

# NATURALLY HEALTHY NEWS



ISSUE 31

**YOUR  
COPY**

## DO FLU SHOTS WORK?

A must-read before  
your annual vaccine

## HOW MUCH IS TOO MUCH?

The truth about  
refined sugar

## STILL ON STATINS?

What you don't know  
about cholesterol  
could hurt you

## WANT A HEALTHY THIRD AGE?

Tips for growing  
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# Hello

Welcome to Issue 31 of Naturally Healthy News. It is a coincidence but it is 31 years since I started on my personal journey to good health. Now, at the age of 70, my health is better than I can remember for the past 50 years. I really mean it. It is possible to get healthier as you age if you look after your body like the priceless vintage model you want it to become.

The good health news I bring in Naturally Healthy News has got better over the past 31 years. But you would expect that as I spend around 16 hours per day researching both the causes and the nutritional solutions to what doctors call diseases and what I call the effects of an unhealthy lifestyle.

You are reading this because you are looking for a solution and there are many things I have introduced to the world such as Serrapeptase (The 'Miracle' Enzyme) and MaxiFocus. The latest is Really Healthy Pasta™ and Really Healthy Oats™. I introduced these food products to give readers an easy path to giving up the starchy carbs that cause so much disease.

Do take the time to read this cover-to-cover a couple of times if you are looking after your health and wellbeing the natural way. You will find a wealth of information in this magazine. I also have a whole library of books that detail all of the steps you need to take for various challenges. They are free to download at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com) or, if preferred, you can purchase some of them in print.

I would love to hear your success stories with my plans – please get in touch with me via email: [robert@GoodHealth.nu](mailto:robert@GoodHealth.nu). Let your story help to inspire others.

If you have any health questions, or are confused about the best supplements to take, I have a team of Professionally Qualified Health Coaches who would be delighted to hear from you and answer your queries. Just send an email to: [admin@MyGoodHealthClub.com](mailto:admin@MyGoodHealthClub.com)

*Robert Redfern*

Take good care,  
Robert Redfern  
'Nutritionalist', Author and Broadcaster

PS. You can follow me and Naturally Healthy News on Facebook for regular updates:  
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## 3 WAYS TO READ THIS MAGAZINE

1

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

2

Dip in and out by subject matter: advice on improving circulation to strengthen the heart, fighting depression naturally, making yummy and healthy recipes, or improving pets' health – go for what you most want to know about.

3

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

### NEWS AND VIEWS

- 20 **HEALTH NEWS** The latest news and research from the world of natural health
- 28 **ROBERT'S RANT** Robert Redfern discusses the risk factors for strokes
- 34 **NATURALLY HEALTHY PUBLICATIONS BOOKS** Essential natural health reads
- 40 **HEALTH NEWS** More news and research
- 60 **HEALTH NEWS** More news and research
- 70 **HEALTH NEWS** More news and research
- 78 **ASK ROBERT REDFERN** Our health guru answers your questions

### NATURAL HEALTH FEATURES

- 5 **IMMUNITY** A strong immune system is your best defence
- 8 **BETTER THAN FISH OIL?** The benefits of krill oil and hemp oil
- 10 **ARE YOU GOING WITH THE FLOW?** Good circulation is the key to a healthy heart
- 15 **THIS SHORTENS LIVES** The dangers of your daily sugar-fix
- 18 **WANT A HEALTHY THIRD AGE?** Tips for growing old healthily
- 22 **ELIMINATING HIGH BLOOD PRESSURE** Healthy diet and supplement recommendations
- 25 **GOOD HEALTH IN A CAPSULE?** All your vitamin needs in one supplement
- 37 **SLEEP WELL TONIGHT** A simple solution for restless sleep
- 47 **YOU ARE WHAT YOU DIGEST** The importance of good digestion
- 48 **THE HEALTHIEST WAY TO START YOUR DAY?** When ordinary oats don't cut it
- 50 **HELP FOR OUR FURRY FRIENDS** Is your pet getting the nutrients it needs?
- 54 **CAN YOU BREATHE EASY?** Warning signs for bad lung health
- 61 **CARING FOR TIRED EYES** Help for sore, tired, itchy eyes
- 68 **DO FLU SHOTS WORK?** A must-read before your annual vaccine
- 72 **PROTECT YOUR PROSTATE** It's never too early to think about prostate health
- 76 **HOW MUCH IS TOO MUCH?** The truth about refined sugar
- 84 **HEALTHY GUMS AND TEETH** Seven steps to a great smile





## Naturally Healthy Publications

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**86 CAN NUTRITIONAL THERAPY CHANGE YOUR BRAIN?** Natural help for depression

**88 STILL ON STATINS?** What you don't know about cholesterol could hurt you

**90 THE CONDUCTOR MINERAL** A new magnesium discovery changes everything

### RECIPES

**24 BREAKFAST** Start your day on the right note!

**35 LUNCH** Liven up lunch with these healthy options

**75 DINNER** Simple, tasty and healthy dinner recipes

**82 TREATS** Treat yourself with these healthy goodies

### SPECIAL NUTRIENTS AND SUPPLEMENTS

**16 ASTAXANTHIN** With this super antioxidant your body can get better with age

**26 PROBIOTICS** It's time to find out what's going on in your gut

**30 IODINE** The missing mineral that could restore your health

**36 VITAMIN D3 AND K2** Essential for many things

**38 LUTEIN AND ZEAXANTHIN** Two super nutrients hold the key to sight loss

**41 SILVER** Supercharged silver technology could change how we treat infection

**42 SERRAPEPTASE** The science on this "miracle enzyme" is simply amazing

**52 CURCUMIN** Why scientists are backing the "Indian solid gold"

**59 CO-ENZYME Q10** You're losing this vitamin protection with age

**62 MAGNESIUM** Could you be deficient in this essential mineral?

**71 VITAMIN E** Why your body isn't absorbing this vital vitamin

**74 TAURINE** Two big health benefits in one amino acid







# *A strong immune system* **IS YOUR BEST DEFENCE**

Aches and pains and sniffles – is your body trying to tell you something?

**J**ust like an invisible security fence that surrounds your property, a healthy immune system is all too easy to take for granted. You may not think twice about your immunity, until you start to notice common signs of “immune weakness,” ranging from fatigue to swollen lymph glands to constant sickness to an uncontrollable craving for sweets.

Again, these signs of poor immunity are easy to overlook, often because we’re told that they are a normal side effect of our modern society. If you’re not struggling with stress, exhaustion, fatigue and cravings, you’re the odd man out. It’s rare that these symptoms are presented for what they really are – a weak and struggling immune system that is crying out for help.

## **IT STARTS AT BIRTH**

If you are a parent, or if you have ever spent time around young children, then you know that a robust immune system is not something we are born with.

Most new parents shield their babies from the outside world in the early days, protecting them from unknown bacteria and viruses until their immune system starts to grow stronger.

University of Michigan Health System researchers “cracked the code” about this immune conundrum when they examined the fledgling immune systems of babies in 2012. In a study published in *Nature Immunology*, researchers found that essential immune cells needed by the body to fight infection don’t mature until later in life, in adulthood.<sup>1</sup> Senior study author Dr Yasmina Laouar, assistant

professor in the U-M Department of Microbiology and Immunology, explained, “During this time, we are left with an immature immune system that cannot protect us against infections, the reason why newborns and infants are more prone to infection.”

And yet, this doesn’t change the fact that a weak immune system is one of the primary factors in many diseases and can become especially dangerous as we grow older. “Taken together, infectious diseases are the most powerful selective pressure with which our species must contend,” the Center for the Genetics of Host Defense of the UT Southwestern Medical Center states. In fact, the Center for the Genetics of Host Defense goes on to say, “Before the age of 44, more people die from infection than from all other causes combined.





While cardiovascular disease kills more people worldwide than infection does, it is not equivalent as a selective pressure.”<sup>2</sup>

### THE BATTLE WAGES ON

Right at the beginning, babies who are born full-term receive this natural immune protection against infection from their mothers, after being colonised with beneficial gut bacteria both in the womb and through the vaginal tract.

Premature babies may not have the same advantage, however, and can experience lowered immunity if their communities of protective gut bacteria have not had time to develop. Premature babies may also suffer with weak immunity if they are not able to nurse, increasing risk for infection even further. University of Missouri School of Medicine researchers discovered that manufacturing a natural breast milk protein called lactoferrin could help to protect premature babies against staph infection.<sup>3</sup>

With the right foundation at birth, our immunity can grow stronger to protect us as adults, before it begins to wane in old age. Researchers now consider immune system frailty in adults aged 65 and older to be a “widespread public health issue” in the Western world. By examining the blood samples of 92 volunteers, from the ages of 21 to 97, in a 2016 study published in *Nature Immunology*, researchers were able to detect a subset

of T-cells, or infection-fighting white blood cells known to decrease with age, that had not yet been exposed to a virus or infection. Researchers believe that, among the elderly population in particular, diverse immune testing could be used to determine the status of immunity and whether outside support is needed.<sup>4</sup>

“Older adults are by far the largest group of people who are vulnerable to infections, because of their weakened immune systems,” Dr Nikolich-Zugich, principal study investigator and head of the Department of Immunobiology and Elizabeth Bowman, Professor of Medical Research at the UA College of Medicine, Tucson, said.

Young or old, supporting the immune system is critical in order to strengthen our defence against the outside world. University of Birmingham researchers discovered in 2016 that the health of a robust immune system may depend on something they called “immunological memory,” traced back to a new class of regulatory elements in the genes.<sup>5</sup> Simply stated, the immune system’s ability to fight off recurrent infection, including the common cold and flu, stems from its ability to “remember” encounters with past infections. This cumulative memory builds up long-term immunity.

The risk of infection is constant and oftentimes deadly – we know this much is true. Improving the immune system’s

“memory” may be the most important thing we do to support our body and strengthen its natural barrier system with age. As you may have experienced with your own health before, the wisdom of the immune system can work both ways. A strong and intelligent immune system will remember previous encounters with infection to fight a winning battle once again. A weak and confused immune system that has not been given the proper support may lose the battle by focusing its attention in the wrong area. A 2010 study published in *PLoS Pathogens* reported that recurrent urinary tract infections may be the result of an immune system overreacting to an initial infection.<sup>6</sup>

### WINNING THE WAR ON YOUR HEALTH

The simplest way to approach reinforcing the health of the immune system that we need to withstand danger is to think back to where it all began.

Full-term babies who have been given the greatest support, in the form of proper nutrition and beneficial bacteria that inoculates their new gut, are often born with the greatest natural defence. As straightforward as this may seem, it holds the key to our immune health, starting at birth and lasting a lifetime.

Diet and nutrition have been directly linked to immunity. UK researchers discovered in 2011 that eating green vegetables could be enough to improve immune defence – mice fed a vegetable-poor diet for only two to three weeks saw a 70 to 80 percent drop in immune-protective cells in the gut and the skin.<sup>7</sup> Now it makes sense why specific nutrients, like zinc, have become superstars in the arena of immune nutrition. Vitamins and minerals have the potential to significantly improve even the weakest immunity.

Zinc is best known for its role as a popular cold-fighting remedy, and researchers may have finally figured out why. In 2013, Ohio State University researchers learned that zinc may help to



control infection by “pumping the brakes” on the immune response to halt the spread of excessive inflammation that can often be deadly.<sup>8</sup> Taking a zinc supplement may also help to boost immunity in older adults in nursing homes, protecting against infection.<sup>9</sup> OptiZinc®, or zinc monomethionine, is the most potent form of FDA-approved zinc available, combined with the essential amino acid methionine. This form of zinc has been proven to enhance mononuclear-phagocytic function in turkeys, increasing cellular immunity and helping the body to naturally resist disease.<sup>10</sup> Zinc remains one of the most powerful natural antiviral agents available to fight off rhinoviruses, associated with the common cold.

A dried yeast fermentate, EpiCor, is another pro-immunity nutrient that works hand-in-hand with zinc. In the fight against infection, EpiCor stands out as a powerhouse antioxidant, needed by the body to combat free radical damage. Free radicals that come from processed foods, excessive drinking and smoking and environmental pollutants can burden the immune system and increase the risk of chronic disease. With an exceptionally high antioxidant ORAC rating of 52,500 per 100g, EpiCor has confirmed immune-balancing and strengthening benefits seen in seven published human clinical trials, with relief for allergy, cold, and flu symptoms.<sup>11,12,13</sup>

Along with the heavy-hitters like zinc and EpiCor, you can strengthen your immune system even further with the help of supporting nutrients like selenium, vitamin D3, and vitamin C. Selenium, also an immune-boosting antioxidant, is a trace mineral that the body can't produce on its own. Highly bioavailable organic selenium, or exselen, may be better utilised by the body – elevating blood serum levels up to two times more than ordinary selenium. Vitamin D deficiency has been known to compromise the immune response, while higher levels of vitamin C have been linked to a decreased risk in fatal chronic disease, including stroke, cancer, heart

disease and related risk factors like chronic inflammation, high blood pressure and a poor immune response.

From the day you are born, the untapped potential of your immune system has the power to increase over a lifespan – once you learn how to cultivate and nourish your natural immunity. Immune function becomes even more important as our life expectancy increases, researchers explained in a 2012 study published in *Aging and Disease*. Nutritional intervention has been recognised as a practical, cost-effective way to address the immune function decline and infection risk that comes with age.<sup>14</sup>

## Recommended Product

### D.I.P. DAILY IMMUNE PROTECTION™

**A unique combination of x10 proven and powerful ingredients to help maintain the function of the Immune System, all in one capsule: Epicor, ExSelen Selenium, Vitamin D3, Vitamin C, Zinc, Dimethylglycine, Elderberry Fruit Extract, Beta Glucans, Immune Assist Micron Powder and Larch Arabinogalactan. Suitable for all of the family.**



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# *Better than fish oil?*

If you're taking daily fish oil, it may be time to "cut bait"

**Y**ou've heard it before – taking fish oil may be one of the best things you can do to support both your short-term and long-term health.

As a rich source of beneficial omega-3s, fish oil is considered the most popular natural product in the Western world.

While fish oil is making headlines, we have also seen some unfortunate research come out of the left field. Contrary to the mainstream wisdom that advises most people to take a fish oil capsule a day, pregnant women have been advised against taking fish oil as of 2016. A New Zealand study discovered that almost 30 percent of newborn rat pups died within two days after birth when pregnant mothers were fed an oxidised fish oil supplement that had gone rancid.<sup>1</sup> Another study led by University of Stirling researchers "busted" fish oil again in the same year, saying that it does not provide an advantage for muscle growth as a sports performance supplement.<sup>2</sup>

## **NOT THE ONLY FISH IN THE SEA**

In reality, we've been looking at it all wrong. As popular as it may be, fish oil has its disadvantages. It can even be

dangerous when it is fully oxidised. Krill oil, derived from the tiny, shrimp-like crustaceans found in the Southern Oceans, may provide a perfect alternative for those who are still hoping to regulate cholesterol, promote healthy liver function, strengthen the immune system, balance blood sugar levels, improve mood and curb whole-body inflammation.

When taken as a supplement, krill oil solves many of the problems that fish oil presents. Krill oil is a super-rich source of omega-3, 6 and 9 fatty acids. It is especially rich in the omega-3 fatty acids EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid), known to support the health of the heart and the brain. This EPA and DHA content in krill is critical.

In comparison, plant-based omega-3s, like flaxseed, walnuts, leafy greens and chia seeds, do not contain DHA and EPA. These plants contain ALA (alpha-linolenic acid), a precursor to EPA and DHA that is almost impossible for the body to convert fully into long-chained omega-3s. Vegetarians and vegans can enjoy hemp oil as the preferred plant-based alternative to krill oil with an almost perfectly balanced profile of omega-3, 6 and 9 fatty acids, providing the same heart-protective

benefits. Unlike other seed oils, hemp oil also contains GLA (gamma-linolenic acid) and can raise circulating GLA in the body.

Since krill oil comes from the Southern Oceans, the only oceans in the world that happen to remain unpolluted by the toxic heavy metals found in many commercial fish oils, krill oil is extra-pure and safe to use. Let's not forget about the poor rat pups in the New Zealand study who died after their mothers consumed rancid fish oil. To understand what really went wrong in this study, it helps to explore a distinct difference between fish oil and krill oil: even the highest quality fish oils are surprisingly low in antioxidants.

Pure krill oil is a naturally rich source of antioxidants, needed to support the body and protect against oil oxidation (or turning "rancid") as you consume omega-3s. Fish oil has such a short shelf life that it is more likely to oxidise, as we saw in the rat pup study. Fish oil is also lacking in the critical antioxidants needed to protect the body from this oxidised/rancid state. In contrast, a 1994 *Lipids* study confirmed that mice fed 10 percent krill oil had a higher expression of endogenous antioxidant enzymes in the liver compared to corn-fed mice, demonstrating krill

oil's potential protection against harmful oxidative damage.<sup>3</sup>

Because of its high fatty acid and antioxidant content, krill oil can also prove beneficial in the fight against inflammation. Krill oil is well-known for its ability to improve joint health and even ease the pain and symptoms often associated with arthritis. Women have likewise used krill oil as an anti-inflammatory to provide relief for painful periods and pressing symptoms of PMS. A 2003 study published in *Alternative Medicine Review* found krill oil to be significantly more effective in managing the emotional symptoms of PMS and painful menstruation compared to ordinary omega-3 fish oil.<sup>4</sup>

The omega-3s in krill oil may benefit another inflammatory condition too – dry eyes, by reducing tear evaporation rate and alleviating symptoms of computer vision syndrome known to cause dryness. After testing 478 symptomatic patients who used computers for more than three hours a day for a minimum of one year, researchers discovered that taking two omega-3 capsules, containing EPA and DHA, every day for three months could improve the symptoms of dry eyes.<sup>5</sup>

### A SMALL FISH IN A BIG POND

Considering that fish oil may be the most popular supplement in the Western world, it's safe to say that there are hundreds, if not thousands, of products to choose from. In this "big pond" with limitless options from leading brands, a small but mighty supplement like krill oil is easy to overlook.

But, as the research has already shown us, krill oil outperforms fish oil in almost all cases. Krill oil is also rich in the antioxidants needed to protect against the dangers that may come with fish oil – namely, oxidation and rancidity. When choosing a potent and safe krill oil for daily use, Superba™ Krill deserves our attention. As a "new generation" of omega-3 fatty acids, Superba™ Krill Oil can be found in supplements that are both naturally pure and environmentally-friendly.

Superba™ also contains the coveted EPA and DHA fatty acids in large amounts that the body cannot adequately produce on its own. And yet, Superba™ differs from other fish oil supplements because it contains phospholipid omega-3s, as well as the critical antioxidant astaxanthin. Phospholipid omega-3s are highly concentrated and better utilised by the body, while astaxanthin, responsible for the deep, red colour in krill, can suppress free radicals to safeguard omega-3 fatty acids against oxidation. In the biggest krill oil study conducted on humans to date, performed in 2014, researchers found that daily Superba™ Krill Oil supplements may reduce triglyceride levels and boost heart health after only 12 weeks.<sup>6</sup>

The latest research on fish oil can be disheartening, but there is not a study that indicates you have to give up your daily dose of omega-3s. When something smells fishy, we know that it is best avoided. Instead, we can turn toward the safer, cleaner and often more effective alternative to commercial fish oils sold on store shelves – pure krill oil, naturally high in antioxidants and omega-3s.

### Recommended Products

#### THE KRILL MIRACLE™

**Super rich source of Omega 3, 6 & 9 and containing DHA & EPA, which contribute towards the maintenance of normal vision & normal brain function. Made using a patented Eco-harvesting fishing system which ensures no by-catch. Delivers 1000mg Krill Oil per serving, in a Veggie Licap. 30 servings per bottle.**



#### HEMP SEED OIL

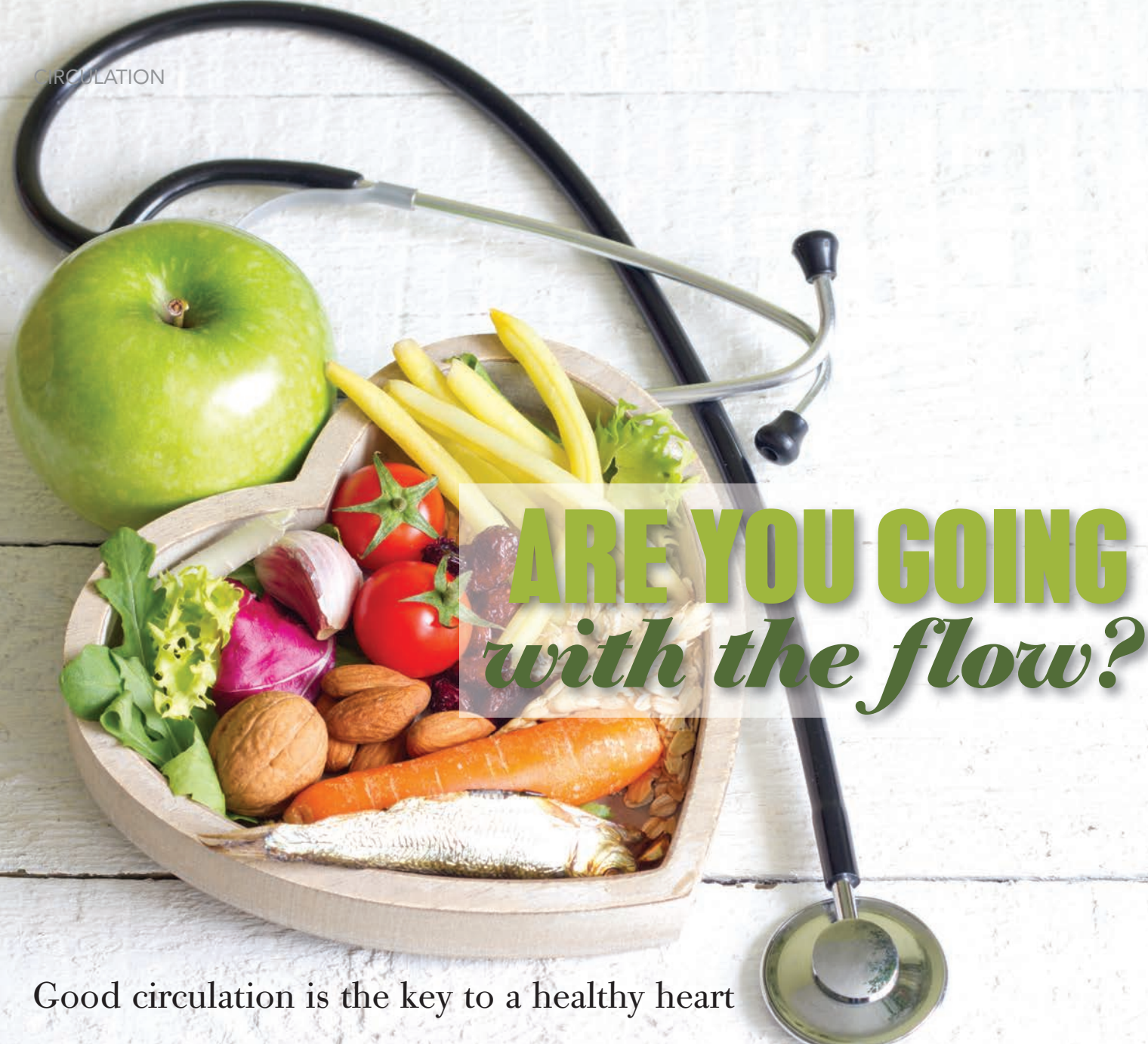
**Hemp is unique with an almost perfectly balanced profile of omega-3, 6 and 9 fatty acids from cold-pressed organic hemp. Unique among common seed oil, it also contains GLA, and even more unique, it is able to raise circulating GLA.**



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## ARE YOU GOING *with the flow?*

Good circulation is the key to a healthy heart

**M**edical websites like Mayo Clinic and WebMD are excellent resources for small medical issues and general health – there's no disputing that. But when it comes to such a complex and vital organ as the heart, these large websites that follow conventional medical guidelines are not providing us with the full picture.

### YOU CAN DIE OF A BROKEN HEART

Primary risk factors for heart attack and coronary heart disease are listed by most major health sites as increased age, gender or being male, and genetics including race, along with modifiable risk factors like smoking, sedentary lifestyle, poor diet,

plus high cholesterol, high blood pressure and diabetes. Even traffic noise (or is it the fumes?) has been proven to increase the risk of heart attack.

Certainly, all of these risk factors are worth paying attention to, especially related to lifestyle choices that are within our control. And still, our focus may be skewed when we are only looking at one piece of the puzzle. On all of these reputable medical websites, intended to provide emergency information and pre-diagnostic help, you'll be hard-pressed to find poor circulation listed as a heart attack risk factor. Circulation, as the foundation of heart health, is often glossed over by the medical community – they fail to mention that when blood flow is severely restricted

or cut off to part of the heart, a heart attack is sure to follow.

In fact, some of the only press you may have seen mentioning blood flow and the heart might have been the dark chocolate buzz from a few years ago.

Hearing that a favourite food like dark chocolate could turn out to be good for us – and even good for the heart – came as welcome news. Doctors and medical organisations began to publish articles on the benefits of enjoying dark chocolate in moderation because of its effect on heart health. A 2014 study published in *The FASEB Journal* found dark chocolate to be a friend in the fight against poor circulation, minimising blockages by restoring arterial flexibility and preventing white blood

cells from sticking to blood vessel walls.<sup>1</sup> Because of this, dark chocolate was able to reduce risk factors of atherosclerosis, or plaque build-up on the arteries, considered a main cause of cardiovascular diseases like peripheral vascular disease, heart attacks and stroke. Delicious dark chocolate took centre stage when this research was released, while healthy circulation once again fell by the wayside.

It is our coronary arteries that work diligently and silently for decades, without taking a break, to feed the heart with blood through the circulatory system day after day. Hardening and narrowing of these all-important arteries can immediately lead to heart attack. In most cases, this compromised circulation that can burden the health of the heart is brought on by chronic inflammation in the body. Chronic inflammation is brought on by or made worse by high surges of the stress hormone cortisol, along with other enemies of heart health, like processed foods high in sodium, fat and sugar.

## THE HIGH BLOOD PRESSURE EPIDEMIC

In 2014, researchers from Vienna discovered that it was foods rich in phosphate – processed cheese, Parmesan, colas and other processed foods – that may actually be behind our high blood pressure epidemic. Processed foods containing the food industry preservative and pH stabiliser phosphate have a negative effect on the cardiovascular system.<sup>2,3</sup> Men who regularly eat moderate amounts of processed red meat, like cold cuts, have also been found to have a higher risk of heart failure and heart failure death. Added sugars in processed foods are thought to play a major role in high blood pressure, heart disease, and stroke, even more so than added salt.

With the heart as our engine, faithfully chugging along to keep the body running

each day, chronic inflammation, which often comes from processed foods and other unhealthy lifestyle choices, is the “gunk” that gums up the works. As circulation in the body gets “gummy,” this engine and vital organ begins to break down because of the burden we’ve placed upon it. It starts with poor circulation from a poor diet and can soon end in heart disease or stroke.

Healthy circulation doesn’t just benefit your heart. Strong blood circulation throughout the entire body is something we may take for granted, but proper blood flow is needed to keep the body’s circulatory system and vital organs working in unison. Increased blood flow can improve the supply of oxygen-rich blood to all extremities, with direct benefits to the muscles and the heart.

As it goes with any health problem, a medical solution may be presented to you by your doctor first of all. Most doctors readily prescribe anticoagulants to reduce blood clotting in the arteries, veins and heart. Blood clots are a major cause for concern because they can block healthy blood flow to the heart and the brain, with even a minor clot triggering a heart attack or stroke.

If blood clots are standing in the way of you and a healthy heart, you may have been prescribed an anticoagulant like warfarin or heparin by now. These pharmaceuticals are used to keep blood from clotting too quickly and in the wrong places, potentially reducing the risk of heart attack, stroke, pulmonary embolism, deep vein thrombosis and transient ischemic attack. While anticoagulants may reduce blood clot risk, they can also cause dark stool or urine, abnormal bleeding, and gangrene in severe cases. Almost a decade ago, University of Texas Health Science Center at Houston researchers discovered that taking heparin right after

a stroke could increase the risk of serious bleeding.<sup>4</sup> Along with these dangerous side effects, warfarin was also linked with an increased risk of dementia in patients with atrial fibrillation in 2016.<sup>5</sup>

Save for extreme and temporary cases, it’s clear that anticoagulants can’t fix a serious circulatory breakdown in the body. And many times, they may even make matters worse by bringing new side effects along with them.

## HOW TO MEND A BROKEN HEART

The best way to support heart health is by supporting circulation, and the best way to support healthy circulation is by looking at the bigger picture. Lifestyle choices have and always will have a profound effect on the health of the heart – preventing heart disease in nearly three out of four women. American researchers discovered in 2015 that six healthy habits, including not smoking, maintaining a healthy body weight, staying active for at least 2.5 hours per week, consuming no more than one alcoholic drink per day, watching seven or fewer hours of television a week, and eating a healthy diet, could have the biggest impact on the heart.

