

NATURALLY HEALTHY NEWS



ISSUE 32

**YOUR
COPY**

NO GRAIN. NO PAIN

Why we should all be cutting out grains from our diet

FEELING THE PRESSURE?

Gain natural control of your blood pressure

A SIGHT FOR SORE EYES

Natural protection against age-related macular degeneration

THE FLU FIGHTERS

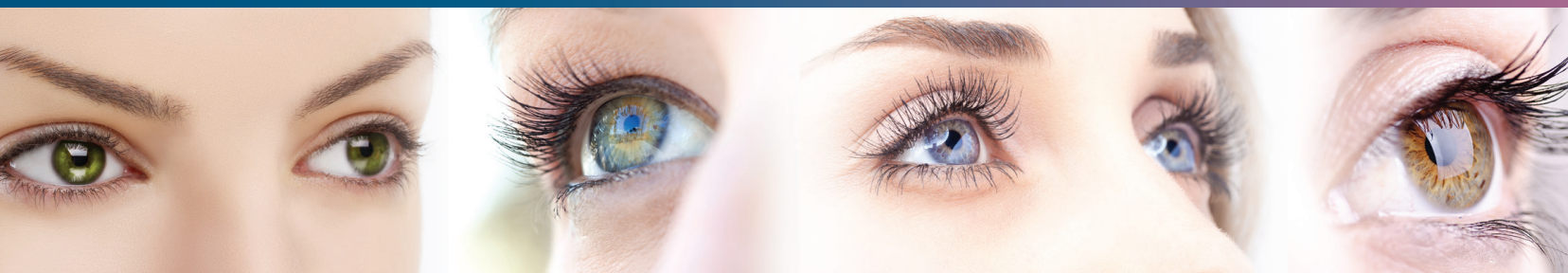
Natural ingredients to help you through the cold and flu season

THE SILENT EPIDEMIC

Is a vitamin B12 deficiency the cause of your health problems?

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.

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

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Hello

and welcome to Issue 32 of *Naturally Healthy News*. During the last few months there has been an avalanche of studies indicating that the prime cause of disease and premature death is infection, caused by a dysfunctional immune system.

Readers will also know that, as well as nutritionally deficient foods, a diet that is high in sugar and starchy carbs as well as other high sugar foods or drinks are the main reasons for a dysfunctional immune system. Hence more people die from a final infection in the weeks following Christmas than any other period in the year. How many sugary foods are consumed at Christmas? Guilty as charged!

Now is the important time to make plans to hit the ground running to clean up your diet and lifestyle. With this magazine and through www.NaturallyHealthyNews.com, you have all of the information needed to make your plan for 2017.

If you already have Type 2 diabetes or are heading that way, see my article *Eat your way out of diabetes* on pages 72 and 73.

How to provide critical support for your immune system is shown in my article *9 ways to protect your immune system* on pages 24 and 25.

Two critical minerals for overall good health are iodine and selenium. Find out more about them in my articles on pages 62 and 63.

Curcumin, the well documented 'miracle spice', can help to protect your brain health. Read more about this in *The clever thing to do* on pages 84 and 85. Lastly, a super-strong probiotic is essential especially as studies are now showing that disease starts in the digestive tract. See my article on pages 88 and 89, *The good gut guide*.

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 or, if preferred, you can purchase some of them in print.

If you have any health questions, or are confused about the best supplements to take, just send an email to: admin@MyGoodHealthClub.com

Take good care,

Robert Redfern

Robert Redfern

Nutritionalist, author and broadcaster

PS. You can follow me and Naturally Healthy News on Facebook for regular updates:

[www.Facebook.com/NaturallyHealthyNews](https://www.facebook.com/NaturallyHealthyNews)



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NEW YEAR, *fresh start*

It's a new year and a new opportunity for your health

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

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

THE MOST COMMON NEW YEAR'S RESOLUTION 'FAILS'

You may have already guessed it – the most popular New Year's resolution far

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

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

Most often, yes. Harvard psychologist and associate professor Amy Cuddy dug deeper into this New Year's goal setting

paradox in a recent interview with Business Insider.² Cuddy says the big problem with New Year's resolutions lies in the fact that we are 'really bad at setting reasonable goals.'

When we set an unreasonable goal that we can't meet, we can automatically expect anxiety and lowered self-esteem to follow. At the heart of every failed New Year's resolution lies an unreasonable expectation. As you learn how to adjust your expectations and make small changes that shift your lifestyle from toxic to healthy, a 'New You' in the New Year can become a reality.

STEP 1: INVESTIGATE YOUR LIFESTYLE

When you're ready to take a good, hard look at your lifestyle, you may not like what you see. This is the dilemma most of



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

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

A lack of self-care coupled with constant activity lays the foundation for chronic exhaustion. University of Gothenburg researchers have linked heavy technology use with high stress and poor sleep quality and mental health, especially among young adults.³ In modern cultures where we are expected to work round-the-clock, fatigue in the workforce has become prevalent – affecting almost 40 per cent of workers, as estimated by Journal of Occupational and Environmental Medicine researchers.⁴

This burnout lifestyle may be the norm, but Dr Karin Olson, a University of Alberta

professor from the Faculty of Nursing, cautions us to take fatigue seriously. According to Olson, there is a distinct difference between tiredness and fatigue/exhaustion that could have a direct impact on your health. 'It is important to recognize the difference between tiredness and fatigue, because fatigue is a marker that the body is not able to keep up,' she explains.⁵

In 2014, Mount Sinai School of Medicine researchers made a connection between what they called 'vital exhaustion' and long-term health. Lead study author Dr Randy Cohen called vital exhaustion an important risk factor for the development of heart disease in otherwise healthy people. Lifestyle factors like fatigue, irritability, and feeling demoralized can increase the risk of first time cardiovascular disease by 36 per cent.⁶

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

STEP 2: COURSE CORRECT

Now is the perfect time to pull everything we have learned together. We now know

that the vast majority of New Year's resolutions fail because they don't take realistic lifestyle factors into account. We also know that the fatigue we can't seem to shake comes from unhealthy lifestyle choices that have spiralled out of our control.

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

Remember, every small change counts. This looks like:

- **Eating really healthy foods instead of starchy, sugary processed foods.** UCLA researchers are clear – eating junk foods can make you feel like junk all day long. In a 2014 study, researchers discovered that eating a diet high in processed, sugary foods not only contributed to weight gain, but it caused the 'impaired performance' of becoming tired and sedentary.⁷ In contrast, eating a really healthy foods diet of anti-inflammatory foods can improve both cognition and energy.

- **Moving your body each day.** Daily movement is the critical building block of a healthy lifestyle. Even low intensity exercise can reduce common symptoms of fatigue by up to 65 per cent, according to University of Georgia research.⁸ Start walking in the morning or evening, when time allows, and build up to 3-5 miles of brisk walking per day. Aim to walk for at least 60 minutes over the day.

- **Getting daily sun exposure.** Vitamin D deficiency has long been called an ignored global health problem. Exposing unprotected skin to the sun for 20 minutes a day can help to restore levels of this essential vitamin and support optimal health – an estimated 50 to 90 per cent of daily vitamin D should come from sun

exposure. Replenishing vitamin D can reduce the risk of a number of chronic diseases, including stroke, heart disease, autoimmune disease, and cancer; vitamin D is also a prime supporter of immunity.

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

• **Practising self-care.** The last determining factor that can make the 'New You' a success in the New Year is how you treat yourself in the year to come. Think of self-care as fuelling your tank: Meditation, relaxed breathing, and acupressure used to relieve stress can provide balance and make it possible for you to maintain any new lifestyle changes. While self-care looks different for everyone, experts at the University of Kentucky call physical self-care the one wellness area that many people overlook. Eating nourishing foods, exercising, getting enough sleep, getting medical attention when needed, and receiving psychological and emotional support are all essential healing tools.⁹

To be more specific here are nine simple changes to consider for your reasonable New Year's resolution:

1. Stop eating cookies, breakfast cereals,

pastries, bread, grains, rice, potatoes, parsnips and wheat pasta.

2. Stop drinking sugary, processed beverages like fruit juice and soda, as well as alcohol in excess.

3. Eat more green vegetables whenever you can – in smoothies, soups and salads.

4. Eat more dark-skinned fruits, like blueberries, raspberries, avocados, etc.

5. Avoid sitting down for more than three hours per day.

6. Drink six to eight glasses of water per day before 6pm, with a pinch of sodium bicarbonate in each glass to promote alkalinity.

7. Take unprocessed sea salt or rock salt to add missing minerals to your diet.

8. Keep working or volunteering – pursuing your passions while connecting with others can provide purpose and keep you young.

9. Take a complete multivitamin, preferably with over 50+ important nutrients and including vitamin D3.

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

Recommended Products

WHOLE BODY & COLON CLEANSE

This is a two-bottle pack designed to cleanse your colon and intestines and to eliminate impurities over a three-month period.



LIVER BALANCE PLUS

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



PRESCRIPT-ASSIST

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



ACTIVE LIFE CAPSULES

The most complete multivitamin for all the family, with 130 nutrients, vitamins and minerals, including vitamin D3.



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Feeling the pressure?

Gain natural control of your blood pressure

According to the World Heart Federation, an astonishing number of people around the world have high blood pressure – 970 million, to be exact. In the Western world, more than 330 million people suffer from elevated blood pressure, or hypertension.

The World Health Organization has rated hypertension as one of the leading causes of premature death. However, that is only the tip of the iceberg. Elevated blood pressure is considered to be a growing epidemic. World Heart Federation statistics estimate that close to 1.56 billion adults will have high blood pressure by the year 2025 if preventative measures are not taken to improve heart health.

UNDERSTANDING HIGH BLOOD PRESSURE

Blood pressure is a simple measurement of the force necessary to maintain blood flow throughout your body. Blood pressure is defined as the exerting force or pressure exerted by the blood against artery walls as the heart pumps. High blood pressure occurs when blood force gets too high.

