

NATURALLY HEALTHY NEWS



ISSUE 30

**YOUR
COPY**

SPRING INTO SUMMER!

The time is right to
refresh and renew
your life

TOP TEN WORST FOODS FOR CHILDREN

A lifetime of good
health starts young

CHANGE YOUR DIET, CHANGE YOUR MIND

Why nutrition holds
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Welcome

Dear Reader,

Welcome to Issue 30 of Naturally Healthy News. Now in my 71st year it is even more apparent that good health is not a destination, it is a never-ending journey. It is the first duty of every responsible person to work towards good health for themselves, their families and their community. Those that have been with me on this journey will have seen it become clearer that our future 'good life' depends on 'good health'. This issue of Naturally Healthy News is your resource for a Good Life. Read and enjoy.

A phrase for us Northerners but applies equally for those in the Southern Hemisphere. The 'Good Life, Good Health' plan is really the same wherever you live. The food may vary for different cultures but we all know what healthy foods are. The good part of spring and summer is you may feel like making changes, so take these invigorating times to make those changes and get into good healthy habits to carry you through the winter months. See p5-7.

Lack of willpower may be the thing that makes it difficult for you to stick to a good health plan. Why not take advantage of our complimentary Good Health Coaching Centres, with a Health Coach who will hold your hand (on the Phone or Skype) and guide you through the changes. Register your interest at www.MyGoodHealthClub.com

Really Healthy Pasta was launched in 2015 and thousands have realised they can choose a perfect healthy alternative for their whole family. New to the range is; Buckwheat and Golden Flaxseed (penne or fusilli)...read p8-9 to see the amazing benefits these superfoods have shown. See www.ReallyHealthyPasta.com

I send out my email newsletter every week with all the latest news... if you don't currently receive this sign up at www.NaturallyHealthyNews.com

Regards and good health,

Robert Redfern

Robert Redfern

Robert Redfern
'Nutritionalist', 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 controlling an irregular heartbeat, fighting osteoporosis naturally, making yummy and healthy recipes, or improving kids' health – go for what you most want to know about.

3

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

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Naturally Healthy Publications

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Cheshire CW9 8LE

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© 2016 Naturally Healthy Publications

Printed by Acorn Web, Loscoe
Close, Normanton Industrial Estate,
Normanton, West Yorkshire WF6 1TW



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Spring INTO SUMMER

The time is right to refresh and renew your life

We are living in a fast-paced world where it's often easy to miss what really happens when there is a change of the seasons. We all remember from our school years that the seasons change, like clockwork, four times a year. But as adults, it isn't uncommon to look up at your calendar in the midst of a busy work day to find that it's a week, or even a month, later than you thought it was.

Taking a moment to sit quietly with yourself can bring you back in tune with your body and with your surroundings. It's at moments like these when you can begin to realise what changes may need to be made to move you forward in life — and what your body may need to feel whole again.

SPRING TO LIFE

The significance of spring turning into summer is something to pay attention to. As Dr. Fruehauf explains in his analysis of how health relates to the four seasons based on Chinese Medicine, on behalf of the Institute for Traditional Medicine in Portland, Oregon, Chinese physicians have long regarded the four seasons as having their own unique energy that manifests during the body within that specific time.¹

Simply put, each season and the changes that come with it can directly reflect changes that may occur in your life. Seasons have such a pull on us, in fact, that the season you were born in could influence your personality for the rest of your life.²

Chinese Medicine attributes each season to an element, as described in the book *Eight Pieces on Observing the*

Fundamental Principles of Life, written by 16th century poet and medical scholar Gao Lian.¹

As Lian explains, spring is a time when the wood element related to the liver is dominant, so less sour foods are eaten. During the spring, the earth element and spleen organ are also affected, so more mildly sweet foods are eaten instead. As we transition into summer, the seasons and their corresponding elements change too. During the summer season dominated by fire and heart, we shy away from bitter foods and eat more pungent foods in their place.

Beyond the foods the body naturally craves at different times of the year, each season has its own purpose that lasts only for a time. Lian reminds us that spring is a notorious season of change, which we can see as the earth thaws and flowers bloom.

This change naturally overflows into new healthy habits that we continue to cultivate as spring turns to summer.

"And so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer."

- F. Scott Fitzgerald, *The Great Gatsby*

Don't underestimate how the change of a season can bring about a corresponding change in your life. For many of us, summer may be a time of exuberance with bursts of activity – afternoons of fun in the sun, longer days to spend with family and friends, and of course, week-long holidays. For others, summer is a time to relax, reflect, and unwind. Higher temperatures can bring sluggishness and decrease activity, providing the opportunity to rest and rejuvenate.

LET THE SUN SHINE IN

Whatever your response to summer may be – whether the season brings on a burst of energy or a natural retreat – you can't deny that this new season can bring about change. As we mentioned above, many of these changes may naturally start in the springtime as the earth begins to grow and awaken again. But it is in the summer when we can put more concentrated effort and thought into healthy changes that can determine the course of our lives.

At face value, it may seem like many of our most ingrained habits are impossible to break. That's why we are often reluctant to give up a sedentary lifestyle, stop eating processed foods, quit smoking, and tamper our alcohol intake. Researchers from Duke University concede that lifelong unhealthy habits are hard to disrupt because they are built into the circuitry of the brain — but that doesn't mean they are impossible to change.³



"Seasons change, and so do we."

- Original source unknown

Roughly 40 per cent of our daily activities are performed around the same habits that we have picked up over the years through associative learning. As these habits become automatic and soon take over our lives, it becomes apparent why it can be so hard to shake poor lifestyle choices known to cause disease and shorten life.

But according to research presented in 2014 at the American Psychological Association's 122nd Annual Convention, it is possible to overcome the habit hurdle by embracing three simple principles of change.⁴ Old habit cues can be eradicated by creating opportunities to practice new intentions. After a new action is taken, repetition makes a habit stick – though there is no guaranteed time frame. Last of all, integrating new habits within the context of an old routine can help to keep these habits in place, like preparing healthier versions of your favourite dishes

or committing to a daily walk before your morning shower.

Using these principles to cultivate even a few healthy habits can make a world of difference, when it comes to quality and even length of life. A study published in the Canadian Medical Association Journal confirmed that healthy behaviours used in combination, like eating fruits and vegetables daily, exercising, not smoking, and drinking moderate alcohol, have a cumulative and direct impact on successful aging. People who engaged in these behaviours were more likely to have good health later in life – often reflected in better respiratory function, cognitive skills, mobility, and mental health with a reduced risk of chronic disease.⁵ University of Cambridge researchers confirmed that making these four healthy changes could add 14 extra years to your life.⁶

10 SIMPLE WAYS TO CHANGE WITH THE SEASON

If you don't know where to begin, following this 10-step plan for good health is

guaranteed to provide at least some improvement within 30 days:

1. Clear inflammation and facilitate healing. Taking essential nutrients can bring your body back into balance. The proteolytic enzyme Serrapeptase is renowned for its ability to support the healing process in the body by clearing inflammation, which often accumulates in the stagnant months of winter.

2. Supplement missing nutrients. Depending on the current state of your health, along with any illnesses you may be struggling with, your body could benefit from different critical nutrients that it is missing. But for every man, woman, and child, iodine is one common missing mineral that should be taken daily — to regulate the thyroid, aid in detoxification, and sustain energy.

3. Boost the immune system. A highly absorbable vitamin and mineral supplement can benefit the body daily, taken in liquid or capsule form. Taking selenium in a daily multivitamin can also help to activate iodine in the body.

4. Drink more water. Make it your goal to drink at least 6 to 8 glasses of RO filtered or distilled water each day, with a generous pinch of baking soda in each glass to promote alkalinity in the body.

5. Cut out high-sugar foods. As the foundation of good health, starchy carbohydrates should be avoided altogether, including cookies, pastries, cereals and grains (even organic), refined and wheat pastas, rice, potatoes, and parsnips.

6. Eat really healthy foods. Enjoy fresh or frozen vegetables, dark-skinned fruits and avocados, nuts, beans, seeds, moderate meat, oily fish, healthy oils, and healthy carbohydrate alternatives each day. Aim for 9-14 servings of vegetables daily, preferably organic.

7. Stay active. Daily activity is a must to reduce the risk of chronic disease and support your body's health recovery

system. Make it your goal to build up to walking 3-5 miles per day in a fast and purposeful stride and add wrist weights as you improve.

8. Learn proper breathing. Relaxed breathing through the diaphragm or stomach, as opposed to anxious breathing in the chest, can help the body to clear out harmful levels of carbon dioxide and the stress hormone cortisol.

9. Stimulate acupressure points. Targeting specific acupressure points using an at-home electro-acupressure device can help to activate the body's natural healing system. At-home acupressure can provide relief for dozens of pain and non-pain conditions, while supporting balanced health.

10. Get more sun. To maintain good health, your body needs natural vitamin

D each day – directly from the summer sunshine. Avoid toxic chemical sun creams and start by exposing bare skin to the sun for 20 minutes each day as you build up tolerance.

"Summertime is always the best of what might be."

- Charles Bowden, American author and journalist

No one ever said change would be easy, but the reward is great. And summertime, a time when the world is alive and filled with hope and anticipation, is the perfect time to begin putting new and healthy habits into place.

Recommended Products

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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 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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Buckwheat and Golden Flax

Two superfoods you need in your diet

If you could put two superfoods on your plate at your next meal, what would they be? Superfoods today are all the rage - getting plenty of press from researchers and health and wellness blogs alike. But with so many healthy foods that come with a 'super' rating, it's hard to know which superstar foods to pick.

THE DEFINITION OF A SUPERFOOD

To best decipher the superfood phenomenon that has taken the world by storm, we can start small and work our way up. Straight from the source, the European Food Information Council (EUFIC) tells us that while the term "superfood" dates back to the early 20th century, it has only recently become popular in our modern language.¹ Today, "superfood" has become a trending buzzword both online and off, yet it is still lacking an official definition that all health professionals agree upon.

The closest that we come to understanding modern-day superfood is in the dictionary definition itself. "Superfood" is defined as a nutrient-rich food beneficial for health and wellbeing by the Oxford

English dictionary and a super nutrient-dense food filled with vitamins, minerals, fibre, antioxidants, and/or phytonutrients by the Merriam-Webster dictionary. In order to meet these criteria, you will most often find that a superfood is plant-based and chock-full of nutrients, making it vegetarian and vegan-friendly.

The EUFIC makes one important point about superfoods that is essential to note: There is no one food that can transform your health with its "super" properties. Yet this doesn't change the fact that several plant-based foods stand out above all others for their scientifically proven health benefits and exceptional nutrient profiles. This is precisely why the EUFIC allows certain foods and ingredients to be packaged with scientifically approved health claims.

Understanding what makes a superfood still doesn't answer the question at hand: What are the best superfoods to invest in, prepare, and eat? With a little digging through the supporting research and the countless studies that back them, the answer is quite simple.

SUPERFOOD #1: BUCKWHEAT

Often lumped into the grain category in the supermarket, buckwheat sits far above ordinary grains in its nutritional assessment. First and most important, buckwheat is not technically a grain. It is not even wheat. It also happens to be gluten-free. Buckwheat is a seed related to rhubarb and sorrel that is often used as a wheat-free, gluten-free, and low G.I. substitute for inflammatory grains. Compared to commonly refined grains like wheat, corn, and rice, buckwheat is exceptionally nutritious. It can provide the human body with a fully proportionate balance of all eight essential amino acids needed to produce a complete protein, including the missing amino acid found in insufficient quantities in wheat, corn, and rice - lysine. A single cup of buckwheat packs a powerful punch at 23 grams of nutrient-dense protein per serving.²

True to its superfood reputation, buckwheat is also rich in a wide variety of vitamins and minerals, including niacin, riboflavin, phosphorus, iron, zinc, calcium, potassium, selenium, magnesium, copper, and manganese. When it comes to the fibre

needed to support weight loss and heart health, a single cup of buckwheat delivers 68 per cent of the recommended daily fibre intake.

Buckwheat's effect on the human body is even more impressive, providing further evidence of the seed's "superpowers." Over 10 years ago, Canadian researchers made a startling discovery about the pseudo-grain called buckwheat. In a controlled study, researchers found that buckwheat extract could potentially help to manage diabetes - lowering blood glucose levels in rats by 12 to 19 per cent.³ That same year, buckwheat was solidified as a legitimate health food when Spanish researchers observed that the seed could act as a prebiotic in the gut to support beneficial bacterial growth.⁴

Buckwheat (and especially sprouted buckwheat with its vital nutrients unlocked) may help to decrease blood pressure, while buckwheat starch has been confirmed to be a good source of dietary energy, even compared to sweet potatoes.^{5,6} Gluten-free bread made with buckwheat also provides the most nutritional benefits over other gluten-free alternatives for sufferers of celiac disease.⁷

SUPERFOOD #2: FLAXSEED

Buckwheat is undeniably nutritious, but there's always room for one more superstar at the table. Buckwheat is happy to share the spotlight with another "super" seed - the flaxseed, or the tiny, brown seed that comes from the flax plant. Flaxseeds have long been viewed as a therapeutic superfood because of their large quantities of disease-fighting compounds, like omega-3 fatty acid, alpha linolenic acid (ALA), fibre, and lignans.⁸

Flaxseeds are notoriously high in phytochemicals called lignans - so much so that flaxseeds are ranked as the number one source of lignans in the human diet. It is this special compound that makes flaxseeds so beneficial to health and

wellbeing, with the potential to prevent a number of devastating diseases. Serving as both an antioxidant and phytoestrogen, lignans have been proven to lower the risk of developing postmenopausal breast cancer, while also reducing risk of mortality.⁹ In 2010, lignans in flaxseeds were hailed as a drug-free alternative treatment for high cholesterol in men, with cholesterol-lowering benefits seen when men, but not women, consumed roughly 3 tablespoons per day.¹⁰

DOUBLE THE NUTRITION

For those who are unfamiliar with these flavourful super-seeds, buckwheat and flaxseed are surprisingly easy to incorporate into your meals. Buckwheat can be prepared similar to a traditional grain on the stove or in a rice cooker, although it is recommended to soak the seed first to remove the anti-nutrients that can bind to minerals and prevent their absorption. Flaxseeds can be sprinkled atop salads, soups, or smoothies or ground up and baked in your favourite healthy recipe.

There is one more way to get more of these tasty superfoods on your plate - gluten-free pasta made with buckwheat and flaxseed is easy to prepare and even easier to eat. Rich in fibre, protein, and all of the vitamins, minerals, and phytonutrients that buckwheat and flaxseed can provide, convenient superfood pasta can be cooked in under five minutes and enjoyed as a nutritious family meal. And as so many lovers of buckwheat and flaxseed pasta have said time and again, it tastes even better than the real thing.

In our modern world, we have so much to be thankful for. Nature has given us an abundance of superfoods to enjoy, and with decades of research behind them, we now know that buckwheat and flaxseed are among two of the most nutritious. Eating for your health has never been more rewarding - or more delicious.



Recommended Products

REALLY HEALTHY PASTA™ BUCKWHEAT WITH FLAXSEEDS

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. Buckwheat and Golden Flaxseed available in Penne or Fusilli (250g).



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GOOD HEALTH COACHING: *it works!*



You don't have to travel this road alone

There is strength in numbers. When you start out on your journey to good health, making changes may seem easy - until you hit that first bump in the road when you face junk food at a party, a stressful work week that forces you to skip your daily exercise routine or even a personal loss that pushes you back to the comforts of old habits, like smoking.

ONE STEP AT A TIME

What will you do when your back is against the wall? If you already have a support system in place, many, if not all, of these hurdles are possible to overcome without

taking a toll on your health.

As research has long been telling us, two are better than one. A study published almost a decade ago in the *Journal of Nutrition Education and Behavior* laid the foundation for this concept — a research team led by Judy Paisley, Ph.D., R.D., of Toronto's Ryerson University observed that a person's significant other can play a pivotal role in making changes to their diet.¹

When the researchers interviewed 21 people making dietary improvements, often related to a medical issue, and examined the support of their partners, they drew a connection in what they called

the "social nature of dietary change."

Almost across the board, significant others were both positive and supportive — even joining in on the new diet, in some cases. Some significant others helped to support the process by changing their cooking and shopping habits as well. In rare instances, significant others were not supportive and continued to eat unhealthy foods in front of their partners.

As Dr. Paisley explained, it was the overt support from a partner that may have proved to be the most beneficial when making lifestyle changes. "For example, indirect indications of support like not complaining about dietary

LEND A HELPING HAND

Like visiting a therapist for a mental health issue, a good health coach can provide targeted, unbiased advice to help you create positive and healthy change in your life. A good health coaching centre that specialises in health rehabilitation, as opposed to the disease care model you would find in a local hospital, can offer training for healthy living and even provide nutritional guidance for disease management and recovery.

Joanna Maggs, International Administrator of a Good Health Coaching Center in the UK, describes her approach in helping to treat a client with thyroid problems in July 2015: "A focus on specific diet tips, along with the full Thyroid Plan and specific guidance on our Nascent Iodine and Selenium intake doses and monitoring, resulted in improvement over five sessions. Although energy levels took slightly longer to improve, with our support and motivation, the client improved exercise levels and overall enthusiasm for health, and coaching graphs proved massive increases in all areas, including sleep patterns, general malaise, and pain reduction."

Even for more complicated health issues, Maggs has seen partial to full recovery in a great many clients, simply by implementing diet, nutritional, and exercise changes step-by-step. Of treating a client suffering from bronchiectasis in May 2015, Maggs says, "We concentrated on a partial plan at first, due to budget, but concentrated focus on all other areas - diet, exercises, relaxation, electro-acupressure, and soon progressed to a full plan of our recommended supplements too - once she started to see the benefit in what we were doing. After only seven sessions, she felt

she had progressed enough to continue alone, with the knowledge that she could come back to us for further coaching, anytime. Her coaching graphs showed a progressive improvement in lung function, blood pressure, energy level, improved emotion and mood, and general malaise, with a huge drop in overall symptom level."

Finally, Maggs tells of a unique experience with a client who reached out for good health coaching in August 2015. While the client did not have an official diagnosis for her health problems, countless troubling symptoms were beginning to overtake her life - including difficulty sleeping, digestive issues, and possible toxicity related to the liver and digestive system, to name a few.

At first, the client was reluctant to make any healthy changes, which Maggs says is quite common for people who are embracing a new routine for the first time. But with a little education and organisation from the Good Health Coaching Center, slowly but surely she began to make important changes in supplementation, diet, and lifestyle. As a result, sleep was the first to improve, alleviating the client's most severe issue once the new, healthy habits were in place. Maggs says that from that point forward, the client's symptoms began to subside when the full health and diet plan was put into place. By her tenth session, the client was happy to report that a full recovery had been made.

Maggs compares these remarkable results to another client, who, though reluctant at first due to past supplement sensitivities, saw a full recovery after undergoing good health coaching for just 10 sessions. This client, suffering from digestive troubles triggered by too much acidity in the body, said she

changes may have been less meaningful to changers than direct support offered through positive reinforcement and encouragement," she said.

This long-standing research sheds light on what it really takes to achieve good health and live a long life. We have seen many examples, except for very rare cases, where a person is much more likely to see success in improving their health and quality of life if they have outside support.

If receiving help from friends and family can increase your chances of living a healthy life, just think how much more valuable the support of a trained professional could be.



felt confident that she could now “go it alone” after the foundation had been laid for a new and healthy life. “Our health coaches guided her so that she could take the right supplements, without concern, and provided lots of alternative advice and a more individualised plan due to sensitivity issues. She was very grateful for all the constant support and attention to individual detail,” Maggs says.

Maggs confirms that out of the hundreds of clients seen by her coaching centre, over 70 per cent consider their results successful, as compared with only an average of 20 per cent, prior to the coaching being introduced.

DIVIDE AND CONQUER

While good health coaching may often be advertised as a trendy new wellness craze, research has proven time and again that outside behavioural support can provide a wealth of benefits.

In a 2014 study released by the Mayo Clinic, health coaching was deemed to be an important strategy to help improve overall wellbeing. Researchers discovered that individuals who met with trained wellness coaches through a professional organisation were able to identify potential barriers and create new goals to achieve healthy lifestyle success. People who met with a health coach saw an improvement in perceived stress, mood, and quality of life.²

Good health coaching is popularly used to provide motivation to get back in shape, but research suggests that it may be especially beneficial for those who are at risk for disease. Results from a 2015 study presented at the American College of Cardiology’s 64th Annual Scientific Session showed that patients with prediabetes who received health coaching - with guidance to improve nutrition, stress, sleep, and exercise — were able to bring their blood glucose metabolism back to normal. Health coaching, in this case, was able to reduce the risk of diabetes and the subsequent risk of heart disease.³

For large to small health problems alike, health coaching remains effective because it focuses on the simple foundation of good health that is as old as time. Healthy habits make for a long and healthy life. Change starts small, and mistakes are to be expected. Putting one foot in front of the other, with a helping hand to guide you, makes it easier to stay on the path.

Individual health coaching is available to anyone and everyone in the comfort of their own home. To answer any health-related questions - or to provide the encouragement to face another day — you can connect with a trained health coach online, on the telephone, and through print and e-books. Using the nutritional resources provided, taking the recommended supplements, and staying

active can strengthen you on your road to recovery.

If you could best describe your life as taking one step forward and two steps back, this might be the reason why. Trying to make healthy changes on your own, without the proper education or support, will most always end in disappointment. But relying on the wisdom of someone who has gone before you can heal and inspire. “Your life does not get better by chance,” Jim Rohn, American author and entrepreneur, famously said. “It gets better by change.”

Free Health Coaching

www.MyGoodHealthClub.com

Visit the website to register today for free health coaching with Good Health Coaching Centres.

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IT TAKES GUTS TO BE HEALTHY



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

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

THIS NEWLY IMPROVED FORMULA HAS x2 ADDED INGREDIENTS: PROTEASE 3.0 & PEPTIDASE TO HELP WITH GLUTEN DIGESTION.

THERE ARE ALSO X90 CAPSULES IN EACH BOTTLE, x30 MORE THAN THE PREVIOUS FORMULA & FOR THE SAME PRICE!

TAKE x1 CAP WITH EACH MEAL, ONE BOTTLE WILL LAST APPROX. 1 MONTH.

Need to FOCUS on your vision?

Riboflavin contributes to the maintenance of normal vision.



Did you know that MaxiFocus™ can **help you to maintain your normal vision?** 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.

Because it is sublingual it is up to **x9 times better** than taking a tablet and is guaranteed to deliver the highest amount of Lutein, Zeaxanthin and Riboflavin for the lowest cost.

Simply take 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.

Also contains L-Taurine, Bilberry Extract, Ginkgo Biloba Extract, Vitamin D, Iodine, Zinc, Selenium, Chromium and much more.



What's in MaxiFocus™?	Maxi Focus™
Lutein	✓
Zeaxanthin	✓
L-Taurine	✓
Vitamin E	✓
Bilberry Extract	✓
Ginkgo Biloba Extract	✓
Niacin	✓
Vitamin A	✓
Vitamin D	✓
Thiamin	✓
Riboflavin	✓
Vitamin B6	✓
Folate	✓
Vitamin B12	✓
Biotin	✓
Pantothenic Acid	✓
Iodine	✓
Magnesium	✓
Zinc	✓
Selenium	✓
Copper	✓
Chromium	✓
Phosphatidylserine	✓
Trimethylglycine	✓
Vanadium	✓



Each serving of MaxiFocus™ contains the same amount of Lutein and Zeaxanthin as approx. **12 CUPS OF BROCCOLI!**
30 servings per bottle.

MORE ABSORPTION...
MAXIFOCUS™ IS NOW MANUFACTURED USING NEW LIPOSOMAL TECHNOLOGY AND DELIVERED VIA A DROPPER.
THIS INCREASES THE ABSORPTION FURTHER SO YOU CAN EXPECT EVEN BETTER RESULTS!

Healthy Breakfasts

Have a healthy start to your day with these delicious ideas



ENERGIZING GREEN SMOOTHIE BOWL

Serves 1

Ingredients

- 1-2 bananas, frozen
- ½ teaspoon Matcha powder
- ½ cup dark berries, frozen
- 2 handfuls of spinach
- ½ cup almond milk, unsweetened
- ½ teaspoon maca powder (optional)
- ½ tablespoon flaxseed, ground
- A handful of nuts and seeds (for topping)

Method

1. Blend all of the ingredients in a food processor until smooth.
2. Serve in a bowl and top with your favourite nuts and seeds.

OVERNIGHT COCONUT BUCKWHEAT PORRIDGE

Serves 2

Ingredients

- 1 cup buckwheat groats
- ¼ cup chia seeds
- 3 cups of coconut milk
- 1 cup water
- 2 teaspoons vanilla extract
- ¼ teaspoon cinnamon
- Pinch of salt

Toppings

- ½ cup walnuts
- 1 ½ cup berries, pomegranate seeds, etc.
- ½ cup unsweetened shredded coconut

MISO VEGGIE BREAKFAST BOWL (WITH REALLY HEALTHY PASTA™)

Serves 2

Ingredients

- 1 medium-large beet, peeled and grated
- 2 medium carrots, peeled and sliced
- 3-4 brussels sprouts, thinly sliced
- 2 large kale leaves, stems removed and chopped
- A few handfuls of chickpeas
- 1 packet of Really Healthy Pasta™
- 1 tablespoon olive oil
- 1 ½ teaspoons miso
- A handful of pomegranate seeds
- 2 spoonfuls of pickled mustard seeds
- ½ whole avocado, sliced

Method

1. Whisk the miso together with the water in a dish and then set this aside. Cook the pasta according to the packet's instructions in a saucepan of water. Boil and then simmer for 2-5 minutes. Drain. Set aside.
2. Warm some olive oil in a pan over a medium heat. Add the beets, brussels



sprouts, carrots, kale and the chickpeas. Sauté the mixture for several minutes until the kale starts to wilt slightly. Cook for another minute and then remove from the heat.

3. Divide the veggies between the bowls and stir in the pomegranate and pickled mustard seeds.
4. Add the Really Healthy Pasta™ to the miso veggie bowl and top with avocado slices.



Method

1. Mix the buckwheat groats, chia seeds, coconut milk, vanilla extract, cinnamon, water and salt in a bowl. Cover and stretch the film over the mixture and leave to sit overnight in the fridge.
2. In the morning, place in a pot and cook, stirring occasionally for 7-8 minutes.
3. Garnish the porridge with some coconut, fruit and nuts. Serve.

