercise can build bone. Conversely, a lack of weight-bearing exercise can decrease bone density. Regular exercise is essential in childhood and adolescence to build this bone mass, and it is just as important as you age.⁷ To build healthy bones, walk 3 to 5 miles per day and include 30 minutes of full-body weight-bearing exercises on most days of the week. Weight-bearing exercises are invaluable to reduce osteoporosis risk and even reverse bone loss as they cause muscles to pull against bones. Regular stimulation through exercise can build bone strength.

Building healthy bones is part of a lifelong approach to wellness. Don't wait until it is too late – once a bone breaks, your health is already at risk.

Recommended Products

CAMU CAMU VITAMIN C

Camu Camu fruit has one of the highest recorded amounts of natural vitamin C, providing over 2,700 mg of vitamin C per 100 grams of fruit. It is rich in vitamins, minerals and complex amino acids that aide in the absorption of the vitamin C; it is an excellent source of potassium, providing more than 700 mg per kg of fruit! During the unique production process, no heat, no radiation, no binders, no fillers, and no excipients are added and light exposure is reduced. The ingredient used is real raw whole food.



D3/K2 SPRAY

Unique blend of Vitamin D3 and K2 in one intra-oral formula. Delivers 1000iu D3 and 100mcg K2 MK7 per serving (5 sprays), approx 30 servings per bottle.



REVERSE OSTEOPOROSIS IN 30 DAYS

By Robert Redfern

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Avoiding gluten is not a fad

The science behind going gluten-free

With a quick Internet search or a scroll through your Facebook feed, you'll see why so many people are going gluten-free. There are blog posts, Facebook groups, and entire websites dedicated to the gluten-free diet.

But for every person who has decided to cut out gluten for their health, there is another person who is resistant. The common argument we hear so often is: *It's just a fad! Give it five years, and there will be another health craze on the Internet.*

GOING GLUTEN-FREE IS NOT A PASSING TREND

Gluten-rich grains and cereals have been around for centuries, but it wasn't until recently that we began to discover exactly what they do to the body. Gluten is a protein compound, made up of proteins glutelin and gliadin, bound together by a starchy carbohydrate. Gluten can be found in a number of grass seeds in nature. These edible grass seeds are commonly referred to as grains.

People have been enjoying grains for hundreds of years, so when did gluten become the enemy? To get to the bottom of this chronic gluten dysfunction in our modern world, we have to look back even further.

In ancient times, grasses were not eaten by humans. Grains did not enter the human diet until the introduction of agriculture

almost 12,000 years ago. Over time, farmers nurtured and adapted grain seeds to become larger and easier to eat. This cultivation took extra effort to introduce gluten-rich grains into the human diet.

While they provided a food source, these farmers didn't account for how grains would affect digestion and human health.

Gluten is an Un-Natural Food, and new grains may be even more dangerous than the grains consumed several thousand years ago. Researchers estimate that up to 5 per cent of the proteins in modern drought-resistant and bug-resistant hybridized wheat are new and were not found in original wheat plants.¹ New and previously undetected proteins can have an even more dramatic effect on the body – providing a clear explanation for why we are seeing higher rates of systemic inflammation, gluten intolerance, and Celiac disease than ever before.²

Gluten and other starchy carbohydrates are behind many modern diseases. Gluten proteins compromise digestive health and promote inflammation in

the body. This inflammation is a prime contributor to chronic disease, triggered by lifestyle factors and inflammatory foods. Inflammatory gluten in the diet can cause serious damage to brain, heart, joint, lung, eye, and reproductive health.

5 REASONS GLUTEN ISN'T GOOD FOR YOU

"Going gluten-free" isn't a new idea created by the Internet. When you look back to how our ancestors ate – a diet rich in Really Healthy Foods like fresh fruits and vegetables, moderate pasture-fed meats, healthy oils, nuts, beans, and seeds – eliminating gluten makes perfect sense.