We recommend embracing all six habits for optimum heart health. Here is more information on putting these healthy changes into practice to strengthen circulation over the long-term:

- **Stay active.** Even gentle physical activity, like low weight training, rebounding for 30 minutes, or brisk walking for three miles, can improve circulation and heart health. If your circulation is poor, you can work your way up to longer bouts of physical activity by lying on your back and cycling your legs in the air. Increasing strength and stamina to exercise moderately for an hour a day may decrease heart failure risk by 46 percent.<sup>6</sup>





• **Take the missing enzymes.** As a helpful alternative to toxic prescription meds, natural enzymes can boost circulatory health. A highly powerful combination of pro-circulatory enzymes, including Serrapeptase, Nattokinase, digestive enzymes, antioxidants, and proanthocyanidins, may improve arterial and cardiovascular function, regulate the circulatory system and blood pressure, and even support brain, lung, digestive and eye health. The anti-inflammatory proteolytic enzyme Serrapeptase can calm and clear existing inflammation in the body, while Nattokinase, an anti-clotting proteolytic enzyme derived from fermented soybeans, may help to clean blood vessels and prevent dangerous clots from forming.

• **Change your diet.** Remember, eating healthy foods was named by researchers as one of the top habits to support a healthy heart, whereas eating processed foods can increase chronic inflammation and cause coronary arteries to narrow. An anti-inflammatory diet rich in fresh and frozen vegetables, dark-skinned fruits and avocados, healthy oils, oily fish, moderate meat, and healthy carbohydrate alternatives is pivotal to uphold circulatory and heart health. Taking B vitamins to supplement a really healthy foods diet may also help to reduce the risk of death from stroke, heart disease and heart failure. A daily mineral and multivitamin

supplement is recommended for everyone to fill in the nutritional gaps; essential vitamin and mineral deficiencies, like vitamin D deficiency, have been linked to heart disease.<sup>7</sup>

Like so many important functions in the body, circulation can slow down with age, increasing the risk for many of the heart ailments we have just discussed. Yet staying active, eating well, and clearing the veins with powerful proteolytic enzymes could help to get things “flowing” again.

A healthy circulatory flow at any age can revive a tired body and keep your heart’s engine running strong.

### Recommended Products

#### BLOCKBUSTER ALLCLEAR™

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



#### 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 6 sprays daily. Also contains vitamin C, D, E and Selenium.



#### ACTIVE LIFE™ CAPSULES

The perfect Super Multivitamin formula for all the family, with 130 nutrients, vitamins and minerals delivered in each capsule.



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# BETTER THAN FISH OIL

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

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

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

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

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

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

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

## Three HUGE benefits from one capsule.

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

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

**NOW DELIVERED USING A VEGETABLE LICAP**  
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# This is no ordinary probiotic. This is Prescript-Assist.

Prescript-Assist is a next-generation, clinically-proven probiotic supplement with **x29 strains** of Soil-Based Organisms.

There are 5 reasons why Prescript-Assist is the best choice:

## 1. BROAD-SPECTRUM FORMULA

Prescript-Assist contains x29 symbiotic strains of friendly bacteria, which better reflects the great microbial diversity of the intestines. These are carefully selected to mimic the natural flora found in traditional and Paleolithic diets.

## 2. UNPARALLELED SHELF STABILITY

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

## 3. HIGH VIABILITY

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

## 4. PREBIOTIC SUPPORT

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

## 5. BACKED BY SCIENCE

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



Suitable for all the family

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



# This shortens lives

Is there danger lurking in your favourite drink?

**D**rinking a soda a day might not seem like such a bad habit. It isn't like smoking a cigarette, after all. But a wide body of collective research has presented us with evidence that is difficult to ignore – sugary soft drinks aren't just "bad" for you. They may be shortening your life.

## SHORT AND SWEET

We've been hearing for years about how sugar, found in sweetened drinks and a number of processed foods, isn't good for us. But looking at the growing number of studies that prove without a doubt that soft drinks are dangerous can be tough for many people to swallow. Even worse, the artificial stuff doesn't seem to be any better for us.

In 2011, a *Clinical Journal of the American Society of Nephrology* study found drinking more than two servings a day of artificially sweetened soda to be associated with a two-fold increase in the risk of kidney decline among women.<sup>1</sup> This added to the results of a 2010 Diabetes Care meta-analysis that linked sugar-sweetened beverages, including soft drinks, fruit drinks, vitamin water, iced tea and energy drinks, with weight gain, the development of metabolic syndrome and type 2 diabetes.<sup>2</sup> Soft drinks have also been tied to an increased risk of coronary heart disease in men, although diet soft drinks didn't have the same effect.<sup>3</sup>

Here comes the real kicker: one particular ground-breaking study proved beyond a shadow of a doubt that drinking soft drinks can indeed shorten life. In 2014, researchers from the University of California, San Francisco, discovered that

sugary soda consumption could promote disease independent from its contribution to obesity. The researchers associated drinking soft drinks with cell ageing, marked by the shortening of telomeres (or protective DNA caps) that can be a direct indicator of human lifespan.<sup>4</sup>

A 20-ounce soda a day could cost you 4.6 years in additional cell ageing, comparable to smoking.

With similar effects on the body, breaking the daily soda habit can be almost as tough as quitting smoking. Australian neuroscientists have even likened sugar addiction to tobacco abuse.<sup>5,6</sup> Yes, quitting the habit and going cold turkey may feel torturous at first if you don't replenish your body with daily nutrients to fulfil its sugar craving.

## BREAKING THE HABIT

After a few weeks of eating really healthy foods, the constant need for a daily sugar fix may start to feel like a distant memory. Eating fresh or frozen vegetables, dark-skinned fruits and avocados, nuts, beans, seeds, moderate meat, healthy oils and oily fish, plus healthy carbohydrate alternatives like legume pasta each day can heal the body from the inside. This turnaround in health may help to correct underlying mineral deficiencies that can lead to sugar cravings, while naturally stabilising blood sugar levels to balance appetite.

Researchers agree that it can be difficult to break an ingrained daily habit that may be hardwired into the brain, but simple, behavioural strategies appear to be the most effective.<sup>7</sup> Changing even a small habit, like cutting out daily soft drinks, can come with a big reward, adding years back to your life.



## Recommended Product

### 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 and Golden Flaxseed.**



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# *Astaxanthin's antioxidant power is unmatched*

With this super-antioxidant, your body can get better with age

**F**orget about anti-ageing creams, injections, and nips and tucks. Researchers have discovered that one of the most powerful weapons in the fight against age, when it comes to both wrinkles and chronic disease, comes from the intrinsic protection of antioxidants.

Antioxidants are important at any age – these natural substances can help to prevent or delay cellular damage caused by outside free radicals, from toxic foods, from smoking and excessive alcohol use, from stress, from environmental pollution and much more.

But with each passing year, antioxidants become even more important to uphold good health and minimise many of the visible signs of age that appear in the mirror. We've seen how antioxidants work in the body at the cellular level, preventing age-related blindness and even reducing the risk of heart disease by reversing some negative effects of ageing in the arteries.<sup>1,2</sup> When University of Colorado at Boulder researchers gave older mice, aged 70 to 80 in human years, antioxidant-enriched water for four weeks, their arterial age regressed

to as young as 25 to 35 human years.

This heart health study alone is enough to tell us that our need for antioxidants becomes more critical as we age. Year after year, the body is inundated with threats from the outside world, large to small and often in the form of free radical damage. A body that continues to age without antioxidant support will continue to break down slowly, without the help of antioxidants to repair, neutralise, and fix.

Once you understand the wide scope of one of the most revered antioxidants available to us today – astaxanthin – you may appreciate why many natural health experts now consider this protective carotenoid to be a prime daily nutrient to take over the age of 40. Astaxanthin, the antioxidant and red-orange carotenoid pigment that can be found in crustaceans, fish, and microalgae, has proven benefits to support heart, brain, eye, skin and immune health, along with improving energy levels and providing pain relief.<sup>3,4,5,6,7</sup> Compared to all other antioxidants that may support a more graceful ageing process, astaxanthin moves to the top of the class. Astaxanthin is considered the most powerful carotenoid

antioxidant based on its remarkable free radical scavenging ability, with up to 65 times more power than vitamin C, 54 times more power than beta-carotene and 14 times more power than vitamin E.

Astaxanthin's protective role inside

## **IN A CLASS OF ITS OWN**

Astaxanthin can provide restorative benefits to critical organs like the eyes and the brain because of its ability to cross the blood-retinal barrier and blood-brain barrier – something that not all antioxidants can do. When astaxanthin is taken with DHA, an omega-3 fatty acid that helps form the primary structure of the brain, it may have even more brain-protective benefits. Swedish research suggests that omega-3 fatty acid supplements like DHA that can cross the blood-brain barrier may help to improve markers of both inflammation and Alzheimer's disease.<sup>8</sup> DHA has also been proven to enhance memory and cognitive function in older adults.<sup>9,10</sup>

the body is vitally important, but this antioxidant has received the most attention for what it can do right underneath the surface of the skin. Taking daily astaxanthin has the potential to greatly reduce the visible effects of age, as a study published in *Carotenoid Science* confirmed in 2006.<sup>6</sup> When a group of women, average age 47, took a daily astaxanthin supplement for six weeks, researchers measured their results based on skin hydration, dryness, elasticity, and visibility of fine lines and wrinkles. Compared to the placebo group, the astaxanthin group saw a significant improvement in fine lines and wrinkles, moisture, and elasticity, with the cosmetic results of taking daily astaxanthin considered "excellent." Researchers noted that it is normally very difficult to see such noticeable results in the skin after taking any type of oral supplement.

### GROWING YOUNGER EVERY DAY

The daily benefits of taking astaxanthin are undisputed, but which form of this antioxidant should you use? We've already learned that astaxanthin can be most protective to vital organs, like the brain, when it is paired with nourishing omega-3 fatty acids, like DHA. Astaxanthin that has been studied and formulated to improve potency, quality and stability can have an even more profound effect on the body – AstaReal® astaxanthin is the most researched brand of astaxanthin in the world, with proven applications for anti-ageing, immune and full-body health.

AstaReal® is derived, solvent-free, from a CO2 extract of the single-cell microalgae *Haematococcus pluvialis*, known as the richest natural source of astaxanthin worldwide. Synthetic forms of astaxanthin, on the other hand, may not be as pure and as potent as AstaReal®. Synthetic astaxanthin can be commonly found in animal feeds and is likely to contain highly-processed petrochemicals.

With over 400 peer-reviewed studies on AstaReal® and astaxanthin combined, the AstaReal® form of astaxanthin has more than 50 human studies in its database, including 23 double-blind, placebo-controlled trials that back its use. In 2005, researchers discovered that

AstaReal® could have a positive effect on male infertility.<sup>11</sup> Almost 10 years later, researchers deemed AstaReal® to be an effective nutritional additive and exercise supplement to improve aerobic-like performance, with associated health and disease-prevention benefits from daily use.<sup>12</sup>

We're not so quick to call one single anti-ageing supplement "The Fountain of Youth," but astaxanthin comes close. An antioxidant that has been proven to buffer and reduce premature ageing both inside and out cannot be underestimated or overlooked. Instead of spending money on a cosmetic cream, surgery, or treatment that is not guaranteed to work, we can rely on the anti-ageing formula seen in nature since the beginning of time. As one of the

most powerful antioxidants, astaxanthin protects our body from ageing at the most fundamental level. Astaxanthin shields mitochondria and prevents DNA damage, as antioxidants are biologically programmed to do. In the body and in the skin, we are only as old as our healthiest cells.

### Recommended Product

#### ASTAXANTHIN WITH DHA

This 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. Delivers 12mg Astaxanthin plus 180mg DHA oil per serving, 30 servings per bottle.



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# Want a healthy third age?

You can't fight the "snowball effect" of each passing year

**L**ike a fine wine, the healthy lifestyle choices you make have the potential to get better with age. We like to think of this as the snowball effect, causing small choices that you made years ago to become even more powerful with the passage of time.

Let's look at the negative side of this health law before we explore the positive. Here's an easy one: we can start with smoking. Most of us readily understand that smoking is not a healthy choice. Starting smoking at a young age and continuing throughout your life can not only increase the risk of cancer and disease, but it can shorten your lifespan. The simple decision to pick up a cigarette and continue smoking over the long-term may increase breast cancer risk by up to 40 percent, among other cancers. Smoking may reduce lifespan by up to 10 years on average, primarily because smoking is one habit that can trigger ageing at the genetic level.

## LIVING TO A RIPE OLD AGE

Compare this to the good. Depending on the healthy choices that you make, your

lifestyle may help to offset many of the negative effects of a habit like smoking, potentially adding up to six years to your life.<sup>1</sup> That is not to say that we encourage using healthy habits to "cancel out" the bad. On the contrary, a Swedish study examining how healthy choices can affect lifespan, published in the *British Medical Journal* in 2012, shows just how impactful sensible, clean living can be with each passing year.

At the time this study was published, it was the first of its kind to provide clear information about how several modifiable lifestyle factors can influence longevity – like smoking, heavy drinking and being overweight. When the team of Swedish researchers measured the differences in survival rates among 1,800 adults aged 75 and older, over a period that spanned 18 years, factoring in social connections, leisure activities and lifestyle behaviours, they honed in on the pattern of the longest living survivors.

The individuals with the greatest longevity in the study were most likely to be highly educated women with healthy lifestyle habits, a strong social network and

regular participation in leisure activities.

Concerning leisure activities, study participants who exercised had the strongest rate of survival, with exercises like swimming, walking and gymnastics adding two years to lifespan. Researchers concluded that healthy lifestyle habits, even at an older age, can increase life expectancy and reduce the risk of death.

And if a habit like smoking can prematurely age the cells and open the door to disease, then what can a healthy diet do? In 2012, researchers in the UK also discovered that molecular changes in our genes can be influenced by what we eat. Genes are likely to show these epigenetic marks, i.e., molecular changes, with age, though nutrients like selenium and vitamin D can reduce this form of genetic ageing. Based on the results of the study, researchers concluded that a healthy diet can have a direct effect on the healthy ageing process. Epigenetic changes caused by a poor diet may trigger premature ageing in the body, as well as invite cancer and other diseases.<sup>2</sup>

Likewise, the latest 2016 research from the European Food Information Council

found a healthy diet, particularly the Mediterranean diet, to reduce bone loss and slow down the ageing process by calming inflammation in the body.<sup>3</sup> An anti-ageing diet like this must be totally free of processed, Western foods that are known to spread inflammation.

A typical anti-inflammatory, Mediterranean-style "Really Healthy Foods" diet includes plenty of fresh and frozen vegetables, dark-skinned fruits and avocado, nuts, seeds, beans, moderate meat, healthy oils, healthy carbohydrate alternatives and oily fish.

A healthy diet has also been proven to prevent or delay a decline in mobility in ageing women.<sup>4</sup>

## GOOD HEALTH IS A MARATHON

You've probably heard the saying before, "Life isn't a sprint, it's a marathon." This couldn't apply more than to the healthy choices you make each day that have the potential to shape your life as you age.

Slow and steady wins the race, and if you want to see your golden years in a new light, we suggest putting these healthy anti-ageing habits into practice today:

**1. Change your diet.** The anti-inflammatory, Mediterranean-style diet mentioned above is flavourful and delicious, and it also has long-term benefits to reduce ageing and prevent disease. We recommend adding more healthy fats to your plate, like sardines, salmon, hemp oil and olive oil, known to nourish the brain and protect against age-related cognitive decline.

**2. Stay active.** As we saw in the Swedish study above, adults who were physically active had a higher survival rate. Another study found exercise, coupled with a healthy diet rich in fruits and veggies, to extend life expectancy in women in their 70s.<sup>5</sup> Regardless of your fitness level, you can receive these health benefits by

building up to walking 3-5 miles per day, using a brisk, long stride.

**3. Take daily nutrients.** Anyone, at any age, with any health issue will see a difference from supplementing the missing nutrients their body needs each day. Specific, targeted nutrients, like the anti-inflammatory proteolytic enzyme Serrapeptase and the anti-inflammatory spice compound curcumin, can have an even more profound effect on the body with age. Serrapeptase has been proven to calm inflammation in the body that may contribute to arthritis and joint stiffness, while curcumin has been shown to fight against cancer and Alzheimer's disease.<sup>6,7,8</sup> And as UK researchers noted above, vitamin D and selenium can buffer premature cell ageing, making a daily multivitamin and mineral supplement even more essential as you get older.

It's certainly possible to start making healthy changes at any age, but the "snowball effect" is hard to ignore. Sadly,

it's only a matter of time before unhealthy choices, like smoking and eating processed foods, will begin to catch up with you.

Yet research has also proven that fighting the good fight – by eating really healthy foods, taking high-quality supplements, staying active and maintaining personal relationships – can transform and even add to your life. Making these simple, healthy changes as early as possible gives you the chance to rewrite your "third act."

## Recommended Products

### ACTIVE LIFE™ CAPSULES

The perfect "Super Multivitamin" formula for all the family, with 130 nutrients, vitamins and minerals delivered in each capsule.



### SERRANOL™

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



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# HEALTH news

## TAKING PAINKILLERS FOR 14 DAYS INCREASES HEART ATTACK RISK

People taking an over-the-counter painkiller for even a few weeks are increasing their risk of heart attack and stroke – and they need to think twice before taking the medication at all, America’s drug regulator, the Food and Drug Administration (FDA) has warned in a new, stronger alert.

If you don’t have a heart condition, it’s probably safe for you to take a painkiller for a few days, but take the lowest possible dose, says the FDA. The agency issued its first alert about painkillers and heart problems back in 2005, but its expert panel has since come up with new information that has triggered the stronger warning.

Common painkillers known as NSAIDs (non-steroidal, anti-inflammatory drugs), which include over-the-counter preparations such as ibuprofen and prescription-only remedies such as celecoxib and diclofenac, are included in the warning, as is naproxen, which was previously considered a safer NSAID. The only one to escape the warning is aspirin, which doesn’t seem to increase heart attack risk.

In the new alert, the FDA warns that the risk of stroke and heart attack increases even with short-term use, and could be after just a couple of weeks. The risk also increases with larger doses, and is greatest among those who have an existing heart condition. In fact, people with heart disease should look for alternative painkillers, such as paracetamol (acetaminophen), suggests the FDA. However, paracetamol does increase the risk of liver damage at high doses, or if you’re also drinking more than three glasses of alcohol a day.

If you are a long-term user of an NSAID for a chronic condition such as arthritis, take a week’s holiday from the drug, suggests the FDA.

## BROCCOLI COULD FIGHT EYESIGHT LOSS IN THE ELDERLY

Broccoli is already being tested as a cancer fighter – and now researchers think it could also combat age-related macular degeneration (AMD), the most common cause of eyesight loss in the elderly.

There’s one compound in particular in broccoli that seems to be having the positive health effects, and researchers have super-charged it 10 times to help prevent AMD.

The compound, indole-3-carbinol (I3C), helps the body clear toxins, a natural process that weakens as we get older.

In cases of AMD, the compound helps detoxify the retina, say researchers at the Buck Institute for Research on Ageing. However, people would need to eat “unreasonable” amounts of broccoli to get the benefits just from the diet, and so their “supercharged” version was tested as an injection.

But it could also be only part of the picture, they say. Fats from fish and omega fatty acids also seem to help protect us against AMD, according to other research studies, and so adding nuts, fish, dairy and vegetable oils to our diets as we get older could help save our eyesight.



## PROBIOTICS DO HELP YOU LOSE WEIGHT, STUDY CONFIRMS

Adding probiotics to your diet can help you lose weight – and the more of the “friendly bacteria” you take, the more weight you’ll lose. Those who take several probiotics a day, and keep to it for at least eight weeks, benefit the most, a new study has found.

The weight loss is “modest”, say researchers, but it can be enough to prevent type 2 diabetes, for instance, especially if someone is already overweight.

In a review of 25 previously-published studies that tested the effectiveness of probiotics on more than 1,900 people, researchers from the Taizhou People’s Hospital in China found that taking probiotics reduced weight and people’s BMI (body-mass index) score, the standard measure of obesity. The biggest loss of weight was seen in those who were taking several probiotics a day and for at least eight weeks.

Although it’s often been claimed that probiotics make our gut more efficient, and so help us lose weight, it is a benefit that had never been firmly established, say the researchers. Probiotic supplements, which are often added to yogurts, are also supposed to improve the immune system.

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

## VITAMIN DEFICIENCY COULD BE CAUSING MIGRAINE ATTACKS, SAY RESEARCHERS

Vitamin supplements could be an effective treatment for migraine, after researchers discovered that the vast majority of sufferers are deficient in vitamin D, riboflavin (vitamin B2) and coenzyme Q10.



A "high percentage" of children and young adults have vitamin deficiencies, and especially of the ones that previous studies have associated with migraine. Researchers from the Cincinnati Children's Hospital discovered the prevalence of vitamin deficiency when they analysed blood samples from a large group of young migraine sufferers. They especially tested for vitamin D, riboflavin, coenzyme Q10 and folate (B12). Most had a mild deficiency, and were put on medication and vitamin supplements. However, because they weren't given supplements alone, the researchers can't be sure of their effectiveness.

The deficiencies seemed to differentiate between the gender and age of the sufferers: girls and young women were more likely to suffer from a Q10 deficiency, while more of the boys and young men were low in vitamin D, often called the sunshine vitamin because sunlight is its main source. Chronic sufferers were more often deficient in Q10 and riboflavin.

## DEATH TOLL FROM VITAMINS AND HERBS: ZERO

Nobody has died from taking vitamins, or minerals, or amino acids, or herbs, according to the latest annual safety records – and yet supplements remain the target of health regulators who want to control their supply and use. By comparison, around 550,000 Americans die each year after taking a prescription drug.

Zero deaths from any dietary supplement – including calcium, magnesium, chromium, zinc, colloidal silver, selenium, iron or a multi-vitamin – were recorded by the US National Poison Data System in 2014, the latest data that is available. There were also no deaths from any amino acid or herbal supplement, including blue cohosh, echinacea, ginkgo biloba, ginseng, kava kava, St John's wort and valerian, yohimbe, and any Asian or Ayurvedic medicines.

The data system also recorded no deaths from glucosamine or chondroitin, or from any homeopathic remedy.

Prescription medicine isn't quite so safe, however. Around 150,000 Americans die each year from an adverse reaction to a drug properly prescribed and taken, and a further 350,000 die from a drug incorrectly administered, either because of error or from a deliberate overdose.

## STAND UP IF YOU WANT TO BE MORE PRODUCTIVE

Stand up at your desk if want to be more productive and effective in the office. Giving up the chair also reduces back pain and discomfort, a new study has found. It could make you nearly 50 percent more productive, as well as help you burn off more calories, and improve your overall attention and thinking.

Researchers found that production levels rose dramatically when they compared two groups of employees at a call centre, half of whom stood regularly for six months while the rest carried on sitting at their desks. By the end of the study, the standing employees had been 46 percent more productive.

Productivity between the two groups was about the same in the first month, and the difference started to appear only from the second month on, said researchers from the Texas A&M Health Science Centre School of Public Health. The standing employees could also sit when they got tired or uncomfortable, but on average were sitting for around 1.6 hours less a day than their seated colleagues. Earlier studies found that standing desks also helped burn calories, and made students more attentive and helped their thinking.



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



# Simple steps to eliminate high blood pressure

If you're sick of taking blood pressure medication, read this

**O**ne of the most common reactions to being prescribed blood pressure medication by your doctor is to head straight home and start researching on the internet. With this wealth of information at our fingertips, checking on the benefits and side effects of common prescription medications is a proactive way to safeguard our health.

## MORE HARM THAN GOOD?

The purpose of blood pressure medication is simple: regulating blood pressure to protect the health of the heart. But in 2015, University of Alabama Birmingham researchers uncovered shocking information about run-of-the-mill blood pressure meds, showing that anti-hypertension medications could increase stroke risk by as much as 248 percent. Lead study author Dr George Howard, professor in the Department of Biostatistics at the UAB School of Public Health, insisted that the best mode of treatment is preventing hypertension in the first place.

Researchers have discovered that blood pressure medications may be a mere Band-Aid. Northwestern University researchers confirmed in 2015 that patients taking antihypertensive medications still had a higher risk of heart disease. The people who fared best in the study kept their blood pressure in check without requiring medication in the first place, compared to those who took blood pressure medication and later learned to regulate blood pressure levels. Uncontrolled blood pressure, of course, posed the highest risk.

The news about blood pressure medication isn't all bad. A 2016 study published in *Nephrology Dialysis Transplantation* found two classes of blood

pressure meds to be associated with a 16 percent reduced risk of heart attack and stroke in patients undergoing peritoneal dialysis. But a few positive studies don't change the fact that blood pressure drugs are often mis-prescribed and have even been shown to have the opposite effect – by raising blood pressure, in some cases. It has never been more important to get blood pressure under control.

## YOUR HEART HANGS IN THE BALANCE

There are millions of people in the Western world struggling with high blood pressure, which may lead to heart attack, stroke and the failure of other vital organs. And yet, cutting out inflammatory processed foods that are typical of the Western diet may have an immediate effect on the health of the heart. A healthy diet has been proven to reduce the risk of high blood pressure among new mothers who had gestational diabetes during pregnancy.

Eating really healthy foods is the foundation of heart health, and targeted nutrition can fill in the gaps. The protein amino acid L-arginine is known to promote healthy blood flow, with the potential to strengthen the cardiovascular system and regulate blood sugar levels. Taking vitamins D3 and K2 together can help to usher excess calcium out of the body to prevent the calcium build-up that can lead to heart attack. Powerful enzymes like Serrapeptase and Nattokinase taken in combination can reduce inflammation and regulate the arteries, circulatory system, cardiovascular system, and blood pressure levels.

Sometimes, good health really is that easy.



As Canadian researchers confirmed in 2011, making simple, everyday lifestyle changes like this could add a decade or more of healthy years to your life.

## Recommended Products

### HEALTHY FLOW™

**A powerful blend of the essential amino acids L-Arginine, L-Citrulline and L-Lysine. Also contains Grapeseed Extract, Polyphenols, Citric Acid, Be Flora, Potassium Sorbate and Silica, along with AstraGin to help absorption of the amino acids.**



### VITAMIN D-3 AND K-2 SUBLINGUAL SPRAY™

**A unique blend of vitamin D3 and K2 in one intra-oral formula. Delivers 1,000IU D3 and 100mcg K2 MK7 per serving (5 sprays). Approximately 30 servings per bottle.**



### BLOCKBUSTER ALLCLEAR™

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



*All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)*

# 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.



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!

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	✓



# Healthy breakfasts

Start your day on the right note with these nutritious breakfast ideas

## CARROT CAKE BREAKFAST COOKIES

These cookies are easy to prepare and a healthy breakfast snack for when you're on the go!

**Makes 18 large cookies**

### Ingredients

- 2¼ cups Really Healthy Oats™
- 1 cup Really Healthy Buckwheat Flour™
- ½ cup ground flaxseed
- 2 tsp cinnamon
- ½ tsp nutmeg
- ½ tsp baking soda
- ½ tsp salt
- 1 cup unsweetened applesauce
- ½ cup raw honey
- 1 large egg
- 2 tsp vanilla extract
- ¼ cup (4 tbsp) unsalted butter, melted and cooled slightly
- 1 cup grated carrot, chopped smaller if desired (2 medium carrots)
- 1 cup finely chopped (or grated) apple (1 medium), no need to peel

### Instructions

1. Preheat oven to 375°F/190°C/gas mark 5. Line baking trays with parchment paper.



2. Into a large bowl stir the oats, buckwheat flour, baking soda, cinnamon, flaxseed, nutmeg and salt.
3. Into a medium bowl or a liquid measuring cup, whisk the raw honey, applesauce, egg and vanilla. Mix in the melted butter. Pour the wet ingredients into the dry, stirring until combined. Gently fold in the grated apple and carrot.
4. Use a large scoop or measuring cup to drop ¼-cup portions of dough onto the prepared baking trays. Use your fingers

and gently shape the cookies. Flatten them slightly; otherwise, they won't do this on their own during baking. (If baking more than one tray at a time, be sure to rotate the trays halfway through the baking time.)

5. Bake for 14-15 minutes, until set and lightly golden. (If baking more than one tray at a time, be sure to rotate the trays halfway through the baking time). Leave to cool on the baking tray for a few moments. Remove to a wire rack and cool completely.
6. The cookies can be stored in an airtight container in the freezer for up to 2 months.

## BANANA ALMOND FLAX SMOOTHIE

Enjoy this healthy and delicious smoothie for a great start to your morning.

**Serves 1**

### Ingredients

- 1 medium well-ripened banana, peeled, diced into pieces, frozen
- 2/3 cup unsweetened almond milk
- 1/3 cup plain coconut yogurt
- 1.5 tbsp creamy almond butter
- 1 tbsp ground flaxseed meal
- 1 tsp honey

- 2-3 drops almond extract (pour into extract lid first then drop in blender so you don't add too much)
- 4 ice cubes (optional)

### Instructions

1. Into a blender add the banana, almond milk, coconut yogurt, almond butter, ground flaxseed, honey and almond extract.
2. Blend until the mixture is combined. Add ice if desired and blend until smooth. Serve immediately.