ENERGY BALLS

Makes 15-20 energy balls

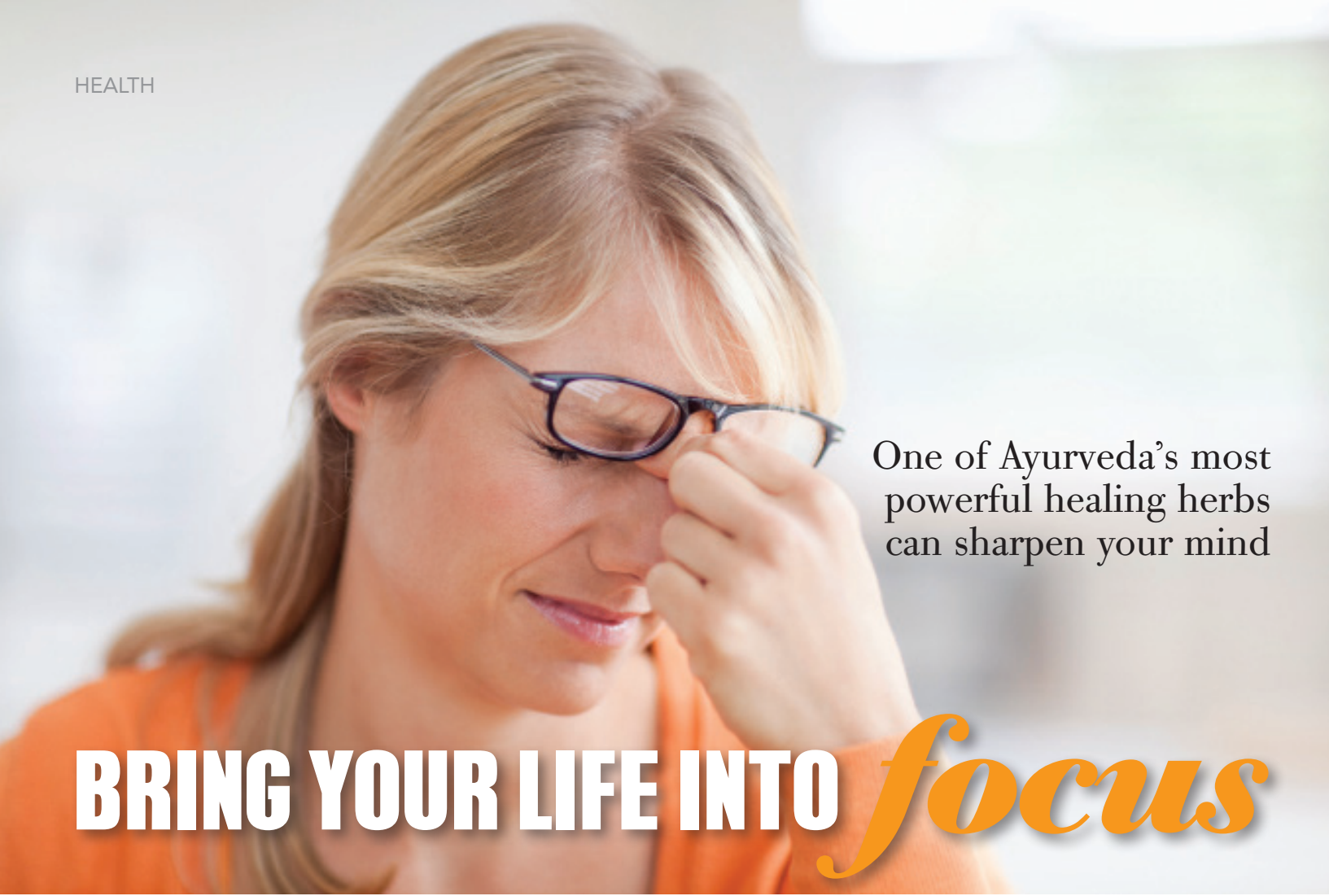
Ingredients

- 1 cup medjool dates
- ¾ cup almonds
- ¾ cup walnuts
- 2 tablespoons ground flaxseeds
- 1 tablespoon coconut oil
- 1 tablespoon hemp protein powder
- 1 tablespoon raw cacao powder

Method

1. Place the almonds, ground flaxseeds and chia seeds into the food processor. Blend for 1 minute until a flour is formed and the nuts are crumbed.
2. Add the remaining ingredients, pit the dates. Blend for another minute until the dough becomes sticky.
3. Use your hands to roll the mixture into little balls and then place in a bowl. Store within the fridge.





One of Ayurveda's most powerful healing herbs can sharpen your mind

BRING YOUR LIFE INTO *focus*

Smartphones, email, television, satellite radio, text, chat, web streaming - our modern world provides us with a complete interconnectedness that is full of possibility. If you want to reach anyone anywhere, at any time, you can do it in a matter of seconds.

This global integration has allowed us to strengthen long-distance relationships and improve international business profits, but today's technology is not without its side effects.

THE DIGITAL DILEMMA

Starting from a young age, children are exposed to technology - getting their first cell phones as early as age 6.¹ Among this younger tech-forward generation, there is a sweet spot. The 2015 report "Students, Computers and Learning: Making the Connection," published by The Organisation for Economic Co-operation and Development (OECD), found that students who used computers and learning technology moderately had better learning

outcomes compared to students who used technology rarely. However, the students who used technology too often at school performed far worse.²

Researchers from the University of California suggest that this constant presence of technology may make it harder for us to think that we used to. UCLA professor of psychology and director of the Children's Digital Media Center Patricia Greenfield believes that the daily use of technology may have helped to improve our visual skills, but it has taken its toll on our ability to analyse and practice critical thinking.³

For most of us, this effect can be seen in having a difficult time concentrating on even the simplest task. With the phone ringing off the hook, emails flooding your inbox, and chat messages pinging on your computer, it's no wonder that it's harder to focus than it used to be. To add insult to injury, many workers experience more stress in the workplace than ever before, which researchers have confirmed may be a risk factor for autoimmune disorders and

even heart disease.^{4,5}

Stress, fatigue, and difficulty concentrating have a compounding effect. That is to say, as stress and fatigue take over, both at work and at home, it creates a vicious cycle. Soon enough, it feels nearly impossible to maintain the healthy habits you have worked so hard to create. Eating well, exercising, resting, and enjoying fulfilling work and rich relationships can quickly fall by the wayside.

AN ANCIENT HERB WITH MODERN BENEFITS

It's clear that more technology isn't the answer. While it would be wonderful to create yet another new software system or app to organise the messages and media flooding in on a moment-by-moment basis, adding more technology to the mix will only put a Band-Aid on the digital overload problem.

This is one instance where a present-day problem can benefit from an old-fashioned solution.

Ashwagandha is an ancient herb and

concentrated plant extract cultivated for just this purpose. Considered one of the most powerful herbs used in Ayurvedic healing, India's 5,000-year-old medicinal system of natural healing, ashwagandha can help to rebuild and restore.

Ashwagandha, or *Withania somnifera* Dunal, is a known rejuvenator in the face of stress and exhaustion and may also be commonly referred to as "Indian ginseng."

With a growing body of scientific evidence to support its use, ashwagandha is an old-world herb with new-world application. While dozens of studies support the herbal potency of this ancient Ayurvedic remedy, with suggested benefits related to Parkinson's disease, Alzheimer's disease, heart disease, skin cancer, diabetes, and more, some of the most notable effects of ashwagandha can be seen in severe cases of stress and anxiety.

In 2012, researchers from the Asha Hospital in Hyderabad conducted a prospective, randomised double-blind, placebo-controlled study on 64 participants with chronic stress. When an ashwagandha supplement was taken for two months, stress levels decreased by 44 per cent and anxiety and depression levels decreased by 72 per cent.⁶ Researchers summarised that "high-concentration full-spectrum ashwagandha root extract improves an individual's resistance towards stress and thereby improves self-assessed quality of life" and can safely be used by adults under stress.

The highest-concentrated form of ashwagandha available has more than 11 completed and eight ongoing clinical studies to back its use. Ashwagandha has shown potential to reduce the oxidative brain cell damage related to dementia and Alzheimer's disease, alleviate and manage diabetes, block the growth of skin

cancer cells, and protect the heart against dangerous levels of oxidation.^{7,8,9,10}

THE PERFECT PAIR

Taking ashwagandha on its own can have a powerful stress-relieving effect on the body, offering protection against unchecked cortisol levels that are known to lead to chronic disease. Yet ashwagandha becomes even more potent and protective when taken with another renowned anti-stress herb - *rhodiola rosea*, known as the "depression herb" in Russia for its popular use among aging and exhausted politicians.

Rhodiola and ashwagandha have something in common: The herbs are adaptogens that can help to bring the body back into balance, while buffering the stress response.

Ashwagandha taken as a daily adaptogen can support the body's natural ability to regulate a number of critical systems, including the neurological, endocrinal, reproductive, and energy-production systems. In the same way, *rhodiola* as a daily adaptogen can help to improve mental and physical performance, with natural benefits to relieve depression by supporting the release of serotonin in the brain.¹¹ The combination of these rejuvenating herbs taken with the amino acid L-theanine, found commonly in green tea, can help to keep the body relaxed but alert.

If you have forgotten what it feels like to look forward to a brand-new day, reducing stress levels and increasing relaxation could put the pep back in your step. These invigorating herbs remind us of what it looks like to live life fully - working hard, playing harder, and spending time with the ones you love without a worried mind to weigh you down.

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Recommended Product

REALFOCUS ASHWAGANDHA

Contains 300mg Ashwagandha Root Extract, 100mg Rhodiola Rosea Extract and 100mg L-Theanine per capsule.



HAVE A *healthy holiday*

Return from holiday feeling relaxed — instead of run-down

We all go on holiday expecting to return feeling better than when we left. That's the purpose of taking an annual holiday, after all. But far too often, our expectations do not match reality. When you factor in the stress and strain of travel, it isn't a stretch to say that taking a "relaxing" holiday can often have the opposite effect.

This post-holiday exhaustion may be even worse if your travels were filled with food, fun, and family — leaving you little, if any time at all, to care for your health.

THE HOLIDAY HANGOVER

It's a common understanding that taking a holiday from work can be good for you, promoting work-life balance with a potential anti-depressive effect. In a study conducted by Terry Hartig, an environmental psychologist at Uppsala University in Sweden and published in 2013, researchers studied monthly antidepressant prescription use in Sweden from 1993 to 2005. The team observed that during the time periods when people took more holidays — men, women, and

retirees included — antidepressant use dropped significantly.¹

This is good information to have before an upcoming holiday, but there are more than a few roadblocks that stand between us and a day of fun in the sun. As far back as 2000, University of Pittsburgh researchers confirmed that taking a holiday has tangible health benefits, including lowering the risk of death in men with a high risk for heart disease, but reaping many of these health benefits hinges on taking your holiday right.²

A holiday that is truly committed to health and relaxation requires a complete reboot. Taking a break from work email can help to decrease stress and improve concentration.³ Yet according to a 2015 survey of 1000 people by the job website CareerBuilder, as reported in The Telegraph, one fifth of British employees check in with the office while on holiday and as many as 32 per cent still read their email.⁴ Carrying over this workplace anxiety into a holiday, and continuing to work while on holiday, can negate critical relaxation benefits.

Fully recharging your batteries on holiday is important, but there are still

other holiday health saboteurs waiting in the wings. When you are away from the comfort of your own home — and don't take your Really Healthy Foods and supplements with you while traveling — you may feel the effects of an indulgent holiday by the time you return. In 2016, University of Georgia researchers discovered what they described to be an "alarming trend." Taking a one to three-week holiday in the U.S. resulted in an average 1-pound weight gain, contributing to the 1-2 pounds most Americans gain each year on average.⁵ This compounded weight gain year after year contributes to the obesity epidemic and the development of lifestyle diseases like type 2 diabetes.

4 SIMPLE (AND HEALTHY) TIPS FOR A SUCCESSFUL HOLIDAY

When you spend your time and money on holiday, you want to return looking and feeling your best. Taking the time to prepare and to invest in your health while you're away can help you get the most out of your travels.

Here's where to begin:

1. Increase blood flow to avoid jet lag. One of the main problems you will

encounter when flying or sitting for long periods of time is poor blood flow — made worse by lack of movement, dehydration, junk food, and poor breathing. Keep circulation moving and stay hydrated by drinking 500 ml (16 ounces) of water for each hour that you fly. Limit alcohol intake for relaxation and instead practice deep breathing exercises that can help to inhibit the release of the stress hormone cortisol in the body. Lastly, you can ensure healthy blood flow and oxygen delivery to minimise the effects of jet lag by taking the right supplements: Liquid oxygen-enhancing enzymes help the body to absorb more oxygen with each breath to combat altitude sickness. Potent enzymes like serrapeptase, nattokinase, and digestive enzymes can support healthy circulation, blood pressure, digestion, and lung health on long plane and car trips.

2. Soothe tired eyes. Dry, red, irritated eyes are one subtle side effect you may notice after traveling by car or by plane for hours at a time. Fortunately, this travel issue is easily resolved by keeping MSM and hydrosol silver drops on hand to prevent red eye or clear dust in the eyes. These drops protect against free radical damage and can be used to soothe irritated, itchy eyes or ears.

3. Keep digestion moving. Battling an upset stomach is a common complaint heard from most globetrotters. When you are out of your element and are eating richer foods than normal, your digestion can be easily disrupted. Packing a probiotic in your carry-on is the best defence against any upsetting foods or “foreign bugs” you may encounter. Consider this your travel pro tip: Take a soil-based probiotic capsule five times per hour until recovered as the fastest way to remedy a case of food poisoning.

4. Enjoy the sunshine in moderation. Contrary to what the mainstream media tells you, you don’t have to stay out of the

sun on holiday — and you don’t have to cover yourself in chemical sunscreen from head-to-toe. Sun exposure in moderation is critical to supply your body with a daily dose of vitamin D. You can prevent a sunshine overdose by taking the protective antioxidant astaxanthin before and during your holiday. Astaxanthin, the “natural sunscreen” found in marine plants, can effectively absorb solar radiation, protect healthy cells, and even increase lifespan.^{6,7} As always, remember to expose skin to the sun moderately to prevent a burn and wear comfortable, loose clothing as a cover-up for the rest of the day. A Ubiquinol CoQ10 cream, containing the highest level of ultra-nourishing coenzyme Q10 compared to any other skin cream, makes the perfect after-sun remedy to replenish and protect tired skin.

Once you’ve packed your healthy travel kit, along with a few Really Healthy Foods to take with you on-the-go, you’re ready for your next adventure. Rest, relax, and recharge so that you can return from your holiday feeling like your old self again.

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Recommended Products

ASTAXANTHIN WITH DHA

AstaXanthin with DHA is a naturally occurring carotenoid pigment which is a powerful biological antioxidant. Made using AstaReal® Astaxanthin, the most studied Astaxanthin in the world with over 50 published studies.



DERMA Q-GEL®

Ubiquinol CoQ10 Day Creme. 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.



MSM+SILVER™ DROPS

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



BLOCKBUSTER ALL CLEAR™

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



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 a 1-year follow-up study.



OXYSORB™

“Oxygen in a bottle,” contains Norwegian Seaweed Extract in liquid form.



HEALTH news

OMEGA-3S LOWER BREAST CANCER RISK IN POST-MENOPAUSAL WOMEN

Post-menopausal women can lower their risk of breast cancer by taking omega-3 fatty acid supplements. Their anti-inflammatory properties are as powerful as drugs, new research has found. The supplement is especially effective in post-menopausal women who have thicker breast tissue or who are overweight or obese. Researchers from the Penn State Milton S Hershey Medical Centre tested the supplement against the anti-estrogen drug, Raloxifene, on a group of 266 post-menopausal women with no signs of breast cancer.

Over the two years the women took omega-3, their breast density reduced, although this was most noticeable in those with a body mass index (BMI) above 29, which is borderline obese. The omega-3 contained 375 milligrams of DHA and 465 milligrams of EPA, the two fatty acids, although the researchers suspect that DHA is the more important fatty acid for reducing breast density.

Breast density is a key bio-marker for breast cancer.
(Source: Penn State Milton S Hershey Medical Center)

NEW DIABETES DRUG MAKES THE PROBLEM WORSE

A new drug for treating type 2 diabetes makes the condition worse, researchers have discovered. Liraglutide, marketed as Victoza, makes the body produce even less insulin if it is taken for 35 weeks or longer. The injectable drug, produced by Novo Nordisk, was approved around six years ago because it successfully lowered blood sugar levels almost immediately. But it came with serious risks: the US's drug regulator, the Food and Drug Administration (FDA), warned that the drug increased the risk of thyroid cancer. Common side effects, such as nausea, vomiting and diarrhoea, have also made the drug difficult to take.

And now researchers from the Karolinska Institute in Sweden have also discovered that any benefits are short-lived; after 250 days, or 35 weeks, the drug impairs the body's already-compromised ability to produce insulin.

Their research has thus far been restricted to tests on laboratory mice, but they say the evidence is sufficient for doctors to be aware of the risk and monitor the health of their patients.

Liraglutide is a blood-sugar suppressing GLP-1 analogue.

(Source: *Cell Metabolism*, 2016; doi: 10.1016/j.cmet.2016.01.009)

3 PER CENT OF 16-YEAR-OLDS SUFFERING FROM ME

Something is happening to our teenagers. Around 3 per cent of 16 year olds suffer from chronic fatigue syndrome or ME that's so severe they are regularly missing more than half a day of school every week.

The extent of the problem is far greater than specialists had believed. Twice as many girls as boys are suffering from CFS or ME (myalgic encephalomyelitis), and they tend to start developing symptoms from the age of 13.

Nearly 3 per cent of 16-year-olds have the condition for more than three months, while 2 per cent are still suffering after six months. It also seems to occur more in families that are experiencing greater adversity, such as divorce, poor housing or financial problems, so it's not a middle-class affliction, a myth that gave birth to the 'yuppie flu' tag for the problem.

Researchers from the University of Bristol in the UK discovered the extent of the problem when they reviewed the health of the 5,756 participants in the Children of the 90s survey.

The researchers fear that many of the children are suffering in silence and without help, often because doctors still don't believe the problem is ever anything more than "something in the head."

(Source: *Pediatrics*, February 2016; doi: 10.1542/peds.2015-3434)

BEETROOT JUICE GOOD FOR YOUR BLOOD PRESSURE, EVEN IF YOU'VE SUFFERED HEART FAILURE



A glass of beetroot juice every day improves your blood pressure - even if you're elderly and you've already suffered heart failure. The juice, rich in inorganic nitrates, also improves your endurance for aerobic exercise. Drinking around 2.4 ounces of juice - which contains 6 millimoles of inorganic nitrate - every day improved aerobic endurance by 24 per cent after just one week, and reduced systolic blood pressure by 5 to 10 mmHg.

The juice was given to 19 elderly people with heart failure whose shortness of breath and fatigue made any exercise or exertion difficult. They were given a placebo, or "dummy" drink or one glass of the juice, before the entire group was given the juice, which they drank every day for a week. There were no adverse reactions or side effects from drinking the juice, said researchers from the Wake Forest Baptist Medical Centre.

(Source: *JACC: Heart Failure*, 2016; doi: 10.1016/j.chf.2015.12.013)

NEW CAUSE OF LYME DISEASE DISCOVERED

Scientists have discovered another cause of Lyme disease. A new bacterial species - also transmitted by a tick bite - has been identified, with the first cases being reported in three states in the US's upper Midwest.



The new species, called *Borrelia mayonii*, is also transmitted by a bite from the black-legged tick, or deer tick. It causes most of the usual symptoms of Lyme disease, but someone who gets the new infection may also suffer nausea and vomiting, rashes that spread over the skin (instead of the bull's-eye rash that has been typical), and a higher concentration of bacteria in the blood.

The new variety has been detected in Minnesota, North Dakota and Wisconsin following some unusual test results gathered between 2012 and 2014, say researchers from the Mayo Clinic and the Centers for Disease Control and Prevention (CDC). The researchers believe the new bacterial species has only recently emerged.

Until the discovery, researchers had thought that Lyme disease has been caused by one bacterial species, *Borrelia burgdorferi*.

Current tests for Lyme disease should pick up the *B. mayonii* variety, and blood smear tests may also be able to detect it, say the researchers. Both varieties can also be successfully treated by a course of antibiotics provided detection is made early enough.

(Source: *Lancet Infectious Diseases*, 2016; doi: 10.1016/S1473-3099(15)00464-8)

STATINS DOUBLE RISK OF DIABETES, A MAJOR STUDY DISCOVERS

A major study - strangely ignored by most of the mainstream media - has discovered that cholesterol-lowering statin drugs nearly double the risk for diabetes. The drugs also increase the chances of the patient becoming obese and having diabetes-associated complications.

Although a link between the drugs and diabetes has been seen in earlier studies, researchers had always assumed that the patient already had signs of heart disease, and it was this, rather than the statins, that was the cause.

But the new study, involving 25,970 people, plotted the progress of 3,351 of them who were healthy and had no signs of heart disease before they started statin medication, and most commonly simvastatin, marketed as Zocor.

During the eight years of the study, the group taking statins had a 1.87-fold increased risk of developing diabetes for the first time, compared to non-statin users, and a 2.5-fold increased risk of diabetes with complications.

Lead researcher Ishak Mansi from the VA North Texas Health System in Dallas said he was surprised by the high risk of diabetes seen in healthy people taking a statin. The association can't be argued away by the "sicker patient" default used by other researchers, he said, and the use of statins was the only significant difference between the two groups he monitored.

If you're worried about developing heart problems, it's better to change your lifestyle than take statins, especially if you're healthy, says Dr Mansi.

CHOLESTEROL IN YOUR DIET DOESN'T LEAD TO HEART DISEASE (JUST IN CASE YOU MISSED THAT)

Just in case you've been living in a cave, a new study confirms that a high-cholesterol diet - such as eating an egg a day - doesn't increase your risk of heart disease.

Eating fats, such as meat or eggs, won't raise the amount of cholesterol in our body, Finnish researchers have confirmed. The diet doesn't affect cholesterol levels even in people who have a genetic characteristic that metabolises cholesterol differently, as is the case with a number of Finnish people.

Researchers from the University of East Finland acknowledge that nutritionists no longer set a safe upper limit on the cholesterol we eat, but they weren't sure if the same would apply to people who have inherited the APOE4 gene. Around one-third of Finnish people carry the gene, and it affects the way they process cholesterol.

They tracked the health of 1,032 Finnish men, aged between 42 and 60 and who didn't have cardiovascular disease. Although 32 per cent of the men carried the APOE4 gene, their high-cholesterol diet - which typically included an egg a day - didn't increase their cholesterol levels or raise their risk of coronary heart disease. Highest daily consumption of cholesterol was around 520 mg.

Although 230 men suffered a heart attack during the study's 21 years of follow-up, none were associated with cholesterol or their diet.

(Source: *American Journal of Clinical Nutrition*, 2016; doi: 10.3945/ajcn.115.122317)



Source: www.WDDTY.com

Powerful Health Formulations

UB8Q10 UBIQUINOL

X8 better than ordinary CoQ10!

Studies show that this form of CoQ10 is absorbed more efficiently and offers enhanced bioavailability over other forms of CoQ10.



50mg of UB8Q10 (ubiquinol) equates to 400mg of ordinary CoQ10. Studies suggest 800mg is needed for the greatest benefits.

This "heavyweight" CoQ10 champion is the only patented, stabilised form of ubiquinol available and is derived from KanekaQ10, the world's most recognised and researched CoQ10.

Make this your number one choice if you take CoQ10, take x2 softgels per day (gelatin shell). Note that if you want a vegetarian option look at HySorbQ10, x4 better than ordinary CoQ10.

RELAXWELL

All in the name!

Yes, Relaxwell is a special formula created from tried and true quality ingredients.



It contains important B vitamins along with L-Tryptophan, an essential amino acid and the precursor to Serotonin (a neurotransmitter responsible for transmitting nerve impulses to the brain) and L-Theanine, a natural phytochemical

found in Japanese green tea. This non-essential amino acid is present in the brain and a close relative of Glutamate. Studies indicate that L-Theanine interacts with the neurotransmitter GABA. Take 1-2 capsules 30 minutes before bed, or as required during the day.

BLOCKBUSTER ALLCLEAR™

Is this the world's most powerful enzyme formula?

Great name! It's deserved for the amazing blend of powerful enzymes and super nutrients. The ingredients in Blockbuster have been scientifically tested for their health benefits.

What's in it? 16 super nutrients including the powerful enzymes Serrapeptase, Nattokinase, Digestive Enzymes mixed with Grapeseed Extract, Pycnogenol & more – all with a long history of studies.

This unique blend would cost you much more if you bought the ingredients separately! Take 2-4 capsules daily.



CURCUMINX4000™

The super spice with over 1800 studies!

Have you tried? CurcuminX4000, the biologically active element of



turmeric (the yellow spice found in curry), has been traditionally used in Ayurvedic medicine for thousands of years.

Powerful? When eaten, little curcumin is absorbed because it is soluble in water. CurcuminX4000 however uses new technology to protect the curcumin from water, which in turn improves the bioavailability and absorption. Published studies have shown that this absorbs up to x23 better than standard 95 per cent turmeric extracts whilst an unpublished study claims it is x45 better! Take 3 capsules daily.

ACTIVE LIFE™ CAPSULES

The Ultimate Multivitamin

The perfect all-in-one nutritional supplement for all the family. It contains a powerful and all natural source of x130 vitamins, trace minerals, electrolytes and amino acids.

Not only is Active Life caps the most powerful multivitamin available, it is one of the most economical blends, when comparing nutrient content per cap.

Now with a super amount of Lutein & Zeaxanthin and with Folate MTFH, the same as found in nature and better than Folic Acid (which is synthetic and does not absorb).



THE EXTRAORDINARY SUPER MULTIVITAMIN FOR ALL THE FAMILY

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.

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.

Not only is Active Life™ the most powerful multivitamin available, it is one of the most economical blends, when comparing nutrient content per cap.

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



Healthy Soups

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

CHICKEN AND RED LENTIL FUSILLI PASTA SOUP

Ingredients

2 tablespoons coconut oil
1 packet of Red Lentil Fusilli Really Healthy Pasta™
1 cup of shredded white meat organic chicken (optional - replace with soy or tofu if vegetarian)
3 cups of organic raw kale: can be frozen or fresh
1-2 tablespoons of curry paste: depending on how spicy you like, you can use less
1 organic onion
2 organic tomatoes
1 cup of coconut milk
A quart of organic broth; chicken or vegetable
Sea salt/Himalayan salt and pepper

Method

1. Take two tablespoons of coconut oil and sauté the finely chopped onion and tomato until soft and translucent. Add salt, pepper and curry paste.
2. Add chicken and kale (if using the optional ingredient of chicken). When kale is soft, add the broth. Let low boil for 10 minutes, then lower heat and add coconut milk.
3. Simmer for 30 minutes, then add the Really Healthy Red Lentil Fusilli Pasta™ and simmer for 10 minutes more. Serve warm and enjoy.



LENTIL SPINACH SOUP

Serves 6-8

Ingredients

1 onion
3 carrots
4-5 garlic cloves
2 cups dry lentils
15 oz. can diced tomatoes
4 cups vegetable broth
3 cups water
4-5 oz. spinach
1½ teaspoons of cumin
1 teaspoon of smoked paprika
¼ teaspoon of sea salt, more to taste

Method

1. Dice onion and carrot.
2. Into a large stockpot placed over a medium heat, sauté the onion and the carrot for 7 minutes.
3. Add the garlic into the mixture, rinse the lentils.
4. Increase the heat and then bring to the boil.
5. Reduce the heat, cover and simmer for 30 minutes until lentils are tender.
6. Roughly chop the spinach, add to the cooking. Add some sea salt to taste.

MUSHROOM SOUP

Serves 2

Ingredients

1 package baby portobello mushrooms
1 bay leaf, dried
1 package button mushrooms, white
10 stalks of fresh thyme
1 large white onion
1 cup organic vegetable broth
1 pepper, freshly ground
½ teaspoon sea salt
1 cup almond or cashew milk, unsweetened
½ tablespoons liquid aminos (GF)

Method

1. Into a large saucepan, over a medium heat, add the diced onions. Leave to sauté and slice the mushrooms.
2. Move the onions to the saucepan, add the mushrooms, cook for 5 minutes uncovered. Stir together and add fresh thyme, allow to cook for at least 10 minutes.
3. Add the bay leaf, the sea salt and liquid aminos to the mushrooms.
4. Stir in the tablespoon of tapioca starch into the organic broth. Add in the mushrooms and stir. Add in the almond or cashew milk.
5. Allow to cook for at least 15 minutes, stir occasionally. Add freshly ground black pepper to taste. Serve.



