

NATURALLY HEALTHY NEWS



ISSUE 29

**YOUR
COPY**

BEAT INFERTILITY

The simple solution to this sad epidemic

CUT OUT THE CARBS

How one small change to your diet could transform your health

OVER 60?

Feel healthy and full of energy, whatever your age

DELICIOUS, HEALTHY RECIPES

Great ideas for every meal – plus treats!

REAL SUPERFOODS

Separating the facts from the fiction!



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Active Life is the new all-in-one blend of x130 nutrients and contains all of the essential vitamins, trace minerals & elements, electrolytes and amino acids that our body requires.



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This is a unique and super formulation created by Good Health Naturally based around the demands exerted from modern day life. You can be confident that each nutrient has been carefully selected and trust Active Life as your multivitamin of choice.

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x180 veggie caps per bottle, Active Life is suitable for all the family, including children under the age of 12.

NOW CONTAINS A SUPER AMOUNT
OF LUTEIN & ZEAXANTHIN





Change

Dear Reader,

Hello and welcome to this important Issue 29 of Naturally Healthy News. Long-time readers will have seen many changes but the main change has been the introduction of personal health coaching, for free.

Information is very important to enable you to educate yourself about the lifestyle and nutrients that will help you achieve good health. There has been a missing tool and that is willpower. There are studies that prove this powerful tool is the factor that decides whether we can make changes easily or whether it is a struggle.

Good Health Coaching is making change easier for hundreds of people and the measure of success is that 97 per cent of the people who start on a health plan are still on the plan six months later... because of the fabulous results they are noticing with this personalised and detailed coaching support. Read the article on pages 17-19.

Hundreds of thousands of people throughout the world have followed my advice over the years and health plans in my newsletters, magazines, books and videos. Many people are alive today - after being told by doctors they had a short time to live - after putting their trust in natural health.

Now you can receive unparalleled help to make sense of all of this information. See www.MyGoodHealthClub.com and register your interest today.

Take good care,

Robert Redfern

Robert Redfern
Health Advocate, Author & Broadcaster



1

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

2

Dip in and out by subject matter: 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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New Year, **NEW YOU**

It's not you, it's your lifestyle

It's safe to say that if you've ever made a New Year's resolution, you've failed at least once. New Year's resolution statistics are grim — while an estimated 44 per cent of people made a New Year's resolution in 2015, most of us were expected to throw in the towel before the year was through.¹

Much of this breakdown has to do with the *types* of resolutions being made. In what many are referring to as the "Band-Aid Theory," New Year's resolutions are most often used as a last-ditch fix for what ails you, without examining the true lifestyle factors that may be contributing to your problem.

Let's take a closer look.

THE MOST COMMON NEW YEAR'S RESOLUTION 'FAILS'

You may have already guessed it — the

most popular New Year's resolution far and wide is to lose weight, followed by exercising more, being a better person, improving health, quitting smoking, and saving money. The top New Year's resolutions are undeniably related to health and fitness, an area of life that many people hope to improve. Yet once these healthy resolutions are made, most of us feel like we are hanging on by our fingernails come January 31.

Considering the fact that up to 88 percent of people fail at their New Year's resolutions, this roadblock is one psychologists have been investigating for some time. Is it possible to create a successful New Year's resolution? Does the mere act of making a New Year's resolution set you up to fail?

Most often, yes.

Harvard psychologist and associate

professor Amy Cuddy dug deeper into this New Year's goal setting paradox in a recent interview with *Business Insider*.² Cuddy says the big problem with New Year's resolutions lies in the fact that we are "really bad at setting reasonable goals." When we set an unreasonable goal that we can't meet, we can automatically expect anxiety and lowered self-esteem to follow.

At the heart of every failed New Year's resolution lies an unreasonable expectation. As you learn how to adjust your expectations and make small changes that shift your lifestyle from toxic to healthy, a "New You" in the New Year can become a reality.

STEP 1: INVESTIGATE YOUR LIFESTYLE

When you're ready to take a good, hard look at your lifestyle, you may not like

what you see. This is the dilemma most of us face before the dawn of a New Year. We feel “off,” but we don’t know exactly what to do about it. For many, this may look like a constant cycle of cold and flu symptoms that are unrelated to an actual illness. Or, it may look like feeling tired all the time without a clear explanation why.

This exhaustion, this fatigue, this burnout is so common that most people don’t give it a second thought. Because of the “exhaustion epidemic,” we never get a moment to ourselves. We are constantly running and trying to juggle work, family, and personal time. Inevitably, personal time slips through the cracks and is the first thing to go when a schedule is overloaded.

A lack of self-care coupled with constant activity lays the foundation for chronic exhaustion.

University of Gothenburg researchers have linked heavy technology use with high stress and poor sleep quality and mental health, especially among young adults.³ In modern cultures where we are expected to work round-the-clock, fatigue in the workforce has become prevalent — affecting almost 40 per cent of workers, as estimated by *Journal of Occupational and Environmental Medicine* researchers.⁴

This burnout lifestyle may be the norm, but Dr. Karin Olson, a University of Alberta professor from the Faculty of Nursing, cautions us to take fatigue seriously. According to Olson, there is a distinct difference between tiredness and fatigue/exhaustion that could have a direct impact on your health. “It is important to recognize the difference between tiredness and fatigue, because fatigue is a marker that the body is not able to keep up,” she explains.⁵

In 2014, Mount Sinai School of Medicine researchers made a connection between what they called “vital exhaustion” and long-term health. Lead study author Dr. Randy Cohen called



vital exhaustion an important risk factor for the development of heart disease in otherwise healthy people. Lifestyle factors like fatigue, irritability, and feeling demoralized can increase the risk of first time cardiovascular disease by 36 per cent.⁶

If you too are living an overburdened lifestyle that is impossible to maintain, exhaustion is merely a symptom of a bigger problem. As research has shown us time and again: It’s not you. It’s the lifestyle you have been leading for the past few months — or even years.

STEP 2: COURSE CORRECT

Now is the perfect time to pull everything we have learned together. We now know that the vast majority of New Year’s resolutions fail because they don’t take realistic lifestyle factors into account. We also know that the fatigue we can’t seem to shake comes from unhealthy lifestyle choices that have spiralled out of our control.

Both of these issues have one thing in common: Making small lifestyle changes can make a big difference in your overall quality of life. Instead of revamping your life with lofty health goals for the New Year, you can “course correct” by steering the rudder of your ship ever-so-slightly into healthier waters.

Remember, every small change counts. This looks like:

- **Eating Really Healthy Foods instead of starchy, sugary processed foods.** UCLA researchers are clear — eating junk foods can make you feel like junk all day long. In a 2014 study, researchers discovered that eating a diet high in processed, sugary foods not only contributed to weight gain, but it caused the “impaired performance” of becoming tired and sedentary.⁷ In contrast, eating a Really Healthy Foods diet of anti-inflammatory foods can improve both cognition and energy.
- **Moving your body each day.** Daily movement is the critical building block of a healthy lifestyle. Even low intensity

exercise can reduce common symptoms of fatigue by up to 65 per cent, according to University of Georgia research.⁸ Start walking in the morning or evening, when time allows, and build up to 3-5 miles of brisk walking per day. Aim to walk for at least 60 minutes over the day.

• **Getting daily sun exposure.** Vitamin D deficiency has long been called an ignored global health problem. Exposing unprotected skin to the sun for 20 minutes a day can help to restore levels of this essential vitamin and support optimal health — an estimated 50 to 90 per cent of daily vitamin D should come from sun exposure. Replenishing vitamin D can reduce the risk of a number of chronic diseases, including stroke, heart disease, autoimmune disease, and cancer; vitamin D is also a prime supporter of immunity.

• **Cleansing and supporting digestion.** The New Year is a popular time to cleanse for a good reason — detoxifying can give you a fresh start and may immediately improve energy levels. For most people, an herbal full-body cleanse can be used to flush the liver, kidneys, intestines, skin, bladder, and lymphatic system of toxins that have accumulated over a lifetime. Chinese herbs can provide additional liver support to relieve some of the most common signs of liver dysfunction, including headaches, irritability, insomnia, mood swings, sinus congestion, skin breakouts, and much more. Once your body has been renewed by this yearly cleansing, it's important to support healthy digestion with a daily probiotic. Probiotic support can help to stabilize the gut mucosal barrier to keep toxins from infiltrating healthy organs again.

• **Practicing self-care.** The last determining factor that can make the "New You" a success in the New Year is how you treat yourself in the year to come. Think of self-care as fuelling your tank: Meditation, relaxed breathing, and acupressure used to relieve stress can provide balance and

make it possible for you to maintain any new lifestyle changes. While self-care looks different for everyone, experts at the University of Kentucky call physical self-care the one wellness area that many people overlook. Eating nourishing foods, exercising, getting enough sleep, getting medical attention when needed, and receiving psychological and emotional support are all essential healing tools.⁹

To get more specific, here are eight simple lifestyle changes to consider for your reasonable New Year's resolution:

1. Stop eating cookies, breakfast cereals, pastries, bread, grains, rice, potatoes, parsnips, and wheat pasta.
2. Stop drinking sugary, processed beverages like fruit juice and soda, as well as alcohol in excess.
3. Eat more green vegetables whenever you can — in smoothies, soups, and salads.
4. Eat more dark-skinned fruits, like blueberries, raspberries, avocados, etc.
5. Avoid sitting down for more than 3 hours per day.
6. Drink 6 to 8 glasses of water per day before 6pm, with a pinch of sodium bicarbonate in each glass to promote alkalinity.
7. Take unprocessed sea salt or rock salt to add missing minerals to your diet.
8. Keep working or volunteering — pursuing your passions while connecting with others can provide purpose and keep you young.

We aren't doing ourselves any favours when we make New Year's resolutions more complicated — and more unattainable — than they need to be. A new year is the perfect time to realign your life by making small changes that you can stick to all year long. What a great feeling it will be when you can look back at the end of the year and realize that you feel like your best self again.

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Recommended Products

WHOLE BODY & COLON CLEANSE

x2 bottle pack designed to cleanse your colon and intestines and to eliminate impurities over a 3 month period.



LIVER BALANCE PLUS

Powerful formula designed to cleanse the liver, essential for thousands of 'life vital functions'.



PRESCRIPT-ASSIST

The most powerful and effective probiotic, x29 friendly 'soil based' strains to greater reflect the diversity of your intestines. Includes a prebiotic and backed by a human clinical trial, with 1yr follow up study.





What is in a Super Multivitamin?

The answer to our depleted food supply

Your body needs 70 essential trace minerals and around 15 other essential nutrients each day, and it should be able to get them from food – in a perfect world.

MODERN AGRICULTURE HAS STOLEN OUR NUTRIENTS

We know by now that our world is far from perfect. We need all the help we can get from daily supplements that can support the body with the critical vitamins and minerals missing in our food supply. Modern farming has robbed conventional foods of these 70 essential trace minerals with practices like over-farming and chemical fertilizer use, and essential nutrients can also be leached by the rain. Even our organic foods may not be safe. Once soil has become mineral-deficient, organic farming practices cannot offset the poor nutrient value in depleted soil. To make matters worse, any extra vitamins and minerals that may be available will be quickly lost when organic foods are not consumed within hours or when organic fruits and vegetables are cooked.

This global soil depletion is a growing problem without an end in sight. By most recent estimates, scientists from the University of Berkeley, California warn that our soil nutrients have become so depleted, and so fast, that it may not be

possible to replenish them.¹ The increasing nutritional deficit in our food supply could have devastating effects on our global population over the next century. According to researchers from Johannesburg's Wits University, with findings published in the journal *Science*, great civilizations have fallen because dangerous levels of mineral depletion in the soil were not addressed. The same could be true for our modern world.²

"Cultivating soil continuously for too long destroys the bacteria which convert the organic matter into nutrients," explains Professor Mary Scholes of Wits University.

HOW TO REPLACE WHAT IS MISSING

Until scientists and farmers come up with a long-lasting solution to address our dire need for environmental and food security, focusing on the creation of an agricultural soil ecosystem that can replenish vital nutrients, we are left with no choice but to supplement what is missing from our diet. At times like these, choosing a safe and effective multivitamin becomes even more important – to meet daily nutritional needs and to protect against the toxic effects of the cheap, synthetic multivitamins that have flooded the market.

Mass-marketed multivitamins are popular for a reason: They are cheaply made and sold at the lowest price point to turn the most profit for the manufacturer. And even

those supplements sold in fancy packaging at higher prices may not be as pure and effective as they claim. In fact, the European Food Safety Authority (EFSA), a regulatory organization that reviews scientific health claims, denies roughly 80 per cent of supplement health claims out of the thousands submitted.³

When shopping for a supplement, consider this your family's "dream" list of vital nutrients, known to form the most effective daily multivitamin and mineral supplement money can buy:

- **Aloe Vera** – May lower blood sugars when taken orally.
- **Amino Acid Complex** – Building blocks of the body, sources of energy, and precursors to enzymes and neurotransmitters needed to regulate almost all metabolic processes.
- **Biotin** – Critical coenzyme within the body (also called vitamin H or B7) needed to support metabolism and break down carbohydrates, fats, and proteins.
- **Boron (Sodium Borate)** – A vital trace mineral that promotes healthy growth in the body, with benefits to reduce menopausal symptoms and improve calcium and magnesium absorption.
- **Calcium** – Essential to form the structure of cell membranes and nucleic acids and to support energy production, cell signaling, and bone mineralization.
- **Chloride Concentrate** – Can be used to treat

low blood levels of potassium.

- **Choline Bitartrate** – The water-soluble B vitamin choline can help prevent neural tube defects during pregnancy, control asthma, lower cholesterol, and reduce cancer risk; bitartrate enhances choline's absorption rate.

- **Chromium** – Has been shown to lower haemoglobin A1C levels and stabilize blood sugar in those with prediabetes, type 1, and type 2 diabetes.

- **Copper** – Used to treat acne vulgaris, the common cold, hypertension, premature labor, the parasitic disease Leishmaniasis, and post-operative complications.

- **Inositol** – A compound found in many plants and animals that offers relief for diabetic nerve pain, panic disorder, high cholesterol, insomnia, cancer, depression, Alzheimer's disease, ADHD, autism, psoriasis, and more.

- **Iodine (Potassium Iodine)** – A critical mineral that the body cannot produce, needed by all people to regulate thyroid function and to support healthy brain development during pregnancy.

- **Ionic Trace Minerals** – A group of elements with a positive or negative charge, required to support vital processes in the body.

- **Magnesium** – A critical mineral involved in more than 300 chemical reactions in the body, used for increasing energy and endurance, improving chest pain, lowering high blood pressure and high levels of "bad" cholesterol, and relieving symptoms of ADHD, anxiety, and chronic fatigue syndrome.

- **Manganese** – A mineral that plays an important role in supporting bone production and skin integrity, controlling blood sugar, and protecting against free radical damage.

- **Molybdenum (Sodium)** – A trace mineral and antioxidant needed to assist in the breakdown of proteins and sulfite toxins.

- **Organic Selenomethionine** – A critical cofactor of iodine and trace element required to support normal thyroid function, healthy immune and heart function, and stable blood sugar levels, while protecting cells from oxidative stress.

- **Phosphorous** – A mineral essential to all living things that forms the sugar-phosphate backbone of DNA and RNA; plays an

important role in the energy transfer in cells as part of ATP (adenosine triphosphate).

- **Potassium** – A critical mineral needed to support the body's cells, kidneys, heart, muscles, and nerve function.

- **Quatrefolic MTHFR (Folic Acid)** – A B vitamin that assists Vitamin B12 in forming healthy red blood cells and can also reduce the risk of central nervous system defects, such as spina bifida in unborn babies. Quatrefolic MTHFR is superior to folic acid since it is the only form that can cross the blood-brain barrier.

- **Vitamin A (Beta Carotene)** – Precursor of Vitamin A needed by the body to produce healthy skin and mucus membranes, while supporting the immune system and eye health.

- **Vitamin A (Palmitate)** – A plant-derived carotenoid that can transform into retinol; plays an integral role in the body's growth and bone development, needed to maintain skin health and eyesight.

- **Vitamin B1 (Thiamine Mononitrate)** – Can be used for digestive problems and supporting a positive mental attitude, with benefits for increasing energy, fighting stress, and preventing memory loss.

- **Vitamin B2 (Riboflavin)** – Found in various foods, vitamin B2 can help to prevent riboflavin deficiency, cervical cancer, and migraine headaches.

- **Vitamin B3 (Niacinamide)** – Used for preventing B3 deficiency and treating diabetes, along with various skin conditions.

- **Vitamin B5 (Calcium Pantothenate)** – Can help to maintain a healthy digestive tract and enable the body to use other vitamins, particularly vitamin B2 (riboflavin).

- **Vitamin B6 (Pyridoxine Hydrochloride)** – An immune-boosting vitamin that offers benefits for heart disease, such as reducing high cholesterol levels and blood levels of homocysteine, a chemical linked to heart disease.

- **Vitamin B12 (Methylcobalamin)** – Performs several important bodily functions, with a deficiency known to cause lack of energy, muscle weakness, extreme tiredness, depression, and memory problems.

- **Vitamin C (Ascorbic Acid)** – A water-soluble vitamin involved in the growth and repair of the body's tissues; needed to help

the body produce collagen, an important protein used to make skin, cartilage, tendons, ligaments, and blood vessels.

- **Vitamin D3 (Cholecalciferol)** – Can be taken as a supplement to improve overall health, with benefits to treat osteoporosis; can also help correct a common deficiency caused by lack of sun exposure or an imbalance, like an underactive parathyroid gland or low phosphate levels in the blood.

- **Vitamin E (Alpha Tocopheryl Acetate)** – The form of Alpha Tocopheryl Acetate that provides protection against free radicals and molecules that damage brain cells, tissues, and organs.

- **Vitamin K (Phytonadione)** – Man-made form of Vitamin K used to prevent bleeding when blood clotting issues are present and to correct vitamin K deficiency.

- **Zinc (Zinc Oxide)** – An essential trace element and known immune-booster vital to human health, with benefits to treat infection and the common cold, cataracts and macular degeneration, and high blood sugar and diabetes.

Remember, not all multivitamins are created equal, and the majority fall short. It is only when you understand what your body is missing – 70 essential daily nutrients – that you can choose the right supplement to nourish and protect your health.

Recommended Products

ACTIVE LIFE CAPSULES

The perfect 'Super MultiVitamin' formula for all the family, with x130 nutrients, vitamins and minerals delivered in each capsule.



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The real SUPERFOODS

Real food does not come in a pill

If you have heard it once, you have heard it a hundred times before: You are what you eat. This is what makes superfoods so enticing. Who wouldn't want to get the most nutritional bang for your buck?

Superfoods like kale are growing in popularity among health food lovers who refuse to put un-natural, processed foods in their bodies — and this is a wonderful step in the right direction. But with each new health movement comes the copycats. With every superfood you see hailed on a healthy living blog, you'll often see superfood supplements advertised right alongside it.

These superfood supplements catch your eye for one reason and one reason only — they're a shortcut.

And who wouldn't want to take the quickest route from point A to point B? But as you clear your diet of processed, inflammatory foods and make room for Really Healthy Foods, it's important to understand that there is no substitute for the real thing. Taking essential vitamin and mineral supplements each day helps balance the nutrient depletion in our food supply. Even then, the best supplements can't replace the "super" stars on your plate.

REAL FOODS, REAL RESULTS

You would think it would be obvious by now that what you eat affects your health, but researchers continue to make astonishing discoveries about how the human body responds to food. In a 2014 study conducted by University College

London and published in the *Journal of Epidemiology & Community Health*, researchers confirmed one of the most important Really Healthy Foods principles of all: more is better. Compared to eating less than one portion of fruits and vegetables a day, eating seven or more portions can reduce the risk of death by 42 per cent.¹

Increasing fruit and vegetable intake can lengthen life, while eating un-natural foods can shorten it. Another study conducted by the European Society of Cardiology showed that people who consumed more fruits and vegetables had a lower risk of dying of ischemic heart disease, one of the leading causes of death in Europe.² Consuming junk food not only tips the balance in the opposite direction by making you lose your appetite for healthy foods, but it can shorten your life by accelerating the aging process.^{3,4} In a study published in the journal *Obesity*, researchers discovered that eating processed food for just five days was enough to change the body's healthy response to food by altering metabolism.⁵

As the foundation of good health, it's vital to replace processed foods, milk products, and starchy carbohydrates (like cookies, pastries, breads, breakfast cereals, parsnips, potatoes, and wheat pasta) with their real food substitutes. In their place, you can enjoy a cornucopia of delicious and nutritious whole foods like green vegetables, dark-skinned fruits, nuts, beans, seeds, healthy oils, oily fish, some pasture-fed meats, and healthy carbohydrate alternatives.

Remember, while supplementing missing nutrients is important in a healthy diet, there is no super pill that can make up for the real thing. The benefits of eating superfoods are twofold: Nutrient-dense foods can improve your daily health by sustaining energy levels, while reducing your risk of disease in the future.

THE TOP 10 REALLY HEALTHY SUPERFOODS

Once you begin to appreciate the superstar potential of your favourite healthy foods, "superfood" takes on a whole new meaning:

1. Avocado

If there was an award for the ultimate superfood, avocado would take the title. Avocado is a number one superfood with almost a complete spectrum of nutrients. Though often confused for a vegetable, avocado is actually a dark-skinned fruit, or berry, rich in antioxidants. And if you're looking to add more potassium to your diet, reach for an avocado first — a single avocado has more than twice the potassium as a banana, without the excess carbohydrates known to spike blood sugar. Avocado contains targeted cancer-fighting nutrients and plenty of healthy mono- and polyunsaturated fats to protect against coronary artery disease, stroke, and diabetes by reducing the risk of metabolic syndrome.^{6,7}

Try: If avocados are readily available in your area, make it your goal to eat at least two a day to receive the full health benefits of this nourishing fruit. Avocados can be enjoyed at breakfast, lunch, and



dinner and make a satisfying substitute for cream pasta sauce and margarine when baking.

2. Broccoli

Because of the powerful cancer-fighting compounds found in this cruciferous vegetable, broccoli ranks at the top of the superfood list. Broccoli is rich in vitamins and minerals, like vitamins A and K needed to support healthy vitamin D metabolism and counteract a growing deficiency caused by a lack of sun exposure. High in fibre, broccoli encourages healthy digestion and can aid in detoxification. Broccoli's rich antioxidant profile can help protect against the devastating effects of free radical damage, while further supporting the body's natural ability to self-cleanse. Broccoli and other cruciferous vegetables contain a substance called cyanohydroxybutene that helps to naturally replenish the body's supply of glutathione, the most powerful antioxidant that regulates all other antioxidants in the body. Danish researchers confirmed both

the detoxifying and longevity benefits of glutathione when they discovered the highest levels of glutathione in the healthiest seniors, thought to contribute to a longer life.⁸

Try: To glean the maximum anti-aging and detox benefits, enjoy broccoli among your 9-14 servings of fresh or frozen vegetables per day – in soups, steamed, stir-fried, and juiced. Eat at least 50 per cent raw, juiced vegetables (preferably organic) to support easier digestion. Raw vegetable pulp can be used to make soups.

3. Buckwheat

As you are eliminating starchy carbs from your diet, add protein-rich buckwheat to the top of your carbohydrate replacement list. Not only is buckwheat gluten-free, but it is a complete protein, rich in catechins, tannins, soluble and insoluble fibre, alpha-linoleic acid, and essential vitamins and minerals. Don't let this superfood's name mislead you – buckwheat is a seed, not a wheat or grain. Buckwheat stands out as a "super" seed since it contains all eight

essential amino acids in ample amounts, which can't be produced by the body. Buckwheat provides special benefits for the lifestyle condition of diabetes by blocking the digestion of table sugar, also called sucrose. Buckwheat can stabilize and reduce dangerous blood sugar levels by up to 19 per cent.⁹

Try: Make it your goal to enjoy 5 servings of nuts, beans, and seeds per day. Use sprouted buckwheat flour or buckwheat pasta to replace inflammatory grains or try buckwheat as a soaked, mashed seed.



4. Chickpeas

Chickpeas, also called garbanzo beans, are a Middle Eastern and Mediterranean favourite. Like other legumes, chickpeas have an exceptionally high protein and fibre content, coupled with a rich support network of essential vitamins and minerals. Because they are high in fibre, chickpeas are often recommended by dietitians to relieve symptoms of digestive distress, including painful digestion associated with a chronic digestive disorder like irritable bowel syndrome. Chickpeas provide proven benefits for a number of chronic health conditions, offering relief for diabetes, osteoporosis, high blood pressure, heart disease, and even cancer. The critical mineral selenium in chickpeas is known to reduce inflammation and shrink tumour growth.¹⁰

Try: Include this nutritious legume among your 5 servings of nuts, beans, and seeds each day. Chickpeas are another healthy carbohydrate alternative that can be enjoyed as a legume pasta.

5. Coconut Milk and Oil

Coconut milk and coconut oil are both highly nutritious and rich in essential vitamins and minerals, making an ideal substitute for dairy and unhealthy fats, respectively. Coconut milk contains protective vitamins and minerals like vitamins B1, B3, B5, B6, C, and E and calcium, selenium, iron, magnesium, and phosphorus. Coconut milk is rich in free-radical fighting antioxidants and nourishing lauric acid, a medium-chain fatty acid found in breast milk with antifungal and antiviral properties.



Coconut oil is growing in popularity for its internal and external health benefits. Coconut oil can be used at home in natural beauty remedies – for skin and hair care and teeth whitening. When drizzled on food or used for cooking, coconut oil provides a rich source of medium chain triglycerides (MCTs) that are easily metabolized by the body as a quick energy source. Because fatty acids are metabolized differently, they have a direct impact on brain health. University of Oxford researchers confirmed that Alzheimer's and dementia patients saw astonishing short-term improvements in memory after consuming coconut oil.¹¹

Try: Coconut milk can be used as a convenient substitute for almost all dairy products – coconut cream can be extracted from the milk for sauces and baking. Coconut oil can be used for cooking or drizzled on food with other healthy oils, like olive, hemp, krill, and omega-3 oils, at each meal.

6. Hemp Seeds

Hemp seeds are considered a therapeutic superfood because of their healing properties. Small hemp seeds boast big nutritional benefits, with a hard-to-find 3:1 balance of omega-3 to omega-6 fatty acids known to reduce inflammation and support heart health. Hemp seeds rank among the most nutritious seeds in the world. The seeds offer a complete source of protein, with an almost unprecedented balance of essential fats, vitamins, and enzymes without excess sugar or starch. For vegetarians, vegans, or those who are cutting back on meat, hemp seeds are highly recommended as they are more easily digestible than meat, whole eggs, and especially cow's milk (which should be avoided). Because of their ability to prevent blood clotting, hemp seeds can also protect against stroke.¹²

Try: Hardy hemp seeds are a recommended source of protein when enjoyed soaked and mashed at up to 5 servings per day.

7. Kale

As one of the most popular superfoods today, kale has big shoes to fill. Fortunately, this leafy green "powerhouse" lives up to its reputation. Eating nutrient-rich kale can help to support bone, hair, and skin health. Kale provides long-term benefits to stabilize blood sugar levels in diabetics, balance blood pressure, support respiratory health, and even protect against cancer. Kale is considered one of the most nutritious foods on the planet because of its robust vitamin and mineral content, including vitamins A, B6, C, and K and calcium, copper, potassium, magnesium, and manganese. Low in calories and dense nutrients, kale has a powerful effect on the body. The Federation of American Societies for Experimental Biology researchers discovered that eating leafy greens like kale can help to slow cognitive decline, while the high organosulfur content in kale has been proven to reduce cancer risk.^{13,14}

Try: Increase your kale intake by aiming for 9-14 servings of fresh or frozen vegetables per day. Kale can be enjoyed as a raw leafy green in salad or cooked as part of a nutritious meal.

8. Lentils

If you're looking for a prime source of calcium, zinc, niacin, potassium, vitamin K, folate, iron, protein, and fibre, look no further than this humble legume. Lentils have been prized for their high nutritional value for centuries, also known for their low cost and convenient preparation. Lentils are one of many plant-based foods that can reduce the risk of chronic lifestyle diseases, including obesity, diabetes, heart disease, and premature death. The heart health benefits alone are reason enough to add more lentils to your plate – *Archives of Internal Medicine* researchers discovered that eating more high-fibre foods, like lentils, can protect against heart disease. Study participants who ate the most fibre per day had a 12 per cent reduced risk of coronary heart disease and an 11 percent reduced risk of cardiovascular disease compared to those who ate the least fibre.¹⁵



Try: Lentils make a delicious and convenient addition to your 5 servings of nuts, beans, and seeds daily. Lentils are even easier to enjoy in a single-ingredient legume pasta as an alternative to refined grains.

9. Mung Beans

Referred to by many nutritionists as the “mighty mung bean,” the mung bean is the unsung hero of the superfood world. Mung beans are a nutrient-rich staple in India and Asia, with popularity most recently spreading through the Western world. Mung beans are naturally low in calories and unhealthy fats with a high protein, fibre, vitamin, and mineral content. Mung beans contain essential vitamins and minerals like vitamin B6, folate, potassium, and magnesium – with magnesium being a critical mineral that most people are deficient in. Mung beans also provide known health benefits, like their ability to prevent septic hospital deaths by calming inflammation with up to a 70 per cent survival rate.¹⁶

Try: Enjoy mung beans among your daily 5 servings of nuts, beans, and seeds. Anti-inflammatory mung bean pasta makes an excellent alternative to inflammatory grains.

10. Olive Oil

The benefits of this Mediterranean super oil are boundless, but a few stand out above the rest: Olive oil is chock-full of antioxidants and rich in vital nutrients. The antioxidant vitamin E in olive oil can neutralize oxidative stress and may reduce cancer risk; olive oil’s unsaturated fats have an anti-inflammatory effect on the

body that helps to lower blood pressure; when consumed as a primary dietary fat, as seen in the Mediterranean diet, olive oil is associated with a lower risk of heart disease. It’s no wonder that extra virgin olive oil is considered by many to be the healthiest fat on earth – extensive research supports olive oil’s ability to protect against chronic disease, even reducing stroke risk among older people.¹⁷

Try: As a protective healthy fat, olive oil can be enjoyed liberally with other healthy oils at each meal. Replacing margarine and other unhealthy fats with olive oil can counter the effects of aging and reduce the risk of disease.

If your energy is low and your health is suffering, your body is trying to tell you

something. When you make the simple switch from processed foods to Really Healthy Superfoods, you can begin to see health improvements in as little as 30 days.

Recommended Products

For a perfect, healthy and delicious meal replacement try Really Healthy Pasta. Organic, gluten free, high in protein, iron and fibre and available in Red Lentil, Black Bean, Chickpea, Mung Bean and Buckwheat.



ALSO RECOMMENDED... Buckwheat Flour ...the healthy flour for home baking!

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GOOD HEALTH
Naturally
Because it works!

Healthy Breakfasts

Start your day the healthy way with these breakfast recipes

SWEET PEA AND STRAWBERRY SHAKE

Ingredients

- 1 bag (12oz) frozen sweet peas
- 1 cup frozen organic strawberries
- ½ cup pineapple juice
- 1 medium banana, cut up

Method

1. Cook the peas as directed on the bag.
2. In a blender, place ½ cup of the cooked peas and the remaining ingredients. Cover and refrigerate the remaining peas for another use. Blend the ingredients on high speed for about 30 seconds or until smooth.
3. Pour into two glasses. Serve immediately.

HOMEMADE COCONUT YOGHURT AND BLUEBERRIES

Ingredients

- 1 can coconut milk
- Probiotic powder

Method

1. Pour the canned coconut into the jar.
2. Add Probiotic Powder (open a probiotic capsule and pour in) and stir.
3. Cover the jar and place into oven, close to the oven light.
4. Allow the yogurt to ferment for 24 hours.
5. Serve in a bowl with your favourite blueberries.