# Good health in a capsule

## All your daily vitamin needs in a single supplement



**A** multivitamin used to be a staple of the healthy morning ritual, right alongside a hot cup of coffee and a bowl of cereal for breakfast. But today, we know there are several things wrong with this picture, especially the cereal – but it has nothing to do with the coffee.

While coffee has now been dubbed a disease-fighting beverage and a rich source of daily antioxidants, the same can't be said for the average multivitamin and a breakfast food like cereal. Cereals, even the whole-grain variety, are processed, starchy carbs known to spike blood sugar and contribute to chronic inflammation in the body. Consistent blood sugar spikes, i.e., eating cereal day after day, can cause alarming insulin surges that may lead to diabetes.

The morning multivitamin has also been getting a bad press – some doctors have gone so far as to call multivitamins a “waste of money”. This judgement may sound harsh, but after examining the poor formulation of the standard multivitamin supplement sold at chain retailers, we can't help but agree. Most multivitamins are ineffective and may not be worth the time and money spent taking them, simply because they lack the complete formulation of nutrients needed to support all body functions on a day-to-day basis.

After conducting several studies on market multivitamins that did not live up to their claims in preventing early death and chronic disease, researchers said, “Enough is enough,” in a 2013 editorial published in the *Annals of Internal Medicine*. Multivitamins are a waste, Dr

Guallar argued, if they aren't able to improve health and prevent disease.<sup>1</sup>

### WAKING UP ON THE RIGHT SIDE OF THE BED

These recent studies are worth weighing up and considering, as very few vitamin and mineral supplements can live up to their claims. Multivitamins in particular, made with a combined vitamin and mineral formulation, deserve even more scrutiny. The right multivitamin has proven ingredients with a wide spectrum of nutrients that can address all human health needs – essential vitamins, minerals, electrolytes and amino acids to replenish stores in the body that are naturally depleted each day.

The right multivitamin may also contain a few “All-Star” ingredients that can live up to specific health claims, with research to back them. An ingredient like Folate 5-MTHF, far superior to synthetic folic acid that is difficult for the body to absorb and use, is hard to find in a daily multi. Folate 5-MTHF is the active form of folic acid that can be used by the body, providing benefits to support the heart and stabilise mood.<sup>2,3</sup> This converted form of folic acid is most beneficial to the general population, where up to 60 percent of people may have a genetic enzyme defect that does not allow them to convert folic acid in the body completely.

Other superior supplement ingredients, like L-OptiZinc, with higher antioxidant properties than other forms of zinc, and lutein and zeaxanthin, two of the most eye-protective carotenoids available, may be impossible to find in the average multivitamin.<sup>4,5</sup>

We can't disagree with the general consensus on multivitamins. Most, if not all, over-the-counter cheap multi formulations sold at stores are not worth your money. It is the multivitamin with the widest spectrum of critical nutrients (130) and research-backed ingredients that is worth waking up to in the morning.

### Recommended Product

#### ACTIVE LIFE™ CAPSULES

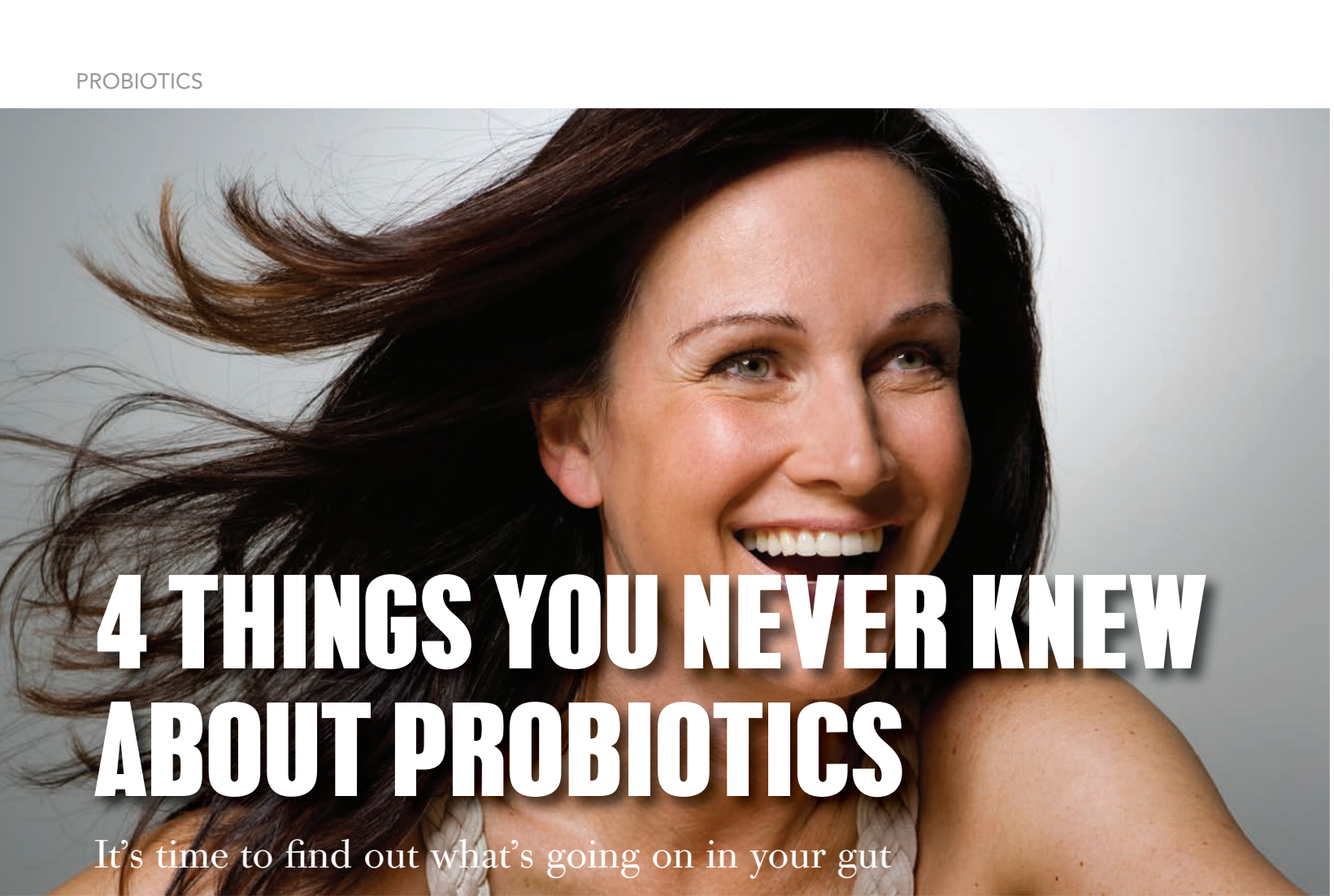
The perfect “Super Multivitamin” formula for all the family, with 130 nutrients, vitamins and minerals delivered in each capsule. Also contains Folate 5-MTHF, Lutein & Zeaxanthin.



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# 4 THINGS YOU NEVER KNEW ABOUT PROBIOTICS

It's time to find out what's going on in your gut

**P**robiotics are popular, and there's a good reason why. You've probably seen the "probiotic" label slapped on your favourite yogurt or smoothie, largely because a growing body of research has shed light on something most people have never known about the human gut – until now.

The health of your gut directly affects the health of your entire body. In fact, many physicians and scientists consider it the "home base," or the hub from which all other healthy functions in the body stem. If your gut is sick or lacking, the odds are that this illness will show up in another part of your body too.

## ALL DISEASES BEGIN IN THE GUT

It may be common knowledge today that the gut is the driving force behind all good health, but this idea was controversial when Hippocrates first introduced it thousands of years ago, during his lifetime from 460 to 370 B.C. "All diseases begin in the gut," he said, and now research has confirmed that Hippocrates' wisdom is

unequivocally true.

In 2016 alone, research on gut health has exploded. The European Academy of Neurology solidified a critical connection between the gut and the brain by exploring what scientists now call the "gut-brain axis" and how it relates to neurology. Researchers believe that a number of neurological diseases may be triggered in the gut, with its collective microbiome (bacterial community) of good and bad bacteria that can impact the nervous and immune systems.<sup>1</sup>

Providing the perfect example of this within the same year, University of Iowa Health Care researchers found a direct link between a lack of good gut bacteria and multiple sclerosis.<sup>2</sup> A related European *Journal of Neurology* study confirmed that children with MS may have more bad gut bacteria that have been linked to inflammation and fewer anti-inflammatory gut bacteria found in children who do not have the disease.<sup>3</sup>

The powerful influence of bacterial communities in the gut, for better or worse, can affect the health of the brain and

beyond. Regarding immunity, University of Tennessee at Knoxville researchers discovered that good gut bacteria could help to reduce the severity of malaria, which can be fatal if left untreated.<sup>4</sup> Gut health, including gut inflammation, has also recently been tied to colon and other types of cancer, chronic fatigue syndrome, autoimmunity, blood clot-related illnesses like heart attack and stroke, and even an often deadly intestinal disease in premature babies.

## 4 UNBELIEVABLE PROBIOTIC TRUTHS

It's clear that our understanding of probiotics and gut health is still growing, which makes it difficult, if not impossible, to separate the good from the bad.

Nowadays, almost any manufacturer can label a yogurt or another dairy product as "probiotic". And while many commercial yogurts may indeed contain several strains of good bacteria, there's no guarantee they can deliver the amount of friendly bacteria needed to restore and maintain a healthy gut.

To change your health – and even change your life – we believe four eye-opening truths can help you choose the strongest probiotic for your gut:

**1. Probiotics in the body outweigh the brain.** This may be the kind of fun fact you hear on a kids' science show, but it is amazing all the same. Many of us know that the human brain weighs about 3 pounds, while a healthy human body can house over 3.5 pounds of probiotic bacteria or beneficial microorganisms. Dr Casey Adams, author of *Probiotics: Protection Against Infection*, considers the probiotic gut microbiome to be one of the largest organs in the body.<sup>5</sup>

**2. Probiotic sales are booming.** When we said probiotics were the latest health craze, we weren't exaggerating. While probiotics in the gut have been critically important to human health since the dawn of time, it is only within the past few decades that physicians and product manufacturers have caught up with this ancient health "trend". A 2014 study by Grand View Research, Inc., estimated that global probiotic sales would reach over \$52 billion by 2020.<sup>6</sup>

**3. Yogurt may not be the best source.** As Grand View Research, Inc., reported, food and beverages made up over 80 percent of the total probiotic market, including products like baked goods, fermented meat, fermented drinks, soy products, and, of course, dairy. While most of us have been told by our doctors (and commercials on TV) to get our daily probiotics from yogurt, many commercial probiotic yogurts that are pasteurised are not as powerful as they are advertised to be.

Pasteurisation at high temperatures can destroy bacteria found in milk, wiping out the good with the bad – though some manufacturers may add probiotic strains after heat treatment. Commercial probiotic yogurts are also high in sugar, which can

further compromise gut health by feeding pathogenic bacteria in the digestive tract.

**4. Soil-based is superior.** Compared to a yogurt probiotic, the capsule delivery of live bacteria into the gut is far more reliable for daily use. Soil-based probiotic capsules, containing a third-generation combination of over 29 probiotic microflora, offer an even deeper penetration into the gut, with the help of a humic/fulvic acid prebiotic in each cap.

As the name suggests, soil-based probiotics are the friendly bacteria found in fertile soil, the healthy foundation of the entire plant world. Soil-based-organisms (SBOs) are Class-1 micro-ecological units that are also similar to the bacteria naturally found in the healthy human G.I. tract. Hardy soil-based probiotics are ideal to consume in capsule form since they require no refrigeration, and they're also pH-resistant to survive the acidic environment of the stomach. SBOs have proven backing to relieve various gastrointestinal conditions, including IBS, from a methodologically oriented, two-week, randomised, placebo-controlled, double-blind clinical study conducted on human participants.<sup>7</sup>

It's been said many times before, but it bears repeating. Sometimes, the most complicated health problems have the simplest solutions. Sometimes, achieving optimal health means going back to basics. Soil-based probiotics don't come from commercial dairy – they come straight from the earth. These protective and beneficial little bugs can bring your gut health back into balance, by returning to the source.

### Recommended Products

#### PRESCRIPT-ASSIST®

**The most powerful and effective probiotic with 29 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.**



#### PROBIOTIC14

**A superior blend of 14 viable strains of friendly bacteria, containing 9 billion colony-forming units. Suitable for all the family.**



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# Robert's Rant:

## 91 percent of strokes are preventable

**A** new study suggests that strokes – a leading cause of death and a devastating disability across the globe – are highly preventable.

Ten risk factors are associated with 91 percent of strokes – and most are easily controlled by the individual, according to a study led by Dr Martin J. O'Donnell and Dr Salim Yusuf of the Population Health Research Institute at McMaster University. The study, built on findings from a previous stroke study that identified risk factors for stroke in 6,000 participants from 22 countries, inspected an additional 20,000 individuals from 32 countries and from diverse demographics, including young, old, male and female patients.<sup>1</sup>

You would think that reading the above statement would mean there are many reasons you could suffer a stroke, and you should be looking over your shoulder at every turn. The truth is much simpler than that. Every one of those 10 risk factors has one single cause: an unhealthy lifestyle is to blame.

Study after study, over the past 50 years, have all pointed to lifestyle as the prime cause of disease and especially stroke. The problem comes when we ask the question: where do we find out the information about how to lead a healthy lifestyle?

### WHO DO WE ASK?

#### Our doctors?

Unfortunately, your doctor is likely to represent the views on diet espoused

by the food (junk) industry, which has a financial interest in unhealthy foods and drinks. Doctors are also strongly bound to and required to prescribe pharma drugs when your diet and lifestyle create the symptoms such as hypertension that can lead to a stroke. If your doctor provides diet recommendations, these will simply be based upon food (junk) industry-influenced guidelines.

I have yet to hear of any doctor demanding that a patient keep to a healthy lifestyle upon the threat of refusing treatment. However, when it comes to pharma drugs, I am continually being told by my readers that when they informed their doctor that they did not want to carry on taking pharma drugs, they were told in no uncertain terms that their doctor would take them off their list if they did not take the drugs.

My opinion is that doctors are "disease care professionals" and should no longer be called "health care professionals".

#### The government?

Like your doctor, the government supports the line of the food industry and the pharma industry, partly because they are an important part of the economy and a large employee base, but possibly because both of these industries have financial links to the political parties. Much worse, they have financial links to individuals in the government and government employees. Even when independent doctors and research groups publish their

findings that show these direct links, all the governments do is pay lip service to lifestyle change, but quietly let it drop at the first opportunity.

#### Dietitians/nutritionists?

Most professional bodies are again influenced by the pharma/food industries and follow the government's food pyramid based upon a so-called "balanced diet". Even those who are thought of as "alternative," such as The Institute of Optimum Nutrition, recommend grains and cereals in their curriculum.

No wonder the incidence of disease, and especially strokes, is on the increase when virtually everyone in authority is supporting one of the main factors in the diet that contributes to disease: grains and cereals.

Since 1993, when I first came across this cause of disease, I have read study after study, which indicate that grains, cereals, potatoes and other high-sugar foods are the prime cause of disease. I have not found any indication of any individuals who have followed my books and whose health did not improve after stopping eating these harmful foods.

### SHORT-SIGHTEDNESS (MYOPIA)

The studies are numerous and varied on the diseases caused by grains and cereals (yes, even whole grains). The craziest example is short-sightedness (myopia). Various studies have showed that societies that do not consume grains and cereals do



not suffer with myopia. When people from these societies start to consume starchy carbs, or move to societies where they are eaten, they have children who suffer from myopia.<sup>2</sup>

Since the increase in eating white rice and adding wheat and other Western junk foods to the diet, even newer studies report up to 90 percent of all school-leavers in major Asian cities are now suffering from myopia. Professor Ian Morgan, who led this study and is from the Australian National University, reported that 20-30 percent was once the average among people in Southeast Asia.<sup>3</sup>

## STROKES

During the years of the Franco Dictatorship in Spain, the population was very poor. After Franco, the World Health Organization followed the health of Spanish people

for 25 years as their diet improved and as potatoes and bread (the main staples of poor people) were replaced with more vegetables. The incidence of strokes went down at the same rate, as similar studies have found.<sup>4,5</sup>

## DIABETES

Many studies show that diabetes can be cleared within 30 days by simply stopping grains, cereals, potatoes and other high-sugar foods and drinks.<sup>6</sup>

## RANT OVER!

Take good care of yourselves,

*Robert Redfern*

**Robert Redfern**  
**'Nutritionalist, Author & Broadcaster'**

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# IODINE DEFICIENCY: AT THE ROOT OF ALL DISEASE?

Everything you need to know about the “missing mineral” that could restore your health

**T**here’s a popular saying in the medical community: “If you hear hoofbeats, don’t look for zebras.” This catchphrase favoured by doctors has been passed down from generation to generation, after the wisdom was first shared in the late 1940s by Dr Theodore Woodward, a professor at the University of Maryland School of Medicine, when he said, “When you hear hoofbeats, think of horses not zebras.”

This clever saying that has taken on a life of its own simply means that, sometimes, the most obvious answer is staring you right in the face. Sometimes, when you are looking at even the most serious health problem, the solution is quite simple.

Another quote that has been widely circulated in online health communities, and that many attribute to two-time Nobel Laureate Dr Linus Pauling, says, “You can trace every sickness, every disease and every ailment to a mineral deficiency.”

Circling back to the hoofbeats Dr Woodward spoke of, Dr Pauling’s quote makes perfect sense. It is entirely possible that many of the common ailments and more complicated diseases that continue to plague our modern society have a straightforward solution. Addressing the root cause of these health problems – by correcting an underlying deficiency – could quite possibly transform health and prevent disease.



## IS IODINE DEFICIENCY DESTROYING YOUR HEALTH?

Iodine is a critical mineral in the body that is often overlooked. There are a few things we know about this essential trace element that can be found naturally in the fertile soil. Iodine is most often associated with the thyroid: roughly 60 percent of iodine in the body can be found in the thyroid gland. We also know that the body can't produce iodine on its own and must get it from outside sources. This may be one prime explanation as to why thyroid disorders and diseases are on the rise.

According to 2011 research published in the *British Medical Bulletin*, "Thyroid disorders are prevalent and their manifestations are determined by the dietary iodine availability."<sup>1</sup> After screening large population samples from the US and Europe, researchers went on to say that the most common cause of all thyroid disorders around the world was iodine deficiency, which can lead to hypothyroidism and goitre. In areas of the world with severe deficiency, most thyroid disorders develop into autoimmune disease.

Like hoofbeats heard in the far distance, the first signs of iodine deficiency can be subtle and easy to miss. If you are not getting enough organic iodine in a form that your body can use, you may start to experience brain fog, brittle nails, cold hands or feet, constipation, depression and anxiety, difficulty swallowing, dry skin, fatigue, hair loss, high cholesterol, susceptibility to colds and flus, insomnia, low libido, lowered immunity, muscle pain and so much more.

Let these short-term symptoms go unchecked, and the hoofbeats will grow louder. Long-term repercussions of iodine deficiency may include cretinism and a higher infant mortality risk, related to deficiency during pregnancy; foetal hypothyroidism that can cause

brain damage; learning disabilities, developmental delays, or mental retardation in children; a higher risk of breast cancer and fibrocystic breast disease; hypothyroidism; general iodine deficiency disorders; and slowed cognitive function for people of all ages.

The frightening reality of iodine deficiency is precisely why doctors push so hard for women to up their intake of the mineral during pregnancy. In 2015, Austrian researchers discovered that, while it is common for some pregnant women to suffer from iodine deficiency, even low levels of this critical mineral should be taken seriously. Iodine deficiency could negatively impact the development of an unborn baby's brain, confirming that women do need to take higher quantities of iodine during conception and pregnancy.<sup>2</sup> Children who did not receive enough iodine in utero have scored worse on literacy tests than their peers.

These findings come on the heels of the "re-emergence" of moderate iodine deficiency in developed countries, discovered by George Washington University researchers in 2013. Because of the compounding research that supports these claims, scientists called for better public health policies to be put in place to address the now widespread iodine deficiency in the US, the UK and other developed nations.<sup>3,4</sup>

Iodine deficiency among babies and children can be damaging to mental development, and iodine deficiency that continues into adulthood can have grave consequences too. For women, iodine deficiency has been linked to breast cancer – women in Japan who eat large amounts of seaweed, a natural source of iodine, have dramatically lower breast cancer rates. Researchers also discovered that breast iodine tissue levels were lower in breast cancer patients compared to women with healthy breast tissue or benign





tumours.<sup>5</sup> Iodine deficiency may contribute to the development of gastric cancer and heart disease, while increasing iodine levels could provide some protection against prostate cancer in men.<sup>6, 7, 8</sup>

Even mild iodine deficiency that can affect the function of the thyroid may be particularly dangerous. In a 2016 study presented at the Endocrine Society's 98th annual meeting, researchers associated having too little thyroid hormone in the blood – including readings within the “low-normal” range – with an increased risk of developing type 2 diabetes among prediabetics. The study, conducted on 8,452 people, found that diabetes risk increased by up to 40 percent for those with reduced thyroid function and prediabetes.<sup>9</sup>

Finally, in 2015, the American Thyroid Association made a big push on behalf of public health, recommending that a daily serving of iodine be added to multivitamin supplements for pregnant and lactating women. Because of these efforts, the US Council for Responsible Nutrition put new guidelines in place, encouraging manufacturers to add 150 µg of iodine to all prenatal supplements.<sup>10</sup>

Public health officials and nutritional organisations are working hard to correct this dangerous underlying deficiency, and

yet, the problem remains. It's not for lack of trying. So many of us are iodine deficient, struggling with chronic symptoms and related disease, because of two common pieces of misinformation circulated in the medical community.

## 2 SURPRISING REASONS YOU'RE STILL IODINE DEFICIENT

When you're looking at the root cause of iodine deficiency, think horses, not zebras. Though top government officials have long been consulting with physicians and racking their brains in the hopes of getting to the bottom of this global iodine freefall, they appear to be missing the simple answer right in front of their noses. There are two main reasons why up to 40 percent of the Western world still suffers from iodine deficiency – both with a straightforward, easy fix.

### 1. Poor diet

Since the human body does not produce the critical mineral iodine on its own, the daily iodine we need must come from an outside source, like food. In a perfect world, eating fresh, whole foods straight from the earth, rich in vitamins and minerals, should be enough to correct any underlying nutritional deficiencies.

But sadly, the world we are living in is far

from perfect. Mineral depletion has been robbing our food supply of vital nutrients like iodine for decades. When University of Texas at Austin researchers examined the nutritional data from 43 different types of fruits and vegetables from 1950 to 1999, they discovered “reliable declines” in a wide variety of the nutrients tested.<sup>11</sup> We could argue that, even when eating the healthiest diet, the daily iodine that you get from food may not be enough.

Unfortunately, we already know that most of us aren't eating really healthy foods each day. Even the introduction of iodised table salt, or processed “junk salt,” has been no help since it contains potassium iodide, known to cause thyroid and liver toxicity in high doses. The Western Un-Natural Food Diet that we have all grown so accustomed to – made up of processed foods that include starchy carbohydrates and sweets at each meal – robs us of vital nutrients and disrupts the healthy digestive process. A processed food diet must be avoided and the gut must be replenished with probiotics that can metabolise nutrients if there will be any hope of iodine being utilised by the body at all.

### 2. Selenium deficiency

There's one more thing you need to know about iodine before you can consider how to get your daily needs met. Iodine only works with the help of its co-factor selenium – another important mineral found in the soil, as well as in water and some foods.

Decades ago, when researchers examined those suffering from selenium deficiency in northern Zaire, what was already considered to be one of the most iodine-deficient regions in the world with a predominance of cretinism, they found selenium to be an “important co-factor” that “plays a definite role in thyroid hormone metabolism in humans.”<sup>12</sup> In addition to regulating metabolism in the body, selenium can also protect against

free radical damage as an antioxidant.

But just like iodine, the body does not naturally produce selenium on its own. And just like iodine and other critical minerals, our food supply may be sorely lacking in the ample amounts of selenium needed to correct deficiency and balance iodine levels in the body. A selenium deficiency may be one of the biggest “hidden” reasons for our global iodine epidemic that continues on without an end in sight.

### NASCENT IODINE CAN “RESET” YOUR BODY

Whether you have been struggling for months or years, an iodine deficiency is never a lost cause. Taking the right form of iodine, along with its critical co-factor selenium, has the potential to minimise most symptoms of iodine deficiency – if not reverse them completely. It’s entirely possible that some unexplainable symptoms, like digestive problems, cold hands and feet, mental health issues, sleep disturbances, swelling and muscle pain, may seem to disappear completely. For other diseases triggered by iodine deficiency that may have already damaged the body, a daily iodine supplement can balance the thyroid and put the body back on the road to recovery.

This brings us to the most important question of all: what kind and how much iodine does the body need each day? Nascent iodine is the consumable, organic form of iodine so many of us have been looking for. Nascent iodine is in its atomic form, as opposed to its molecular form; the iodine atoms in nascent iodine have an incomplete number of electrons so that they hold an electromagnetic charge.

What this simply means is that, when you take this type of iodine, your body will recognise it right away as an old friend. When consumed as a liquid supplement, nascent iodine will immediately be given the “OK” by the thyroid and quickly absorbed into the body. Nascent iodine,

because of its charged state, also creates a huge release of energy when it is diluted with water and consumed. The iodine atoms will gradually lose their energy charge two to three hours after taking the supplement. For this reason, some of the primary benefits of nascent iodine include maintaining normal thyroid and immune function, improving energy levels, aiding in detoxification and supporting healthy metabolism.

Now to the second part of the question: how much iodine does your body need each day? To see maximum benefit, adults can take five drops of nascent iodine in 20ml of water, swished in the mouth for 30 seconds before swallowing, three times each day: morning, noon and afternoon. Children over 12 can take half the standard adult dose of nascent iodine, at two to three drops, two to three times per day. Children under 12 can take half of that dose again, at one to two drops, two to three times per day. Remember, nascent iodine must always be consumed with a selenium supplement in order for it to be activated in the body.

After all these years, Dr Woodward was

### 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. 48 servings per bottle. Gluten-free, suitable for vegans. Selenium and iodine are the “perfect pair.”**



right. When it comes to a modern crisis like iodine deficiency, we don’t have to waste our time looking for the zebras, like the introduction of iodised table salt that caused more harm than good. We only need to stick to the basics – by taking a daily form of iodine that the body can use – to “cure” what ails us.

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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:

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A 10-step plan for Alzheimer's recovery, now including a Caregiver's Diary.



## • Improving Autoimmune Disease in 30 Days

Includes a rehabilitation plan to improve your autoimmune symptoms plus a healthy foods plan.



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## • Improving Fertility in 30 Days

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Balance blood pressure with healthy lifestyle choices and support from essential nutrients.



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A guide to stroke prevention and recovery, with noticeable relief within 30 days.



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How to improve your eye condition naturally by following a healthy lifestyle and supplement regimen.



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Prevention and relief for this common inflammatory lifestyle disease within 27 days.



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# Healthy lunches

Liven up lunch with these healthy options

## ROASTED BUTTERNUT SQUASH AND QUINOA SALAD

Quinoa makes for a protein-packed meal, especially when served with butternut squash, which provides a great source of vitamins A, B6 and E.

**Serves: 6**

### Ingredients

- 1 small butternut squash, about 3 cups, cut into ½ inch cubes
- 4 tbsp olive oil
- 1 cup quinoa
- 2 cups chicken stock, or vegetable stock
- ½ cup dried cranberries
- ⅓ cup chopped Italian parsley
- ⅓ cup thinly sliced spring onions
- ½ cup roasted, salted pumpkin seeds
- ½ cup feta cheese
- ½ cup fresh pomegranate seeds
- Sea salt and pepper
- Pomegranate molasses

### Instructions

1. Preheat the oven to 375°F/190°C/ gas mark 5. Line a baking sheet with parchment paper.
2. Place the butternut squash onto the baking sheet. Drizzle with 2 tbsp of olive oil and sprinkle with sea salt and



pepper. Roast for 25-30 minutes, stirring occasionally.

3. Heat the rest of the olive oil in a saucepan over a medium heat. Add the quinoa to the pan, toast for 3-4 minutes, stirring often. Stir in the chicken or vegetable stock, along with the sea salt.
4. Bring the mixture to the boil. Turn the heat down to low and cover the pan, cooking for 15-20 minutes until the quinoa has

absorbed all of the liquid. Take the pan off the heat and allow the quinoa to rest uncovered for 5 minutes. Fluff with a fork.

5. Transfer the quinoa to a large serving bowl. Fold in the butternut squash, cranberries, feta cheese, parsley, pomegranate seeds, pumpkin seeds and spring onions. Season with sea salt and pepper then drizzle the mixture with pomegranate molasses.



## CAULIFLOWER SOUP

This delicious and healthy cauliflower soup is super-easy to prepare and will yield leftovers for the next day or two.