Smoothies

A quick and delicious way to add healthy food to your day



KALE, SPINACH AND PEAR SMOOTHIE

Ingredients

- 1 cup (240ml) of unsweetened and plain coconut milk
- 2 leaves Lacinato kale, tough stems removed
- Handful of baby spinach leaves
- Handful of parsley stems and leaves
- Handful of cilantro stems and leaves
- 1 tablespoon chia seeds or flax meal
- 1 ripe pear, cut into chunks

Method

1. Place all of the ingredients into your blender.
2. Blend until smooth. Serve in a tall glass.

CUCUMBER, GINGER GREEN SMOOTHIE

Ingredients

- ¼ avocado
- 1 handful fresh baby spinach
- ½ cup cucumber
- ½ teaspoon ground ginger
- 1 lemon, juice from
- 2 Medjool dates
- 2 teaspoons sea salt

BLUEBERRY SMOOTHIE

Ingredients

- 1 banana, frozen
- ½ cup blueberries, frozen
- 2 handfuls of leafy greens
- ½ cup almond milk, unsweetened
- 1 tablespoon almond butter (optional)
- ⅛ teaspoon cayenne pepper
- ¼ teaspoon cinnamon
- 1 teaspoon maca powder
- ½ cup water

Method

1. Place all of the ingredients into the blender.
2. Pulse blend until smooth.
3. Serve in a tall glass.



- 2 tablespoon hemp seeds
- 1 cup ice cubes
- 1 ½ cups water

Method

1. Blend all of the above ingredients in a blender.
2. Serve in a tall glass.

BLACKBERRY AND COCONUT SMOOTHIE

Ingredients

- 1 banana
- 1 large handful blackberries
- 2 tablespoons coconut cream, organic
- 200ml almond milk

Instructions

1. Blend all ingredients in the blender until smooth.
2. Serve in a tall glass.



CHLORELLA AND SPIRULINA



Green is the colour of good health

Think of a monochromatic plate of processed foods, and then think of a multi-hued meal made with fresh produce, bursting with colour and full of life. There's a vast difference between a plate of colourless French fries, breads, and mashed potatoes compared to a meal made with a vivid landscape of fresh foods, like dark leafy greens, bright purple berries, and succulent squash in yellow and orange.

This might be where the old adage comes from: the more colourful the food, the more nutritious it will be.

GREEN FOODS ARE NATURE'S PERFECT GIFT

Among all the colours of the rainbow, green foods are considered the healthiest of all. And there is a simple reason why:

Every naturally green food comes from the earth. Based on their colour alone, these green foods are known for being the most nutrient-dense.

While all non-starchy vegetables and a great many low-sugar fruits are good for you, green vegetables earn a seat at the head of the table. Green vegetables are an essential source of antioxidants needed to fight off the free radical damage that can contribute to premature aging and disease. Green vegetables are also considered a number one health-boosting food because of their high vitamin, mineral, and fibre content. With such a robust nutrient profile, green foods encourage the body to cleanse, releasing harmful toxins that have accumulated over time.

It should come as no surprise that plant-based green foods come with a long list of scientifically proven health

benefits. According to 2011 research, green vegetables can improve immunity, for adults and children alike.¹ Leafy greens can also significantly reduce the risk of type 2 diabetes, says a 2010 study published in the *British Medical Journal*.² The latest research even indicates that a high dietary intake of leafy greens, rich in eye-protective nitrate and brain-protective vitamin K, could reduce the risk of glaucoma by 20 to 30 per cent, while preventing cognitive decline.^{3,4}

Most governments still provide a general recommendation of 5-a-Day for fruits and vegetables to promote general health, but scientists have once again proven that more can be better. A 2014 study from the University College London confirmed that eating seven or more portions of fruit and vegetables a day could reduce the risk of death at any given time by 42 per cent

compared to eating less than one portion a day.⁵ Using the Health Survey for England to analyse the eating habits of 65,226 people from the years 2001 to 2013, researchers found that vegetables were far healthier than fruit, and eating the highest serving size each day could reduce the risk of death by cancer and heart disease by 25 and 31 per cent.⁶

While we recommend aiming high by eating 9 to 14 portions of fresh or frozen vegetables a day, along with antioxidant-rich dark-skinned fruits and avocados, there's another powerful way to get your daily dose of green.

GO STRAIGHT TO THE SOURCE

Chlorella and spirulina are two of the healthiest green foods that you can find in nature.

Hailed as one of the most powerful superfoods to resurface in the 21st century, chlorella is a freshwater alga native to Taiwan and Japan. As a top green food, chlorella gets its blue-green colour from a high concentration of chlorophyll, similar to what you will find in the most nutritious leafy greens. In fact, chlorella contains the highest amount of chlorophyll in all plant life. Chlorella is also an exceptional source of phytonutrients, including beta-carotene, potassium, amino acids, phosphorus, magnesium, biotin, and B-complex vitamins.

Chlorella may have been around for billions of years, but the latest clinical research has put this alga on the map. Like so many other green vegetables, chlorella supports the body's ability to cleanse and release toxins - at a much higher level. Our bodies are inundated with environmental pollutants on a daily basis, from fish to mercury fillings to smog, making chlorella's natural detoxification properties all the more important for daily use. The daily consumption of chlorella can prevent toxic

heavy metals from accumulating in the soft tissues and organs.⁶ As an immune-strengthener and detoxifier, chlorella may also provide some cancer-protective benefits, with the potential to support weight loss.^{7,8}

But chlorella isn't the only green food that appears to have nutritional superpowers. Spirulina, considered the cousin to chlorella, is another single-celled microalgae organism that is as old as time. Also a potent superfood with centuries of traditional use to back it, spirulina is a blue-green alga with a high vitamin, mineral, antioxidant, protein, and carotenoid content. Spirulina is a rich source of zinc, copper, iron, selenium, beta-carotene, B complex vitamins, manganese, vitamin E, and gamma linoleic acid.

With so many similarities to chlorella, you might not be surprised to learn that spirulina is also a renowned detoxifier. Spirulina can be used to effectively remove toxins, including radioactive substances and mercury, from the human body and heavy metals from wastewater.⁹ As spirulina and chlorella help the body to detoxify, the superfoods also aid in regeneration, supporting the body's ability to self-heal with critical nutrients. Spirulina is also one antioxidant-rich green food that could help to reduce brain damage following a stroke.¹⁰

While it's possible to consume fresh chlorella and spirulina in their natural forms, you can receive the greatest benefits from these "super" greens when taken in a capsule at a high dose. Not only is it more convenient to consume protective algae in a capsule, but taking a daily chlorella and spirulina supplement ensures that all of your hardy green food nutrients are delivered intact. A chlorella and spirulina supplement can be taken each day, along with your 9 to 14 portions of vegetables, to give you the most

disease-fighting protection from your daily dose of green.

If you are struggling with your health, just look at the colour of the foods on your plate. Eating colourful foods can give your body the daily nutrients it needs to thrive, but as we have now discovered, green foods lead the pack. Research has proven that getting your daily "green" could be the biggest predictor of good health.

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Robert's Rant:

The Real Causes of Alzheimer's Disease

A recent ground-breaking study from Spain confirms what I have known for a while - and what has formed the basis of the plan in my book. There are various studies that provide reasons as to why we get Alzheimer's, including a virus and bacteria. They could both be correct, but this study confirmed that there is fungus and inflammation in the brains only of those with Alzheimer's and not in anyone else. Fungus, bacteria, and viruses can all coexist and usually do for the same reasons.

The good news is the various reasons and causes can all be solved with the same plan, whether you're trying to prevent or reverse the condition.

ALZHEIMER'S FACTS

Plaque is not the cause of Alzheimer's. This has been proven by the fact that just as many people have brain plaque and do not develop Alzheimer's. So, after spending billions looking for a drug (you will know that Aricept does not make any difference to early onset Alzheimer's, and it is just another fraud by the drug companies), we now know it is a matter of cleaning up the diet and supporting your immune system to help deal with these infections.

Various other studies are clear that infection is at the root of Alzheimer's, and as these are independent, non-profit-making results, we can believe them rather than the Pharma and charity businesses that all have a financial interest in chasing a patented drug. These new studies are all from reputable sources who will not make any money from them.

Asking for so-called "expert" opinions on this new, exciting research from charities,

Just in case I need to remind you: On 8 July, 2004, a new, independent study conducted at the University of Birmingham, UK, revealed that a popular prescription drug for Alzheimer's disease, Aricept, offered no real benefit to Alzheimer's patients compared to a placebo. And yet, the drug has been approved and heavily marketed, based on findings from the drug companies.

doctors, or medical authorities that have their finances linked to their own research is like asking turkeys to vote for Christmas. This new research opens the way for immediate low-cost treatment and puts the patented medical research gravy train out of this business. No major charity has ever financed a major study for a non-patented solution. No government money has gone into simple, inexpensive non-drug treatments for any disease.

A study* was conducted Dr. Dale Bredesen of the UCLA Mary S. Easton Center for Alzheimer's Disease Research and the Buck Institute for Research on Aging that showed improved lifestyle factors could reverse Alzheimer's and keep it clear. This study confirms the plan in my book is the correct path to prevent or reverse Alzheimer's disease.

THE CAUSES OF ALZHEIMER'S

Alzheimer's disease is caused by a weak immune system leading to infection in the brain (fungus, virus, or bacteria).

Weak immune systems are caused by:

- **Ageing** – As we age, our body and immune system need more loving, tender care to keep them strong.
- **Sugar** – Sugar contained in breads, cookies, biscuits, breakfast cereals, rice, potatoes, parsnips, high-sugar fruits, and parsnips can weaken immunity.

- **Grains and Cereals** – These foods contain fungus (just watch how fast bread goes mouldy if you leave it out).
- **Ground Nuts** – Nuts can also contain fungus (e.g., peanuts).
- **Mouldy House** – Living in a damp, mouldy, poorly ventilated house will contaminate your body and leave you open to Alzheimer's and many diseases.
- **Lack of Exercise** – Walking 3-5 miles every day or the equivalent mix of walking and other exercise is essential to oxygenate your body and brain. Oxygen is critical for a healthy body and brain. Sedentary people who consume a high-sugar diet are at greater risk of lower limb amputation. We cannot live for more than a few minutes without oxygen; it is almost impossible to breathe efficiently in a sitting position. Lying down is better than sitting. Walking is best.
- **Lack of Sleep and Relaxation** – Breathing and meditating, as well as restful sleep, are critical to maintain a powerful and effective immune system. Melatonin is usually needed to help in senior sleep balance.
- **Lack of Critical Minerals** – Daily minerals are required for the immune system to work properly. Magnesium, selenium, and iodine are just a few of these critical, immune-boosting minerals.
- **Lack of Essential Vitamins** – Vitamin



D3 and other vitamins are essential to support a healthy immune system.

- **Not Drinking Enough Water** – Almost everyone is not drinking the correct amount of water. Your blood will become unhealthy without this vital life source, and you cannot live for more than seven days without water.
- **Not Eating Enough Real Food** – Real foods strengthen the immune system, like vegetables (greens), dark-skinned fruits, seeds, and fats from oily fish and other seafood.

Does this seem like a lot to do to avoid Alzheimer's? It is simply how you need to be living your life to enjoy a healthy future - not only to avoid Alzheimer's but to stay active and independent. Avoiding

becoming a burden to your family and society is the most fulfilling thing you can experience, and it is all possible.

Do you need help? Read my Alzheimer's e-book or purchase a printed copy.

Sources

**The study was conducted Dr. Dale Bredesen of the UCLA Mary S. Easton Center for Alzheimer's Disease Research and the Buck Institute for Research on Aging. It is the first to suggest that memory loss in patients may be reversed — and improvement sustained — using a complex, therapeutic program that involves comprehensive diet changes, brain stimulation, exercise, sleep optimization, specific nutrients and vitamins, and multiple additional steps that affect brain chemistry.*

Recommended Products

ALZHEIMER'S DISEASE REHABILITATION IN 30 DAYS

Book written by Robert Redfern, which includes and action plan to follow for Alzheimer's Rehabilitation.



NASCENT IODINE

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



IONIC SELENIUM

Delivers 300mcg Ionic Selenium per serving. The best way to supplement with Selenium and the most recognised by the body. X48 servings per bottle. Gluten-free, suitable for vegans.



VITAMIN D3 (5000IU)

Delivers a significant dose of 5,000IU of Vitamin D3, as well as 100 mg of calcium from coral per capsule. The inclusion of coral not only provides 10% RDA for calcium, but also doubles as the flowing agent, so no artificial fillers, flowing agents, or excipients are used.





CINNAMON:

is it the healthiest spice on Earth?

This is what good health tastes like

There's something about cinnamon that is almost impossible to resist. Fragrant and flavourful and full of warmth, cinnamon is the third-most-consumed spice around the world. And yet, very few people are aware of the powerful effect that it has on the human body.

THE SPICE OF LIFE

You've likely had cinnamon sprinkled on a delicious dessert or atop a mug of hot cocoa, but there's more to this common kitchen spice than meets the eye. For thousands of years, the cinnamon plant, *Cinnamomum zeylanicum* or *Cinnamomum cassia*, has been used for much more than cooking. The spice comes from the bark of trees found in China, Southeast Asia, and India. Within both traditional and folk medicine, cinnamon has been a healing compound used in ancient cultures for millennia, to treat ailments like poor appetite, digestive troubles, and bronchitis. Far before modern medicine ever got its hands on it, cinnamon was even used to

regulate diabetes.

When you look at what the current research says about this spice, you'll see that the historical healers were on the right track. Researchers have put cinnamon under the microscope and have found that its ancient health benefits reach far and wide.

In 2013, scientists from the University of California discovered that cinnamon may have the power to protect the brain against degenerative disease. Specifically, two compounds isolated in cinnamon, cinnamaldehyde and epicatechin, could help to delay the onset of the neurodegenerative condition Alzheimer's disease — or ward it off altogether.¹ A study presented at the International Federation of Fertility Societies and American Society for Reproductive Medicine meeting in 2013 also suggested that cinnamon could help to regulate menstrual cycles in women with polycystic ovarian syndrome.²

With each passing year, it seems that research in support of cinnamon has a snowball effect. In 2014, cinnamon was

confirmed to provide a safe approach to halt the progression of Parkinson's disease, after scientists observed its ability to reverse Parkinson's-related biomechanical, cellular, and anatomical changes in the brains of mice with the condition.³ The aromatic compound in cinnamon, cinnamaldehyde, may also prevent and protect against colorectal cancer.⁴

It's hard not to be impressed by how cinnamon can benefit the brain and even protect against degenerative disease. But cinnamon may be best known for the effect it has on blood sugar — directly related to the chronic lifestyle condition diabetes. Studies have found a strong connection between type 2 diabetes and Alzheimer's disease, related to elevated blood glucose levels that cause oxidative damage, which explains why cinnamon can provide such powerful protection against both conditions.

Cinnamon can support balanced blood sugar levels and the normal utilisation of insulin in the body, so much so that researchers suggested that the spice may have medical application to prevent and

combat diabetes. Cinnamon exhibited properties as an insulin substitute in cases of type 2 diabetes, based on the results of cellular and molecular studies.⁴

Working as an antioxidant, cinnamon also helped to reduce both heart disease and diabetes risk factors in a study conducted on 22 prediabetic patients with impaired glucose values. Study participants who took 250 mg of dried cinnamon extract twice a day saw an improvement in antioxidant status correlated with a decrease in fasting glucose by up to 23 per cent.⁵ In another study conducted on 30 men and 30 women with type 2 diabetes, divided into six groups, all three of the cinnamon groups — who took cinnamon in varying amounts — saw a reduction in LDL cholesterol, triglyceride, total cholesterol, and serum glucose levels. Researchers wholly agreed that cinnamon helped those with type 2 diabetes reduce heart disease and diabetes risk factors.⁶

THE ANCIENT SECRET IS OUT

Cinnamon is powerful enough on its own to regulate blood sugar and buffer the effects of chronic disease, but research has uncovered one more intriguing truth about

this medicinal super-spice. When taken in combination with other spices and herbs, the cinnamon compound may be even more beneficial.

Cinnamon can provide powerful antioxidant and anti-disease benefits, and when taken alongside another antioxidant compound derived from an ancient spice, cinnamon may change the way the body responds to unhealthy foods. In a 2011 study published in the *Journal of Nutrition*, researchers discovered that consuming a diet rich in spices that included cinnamon and turmeric (also used in folk medicine) could alter the body's negative response after eating a fatty meal. Eating the spices together decreased the triglyceride response by roughly 30 per cent to reduce the risk of heart disease. Eating a combination of antioxidant spices raised antioxidant activity by 13 percent and decreased insulin response by roughly 20 per cent, reducing the risk of arthritis, heart disease, and diabetes.⁷

Research suggests that cinnamon, taken alongside curcumin (the active antioxidant compound found in turmeric), may provide powerful blood-sugar stabilising benefits. Cinnamon can also be taken in a protective

mineral and herbal blend — including chromium, bitter melon, American ginseng, fenugreek, nopal, and gymnema sylvestre, all known to better regulate blood sugar and curb the damaging effects of an inflammatory Western diet.^{8,9,10}

For every person who hopes to achieve and maintain good health, stable blood sugar levels are the key. Chronic spikes in blood sugar, normally triggered by sugar and starchy carbs in the diet, lead to chronic inflammation. Chronic inflammation over the long-term is at the root of all chronic disease.

It comes full-circle. Balanced blood sugar can balance all healthy processes in the body. In fact, having stable blood sugar is what most people who live to 100 have in common.¹¹

If you find yourself feeling sluggish all day long and especially after eating; constantly hungry or craving sweet foods, normally after a meal; having difficulty losing weight; or suffering from aches and pains, your blood sugar may already be out of control. Now is the time to take a simple yet effective blood-sugar-regulating spice before it is too late.

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Recommended Products

CINNAMON27™

Cinnamon27™ has seven powerful ingredients in one incredible product. It contains American Ginseng, Bitter Melon, Chromium, Fenugreek, Gymnema Sylvestre, and Nopal. Chromium contributes to the maintenance of normal blood glucose levels.



CURCUMINX4000™

Each capsule of Curcuminx4000 contains 200mg of highly effective Curcumin Phytosome, which in a recent published study showed an increase in utilisation of x29 compared to ordinary Curcumin.





HEALTHY TEETH *and gums*

Smile like you mean it

Smile, and the whole world smiles with you: Research tells us that smiling is contagious.¹ The truth is, smiling not only benefits those around you, but it can improve your inner health too.

Something sparks below the surface when you crack a smile. The simple act of smiling can help to release a burst of neuropeptides, or the microscopic molecules that neurons use to communicate, to quickly and effectively relieve stress.² When University of Kansas researchers explored how smiling affects the body, they uncovered an even deeper impact than first expected. The study participants who were instructed to smile when completing a stressful task compared to holding a neutral facial expression had a lower heart rate. Whether a participant was truly happy or not, researchers found that smiling could briefly buffer the intensity of the body's stress response.³

GOOD HEALTH - FROM EAR TO EAR

As obvious as this research appears, it has a profound meaning when you dig a little deeper. In our busy, modern world, stress may be a fact of life, but that doesn't change the fact that it is also a contributor to premature death and disease. It wasn't until a few years ago that scientists learned that chronic psychological stress

can inhibit the body's ability to regulate inflammation, thus opening the door to chronic disease.⁴

A smile can affect your health in more ways than one. We know that a smile has been clinically proven to disrupt the disease-inducing stress response, and the health of a smile can also influence the body's risk factors for disease.

Take your teeth, for example. While most of us would consider tooth decay and other blemishes to be a cosmetic issue that only a dentist can fix, your doctor would beg to differ. In 2015, researchers from the University of Helsinki found a direct link between oral health and the presence of disease in the body. Having a missing tooth, the researchers said, may indicate a history of inflammatory oral disease - increasing risk of coronary heart disease events by up to 140 per cent with more than five missing teeth.⁵

In a 2013 report, Professor Marcenes of the Institute of Dentistry at Queen Mary, University of London, confirmed that there are billions of people around the world suffering from major untreated dental problems, making vulnerability to disease a real threat indeed.⁶ Poor health of the teeth and gums, characterised in periodontal disease, has been linked to respiratory diseases, like pneumonia and COPD.⁷ Maintaining good dental hygiene

by brushing and flossing regularly can even help to prevent a potentially fatal heart infection, called infective endocarditis, by limiting the pathogenic bacteria that reach the bloodstream.⁸

There's no doubt that the health of your smile can have a significant impact on the health of your body, for better or for worse. But what makes this such an important topic is that it is one that relates to the health of the whole family. Teaching children how to properly clean and care for their teeth, while also supporting the smile with protective nutrients, could set them up for a lifetime of health and success. And it should go without saying that children who don't learn to care for their teeth and gums may have an unnecessarily high risk of chronic disease.

3 BIG REASONS TO SMILE

Try these family-friendly tips for a healthy smile to improve teeth and gum health and reduce the risk of chronic disease:

1. Cut sugary and starchy foods from the diet. There's some truth to the rumour that sugar is bad for your teeth. Eating sugary foods and starchy carbohydrates that are converted to sugar by the body can increase dangerous levels of inflammation that have been linked to chronic disease. Researchers agree that these "junk" carbohydrates, which may include cookies, cakes, and candies along with starchy foods like refined flours and pastas, breads,

potatoes, rice, and yams, are bad for both dental and general health.⁹

Starchy carbohydrates turn into simple sugars in the mouth to cause tooth decay. The higher the glycaemic index of a starchy carbohydrate, the more likely it is to lower dental plaque acidity, raise blood sugar, and ultimately, contribute to systemic disease. While dietary changes are imperative to protect the teeth, adding coconut oil to the diet can help to kill the bacteria known to cause gum disease. Coconut oil is a safer oil to use when cooking at high temperatures, and it can also provide direct antibacterial benefits when rubbed onto the gums, for the whole family.

2. Care for your smile from the inside.

The symbiotic relationship between your body and your teeth can't be denied. When your teeth and gums are in poor health, the health of your body suffers. And when your body is deficient, the health of your teeth and gums will start to decline. Fortunately, there are specific nutrients you can take to support good health, with noticeable benefits seen in a healthy smile.

Coenzyme Q10 is a protective vitamin-like enzyme that can be found in almost all plant, animal, and human cells. As the powerhouse enhancer and antioxidant in the body, CoQ10 has great potential to treat inflammatory periodontal disease.¹⁰

For decades, researchers have known that patients with periodontal disease may also have a coenzyme Q10 deficiency.¹¹ A 1976 study published in *Research Communication in Chemical Pathology & Pharmacology* even concluded that CoQ10 could be used as a supplement to support oral hygiene and periodontal disease treatment.¹² Coenzyme Q10 is best taken as ubiquinol, a form that is eight times more absorbable than ordinary CoQ10, to correct a dangerous deficiency and protect the gums from disease.

3. Care for your smile from the outside.

This last one is easy since you and your family are likely brushing and flossing at least once a day already. For the most effective daily cleaning, using spiral rubber brushes and a mouthwash twice per day is recommended.

A natural toothpaste that contains ionic core minerals and the safe sugar alcohol xylitol can help to freshen breath, prevent cavities, and whiten teeth - without any of the artificial flavours, colours, or preservatives that are so often swallowed by children. The combination of these ingredients can help to remineralise tooth enamel, strengthening and protecting against tooth decay. Chewing gum sweetened with 100 per cent xylitol at least three times a day after meals has also been shown to reduce dental plaque,

a high risk factor for the development of cavities in children.

We've all dreamt of having that million-dollar smile, but truly, a healthy smile is worth its weight in gold. Making a few lifestyle changes and supplementing essential nutrients can protect the health of the teeth to reduce your risk of disease. Now that's something to smile about.

Recommended Products

COCONUT OIL

Coconoil™ Organic Virgin Coconut Oil is produced from the "Pick of the Palms" in Sri Lanka and is the world's finest Organic Virgin Coconut Oil.



UB8Q10 UBIQUINOL

A coenzyme Q10 that is **eight 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.



CORAL WHITE® TOOTHPASTE

The world's only natural toothpaste, formulated with Eco-Safe™ ionic coral minerals. Perhaps the cleanest and most effective toothpaste available and it is priced to sell. Contains: no fluoride, no artificial flavours or colours, no preservatives, and no sodium lauryl sulfate.



PEPPERMINT XYLITOL CHEWING GUM

Unlike other gums available on the market, Xylitol is **ALL Natural** and contains less than 2 calories/piece. It contains **NO sugar** and **NO artificial sweeteners or ingredients**. That means Xylitol contains no Aspartame and no genetically modified ingredients. Chewing gum sweetened with 100% xylitol has been shown to reduce dental plaque. High content/level of dental plaque is a risk factor in the development of caries in children.



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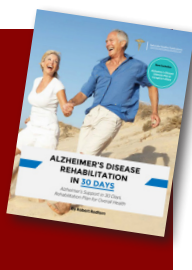
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NATURALLY HEALTHY PUBLICATIONS BOOKS

Ten 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.



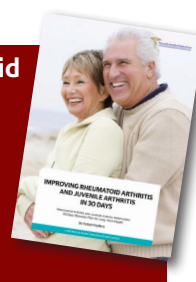
• Improving Multiple Sclerosis in 30 Days

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.



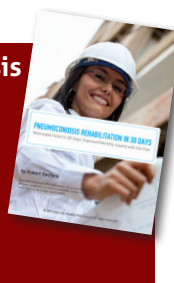
• Improving Stroke in 30 Days

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 great recipes

QUINOA AVOCADO SPINACH POWER SALAD

Serves 1

Ingredients

1 avocado
1 red pepper
A handful of cherry tomatoes
½ cup quinoa
1-2 tablespoons extra virgin olive oil
1-2 tablespoons herbs
1 teaspoon sea salt
Black pepper

Method

1. Cook the quinoa according to the instructions.
2. Slice the avocado, red pepper and cherry tomatoes.
3. Add to the quinoa. Drizzle on the olive oil, sea salt, black pepper and herbs. Serve.



SKILLET ASPARAGUS AND TOMATO MEDLEY

Serves 2

Ingredients

1 ½ cups cherry tomatoes
10 oz. asparagus
½ red onion, roughly chopped
Whole garlic cloves
2 lemons, quartered and seeds removed
1 tablespoon olive oil
1 teaspoon thyme
1 can white cannellini beans
Cooked quinoa, faro, barley, jasmine or basmati rice
Himalayan sea salt and cracked pepper, to taste

Method

1. Prepare the veggies and place into a medium sized bowl. Drizzle with olive oil and mix to coat.
2. Add the sea salt, black pepper and a sprinkle of thyme. Mix.



3. Heat the skillet on a medium to high heat, add in the vegetables and cook for 8 minutes until the tomatoes soften.
4. Serve with a side of quinoa.

SWEETCORN AND WALNUT SALAD WITH PENNE PASTA

Serves 1

Ingredients

1 small can of sweetcorn
1 handful of walnuts
½ packet of Red Lentil Penne Really Healthy Pasta™
Green salad
½ tablespoon olive oil (to drizzle)
Sea salt, black pepper (to season)

Method

1. Cook the penne pasta according to packet instructions.

2. Chop a handful of walnuts.
3. Prepare the green salad. Add the sweetcorn and walnuts. Season with salt, pepper and herbs.
4. Drain pasta. Stir into salad, drizzle with olive oil and serve.



MAGNESIUM DEFICIENCY DESTROYS GOOD HEALTH

One Day at a Time

One missing mineral
could change your life

The fourth most abundant mineral in your body doesn't get enough credit. Magnesium plays a role in more than 300 chemical reactions in the body, yet it is a critical mineral that your body can't produce on its own. This makes it easy and all-too-common for a magnesium deficiency to occur, a deteriorating state of health that can become noticeable in the body immediately.