There are countless ways grains can burden your health, but five reasons stick out more than most:

1. Grains have a high glycemic index.

The glycemic index refers to how quickly carbohydrate-rich foods are converted into glucose by the body, measuring how these foods impact blood sugar levels. Gluten-rich grains are exceptionally high on the glycemic index, meaning that they cause





a quick spike in blood sugar. High blood sugar levels over time have been linked to a number of serious chronic diseases.³

2. Grains are acidic. To stay in balance and ward off disease, the body must maintain a naturally alkaline pH. This means that most of the foods we eat must be alkaline-forming, mainly in the form of fresh fruits and vegetables. On the other side of the coin, gluten-rich grains are highly acidic. Acidifying grains can cause calcium loss in the urine that increases risk of osteoporosis. Eating acidic grains over the long-term can also lead to acidosis – a toxic, acidifying condition that has been observed in exclusively grain-fed cattle.

3. Grains are inflammatory. Remember, at the root of most disease lies chronic inflammation.⁴ Researchers suggest that a gluten-free diet during pregnancy and breastfeeding could help to reduce the risk of type 1 diabetes in young children by minimizing inflammation.⁵ Grains do nothing more than further inflammation in the body because of their imbalanced omega-3 to omega-6 fatty acid ratio,

known to trigger inflammation. The widespread inflammation caused by grains is made even worse when paired with the unhealthy spreads we put on pasta and bread and the milk products we eat on cereal.

4. Grains destroy gut health. Researchers have long proved that your gut is the central control station in your body – large communities of friendly gut bacteria can benefit all aspects of your health, including immunity, mood, and even neurological function.⁶ Researchers observed that a gluten-free, casein-free diet could improve behaviour and other symptoms in children with autism.⁷ Eating too many starchy grains creates a sugar overload in the body; unfriendly bacteria in the gut feed on this sugar and can quickly take over. Once gut health is compromised, it leaves the door open for harmful and pathogenic bacteria to wreak havoc on the body.

5. Grains are devoid of nutrients. This last point is perhaps the simplest of all because it appeals to logic – gluten-rich grains have been stripped of the essential vitamins and minerals your body needs each day to thrive. Eating grains at each meal replaces other foods that can provide these vital nutrients, like fresh fruits, vegetables, beans, nuts, and seeds. Eating too much gluten imbalances the diet and can encourage vitamin and mineral deficiency.

No matter what the critics say, avoiding gluten doesn't have to be a sacrifice. It's easy to enjoy a nourishing, fulfilling diet without a hint of gluten – by filling our plates with fresh fruits and veggies; grass-fed meats; grains, nuts, and seeds; and starchy carbohydrate alternatives, like gluten-free legume pasta made with a single anti-inflammatory ingredient.

Going gluten-free isn't just a passing trend. It's a way of life. Avoiding this inflammatory trigger known to compromise

Recommended Products

REALLY HEALTHY PASTA

**Gluten Free,
Organic
legume pasta
available in
Red Lentil
or Black**



Bean. The only healthy alternative to unhealthy wheat pasta. High Protein, High Iron & High Fibre. Low GI, suitable for Vegans.

health and promote disease can bring us back to basics, back to a time before our guts were corrupted by a grain we were never supposed to eat.

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B VERY HEALTHY AT ANY AGE

How much 'B' does your family need?

Taking a B vitamin should be easy to remember. After all, B vitamins fall within the ABCs of nutrition. Your body needs B vitamins each and every day to prevent a common and dangerous deficiency.

THE BUILDING BLOCK OF GOOD HEALTH

Considering the fact that there are eight different B vitamins, symptoms of a vitamin B deficiency can vary greatly and may range from mild to severe. Vitamins B1, B2, B3, B5, B6, B7, B9, and B12 are water-soluble. This means that these vitamins can't be stored by the body, so they must be replenished daily. When you take a B vitamin supplement or get one of these eight vitamins from your diet, your body will flush out what it doesn't use each day in your urine.