RAW BREAKFAST BARS

Ingredients

Base:

- 2 cups of sesame seeds or sunflower seeds
- 1 cup of raisins
- ½ cup unsweetened shredded coconut or ground almonds
- ½ cup of golden flaxseeds (linseeds)
- ¼ cup of chopped walnuts or brazils
- ¼ cup of tahini
- ¼ cup of melted extra virgin coconut oil
- ½ cup of date paste

Chocolatey Topping:

- ¼ cup melted extra virgin coconut oil
- 1 tbsp. unroasted carob powder
- 3 or 4 tbsp. date paste
- 1 tsp. vanilla powder or pure vanilla extract

Method

1. Put all of the ingredients for the base into the food processor with a blade attachment or blender and blend until smooth. Repeat for the chocolatey topping.
2. Into a tin, place spread a layer of the ingredients to form the base. Spread the chocolatey topping over the base. Return to the fridge until the topping is firm.
3. Cut into bars.
4. Store in an airtight container in the fridge.



GREEN SMOOTHIE

Ingredients

- 1 cup water
- ½ cup chopped cucumber
- 1 cup strawberries (preferably frozen)
- 1 banana, optional (preferably frozen)
- 1 apple, cored
- 2 cups of spinach
- Juice of ½ lemon
- Ice

Method

1. Pack everything into the blender. Pulse until smooth.

CHIA & RASPBERRY BREAKFAST

Ingredients

- 1 cup of fresh or thawed frozen raspberries
- 1 pinch ground vanilla
- 3 tbsp. desiccated coconut, unsweetened
- 3 tbsp. chia seeds
- 1 cup/240ml of plant milk (almond/coconut/oat)

Topping:

- Nut butter
- Hemp seeds
- Kiwi
- Fresh mint

Method

1. Mash the berries in a bowl with a fork.
2. Add the vanilla, coconut and chia seeds. Combine.
3. Pour the plant milk in and mix. Set aside to soak for 30 mins or overnight in the fridge.
4. Serve in a bowl and top with nut butter, hemp seeds, fruit and mint.



SUPER STRENGTH SERRAPEPTASE

Superior healing in a capsule

It's not often that the word "miraculous" can be used to describe an enzyme supplement, but with decades of clinical backing and thousands of user testimonials, the proteolytic enzyme Serrapeptase is worthy of such a title.

WHY EVERY BODY NEEDS SERRAPEPTASE

Serrapeptase is an enzyme that can't be found in the diet. Considered a "workforce" enzyme, the body relies on Serrapeptase to counter the crippling inflammation that is a common by-product of our modern lifestyle. Since Serrapeptase was first discovered and isolated in the intestine of the silkworm in the 1970s, this potent enzyme has been transforming health and changing lives.

Serrapeptase, and all other enzymes, are essential to health. Serrapeptase plays a particularly important role by breaking down proteins into peptides and converting them to amino acids. As an active protein, Serrapeptase supports the processes of absorption, repair, and growth in the body. But unlike other essential enzymes, Serrapeptase can break down and dissolve – almost instantaneously calming dangerous levels of inflammation in the body that contribute to chronic disease.

There are more than 23 scientific studies that back Serrapeptase's transformative ability to elicit healing in the body. Anti-inflammatory Serrapeptase has long been used to treat conditions like breast engorgement; acute and chronic ear, nose, and throat disorders; chronic airway disease; carpal tunnel syndrome; and postoperative swelling.^{1,2,3,4,5} As German

oncologist Dr. Hans Napier observed in his extensive study of the enzyme, Serrapeptase works hard to dissolve and clear, with a notable effect on the arteries. Serrapeptase can "eat away" blood clots and varicose veins, along with harmful arterial plaque buildup.⁶

MAXIMUM BENEFIT FROM THE MAXIMUM DOSE

Serrapeptase is an entirely unique enzyme for many reasons – one of which is that, unlike other supplements, Serrapeptase is most effective at a higher dose. People have been taking dozens of medium-dose Serrapeptase capsules to relieve symptoms of inflammation and disease, without any adverse side effects. Taking Serrapeptase at the maximum dose, at 250,000 IU per capsule, can provide the greatest results in the shortest amount of time.

In order for Serrapeptase to do its job of dissolving and clearing as quickly as clinical research claims, the dose and the delivery system matter. As Copenhagen researchers confirmed, most people prefer taking a supplement in a capsule over a tablet, at 66 per cent versus 22 per cent.⁷ A Serrapeptase capsule is not only easier to swallow and gentler to digest, but it comes in a superior delivery system that rivals tablet use. Capsules have been proven to increase both bioavailability and absorption – while offering more consistency – compared to ordinary tablets.^{8,9}

When it comes to such a potent enzyme that has the power to alleviate inflammatory disorders ranging from asthma to arthritis, the proof is in the pudding. Super-strength Serrapeptase can be taken at a maximum dose at up to



nine capsules per day, or 2.25 million IU, for several weeks to provide urgent relief. For maintenance and to promote good health, a high-dose Serrapeptase capsule at 250,000 IU can be taken up to three times daily.

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Recommended Product

SERRAENZYME 250,000 IU

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





GOOD HEALTH *coaching*

Free health care to replace disease management

It's unsettling to realise that, in the 21st Century, modern disease has become a fact of life. What we once considered an alarming epidemic is now what most people expect when they reach a certain age - and their lifestyle choices have caught up with them. It is likely that you or someone you love is fighting heart disease, diabetes, cancer, obesity, lung disease, bone disease, autoimmune disease, infertility, or even Alzheimer's disease at this very moment.

This is not normal, and chronic disease does not have to be an "expected" part of life. But if you ask your doctor for advice on how to reduce the risk of these conditions by making critical changes to your lifestyle, he or she may draw a blank. You see, the "health care" industry as we know it is a multibillion-dollar machine that feeds into the pharmaceutical monopoly. All doctors have been trained in the practice of "disease care," or caring for a disease, rather than in true health care, or caring for and maintaining good health.

Disease care turns a profit, while health care does not.

WHY 'HEALTH CARE' IS MISLEADING

Bring up the topic of health care at a dinner party, and you may not like the debate that follows. In almost every developed country around the world, taxpaying citizens are dissatisfied with the state of their nation's health care system. It is because of the modern disease epidemic that so many global health care systems are flailing and even failing right before our eyes.

In the UK, chronic disease has become a heavy burden on national health services. The NHS currently spends 70 per cent of its total budget on entirely preventable lifestyle conditions like diabetes and heart disease.¹ You could paraphrase this to say that the NHS wastes 70 per cent of its funds on diseases that we could prevent and manage early on, with the proper nutritional support. In the U.S., there is the same drain on national health care. Health care costs within the overburdened American system are rising faster than the rate of inflation.²

These systems simply don't work

because of what we now understand to be the distinct difference between health care and disease management. "Disease care" is the opposite of health care. Instead of prescribing medication or an invasive and costly medical treatment, health care trains patients in adopting healthier lifestyle choices in place of the unhealthy lifestyle habits that have compromised their health in the first place.

For many people, the simplicity of this health care design is hard to accept because of one common hurdle that stands in the way: What about genetics? It is true that there may be a genetic influence in the development of many diseases, but as Dr. Caldwell B. Esselstyn Jr., a former surgeon at the Cleveland Clinic, President of the Cleveland Clinic staff, author, and researcher, explains, "Genes load the gun, but lifestyle pulls the trigger."³

To translate, genes may indicate a predisposition for a certain health condition, but lifestyle is the deciding factor. This example could not be clearer in the case of one of the most frightening lifestyle diseases of our generation - cancer.



While we are told by doctors that cancer can be genetic, researchers have discovered an even stronger link between cancer and the daily lifestyle choices we make. Yale University researchers discovered that it was lifestyle changes, namely healthy eating and regular exercise, that decreased cancer biomarkers related to both recurrence and mortality in breast cancer survivors.⁴ In a study conducted on 500,000 European colorectal cancer patients and published in *BMC Medicine*, researchers found that those with a healthy lifestyle before a bowel cancer diagnosis had a better chance of survival.⁵ And *Pharmaceutical Research* scientists are clear: "Cancer is a preventable disease that requires major lifestyle changes."⁶

But cancer is merely a drop in the bucket of the modern disease epidemic. Fortunately, the same principle applies to almost any chronic disease. Change your lifestyle, and the risk of inflammatory disease plummets.⁷

CHANGE YOUR HABITS, CHANGE YOUR LIFE

Changing your health by changing your habits may seem like an impossible feat, but there is one truth that can make or

break your success in achieving good health: You don't have to go it alone. In fact, studies show that it is better if you don't take this journey by yourself.

"Without a strong support system, it can be difficult to make lasting behaviour changes. Research shows that as many as two-thirds of heart disease patients may revert back to behaviours that contributed to their heart attack a year later," the American Psychological Association (APA) explains.⁸ The APA recommends working with a professional or a support group to make lasting lifestyle changes for this reason. In a 2015 study funded by Cancer Research UK, the British Heart Foundation, and the National Institute on Aging, UCL scientists discovered that people are more likely to make healthy changes when they do it as a couple.⁹

When a personal support system isn't available or has been exhausted, a good health coach is waiting in the wings.

Good Health Coaching Centres have been created as an alternative to disease management – offering real health care with powerful tools and educational resources that equip patients to make lifelong changes. Today, individual health coaching is available to anyone and is

easily accessible at home. Patients can instantly connect with trained health coaches via the telephone, Internet, and through print and e-books. Though the Good Health Coaching program is primarily PC-based, patients who aren't computer-proficient can receive all necessary nutritional materials printed and posted, with ongoing coaching available through telephone consultations.

The Good Health Help Desk is a beacon in a sea of misinformation, providing professional guidance through educational materials and individualised responses for pressing health questions. The Good Health Help Desk currently coaches close to 500 people in the UK alone through one-on-one support and personalised health plans tailored to each health symptom or condition. Virtual coaching centres are also available in the U.S. and Canada, with an Australian Good Health Help Desk in the works. All Good Health Centres provide global personal health coaching with great success.

For thousands of patients who have been frustrated by the imbalanced disease management system we have just described, Good Health Coaching is the "missing link" in health recovery. "Good Health Coaching Centres offer two things," says Good Health Coaching International Technical Director Joanna Maggs. When you sign up for free Good Health Coaching, you will receive, "An end-to-end health plan: a long-term, structured professional support system to help you get truly healthy and beat disease, or to maintain and optimise your health. [And] a technical advisory support line: providing telephone technical advice on Good Health Naturally products, ingredients, and health plans."

Out of the hundreds of patients currently receiving Good Health Coaching, over 70 percent consider their results successful. Good Health Coaching Centres have yet to receive negative feedback.

Depending on the type and severity of a health condition, coaching may last anywhere from a few months to a year, or more, if needed. The ideal Good Health Coaching plan is created for a minimum of 12 months, which experience has shown is the proper time to rehabilitate the body and get it back into a healthy state. One year of Good Health Coaching offers enough time for healthy lifestyle habits to become ingrained so that they will stick. This recovery method has been proven time and again.

Good Health Coaching Centres have also seen countless cases where patients have "hit the ground running." After a unique nutritional health plan has been implemented and a healthy lifestyle plan is in action, many people have finished their coaching sessions early due to much faster

results than they ever anticipated – or ever would have achieved alone or while taking medication. Most patients who use Good Health Coaching see a marked difference within the first 30 to 60 days.

HOW TO CLIMB THE MOUNTAIN

As early marketing pioneer and U.S. Postmaster General John Wanamaker was famously quoted as saying, "One may walk over the highest mountain one step at a time." An ancient Chinese proverb confirms, "To get through the hardest journey, we need take only one step at a time."

It can seem impossible to climb the mountain standing in your way, especially if you have been struggling with poor health for months or even years. But as the Good Health Coaching success stories have

shown us, it is taking that first step that can be the most difficult - and the most powerful - decision you may ever make.

Maggie L. of the UK says of her Good Health Coaching experience, "The plan has made a difference to my husband's condition. Most of the improvements have come from implementing the lifestyle changes alongside your health plan, as it's the program as a whole that has made the most difference. My husband's Alzheimer's has now stabilised."

Good Health Coaching has become such a successful health care solution because its purpose remains simple: to support, to motivate, to encourage, to guide, and to equip the individual to take control of their own health recovery. Good health is possible when you have the tools to achieve it.

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HEALTH news

ANTIBIOTICS COULD BE TRIGGERING DIABETES

Antibiotics may be an unsuspected cause of type 2 diabetes, the “lifestyle” disease that is usually associated with poor diet and lack of exercise.

The drugs could increase the risk by as much as 1.5 times if frequent and regular courses have been taken over the years leading up to a diabetes diagnosis. Researchers from the University of Copenhagen made the association after they looked at the records of people diagnosed with diabetes between the years 2000 and 2012. Antibiotic use from 15 years before diagnosis was also recorded. Narrow-spectrum antibiotics seem to increase the risk slightly more than the broad spectrums, but there seems to be a cumulative effect; the person who has had just one or two courses over the years probably doesn't face an increased risk, the researchers say.

Although there is a definite association between the drugs and the disease, there is a possibility that the antibiotics didn't cause the disease, but were needed by the pre-diabetic patient, the researchers added.

(Source: *Journal of Clinical Endocrinology & Metabolism*, doi: <http://dx.doi.org/10.1210/jc.2015-2696>)

IVF COULD INCREASE OVARIAN CANCER RISK BY A THIRD

IVF (in vitro fertilisation) may increase the risk of ovarian cancer by as much as a third, researchers fear. Women having the treatment should be regularly screened.

The procedure involves hormone drugs, and these may be responsible for the increased risk, say researchers from University College London, who analysed the outcome of more than 250,000 IVF treatments. Although there was no difference in rates of breast and uterine cancers in the women compared to those who didn't have IVF, there was a 30 per cent increase in rates of ovarian cancer.

The researchers aren't sure whether the treatment is the cause, but say that women should be warned of the possibility and regularly screened if they do proceed with the treatment.

Their suggestion is controversial. IVF was for a long time thought to cause cancer until it was given a clean bill of health by a major Cochrane review in 2013.

If the risk exists, it is still low, however; 15 in every 10,000 women undergoing IVF developed ovarian cancer compared with 11 per 10,000 in the general population.

(Source: *Proceedings of the American Society for Reproductive Medicine annual conference*, October 20, 2015)

DENTAL FILLINGS COULD BE CAUSING DECAY IN OTHER TEETH

Dental fillings could be doing as much harm as good. They trigger decay in surrounding teeth in more than 60 per cent of cases, new research has found.

The chances of further decay are worsened by the technique of the dentist, especially if he or she isn't following the latest practices, and by the oral hygiene of the patient. One possibility could be that the dentist is damaging surrounding teeth when drilling and preparing the tooth that is to be filled.

In a review of 750 patients who had fillings, 61 per cent had decay in adjoining teeth within five years, researchers from the Nordic Institute of Dental Materials in Oslo discovered. Of these, 30 per cent needed filling.

The researchers said the risk was similar with all types of fillings, including amalgam, gold, glass ionomer, and porcelain.

(Source: *Journal of Dentistry*, 2015; 43: 1323-29)

DO DAILY CHORES, PARKINSON'S PATIENTS URGED

Parkinson's sufferers should do daily household chores to protect their motor skills – and doing the washing up could even be better for them than formal exercise, researchers say.

Parkinson's disease patients often become sedentary because of worries about balance and the risk of a fall – but sitting around is the worst thing they can do, say researchers at the University of Michigan. Instead, sufferers need to get into the routine of daily action and movement, even if it's just doing household chores.

Regular exercise can protect against the loss of motor skills, they say. They tested 48 Parkinson's sufferers over a four-week period, and checked their levels of dopamine using a PET brain scan. The participants exercised or did non-exercise activity – such as chores around the home – for four weeks, and those who carried out chores had better motor skills, irrespective of their levels of dopamine.

Although it's understandable why Parkinson's sufferers are worried about standing and walking around, sitting around actually makes their symptoms worsen, say the researchers.

(Source: *Parkinsonism & Related Disorders*, 2015; doi: [10.1016/j.parkreldis.2015.08.027](https://doi.org/10.1016/j.parkreldis.2015.08.027))



LOSING WEIGHT COULD BE DOWN TO GUT BACTERIA

If you can't lose weight when you go on a diet, it may not be your fault – it could be the fault of your gut, or more exactly, how many different types of bacteria it contains.

There can be up to a thousand different types of bacteria and other micro-organisms in our digestive systems, many of which play some part in metabolizing food and nutrients.

But some of us have a lower diversity of bacteria than others, and, as a result, fewer amino acids are produced when we follow a diet – and this means we can lose weight more easily than people with a higher diversity.

Researchers from the Chalmers University of Technology made the discovery when they measured the variety of gut bacteria of a group of overweight volunteers before putting them all on the same diet. Although some lost more than others – and it was those with a higher diversity of bacteria who lost the most.

But it's not just weight that is influenced by the diversity of gut bacteria, there could also be a connection with diseases such as type 2 diabetes and atherosclerosis, or hardening of the arteries.

Probiotics are the best way of improving the gut microbiome, or environment, right now, but the researchers say a new generation of the products is needed, and ones that can add bacteria that integrate with the microbiome and have a lasting effect.

(Source: *Cell Metabolism*, 2015; 22: 320)



START MAMMOGRAMS LATER SAYS CANCER GROUP

Women are being asked to have a mammogram test for breast cancer too early. Routine screening shouldn't start before the age of 45, America's leading cancer group is claiming.

In the US, women are invited to start mammogram screening from the age of 40, but there's no evidence it is saving lives, says the American Cancer Society. Instead, screening shouldn't start before the age of 45, and even women who are 55 or older need to have a mammogram only every two years, and not annually as currently recommended.

Although early detection makes cancer more treatable, there's no evidence that starting mammograms at the age of 40 is making any difference to survival rates. Worse, mammograms are also detecting cancers that aren't there (false-positives), which can trigger a range of treatments from unnecessary biopsies to surgery to remove lumps or even the whole breast.

Mammograms are detecting just five cancers in every 10,000 in women in their 40s and 10 per 10,000 in women in their 50s. This means that 85 per cent of women who die from breast cancer would do so irrespective of mammogram screening.

Other forms of screening, such as genetic risk factors or even manual examination, could be more accurate and helpful. Only women who are at high risk of breast cancer – possibly because of family history or faulty genes – should have annual mammograms, and possibly starting at the age of 40 or even earlier.

The American Cancer Society's new guidelines are more in line with those of the US Preventive Services Task Force, another highly influential body in determining public health policy. The task force says that screening is unnecessary for women at average risk of breast cancer between the ages of 45 and 49, and only screening every two years for women aged between 50 and 54.

(Source: *Journal of the American Medical Association*, 2015; 314: 1599-1614)

CARROTS AND SPINACH HELP KEEP YOUR EYESIGHT SHARP

Your grandmother was right: Carrots are good for your sight (even if they don't quite help you see in the dark). In fact, all the colourful, carotenoid-rich vegetables, which also include spinach and sweet potatoes, help protect us against failing eyesight as we get older.

A major new study has found that the carotenoid-rich fruits and vegetables reduce the risk of AMD (age-related macular degeneration) by 35 per cent. AMD is the major cause of failing sight and blindness as we age.

Researchers made the discovery when they analysed the health and diets of 102,046 participants in the Nurses' Health Study.

The greatest protective effect was among those who ate the most carrots, tomatoes, spinach, oranges and other vegetables and fruits rich in the carotenoids, pigments that give the foods their distinctive colouring, and which can be converted by the body into vitamin A. The two most beneficial carotenoids are lutein and zeaxanthin, the researchers found.

(Source: *JAMA Ophthalmol*, 2015: published online, October 8, 2015)



Source: www.WDDTY.com

What to do when the living isn't easy

Goodbye STRESS AND ANXIETY

It's gotten to the point where we only feel relaxed once a year - when we push aside that mountain of work and take our "official" annual holiday.

WHEN A HOLIDAY DOESN'T HELP

Those happy holiday pictures posted on Instagram and Facebook may not be as carefree as they seem. 44 per cent of people still check their email on holiday, even though completely unplugging from technology has been proven to reduce stress and improve work productivity.^{1,2} Even worse, a long-anticipated holiday may not be enough. A 2010 study of 974 Dutch travellers found that only the people who deemed their holidays "very relaxing" felt an elevated level of happiness after their return.³

These findings may be disappointing to hear, but they tell us something invaluable about the "I need a holiday" excuse. Relaxing just once a year isn't enough to have an impact on daily life. It takes a regular commitment to relaxation to alleviate the levels of stress that are sending millions of people to an early grave.

4 FRIGHTENING FACTS

Day-to-day stress has become so common that we don't even notice it anymore. Like a vaccination that first causes a few symptoms and then slowly makes its way through the body, high stress levels are something we no longer pay attention to. These dangerous stress levels caused by a modern lifestyle can create anxiety as a symptom and can trigger flare-ups of anxiety disorders. Chronic stress can also cause symptoms like muscle pain and tension, social withdrawal, depression, insomnia, over or undereating, drug and/or alcohol abuse, and more.

Put anxiety and stress together, and you have a perfect storm that is sure to rain down on your health:

1. The effects of stress are long-term. A 45-year Great Britain study confirmed that

psychological stress during childhood, even with an improved adult life, can increase risk of heart disease and diabetes.⁴

2. A mother's stress levels matter. University of Notre Dame Australia and the Telethon Kids Institute discovered that a mother's stress during pregnancy can negatively impact a child's motor development.⁵

3. Stress affects the brain. University of Florida Health researchers found an association between the body's stress response and a protein related to Alzheimer's disease.⁶

4. Stress and anxiety can be deadly. A study published in *Arthritis Care & Research* linked stress, anxiety, depression and anger with a heightened risk of heart disease in rheumatoid arthritis patients.⁷ University of Edinburgh researchers also noted that high stress levels stemming from anxiety or depression can increase the risk of death from liver disease.⁸

RELAX AND REJUVENATE DAILY

As stress creeps up, day in and day out, it's easy to forget that chronic stress is easy to manage with a daily commitment plan. Managing stress triggers by setting boundaries at work, practicing mindfulness and exercising regularly can relieve the toxic load stress places on the body.

Supplementing with missing nutrients is the final step that most people overlook. We can protect our body from some level of daily stress, but we can't live in a bubble. The stress-relieving plant compound Vinpocetine can protect against the unavoidable pressures of the daily grind, helping to improve memory and mental function most commonly compromised by stress. Daily support from L-Tryptophan, L-Theanine, and B vitamins can help to enhance relaxation, improve digestion, and promote more restful sleep.

Just like eating Really Healthy Foods, controlling chronic stress is a lifestyle, not

a one-time event. Going on holiday can't counteract dangerous stress levels for 51 weeks of the year. For people trapped in a vicious stress cycle, stress relief isn't only about living a more relaxing life – it's a daily practice that could save a life.

Recommended Products

RELAXWELL

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



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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 gums - **PROVEN**

The best way to get your Magnesium is through Ancient Minerals Magnesium Oil "Ultra," recommended by 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' Magnesium with MSM also available in Bath Flakes, Gel and Lotion



Soups

These healthy and delicious soups are perfect at any time of day

VEGETABLE AND RED LENTIL PASTA SOUP

Ingredients:

1 cup yellow onion
1 cup carrots
1 cup celery
½ packet of Red Lentil Penne Pasta
1 can chopped tomatoes
1 cup vegetable broth
1 garlic clove
¾ tsp. dried thyme
1 ½ tsp. dried marjoram
2 tbsp. extra virgin olive oil
Freshly ground black pepper
Sea salt

Method

1. Heat 1 tbsp olive oil into a large non-stick saucepan. Place over a medium high heat and add the yellow onion.
2. Sauté the carrots, celery and garlic together for 4-5 minutes. Reduce the heat to a low temperature, add in the tomato sauce, canned tomatoes, basil, oregano, marjoram, thyme, sugar, sea salt and pepper to taste.
3. Cover with the lid and simmer for 30 minutes, stirring occasionally until the vegetables become soft.
4. Prepare the pasta in a pan of boiling water and cook them according to the instructions on the packet. Cook until al dente.
5. Add the cooked and drained red lentil pasta into the soup. Allow to cook for 5 mins. Serve warm.



ROASTED BUTTERNUT SQUASH SOUP

Ingredients

1 butternut squash
1 onion, diced
1 red bell pepper, chopped
2 cloves garlic, minced
1 tbsp. olive oil
2 ½ cups vegetable stock, or more, to taste
Kosher sea salt
Ground black pepper
½ tsp. dried thyme
2 tbsp. chopped chives



Method

1. Preheat the oven to 400 °F. Take a baking sheet and lightly coat with nonstick spray.
2. Place the butternut squash, onion and bell pepper on a single layer onto a prepared baking sheet. Add olive oil and garlic then season with salt and pepper. Gently toss to combine.
3. Place the butternut squash into oven. Bake for 25-30 mins until the squash is tender, stir halfway through.
4. Heat a large stockpot over a medium heat. Add the butternut squash mixture with the thyme, cooking and stirring occasionally for 1-2 minutes until fragrant. Season with salt and pepper to taste.
5. Stir in the vegetable stock and puree in an immersion blender. Bring to the boil and then reduce the heat, simmering until slightly thickened for 5-10 minutes. If soup is too thick, add more vegetable stock until the desired consistency is reached.
6. Serve the soup immediately and sprinkle with chives, as desired.

MOROCCAN CHICKPEA PASTA SOUP

Ingredients

1 large onion, diced
2 garlic cloves, minced
½ packet of Really Healthy™ Chickpea Pasta™
1 can of diced tomatoes
4 cups vegetable broth
1 tbsp. coconut oil
1 tsp. cinnamon
1 tsp. cumin
1 tsp. paprika
3 cups of fresh, roughly chopped spinach
¼ tsp. cayenne pepper
Drizzle of extra virgin olive oil (optional)

Method

1. Into a soup pot, melt the coconut oil over a medium heat. Add in the garlic and onions, sautéing for 5-7 minutes until softened and translucent.
2. Add in the tomatoes, Really Healthy™ chickpea pasta, vegetable broth and the spices. Stir to combine all of the ingredients, simmering on a low heat for 40 minutes.
3. Wash the fresh spinach and chop roughly into bite sized pieces. Add into the soup.
4. Serve the soup immediately with a drizzle of extra virgin olive oil.



Healthier Treats

Treating yourself can be healthy with these delicious ideas



APPLE CRISP

Ingredients

- 4 cups of apples, peeled, cored and sliced thin
- ¼ cup full fat coconut milk
- 2 tsp. of lemon juice
- 1 tbsp. of coconut sugar
- 1 tsp. cinnamon
- ½ tsp. allspice

Crumble Topping:

- ¼ cup coconut flour
- ¼ cup almond flour
- 3-4 tbsp. chopped nuts
- 1 tbsp. coconut sugar
- 1 tsp. ground cinnamon
- 3 tbsp. coconut oil
- Pinch of salt

Method

1. Preheat oven 375°F.
2. In a medium mixing bowl, combine apples, lemon juice, coconut milk, coconut sugar, cinnamon and allspice.
3. In a small mixing bowl, combine all the ingredients for the Crumble Topping - mix with your hands until mixture is crumbly. If it's too dry, add a little more coconut oil.
4. Grease an 8" x 8" baking dish or pie pan.
5. Pour the apple mixture into the pan.
6. Evenly sprinkle the Crumble Topping over the apples.
7. Bake about 20-25 minutes, or until apples are tender.
8. Serve warm and enjoy!

FAUX (BAKED) HEALTHY DONUTS

Ingredients

- 1 ¾ cups almond flour
- ¼ tsp. salt
- ¼ tsp. baking soda
- 3 eggs
- 2 tbsp. honey
- ¼ cup coconut oil
- ½ tsp. vanilla extract

Method

1. Mix all ingredients together in a bowl.
2. Pour into greased donut pan.
3. Bake for 10 minutes at 350°F/180°C.



CHOCOLATE CHIA COOKIES

Ingredients

- 1 cup of almonds
- 1 cup of hazelnuts
- 1 cup of quinoa or buckwheat flour
- ⅓ of a cup of pure maple syrup
- ¼ cup of medjool dates
- 3 heaped tbsp. of raw cacao powder
- 2 tbsp. of coconut oil
- 3 tbsp. of chia seeds
- 1 cup of water

Method

1. Place the nuts into a food processor and blend until a flour is formed. Add all of the remaining ingredients and blend until a sticky dough is created.
2. Scoop a tablespoon of the mixture into your hands and after rolling into a ball, flatten using a spatula. Place on the baking tray so the cookies are thin and keep repeating this until all of the cookies are on the tray.
3. Place in the oven at 180°C and bake. until the cookies are firm and

BLUEBERRY BLISS BARS

Ingredients

- 2 cups creamed coconut (you can probably also use coconut butter)
- 2 cups fresh blueberries (frozen, thawed might work too)
- 2 tsp ground vanilla beans

Method

1. Combine all ingredients in a food processor until the mixture is smooth.
2. Line an 8" x 8" pan with parchment paper, leaving enough room for some paper to stick out the sides.
3. Dump the mixture into the pan and spread it out evenly. The mixture is very thick and you may need to wet a spatula to help spread it evenly.
4. Once the mixture is in the pan. Gently press down using the extra sides of parchment paper.
5. Stick the pan in the fridge to firm up. This should only take about 15-20 minutes.
6. Once the mixture is firm, lift the whole thing out by the edges of parchment paper. Use a pizza cutter to cut into squares.



browning slightly. Leave them to cool on the tray and then enjoy.



THE SIMPLE ANSWER TO THE *Infertility Epidemic*

Naturally restore fertility
and give your baby a
healthy start

Infertility is something that's rarely talked about, which is why it's so shocking to hear that it has become an epidemic. You may not encounter infertility until it is staring you in the face – until you have tried everything in your power to get pregnant and still have yet to see a positive pregnancy test.

This problem is, unfortunately, not uncommon. And it is growing worse each year.

WHAT INFERTILITY LOOKS LIKE BEHIND CLOSED DOORS

Infertility is easy to classify, but it is much harder to "cure." As we already know, modern medicine cannot provide any cures – which many people argue is on purpose in order to feed the pharmaceutical monopoly. A doctor can offer a pill or an injection for infertility that may cost a couple time and money, while taking a toll on physical health. But

no medical treatment can guarantee that a couple hoping to start a family will finally conceive.

According to the American Society for Reproductive Medicine (ASRM), infertility occurs when a man or a woman's body is unable to perform basic reproductive functions.¹ Infertility isn't just a minor roadblock a couple may face on the way to having a baby. It is a major problem that affects an estimated 11 per cent of the reproductive-age population.

Even more surprising is the fact that infertility affects men and women equally. Within the past 25 years, the sperm count in Scotland has dropped a whopping 29 per cent.² Sperm counts in France fell by roughly 33 per cent from 1989 to 2005.³

For 25 per cent of couples, there is no one answer to their infertility — there may be multiple factors that are making it difficult for a couple to conceive. Up to 90 per cent of infertility cases are treated with conventional medicine or surgery.

While fertility treatments can increase a couple's chances of getting pregnant, they still have a large margin for error. For fertile and infertile couples alike, conception remains a numbers game: A healthy couple has an estimated 20 per cent chance of conceiving naturally in any given month (at no cost), compared to a couple undergoing in vitro fertilization (up to £10,000 per cycle) with a monthly success rate of 20 to 35 per cent.⁴

To say that the infertility struggle is expensive and heartbreaking would be an understatement. Because of common infertility factors plaguing both men and women — like endometriosis, irregular ovulation, poor egg quality, PCOS, and tube blockages in women and low sperm count, poor sperm motility, and tube blockages in men — millions of couples may never fulfill their dream of starting a family. These infertility issues may appear complex, but they have one common thread that ties them together: most

reproductive disorders stem from lifestyle factors that are within our control.

INFERTILITY IS A LIFESTYLE DISEASE

The ASRM calls infertility a disease of the reproductive system, but that is only one piece of the puzzle. Yes, infertility is a devastating disease. But it is a lifestyle disease brought on, often unknowingly, by the poor choices we continue to make each day.

Because infertility has become a full-blown epidemic, leading doctors to slap an “unexplained infertility” diagnosis on millions of mysterious cases that appear not to have a known cause, it’s worth taking a closer look.

Based on most conservative estimates, one in six couples face infertility — meaning they can’t get pregnant after one year of trying. But one recent Canadian study brought even more shocking figures to light: Infertility in Canada is on the rise, and numbers are higher than suspected. Canada’s infertility rate among heterosexual couples nearly doubled from 1992 to 2012.⁵ To make matters worse, this global epidemic is silent. A 2014 CDC report estimated that fewer women are seeking help for infertility than they were 30 years ago.⁶

Much of this infertility defeat has to do with the confusion surrounding the topic. A doctor may be able to explain a couple’s infertility by pinpointing a reproductive problem that is expensive or impossible to “fix.” For the 20 per cent of infertile couples diagnosed with unexplained fertility, they may find themselves between a rock and a hard place — forced to drain their savings or give up on their dream of having a baby.⁷

And yet, in almost every case of infertility, inflammatory lifestyle factors still aren’t addressed.