THE HIDDEN DANGERS OF MAGNESIUM DEFICIENCY

Based on recent estimates from the World Health Organization (WHO), up to 75 per cent of people do not meet the Recommended Daily Intake for magnesium.¹ To make matters worse, our average magnesium intake has dropped by more than half of what it was only a century ago. In the year 1900, the average person consumed roughly 500 mg of magnesium per day, compared to as little as 175 mg of

magnesium consumed on average today.²

In a 2012 study published in *Nutrition Review*, researchers hypothesised that the health consequences of suboptimal magnesium status may be sorely underestimated. The problem is, magnesium, also called an "orphan nutrient" by the scientists, has been studied much less frequently than more popular minerals like calcium. Researchers believe that magnesium intake is on a steady decline — dropping from 56 per cent of people who met the RDA in 2001-2002 to less than half of the population, or 48 per cent, in 2005-2006.

This slippery slope leading to widespread magnesium deficiency is problematic, considering that low magnesium blood levels have been associated with hypertension, metabolic syndrome, sudden cardiac death, osteoporosis, migraines, asthma, colon cancer, and type 2 diabetes. Unsurprisingly, the prevalence of type 2 diabetes greatly

increased from 1994 to 2001, along with an imbalanced calcium-to-magnesium intake in the food supply.³

YOU CAN HAVE TOO MUCH OF A GOOD THING

Understanding the delicate calcium-to-magnesium balance is important — because it is one of the most dangerous mineral imbalances you can have in your body. A doctor may tell you to take a calcium pill to treat osteoporosis (yet another common myth in the medical community) but will rarely take the time to explain the damage that can be done to your body when you have calcium in excess, without enough magnesium to aid in its absorption.

Calcium in excess cannot prevent a condition like osteoporosis. It is proper calcium absorption and not extra calcium in the body that is needed to maintain bone health. "For years, it was believed that high intakes of calcium and phosphorus

inhibited [tooth] decay by strengthening the enamel. Recent evidence, however, indicates that an increase in these two elements is useless unless we increase our magnesium intake at the same time," writes J.I. Rodale, natural food advocate, in his book *Magnesium: The Nutrient That Could Change Your Life*.⁴

A magnesium deficiency can be dangerous, but too much calcium can make a magnesium deficiency even worse. Since approximately 99 per cent of the magnesium in your body can be found in bone, muscle, and soft tissue, it is safe to assume that a magnesium deficiency can be far-reaching and affect almost every system in your body. Common signs of a short-term magnesium deficiency may include anxiety, behavioural problems, dizziness, heart spasms, muscle weakness, poor memory, or fatigue, ranging to more severe signs of long-term magnesium deficiency, like asthma, ADHD, chest pain, migraine headaches, depression, tooth decay, osteoporosis, Parkinson's disease, and much more.

Magnesium proves itself to be a truly marvellous mineral, when you discover its impact on the human body. A 2010 study published in Cell Press confirmed that taking a magnesium supplement can help to boost brain power, improving learning and memory in young and old rats alike.⁵ Magnesium ions, also taken as a supplement, have been shown to disrupt the progression of Alzheimer's disease.⁶ Researchers from Indiana University, with a 2015 study published in the *British Journal of Cancer*, even discovered that magnesium intake could be beneficial in preventing pancreatic cancer, finding a direct link between the two.⁷

MAGNESIUM AND MSM: THE PERFECT PAIR

It's clear that magnesium has a special relationship with calcium — a calcium-magnesium balance is needed in the body to aid in calcium absorption and prevent a harmful calcium overload. But magnesium has another supporting nutrient that it works well with, the organosulfur compound MSM (methylsulfonylmethane) found naturally in all vertebrates. Working

hand-in-hand with magnesium, sulphur is the third most abundant mineral in the body.

While you can increase some levels of magnesium in the diet, through Really Healthy Foods like dried seaweed, avocados, pumpkin seeds, flaxseed, and Brazil nuts, getting enough magnesium from food alone each day is nearly impossible. Magnesium in the food supply is hard to come by. Magnesium in food is easily destroyed by processing or cooking,

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and magnesium soil levels have been drastically depleted over the years due to the use of chemical fertilizers and over-farming.

Taking a daily magnesium supplement is critical, but it isn't always so easy. There are a great many magnesium supplements on the market that don't come in a form that your body can use. Over-the-counter magnesium capsules and powders may have absorption rates as low as 5 to 10 percent. A topical magnesium spray, taken with MSM to improve magnesium absorbability, can bypass this common loss of absorption through the gastrointestinal tract — by supplying a daily dose of magnesium through the skin and directly into the bloodstream.

In addition to supporting magnesium, MSM provides its own health benefits. Sulphur is considered one of the most important nutrients in the body and can encourage glutathione production, the most powerful antioxidant in the body.⁸ What's more, MSM can also help to regulate the calcium-magnesium balance by dissolving calcium phosphate and breaking up calcium deposits known to cause degenerative disease, with the potential to protect bone and joint health.⁹

When taken together, MSM and magnesium work in perfect harmony to correct a hidden magnesium deficiency that has become far too common in our Western world. Sometimes, good health really is that easy. Your body may be missing the one mineral it needs to restore and heal.

Recommended Products

ANCIENT MINERALS MAGNESIUM OIL ULTRA, ANCIENT MINERALS MAGNESIUM GEL ULTRA

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

Available in oil, lotion, bath flakes and gel.





NO ONE SAID YOU HAVE TO GIVE UP YOUR FAVOURITE FOODS

Wheat-free pasta has never tasted so good

Doctors, nutritionists, and personal trainers all agree on one thing: Diet deprivation doesn't work. Whether you hope to lose weight, manage an illness, or possibly live longer, the food choices that you make each day must be sustainable for the rest of your life if you want your healthy habits to last.

Many of us shun the word "diet" because it comes with such a negative connotation - hunger, restriction, and deprivation are a few words that come to mind.

It's high time that we put these bad associations with a healthy diet out of our minds. "Diet" is not the naughty four-letter word we have made it out to be. When you discover that you can still enjoy your

favourite foods in a way that is healing and nourishing to your body, a healthy diet becomes a way of life and not a weight around your neck.

RESEARCHERS DISCOVER WHY DEPRIVATION DIETS DON'T WORK

There is a concept that has been ingrained in each and every one of us for decades that is hard to shake. Consciously or not, we believe that eating healthfully goes against our very nature, when quite the opposite is true.

When you treat your body like an unwieldy animal that should be punished, it will respond in kind - by rebelling against the restrictions you have placed on it in the first place. Eating a diet that is restricted and imbalanced is one of the quickest

ways to derail your best-laid plans for healthy eating, as we saw in the case of 60 obese women with a binge-eating disorder who were instructed to restrict calories for 14 hours leading up to a big meal. The women who felt deprived consumed significantly more calories when they sat down to eat at a buffet.¹

This binge-eating study may have been conducted close to 20 years ago, but it highlights an important relationship between how we treat our bodies and the food choices we make. In 2004, Dr. David Ludwig and a team of scientists published research in *The Lancet* that explored this connection even further. Research shows that while the deprivation approach to dieting doesn't work, "everything in moderation" may not be the answer either.

Quantity matters to some degree, but it is the quality of the food you eat that can have a direct impact on your risk for

obesity and chronic disease.

In Dr. Ludwig's study, rats who ate starchy carbohydrates, also known as high glycaemic carbohydrates that are rapidly digested and turned into sugar in the body, gained 71 per cent more fat than the other rats who ate more calories on a healthier diet.² Starchy carbohydrates, even on a calorie-restricted diet, were considered an independent risk factor for obesity, diabetes, and heart disease.

This is important "food for thought." While it is never recommended to overeat when your body is not hungry, even when eating the healthiest foods, high-quality foods count much more than the quantity of food you eat. Treating your body well by cutting out the starchy carbohydrates known to spike blood sugar and trigger inflammation could make it easier to lose weight and reduce your risk of disease.

Eliminating "junk" foods doesn't mean you have to give up all of your favourites. There are several satisfying and nutritious alternatives to common refined foods that may taste even better than the real thing.

REALLY HEALTHY PASTA FOR A REALLY HEALTHY LIFE

Pasta may be one of the most popular foods that people automatically eliminate from their diets when they start to eat really healthy foods. It makes sense. Refined pastas made with processed white or wheat flour, even those that are organic, fit in precisely with Dr. Ludwig's study mentioned above. These refined pastas spike blood sugar, contributing to the inflammatory cascade in the body known to cause chronic disease and shorten life.^{3,4} Eating this typical Western diet is not only a contributor to disease, it can increase sensitivity to chronic pain, again related to systemic inflammation in the body.⁵

Remember, both refined and wheat pastas are high on the glycaemic index, meaning that they can increase blood sugar and inflammation. Wheat pasta

ingredients can also cause inflammation of the gut with the potential for long-term damage, even among those who aren't gluten-sensitive or intolerant. Staying around 25 on the Glycaemic Index is recommended; healthy pasta alternatives may have a glycaemic index as low as 21.

There are replacements for the favourite foods that can make us sick. While refined foods (like commercial pastas) have been linked with addictive eating behaviours, pasta made with a single, nourishing ingredient may have the opposite effect on the body.⁶ Instead of encouraging over-eating or triggering disease-causing levels of inflammation, single-ingredient pasta as a healthy carbohydrate alternative can stabilise blood sugar levels and leave you feeling fuller after a meal.^{7,8}

There's something so satisfying about eating a pasta that is guaranteed to be pure - made only with a single ingredient. Healthy pastas made with chickpea, buckwheat, black bean, red lentil, or mung bean offer a tasty way to fill you up and improve nutrition, without sacrificing flavour. While other packaged pasta products may contain fillers and additives, a single-ingredient pasta makes a delicious and healthy meal for the whole family.

Refined pastas are just like they sound: Commercial white and wheat pastas are put through extensive processing before they make their way to your table. In comparison, healthy pasta alternatives are unique because of how simply they are made. Using only a single ingredient, with a purity that you would be hard-pressed to find in other processed foods with added ingredients, a really healthy pasta is designed to fully nourish your body while providing a delightful taste.

Whether you are eating for weight loss or eating for your health, don't deprive yourself for one more day. A healthy diet filled with nutritious and delicious versions of your favourite foods is sustainable for a lifetime. Finally, there are foods that taste as good as being healthy feels.

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Recommended Products

REALLY HEALTHY™ PASTA RANGE



The only healthy alternative to unhealthy wheat pasta and the perfect meal replacement. Organic, high-protein, high-fibre and iron and available in Red Lentil, Black Bean, Chickpea, Mung Bean and Buckwheat & Golden Flaxseed.

HEALTH news

LOW LEVELS OF VITAMIN B12 ARE KEY TO AUTISM AND SCHIZOPHRENIA

Vitamin B12 seems to be the key to brain disorders such as autism and schizophrenia. Children with autism have levels of the vitamin in their brain that are three times lower than found in healthy children, and even in healthy adults up to the age of 50. Similar levels have been found in patients with schizophrenia, which suggests both diseases are associated with a premature decrease of the vitamin.

Researchers from the Nova South-Eastern University made the connection when they analysed brain tissue taken from healthy donors and from people who had suffered from autism or schizophrenia when they were alive.

Similar low levels are found in the brains of older people aged from 61 to 80, who typically have amounts that are three times less than in healthy younger people, but researchers believe this is natural, and doesn't necessarily mean the person will develop dementia or Alzheimer's.

An active form of B12, known as methylcobalamin, supports normal brain development by controlling a process known as epigenetic regulation of gene expression.

Autism and schizophrenia are associated with oxidative stress, when the body is unable to counter the spread of free radicals, and this can deplete levels of B12.

Researchers think that B12 supplements and antioxidants such as glutathione can help prevent oxidative stress, which may, in turn, stop the depletion of the vitamin.

(Source: PLOS ONE, 2016; 11(1): e0146797)



RADIOTHERAPY INCREASES CHANCES OF SECONDARY CANCERS IN MEN WITH PROSTATE CANCER

Treating prostate cancer with radiotherapy increases the risk of a secondary cancer by almost 70 per cent. Researchers say that men with slow-growing prostate cancer shouldn't be given radiotherapy; the treatment increases the risk of bowel cancer by 68 per cent, rectal cancer by 62 per cent and bladder cancer by 39 per cent.

Radiotherapy is routinely given to men who have recently been diagnosed with prostate cancer, and often in the early stages, and is often preferred to surgery, which can leave the patient impotent or incontinent. It appears that radiotherapy causes mutations in cells throughout the body, say researchers from the University of Toronto, who reanalysed 21 previously-published studies.

They compared the rate of secondary cancers in men who had radiotherapy and those who didn't. Most of the cancers appeared after 10 years, and so their findings are especially significant in men whose prostate cancer is slow growing, and who are likely to live with the disease for more than 10 years.

(Source: BMJ, 2016; 353: i851)

CHICKENPOX VACCINE CAN CAUSE EYE DAMAGE

The chickenpox vaccine can cause eye damage. It's been linked to keratitis, an inflammation of the cornea that produces watery and painful eyes and blurred vision. If untreated, it can cause permanent damage.

Researchers have come across 20 cases recently in children and adults that occurred soon after vaccination. The adults developed keratitis within 24 days of vaccination, while children started suffering within 14 days.

People who have a history of keratitis or other inflammatory eye problems should tell their doctor before they have the vaccination, say researchers from the University of Missouri-Columbia, who made the discovery. They fear the vaccine – the varicella zoster virus vaccine for chickenpox and shingles – could trigger new inflammatory problems. The researchers say the reaction is rare, but they do not know the true extent of the problem as they have had to rely on voluntarily reported cases gathered from the US Food and Drug Administration and the World Health Organization adverse events databases.

(Source: Proceedings of the meeting of the American Academy of Ophthalmology, Las Vegas)

Source: www.WDDTY.com

OPIOIDS CAUSE THE DEPRESSION THEY'RE SUPPOSED TO TREAT

Painkilling opioids cause depression if they're taken for more than 30 days - even though they are often prescribed to treat the condition. The drugs, which are derivatives of opium, also lower testosterone levels. Up to 11 per cent of people taking an opioid - which include codeine and morphine - experience depression for the very first time, and usually after taking it for more than a month, and irrespective of the dose being used.

Researchers at St Louis University have discovered that opioids can improve mood in the short-term, but start causing biological changes, including neurological re-patterning, when they are taken for longer than 30 days. They also lower levels of testosterone.

They looked at three research studies, and discovered that the rate of new cases of depression among participants were very similar, and range between 9 and 11 per cent.

Doctors need to be made aware of the effects and monitor patients carefully, especially if they have taken the drugs for more than a month. They should also seek out alternatives for treating depression. (Source: *Annals of Family Medicine*, 2016; 14(1): 54)

GARLIC EXTRACT CLEARS ARTERIES OF FAT DEPOSITS

Garlic extract can clear the arteries of plaque, usually the precursor of a heart attack. It slows the accumulation of 'soft plaque' by up to 80 per cent, and reduces the amount of fatty deposits in the arteries, a new study has found.

The supplement, Aged Garlic Extract, has been tested in four different studies, and researchers are confident that it "can help slow the progression of atherosclerosis (hardening of the arteries from fatty deposits) and reverse the early stages of heart disease," says Matthew Budoff, at the Los Angeles Biomedical Research Institute.

A 2,400 milligram dose of the supplement every day seems to reverse many of the symptoms of early-stage heart disease, say researchers who, in their latest study, tested it on a group of 55 patients, aged between 40 and 75. The participants were suffering from metabolic syndrome, characterised by obesity, high blood pressure (hypertension) and cardiac disease.

The participants were screened at the beginning of the year-long study for coronary plaque levels and again afterwards.

(Source: *Journal of Nutrition*, 2016; doi: 10.3945/jn.114.202333)



AN APPLE A DAY AS EFFECTIVE AS A STATIN, SAYS LEADING CARDIOLOGIST

For people at low risk of developing heart disease, an apple a day is just as effective as a cholesterol-lowering statin, a leading heart specialist says. And the apple doesn't have all the side effects of the drug, which force around half of all patients to give up on it inside the first year.

An apple has the equivalent risk reduction for a heart attack as a statin drug, says Dr Aseem Malhotra, a cardiologist at the Frimley Park Hospital in Surrey. In fact, a range of lifestyle changes – such as more exercise and a healthier diet – is usually enough to dramatically reduce the risk of heart disease.

"More than 80 per cent of cardiovascular disease is attributable to environmental factors, notably unhealthy diet and also smoking, alcohol and physical inactivity," says Dr Malhotra in a debate about lowering cholesterol levels.

But instead, doctors too readily prescribe a statin drug, the most frequently prescribed drug family, costing the UK's National Health Service alone £450m a year.

Although studies have concluded that the drug is effective and well tolerated, most have been funded by the manufacturer and don't reflect what is happening, where half give up taking the drug in the first year because of debilitating side effects such as muscle weakness and fatigue, says Dr Malhotra. Other side effects have included suicide and cancer, and there have been concerns the drugs are ineffective for women and the elderly.

Under current guidelines in the UK, men over the age of 60 and women older than 65 are routinely offered a statin as a just-in-case measure to prevent heart disease, even if they have only a one-in-10 chance of developing the condition. As a result, the UK prescribes more statins than any other European country and second only to the US in the world.

(Source: *BMC Medicine*, 2016; 14:4)

Source: www.WDDTY.com



A NEW SUPPLEMENT

that could save your life

Forget everything you've been told about folic acid

If your doctor has recommended that you take more folic acid, this is an article you will want to read. A great number of doctors have started telling their patients to increase their intake of folate, and there is a good reason why.

As The Association of UK Dietitians tells us, folic acid (vitamin B9) is a vital B vitamin needed by the body, along with the help of vitamin B12, to form red blood cells.¹ Deficiency in folic acid is no small problem - it can lead to anaemia and compromised nerve function. What's more, the body relies on folic acid as the very building block of good health, needed to form DNA within every cell so that healthy cells can continue to replicate.

Folate has one more important task

that all human life depends on. It is folate that the body needs in ample amounts to regulate DNA methylation and reduce harmful levels of homocysteine, a toxic amino acid formed when other amino acids are broken down in the blood through normal body processes. High levels of homocysteine have been confirmed to be a risk factor for cancer.² High levels of folate have been linked to a reduced risk of colorectal cancer, while folate's ability to lower homocysteine levels may be associated with a lower risk of exfoliation glaucoma, a leading cause of visual impairment and blindness.^{3,4} High levels of homocysteine have also been linked to a higher risk of heart and vessel disease, considered even more of a danger to the heart than high cholesterol.⁵

THE FOLIC ACID FALLACY

The Association of UK Dietitians, like many doctors, says that unless you are pregnant (a time in life when a woman needs even more folate to help prevent birth defects), men, women, and children should be able to get enough folate from a healthy diet. Other doctors may recommend taking an over-the-counter supplement as well.

To understand where the problem lies, it helps to understand folate in its many different forms. You may have heard folate and folic acid referred to interchangeably - they are both forms of the water-soluble B vitamin. Folate can be found in healthy foods like leafy greens, beans, legumes, nuts, and some fruits, like lemons and bananas. Folic acid is the synthetic form of the B vitamin that has been added to

“enriched” foods like pastas, breads, flours, cereals, baked goods, crackers, and cookies since the late 1990s.

This synthetic form of folate can also be found in a large number of commercial supplements, which should make it easy for every person to get enough of the daily folate that the body needs to regulate, repair, and regenerate. But that’s where so many of us, including many doctors, are wrong.

Because of a genetic variation, folic acid in the synthetic form cannot be absorbed by an estimated 25 percent of the population.⁶ And if the folic acid that is absorbed does not cross the blood-brain barrier, then it is 100 percent useless. In summation, synthetic folic acid is useless for *everyone* if it is not in the right form.

With the risk of folate deficiency and high homocysteine levels hanging in the balance, wouldn’t it make sense to get enough folate from the diet instead? Unfortunately, there are two roadblocks with this approach. Even natural food sources may not be enough to provide the body with the daily folate it needs to aid in repair and recovery. The sad truth is that vitamins and minerals in our food supply have been sorely depleted because of commercial agricultural practices, and many of the most nutritious foods are not always as they seem. Cooking and food processing can also destroy natural folate levels.

This does not in any way mean that eating Really Healthy Foods is not important; it simply means that a highly absorbable supplement is often the only way to bridge the great nutritional divide.

Secondly, while we know that folic acid must be taken in a form that the body can use and absorb, the “enriched” food sources that contain folic acid are not even close to healthy. Most folic-acid-enriched foods come as starchy carbs, known to trigger inflammation in the body related to chronic disease. Vitamin-enriched or not, processed foods like cereals, baked goods, refined and wheat pastas, refined flours, crackers, and cookies should be avoided at all costs.

THE NEW FORM OF FOLIC ACID YOUR BODY NEEDS

Most forms of synthetic folic acid fall short because they have not been converted to the active form that can be used by the body. As we’ve already discussed, ordinary synthetic folic acid found in a number of over-the-counter vitamin supplements and enriched foods does not have the bioavailability to increase plasma folate levels in those who are deficient or who are genetically unable to absorb the vitamin.

A new, patented, and activated form of folate has been created just for this purpose. 5-MTHF folate is the *only form of folate* able to cross the blood-brain barrier. 5-MTHF is the metabolically active form of folic acid that can be found in nature, not in “enriched” food sources, so it is usable by 100 percent of the population, including the 25 per cent or more who cannot absorb folic acid. 5-MTHF is the same biochemically converted folic acid that can be found in the body once the vitamin has been digested and absorbed.⁷

When you supplement with 5-MTHF, you are getting all the benefits of folic acid in a form that your body can use - including potential protection against cancer and heart disease by lowering harmful levels of homocysteine, as research has confirmed. With this bioactive and fully “charged” form of folic acid, your body’s genetic ability to absorb the vitamin no longer matters. 5-MTHF is activated folate that is fully absorbable for anyone. When taken in a supplement, 5-MTHF goes straight to the source to synthesise and repair DNA.

Finding the right form of folate in a supplement is rare, so read your product labels carefully. The difference between synthetic and bioavailable folic acid is like night and day - bioavailable folic acid can increase blood serum levels 700 per cent more than ordinary folic acid.⁸ The poorly absorbed form of this vitamin may not be used by the body, while the activated form has the power to manage or prevent disease.⁹

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Recommended Products

ACTIVE LIFE™ CAPSULES

The perfect super multivitamin formula for all the family, with x130 nutrients, vitamins and minerals delivered in each capsule. Contains Folate MTFH, the same found in nature and not Folic Acid (which is synthetic and does not absorb correctly).



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.





THE ‘MIRACLE’ ENZYME YOUR BODY IS MISSING

The top 10 disease-fighting benefits of Serrapeptase – plus more

There’s a “miracle” enzyme buzzing its way through the media that could change your life if you are a sufferer of chronic disease. Even if you have a few minor symptoms making life unpleasant - like aches and pains, fatigue, congestion, or a rash - Serrapeptase may make a notable difference in improving your quality of life.

FROM CATERPILLAR TO BUTTERFLY

As far back as the 1960s, researchers noticed something interesting about the silkworm. In order to survive, the tiny silkworm was able to digest tough and resistant mulberry leaves and, soon enough, escape from its rock-hard chrysalis to take flight. How did the silkworm have the power to eat through anything that came in its path? The answer was quite simple, said the scientists. Deep within the intestine of the silkworm was the proteolytic enzyme Serrapeptase, now renowned for its use as a natural chelation/anti-inflammatory enzyme with more than 25 years of clinical backing throughout Europe and Asia.

Serrapeptase goes by many names - including Serratiopeptidase, Serratia E-15 protease, serralyisin, serratiapaptase, serratia peptidase, serratio peptidase, or serrapeptidase - but its purpose remains the same. The isolated form

of Serrapeptase, derived straight from the intestine of the hardy silkworm, is a proteolytic enzyme (also called protease) that can eat through dead tissue and unhealthy inflammation that has accumulated in the body. This simple yet powerful enzymatic function can help to restore balance and healing in the body’s natural processes, while providing pain relief.¹

Understanding how Serrapeptase works as an anti-inflammatory agent can provide important insight into the potency of this proteolytic enzyme at work.

DOZENS OF SCIENTIFIC HEALTH BENEFITS, CONFIRMED

A simple PubMed search for the celebrated enzyme in the U.S. National Library of Medicine National Institutes of Health database yields close to 100 results. Serrapeptase as an anti-inflammatory enzyme has been well-researched with dozens of studies to back it - though it has not been until the last decade that the enzyme’s powerful clinical application has spread around the world from Europe and Asia, where it has seen the most use.

Most commonly, doctors in these areas of the world prescribe Serrapeptase as a safer, and often more effective, alternative to pain-relieving, anti-inflammatory drugs, like ibuprofen, aspirin, and NSAIDs. The main difference between Serrapeptase

and these drugs, however, is that it is a naturally-derived protease enzyme from the intestine of the silkworm that does not inhibit prostaglandins (a hormone-like substance in the body) or cause gastrointestinal side effects. This commercially viable form of Serrapeptase, produced by fermenting the enzymes extracted from the silkworm’s intestine, may be behind some of the most remarkable cases of recovery we have seen in modern medicine today.

But don’t take our word for it - trust the research first.

Here are the top 10 studies confirming the medical application of Serrapeptase, with many more to follow:

- 1. Alzheimer’s disease** – When taken with another potent enzyme extracted from Japanese food called Nattokinase, Serrapeptase effectively helped to modulate some factors that characterize Alzheimer’s disease.²
- 2. Antibiotic resistance** – Serrapeptase’s anti-infection properties could help to reduce the spread of antibiotic resistance, considered a global health problem which is estimated to surpass cancer in 10 million preventable deaths per year.^{3,4}
- 3. Asthma** – A Japanese study confirmed that Serrapeptase can help to dissolve sputum, especially in patients suffering from chronic asthma.⁵
- 4. Carpal tunnel syndrome** – In a study of

20 patients, Serrapeptase was confirmed to be a useful alternative treatment to alleviate carpal tunnel syndrome, without side effects.⁶

5. Chronic airway disease – Serrapeptase's dissolution properties were again demonstrated in another Japanese study, where patients with chronic airway disease saw a noticeable benefit in reduced mucus and altered viscoelasticity after only four weeks of treatment.⁷

6. Fibrocystic breast disease – In a double-blind study, 70 women were monitored in either a placebo or treatment group. Compared to the placebo group, the women who took Serrapeptase saw a greater reduction in breast pain and swelling associated with the disease, with no side effects reported.⁸

7. Infection – More than two decades ago, researchers observed Serrapeptase's ability to manage potentially dangerous prosthetic infections, with possible use as a new infection treatment strategy.⁹

8. Inflammation – Serrapeptase performed better in reducing inflammation in rats compared to two other proteolytic enzymes and aspirin, according to a 2008 Indian study.¹⁰

9. Swelling – Another 2008 study tracked Serrapeptase treatment following a third molar surgery, where scientists observed that the enzyme was responsible for a "significant reduction" in post-operative cheek swelling and pain intensity.¹¹

10. Wound-healing – Serrapeptase taken as an oral anti-inflammatory helped to repress fibrinolysis caused by scalding and support healing in rats that had been burned.¹²

These compelling studies are only the tip of the iceberg when it comes to what Serrapeptase can do inside the human body. The efficacy and safety of this potent enzyme has years of clinical backing, with suggested use for chronic bronchitis; COPD; ear, nose, and throat disorders; sinusitis, and much more.^{13,14,15,16} Current research is underway in using Serrapeptase to treat a wide range of health issues, including multiple sclerosis, nerve damage, hay fever, laryngitis, arthritis, chronic pain,

osteoporosis, sports injuries, varicose veins, and even arterial diseases.