**Serves: 8**

### Ingredients

- 1 head of cauliflower
- 2 garlic cloves
- 1 green onion
- 1 onion
- 32 oz vegetable broth
- 1 tsp sea salt
- ½ tbsp olive oil

### Instructions

1. In a heavy pot, heat the olive oil over a medium heat. Add in the onion and garlic and cook until softened for 5 minutes.
2. Add the cauliflower and vegetable broth. Bring to the boil, cover and simmer for 15-20 minutes until the cauliflower is softened.
3. Carefully pour the entire contents of the pot into the blender. Add sea salt.
4. Blend until smooth. Serve in bowls, with sliced onion. Enjoy!



# ESSENTIAL FOR MANY THINGS

This vitamin doesn't work alone

**V**itamin D, or the sunshine vitamin, is one we've been hearing a lot about in the news lately. In the past few years, research on this vital vitamin has exploded.

Something as simple as taking a vitamin D supplement each day can have a myriad of benefits – like improving exercise performance and reducing the risk of heart disease, according to a preliminary study presented at the Society for Endocrinology's annual conference in 2015.<sup>1</sup> In 2016, only a year later, University of Leeds researchers confirmed that, yes, vitamin D does have an effect on the heart. A five-year research project showed that taking vitamin D3 each day could help to improve heart function in those with chronic heart failure.<sup>2</sup>

## THE FAT-SOLUBLE VITAMIN

Besides taking on the big job of saving lives, vitamin D has everyday health benefits too. The fat-soluble vitamin that can be synthesised through the skin from moderate, daily sun exposure can help the body to retain muscle strength and mass, as seen in postmenopausal women and in toddlers who might otherwise build body fat early in life.

Vitamin D may support healthy bones, immunity, foetal development during pregnancy, skin health, and blood pressure and blood glucose regulation, relating to type 2 diabetes.

While taking a daily vitamin D3 supplement can provide countless health benefits, these studies are only telling half of the story. While research into the dynamic properties of vitamin D has exploded over the past decade, another complementary vitamin has begun to rise in the ranks.

## VITAMIN K2: A KNIGHT IN SHINING ARMOUR

We now know that while vitamin D3 is undoubtedly vital to the health of the body, it can't accomplish its job in serving and protecting on its own. Vitamin K2 is the critical partner of vitamin D3. Vitamin K2 is required by the body to activate vitamin D3 so that both vitamins can route calcium through the body to improve absorption. It is this "tango" between the two vitamins that must occur in order to build and uphold bone health, potentially reducing osteoporosis risk.

In so many areas of the world, and especially in parts of Europe, we are not getting enough vitamin D3 from the sun as it is. As countless studies have pointed out, we can all benefit from taking a daily vitamin D3 supplement. Research also suggests that taking a daily vitamin D3 supplement with its perfect partner vitamin K2 may make it all the more effective, especially when it comes to protecting the health of the heart.<sup>3</sup>

Taking this duo of protective vitamins in a rapidly absorbing sublingual spray is one of the easiest ways to get your daily dose. Remember, a vitamin D supplement has potential health benefits, but it is only one piece of the puzzle. To have its full effect on the body, vitamin D3 needs its silent partner, vitamin K2, to get the job done.

## Recommended Product

**VITAMIN D-3 AND K-2  
SUBLINGUAL SPRAY™**  
A unique blend of vitamin D3 and K2 in one intra-oral formula. Delivers 1,000IU D3 and 100mcg K2 MK7 per serving (5 sprays). Approximately 30 servings per bottle.



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# SLEEP WELL TONIGHT

There's a simple solution for your restless sleep

**I**t's become a running joke. We're burning the candle at both ends, lighting the midnight oil, sleeping with our eyes open as we stumble into the workplace in the morning. As a culture, it's become expected and even encouraged to go with little to no sleep to get the job done. Those who work late and get to the office early are viewed as industry leaders. If only we could fast forward a few years into the future to see how their health starts to decline once this "no sleep" habit becomes a lifestyle.

## BAD HEALTH? YOU CAN SLEEP IT OFF

With this societal expectation to work, work, work, it almost seems counterintuitive. But research shows that sleep may be exactly what you need to rebalance your brain, improve performance and ward off disease, regardless of your age.

In 2014, when the American Academy of Medicine studied the most sleep deprived group of all – university students – they made a shocking revelation. Compared to the university students who got good sleep, the poor sleepers were more likely to earn worse grades and drop out of class. These sleep issues had the same effect on grade point averages as college binge drinking and marijuana use.<sup>1</sup>

By now, most parents know that "sleeping like a baby" is a myth, but a 2015 study published in *Developmental Neuropsychology* found that poor infant sleep could be a predictor of difficult toddler behaviour.<sup>2</sup> A young adult who has sleeping difficulties may experience chronic pain later on in life, while poor sleep quality may also lead to the onset of cognitive

decline in older men within just three to four years.

As of 2016, sleep disturbances, including insomnia, have been linked to an increased risk of inflammatory disease and death. Researchers have also recently discovered that poor sleep can cause weight gain and increase risk of diabetes.<sup>3</sup> Poor sleep may also be a risk factor for heart attack and stroke.

## A CAT NAP ISN'T ENOUGH

Eating well and supplementing the vitamins and minerals that may be missing from your diet can have a direct impact on how well you sleep – and how your quality of sleep affects your health. Processed, sugary, low-fibre foods have been linked to lighter, more disrupted sleep. Yet a "rest easy" combination of nutrients could help to promote daytime relaxation and healthy sleep patterns at night.

Taken together, L-Tryptophan, L-Theanine, vitamin B6 and vitamin B3 can buffer the fight-or-flight effects of high stress and fluctuating cortisol levels that make it almost impossible to drop off to sleep. Insomnia is one of the most common signs of a vitamin B6 deficiency; likewise, you may experience irritability, nervousness, forgetfulness and insomnia if you are deficient in vitamin B3. More than 50 years of research supports the use of the amino acid L-tryptophan to promote human sleepiness, while a more recent study shows that L-theanine, another amino acid, can safely improve sleep in male children with ADHD.<sup>4,5</sup>

If you can't remember the last time you nodded off without tossing and turning, supplementing with proven relaxation

nutrients before bed can make a world of difference. You may wake up feeling more rested and refreshed than you have in years, all the while knowing that your health is better for it.

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## 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.**



### RELAXWELL

**This super-nutrient formula uniquely combines L-Tryptophan, L-Theanine, vitamin B6 and vitamin B3.**





# THE 'EYES' HAVE IT

## Two super-nutrients hold the key to sight loss

**E**ven as a modern society with limitless technological advancements at our fingertips, we've received some backward information about how we perceive the health of the eyes. Like a permanent wrinkle in the skin that can come with age, we've been urged to accept that our vision will grow worse over time.

But when you take a closer look, so to speak, it becomes crystal clear. The eyes are highly sensitive organs of sight that can respond to lifestyle and nutritional changes, just like all the other organs in the body. As William Bates, an American physician and ophthalmologist who developed the Bates Method in the 1800s

to improve vision by reducing strain on the eye, was quoted as saying, "It is the rule that acute diseases of the lungs, stomach and other parts of the body tend to complete recovery, and the same fact is true of the eye."<sup>1</sup>

### TURNING A BLIND EYE

According to the Royal National Institute of Blind People (RNIB), there are almost 2 million adults in the UK who are living with sight loss – or roughly one in 30 people.<sup>2</sup>

Out of this group, as many as 360,000 people are registered as legally or partially blind. The number of people with sight loss is expected to rise to as many as 4 million in the UK by the year 2050. The RNIB associates this spike in vision loss with an

expanding ageing population, once again linking poor vision with old age.

To call the possibility of age-related sight loss frightening would be an understatement, and a visit to your ophthalmologist may not provide much comfort. Take, for example, a condition like age-related macular degeneration (AMD) – a progressive disease that affects the macula of the eye and is considered to be the third leading cause of blindness around the world.

Your ophthalmologist may tell you that no such treatment exists for early AMD, based on official guidelines from the National Eye Institute (NEI) in the US.<sup>3</sup>

But as we will soon explain with supporting research, we now know that

this is not even close to the truth. Most, if not all, degenerative eye conditions can be prevented, managed and possibly improved with a combination of lifestyle changes and nutritional therapy. As is the case with all dire health issues, early intervention is key. Let an eye disease progress further into old age, and you may be subjected to any number of costly and aggressive medical treatments.

For advanced neovascular AMD, which typically results in severe vision loss, the NEI recommends treatment by drug injection into the eye, retinal laser therapy, or less common laser surgery to destroy abnormal blood vessels in the eye.

## SEEING IS BELIEVING: TWO PROTECTIVE NUTRIENTS TO FIGHT VISION LOSS

Thankfully, there's no need to let it get that far, where invasive surgery is the only thing that stands between you and blindness in old age. Nutritional therapy to restore sight loss is a far more economical and often effective fix to preserve vision at any age, with supporting research to back it up.

### Lutein and zeaxanthin are considered two all-star nutrients for improving and maintaining eye health:

- **Lutein** is a carotenoid that can be found in fruits and vegetables. Acting as an antioxidant, lutein can help to protect healthy cells against outside free radical damage. It's important to remember that the body does not produce lutein on its own – it can be found in large quantities in green, leafy vegetables, like spinach, as well as in high-quality supplements.

For decades, lutein, along with its carotenoid partner zeaxanthin, has been known as one of the most critical eye-care nutrients; both nutrients together have the potential to reduce the risk of chronic eye disease, including cataracts and AMD.

Ten years ago, University of Manchester experts suggested that eating spinach, a

prime source of lutein, could be enough to protect the eyes from AMD, a leading cause of blindness in the Western world.<sup>4</sup> Leading up to their study on AMD, the researchers recommended eating vegetables high in carotenoids or taking a lutein and zeaxanthin supplement. A *Journal of Food Science* study also confirmed that eating plenty of carotenoids, found in colourful fruits and green, leafy vegetables, can increase visual performance with the possibility of preventing age-related eye diseases.<sup>5</sup>

- **Zeaxanthin** was identified more than 20 years ago as one of two carotenoid antioxidants needed to support lens and macula health, along with lutein. Like lutein, the body does not produce zeaxanthin on its own. When observed in nature, lutein and zeaxanthin help to absorb excess energy from light to protect plants from being damaged by the sun – and scientists believe that the carotenoids can have the same “buffering” effect in the human eye.

When Ohio State University researchers conducted a laboratory experiment on human lens cells, they discovered that lutein and zeaxanthin could help to protect the cells of the eyes from ultraviolet light exposure, a leading cause of cataract formation. Even more surprising was the fact that the researchers found lutein and zeaxanthin's protective properties to be almost 10 times more powerful than vitamin E (another eye-protective antioxidant) in shielding healthy cells from UV damage.<sup>6</sup>

While it is always recommended to eat really healthy foods at each meal – like the colourful fruits and green, leafy vegetables that are rich in lutein and zeaxanthin – the most powerful antioxidant dose may come through direct delivery. When lutein and zeaxanthin are taken in a sublingual formula, in combination with other super-nutrients and antioxidants like vitamin A,

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vitamin D, vitamin E, vitamin B6, vitamin B12, biotin, iodine, zinc, magnesium, selenium, and more, their protective potential increases dramatically. Taking lutein and zeaxanthin, along with other nutrients sublingually, may offer 900 percent better absorption than tablets and can reach the eye within only two minutes. This powerful group of nutrients may guard not only the health of the eyes but the health of the brain and the entire body.

Medical experts estimate that as many as 25 percent of people over the age of 65 will experience some form of sight loss but, fortunately, your fate is never sealed. Whether you are 20 or 80, taking the regenerative antioxidants that your eyes need each day can ensure that good health is in sight.

## Recommended Product

### MAXIFOCUS™

**A unique, powerful formula that blends 24 important nutrients, including Lutein, Zeaxanthin and Riboflavin, which contributes to the maintenance of normal vision.**





# HEALTH news

## OMEGA-3S PROTECT AGAINST A FATAL HEART ATTACK

People with high levels of omega-3 fatty acids – either from fish or supplements – are less likely to suffer a fatal heart attack. Strangely, the fish oils don't prevent a heart attack; they just increase your chances – by 10 percent – that you won't die from it. Evidence about the effect of fish oils on heart health has been contradictory, but researchers from Stanford University School of Medicine believe they can finally and definitively say that they have a modest positive benefit.

They took another look at 19 previously published studies that involved 45,637 participants, nearly 8,000 of whom suffered a first heart attack while they were taking part in one of the studies, and 2,781 of these were fatal. Those who had a non-fatal attack seemed to have higher levels of omega-3s, the researchers found; overall, the higher levels meant the person was 10 percent less likely to suffer a fatal attack. Fatty fish, such as salmon, trout, anchovies, sardines and herring, are good sources of omega-3s, and plant-based sources include walnuts, flaxseed oil and canola oil.

## A BRISK WALK FOR 15 MINUTES WILL HELP YOU LIVE LONGER

Exercise is good for us, but how much is enough when we reach the age of 60 or so? Just 15 minutes of moderate exercise every day – such as taking a brisk walk – is enough to keep older people healthy and reduce their risk of premature death, new research has found.

Right now, fewer than half of older people meet the current guidelines, say researchers from the University Hospital of Saint-Etienne, and so they wanted to find out just how little the over-60s need to do in order to reduce the risks of major chronic disease and premature death.

They followed a group of 1,011 people aged 65 for 12 years, and measured the amount of exercise they were having. During the trial period, 88 participants died, and the risk of dying reduced as the amount of exercise increased. Those who exercised the most had a 35 percent lower risk of dying prematurely, while those whose activity levels were low were only 22 percent less likely to die.

The researchers estimate that the optimum amount of moderate exercise works out to around 15 minutes a day or 105 minutes a week, which can be achieved from a brisk walk.

## IT'S ALL IN THE GUT, PART 1: LINK TO MS DISCOVERED

The key to multiple sclerosis (MS) could lie in the gut. Sufferers have levels of good and bad gut bacteria that are different to those of a healthy person, say researchers, and so may not be processing the goodness from foods properly. The next challenge is to understand what came first: did the MS alter the gut "universe", or microbiome, or did a badly-functioning gut cause the MS, say researchers from the University of Iowa Carver College of Medicine.

They've established that MS sufferers have lower levels of good bacteria that help the body process healthy foods, and they suspect a similar imbalance would be seen in the guts of all sufferers of a chronic autoimmune disorder, such as arthritis.

The researchers made their discovery after they examined samples from MS patients and compared them to those taken from healthy people. Now they want to take their research further and study larger groups of MS sufferers.



## IT'S ALL IN THE GUT, PART 2: ME AND CHRONIC FATIGUE MARKERS FOUND IN BACTERIA

Researchers have located biological markers that demonstrate that ME (myalgic encephalomyelitis) and chronic fatigue syndrome aren't "in the head" as doctors often tell sufferers: they're in the gut.

Sufferers have distinctive markers in their gut bacteria and inflammatory agents in their blood, say researchers from Cornell University. The research team successfully diagnosed cases in 83 percent of patients just by analysing stool and blood samples.

Suggesting plenty of rest to sufferers isn't going to make any difference; instead, they need to get their gut sorted with a change of diet or by taking prebiotics or probiotics, says lead researcher Ludovic Giloteaux.

In their research study, the team analysed stool and blood samples from 48 ME/CFS sufferers and 39 healthy controls. Samples from the patients had fewer types of bacteria, and especially those that are anti-inflammatory, compared to the healthy controls, a profile that has also been seen in samples from people suffering from Crohn's disease and ulcerative colitis.

Inflammatory markers were also discovered in the blood samples, which may be the result of a leaky gut that allowed the bacteria to enter the blood supply, the researchers say. Bacteria in the blood could then trigger an immune response, which could make ME/CFS symptoms worse.

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

# WORTH ITS WEIGHT IN SILVER

A new “supercharged” silver technology could change how we treat infection

**Y**east infections of the mouth are notoriously hard to treat. But, in 2012, scientists who were experimenting with silver nanoparticles in a lab discovered something interesting when they pitted common yeast infections of mouth, caused by the pathogenic yeast *Candida*, against silver as an anti-infective agent.

A Portuguese research team from the University of Minho, led by Professor Mariana Henriques and her colleagues in 2011, discovered that silver nanoparticles in different sizes could effectively kill yeasts that cause common, painful infections – like those that affect seven out of 10 denture-wearers. Most often, these yeast infections are exceptionally hard to treat because yeast micro-organisms create a protective biofilm or “shield” around themselves. Researchers confirmed that silver nanoparticles were able to safely break down this shield and could provide a new infection treatment strategy when used in a mouthwash.

## NOT JUST ANY SILVER WILL DO

While the infection-fighting properties of silver are impressive, rinsing your mouth with any old silver is not likely to provide the same health benefits. “Colloidal silver” is a collective term most often used to describe silver solutions sold for health purposes, including the treatment of infection. These colloidal silver concentrations may include silver colloids, ionic silver compounds, or silver compounds bound to proteins in a solution of water.

But with the popularity of a broadly-reaching product like silver comes a great potential for danger. In 2012, the Norwegian Institute of Public Health put silver nanoparticles under the microscope once again, learning that these nanoparticles

could cause even more damage to testicular cells than titanium dioxide nanoparticles – while both particle types could affect male fertility. As primary study author Nana Asare pointed out, “It seems that the type of nanoparticle, and not the size alone, may be the limiting factor.”

## GOOD HEALTH HAS A SILVER LINING

Researchers have cautioned us to focus on silver technology, both for its safety and efficacy. While many health companies formulate their silver using centuries-old techniques, newer and more superior silver technologies have arisen on the market. The new, advanced, and patented SilverSol® Technology has extensive research behind it – with more than 20 safety reports and test series, along with the first ever FDA-cleared, double-blind, human ingestion toxicity study performed on any silver product, to back its use. This 2014 study found the haematologic, metabolic, and urinalysis effects of the SilverSol® Technology to be safe, without any morphological or structural changes detected in the heart, lungs or abdominal organs.

SilverSol® Technology has hit the mark it aimed for – forever changing the nano silver market by providing a safer, more powerful and more affordable alternative to the commercial silver products that don’t have the same supporting research. SilverSol® Technology has been formulated as user-friendly to make it easy to use each day. SilverSol® can be applied to the skin as a soothing and renewing gel at up to 24 ppm silver solution; a 10 ppm SilverSol® oral spray can provide direct delivery to “supercharge” the immune system and reduce fatigue. SilverSol® products are safe for the whole family.

Using silver to strengthen the body and fight infection is an age-old practice that has improved by leaps and bounds with the recent technological advancements made



in the new millennium. The silver we use today is not the same silver we used to treat illness in the 1900s. Today’s silver is safer and more potent, with the latest research proving it can still be used as an effective alternative to antibiotics.

## Sources

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)

## Recommended Products

### HYDROSOL SILVER SPRAY/GEL

The most researched silver supplement on the market – safe for all the family. The spray delivers 10ppm and the gel delivers 24ppm.



### SILVERSol® TOOTHGEL

This product delivers 22ppm silver with natural Xylitol (birch) peppermint and comes in BPA-free packaging.



### SILVERSol® BIOTICS® HAND AND BODY LOTION

This calming and regenerative lotion is made with SilverSol® Nano Silver, considered to be the next generation of silver products.



### MSM+SILVER™ DROPS

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







# ONE ENZYME

## *six “miraculous” health benefits*

### The science on Serrapeptase is simply amazing

**I**n the health world, and especially when talking about supplements, using a word like “miraculous” can be risky. Is there really such a thing as a “miracle ingredient” that has the power to transform health and even save a life?

Users of the anti-inflammatory enzyme Serrapeptase insist that this is true, and the science seems to agree. Ever since this busy little worker enzyme was discovered in the 1970s, it has turned the natural health industry on its head. Never before had we seen a single ingredient that had the power to relieve inflammation

associated with some of the most painful chronic diseases. Never before had a single enzyme demonstrated its ability to break down and dissolve non-living tissue in the body to restore balance and relieve swelling, aches, pains, headaches, tenderness, heart issues and much more – all with scientific backing.

#### **SERRAPEPTASE SPELLS “SWEET RELIEF”**

Compared to other centuries-old ingredients, herbs and natural remedies, Serrapeptase is relatively new. It has only been within the past 40 years,

after doctors in Europe and Asia began prescribing the enzyme to their patients, that research started to catch up with the “miracle” being witnessed in the human body.

Serrapeptase is a protease-type enzyme that can stop inflammation and dissolve non-vital tissue in the body. This critical role is important, perhaps the most important takeaway of all if you hope to understand the effect that Serrapeptase has on human health. You see, it is unresolved inflammation that can contribute to the early stages of disease in the body, as scientists explained in an ILSI Europe article published in the *British Journal of Nutrition* in 2015.<sup>1</sup>

Inflammation is the body’s natural

defence against the outside world, researchers say, but when regular levels of inflammation run out of control, chronic disease becomes a distinct possibility. Healthy, acute inflammation that the body uses to fight off an attack and restore health may be caused by irritation, infection or injury. When the problem is healed, then inflammation naturally subsides. Unhealthy levels of inflammation, or chronic inflammation, are the precursor to disease. Inflammation that spreads like wild fire through the body without an end in sight can be caused by a number of lifestyle factors, including eating sugar and starchy carbohydrates; eating foods that contain GMOs, pesticides, or gluten; obesity; stress; and even free radical damage from the outside environment. (It should be noted that most of these inflammatory lifestyle factors are within our control.)

Inflammation may be a fact of life, but chronic inflammation is always a cause for concern.

As researchers explained in the British Journal of Nutrition article, poor nutrition can also contribute to dangerous levels of chronic inflammation which, again, may be exacerbated by a processed food Western diet. Linköping Universitet researchers discovered in 2014 that a low-carbohydrate diet (i.e., reduced or eliminated starchy carbs) can help to reduce levels of inflammation in patients with type 2 diabetes, largely considered a lifestyle disease.<sup>2</sup> When it comes to chronic disease, there is no doubt that this chronic inflammation can affect every healthy functioning system in the body – in 2016, German researchers even found a brain inflammation marker in those in the early asymptomatic stages of Alzheimer's disease.<sup>3</sup>

Once we understand the need to quench this fire in the body, otherwise known as chronic inflammation, the

cooling and calming effect of an enzyme like Serrapeptase becomes all the more important. The powerful Serrapeptase enzyme was originally found in the intestine of the silkworm, where it is produced by *Serratia* bacteria. The silkworm uses this inborn enzyme to literally dissolve its way out of its cocoon, so that it can break free and take flight. (NB It is now grown in the laboratory and never obtained from silkworms.)

While there are countless enzymes found in nature, used to digest food, break down toxins, cleanse the blood, support immune health, contract muscles, process carbon dioxide and more, Serrapeptase as an enzyme is entirely distinct. Enzymes are the life force in our natural world, working around the clock to build, convert and regenerate. But, unlike the thousands of biological enzymes that have already been discovered, Serrapeptase can melt and clear dead, or unnecessary, tissue in the body in the same way it is used by the silkworm to break down its cocoon.

Serrapeptase has been primarily used to dissolve non-living tissue, cysts, blood clots, arterial plaque and inflammation, as part of a healthy lifestyle plan. Its application is broad and diverse, and new testimonials from doctors and patients are being shared month after month, year after year. With more than 23 scientific studies to back its use, Serrapeptase has reported benefits when used in cases of bronchitis, emphysema, asthma, heart disease, periodontal disease, psoriasis, blocked fallopian tubes, liver disease, cataracts, stroke, laryngitis and so much more.

## 6 PROVEN WAYS SERRAPEPTASE CAN IMPROVE YOUR HEALTH

If you take a moment to wade through all the Serrapeptase reports and research (which we are happy to review and condense on your behalf), you'll notice one common theme amongst almost all

Serrapeptase users. Many patients were at the end of their rope. A great many people had been struggling with chronic health problems for years, without finding a treatment that worked. In some cases, symptoms of "mysterious" illness that did not have a known cause were cleared up completely – all with the help of one anti-inflammatory enzyme that many people had not heard of, until now.

From minor complaints to major health issues, here is what the research has to say about the powerful, potent proteolytic enzyme that is Serrapeptase:

### 1. Alzheimer's disease

The latest Serrapeptase research confirms what many doctors who have been prescribing the enzyme for decades have long suspected: Serrapeptase may even have a beneficial effect on brain health. Researchers who studied Serrapeptase and Nattokinase (an enzyme from the Japanese food natto) found that taking these proteolytic enzymes orally could help to modulate certain factors that characterise Alzheimer's disease. Serrapeptase, taken along with Nattokinase, could prove therapeutic in the treatment of Alzheimer's.<sup>4</sup>

### 2. Antibiotic resistance

Antibiotic resistance is a growing epidemic and may be especially dangerous among young children. Researchers believe that Serrapeptase may help to fight the takeover of the "superbug" – by working as an anti-infective agent to prevent antibiotic resistance from being spread further. 2013 study results suggest that Serrapeptase may even hinder the entry of Staph into human tissue.<sup>5</sup>

**Sandra from Canada says, "My runny nose was getting on my nerves, and I was sick of the doctors giving me medication and brushing off my questions as to why it wasn't working. I took 80,000iu**





Serrapeptase and I've been feeling much better ever since. Thank you."

### 3. Asthma

In one of the ground-breaking, original Serrapeptase studies that dates back to 1972, researchers discovered that the anti-inflammatory enzyme can help to support sputum dissolution in patients who have bronchial asthma.<sup>6</sup> For asthma sufferers in particular, this kind of relief is welcome news – with the potential to clear all mucus, inflammation and dead scar tissue that can reside in the lungs. Serrapeptase may also provide potential benefits for the clinical treatment of chronic airway disease, chronic bronchitis, and COPD.<sup>7</sup>

Reg W. says, "I took Serrapeptase, one capsule (80,000iu) three times per day for asthma, which I have recently developed, but it didn't seem to make a great deal of difference. I have now doubled that dose

and find it makes an enormous difference. I can breathe reasonably freely again – though at my age (86), I am not playing soccer. I look forward to even better results shortly."

### 4. Carpal tunnel syndrome

For aches, pains, stiffness and joint mobility issues of any kind, Serrapeptase has a remarkable effect. Almost two decades ago, researchers in India discovered the potential for a new treatment for carpal tunnel syndrome, a pain condition where the median nerve in the wrist is compressed because of swelling or inflammation. Serrapeptase administered as an anti-inflammatory seemed to work wonders for many carpal tunnel sufferers in the study, so much so that researchers considered it a "useful alternative mode of conservative treatment".<sup>8</sup>

Mary says, "I have been taking Serrapeptase 250,000iu twice a day for carpal tunnel, and it has helped tremendously."

Eliza says of her experience in using Serrapeptase for her four-year-old son's juvenile arthritis, "He was struggling for the longest time to walk properly due to the pain and inflammation in his knee joint. I'm pleased to say that the pain has reduced by half, and he is beginning to walk again and regain his strength once more."

### 5. Healing

Serrapeptase's ability to clear dead and non-living tissue can help to promote the natural cycle of healing in the body, for injuries large and small. When serratia protease (another name for Serrapeptase) was administered as an anti-inflammatory oral drug to scalded rats, it helped to

repress the activation of fibrinolysis (a normal body process that prevents blood clots from growing) caused by the burn.<sup>9</sup> Researchers confirmed in 2011 that Serrapeptase can help to improve wound healing.<sup>10</sup>

Sylvia of London recounts, "My lymph glands were swollen for weeks, and then I got an infection. I was beginning to worry that they might never go down, and I was wondering what would be best to do. I have been taking Serrapeptase and I have noticed that the swelling has decreased dramatically, which has been a relief."

## 6. Sinusitis

Primarily because of its use as an anti-inflammatory, Serrapeptase is considered by many physicians to be a "frontline" treatment for chronic sinusitis.<sup>11</sup> Serrapeptase may even provide relief for a full spectrum of inflammatory ear, nose and throat issues, including sinusitis, laryngitis and catarrhal rhinopharyngitis (the common cold). Serrapeptase's fibrinolytic, anti-oedemic and anti-inflammatory activity can help to quickly clear inflammation in both acute and chronic disorders of the ear, nose and throat.<sup>12</sup>

Matt says, "Well, here I am two weeks in and report as follows: sinuses and nose feel completely clear, almost as if there was never anything wrong with them. I've lost a good half stone in body fat or thereabouts; my smell and taste are back to normal too – it feels great!"

## THE SMART DOSE

This powerful gift from the silkworm proves that big things come in small packages. That is to say, a higher dose of Serrapeptase at up to 250,000iu can be even more effective at clearing and balancing the body, ideally for more serious health issues related to the heart, brain, gut and lungs. To remedy minor aches and pains, relieve lower levels of inflammation, and maintain good health, a lower dose of Serrapeptase at 80,000iu can be taken daily.

A higher dose of Serrapeptase has proven effective time and again to clear serious health problems, including some conditions doctors have deemed "incurable". In over 10 years of taking Serrapeptase at a high dose, there have been zero reports of any adverse side effects, save for a few cases of discomfort from those with previous issues in the digestive tract. To relieve chronic inflammation in the body that can ultimately lead to chronic disease, more may be better.