You have probably heard about high blood pressure before as it is a very common condition. Yet if it is left untreated or is not properly monitored, it can be life-threatening. Elevated blood pressure above healthy levels of blood flow can trigger a number of devastating health issues, one of which is cardiovascular disease. Long-term high blood pressure will damage blood vessels and increase the risk of stroke.

The health of your heart depends on healthy blood pressure.

While hypertension is most often discussed, there are two types of irregular blood pressure to consider. High blood pressure is called hypertension: when blood pressure is too high. Low blood pressure is called hypotension: when blood pressure is too low. Both of these conditions are alarming and should be taken seriously. Hypertension, especially, should be addressed right away to protect the health of the heart.

HEART HEALTHY FACTS

It is easy to think that high blood pressure won't happen to you, but this condition

often sneaks up on us with age. The reality is that one in three people around the world have high blood pressure. Rates of hypertension skyrocket as a person grows older. In the Western world, 50 per cent of adults over the age of 60 have high blood pressure, while 90 per cent of adults are at risk of developing high blood pressure during their lives. There are certain risk factors that contribute to high blood pressure, and these include:

- Poor diet
- Obesity
- Smoking
- Sedentary lifestyle
- Oral contraceptives
- Diabetes
- Depression
- Drinking excess alcohol
- Emotional stress

Men have higher rates of hypertension than women, although women are more susceptible post-menopause, or after the age of 55. Lifestyle factors play an undeniable role in the regulation of high blood pressure. Inactivity is often to blame. Regular exercise helps to lower

the heart rate and it can decrease the number of times the heart beats. This will automatically lower the amount of blood pressure on artery walls.

Likewise, regular exercise supports a healthy weight. Being just a few pounds overweight will require your body to pump more blood just to stay alive. As more blood travels through the blood vessels, it places even more strain on the artery walls to increase blood pressure.

This talk of high blood pressure may be intimidating and discouraging, but there is a silver lining. All of these factors are entirely within your control. You can make positive lifestyle changes such as doing more exercise, reducing your anxiety levels, moderating your alcohol consumption, quitting smoking, and eating really healthy foods to balance your blood pressure and protect your heart.

6 WAYS TO CONTROL YOUR BLOOD PRESSURE NATURALLY

It does take a commitment to your health to protect your heart, but balancing your blood pressure isn't as complicated as many medical professionals would like you to believe. Take these six tips to heart to improve your cardiovascular health...

- 1. Eat an anti-inflammatory diet.** Cutting out inflammatory foods can automatically lower blood pressure. Nourishing, anti-inflammatory foods like non-starchy vegetables, legumes, dark-skinned fruits, quinoa, millet, buckwheat and hemp seeds are recommended.
- 2. Eliminate or moderate your meat intake.** A diet low in or devoid of meat can help to lower blood pressure. Saturated fat in animal products may affect blood viscosity, which is higher in sufferers of hypertension.
- 3. Maintain a healthy weight.** Following an anti-inflammatory diet makes it easy to regulate your body weight.
- 4. Take vitamin C.** Research supports 500mg or more of vitamin C per day to

lower blood pressure.

5. Take anti-inflammatory enzymes.

An anti-inflammatory enzyme like Serrapeptase, used in combination with digestive enzymes, antioxidants and Nattokinase, can support arterial and circulatory health to maintain blood pressure over the long term.

6. Take L-Arginine.

This is a semi essential amino acid that works with these heart-healthy enzymes to regulate blood flow and the cardiovascular system.

It is important to point out that, despite what many medical professionals may suggest, too much cholesterol is not a contributing factor to hypertension and heart disease. Cholesterol produced by the liver is necessary for optimal health. It supports brain function and hormonal balance, while guarding against inflammation. Scientific studies show a weak relationship between the amount of cholesterol consumed and the person's blood cholesterol levels.¹

Oxidised cholesterol is the culprit behind serious cardiovascular damage. Cholesterol is oxidised after it is exposed to free radicals, which contribute to existing inflammation in the arteries. This is just one more reason to rehabilitate blood pressure and heart health with an antioxidant-rich, anti-inflammatory diet. Antioxidants neutralise free radical damage to keep cholesterol oxidation at bay. Studies show that there seems to be a 'clear cause and effect relationship between LDL oxidation and atherosclerosis', demonstrating that antioxidants have a major effect on

enriching the arterial walls and preventing damage.²

What you eat, and the lifestyle choices you make, can directly impact the health of your heart.

Recommended Products

CAMU CAMU VITAMIN C

100% natural Vitamin C, from the unique plant found in the Amazon, which has one of the highest Vitamin C contents worldwide! Delivers 700mg Camu Camu extract and 105mg Camu Camu powder per capsule.



BLOCKBUSTER ALLCLEAR™

A careful blend of 16 powerful ingredients, including enzymes such as Serrapeptase and Nattokinase, plus digestive enzymes, antioxidants and proanthocyanidins.



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.



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A SIGHT FOR *sore eyes*

It's never too early to protect yourself against age-related macular degeneration

Time is not on your side when it comes to protecting your sight. Age-related macular degeneration (ARMD), remains the leading cause of vision loss in adults over 50. The unfortunate truth is that many younger adults choose not to “see” that far in the future. You may believe ARMD will not happen to you. You may consider ARMD a far off risk that can be addressed once you reach retirement age.

Would it surprise you to know that adults are suffering from age-related macular degeneration at a younger and younger age? Some ARMD sufferers are as young as 20. ARMD is responsible for roughly 5 per cent of blindness around the

world. The condition continues to progress; up to 196 million people may suffer from age-related macular degeneration by the year 2020.

The International Agency for the Prevention of Blindness describes the condition as: ‘the third most important cause of blindness in the world and the leading cause of blindness in higher income countries with ageing populations.’

TAKING OFF THE BLINKERS

One of the main causes of age-related macular degeneration is an increased amount of free radical damage inflicted on the human body. Free radicals can be found anywhere. You may find them in sun exposure, unnatural foods, pollution and

environmental toxins. To make matters worse, the Western diet is sorely lacking in antioxidants needed to protect our delicate eyes against disease.

Powerful antioxidants called carotenoids, when consumed in ample amounts, can protect your eyes from degeneration. As free radicals attack your healthy eyes again and again, the macula becomes damaged. The macula is a small part of the eye that controls central vision. Small and mighty, the macula provides you with the ability to see crisp detail and vivid colours. A deteriorated macula resulting in ARMD may start in one eye and will soon affect the other eye, in many cases.

Age related macular degeneration may be

broken down into two categories:

1. Dry: The most common type of ARMD may develop slowly and will ultimately cause a loss of central vision, in 95 per cent of cases. The good news is that dry ARMD is largely reliant on nutrition and lifestyle factors. It is possible to stop and reverse dry ARMD with an anti-inflammatory diet and eye-healthy nutrients.

2. Wet: Weak, malnourished blood vessels will result in wet ARMD. These deteriorating vessels are found behind the retina and will soon leak into the macula. Wet ARMD is less common than dry ARMD, but it will result in a rapid loss of vision. It is harder to achieve full recovery for wet ARMD, though damage can be minimised with the right lifestyle choices.

TWO ESSENTIAL NUTRIENTS FOR CLEAR EYES

ARMD described as a medical condition sounds complex, when the treatment really is simple. The problem has already been pinpointed as a lack of antioxidants in the diet. Many physicians agree. According to Macular Degeneration International, patients with ARMD may be told that there is no treatment available to reverse or halt the condition. Patients may be 'encouraged' to take antioxidant vitamins at a bare minimum. While antioxidant intake is essential, targeted antioxidant use is key. Taking a run-of-the-mill antioxidant vitamin isn't going to improve or stop vision loss. Understanding which critical nutrients your eyes need to protect and restore sight can greatly reduce the risk of blindness.

Two specific nutrients are responsible for protecting the macula from degeneration:

1. Lutein: Lutein is not made by your body. This powerful carotenoid must be gleaned in food and nutritional supplements to prevent permanent vision loss. An anti-inflammatory diet rich in fresh fruits

and vegetables provides a foundation for healthy vision at any age. Up to 14 portions of fresh or frozen vegetables a day are recommended. Along with that, a daily Lutein supplement can support eye, brain and full-body health.

2. Zeaxanthin: Like Lutein, Zeaxanthin is an antioxidant found in most fruits and vegetables; antioxidant levels are especially high in green, leafy vegetables. Zeaxanthin works alongside Lutein to maintain the structural integrity of blood vessels that supply the macula to protect against photo-oxidation. Zeaxanthin in the diet and in supplement form is highly recommended.

Lutein and Zeaxanthin are undeniably important to eye health. These potent antioxidants are known to be missing in sufferers of ARMD. In a review of more than 25 epidemiological studies that examined the dietary intake of carotenoids, Lutein and Zeaxanthin were found to be inversely associated with age related macular degeneration.

Taurine can help too, as it strengthens the cell walls and helps to remove detritus from the retina. Taurine is also one of the most abundant amino acids required by the eye for good health.¹

Alongside essential nutrient support, electro-acupressure can be used to restore the health of the eyes. There are a number of factors that contribute to ARMD. One of the most common triggers, after free radical damage, is a lack of circulation associated with age.

In order for the macula to function in optimal health with crystal-clear vision, proper nutrients, oxygen, and detoxification are needed. Low circulation reduces antioxidant and oxygen supply

to the eyes. This process will soon result in vision dysfunction and long-term degeneration.

Electro-acupressure micro-current stimulation is an exciting new technology that can be used to treat macular degeneration. For both wet and dry ARMD, early clinical trials have shown up to a 70 per cent improvement in vision.² Electro-acupressure therapy can stimulate the retina and degenerated macula using well-mapped acupressure points on the body. When used with antioxidant nutritional supplements, hope for recovery is available. Vision loss is not a natural part of the ageing process and doesn't have to be accepted as one.