THE INFERTILITY SOLUTION: 4 WAYS TO RESTORE FERTILITY NATURALLY

When facing a “hopeless” case like infertility, it helps to remember that every

lifestyle disease has a cause. Take away the cause and apply the science of a non-inflammatory lifestyle, and you can equip your reproductive organs to repair and heal, in the majority of cases.

There are four ways to reclaim your fertility and restore good health, for men and women:

1. Cut out un-natural foods. The first step is perhaps the most important of all — avoiding inflammatory foods, like cow’s milk products, processed foods, and starchy carbohydrates that include breads, cereals, potatoes, refined pastas, and cookies, may relieve the greatest health burden contributing to your infertility.

2. Eat Really Healthy Foods. To restore reproductive health, anti-inflammatory foods must replace inflammatory foods in the diet. Aim to eat fresh, whole foods at each meal: the majority being fresh or frozen vegetables, along with dark-skinned fruits and avocados; beans, nuts, and seeds; limited pasture-fed meats or chicken; oily fish and healthy oils; and healthy carbohydrate alternatives, including legume pasta.

3. Supplement missing nutrients. Nutrition is imperative in this stage to not only support reproductive health but to support a baby’s health after conception. Taking a full spectrum of vitamins and minerals daily can bridge any nutritional gaps in the diet. The trace mineral iodine is critical for any man or woman hoping to conceive — one study even linked iodine supplementation with restored fertility levels in sheep suffering from iodine deficiency.⁸

4. Stay active. Daily activity is an essential component in a reproductive rehabilitation plan. While over-exercise has been linked with a difficulty getting pregnant, exercising and eating a healthy diet have been proven to boost fertility in women with PCOS, a common infertility disorder.⁹

For couples ready to start a family, an infertility diagnosis isn’t a dead end. Restore reproductive health first to lay the foundation for a healthy pregnancy and a healthy baby.

Recommended Products

ACTIVE LIFE CAPSULES

The perfect ‘Super MultiVitamin’ formula for all the family, with x130 nutrients, vitamins and minerals delivered in each capsule.



NASCENT IODINE

Nascent Iodine is recognised by the body ‘as the same iodine’ that is recognised by the thyroid, making this the best form of iodine supplementation. One drop = 400mcg, approx. 600 drops per bottle!



IMPROVING FERTILITY IN 30 DAYS BY ROBERT REDFERN



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Robert's Rant: *I am not a Frog!*

How to get out of the pan and reclaim your health

Over the past 30 years, when the story of the frog and boiling water comes around, I read it and nod my head in agreement, but this is the first time I have written about it. What I have noticed about this and other stories is that no matter how many times I read them, they mean something different each time.

Maybe this is because we get wiser as we get older, and we gain greater insight? It's a pity that the frog in the story does not get wiser over time.

THE FROG DIDN'T STAND A CHANCE

The story of the frog and boiling water goes like this. Various studies have been conducted over hundreds of years on frogs in pans of cold water. When the water was rapidly heated, the frog would react to the sudden heat and jump out quickly to safety and to escape death. When the water was heated very slowly over many hours, the frog would stay in the water, getting acclimated to the heat, and eventually would die as the water reached boiling point.

Why would the frog not realize until it was too late that its death was imminent?

It was 150 years ago that William Thomas Sedgwick theorized:

"The truth appears to be that if the heating be sufficiently gradual, no reflex movements will be produced, even in the normal frog; if it be more rapid, yet take place at such a rate as to be called 'gradual,' it will not secure the repose of the normal frog under any circumstances."

In modern English, he is saying that the frog is not intelligent enough to realize that the nice, warm, cozy water will eventually cause harm and death.

AM I SMARTER THAN THE FROG?

Before the age of 40 when I had my epiphany, I can say I did not use my intelligence and in reality was no better than the frog. I smoked cigarettes and ate junk food (not served by my wife, I must add). It was the premature death of my parents that made me realize I was in the same pan of hot water that killed them.

The pan of water is a metaphor for lifestyle. It seems so innocuous to reward children with junk foods and drinks or, even worse, consume them ourselves whilst in their company. It takes a very strong parent or grandparent to protect children from this "pan of water." We are in effect telling them it is OK to stay in the deadly pan.

I noticed that on UK television there is a baking competition where the contestants are creating the most unhealthy cakes and breads. There is no warning at the bottom of the screen saying, "Don't try this at home!"

Imagine if there was a TV competition where the contestants had to create the best roll-up, chemical-free cigarettes. There would be a massive outcry... yet these are equally as unhealthy as cakes and breads.

WHEN HEALTH RISKS LEAD TO DEADLY MISTAKES

I wish I could say I am perfect now, but at least I recognize the truths and the risks (of the water getting hotter), along with my failings. I am always trying to stay aware of this and correct them.

The risks include: not walking enough; sitting down too much; not drinking enough water; not eating enough greens and dark-skinned fruits; eating grains, cereals, and sugary foods; not breathing

correctly; taking drugs and other medical chemicals; and allowing myself to be overstressed by situations instead of enjoying life.

I have read thousands of articles over the past 30 years to find the truth about health as an alternative to the corrupt pharmaceutical model. It soon became obvious that most people don't have 30 years to keep making mistakes and that there had to be a better way, so I wrote a series of books to provide an easy step-by-step guide on how to make healthy lifestyle changes.

The good news is that you now have a better way to make the changes needed because you now have My Good Health Club, where you can get FREE Health Coaching and support to help you plan a healthier lifestyle. With My Good Health Club, you can create a working plan and get weekly support to motivate and help you stay on the plan. The plans are in my books, available as a free download or as a printed version.

SIMPLE FOOD AND LIFESTYLE CHANGES WILL HELP PREVENT THIS TRAGEDY

The studies are absolutely clear on this, but while your doctor may make reference to it, he or she won't beg you to make the changes. I will because I am 100 percent sure your life will be better with these changes:

Stop all bread, pastries, cookies, breakfast cereals and grains, rice, potatoes, parsnips, and wheat pasta.

Why? Because they contain things that are dangerously detrimental to your health. Yes, even organic grains and cereals!

Stop all processed drinks such as cola, fruit



juices, and excess alcoholic drinks.

Why? Because they are high in sugars and chemical alternatives to sugars.

Add lots of green vegetables in smoothies, soups, and salads.

Why? Because they stimulate growth factors that reverse aging and keep you younger. Try a 60 day Green Smoothie Diet and look in the mirror if you want to prove it to yourself.

Add lots of dark-skinned fruits, such as avocados, blueberries, raspberries, etc.

Why? Because these fruits are full of natural antioxidants to protect your arteries and brain from damage.

Add lots of exercise and movement, and stop sitting down for more than three hours per day.

Why? Studies are absolutely clear that sitting down for more than three hours per day is devastating for your healthy future. Walking for a couple of hours per day, rebounding on a mini trampoline, and simple stretching and muscle exercises will

prevent disease and keep you strong.

Add water.

Why? Drinking 6-8 glasses of water over the day before 6 p.m. will help keep you healthy and lower your blood pressure, when combined with the above.

Add salt.

Why? Take rock salt or unprocessed sea salt daily to maintain some of the missing minerals from the diet.

Add purpose to your life.

Why? Keep working or at least do voluntary work, but do something of value to you and society. This will keep you younger. I feel like a 40-year-old!

Take the missing supplements.

Why? Whatever your budget, you cannot risk not taking something and ending up with bills that will bankrupt you. Whether it is one or two essential vitamins or minerals, like iodine and selenium, or the 15 supplements my wife and I take daily, these powerful nutrients are infinitely cheaper

than spending thousands on nursing care after a stroke or dementia.

Don't stay in the pan of water a minute longer. Whether you are 19 or 90, following the plan above can get you out of the pan and protect you from the heat of an unhealthy future.

Recommended Products

THE MIRACLE ENZYME IS SERRAPEPTASE, 3RD EDITION BOOK BY ROBERT REDFERN

Read all about Serrapeptase and how it is changing lives.

Comes with 240+ pages of health plans to follow, containing Serrapeptase.



ACTIVE LIFE CAPSULES

The perfect 'Super MultiVitamin' formula for all the family, with x130 nutrients, vitamins and minerals delivered in each capsule.





THE HEALTHPOINT FACELIFT:

rejuvenate the skin you're in

The ancient secret to growing younger every day

Anti-aging is one of the most popular skincare categories for a reason — time isn't on our side. With each day that passes, we grow older, on the inside and out. It is these external signs of aging that are the most troubling because they are the hardest to ignore.

Contrary to popular belief, fighting signs of age in the skin isn't just about vanity. When you understand that the skin is the largest organ in your body, and that this organ is a perfect reflection of your inner health, the appearance of your skin takes on a new importance.

WHO IS STARING BACK AT YOU IN THE MIRROR?

Wrinkles are common and considered by many to be a natural part of the aging process, but that doesn't make spotting your first line any easier. Wrinkles are most likely to naturally begin to appear before the age of 35 — though that depends on

how you define "naturally."

Premature wrinkles make more sense when you examine how the skin ages:

- The skin is a living and breathing organ, subject to the same aging side effects that plague the rest of the body.
- The skin can be damaged by doing its day-to-day job, defending the body against the outside world.
- The quality of the skin is directly affected by all lifestyle factors, especially the food you eat.

It may be tempting to reach for the latest wrinkle cream at the first sign of a blemish, but there are a few problems with this approach. First and foremost, there is no product or treatment on the market that has been proven to provide 100 per cent anti-aging results. If this were true, then the results given by this "super" product would crowd out the competition. And yet, there are still thousands of anti-aging products to choose from that can

only claim effectiveness. The majority of these products are loaded with chemical ingredients — experts caution that some of the most popular anti-aging ingredients may increase cancer risk.¹

The second problem with turning to a commercial wrinkle cream as your first line of defense is that it misses the forest for the trees. That is to say, while there are natural and nourishing creams that can be used to protect the skin as an external barrier, these products are only effective when skin health is maintained internally first.

This brings us right back to what is going on inside the body. While smoking has long been linked to the early onset of wrinkles, free radical damage that comes from environmental pollutants, dangerous chemicals, un-natural foods, and stress can age both the body and the skin.² Eating a diet rich in antioxidants, especially those found in dark-skinned fruits like berries and avocados, is the only effective way

to neutralize this age-inducing oxidative stress.³

Diet is one critical skin renewal factor that can't be overlooked. Researchers have already proven that a poor diet and lack of exercise can age the body.⁴ The same association has been found with aging skin. When it comes to minimizing fine lines and wrinkles, you truly are what you eat. Dr. Sean Maguire, a plastic surgeon at the Physician's Center for Beauty, calls a healthy diet "essential" for wrinkle prevention.⁵ He explains, "Eating whole foods with ample amounts of free radical-fighting antioxidants, vitamin C, and vitamin E helps improve the skin's texture, keeping it elastic and supple. Avoiding junk food is also crucial in the fight against wrinkles. Consuming too much sugar activates a physiological process called glycation, which causes proteins – including collagen and elastin – to harden."

The book *The HealthPoint Facelift: The Ancient Anti-Aging Secret* goes on to explain how supporting the skin can benefit the health of the entire body, "We can slow down the natural aging process in the body when we grasp a basic understanding of good health, including eating Really Healthy Foods and supplementing the missing nutrients known to extend lifespan."

HOW TO TURN BACK THE CLOCK

By now we know that the anti-aging industry can't provide us with a wrinkle "cure." All the expensive and often dangerous products on the market neglect one important truth that has been used to treat wrinkles since ancient times:

Premature aging stems from an internal imbalance.

Nourishing and protecting your skin from the elements helps. A chemical-free anti-aging product made with essential vitamins, nourishing oils, and deeply penetrating coenzyme Q10 has been proven to increase hydration and antioxidant activity to protect skin at the surface. Collagen and hyaluronic acid taken in capsule form can improve skin hydration by up to 76 per cent – reducing fine lines and wrinkles while supporting joint health.

Healing your body can also help to heal your skin. A Really Healthy Foods diet, free from processed foods and rich in green vegetables, dark-skinned fruits, nuts, beans, seeds, healthy oils, oily fish, moderate meat, and healthy carbohydrate alternatives, can reduce inflammatory factors known to trigger chronic disease and age the skin. An anti-inflammatory diet will restore health on the inside and provide noticeable improvements on the outside.

But let's not forget what ancient Chinese medicine has taught us about reviving a tired and dull complexion. As far back as the Sung Dynasty in 960 A.D. China, a restorative beauty technique called "Me Rong Zhen" was used to improve circulation and stimulate the body's natural anti-aging system. Centuries ago, concubines of the Chinese Empress and Emperor received facial rejuvenation acupuncture as an anti-aging treatment. Today, modern electro-acupressure can be used at home for the same effect – to lift and tone aging skin with facial acupressure techniques. When combined with a healthy

diet and nourishing topical nutrients, The HealthPoint Facelift can be a safer and more effective alternative to cosmetic injections and surgery.

With The HealthPoint Facelift, you'll find the best of both worlds: Non-invasive electro-acupressure, developed by leading pain control specialist Dr. Julian Kenyon, M.D., can safely stimulate cosmetic trigger points in the skin at home, without needles. Since acupoints are sensitive to bioelectrical impulses in the body, MicroCurrent stimulation applied to specific points can help to identify internal dysfunction and renew the skin from within.⁶ Unlocking this ancient secret addresses the root of premature aging in the skin and in the body. With the right internal support, your skin can look as young as you feel.

Recommended Products

HEALTHPOINT KIT

Become a master of acupuncture but without the needles! Developed over 14 years with a leading specialist, HealthPoint can help over 160 conditions, as shown in the manual.



JOINT & SKIN MATRIX

Made with Biocell Collagen to ensure increased bioavailability. Patented formula with Hyaluronic Acid & Chondroitin Sulfate.



DERMA Q-GEL

Ubiquinol CoQ10 Day Cream. Helps to replenish the skin with vital nutrients including Q-Gel, Vitamin C, Alpha Lipoic Acid, Vitamin E and more. No harsh exfoliants or peeling chemicals.



THE HEALTHPOINT FACELIFT: THE ANCIENT ANTI-AGING SECRET BY ROBERT REDFERN



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IT'S OFFICIAL!

Magnesium is critical!

The missing mineral that controls your health

Magnesium sounds like an average mineral you would find in a daily multivitamin, but researchers, physicians, and health experts insist that it is so much more. Magnesium is not just a mineral – it is a *critical* mineral that your body requires to regulate over 300 biochemical reactions.

Magnesium can be found in the body in large amounts, at up to 25g, because it plays such a vital role in our health. As a single, potent mineral, magnesium can support healthy heart and brain function, ease chronic pain, aid digestion to remedy constipation and indigestion, improve energy and endurance, calm anxiety and promote restful sleep, and balance the mood swings and bloating associated with PMS.

Dr. Linus Pauling, Nobel Laureate, famously said, "Every sickness, disease, and ailment is linked to a mineral deficiency or imbalance."¹ In his report *Magnesium Metabolism and its Disorders*, R. Swaminathan confirmed, "Chronic low magnesium state has been associated with

a number of chronic diseases including diabetes, hypertension, coronary heart disease, and osteoporosis."²

WHY IS MAGNESIUM MISSING?

Magnesium is a marvellous mineral that may hold the key to alleviating countless common ailments and chronic illnesses – magnesium deficiency has been linked to an increased risk of arthritis, diabetes, heart disease, osteoporosis, and even depression.^{3,4,5,6,7} So why aren't we getting enough? Most of us aren't even coming close to meeting our daily magnesium needs.

As Carolyn Dean, MD, ND, author of *The Magnesium Miracle*, estimates, the baseline Recommended Daily Allowance (RDA) for magnesium is far too low at 350 to 400 mg per day.⁸ According to Dean, this minimal amount of magnesium is enough to "ward off outright deficiency," when as much as twice this daily amount is needed to prevent the 22 conditions triggered by magnesium deficiency. This brings us back to the problem at hand – most of us aren't getting the minimal amount of magnesium

we need because the mineral has been sorely depleted in our food supply.

With each passing decade, the quality of our food grows worse. Since the 1950s, magnesium levels in food have been reduced by anywhere from 30 to 80 per cent, based on estimations from the government and independent scientists. Modern farming has caused this mass soil depletion, robbing even the healthiest foods of the critical minerals and antioxidants the body needs to ward off disease.

After reviewing the fundamental change in food quality in the UK over the past 60 years, Dr. David Thomas explained, "A knowledge of the chemical composition of foods is the first essential in the dietary treatment of disease or in any quantitative study of human nutrition... Ongoing research clearly demonstrates a significant relationship between deficiencies in micronutrients and physical and mental ill health."⁹

IT ALL COMES DOWN TO DELIVERY

If we hope to even scratch the surface of this widespread magnesium deficiency that has snowballed into a silent epidemic of

disease, a magnesium supplement is our only hope. Sadly, that is where many of us hit a dead end – by choosing a commercial magnesium supplement that comes in tablet or powder form.

But magnesium cannot be used by the body if it cannot be absorbed by the body.

While cheap and convenient, over-the-counter magnesium supplements have a remarkably poor absorption rate, as low as 5 to 10 per cent. These supplements are not well-received by the body because they are inorganic, and they come in the wrong delivery system. Magnesium capsules, tablets, and powders sacrifice their mineral content through a loss of absorption in the gastrointestinal tract. Transdermal magnesium delivered to the largest organ in the body – the skin – provides the most effective delivery system to saturate healthy tissue so that the body can absorb magnesium in high doses.

As Dr. Norman Shealy discovered in his ground-breaking clinical trial, supersaturated transdermal magnesium can increase magnesium levels in the body in six weeks equivalent to what it takes magnesium tablets two years to do.¹⁰ When transdermal magnesium is delivered through the skin with the organosulfur compound MSM, a magnesium supplement becomes a force to be reckoned with. MSM

improves topical magnesium absorption, with benefits to support bone and joint health, stimulate detoxification, increase glutathione antioxidant production, and strengthen the skin's natural barrier.

Correcting an underlying magnesium deficiency has never been so easy or so convenient, with transdermal magnesium delivery systems like:

- **Magnesium Bath Flakes:** Bath flakes are an ideal magnesium “starter” supplement, when combined with MSM. A magnesium bath or foot soak can gently remedy magnesium deficiency by increasing cellular magnesium levels, making it a recommended transdermal magnesium treatment for children and the elderly. A magnesium and MSM bath can reduce stress and anxiety, ease aches and pains, and support detoxification.
- **Magnesium Gel:** Magnesium gel with MSM is a well-known skin-strengthener that is most frequently used for chronic skin conditions like eczema and psoriasis because of its high absorption rate. With the support of MSM, topical magnesium gel can soothe red, flaky, dry, and uneven skin.
- **Magnesium Lotion:** Applying magnesium as a lotion is helpful for those with sensitive skin. A calming blend of ingredients like MSM, jojoba, squalane,

and coconut oil can nourish tired skin, while supporting magnesium absorption. Magnesium lotion can increase cellular magnesium levels for the purpose of detoxification and stress and pain relief.

- **Magnesium Oil:** Considered the most popular topical magnesium supplement, a magnesium oil spray with MSM can improve magnesium ion uptake by enhancing cell membrane permeability. Transdermal magnesium oil provides the strongest boost of magnesium and MSM, used to correct underlying deficiencies and treat magnesium-related health conditions.

Compared to tablets and powders with low absorption rates, transdermal magnesium provides a daily dose of a critical mineral without any side effects. Once your body receives the mineral it has been missing for so many years, you may notice an immediate difference – in less anxiety, deeper sleep, fewer aches and pains, smoother skin, and relief for some chronic disease.

Traditional Chinese Medicine calls magnesium the “beautiful mineral” for a reason. One missing mineral may be the missing link to good health.

Recommended Products

MAGNESIUM OIL ULTRA SPRAY
MAGNESIUM LOTION ULTRA
MAGNESIUM BATH FLAKES ULTRA
MAGNESIUM GEL 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 is blended with MSM, for superior absorption. Available in Oil, Lotion, Bath Flakes and Gel.



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NATURALLY HEALTHY PUBLICATIONS BOOKS

10 simple steps can support disease recovery and change lives - find out what they are from your book of choice. By following these health plans to the letter, you may begin to see noticeable changes in your health in as little as 30 days:

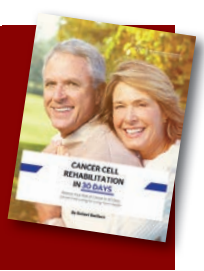
• **Alzheimer's Disease Rehabilitation in 30 Days** – A 10-step plan for Alzheimer's recovery, now including a Caregiver's Diary.



• **Bronchiectasis Rehabilitation in 30 Days** - Using the science of Pulmonary Rehabilitation in a 10-step bronchiectasis recovery plan.



• **Cancer Cell Rehabilitation in 30 Days** - Reduce cancer risk in 30 days with a 10-step plan for cancer-free living.



• **Improving Fertility in 30 Days** - Recover reproductive health and increase the chances of conception with a 10-step fertility plan.



• **Improving High Blood Pressure in 30 Days** - Balance blood pressure with healthy lifestyle choices and support from essential nutrients.



• **Improving Kidney Health in 30 Days** - Reduce the risk of a "silent killer" with a 10-step lifestyle plan.



• **Improving Men's Health in 30 Days** - Support for prostate conditions, erectile dysfunction, and hormonal imbalance in as little as 30 days.



• **Improving Multiple Sclerosis in 30 Days** – A 10-step MS recovery plan using the science of immune system rehabilitation.



• **Improving Rheumatoid Arthritis and Juvenile Arthritis in 30 Days** – A 10-step RA and JA recovery plan using the science of immune system rehabilitation.



• **Improving Stroke in 30 Days** – A guide to stroke prevention and recovery, with noticeable relief within 30 days.



• **Pulmonary Tuberculosis Rehabilitation in 30 Days** - Using the science of Pulmonary Rehabilitation in a 10-step pulmonary tuberculosis recovery plan.



• **Solving Diabetes Type 2 in 27 Days** - Prevention and relief for this common inflammatory lifestyle disease within 27 days.



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Healthy Lunches

Make the most of your midday meal with these recipe ideas

SALMON, BROAD BEAN AND RED LENTIL PENNE PASTA

Ingredients

2 cups mixed dark green and red salad leaves
2 or 3 spring onions/scallions, thinly sliced
½ cup fresh, shelled peas or mange tout peas, sliced
½ cup broad beans
¼ cucumber, diced into small pieces
½ packet Red Lentil Penne Pasta

Dressing:

1 shallot, finely chopped
1 tbsp. white wine vinegar
1 tbsp. fresh lemon juice
2 tbsp. olive oil
1 tbsp. fresh herbs such as dill or parsley, chopped
Sea salt and black pepper

Method

1. Heat grill to medium heat. Line a grill pan with foil.
2. Place the salmon or other fish fillet on the grill pan, squeeze the lemon juice over the salmon, drizzle with olive oil and place under the grill on medium heat.
3. Grill for approximately 15 minutes or until cooked right the way through.
4. Once cooked, allow to cool until you can gently break the salmon into pieces.
5. Place the pasta in a pan of boiling water and cook until al dente. Drain and serve.
6. Combine all the dressing ingredients in a small bowl and mix thoroughly. Season with salt and pepper to taste.
7. Combine the salad leaves, onions, peas, broad beans, cucumber and asparagus in a bowl.
8. Pour the dressing over the salad and mix well.
9. Transfer the dressed salad to a plate and combine with the pasta and salmon.

BUTTERNUT SQUASH AND SMOKY BLACK BEAN SALAD

Ingredients

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

Method

1. Preheat oven to 425°F.
2. Combine squash and 1 tablespoon oil; toss to coat. Arrange squash on a jelly-roll pan. Bake for 25 minutes or until tender.

BEETROOT SALAD

Ingredients

Raw beetroot
Carrot
Apple
Honey
Garlic oil
Balsamic vinegar
Sea salt
Sunflower seeds (to garnish)

Method

1. Use a hand grater to grate beet root, carrot, and apple. Make sure the vegetables are cleaned and peeled. Keep the peel on the apple for added nutrients.

3. Arrange walnuts on jelly-roll pan; coat with cooking spray. Sprinkle ¼ teaspoon salt over nuts; toss. Bake for 10 minutes or until toasted, stirring once.
4. Combine 1 tablespoon olive oil, vinegar, mustard, honey, and adobo sauce in a bowl; stir with a whisk.
5. Heat a medium non-stick skillet over medium heat. Add remaining 1 teaspoon oil to pan; swirl to coat. Add garlic; sauté 1 minute. Add squash, remaining ¾ teaspoon salt, pepper, and beans; cook 3 minutes or until heated through. Remove from heat; stir in 3 tablespoons adobo dressing; toss to coat.
6. Combine remaining dressing and arugula; toss to coat. Divide arugula mixture evenly among 4 plates; top with bean mixture. Sprinkle evenly with nuts and cheese.



2. A nice flavour to add to the raw grated mixture is a homemade dressing of honey, garlic oil, and balsamic vinegar.
3. Add a small amount of sunflower seeds to complement the homemade salad dressing. Mix it together with a small amount of sea salt.





SOIL-BASED PROBIOTICS HAVE DOUBLE-BLIND STUDIES

They work!

The secret to good health lies in your gut

There's something important you should know about your gut: It's not just for digestion. In the past two decades, researchers have uncovered the marvel that is the human digestive system, also called the gut microbiome or the "second brain" because of how the gut communicates with the body.

Because the gut is responsible for regulating digestion and elimination, it's easy to think of the G.I. tract as a separate system. But compartmentalising digestion in this manner isn't doing us any favours. In fact, it has caused us to overlook how the gut influences the health of the entire body. When we fail to understand how the gut and its communities of beneficial bacteria work in synergy with every bodily system, we fail to understand our health.

THE SUM OF ITS PARTS

Aristotle's ancient wisdom perfectly

describes how the gut works with the body. The philosopher once said, "The whole is greater than the sum of its parts." This simply means that when you add all of the small parts together, like each individual bacterium found in the digestive system, their combined gut force is more than anything these bacteria could accomplish alone.

And what a powerful digestive force this is. As Jane E. Brody describes in her aptly titled *New York Times* piece, "We Are Our Bacteria," the sum of these parts is greater than we may have imagined. The human body is host to an estimated 100 trillion bacterial cells, which outnumber human cells in the body 10 to one. These bacterial cells account for 99.9 percent of the unique genes in the body.¹

Where do these bacteria come from? In a perfect world, we are born with robust communities of beneficial bacteria in the digestive tract, passed on from mother to

baby at birth. But since we live in a largely imperfect world with modern hindrances, millions of babies are born each year with a weakened digestive system lacking the good bacteria needed to defend an infant against the outside world. A University of Puerto Rico study found a direct link between a newborn's microbial communities in the gut and a mother's birth method, with the potential to impact a baby's future health. Babies born via C-section were missing the protective bacteria transmitted in a vaginal birth and may be more susceptible to disease.²

Sadly, this underdeveloped entry into the world is not at all uncommon. In Europe, an estimated one in four babies are born via C-section in the UK, with numbers creeping as high as 52 percent in Cyprus, Italy.³ And if a lack of maternal bacteria doesn't leave a baby at a disadvantage, there are plenty of other

factors that can contribute to a decline in gut health - mainly, eating a modern diet of inflammatory, processed foods known to irritate the gut and weaken its natural defence. The gut may be further compromised by environmental toxins and daily stress, along with antibiotic abuse, now considered a modern-day epidemic known to wipe out healthy communities of bacteria with long-term effects on gut health.⁴

BACK TO BASICS

No matter how much damage has been done or how weak the digestive system may be after years of less-than-optimal living, it's still possible to restore healthy levels of friendly bacteria in the gut. You can do this by going back to where it all began - by supporting your gut with soil-based probiotics that populated the body in the Garden of Eden. Since the dawn of time, these natural bacteria from the earth were transmitted to the gut when plants covered in soil-based probiotics were eaten directly from the ground.

Not only are soil-based probiotics natural, but they have scientific backing too. Ordinary probiotics are available off the shelf, often made with one or two strains of good bacteria. Ever-popular probiotic yoghurts don't fare any better in what they can offer the human gut. Most dairy probiotics are commercially produced from cows reared in barns, administered high levels of antibiotics that destroy these protective bacteria in the gut. Probiotic yogurt from organic grass-fed cows can provide some nutritional benefits without harmful levels of chemicals, but no dairy-based probiotic formulation has double-blind, crossover studies to back it.

Nothing compares to potent probiotics that come straight from the source: the earth.

We now know that the human body has trillions of bacterial cells, and commercial probiotic pills and dairy products are limited in the support they can offer the gut. Soil-based probiotics, in comparison, are made with 29 different strains of beneficial bacteria. Soil-based probiotics also contain the prebiotic Leonardite that gives friendly bacteria their food source in the intestines. In a published peer-reviewed, double-blind, placebo-controlled clinical trial, a 29-strain soil-based probiotic was found to effectively replenish healthy G.I. microflora, relieve digestive discomfort, promote regular elimination, and support overall good health.⁵

Taking a probiotic this powerful has an immediate effect on the body. As you might remember, we established that the gut and its many bacteria are interconnected with all parts of the body. Boosting gut health with friendly bacteria (the more, the better) can help to repair intestinal damage, improve teeth and gum health to protect against the onset of systemic disease, calm inflammatory acne in the skin, and even provide an early treatment option for osteoporosis.^{6,7,8,9} A hefty dose of probiotics in the gut provides proven weight loss, neurological, and anticancer benefits.^{10,11,12}

It's comforting to know that bugs in the body aren't the enemy. On the contrary, an army of probiotics in the gut can be your best ally in the fight against chronic disease. Improving and maintaining your good health can be as simple as taking a daily probiotic. Once the gut receives this invaluable support, all other systems fall into place.

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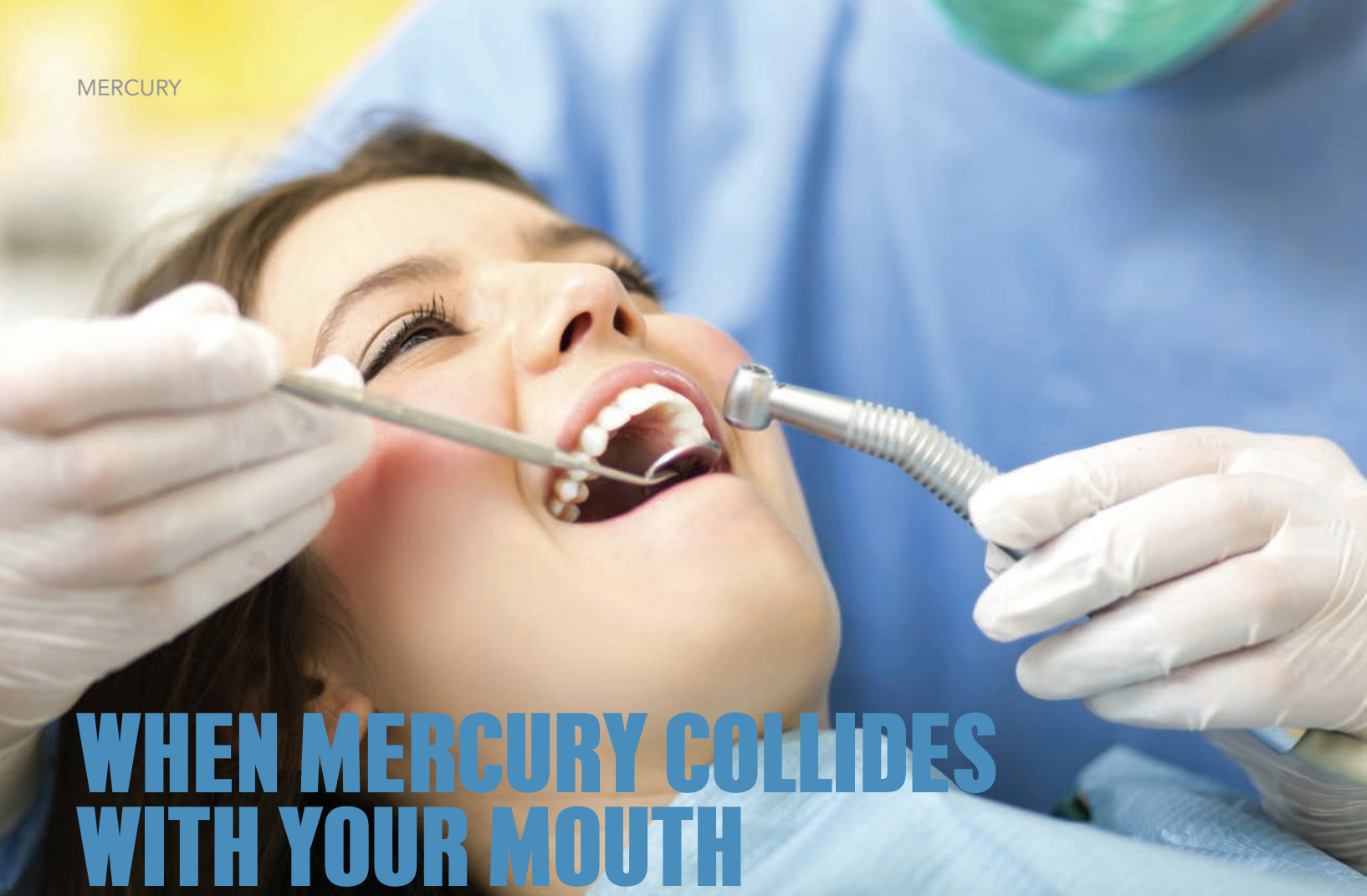
Recommended Products

PRESCRIPT-ASSIST

3rd generation combination of more than x29 friendly soil-based organisms with a humic/fulvic acid prebiotic.