SERRAPEPTASE REIGNS SUPREME

To receive all of these health benefits and more, Serrapeptase is best taken in large amounts. Health professionals who prescribe the enzyme often recommend doses at up to 80,000IU per capsule - after discovering that high-dose Serrapeptase may provide the most effective form of treatment. Serrapeptase is available at maximum strength in a 250,000IU capsule to offer the most targeted treatment for serious, chronic health issues. This "super strength" dose is 100 per cent safe and can also be taken for health maintenance.

Chronic inflammation that leads to chronic disease has become a modern-day health epidemic, and for long-lasting relief, we have the silkworm to thank. The

silkworm's gift to us, the anti-inflammatory enzyme Serrapeptase, can help to dissolve dead proteins in the body that may cause chronic aches and pains and even disease. Nature's "miracle" enzyme could be just what your body needs to clean and clear the dangerous levels of inflammation that have been holding you back.

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Recommended Products

BLOCKBUSTER ALL CLEAR™

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



SERRAPLUS+™ 80,000IU

High dosage formula provides a balanced strength of 80,000iu serrapeptase in delayed release capsules for the best absorption, as well as the inclusion of trace minerals (50mg) to ensure better enzyme utilization. Plus the addition of 350mg of MSM (regularly used in naturopathic practice for normal lung, joint, and connective tissue health).



SERRAENZYME™ 250,000IU

The world's strongest Serrapeptase delivering 250,000IU Serrapeptase per cap. Available in x90 or x30 Trial Size for serious health support and in delayed release cap for optimum performance.



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.

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The friendly bacteria in Prescript-Assist are protected by a "seed like structure," which safeguards against heat, light and pressure. Routine testing shows >95% efficacy, two years after manufacture, even when stored at 98°F.

3. HIGH VIABILITY

The "seed like structure" also protects the friendly bacteria against degradation by stomach acid, so they reach your intestines – intact. Therefore they become active and multiply.

4. PREBIOTIC SUPPORT

To ensure that the **x29 strains** of friendly bacteria have a food source once they reach the GI tract, Prescript-Assist contains Leonardite, a prebiotic.

5. BACKED BY SCIENCE

Supported by a peer-reviewed, double-blind, placebo-controlled human clinical trial – including a one-year follow-up study, verifying long term efficacy.



Suitable for all the family

Be confident your probiotic supplement will deliver. Choose Prescript-Assist.



6 of the best

6 of the best supplements for Sports & Exercise

SERRAENZYMETM 250,000IU MAXIMUM STRENGTH SERRAPEPTASE

This is the highest amount of serrapeptase available, per capsule. Serrapeptase is known as The 'Miracle' Enzyme and is a proteolytic enzyme which helps to break down proteins. Each cap delivers 250,000IU's serrapeptase (phthalate free) and is "Delayed Release" for optimum performance. Take on an empty stomach, in the morning and at bedtime.



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Recently "allowed claims" for Magnesium include: a reduction of tiredness & fatigue, normal muscle function, energy yielding metabolism, electrolyte balance, protein synthesis, normal bones... plus many more healthy benefits!

Ancient Minerals Magnesium Oil ULTRA combines the power of Magnesium with MSM. MSM helps with absorption and provides numerous additional health benefits, such as for joints, skin and connective tissue.

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Suggested dose – up to 4 servings per day, in water or orange juice.



ANCIENT MINERALS MAGNESIUM GEL MAGNESIUM ADVANTAGE 2

Recommended for use with the Ancient Minerals Magnesium range, this gel has a high concentration of magnesium (490mg elemental magnesium per tsp.). This provides another way to get magnesium into your body, to deliver all the benefits of magnesium.

Massage the gel into body areas and then wipe off any excess/residue. Apply before & after any sport and exercise or whenever required.





Your weight history has everything to do with how long you live

By now, we have a great understanding of the obesity epidemic - it's affecting men, women, and children around the world and considered a driving force behind chronic disease. Recently, researchers have made a few startling discoveries about body weight and how it can affect overall health. Not only can obesity compromise and shorten life, but gaining and losing weight, and even carrying a few extra pounds, could be enough to make you vulnerable to disease.

BMI ONLY SCRATCHES THE SURFACE

When the BMI, or Body Mass Index, tool was first introduced by Belgian mathematician and sociologist Adolphe Quetelet in 1830, it was designed to be a

measuring device used for the purpose of "social physics."¹ The equation measured the ratio of human body weight to squared height and was ultimately used to reflect a body fat measurement for a general population. While most critics believe that BMI can't accurately evaluate individual weight, researchers continue to rely on the tool as a marker within a broader assessment of group health.

The Mayo Clinic used this exact measuring device in 2014 within an international collaborative study to determine how body weight relates to mortality. In the study, researchers discovered that men and women with a larger waist circumference were more likely to die young and especially from chronic illnesses like cancer, heart disease,

and respiratory problems - even with a healthy BMI.²

In this case, it would appear that the critics were right. Falling within a healthy BMI range was still not an accurate predictor of health and mortality. Carrying extra body fat around the belly was confirmed to be detrimental to health, even if a study participant was not obese or overweight. Data pulled from 11 different cohort studies of more than 600,000 people around the world showed that men with a 43-inch waist circumference or greater may live three years less on average than men with a 35-inch waist or less. Women with a 37-inch waist circumference or greater may live five years less than women with a 27-inch waist circumference or less.

A new study released in 2016 pulls the curtain back further. A research team from the Boston University School of Public Health and the University of Pennsylvania discovered yet another kink in the BMI-mortality relationship that has been presented to us. While most previous studies consider current BMI to be a general predictor for mortality and chronic disease - meaning, if you are overweight or obese, you could be in poor health - this research team discovered that it is BMI history that may make the most impact.³

When researchers used a lifetime testing model to gauge maximum BMI over a lifespan, compared to a brief "snapshot" of a study participant's current weight, they uncovered a 27 per cent higher death rate for people with a history of a high BMI. Participants who had lost weight and were currently at a healthy weight still had a higher prevalence of diabetes and cardiovascular disease compared to those remained at a high BMI. Researchers believe that some of this weight loss may have been caused by illness.

While it's always beneficial to lose weight for the purpose of good health, researchers have used this particular study to unearth a hidden truth about lifelong BMI and mortality. Similar to a history of smoking, weight history may better reflect an individual's current state of health and risk of death compared to a one-time BMI measurement.

SLOW AND STEADY WINS THE RACE

If these studies tell us one thing, it is that obesity is a health issue that is not to be taken lightly. Unhealthy weight gain can hide within a healthy BMI range, and a larger-than-normal waist circumference can still pose a health risk. Being overweight or obese at any time in life can compromise good health, even after the extra pounds have been lost. Staying at a higher BMI can also increase the risk of

developing 10 of the most common kinds of cancer, according to a 2014 study conducted on 5 million adults in the UK.⁴

Yes, maintaining a healthy weight is the best way to ensure that you will live a long and healthy life. But even if you have a high BMI in your history and have lost a significant amount of weight - a great accomplishment that should not be underestimated - there is still hope for good health in your future.

Blood-sugar stabilising compounds can make it easier to maintain a healthy weight, while buffering much of the damage that has been done by the fluctuating blood sugar levels that contribute to obesity. Cinnamon is one such natural compound that is known to regulate blood sugar, with the help of other obesity-fighting compounds like American ginseng, bitter melon, chromium, fenugreek, gymnema sylvestre, and nopal.

Chock-full of protective antioxidants, cinnamon has been hailed for its ability to reduce risk factors associated with diabetes and heart disease - but even more popular is cinnamon's use as the "skinny spice."⁵ Already confirmed to be a blood-sugar stabiliser, a 2012 study published in the *Journal of the Academy of Nutrition and Dietetics* found that a daily dose of cinnamon could significantly reduce blood glucose up to several hours after eating, with the potential to store less sugar as body fat and aid in weight loss.^{6,7}

If you're looking for a little outside help to maintain a healthy BMI, this comes as welcome news. Cinnamon is a natural compound that can be taken daily to regulate blood sugar and keep the body at a stable weight. When combined with a balanced diet and exercise program, the benefits of cinnamon are almost unstoppable. One delicious spice could help to prevent the weight fluctuations that could shorten your life.

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Recommended Products

CINNAMON27™

Cinnamon27™ has seven powerful ingredients in one incredible product. It contains American Ginseng, Bitter Melon, Chromium, Fenugreek, Gymnema Sylvestre, and Nopal. Chromium contributes to the maintenance of normal blood glucose levels.



A close-up portrait of a smiling woman with blue eyes. Her head is topped with a large, vibrant crown of various fresh vegetables, including green and red leafy greens, broccoli, cauliflower, and green onions. The background is plain white.

THE IMPORTANCE OF NUTRITION FOR MENTAL HEALTH

Change your nutrition, change your mind

Like clockwork, several times a year, mental health awareness campaigns circulate on Facebook. There are two specific reasons why. The first, and one of the most important, is because of the stigma that surrounds mental illness, even today. The second, and of equal importance, is the lack of support and solutions for those who do have mental health issues – even when they reach out for help.

STOP THE STIGMA

In 1999, the US Surgeon General detailed in a ground-breaking report that stigma may perhaps be the greatest barrier in the fight against mental illness.¹ What this simply means is that people with mental illness are often shamed for their struggles or told that it's "all in their head." When people feel too ashamed to reach out for help with a mental health issue, quality of life is most certainly compromised, and in more tragic cases, lives are lost.

Almost 20 years later, and our world isn't

faring much better in the acceptance and treatment of mental illness.

In the UK, the Time to Change campaign has been vigilantly fighting to end the discrimination against mental illness, with the hopes of providing any person with the help or treatment that they may need.² According to the campaign, “We all have mental health, like we all have physical health. Both change throughout our lives. And, like our bodies, our minds can become unwell.”

When you think about it this way, it makes perfect sense. Like a number of other physical ailments that can be triggered by countless factors in our modern world, mental health problems are becoming increasingly common. And like many other illnesses that don't present with obvious symptoms, like a cough or a rash, mental illness can be hard to diagnose, let alone treat. People around the world are under the misconception that mental health problems are rare, when in fact, one in four people in the UK will experience a mental health issue in any given year. Nine out of 10 of these people with mental health problems will experience some type of stigma or discrimination.

This is only one piece of the puzzle.

SUPPORT A SOUND MIND

Awareness campaigns like Time to Change are critically important — without them, people who are suffering from mental illness would not feel encouraged to reach out for help. But when help arrives, it can be limited and misleading. Medications are normally prescribed without question. What patients with mental health disorders aren't often told is that medications can be dangerous and may have serious side effects.

Beyond traditional pharmaceuticals, there is another type of therapy that has been proven to support and rejuvenate the mind.

As we now know, mental illness is a real condition that is similar to physical illness. Even though symptoms of the mind may not be as tangible as symptoms of the body, they are still controlled and affected by the same health system. That is to say,

if you would consider cutting processed, inflammatory foods out of your diet and supplementing the missing nutrients needed to improve your physical health, it stands to reason that these same lifestyle changes would have a direct effect on the health of your mind.

The latest research paints a picture that is crystal clear. Your doctor may tell you to improve your diet and exercise more often if you have heart problems, achy joints, or prediabetes. But it is not so often that a doctor will first recommend changing your diet and increasing your physical activity if you are suffering from depression or anxiety.

In an international study conducted in 2015 by the Faculty of Medicine and Dentistry of the University of Valencia and published in *The Lancet Psychiatry*, researchers found a link between nutrition and mental health that was indisputable. According to Lecturer of Psychiatry Vicent Balanzá, the brain, like any other organ, needs an adequate intake of critical nutrients, including B vitamins, omega-3s, vitamin D, and minerals that include magnesium, zinc, and iron.³ Researchers stated that a balanced and high-quality diet, like the Mediterranean diet, can play a pivotal role in psychiatry and mental health and has been associated with a reduced risk of diabetes, heart disease, cognitive impairment, and even depression.

Two years before, in 2013, researchers from the University of Eastern Finland confirmed after conducting a prospective follow-up study on over 2000 men that a healthy diet can help to reduce the risk of severe depression.⁴ When study participants ate a healthy diet free from processed foods, researchers observed fewer depressive symptoms and a lower risk of depression overall. Specifically, increased folate in the healthy diet helped to benefit mental health — folate (vitamin B9) can be found in vegetables, fruits, berries, healthy carbohydrate alternatives like quinoa and amaranth, and moderate meat, along with high-quality supplements.

There's more — in the study, researchers found that eating junk food, processed meats, and sugar could increase symptoms

of depression. Depression levels among the study participants spiked when eating an unhealthy diet, with foods like sugary desserts and snacks, sugary drinks, processed meats, sausages, manufactured foods, breads, and baked or processed potatoes.

In a 2015 Wiley study published in the *British Journal of Pharmacology*, scientists explored this same effect. Researchers found that a diet high in unhealthy fats could cause changes to the brain that led to depression and anxiety.⁵ And because of the unique relationship that the gut has with the brain, taking probiotics to support beneficial bacteria in the digestive system has also been linked to decreased social anxiety.⁶

These nutritional breakthroughs bring big news for sufferers of mental illness. Not only is making the switch to a Really Healthy Foods diet cheaper than paying for costly prescription drugs, but it's far safer and more beneficial to the health of the body and mind. As you can read on any product label, all prescription drugs come with a number of side effects.

For a mental health condition like depression or anxiety, these side effects may be grossly underreported and much worse than many medical professionals have estimated. A Rhode Island Hospital study confirmed that patients reported side effects from depression medication at 20 times higher than what psychiatrists recorded in their charts.⁷ A University of Liverpool survey of 1829 adults taking antidepressants uncovered even bleaker numbers — antidepressant side effects, like sexual difficulties, suicidal thoughts, and emotional numbness, affected over half of the adults surveyed in some samples. The staggering numbers drew concern about the over-prescribing of these prescription medications.⁸

GREAT MINDS THINK ALIKE

When it comes to the treatment of mental illness, it can often feel like you are beating your head against a wall. It's true that stigma and lack of treatment are some of the biggest obstacles to overcome. But the latest nutritional research isn't just groundbreaking — it's hopeful. For sufferers of



mental illness who are in desperate need of relief, hearing that lifestyle and nutritional changes can make a significant difference in their mental and emotional health comes as welcome news.

Focusing on the solution — correcting nutritional deficiencies to treat mental health issues — provides a light at the end of the tunnel. Taking a daily B vitamin supplement can remedy one of the most common deficiencies that researchers have linked to depression and poor mental health.⁸ A full range of B vitamins (including folate) taken as a highly absorbable sublingual spray can help to balance both mental and heart health. B vitamins like B3 and B6 taken before bed can promote relaxation to quell stress and anxiety.

Once a B vitamin deficiency has been corrected, SAM-e can fill in the gaps. SAM-e (S-adenosyl-L-methionine), a substance naturally produced by the body, plays a pivotal role in almost all bodily processes. Unfortunately, levels of SAM-e naturally decrease with age, which can increase the vulnerability to some mental health issues. Taking SAM-e as a supplement can help to repair and maintain healthy cell membranes, as well as to produce dopamine and serotonin in the brain.

Considered a natural antidepressant because of its widespread effect on the body and mind, SAM-e can help to support anxiety, depression, and stress relief.

Sometimes, making a few lifestyle changes and supplementing the missing nutrients can be enough to change your mind. A nourishing diet, free from processed foods and rich in dark leafy greens and dark-skinned fruits, can help to improve both physical and mental health. Daily exercise is a proven mood-

booster and can also bring with it feelings of accomplishment and control. Add to that a daily dose of sunshine to provide your body with the vitamin D3 it needs to combat depression, and your mental health support system is in place.

Now that the truth about mental health is out, you no longer have to suffer in silence. A balanced lifestyle can bring health to the body and peace to the mind.

Recommended Products

B4HEALTH™ SUBLINGUAL SPRAY

The best way to get all your daily B Vitamins in one. This unique spray delivers your daily value of B1, B2, B3, B6 and B12 in just x6 sprays daily. Also contains Vitamin C, D, E and Selenium.



RELAXWELL

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



SAM-E PLUS+

100mg SAMe Tosylate per cap plus B6, B12, Magnesium & Proprietary Blend.



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VITAMIN D3 DEFICIENCY IS MORE DANGEROUS THAN WE REALISED

One of the most common vitamin deficiencies under the sun

Max Müller, a German philologist who lived in Britain throughout the 1800s, was quoted as saying, "A flower cannot blossom without sunshine, and man cannot live without love." While this much is true – we all need love and support to have a fulfilling life and to maintain good health – modern science has also shown us that, just like the flower, man cannot live without sunshine either.

GOOD MORNING, SUNSHINE

Getting vitamin D seems easy enough – your body can absorb critical vitamin D by exposing bare skin to the sun or by taking a vitamin D supplement. Unfortunately, the Vitamin D Council confirms that it simply is not possible to get the right amount of vitamin D the human body needs from food alone, even foods that are enriched.¹

Contrary to popular belief, exposing bare skin to sunlight to absorb UVB rays each day is the best and most natural way to give your body the vitamin D it craves, so that it can bloom like the flower in the sun. And yet, because of common myths perpetuated in the medical community (that many large organisations like Cancer Research UK have now reversed), we've been taught to cover up and wear chemical sunscreens to keep the sun away from our skin.²

When you add to that the fact that it can be difficult to get ample vitamin D from the sun during the winter months in colder climates, it isn't hard to imagine that vitamin D3 deficiency is reaching alarming levels. As reported in 2015 in *The Guardian*, Public Health England found

that over one in five people may have low vitamin D levels, needed to maintain the health of the teeth and the bones, due in part to a lack of sunshine in the climate.³

SUNSHINE ON A CLOUDY DAY

Researchers have correlated low vitamin D levels and deficiency with cognitive decline in the elderly, irritable bowel syndrome, a higher risk of heart problems, and even a higher risk of leukemia.^{4,5,6,7} A study from 2015 confirmed that a daily vitamin D supplement could help to improve exercise performance and lower the risk of heart disease.⁸

To boost immunity, balance health, and prevent disease, daily sun exposure that helps the skin synthesize this essential vitamin is important – start by exposing bare skin to the sun on your morning walk and build up from there. Cover up with clothing, instead of chemical sunscreen, after the initial exposure to enjoy a long day of fun in the sun.

And as The Scientific Advisory Committee on Nutrition (SACN) recommended in *The Guardian*, taking a vitamin D supplement is critical for *everyone* to supply the body with the daily dose of the "sunshine vitamin" it

may be missing.³ When vitamin D3 is taken with vitamin K2, it can help to correct a dangerous deficiency and provide added heart-healthy benefits by reducing blood vessel calcification and protecting against heart disease. Vitamin D3 and K2 work together as an unstoppable team, boosting bone health by greatly enhancing calcium absorption and balancing excess calcium that can be harmful to the body.

The sun rising in the morning marks the dawn of a new day, another day to nourish your body with a life-giving vitamin that has the power to prevent chronic disease.

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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), approximately 30 servings per bottle.





The Fastest and Most Effective **PAIN RELIEF FOR YOUR KNEES**

“It’s in your hands, take action”

The theme for this year’s World Arthritis Day, taking place on October 12, 2016, could not be more accurate. “It’s in your hands, take action” the slogan states.¹ When you think of arthritis this way, as a manageable lifestyle condition with several possible courses of treatment instead of the debilitating pain condition without a cure that so many people believe it to be, there is a glimmer of hope.

THE BAD

It’s no wonder so many people feel hopeless about arthritis — the facts about this repetitive motion disorder (RMD) are bleak. A condition like arthritis that can affect the joints and limit mobility, especially when it spreads to the knees, may be classified as an inflammatory or non-inflammatory RMD.

Osteoarthritis, a non-inflammatory RMD, is the most common type of arthritis that can occur in the knees and progressively wear down the joints. Osteoarthritis is most likely to develop after middle age.

Rheumatoid arthritis, an inflammatory RMD, can also affect the knees and occur at any age.

In the European Union alone, RMDs affect more than 120 million people. This translates to almost every family in Europe being impacted by a repetitive motion disorder in some way. In developed countries, RMDs affect more people than any other disease group.¹

Once an RMD like osteoarthritis begins to wear down the synovial joints, including the shoulders, elbows, hips, and knees, pain is sure to follow. For most adults who begin to experience stiff and achy joints in middle age, an osteoarthritis diagnosis is considered merely a fact of life. The degenerative joint disease affecting millions of people around the world is presented as a slowly progressing condition brought on by the aging process. Your doctor may tell you that osteoarthritis of the knees is an unfortunate by-product of growing older, without explaining the lifestyle factors that contribute to the condition in the first place.

THE GOOD

If you, like millions of others with a debilitating RMD, have experienced chronic pain and stiffening of the joints for months or even years, then you likely want answers. By now, you have probably realised that living with a chronic pain condition without a cure — and with limited pharmaceutical treatment options available — is no way to live.

World Arthritis Day encourages people with RMDs to take action by living life to the fullest. While this compelling campaign sheds a positive light on RMD and provides management tips, it fails to mention some of the most critical lifestyle choices arthritis sufferers can make to improve pain, mobility, and quality of life.

According to the medical community, osteoarthritis may not have a preventable cause or a cure, but we do know two lifestyle triggers that can exacerbate the condition. Primary osteoarthritis is most often caused by eating grains, cereals, and other sugary foods and drinks. Secondary osteoarthritis may stem from another

injury or illness that causes degeneration of the cartilage needed to protect the joints.

When you have a degenerative disease like osteoarthritis, this basic health principle matters most of all: What you put into your body can dictate how you feel and how your body performs in the days and weeks to come.

This diet-arthritis connection isn't just a hunch. In 2014, the European League Against Rheumatism presented two new studies at their Annual Congress that solidified the relationship between diet and degenerative disease. Researchers discovered that consuming healthy fats as part of a Really Healthy Foods Diet free from processed foods (the Mediterranean diet, in this case) could help to suppress disease activity in sufferers of arthritis.² Duke Medicine researchers also found in the same year that mice that consumed omega-3 fatty acids, a healthy fat, had healthier joints than mice that ate a diet high in saturated fats and omega-6 fatty acids, most often found in processed foods.³

In the fight against arthritis, broccoli has proven to be a regenerative superstar. University of East Anglia researchers discovered in 2013 that a compound in broccoli called sulforaphane could help to slow the joint degeneration associated with severe osteoarthritis. Mice that ate a sulforaphane-rich diet had significantly less cartilage damage than those that did not.⁴

This lifestyle effect swings both ways — eating Really Healthy Foods can promote

restoration in the body and minimise the pain and immobility associated with arthritis, while eating processed foods can make the condition even worse. Confirming one of the main triggers of osteoarthritis mentioned above, the American College of Rheumatology stated in 2012 that drinking sugary soft drinks can not only cause weight gain but may also contribute to the progression of osteoarthritis of the knee, especially in men.⁵

THE SOLUTION

To improve joint health, the Western Un-Natural Food Diet, rich in unhealthy fats and processed foods, must be stopped immediately and replaced with the Really Healthy Foods Diet, rich in vegetables, dark-skinned fruits and avocados, beans, nuts, seeds, moderate meat, oily fish, healthy oils, and healthy carbohydrate alternatives. Essential nutrients like topical magnesium can aid arthritis recovery by helping to manage joint pain and improve mobility. When taken alongside the potent anti-inflammatory enzyme serrapeptase, curcumin can have a remarkable effect on joint health. One 2010 study, backed by the Arthritis Foundation, found curcumin to be effective for long-term pain and function management in patients with knee osteoarthritis.⁶

For joints where pain and degeneration are already present, an at-home electro-acupressure device can offer consistent relief. Electro-acupressure, when used at home, can help to safely manage symptoms of more than 160 different ailments by balancing the health of

the body, with special benefits for pain conditions related to the back, neck, and joints. To treat arthritic knees, there is nothing as fast or as effective as electro-acupressure. As an alternative to surgery and prescription drugs, electro-acupressure can provide quick pain relief while continuing to stimulate the healing of the knee. Acupuncture, which can be mimicked safely at home using a hand-held electro-acupressure device, is known to decrease pain and stiffness in osteoarthritic knees with improvements in pain, stiffness, and function for up to two years.⁷

Now that we have discovered the lifestyle trigger for arthritis that is rarely discussed, we can truly "take action." Cutting out junk foods that worsen osteoarthritis, supplementing missing nutrients, and relieving joint pain with electro-acupressure can support the body's ability to self-heal.

Recommended Products

HEALTHPOINT™ KIT

Become a master of acupuncture 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'

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.



SERRANOL

80,000iu Serrapeptase plus Curcuminx4000, Ecklonia Cava Extract and Vitamin D3, all in one capsule.



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THE ‘MIRACLE’ ENZYME® *is Serrapeptase*

Every disease has a natural cure

You might not be surprised to hear that prescription drug use is on the rise in Western countries. Most of our healthcare systems are built on this “disease care” model - using medication to manage the symptoms of a disease without providing the hope of a cure.

In a 2015 study published in *JAMA*, researchers reviewed the total prescription drug use among American adults spanning from 1999 to 2012. The majority, but not all, drug classes saw an increase in use.¹ From 1999 to 2000 alone, prescription drug use increased by 51 per cent and rose further to a 59 per cent increase from 2011 to 2012. These results match the data from The Health Survey for England 2013, which found that half of women and 43 per cent of men in England used prescription drugs regularly.² Some of the most popular prescription “drugs of choice” were statins used to lower cholesterol, blood pressure medications, and painkillers that included NSAIDs.

FIGHTING AN UPHILL BATTLE

There’s a perfectly good explanation for

why prescription drugs are being doled out like candy, without an end in sight.

Simply put, it is impossible to improve health using the disease management model. Without addressing the root cause of a health problem - like an inflammatory lifestyle that contributes to chronic disease - health will only get worse, and more medication will be needed.

For many patients facing a chronic health problem or life-threatening illness, this is a tough pill to swallow. For decades, we have been told that the only way to fight chronic disease is by taking expensive prescription drugs that come with plenty of unpleasant side effects. St. Louis University researchers confirmed that the long-term use of narcotic prescription painkillers can increase the risk of major depression, while statins, one of the most popular prescription drugs, can cause muscle pain, weakness, stiffness, and cramping in up to a quarter of patients - potentially by disrupting muscle mitochondria function.^{3,4}

Most of us turn a blind eye to the dark side of prescription drug use because we have been told that medication is the only option when chronic disease is staring us in the face.

This couldn’t be further from the truth.

The doctors who are brave enough to speak up and focus on the root cause of disease - namely, diet, lifestyle choices, environmental toxins, and a minimal genetic influence - all agree that the healthcare monopoly is only in place to turn a profit. Convincing patients to buy prescription drugs keeps them sick. Sick patients who need prescription drugs to survive keep the healthcare monopoly in business.

YOU CAN PUT A PRICE ON GOOD HEALTH

At the end of your life, how much is your health going to cost you? If you listen to the medical industry, the answer might be in the thousands of dollars for those roped into taking prescription drugs to manage disease. This number only contributes to the billions of dollars spent on disease management each year in our Western world. In the 2012-2013 year, more than £6.8 billion was spent treating cardiovascular disease within the NHS in England.⁵ In 2011, the American Heart Association estimated that the cost of treating heart disease in the U.S. would triple by the year 2030, with up to a \$545 billion increase largely related to an aging population.⁶ Unsurprisingly, prescription

drug use is likely to increase with age.

Nurturing your health instead of managing your disease is much cheaper. It may be nearly free, in many cases, when you stop the unhealthy lifestyle choices that are causing disease in the first place.

But if you are among the majority of people who have spent the past decade or longer managing disease instead of caring for your body, there is a great chance that some damage has already been done. Thankfully, even the worst disease-causing damage incurred to the body can be minimized or reversed with the help of a natural anti-inflammatory enzyme, which many doctors consider to be the antidote to potentially harmful prescription drugs.