Recommended Products

MAXIFOCUS™

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



TAURINE SPRAY

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



HEALTHPOINT

Electro-acupressure kit designed to help any condition that responds to micro current stimulation. Developed over 14 years by a leading specialist, very easy to use, safe for all the family and with full instructions & DVD to help get you started.



Source

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This miracle enzyme is changing lives

Could it change yours?

Suffering from a chronic health condition is not as hopeless as it once was. Finally, there is good news on the horizon – in the form of a clinically-supported ‘wonder’ enzyme known as Serrapeptase.

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

THE TOP TEN SERRAPEPTASE STUDIES

Based on user testimonials and clinical application, Serrapeptase can be used for almost any physical ailment as all health issues are derived from inflammation in the body. Even more importantly,

Serrapeptase has scientific backing for this pain and inflammation relief. Serrapeptase research spans more than 40 years with new discoveries published regularly.

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

- 1. Alzheimer’s Disease:** In an exciting breakthrough for sufferers of this debilitating health condition, proteolytic enzymes Serrapeptase and Nattokinase were observed to effectively modulate some factors that characterise Alzheimer’s disease.¹
- 2. Asthma:** The relief chronic asthma sufferers have been looking for – researchers discovered that Serrapeptase supported the dissolution of sputum in asthma patients.²
- 3. Breast Engorgement:** Based on the use of anti-inflammatory Serrapeptase in a clinical setting, scientists now consider the enzyme to be “a safe and effective method for the treatment of breast engorgement.”³
- 4. Carpal Tunnel Syndrome:** Researchers

believe that Serrapeptase enzyme therapy can be used as an effective alternative treatment for carpal tunnel syndrome.⁴

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

6. Inflammation: Serrapeptase has broad clinical backing in its use as an anti-inflammatory enzyme.⁶

7. Mucus Reduction: When taken orally, Serrapeptase can reduce the viscoelasticity of nasal mucus.⁷

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

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

10. Wound Healing: Serratiopeptidase and metronidazole therapy supported

improved wound healing in a clinical setting.¹⁰

THE ANSWER TO THE ALZHEIMER'S EPIDEMIC?

Perhaps the most astonishing new Serrapeptase research concerns its ability to treat Alzheimer's disease. In 2013, a study was published detailing the effects of Serrapeptase and Nattokinase when administered daily for 45 days. Following the enzyme treatment, researchers observed a marked decrease in brain chemical activity that led to the development of Alzheimer's disease. The enzyme treatment also greatly increased brain chemical activity that helped to protect against Alzheimer's.¹

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

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

SERRAPEPTASE HEALTHCARE IS NOT DISEASE MANAGEMENT

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

Fortunately, the powerful

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

Vast research supports Serrapeptase to clear chronic inflammation and renew health. No matter what ails you, Serrapeptase can provide anti-inflammatory relief when combined with a personalized health plan. Serrapeptase health plans may be followed for 30 days and can offer noticeable improvement in decreased symptoms, even for serious conditions like Alzheimer's disease. Serrapeptase can help you get your life back. Look for a super strength serrapeptase to start your recovery, something that will deliver up-to 250,000iu's of serrapeptase per capsule and then drop down to a lower amount for maintenance.

Recommended Products

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.



BLOCKBUSTER ALLCLEAR

Unique powerful blend of x16 ingredients, including 80,000iu Serrapeptase and 1,600fu Nattokinase per cap, plus other digestive enzymes, antioxidants and proanthocyanidins.



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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.



8 good reasons to take curcumin



Highlighting the many health benefits of this super spice

It's one of the most powerful medicinal plants in the world and the benefits keep on coming. When it comes to powerful effects, curcumin that's derived from the Indian spice turmeric is considered highly potent with health-boosting properties.

The deep orange-yellow Indian spice that's grown in India or Pakistan has been used for thousands of years both as a cooking spice and within Ayurvedic and ancient Chinese medicine. The Western world is only just beginning to discover the amazing benefits of this wondrous spice and how it can heal the body from within.

New evidence is being uncovered all the time, suggesting that curcumin's anti-histamine, anti-inflammatory, anti-microbial and anti-mutagenic properties are beneficial to health. Even Big Pharma cannot disagree with the 4,000-plus turmeric-related studies and the scientific research suggesting that it's beneficial for more than 600 health problems.

Here are some of its many health benefits:

1) Boosts heart health. Curcumin can improve the lining of the blood vessels, regulate blood pressure and reduce blood clotting. One study in particular found that curcumin was just as effective as exercise at improving blood flow to the heart. Curcumin can also reduce oxidation or inflammation within the body.¹

2) May improve stomach cancer and ulcers. A 2002 study into curcumin found that it inhibits the growth of bacteria that are linked to the development of ulcers that can become cancerous. This indicates that curcumin could offer protection for stomach ulcers and stomach cancer.²

3) Prevents arthritis and relieves joint pain. Curcumin has been shown in studies to prevent arthritis and relieve joint pain in people who have these diseases.

This is because curcumin contains anti-inflammatory compounds that studies have shown to have a positive effect on joint swelling and pain-reduction in rats.³

4) Improves depression. Studies have shown that curcumin can boost certain brain chemicals.⁴ Ultimately this means improving or even reversing depression.

5) Improves Alzheimer's disease. Curcumin is known for its anti-inflammatory properties that can pass through the blood-brain barrier, unlike other substances. One study from 2006 involved six subjects diagnosed with Alzheimer's disease who were given curcumin supplements. The results showed improved plaque uptake and ingestion.⁵

6) Could slow down the ageing process. Inflammation and oxidative damage are underlying causes of the ageing process. As the body ages, highly reactive molecules called free radicals react to, and damage, organic substances such as fatty acids, proteins and DNA. Once this DNA is damaged, cancer is sure to follow. Curcumin can boost the activity of the body's antioxidant enzymes, thus fighting free radical damage.

7) Could provide protection from cancer. Research from 2012 has shown that curcumin may help to slow down the progress of various types of cancer and mediate its development.⁶ Research has also shown that the curcumin root can play a protective role in fighting prostate cancer and arresting the metastasis of prostate cancer cells in vivo by stopping the expression of CXCL1 and CXCL2 cytokines. This same type of inhibitory process can result in the diminished capacity of metastasis in breast cancer cells.⁷

8) Improves brain function. Supplementation with curcumin can help brain function as curcumin is able to get past the blood-brain barrier to work

more effectively. There are relatively few substances in the world that can do this. Many kinds of brain disorders have been linked with decreased levels of the hormone Brain Derived Neurotrophic Factor (BDNF) and curcumin has been found to increase BDNF levels in the brain, delaying or reversing age-related dysfunction.⁸

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Breath of life

We take a look at five natural supplements for supporting the health of your lungs

Our lungs fuel us with oxygen, the body's life-sustaining gas. They breathe in air, then extract the oxygen and pass it into the bloodstream, where it is rushed off to the tissues and organs that require it in order to function.

The lungs are the only way through which the body can absorb oxygen and then deliver it to all the organs. However, environmental damage and certain infections can lead the lungs to become chronically unhealthy. Although it is desirable to maintain good lung health in the first instance, there are several supplements which can enable these vital organs to become healthy again if they

become affected by disease.

SERRAPEPTASE

Serrapeptase is one of the world's most exciting enzymes. Many studies have been carried out into its numerous health benefits and effectiveness in helping lung conditions such as chronic obstructive pulmonary disease, emphysema, bronchitis, fibrosis, bronchiectasis, cystic fibrosis, chronic cough, bronchial asthma, pneumoconiosis, asbestosis and dust allergies. One study from Japan found that Serrapeptase can have a 'beneficial effect' on clearing mucus in patients with chronic airway diseases.¹ This means that anyone wanting to improve their lung health would benefit from taking this important enzyme.

Serrapeptase is showing promise as a great natural anti-inflammatory agent and herein lies the power behind its lung health benefits as it helps to clear out inflammation, mucus and dead/scar tissue. An Indian study looked at the role of proteolytic enzymes like Serrapeptase on test subjects and the results showed a significant reduction in inflammation when compared to the control group.² As Serrapeptase clears away this problem tissue, the body's healing system can then replace it with healthy tissue, bringing about better lung function as a result.

CURCUMIN

Research carried out by scientists from the University of Edinburgh and the University

of California has indicated that existing drugs have proved to be ineffective in treating lung conditions.³

However, research has revealed that naturally occurring polyphenols in curcumin offer a safer, alternative treatment to traditionally used corticosteroids.⁴ Curcumin can directly scavenge free radicals, such as superoxide anion and nitric oxide, and modulate important signalling pathways. These polyphenols also down-regulate expression of pro-inflammatory mediators, and up-regulate desirable gene expression in the lungs. It was concluded that curcumin can act as a potential therapeutic agent against chronic lung diseases. Furthermore, curcumin has been shown to inhibit COPD-like airway inflammation and the progression of lung cancer within test subjects.⁵

ECKLONIA CAVA EXTRACT

Derived from brown algae grown off the coast of Korea and Japan, Ecklonia Cava is a potent antioxidant which offers many health benefits. One particular study found it to be of benefit in 'significant inhibition of all asthmatic reactions' and concluded that Ecklonia Cava 'extracts may prove useful as an adjunct therapy for allergic airway reactions'.⁶ Eckol, which is isolated from Ecklonia Cava, has been found to attenuate oxidative stress-induced cell damage in lung fibroblast cells. It protects cells against oxidative damage by enhancing the cellular antioxidant activity and modulating the cellular signal pathway.⁷

VITAMIN D3

Vitamin D3 prevents inflammation by activating molecules which switch off inflammatory genes. A study published in a 2010 issue of *The Journal of Immunology* reported that vitamin D3 induces an inhibitor of pro-inflammatory transcription factor. This is good news for those suffering from smokers' lung or chronic obstructive pulmonary disease (COPD), emphysema

and chronic bronchitis – all of which have inflammation as underlying factors. Furthermore, according to research from Queen Mary University of London, vitamin D3 has been shown to reduce COPD and lung disease flare-ups by over 40 per cent in patients with a vitamin D deficiency. COPD includes conditions such as chronic bronchitis and emphysema, amongst others.⁸

SEAWEED ENZYME EXTRACT

This powerful enzyme, which is extracted from deep water seaweed, supports the respiratory system and improves the body's ability to absorb more oxygen, particularly when taken in a liquid supplement form under the tongue. Several species of brown seaweeds were evaluated for their free radical-scavenging properties and results showed that the enzymatic extracts exhibited more prominent effects in hydrogen peroxide scavenging activity compared to

commercial antioxidants.⁹

If you have been suffering from poor lung health then why not make your breathing – and life – easier with these supplements!