Does not require refrigeration, and safeguarded against light, heat and pressure. Backed by a peer reviewed, human clinical trial with 1 year follow up verifying efficacy.





WHEN MERCURY COLLIDES WITH YOUR MOUTH

Is this dentistry danger putting your family at risk?

Going to the dentist is something we do obediently twice a year, like clockwork. Oral hygiene is a part of basic healthcare just like a routine doctor's visit. But if you are in the majority of people who have had at least one cavity in their lifetime, you may not have questioned what your dentist put in your mouth.

Millions of people are walking around with amalgam fillings in their mouths. At first glance, the word "amalgam" may not raise any warning bells. Because of its innocuous name, many people don't realize that amalgam is made up of a combination of metals that have been used as a dental filling for the past 150 years. Also referred to as "silver amalgam" because of its silver colour, The Columbia University College of Dental Medicine confirms that an amalgam filling may contain metals like silver, tin, copper, and

mercury, along with trace amounts of indium, palladium, or zinc.¹

The main problem with a metal dental filling is not only its metal toxicity – it is where it is inserted. A dental amalgam placed in you or your child's mouth at a yearly dentist's visit can pose a serious health risk when heavy metals like mercury are broken down in the mouth and absorbed by the body.

THE DENTAL AMALGAM DANGER

The United States Department of Labor considers mercury a toxic heavy metal that can "negatively affect people's health," among other metals like arsenic, cadmium, chromium, and lead.² OSHA concedes that many of these metals can be tolerated by the body in very small amounts, but when they are absorbed and built up in large amounts, they quickly become toxic.

This begs the questions: why are we still putting toxic metals in the mouth? Why is

a dentistry practice from almost 200 years ago still being used today?

When the FDA in the U.S. reviewed dental amalgam research in 2009, the organization found no reason to restrict its use in dentistry. The FDA still considers amalgam fillings safe for adults and children over the age of 6, though many groups continue to protest since compelling research proves otherwise.

The FDA admits that dental amalgam used to fill cavities can be dangerous but not dangerous "enough" to ban. According to the FDA, approximately 50 per cent of dental amalgam is made up of elemental mercury by weight.³ Because of this, dental amalgams may be stronger and more durable than other fillings, but they can also release small amounts of mercury in a vapour that is easily absorbed by the lungs. High levels of mercury vapour exposure can damage the kidneys and brain.

The role of mercury in amalgams is downplayed for the purpose of public health and safety, and yet, dentists remain the second largest user of this heavy

metal and environmental pollutant. Even if you don't have a dental amalgam in your mouth, you may not be exempt from its toxic effects, says the Campaign for Mercury Free Dentistry.⁴ Mercury can be transferred from fillings into human waste, where it reaches the water supply. Mercury is also released into the environment through respiration, cremation, and emissions from dentists' offices. The danger doesn't stop there – dental mercury grows even more toxic when it is released into the environment and converted into methylmercury, found in the fish we eat.

We can see the effects of this long-term mercury use in the dentists themselves. A 2012 *International Journal of Statistics in Medical Research* study found that because of this occupational hazard, dentists who used mercury amalgam restorations in their practices had a greater risk than the general population for neuropsychological, neurological, respiratory, and cardiovascular disorders.⁵ Researchers added that this mercury amalgam even threatens the future health of patients – the children and adults who receive amalgam fillings.

Dental amalgams remain the primary source of mercury exposure in our Western world. "Amalgam is a primitive, polluting, 19th century product. It began when physicians were sawing off legs," explains Charlie Brown, President of the World Alliance for Mercury-Free Dentistry. He continues, "Amalgam is a gigantic pollutant... More mercury is in the mouths of people in the United States and Europe than in all products combined."⁶

ALWAYS CHOOSE MERCURY-FREE

This dental amalgam danger isn't one we can continue to sweep under the rug, but

many people feel their hands are tied if these noxious fillings are already in their family's mouths.

Even if you received mercury fillings decades ago, you can still take action to restore your health:

1. Remove. The modern dental industry may be fixated on dental amalgams, but alternatives abound. Toxic dental amalgams can be removed and replaced with safer filling materials, like glass ionomers and resin composites. However, choosing a skilled dentist who specializes in the safe removal and replacement of dental amalgams is critical – improper removal can greatly increase mercury toxicity in the body and could make a patient sick.

2. Cleanse. Whether you've been exposed to mercury through fillings or through the environment and water supply, a full cleansing is critical to relieve your body of this toxic load. When used alongside cellular silver and glutathione supplements, cellular zeolite can work as a prime detoxifier to bind and remove toxic heavy metals like mercury and lead through the urinary tract. Glutathione, the most potent antioxidant in the body, aids in detox by neutralizing free radical damage caused by environmental pollutants – note that natural glutathione levels may be depleted when the body is in toxic distress. Cellular silver plays a supporting role in a heavy metal cleanse, considered by many to be the most powerful broad spectrum antimicrobial used to safely kill pathogens without damaging healthy tissue.

3. Prevent. To protect your family's health, select your dentist wisely. At least 50 per cent of the dentists in Western countries have foregone amalgams and have

implemented mercury-free fillings instead, yet the *Journal of the American Dental Association* confirms that amalgams are still being pushed in American dental schools.⁷ Exercising your right as a consumer to choose mercury-free dentistry can help turn the tides in the dental industry.

Most mainstream dental organizations don't recommend seeking treatment from a mercury-free dentist unless you have a mercury allergy. But the research doesn't lie – dental amalgams are toxic pollutants that can compromise your health. If mercury doesn't belong in the environment, then it doesn't belong in your mouth.

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Recommended Products

ULTIMATE BODY DETOX

Advanced Cellular Glutathione, Advanced Cellular Silver and Advanced Cellular Zeolite all available individually or as a pack (x1 each).



HEALTH news



OUR MIND IS AS POWERFUL AS PAINKILLERS

Our mind is as powerful as painkillers, even when there has been nerve damage, new research has discovered. Giving people a placebo, or dummy pill, works just as well as an actual drug, and achieves similar levels of pain relief.

The phenomenon of the placebo effect seems to have been increasing over the past 25 years or so, so much so that it is matching any positive results for the painkillers being tested. The placebo effect has also been found to be as powerful as antidepressants and antipsychotics in earlier studies.

In the new analysis, researchers at McGill University in Montreal looked at the results from 84 trials into powerful painkillers between 1990 and 2013. Over that time, the increase in the placebo has increased to the point where it has the same pain-killing effects as the drugs themselves.

People given the placebo have reported a 30 per cent decrease in pain from nerve damage, which is the same as that achieved in those taking the painkiller. Strangely, the increase in the placebo response has been rising over the years, and seems to be centred on the US. Similar studies carried out in Europe or Asia haven't reported similar rises in the placebo effects. The placebo response also appears to be greater in the bigger, and longer-running, trials.

As a result, drug companies are finding it very difficult to demonstrate their painkillers are effective, say the researchers.

(Source: *Pain*, 2015; 1: doi: 10.1097/j.pain.0000000000000333)

THE NUMBER OF MOLES ON YOUR ARM REVEALS YOUR MELANOMA RISK

Wonder what your risk is for melanoma, or skin cancer? Just count the number of moles you have on your right arm to discover your chances. More than 11 moles means you have a higher-than-average risk, say researchers.

As melanoma develops from abnormal moles, the number of moles you have on your body can be a good indicator of your risk. And looking at your right arm can give you a good idea of your total count, say researchers from King's College London.

If you have 11 or more moles on your right arm, you're likely to have more than 100 moles on your entire body, and that would mean your risk of melanoma is five times greater than someone with only a few moles. People with seven moles on their right arm have nine times the risk.

Moles are small, coloured spots on the skin, which are long-lasting and are not directly caused by sun exposure, although excessive sun exposure—when the skin is badly burnt—can make a mole malignant, or cancerous. They shouldn't be confused with freckles, which are temporary and are caused by sun exposure.

(Source: BBC, October 19th, 2015)

BIG PHARMA HIDES THE RESULTS WHEN DRUGS DON'T WORK

Drug companies are hiding research that has found their drugs aren't working, and instead are publishing only the positive studies. The effects of one cancer drug were over-estimated by 45 per cent through this practice.

The concealment often happens during the early stages of a drug's trial, usually when it is being tested on animals—and it often creates false hope as well as being a waste of money as expensive human studies are then initiated. But only around 5 per cent of 'promising' cancer drugs and 20 per cent of heart drugs are ever licensed, suggesting the concealment is commonplace, say researchers from McGill University in Canada.

The practice came to light when the researchers looked at all the studies on sunitinib, which targets kidney cancer. They discovered that animal studies that reported little or no benefit were concealed; with only the positive studies being published, the cancer-fighting effects of the drug were over-estimated by 45 per cent.

The researchers' suspicions were first raised when early studies of sunitinib were showing that the drug was effective against a range of cancers, a result that "strains credibility," said lead researcher Dr Jonathan Kimmelman.

(Source: *eLife*, 2015; 4: doi: 10.7554/eLife.08351)

Source: www.WDDTY.com

MONSANTO'S ROUNDUP CLASSIFIED AS A CARCINOGEN

Glyphosate, the active ingredient in Monsanto's Roundup weed killer – one of the world's best-selling brands – has been designated a cancer-causing agent by the US state of California.

It's the first time any regulatory agency has classified glyphosate as carcinogenic, and the impact of California's decision could be far-reaching, and may be followed by other states and possibly other countries. California's Office of Environmental Health Hazard Assessment has been responsible for the listing, although it doesn't restrict the sale or availability of Roundup.

Under the US's Proposition 65 – more properly the Safe Drinking Water and Enforcement Act of 1986 – chemicals that cause cancer, birth defects or other reproductive harm must be listed and published by the state. The International Agency for Research on Cancer (IARC) described glyphosate as a "possible carcinogen" last March.

Studies among people who regularly use Roundup in their work – such as gardeners or farm workers – have discovered that it increases the risk for non-Hodgkin lymphoma, a cancer of the lymphatic system.

Roundup is sprayed on crops, parks, open spaces and gardens around the world.

LIGHT EXERCISE REDUCES RISK OF ASTHMA ATTACK

Thirty minutes of exercise a day could keep asthma attacks away. Although the recommendation goes against standard medical advice, new research has discovered that asthmatics who do daily gentle exercise – such as walking, riding a bike or yoga – are nearly three times less likely to have an attack than a sedentary sufferer.

Doctors advise asthmatics not to exercise in the belief that it causes shortness of breath and triggers attacks. But new research has found that exercise doesn't cause an attack provided the sufferer takes medication beforehand and cools down afterwards.

And the exercise shouldn't be strenuous. Any gentle activity for 30 minutes every day is enough, and can reduce the chances of an attack two-and-a-half times.

Researchers from Concordia University tested the approach on 643 asthmatics, 245 of whom said they did not do any physical activity, presumably on the advice of their doctors. But, say the researchers, this is also a reflection of the general population, where 45 per cent don't exercise.

(Source: *BMJ Open Respiratory Research*, 2015: 2: e000083)



BOWEL CANCER IS FOUR DISEASES, SCIENTISTS DISCOVER

Scientists have discovered that bowel cancer isn't one disease: it's four. Each needs its own treatment approach, with different drugs and therapies being used.

Each of the four bowel cancer types has its own genetic and biological characteristics, with some being more aggressive and fast-growing than others, say scientists at the Institute of Cancer Research. Doctors need to identify which of the four types they're treating and prescribe the appropriate drugs and therapies, they say.

The discovery is part of an ongoing research programme that is coming to an understanding that breast cancer, prostate cancer and bowel cancer are multiple different diseases, and that there is not one specific type of breast cancer, for instance, said lead researcher Prof Paul Workman.

(Source: *Nature Medicine*, 2015; doi: 1038/nm.3967)



WOMEN WITH DCIS MORE LIKELY TO DIE FROM HEART DISEASE

Most women diagnosed with DCIS (ductal carcinoma in situ) are not dying from breast cancer – but from heart disease. This is because the condition is invariably benign and, despite its name, rarely develops into cancer.

Just 9 per cent of women with DCIS had died from breast cancer 20 years after diagnosis, compared to 33 per cent who instead died from cardiovascular disease.

Researchers were looking at the outcome of 121,000 cases of DCIS detected between 1991 and 2010 in the US. They also discovered there was almost no difference in survival rates between different treatment approaches, whether lumpectomy, radiotherapy or mastectomy.

The researchers, from Duke Cancer Institute, say that a more individualized approach needs to be adopted, and that could include watchful-waiting where treatment is delayed.

(Source: *Journal of the National Cancer Institute*, 2015; 107:djv262)

Source: www.WDDTY.com

Essential eye nutrients that
benefit the whole body

LUTEIN AND ZEAXANTHIN —

Not just for eye health

There has never been a better time to start caring about your vision. Eyesight is a precious sense that is not a renewable resource — which is to say, unless you make an effort to renew your vision daily, your eyesight will only get worse with age.

According to recent survey results from a Research!America and the Alliance for Eye and Vision Research (AEVR) poll, sight loss is a top concern that many people fear second to death.¹ Now that we are living longer than ever, vision loss has become an increasing health concern in the UK that is expected to grow worse, confirms the Royal College of General Practitioners.²

This fear of failing eyesight is most often addressed by attempting to catch the warning signs early on. Optometrists prescribe drugs and surgeries to treat conditions like cataracts, glaucoma, and age-related macular degeneration (AMD).

Most optometrists, lacking in nutritional training, are only able to manage poor vision without any hope of maintaining or restoring sight.

This common misinformation circulating in the medical community encourages us to run up the white flag and accept our fate. Yet decades of research on using essential eye nutrients that also benefit the whole body prove that quite the opposite is true.

A SIGHT FOR SORE EYES

Lutein and zeaxanthin are two of the most important eye nutrients, found in green leafy vegetables and yellow plant pigments. Out of the 600 naturally occurring carotenoids that exist, lutein and zeaxanthin are the *only two* that accumulate in large quantities in the retina, or macula, of the eye. But even if you have been dutifully eating your vegetables for years, just like your mother told you, a

plateful of eyesight nutrients may not be enough.

Eating Really Healthy Foods lays the foundation, but vitamin, mineral, and antioxidant levels in our soil have been vastly depleted within the past 50 years. Add to that the fact that the body has a harder time absorbing nutrients from food with age, and you can see the predicament. Lutein and zeaxanthin must be taken daily as a highly absorbable supplement, preferably as a sublingual spray used to quickly deliver these critical nutrients directly to the eye and to the rest of the body. Taking concentrated eye nutrients in this kind of delivery system has the potential to stop or even reverse sight loss.

Remember, it is still important to get your daily dose of these protective nutrients from leafy greens, but when taken as a highly absorbable supplement, lutein and zeaxanthin can have a near-immediate effect on the health of the

eyes. In a study published in the journal *Experimental Eye Research*, scientists discovered that taking just 6 mg of the lutein carotenoid with its co-nutrient zeaxanthin daily for five months was enough to significantly increase macular pigment density and protect against the harmful blue wavelength light known to contribute to macular degeneration.³ According to a report published in the *Archives of Ophthalmology*, consuming higher levels of lutein and zeaxanthin can help reduce the risk of AMD, which remains the leading cause of irreversible blindness among older populations of European descent.⁴

The remarkable effect these key nutrients have on the eye, especially to ward off age-related vision loss and eye disease, is undeniable. More than a decade ago, researchers from Schepens Eye Research Institute confirmed that vision loss associated with age may be preventable and reversible by improving nutrition - namely, increasing lutein and zeaxanthin intake.⁵ Because of their protective role as antioxidants, Ohio State University researchers back lutein and zeaxanthin's ability to help prevent cataracts, with nearly 10 times more power than the eye-protecting antioxidant vitamin E.⁶

KEEP AN EYE ON YOUR HEALTH

The importance of taking lutein and zeaxanthin as an eyesight supplement is irrefutable — but there's more.

These vision-strengthening carotenoids have powerful health benefits that extend to the rest of the body:

- **Brain:** Since lutein and zeaxanthin can seamlessly cross the blood-brain barrier, the nutrients prove promising to support cognitive function, especially in the elderly. Researchers discovered that zeaxanthin concentrations in brain tissue were associated with cognitive function, memory retention, and verbal fluency, while lutein concentrations were

associated with recall and verbal fluency.⁷

- **Cancer:** When *Journal of American College of Nutrition* researchers explored the disease-fighting properties of the xanthophyll carotenoids lutein and zeaxanthin, the benefits were plentiful. Observational studies indicate that lutein and zeaxanthin may reduce the risk of some cancers, including breast and lung cancer — with further disease prevention benefits on the horizon.⁸ In an 8-year study conducted on 27,000 Finnish male smokers, taking lutein and zeaxanthin was associated with a 17 per cent decreased lung cancer risk.⁹

- **Heart:** Upon examining patients who suffered from coronary artery disease (CAD), Swedish researchers found low levels of the antioxidant carotenoids lutein and zeaxanthin in patients with the heart condition. Researchers noted that heart patients could respond well to these antioxidant supplements.¹⁰ High lutein levels in the body can also protect against early atherosclerosis by preventing the stiffening and thickening of the arteries.¹¹

- **Skin:** Similar to the way carotenoids guard the delicate eye organ from ultraviolet light, lutein and zeaxanthin can also protect the skin from damage caused by UV overexposure (note that moderate sun exposure without sunscreen is required for daily health). While depleted levels of lutein and zeaxanthin have been known to prematurely age the skin, researchers observed that taking a lutein supplement, instead of consuming lutein from food, led to a noticeable improvement in younger skin.¹²

Research has now proven beyond the shadow of a doubt that two potent carotenoids can strengthen the eyes and support the health of the entire body. To receive these powerful health benefits, antioxidant levels must be replenished daily. If you need one good reason to start taking a lutein and zeaxanthin supplement — just imagine your health and your vision getting better with age.

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Recommended Products

MAXIFOCUS

Unique powerful formula that blends x24 important nutrients including Lutein, Zeaxanthin and Riboflavin. Now using Liposomal technology and delivered via a dropper for increased absorption and better results!



ACTIVE LIFE CAPSULES

The perfect 'Super MultiVitamin' formula for all the family, with x130 nutrients, vitamins and minerals delivered in each capsule.



UNLIKE ANY OTHER FISH OIL



Why krill oil is superior to ordinary fish oil

Your doctor may go so far as to tell you to take a fish oil capsule for your daily dose of omega-3s, but that is normally where the information ends. It is very rare that a doctor will take the time to explain the differences between the competing fish oils on the market - let alone how a safer alternative like krill oil measures up.

KRILL OIL VERSUS FISH OIL: WHAT'S THE CATCH?

Krill oil and fish oil have one thing in common: They both contain high levels of beneficial omega-3 fatty acids. Ideally, we would be able to get all of

our protective omega-3s from the fish we eat - needed to calm inflammation, support cognitive function, and protect the health of the heart - but we now know that our oceans are dangerously polluted. Most commercially sold fish contain high levels of heavy metals and environmental pollutants, making omega-3 oils like fish oil and krill oil the next best thing.

And that is where the great distinction between krill oil and fish oil lies: in the level of pollution found in the ocean.

Fish used for fish oil supplements are oily, cold-water fish like mackerel, herring, halibut, salmon, cod, sardines, and albacore tuna, either wild-caught or farmed from deep within the ocean. Pollution is still

a major factor in the fish used to make fish oil supplements. In contrast, krill are tiny, shrimp-like crustaceans found in the Southern Oceans. The Southern Oceans are the only oceans in the world to remain unpolluted by the toxic heavy metals now found in most fish oils.

Fish oil that comes from a contaminated species of fish may contain high levels of toxic heavy metals, including mercury, cadmium, lead, chromium, and arsenic. For example, European, North American, and South American farm-raised salmon may have higher levels of PCBs and other environmental toxins compared to wild-raised salmon, according to research published in *Science*.¹ In the study, Indiana

University researchers discovered that toxin levels in European farm-raised salmon were the highest of all.

Krill are different from these polluted fish since they are at the bottom of the food chain, living in pure ocean waters. In krill oil, there is virtually no risk of exposure to dangerous dioxins, heavy metals, PCBs, and environmental contaminants. Rather than burdening the ocean's delicate ecosystem as polluted fish do, krill play an important supporting role in fertilising the Southern Oceans with iron. Krill "give back" by naturally releasing iron to feed phytoplankton in a process that increases the ocean's capacity to store carbon dioxide.²

THE OCEAN'S BEST KEPT SECRET

Krill oil may be a far safer alternative to toxic fish oil, but how do its health benefits measure up? Krill oil contains the same omega-3s found in fish oil, EPA and DHA. But that is where the similarities end. Fish oil contains triglyceride omega-3s, while krill oil contains double chain phospholipid omega-3s. Double chain phospholipid fats are identical to the fats found in human cell walls, making the omega-3s in krill oil more absorbable and usable by the body.

Now that you understand how krill oil works seamlessly with the body, it's easy to appreciate its many health benefits:

- **Antioxidant.** The antioxidant power of krill oil is unmatched compared to ordinary fish oil. Krill are an ultra-rich source of omega 3, 6, and 9 fatty acids, with antioxidant levels 300 times higher than vitamins A and E and 48 times higher than the omega-3s found in standard fish oils.

- **Arthritis.** As a nourishing and pure fatty acid, krill oil provides anti-inflammatory benefits to improve joint health and even ease pain associated with arthritis. Arthritis patients who took krill oil saw a joint pain reduction of up to 30 per cent.³

- **Blood sugar.** Taking krill oil can prove especially promising for diabetics since, like the spice cinnamon, krill oil is known to stabilise blood sugar levels. University of Florida researchers also believe that a high intake of omega-3 fatty acids can hinder the onset of type 1 diabetes in children at risk for the condition.⁴

- **Brain.** Krill is known to optimise brain function as the essential fatty acids EPA and DHA are essential to maintain the health of both the heart and the brain. Based on research published in the *Alternative Medicine Review*, the EPA and DHA in krill oil can provide benefits for a number of brain and mental disorders, including autism, dyslexia, aggression, ADHD, depression, and bipolar disorder.⁵

- **Heart.** Known for its anti-inflammatory properties, krill oil can calm the inflammatory cascade in the body known to damage the heart, while regulating cholesterol and blood lipid levels. In a 2014 study conducted on 300 people and published in *Nutrition Research*, study authors found that taking daily krill oil supplements could help reduce triglyceride levels and boost heart health. Researchers called the results from this study "exciting," being the largest krill oil study conducted on humans to date.⁶

- **Vision.** Astaxanthin is the antioxidant in krill oil that is also found in large quantities in the eye, needed to naturally protect the delicate organ against ultraviolet light (UV). Because of its unique balance of DHA and astaxanthin, a krill oil supplement can help to alleviate dry eyes. Astaxanthin can cross the delicate barrier of the eye to reach the retina, with proven benefits for eye strain, macular degeneration, and diabetic retinopathy.^{7,8}

Rich in essential fatty acids that the body can't make on its own, krill oil is important for everyone - particularly developing children. Taking a safe, pure,

and protective supplement with a wide range of health benefits is the best gift you can give to your family.

Recommended Products

THE KRILL MIRACLE

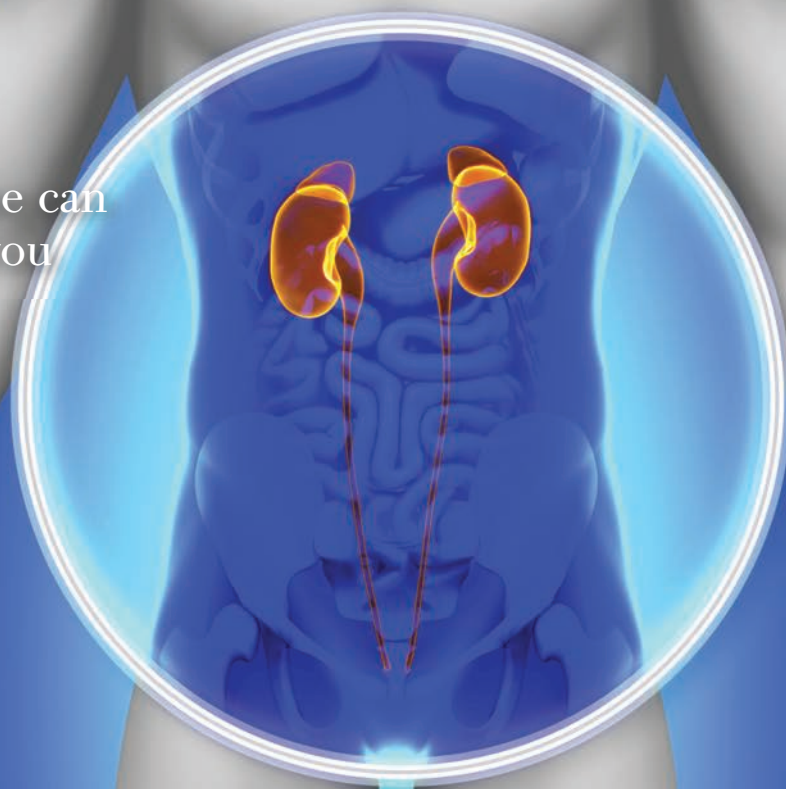
Concentrated Omega 3, 6 and 9, many times more powerful than fish oil. Now in vegetable licaps. Super rich source of DHA & EPA and made using a patented Eco-harvesting fishing system that ensures no by-catch.



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Kidney disease can
sneak up on you



ARE YOUR KIDNEYS IN DANGER?

It's not often that we give thought to our kidneys. The kidneys are like the busy worker bees of the body – they dutifully do their job without making a fuss or attracting any attention. Because of the low-profile role of the kidneys, a largely misunderstood organ that is essential to good health, you may not realise that your kidneys are in trouble until it is too late.

The fact remains that kidney disease is the ninth leading cause of death in the Western world. World Kidney Day rolls around each year in March to raise awareness for this silent killer, but most of us click right through on social media because we think kidney disease couldn't happen to us. But as the World Kidney Day initiative reminds us, early chronic kidney disease is truly silent – it develops with very few detectable symptoms over several years.

Chronic kidney disease normally does not go away on its own. Kidney disease can be treated by making critical lifestyle changes and by supplementing missing nutrients. The earlier that a kidney disorder is detected, the better the chance of recovery

will be.

Because the subtle signs of poor kidney health are not common knowledge, the silent epidemic progresses. Today, up to 10 percent of the global adult population suffers from some form of kidney damage, matching the global burden of diabetes.¹ A 2013 editorial report published in *Lancet* confirms, "The prevalence of kidney disease is likely to be underestimated... Chronic kidney disease is recognised as an independent risk factor for cardiovascular morbidity and mortality."²

WHAT ARE YOUR KIDNEYS TRYING TO TELL YOU?

As the book *Improving Kidney Health in 30 Days* explains, "Kidney disease occurs when damaged kidneys can no longer effectively filter blood. Once waste builds up as a result of kidney damage, it can cause a domino effect in the body that ultimately leads to poor health. Kidney damage is likely to occur over several years and may be diagnosed as chronic kidney disease (CKD). Chronic kidney disease differs from a sudden change in kidney health related to injury, illness, or medication, otherwise known as acute

kidney injury."

When kidney function starts to slowly and silently decline, the kidneys can no longer complete the important and unique tasks in the body that only they can do. Your body relies on the function of your kidneys each day to support digestive health, control blood pressure, produce vital hormones, monitor fluid content and adjust mineral levels, activate the essential vitamin D, produce urine to excrete waste, and resorb water, glucose, and amino acids.

You may not notice right away that your kidneys are struggling, but if you look a little closer, you may see the very early warning signs of what your body is trying to tell you. The beginning stages of chronic kidney disease may first appear as loss of appetite, vomiting or nausea, weakness and fatigue, difficulty sleeping, puffiness around the eyes especially upon waking, changes in urine output or an increased urge to urinate at night, muscle cramps and twitches, swollen ankles and feet, shortness of breath, and high blood pressure.

If you experience one or more of these symptoms of chronic kidney disease, it's no time to panic, but it is time to take action.

You can visit your doctor to confirm poor kidney health, but the fate of your essential organs rests on what you do next.

THE SUPPORT YOUR KIDNEYS NEED TO THRIVE

No matter what your doctor may tell you after an initial diagnosis, kidney rehabilitation needn't be complicated. Committing to an anti-inflammatory lifestyle lays the groundwork – by avoiding processed foods, eating a Really Healthy Foods diet, and supplementing the missing nutrients the kidneys need to repair and heal.

This lifelong commitment to good health may not come easy at first, but it does not even compare to the burden of lifelong kidney treatment, in the form of medication, dialysis, and a possible kidney transplant, without hope for a cure. In an economic evaluation conducted in England and Wales, 80 per cent of kidney dialysis patients agreed that the treatment greatly affected their quality of life. 60 per cent of kidney dialysis patients felt their treatment was a burden to their caretakers.³

Depending on the state of your kidney health, dialysis may be necessary for a time, but it is not the final step. Alongside any medical treatment, you can strengthen your body's natural filtration system by using the science of nutritional therapy:

1. Remove inflammatory triggers. This step is the simplest, which makes it the easiest to overlook: when restoring kidney health, the importance of cutting out the inflammatory foods known to compromise the kidneys can't be overstated. A processed food diet can make kidney disease much, much worse. Texas A&M University researchers discovered that patients with chronic kidney disease who ate a diet high in red meat were three times more likely to develop kidney failure compared to the patients who ate a diet rich in fruits and vegetables.⁴ A Really Healthy Foods diet is a Really Healthy Kidney diet, including fresh or frozen vegetables, dark-skinned fruits and avocados, nuts, beans, seeds, moderate pasture-fed meats, healthy oils and oily fish, and healthy carbohydrate alternatives like

quinoa, amaranth, buckwheat, and legume pasta.

2. Replace missing nutrients. In order for the kidneys to regenerate and regain function, they need the daily support of essential nutrients. Curcumin is a potent anti-inflammatory compound derived from the spice turmeric, known to support digestive function and offer pain relief. In 2013, *Redox Biology* researchers discovered that because of its antioxidant properties, curcumin has a renoprotective effect to buffer the kidneys against outside damage.⁵ Curcumin can have an even more powerful effect on the kidneys when taken with potent enzymes like Serrapeptase and Nattokinase, used to improve digestion and calm inflammation. A daily soil-based probiotic can help maintain optimal gut health, further decreasing the toxic load on the overburdened kidneys.