Slowly making its way into mainstream Western medicine, Serrapeptase is a proteolytic enzyme that has been used for more than 40 years throughout Europe and Asia as a safer alternative to prescription and over-the-counter anti-inflammatory drugs, like ibuprofen, aspirin, and NSAIDs. Serrapeptase's decades of clinical backing with growing potential as one of the most widely used nutritional supplements of all time have been compiled into the book *The 'Miracle' Enzyme® Is Serrapeptase*.

As *The 'Miracle' Enzyme® Is Serrapeptase* describes, Serrapeptase has such potency in clearing inflammation from the body since it comes straight from the source: "This enzyme is produced commercially today through fermentation but was originally found in the silkworm intestine. The silkworm uses it for instantly dissolving the hard cocoon to allow the moth to escape and fly away. It also uses it to help digest the tough mulberry leaves that it feeds on. This truly is the second gift from the silkworm."

This simple and natural proteolytic process has immense medical application to treat a number of acute and chronic inflammatory and pain conditions.^{7,8,9,10,11} Without any of the side effects found in prescription drugs, Serrapeptase may help to alleviate debilitating health conditions like multiple sclerosis, rheumatoid arthritis, Alzheimer's disease, IBS, sinusitis, cataracts, heart disease and heart failure, back and joint pain, infertility, and much more - when combined with a healthy diet

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and exercise programme.

Created as a guide to one of the most powerful proteolytic enzymes found in nature, The 'Miracle' Enzyme® Is Serrapeptase provides:

- More than 360 pages on Serrapeptase's use and clinical application.
- More than 240 pages of Health Plans for specific diseases and health conditions.
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This massive manual for good health proves what we have been trying to explain for years: No matter what ails you, there is hope in a natural solution. Doctors who have prescribed Serrapeptase to their patients have seen astonishing results when the enzyme was combined

with lifestyle changes, clearing seemingly irreversible health problems like headaches, lumps in the breast, COPD, and blocked arteries, in many cases.

This is the type of healing "miracle" that can only be found in nature. "Enzymes are proteins that are the catalyst for life," *The 'Miracle' Enzyme® Is Serrapeptase* explains. "Without them, life (and therefore health) would not exist as we know it. Even oxygen needs enzymes to be released into the atmosphere... Without proper and appropriate enzyme activity, there can be no return to health. This is recognised by every medical doctor and is well known to those that use them as the front line in healthcare."

Recommended Products

THE 'MIRACLE' ENZYME® IS SERRAPEPTASE
"The 2nd Gift From Silkworms": Third Edition.



BETTER THAN FISH OIL

Super Rich Source of Ultra Pure Omega 3, 6 & 9

FACT: The KRILL Miracle™ contributes to the maintenance of normal brain function

FACT: The KRILL Miracle™ contributes to the maintenance of normal vision

FACT: The KRILL Miracle™ contributes to the normal function of the heart

The KRILL Miracle™ is a super rich source of ultra pure Omega 3, 6 and 9. When compared to fish oil, one of the most popular dietary supplements, KRILL is thought to have a greater level of antioxidants and is without any fishy aftertaste.

It is also a higher quality because KRILL are only found in the Southern Oceans, the only oceans in the world that remain unpolluted by heavy toxic metals, dioxins and other contaminants.

The E.U. recently confirmed and authorised the claims that DHA & EPA (in Krill) helps support your Brain, Vision & Heart.

Three HUGE benefits from one capsule.

It also contributes to the normal brain development of the foetus and breastfed infants, and maternal intake contributes to the normal development of the eye of the foetus and breastfed infants.

The KRILL Miracle is made using Superba Krill Oil, European Novel Food approved and processed from sustainable harvests in the Antarctic Ocean using a patented eco-harvesting fishing system which ensures no by-catch.

NOW DELIVERED USING A VEGETABLE LICAP
(Previously, like most other KRILL products, this was in a gelatin shell)



SLEEP NAKED, GET HEALTHIER

Could sleeping naked hold the key to good health?



If you change one little habit to get healthy this year, let it be this — change the way you sleep.

THIS SLEEP STYLE BENEFITS YOUR BRAIN

Your body needs good sleep and lots of it to replenish, repair, and restore each day. But as many of us have come to find out the hard way, there are numerous small and seemingly minute factors that can affect our sleep. We already know that length and quality of sleep matter, but now researchers propose that specifics in sleep style can have an impact too. University of Amsterdam researchers discovered, with study results published in *Brain*, that lowering skin temperature can help to increase sleep depth and reduce the frequency of night waking.¹

Sleeping unclothed is one of the best ways to lower your body's temperature without touching the thermostat in the room.

This simple sleep "hack" comes with profound benefits. Sleeping in your birthday suit can help your body to better regulate its temperature to facilitate a deeper and more restful sleep. For men, sleeping naked has been linked to a better sperm quality. Sleeping naked — and thus bringing the body to a lower temperature — could also have a rejuvenating effect by stimulating the release of anti-aging hormones, including melatonin and the growth hormone, that can help to regenerate skin and hair.

Many sleep experts view sleeping naked as the missing piece that may stand in the way between millions of people and a good night's sleep. Since sleeping naked can automatically lower the body's

temperature and bring it into a more restful state, it brings with it the many benefits that come with better sleep. Deep, restful, and consistent sleep can help to maintain emotional balance and promote mental health, reduce the risk of the common cold, and even reduce the risk of heart disease.^{2,3,4}

HOW TO GET BETTER SLEEP: THE NAKED TRUTH

The good news is that a growing number of us are already one step ahead. Based on the results of the first International Bedroom Poll conducted by The National Sleep Foundation, at least one third of the people in the UK sleep naked and may already be reaping these health benefits.⁵

Sleeping naked sets the scene for a restful and restorative night ahead by helping your body to cool and relax.

Taking relaxation nutrients before bed can support this process and may help to make sleep even deeper. Vitamin B3, taken along with the anti-aging hormone melatonin, can provide benefits to reduce insomnia, anxiety, and jet lag, while correcting a melatonin deficiency. Vitamins B3 and B6, taken with the melatonin precursor L-Tryptophan and the caffeine side effect neutraliser L-Theanine, can have a similar calming effect to promote healthy sleep patterns by reducing stress and night-time restlessness.

Making a few simple changes each night before bed can dramatically improve your quality of sleep. Sleep naked and supplement with the right relaxation nutrients, and you might be out before your head hits the pillow.

Recommended Products

SLEEP WELL™

Sleep Well™ Spray is a synergistic blend of nature's own sleep formula. It is recommended for use to reset your body's biological clock. It is especially effective for those experiencing insomnia resulting from anxiety, jet-lag time zone change, melatonin deficiency, and other sleep disorders.



RELAXWELL

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



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HEALTH news

ANTIDEPRESSANTS DURING PREGNANCY RAISE RISK OF BIRTH DEFECTS AND AUTISM

Taking antidepressants when you're pregnant can cause major problems for the child. Women who take them in the first trimester increase the risk of birth defects, while taking them in the second or third trimester raises the possibility of autism.

Pregnant women are routinely prescribed an antidepressant, such as the SSRI paroxetine, to help them cope with anxiety and depression, but a new study has found they can cause major problems in the child.

Women taking the drugs in the first trimester are 23 per cent more likely to have a child with a major congenital malformation, and a 28 per cent higher risk of major cardiac malformations. The typical risks without the drugs are 3 per cent and 1 per cent respectively.

But it's no safer taking the drugs later on in the pregnancy. Women who take them in the second and third trimesters almost double the risk of autism, and autism spectrum disorder (ASD).

(Sources: First trimester study: *British Journal of Clinical Pharmacology*, 2015; doi: 10.1111/bcp.12849; Second/third trimester study: *JAMA Pediatrics*, doi: 10.1001/jamapediatrics.2015.3356)



LEAFY VEGETABLES REDUCE RISK OF GLAUCOMA

Glaucoma – the eye disease that affects up to 5 per cent of the elderly – could be prevented by eating more green, leafy vegetables. The vegetables reduce the risk for the most common type of glaucoma – primary open-angle glaucoma (POAG) – by up to 30 per cent, say researchers from Harvard Medical School. They say that the nitrate in the vegetables gives them their protective effect.

POAG is the result of poor blood flow to the eyes, which can damage the optic nerves. It affects 1 to 2 per cent of the general population, and around 5 per cent of people aged 80 and older. People who ate the highest amounts of vegetables a day – which amounted to 240 mg of dietary nitrate – had the lowest risk of developing glaucoma, they found. The average risk reduction was between 20 and 30 per cent, and was as high as 50 per cent for a special type of glaucoma known as early paracentral visual loss.

They based their discovery on an analysis of the Nurses' Health Study, which involved 63,893 women, and the Health Professionals Follow-up Study, in which 41,094 men participated.

(Source: *JAMA Ophthalmology*, 2016; 1: doi: 10.1001/jamaophthol.2015.5601)

MS SUFFERERS HELPED BY HIGH-DOSE VITAMIN D3

Multiple sclerosis (MS) sufferers can regulate their symptoms by taking high doses of vitamin D3, a new study has found.

Those taking the highest doses also saw the greatest reduction in the percentage of inflammatory T cells, which are believed to be responsible for most MS symptoms.

In a test of 40 MS sufferers, some were given 10,400 IUs of the vitamin every day for six months, and their symptoms were compared to those given 800 IUs. The recommended daily intake for a healthy person is 600 IUs.

Researchers from Johns Hopkins Multiple Sclerosis Centre found that those given the higher dose were also better able to regulate their hyperactive immune response. Both doses were well tolerated, and any side effects were minimal.

It's already known that people with low levels of vitamin D3 are more likely to develop MS, and they are also more likely to suffer greater disability and more severe symptoms once they have the disease.

(Source: *Neurology*, 2015; doi: 10.1212/WNL.0000000000002316)

A LOW-FIBRE DIET CAN STOP YOU HAVING A GOOD NIGHT'S SLEEP

What you eat can determine the quality of your sleep. Not eating enough fibre, while eating too much saturated fat and sugar, can cause light, disturbed sleep that isn't restorative, and you wake up feeling tired the next morning.

The effect can be immediate; even one day of eating too little fibre and too much saturated fat can disturb that night's sleep, say researchers from the Columbia University's medical centre.

Eating the better diet also means people fall asleep more quickly; on average, those eating the high-fibre diet fell asleep within 17 minutes, whereas those eating the high-fats diet took 29 minutes before they were able to sleep.

The researchers tested the two diets on a group of 26 participants with an average age of 35, who spent five nights in a sleep lab.

(Source: *J Clin Sleep Med*, 2016; 12(1): 19-20)

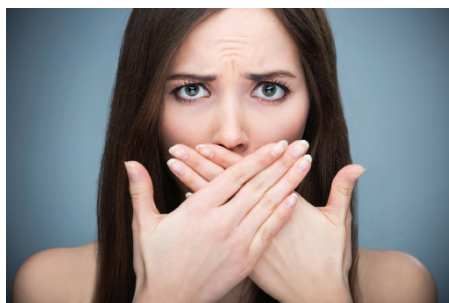
BAD TEETH AND GUMS LINKED TO BREAST CANCER

If you have poor gums and teeth, you're more likely to suffer from heart disease, diabetes and a range of cancers - and now researchers have discovered there's also an association with breast cancer. Women who have bad teeth or gums - known as periodontal disease - are 14 per cent more likely to suffer from breast cancer, especially if they are past the menopause, say researchers from the American Association for Cancer Research.

The association is stronger in women with periodontal disease who have also been smokers. Those who had quit in the previous 20 years had a 36 per cent higher chance of having breast cancer, although, strangely, the risk dropped to 32 per cent among women who were still smoking. They based their conclusions on a study of 73,737 post-menopausal women participating in the Women's Health Initiative, who were followed for nearly seven years, and who didn't have breast cancer at the start of the study.

The researchers aren't sure why there's an association with breast cancer, but they think it's to do with the bacteria in the gums that eventually makes its way to breast tissue. Earlier studies have established a link with heart disease, stroke and diabetes, and to oral, esophageal, head, neck, pancreatic and lung cancers.

(Source: *Cancer Epidemiology, Biomarkers & Prevention*, December, 2015; doi: 10.1158/1055-9965.EPI-15-0750)



HIGH SUGAR LEVELS IN THE BLOOD CAUSE ARTERIES TO NARROW

We're all getting that sugar is bad for us - and this week it just got worse with news that high levels of glucose, the sugar in our blood, makes blood vessels contract or narrow, causing extra pressure on the heart. And there seems to be a direct association between levels of glucose and the amount of contraction: in other words, the higher the amount of glucose in the blood, the greater the blood vessels contract.

This can cause stress on the heart, hypertension (raised blood pressure) and starve organs of blood supply, say researchers at the University of Leicester who made the discovery. A person whose glucose levels are high at a time when he or she is suffering a heart attack could die or have complications, the researchers say. Glucose levels rise naturally anyway during a heart attack - in a biological process known as the stress response - and so people whose levels are already high could suffer a fatal attack.

(Source: *British Journal of Pharmacology*, 2015; doi: 10.1111/bph.13399)

ALMONDS ARE THE ULTIMATE SUPER SNACK

We've all heard of the super foods - but almonds could take the title of the super snack. They're rich in plant protein, and they are a great way to ensure we get enough essential fatty acids, vitamin E and magnesium in our diets.

The nuts help boost our overall healthy food intake, and also stop us eating "empty calories," says researcher Alyssa Burns, who had a group of 29 parents and children eat them for seven weeks. The parents ate 1.5 ounces of almonds a day while the children were given 0.5 ounces of almond butter.

While they were eating the nuts, their overall healthy eating score - known in the US as the HEI, or Healthy Eating Index - increased for total protein foods, seafood and plant proteins and fatty acids. They also ate fewer "empty calories" while they were eating the nuts, and they also ate less sodium. They also consumed more vitamin E and magnesium.

(Source: *Nutrition Research*, 2016; 36(1): 80)



IBS SYMPTOMS WORSE WITH LOW LEVELS OF VITAMIN D

Most IBS (irritable bowel syndrome) sufferers are low in vitamin D, and those with the lowest levels also suffer the worst symptoms that can make it impossible to lead a normal life. Taking high-dose vitamin D3 supplements or getting more sun during the summer months can dramatically improve symptoms, say researchers at the University of Sheffield.

They tested 51 IBS patients and found that 42 of them were deficient in the vitamin, and those with the lowest levels also complained that the problem affected their daily life the most significantly. IBS is a chronic disorder of the gut that affects up to 15 per cent of the population in the West, and accounts for 10 per cent of all visits to a doctor's surgery. Low levels of the vitamin have also been associated with other problems of the gastro-intestinal (GI) tract, including inflammatory bowel disease, and also raised blood pressure (hypertension), and heart and kidney disease.

(Source: *BMJ Open Gastroenterology*, 2015; e000052)



35 ESSENTIALS IN YOUR DAILY MULTI + 95 MORE

Healthy living, made easy

Depending on who you listen to, the latest “rules” for healthy living can seem complicated and confusing – but they don’t have to be.

Thanks to the modern convenience of the Internet, today’s health community is full of information. Everyone has their own brand of diet, detox, or exercise program that is purported to provide you with the most results in the shortest amount of time.

While many of these promises sound enticing - after all, who doesn’t want to look better and live longer without much effort involved? - fad diets and the newest health trends often miss the point

completely. The recipe for living long and living well has not changed since the dawn of time, though today, we have more knowledge and many more helpful tools that can make healthy living easy.

THE ROAD LESS TRAVELLED: GOOD NUTRITION PAVES THE WAY

If you’re familiar with the old saying “slow and steady wins the race,” then you’ll understand what really good health looks like. There are plenty of health tips and tricks that flood social media on a daily basis - some diets promise weight loss, while others promise a lifestyle free from disease.

We now know that the most effective

(and easy) diet for good health can provide all of these benefits and more by focusing on one simple principle: Improve nutrition, and the rest will follow.

Research has told us time and again that when it comes to the most popular reason for dieting - weight loss - fad diets have little, if any, effect. McGill University researchers discovered that fad diets, compared to the “slow and steady” approach of cutting out processed foods and starting an exercise program, have little potential to provide long-term weight loss and health benefits. Dr. Mark J. Eisenberg, lead study author, professor in the Faculty of Medicine, and cardiologist at the Jewish General Hospital, found

four popular diets, Weight Watchers, South Beach, Atkins, and Zone, to be less effective for weight loss and heart health than making lifestyle interventions.¹ Dr. Eisenberg qualifies that more large-scale research is needed.

Countless studies support Dr. Eisenberg's findings, as they explore how good nutrition affects weight and quality of life. In a 2011 study published in the *Journal of the American Dietetic Association*, researchers confirmed that eating healthy foods could help you to live longer.² For an adult who may already have a chronic disease, improving diet and nutrition can still provide benefits. In 2007, the American Academy of Neurology discovered that a Really Healthy Foods diet (the Mediterranean diet was examined in this study) could help Alzheimer's disease patients live longer compared to those who ate a traditional Western diet.³

A study published in the *British Medical Journal* in 2014 confirmed these landmark findings. Researchers found that eating just five portions of fruits and vegetables per day could lower the risk of death of any cause, especially heart disease.⁴

A LIFELONG COMMITMENT TO DAILY NUTRITION

With all the supporting research that has laid the foundation, the path is clear. High-quality nutrition can not only support weight loss and a better quality of life, through a balanced mood and higher levels of energy, but it can help you to live longer too. If you want to live out all of your years feeling like your best self, it starts with making a daily commitment to good health - and to good nutrition.

There is one stumbling block that stands in your way. Cutting out processed foods and eating Really Healthy Foods instead is straightforward. Enjoy fresh or

frozen vegetables, dark-skinned fruits and avocados, moderate meat, oily fish, nuts, beans, seeds, healthy oils, and healthy carbohydrate alternatives in place of processed foods from the Western diet known to cause weight gain and chronic disease. But the truth is that our food supply is not what it used to be.

Centuries ago, the soil was rich and teeming with critical nutrients. Because of over-farming and commercial agricultural practices, our soil has eroded, and the nutrients in our food supply have been vastly depleted. In a review compiled by more than 60 soil experts, the Norwegian Institute of Bioeconomy Research confirmed that European soil is under threat, directly related to climate change and human activity.⁵ Depleted soil means fewer vitamins and minerals found in the food we eat. As a result, even the healthiest foods may not be able to provide all the nutrients the body needs to live longer, stronger, and free from disease.

This is precisely why high-quality daily supplements have been created - to fill in these nutritional gaps. You can support your body by taking 35 essential nutrients each day, along with 95 more "bonus" nutrients that can improve health and reduce the risk of disease.

To name a few, vitamin A is an essential nutrient that can support skin and eye health and immunity, with protective benefits against measles and inflammatory bowel disease; vitamin B12 contributes to the reduction of tiredness and fatigue and promotes normal psychological function; the mineral iodine contributes to normal cognitive function and the normal growth of children; selenium must be taken as a critical cofactor to activate iodine and is necessary for normal cardiovascular function; lutein is a potent carotenoid and broad-spectrum antioxidant that

may protect the delicate eye organ and maintain vision well into old age; and zinc contribute to normal fertility, reproduction, and cognitive function.

Really good health can't be achieved by the latest fad diet. As the research has shown us, when you eat well, you live well. And when you focus on good nutrition - by supporting your body with the 120 nutrients that it needs each day to grow and thrive - you can have hope for a long and happy 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.



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NO BONES *without these*

The critical plan to reverse or avoid osteoporosis

Most women, and many men, are familiar with what happens to the body when an osteoporosis diagnosis is made. Osteoporosis is a serious condition where the bones in the body slowly degenerate over time and can easily break. As you can imagine, growing older and becoming elderly can lead to even more complications with this illness.

NOT JUST A WOMAN'S DISEASE

You may have heard of osteoporosis before, but you might be shocked to learn that a bone fracture caused by osteoporosis occurs every three seconds around the world. This adds up to a staggering number of annual osteoporotic fractures worldwide – more than 8.9 million bones are fractured each year.¹

Since osteoporosis primarily affects more women than men, it is often considered a woman's disease. But statistics show that a great many men are affected by this degenerative condition too. Around the world, an estimated 200 million women have osteoporosis, ranging from one-tenth of the female population at age 60 up to two-thirds of the female population at age 90.² Men may not be diagnosed with osteoporosis as frequently as women, but diagnosis rates are climbing. Swedish researchers estimate that the number of hip fractures in men around the world in 2025 will match those of women in 1990.³ Men also have a higher estimated lifetime risk of suffering from an osteoporotic fracture than of developing prostate cancer.⁴

No matter your age or gender, osteoporosis is a very real threat that may be approaching later in life if you don't prepare for it.



WHAT AN ANTI-OSTEOPOROSIS LIFESTYLE LOOKS LIKE

There is a big myth surrounding osteoporosis that is unfortunately perpetuated by the medical community. Your doctor may tell you that osteoporosis or osteopenia (lower than normal bone density) is a result of low calcium in the diet. While it's true that brittle bones may result from a deficiency of calcium in part, adding more calcium to the diet or taking high-dose calcium pills can do more harm than good.

Even worse, the dairy industry and the National Dairy Council perpetuate this "healthy calcium" myth - because it encourages people to drink more milk. Yet the reality is that there is a much higher incidence of osteoporosis in parts of the

world where the Western Un-Natural Food Diet is consumed, which includes acid-forming dairy products in large amounts.

When the *British Medical Journal* reviewed the effect that drinking milk had on the body in 2014, their discovery countered all traditional medical advice about calcium intake. Men and women who had a high milk intake did not have a lower fracture risk and may even have a higher risk of death.^{5,6} JAMA Pediatrics researchers confirmed that drinking more milk as a teenager - just like your mother and doctor told you - could actually increase hip fracture risk in men.⁷

Having an adequate calcium intake is important to support bone health, with the most bioavailable sources coming from dark leafy greens, but what really

contributes to osteoporosis is calcium loss. Rapid calcium loss that leads to a lowered bone mineral density over time may be caused by the acidifying Western diet, high in animal proteins and grains; drinking too much alcohol; smoking; consuming too much salt and caffeine; and not getting enough supporting nutrients like vitamin D. Vitamin D, which the body can receive from moderate daily sun exposure and a high-quality supplement, is needed to absorb and retain calcium in the body.

2 WAYS TO PREVENT AND REVERSE OSTEOPOROSIS TODAY

When you make changes to support bone health at an early age - and stop buying into the calcium myth - the odds are in your favour.

You can prevent, manage, and even reverse osteoporosis, in many cases, by making important lifestyle changes today:

1. Junk the junk. It's time to give up bread, cookies, cereals and grains (including organic), pastries, rice, potatoes, parsnips, and wheat pasta, as we already know that the acidifying Western diet can contribute to the development of osteoporosis. A body that is too acidic will try to maintain alkalinity by leaching calcium phosphate from the bones. Processed foods, which are notoriously high in salt, can also deplete calcium levels in the body.⁸

On the other hand, a healthy fat like olive oil consumed as part of a Really Healthy Foods Diet can increase osteocalcin serum concentrations, with the potential to protect and strengthen bones.⁹ A diet rich in alkalising foods, like vegetables, dark-skinned fruits, and avocados, can help the body to retain calcium, along with moderate meat, oily fish, nuts, beans, seeds, healthy oils, and healthy carbohydrate alternatives.

2. Supplement what's missing. Calcium is the most abundant mineral in the body, and bone loss can occur when this mineral is not fully absorbed, often related to a nutrient deficiency from an

imbalanced diet. Magnesium is the fourth most abundant mineral in the body, and a topical magnesium spray can help to replenish low magnesium levels linked to a higher risk of osteoporosis.¹⁰

Since vitamin D helps to maintain normal blood levels of calcium and aid in absorption, vitamin D deficiency is a primary risk factor for osteoporosis. Taking vitamin D3 with its partner vitamin K2 can powerfully enhance calcium absorption in

the body. Last of all, a daily multivitamin containing the critical mineral boron is in order - boron has long been used as a safe and effective treatment for arthritis and is considered an essential nutrient for healthy bones and joints.¹¹

Changing your diet and replacing the minerals your body is missing can have an immediate impact on your bones. And as is the case with any lifestyle disease, it's important to get moving. Daily exercise is just as essential to bone health as daily nutrition. Exercising regularly from a young age can have a cumulative effect - increasing both bone density and size to reduce osteoporosis risk later in life.¹²

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Recommended Products

ANCIENT MINERALS MAGNESIUM OIL ULTRA

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



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), approximately 30 servings per bottle.



ACTIVE LIFE™ CAPSULES

The perfect super multivitamin formula for all the family, with x130 nutrients, vitamins and minerals delivered in each capsule.



REVERSE OSTEOPOROSIS IN 30 DAYS



COFFEE: GOOD OR BAD?

Find out the truth about coffee, once and for all



Everyone's favourite morning beverage never fails to stir up controversy. Depending on what headline you read, you might believe that coffee is good for you. But wait a few days, and that news is sure to change.

Coffee research abounds on both sides of the debate. Who can you believe?

THE GOOD

If you can't bear the thought of parting with your beloved caffeine in the morning, there's plenty of good news for the coffee lovers at the table. A quick Internet search is enough to tell you that coffee has mountains of positive research on its side - and it's not just a hill of beans.

In 2010, a study published in the *Journal of Agricultural and Food Chemistry* confirmed that drinking coffee could help to prevent diabetes, largely because of the beneficial effects of caffeine as an anti-diabetic compound.¹ Drinking decaf or regular coffee each day can improve liver health by lowering abnormal liver enzyme levels, and drinking a morning cuppa may even boost athletic performance.^{2,3} Daily coffee drinking can also help to improve survival rates in patients with colon cancer.⁴

But perhaps most exciting of all are the coffee findings that surfaced from the American Heart Association in 2015. Scientists discovered that drinking a moderate amount of decaffeinated or regular coffee each day, less than 5 cups, led to a lower risk of death from type 2 diabetes, neurological diseases, heart disease, and suicide.⁵ Researchers believe that the natural chemical compounds found in coffee beans may increase longevity.

THE BAD

Despite these highly impressive benefits that come with each cup of Joe, coffee continues to receive its fair share of criticism. Much of this has to do with the fact that health professionals have long advised against drinking coffee, before the latest supporting research was published. This anti-coffee sentiment in the medical community is still hard to shake.

More specifically, coffee has come under scrutiny for its acrylamide content - an odourless, white, crystal compound that is also used in plastic manufacturing and wastewater treatment. Acrylamide overexposure can lead to nervous system damage and may even increase cancer risk.^{6,7} Acrylamide forms during the coffee bean roasting process, which means there's no way to avoid acrylamide in your morning drink.

THE IN-BETWEEN

Before you vow to give up your daily coffee habit, it helps to remember an old, wise saying, "There are two sides to every story, and the truth lies somewhere in between."

While the amount of coffee you drink each day is a personal decision, there's no evidence to suggest that small amounts of acrylamide in the diet can pose any risk to your health. In fact, before you give up your Java, consider minimising the more dangerous sources of acrylamide first - like first-hand and second-hand cigarette smoke, fried and chargrilled foods, and starchy carbohydrates like potatoes and bread. Fresh, dark-roasted coffee that has been roasted longer has the lowest acrylamide content.

Look at the big picture, and it is easy to see that the many benefits of coffee outweigh one possible risk. If you are already caring for your health with a diet,

supplement, and exercise plan, coffee is one of life's simple pleasures that you don't have to sacrifice.

Recommended Products

**MACHU PICCHU
CAFEDIRECT ORGANIC
FAIRTRADE COFFEE**

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The Ancient Spice in the News

Over 1,800 reasons why curcumin can help you....