Recommended Products

SERRANOL™

Unique combination of 80,000iu Serrapeptase plus Curcuminx4000, Ecklonia Cava Extract and vitamin D3. Nowhere else can you find all of these in one capsule!



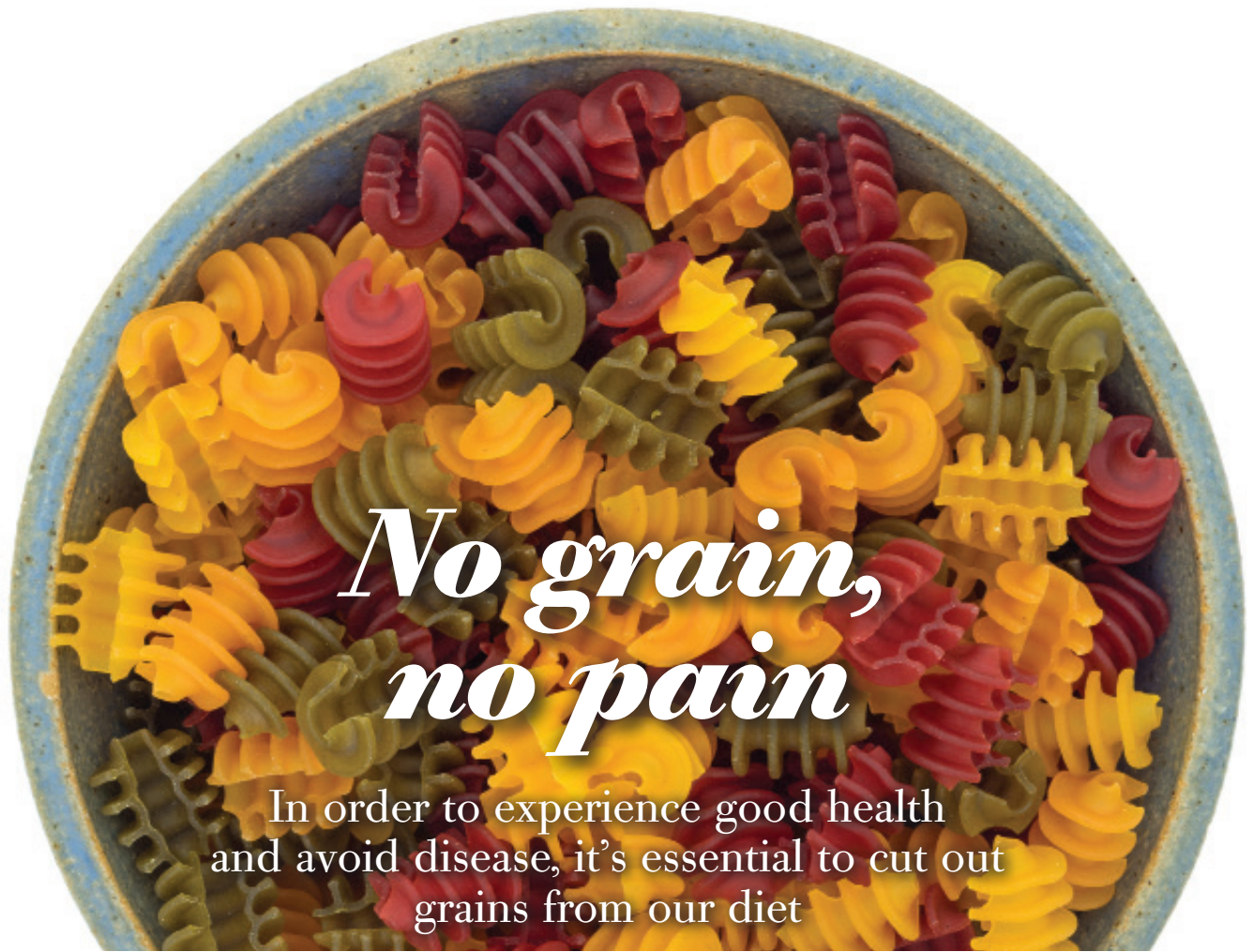
OXYSORB

Powerful intra-oral liquid enzyme extracted from deep water seaweed, recommended for sport/fitness, when flying/high altitude or during any heavy exertion.



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Anyone with an interest in natural health and wellbeing will be aware that white rice, bread and wheat pasta should be avoided as they are not part of a healthy lifestyle. These grains are nothing but sugar and can lead to unstable blood sugar levels. However, replacing them with whole grains and cereals will not help. The fact is that we need to avoid all grains as they are associated with numerous health complications and diseases. Let's take a look at the top reasons why we should eliminate these foods right away.

THEY HAVE A HIGH GLYCAEMIC INDEX

According to Dictionary.com the glycaemic index is a system that ranks foods by the speeds at which their carbohydrates are converted into glucose in the body; or to put it more simply, a measure of the effects of foods on blood sugar levels. All grains rank highly on the index, meaning that they raise blood sugar quickly as opposed to a slow, sustained release of sugar.

High blood sugar levels are linked to a multitude of chronic diseases.

THEY CONTAIN MYCOTOXINS

Mycotoxins are poisonous substances produced by fungi which grow in yeast and mould. These toxins are linked to numerous diseases.

THEY CAN CAUSE INFLAMMATION

A proper essential fatty acid ratio is imperative to good health. Grains contain an improper balance of omegas-3s to omega-6s, leading to inflammation. This inflammation is further exacerbated by the unhealthy spreads we put on our grains. The sugars also contribute to damage through a process called glycation. These all damage the walls of our arteries and joints.

THEY CAN BE ACID-FORMING

Our body is naturally alkaline and to remain this way we require the majority of our foods to be alkaline-forming. Grains are acid-forming which can lead to calcium loss in the urine and an increased risk of

osteoporosis. When our body becomes too acidic, acidosis sets in, bringing with it many health concerns.

THEY FEED THE UNFRIENDLY BACTERIA IN THE GUT

An overabundance of sugar from consuming grains feeds the unfriendly bacteria in our intestinal tract. In the proper amounts these bacteria are necessary; however, in abundance they create illness.

THEY HAVE A LOW FIBRE CONTENT

Fruits contain twice as much fibre as grains, while non-starchy vegetables contain eight times more fibre.

THEY ARE A POOR SOURCE OF VITAMINS

Grains do not contain vitamin C or B12 and contain only trace amounts of folate and biotin, another B vitamin. Vitamin C is a powerful antioxidant and low levels of B12 and folate lead to increased levels of the amino acid homocysteine, increasing the risk of heart disease.

Recommended Products

REALLY HEALTHY OATS (500G)

Most oats are steamed and turned into flakes, these Really Healthy Organic Oats are rolled and then 'sprouted' for more complete nutrition. The perfect breakfast replacement, try with Coconut Milk (can just be left to soak overnight), or in a smoothie. Highly nutritious, Gluten Free.



REALLY HEALTHY FLOUR (750G)

From a 'sprouted' Buckwheat seed, Really Healthy Flour is super healthy and the perfect replacement for any other unhealthy flour. Can be used to make bread, cakes, pancakes etc Organic and Gluten Free.



REALLY HEALTHY PASTA (250G)

The world's healthiest pasta? Organic, Gluten Free, Low GI, High Protein, Iron & Fibre and High Nutritional value. Cooks like pasta, tastes delicious and available in Red Lentil, Chickpea, Mung Bean, Black Bean, Buckwheat & Golden Flaxseed, penne or fusilli. 2-3 servings per pack. No added nasties, just single ingredients used. The perfect healthy meal replacement.



THEY INHIBIT THE ABSORPTION OF VITAMINS AND MINERALS

Pyridoxine glucosides, found in grains, block the absorption of B vitamins in the intestines, including B6, which is also related to increased levels of homocysteine. Vitamin D metabolism is also inhibited by the consumption of grains, reducing calcium absorption. Phytates, which are antioxidant compounds found in whole grains, chemically bond the iron, zinc, copper and calcium within grains, blocking their absorption during the digestion process.

THEY CONTAIN ENZYME INHIBITORS

Enzyme inhibitors suppress the enzymes you need to digest food, compromising digestion and placing stress on the pancreas.

THEY CONTAIN GLUTINOUS PROTEINS

Glutinous proteins are found in grains and are responsible for food allergies, intolerances and sensitivities.

THEY CAN EXACERBATE COELIAC DISEASE

Coeliac disease is a genetic autoimmune disease affecting the small intestine. It may be triggered by eating too many grains early in life or a traumatic event creating stress in the body. Coeliac disease causes great distress to the immune system and can only be managed by completely avoiding gluten.

THEY CONTAIN LECTINS

Lectins are proteins in grains which are indigestible. Instead of being absorbed, these proteins attach to cells in the intestines, increasing intestinal permeability and allowing partially undigested food proteins and undesirable

bacteria to enter the bloodstream. This is a condition known as leaky gut syndrome. A leaky gut confuses the immune system, causing it to attack the body's own tissues.