As the saying goes, "To change your life, you must change your habits." A daily Serrapeptase "habit," combined with an anti-inflammatory lifestyle, is almost always guaranteed to bring about some change in your health.

## Recommended Products

### BLOCKBUSTER ALLCLEAR™

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 and the addition of 350mg of MSM. Phthalate-free.



### SERRAENZYME™ 250,000IU

The world's strongest Serrapeptase delivering 250,000iu Serrapeptase per cap. Available in 90 or 30 capsules (trial size) for serious health support and in a delayed-release cap for optimum performance. Phthalate-free.



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- ✓ 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!



# YOU ARE WHAT YOU DIGEST

Eating fruits and vegetables can make you happier – if you can digest them

**W**hat you eat matters. Something as simple as eating more fruits and vegetables each day can trigger a cascade of health benefits – a really healthy foods diet, similar to the Mediterranean diet rich in fruits, veggies, nuts, legumes, healthy fats and healthy carbohydrate alternatives, has been proven to protect both the body and the brain from illness, even preventing depression.

## THE SECRET TO A LONG AND HAPPY LIFE

University of Warwick researchers believe that fruits and vegetables have such a beneficial effect that eating up to eight servings a day could make you happier.<sup>1</sup>

Only a few years ago, researchers from University College London asserted that eating seven or more servings of fruits and vegetables a day could reduce the risk of death at any given point by 42 percent, compared to eating less than one serving a day.<sup>2</sup>

Happiness and a long life – who could ask for more? But what if your body isn't fully equipped to absorb the nutrient-rich fruits and vegetables that you eat?

For many of us, the promise of a full and fulfilling life remains just out of our reach because we aren't able to digest the healthy foods we eat. Unfortunately, digestive enzymes in the body decrease with age. And with each passing year, your digestive system may be less able to break down, absorb and utilise the nutrients in the fresh foods you eat, unless it receives outside help.

## CHEW ON THIS: DIGESTIVE ENZYMES KEEP THINGS MOVING

Specific enzymes released in the digestive process have their own unique jobs. If you have noticed that your digestion has slowed down with age, as digestive enzymes naturally start to decrease, you may find it harder to digest protein, fat and carbohydrates than it was only years ago.

Three main digestive enzymes are released by the pancreas to help break down food that enters the small intestine: protease to digest protein, lipase to digest fat and amylase to digest carbohydrates.

Supplementing these essential digestive enzymes, along with peptidase and protease to improve gluten digestion, could mean the difference between processing and *completely absorbing* the nutrients you eat.<sup>3</sup>

A full spectrum of digestive enzymes is important to take at each meal to give the body an extra digestive boost for proper breakdown and absorption. Digestive enzymes taken with inulin, a naturally occurring polysaccharide and prebiotic, can strengthen digestion even further by stimulating the growth of good bacteria in the gut. In 2015, the prebiotic inulin was also proven to promote weight loss and reduce prediabetes risk factors.<sup>4</sup>

With your health hanging in the balance and your happiness on the line, more efficient digestion may be the answer you have been looking for all along. Even eating the healthiest diet may not be enough if you are not able to digest and absorb the foods you eat.

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## Recommended Product

### ESSENTIAL DIGESTIVE PLUS™

This is a newly formulated professional strength enzyme complex combining the power of all the important digestive enzymes with Fruta-Fit® Inulin. Contains the Lactase enzyme which improves lactose digestion in individuals who have difficulty digesting lactose and now comes with Peptidase and Protease for improved gluten digestion. Take with every meal.





# *The healthiest way to start your day?*

When ordinary oats just don't cut it



**W**e've all heard that breakfast is the most important meal of the day, and while some journalists and health experts contend that a morning meal is overrated, it's hard to ignore the research that supports starting your day right.<sup>1</sup>

Here's what we know about how "breaking your fast" can affect the body after a full night of sleep. Most of us are likely to wake up in the morning with a rumbling stomach, but a breakfast rich in protein can help to stabilise the appetite all morning long. In 2015, a study published in the *International Journal of Obesity* expanded further on these findings, confirming that a high-protein breakfast – at roughly 35g of protein – could prevent body fat gain, manage blood glucose levels and reduce daily food intake and overall hunger in overweight teens who frequently skipped breakfast.<sup>2</sup> Breakfast also has a significantly positive association with educational

outcomes and may increase activity levels among obese people.

## **THE BIG BREAKFAST "TRAP"**

Reading these studies at face value is exciting, but of course, there's always more to the story. In order to reap many of the benefits mentioned above, and more, it truly matters what is on your plate – for breakfast and for all meals of the day.

As a Western society, we have unfortunately become accustomed to eating starchy carbs at every meal. These empty, processed foods may include breads, white rice, refined and wheat pastas, and the baked goods, cereals and pastries found on the breakfast tray. Speaking of the obesity that breakfast may help to prevent, health experts in a 2015 *British Journal of Sports Medicine* editorial blamed our modern diet, in the form of excess sugar and starchy carbs, for the growing obesity epidemic instead of a lack of physical activity.<sup>3</sup> Sugary foods and starchy

carbohydrates that trigger inflammation in the body may be the driving force behind the surge in modern, inflammatory chronic disease.

Connecting the dots, it would be safe to say that you won't receive health and weight loss benefits from breakfast if you are not eating a nutritious morning meal. Processed foods high in sugar and starchy carbohydrates seem to cancel out the effects of breakfast by promoting instead of discouraging obesity, also considered an inflammatory disease.<sup>4</sup> Sugary, high-carbohydrate breakfast foods, like pancakes and syrup, are also very low in the protein needed to stabilise energy levels and control hunger throughout the day.

## **ROLLED OATS TO THE RESCUE**

Oatmeal has long been touted to be a healthy breakfast alternative, but this is again where many misconceptions lie. A box of instant oatmeal may claim to be "good for you," branded with the seal of an official

medical organisation, when in reality, it could be just as devoid of nutrients as a pancake or doughnut.

Like so many other breakfast foods, such as pancake mixes, instant oatmeal must be processed before it can hit the shelves. Normal oats used for packaged oatmeal are first steamed and then turned into flakes. Compare this to organic oats that are rolled and then sprouted to unlock vital nutrients, and you will see the distinct difference between the two. Sprouted organic oats are nutrient-dense and considered a “living” food. Once oats or another grain have been sprouted, their nutritional benefits soar – lowering starch content and increasing proportions of protein, vitamins and minerals.

## BACK TO SCIENCE CLASS

To better understand sprouting, it helps to go back to science class. The packaged grains you see available for purchase, like corn, wheat, rice and oats, are actually the fully mature yet dormant seeds of cereal grasses. When these seeds are placed in the right environment where they are allowed to sprout, young plants can germinate and bring the seeds to life, just as they would in nature. Sprouting grains automatically decreases the anti-nutrients found in plants, needed to protect against pests and predators by making them sick, so the grains are easier to digest.

Researchers confirmed over 20 years ago that sprouting can lead to “improvement in the contents of certain essential amino acids, total sugars and B-group vitamins.”<sup>5</sup> Oats that are steamed before processing, instead of being sprouted first, are more likely to lose their bioavailability of valuable, protective nutrients. In a 2009 study on how different cooking methods can change the chemical composition of broccoli, researchers found that exposing a raw plant food (like broccoli) to high temperatures could affect nutrient content and health-promoting compounds, including vitamin C, carotenoids, polyphenols and glucosinolates.<sup>6</sup>

“Historically, many of our grains sprouted accidentally, a happenstance that modern techniques have largely eradicated. Now,

however, we’re learning that we may be missing out by turning our back on sprouting; new techniques of controlled sprouting give us the best of the past, for better health,” the Whole Grains Council explains. “Sprouting grains increases many of the grains’ key nutrients, including B vitamins, vitamin C, folate, fibre and essential amino acids often lacking in grains, such as lysine. Sprouted grains may also be less allergenic to those with grain protein sensitivities.”<sup>7</sup>

Researchers saw the perfect example of this in a study published in the *Journal of Agricultural and Food Chemistry* in 2014. When examining sprouted garlic bulbs that were normally thrown out as “expired,” the scientists found sprouted garlic to have higher antioxidant activity, with more heart-protective properties, than fresh, un-sprouted garlic bulbs. Garlic sprouted for five days had notably higher antioxidant potential and different metabolites created from the sprouting process.<sup>8</sup>

Unlike packaged oatmeals sold at the supermarket, sprouted oats have retained and even increased their nutritional value. Organic sprouted oats are also naturally gluten-free, while many commercial oats have been found to contain gluten because of cross-contamination. Even in those who don’t have coeliac disease, gluten can irritate a healthy gut and contribute to inflammation in the body.

Ultra-nourishing sprouted oats can still be used to make your favourite bowl of porridge for breakfast. And like ordinary

oats, sprouted oats can be used in a wide variety of recipes too, to make healthier smoothies, soups, salads, pancakes, baked goods and more.

If you want all of the proven benefits your morning meal has to offer, it really does matter what’s on your plate. Using the ancient process of sprouting to “activate” nutrients, sprouted organic oats are highly nutritious and easy to digest. With 16g of protein per 100g serving, sprouted oats can also help you to meet your high-protein breakfast needs to curb hunger and promote weight loss, when paired with another really healthy food like organic, free-range eggs; chia seed pudding; or a milk kefir smoothie.

Once you’ve had a delicious bowl of “living” oats in the morning, you too might agree: there are some foods that taste as good as being healthy feels.

## Recommended Product

### REALLY HEALTHY™ ORGANIC OATS - GLUTEN-FREE

**These super healthy and super delicious organic oats are sprouted to unlock vital nutrients, bringing the rich and creamy oats to life. Nutrient-dense oats that are sprouted have a fuller oats flavour and are easier for the body to digest.**



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# OUR FURRY FRIENDS ARE SUFFERING IN SILENCE



## Is your pet getting the nutrients it needs?

**I**t's no wonder you see so many dogs at the dog park – and so many cat pictures on Facebook. Pet owners have confessed that they love their furry companions as much as or more than their family members, in some cases.

This news may come as a shock, unless you happen to be a pet owner who is totally head over heels for your “fur baby” at home. The pet subscription box service PoochPerks.com confirmed this much was true in 2015 when they conducted a survey on 1,000 dog owners. The survey results showed that 38 percent of pet owners loved their dog more than their spouse or partner.<sup>1</sup>

When it came to rating the pain of losing a pet compared to a relationship break-up, the results were similar. Pet owners rated the pain of a runaway dog at 9.1 on a scale of 1 to 10, compared to an 8.8 for a break-up.

A *PLoS One* study conducted in 2014 took it a step further. The researchers from Massachusetts General Hospital found a strong connection between a person's love for their pet and the love for a child. Proving that animals really can become like our children, the scientists used a brain imaging study to detect that the brain network regions for reward, emotion, visual processing, social cognition and affiliation were activated when women viewed pictures of both their child and their dog.<sup>2</sup>

### MAN'S BEST FRIEND DESERVES ONLY THE BEST

We place high priority on the healthcare of our family members, but oddly enough, it's our pet's health that can often fall by the wayside. Maybe it's because, until recently, there was a social stigma associated with loving a pet like a member of the family – which the latest research has now disproven.

Today, we are only just beginning to develop a regular pet care standard that values each dog, cat, horse and other animal as a true part of the family. Our pets deserve the best when it comes to fresh food, exercise, bonding, relaxation and especially nutrition. Taking simple steps to improve a pet's health can not only increase quality but length of life. Research also suggests that pet loss can mimic many of the traditional bereavement patterns experienced after losing a loved one, with up to a third of pet owners feeling significant grief that lasts six months or longer.<sup>3</sup>

You may love your pet like family, but the distinct difference between a pet and a partner, a sibling, or a child is that your pet can't speak up when they are in need of help.

If your child is sick, it's fairly easy for you to read the cues and ask them how they are feeling, before deciding to schedule a

visit to the doctor. If your partner is feeling sluggish, lethargic and less than their best, you may work together to start a new diet and exercise plan. But remember, our beloved pets don't have voices. It's our job to watch them carefully and act on their behalf whenever they are not feeling well.

Pre-emptively, there are several things that you can do to make sure your pet's health stays on track. We consider these tips to be the basics of good pet care, to improve daily life and even save on costly vet visits when health problems go undetected.

### PET-FRIENDLY NUTRITION, MADE EASY

Just like people, pets can benefit from daily nutritional support to correct deficiencies, manage illness and achieve optimum health:

#### • Anti-inflammatory enzymes –

Serrapeptase is a known anti-inflammatory enzyme that cleans and clears unwanted debris and dead cells in the body, providing a much-needed internal "spring clean" for all of our animal friends.<sup>4</sup> We have seen Serrapeptase treat a number of debilitating conditions in ageing dogs, cats and horses, including the inflammation associated with arthritis. Toni says, "I put my 11-year-old lab-mix on your 80,000 units of Serrapeptase twice a day back in February for arthritis in his front legs. It took a few weeks, but it has made a big difference; he no longer limps at the end of an active day and no pain meds are required."

• **Probiotics** – In the past decade, probiotic use has exploded among people looking to improve their health, and beneficial bacteria can provide the same gut-protective benefits to our animals too. University of Cork scientists have successfully used probiotics against a number of animal diseases to better understand how probiotics can prevent and treat diseases in humans.<sup>5</sup> A daily

probiotic for pets can strengthen the gut and also help to relieve digestive discomfort, like gas and bloating.

• **Digestive enzymes** – Probiotics are needed to provide a big boost of beneficial bacteria to regulate the health of the gut, while digestive enzymes can help a pet to better break down the food it eats.<sup>6</sup> Similar to modern human diets, modern pet diets are much different from what animals ate centuries ago. There's every chance that your pet may be lacking the critical digestive enzymes that help to break down and absorb nutrients in food, leading to underlying deficiency. Digestive enzymes may also help to relieve acid reflux, bad breath, unpleasant stools, undigested food in stools and vomiting in pets.

Along with the potential to enjoy more years together, there's another big bonus to making your pet's health a priority. Improving your pet's health may have an impact on the health of the entire family. In 2016, University of Massachusetts Medical School researchers conducted a fascinating study on how caring for pets could affect children with type 1 diabetes. The children who actively cared for the family pet saw direct benefits to their own health, making them 2.5 times more likely to maintain healthy blood sugar levels compared to kids who did not care for a pet.<sup>7</sup>

### Recommended Products

#### ESSENTIAL DIGESTIVE PLUS™

Combines the power of x8 digestive enzymes, important for your pets and animals. Break open and mix with food.



#### SERRAPET™

The number one Serrapeptase for animals, delivering 80,000IU's Serrapeptase per tablet. Also known as The 'Miracle' Enzyme, Serrapeptase can help a whole host of health conditions. SerraPet is suitable for all animals, including horses, dogs and cats. It is being used by vets and is the Serrapeptase trusted to deliver the best results.



#### 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].



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# Can curcumin cure all?



Why scientists are backing the “Indian solid gold”

**T**he year 2012 was a significant one for the ancient spice curcumin. In February 2012, researchers from Thomas Jefferson University’s Kimmel Cancer Center in the US, with study results reported in *Cancer Research*, found irrefutable evidence for the use of this natural anti-inflammatory spice as a potential cancer treatment.

The researchers, led by Dr Karen Knudsen, Professor of Cancer Biology, Urology, and Radiation Oncology at Thomas Jefferson University, were studying the effects of curcumin, which you may already know as the active component of the popular Indian curry spice called turmeric. In a pre-clinical study, the research team observed that the curcumin compound was able to suppress two nuclear receptor activators in the body (p300 and CPB) that can work against ADT, or androgen deprivation therapy, used for patients with prostate cancer. Curcumin was able to hinder prostate tumour growth, by

inhibiting both cancer cell cycle and survival.<sup>1</sup>

“This study sets the stage for further development of curcumin as a novel agent to target androgen receptor signalling. It also has implications beyond prostate cancer since p300 and CBP are important in other malignancies, like breast cancer. In tumours where these play an important function, curcumin may prove to be a promising therapeutic agent,” Dr Knudsen said.

That’s not all – in October 2012, the Ludwig-Maximilians-Universität (LMU) in Munich again tested how this curious spice compound would react in the presence of cancerous cells. Once more studying prostate cancer that is most often diagnosed after spreading throughout the body to form metastatic tumours on other organs, a German research team led by Dr Beatrice Bachmeier analysed curcumin’s ability to inhibit malignant cancer growth.

Curcumin, already known to inhibit inflammation in the body, was of special interest in the face of both prostate and

breast cancers. According to the research team, breast and prostate cancers are often associated with chronic inflammation in the body, with tumour cells that may produce pro-inflammatory immunomodulators. With that in mind, the researchers proved that curcumin could decrease two specific inflammatory proteins in mice – correlated with a greater decline in metastases in the body. German researchers considered the anti-inflammatory compound curcumin useful in breast and prostate cancer prevention, both largely inflammatory cancers.<sup>2</sup>

“This does not mean that the compound should be seen as a replacement for conventional therapies. However, it could play a positive role in primary prevention – before a full-blown tumour arises – or help to avert formation of metastases. In this context, the fact that the substance is well-tolerated is very important, because one can safely recommend it to individuals who have an increased tumour risk,” Dr Bachmeier said.

## THE INDIAN SUPER-SPICE

Curcumin's modern-day power is undisputed in scientific communities, with the two prominent cancer studies listed above being just the tip of the iceberg. Curcumin is the health-promoting chemical compound in turmeric responsible for giving the spice its deep, golden, yellow colour. You may have enjoyed curcumin, found in turmeric, many times before if you have eaten diverse dishes like Thai curry, Caribbean curry, Indonesian chilli paste and yellow rice and garam masala from India.

Curcumin as turmeric may be found in food, and it can also be isolated as a phytochemical belonging to a class of compounds known as curcuminoids. It is this isolated form of curcumin that is even more powerful, as evidenced by the many scientific studies that back its use.

A natural extract that was first used as a folk remedy in India more than 5,000 years ago has now been proven to offer some treatment for Alzheimer's disease, fight drug-resistant strains of tuberculosis, protect premature infants' lungs, relieve pain associated with tendinitis, and even delay damage leading to cirrhosis of the liver.<sup>3,4,5,6,7</sup>

Now it makes sense why researchers have called the spice "Indian solid gold". In a 2007 study titled with the same name and published in the *Advances in Experimental Medicine and Biology*, scientists analysed the extensive research that has spanned the last half century, proving curcumin's role as an antioxidant, antiviral, antibacterial, antifungal, anti-inflammatory and anti-cancer agent in some cases of allergies, arthritis, Alzheimer's disease, diabetes, various malignant diseases and other chronic illnesses. The study concluded, "Considering the recent scientific bandwagon that multi-targeted therapy is better than mono-targeted therapy for most diseases, curcumin can be considered an ideal 'Spice for Life.'"<sup>8</sup>

In addition to fighting whole-body inflammation with preventative factors for chronic disease, curcumin may also

help to support joint and muscle health, aid in detox by optimising liver function, maintain heart health, enhance and balance the mood, reduce premature ageing in the skin, and offer some weight loss benefits when combined with a healthy diet and exercise plan.

## TURMERIC IS NOT CURCUMIN!

Curcumin and not the food spice turmeric has become a prize-fighter in the battle against inflammation, undoubtedly supported for its ability to shield against chronic disease. Turmeric only contains a spec of Curcumin but as the old saying goes, "The proof is in the pudding." That is to say, you may not see many of the "miraculous" results associated with curcumin from eating turmeric in food or from taking a supplement at a low dose.

Ordinary curcumin is available as a supplement extract, but thanks to great advancements in nutritional science, a new form of curcumin can be taken that is up to 45 times better. A patented form of curcumin called Meriva® has been combined with lecithin to increase

Meriva® improved curcuminoid plasma levels by 20-fold and curcumin liver levels by much more than 20-fold in rats, compared to a standardised curcumin extract.<sup>9</sup> Meriva® curcumin may be 20 to 45 times better utilised by the body.

Even in light of such compelling research, we prefer to let the health results speak for themselves. Hardy tells us, "As I wrote last time, I just want to let you know that my cancer count dropped down to 11 from 59 since [taking] the curcumin. I just took another blood test and will let you know. I do feel this time it will be zero."

## Recommended Product

### CURCUMINX4000™

Each capsule of **Curcuminx4000** contains **200mg of highly effective Curcumin Phytosome**, which in a recent published study showed an increase in utilisation of 29 times compared to ordinary Curcumin.



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# 7 WARNING SIGNS OF *“bad lungs” most people miss*

Can you remember what it feels like to breathe easy?

**B**reathing is one of the most vital body functions that we take for granted. This is a phenomenon every person experiences – we don’t have the time or the concentration to focus on each breath we take in and out, day after day. Yet, without us even realising it, our lungs take up to 20 breaths a minute to keep us alive.

In just a single day, the average person may breathe in close to 11,000 litres of air. Breathing in and out, hour after hour, can quickly add up to as much as 20,000 breaths a day. Crunching the numbers puts it all in perspective: we don’t give our lungs nearly enough credit. We may focus on improving our health in almost all other areas – the brain, the heart, the gut – while these two powerful living engines take a backseat.

## WHAT HAPPENS WHEN HEALTHY LUNGS GO TO WASTE

Like so many other parts of the body, internal and external, the lungs begin to deteriorate with age. But unlike some other vital organs, ageing can actually cause the lungs to shrink, often from lack of use, inflammation, poor nutrition and poor breathing patterns over time. The Forum of International Respiratory Societies (FIRS) estimates the global impact of lung dysfunction, and particularly the five main respiratory diseases of COPD (chronic obstructive pulmonary disease), asthma, respiratory infections, tuberculosis, and lung cancer, to be massive – combined as the leading cause of death and disability.<sup>1</sup> This is likely because we have not been taught how to properly care for these fragile organs that give us life.

The FIRS Respiratory diseases in the

world report states, “Respiratory disease causes an immense worldwide health burden... Infants and young children are particularly susceptible. Nine million children under five years of age die annually, and lung diseases are the most common causes of these deaths.”

“Healthcare costs for respiratory diseases are an increasing burden on the economies of all countries. For example, the annual cost of asthma in the USA is estimated to be \$18 billion. If one considers the lost productivity of family members and others caring for these individuals, the cost to society is far greater.”<sup>1</sup>

As the FIRS report pointed out, this lifelong lung dysfunction can start early, as young as infancy. University of Bergen researchers discovered in 2016 that children born in the winter, born to

mothers who smoked, or who experienced a severe respiratory infection at a young age may have damaged lungs. This early lung damage can cause the lungs to age faster (shrink) to trigger an even more rapid decline in health.<sup>2</sup> The American Thoracic Society also confirmed that even low levels of air pollution, such as from smog and traffic, could compromise lung health. Researchers found that the children who lived the closest to major highways had the greatest reductions in lung function.<sup>3</sup>

It is true that there are plenty of outside factors that can sabotage the lungs before a child even has a chance of beginning a healthy life. Because of these environmental factors, like pollution, a child may struggle for decades with lung problems that could have been easily prevented. Lung dysfunction that occurs in adulthood may be easily preventable too – researchers have discovered that many contributing factors to lung disease can be traced back to the lifestyle choices we make each day.

Diet, nutrition and exercise may have the greatest impact of all when it comes to improving the health of your lungs. The American Thoracic Society conducted another study in 2016, shedding light on the symbiotic relationship between a healthy diet and healthy lungs. Researchers found that a high-fibre diet from whole, plant-food sources, already known to protect against diabetes and heart disease, could reduce the risk of developing lung disease as well. A total of 68.3 percent of the adults who ate the most fibre had normal lung function, compared to 50.1 percent in the bottom quartile fibre group. The bottom quartile fibre group also had 29.8 percent airway restriction compared to 14.8 percent airway restriction in the top fibre group.<sup>4</sup>

While this research is compelling, there are many other studies that prove this same point: lung health and nutrition are inexplicably connected. Healthy lungs and

healthy foods – you can't have one without the other.

A study published in the *British Medical Journal* in 2015 uncovered a similar theme when analysing chronic lung diseases, described with the umbrella term COPD, which may include emphysema and bronchitis. Embracing a really healthy foods diet – low in red and processed meat, refined grains and sugary drinks – has been associated with a lower risk of chronic lung disease in addition to quitting smoking. The study authors said, "Our results encourage clinicians to consider the potential role of the combined effect of foods in a healthy diet in promoting lung health."<sup>5</sup>

While exercise is recommended for almost all other health issues, including diabetes and heart disease, sufferers of lung disease tend to shy away from physical activity. It makes sense. When you struggle to breathe each day, the last thing you want to do is participate in a strenuous workout that could leave you gasping for breath. Fortunately, the International Association for the Study of Lung Cancer has proven that exercise can be safe and even therapeutic for those with poor lung health. Regular physical activity may help to minimise symptoms, increase fitness, improve quality of life and potentially reduce complications and the length of hospital stay following lung cancer surgery.<sup>6</sup> Children with cystic fibrosis also saw improvements in lung function after performing regular exercise.<sup>7</sup>

## THE RIPPLE EFFECT

Having difficulty breathing, as a child or an adult, can be devastating, and over time, it can create a ripple effect that spreads through the body. While it is already widely understood that obesity and a poor diet may be risk factors for insulin resistance that leads to diabetes, American Physiological Society researchers have

now added inflammatory lung disease to the list. Inflammatory lung disease may increase the risk of insulin resistance and, subsequently, diabetes by spreading chronic inflammation throughout the body.<sup>8</sup>

## 7 SIGNS YOUR LUNGS NEED HELP (AND 7 SOLUTIONS)

Now you know what can help – simple lifestyle changes that can, slowly but surely, improve the health of the lungs and reverse many symptoms of chronic disease – but how do you know when your lungs are in trouble? Depending on your age and activity level, you may have noticed changes in your breathing patterns over the years. The lungs do shrink with age, and lung capacity can vary based on height, sex, smoking habits, and altitude, so fluctuations in breathing patterns are not at all uncommon. While it's important to consult with your healthcare practitioner for the diagnosis and treatment of lung disease, research suggests that nutritional support and rehabilitation can help. Here are seven of the most common symptoms of lung dysfunction to look out for, plus seven solutions for recovery:

### Symptom #1: Difficulty taking a deep breath

**Solution:** Having pain when breathing in or out or feeling unable to inhale or exhale completely is one of the first early warning signs of poor lung health. Deep breathing exercises may provide some relief. Yoga, a practice that focuses on postures combined with deep breathing, has helped to improve lung function in patients with COPD.

### Symptom #2: Chronic cough

**Solution:** Whether or not you smoke, a cough that won't go away is a cause for concern. A chronic cough is one that lasts for a month or longer and may signal poor



respiratory health. To promote good lung health and relieve nagging symptoms that may include cough, researchers believe the anti-inflammatory phytochemical curcumin, derived from the ancient Indian spice turmeric, may help to protect against acute and chronic lung disease.<sup>9</sup>

### **Symptom #3: Excess phlegm or mucus production**

**Solution:** An inflamed airway produces phlegm or mucus when it is trying to fight off infection and outside irritants. Excess mucus or phlegm build-up that lasts longer than a month may be a sign of lung disease, or COPD. Because of its ability to break down and clear non-living tissue in the body, the anti-inflammatory enzyme Serrapeptase may help to dissolve sputum in asthmatic patients, with beneficial application for chronic airway disease, chronic bronchitis and COPD.<sup>10</sup>

### **Symptom #4: Shortness of breath/ wheezing**

**Solution:** Constantly feeling out of breath, especially when performing daily tasks or physical activities, could mean that your lungs have been weakened and aren't pumping out the oxygen your body needs to function. A protective antioxidant derived from edible brown seaweed off the coast of Japan, Korea, and China, called Ecklonia Cava, may help to promote healing by buffering oxidative stress that can damage healthy cells in the lungs.<sup>11</sup>



### **Symptom #5: Chest pain**

**Solution:** Chest pain, even tightness or discomfort that is considered "mild," may be one of the main warning signs of a serious lung problem. Chest discomfort is a normal symptom of a chest cold or lung infection, but persistent chest pain that lasts over a month is concerning. Using Serrapeptase to clear inflammation and swelling may help to ease the burden on the lungs, relieving some tightness in the chest.<sup>12</sup>

### **Symptom #6: Flare-ups or "attacks"**

**Solution:** Like the health of your body, lung health can change with the seasons, but frequent flare-ups or regular attacks of coughing and wheezing are worth paying attention to. Symptoms of chronic lung disease are likely to worsen over time, so you may begin to notice flare-ups occurring more often with shorter healthy

periods in between. Queen Mary University of London researchers discovered in 2014 that vitamin D supplements can help to reduce flare-ups of lung disease by more than 40 percent in those who are deficient.<sup>13</sup>

### **Symptom #7: Chronic fatigue**

**Solution:** When your lungs are weak and tired, and oxygen isn't properly circulating in your body, you will feel weak and tired too. Fatigue or loss of energy is another common symptom of COPD. Without a doubt, avoiding processed foods and eating really healthy foods instead can help to stimulate the body's natural healing system and provide a consistent source of daily energy. Low vitamin D levels have also been associated with exhaustion and fatigue.