3. Replenish with sodium bicarbonate. British scientists were astonished to find that a simple ingredient found in your kitchen cabinet could be a game-changer for your kidney health. Sodium bicarbonate, otherwise known as baking soda, can dramatically slow the progression of chronic kidney disease. The study results, published in the *Journal of the American Society of Nephrology*, showed that for the 134 patients with advanced chronic kidney disease who received a small daily dose of sodium bicarbonate, their rate of kidney decline was greatly reduced. In fact, the patients who took sodium bicarb showed kidney function decline at a rate that matched the rate of standard age-related kidney decline.⁶ To maintain this critical alkaline balance in the body that supports daily kidney function, aim to drink 6 to 8 glasses of RO filtered or distilled water a day with a large pinch of sodium bicarbonate in each glass.

If you have been told there is no cure for your chronic kidney condition, it may comfort you to know that the word "cure" is a misnomer. The medical community cannot offer a cure because a health condition like kidney disease is directly related to or exacerbated by the lifestyle factors we have just discussed. Removing these lifestyle factors and making healthier choices can

immediately improve kidney function, in most cases. What many call a cure is really sensible living.

Recommended Products

BLOCKBUSTER ALLCLEAR

Contains a careful blend of powerful enzymes such as Serrapeptase and Nattokinase, plus digestive enzymes, antioxidants and proanthocyanidins. Phthalate-free.



CURCUMINX4000

Each capsule contains 200mg of highly effective Curcumin Phytosome. A published study shows this is x23 better than ordinary Curcumin, whilst an unpublished study claims x45 better!



PRESCRIPT-ASSIST

3rd generation combination of more than x29 friendly soil-based organisms with a humic/fulvic acid prebiotic.



IMPROVING KIDNEY HEALTH IN 30 DAYS BY ROBERT REDFERN



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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.

Natural healing without antibiotics

HEALTH HAS A SILVER LINING

Silver isn't just the precious metal you find in your cutlery. What many people don't realize because of the antibiotic overload in our Western culture is that silver is also a natural healer, hailed for centuries for its antimicrobial benefits.

ANTIBIOTICS ARE TAKING OVER

First, the bad news. If you or your child has visited the doctor for a "bug" that has been going around, you have probably been prescribed antibiotics without question. Within the past 30 years, antibiotic overuse has become common, so common that it has now created its own set of problems.

"The over-use of antibiotics in the last 30 years has led to microbial resistance, and with so few new antibiotics being developed, this could result in once-treatable infections becoming fatal in years to come," explains Gillian Leng, Deputy Chief Executive and Health and Social Care Director at the National Institute for Health and Care Excellence (NICE).¹

This antibiotic resistance is making the bacteria antibiotics are supposed to protect against even stronger, creating what are now called "super" bacteria related to antibiotic overuse. The Public Library of Science confirms that super-resistant bugs are not only killing more people, but they are placing a financial burden on the European healthcare system.² After examining antibiotic resistance in Europe — a problem researchers refer to as one of the greatest threats to modern medicine — the Australian National University linked high levels of antibiotic resistance to high levels of corruption, suggesting that antibiotics are overprescribed for profit.³

GOOD HEALTH SERVED ON A SILVER PLATTER

Clearly, what we are doing isn't working, and it is even causing more harm than good. If we want to address infection safely and effectively, in a way that will save lives and reduce skyrocketing healthcare costs, we must first look within.

The metallic element silver has been

used extensively for thousands of years for its antimicrobial and, yes, *antibiotic* benefits. While silver is still used widely in alternative medicine, it began its decline in popularity when medical antibiotics were introduced in the 1940s. And yet, the natural healing benefits of silver remain in areas where antibiotics have fallen short.

The reason silver is so effective in treating infection is because of the way it works in harmony with the body. Antibiotics destroy the bad and the good, while silver targets only the bad. Colloidal silver disables the oxygen-metabolizing enzyme used by all one-celled bacteria, fungi, and viruses. When colloidal silver enters the body as a supplement, it co-mingles with the blood and penetrates cells to seek out and suffocate harmful organisms within six minutes of contact. Bactericidal silver can destroy up to 650 different disease-causing organisms, without the risk of creating silver-resistant bacterial strains.⁴ Beyond silver's potent antimicrobial power, taking a silver supplement may help boost the immune system and reduce fatigue.

The type of silver you take does matter. While regular colloidal silvers are available, most products are advertised with differing formulations and strengths. Silver hydrosol is a form of colloidal silver scientifically backed for efficacy and safety, formulated in pure water with ultra-pure and ultra-small silver ion particles designed to enter the body at non-toxic levels. Advanced cellular silver provides an extra antimicrobial boost beyond traditional colloidal silver, formulated with a higher concentration of energized silver molecules at 200 ppm and considered a leading broad-spectrum antimicrobial alternative among many physicians.

We have been told that antibiotics are safe for our children, when we now know that this simply is not true. A silver supplement can be used by the whole family to fight infection without any side effects or reactions. Using silver as a natural healing agent supports the body's ability to resist infection at the cellular level, the way nature intended.



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Recommended Products

HYDROSOL SILVER SPRAY/GEL

The most researched silver supplement on the market, safe for all the family. Spray delivers 10ppm and the Gel delivers 24ppm.



SILVERSOL TOOTHPASTE

22ppm silver with natural Xylitol (Birch) peppermint and in BPA free packaging.



ADVANCED CELLULAR SPRAY

Powerful 200ppm silver, achieving 99.9999% kill via an independent study. Proven safe in independent, oral toxicity studies.



MSM+SILVER DROPS

A proprietary blend of OptiMSM®, Hydrosol Silver (10ppm), N-Acetyl-L-Carnosine, Colloidal Zinc (10ppm).





UNDER PRESSURE!

It's time to listen to your heart

Blood pressure is one of the first concerns your doctor will bring up at your annual checkup. Why does blood pressure matter, and what does it have to do with your heart?

YOUR HEART HANGS IN THE BALANCE

In the majority of cases, low blood pressure is considered healthy, and it is high blood pressure that is the cause for concern. While it is possible for blood pressure to dip too low, low blood pressure presenting without symptoms like dizziness, fainting, and fatigue isn't considered by most doctors to be a problem. On the other side of the coin, we have high blood pressure, described as a common disease by the National Heart, Lung, and Blood Institute.¹

According to the British Heart Association, it is almost impossible to detect abnormally high levels of blood pressure, unless you know what symptoms to look for. That's why it's important to stay up-to-date on your blood pressure reading to monitor dangerous levels that could lead to heart attack or stroke. As recent recommendations published in the *Annals of Internal Medicine* confirmed, at-home tracking with an electronic device can be especially

beneficial to confirm a doctor's reading (and to prevent the unnecessary administration of blood pressure medication) since blood pressure levels are known to rise and fall throughout the day.³

Based on BHA guidelines, healthy blood pressure should rise no higher than 140/90mmHg, while 130/80mmHg is ideal for those with a heart or circulatory disease, kidney disease, or diabetes.²

Still, high blood pressure levels are easy to brush off because these numbers appear intangible to most people. High blood pressure is a symptomless lifestyle disease. It isn't until we begin to explore the effect that high blood pressure has on the body - and especially on the heart - that it becomes clear how important it is to keep blood pressure in balance.

Here's what's really happening in your body when your blood pressure starts to register off the chart: High blood pressure, also called hypertension, occurs when blood pressure exceeds 140/90mmHg. Along with increased blood pressure come symptoms like fatigue and confusion, visual disturbances, chest pain, difficulty breathing, irregular heartbeat, headaches, and blood in the urine. Over the long-term, this compromised circulation can begin to burden the heart. As explained in the book

Improving High Blood Pressure in 30 Days, "As a circulator, the heart can only work effectively as part of the entire healthy, active circulatory system acting in unison."

Because of our modern lifestyle known to contribute to chronic disease, high blood pressure is occurring at a younger and younger age. Elevated blood pressure in young adults that is technically in the normal range has been associated with cardiac dysfunction in middle age.⁴ And our modern sedentary lifestyle only makes matters worse - Henry Ford Health System researchers found that teens who spent at least 14 hours a week on the Internet had higher blood pressure levels.⁵ Based on a 25-year study of global disease data, University of Melbourne researchers now consider blood pressure and a poor diet the number one risk factors for premature death.

4 WAYS TO BALANCE BLOOD PRESSURE, NATURALLY

There's no denying the fact that blood pressure is a lifestyle disease, triggered by inflammatory foods and the many unhealthy choices we make each day. Certain groups have a predisposition to high blood pressure, including men and African-Americans. But this does not change the

fact that hypertension risk greatly increases related to an unhealthy diet, obesity, lack of exercise, diabetes (another chronic lifestyle disease), smoking, drinking too much alcohol, depression, and stress.

While it may feel overwhelming to hear that your lifestyle needs a makeover if you want to keep your blood pressure in check, this is actually great news. Dangerous blood pressure medications, known to increase stroke risk by 248 per cent, are no longer necessary when you can manage blood pressure by changing your habits.⁷

There are four important steps you can take to lower blood pressure, often in as little as 30 days:

1. Eat anti-inflammatory foods. What goes into your body must come out again, most frequently manifesting as high blood pressure after eating processed, inflammatory foods. Researchers from Duke-NUS Graduate Medical School Singapore found that eating out can directly increase blood pressure because of the high salt and calorie content in processed foods.⁸ A Really Healthy Foods diet can help to lower blood pressure, rich in non-starchy vegetables; avocados and dark-skinned fruits; beans, nuts, and seeds; healthy oils; oily fish and pasture-fed meats

in moderation; and healthy carbohydrate alternatives, like millet, quinoa, and legume pasta. Eating two beets (beetroots) in a breakfast smoothie, soup, or salad every day can reduce high blood pressure levels within hours, while increasing stamina.⁹

2. Replace what is missing. Replenishing missing nutrients is one step that cannot be overlooked in restoring healthy blood flow and supporting heart health. Powerful enzymes like Serrapeptase and Nattokinase, along with support from antioxidants and proanthocyanidins, are known to improve circulation and strengthen the arteries and heart when taken daily. L-Arginine is a semi-essential amino acid that works with these heart-healthy enzymes to regulate blood flow and the cardiovascular system. Compared to the damaging effects of overprescribed blood pressure medications, these protective nutrients can benefit the heart and the health of the entire body.

3. Get moving. We already know that a sedentary lifestyle is one major risk factor behind high blood pressure and chronic disease. While it's important to get moving and stay moving throughout the day, with a recommended 60 minutes of physical activity spread over the day, standing could be just as important for your heart

health. Kansas State University researchers discovered that sitting for more than four hours a day can increase the risk of chronic disease, including heart disease, diabetes, cancer, and high blood pressure.¹⁰ Sitting for no more than three hours a day is recommended.

4. Take a deep breath. Stress is a major high blood pressure risk factor that is easy to counteract when you rely on the power of the cleansing breath. Learning to breathe properly as a relaxed breath through the diaphragm, or stomach, can help to reduce the stress response known to release cortisol in the body. Practice relaxed, deep breathing several times each day while lying down, until you become accustomed to the extra intake of fresh oxygen. Remember to measure your blood pressure at home before and after practicing breathing exercises to see the remarkable effect relaxation has on your body.

High blood pressure is a lifestyle disease, and it is also a signal your body is sending you. You can get to the heart of the matter by taking four healthy steps proven to lower blood pressure levels.

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Recommended Products

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.



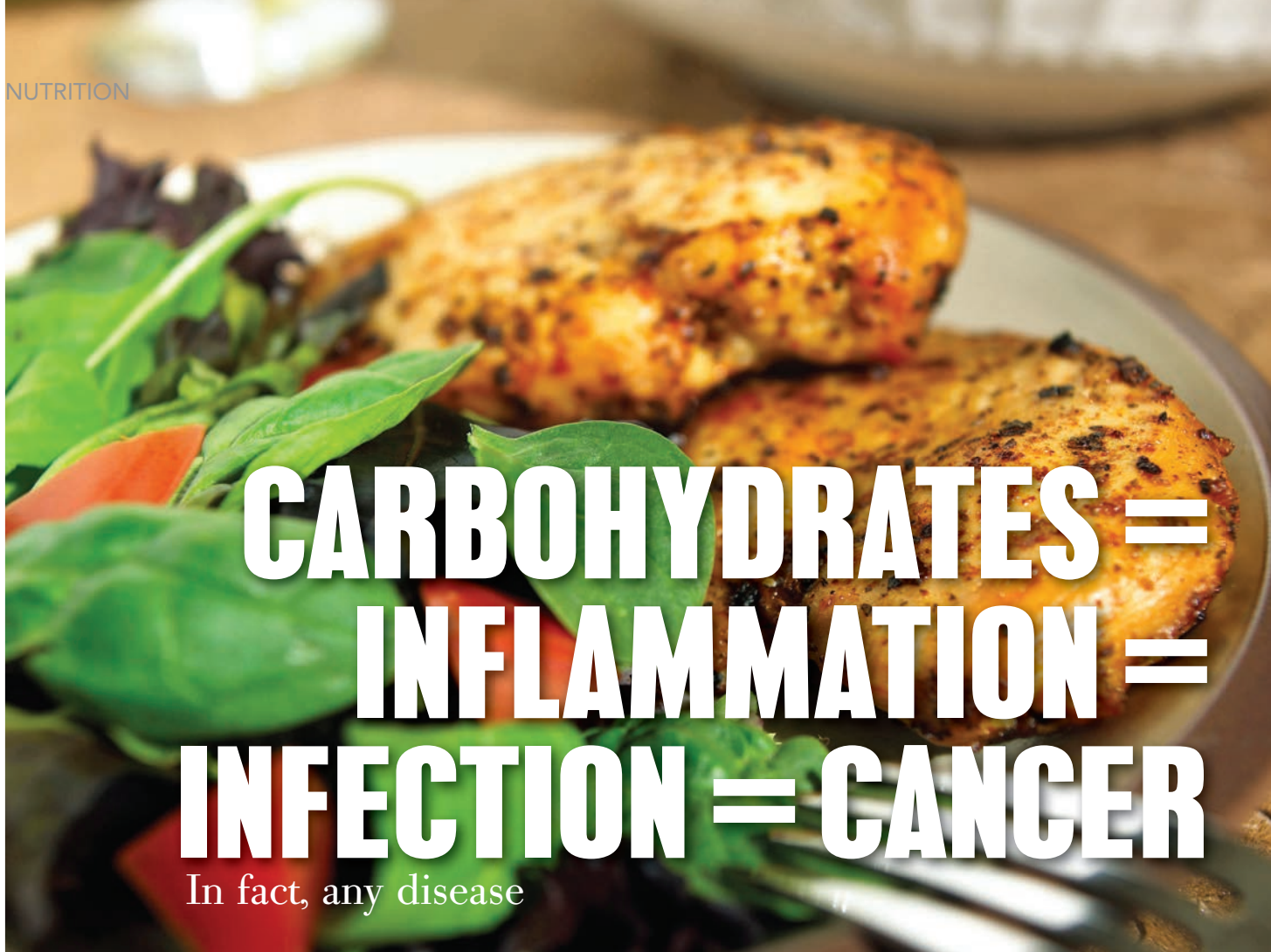
BLOCKBUSTER ALLCLEAR

Contains a careful blend of powerful enzymes such as Serrapeptase and Nattokinase, plus digestive enzymes, antioxidants and proanthocyanidins. Phthalate-free.



IMPROVING HIGH BLOOD PRESSURE IN 30 DAYS BY ROBERT REDFERN





CARBOHYDRATES = INFLAMMATION = INFECTION = CANCER

In fact, any disease

Not a week goes by without a new cancer-causing study making headlines, but it's the latest cancer findings that are turning heads. In a 2015 study published in the *Proceedings of the National Academy of Sciences*, researchers made a startling discovery about what may be the real cause of cancer, a disease that has become a global health pandemic.

Here's a hint: It's not smoking, the sun, or genetics - although tobacco use, sun overexposure (not the moderate sun exposure needed to maintain good health), and a few genetic components can contribute to cancer growth.

Underneath all of these cancer risk factors lies the root of all disease: chronic inflammation.¹

According to MIT researchers, as many as one in five cancers are caused or promoted by inflammation. This includes lung cancer caused by inflammation from chronic asbestos exposure and colon cancer caused by long-term inflammatory bowel disease. The explanation for this cancer development is quite simple - MIT

researchers discovered that the immune system can create cancerous DNA mutations as a means to fight off infection. The immune system's inflammatory response can be helpful to the body to protect against infection, but when this inflammation becomes chronic, it can damage healthy cells and support cancer growth.

WHEN INFLAMMATION SPREADS LIKE WILDFIRE

This isn't the first time the inflammation-cancer connection has been made, though MIT discoveries provide us with much-needed detail in the damage inflammation can do to the body. It's a well-known fact that chronic inflammation can lead to chronic disease. As the book *Cancer Cell Rehabilitation in 30 Days* explains, "Cancers have a direct link to uncontrolled inflammation. Prior to the initiation of cancer cells, there is a long-term uncontrolled inflammatory condition setting the need for cancer cells to emerge."

This inflammation link clears up the

many misconceptions we have about cancer, no thanks to confusing headlines and contradictory statements regularly published by cancer campaigns. No matter what you may have been told, you cannot "catch" cancer. Cancer that develops in almost one out of two people starts when an unhealthy lifestyle compromises the immune system and creates cancer-causing inflammation.

Considering that an inflammatory lifestyle has become the norm in our modern world - characterised by unnatural foods, a lack of exercise, and missing nutrients - dangerous levels of inflammation can escalate in the body for decades before a cancer diagnosis is made. When cancer is diagnosed, it shows that years of inflammation have finally manifested as disease in the body.

In the past decade, scientists have explored the link between chronic inflammation and cancer. In 2011, Ohio State University Medical Center researchers observed the havoc that widespread inflammation can wreak on the body, stimulating a rise in the

microRNA-155 (miR-155) molecule that causes protein levels to drop needed for DNA repair. Once this protein defence has been compromised, the rate of spontaneous gene mutations in the body is much higher, leading to cancer growth.² Cancer Research UK explains that while inflammation can be a powerful protector against infection, long-term inflammation has a dark side that “aids and abets” tumour growth and encourages cancer to spread.³

As we examine the cause of modern inflammation - an un-natural diet - the sky-high cancer statistics make more sense. According to the latest Cancer Research UK data, there were 14.1 million new cases of cancer diagnosed worldwide and 8.2 million cancer deaths in 2012.⁴ It's no coincidence that these astronomical numbers come at a time when we are eating more processed, starchy, sugary foods than ever.

The research supports this association between cancer and an inflammatory diet. A high carbohydrate diet has been linked to a higher breast cancer risk, and a diet high in starches and sugars has been associated with a recurrence of colon cancer.^{5,6} Based on the findings of a study published in *The American Journal of Gastroenterology*, researchers discovered that rates of oesophageal cancer followed increased carbohydrate intake and obesity from 1973 to 2001.⁷ Scientists from Madrid's University Rey Juan Carlos also confirmed that high levels of sugar in the body, especially those found in the lifestyle condition of diabetes, can damage healthy cells and increase cancer risk.⁸

These findings all paint a clearer picture of what MIT researchers learned earlier this year. When chronic inflammation is present in the body, in many cases, cancer is sure to follow. Cancer cells can also create a vicious cycle of inflammation: Cancer cells

can accelerate the aging of healthy tissue to cause more inflammation that “fuels” tumour growth.^{9,10,11}

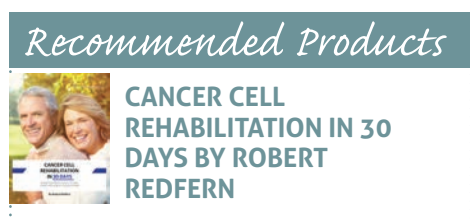
CALMING THE INFLAMMATORY CASCADE

Understanding the inflammatory force that drives cancer is helpful to anyone who wants to prevent the disease or support cancer rehabilitation. We can't control every cancer risk factor, but we can easily control our diet. Research affirms that starchy carbohydrates and sugar are the cause of almost every disease and have been proven to support cancer growth.

By eliminating these modern inflammatory foods, it is possible to eat your way out of cancer.

Start an anti-inflammatory, anti-cancer diet with a simple transition: Cut out all starchy carbs and excess sugar in the form of breads, baked goods, cereals, wheat pastas, processed foods, and sugary drinks. Replace with Really Healthy Foods known to calm inflammation in the body and decrease cancer risk, like fresh and frozen vegetables, dark-skinned fruits and avocados, nuts, seeds, legumes, moderate pasture-fed meats, healthy oils, oily fish, and healthy carbohydrate alternatives like legume pasta.

Calming this cancer-causing inflammation is critical if you want any hope of beating the odds that are stacked against us. As *Cancer Cell Rehabilitation in 30 Days* explains, “Nothing affects us more than what we choose to eat at least three to four times a day, every day.”



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All a FLUTTER

The nutritional science behind your irregular heartbeat

Atrial fibrillation, or A-fib, is a condition you're going to hear about more than once in your lifetime. This heart condition, characterized by an irregular and often fast heartbeat, has become a growing epidemic, affecting more than one million people in the UK. With odds like these, it's possible that A-fib could affect you or someone you love.

WHEN YOUR HEART SKIPS A BEAT

As Dr. Dhiraj Gupta, consultant electrophysiologist at the Liverpool Heart and Chest Hospital, explained in his interview with June Davison of the British Heart Foundation, atrial fibrillation occurs when the natural pacemaker (the sinus node) of the heart malfunctions, located in the right atrium.¹ When someone has A-fib, electrical impulses normally produced by heart's pacemaker fire from different locations in the atria to cause chaos in the heart. This makes the heart beat irregular and sometimes fast. Atrial fibrillation remains the most common type of arrhythmia with a significantly higher risk of death for men compared to women.

When a heart is in A-fib, it may beat at 100 to 175 bpm, compared to a normal resting heartbeat at 60 to 100 bpm.

But because this quivering in the chest is so subtle, it can be hard to detect if you

don't know what symptoms to look for. According to AFA International, the most common symptom of atrial fibrillation is heart palpitations.² An abnormal heartbeat may be followed by exhaustion and fatigue, shortness of breath, dizziness or fainting, chest pain, and difficulty sleeping. And for many people with permanent A-fib, it may appear that no symptoms are present. Atrial fibrillation may only be diagnosed after a doctor listens to the heart at a routine checkup.

Contrary to what love songs have told us, a fluttering heart that "skips a beat" is not normal. If left untreated, this arrhythmia can damage the heart and open the door to a number of heart-related complications. A-fib can lead to blood clots, stroke, and heart failure. Wake Forest Baptist Medical Center researchers confirm that atrial fibrillation can increase the risk of the most common type of heart attack by 70 per cent, with rates even higher among African-Americans and women.³ People with atrial fibrillation are more likely to have a stroke in cold weather, while atrial fibrillation coupled with high blood pressure can increase stroke risk by 50 per cent.^{4,5}

It's alarming to think that an irregular heartbeat can quickly and silently compromise heart health, but that's exactly what is happening to millions of people

around the world. Doctors can offer a Band-Aid in the form of drugs or electrical stimulation to shock the heart back into rhythm. These "quick fix" solutions may provide temporary relief, but they come with their own side effects that can speed the decline into poor health. Roughly a quarter of atrial fibrillation patients at the lowest risk for stroke are prescribed unnecessary blood thinners by cardiologists; atrial fibrillation patients who take too many blood thinners have a higher risk of developing dementia.^{6,7}

Without addressing the cause of atrial fibrillation, heart health will only continue to get worse.

BE STILL, MY HEART

Doctors believe irregular beating can be caused by health problems that damage the structure of the heart to confuse its signals, like high blood pressure, a heart attack, a heart defect, or a valve abnormality. Atrial fibrillation may also occur related to an overactive thyroid gland, a metabolic imbalance, a viral infection, sleep apnea, stress, or stimulant use, like caffeine, alcohol, medication, or tobacco. Other cases of atrial fibrillation, like Lone Atrial Fibrillation, appear to have no known cause.

If you have an irregular heartbeat, finding a clear explanation for your

condition can seem nearly impossible. But despite the many A-fib triggers, we know one thing to be true: Your diet directly affects the health of your heart — and your heart rhythm.

Before you consent to a lifetime of medication or electrical cardioversion to shock your heart back into rhythm, consider how your lifestyle can support your heart:

1. Cut out inflammation.

Inflammation in the body is a known trigger of chronic disease and can set the stage for heart attack and stroke. You can calm inflammation by cutting off its source: an inflammatory diet rich in processed foods, starchy carbohydrates, and dairy products. Eat Really Healthy Foods instead, like fresh or frozen vegetables, dark-skinned fruits and avocados, healthy oils, oily fish, moderate pasture-fed meats, beans, nuts, and seeds. Drinking a minimum of six glasses of distilled or filtered water per day with a pinch of bicarbonate of soda can help to improve oxygen transport to and from the heart.

2. Supply missing nutrients.

There are two critical nutrients that have a direct relationship with the rhythm of your heart. Taurine is an amino acid

found in protein that makes up 50 per cent of the free amino acid in the heart. When taken daily, taurine can strengthen the heart; researchers believe cardiac arrhythmias without a known cause are merely symptoms of a taurine and arginine deficiency.⁸ Along with taurine, magnesium is another essential nutrient your heart may be missing. The mineral magnesium can increase ATP, or cellular energy, and protein molecules needed by the heart to contract and relax in a regular rhythm. Because of magnesium's unique electrophysiological effect on the body, intravenous magnesium has been used to prevent A-fib after surgery.⁹ For daily use, topical magnesium provides the most rapid absorption. Magnesium and taurine can be taken along with a daily multivitamin and mineral supplement to prevent nutrient deficiency that can affect the health of the heart.

3. Repair and recover.

We can all agree that exercise is important to maintain heart health, but it may prove especially beneficial in cases of A-fib. American College of Cardiology researchers discovered that obese atrial fibrillation patients could reduce the risk of arrhythmia by improving their cardiorespiratory fitness.¹⁰ You can

strengthen heart health by exercising for 60 minutes over the day and by reducing sitting to no more than three hours a day. Hand-in-hand with exercise, an electro-acupuncture device can be used at home to correct internal imbalances that can burden the heart, providing relief for numerous heart problems caused by mineral deficiency.

So many times, atrial fibrillation is presented as a frightening, life-long problem without hope for recovery, when this could not be further from the truth. Inflammation and missing minerals can cause the heart to beat out of rhythm. Embrace an anti-inflammatory lifestyle, and you may have a change of heart.

Recommended Products

MAGNESIUM OIL ULTRA

Unique blend of ultra pure magnesium chloride with MSM, for superior absorption. Contributes to normal energy levels and a reduction of tiredness and fatigue.



TAURINE SPRAY

Amino acid from protein, delivers 50mg per serving (x5 sprays), which is the equivalent of approx. 500mg in tablet form. The best form of Taurine supplementation.



ACTIVE LIFE CAPSULES

The perfect 'Super MultiVitamin' formula for all the family, with x130 nutrients, vitamins and minerals delivered in each capsule.



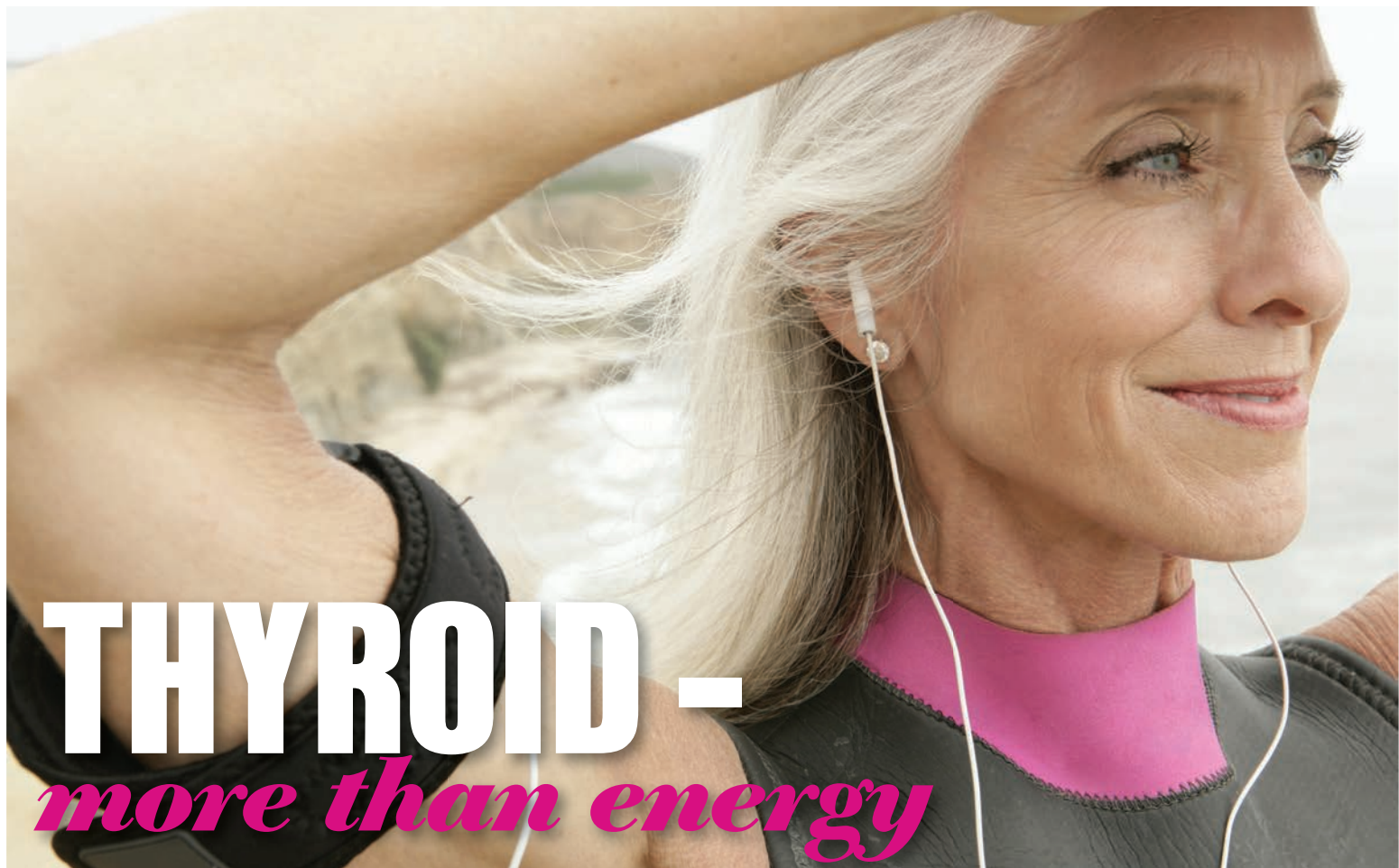
HEALTHPOINT KIT

Become a master of acupuncture but without the needles! Developed over 14 years with a leading specialist, HealthPoint can help over 160 conditions, as shown in the manual.



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THYROID - *more than energy*

One small gland controls your health

At the base of your neck lies a small gland that is easy to overlook. And yet when you visit your doctor because you're "not feeling right," this gland is likely to come up in conversation. The thyroid, shaped like a butterfly, can be found at the bottom of the throat, lying across the windpipe. Problems with this small but powerful organ may first manifest as low energy levels and exhaustion, before a cascade of thyroid dysfunction begins to appear throughout the body.

THE 'HIDDEN' HEALTH THREAT

The thyroid gland may be easy to identify, but when it malfunctions, its detrimental effects on the body remain a mystery to many doctors. Along with other chronic health conditions that cause a constellation of confusing symptoms, like IBS and celiac disease, a thyroid disorder can be nearly impossible to diagnose.

Considering that thyroid disease is

on the rise - affecting an estimated 200 million people around the world - this widespread misdiagnosis is alarming.¹ While thyroid disorders remain among one of the most common medical maladies, the gradual progression of symptoms associated with thyroid dysfunction is difficult to pinpoint if you don't know what you're looking for. This has led to thousands of patients being treated for the wrong illness, or worse, being prescribed the wrong medication.

Since this small organ is responsible for keeping the rest of the body in balance, thyroid dysfunction can wreak havoc far and wide. A thyroid disorder may present as hypothyroidism, hyperthyroidism, thyroid nodules, goiter, or even thyroid cancer - with hypothyroidism (underactive thyroid) and hyperthyroidism (overactive thyroid) being the most common forms of thyroid dysfunction.