Eliminating grains and replacing them with low sugar fruits and non-starchy vegetables will lead to better health. Nutritious, healthy and gluten-free alternatives to grains include quinoa, amaranth, red lentils, black beans, chickpeas, mung beans and buckwheat. Get creative with these new foods and they will open up a whole new world of flavours and good nutrition.

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Really healthy recipes

Fuel your day the right way with these deliciously healthy recipes

BREAKFAST

OATS, BERRY AND BANANA SMOOTHIE

Serves 2

Ingredients

- ½ cup of Really Healthy Oats
- ½ cup of coconut milk yogurt or thick coconut milk
- ½ cup of chopped banana
- 2 tbsps of flax seeds
- ½ cup frozen blueberries (or other berries)
- A few ice cubes

Instructions:

1. Put together the oats, banana, coconut milk yogurt, flax seeds, blueberries and ice cubes, blending to a smooth and frothy mixture.
2. Pour the smoothie into serving glasses and serve chilled.



DINNER

QUINOA WITH CARROTS, SHIITAKE MUSHROOMS AND CASHEWS

Serves 2-3

Ingredients

- 2 cups quinoa
- 1 oz dried shiitake mushrooms
- 1 tbsp toasted sesame oil
- 3 carrots, peeled and grated (1½ cups)
- ½ cup roasted cashews
- 1 tsp finely grated fresh ginger
- 2 tbsp soy sauce
- 1 tbsp coconut oil
- Vegetarian furikake seasoning, such as Eden Shake for sprinkling: optional

Instructions

1. Cook the quinoa according to the instructions.
2. Place the mushrooms in a heat-proof bowl, covering with 1 cup of boiling water. Soak for 1 hour. Drain, and then finely chop.
3. In a non-stick skillet, heat the sesame oil over a medium heat. Add the mushrooms and carrots; stir-frying for 5 minutes. Stir in the cashews and ginger, cooking for 1 minute more.
4. Combine the soy sauce and 1 tbsp water into a bowl. Stir into the carrot mixture, and then remove from the heat. Set it aside.
5. Take the quinoa and stir in the coconut oil and carrot mixture, using a chopping motion with the spoon to include all of the ingredients.
6. Sprinkle with furikake seasoning, if using, and then serve warm alongside some greens such as bok choy.

LUNCH

TOMATO AND CILANTRO SOUP

Serves 2-3

Ingredients:

- 1 large bunch of cilantro (coriander)

1 chopped yellow onion

- 2 tbsps olive oil
- 1 tsp minced fresh garlic
- 2 jars diced tomatoes
- 4 tbsps tomato pasta
- 4 cups of water
- 1 tsp ground cumin
- 1 tsp sweet paprika
- 1 cayenne pepper
- 2½ tbsps fresh lime juice
- Fresh black pepper, to taste
- Sea salt, to taste

Instructions

1. In a deep pan, sauté the chopped onion in a little olive oil. Add the cumin, garlic and paprika, sautéing for 1-2 minutes. Add the tomatoes in with the juice, water, salt, pepper, tomato paste and the cilantro.
2. Bring the mixture to the boil and then lower the heat. Cover and simmer for 30 minutes.
3. After 30 minutes, remove the bundle of cilantro leaves from the soup. Pick any out that have broken off. Purée the soup in a food processor or immersion blender.
4. Turn the heat back onto the soup and then add the lime juice, cayenne pepper and the chopped cilantro. Cook for about 2-3 minutes. Serve the soup hot with some chopped cilantro sprinkled on top as a garnish.





LOVE YOUR LUNGS? LOVE SERRANOL

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

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

x4 POWERFUL NUTRIENTS, x1 CAPSULE

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



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

A force to be reckoned with

Highlighting the many amazing benefits of Alpha Lipoic Acid 'R'

There's something about alpha lipoic acid that has researchers buzzing. Alpha lipoic acid (ALA) is a potent, protective antioxidant that can help stabilise blood sugar. This benefit alone has major significance for sufferers of prediabetes and type 2 diabetes – plus the rest of us who eat a modern, processed food diet.

Alpha lipoic acid is a network antioxidant that can keep blood sugar levels stable. That's not all. As a super antioxidant, ALA protects against oxidative stress, supports eye health, improves endothelial function, defends against heart disease, guards against bone loss, and even gives hope for Alzheimer's disease. Alpha lipoic acid can shield the body from heavy metal environmental contaminants, offer migraine relief, and renew the skin.

WHAT THE RESEARCH HAS TO SAY ABOUT ALA

Taking alpha lipoic acid as a supplement has immediate benefits when it comes to heart health. In a study conducted on mice by Oregon State University researchers, alpha lipoic acid helped to inhibit arterial lesion formation, reduce blood vessel inflammation, lower triglycerides, and minimise weight gain. All of these factors have direct application in the treatment of cardiovascular disease.¹

According to another study, ALA supplements had a noticeable anti-ageing effect on rats, improving brain function and energy.² Furthermore, scientists consider alpha lipoic acid to be a potentially new and successful treatment option for Alzheimer's disease. One study showed that ALA stabilised cognitive function and provided neuroprotective benefits in participants who took the supplement.³

Blood sugar regulation may be one of the biggest reasons to take this amazing antioxidant. Diabetes is considered a

leading cause of death and disability around the world. Because of the wide consumption of the Western Un-Natural Food Diet, filled with starchy carbs and sugary foods that keep blood sugar levels high, the diabetes outlook is worse than ever. When you think about the fact that over 470 million people are expected to have prediabetes, a precursor to the lifestyle condition type 2 diabetes, by 2030, this makes alpha lipoic acid an essential nutrient for everyone.⁴ ALA can support glycaemic control, improve insulin sensitivity, and buffer oxidative stress, with a 'major benefit' when used as a supplement to treat diabetic neuropathy.⁵

THERE CAN ONLY BE ONE

Alpha lipoic acid has exciting research to back it, but it is its unique role in the body that makes this antioxidant so special. Within a regenerative network of five antioxidants, vitamin C, vitamin E, coenzyme Q10, glutathione, and lipoic acid, ALA has been called "the most versatile and powerful antioxidant in the entire antioxidant defense network" by Dr Lester Packer in his book *The Antioxidant Miracle*.⁶

Your body needs a large amount of this antioxidant every day to see any benefits, and if you're not taking the right form of ALA, your body can't use it. Alpha Lipoic Acid R is the form of ALA that is more bioavailable to your body. Compared to the 'free acid' form, called R-Lipoic Acid or RLA,



Alpha Lipoic Acid R shows better results with a maximum plasma concentration up to 40 times higher than unstabilised RLA, as observed in a preliminary trial.

Alpha Lipoic Acid R is easily absorbed so that it can go right to work. When taken in this bio-active form, ALA R is an antioxidant force to be reckoned with – it can even improve the uptake of other supplements to make them more effective.

Recommended Product

ALPHA LIPOIC ACID 'R'
Alpha Lipoic Acid 'R'™ is significantly more bioavailable than the 'free acid' form of R-Lipoic Acid (RLA). In a preliminary trial, the maximum plasma concentration was 40 times higher than that of unstabilized RLA.



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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.





9 ways to protect your immune system

Highlighting the key natural ingredients to help you through the cold and flu season

The best form of attack is defence, which is why it is vital to ensure that your immune system is protected during the cold and flu season. Here we take a look at nine top natural ingredients which will help to support your immune system and leave you fighting fit.

EPICOR®

EpiCor® is a dietary supplement which is derived from the dry fermentation of the yeast *Saccharomyces cerevisiae*. It is a potent and powerful antioxidant with an ORAC (Oxygen Radical Absorption Capacity) value of 52,500/100g. ORAC scores denote the particular power of an antioxidant, so this high value demonstrates that EpiCor® is particularly good for neutralising free radical damage. EpiCor® has been shown to modulate the immune system and influence antioxidant levels in the blood. One particular study demonstrated its ability to reduce cold

and flu-like symptoms in non-vaccinated individuals.¹

SELENIUM

Selenium is an essential trace mineral which is needed for the proper functioning of neutrophils, macrophages, natural killer cells, T lymphocytes and other immune mechanisms. Its antioxidant properties enable it to protect healthy cells from free radical damage and support immune function. Increased intake of selenium may alleviate pathological conditions such as oxidative stress and inflammation.²

VITAMIN D3

Vitamin D is vital for maintaining a strong immune system. The cells that make up the immune system contain vitamin D receptors, meaning that without adequate levels of this important vitamin the immune cells become weak, leaving us susceptible to sickness and infection. Our primary source of it is made when the skin

is exposed to UVB sunrays. Vitamin D3 (cholecalciferol) is the natural form that we make from sunshine or ingest from foods. The liver and kidneys convert vitamin D3 into calcitriol, which is a powerful hormone that can trigger over 200 genes including ones that are involved in the immune system.

VITAMIN C

Vitamin C is essential for the proper functioning of the immune system. However, our stores of this vital vitamin become depleted during times of stress and when we have infections. Vitamin C supplementation has been shown to improve various parts of the immune system such as antimicrobial and natural killer cell activities, lymphocyte proliferation, chemotaxis, and delayed-type hypersensitivity. Research shows that it can reduce 'the risk, severity, and duration of infectious diseases' as well as 'ameliorate symptoms and shorten the

duration of respiratory tract infections including the common cold'.³

ZINC

Zinc is a mineral which is essential to the functioning of the immune system. It is necessary for normal T-cell and natural killer cell function as well as normal lymphocyte activity. It may also be directly involved in antibody production, which helps the body to fight infection. A lot of research has been carried out into zinc and immunity. One review found that, when taken within 24 hours of the first symptoms of a cold, zinc can reduce its duration and significantly reduce the severity of symptoms.⁴ Recent research from Ohio State University showed that zinc plays an important role in controlling the body's response to infections by modulating the immune response in a way that helps to stop excessive inflammation.⁵

DIMETHYLGLYCINE HCL

Dimethylglycine HCL, also known as dimethylglycine, is a component of every cell in the body. It is derived from amino acids which are the building blocks for proteins. Dimethylglycine helps to enhance the immune response⁶ and fight infection.