Suffice to say, if you are coughing up blood, it is important to visit your doctor



right away. Along with a persistent cough, chest pain and difficulty breathing, coughing up blood may be a symptom of lung cancer that requires diagnosis from a medical professional. Yet even with the most serious lung conditions, cancer included, nutritional therapy and pulmonary rehabilitation can help to relieve or reverse symptoms, in many cases.

### TAKE A DEEP BREATH

If your lungs haven't been feeling quite right for some time now, you can finally breathe easy. Research supports targeted nutrition to prevent and rehabilitate lung disease, with restorative and anti-inflammatory nutrients like curcumin, Serrapeptase, Ecklonia Cava and vitamin D. Taking these four "super nutrients" together in capsule form can help to support lung recovery, while benefiting

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dozens of other health and ageing-related issues.

What is perhaps most interesting to remember about the lungs, and all other systems in the body, is that our organs are like plants that can be watered. They immediately respond to changes in lifestyle and nutrition, flourishing and often regenerating when we give them the nutrients they need to grow. Now is the perfect time to take a deep breath and reassess – how you care for your lungs today can determine how easy you breathe tomorrow.

### Recommended Products

#### IMPROVING LUNG HEALTH IN 30 DAYS

**Pulmonary rehabilitation plan for COPD, emphysema, fibrosis, bronchiectasis and more, authored by Robert Redfern.**



#### SERRANOL™

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







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Nowhere else in the world can you find all of these in one!



Love your Heart & Circulation? Love Blockbuster AllClear™

# COQ10: THE ESSENTIAL NUTRIENT

## You're losing this vitamin protection with age

**T**here's a special nutrient that your body relies on daily for energy and antioxidant protection, and it's harder to come by with age. When we're young, the body makes only a small amount of coenzyme Q10, or CoQ10 as it is often called. As we get older, we begin to lose our natural ability to synthesise this remarkable enzyme, leaving the body dangerously and sorely depleted.

CoQ10 deficiency may also be a side effect of taking statin drugs – some of the most commonly prescribed drugs in the world intended to reduce “bad” cholesterol and protect against heart attack. Funnily enough, CoQ10 can be found in high concentrations in the heart and other vital organs, proving its purpose as an energy producer. So, statin drugs may create the exact problem they are purported to fix – stimulating atherosclerosis and heart failure by causing CoQ10 levels in the body to plummet.

### BE STILL, MY HEART

Yes, coenzyme Q10 is indeed critical in maintaining the health of the heart. A 2013 multicentre, randomised, double-blind Danish trial proved CoQ10 to be the “first drug” to significantly improve heart failure mortality in more than a decade, decreasing mortality from all causes by half.<sup>1</sup>

A mild deficiency in this essential vitamin-like substance found in all cells in the body has been linked to a high percentage of migraines in children, teens and young adults, along with deficiency in riboflavin and vitamin D. In 2014, American researchers also discovered that a CoQ10 supplement could help to relieve symptoms of Gulf War illness, including muscle pain and weakness, fatigue, digestive and skin issues, and decreased cognitive function.<sup>2</sup> 80 percent of the study participants taking 100mg of CoQ10 a day saw an improvement in physical function. Coenzyme Q10 has even helped to reduce oxidative damage to potentially slow Huntington's disease, a progressive, genetic, neurodegenerative disorder that

can cause death within 20 years.

Proving without a doubt that coenzyme Q10 is essential to the health of all systems in the body, Japanese researchers discovered in 2016 that low CoQ10 levels in the blood were associated with multiple system atrophy (MSA), a neurodegenerative disease that affects movement and involuntary bodily function.<sup>3</sup>

### PUMPING A DRY WELL

If you are depleted in CoQ10, you may notice it immediately, in the form of hypertension, atherosclerosis, gum disease, ulcers, high blood sugar, weak immunity and even heart or kidney failure, in more severe cases. As research has also shown us, CoQ10 deficiency has been linked to deadly disease.

Correcting a CoQ10 deficiency may be enough to keep you from falling down the slippery slope into poor health – as long as you take a form that your body can use. Most CoQ10 supplements contain forms of the enzyme that don't fully dissolve in the gastrointestinal tract, so they aren't fully absorbed by the body. Hydrosoluble CoQ10, however, solves this problem immediately by helping to increase ubiquinone levels in the body.

As it produces energy, CoQ10 can be found in the body in two forms: ubiquinone and ubiquinol. Ubiquinone is the oxidised

form of CoQ10 that is metabolised by the body to become the antioxidant form of CoQ10 called ubiquinol. Taking a hydrosoluble CoQ10 supplement to boost ubiquinone, or taking a highly absorbable ubiquinol supplement instead, can work with the body's natural ability to replenish its dwindling coenzyme supply.

As of 1977, Kaneka Q10® is the only commercially-manufactured, yeast-fermented form of all-natural CoQ10 available. Free from the impurities of synthetic CoQ10, Kaneka Q10® is bioidentical to the natural CoQ10 produced by the body. Kaneka Q10® is also the only CoQ10 ingredient manufactured in the US, upheld to the FDA-designated good manufacturing practices, and has been used in the majority of clinical trials over the past three decades. GMO-free, allergen-free and kosher-certified, a 2007 study linked Kaneka Q10® to significant ubiquinol absorption in the gastrointestinal tract without any safety concerns.<sup>4</sup>

You can't give what you don't have, and you can't nourish a body without the proper nutrient reserves. A daily CoQ10 supplement can help to restore enzyme levels that have been depleted – giving your body back the nutritional support that it loses with age.

### Recommended Products

#### UB8Q10 UBIQUINOL

**A coenzyme Q10 that is x8 better absorbed compared to ordinary CoQ10. Derived from KanekaQ10, the world's most researched and recognised CoQ10. Delivered in a Gelatin softgel.**



#### HYSORBQ10™

**These caps are made using an Advanced Bioavailability Water Miscible CoQ10 that uses pure Hydro-Q-Sorb® CoQ10 – a Bioenhanced Coenzyme CoQ10 for enhanced dissolution and easier absorption. x4 better than Ordinary Q10 and suitable for Vegetarians.**



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# HEALTH news



## WALNUTS KEEP OUR GUT HEALTHY

So much disease seems to start in the gut – and eating walnuts every day helps to keep it healthy. The “super nut” could even keep colon cancer at bay, a new study has suggested.

Eating around an ounce of walnuts a day could reduce the risk of developing the cancer by more than 200 percent, say researchers at the University of Connecticut. In addition, the nut acts as a natural probiotic that keeps the colon healthy.

Walnuts contain the most polyunsaturated fats of all the nuts, as well as having the highest ratio of omega-3 to omega-6 fatty acids, and they are also rich in cancer-fighting vitamin E.

And they are more than the sum of their parts, say the researchers, with cancer-fighting qualities that seem to especially target colon cancer, the third most common type.

Earlier studies have found that walnuts also protect against heart disease, diabetes and neurological diseases.

The nut’s cancer-fighting qualities have been seen only in mice trials at the moment, although the researchers think the benefits would be replicated in humans. The mice that ate an equivalent of an ounce of walnuts a day had 2.3 times fewer tumours than the mice who were not fed the nuts.

## THE TWO GREAT MYTHS OF DIETING AND WEIGHT LOSS

There are two myths about dieting that still persist: you put on weight when you eat too many calories or too much fat. But it’s all to do with the types of fats and calories you eat, as a new study confirms.

A low-fat diet has been advocated as one of the best ways to lose weight for more than 40 years, and yet obesity rates continue to rise. The low-fat – and by extension, the low-calorie – diet fails to distinguish between fats, and fats are often replaced in diet foods and drinks by starches and sugars.

The low-fat approach also stops people from eating good fats, such as in nuts, fish and vegetable oils, all staples of the Mediterranean diet, say researchers from the University of Barcelona. They tested two types of Mediterranean diet – one rich in nuts and the other high in olive oil – against a typical low-fat diet on a group of 7,447 people who were overweight or obese, and had type 2 diabetes. After five years, the fat intake in the low-fat group had fallen, and had risen in both the Mediterranean diet groups, and yet the greatest weight loss was seen in the latter two groups. The greatest increase in waist size was also among the low-fat group.

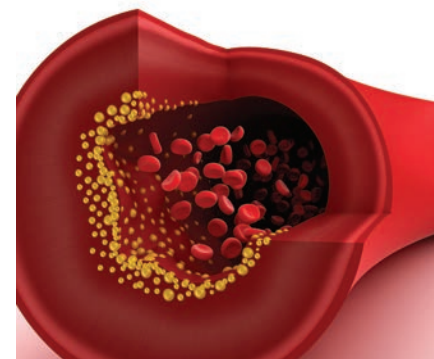
“We must abandon the myth that lower-fat, lower-calorie products lead to less weight gain. This illusion leads to paradoxical policies that focus on total calories, rather than food quality, a ban on whole milk but allow sugar-sweetened, fat-free milk,” said Prof Dariush Mozaffarian from Tufts University in an accompanying editorial.

## “BAD” CHOLESTEROL HELPS US LIVE LONGER

As we’ve been saying for many years, “bad” LDL cholesterol – targeted by statin drugs – is good for you as you get older. In fact, higher levels help you live longer once you reach the age of 60, a new study has discovered. The over-60s who have the highest levels of LDL cholesterol are less likely to develop fatal diseases, such as cancer, respiratory and gastrointestinal problems – and heart disease, the very thing it’s supposed to cause.

This is because medicine completely misunderstands the function of LDL (low-density lipoprotein) cholesterol. Far from being an artery-clogging fat, it seems to counter micro-organisms that can cause these fatal diseases, says a group of 17 scientists from a range of medical and academic institutions, including Harvard Medical School. They assessed the mortality and LDL cholesterol levels of 68,096 people aged over 60, and discovered that 80 percent of those living the longest also had the highest levels of LDL cholesterol. Conversely, those with the lowest levels were far more likely to die prematurely.

There is an association between total cholesterol levels and heart disease among younger people, the researchers concede, but the balance tilts the other way once someone reaches the age of 60, the very time when public health policy dictates that statins should be taken as a routine “just-in-case” protection against heart disease.



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

# 5 WAYS TO CARE FOR TIRED, DRY EYES

Blink and you'll miss it

**S**uffering from dry eyes is like having an itch you can't scratch. Red, swollen, irritated and, yes, often itchy, dry eyes may be enough to drive you to the brink if you continue to struggle day after day.

Not only are dry eyes painful and irritating, but they can be a subtle indicator of poor health. When physician researchers from the Bascom Palmer Eye Institute, within the University of Miami Health System, began to investigate the health problem in 2016, they discovered a link between dry eyes and chronic pain syndromes. The research team – who evaluated 154 patients with dry eyes from the Miami Veterans Affairs Hospital – discovered that the patients had higher levels of ocular and non-ocular pain related to a number of chronic pain syndromes, along with evidence of depression and poor quality of life.<sup>1</sup>

While dry eyes are not always linked to chronic pain across-the-board, it's interesting to note how the health of one organ, such as the eye, can relate to so many other systems in the body. Dry eyes still remain one of the most common reasons for a visit to the ophthalmologist, with other risk factors related to race, contact lens use, LASIK surgery, acne and glaucoma medication, incomplete blinking, and meibomian gland dysfunction, responsible for lubricating the eyes.

## 5 WAYS TO FIND RELIEF

While you may already be supporting your body with a healthy diet and exercise plan, two small sight organs are easy to overlook. Committing to a regular eye care routine may provide much-needed relief for itchy, sore eyes..

For more serious health issues, it's important to consult your ophthalmologist, though these tips can still help:

- 1. Remember to blink.** An "under-recognised" cause of dry eyes, many of us spend hours staring at our computer screens and forget to blink regularly. Try blinking frequently when you notice your eyes becoming irritated while at the computer. And, whenever possible, try to take 5-15 minute breaks to rest your eyes from screen time throughout the day.
- 2. Wear sunglasses.** Shielding your eyes from the elements may be a quick-and-easy fix to minimise dryness by keeping eyes moisturised and protected.
- 3. Up your omega-3s.** Speaking of lubrication, essential fatty acids are exactly what dry eyes need to stay moist and irritant-free. Omega-3 fatty acids can be found in green, leafy vegetables, oily fish, flaxseeds and, most notably, krill oil as a super-rich source of omega-3s, 6s and 9s. A 2013 *International Journal of Ophthalmology* study confirmed that omega-3 fatty acids can relieve symptoms of dry eye syndrome, especially in cases of blepharitis and

meibomian gland disease.<sup>2</sup> Compared to fish oil, krill oil also contains the highly powerful antioxidant astaxanthin, which can benefit delicate organs like the eyes by protecting against free radical damage. For vegetarians and vegans, the essential fatty acids in hemp oil (not capsules) can provide the same benefit to manage dry eye inflammation.

**4. Massage the eyelids.** Using the little finger to roll and massage closed eyelids in a circular motion can help to increase circulation to the eye. This DIY form of acupressure may provide some relief for sore, dry, tired eyes.

**5. Use eye drops often.** MSM, a biological sulphur compound, combined with hydrosol silver, can soothe the eyes by helping to soften membranes, supporting healthy connective tissues and pH levels in the eyes. Hydrosol silver may also help to protect against infection in the eye.

As it is with so many types of chronic pain and irritation in the body, you may not notice how difficult it was to live with dry eyes until the symptoms have been cleared. Get rid of the pain, swelling and irritation and you'll feel like you're seeing the world anew.

## Recommended Products

### MSM+SILVER™ DROPS

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



### THE KRILL MIRACLE™

Super rich source of Omega 3, 6 & 9, made using Superba™ Krill Oil, also contains AstaXanthin.

### HEMP SEED OIL

Hemp is unique with an almost perfectly balanced profile of omega-3, 6 and 9 fatty acids.



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# DO YOU FEEL LIKE SOMETHING IS MISSING?

You may notice a difference just days after correcting this mineral deficiency

**W**hat do anxiety and irritability, cramps, dizziness, fatigue, loss of appetite, heart spasms, muscle weakness, nausea, nervousness, poor memory and tingling hands have in common? If you were to plug these concerning symptoms into Dr Google, you might be met with the unofficial “diagnosis” of a devastating disease. But, in reality, these pressing symptoms that can often confuse doctors and compromise quality of life may all be traced back to a magnesium deficiency.

Magnesium deficiency can cause symptoms that are acute to chronic, ranging from mild to severe. These symptoms may last a lifetime, if left untreated. Because magnesium deficiency is so prevalent today, affecting as much as three quarters of the Western population based on estimates from the World Health Organization,<sup>1</sup> many of the above symptoms have been accepted as normal – when they are anything but.

A growing number of medical professionals, along with natural health practitioners, now refer to this missing mineral as an “invisible deficiency” that is

becoming harder and harder to diagnose. The reason why? The now-common symptoms of magnesium deficiency can be difficult to decipher, leading even the most skilled physicians into a misdiagnosis of another health problem that presents with similar symptoms.

The cause for this confusion is really quite simple. Magnesium affects every part of the body. This mineral, involved in over 300 biochemical reactions in the body, is needed in ample amounts to keep healthy systems functioning each day. If you want a healthy heart, a healthy brain, a healthy digestive system, a healthy reproductive system, healthy muscles, healthy skin, and so much more – it may be time to supplement the mineral that is missing.

## MAGNIFICENT MAGNESIUM: FROM HEAD TO TOE

In her book, *Magnesium: The Miracle Mineral*, Dr Sandra Cabot writes, "One thing I've noticed in researching the subject is that some medical professionals do not believe there is a magnesium deficiency crisis. In fact, they will tell you that while surveys might indicate many people in even the most developed countries do not receive the recommended daily minimum amount, magnesium deficiency is still rarely recognised."<sup>2</sup>

She continues, "There are a number of reasons I don't agree with this, beginning with surveys that suggest at least four out of every 10 people – or 40 percent of the population – are magnesium deficient. I've seen statistics that show Germans have an average intake of only 67 percent of the RDA (Recommended Daily Allowance) of magnesium, while the Japanese lag even farther behind at 53 percent."

Nutritionalist, author and broadcaster Robert Redfern states in his book, *The Magnesium Manual*, "Many refer to our modern, widespread magnesium deficiency as a 'silent epidemic.' Magnesium deficiency has already reached epic proportions in humans and probably animals too... Even a slight lack or full-blown deficiency can quickly cause problems – approximately 99 percent of the magnesium in your body can be found in bone, muscle and soft tissue."<sup>3</sup>

Doctors and nutritional experts have begun speaking out, and research agrees. Magnesium deficiency, even at low levels, can slowly start to cripple the entire body, in men, women and children alike.

Here is a clearer picture of how your body relies on magnesium each day:

**1. Alzheimer's disease.** Chinese researchers from the Department of Life Science and Health at Shenyang discovered in 2015 that magnesium

ions could help to slow the progression of Alzheimer's disease by interrupting amyloid plaque development in the brain. In mouse models, taking magnesium helped to alleviate cognitive decline.<sup>4</sup>

**2. Arthritis.** In 2012, University of North Carolina researchers analysed magnesium in the diets of over 2,000 men and women, aged 45 and older, along with taking x-rays of their knees. Almost 40 percent of the group had some signs of knee osteoarthritis, and Caucasian patients who had the lowest levels of magnesium in their diets were more than twice as likely to have osteoarthritis of the knee.<sup>5</sup>

**3. Asthma.** In a seven-trial review conducted on intravenous emergency room magnesium use for patients with acute asthma, magnesium was found to be safe and beneficial to treat severe asthma attacks.<sup>6</sup>

**4. Blood pressure.** University of Hertfordshire researchers found in 2012 that magnesium supplements could offer a small but significant reduction in blood pressure, with a greater reduction seen at higher doses. Elevated blood pressure is a major risk factor for fatal heart and renal diseases.<sup>7</sup>

**5. Chronic fatigue.** When conducting the first randomised, placebo-controlled, double-blind trial of its kind, University of Southampton medical school researchers discovered that magnesium therapy helped to improve pain, energy and emotional states in patients with chronic fatigue syndrome.<sup>8</sup>

**6. Depression.** Following several case studies, Eby Research Institute scientists learned that patients with major depression saw a quicker recovery after taking 125-300mg of magnesium, several times a day.<sup>9</sup>

**7. Diabetes.** Taking a magnesium supplement can also help to decrease the risk of diabetes, based on a 19-study review from China's Nantong University conducted in 2015. Reviewing over half a million study subjects, researchers found that a high magnesium intake was linked to a 23 percent lower risk of diabetes, compared to a low magnesium intake. Increasing magnesium intake by just 100mg a day could reduce diabetes risk by 16 percent.<sup>10</sup>

**8. Heart disease.** Extensive research backs magnesium's effect on the heart, with new studies regularly coming to the forefront. The 2015 study published as part of the Rotterdam Study, The Netherlands, in the *Journal of the American Heart Association*, analysing data from 9,820 men and women aged 55 and older, found that higher magnesium intake could lower the risk of heart disease and sudden cardiac death. Study participants with low magnesium intake had a 36 percent higher risk of heart disease mortality and a 54 percent higher risk of sudden cardiac death, compared to those with mid-range magnesium levels.<sup>11</sup>

**9. Migraines.** Decades ago, a study published in *Clinical Neuroscience* confirmed that migraine sufferers have lower intracellular magnesium levels, which can be found in both red and white blood cells, compared to people who do not get migraines.<sup>12</sup>

**10. Osteoporosis.** Magnesium and calcium have a unique relationship in the body. Both minerals are needed to balance each other and support bone health. Having too much calcium, coupled with a magnesium deficiency, can cause unused calcium to accumulate in the body, contributing to deteriorated cartilage, achy joints and even arthritis. A study published in *The American Journal of Clinical Nutrition*, based on the statistical analysis of diet and bone mineral





density conducted on longitudinal study participants in the original Framingham Heart Study from 1948, found that high-magnesium diets helped to protect against long-term bone mineral density loss, a precursor to osteoporosis.<sup>13</sup> The American Academy of Pediatrics also suggests that magnesium may be just as important to children's bone health as calcium.<sup>14</sup>

**11. Pancreatic cancer.** Another recent study from 2015 at Indiana University found that magnesium intake could be beneficial in preventing pancreatic cancer. Analysing over 66,000 men and women from the ages of 50 to 76, researchers found that every 100-mg-per-day decrease in magnesium was associated with a 24 percent increase in the development of pancreatic cancer, known to have a very low survival rate.<sup>15</sup>

**12. Pregnancy.** Magnesium intake during pregnancy may not only help to support a growing baby, but it could save a life. In a meta-analysis conducted on five prospective cohort studies and six case-controlled studies, researchers concluded that a magnesium treatment could greatly reduce the risk of cerebral palsy and mortality in babies born prematurely.<sup>16</sup>

**13. Sleep.** A *Journal of Research in Medical Sciences* study confirmed that almost 50 percent of older adults suffer from broken sleep or insomnia, and magnesium may help. Researchers found magnesium to improve sleep disorders and insomnia among the elderly – and the general population too.<sup>17</sup>

**14. Stress.** Magnesium has been called the “relaxation mineral,” and for good reason. When researchers conducted an experiment on 100 adults aged between 51 and 85, with poor quality sleep, they discovered that taking a magnesium supplement could help to improve signs of low magnesium in the body, including markers of chronic inflammatory stress.<sup>18</sup> This study, however, could not assess how magnesium deficiency contributes to poor sleep since the magnesium intake did not change within the experimental study period.

**15. Sports.** As researchers explained in a paper published in the *American Society for Clinical Nutrition* in 2000, the sports world's interest in magnesium was first piqued in the early 1980s when a magnesium-deficient female tennis player used a

magnesium supplement to relieve frequent muscle spasms. Researchers also found a positive trend between magnesium intake and energy among a small sample of female runners. In related studies, magnesium supplementation was shown to improve muscle function, though it was not proven to enhance performance among active adults.<sup>19</sup>

### THE DAILY DOSE YOU NEED

There's no doubt about it – this research is inspiring. To think that one little mineral, which every cell relies on for cellular respiration and energy each day, can make such a world of difference is simply amazing.

At first glance, increasing magnesium intake seems like a no-brainer. After all, wouldn't it be easiest to get our daily magnesium from food? The unfortunate news is that mineral levels – all mineral levels – in the soil and in our food supply, have been dropping dramatically for decades. Based on the wide scope of estimations from governments and independent scientists, magnesium in food may have been reduced by anywhere from 20 to 80 percent in the past 60 years. In a 2003 study on the mineral depletion of foods in the UK from 1940 to 1991, vegetables lost 24 percent of their magnesium content on average.<sup>20</sup>

Of course, it is still vitally important to eat a really healthy diet of fresh, organic foods. Leafy greens, fish, buckwheat, nuts and seeds, lentils and beans and avocados (considered a nutritionally whole “superfood”) are naturally rich in magnesium, but that does not change the fact that magnesium levels in food cannot be trusted.

Most participants in the 15-plus studies above who saw success in improving their health and quality of life were taking a magnesium supplement. You may already know that there are countless magnesium supplements on the market, making it difficult to choose the right one. The best magnesium supplement is one that has the most efficient delivery system – ensuring

that magnesium is not lost as it is processed by the body, and that the money you have spent is not wasted.

Magnesium pills and powders, which may contain harmful additives like magnesium stearate, can have absorption rates as low as 5 to 10 percent. This makes transdermal magnesium (stearate-free) the preferred way to take your daily dose, directly through your skin. As you may already know, your skin is the largest organ in your body. When magnesium is applied to the skin as a spray, lotion or gel, it can immediately reach the bloodstream. The potency and dosage of the mineral will not be “lost” through the skin as we see with powder and pill supplements which must make their way through the digestive tract.

A magnesium spray that contains MSM (methylsulfonylmethane), a naturally occurring organosulfur compound found in all vertebrates, becomes even more powerful. MSM is an essential source of organic sulphur, with sulphur being the third most abundant mineral in the body. On top of the dozens of benefits that magnesium can provide, MSM has benefits

of its own when taken transdermally – providing nutritional support, offering antioxidant protection, aiding in detox, strengthening the skin, and supporting bone and joint health to ease symptoms of osteoarthritis. For direct and immediate health support, magnesium and MSM can be applied daily to the skin in several convenient forms: as an oil, lotion, gel or in bath flakes.

Recognising that your body needs this marvellous missing mineral is only the first step. To relieve symptoms like aches, pains, anxiety, muscle spasms, headaches, sleep difficulties, and more – and to help protect against even more serious disease – it all comes down to mineral absorption. Are you taking daily magnesium that your body can use?

Transdermal magnesium therapy may be so effective because it is as old as time. This ancient practice began thousands of years ago when people used to soak in hot springs to “get their health back” by restoring depleted mineral levels.

Today, we use the same rapid delivery system to replenish our bodies.

**The Recommended Daily Allowance for magnesium of 350-400mg per day may only meet bare minimum requirements. The body may need twice as much magnesium each day to perform basic functions and safeguard against disease.**

### *Recommended Products*

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

**Ultra pure, concentrated genuine Zechstein magnesium chloride is blended with MSM, for superior absorption.**



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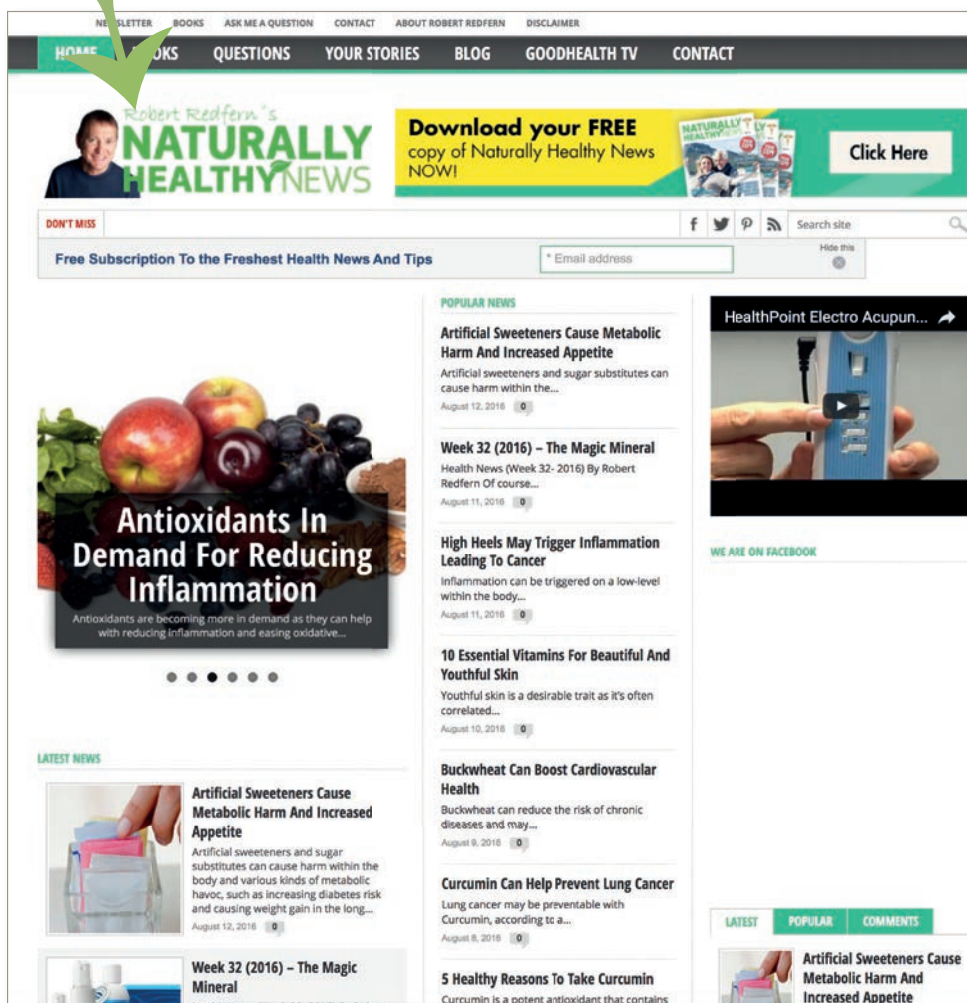
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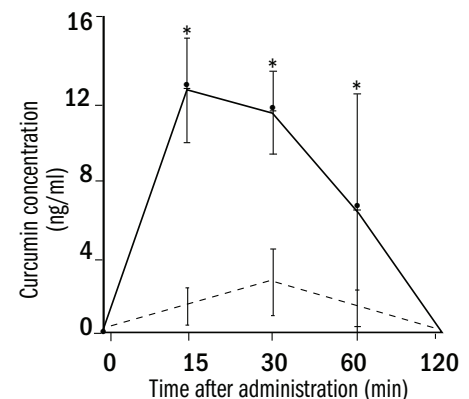
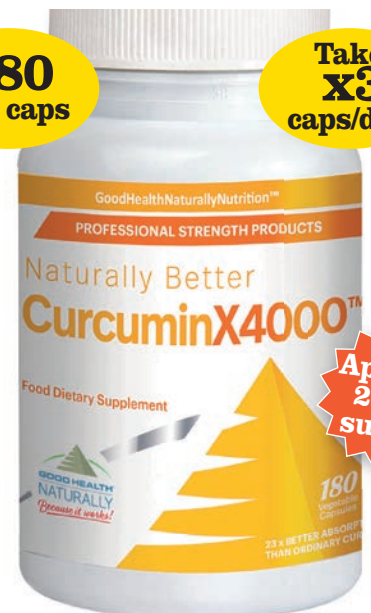


Figure 1. Plasma curcumin levels after dosing with Meriva (solid line) compared to unbound curcumin (broken line)



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**Take**  
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# DO FLU SHOTS WORK?