Addressing a thyroid problem early on is critical. For women, thyroid disease is considered a significant reproductive

health issue - with the potential to cause infertility and pregnancy loss, according to researchers from the Bristol Centre for Reproductive Medicine.² A study conducted by the Houston Methodist Neurological Institute and Erasmus Medical Centre further explored the effects of thyroid dysfunction during pregnancy. When researchers analyzed more than 4000 Dutch mothers and their children, they discovered that the pregnant women who didn't produce enough thyroid hormone were four times more likely to have a child with autism.³

Hyperthyroidism has been linked to an irregular heartbeat (also called atrial fibrillation), while even a mild case of hypothyroidism can double the risk of congestive heart failure.^{4,5}

HYPERTHYROIDISM

Hyperthyroidism develops when the body produces too many thyroid hormones (T-3 and T-4) to cause symptoms like:

- Anxiety/restlessness
- Diarrhea
- Excessive sweating

- Goiter
- Insomnia
- Muscle weakness
- Rapid heartbeat
- Tremors
- Weight loss

Thyroid over-activity, known to increase metabolism, can be caused by an autoimmune disorder like Graves' disease or unexplained inflammation of the thyroid gland, also called thyroiditis. When hyperthyroidism is left untreated, it can lead to brittle bones, heart problems, weak vision, red and swollen skin, or a thyrotoxic crisis, where symptoms intensify and become emergent. Graves' disease, considered the most common cause of hyperthyroidism, is hereditary and occurs most often in women.

HYPOTHYROIDISM

On the other side of the spectrum, hypothyroidism develops when the body doesn't produce enough thyroid hormones (T-3 and T-4) to cause symptoms like:

- Constipation
- Decreased libido
- Depression
- Dry hair and skin
- Fatigue
- Hair loss
- Irregular menstrual cycles
- Irritability
- Muscle cramps and muscle aches
- Weakness
- Weight gain or difficulty losing weight

Hypothyroidism, with a collection of symptoms stemming from a slow metabolism, is thought to have two main causes. Inflammation in the thyroid gland can slow down hormone production, or the thyroid may fail to produce enough hormones because of a condition known as autoimmune thyroiditis, called Hashimoto's thyroiditis. Hypothyroidism can also be caused by a medical issue, related to a surgery or medical treatment that has removed part or all of the thyroid gland. Hypothyroidism can easily progress to cause severe and often life-threatening complications, like depression, heart failure, or coma.

HOPE FOR A HEALTHY THYROID

If you have experienced one or more thyroid-related symptoms and have yet to receive help from your doctor, it's still possible to improve your health and see a partial or full recovery. Taking the time to nurture the thyroid is critical since this small gland affects the health of your body. With the right support, you may be able to alleviate chronic health problems simply by regulating your thyroid.

Two important steps can bring your thyroid back into balance:

1. Change your diet. When you consider the true cause of thyroid dysfunction, it's easy to see where the problem lies. A thyroid disorder, related to under or over-activity, may stem from inflammation, stress, tumours, autoimmunity, some medication, or genetics. Even in the case of a hereditary condition, genes load the gun, but lifestyle pulls the trigger. Removing starchy carbohydrates and sugar from the diet, found in processed foods and sugary fruits, can curb the inflammation associated with thyroid dysfunction. Enriching your diet with thyroid-supporting minerals like iodine, found in seafood and seaweed, and selenium, found in Brazil nuts, can help your body produce and maintain thyroid hormone levels.

2. Supplement missing nutrients. Iodine and selenium are the two vital nutrients the thyroid gland needs, found in small amounts in the diet and especially in daily supplements. Iodine is the raw material used by the thyroid to manufacture thyroid hormones, which explains why the majority of thyroid medications are ineffective. Thyroid medications often do more harm than good as they aim to increase or suppress hormone levels without the support of iodine. Iodine deficiency can also cause symptoms of hypothyroidism, even without noticeable changes in thyroid hormone levels.⁶ Taking liquid iodine in its atomic form can help the thyroid gland do its job. As iodine's partner and critical cofactor, liquid ionic selenium works with iodine to balance the thyroid and protect against excessive iodine exposure.⁷ You

can't correct thyroid dysfunction without these powerful minerals - since selenium activates iodine and guards the thyroid, a healthy thyroid depends on both minerals working in harmony together.

Like a pebble thrown in a pond, your thyroid is a small gland that creates ripples throughout the body, for better or for worse. Nourishing your thyroid is one of the most effective ways to improve the health of your entire body.

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Recommended Products

NASCENT IODINE

Nascent Iodine is recognised by the body 'as the same Iodine' that is recognised by the thyroid, making this the best form of iodine supplementation. One drop = 400mcg, approx. 600 drops per bottle! Iodine contributes to the normal production of thyroid hormones and normal thyroid function.



ACTIVE LIFE CAPSULES

The perfect 'Super MultiVitamin' formula for all the family, with x130 nutrients, vitamins and minerals delivered in each capsule.





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!

SLOW TELOMERE AGEING

B vitamins are the eternal Fountain of Youth

There's a perfectly good explanation for how we stay young, and it has nothing to do with the latest high-dollar anti-ageing cream. Healthy cells in the body are designed to regenerate every day. Without this natural cycle of regeneration, we would be blind in about 10 minutes and dead within about 24 hours.

It's the body's remarkable ability to regenerate that holds the power to fight premature ageing and disease.

TELOMERES TURN BACK TIME

How do healthy cells regenerate? It helps to think of this cellular regeneration as occurring within a hard drive, where all of the data within your body is stored as DNA. DNA damage occurs through factors like exposure to outside toxins and radiation, chronic stress, and an inflammatory diet.

Each DNA strand has a data counter called a telomere. A telomere counts down every time a healthy cell regenerates. Telomeres have also been compared to the plastic cap at the end of a shoestring; every time a healthy cell divides, some of this protective cap material is lost. Cells can divide only a certain amount of times before they die, and long and healthy telomeres are needed to protect DNA chromosomes during each cellular division. Depending upon the damage that has already been done to a DNA strand, a telomere cap may be longer or shorter - which can be reflected in a person's longer or shorter lifespan.

Scientists have discovered that short telomeres that are not able to fully regenerate can present a major problem in the body. Namely, short telomeres can lead to premature ageing and disease. *Arthritis Research & Therapy* researchers discovered that abnormally short telomeres have been

linked to joint damage and osteoarthritis.¹ Accelerated telomere shortening has been known to increase the ageing process and has been linked to a number of early onset age-related health conditions, including heart disease, diabetes, osteoporosis, and a higher cancer risk.²

Telomere shortening is a significant cause for concern, while telomere *lengthening* can reset the body's clock and better equip it to buffer the effects of ageing and disease. In 2015, Stanford University School of Medicine scientists unveiled a new procedure that can increase human telomere length with the potential to treat diseases caused by telomere shortening.³

DRINK FROM THE FOUNTAIN OF YOUTH

The latest research on telomere lengthening is exciting, though it could take decades before a new anti-ageing and anti-disease treatment is available to the public. Fortunately, based on what we now know about the causes of telomere shortening, we can stop the clock with the lifestyle choices we make.

Replacing telomere-shortening inflammatory foods with Really Healthy Foods has been proven to lengthen life, along with important lifestyle changes like meditation and exercise.⁴ To take it a step further, targeted nutrients can protect healthy telomeres against shortening and dysfunction. Researchers discovered that a lack of folate led to a damaged telomere cap that left chromosomal materials vulnerable to ageing and disease.⁵ A vitamin B12 supplement has also been shown to lengthen telomeres.⁶ Taking a daily B vitamin spray, rich in B12 and natural foliate MTHFR versus synthetic (damaging) folic acid, can protect DNA strands by keeping telomeres long and



strong.

The purpose of protecting telomeres with essential vitamins is simple. Lengthen your telomeres, and you can lengthen your life.

Recommended Products

ACTIVE LIFE CAPSULES

The perfect 'Super MultiVitamin' formula for all the family, with x130 nutrients, vitamins and minerals delivered in each capsule.



B4HEALTH 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.



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HEALTH news

BETA-BLOCKERS CAN BE A KILLER IF YOU'RE HAVING AN OP

Beta-blocker drugs for high blood pressure almost double the chances of a heart attack, and even death – in patients who are undergoing general surgery.

The risk is even worse if the drugs are taken in combination with others, such as thiazides, calcium antagonists or renin-angiotensin system (RAS) inhibitors.

The heart patient taking the drugs was almost twice as likely to suffer a major 'cardiovascular event' such as a heart attack, including a fatal attack, compared with the patient who wasn't taking those types of drugs. The drugs' dangers were uncovered by researchers who looked at the outcomes for 55,320 patients with high blood pressure who were having surgery for something other than a cardiovascular condition. Of these, 14,644 patients were taking beta-blockers and the rest had been prescribed other antihypertensive medications.

In a 30-day follow-up, researchers from the University of Copenhagen found that the risk of an adverse event was even higher in men who were 70 years of age or older and who were undergoing surgery for an acute problem.

(Source: *JAMA Internal Medicine*, 2015; 1: doi: 10.1001/jamainternmed.2015.5346)



BE HAPPY: IT COULD SAVE YOUR LIFE

People who are happy and retain a positive attitude also have a healthier heart – and that can be the difference between life and death for people who already have a heart condition.

Positive people are living longer after they've been diagnosed with a heart condition, say researchers who tracked the health and psychological outlook of more than a thousand patients with coronary heart disease. They were more likely to be alive five years later than others who had a negative outlook or suffered from depression.

The positive outlook was also demonstrated in a range of healthy lifestyle choices, such as greater physical activity, better sleep, and not smoking, said researchers at Penn State University.

Although there's been plenty of research that has shown how negative emotions and depression have a harmful effect on health, the researchers reckon their study is one of the first to look at the health benefits of a positive frame of mind.

(Source: *Psychosomatic Medicine*, 2015; 1: doi: 10.1097/PSY.000000000000238)

WHAT TYPE OF VACCINE-DENIER ARE YOU?

What sort of vaccine denier are you (assuming you are one)? According to new research, you fall into one of four camps and the antidote is anything from a chat with a rational person who "knows" the worth of vaccination – ie, your doctor – to a cash reward for vaccinating your child.

Strangely, the person who has had direct experience of vaccine damage or has made a rational decision not to vaccinate isn't covered.

The four types of vaccine-deniers are:

- People who don't care about immunization.
- People who lack the willpower to vaccinate or can't be bothered travelling to a surgery to have their child vaccinated.
- People who have 'incorrect' knowledge about vaccines that distorts the risk of vaccination.
- People who overthink and weigh up the pros and cons of vaccination.

Each position is irrational or irresponsible, say researchers from Rutgers University in the US, because 'scientists are continuously improving vaccinations to stop the spread of disease'. Their analysis is designed to identify the types of vaccine-resisters and policies to counter them in order to increase the take-up of vaccines.

For the complacent, a cash reward or fine could motivate them, while SMS or phone reminders might get those lacking willpower into the surgery. Those with "incorrect knowledge" should talk to "trustworthy sources," such as doctors, to debunk the vaccination "myths," and the same goes for those who overthink the issue.

But those who doubt the safety of vaccines may be "confident" about their beliefs, and will be the hardest to change, say the researchers.

(Source: *Policy Insights from the Behavioural and Brain Sciences*, 2015; 2: 61)

SWAPPING AN HOUR ON THE SOFA FOR WALKING HELPS YOU LIVE LONGER

Swapping an hour on the sofa for walking or some physical activity every day can reduce your chances of a premature death by around 14 per cent – and even standing instead of sitting for those 60 minutes makes a difference.

The average person spends three hours a day sitting on the sofa and watching TV – and almost anything is better than that, from standing or even sleeping, say researchers from the University of Sydney.



Substituting an hour on the sofa for a walk reduces your risk of a premature death by 14 per cent, but even standing up for that hour lowers the risk by 5 per cent, they reckon. Sleeping for an extra hour a day can reduce the chances of an early death by 6 per cent if you aren't currently getting enough sleep.

But going the other way – and swapping an hour of activity for extra time on the sofa – can increase your risk of an early death by as much as 17 per cent.

Any activity is good, whether it's a walk round the block or kicking a ball in the backyard. It doesn't have to be a strenuous work-out in the gym, say the researchers.

(Source: *International Journal of Behavioural Nutrition and Physical Activity*, 2015; 12: doi: 10.1186/s12966-015-0280-7)

DEPRESSION COULD BE A NUTRITIONAL DEFICIENCY

Is depression actually a nutritional deficiency? Some researchers think so, and say that the Mediterranean Diet – rich in fruits, vegetables and nuts – is one of the best ways of preventing the problem.

They have noted that those who eat plenty of vegetables and fruit, and omega-3 fatty acids from fish, are less likely to suffer from depression.

Researchers from the University of Las Palmas in the Canary Islands tracked the health and diets of 15,093 participants who were all healthy at the start of the 10-year study. During the course of the trial, around 10 per cent were diagnosed with clinical depression or took an antidepressant drug – and the researchers noted a strong correlation between the condition and the type of diet that was being eaten.

Those who ate a Mediterranean diet or a similar diet known as Alternative Healthy Eating, which is also rich in fruits and vegetables, were far less likely to suffer from depression. Moderate alcohol intake is also common to both diets.

Even following the diets occasionally seemed to have a protective effect. Indeed, there seems to be a plateau; those who were zealously following one of the diets every day didn't reduce their risk for depression any further than those who occasionally followed it.

(Source: *BMC Medicine*, 2015; 13: doi: 10.1186/s12916-015-0428-y)

PRUNES ARE GOOD FOR THE GUT

Eating prunes (or dried plums) can improve gut health and reduce the risk of colon cancer, the second most lethal cancer in the West.



The fruit is packed with healthy properties that re-establish the gut's good bacteria that can naturally fight off colon cancer.

They contain phenolic compounds that can work as antioxidants that neutralise the damaging effects on our DNA of free radicals, says Dr Nancy Turner at the Texas A&M University.

A healthy gut environment protects against colon cancer, as has been demonstrated in several studies involving laboratory rats, says Dr Turner. In the studies, the rats were given dried plums or a different diet that excluded the fruit. The rats that ate the plums had more 'good' bacteria, the Bacteroidetes, and less 'bad' Firmicutes bacteria.

(Source: *Experimental Biology conference*, Boston, September 25, 2015)

STARCHY VEGETABLES PUT ON THE POUNDS

Eating starchy vegetables – such as peas and corn – can put on the weight, but sticking to high-fibre and low-glycaemic fruits and vegetables will help you shed the pounds.

A diet that's rich in berries, apples and cauliflower can help stabilise weight and also achieve manageable weight loss, say researchers. Other weight-losing foods include green, leafy vegetables, citrus fruits and cruciferous vegetables.

Researchers from Harvard School of Public Health looked at the weight and diets of 133,468 men and women in the Nurses' Health Study II. Those who ate fruits and non-starchy vegetables reported a half-pound (0.53 lb) weight loss over four years for a daily serving of each fruit or vegetable.

But those who regularly ate starchy vegetables, such as potatoes, peas and corn, put on up to 2 pounds (lbs) over the four years.

High-fibre and low-glycaemic fruits and vegetables also helped prevent obesity and type 2 diabetes, the researchers said.

(Source: *PLOS Medicine*, 2015; 12: e1001878)



STAND UP FOR HEALTH

You can walk your way to wellness

There's something you do automatically every day that poses a grave danger to your health. Here's a hint: It isn't working too much or not getting enough sleep, although burning the candle at both ends certainly doesn't help. It's sitting for more than three hours a day, whether at work or when relaxing at home.

THE SEDENTARY LIFESTYLE LIE

Most of us know that daily activity is important - and it is. But the lingering effect of a sedentary lifestyle is grossly underestimated in the health community. We are told to move our bodies for up to an hour a day to reduce the risk of chronic disease. And while no one is disputing the prolonged benefits of daily exercise, we are forgetting the largest piece of the pie:

What really matters is how we treat our bodies the remaining 23 hours of the day.

Standing may be just as important as the daily exercise you get.

When *British Medical Journal* researchers analyzed data collected from the National Health and Nutrition Examination Survey (NHANES) in 2005-2006 and 2009-2010, the results were clear. Cutting back on the amount of time spent sitting to less than three hours a day could increase life expectancy by an additional two years.¹ Reducing TV time to less than two hours a day could also extend lifespan by up to 1.4 years. In 2015, University of Sydney researchers confirmed that swapping just an hour of sitting a day for standing could reduce premature death by 5 percent, based on a study of over 200,000 Australians.²

And yet, sitting is a daily activity that remains ingrained in most Western cultures, even in the most "walkable" of cities like New York. While New Yorkers may be more physically active than other adults, they still sit for far longer than is recommended each day, according to research published in the journal *Preventing Chronic Disease*.³ New Yorkers with higher incomes sit for up to 8.2 hours per day.

If this research tells us anything, it's that we're not being told the full truth. We are instructed to exercise daily without being reminded that sitting is a primary risk factor most people overlook. Sitting for longer than three hours in any one day can endanger your health. Lying down, standing, and walking are all healthier options than sitting.

THE SITTING SOLUTION IS SIMPLE

Sitting may be a major global issue, but it has an obvious solution that is easy to achieve: Stand up whenever possible. Walking is a beneficial daily activity, but it still can't negate the bad effects of sitting all day long.

Your time spent standing may be a direct predictor of your future health.

University Health Network researchers estimate that more than half of a person's day is spent being sedentary, whether working at a computer or watching TV. Even when the health benefits of daily physical activity are taken into account, daily exercise alone may not be enough to reduce the risk of chronic disease, says Dr. David Alter, senior scientist, senior study author, and Associate Professor of Medicine at the University of Toronto. The amount of time spent sitting each day is directly associated with a higher risk of diabetes, heart disease, cancer, and death, regardless of how much you exercise.⁴

You can use two helpful tips to reduce sitting time to no more than three hours a day:

- 1. Stand up.** Western workplaces have been introducing standing desks for a reason – standing desks are known to improve focus and productivity, while reducing the risk of obesity and chronic disease.⁵ Standing desks are an antidote to all-day sitting in offices and schools. If standing desks aren't available, try to stand whenever you can during working hours and avoid sitting for long stretches when relaxing at home.
- 2. Walk.** Walking may be secondary to standing when it comes to long-term health, but the benefits of daily activity can't be underestimated. Walking provides an ideal way to squeeze in exercise when performing daily tasks and to counter the effects of sitting, at work and at home. Walking for children is especially important: The Endocrine Society discovered that when kids took three-minute walking breaks during TV time or another sedentary activity, blood sugar levels improved compared to prolonged sitting.⁶ Try taking walking breaks at work

or as a family, with a goal to walk for at least 60 minutes over the day.

If physical activity is painful for you, sitting isn't your only option. You can find relief for a bad back or bad knees that may make it difficult to stand for a long period of time with an at-home electro-acupressure device. In a major study conducted on 570 patients, acupuncture was proven effective to relieve pain and improve movement in patients with osteoarthritis of the knee.⁷

Electro-acupressure is an acupuncture technology that can provide the same pain relief at home, without professional training or the use of needles. When electro-acupressure is used alongside targeted nutrients, like the anti-inflammatory enzyme Serrapeptase known to ease swelling and the critical mineral magnesium known to improve joint mobility, you can restore health and reap the rewards of standing.

Sitting is one major health risk that has a quick fix: Stand up for your health, and you may live a longer and fuller life.

Recommended Products

SERRAENZYME 250,000IU

The world's strongest Serrapeptase delivering 250,000IU Serrapeptase per cap. For serious health support.



HEALTHPOINT KIT

Become a master of acupuncture but without the needles! Developed over 14 years with a leading specialist, HealthPoint can help over 160 conditions, as shown in the manual.



MAGNESIUM OIL ULTRA

Unique blend of ultra pure magnesium chloride with MSM, for superior absorption. Contributes to normal energy levels and a reduction of tiredness and fatigue.



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The greatest threat **TO YOUR HEALTH**

What your doctor fears the most

Your doctor is only human, and as well as the normal human failings and fears that we can all suffer from, there are many things your doctor is afraid of.

YOUR DOCTOR FEARS

Being a Fraud - Society will claim doctors are health professionals, but doctors who are conscious feel a fraud with this title. Most doctors are simply disease managers. People attend a consultation with their doctor, describe a set of symptoms such as those for type 2 diabetes, and maybe the doctor runs a basic glucose test. But instead of health care, the doctor takes the drug route of prescription disease care to control blood glucose levels. Your doctor may have mumbled something about diet change first but does not offer professional coaching with workbooks to help you get healthy. The inexpensive health care route is referring you to a staff nutritionist who will coach you to a new diet, including ensuring that critical missing minerals are replenished in food and supplements. The profit-making model prescribes drugs to manage disease.

During times of illness, it's easy to rely on doctors as an omnipotent power, when they are just as flawed as the rest of us. Like any worker, doctors are vulnerable to the pressures of their high-stress jobs. According to recent research from the European Society for Medical Oncology, over 70 percent of young oncologists are showing signs of burnout that can lead to anxiety, depression, substance abuse, and suicide.¹ A 2013 Mayo Clinic study confirms that this dangerous burnout is equally as likely to happen to doctors who work in

general practices as it is for doctors working in hospitals.²

The Medical Authorities - In the USA, this organisation is called the AMA (American Medical Association); in the UK, it is called the GMC (General Medical Council); and Australia, Canada, and in fact all countries have their own authorities to keep them practicing disease care. Note the lack of the word "Health" in these organizations' titles. Any doctor who practiced actual health care for most conditions and publicised their superior results would face warnings and the ultimate sanction of the removal of their medical license. Many doctors who have publicly used real health care to treat various conditions soon get reprimanded and have a choice: comply or lose their living.

In 2010, Dr. Sarah Myhill vowed to fight the unfair treatment of the GMC in the UK after being barred from practicing medicine for her revolutionary work with ME and chronic fatigue.³ Her crime? Dr. Myhill integrated conventional medicine and homeopathy with remarkable results before she was banned from prescribing medicine and investigated by the GMC. In 2014, internationally-acclaimed and award-winning Dr. Joseph Chandy met the same resistance when he was ordered to stop prescribing vitamin B12 to treat chronic fatigue syndrome, despite his years of research backing the nutrient.⁴ In 2015, the AMA in the USA released its new ethical guidelines, allowing for the discipline of physicians who violate "medical ethics" - making specific reference to well-known doctors like Dr. Oz who practice natural medicine.⁵

The Harm Pharma Drugs Do to Their Patients - Most people are aware of the harmful side effects of the drugs prescribed by their doctors and the many thousands of deaths from using these drugs. The news about these deaths usually appears in the media for two days at most and then disappears. Your doctor sees the side effects and deaths on a regular or even daily basis, and the guilt they feel may be pushed out of their mind but weighs heavily on their conscience.

The reality of prescription drug use is bleak. University of Georgia researchers confirm what we have long suspected: The high-dollar prescription drug commercials on TV present a pretty picture, while grossly downplaying a drug's side effects.⁶ Overprescribing has become the norm - to the point where half of the UK population takes prescription drugs, totalling at one billion prescriptions per year. Even worse, drug side effect risk increases with age. University of East Anglia researchers found that a brain-altering side effect of many common drugs can increase the risk of cognitive impairment and death in older people.⁷

The Regulatory Authorities - In the USA, this is the FDA (Food and Drug Administration); in the UK, this is the MHRA (Medicines Healthcare Regulatory Authority); in Australia, it is TGA (Therapeutic Goods Authority); and in Canada, it is Health Canada. These groups are all hand-in-glove with their Medical Authorities and Big Pharma. They contrive to keep your doctor on the disease care model, while discouraging a health care model. When authorities force doctors and in fact anyone

to do what they know to be wrong, these people become stressed and fear of their job grows.

But as Erika Janik explains in her book *Marketplace of the Marvelous: The Strange Origins of Modern Medicine*, it is the “irregular” doctors who have shaped our Western society by taking creative risks, outside of the constraints of the medical disease care model. About nineteenth century medicine, Janik writes, “Irregulars, on the other hand, wanted something better and proposed new solutions to old medical problems. Irregulars suggested novel and creative theories about what caused disease and constituted healthy living at a time when medical advancement appeared stalled.”⁸ Dr. Jonathan V. Wright is one creative doctor and medical director of Seattle’s Tahoma Clinic in Washington. The Harvard graduate who is now considered a pioneer in nutritional medicine has faced years of harassment from the FDA and Washington state authorities for practicing alternative medicine, including a vitamin raid from the FDA in the 1990s.⁹

Big Pharma - Your doctor is rightly afraid of this mega-trillion dollar business. They are determined to get everyone on the planet on their drugs. Fake studies are the standard, and flu shots, statins, and vaccinations are just the tip of the iceberg. These companies have broken doctors and the authorities to support their plan. Doctors who do not comply are identified using information supplied by the authorities, and the Pharma Reps who visit the doctor’s practice to spy either bribe or cajole them into accepting their drugs.

The best way to explain these under-the-table dealings is to hear it from the horse’s mouth. Dr. Marcia Angell, the former editor of the *New England Journal of Medicine*, has said, “The pharmaceutical industry likes to depict itself as a research-based industry, as the source of innovative drugs. Nothing could be further from the truth. This is their incredible PR and their nerve.” She added, “Brand-name drugs have no competition, since the government grants them very long, exclusive marketing rights.”

ProPublica, an independent newsroom that offers a public search engine revealing how much doctors are paid by pharmaceutical companies, confirms that drug companies paid out more than \$13 billion to the U.S. Department of Justice to settle fraudulent marketing allegations in the past few years alone.¹⁰

YOUR DOCTOR MAY BE AFRAID OF YOU!

That’s right, your doctor may be afraid of you. There are two reasons why:

1. You may know more than they do about health care. Your doctor has had no training in Health Care, and when patients want to discuss a health care plan based upon their own research, a doctor may become embarrassed. They may attack what you are saying or at least make some condescending comment such as, “I cannot recommend it, but if you think it will help, then I have no problem.” This is in spite of you bringing a valid research material with you showing better results than drugs.

Your doctor is in the main afraid to get involved with non-approved treatments (unless it is a drug, and then they don’t even need good studies to approve it). In the UK, it is the law that a doctor can prescribe any treatment that they are sure will help a condition, but remember what the GMC did to UK doctors when they offered a proven treatment such as B12 rather than drugs. The fact is that the families of doctors take fewer pharmaceuticals than the general population. Lack of control causes stress and weakens the will.

2. Your doctor may be afraid of you, even if you are happy to take the drugs. Your doctor may have tried to get you interested in lifestyle change, but like the majority, you ignored it, often through ignorance, and mainly wanted a quick fix without any effort on your part. Now you just demand a drug or antibiotic or even surgery. In fact, anything except a radical overhaul of your lifestyle. Yes, you are sure nothing can be achieved with lifestyle change and believe what Big Pharma and the tame media spout – that amazing drugs and medical treatment

will cure any disease. Your doctor knows it is not true. Yet they have to keep their mouth shut and keep supplying the drugs, even when they know in the case of antibiotics they do not work for many conditions and are rapidly failing because of the demand for the slightest sniffle. The drug-demanding patient is the original high-maintenance patient (doctors call them “heart-sinks” because their hearts sink every time such a patient walks in).

In a nutshell: Doctors are only human and no different than you or me. They are more stressed than we are because of the above, and it is trap they cannot get out of unless they are very brave, and like other brave doctors, abandon the disease care plan and adopt truehealth care. A doctor who does this may not make as much money but will have peace of mind at the end of each day.

If you want real health care, join www.MyGoodHealthClub.com today.

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CoQ10 TO THE POWER OF 8

Your body needs more of this heart-healthy enzyme with each passing year

When you hear the word coenzyme Q10, or CoQ10, you'll most likely hear it used alongside two other words: ubiquinone and ubiquinol. These unfamiliar words may sound confusing at first, but soon enough, you'll appreciate how they all fit together.

PUTTING TOGETHER THE COQ10 PUZZLE

Here is the easiest way to understand this potent coenzyme:

- **Coenzyme Q10**, a vitamin-like substance, comes in two different forms.
- **Ubiquinone** is the fully oxidized form of CoQ10 that is metabolised by the body.
- **Ubiquinol** is produced as the antioxidant form of CoQ10 through this metabolism of ubiquinone.

There is another piece of the puzzle. With age, natural CoQ10 levels in the body begin to decline, and it also becomes harder for the body to convert CoQ10 into essential ubiquinol. Lipids researchers found that ubiquinone levels, or oxidised coenzyme Q10 in the body, peaked in many organs at 20 years of age, followed by a continuous decline each year after.¹ The body relies on a daily dose of CoQ10 to strengthen the heart, while cholesterol-lowering statin drugs have a counterintuitive effect and can lower CoQ10 levels even further.²

As you begin to understand how CoQ10 benefits the body, it becomes clear what a devastating problem age-related CoQ10 depletion can be. The European Society of Cardiology made a major discovery in 2013 that changed how the world sees this vital nutrient. CoQ10 taken as a supplement was proven to be the first "drug" to decrease heart failure mortality in more than a decade - by 50 per cent. Based on these

compelling study results presented at the Heart Failure Congress 2013, lead author Professor Svend Aage Mortensen now recommends the coenzyme as a standard mode of heart failure treatment.³

Just a year later, CoQ10 was proven to be a powerful dietary supplement to help veterans suffering from symptoms of Gulf War illness, which included muscle pain, fatigue, digestive troubles, and decreased cognitive function. 80 per cent of veterans who took coenzyme Q10 to treat Gulf War illness, thought to be caused by chemical exposure, saw an improvement in physical function at only 100 mg per day.⁴ CoQ10's protective ability to reduce oxidative damage at the cellular level may also prove promising in slowing Huntington's disease, a genetic neurodegenerative disorder that can progress to affect cognition, behaviour, and movement and may cause death within 20 years.⁵

2 BIG PROBLEMS WITH COQ10

Most people will see a decline in health because of a lack of CoQ10, and there are two reasons why:

1. CoQ10 levels have fallen dangerously low.
2. A CoQ10 supplement is being taken in the wrong form.

As we already mentioned, coenzyme Q10 levels start to rapidly decrease at the age of 20, a time when many young people don't think about taking a protective antioxidant supplement. Dr. Stephen Sinatra, author of *The Coenzyme Q10 Phenomenon*, estimates that a drop in CoQ10 becomes serious enough to impair organ function when levels in the body fall by just 25 per cent. CoQ10 levels that decrease by 75 per cent could cause irreparable tissue damage or even death.⁶

The only way to prevent this dangerous



landslide is to take a daily CoQ10 supplement, bringing us to the next big problem most people face. The lion's share of over-the-counter coenzyme Q10 supplements are marketed in the wrong form. Taking standard CoQ10, or ubiquinone, is not enough. Ubiquinol is the form of CoQ10 that is *eight times better absorbed* compared to ordinary CoQ10.

A highly absorbable ubiquinol supplement solves these problems immediately - by making it easy for your body to replenish a vital antioxidant in a form it can use.

Recommended Products

UB8Q10 UBIQUINOL

A CoEnzyme Q10 that is 8 times 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.



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LOVE YOUR BRAIN? LOVE BRAINPOWER

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

DHA alone contributes to the maintenance of normal brain function.

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

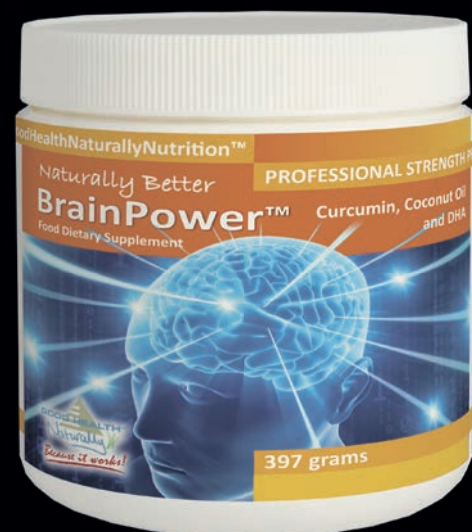
Coconut Oil (with its Medium Chain Triglycerides content) and Curcumin are both "famous" for how they impact upon good brain health.

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

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

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

LOVE YOUR BRAIN? TRY BRAINPOWER



THE ULTIMATE

Sports Nutrition

No one understands “you are what you eat” better than the athlete. An athlete, who treats their body like the fine machine it is, knows what it looks like to fuel the body with Really Healthy Foods and essential nutrients that will keep it running longer, stronger, and faster than its opponents.