ELDERBERRY FRUIT EXTRACT

Elderberries have been used medicinally for hundreds of years to treat colds, flu and sinus infections. The elderberry is packed with powerful antioxidants known as anthocyanins and has powerful immune-stimulating, anti-viral and anti-inflammatory properties. Research has shown that this bountiful berry can help to fight the flu. A 2004 study of 60 people

suffering with flu found that those who took elderberry extract for five days saw their symptoms reduce four days earlier than those taking a placebo.⁷

LARCH ARABINOGALACTAN

Larch arabinogalactan is an excellent source of dietary fibre which has been found to help increase levels of beneficial gut bacteria, such as Bifidobacteria and Lactobacillus. According to experimental studies, larch arabinogalactan can help to stimulate the cytotoxic abilities of natural killer (NK) cells and enhances other functional aspects of the immune system. As a result, it has been suggested that larch arabinogalactan may be useful as a 'therapeutic agent in conditions associated with lowered immune function, decreased NK activity, or chronic viral infection'.⁸

BETA GLUCANS

Beta glucans are naturally occurring polysaccharides found in the cell walls of pathogens such as fungi, yeasts and their moulds. They are believed to be immune modulators, meaning that they help to regulate the immune system, increasing its efficiency. Beta glucans stimulate the

activity of macrophages which are immune cells that destroy invading pathogens and stimulate other immune cells to attack. They also stimulate natural killer cells which bind to tumours or viruses and release chemicals to destroy them.⁹

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Recommended Product

DAILY IMMUNE PROTECTION

A unique combination of x10 powerful ingredients to help maintain the function of the immune system, including: Epicor, selenium, vitamin D3, vitamin C, zinc, dimethylglycine, elderberry fruit extract, Immune Assist powder, beta glucans and Larch Arabinogalactan.





LOVE YOUR HEART

Heart disease is one of the biggest killers – here's how to lower your risk

Cardiovascular Disease (CVD) incorporates all the diseases of the heart and circulation, including coronary heart disease and stroke, and statistics show that it is the biggest killer in the UK. Risk factors include smoking, drinking alcohol, a poor diet, a lack of physical activity, obesity, hypertension, high cholesterol and diabetes. In order to lower your risk of heart disease and build a healthy heart, it is important to follow a healthy lifestyle including a sensible diet, regular exercise and good supplementation.

HEART HEALTH TIPS

Firstly, if you smoke, it is essential that you stop. The chemicals in tobacco can damage your heart and blood vessels, leading to atherosclerosis (narrowing of the arteries), which can in turn lead to a heart attack.

Aim to include 30 minutes of aerobic exercise into your daily routine for at least five days of the week. Physical activity will help to keep your weight at a healthy level and may reduce your chances of developing other conditions that could put your heart under strain, such as high blood pressure, high cholesterol and diabetes. Follow a healthy diet and your heart will

thank you for it. Limit the amount of sugar and salt you consume and reduce your intake of saturated fat – this is mostly found in red meat and dairy products along with coconut and palm oils. Cut out trans fats completely from your diet – these are found in processed and deep-fried fast foods, bakery products and margarines. Increase your intake of dark leafy vegetables, nuts and omega-3 fatty acids from fish and olive oil. Only drink alcohol in moderation – no more than two drinks a day for men, and one a day for women.

Let's take a look at some supplements that are beneficial for heart health.

SERRAPEPTASE

Serrapeptase is a multi-functional proteolytic enzyme derived from silkworms which dissolves non-living tissues such as fibrin, plaque, blood clots, cysts and inflammation in all forms – without harming living tissue. It has been found to help with reducing swelling¹ and inflammation which is why it is increasingly being used to support heart health – in particular atherosclerosis. The German physician, Dr Hans Nieper, reportedly had great success using Serrapeptase to help patients with heart disease and arterial blockage.

NATTOKINASE

Nattokinase is a potent anti-clotting enzyme that is extracted from the traditional Japanese soy food, 'natto' (boiled soybeans that have been fermented with a bacterium called *Bacillus natto*). Research has shown that Nattokinase helps to dissolve blood clots² and reduces high blood pressure³. The way in which it works is that it breaks down fibrin, a protein involved in blood clotting. In the heart, blood clots cause a blockage in the flow of blood to the muscle tissue which can result in the oxygen supply to that tissue being cut off, resulting in angina and heart attacks. Clots in the chambers of the heart can mobilise to the brain where they can also block blood and oxygen from reaching necessary areas, resulting in a stroke.

MAGNESIUM

Magnesium is an important mineral that plays a key role in the prevention of cardiovascular disease. It helps to prevent angina by keeping the coronary arteries from having spasms, it regulates heart rhythm by co-ordinating the activity of the heart muscle and the nerves that initiate the heartbeat and it controls high blood pressure by relaxing the muscles that control the blood vessels and allowing the blood to flow more freely.

COENZYME Q10

Coenzyme Q10 (CoQ10) is an essential nutrient which is made in the body and found in high amounts in the body's main organs, with the highest concentration being in the heart. Research has shown that CoQ10 can help to improve blood pressure⁴ and its antioxidant activity can help to combat lipid peroxidation, which contributes to the development of atherosclerosis.⁵

Recommended Products

BLOCKBUSTER ALLCLEAR™

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



ANCIENT MINERALS MAGNESIUM OIL ULTRA

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



NATTOKINASE

Well researched enzyme with over 50 studies and papers on PubMed. This delivers 2000fu of Nattokinase per cap.



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.



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Help to heal

For those suffering with leg ulcers, the combination of Serrapeptase and hydrophilic gel is hard to beat

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

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

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

ONE 'MIRACLE' ENZYME HEALS FROM THE INSIDE OUT

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

Your success in relieving and healing a venous ulcer lies in your body's ability to calm inflammation. Serrapeptase is a renowned anti-inflammatory enzyme that comes from the intestine of the silkworm. It has seen impressive results in clearing

dead tissue for a long list of serious health conditions, including relief for Parkinson's disease, heart disease, kidney disease, cataracts, COPD, and more.

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

HYDROPHILIC GEL CAN PROTECT, CALM AND HEAL

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

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

This accelerated healing is made possible by covering an ulcer with the hydrophilic gel's moist, protective layer which is not absorbed into the tissue. This barrier helps to protect damaged skin from toxins and bacteria. The gel barrier takes the place of the skin that has been wounded and broken – it protects the site and lets the body heal itself again.

Not only does hydrophilic gel help with

the healing process, as described above, but it also has another important job to do. It cleans up the free radicals that cause pain and prevent healing. Notably, its free radical-binding technology is very rare in a wound healing gel. When used on venous ulcers, it has outperformed other topical balms to heal chronic and acute wounds, as well as defects.

So, for those suffering with leg ulcers, Serrapeptase and hydrophilic gel could be the winning combination.

Recommended Products

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



HEMAGEL

Hydrophilic gel developed by the Institute of Macromolecular Chemistry of Academy Sciences of the Czech Republic.



The powerhouse vitamin

Vitamin E has a multitude of extensive research backing its effectiveness

The many health benefits of vitamin E cannot be underestimated. Studies show that it can stimulate hair growth, lower cholesterol and reduce the risk of Alzheimer's disease. In fact, you'll be hard-pressed to find a vitamin that can provide as many health benefits as the mighty vitamin E. This potent antioxidant is a powerhouse vitamin with a multitude of extensive research backing its effectiveness.

THE TOP EIGHT BENEFITS OF VITAMIN E

Vitamin E has been proven to help the following:

1. Hair growth
2. Cholesterol levels
3. Alzheimer's disease
4. Stroke-related injuries
5. Heart health
6. Non-alcoholic fatty liver disease
7. Immune function
8. Skin health

These eight points are only the tip of the iceberg when it comes to how vitamin E can impact your health. Here's what the research has shown:

- Vitamin E research from a 1998 study supports high doses of the antioxidant to reduce the risk of Alzheimer's disease.¹
- Vitamin E taken by healthy seniors can strengthen the immune response.²
- Vitamin E has shown promise in the treatment of non-alcoholic fatty liver disease – the most chronic liver disease in children and adolescents in the US.³

- Daily vitamin E supplements may increase hair growth in men with male pattern baldness by up to 42 per cent.⁴
- Vitamin E can improve cholesterol levels and potentially reduce the risk of heart disease, especially in adults over 50.⁵

UNDERSTANDING THE POWER THAT IS VITAMIN E

Choosing the right form of vitamin E can determine how well this antioxidant works for you as a supplement. Before you invest in a vitamin E supplement, consider this – vitamin E has two different forms: Tocopherol and Tocotrienol. Most vitamin E supplements are sold in the Tocopherol form. Unfortunately, this form is far less effective. Tocotrienol vitamin E supplements are 300 per cent more absorbent and effective.

Another distinct difference is in the source: Vitamin E Tocopherols are found in common vegetable oils, while rich Tocotrienols are derived from virgin crude palm oil, a type of vegetable oil free from trans-fats.

An even more important comparison is in how each type of vitamin E can impact cholesterol. In a 2007 study that compared both forms of vitamin E and their influence on cholesterol, Tocopherols (vegetable oil-derived) showed little improvement. Tocotrienols (virgin crude palm oil-derived) showed favourable effects on cholesterol levels.⁶

So, when it comes to choosing a vitamin E supplement, remember that oral vitamin E Tocotrienols are not only 100 per cent natural but they are the most effective form available with the highest rate of absorption.



Recommended Product

VITAMIN E TOCOTRIENOLS

Up to 300 per cent better and more effectively absorbed compared to Tocopherols.