Without Really Healthy Foods and a high-quality supplement, it's almost guaranteed that your body is not getting

the B vitamins it needs each day. You may soon begin to realize that your body is crying out for help – and for the support of a powerful B vitamin family – when it exhibits symptoms like bloodshot eyes, mouth and throat infection, and chapped lips associated with a riboflavin (B2) deficiency; insomnia, fatigue, irritability, and stomach pain associated with a B5 deficiency; depression or skin disorders associated with a B6 deficiency; anemia, weakness, easy bruising, and confusion associated with a B12 deficiency; and much more.

Vitamin B12 may be the most famous B vitamin because its deficiency can be so damaging.

One critical vitamin, lacking in both supplement and diet, can cause a cascade of troubling health issues that may be difficult to detect until it is too late. Patrick J. Skerrett, executive editor of Harvard Health, calls a vitamin B12 deficiency "sneaky" and "harmful" for this very reason. Skerrett goes on to say that

while the body relies upon vitamin B12 every day to make nerves, DNA, and red blood cells and to carry out other bodily functions, most of us just aren't getting enough from food and supplements.¹

Even worse, when we do get enough vitamin B12 to meet daily requirements, our bodies may not be equipped to absorb it. If this vitamin B12 deficiency is never addressed, it can progress to an almost crippling level to cause paranoia and delusions, memory loss, depression, loss of taste and smell, and incontinence. Vitamin B12 deficiency is especially common in older people, as well as those who have had weight loss surgery and who suffer from Celiac or Crohn's disease (which impact food absorption).

THE BENEFITS OF 'B'

You can better understand your body's need for vitamin B by understanding the role that homocysteine plays in your body.

Homocysteine is a toxic amino acid created in the body when other amino

acids are broken down in the bloodstream. When the body breaks down the dietary protein methionine, homocysteine is produced. A healthy body has B vitamins, like B6, folate (B9), and B12, at the ready to convert this homocysteine back to methionine, keeping homocysteine blood levels stable. When homocysteine reaches high levels, it indicates a greater risk of heart and vessel disease.² High homocysteine levels are considered even more dangerous to heart health than high cholesterol.

Doctors still don't offer to test homocysteine levels, even though balanced homocysteine is considered an important marker of good health. Elevated homocysteine in the blood can also indicate the development of dementia and Alzheimer's, miscarriage or female infertility, stroke, and poor concentration and memory decline.³

After conducting a study on mice, Tufts University researchers discovered that a deficiency in B vitamins can lead to vascular cognitive impairment, saying, "The B-vitamin-deficient mice developed plasma homocysteine concentrations that were seven-fold higher than the concentrations observed in mice fed a normal diet." Researchers believe that while homocysteine may not be directly responsible for cognitive impairment, a B vitamin deficiency could trigger a metabolic disorder that presents in high homocysteine levels and cerebral microvascular dysfunction.⁴ In a large-scale Japanese study published in *Stroke: Journal of the American Heart Association*, researchers also noted that women who ate a diet high in B6 and folate were less likely to die from heart disease and stroke and men were less likely to die of heart failure.⁵

This homocysteine health risk sounds scary, and it can be. But the good news is that elevated homocysteine levels can be brought back to normal by making simple changes to the diet and by supplementing with B vitamins. It really is that easy. Yearly homocysteine testing is recommended to help you track your B vitamin targets.

GO TO THE SOURCE

No one's arguing the fact that your body needs water-soluble B vitamins every day to not only prevent deficiency but to reduce the risk of serious health problems associated with high homocysteine. But the real question is how.

You can get ample amounts of the critical vitamin B12 from protein sources like grass-fed meats, poultry, and eggs – but that doesn't guarantee your body will absorb it. This common absorption problem stems from eating a typical Western diet. If you eat a processed food diet filled with starchy carbohydrates and excess sugar, these inflammatory foods will burden your digestive system. Chronic gut inflammation makes it difficult for your body to break down and absorb essential B vitamins that come from food. Taking a soil-based probiotic can help restore digestive health so your body can use all the nutrients in the Really Healthy Foods you eat.