A must-read before your annual flu vaccine

**W**ithin the past decade, the flu vaccine has become one of the greatest areas of controversy in health and medical arenas. We've seen countless headlines and medical recommendations in support of the annual flu shot, while contradictory studies are often overlooked or pushed to the side.

## THE DOSE MAKES THE POISON

One particular 2009 study is of special concern to parents whose children may receive the flu vaccine. The American Thoracic Society dubbed the inactivated flu vaccine "ineffective" in preventing influenza-related hospitalisations in children, with even worse results for kids who had asthma. That year, children who received the flu vaccine were at a higher risk for hospitalisation than their peers who did not get the shot.<sup>1</sup> These surprising study results were contrary to the CDC's (The Center for Disease Control and Prevention) official recommendations that everyone from the age of six months and older should receive an annual flu shot.

Fast-forward seven years later to the 2016-17 flu season, and the research doesn't look much better. The CDC Advisory Committee on Immunization Practices (ACIP) voted that the flu vaccine nasal spray, or the live attenuated influenza vaccine (LAIV), should not be given to patients in 2016 and 2017.<sup>2</sup> The estimated efficacy for the LAIV vaccine among children aged between two and 17 years old from the previous season, in 2015-2016, was as low as 3 percent. "This 3 percent estimate means no protective benefit could be measured," the CDC stated in a press release.

A year before, in the 2014-2015 flu season, the success rate of the influenza A H3N2 vaccine only reached as high as 18 percent.<sup>3</sup> (This number was later adjusted by the CDC up to 23 percent.)

Scratch the surface of this medically-backed push for the flu vaccine, and you may uncover a common theme: the so-called protectiveness of the flu shot has been grossly overestimated by most researchers and physicians. Yet when the University of Michigan reviewed the efficacy of influenza vaccines in a meta-analysis and systematic review in 2011, the

first published meta-analysis of its kind, researchers found influenza vaccines to provide only "moderate protection" that may be "greatly reduced or absent in some seasons".<sup>4</sup>

"Evidence for protection in adults aged 65 years or older is lacking. LAIVs consistently show highest efficacy in young children (aged six months to seven years)," the report went on to say. In the review that screened 5,707 articles and pooled 31 eligible studies, LAIV efficacy was shown at 83 percent for children aged from six months to seven years, or 75 percent for nine out of 12 seasons. For young children who are building their immunity, however, three ineffective flu seasons still will not do. Remember, LAIVs were later nixed by the CDC for children in 2016.

## TAKING ONE STEP FORWARD AND TWO STEPS BACK

Giving a child or an adult a flu shot without strengthening their immunity first means we are setting them up to fail. We're taking one small step forward by putting a Band-Aid on a serious health risk, followed by two steps back when our weakened immune systems

are not fully equipped to fight off illness and disease. Not only does the flu shot come with “routine” side effects, like aches and pains, fever, headache, runny nose, sore throat and the possibility of severe allergic reaction, but it can even make us sicker, in some cases. A 2013 study published in *Science Translational Medicine* showed an increased risk of contracting the flu after being vaccinated.<sup>5</sup>

As perplexing as this flu shot paradox may be, the solution has never been clearer – boost your immune system first before you consider “confusing” your body with a foreign flu vaccine.

**We recommend using these immune-strengthening practices for the whole family, in all seasons:**

**1. Stop eating sugar completely.** The foods that have the greatest burden on the immune system are some of our modern favourites – inflammatory grains and sugary foods and drinks, in particular. Cut out sugar from your diet altogether, and you’ll see an immediate change in your immune health. In 2015, Case Western Reserve University scientists discovered that high blood sugar in diabetics could cause immune system malfunction, increasing vulnerability to infection.<sup>6</sup>

**2. Supply the essential missing nutrients.** Just like the rest of the body, your immune system is directly strengthened by the nutrients you feed it. And if you’ve been eating the Western Un-Natural Foods Diet, filled with sugary, processed foods, for years, it is almost guaranteed that your immune system is deficient. Targeted nutrients like vitamin C, vitamin D3, zinc and elderberry extract can nourish the immune system to bring it back into balance; when super-nutrients like eXselen™ Selenium and EpiCor® are combined with a strong dose of vitamin D3, their power to protect against infection may be increased. With multiple human clinical trials to back it, EpiCor®, a whole food yeast fermentate known to strengthen immunity, has been proven beneficial to relieve cold

and flu symptoms in those who are not vaccinated.<sup>7</sup> Also required by the body for healthy immune function, eXselen, a highly bioavailable organic selenium that the body can’t produce on its own, has more than 15 years of research to back it.

**3. Support the digestive process.** You are what you eat, but more accurately, you are what you digest. Your body will not be able to assimilate the immune-boosting nutrients you consume each day, in really healthy foods and high-quality supplements, without hungry and friendly soil-based probiotics in the digestive tract. Because of their ability to support immunity, researchers have called probiotics the “secret weapon” for fighting off the common cold.<sup>8</sup>

**4. Relieve stress daily.** In our fast-paced, high-tech world, stress may be one of our greatest modern enemies of robust immunity. Practising stress management by eating well, exercising, getting enough sleep, meditating and engaging in pleasurable activities can have a remarkable effect on immune health. For example,

singing in a choir for just one hour has been shown to reduce stress and boost immune protein levels in patients with cancer.

It can be hard to swim upstream and question commonly accepted medical wisdom, especially when it comes to the health of you and your family. But, unfortunately, we have yet to find a study or statistic that proves the flu vaccine can do what it claims to do. Boost immunity first as your first line of defence, and then take the many warnings surrounding your yearly flu shot into consideration.

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## Recommended Products

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# HEALTH news

## EXERCISE PROTECTS AGAINST 13 TYPES OF CANCER

It's known that moderate physical activity is a good way of reducing your risk of heart disease – but researchers have now discovered that it also protects against 13 types of cancer. Exercise cuts the risk more than just losing weight. People who reduce their BMI (body-mass index) score lessen their risk for just three of the 13 cancers, and then only slightly.

But those who exercise moderately or intensely in their leisure time are far less likely than a sedentary person to develop 13 of 26 cancers that were monitored. Assessing exercise levels and rates of cancers among 1.4 million participants, researchers from the National Cancer Institute discovered that exercise had the most protective effect with oesophageal adenocarcinoma – cancer of the gullet – which had a reduced risk of 42 percent, followed by liver cancer (27 percent), lung cancer (26 percent) and kidney (23 percent). It's reckoned that 51 percent of Americans, and 31 percent of people worldwide, lead sedentary, inactive lives.



## LONG-TERM VEGETARIANS LIVE THE LONGEST, SAYS STUDY

Who's going to live the longest? Those with the best chance of a long life are vegetarians who have followed the diet for 17 years, while people who eat red and processed meat every day could have the shortest life-span, new analysis suggests. There's even a difference among vegetarians. Those who have followed the diet for 17 years or more are likely to live for 3.6 years longer than a short-term vegetarian.

But the biggest impact on longevity is eating red and processed meat every day, say researchers at the Mayo Clinic in Arizona. There are similar variances among meat eaters. Those who ate meat only occasionally – as opposed to every day – saw their mortality risk drop by as much as 50 percent. And one study quoted by the Mayo researchers concluded that the real risk was with processed meats, such as bacon, sausages, salami, hot dogs and ham. Another added red meat to the list. Whatever the actual risk – and there are many other factors at play – the take-home message is one that is already well-known: eat less meat and eat more vegetables and fruit.

## SWEETENER COULD TRIGGER DIABETES, HEART DISEASE AND ALZHEIMER'S

High-fructose corn syrup (HFCS) – the sweetener in many fruit drinks and desserts – could be the trigger for a range of chronic diseases, from diabetes, heart disease, Alzheimer's and ADHD (attention-deficit, hyperactivity disorder), scientists believe.

HFCS changes hundreds of genes in the brain that control metabolism, cell communication and inflammation, and these mutations can cause many chronic conditions. The genetic changes could also cause brain-related problems such as depression, Parkinson's and bipolar disease, say scientists at the University of California at Los Angeles (UCLA). The good news is that they have found an antidote to the damage caused by HFCS: DHA (docosahexaenoic acid), an omega-3 fatty acid, reverses the mutations and makes the brain cells healthy again. "DHA changes not just one or two genes; it seems to push the entire gene pattern back to normal, which is remarkable", said Xia Xang, assistant professor of integrative biology and physiology, who was one of the researchers.

DHA is found in wild salmon, other fish and fish oils, walnuts, flaxseeds, and fruits and vegetables – but Americans consume far more HFCS: it's reckoned the average American gets through 27lbs of the sweetener every year. The UCLA scientists have discovered that HFCS alters just two genes in the brain, but they are pivotal ones that have a cascade effect, eventually affecting more than 200 other genes. The mutations happen rapidly and possibly after drinking HFCS-sweetened drinks for just six weeks, although the changes have been seen only in laboratory rats thus far.



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

# WHY YOUR BODY ISN'T ABSORBING YOUR VITAMIN E

Most of us are guilty of making this common vitamin E mistake

**A**s a protective antioxidant, we know vitamin E is especially beneficial to the brain, and all other parts of the body. But as more research on the vitamin is released, some doctors have gone so far as to call vitamin E an “overlooked nutrient” for good reason – most people don’t realise how critical this simple vitamin is for human health.

## VITAMIN E STUDIES DESERVE A CLOSER LOOK

While we encourage you to read all health studies thoroughly before deciding which supplements to use, the collective body of vitamin E research can be particularly confusing at first glance. There are plenty of studies published on fat-soluble vitamin E, yet much of the research focuses on the most popular or well-known form of vitamin E: tocopherols.

Natural vitamin E actually exists as eight compounds, a collection of tocopherols and tocotrienols with antioxidant properties. Research frequently cites vitamin E tocopherols, while vitamin E tocotrienols are overlooked. The difference between the many forms of vitamin E is crystal-clear – compared to tocopherols, vitamin E tocotrienols may be up to 300 percent better absorbed and better utilised by the body.

A 2013 study from the University of Eastern Finland found, after examining the blood serum levels of vitamin E  $\gamma$ -tocopherol,  $\beta$ -tocotrienol, and total tocotrienols in elderly Finnish people, that those with high vitamin E serum levels were less likely to suffer from memory disorders.<sup>1</sup> In this study, the whole vitamin E family provided such benefits, not just the widely publicised tocopherol form of vitamin E.

In a standalone study focused on tocotrienols given to mice with pancreatic cancer, 70 percent of the mice that took tocotrienols survived the rapidly progressing cancer compared to 10 percent of the control group.<sup>2</sup> Tocotrienols have also been found to reduce homocysteine levels in the blood as an important risk factor for heart disease. In a 2013 study, tocotrienols proved even more powerful in protecting the heart than the B vitamins already known to be a natural reducer of high homocysteine.<sup>3</sup>

## DON'T WASTE YOUR TIME ON THE 'WRONG' VITAMIN E

It's evident that tocotrienols have something that vitamin E tocopherols lack. When comparing the different forms of vitamin E in 2014, UK researchers concluded, “As a minor component of vitamin E, tocotrienols were evident in exhibiting biological activities such as neuroprotection, radio-protection, anti-cancer, anti-inflammatory and lipid lowering properties which are not shared by tocopherols.”<sup>4</sup> Researchers added that continued studies on tocotrienol absorption may be needed.

Taking a blend of tocotrienols could solve this absorption problem, according to a *Journal of Nutrition* study published in 2012. A tocotrienol blend supplement, taken orally, showed a marked increase in vitamin E levels in vital organs and tissues – increasing alpha-tocotrienol in every vital organ that was tested, including the brain. And compared to tocopherols in this study, tocotrienols triumphed once again: An oral tocotrienol blend supplement yielded a 50 percent reduction for end-stage liver disease scores, versus only a 20 percent reduction for liver patients who took oral tocopherols.<sup>5</sup>

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## Recommended Product

**NATURALLY BETTER VITAMIN E TOCOTRIENOLS**  
**Super rich source of Tocotrienols, 100% natural and backed with solid studies. Delivers 20mg Tocotrienols (mixed) per capsule.**







# IT'S NEVER TOO EARLY TO *protect your prostate*

The most aggressive form of prostate cancer is on the rise

**T**he latest study released on prostate cancer can only be described as “bleak”. Within just a decade, from 2004 to 2013, a 2016 Northwestern Medicine study found the number of new cases of metastatic prostate cancer to have risen by 72 percent.<sup>1</sup> The release of the report, citing the biggest spike among men aged between 55 and 69, who saw a 92 percent increase in aggressive prostate cancer, led medical professionals and researchers to question: has the disease simply become more aggressive, or are we not doing enough to prevent and screen for it in the first place?

## MEN'S HEALTH MATTERS

As we're exploring the scientific factors that may contribute to such a marked increase in such a dangerous disease, we can't ignore the fact that many societal factors could be at play. In Western countries, cultural norms for men and women have been passed down for centuries. Men are most often encouraged to be strong and silent.

This phenomenon may be something you have observed in personal

relationships or in social settings, but research indicates this much is true. In 2016, Rutgers psychologists found that, not only are men less likely than women to visit their doctor, but they're also less likely to be honest with their doctor about the symptoms they are experiencing. This specific group of researchers suggested that traditional beliefs about masculinity that lead men to ignore medical problems may be why men die earlier than women, on average.<sup>2,3</sup>

Mary Himmelstein, a doctoral student who participated in the study, explained, “Men have a cultural script that tells them they should be brave, self-reliant and tough. Women don't have that script, so there isn't any cultural message telling them that, to be real women, they should not make too much of illnesses and symptoms.”

Some of the most common sexual health issues that plague men are some of the conditions that are least likely to receive medical attention, including ailments relating to the prostate, erectile dysfunction and hormonal imbalance. While awareness for women's health has made great strides, particularly in seeking

support for sexual and reproductive health issues, there is still work to be done in providing the same care and encouragement for men.

For many men, something as small as the prostate, a walnut-sized gland that is a critical component of a man's reproductive system, can be the straw that breaks the camel's back. An unhealthy prostate can soon affect the health of the entire body, especially if aggressive and rapidly spreading prostate cancer is not detected early. As Robert Redfern, nutritionalist, author and broadcaster, sums up in his book *Improving Men's Health in 30 Days*, “Maintaining a healthy prostate is essential to all men.”<sup>4</sup>

The 2016 study analysing the rise of aggressive prostate cancer uncovered the unpleasant reality we have just discussed. Men aren't being given enough attention when it comes to their reproductive and sexual health. This may be why we are seeing a dramatically higher mortality rate associated with metastatic prostate cancer across-the-board, researchers say.

Whether it is cancer or another prostate concern, prostate health problems are only likely to get worse over time. They don't

go away on their own. Prostate conditions that may include enlarged prostate (benign prostatic hyperplasia, or BPH), prostatitis and prostate cancer can quickly begin to affect quality of life – causing pain and inflammation, increased frequency and difficulty in urination, and ultimately, sexual dysfunction. Let's not forget that prostate cancer is increasingly common and remains a leading cause of cancer death, with the highest rates of prostate cancer found in the US among African-American men.<sup>4</sup>

## THE LIGHT AT THE END OF THE TUNNEL

This talk of deadly cancer can be overwhelming, especially related to prostate health, but research has also provided us with some hope we can cling to.

Some prostate cancer is considered hereditary, like many other diseases, with the risk for prostate cancer doubled among brothers. A man who has both a father and a brother with prostate cancer may have a 14 percent increased risk of the most aggressive form. While genetics can come into play in determining health and lifespan, we also know that lifestyle factors can hold far more weight. University of Gothenburg researchers discovered in

2011 that, compared to genetics, lifestyle has the biggest impact on reaching an old age.<sup>5</sup>

These compelling findings complement the results of a 2007 study that put prostate cancer lifestyle factors under the microscope: Cancer Care Ontario researchers discovered that eating more cruciferous vegetables, like broccoli and cauliflower, could reduce the risk of aggressive prostate cancer.<sup>6</sup>

For men, there is truly nothing more therapeutic than eating a pro-prostate, anti-inflammatory, anti-cancer diet of really healthy foods at any age. Supplying your body with the essential nutrients it may be missing can tip the scales to bring prostate health back into balance, with the potential to provide even more protection against deadly disease. The anti-inflammatory spice compound curcumin, best taken along with super nutrients like Serrapeptase, Ecklonia Cava and vitamin D3, has been shown to slow the spread of malignant prostate cancer growth.<sup>7</sup> Protective vitamins, minerals and herbs, like vitamin A, vitamin B6, vitamin D3, zinc, selenium, saw palmetto extract and nettle root, are known to support prostate health; saw palmetto has been used for centuries as a traditional folk remedy to relieve urinary issues

caused by an enlarged prostate gland.

"Nutritional therapy in the form of an anti-inflammatory diet and the appropriate supplementation are crucial components in strengthening the immune system, decreasing inflammation and winning the battle against prostate cancer – as well as BPH and prostatitis. Keep in mind, these conditions stem from inflammation too," Redfern writes in his book. "The ways to 'catch' prostate cancer are one in the same. A cancer-promoting lifestyle compromises the immune system, creates inflammation and leads to cancer."

The deadliest form of prostate cancer may be on the rise, but it doesn't have to happen to you. The first step is simply talking about it – openly discussing your prostate health can bring you that much closer to relief. The next step is making practical lifestyle changes that have been proven to prevent disease. University of California, San Francisco, researchers discovered a decade ago that men with early stage prostate cancer who made major diet and lifestyle changes might stop or reverse the disease altogether.<sup>8</sup> Now that's something worth talking about.

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## Recommended Products

**IMPROVING MEN'S HEALTH IN 30 DAYS**  
Support for prostate conditions, erectile dysfunction and hormonal imbalance in as little as 30 days.



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



**SERRANOL™**  
80,000iu Serrapeptase plus Curcuminx4000, Ecklonia Cava Extract and vitamin D3, all in one capsule.





# TAURINE FOR THE HEART

When it comes to your health, taurine is working double-time

**M**ost of us would be thrilled to find a “two for the price of one” deal on a shopping trip – saving money and getting more than you bargained for is enough to brighten your afternoon. But it’s not every day that we come across a natural ingredient that can provide the same two-for-one benefit: Twice the health protection in one single nutrient.

## TAURINE FOR THE EYES

Taurine is an amino acid derived from protein that can be found in high concentrations in the retina. As an amino acid in the eye, taurine is thought to protect against both toxic substances and ultraviolet light. Taurine, an organic compound and building block of protein, may have the power to nourish and protect our delicate sight organs from outside UV damage, minimising the devastating effects of macular degeneration.

While a deficiency in this amino acid could lead to retinal degeneration, supplementing with taurine may help to prevent, treat and stabilise retinal changes associated with macular degeneration.<sup>1</sup> In 2016, free amino acids, including taurine, were called an “innovative treatment” for ocular surface diseases, like dry eye syndrome.<sup>2</sup>

## TAURINE FOR THE HEART

The “eyes” have it, but what about other critical organs required to sustain life, like the heart? Taurine is considered by many leading physicians to be a prime strengthener of the heartbeat, making up 50 percent of the heart’s free amino acid content.

“The potential health benefits of taurine in cardiovascular disease are rapidly emerging. Although more research needs to be performed, numerous experimental and several clinical studies demonstrated that taurine helps the cardiovascular system through a variety of mechanisms,” researchers wrote in a 2008 study published in *Experimental & Clinical Cardiology*.<sup>3</sup> Also called a “wonder molecule” at the 17th International Taurine Conference, taurine deficiency has been linked to cardiomyopathy (heart disease) in several animal species.<sup>4</sup>

Taurine tablets are widely available, but the most effective form of amino acid delivery that can be transported directly to the eyes and heart is through the mouth. Sublingual taurine spray in a liquid formula may be up to 10 times better absorbed than tablets or capsules.

The state of our guts is what may be holding us back from properly absorbing taurine as a supplement. While popping a taurine tablet seems straightforward and even convenient, taurine deficiency has been associated with an imbalance in intestinal flora.<sup>5</sup> Gut dysbiosis or a leaky gut, also a common by-product of our modern diet, can inhibit taurine absorption during digestion. Sublingual formulas, on the other hand, are absorbed through the mucosal membranes in the mouth, where they can reach the bloodstream without having to pass through the digestive tract.

Healing the gut by avoiding inflammatory, processed foods is imperative to improve the absorption of all supplements, but using a taurine spray provides a distinct advantage. Sublingual taurine can improve nutrient uptake by bypassing the gut and “cutting to the chase.”



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## Recommended Product

### TAURINE SPRAY

**The best way to boost Taurine levels. Each serving delivers 50mg L-taurine, which is the tablet equivalent of 500mg! Approx. 60 servings per bottle.**



# Healthy dinners

Simple, tasty and oh-so-healthy dinner recipes!



## SWEET POTATO AND CHICKPEA SALAD

This is a healthy and filling salad that's gluten-free, vegan and simple to prepare.

**Serves: 3**

### Ingredients

- 1 can chickpeas, rinsed and drained
- 1 medium sweet potato, peeled and diced
- 1 tbsp olive oil
- 2 tsp ground cumin
- ½ medium red onion, diced
- 2-4 cloves of garlic, minced
- Large handful parsley, chopped
- 1 lemon, zested
- ½ a lemon, juiced
- 1 tsp ground coriander
- 1 tsp crushed red pepper flakes (or chili) powder
- ½ tsp cayenne pepper
- 2-3 tbsp toasted sesame seeds
- Sea salt and black pepper

### Instructions

1. Over a medium heat, add oil into the pan and cook the diced sweet potatoes until lightly browned on all sides and cooked through. Add the sea salt and black pepper to taste with half the cumin powder (1 tsp).
2. Into a large bowl combine the chickpeas, garlic, onion and parsley.
3. Into the bowl add the sweet potato with lemon juice and zest, coriander, the cumin powder, red pepper flakes, cayenne pepper and sesame seeds.
4. Toss all ingredients to combine. Add additional olive oil to the mixture.

## PAN-FRIED SESAME TOFU WITH BROCCOLI

This Asian dish is easy to make, healthy and packed full of flavour.

**Serves: 3**

### Ingredients

#### Sauce

- ¼ cup soy sauce
- 2 tbsp water
- 1 tbsp toasted sesame oil
- 2 tbsp coconut sugar
- 2 tbsp rice vinegar
- 1 tbsp grated fresh ginger
- 2 cloves garlic, minced
- 2 tbsp sesame seeds

### Stir-fry

- 14 oz block extra-firm tofu
- Pinch of sea salt
- 2 tbsp coconut oil
- ½ lb frozen broccoli florets
- 3-4 green onions, sliced
- 4 cups cooked rice/quinoa

### Instructions

1. Remove the tofu from the packet and place onto paper towels on a large plate. Press the tofu with another plate top down for at least 30 minutes, to

extract the excess water.

2. Prepare the sauce while the tofu is pressing. In a small bowl, combine the soy sauce water, coconut sugar, sesame oil, rice vinegar, minced garlic, grated ginger and sesame seeds. Stir until the coconut sugar is dissolved then set aside.
3. Cut the pressed tofu into 1-inch cubes, season and sprinkle with sea salt.
4. Heat a large skillet over a medium flame. Once hot, add the 2 tbsp oil and tilt the skillet until the bottom is coated with the thick layer of oil. Add the dusted tofu and cook until golden brown on the bottom. Use a spatula to turn the cubes to an uncooked side, then cook until golden brown. Continue until crispy brown on all sides, then remove the tofu to a clean plate.
5. Add the frozen broccoli to the skillet and stir fry until slightly browned around the edges. Lower the heat to medium low.
6. Stir the bowl of sauce, then pour into the skillet with the broccoli. Stir and cook until the sauce bubbles and thickens. Once thickened, turn the heat off and stir in the cooked tofu cubes.
7. Serve the tofu and broccoli over a bed of brown rice or quinoa, topped with sliced green onions.







# HOW MUCH *is too much?*

What soft drinks manufacturers  
don't want you to know about refined sugar

**S**ugar is in just about everything, but that doesn't mean we have to take the "sugar surge" of the Western world lying down. While many of us have become adept at reading product labels in an attempt to weed out the most harmful forms of refined sugar, like high fructose corn syrup, there may be far more sugar in our foods than we even realise. In 2016, University of Liverpool researchers merely scratched the surface when, after analysing more than 200 fruit drinks for children, they found sugar content to be "unacceptably high". Almost half of the fruit drinks contained at least the daily recommended maximum sugar intake for a child, at roughly five teaspoons (19g).<sup>1</sup>

There's no doubt that this excess sugar in our modern diet can be harmful and

even deadly. Sugar found in Western foods has been linked to an increased risk of breast cancer tumours and metastasis, triggered by sugar's ability to spread inflammation throughout the body. Refined sugar may also play an even greater role in atherosclerotic coronary heart disease (CHD) than first thought, a condition that remains one of the leading causes of death in the developed world, by promoting prediabetes and diabetes.

While sugar can undoubtedly be damaging to the body, on the flipside, researchers have seen amazing results simply by removing sugar from the diet. In 2015, University of California, San Francisco, researchers found that reducing added sugar could help to reverse several chronic metabolic diseases in obese children within just 10 days.<sup>2</sup> Children

saw changes in high cholesterol and blood pressure on a low-sugar diet, without having to reduce calories or lose weight.

When you consider the historical context of our sugar consumption, this jarring research makes sense. We may be consuming 40 times more sugar per person per year than we were over 200 years ago.

## **MAKING SENSE OF THE SWEET TALK**

The research is clear, and yet, we continue to receive mixed signals and misinformation from the mainstream media about our sugar consumption and health needs. Again, this makes sense. When selected studies are funded by the major corporations that make sodas and fruit drinks, much of the information released to the media will be skewed.

We saw the perfect example of this in 2016 when the Food and Drink Federation (FDF), an industry lobbying group with members that include Pepsi, Tango and Coca-Cola, pushed to pause the sugar tax in the UK because of “fragile” confidence in the consumer goods market.<sup>3</sup> It is unsurprising that leading soft drink producers would be against a two-tier sugar levy that forces manufacturers to pay an additional rate for drinks that contain more than 8g of sugar per 100ml. And if the sugar tax causes manufacturers to raise the price on their sweetened drinks, as they argue, all the better – pricier soft drinks could help to reduce daily sugar consumption.

A sugar tax, bringing heightened awareness of our sugar crisis, could be a defining factor in the fight against obesity. Really, the process of reducing sugar to reduce the risk of obesity is quite simple. Sugar is completely devoid of essential micro-nutrients. For anyone who needs to cut calories to bring weight down to a healthy level, eliminating nutrient-poor sugar from the diet is the perfect place to begin.

But here comes the misinformation again. When met with the science and the facts, proving that sugar can cause irreparable damage to the body and even death, the rebuttal of the World Sugar Research Organisation’s director-general fell flat. “Overconsumption of anything is harmful, including of water and air,” Richard C. Cottrell replied.<sup>4</sup> And yet, the regular, daily consumption of water and air has not and will never be linked to obesity, diabetes, heart disease and death.

### GOOD HEALTH IS THE ICING ON THE CAKE

Even if you have already seen the effects of sugar overconsumption in your body, in the form of weight gain and chronic disease, you can still make your way back

to good health. We strongly recommend cutting out all added sources of sugar completely, save for the natural sugars found in dark-skinned fruits. The World Health Organization agrees – advising that we limit added sugar to less than 5 percent of our total calories each day, or less than one serving of soda.<sup>5</sup> Unsurprisingly, major manufacturers of sugary products have bucked against the new global guideline as it can directly compromise their business model.

When your health has been damaged by sugar, your body will need some outside support. Cinnamon, taken in a supplement as a potent spice extract, is known to support both normal blood sugar and the normal utilisation of insulin – helping to manage diabetes that may have been triggered by dietary sugar. A study out of Beltsville Human Nutrition Research Center in the US confirmed that taking up to 6g of cinnamon a day could help to reduce serum glucose, LDL cholesterol, triglyceride and total cholesterol in people with type 2 diabetes, as well as risk factors associated with diabetes and heart disease.<sup>6</sup> A high-sugar diet has also been shown to compromise learning and memory, while cinnamon may have the

opposite effect. In a lab setting, cinnamon was shown to improve learning ability in mice.<sup>7</sup>

“Quitting” sugar may be tough at first, but it is well worth the effort when your health is on the line. And here’s something we’ve observed about removing added sugars from the diet – not only does eliminating sugar have an immediate and profound impact on your health, but within a few weeks, your taste buds will start to change. After you stop eating excess sugar, you may not notice at first that your sweet tooth has been reduced, if it is not gone completely. That is, until you take a bite of your favourite treat, only to find that it is now too sweet.

### Recommended Product

#### 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.**



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## Ask Robert Redfern

Important questions answered by your personal health coach!