- Curcumin is derived from turmeric, the "spice of India" and there are over 1,800 studies which show amazing health benefits.
- It has been in the news as many "famous" people have explained how curcumin has helped them.
- It is well known that curcumin can help serious health problems.
- What is it? Curcumin is the principle curcuminoid of the popular Indian spice turmeric, which is found in curry and has been used for thousands of years in Ayurvedic medicine.
- One of the world's biggest secrets is truly out. Make sure you don't miss out on the benefits of curcumin.

NOTE:
NOT ALL
CURCUMIN IS
THE SAME

Make sure you choose CurcuminX4000.

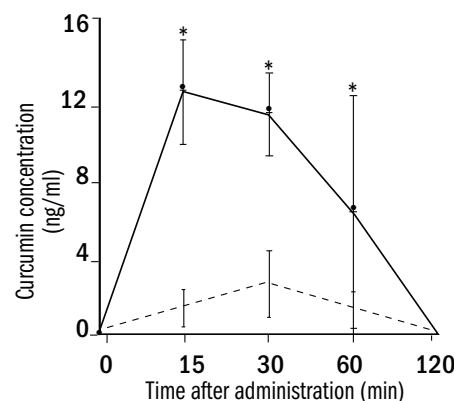


Figure 1. Plasma curcumin levels after dosing with Meriva (solid line) compared to unbound curcumin (broken line)



180
veg caps

Take
x3
caps/day



Approx.
2 mo.
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!



LIPOSOMAL

Vitamin C

High doses of vitamin C linked to 'miraculous' healings

Can you ever have too much of a good thing? When it comes to vitamin C and its effect on the body, the answer appears to be an emphatic *no*.

As is the case with most vitamins, minerals, and pharmaceuticals, the body can only handle a certain amount. An overdose of many ingredients, especially those that are synthetic, can cause serious side effects, like toxicity or death. Yet in the case of vitamin C, we've seen instances where the opposite is true.

It was only a few years ago when New Zealand News 3 reported on Allan Smith's "miraculous" recovery from the swine flu.

Doctors declared that Smith would not survive the illness in 2009, but before life support was turned off, his family insisted that Smith be supplemented with intravenous vitamin C at high doses. Smith, who had also been diagnosed with leukaemia after being admitted to the hospital with severe swine flu, was "brought back from the dead" with this

powerful vitamin dose. Once Smith had recovered enough to sit up and drink liquids, his family began to administer oral vitamin C in its highly absorbable form, also called liposomal vitamin C.¹

It was at this point that Smith's recovery was signed, sealed, and delivered. Because of the vitamin C "mega-dose," supported by multiple studies that Smith's doctors failed to acknowledge, Smith was able to return home after being given a death sentence. A follow-up visit after Smith's release also indicated no detection of leukaemia.

WHAT WE KNOW ABOUT VITAMIN C

While many medical doctors in Smith's case opposed the vitamin C treatment, there are several credible physicians who are turning the tides. After Smith's groundbreaking case made the news, Dr. Thomas Levy, a renowned expert on vitamin C and vitamin deficiency and author of books that include *Curing the Incurable: Vitamin C*, *Infectious Diseases*, and *Toxins and Death by*

Calcium, visited New Zealand to present on the facts about vitamin C.

On his personal website, Dr. Levy recounts his own experience in using liposomal vitamin C, or the liposome-encapsulated version of the vitamin.² When Dr. Levy came down with a bad case of the flu almost a decade ago, he began to take vitamin C powder as a remedy, also known to cause diarrhoea. It was then that Dr. Levy remembered the liposomal form of vitamin C that did not have the same diarrheal effect at a high dose. After taking just 5 to 6 grams of liposomal vitamin C with juice, Dr. Levy began to feel better within 45 minutes to an hour. According to his testimony, Dr. Levy recovered from a bad case of the flu faster than ever before, even compared to taking multiple IV infusions of vitamin C over several days.

As fantastical as these stories sound - with the potential for a cure through therapy from one simple vitamin - research supports these findings. In 2014, University of Kansas Cancer Center

researchers found a high dose of vitamin C to be especially beneficial for patients with ovarian cancer. Researchers discovered that when combining infused vitamin C with conventional chemotherapy, ovarian cancer was stopped in the laboratory and chemotherapy side effects in ovarian cancer patients were reduced.³

It is for this reason that a growing number of doctors have begun to support vitamin C as an adjunctive cancer treatment. As nutrition coach and author Jack Challem explained in his criticism of a previously skewed study that discouraged vitamin C use during chemotherapy, published in *Alternative and Complementary Therapies*, high-dose vitamin C has shown "striking benefits" in animals, cancer cells, and human beings. High-dose vitamin C, as a common alternative and complementary cancer treatment, is thought to help trigger tumour cell death.⁴

As far back as 2005, researchers have been exploring the potent effects of vitamin C on the human body - and its potential as a "cure" for disease, in some cases. Oregon State University researchers made a breakthrough in 2005 when they discovered the specifics of the role vitamin C plays in the body. Researchers learned for the first time that vitamin C can react to and neutralise some toxic by-products of human fat metabolism, making the vitamin potentially protective against diseases triggered by lipid oxidation that results in genetic damage and chronic inflammation.⁵

This may explain why high doses of vitamin C in the blood have been linked to a reduced risk of heart disease and early death, according to 2015 findings from the University of Copenhagen based on high blood vitamin C concentrations from fruit and vegetables in the diet.⁶ Just a few months later in the same year, the American Physiological Society,

with findings presented at the 14th International Conference on Endothelin: Physiology, Pathophysiology and Therapeutics, confirmed that taking a vitamin C supplement daily could benefit the hearts of overweight and obese adults as much as regular exercise.⁷

STRENGTH IN NUMBERS

To achieve this high dose that has been known to heal the body, and as Dr. Levy confirms, a liposomal vitamin C supplement provides a stronger and more effective delivery system compared to intravenous vitamin C fluids. Liposomal vitamin C, where the vitamin C nutrient is encapsulated in minute bubbles of healthy fat that better transport the high dose throughout the body, is up to 98 per cent bioavailable. This "smart" vitamin C dose allows almost all of the vitamin to reach the bloodstream after absorption, without any side effects related to bowel discomfort.

High doses of vitamin C are also available in non-liposomal formulations, taken as oral raw food concentrates that come from the whole fruit. This ultra-pure form of vitamin C is derived from the Camu Camu plant in the Peruvian Amazon rainforest and offers a highly concentrated, antioxidant-rich source of vitamin C that is similar to the lemon citrus fruit. Yet Camu Camu is distinct as it contains one of the highest natural vitamin C concentrations recorded - yielding more than 2700 mg of vitamin C per 100 grams of fruit, along with complex amino acids and a high dose of potassium.

Taking high doses of vitamin C has been known to have near-miraculous results in the face of grave illness, and taking a daily vitamin C supplement can stop many of these health problems before they start. As research has proven time and again, this is one instance where more may truly be better.

Recommended Products

ALTRIENT™ C

Altrient C is Liposomal Vitamin C; liposomes are minute bubbles

of healthy fat that encapsulate and protect the vitamin C. They act as a vehicle to transport your dose of vitamin C into your body more efficiently.



CAMU CAMU VITAMIN C

Camu Camu fruit has one of the highest recorded amounts of natural vitamin C, providing over 2,700 mg of vitamin C per 100 grams of fruit. It is rich in vitamins, minerals and complex amino acids that aide in the absorption of the vitamin C; it is an excellent source of potassium, providing more than 700 mg per kg of fruit! During the unique production process, no heat, no radiation, no binders, no fillers, and no excipients are added and light exposure is reduced. The ingredient used is real raw whole food.



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HEALTH news

HIGH-FAT DIET COULD BE A SUCCESSFUL TREATMENT FOR SCHIZOPHRENIA

Schizophrenia is a serious and chronic mental condition that is usually controlled by powerful antipsychotics - but new research suggests it could be treated by eating a high-fat diet. The ketogenic diet, as it is known, has already been used to control epilepsy, and researchers from the James Cook University in Australia reckon it could do the same for schizophrenia.

It's all to do with the carbohydrates, common in most diets, which get converted into glucose (sugar in the blood). The glucose seems to feed the pathways in the brain that cause schizophrenic episodes. But a high-fats/low-carbohydrates ketogenic diet forces the body to use alternative energy sources, known as ketone bodies, which are the products of a breakdown of fats. Ketones seem to by-pass the malfunctioning cellular energy pathways that cause schizophrenia.

A schizophrenia patient who mainly eats meat, butter, cheese and salmon, for example, should see symptoms improve if not disappear altogether, the researcher surmise. The diet also counters some of the worst effects of the antipsychotics, which include weight gain, heart problems and type 2 diabetes.

Thus far, the ketogenic diet has been tested only on laboratory mice, and so researchers want to carry out more animal studies – and eventually human trials – before being sure the diet works.

(Source: *Schizophrenia Research*, 2015: 169: 491)

SLEEPING TOO MUCH (OR TOO LITTLE) COULD SHORTEN YOUR LIFE

Sleeping too much (or too little) and sitting around all the time are two new factors that medicine has recognised have a direct impact on how long we live.

They join four other risk factors smoking, excessive alcohol, bad diet and physical inactivity that can shorten our lives. In fact, the six combined account for one-third of all the years lost when people die prematurely, researchers reckon, and they are responsible for two-thirds of all deaths worldwide each year. For the first time in human history, non-communicable diseases such as heart disease and cancer, both of which can be caused by a poor lifestyle have overtaken infectious diseases as the major killer.

The new risks have been added following a major research programme that involved 231,000 people who were 45 years and older, which was carried out by researchers at the University of Sydney. Although the risks are not equal in their impact on our longevity, the researchers have found that they tend to cluster in people, so heavy smokers also tend to drink too much alcohol, while a sedentary person won't get sufficient exercise.

(Source: *PLoS Medicine*, 2015; 12(12): e1001917)

CANCER DOES FEED OFF SUGAR, TWO NEW STUDIES CONFIRM

More evidence if more was needed that cancer feeds off sugar has come from two new studies. In the first, researchers have found that people with high insulin levels insulin is produced by the body to break down sugar in carbohydrates have faster-growing tumours that spread, while, in the second study, researchers have discovered that glucose, the sugar in our blood, plays a key role in the survival of cancer cells.

Although cancer specialists have known that high insulin levels contribute to the growth of tumours in women with early-stage breast cancer, researchers have discovered that excessive production of insulin the pre-diabetic stage brought on by a diet of high-sugar, processed carbohydrates from fast foods, cakes and biscuits helps cancer spread (metastasize) and makes it more likely to be lethal.

Researchers from the Galliera Hospital in Genoa made the discovery when they profiled 125 women with breast cancer that had spread. None of the women were diabetic, but nearly half were insulin-resistant normal levels of insulin weren't breaking down the sugar in foods while 40 per cent were overweight and 16 per cent were obese.

They discovered that those with high insulin levels were more likely to have a cancer that had spread, and they also had a higher chance of dying from their cancer.

In the second study, researchers have discovered the vital role that glucose plays in helping cancer cells communicate, thrive and grow. Glucose is taken from sugars in carbohydrates and is vital for life, but excessive amounts become food for cancer cells.

Researchers at Ohio State University have found that high levels of glucose in the blood play a key role when cancer cells start to form and grow. One area for research, they suggest, could be targeting the pathways that allow glucose to feed the cells.

(Sources: *Proceedings of the Advanced Breast Cancer Third International Consensus Conference*, November 6, 2015; *Cancer Cell*, 2015; 28: 569)

Source: www.WDDTY.com

EVEN IF YOU'RE 75, IT'S NEVER TOO LATE TO BE HEALTHIER

It's never too late: even if you're 75 or older, introducing some gentle exercise into your daily regime could help you live a longer and healthier life.



For one, it reduces your chances of heart disease or stroke, two of the biggest killers in the West. Older men and women even if they've reached the age of 75 who start walking for a mile or so every day halve their risk of heart disease or stroke over the next 10 years or so. Other activities such as lawn-mowing, gardening, swimming, biking or hiking also have a protective effect.

Although older people are always told to introduce more exercise into their lives, nobody had measured what those health benefits could be, says Dariush Mozaffarian, who led a team of researchers from Tufts University to find out.

They recruited 4,207 men and women who had an average age of 73, and so included some who were 75 or older and stayed in touch with them over the following 10 years, assessing their health and physical activities. Those who regularly walked at a pace faster than three miles per hour halved their risk of heart disease and stroke, and similar reduced risks were seen in those who walked an average of a mile every day. But perhaps the most striking aspect of the study was that even those in the trial who hadn't exercised before still got the same health benefits.

(Source: *Circulation*, 2015; CIRCULATIONAHA.115.018323)

AFTER 20 YEARS, RITALIN 'NOT PROVEN' TO HELP ADHD

Although Ritalin (methylphenidate) has been the drug of choice for around 20 years to treat ADHD (attention-deficit, hyperactive disorder) in children, it's never been proven to work in any major independent study.

All of the 185 trials, which involved 12,245 children, are flawed usually because the drug's manufacturer was the sponsor were too small, say researchers at the Cochrane Collaboration, an independent review group.

We cannot say for sure whether taking methylphenidate will improve the lives of children and adolescents with ADHD, the researchers conclude. However, the drug does cause a wide range of adverse reactions, such as insomnia and sleeping problems, and a loss of appetite.

The Cochrane researchers said the quality of the trials was very low; most of the participants knew whether they were being given Ritalin or a placebo, or sugar pill, the reporting of the results was often incomplete, and the results varied across the trials they reviewed.

(Source: *Cochrane Collaboration, The Cochrane Library*, 2015; issue 11)

Source: www.WDDTY.com

DIABETES IS TWICE AS DEADLY FOR WOMEN

Women with type 2 diabetes, often called the lifestyle disease, are twice as likely as men to develop coronary heart disease. Female diabetics need to know about the risk, and do more intense physical exercise and adopt a healthier diet, say researchers.

Researchers from the University of Colorado school of medicine have also found that female diabetics have heart attacks at a younger age, and are more likely to die after a first attack. They aren't sure why diabetes affects the sexes differently, but assume it is because of hormones, and it ties in with other research that has shown that women have a higher risk factor for heart disease and stroke.

It's reckoned that 9 per cent of the American population has diabetes, which occurs when the pancreas cannot produce enough insulin to break down sugars from food to control blood sugar levels.

MEDITATION HELPS COMBAT CHEMO BRAIN

Chemo brain, the mental fuzziness that's common in cancer patients after chemotherapy can be countered by sessions of mindfulness meditation. The technique helps



cancer patients retain good cognition, memory and generally functioning, a new study has found. As a result, they don't suffer the usual consequences of chemo brain, which can include relationship problems, an inability to work, a loss of self-confidence and a reduced general quality of life. Mindfulness, which includes a focused attention on the current moment and thoughts and feelings, helps around 35 per cent of cancer patients after they've had chemotherapy, say researchers from Indiana University.

In one trial, breast and colon cancer patients either had eight sessions of mindfulness meditation or education material and supportive counselling. Those in the mindfulness group reported a significant improvement in cognitive abilities over and above those reported by those in the counselling group.

(Source: *Journal of Cancer Survivorship*, 2015; doi: 10.1007/s11764-015-0494-3)



THE PROBIOTIC

power within

The ‘gut reaction’ that could put an end to chronic disease

The latest study on probiotics is one you have to read to believe. In 2016 research published in the *Proceedings of the National Academy of Sciences*, scientists found an unprecedented link between probiotics and liver cancer.

THE GREAT GUT AND BEYOND

Probiotics, or the good bacteria needed to regulate the gut microbiome that impacts the health of the entire body, have already been linked to a wide range of health benefits, including improved immunity, boosted metabolism, and potential weight loss. Some studies have even suggested that probiotics can help to reduce gut inflammation and possibly prevent colorectal cancer, but this connection between liver cancer and probiotic use is a first.

Here's what the University of Hong Kong research team found: When manipulating gut bacteria in animal models, researchers were able to help shrink cancerous tumours located outside of the gut.¹ Probiotics may already have some impact on colorectal cancer, which makes sense

because the good bacteria reside in the gut.² But the particular location of the tumours in this study is what makes the research so intriguing. This was the first study of its kind to show that probiotics could benefit the most common type of liver cancer, hepatocellular carcinoma (HCC), which also happens to be one of the most common causes of cancer-related death.

You see, up until recently, researchers were not sure how far the probiotic power of the gut could extend to the rest of the body. They knew that the body needed good bacteria to overpower the bad, and they also knew that gut bacterial diversity could impact health for the better.^{3,4} But to see these benefits extend beyond the digestive tract paints an even clearer picture of how the great human gut can benefit *all* aspects of our health.

In this Hong Kong study, mice were given a special mixture of probiotics that helped to increase good gut bacteria capable of producing anti-inflammatory metabolites. After just 35 days, researchers saw a 40 per cent reduction in the size and weight of tumours in the probiotic-fed mice compared to the control

group. Researchers noted that the anti-inflammatory molecules produced by the probiotic bacteria were able to impact a *different* diseased area in the body by reducing inflammatory immune cell frequency, or TH17 cells, in the gut. Reducing TH17 cell frequency helped to curb the inflammatory process known to promote cancer development, thus interrupting and discouraging tumour growth.

IT'S A JUNGLE IN THERE

A 2015 study conducted by University of Oxford researchers explained this “good gut” phenomenon even further. When exploring why good bacteria are needed to overpower bad bacteria in the gut, for the purpose of calming inflammation and reducing risk of chronic disease, researchers compared the diverse bacterial ecosystem of the human gut to a jungle.⁵

At any given time, there are hundreds of bacterial species that compete for existence in the gut. And lest we forget, the average human body is host to about 100 trillion microbes. But researchers believe that this competitive environment between good and bad bacteria is critical as it

creates a thriving internal environment that sets the tone for the health of the entire body. When good bacteria compete and overpower pathogenic bacteria, they cultivate natural gut stability. As the researchers explained, people are responsible for improving their own health as “ecosystem engineers” by nourishing a healthy and stable gut.

“The assumption has always been that because these bacteria are doing us good, the communities must be cooperating with one another. What our work suggests, based on a wide-ranging mathematical analysis, is that competition may be key to a healthy gut,” said corresponding study author Kevin Foster, Professor of Evolutionary Biology in the Department of Zoology at Oxford University. “Rather than cooperating like plants and bees, whereby a reduction in one species will drag down

the other, we think that the bacteria act more like trees competing in a dense jungle.”

This means that different people will carry different types of gut bacteria, both good and bad, throughout their lifetimes. But what makes one individual healthy and another sick has to do with the healthy competition within the gut - and the gut’s ability to create a stable bacterial environment. That is to say, plenty of different microbes in the digestive tract can help to create a robust gut community, as long as there are enough good bacteria to stabilise the gut environment.

TRUST YOUR GUT

These good bacteria don’t get into the gut by accident. Research has provided us with concrete proof that oral probiotics are needed to inoculate the gut with friendly

bacteria that have the power to improve health and prevent disease. Supporting the gut with probiotics has a long list of clinical benefits - including the potential to protect against inflammatory bowel disease, prevent deadly complications of liver disease, reduce the risk of infection for patients in ICU, regulate blood pressure, and even decrease heart attack severity.^{6,7,8,9,10,11}

If your gut community is imbalanced or deficient, most often because of antibiotic use and severe damage from the modern Western diet, then you are already at risk for chronic disease. A daily probiotic can help - potentially reducing noticeable symptoms of disease and improving quality of life.

Taking a soil-based probiotic with more than 29 different strains of beneficial microflora can supply the gut with the bacterial diversity it needs to compete for your good health. A diverse probiotic like this gives the gut what it may be missing: a hefty dose of good bacteria similar to those found resident in the healthy human GI tract.

For health problems large and small, and for the prevention of disease in the future, the answer will always lie in your gut. Take care of this bountiful bacterial hub, and good health is sure to follow.

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Recommended Products

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 with a 1-year follow-up study.



PROBIOTIC14

A superior blend of x14 viable strains of friendly bacteria, containing 9 billion colony forming units. Suitable for all of the family.



PERIPHERAL NEUROPATHY

Small symptoms that shouldn't be ignored

Tingling and numbness in your hands or feet are symptoms that are so common, and so subtle, that they are easy to overlook. In many cases, tingling may be benign and short-lived - possibly related to an arm or leg that has "fallen asleep." But in other instances, this symptom could be the sign of a much bigger nerve problem.

ON PINS AND NEEDLES

Chronic tingling and numbness of the hands or feet could be caused by peripheral neuropathy, or nerve damage that extends from the nerve networks of the brain and spinal cord. There are over 100 types of peripheral neuropathy, and the condition is likely to grow worse over time, often reducing mobility and causing disability.

The American Podiatric Medical Association explains, "Your peripheral nerves - the nerves in your toes and fingertips - are the ones on the periphery of your body. When the nerves are damaged, they don't function properly. People with peripheral neuropathy have decreased or abnormal sensation in their toes and fingers. Sometimes, they develop problems moving these parts of the body as well."¹

The most common cause of this tingling is diabetes, which we now understand to be a lifestyle disease affecting one in 11 adults around the world.² The nerves that run throughout the body like telephone wires to deliver important messages can be damaged by other lifestyle factors too - including poor diet, sedentary lifestyle, and exposure to environmental toxins, like second-hand smoke. Peripheral neuropathy may occur in two out of every 100 adults, rising to eight out of 100 adults for those ages 55 and older.³

OPEN THE LINES OF COMMUNICATION

A doctor could trace peripheral neuropathy back to a condition like carpal tunnel syndrome, a kidney or liver disorder, diabetes, chronic infection, trauma or injury, or toxin exposure. But rarely will a medical professional explore the root cause of numbness and tingling, starting with a vitamin deficiency.

For the many people who eat a typical Western diet rich in processed foods, sugar, and starchy carbs, it may be impossible for the nerves to get the vitamins they need to effectively communicate. Vitamin deficiency that goes unchecked for years can cause peripheral nerve damage and result in numbness and tingling of the hands and the feet.

Thiamine, or vitamin B1, deficiency is one confirmed cause of peripheral neuropathy.⁴ Supplementing with the lipid soluble thiamine analogue benfotiamine has been successfully used to treat numbness and tingling since the 1960s in countries around the world.^{5,6} A study published in *Diabetes* also confirmed that antioxidant treatment with alpha lipoic acid could safely and effectively help to reduce symptoms of diabetic peripheral neuropathy; alpha lipoic acid is able to cross the blood-brain barrier to potentially protect both brain and nerve tissue from free radical damage.⁷ Replenishing magnesium levels, the fourth most abundant mineral in the body essential for nerve conduction, can help to further relieve these symptoms; magnesium been shown to provide neuroprotective benefits, even in cases of ischaemic stroke.⁸

Tingling and numbness are symptoms you don't want to ignore - they are likely to get much, much worse. Correcting an underlying vitamin deficiency may be the first step in addressing neuropathy

that has spread to the hands and the feet. When you support your nerves with vital nutrients, your body can continue to converse and communicate - without numbness, tingling, or chronic pain.

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Recommended Products

ALPHA LIPOIC ACID R™

Significantly more bioavailable than the "free acid" form of R-Lipoic Acid (RLA). In a preliminary trial, the maximum plasma concentration was 40 times higher than that of unstabilized RLA.



BENFOTIAMINE

Delivers 250mg Benfotiamine per capsule with 10mg Thiamine Vitamin B1.



ANCIENT MINERALS MAGNESIUM OIL ULTRA

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



Healthy Dinners

Healthy and delicious evening meal ideas

CHICKPEA MACARONI RAGOUT

Ingredients

- 1 packet of Chickpea Really Healthy Pasta™
- 1 can of chopped tomatoes
- ½ cup of mince or soy mince
- 1 onion, chopped

Method

1. Cook the Chickpea Really Healthy Pasta™ in a saucepan of water. Bring to boil, then simmer for 2-5 minutes until cooked. Drain. Place back into the pan.
2. Add chopped onion, sauté. Add soy mince and stir. Add chopped tomatoes and cook thoroughly, stirring throughout. Serve.



CHICKEN, LEEK AND BUTTERNUT SQUASH BAKE

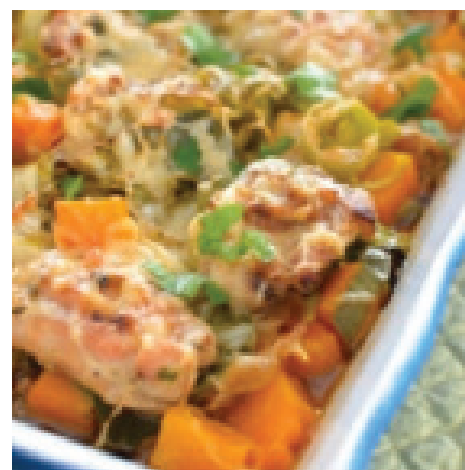
Serves 3

Ingredients

- 6 chicken thighs (all skin and fat removed)
- 1 onion, halved and sliced
- 3 large leeks, sliced
- 1 small butternut squashed, peeled and diced
- Fresh parsley, chopped
- Fresh thyme, chopped
- 250ml of chicken/vegetable stock
- Black pepper
- 3 teaspoons of coconut oil

Method

1. Preheat the oven to 200°C or 400°F.
2. Slice all chicken thighs in half, then into small pieces.
3. Add the coconut oil into a frying pan over a medium heat. Add the garlic and a little chopped parsley and thyme.
4. Cook the chicken until lightly golden. Set aside.
5. Spray the frying pan with some coconut oil. Add the onion and butternut squash, cooking until it softens. Add a little



chicken/vegetable stock a little at a time, to prevent it from sticking to the pan.

6. Add in the chopped leeks into the pan and cook for approximately 2 minutes.
7. Transfer the chicken, onion, leeks and squash into an ovenproof dish and pour over a bit of the remaining chicken stock so as to keep the dish moist. Season with black pepper.
8. Place in the oven and bake for 20 minutes until the chicken is cooked through.
9. Top with parsley and serve on its own or with a side.

CURRIED CABBAGE WITH CASHEWS

Serves 6

Ingredients

- ¼ cup olive oil
- ⅓ cup raw (unroasted, unsalted) cashews
- 3 tablespoons minced fresh ginger
- 1 tablespoon cumin seeds
- 1 small cabbage, thinly sliced
- ½ teaspoon ground turmeric
- 1 teaspoon kosher or sea salt
- ½ teaspoon freshly ground black pepper

Method

1. Into a large frying pan, melt the olive oil over a medium heat.



2. Add in the cashews, ginger and cumin; cook and stir often until the cashews and ginger are golden and fragrant – this should take about 2 minutes.
3. Add in the cabbage and the turmeric. Stir often, until tender. This should take about 10 minutes. Season with salt and pepper. Serve.



THE 10 WORST FOODS *for children*

A lifetime of good health starts young

We know that our world is in trouble — conflict, pollution, and disease are just a few examples that come to mind. It can be difficult to face the turmoil we see on the daily news cycle, but to watch these issues trickle down and begin to affect our children is even more disheartening.

START THEM YOUNG

As most parents and teachers have recognised by now, there are no do-overs. The opportunities we provide to our kids today can have a direct impact on their future. And what our children eat when they are young could determine their risk for chronic disease when they get older.

Australian researchers believe that the hold unhealthy foods have on children may start even before birth. In 2015, University of Adelaide researchers pinpointed two critical windows when junk food may be the most harmful to developing children: Eating junk food during late pregnancy, compared to early pregnancy, can be more harmful and may birth a child with the same cravings. Eating unhealthy foods

during adolescence can also be highly damaging, though a healthy diet during this time may help to reverse the junk food addiction in males but not females.¹

We already know what happens when we win the battle against junk food at an early age - kids who eat a healthy diet when they are young may have a higher IQ compared to kids who eat junk food.² In a 2014 study published in the *Australian and New Zealand Journal of Public Health*, researchers agreed that eating Really Healthy Foods in the early years was critical. Teaching children to enjoy healthy foods from birth could help to prevent childhood obesity and reduce the risk of chronic disease.³

This research is compelling for parents and non-parents alike, but it begs the question: What healthy foods should your child be eating to grow and thrive? In the Western diet where processed foods are king, looks can be deceiving. Due to a growing number of misconceptions in the food industry, coupled with clever advertising, the odds are that you are serving your child a number of unhealthy foods, often without knowing it. Many dangerous foods are disguised as “health”

food and marketed to kids.