You can also go straight to the source by taking a highly absorbable B vitamin supplement. A B vitamin sublingual spray bypasses this common absorption issue triggered by a poor diet. While a Really Healthy Foods Diet is essential, a sublingual spray gives your body that extra boost – by ensuring all B vitamins are absorbed directly under the tongue. Instead of wasting B vitamins in the small intestine where they may not be

Recommended Product

B4HEALTH SUBLINGUAL SPRAY
The best way to get all your daily B Vitamins in one. This unique spray delivers your daily value of B1, B2, B3, B6 & B12 in just x6 sprays daily. Also contains Vitamin C, D, E & Selenium.



Sources

1. "Vitamin B12 deficiency can be sneaky, harmful." Harvard Health Publications.
2. Ohio State University. "Stress Increases Blood Chemical Related To Heart Disease." *ScienceDaily*.
3. "High Homocysteine Levels May Double Risk Of Dementia, Alzheimer's Disease, New Report Suggests." NIH/National Institute On Aging.
4. Troen et al. B-vitamin deficiency causes hyperhomocysteinemia and vascular cognitive impairment in mice. *Proceedings of the National Academy of Sciences*, 2008; 105 (34): 12474 DOI: 10.1073/pnas.0805350105.
5. Renzhe Cui, Hiroyasu Iso, Chigusa Date, Shogo Kikuchi, Akiko Tamakoshi for the Japan Collaborative Cohort Study Group. Dietary Folate and Vitamin B6 and B12 Intake in Relation to Mortality From Cardiovascular Diseases. *Japan Collaborative Cohort Study. Stroke*, 2010; DOI: 10.1161/STROKEAHA.110.578906.

used, sublingual B vitamins are quickly delivered where they need to go to keep homocysteine levels in check.

An effective B vitamin spray contains all the B vitamins your body needs in one easily absorbable form. When vitamins B1, B2, B3, B5, B6, B7, B9, and B12 are absorbed orally with the help of other supporting nutrients, a dangerous deficiency and high homocysteine levels are no longer a problem. Just like you drink water to rehydrate when you wake up in the morning, don't forget to replenish your body with the daily "B" it needs.

Eating you alive

Why yeast overgrowth is often misdiagnosed

You may be suffering from a Candida infection, and you don't even know it. Candida yeast is unique because, while it occurs naturally in the body, it is also a stealthy organism. Candida can happily live in the gut, the mouth, and the birth canal, where it belongs. But as soon as someone leaves the door open and Candida sees its chance, the yeast will "strike" by moving throughout the rest of the body.

When Candida levels are contained and in balance, Candida albicans can live in harmony with other microorganisms in the body. But when the body is out of balance, when it does not have enough friendly bacteria to keep Candida in check, opportunistic Candida will proliferate and take over. It will move to areas where it does not belong, including the bloodstream.¹

WHAT A CANDIDA TAKEOVER LOOKS LIKE

Once Candida moves from its natural residence in the body, full-blown infection can start within 2 to 10 days. As the book *Improving Candida in 30 Days* explains, many symptoms of Candida overgrowth may be subtle and can include fatigue, weight gain, depression, headaches, bloating after eating, gas, indigestion, food intolerances, sugar cravings, brain fog, female problems, impotence, muscle and joint pain, allergies, arthritis, and frequent urination.

The opportunistic fungal pathogen Candida attacks when it senses weakness, according to researchers. Jessica V. Pierce, BA, PhD student at the Sackler School of Graduate Biomedical Sciences at Tufts, explains, "The ability of the fungus to sense the immune status of its host may be key to its ability to colonize harmlessly in some people but become a deadly pathogen in others."²

Even though Candida is a yeast infection, it doesn't just affect women. *Improving Candida in 30 Days* says,

"Unfortunately, Candida is an equal opportunity yeast. It can affect men, women, teenagers, kids, and even infants."