Vitamin E contributes to the protection of cells from oxidative stress. Naturally Better Vitamin E is a rich source of Tocotrienols, 20mg per capsule.



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THE COMPLETE MULTIVIAMIN

Replacing what's missing... in one capsule

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

MODERN AGRICULTURE HAS STOLEN OUR NUTRIENTS

We know by now that our world is far from perfect. We need all the help we can get from daily supplements that can support the body with the critical vitamins and minerals missing in our food supply. Modern farming has robbed conventional foods of these 70 essential trace minerals with practices like over-farming and chemical fertilizer use, and essential nutrients can also be leached by the rain.

Even our organic foods may not be safe. Once soil has become mineral-deficient, organic farming practices cannot offset the poor nutrient value in depleted soil. To make matters worse, any extra vitamins and minerals that may be available will be quickly lost when organic foods are not consumed within hours or when organic fruits and vegetables are cooked.

This global soil depletion is a growing problem without an end in sight. By most recent estimates, scientists from the University of Berkeley, California, warn that our soil nutrients have become so depleted, and so fast, that it may not be possible to replenish them.¹ The increasing nutritional deficit in our food supply could have devastating effects on our global population over the next century. According to researchers from Johannesburg's Wits University, with

findings published in the journal *Science*, great civilizations have fallen because dangerous levels of mineral depletion in the soil were not addressed. The same could be true for our modern world.²

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

HOW TO REPLACE WHAT IS MISSING

Until scientists and farmers come up with a long-lasting solution to address our dire need for environmental and food security, focusing on the creation of an agricultural soil ecosystem that can replenish vital nutrients, we are left with no choice but to supplement what is missing from our diet.

At times like these, choosing a safe and effective multivitamin becomes even more important – to meet daily nutritional needs and to protect against the toxic effects of the cheap, synthetic multivitamins that have flooded the market. Mass-marketed multivitamins are popular for a reason: they are cheaply made and sold at the lowest price point to turn the most profit for the manufacturer. And even those supplements sold in fancy packaging at higher prices may not be as pure and effective as they claim. In fact, the European Food Safety Authority (EFSA), a regulatory organisation that reviews scientific health claims, denies roughly 80 per cent of supplement health claims out of the thousands submitted.³

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

supplement money can buy:

- **Aloe Vera** – May lower blood sugars when taken orally.
- **Amino Acid Complex** – Building blocks of the body, sources of energy, and precursors to enzymes and neurotransmitters needed to regulate almost all metabolic processes.
- **Biotin** – Critical coenzyme within the body (also called vitamin H or B7) needed to support metabolism and break down carbohydrates, fats, and proteins.
- **Boron (Sodium Borate)** – A vital trace mineral that promotes healthy growth in the body, with benefits to reduce menopausal symptoms and improve calcium and magnesium absorption.
- **Calcium** – Essential to form the structure of cell membranes and nucleic acids and to support energy production, cell signalling, and bone mineralisation.
- **Chloride Concentrate** – Can be used to treat low blood levels of potassium.
- **Choline Bitartrate** – The water-soluble B vitamin choline can help prevent neural tube defects during pregnancy, control asthma and lower cholesterol; bitartrate enhances choline's absorption rate.
- **Chromium** – Has been shown to lower haemoglobin A1C levels and stabilise blood sugar in those with prediabetes, type 1, and type 2 diabetes.
- **Copper** – Used to treat acne vulgaris, the common cold, hypertension, premature labour, the parasitic disease Leishmaniasis, and post-operative complications.
- **Inositol** – A compound found in many plants and animals that offers relief for diabetic nerve pain, panic disorder, high cholesterol, insomnia, depression,



Alzheimer's disease, ADHD, autism, psoriasis and more.

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

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

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

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

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

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

• **Phosphorous** – A mineral essential to all living things that forms the sugar-phosphate backbone of DNA and RNA; plays an important role in the energy transfer in cells as part of ATP (adenosine triphosphate).

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

• **Quatrefolic MTHFR (Folic Acid)** – A B vitamin that assists vitamin B12 in forming healthy red blood cells and can also reduce the risk of central nervous system defects, such as spina bifida in unborn

babies. Quatrefolic MTHFR is superior to folic acid since it is the only form that can cross the blood-brain barrier.

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

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

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

Found in various foods, vitamin B2 can help to prevent riboflavin deficiency and migraine headaches.

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

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

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

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

• **Vitamin C (Ascorbic Acid)** – A water soluble vitamin involved in the growth and repair of the body's tissues; needed to help the body produce collagen, an important protein used to make skin, cartilage, tendons, ligaments, and blood vessels.

Recommended Product

ACTIVE LIFE™ CAPSULES

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



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

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

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

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

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

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MIGHTY MAGNESIUM

Many people are deficient in this vital mineral – make sure you aren't one of them



Did you know that, according to statistics, the majority of those in developed countries are deficient in magnesium? This vital mineral is needed by every cell in the body and is particularly needed by the heart, the kidneys and the muscles. Magnesium is responsible for over 300 enzyme reactions in the body. It is necessary for the synthesis of proteins, along with the utilisation of fats and carbohydrates and the production of energy.

In fact, a serious deficiency of this important mineral 'commonly occurs in critical illness and correlates with a higher mortality and worse clinical outcome in the

intensive care unit.'¹ Magnesium is found primarily in green, leafy vegetables; whole grains; nuts and seeds, but the magnesium content in these foods has almost halved over the past 60 years. This is proof if ever it was needed that we should be eating our greens and also considering supplementation. Just think, millions of people who are being given expensive drugs for chronic illnesses could be helped to regain their health naturally through magnesium supplementation.

The symptoms of magnesium deficiency can include the following:

- Agitation and anxiety

- Restless leg syndrome (RLS)
- Insomnia
- Nausea
- Loss of appetite
- Abnormal heart rhythms
- Low blood pressure
- Muscle cramps, spasm and weakness
- Hyperventilation
- Seizures

ANXIETY AND DEPRESSION

Stress, anxiety and depression are very much on the increase in today's world, but rather than turning to tranquilizers or anti-depressants, perhaps we should be looking to supplement our diets that may be lacking in magnesium. Research

between magnesium intake and diabetes risk,' leading them to support increased consumption of sources of magnesium.³ Insulin function is dependent on magnesium as the mineral is responsible for the activation of insulin receptors and for the stimulation of proteins and substrates involved in insulin signalling.

HEART HEALTH

Magnesium is essential to the health of our hearts. It helps to maintain a normal heart rhythm and is sometimes given intravenously in hospitals to reduce the chance of atrial fibrillation and cardiac arrhythmia (irregular heartbeat). One particular study, published in the *American Journal of Clinical Nutrition*, found that 'higher plasma concentrations and dietary magnesium intakes were associated with lower risks of SCD (sudden cardiac death' in women).⁴

Another study, again published in the *American Journal of Clinical Nutrition*, in 2013, found that 'circulating and dietary magnesium are inversely associated' with the risk of cardiovascular disease, leading the researchers to call for further clinical trials to 'evaluate the potential role of magnesium in the prevention of CVD and IHD (ischemic heart disease).'⁵

has suggested that magnesium may help with anxiety through its influence on the hypothalamic-pituitary adrenal (HPA) axis. A study which compared the effects of magnesium with an anti-depressant drug was highly effective in treating depression and as effective as medication. And a series of case studies demonstrated that supplementation with magnesium led to a rapid recovery from major depression.²

DIABETES

Low levels of magnesium have been associated with people who have type 2 diabetes. In one study, published in the journal *Diabetes Care* in 2006, researchers found 'a significant inverse association

Recommended Product

ANCIENT MINERALS MAGNESIUM OIL ULTRA

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



SKIN DEEP

The best way to take magnesium is to apply it to the skin through use of an oil or gel. Dr Norman Shealy, one of the world's leading experts in pain management, carried out a trial to determine whether or not magnesium could be absorbed through the skin. The trial participants applied magnesium to their skin each day for a month and had their magnesium levels tested before and after the trial. The results showed that 12 of the 16 participants had 'significant improvements in intracellular magnesium levels' after just four weeks of applying the magnesium oil.⁶

So, in conclusion, there are many health conditions which can benefit from the vital mineral magnesium, making the need to supplement with it more important than ever.

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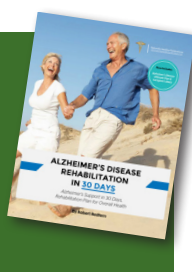
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NATURALLY HEALTHY PUBLICATIONS BOOKS

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

• Alzheimer's Disease Rehabilitation in 30 Days

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



• Improving Autoimmune Disease in 30 Days

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



• Cancer Cell Rehabilitation in 30 Days

Reduce cancer risk in 30 days with a 10-step plan for cancer-free living.



• Improving Fertility in 30 Days

Recover reproductive health and increase the chances of conception with a 10-step fertility plan.



• Improving High Blood Pressure in 30 Days

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



• Improving Kidney Health in 30 Days

Reduce the risk of a "silent killer" with a 10-step lifestyle plan.



• Improving Men's Health in 30 Days

Support for prostate conditions, erectile dysfunction, and hormonal imbalance in as little as 30 days.



• The HealthPoint™ Facelift: The Anti-Aging Secret

Help to achieve natural and youthful-looking skin by using the science of acupressure and nutrition.



• Improving Arthritis in 30 Days

A 30-day plan to alleviate the pain of arthritis symptoms and help attain long-term health.



• Improving Stroke in 30 Days

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



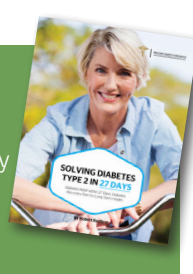
• Improving Eye Disease in 30 Days

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



• Solving Diabetes Type 2 in 27 Days

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



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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.