As a parent, you may find it hard to believe that the government would allow and large corporations would sell junk foods that would harm or even shorten the life of you and your precious children, but it is true. These corporations spend many millions on lobbyists and donations just to keep the authorities from making laws for food to be safe.

10 JUNK FOODS TO NEVER FEED YOUR KIDS

Before you prepare your next family meal or grab a quick snack, take a moment to reconsider what you put on your child's plate:

1. Breakfast cereal - As easy as it is to pour a bowl of cereal for your kids in the morning, don't. A commercial cereal may advertise vitamins and minerals - and even whole grains - but it also contains a large amount of sugar and processed ingredients. What's more, eating starchy carbs like toast or cereal in the morning will not fill a child up and will leave them craving more junk food later in the day.

2. Granola bars - You can call granola bars

"nature's deception." Almost all granola bars are advertised as healthy, when quite the opposite is true. Most granola bars are nutrient-poor with an ingredient label that reads similar to candy bars, full of sugar, marshmallows, chocolate chips, high fructose corn syrup, and artificial dyes. Eating one granola bar may be equivalent to eating two cookies.

3. Deli meat - Here's a big no-no to avoid on this list: While making a sandwich to pack in a lunch is easy, we now know that deli meat contains dangerous levels of nitrates that can increase cancer risk. In 2015, the World Health Organization officially classified processed meat as carcinogenic.⁴

4. Crackers - Crackers may make for a handy snack, but they are on the list of starchy carbs to avoid at all costs — along with rice, potatoes, refined and wheat pastas, pastries, cookies, breads, and breakfast cereals. Crackers are made from processed white flour and contain high levels of preservatives and inflammatory oils.

5. Soft drinks - It's hard to justify giving your kids a sugary drink that can contribute to obesity or even a diet soda laden with toxic chemical sweeteners. High levels of high fructose corn syrup in soda can greatly increase diabetes risk in children, and soft drink consumption has been linked to behavioural problems in young kids.^{5,6}

6. Fruit juice - Contrary to what the colourful advertising on the packaging may tell you, most commercial fruit juices are high in sugar and low in fibre and vitamins. In translation, they do not at all resemble real juice.

7. Fruit snacks - No matter what the name suggests, the vast majority of fruit snacks do not contain real fruit. Because of the lack of fibre, vitamins, and minerals

coupled with a high sugar content, most nutritionists consider fruit snacks to be candy masked as health food.

8. Packaged mini cakes - What many parents consider a delicious treat in moderation is actually filled with the unhealthiest kind of processed fat in our food supply, trans fat. It is trans fat, not saturated fat, that has been linked to a higher risk of early death and heart disease.⁷

9. French fries - French fries are tasty, and they are also completely devoid of nutrients. This unnecessarily high fat and sodium content also applies to other fried or puffed potato-based snack foods, including crisps. In 2014, Ohio State University researchers confirmed French fries' harmful effect on growing children when they linked the amount of fast food that children ate to lower test scores in school.⁸

10. Pizza - Take-out pizza is quick and easy, but it is far from healthy. A better alternative to refined carbohydrates, processed dairy, and processed meat on a pizza pie is a baked pizza made with a quinoa-based crust. Kids may also enjoy healthy carbohydrate alternatives, like

highly nutritious single-ingredient pasta made from black bean, chickpea, mung bean, red lentil, or buckwheat, instead.

Don't be discouraged by all of the unhealthy foods on this list. The good news is that there are plenty of fresh and flavourful foods that you can feed your kids - that happen to be healthy too.

To enrich our children and help them grow to reach their fullest potential, the Really Healthy Foods diet is recommended starting before birth: Try fresh or frozen veggies (preferably organic), dark-skinned fruits and avocados, beans, nuts, seeds, oily fish, healthy oils, moderate meat, and healthy carbohydrate alternatives, like quinoa, buckwheat, or single-ingredient legume pasta, at your next meal.

Recommended Products

REALLY HEALTHY PASTA™

A perfect, healthy and delicious meal replacement. Organic, gluten-free, high in protein, iron and fibre and available in Red Lentil, Black Bean, Chickpea, Mung Bean and Buckwheat & Golden Flaxseed.



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Ask Robert Redfern

Important questions answered by your personal health coach!



Q: Please help. I suffer from Blepharitis.

A: The 3 things for Dry Eye/Blepharitis are:

- * MSM/Silver
- * Vision Tone
- * Thera Tears

It may also need:

- Nascent Iodine Drops in a little water daily as this can be a cause of eye problems.

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.

A: I would recommend that your husband takes Serranol and the Curcumin to boost blood circulation to the brain and to 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 Plan.

Q: Hi Robert, I have had low back pain/sciatica for almost 10 months now and am desperately seeking some relief. The pain sometimes goes right down to my foot and occasionally I have numbness





and tingling in my feet right as well. My toe occasionally even appears to look a bit swollen. A friend of mine in Ireland sent me a bottle of Serranol to try and I've been taking it now for 3 days. Would you recommend the Serranol or the SerraEnzyme and what dosages would you suggest?

A: Take 2 capsules x 3 times per day, 30 minutes before eating a meal, and yes, I do recommend Serranol. This is a difficult condition, and have you had any acupuncture for it? If not, go tomorrow.

Q: Could you please help me with this question? Is Serranol safe for pregnant women? I read all over the place that Turmeric-Curcumin is not safe for pregnant women and it needs to be avoided. I cannot find contraindications in your supplements.

A: This is the consensus from scientists on Pregnancy and Lactation: Although there is no evidence that dietary consumption of turmeric as a spice adversely affects

pregnancy or lactation, the safety of curcumin supplements in pregnancy and lactation has not been established. Since the countries that consume the largest amounts of turmeric and curcumin have shown no ill effects, I can confirm all of the females in my family have taken curcumin and serrapeptase and all of them had healthy pregnancies and babies.

Q: Hello, could you please recommend the most efficient product for extreme irritability, stress and coming and going depression? The irritability is of the most concern. I am 46. Thank you in advance.

A: This is easy to fix but you need to follow the plan carefully:

- RelaxWell – Take 1 capsule x 3 times per day.
- Emotion Nutrition – Take 2 capsules x 2 per day.
- SAM-e Plus+ – Take 1 capsule x 3 times per day.

Q: How Is Cystic Fibrosis treated and how can Serrapeptase help?

A: Since CF is a genetic disease, it cannot be cured at present. A careful nutrition plan is essential. The current nutrition treatment for CF depends on the stage of the disease. Optimal nutrition management, however, is essential to optimize growth, quality of life and survival.

Serrapeptase is the most effective enzyme for clearing inflammation and mucus. By keeping mucus down in the intestines and lungs, bacteria cannot multiply so easily, keeping infections down (the cause of the damage).

Q: Hi, I have been taking two tablets daily for IBS. However, I also have bad back and hip pain which comes on every three months or so. Since I have been taking the serrapeptase my pain has increased to unbearable levels...can you advise?

A: All of your problems sound as though they are linked to food issues. The cycle of three months is typical of this. The Serrapeptase cannot be causing the increase in pain but if it is trying to clear the inflamed tissue it can be a healing crisis that you are experiencing that is causing the pain. What are your feelings about stopping the foods that are probably the root cause of your problems? These are in my book but I can email them to you if you do not have it.



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NEW FORMULA CONTAINING
VITAMINS B1, B2 & B5



NOW
WITH PUMP
DELIVERY



- ✓ **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 pump, 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.

NOW WITH QUATREFOLIC, THE MOST ABSORBABLE FORM OF FOLIC ACID

A healthy partnership

Iodine and selenium – 2 super-nutrients working as 1

Because iodine has been almost entirely depleted from our food supply, and because we aren't supplementing enough of this critical mineral, iodine deficiency has officially become a worldwide health problem. According to the World Health Organization, "Iodine deficiency is the world's most prevalent, yet easily preventable, cause of brain damage."¹

BEHIND THE GLOBAL HEALTH ISSUE

The WHO goes on to say that we are on the verge of eliminating this widespread epidemic in iodine deficiency, attributed to our now-universal use of iodised salt around the world. But contrary to what the WHO asserts, that's where many problems begin in the first place - at the table. Iodised table salt, or junk salt, was supposed to end global iodine deficiency, but in many cases, it has done more harm than good.

Iodised table salt contains potassium iodide, an inorganic potassium and iodine compound that can cause thyroid and liver toxicity if taken in high doses. What is confusing about the table salt purported to save the world is that it contains the word "iodine," rather than "potassium iodide." Your body needs natural salt, and your body needs iodine, but processed, iodised table salt only places a toxic burden on the body.

The essential trace mineral iodine, one of the 105 elements the universe is made from, is nothing at all like what you find advertised on a box of table salt. It is the pure iodine, and not the processed and adulterated version of the mineral, that the body relies on to regulate energy and metabolism, aid in detoxification, support thyroid health and immunity, and even prevent chronic disease.

Getting enough iodine at every stage of life is critical for every man, woman, and child, and especially during pregnancy. Iodine deficiency in pregnancy can impair foetal brain development, with iodine intake linked to potential benefits in breast and stomach cancer prevention, reduced risk of stroke and heart disease, and of course, protection against hyper- and hypothyroidism.^{2,3,4,5,6}

To make matters worse, the American Chemical Society discovered nearly a decade ago that up to 53 percent of iodised salt samples contained less of the nutrient than was advertised by the FDA. Even when relying on table salt as your main source of iodine, in all likelihood, you are not getting close to enough of the daily dose your body needs.⁷

THE PERFECT PARTNER IN GOOD HEALTH

Highly absorbable iodine in its atomic form is critical to balance health and reduce risk of disease – but there is a catch. Iodine can't do its job in the body without its healthy partner and essential mineral cofactor selenium. Working side-by-side with iodine, selenium helps to make good health a reality, contributing to normal immune and thyroid function, protecting healthy cells against oxidative stress, and maintaining normal hair, nail, and sperm quality.

Taking selenium each day right alongside iodine is one of the most effective and potent ways to put an end to the worldwide iodine crisis. Make no mistake: table salt can't fix the iodine problem that is at the root of so many chronic health issues. Iodine and selenium working as one offer a simple yet powerful solution - the two minerals the body needs to balance the thyroid, improve immunity, and strengthen our natural defence against disease.



Recommended Products

NASCENT IODINE

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



IONIC SELENIUM

Delivers 300mcg Ionic Selenium per serving. The best way to supplement with Selenium and the most recognised by the body. X48 servings per bottle. Gluten-free, suitable for vegans.



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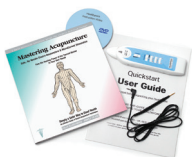
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This electroacupressure kit, with the help of its unique searching system, enables you to quickly become an expert at locating acupuncture points precisely.

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PRESCRIPT-ASSIST

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



HYDROSOL™ SILVER GEL/SPRAY

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

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



THE KRILL MIRACLE

Superior source of Omega 3, 6 and 9 and contains DHA, which contributes to the maintenance of normal vision, heart and brain function. Open a licap and mix in with food.



ESSENTIAL DIGESTIVE PLUS™

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





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 recently discovered core nutrient which is getting heavy backing, 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!



TURMERIC IS NOT *curcumin*

Curcumin is thousands of times more powerful than simple turmeric

Turmeric is a popular Indian spice that has been hailed around the world for its health benefits - and with that truth comes great confusion. You see, turmeric contains a special compound, a powerful antioxidant and anti-inflammatory agent that is the driving force behind its stellar reputation. It is the compound curcumin in turmeric, and not the spice itself, that has the power to transform your health. Because of this common misinformation circulated in the health community, the two are easily and often confused.

We're here to help you unlock the healing powers of this ancient spice and to clear up this common curcumin confusion once and for all.

WHAT TURMERIC IS

You'll often hear about turmeric used as a spice in Indian and Asian folk medicine. This potent yet flavourful spice comes from the turmeric plant, or *Curcuma longa*. Turmeric root is ground down to create the yellow spice that has been used to flavour food for millennia, as well as to treat and cure ailments in ancient Ayurvedic medicine. The golden or yellow turmeric spice is also considered a symbol of prosperity.

You may first recognize turmeric from its use in food - in prepared yellow mustard, in a common mixture of Indian spices found in garam masala, in Thai foods made with curry, and in Indonesian foods, like those made with chili paste, yellow rice, and various meat dishes. Turmeric has also been used to add colour to a

number of different foods sold on store shelves, including cereals, packaged fruit and vegetable products, dairy products, soups, sauces, protein shakes, candy, and beverages.

While the pungent and slightly bitter flavour of turmeric has long livened up cultural dishes, it has a special place in Indian Ayurvedic medicine, where it has primarily been used as an herbal folk remedy. The historical use of turmeric dates back to 2500 B.C., but it wasn't until around 500 B.C. that turmeric became a staple in Ayurvedic medicine. The turmeric spice was believed to strengthen and warm the entire body, with benefits to improve digestion, relieve gas, eliminate worms, cleanse the liver and gallbladder, regulate menstruation, relieve arthritic pain and swelling, and treat sprains, bruises, cuts, and burns when applied locally.¹

WHAT TURMERIC IS NOT

Evidenced by the ancient use of the spice, there's no doubt that turmeric possesses

some health benefits. But when you read about the near-miraculous powers of the spice, researchers are no longer referring to the form of turmeric that comes from the root. Curcumin is the most active compound found in turmeric and gives the spice its yellow colour. Curcumin is the form of the spice used in the present day with strong pharmacological properties.

In summary: Turmeric is a mild medicinal tonic, while curcumin is a potent healing compound with decades of research to back it.

Curcumin comes from an extraction from the turmeric root, called a curcuminoid. Curcumin was first isolated from turmeric in 1815, but it took almost another century before its highly concentrated chemical structure was fully understood. A typical turmeric root contains an estimated 2 to 5 per cent curcumin. This means that you would have to eat powdered turmeric root in incredibly large amounts (likely enough to make you sick) to receive the same benefits from the isolated form of curcumin.

Take the effects of turmeric and amplify them by thousands, and you will begin to understand the power that can be found in one small compound derived from an ancient spice. Curcumin has more than 1800 studies listed in its favour, related to Alzheimer's, arthritis, lung disease, bacterial and viral, fungal, parasitic, heart disease, and even cancer relief.

The compound curcumin has such an effect on health because it works as an antioxidant and anti-inflammatory agent in the body. Curcumin is also antibacterial, antiviral, antifungal, anti-yeast, anti-allergenic, antispasmodic, and anti-tumour. It is curcumin, not turmeric, that has been found to offer relief for the painful inflammatory condition of tendinitis, slow prostate tumour growth, improve the effectiveness of head and neck cancer

treatment, and slow or limit the activity of the HPV virus known to cause oral and cervical cancers.^{2,3,4,5}

In a fascinating study conducted by the Vanderbilt University Medical Center in 2015, curcumin was hailed as one of the most promising new treatments for Alzheimer's disease. Taken in its concentrated form, curcumin can enter the brain and bind to and destroy the beta-amyloid plaques that characterize Alzheimer's disease to reduce toxicity.⁶ It is the simple chemical structure of curcumin that makes it so effective - and considerably cheaper and safer compared to more aggressive Alzheimer's drugs.

CURCUMIN BUYERS, BEWARE

Now you know enough not to be fooled by this common turmeric/curcumin confusion. Turmeric is a kitchen spice, and curcumin is the much more powerful extract used in modern medicine.

Taking curcumin in the right form as an active ingredient is the only way to receive all of the health benefits mentioned above. Unfortunately, many curcumin supplements play into this confusion, selling curcumin diluted with the turmeric spice. When searching for a curcumin supplement to relieve inflammation and improve health, seek out the active compound in its purest and most powerful form. Highly potent curcumin capsules can supersede the common loss of absorption in the digestive tract, as seen when eating turmeric, with potential utilization at up to 20 to 45 times ordinary curcumin supplements on the market.

It has been said many times before that the truth shall set you free. Understanding the truth about curcumin - and the distinct difference between the curcumin compound and the turmeric spice - can open the door wide to your health and healing.

Recommended Products

CURCUMINX4000™

Each capsule of **Curcuminx4000** contains **200mg of highly effective Curcumin Phytosome**, which in a recent study showed an increase in utilisation of ca. **x 29** compared to ordinary curcumin.



SERRANOL

Unique formulation that combines **80,000IU Serrapeptase, 250mg curcumin, 50mg Ecklonia Cava extract and 1,000IU vitamin D3** per capsule.



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Cataracts are the most common cause of vision loss

Could it happen to you?

The statistics are chilling. Cataracts, a condition that occurs when the lens of the eye starts to cloud, are considered the leading cause of blindness around the world. The National Institute of Health tells us that by the age of 80, more than half of the population will have cataracts or have had cataract surgery.¹

WHAT WE FEAR THE MOST

The vision loss often associated with old age is a difficult topic to discuss. Most of us don't look forward to growing older - evidenced by a booming anti-aging industry where pricey creams and nips and tucks are the norm - but talking about blindness later in life taps into a common fear we all share.

There is nothing more frightening than picturing yourself helpless and "in the

dark" at the end of your life.

Based on the results of a 2014 survey conducted by the Royal National Institute of Blind People (RNIB), the majority of people agree. 53 per cent of the 2,000 Scottish adults surveyed said that losing their sight would have a greater impact on their life than other debilitating health conditions. Nine out of 10 adults believed sight loss would cost them their independence, and eight out of 10 said it would cause them to lose their job. 95 per cent of the people surveyed said they would feel "devastated" if they were diagnosed with a condition that caused vision loss.³ In a 2010 "Eye on Eyesight" survey conducted on over 1,000 American adults by *Choice Magazine Listening*, 60 per cent of people said they feared blindness more than heart disease.⁴

As we have already learned, without the proper intervention, millions of people's

worst fears will come true as the odds of cataracts increase with age. When the lenses of the eyes cloud, vision is obstructed and becomes blurry. Cataracts may affect one or both eyes, though they cannot spread from one eye to the other. With cataracts come a large collection of symptoms that can compromise vision and quality of life - including faded colours, glare, poor night vision, double vision, and frequent changes in prescription glasses. Many sufferers of cataracts say that their visual deterioration starts small.

You may not see as well as you used to, and your glasses may seem dirty or scratched, with vision blurring around the edges. Soon enough, bright light and sunny days make it almost impossible to see, with vision doubling as the cloudiness in the lens causes the light rays that reach the retina to split.

Most of the time, new glasses, magnifying lenses, and even surgery are recommended as vision begins to steadily

decline. People are living longer than ever before without taking the time to care for their health from a young age, which could explain why cataract surgery is on the rise in all age groups between 50 to 90.⁵ But the truth is that cataract surgery, which removes the cloudy lens and replaces it with an artificial lens, should only be used as a last resort option when sight has been damaged beyond repair.

Far before surgery is ever needed, we can care for our vision and nourish our delicate organs of sight so that blindness is no longer a possibility.

THE CLOUD HAS BEEN LIFTED

Cataracts are often presented as a hopeless side effect of the aging process, but this is only scratching the surface of what could be considered the global blindness epidemic. It's hard to argue with the fact that what you eat, and especially the nutrients that you intake each day, can affect your health for the rest of your life.

We already know that diet has been tied to chronic disease and early death, and daily nutrition affects the health and quality of your vision too. In a 2010 study published in the *Archives of Ophthalmology*, researchers discovered that women who ate Really Healthy Foods, rich in a wide variety of vitamins and minerals, had a lower risk of developing the most common type of cataract, the nuclear cataract. Researchers went on to say that making lifestyle changes can make a significant difference in reducing the unnecessary physical and economic burden of cataract surgery among aging women. Along with changing the diet, cataract-preventative lifestyle improvements include quitting smoking and avoiding obesity.

This sound advice builds upon what scientists have been trying to tell us

for decades. Instead of unnecessary prescriptions, costly visits to the eye doctor, and possible invasive surgery, increasing key nutrients in the diet can directly lower the risk of cataract development. Brigham & Women's Hospital and Harvard Medical School researchers found that women who had a higher dietary intake of lutein, zeaxanthin, and vitamin E were the least likely to develop cataracts over 10 years.⁷ Lutein and zeaxanthin can be found in yellow vegetables and dark, leafy greens, and vitamin E can be found in dark greens and nuts.

While it is important to improve the diet to improve the health of the eyes, you can protect against cataract development even more effectively by taking these key nutrients in a daily supplement. Vitamin E, lutein, and zeaxanthin taken in a highly absorbable sublingual formula can provide the eyes with the daily

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nutrition they need to sustain themselves. Curcumin, a powerful anti-inflammatory antioxidant, may also significantly delay the progression of cataracts caused by diabetes.⁸ Once cataracts have formed, it is still not too late - lubricating the eyes throughout the day with a cataract-fighting compound, like L-carnosine drops, can reduce the glycosylation of proteins that cause hardening and discoloration of the lens.

When you think of growing older, how clearly do you see your future? With changes in diet and the help of protective nutrients, you can reverse one of the most devastating side effects of old age. Suddenly, it's as if someone has turned on a light.

Recommended Products

CAN-C (N.A.C.) EYE DROPS

Can-C N.A.C. Eye Drops (previously Re-Vital Eyes N.A.C. Drops) is the original, high-purity, tested, and approved brand for lubrication of the eyes and used as part of the control of cataracts.



CURCUMINX4000™

Each capsule of Curcuminx4000 contains 200mg of highly effective Curcumin Phytosome, which in a recent study showed an increase in utilisation of ca. x 29 compared to ordinary curcumin.



MAXIFOCUS™

Unique powerful formula that blends x24 important nutrients, including Lutein, Zeaxanthin and Riboflavin, which contributes to the maintenance of normal vision.





MAKE YOUR IRREGULAR HEARTBEAT REGULAR

Marching to the beat of a different drum

You have probably heard of atrial fibrillation before. It's incredibly common. According to the Heart Rhythm Society, atrial fibrillation, also called AFib, is the most common abnormal heart rhythm.¹ In a normal heart, all four chambers beat in a steady rhythm; in a heart in AFib, the atria, or the upper chambers of the heart, fibrillate, or quiver, to cause the heart to beat irregularly.

WHEN AFIB IS IGNORED

If you haven't visited your doctor for any pressing symptoms, it's entirely possible that your irregular heartbeat could be ignored for months or even years - sometimes, until it is too late. Atrial fibrillation can have negative symptoms that impact quality of life in some people, while in others, no symptoms are apparent.

AFib isn't technically life-threatening, until the condition progresses. In more severe cases, atrial fibrillation can lead to heart failure or a stroke. In less severe

cases, the abnormal electrical discharges in the atria that affect how the heart pumps can cause symptoms like fatigue, an irregular pulse, shortness of breath, heart palpitations, difficulty exercising or completing daily activities, tightness or pain in the chest, dizziness or light-headedness, or increased urination.

But when it comes to the health of the heart, atrial fibrillation is a major warning sign that should not be ignored. In 2015, Loyola University Medical Center researchers discovered that having an irregular heartbeat after surgery, called post-operative atrial fibrillation or POAF, could greatly increase the risk of heart attack or stroke within the first 12 months after a surgical procedure.²

Undetected AFib can be dangerous, and there are a number of lifestyle factors that can increase risk. Drinking a moderate-to-heavy amount of alcohol could increase the risk of atrial fibrillation, says 2011 research published in the *Journal of the American College of Cardiology*.³ Having sleep-disordered breathing can also

spike the risk of AFib with age.⁴ Being overweight can raise atrial fibrillation recurrence, though Intermountain Medical Center Heart Institute researchers discovered in 2015 that patients who had undergone cardiac ablation, a corrective procedure for cardiac arrhythmia, were able to reduce AFib instances when they lost weight and kept it off.⁵

Even cold weather can increase stroke risk in those with an irregular heartbeat, according to the European Society of Cardiology.⁶

BE STILL, MY HEART

Having a diagnosis of atrial fibrillation can be scary, especially since the exact cause is so hard to pin down. Many times, an irregular heartbeat can occur because of other conditions that compromise the health of the heart, including coronary heart disease and high blood pressure. Atrial fibrillation risk can rise with age and may be related to unregulated inflammation in the body - making any one of us who eats the typical Western diet full

of processed, inflammatory foods at risk for this potentially life-threatening condition.

When you visit your doctor for any of the symptoms listed above – with unexplained fatigue being the most common symptom of AFib – you may receive a diagnosis for atrial fibrillation if your heart beats at anywhere from 100 to 175 beats a minute. A normal heartbeat is considered 60 to 100 beats a minute.

It is at this time that your doctor might break the bad news to you: Most cases of atrial fibrillation are first treated with medication, a treatment route that is not guaranteed to work and may come with side effects. As the condition worsens, multiple cardiac ablations may be in order. And if these “minimally” invasive treatments don’t help, surgery may be recommended.

While using medications to control the heart rhythm can provide some relief, a lifetime of medication use for any health issue is never a “quick fix.” Researchers have discovered that not only can the use of popular blood thinners trigger an irregular heartbeat, but atrial fibrillation patients who are on blood thinning medication may be at a higher risk of developing dementia if their prescription drugs are not within the recommended dose.^{7,8}

In short, take too many toxic heart medications for too long, and your health may still hang in the balance. Fortunately, taking key nutrients each day can have the opposite effect – strengthening the health of the heart so that it begins to beat in time.

But first, we know that AFib may develop in part due to inflammation. Cutting all inflammatory foods out of the diet is critical at this stage in the recovery process. Stop eating all processed foods, dairy products, and starchy carbohydrates. In their place, enjoy plenty of fresh or frozen vegetables; dark-skinned fruits and avocados; beans, nuts, and seeds; healthy oils; oily fish; moderate meat; and healthy carbohydrate alternatives. Drinking a minimum of six glasses of distilled or filtered water per day with a pinch of bicarbonate of soda in each glass can

improve oxygen transport to the heart.

You can help to bring an irregular heartbeat back into balance with the support of four critical nutrients: Serrapeptase, taurine, iodine, and selenium. The powerful anti-inflammatory enzyme Serrapeptase, when taken with the enzyme Nattokinase, digestive enzymes, grapeseed extract, and pycnogenol, can calm inflammation and boost both arterial and cardiovascular health. Taurine is known to reduce arrhythmia and strengthen the heart muscle, making up 50 per cent of the free amino acid in the heart.⁹ Iodine is another essential nutrient considered vital for heart health because of its ability to stabilise the heart rhythm, best taken with its critical cofactor selenium needed to aid in iodine absorption.¹⁰

While an atrial fibrillation diagnosis can be discouraging in our heavily medicated society, it is not without hope. Removing inflammatory foods and supplying missing nutrients can encourage your heart to return to its regular rhythm. Strengthening the heart from the inside – and not controlling the heart with medication from the outside – can make all the difference when your heart skips a beat.

Recommended Product

BLOCKBUSTER ALL CLEAR™

A careful blend of powerful enzymes such as Serrapeptase and Nattokinase, plus digestive enzymes, antioxidants and proanthocyanidins such as grapeseed extract and Pycnogenol, now in a delayed release capsule for optimum performance.



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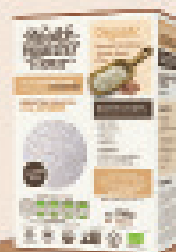
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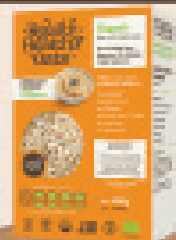
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