Risk for Candida overgrowth has significantly increased because of modern-day factors that disrupt the body's balance and burden the immune system. Your body may be infiltrated by Candida if you regularly use antibiotics and prescription drugs, have undergone an invasive medical procedure, have weak immunity, have been exposed to chemicals and molds, have dental fillings that contain mercury, are under stress, or consume a diet high in sugar and starchy carbohydrates.

FIGHT CANDIDA ON THE INSIDE

These Candida risk factors apply to almost everyone. You or someone you love could be vulnerable to dangerous Candida overgrowth that plagues the body and breeds infection.

Candida proliferation occurs when there is weakness. Supporting your body with potent nutrients can strengthen its defence mechanisms – the immune system and the gut – to naturally keep Candida contained. Daily protease enzymes ensure healthy digestion and immunity, and when taken with a soil-based probiotic, can build friendly bacteria in the gut to prevent a takeover. The anti-inflammatory Serrapeptase enzyme works alongside this digestive team to curb inflammation and restore poor gut function that may invite Candida overgrowth.

Iodine as a supplement is the last roadblock in Candida's path. Taking consumable iodine in the atomic form – so that it is easily absorbed by the body – is known to aid in detoxification and eliminate systemic yeast infection. Liquid iodine mixed with water and swished in the mouth can be used as part of a powerful "Candida Cleanse," alongside other digestive support supplements, if yeast has already overtaken the body.

If you have been struggling with mysterious health problems without any answers, Candida overgrowth may be to

blame. The key to coexisting peacefully with opportunistic Candida is balance. Balancing your health with powerful nutrients can keep Candida contained.

Recommended Products

PROTEASE

High strength Protease, delivering 380,000 HUT Protease per serving (3 caps). x60 servings per container.



SERRAPEPTASE 250,000IU

The world's strongest serrapeptase delivering 250,000iu's serrapeptase per cap. For serious health support, available in x90 or x30 Trial Size and in Delayed Release cap, for optimum performance. Phthalate Free.



PRESCRIPT-ASSIST

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.



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. Nascent iodine is the best form of iodine supplementation.



IMPROVING CANDIDA IN 30 DAYS
by Robert Redfern

Sources

1. "Candida: The Fungus among Us." Clark College.
2. Pierce JV, Kumamoto CA. Variation in Candida albicans EFG1 Expression Enables Host-Dependent Changes in Colonizing Fungal Populations. mBio, July 24, 2012 DOI: 10.1128/mBio.00117-12.

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This is no ordinary probiotic. This is Prescript-Assist

Prescript-Assist is a next-generation, clinically-proven probiotic supplement with **x29 strains** of Soil-Based Organisms.

There are 5 reasons why Prescript-Assist is the best choice:

1. BROAD SPECTRUM FORMULA

Prescript-Assist contains x29 symbiotic strains of friendly bacteria, which better reflects the great microbial diversity of the intestines. These are carefully selected to mimic the natural flora found in traditional and Paleolithic diets.

2. UNPARALLELED SHELF STABILITY

The friendly bacteria in Prescript-Assist are protected by a 'seed like structure', which safeguards against heat, light and pressure. Routine testing shows >95% efficacy, two years after manufacture, even when stored at 98°F.

3. HIGH VIABILITY

The 'seed like structure' also protects the friendly bacteria against degradation by stomach acid, so they reach your intestines – intact. Therefore they become active and multiply.

4. PREBIOTIC SUPPORT

To ensure that the **x29 strains** of friendly bacteria have a food source once they reach the GI tract, Prescript-Assist contains Leonardite, a prebiotic.

5. BACKED BY SCIENCE

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



Be confident your probiotic supplement will deliver. Choose Prescript-Assist