Because of this need for powerful fuel, nutritional supplements are a hotly debated topic in the sports community. *Journal of Sports Science* researchers estimate that many athletes use nutritional supplements during training and competition, with numbers rising as high as 85 per cent among track and field athletes.¹ Researchers consider some vitamin and mineral supplements helpful to enhance performance, especially during high-intensity exercise. But with a quick Google search, you’ll quickly see where the problem lies. There are far too many sports supplements to choose from.

As an athlete, the only way to separate the good from the bad, and the effective from the ineffective, is to do your homework. The best sports nutrition supplements contain critical “fuelling” nutrients backed by extensive research.

9 ESSENTIAL NUTRIENTS TO IMPROVE SPORTS PERFORMANCE

1. D-Ribose

For more than a decade, the five-carbon sugar D-Ribose has remained one of the most popular sports and exercise recovery nutrients. Considered the cornerstone of cellular regeneration, D-Ribose encourages post-workout recovery by supporting ATP (adenosine triphosphate) production in the heart and muscles, vital for cellular energy and survival. Taylor & Francis researchers consider the naturally occurring sugar a helpful performance supplement for both humans and racehorses because of its critical role in cellular biogenetics.² Because

9 power-nutrients that every athlete needs

of this, D-Ribose can be used to improve heart health through cardiac rejuvenation and to replenish tired muscles after a workout, increasing the ATP “energy bank” by up to four times.³

2. Krill Oil

Krill is considered by many athletes to be a near-miraculous oil because of its ability to calm inflammation and aid in exercise recovery, with a generous balance of omega-3, 6, and 9 fatty acids. Rich in healthy fats, krill oil is the anti-inflammatory immune-booster every competitor needs after rigorous exercise. Krill oil can help to maintain joint health and ease post-exercise pain and inflammation. Scottish researchers also discovered that taking krill oil for six weeks noticeably helped to boost immune activity after a tough workout.⁴

3. L-Arginine

L-Arginine is the semi-essential protein amino acid that most competitive athletes are missing. To improve both endurance and performance, L-Arginine is the “missing link” that works as a precursor to nitric oxide, creatine, polyamines, L-glutamine, L-proline, agmatine, and the arginine-containing tetrapeptide tuftsins. After performing an exercise test on healthy men, UK researchers saw L-Arginine in action – the men who took an L-Arginine supplement exercised more efficiently with less oxygen required to expend the same amount of energy.⁵

4. Magnesium

Magnesium is one essential pro-exercise trace mineral that can be applied directly

to the skin to increase its potency. Applying topical magnesium with the protective sulphur compound MSM makes the delivery even more powerful and more beneficial to the body. Magnesium is a critical mineral that is easily depleted from the body, and active women may be at the highest risk for magnesium deficiency, making the body work harder than it has to. Low magnesium levels can cause muscles to tire more quickly during exercise.⁶

5. Oxygen-Enhancing Enzymes

Powerful sublingual oxygen-enhancing liquid enzymes, extracted from deep water seaweed, can help to improve the body’s ability to absorb oxygen. Taken before heavy exertion, these natural oxygen-enhancing compounds can support respiratory function and lung health by escorting more oxygen into the bloodstream with each breath. As University of Cambridge researchers have demonstrated with ever-popular nitrate sports supplements, improving oxygen efficiency in the body can increase athletic endurance.⁷

6. Protease Enzyme

Protease is considered one of the most important enzymes available to the body because of how it helps to break down food. Protease is primarily responsible for digesting protein in food, one of the hardest substances for the body to metabolise. Protease also supports general healing and recovery for the athlete by dissolving fibrin and giving the immune system a much-needed boost. *Medicine & Science in*



Sports & Exercise researchers confirm that a protease supplement can help to buffer muscle strength losses after eccentric exercise by regulating inflammation.⁸

7. Serrapeptase

A renowned enzyme derived from the intestine of the silkworm and used to alleviate pain, chronic inflammation, and clogged arteries, Serrapeptase is an "All-Star" supplement for the hard-working athlete. Serrapeptase is unique because it cleans and clears the body of unwanted, non-living tissue. Taken at high doses, Serrapeptase can stimulate the natural healing process, flush waste and toxins, and minimise harmful levels of inflammation after exercise.^{9,10}

8. Soil-Based Probiotic

What does the gut have to do with exercise performance? In a word: *everything*. A healthy gut can influence the health of all other systems in the body, making them run more smoothly. Since hard training puts a significant strain on the immune system and the body's repair processes, a daily probiotic is needed to restore immune function and make the body less vulnerable to illness. For optimal performance, probiotics can be used to repopulate the gut with good bacteria and regulate immune function after high-intensity exercise.¹¹

9. Vitamin D3

The sunshine vitamin, or vitamin D3, is another primary immunity enhancer every athlete needs on their medicine shelf. Vitamin D3, commonly taken along with other super-nutrients like EpiCor, eXselen Selenium, Vitamin C, and OptiZinc, helps the body perform at its peak by strengthening its natural defence weakened by intense exercise. Edinburg researchers confirmed vitamin D3's ability to enhance, in findings presented at the annual conference of the Society for Endocrinology: Taking a daily vitamin D supplement can improve exercise performance and reduce the risk of heart disease.¹²

TARGETED REPAIR AND RECOVERY

There's one more tool that will make your performance package complete. While not technically a supplement, at-home electro-acupressure puts convenient and effective recovery in your own hands. An at-home acupressure device, derived from the

ancient acupuncture technique, can be used daily to stimulate the body's self-healing system for the purpose of relaxation, repair, and rejuvenation. Acupuncture has long been used as a surgery alternative to treat sports injury, and the American College of Sports Medicine suggests that the treatment could help to enhance performance in professional athletes.¹³

For the athlete, highly targeted nutrition is not just an option - it is a way of life. Without fuel in the tank, the engine doesn't run. And with the wrong kind of fuel in the tank, the machine and all of its smoothly-running components can be damaged. It is only with the right combination of nutrients, coupled with an anti-inflammatory diet, that an athlete can perform at their best.

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Recommended Products

D-RIBOSE PLUS™

5000mg D-Ribose per serving (x60)
plus Magnesium & Malic Acid.

THE KRILL MIRACLE

Concentrated Omega 3, 6 and 9, many times more powerful than fish oil. Now in vegetable lipacs.

HEALTHYFLOW™

5000mg L-Arginine per serving (x30)
plus L-Lysine and L-Citrulline. The best all-round amino acid supplement.

MAGNESIUM OIL ULTRA

Ultra pure magnesium chloride is blended with MSM in this unique formula.

OXYSORB™

Contains Norwegian Seaweed Extract in liquid form.

PROTEASE™

Delivers 380,000 HUT Protease enzyme per serving (x60).

SERRAENZYME 250,000 IU

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

PRESCRIPT-ASSIST

3rd generation combination of more than x29 friendly soil-based organisms with a humic/fulvic acid prebiotic. Does not require refrigeration, and safeguarded against light, heat and pressure.

DAILY IMMUNE PROTECTION™

Unique formula blending x10 important nutrients together in once capsule. Contains D3, Zinc, Vit C, Selenium & more.

HEALTHPOINT™ KIT

Home acupressure kit that lets you become an expert at acupuncture but without the needles! Developed with a leading pain specialist and helps with over 160 conditions, all covered in the manual & instructional DVD.

HEALTH news

NEGATIVE SPIRITUAL THOUGHTS MAKE SYMPTOMS WORSE

People who believe that bad karma or God's punishment is the cause of their illness suffer more pain and have worse symptoms.

The phenomenon has been seen across a range of diseases, including cancer, mental problems and chronic pain. Although religious and spiritual beliefs have a positive impact on health and wellbeing, anyone who has even a slightly negative attitude suffers worse health.

Negative spiritual beliefs can include feeling punished or abandoned by a higher power, or believing in bad karma. Researchers from the University of Missouri made the discovery when they analysed the spiritual beliefs of 200 people who were either suffering from some chronic health condition, including cancer, traumatic brain injuries and chronic pain, or were in good health.

Those who had negative spiritual beliefs suffered "significantly" worse pain and physical and mental symptoms than others who had only positive beliefs, such as God always loved them and forgave their shortcomings.

Teaching positive spirituality could have a big impact on disease and pain control, the researchers said.

(Source: *Journal of Spirituality in Mental Health*, 2015; 17: 135)

CONTRACEPTIVE PILL DANGEROUS FOR SMOKERS OR MIGRAINE SUFFERERS

Women who take the contraceptive pill—and also smoke, or have high blood pressure or have a history of migraine – run a high risk of having a life-threatening stroke, and should be encouraged to use a different method of birth control.

The pill doubles the risk of an ischemic stroke, the most common type caused by blood clots, even in women who are non-smokers or have a history of migraine or hypertension.

But the overall risk in these women still remains low. For every 100,000 women taking the pill, 8.5 will suffer a stroke, compared to 4.4 women who don't take the pill. In other words, there will be one additional case of stroke for every 24,000 women taking the pill, say researchers at the Loyola Medical Centre.

There's also a 40 per cent increased risk of stroke in women taking HRT (hormone replacement therapy), either estrogen alone or with progesterone. The risk increases with higher doses of HRT.

(Source: update to *MedLink Neurology*, September 2015; see: www.medlink.com)

PROBIOTICS REVERSE MILK ALLERGY IN TODDLERS

Probiotics can reverse milk allergies in toddlers and young children, new research has discovered. They replace the "good" bacteria lost in the gut to antibiotics, formula-feeding and poor diet.

Infants with a cow's milk allergy have had the problem reversed when they have been given a probiotic that contains the *Lactobacillus rhamnosus* GG (LGG) bacteria.

The probiotic also helps the gut create butyrate, a short-chain fatty acid that is a natural detoxifier that rids the gut of ammonia and neurotoxins. Researchers at the University of Chicago say the gut environment (microbiome) of someone with an allergy is significantly different to that of a healthy person, suggesting the differences in the structure of the bacterial community in the gut influence the development of allergies.

In a test on a group of infants with a cow's milk allergy, those given the probiotic didn't have any bio-markers of an allergy in stool samples compared to those who didn't have the probiotic.

Food allergies have increased by 20 per cent in developed countries in the past decade, and the increase has mainly been the result of over-use of antibiotics, a high-fat and low-fibre diet, reduced exposure to infectious disease and formula feeding, say the researchers.

(Source: *The ISME Journal*, 2015; doi: 10.1038/ismej.2015.151)

Source: www.WDDTY.com



RECOGNIZE ELECTRO-SENSITIVITY AS A DISEASE, SCIENTISTS URGE WHO

A group of scientists and doctors is calling on the World Health Organization (WHO) to recognise electro-sensitivity and chemical sensitivity as recognised diseases that are already affecting many people around the world.

The group—which includes 24 scientists, physicists and doctors from Europe and North America—also wants governments to take simple precautionary measures to prevent over-exposure to electro-magnetic radiation, usually from mobile phones and wi-fi networks, and chemicals.

They also want to see truly independent research undertaken into the dangers of mobile phones and pollutants in the environment; most research, which has declared mobile phones to be safe, has been funded by the mobile phone industry.

But, says the scientific committee of the Paris Appeal Fifth Congress, electro- and chemical sensitivity are escalating problems around the world, and are caused by EMFs (electro-magnetic fields) and chemicals.

The diseases can be triggered by acute, high-intensity exposure or chronic low-level exposure.

(Source: the 2015 Brussels International Scientific Declaration, September 4th, 2015)

MEDITERRANEAN DIET WITH OILS BEST WAY TO PREVENT BREAST CANCER

Eating a Mediterranean diet that's rich in olive oil is the surest way to prevent breast cancer. It's even more effective than eating the same diet, but with nuts replacing the oil.

Women who follow the oil-rich diet reduce their risk of developing the disease by around 30 per cent compared to those who follow a low-fat diet.

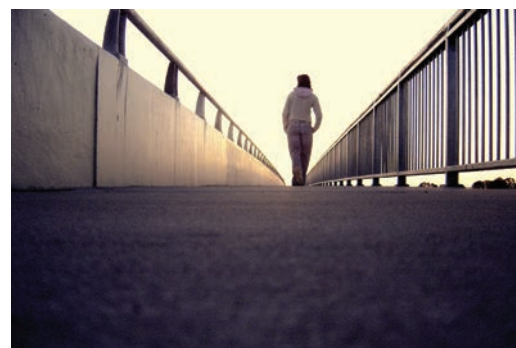
In a research study involving 4,282 women aged from 60 to 80 years, some were put on the diet with extra-virgin olive oil added, others with nuts added, and the rest were put on a low-fat diet. All the groups were followed for nearly five years, during which time 35 of the women developed breast cancer.

But for every woman in the olive oil group who developed the disease, 1.8 in the nuts group contracted cancer, and this rose to 2.9 in the low-fats group.

(Source: JAMA Internal Medicine, 2015; published online, September 14; doi: 10.1001/jamainternmed.2015.4838)



Source: www.WDDTY.com



DRUG COMPANY HID SUICIDE DATA

A drug company hid data that discovered its antidepressant didn't work and increased the risk of suicide in adolescents and teenagers. Instead, GlaxoSmithKline (GSK) hired a marketing team to prepare a "scientific" paper that stated its drug Seroxat (paroxetine) was effective and safe – so putting at risk the lives of hundreds of thousands of young people.

An independent research team has discovered tens of thousands of pages of data that were discarded by the drug company for its Study 329 published in 2001, which concluded that paroxetine (also marketed as Paxil and Aropax) was "generally well tolerated and effective." The study was written by none of the original researchers, but by a marketing team, and it was headed up by Martin Keller, head of psychiatry at Brown University, who had financial ties to drug companies.

On the basis of the false study, GSK launched a major marketing campaign that proclaimed Seroxat's "remarkable efficacy and safety." Within a year, more than two million prescriptions had been written for children and adolescents across the US.

But rumours of Study 329's lost data were starting to emerge, and, in 2012, GSK faced criminal charges of fraud and was fined a record \$3bn by the US's Department of Justice.

Now researchers from the University of Adelaide have found the hidden cache of data, which included evidence that 11 patients taking part in the trial had attempted suicide or had self-harmed. In addition, the drug was no more effective than a placebo, or sugar pill.

(Source: BMJ, 2015; 351: h4320)



PREVENT OR HEAL

Breast Cancer

How to save a life

The breast cancer buzz is everywhere, but how much do we really know about what has grown to be the most commonly diagnosed cancer in women? Wearing a pink ribbon can help to support breast cancer awareness, but even the most comprehensive breast cancer campaign overlooks one important fact: lifestyle changes are our only hope for breast cancer prevention and recovery.

BEHIND THE PINK CURTAIN

It's not hard to find statistics on breast cancer — with annual campaigns circulating these shocking facts and figures all over social media. Here's what we know to be true about the devastating and far-reaching effects of this disease: Breast cancer remains the most common cancer in women, and it is also the leading cause of cancer-related death for women around the world.¹

The UK and U.S. have one of the highest breast cancer incidence rates around the world, which is why breast cancer awareness campaigns are most popularly seen in these countries. Breast cancer campaigns tell us that of the 1.5 million breast cancer diagnoses in 2010, 89 per cent of the women diagnosed are still alive five years later. What these figures fail to account for is the very real risk associated with conventional cancer treatment — naturopathic doctor Dave Mihalovic estimates that chemotherapy does not work 97 per cent of the time and can cause significant decline after the projected five-year cancer survival rates.²

As Dr. Alan Levin of California State University and University of California Medical School explained, "Most cancer patients in this country die of chemotherapy. Chemotherapy does not eliminate breast, colon, or lung cancers. The fact has been documented for over a

decade."

"Women with breast cancer are likely to die faster with chemotherapy than without it," said Levin.³

Researchers, doctors, and breast cancer awareness organizations all agree on one truth: The breast cancer death toll is out of control. Worldwide Breast Cancer estimates that 400,000 lives could be saved each year, or one third of breast cancer-related deaths, with early detection and prevention. More effective education and screening in the UK and U.S. could save 12 to 37 lives per day, respectively.¹

We know what we need — informational tools to support breast cancer prevention and rehabilitation — but we still don't know how to get there. Screening can be helpful to detect breast cancer that is already present, but unfortunately, a breast cancer diagnosis will inevitably lead to the near-fatal chemotherapy trap. Time and again, we see the same vicious

cycle occur where a woman is diagnosed with breast cancer and administered toxic levels of chemical treatment as she fights for her life. In each of these cases, the breast cancer “cause” is championed, while underlying lifestyle factors are not addressed.

LIFESTYLE PULLS THE TRIGGER

For most women, the genetic component of breast cancer can be chilling. If breast cancer runs in your family, you may feel that you can never outrun your fate. But when you see the full picture, taking into account how unhealthy lifestyle factors can activate genetics, you’ll see that there is great hope for breast cancer prevention and recovery — even if it runs in your family. “Genes load the gun, but lifestyle pulls the trigger,” says Dr. Caldwell B. Esselstyn, Jr., a former surgeon at the Cleveland Clinic, President of the Cleveland Clinic staff, author, and researcher.⁴

Worldwide Breast Cancer is right about one thing — early prevention is the only way to address our sky-high breast cancer mortality rates. If you are at risk for breast cancer, or if you have already been diagnosed with breast cancer, it is not too late.

Making four critical lifestyle changes could save your life:

1. Cut out all dairy. For women especially, cutting out all processed milk products, with the exception of organic raw milk, is the foundation to cancer-free living. Not only has a cattle-borne virus found in milk been linked to human breast cancer, but women who consumed high-fat dairy products after a breast cancer diagnosis had the poorest survival rates.^{5,6}

2. Stop eating starchy carbs. Cancer feeds on sugar, and starchy carbohydrates are converted to sugar by the body. Eliminating processed foods rich in sugar

and starchy carbs can immediately lower breast cancer risk. Dartmouth researchers even discovered that cutting out starchy carbs helped to reduce the genetic breast cancer risk in women.⁷

3. Kill cancer cells with curcumin.

Curcumin is a potent anti-cancer phytochemical and antioxidant that doesn’t get enough credit, especially when it comes to breast cancer recovery. Because curcumin can stimulate apoptosis (causing cancer cells to commit suicide), *Clinical and Experiential Medicine* researchers consider the turmeric-derived spice effective in the fight against breast cancer when taken in high doses.⁸

4. Replenish nutrient storehouses in the cells.

Curcumin can be used to trigger cancer cell death, but daily nutritional support is needed to replenish healthy cells and aid in cancer prevention and recovery. Minerals like calcium, magnesium, phosphorus, manganese, and iron are essential to alkalize the blood since cancer cells thrive in an acidic environment. The mineral and antioxidant selenium has been shown to decrease some cancer mortality rates with the potential to shrink tumour growth; selenium has proven especially beneficial in destroying breast cancer cells in cases where chemotherapy has failed.⁹ Vitamin D from moderate sun exposure and daily supplements can regulate immunity and protect against multiple cancers. Imperial College London researchers confirm that vitamin D could help to slow breast cancer progression; researchers from the *Indian Journal of Endocrinology and Metabolism* detected vitamin D deficiency in 95.6 percent of breast cancer patients.^{10,11}

In the vast majority of cases, breast cancer is not related to genetics. Remember, it is lifestyle that pulls the trigger. You can “fight the good fight”

against breast cancer by making important lifestyle changes known to decrease inflammation and strengthen immunity.

As the book *Cancer Cell Rehabilitation in 30 Days* explains, “Certain cancers, namely breast, prostate, and colon cancer, are up to 80 per cent attributable to diet. Imagine the impact that could be made in the fight against cancer if nutritional therapy was embraced and other lifestyle habits that promote cancer were addressed!”

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Recommended Product

**CANCER CELL
REHABILITATION IN 30 DAYS
BY ROBERT REDFERN**





THE MIKE TAWSE STORY

'My Serrapeptase Adventure'

Mike's Serrapeptase Adventure has now entered its tenth year, relating his incredible journey, one that has taken him from a purgatory of illness to the joy of health.

"I feel like two different people," he says. "I can now talk about that person who was ill from the point of view of the person who is positively not ill."

THE 'MIRACLE' ENZYME

Robert Redfern at Naturally Healthy Publications is responsible for the Serrapeptase formulations marketed by Good Health Naturally. In the 2006 summer edition of Serrapeptase News, he wrote, "I have renamed my book *The 'Miracle' Enzyme Is Serrapeptase*. I did not do this lightly, as I think the word 'miracle' is generally misused and too easily thrown around, especially in the nutritional field."

"If you have read my book and followed my newsletters, you may realise why I am so enthusiastic about this enzyme. I was finally convinced not only to change the name of the book, but also to create the website www.Serrapeptase.Info to go with it, when the story of the then 36-year-old Mike Tawse first surfaced."

MIKE'S 'MIRACULOUS' ADVENTURE

Mike, a cerebral palsy sufferer since birth, revealed that life was so bad at the end of 2005 he felt he could not endure another year on a multitude of prescription drugs that hardly made a difference.

Mike's adventure story begins in December 2005.

By now, Mike has had several transient ischaemic attacks (mini strokes), asthma,

sinus tachycardia, and various digestive problems so severe that surgery had even been considered, despite the potential risks. He is hardly able to speak, the fluid from his lungs nearly choking him, his heart and lungs failing. His concerned friends are so anxious they have discussed what arrangements he wants for his funeral. The medical professionals have gradually increased Mike's medication in a last-ditch attempt to keep him alive, but all were failing. It appears he will have only a few years before his body gives way under the strain.

The turning point came on January 3, 2006, when Mike was persuaded by one of his friends to start taking two Serrapeptase tablets twice a day. This friend met a local pharmacist who described the dramatic results his clients were getting with an amazing product called Serrapeptase from Good Health Naturally (GHN). He told how an enzyme called Serrapeptase was achieving a reputation for its power as an anti-inflammatory and pain reliever, and for clearing inflamed tissue in the body. What really impressed Mike's friend was the passionate way the pharmacist spoke of Serrapeptase, pointing out there were no side effects.

Moved by the pain Mike was suffering, his friend suggested he give it a try. They had no proof, but after much research decided there was nothing to lose. What happened next shook Mike. In just a few days, the pain diminished, his breathing became easier, and his lung capacity measurably improved by 300 per cent.

January 3, 2008, marked the second anniversary of the day when Mike first took Serrapeptase, "The first day of my third year of adventure. This was a day which,

just a few short years ago, I could not reasonably have expected to see." Mike says of the incredible improvement in his eyesight, developed since November 2006, "I will be fascinated if a definitive medical opinion ever emerges. I believe that the improvements in my eyesight and visual perception are perhaps among the most remarkable elements of My Serrapeptase Adventure."

Today, Mike is still going strong, with the support of Serrapeptase and other powerful nutrients, "The biggest thrills of my adventure are still as they were - my improved eyesight and visual perception, and my clear lungs."

Recommended Products

SERRANOL

80,000iu Serrapeptase plus CurcuminX4000, Ecklonia Cava Extract & Vitamin D3, all in one capsule.



SERRAENZYME 250,000IU

The world's strongest and most trusted serrapeptase, 250,000iu serrapeptase per cap.



BLOCKBUSTER ALLCLEAR

40,000iu Serrapeptase per cap plus x15 other super nutrients such as Protease, Nattokinase, Lipase, Amylase & Pycnogenol.



THE MIRACLE ENZYME IS SERRAPEPTASE, 3RD EDITION BOOK, BY ROBERT REDFERN

Read all about Serrapeptase plus the Mike Tawse story in full.



Healthy Dinners

Healthy and delicious evening meal ideas

VEGETARIAN CHILI

Ingredients

1.5 cups of chopped yellow onions
1.5 cups baby bella mushrooms stemmed, wiped clean and cubed
1 red bell pepper, chopped
1 medium yellow squash, stem ends, trimmed and cut into small dices
3 (15oz) cans diced tomatoes
2 (15oz) cans kidney beans, drained and rinsed
1 (15oz) can black beans, drained and rinsed
1 (15oz) can tomato sauce
1 (15oz) can black beans, drained and rinsed
1 (15oz) can tomato sauce
1 (15oz) cans diced green chilies, drained
1.5 cups vegetable stock
2 tbsp. chili powder
2 tbsp. oregano leaves
1 tbsp. ground cumin
1 ½ tsp. onion powder
1 ¼ tsp. seasoned salt (or regular salt)
1 tsp. ground black pepper
¾ cup chopped fresh cilantro leaves
½ cup water
¾ cup cornmeal

Method

1. Add the onions, peppers, mushroom, squash and diced tomatoes into a pan with the tomato sauce, beans, chilies, vegetable stock, oregano, onion powder, chili powder and cumin. Stir and season with salt and pepper.
2. Cover the pan and cook on high for 4 hours or a low temperature for 6 hours.
3. Around 20-30 mins before the chili finishes cooking, mix the cornmeal with the water to form a paste.
4. Stir in the paste and chopped cilantro, combining to cook for 20-30 minutes.



PAELLA

Ingredients

1 onion
3-4 asparagus spears
½ red pepper
½ courgette (zucchini)
4-5 oyster and brown chestnut mushrooms
1 can of chopped tomatoes
½ cup of garden peas
½ cup of quinoa
½ tsp. of paella spices
½ tsp. of paprika
A pinch of sea salt
Garlic oil
Olive oil
Your choice of seafood (optional)

Method

1. In a wok or paella pan, add the onion, asparagus, red pepper and courgette (zucchini) in frying olive oil to cook for 3 minutes.
2. Add oyster and brown chestnut mushrooms to the cooking vegetables as well as regular chopped tomatoes and garden peas (frozen and defrosted).

RED LENTIL PENNE PASTA WITH SALAD

Ingredients

½ packet of Red Lentil Penne Really Healthy Pasta™
1 onion
1 garlic clove
½ red pepper
1-2 tbsp. of pesto
½ pack of spinach
4-5 cherry tomatoes

Method

1. Cook the red lentil penne pasta in a pan of boiling water.
2. Sauté the onion and garlic clove together with the red pepper.



Leave and cook for 2 minutes.

3. Next move vegetables to the outside edge of the pan in order to cook your quinoa (rice substitute).
4. Add olive oil & quinoa in the middle of the pan. Double the amount of water for the amount of quinoa and pour water to cook straight in the pan.
5. Stir the mixture together and add your paella spices with traditional paprika. Heat to boil. Reduce heat and cook for 10 minutes.
6. Stir together until the quinoa has fully absorbed the liquid. Season with sea salt and garlic olive oil and leave to absorb for another 2 minutes. If you want to use seafood in this recipe, that can make for a really healthy dish as well.
7. Simply add your choice of seafood into the paella recipe and substitute quinoa for the rice in the other recipes you find.



3. Drain pasta. Return to the pan. Add the tablespoon of pesto and warm through for 5 minutes.
4. Combine the spinach with the cherry tomatoes and toss with the pasta. Serve.



The busy builders that keep your body running strong

We have all heard of enzymes before, but when asked about the part they play in the body, most of us are stumped. Enzymes may be everywhere – in beer, in cheese, in sauerkraut, in food processing, and in medicine – but their function in the body can still be difficult for many people to define.

WHAT ARE ENZYMES?

If there are many years between you and your last biology class, consider this a helpful refresher course that could shed light on the “mysterious” health issues that have been plaguing you for years.

Enzymes are proteins. And without these powerful proteins, none of us would exist. “Active protein” enzymes are made out of amino acids by RNA, or ribonucleic acid, which is created by DNA, or deoxyribonucleic acid. Enzymes are the primary tools the body uses to sustain daily function and to prevent chronic health problems. Without enough potent enzyme activity in the body, there cannot be healing or good health.

Think of enzymes as “nature’s little helpers.”

The body uses enzymes to transmit nutrients and speed up all essential biological processes. To support one of the most important bodily functions at no less than three times a day, enzymes in the stomach help break down food into smaller particles and convert it into energy. Nature relies on hard-working enzymes to transform one substance into another and to expedite chemical reactions in the body.

Researchers have long been trying to catch these microscopic workhorses in action. In 2015, researchers from Cardiff University developed a new technique that allows scientists to pinpoint the areas of an enzyme used to speed up chemical reactions in the body. As the lead study author Professor Rudolf Allemann, Head of Cardiff University’s School of Chemistry, explained, this highly targeted enzyme analysis could reveal why enzymes in the body are so much more effective than their man-made counterparts.¹ And because all human cells depend on these natural catalysts to facilitate biological reactions within milliseconds, University of North Carolina School of Medicine researchers estimate that without enzymes, instantaneous biological reactions that are essential to life could take 2.3 billion years.²

EVERY ENZYME HAS ITS PURPOSE

At any given moment, enzymes are supporting, regulating, and renewing each part of your body. To maintain good health, your body needs two things: the builders and the building materials. Enzymes are the builders working overtime. Enzymes move and use essential building materials in the body, like amino acids (proteins), vitamins, and minerals, round-the-clock.

When you see disease or malfunction, it is because there aren’t enough enzymatic “builders” in the body to do their job.

Enzymes keep us healthy by running the show behind the scenes, broken down into three general categories:

- 1. Digestive enzymes** - Enzymes break down the basic building blocks of the food we eat into colloidal particles, the smallest particles that exist in a free state, to convert to healthy tissue.
- 2. Metabolic enzymes** - Metabolism-supporting enzymes use the colloids broken down by digestive enzymes to maintain tissue and organ function through hundreds of different chemical reactions. Metabolic enzymes help repair injured tissue and organs and protect against disease.
- 3. Clean-up enzymes** - The enzyme clean-

up crew may not form a separate group from digestive and metabolic enzymes, but all enzymes are responsible for cleaning up after the work is done. Enzymes clear and eliminate the mess left in the body after the construction, building, and repair - processes that continue 24 hours a day, seven days a week. Clean-up enzymes clear the body of undigested carbohydrates, proteins, and non-vital tissue, while creating anti-inflammatory enzymes to fight infection and tissue damage.

Understanding the role enzymes play in the body is critical because healthy enzyme levels decrease with age. The average 70-year-old may only have 20 percent of the enzymes found in the body of a 20-year-old, which explains our modern epidemic of age-related disease. This common enzyme deficiency that leads to poor health is easy to correct with a Really Healthy Foods diet and high-quality enzyme supplements.

THE MIRACLE ENZYME™: YOUR ANTI-INFLAMMATORY ALLY

Serrapeptase is one enzyme that appears to have miraculous powers. While Serrapeptase is not found naturally in the body but is derived from the intestine of the silkworm, the powerful proteolytic enzyme has become a renowned nutritional supplement because of its effectiveness in treating such a wide range of health conditions.

For the past 40 years throughout Europe and Asia, Serrapeptase has been prescribed in clinical settings. Physicians who grasp the power of natural enzymes have recommended anti-inflammatory Serrapeptase as a safer alternative to aspirin, ibuprofen, and prescription NSAIDs. In comparison to harsh drugs with countless side effects, Serrapeptase is gentle but effective, used by the silkworm to instantly dissolve its hard cocoon during metamorphosis. When taken as a supplement at high doses, Serrapeptase can have the same effect on

the human body – dissolving non-living tissue burdening the body, including cysts, blood clots, arterial plaque, and chronic inflammation.

Researchers marvel at Serrapeptase's ability to improve health by clearing inflammation and inflammatory by-products. Serrapeptase has powerful application in relieving chronic conditions like carpal tunnel syndrome, bronchitis, COPD, and breast engorgement.^{3,4,5,6} When used in combination with another potent enzyme called Nattokinase, Serrapeptase even shows promise in the treatment of Alzheimer's disease.⁷ Serrapeptase user testimonials now count in the thousands, praising the enzyme for providing relief for arthritis, migraines, Parkinson's disease, heart disease, stroke, infertility, and much more.

As researchers have shown us time and again, the effect that a single enzyme has on the body cannot be underestimated. The body needs enzymes to function at the most basic level each day, and now we know that there is a clear relationship between enzyme levels and chronic disease. To support good health and relieve more serious health conditions, a powerful proteolytic enzyme like Serrapeptase can dissolve the inflammation that leaves the body vulnerable to disease.

Recommended Products

ESSENTIAL DIGESTIVE PLUS

This is a newly formulated professional strength enzyme complex combining the power of all the important digestive enzymes with Fruta-Fit® Inulin. Contains the Lactase enzyme which improves lactose digestion in individuals who have difficulty digesting lactose and now comes with Peptidase and Protease for improved gluten digestion. Take with every meal.