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

**A:** You need: SerraPlus+ 80,000iu – one capsule three times per day, 30 minutes before eating a meal, with a glass of water. (Enzymes are measured in iu and not mgs). Take Nascent Iodine Drops, three drops three times per day in a little water.

**Q: Does Serranol work for epilepsy as a result of scar tissue, from removing an abscess in the right hand side frontal lobe?**

**A:** Use Serranol, two capsules three times per day. Stop all (yes zero) starchy carbs. You can see the ReallyHealthyFoods plan here: [www.reallyhealthyfoods.com](http://www.reallyhealthyfoods.com)

**Q: My eight-year-old cannot swallow the Serrapeptase. I did break it open and mixed it with peanut butter. Do you have a better suggestion so that he will absorb more of it?**





**A:** I would suggest a thick fruit purée or juice. How many are you giving? Two to three would be fine. Try to get them to chew the mix so it works on the throat slowly.

**Q: I have diseased heart valves. What can you recommend to help?**

**A:** Serrapeptase can help. When taken in BlockBuster AllClear™, Serrapeptase, Nattokinase and 13 other circulation supporting nutrients, it can provide support for healthy arteries and the whole cardiovascular system.

**Q: I have been following your advice and taking the BlockBuster AllClear™. What else can you recommend to help as the healing process is not happening as quickly as I would like?**

**A:** Make sure you follow my Diseased Heart Valves Plan: <http://serrapeptase.info/diseased-heart-valves-heart-plan/> for

best results. A combination of taking the supplements along with eating a healthy diet (and avoiding starchy carbs, etc.) and taking exercise is recommended. For really healthy food ideas, see my site: [www.reallyhealthyfoods.com](http://www.reallyhealthyfoods.com) for some culinary inspiration.

**Q: How would you use Serrapeptase for dental pain – either inflammation and toothache or after surgery? Then there is TMJ pain and what we deal with here working with the osteopaths. Thank you.**

**A:** Yes, it is fine for all of those. I recommend taking two SerraEnzyme 80,000iu 30 minutes before the work and two just after.

Individuals can take up to nine per day for general pain and inflammation but nerve pain may not respond as well. I am sure you know how these things vary. Let me know how things go.

**Q: I have a 12-year-old daughter who is suffering from acute Crohn's Disease. She can hardly eat anything solid and has to go to the bathroom many times a day. She has stunted growth (4'4" and only 58 lbs) and has lost 10 percent of her body weight recently with her flare-up. Any recommendations on product(s) and dosage?**

**A:** Follow the full Crohn's Disease Health Plan to clear the problem: <http://serrapeptase.info/crohns-disease-health-plan/>. I trust you know how serious this is and what her future will look like if this is not completely cleared up? You must by now know that doctors are not very useful at lifestyle problems and have only drugs to offer. You must also know that their drugs do not work!

I tell you all of this because while my recovery plan works within 30-60 days it means you and your daughter's mother have to take responsibility for her (and your) health to make it work. Diet change is essential and it means your family all eat healthily or at least in her company and at home. Your whole family has to come together as part of the solution to work on the food part of the Crohn's Disease Health Plan.

## Have a question?

To ask Robert a question on any health issue, visit [www.GoodHealthHelpdesk.com](http://www.GoodHealthHelpdesk.com) and select 'Ask Robert a Question'. All questions will be answered in strict confidence and as quickly as possible.



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# Love your Skin and Joints?

## Love Joint & Skin Matrix™

Collagen is the main structural protein of the various connective tissues, accounting for around 30% of the protein content of the human body. It is often considered to be the “glue that holds the body together.” Collagen is found in many parts of the body in the fibrous tissues such as skin, ligaments and tendons, as well as in the bones, blood vessels, the cornea of the eye and in the gut.

Joint & Skin Matrix™ is made with Biocell Collagen and uses a patented Bio-Optimised process which ensures increased bioavailability and rapid absorption of the collagen.

With over 20 clinical studies, including 4 human clinical trials to support its effectiveness and safety (many collagen products lack clinical evidence and have a very different make-up from Joint & Skin Matrix™) and a patented composition of hydrolysed collagen type II, low molecular weight hyaluronic acid and chondroitin sulphate, you can expect full comprehensive support for complex conditions, fast action and effective results.





# Healthy treats

Treat yourself with these healthy goodies!



## CHOCOLATE CUP

This chocolate cup is a good choice to consider as a healthy treat after the end of a meal.

**Serves: 2**

### Ingredients

1 big avocado  
1 cup almond milk  
3 tbsp cacao powder  
5 tbsp coconut oil  
1 tsp vanilla extract  
Desiccated coconut  
Raspberry (or strawberry)

### Instructions

1. Add all the ingredients into a mixer and mix until smooth.
2. Spoon the mixture into cups for serving, and put in the fridge for 3 to 3.5 hours to chill.
3. Decorate with desiccated coconut and raspberry (or strawberry) and serve!

## AVOCADO CHOCOLATE TRUFFLES

These are a nutritious and luxurious treat for anyone wanting a healthy alternative to traditional chocolate truffles.

**Serves: 10-12**

### Ingredients

1 ripe avocado, mashed  
 $\frac{3}{4}$  cup dark chocolate, melted  
 $\frac{1}{2}$  tsp vanilla extract  
 $\frac{1}{4}$  tsp cinnamon  
Cocoa powder

### Instructions

1. Melt the dark chocolate.
2. Into a separate bowl, mash the avocado. When the chocolate is smooth, pour in the mashed avocado and stir together. Add in the cinnamon and vanilla.



3. Once ingredients are combined and clump-free, transfer to a refrigerator for about half an hour. Once cooled and hardened, scoop into 10-12 balls and roll until smooth.
4. Roll each ball in cocoa powder and serve. Any remaining truffles should be placed in an air-tight container.

## BUCKWHEAT PANCAKES

These tasty pancakes are a gluten-free treat to be enjoyed for special occasions.

**Makes: approximately 18**

### Ingredients

2 cups Really Healthy Buckwheat Flour™  
2 tsp baking powder  
 $\frac{1}{2}$  tsp baking soda  
1 tsp sea salt  
2 cups coconut milk  
2 large eggs  
1 tsp pure vanilla extract  
3 tbsp coconut oil, melted, plus more for the griddle  
Butter and lemon (for serving)

### Instructions

1. Heat an electric griddle to 375°F/190°C or a skillet over a medium-high heat.
2. In a large bowl, whisk the flour, baking

powder, baking soda and sea salt. Set aside.

3. Into a medium bowl, whisk the coconut milk, eggs and vanilla. While whisking, slowly pour the milk mixture and the melted coconut oil into the flour mixture and whisk until just combined.
4. Place 1 tsp of coconut oil onto the hot griddle and use a spatula to spread it around until melted and the griddle is evenly coated. Work in batches measuring  $\frac{1}{4}$  cup of pancake batter and pour onto the hot griddle.
5. Cook the pancakes for 4 minutes until bubbles form, break, and do not fill back in, then flip. Cook pancakes for 30 seconds to 1 minute.
6. Repeat this process with the rest of the pancake batter, adding more coconut oil onto the griddle as needed.
7. Serve warm with butter.

# Love Co-Enzyme Q10?

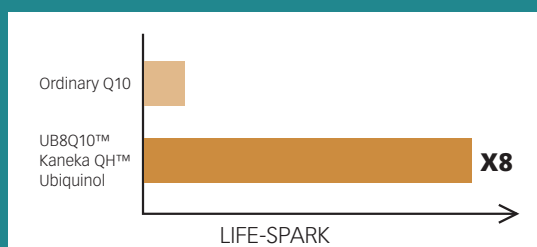
## Love UB8Q10...

### x8 better than ordinary CoQ10

**COQ10 fuels every cell and function in your body. It's the nearest thing in your body to the spark of life itself. This 'life-spark' has just got better... up to 8 times better!**

Thanks to a recent breakthrough in Japan, there is a formula which is x8 more absorbable than ordinary CoQ10. It's not just what you take with CoQ10, it is what you absorb.

**Fuel your body with the most powerful Co-Enzyme Q10... UB8Q10.**



#### **Up to 8 times more absorbable than ordinary CoQ10:**

- Up to 8 times better than ordinary CoQ10
- 50mg softgel equivalent to taking 400mg ordinary CoQ10
- The only patented, stabilised form of ubiquinol available
- Derived from KanekaQ10, the world's most recognised and researched CoQ10
- Manufactured per the good manufacturing practices designated by the FDA
- Gelatin softgel



# 7 steps to healthy teeth and gums

**H**aving a beautiful smile is important for more reasons than one. According to a 2015 study conducted by Kelton Global on behalf of the American Academy of Cosmetic Dentistry, an attractive smile is the number one way to make a positive first impression, at work or in personal relationships.<sup>1</sup>

Beyond obvious blemishes, like stains and discolorations on the teeth, a more serious issue like gum disease can have a big impact on the health of the entire body, confirms the NHS.

"The state of your teeth affects your overall health, with gum disease linked to lots of health problems in other parts of the body. Therefore, brushing your teeth can prevent gum disease and improve your overall health," the NHS states.<sup>2</sup>

## HEALTHY TEETH AND GUMS LAY THE FOUNDATION

If you have ever heard your dentist use

the words "gum disease" before, this is the right article for you to read. The early signs of gum disease may be sent as a signal from your body that something internal has gone very, very wrong. Medically speaking, gum disease occurs when bacteria begins to grow out of control in the mouth. Gum disease or periodontal disease may also be called gingivitis.

In layman's terms, gum disease simply means that the systems in your body have gone out of whack – and it can go both ways. Poor oral hygiene can cause bacteria and disease to spread from the gums to the rest of the body, potentially infecting the heart. Conversely, poor health in the body can spread to the gums to cause swelling, bleeding, infection and disease.

When you take care of your gums, you take care of the health of your body. And when you take care of the health of your body, you take care of your gums too.

You may have heard the rumour many times before that sugar can rot your teeth, and this theory does hold some water.

Eating too much sugar, coupled with poor oral hygiene, can cause periodontal disease that results in bone loss surrounding the teeth. The chronic infection caused by periodontal disease can also cause an inflammatory response that spreads throughout the body, leading to hardening of the arteries and, eventually, heart disease.<sup>3</sup>

Dentists agree that paying attention to oral health becomes even more important for pregnant women. Pregnant women with untreated periodontal disease – which we now know can affect the health of the entire body – could have a higher risk of giving birth preterm or to a low-birth weight baby.<sup>4</sup>

## 7 ORAL HYGIENE TIPS

For naturally improved health, we suggest implementing this daily oral hygiene routine as soon as possible:

**1. Use a spiral toothbrush.** Using a spiral toothbrush with each brushing

can most effectively dislodge food, particles and bacteria trapped between the teeth. Flossing twice per day is also recommended.

**2. Rinse with mouthwash.** Hydrogen peroxide can be used as a mouthwash rinse after each brush and floss to fight the bacterial infection that causes gum inflammation and periodontal disease.

**3. Stop eating starchy carbs and high-sugar foods.** As mentioned above, starchy carbohydrates and high-sugar foods, which are normally found in processed foods, are primary culprits of chronic inflammation in the body that can lead to gum and heart disease. Eliminate junk foods altogether and aim to eat 9-14 servings of fresh or frozen vegetables, along with dark-skinned fruits and avocados, nuts, beans, seeds, moderate meat, oily fish, healthy oils and healthy carbohydrate alternatives, each day.

**4. Mix up a friendly probiotic.** In order to fight bacterial gum infection that can spread throughout the body, your mouth needs plenty of good bacteria. Populate the gums with protective bacteria by breaking open a soil-based probiotic capsule to mix into your food, twice each day.

**5. Calm gum inflammation with the anti-inflammatory enzyme Serrapeptase.** Isolated from the intestine of the silkworm, Serrapeptase is a known anti-inflammatory and proteolytic enzyme supplement that can help to clear harmful levels of inflammation throughout the body.<sup>5</sup>

**6. Enjoy coconut oil at each meal.** With its recent popularity in the health world as a multifunctional antibacterial agent, coconut oil makes for a handy at-home dental remedy. It can be drizzled liberally on your favourite healthy foods at each meal – or rubbed onto the gums to kill bacteria directly. Coconut oil is safe for

all members of the family and can also be used for frying, as a healthy oil.

#### 7. Heal damaged gums with CoQ10.

Healing gum damage caused by chronic bacterial infection and inflammation is an important step to take, to repair both oral and overall health. Coenzyme Q10, taken in its highly absorbable ubiquinol form, may help to heal gum disease. Research even suggests that sufferers of periodontal disease may have depleted levels of CoQ10 in the gums.<sup>6</sup>

Small, beneficial habits could be all it takes to achieve good health, and chewing sugarless gum may be one of them. It's reported that chewing sugar-free gum after eating or drinking may be enough to save the NHS in the UK more than £8.2 million each year on dental treatments because of the role it plays in preventing tooth decay.<sup>7</sup> Naturally sugar-free gum, made with the sugar alcohol Xylitol and no artificial sweeteners, may help to reduce plaque-forming bacteria and protect against cavities.

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### Recommended Products

#### PRESCRIPT-ASSIST

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



#### 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.**



#### PEPPERMINT XYLITOL CHEWING GUM

**Unlike other gums available on the market, Xylitol is all natural and contains less than 2 calories per piece. It contains no sugar and no artificial sweeteners or ingredients. Chewing gum sweetened with 100% xylitol has been shown to reduce dental plaque.**



#### SERRA ENZYME™ 80,000IU

**The world's bestselling and most trusted Serrapeptase, delivering 80,000IUs Serrapeptase per delayed-release capsule – for optimum performance. Phthalate-free.**



#### BULLETPROOF® UPGRADED™ XCT OIL

**This oil is extracted from palm and coconut oil in a time consuming process, making it the most potent XCT on the market. Upgraded XCT is 100% capric and caprylic acid and has an 8-10 carbon saturated fat level.**







# *Can nutritional therapy change your brain?*

Where depression medications get it wrong

**S**omething wonderful has happened within the past decade, due in part to the rapid-fire connectivity of social media. Initially it may seem like mental illness is on the rise, affecting as many as one in four people in the UK each year, according to Mind.org. Women are more likely than men to struggle with mental health issues, with up to 10 percent of mothers and 6 percent of fathers in the UK having a mental health issue at any given time.

However, while these numbers may seem high, the outlook is anything but bleak. Mental health awareness has soared in the new millennium, spurred on by Facebook campaigns that raise awareness of disorders like anxiety and depression. Many mental health experts believe that the high numbers we are seeing are due to the fact that more people are being diagnosed than they were 30 or 40 years

ago – which means that more people are getting help.

## **MEDICATIONS FOR MENTAL ILLNESS FALL SHORT**

We are talking more about mental illness than ever before, and that is a great thing. But is the information being spread about common mental health issues like depression and anxiety actually working? That is the question we must ask before we pat ourselves on the back for a “job well done” in raising awareness. Sadly, many of the most frequently prescribed medications for depression and anxiety are not just ineffective, they may cause a whole new set of health problems.

Some of the most popular medications for depression are intended to increase levels of serotonin, a neurochemical, in the brain. These are well-known drugs like Prozac and Lexapro. Both of these drugs are SSRIs, or selective serotonin reuptake

inhibitors, found only to be effective in a third of patients who have depression. Even when these drugs do get the job done, it can take almost two months to see relief from symptoms. This time lapse can be dangerous, or even fatal, for a patient struggling with severe depression.

Even more unsettling were the findings of a 2014 study published in the journal *Zeitschrift Fur Psychologie*. Researchers compared placebos to antidepressants intended to fix a chemical imbalance or lack of serotonin in the brain. Linking most of the antidepressants’ purported benefits to the placebo effect pushed by drug companies, researchers concluded that there was a small statistical difference between the effects of antidepressants and placebos. Ultimately, the “serotonin theory” in this study was thought to be false; popular antidepressants may make people more biologically vulnerable to depression instead of providing a cure.<sup>1</sup>

To call this research controversial would be an understatement, but it isn't the only study to make such a claim. In 2009, a study coming out of Northwestern University Feinberg School of Medicine suggested that the cause of depression has been oversimplified, and SSRIs are aiming at the wrong target. Eva Redei, seasoned depression researcher and David Lawrence Stein Professor of Psychiatry at Northwestern's Feinberg School, said that the typical antidepressant model that focused on decreased serotonin and neurotransmitter levels was "wrong." According to Redei, the true cause of depression actually begins in an earlier chain of events in the brain, where neurons begin to develop and function.<sup>2</sup>

Making matters worse, a 2010 Rhode Island Hospital study suggested that patients' side effects from taking depression medication may be 20 times higher than what psychiatrists record in their charts.<sup>3</sup> In 2011, a study published in *Molecular Brain* revealed that taking an SSRI like Prozac to treat anxiety or depression may actually change the plasticity of the brain, with the potential to increase anxiety and influence behaviour as side effects.<sup>4</sup> When taken during pregnancy, these same brain-altering drugs have been linked to developmental delays and autism in boys. SSRIs may also have a "modest" association with violent crime.

## RE-THINKING OUR APPROACH TO MENTAL ILLNESS

We've made great strides in raising awareness and opening the door to millions seeking treatment, but now it's time to change the direction of the conversation. It's clear that popular drugs for depression and anxiety, for the most part, aren't doing what they've been advertised to do for decades. Compared to this, nutritional therapy is a valid, safe, and effective form of therapy for mental illness that also happens to be side effect-free.

Just like any other organ in the body, the brain responds to what you feed it. While a chemical drug like an SSRI can change the plasticity of the brain, specific nutrients may be able to nourish and heal. For many people, this manifests as mental illness that can be managed, balanced, and even reversed, in some cases.

Produced naturally by the body, Sam-e (S-adenosyl-L-methionine) is one such mood-balancing nutrient that can benefit the health of the brain. With each passing year, levels of Sam-e in the body drastically drop. But when taken as a supplement, Sam-e can help to reduce the progress of Alzheimer's-like characteristics, with the potential to treat major depressive disorders. Amazingly, Sam-e can also boost the effectiveness of antidepressants for those who continue to take them.

Alongside Sam-e, KSM-66 ashwagandha extract is another brain-protective supplement, with more than 14 years of research and development to back it. KSM-66 is the highest concentration extract of ashwagandha available, considered the flagship herb of Ayurvedic medicine used to combat stress and fatigue, support concentration and mental clarity, and improve performance. With 11 "Gold Standard" human clinical trials to prove its use, KSM-66 ashwagandha has been shown to safely and effectively improve stress tolerance and quality of life.<sup>5</sup> Both Sam-e and KSM-66 ashwagandha can

be taken with L-Tryptophan, L-Theanine, vitamin B6 and vitamin B3 to promote healthy sleep patterns and daytime relaxation.

With more research available on the brain than ever before, there's great hope for mental health treatment. We know that placebos don't work, and we also know that antidepressants don't fare much better. SSRIs are so ineffective, researchers say, because we've got the cause of depression all wrong. Supporting the brain with the nutrients it is missing may be the first step to restoring balance and managing disease.

## Recommended Products

### SAM-E PLUS+™

**100mg SAMe Tosylate per cap plus B6, B12, magnesium and proprietary blend.**



### REALFOCUS

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



### RELAXWELL®

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



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# STILL ON STATINS?

What you don't know about your cholesterol could hurt you

**L**ong-time statin users are jumping ship, and some doctors disagree with their use, which leads us to the most obvious question of all: Are statin drugs even worth taking?

## A STATIN A DAY WON'T KEEP THE DOCTOR AWAY

Many doctors continue to recommend statins as regular protocol for treating high cholesterol, which has been triggered by or made worse by several lifestyle factors that are within our control. Yet a growing number of doctors have begun to question this class of drugs that is considered the most widely prescribed medication of all time, including simvastatin (Zocor) and atorvastatin (Lipitor), among others. Doctors who are doing their due diligence by digging deeper have learned that these "wonder drugs" are anything but.

In 2015, a study conducted on over 26,000 Tricare beneficiaries, within the US military healthcare system, found that patients taking statins were 87 percent more likely to develop diabetes.<sup>1</sup> This

study was one of the first to find a direct connection between statin-related diabetes risk and a group of overall healthy people.

"The risk of diabetes with statins has been known, but up until now, it was thought that this might be due to the fact that people who were prescribed statins had greater medical risks to begin with," lead study author Dr Ishak Mansi said. Mansi added that statin use in the study came with a "very high risk of diabetes complications" that scientists had never seen before. In a subset of 3,351 patient pairs within the larger study group, patients using statins were 250 percent more likely to develop diabetes with complications than patients who did not use statins. Those who took statins in the study were also 14 percent more likely to become overweight or obese.

This study, unfortunately, isn't a one-off. In a contemporary population-based case-control study in 2013, long-term statin use was associated with increased risks of ductal and lobular breast cancer among women aged between 55 and 74.<sup>2</sup>

In 2011, a case-control study published in the journal *Prostate* found that statins may significantly increase the risk of prostate cancer, after examining 388 cases of prostate cancer and 1,552 controls.<sup>3</sup> When Scottish researchers studied colorectal cancer, the third most common cancer and a leading cause of cancer death, in 2012, the results were similar. Statin use had a statistically significant association with the risk of colorectal cancer, though it did not increase mortality.<sup>4</sup> Research has also suggested a link between long-term statin use and kidney cancer risk.<sup>5</sup>

For the many patients who have been "sold" on statins by their doctors and pharmaceutical companies, this growing body of research has been the straw that broke the camel's back. London School of Hygiene & Tropical Medicine researchers discovered in 2016 that a period of intense media debate about statins led to an 11 to 12 percent increase in patients who stopped using the drug. While many users went back to taking the controversial meds within six months, older patients and people who had been on statins for longer

were more likely to quit use completely.<sup>6</sup>

## STATINS ARE NOT FOR THE FAINT OF HEART

Statins aren't entirely pointless. But they are mis- and over-prescribed to patients with alarming regularity. Considering the very real risk factors we have already covered from the misuse of this drug, the actual need for statins is worth examining again.

The only people who "possibly" need to be taking statins are those with raised calcium levels in their arteries, who are at a higher risk for heart attack or stroke and are not making the lifestyle changes to clear this problem. For the rest of the population being prescribed potentially dangerous statin drugs as a "just in case," there are many more options to consider before you get your prescription filled. Namely, we know with concrete evidence that high blood pressure and cholesterol are often the result of lifestyle choices, especially related to a lack of exercise and a poor diet. Sensible changes, like supplementing with missing nutrients, avoiding processed foods and starchy carbohydrates, and getting exercise each day, can turn our health around.

## THE MISSING NUTRIENTS

There are two missing nutrients, coupled with a healthy diet and exercise plan, that have the potential to "jumpstart" an unhealthy heart. As a powerhouse enhancer and antioxidant in the body, coenzyme Q10 is a protective vitamin-like enzyme that can be found in almost all plant, animal and human cells. It can also be found in large quantities in the heart.

Many foods contain CoQ10 in small amounts but, for the most part, it is difficult for the body to assimilate and produce adequate amounts of this enzyme on its own. Taking ubiquinol as a supplement – a form of coenzyme Q10 that is eight times better absorbed than ordinary CoQ10 – has shown great heart-protective benefits, improving ventricular function in patients with advanced congestive heart failure.<sup>7</sup> Statins can also cause a coenzyme Q10 deficiency in the body, while taking a

CoQ10 supplement could buffer the statin side effect of diabetes. Used in the vast majority of clinical trials over the past 30 years, Kaneka Q10® Ubiquinol is free from the impurities found in processed CoQ10 as the only yeast-fermented CoQ10 available.

## ARE HIGH HOMOCYSTEINE LEVELS THE REAL THREAT?

Along with CoQ10, B vitamins may prove to be another heart-healthy, cholesterol-balancing "fix" and potential alternative to statins. B vitamins, which may be taken along with coenzyme Q10, vitamins C, D, E, folic acid, magnesium, selenium, taurine, ribose, and more, can help to regulate homocysteine levels in the body. High levels of homocysteine, a toxic amino acid, have been directly linked to a higher risk of heart and vessel disease yet there is no direct link for cholesterol. In fact it is quite clear just as many people with low cholesterol are at risk of a heart attack as those with high cholesterol.

More often than not, statins are not the cholesterol "cure all" they have been made out to be. One fascinating Swedish study puts this all in perspective. In

## Recommended Products

### 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.**



### B4HEALTH™ SUBLINGUAL SPRAY

**This unique spray delivers vitamins B1, B2, B3, B6 and B12 in six daily sprays. Also contains vitamins C, D and E plus selenium.**



2016, Swedish researchers observed that the most common risk factor for heart attacks – high cholesterol – had decreased in northern Sweden over the past two decades. The researchers said that it was not drugs but lifestyle factors that were responsible for this major shift. Lifestyle changes were credited for having the biggest impact on lowering cholesterol to date.<sup>8</sup>

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# The conductor mineral

## A new magnesium discovery changes everything

**I**t's not every day that we learn something new about an ancient mineral that has been supporting our health for millennia.

In 2016, University of Edinburgh researchers uncovered new information about the essential mineral magnesium. Scientists have long known that magnesium is a critical mineral, which we can get through the diet and high-quality supplements. Your doctor may have recommended a magnesium supplement for its ability to relax the body and promote a more restful sleep. Magnesium works as a regulator that supports hundreds of chemical processes in the body; high magnesium intake may reduce diabetes risk by up to 23 percent and heart disease risk by 30 percent.

Yet even with the multifunctional role that magnesium plays in human health, with magnesium deficiency affecting an estimated 80 percent of the Western population, Edinburgh researchers have just learned something new. Magnesium not only helps to control cell function with the potential to prevent disease, but it can manage how cells "keep time" with a direct impact on our internal body clock. It is magnesium that supports the natural cycle in the body that regulates day and night, linked to the daily circadian rhythms that influence sleeping and waking, body temperature, hormone release and metabolism.

Researchers made this pivotal discovery as they observed three different types of biological organisms: human cells,

fungi and algae. The researchers found that magnesium levels in the cells rose and fell within a predictable daily cycle that contributed to the 24-hour clock. Subsequently, this regulation of the 24-hour clock also had a direct impact on cell metabolism, or how efficiently cells converted nutrients into energy. Concerning the importance of this finding, lead study author Dr Gerben van Ooijen explained, "Internal clocks are fundamental to all living things."

### A RACE AGAINST THE CLOCK

In order to keep this clock tightly wound and running on time, our body needs magnesium each day without question. We can get some magnesium from food, though our crops are sorely mineral-depleted because of commercial agricultural practices that continue to threaten our food supply. Adding in a daily magnesium supplement that is easy for the body to absorb makes perfect sense to support the natural ebb and flow of all bodily functions.

Compared to tablets and powders that lose the majority of their mineral value in the digestive tract, transdermal magnesium delivery through the skin is the most efficient daily solution. A simple spray, a rub of a lotion or a gel, or a soak in a bath of magnesium flakes is enough to give your body the daily dose it is missing – directly through the skin and into the bloodstream. Transdermal magnesium therapy, aka topical magnesium application that saturates skin

tissue to allow magnesium to travel at high dosages to tissues and cells, has long been hailed as the most rapid and effective form of magnesium delivery. Transdermal magnesium is made even more powerful by the support of its partner nutrient MSM, an organosulfur compound naturally found in all vertebrates that helps to improve magnesium absorption dramatically. MSM brings with it proven antioxidant, detoxification and joint- and skin-strengthening benefits.

Time is on our side, when our body has enough magnesium to keep its internal clock ticking. Magnesium is the conductor that keeps the trains on schedule, keeps the clock wound, so that the body remains aligned and in balance each day. A well-balanced internal clock has the potential to influence most, if not all, aspects of health and disease.

### Recommended Products

**THE MAGNESIUM ULTRA RANGE**  
Ultra-pure, concentrated genuine  
Zechstein magnesium chloride  
blended with MSM,  
for superior  
absorption.



### Sources

All references can be found at  
[www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)

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- ✓ Vitamin D3 (from Cholecalciferol)
- ✓ Vitamin E (as Natural d-Alpha Tocopherol Acetate + Mixed Tocopherols)
- ✓ Vitamin K2 (K2 - Menaquinone)
- ✓ Vitamin B1 (Thiamin)
- ✓ Vitamin B2 (Riboflavin)
- ✓ Niacin - Vitamin B3 (from Niacinamide)
- ✓ Vitamin B6 (Pyridoxine Hydrochloride)
- ✓ Folate (as(6S)-5-methyltetrahydrofolic acid)
- ✓ Vitamin B12 (Methylcobalamin)
- ✓ Biotin
- ✓ Vitamin B5 (from Pantothenic Acid)
- ✓ Phosphorus (from DiCalcium Phosphate & DiPotassium Phosphate)
- ✓ Iodine (from Potassium Iodide)
- ✓ Zinc (from L-OptiZinc®)\*\*
- ✓ Selenium (from Selenomethionine)
- ✓ Copper (from Copper Gluconate)
- ✓ Manganese (from Manganese Gluconate)
- ✓ Chromium (from Chromium Polynicotinate)
- ✓ Molybdenum (from Molybdenum Citrate)
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