SERRAENZYME 250,000 IU

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



BLOCKBUSTER ALLCLEAR

Contains a careful blend of powerful enzymes, now in a delayed release capsule for optimum performance. x16 nutrients in total.



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Ask Robert Redfern

Important questions answered by your personal health coach!



Q: Will Serrapeptase help with Peyronie's Disease? John A.

A: Yes, I have had good reports from some but not everyone. The plan below is good for your health and so you will like the effects anyway:

- SerraPlus+ – 1 cap x 3 times per day 30 mins before eating a meal.
- Nascent Iodine – 5 drops x 3 times a day in a little water.
- Nattokinase – 1 cap x 3 times with the SerraPlus+.
- Plan – 2-3 months.

Q: How can Serrapeptase help with Osteoporosis or Osteopenia?

A: Serrapeptase helps immensely as it reduces the chronic inflammation in the bloodstream. By clearing away this problem

tissue, it enables the body's own healing system to replace it with healthy tissue. Start with 2 x 80,000IU Serrapeptase with MSM and trace minerals, 3 times per day, 30 minutes before a meal and then gradually reduce to one twice a day as you get relief.

Q: What can you recommend for someone who is constantly forgetting things? I don't know if recovery can happen or not but is there a way to slow down my husband's cognitive decline? Any help is appreciated. Josephine, UK

A: I would recommend that your husband take the Serranol™ and the Curcumin can help to boost blood circulation to the brain and help with the delivery of nutrients. ReFocus Vinpocetine can boost

brain health, while Relaxwell® can aid in relaxation and promoting healthy cortisol levels. You can find out more information in my Memory Health Recovery Plan.

Q: My Fuchs Dystrophy is getting worse and I'm facing surgery soon if it doesn't get any better according to my eye doctor. Please can you offer any advice? Diana, USA

A: Diana, you need to follow my Fuchs Dystrophy Health Plan. The MSM Silver Drops will soften tough leathery tissue, helping in the removal of floaters. They contain a combination proprietary blend, OptiMSM®, Hydrosol Silver, L-Carnosine and Colloidal Zinc. Curcumin contains antioxidant properties that can provide powerful support for eye health and the Glutathione Spray is important for stopping free radical damage. Krill Oil can help to protect cell membranes and MaxiVision which is a blend of essential nutrients can prevent vision loss and maintain healthy blood vessels, essential for improving vision.

Other recommendations include CAN-C Plus™ drops, Plant Cell Vitamin C and HealthPoint™. Try the supplement plan and stick to a healthy diet...let me know the results.

Q: My mum has been treated for COPD for the last twelve months but has been suffering for 3 years. My mum used to smoke but stopped over 3.5 years ago. I have been advised about Serrapeptase...I feel it is too good to be true but have purchased 4 bottles today via your website. I am very eager to get them to see if they change my mum's life and give her at least a better day to day quality.



She takes a big selection of medication and also uses an immobilizer 4-6 times a day. I am just concerned that I have read that these could cause worse lung infections...is that true? Thanks.
Joanne P.

A: Joanne, firstly Serrapeptase cannot cause lung infections and that is biologically impossible. If it really happened 25 years ago then it was a contaminated batch. Since that report many millions more throughout the world have taken it and with today's fast communication it would have been well documented. Your mum will do OK just on Serrapeptase and if you add more things and change her diet (the real cause of her problems) then she may clear the problems and get off the drugs and their inherent side effects. Secondly, I do not sell Serrapeptase, I create formulations and others sell them throughout the world.

The full plan for your mum's recovery is below. My mum died 23 years ago when I was 43 of COPD and that is why I am here today making sure others recover and get off the drugs.

The full plan is as follows:

- SerraPlus+ or SerraEzyme 80,000iu - 2 x 3 times per day and reduce to 1 x 3 when big improvement takes place.
- Curcuminx4000 - 3 x 3 times per day.
- OxySorb - 1 squirt under the tongue, 4 times per day or before exerting yourself.
- Active Life - 15ml x 2 times per day with food.

Try to get started on the food plan today and refine your menu as you move ahead. I eat avocados for every meal when I am travelling as there are not many places I would eat. I eat these as a snack and a small meal and salads and if I can, I eat a mainly alkaline diet assured of the source with salmon and vegetables. The soup recipe in my book is great as a meal. Consider Sprouted Bread as a substitute.

This is sometimes referred to as the caveman/woman diet as it does not have any processed food. I am developing a new website www.ReallyHealthyFoods.com where we plan to post menus, meal ideas and food lists.

Q: My son just had cochlear implant surgery and is unable to be activated because the surgery site is still too swollen. I am looking for methods to reduce the swelling in order for him to get activated. Any advice?
Paul S., United States

A: Start with 2 x 80,000IU Serrapeptase, 3 times per day, 30 minutes before a meal and then gradually reduce to 1 twice a day as he gets better. Temporarily stop taking Serrapeptase 24 hours before an operation and restart 24hrs afterwards to help the healing process. Treatment with HealthPoint™, an electro-acupressure device has proved to be highly effective in treating post-operative swelling and has been used by physiotherapists with great success.

Q: I have been reading about Serrapeptase. I am considering trying this for Morton's Neuroma. I have also read that this is a natural painkiller. Will this block the pain and therefore need to be taken on a continual daily basis or will this help clear the problem and only need to be taken for a certain length of time? If it is a painkiller it seems that the cessation of use will result in the pain returning. Thanks for your input.
Ilga K.

A: Ilga, the pain associated with Morton's Neuroma is as a result of pressure from fibrosis pressing on a nerve. Serrapeptase will clear this fibrosis and of course the pain that results from it. If the cause of the



fibrosis (e.g. vitamin or mineral deficiency) is resolved then the fibrosis will not return.

I recommend: SerraPlus+ 2 x 3 times per day 30mins before eating with a glass of water. Also drink 6 other glasses of water with a pinch of bicarbonate of soda in each glass over the day. Cut down on starchy carbohydrates and increase green vegetables and dark skinned fruits.

Q: I have been taking Serrapeptase, 3 capsules, three times a day for dissolving scar tissue. I have been taking them for over a week. The condition seemed to be improving, but my blood pressure shot up to 155/96. It normally is 125/80. Should I stop taking the Serrapeptase entirely, or just reduce the dosage? Wythe P.

A: Wythe, please try stopping them for a week and testing your blood pressure. I presume you test your BP yourself? If it is back to normal then try 1 x 3 times for a week and test at the end of that week, then the 2nd week try 2 x 3 times and test, and then on the 3rd week go back up to 3 x 3 and test.

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.

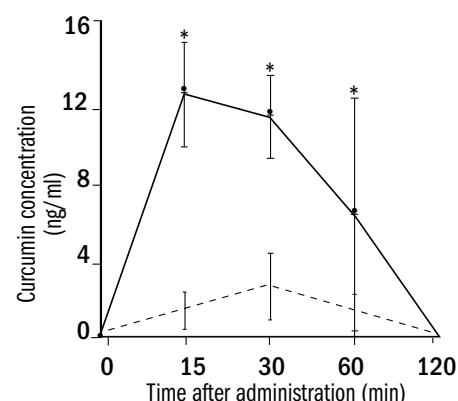


Figure 1. Plasma curcumin levels after dosing with Meriva (solid line) compared to unbound curcumin (broken line)



180
veg caps

Take
x3
caps/day



Approx.
2mo.
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!

Can you afford to live longer?

Poor health in retirement could cost you everything

Today, we are living longer than ever before, but millions of people still don't know how to use this precious gift. There may not be such a thing as the Fountain of Youth, but because of modern advancements like clean water, less manual labour, improvements in sanitation, and a better diet, living for decades longer is not only a possibility - it has become a reality for most people.

OLD AGE IS MAKING HISTORY

By the year 2030, life expectancy in the UK is projected to spike even further. In more affluent areas of the country, male babies born in 2030 may live up to 85.7 years on average, and female babies may live up to 87.6 years.¹ Based on 2012 statistics, the most recent year surveyed by Prevention and the CDC, a child born in America today has the potential to live the longest out of any other time in history - 76.4 years for men and 81.2 years for women, on average.²

Living longer is a relatively new concept that most of us are not prepared for. We have been taught to faithfully invest in our retirement funds, but we haven't a clue how to invest in our health.

YOU CAN'T PUT A PRICE ON GOOD HEALTH

Without a plan, the gift of a long life could end up costing you thousands of dollars a month, as health inevitably declines. The older you get, the more likely you are to end up penniless if you are aging without nutritional support or a lifestyle plan. As the aging population grows larger in the UK, so do health care costs. It's no coincidence that national debt, which has finally dropped to healthier levels, is expected to climb again in 2030 to support a boom in preventable health care costs for

the older population.³

If you want to spend your golden years traveling and enjoying your family, it's important to have a plan in place far before the first signs of age-related disease appear. Using a good health plan before and after retirement will ensure that you age gracefully, without wasting money on costly medical care:

1. Change your diet. Inflammatory foods feed inflammatory lifestyle diseases at an early age. Breads, pastries, cookies, rice, potatoes, parsnips, cereals, and wheat pasta (even organic grains and cereals) can be replaced with Really Healthy Foods, especially green vegetables at a recommended 9-14 servings per day. Some of the most common, and the most devastating, age-related diseases like dementia have been directly linked to a high-carb diet.⁴

2. Replace missing nutrients. There is one unfortunate fact about growing older that many of us do not want to hear - the body has a harder time digesting and absorbing essential nutrients. If there was ever a time to take a high-quality supplement to support daily health, it is now. Taking daily B vitamins can protect against one of the deadliest threats to the older population: heart disease. A large-scale Japanese study discovered that women with a diet high in vitamin B6 and folate (B9) were less likely to die from stroke and heart disease, while men were less likely to die from heart failure.⁵

3. Stay active daily. It is never too late to start exercising, especially if you want to stay mobile in that extra decade of your life. When University College London researchers assessed the health of 3,454 adults, average age 64, over an eight-year period, the benefits of exercise were clear - even for people who started exercising for the first time in their 60s. Regular, frequent



exercise over four years increased the chances of living a healthy, disease-free life in old age by *seven times* compared to the sedentary adults in the study.⁶

If you're not ready to close the final chapter yet, this is welcome news. Living a longer life doesn't have to be a financial burden when you invest in your good health plan the way you invest in your retirement plan. Making a few simple lifestyle changes can set you up for the best possible outcome in old age.

Recommended Product

B4HEALTH SUBLINGUAL SPRAY
The best way to get all your daily B vitamins in one. This unique spray delivers B1, B2, B3, B6 and B12 in just x6 sprays daily. Also contains Vitamin C, D, E and Selenium.



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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.

INGREDIENTS:

B1	B5	Vitamin C	Biotin	CoQ10
B2	B6	Vitamin D	Magnesium	Taurine
B3	Folate	Vitamin E	Selenium	Grapeseed Extract



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 health, 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.



Suitable for all the family

Be confident your probiotic supplement will deliver. Choose Prescript-Assist.





Uncovering the
statin drug fraud

THEY JUST DON'T WORK – *why take them?*

To understand the problem with statins, you must first understand their purpose. Most major pharmaceutical companies push statins as a vital, cholesterol-lowering drug, but that is only half of the story.

There are two major concerns with prescribing statins for high cholesterol: The first is that cholesterol is not the danger the medical community has made it out to be. Cholesterol is not a disease - your liver produces cholesterol because it is needed by your body to regulate hormones, brain function, and arterial health. Cholesterol protects the arteries in the body against harmful levels of inflammation.

It is *oxidised* cholesterol at low or high levels that can contribute to heart disease. Cholesterol oxidises because of exposure to free radicals when there are not enough antioxidants in the diet and from nutritional supplements to protect the body, and especially the arteries. While high cholesterol can be an indicator of a poor diet, Texas A&M researchers agree that "bad" cholesterol is a myth.¹

The second big issue with statins is the

statins themselves. Despite what the drug advertisements and pharmaceutical reps claim, statins just do not work - there are no two ways about it. These harmful drugs with proven side effects cannot help you to live a longer and healthier life. Statins are prescribed to millions of people around the world and can lower cholesterol to some degree, at a cost. Considering that cholesterol is not dangerous unless it oxidises, a process which can be prevented by protecting the heart with essential nutrients and antioxidants, it is clear that statins do much more harm than good.

It should come as no surprise that the *British Medical Journal* recently called for a statin prescription review after finding that the controversial cholesterol drug, routinely administered to up to 12 million patients, may only add three extra days to a life.²

HIGH RISK, NO REWARD

Calling statin drugs ineffective is only scratching the surface. When pharmaceutical mogul Eli Lilly halted the production of its newest cholesterol-lowering drug evacetrapib during its final

stages of development in late 2015, more than a few eyebrows were raised.³ Lilly reportedly dropped the heart disease drug because it proved ineffective in late-stage clinical trials and not because it was unsafe - a predictable explanation from a pharmaceutical company trying to save face.

But with a quick read of the recent research, it's plain to see that statin drugs are both ineffective and unsafe. Writing for Australia's holistic journal *Nova Magazine*, nutritional toxicologist Peter Dingle, PhD, lays the truth about statins bare. Dingle agrees that the pharmaceutical companies and physicians who push statins only serve to perpetuate "The Great Cholesterol Deception." He explains, "Most doctors will simply tell you that statins are safe and hand you a prescription. However, if your GP reads the fine print, there are two and a half pages of side effects. In some cases, up to 65 percent of people started on statins stop taking them."³

Why would so many people stop taking a cholesterol drug that so many doctors and pharmaceutical reps insist is safe? Sadly, statin safety and efficacy has been

misrepresented by the same medical professionals who have prescribed the drug to their patients. Statins are not only unsafe, with a long list of dangerous side effects, but they are counterintuitive. Instead of preserving heart health by lowering cholesterol, as the drugs claim to do, statins also lower levels of coenzyme Q 10 as a side effect.⁵

Coenzyme Q10 is required for energy production in the body. It also works as an essential fat-soluble antioxidant to protect against free radical damage. This protective antioxidant is exactly what is needed to prevent cholesterol from oxidising and damaging the arteries in the first place. Ample amounts of CoQ10 in the body can protect against irregular heartbeat and arrhythmia, while reducing the risk of heart attack.⁶

In Canada, as many as 3 million people are currently on statins, with 10 per cent of users experiencing side effects like muscle pain and weakness.⁷ What your doctor and the big drug companies may be even more reluctant to tell you is that statin use has been tied to an increased risk of cataracts and diabetes - without protecting against Parkinson's disease, as previously thought.^{8,9,10}

GETTING TO THE HEART OF THE MATTER

In spite of these dangerous and often devastating side effects, statins remain one of the bestselling drugs in the world. The explanation is simple: Nutritional therapy to prevent cholesterol oxidation and strengthen the heart is not a money-maker when compared to the multibillion-dollar drug industry.

There are two missing nutrients that can prevent cholesterol oxidation and support heart health, without any side effects:

- **B Vitamins:** Your body requires a daily dose of B vitamins to balance homocysteine levels, a toxic amino acid produced when other amino acids are broken down in the body. Elevated homocysteine is far more dangerous than

high cholesterol and has been linked to an increased risk of heart and vessel disease. In a case control study of nine European countries, vascular disease risk was two times higher in men and women with high homocysteine compared to those with normal levels of homocysteine.¹¹

- **CoQ10:** Coenzyme Q10 is a beneficial vitamin-like enzyme present in almost all healthy plant, animal, and human cells. In the body, CoQ10 acts as a powerhouse enhancer and antioxidant that is essential to heart health. Ubiquinol is the more potent form of CoQ10 that is eight times better absorbed by the body. We already know that CoQ10 as an antioxidant can protect against oxidised cholesterol in the arteries; European Society of Cardiology researchers discovered that coenzyme Q 10 is powerful enough to decrease heart failure mortality by 50 per cent.¹²

If your doctor has been pushing statins to help lower your cholesterol levels, take a moment to review the research - the numbers simply don't add up. Pharmaceutical companies claim that these dangerous drugs can save a life,

while taking heart-strengthening nutrients is far safer and far more effective. When pressed for an answer, more than 55 per cent of doctors said they were against statins and would not prescribe the drugs to themselves or their families.¹³

Recommended Products

UB8Q10 UBIQUINOL

This is the most powerful CoEnzymeQ10, 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.



B4HEALTH SUBLINGUAL SPRAY

The best way to get all your daily B vitamins in one. This unique spray delivers B1, B2, B3, B6 and B12 in just x6 sprays daily. Also contains Vitamin C, D, E and Selenium.



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The Miracle of Buckwheat

The anti-inflammatory alternative to modern wheat

Cutting out inflammatory wheat is one of the best things you will ever do for your body, if you hope to live longer and without disease. If

you have been exploring ways to improve your health, you may already know that a high-carb diet, primarily from refined carbohydrates and processed foods, has been linked to serious chronic disease, like heart disease and cancer.^{1,2}

While the risk of cancer or heart attack is enough for most people to skip the cookies and the crisps, that's where many of us stop short. It's because the misleading "heart-healthy" labels on whole grain products, like wheat bread and pasta, leave us confused.

Aren't whole grains supposed to be good for you?

We now know that whole grains and cereals, known to cause a spike in blood sugar and contribute to dangerous levels of inflammation in the body, don't do what they are advertised to do. Instead of protecting us, all grains and wheat products are part of the problem. Grains are not only a poor source of vitamins and minerals, but they have an improper ratio of essential fatty acids, with an imbalance of omega-3 to omega-6 that can cause inflammation and disease.

The first reaction to hearing this news is often, "Then what is left to eat?" Fortunately, healthy carbohydrate and wheat alternatives abound. One of the most popular wheat substitutes also

happens to be the most nutritious.

BUCKWHEAT IS NOT WHEAT

Buckwheat may be shelved among the grains at the supermarket, but that's where the similarities end. Buckwheat is a gluten-free alternative to grains, and it also provides a complete source of protein. In buckwheat, you'll find a rich array of essential nutrients, including catechins, tannins, the healthy fat alpha-linolenic acid, vitamins, minerals, and soluble and insoluble fibre.

Despite what the name suggests, buckwheat is not a type of wheat - it is a fruit seed packed full of nutrition. And unlike wheat and other grains, low-glycaemic buckwheat contains all eight essential amino acids in large quantities, with a hefty helping of lysine. Conventional grains like wheat, rice, and corn cannot provide the body with the right balance of amino acids because of a lack of the essential amino acid lysine. This is why grains do not offer a complete protein source, compared to buckwheat's

impressive 23 grams of protein per cup.³

As Dr. Alan Christianson, a U.S.-based naturopathic physician, explains, "Buckwheat may be one of the healthiest foods you're not eating."⁴ Dr. Christianson adds that buckwheat is a prime source of B-vitamins, such as B6, choline, folate, niacin, pantothenic acid, and thiamine, as well as trace minerals like copper, magnesium, and manganese. Besides its extraordinary nutrient profile, buckwheat is unique because it contains a form of fibre called *resistant fibre*, known to lower blood sugar with benefits to support weight loss, manage diabetes, and potentially prevent and treat inflammatory bowel disease.⁵

Compare buckwheat to refined grains that cause disease, and it becomes clear why this "super seed" has long been hailed as a renowned real health food that can nourish and protect the body. Buckwheat is one of the most powerful disease-fighters that you can have on your plate as a healthy carbohydrate alternative.

This is where the naturally alkaline seed gets really interesting - in buckwheat's





ability to support daily health with critical missing nutrients that guard against disease. Canadian researchers confirmed buckwheat's powerful blood sugar stabilising effect on the body. In a controlled study, University of Manitoba researchers found that buckwheat could lower blood glucose by up to 19 per cent in diabetic rats.⁶ Researchers proved buckwheat's heart-healthy benefits in a Chinese study published in *The American Journal of Clinical Nutrition* when they discovered that eating 100 grams of buckwheat a day promoted healthy cholesterol levels. Eating more buckwheat can provide even more heart-protective and cholesterol-stabilising benefits.⁷ Buckwheat also contains exceptionally high levels of the flavonoid rutin, making it a recommended food to prevent varicose veins.

Diabetes and heart disease are just the tip of the iceberg. Buckwheat may be beneficial in alleviating a wide collection of health disorders, ranging from allergies to arthritis to gallstones to cancer.^{8,9,10,11}

HOW TO GET THE MOST OUT OF BUCKWHEAT

As part of a Really Healthy Foods diet, swapping a superfood like buckwheat for traditional wheat and refined grains doesn't have to be a sacrifice. Nutrient and fibre-rich buckwheat groats are inexpensive and easy to prepare - simply soak the groats, cook on the stove or in a rice cooker, and mash before eating to promote easier digestion.

Sprouted buckwheat flour and buckwheat pasta are also available as really healthy alternatives to baked goods and refined pastas. Sprouted whole buckwheat flour provides the complete nourishment of the mighty seed that you can't find in any conventional grain, ground into flour for bread, pizza, or pancakes. Sprouting is an especially important part of the preparation of buckwheat flour: Sprouting brings a buckwheat seed to life. Sprouting activates essential enzymes that break down inhibitors so that the nutrients in buckwheat are more absorbable and bioavailable. Think of sprouting as "unlocking" powerful nutrients to make buckwheat even more beneficial to the body.

Likewise, single-ingredient buckwheat pasta makes a delicious and nutritious substitute for commercially-made white and wheat pastas. Ready-made buckwheat pasta offers a convenient meal choice for breakfast, lunch, or dinner when you don't have time to sprout or bake. Naturally high in protein and fibre and loaded with essential vitamins and minerals, buckwheat pasta tastes as good as the real thing, without the toxicity and acidity found in grains.

Consider buckwheat an ancient blessing. This healing seed that has been a staple in Eastern European and Asian cultures for millennia is as flavourful as it is nutritious. Buckwheat is the preferred substitute for modern grains with a robust nutrient profile that has the power to prevent chronic disease.

Recommended Products

REALLY HEALTHY PASTA BUCKWHEAT

Gluten-free, organic

Buckwheat pasta – part of the Really Healthy Pasta range, the only healthy alternative to unhealthy wheat pasta and the perfect meal replacement. High protein, high fibre/iron, high nutritional value.



REALLY HEALTHY FLOUR SPROUTED BUCKWHEAT

A gluten-free, wheat-free alternative to unhealthy wheat flour.

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YOU DON'T HAVE TO SUFFER IN SILENCE

New research challenges everything we know about depression

Thanks to the widespread efforts of mental health awareness campaigns, we now know that depression is much more than just feeling blue.

And yet, with as many studies as there are on mental health and with the millions of people who suffer from depressive disorders around the world, depression still isn't a comfortable topic of conversation.

Because of this reluctance to discuss depression, and because many people with mental health issues are still treated with kid gloves, misconceptions abound. Depression is common enough that it now affects an estimated 2.6 out of 100 people in the UK.¹ According to the Mental Health Foundation, a mixture of anxiety and depression is the most prevalent mental disorder in Britain - making it very likely that you or a loved one may be struggling with your mental health.² As we saw with the recent tragedy of Robin Williams, we often don't find out about these personal struggles until it is too late.

One of the most effective ways to address poor mental health is to simply start talking about it. Research and

nutritional therapy are available to support depression recovery, but many times, these invaluable tools are never given to those who need them the most. Talking freely about depression and exploring the brain-changing nutritional research could help to save a life.

STRENGTHENING THE SECOND BRAIN

Most depression therapies and medications are focused on regulating mood in the brain, and for good reason. It makes sense to try to correct chemical imbalances in the brain that could lead to depression, if you don't understand where the true problem lies.

But within the past few years, researchers have begun digging. What they have discovered about depression and gut health has changed the way we view rehabilitation for depressive disorders.

Far below the brain lies the "second brain" in the gut. The second brain is a mechanism in the body you may already be familiar with if you have ever had a stomach-ache related to stress or "felt butterflies" before a big event. The second

brain is connected to the main brain and plays a pivotal role in mental health, while influencing the risk of some disease. As Johns Hopkins Medicine confirms, the second brain, also called the enteric nervous system (ENS), is powerful enough to affect the health of the entire body - containing two layers of over 100 million nerve cells that line the gastrointestinal tract from oesophagus to rectum.

When it comes to regulating mental health, the health of the second brain matters just as much as the health of the first brain.

The second brain works hard in its primary role as the gut, aiding in digestion, nutrient absorption, and elimination. Dr. Jay Pasricha, Director of the Johns Hopkins Center for Neurogastroenterology, explains that this enteric nervous system also has a direct line of communication with our main control centre, "The enteric nervous system doesn't seem capable of thought as we know it, but it communicates back and forth with our big brain - with profound results."³

University College Cork researchers uncovered the importance of this big

brain-little brain connection as they examined serotonin, the chemical known to regulate mood and emotion in the brain. Scientists discovered that brain levels of this “happy hormone” are regulated by the amount of good gut bacteria that develop early in life.⁴ These findings came only a year after researchers from Ireland and Canada confirmed that probiotics, or the friendly bacteria found in the gut, can alter brain neurochemistry to treat anxiety and depression.⁵ And in 2015, Society for Neuroscience researchers explained that probiotics could help to improve behavioural symptoms of chronic inflammatory disease by changing the communication between the immune system and the brain, with the potential to remedy behavioural symptoms like fatigue, social withdrawal, and depression.⁶

HEAL YOUR GUT, HEAL YOUR BRAIN

Understanding this gut-brain connection can be life-changing for the millions of adults who take antidepressants and still can't find relief. As Dr. Des Spence, a Glasgow GP, explains in his British Medical Journal review, antidepressant prescriptions in the UK rose by 9.6 per cent in 2011 (totalling at 46 million prescriptions), with an estimated 75 per cent of these prescriptions linked to drug companies. Only one in seven people taking antidepressants may actually experience benefits.⁷

These major scientific breakthroughs within the past decade have special meaning for sufferers of depression and other mood disorders. We can now rehabilitate the brain without drugs, by strengthening the gut with friendly probiotics and essential nutrients:

1. Ashwagandha: The Indian herb ashwagandha is known for its stress-relieving properties, with potential application for anxiety and depression that rivals prescription drug use. In a recent study published in the *Public Library of Science*, ashwagandha was able to increase glutathione levels in the brain,

the body's most powerful antioxidant, to improve brain function and memory, while protecting against degenerative brain disorders like Alzheimer's and Parkinson's disease.⁸

2. B Vitamins: B vitamins are known to buffer the stress response and stabilise fluctuating cortisol levels. Taking B vitamins has long been considered a natural antidepressant since vitamins B3 and B6 help to convert the amino acid tryptophan into serotonin. Vitamin B6 deficiency has also been linked to clinical depression.

3. Lithium: Not to be confused with pharmaceutical lithium, the mineral lithium orotate is another safe alternative to antidepressant drugs. Lithium orotate taken as a supplement is rapidly absorbed by the body and delivered to the brain in an organic carrier to target chemical imbalances. Lithium orotate can support mental and emotional health, with benefits for bipolar disorder, PMS, ADHD, headaches, Alzheimer's and Parkinson's diseases, and depression.

4. L-Tryptophan: Taking L-tryptophan with B vitamins can help the body to manufacture serotonin in ample amounts. Lower tryptophan levels in the body can lower serotonin production in the brain, with observed effects on mood and memory and increased instances of aggression. Tryptophan depletion has been known to cause a relapse in symptoms of depression and panic disorder.⁹

5. Soil-Based Probiotics: A healthy brain needs support from a healthy gut, strengthened by friendly probiotics – but not any probiotic will do. Compared to over-the-counter probiotic supplements that may not reach the gut intact, a soil-based probiotic can have an immediate impact on both gut and brain health, made with the same beneficial microflora found resident along a healthy human G.I. tract.

For sufferers of a “hopeless” condition like depression, this ground-breaking research on the balance between the two brains is news worth celebrating: Nourishing the gut has the power to change your mind.

Recommended Product

REALFOCUS ASHWAGANDHA
Contains 300mg Ashwagandha Root Extract, 100mg Rhodiola Rosea Extract and 100mg L-Theanine per capsule.



LITHIUM BALANCE

Contains the trace mineral in the supplemental orotate form. 100 per cent natural and completely safe to use.



RELAXWELL

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



PRESCRIPT-ASSIST

3rd generation combination of more than x29 friendly soil-based organisms with a humic/fulvic prebiotic.



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Vitamins D3-K2: the dynamic duo

Two heart-healthy vitamins working as one

You may have a heavy heart as you think about growing older, and there's a perfectly good reason why. Heart health becomes a major concern with each passing year. Your doctor may start to bring up heart disease and heart attack risk at your annual check-ups - reminding you that cardiovascular disease is the number one global cause of death. According to the latest WHO statistics, more people die from heart disease than from any other cause.¹

The common prescription for heart disease is medication. Thanks to decades of research that now directly link heart disease to unhealthy lifestyle habits, like smoking, lack of exercise, and eating processed foods, many doctors also recommend lifestyle changes to reduce heart disease risk. Some doctors have even started using a "Heart Age" score to encourage patients to make healthy changes by assessing how their lifestyle has aged the heart.²

Make no mistake: These heart-healthy lifestyle changes are critically important, but almost every doctor is missing the final step. Your heart needs two vital nutrients, working in harmony together, to continue beating strong and disease-free.

WHAT MAKES YOU TICK

In cases of heart disease, arterial blockage is caused by unchecked levels of inflammation in the body and can be made worse when the body tries to "fix" it without the proper nutritional support. Cholesterol and calcium rush to the scene to lay down plaque in an attempt to protect arterial walls.

This plaque build-up becomes even

more dangerous as heart disease progresses. If it doesn't cause premature death in the form of a heart attack, a doctor may order an invasive medical treatment, like a stent, in another attempt to "fix" the problem. Inserting a stent, or wire mesh, into a clogged artery after a blockage may offer some relief, but it does not address the underlying cause.

We now know, and most doctors agree, that lifestyle changes are critical to calm the inflammation that leads to heart disease. But contrary to what mainstream medicine tells you, eating a heart-healthy diet does not include whole grains. You can lower dangerous levels of inflammation by cutting out unnatural foods, including the starchy carbohydrates found in whole grains, cereals, and processed foods, and by supplementing the missing nutrients your heart needs to grow strong again.

DON'T LOSE HEART

Taking a vitamin D3 supplement has become a popular choice with vitamin D deficiency on the rise. *International Journal of Health Sciences* researchers now consider vitamin D deficiency an epidemic global health problem.³ While it's important to get some vitamin D3 from at least 20 minutes of moderate sun exposure without sunscreen each day, a daily supplement still matters. Long-term vitamin D3 deficiency or insufficiency, affecting an estimated one billion people around the world, endangers the health of the heart.

In doing its job to strengthen and protect the heart, vitamin D3 can't work alone. Like vitamin D3, vitamin K2 is essential to life and health, and it also plays an important role in enhancing the

power of vitamin D3 to more effectively guard the heart. In a study conducted on 150 postmenopausal women, taking vitamins D and K together was most beneficial in maintaining healthy arterial elasticity, compared to taking a vitamin D/mineral supplement or a placebo.⁴

Vitamins D3 and K2 are a winning combination, especially when it comes to improving heart health. Working as one, vitamins D3 and K2 can help to clear dangerous calcium build-up in the arteries, correct hormonal imbalances, strengthen immunity, support joint health, ward off dementia, and even reverse osteoporosis. Far before heart disease becomes a reality, vitamins D3 and K2 can build a strong and healthy foundation to protect against more serious damage to the heart.

Recommended Products

VITAMIN D3 AND K2 SUBLINGUAL 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.



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Riboflavin contributes to the maintenance of normal vision.



Did you know that MaxiFocus can **help you to maintain your normal vision?** It contains 24 super powerful nutrients.

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

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Simply take one full dropper daily, swish around the mouth and then swallow. One bottle will last for about 1 month. The nutrients that absorb under the tongue can be in the eye within 2 minutes! You can take two droppers daily if needed.

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SO YOU CAN EXPECT EVEN BETTER RESULTS!

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Zeaxanthin	✓
L-Taurine	✓
Vitamin E	✓
Bilberry Extract	✓
Ginkgo Biloba Extract	✓
Niacin	✓
Vitamin A	✓
Vitamin D	✓
Thiamin	✓
Riboflavin	✓
Vitamin B6	✓
Folate	✓
Vitamin B12	✓
Biotin	✓
Pantothenic Acid	✓
Iodine	✓
Magnesium	✓
Zinc	✓
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