MINERAL MAGIC

Why fulvic minerals could be the key to cellular health and longevity

Fulvic minerals are now considered to be the most important nutrient discovery of the past 100 years. Due to their many nutritional components, including antioxidant and electrolytic power, ounce for ounce, they are believed to be more therapeutic, revitalising and restorative than other nutrients according to scientists.

Fulvic minerals are thought to 'dramatically increase permeability of bio-membranes' meaning that they can sensitise cell membranes, allowing for better absorption of nutrients and improved energy levels.¹ Many of the minerals' other benefits include a more sound and restful sleep, improved general health and vitality, along with relief for aches and pains.

Scientists have studied fulvic minerals in depth and found that they contain all the antioxidant minerals including organic selenium, zinc, manganese and copper amongst others. These minerals also have a range of 18 amino acids that have been formed over the course of 38 million years.

WHAT ARE FULVIC MINERAL COMPLEXES?

Fulvic acid and mineral complexes were formed from plant and root systems that reached deep into the earth over 38 million years ago. These root systems tapped into rich sources of inorganic minerals that the plants would then



convert into organic and friendly minerals via photosynthesis.

After these plants died, the organic minerals within their structures were deposited onto the surface of the earth. From here they were combined with fulvic acids that were created by the local soil microbes. This botanical life and death cycle then continued for millions of years, forming rare fulvic mineral deposits gradually over time.

HOW FULVIC MINERALS BENEFIT THE BODY

The health benefits of fulvic minerals are vast and varied and this is because of their bio-electrolytic power. When they are used regularly in supplements, fulvic minerals can stimulate the metabolism, act as a catalyst in respiration, increase the metabolism of proteins and increase the activity of multiple enzymes. Internally this can result in increased energy, reduced blood pressure, alleviated anaemia, restored electrochemical balance and other potential benefits that include rebuilding the immune system.

Externally, bio-electrically charged fulvic/humic minerals are beneficial in treating open wounds, healing burns with minimum pain or scarring, eliminating discolouration due to skin bruises and helping to heal cuts and abrasions. Other benefits include healing insect and spider bites, treating rashes and skin irritations, neutralising poison ivy and oak, killing pathogens responsible for athlete's foot, as well as acting as a wide spectrum anti-microbial and fungicide.

Fulvic minerals have other benefits, the most interesting of which is enabling a

clearer mind and better brain function. This is because the brain and its cells require 12 times more oxygen than other cells in the body and trace minerals bound to fulvic acid supply a trickle charge of bio-electrical energy that is vital for healthy cell function. Each of these minerals or trace elements carries a unique frequency of bio-electrical energy.

UNIQUE AND POTENT ELECTROLYTE PROPERTIES

Fulvic minerals are particularly powerful because they contain over 70 electrolytes. These can act as either an acceptor or donor in creating electrochemical balance, working to neutralise the bad effects of free radicals when they find unpaired positive electrons, supplying an equal as well as opposite negative charge. If the free radicals carry a negative charge, the fulvic acid molecule can also supply any positive unpaired electrons, nullifying any charge.

This extra electrolyte energy can have a powerful impact on athletic performance, increasing stamina and endurance by supplying your muscles, ligaments and tendon cells with more than 70 electrolytes in their most effective form.

Fulvic trace minerals also have a soothing effect on arthritis and can relieve aches and pains more readily by ensuring that the body is able to manufacture anti-inflammatory enzymes to reduce the pain and swelling, associated with arthritic conditions.²

It has been proven that it's essential for the body's cells to retain their electrical potential by remaining 'charged'. High quality electrolytes are vital for proper

cellular functioning, because in molecular processes it enables the electrons to be set loose and transfers electrical current, therefore enabling the flow of ions.

The conductivity of fulvic/humic minerals has been measured in a laboratory and it has been shown to have an electric potential of 132,000 us/cm at 25 degrees centigrade! This means that there is a powerful trickle charge available to all the cells, meaning that all cells will benefit from and be able to maintain cellular health and longevity.

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Recommended Product

PURE CONCENTRATED ORGANIC MINERALS LIQUID WITH FULVIC ACID

Unique blend of 77 liquid Trace Minerals & Elements, Electrolytes and 18 Amino Acids, in purified water from the worlds richest source of fulvic minerals, inc Magnesium, Selenium, Copper, Chromium, Silver & more. Highest fulvic content per serving available and completely of plant origin.





THE SILENT EPIDEMIC

Is a vitamin B12 deficiency the cause of your health problems?

Called by many a 'silent epidemic,' a B12 deficiency could lie at the root of your chronic health issues. Lacking one critical vitamin, both in supplement form and in the diet, could lead to a slippery slope of health decline. Many health problems related to a vitamin B12 deficiency are difficult to detect. They may be confused or misdiagnosed as other related health issues.

According to Harvard Health Publications¹ some people don't consume enough vitamin B12 to meet their needs,

while others can't absorb enough, no matter how much they take in. As a result, vitamin B12 deficiency is relatively common, especially among older people.

WHAT DOES A VITAMIN B12 DEFICIENCY LOOK LIKE?

As discussed above, a vitamin B12 deficiency can mirror a number of serious symptoms of illness, including:

- Alzheimer's and dementia
- Multiple sclerosis and neurological disorders
- Mental illness, i.e. depression, anxiety and

bipolar disorder

- Heart disease
- Learning disabilities in children
- Infertility
- Autism
- Autoimmune disease

Other common symptoms of B12 deficiency may include:

- Headache
- Weakness or light headedness
- Rapid breathing
- Rapid heartbeat
- Easy bruising

- Upset stomach
- Weight loss
- Diarrhoea or constipation

Vitamin B12 deficiency can be initially triggered by health conditions like anaemia, coeliac disease, Crohn's disease, lupus, or atrophic gastritis that causes the stomach lining to thin. The elderly are susceptible to vitamin B12 deficiency, as well as vegans and vegetarians who don't eat a balanced diet.

A GROWING PUBLIC HEALTH CONCERN

Your body needs vitamin B12 to regulate multiple daily functions, including the formation of red blood cells and the support of healthy nerve tissue. While anaemia can cause a vitamin B12 deficiency in some cases, deficiency left untreated can also lead to anaemia and eventually irreversible nerve and brain damage.

Once pernicious anaemia develops as a result of vitamin B12 deficiency, serious intervention is needed. In the case of pernicious anaemia, the body is no longer able to produce intrinsic factor in the stomach. This intrinsic factor (IF) is critical to support the absorption of vitamin B12. Medical treatment for a condition like pernicious anaemia requires vitamin B12 injections directly to the bloodstream, instead of absorbing the vitamin through the stomach.

Many doctors are aware of the reality of vitamin B12 deficiency – the effects of the condition are well-documented throughout medical literature. Yet many physicians fail to realise that vitamin B12 deficiency has

grown increasingly common and may be an underlying factor in several serious health disorders.

B12 deficiency among older adults often goes unchecked as the symptoms are easily confused with what is called 'natural ageing'. But make no mistake – cognitive decline, memory loss, and a loss of physical function are not a natural part of ageing. These issues should be addressed as a serious, potential vitamin deficiency.

Most doctors focus on B12 deficiency among the elderly population. However, a Tufts study confirmed that up to 40 per cent of people between the ages of 26 and 83 have plasma B12 levels below normal range. This significant deficiency has the potential to cause neurological symptoms². A vitamin B12 deficiency can affect your health regardless of your age. Low B12 levels are responsible for countless chronic symptoms in younger people that appear to have no known medical cause.

BALANCE B12, RESTORE YOUR HEALTH

The need for a vitamin B12 supplement for all age groups is clear. This problem will only continue to grow with age and could be responsible for mental and physical decline in older populations.

Vitamin B12 can be found in the diet in a number of really healthy foods, best consumed with a highly absorbable vitamin B12 supplement. Enjoy three to four portions of wild-caught fish a week, along with grass-fed beef in moderation, as a rich source of B12 in the diet.

To restore vitamin B12 and correct deficiency, however, absorption is key. Vitamin B12 is best absorbed in

a sublingual spray through the mouth. Vitamin B12 spray as a supplement can restore deficiency, ease symptoms of the condition, and balance homocysteine levels in the body.

Homocysteine is a toxic amino acid. It is created as a by-product once other amino acids are broken down by the body. High homocysteine levels have been linked to an increased risk of heart and vessel disease over time.

When you correct an underlying vitamin B12 deficiency with a daily supplement, it is possible to preserve brain function and cardiovascular capacity. Supplementation can help to restore levels of vitamin B12 to fight unnatural premature ageing and improve your quality and length of life.³ Make sure vitamin B12 is part of your healthy living arsenal.

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Recommended Product

B4HEALTH™ SUBLINGUAL SPRAY

The best way to get all your daily B vitamins in one. This unique spray delivers B1, B2, B3, B6 and B12 in just 6 sprays daily. Also contains vitamin C, D, E and selenium.





How anticoagulant use might jeopardise your health

Anticoagulants are the drug of choice, prescribed by doctors, to reduce blood clotting in arteries, veins and the heart. Blood clots are a major health concern since they can block blood flow to the heart and brain. Even a minor blood clot can result in a heart attack or stroke. If you search 'anticoagulants' on the internet, one of the most popular search results remains 'anticoagulants side effects,' and with good reason.

Common prescription anticoagulants include warfarin and heparin. Anticoagulants are most often prescribed

when blood clots too quickly. This can cause blood clots to form in the wrong places to greatly increase the risk of serious medical conditions, like stroke, heart attack, transient ischemic attack, deep vein thrombosis and pulmonary embolism.

Taking anticoagulants is a serious matter. You must follow your doctor's instructions carefully and inform any other doctor or dentist that you are on medication. You must ask your doctor before taking any other type of medicine, including sleeping pills, antibiotics, cold medicine and vitamins. Even a simple vitamin can make an anticoagulant stronger or weaker, which

can prove incredibly dangerous.

ANTICOAGULANT SIDE EFFECTS

Anticoagulants can be used to reduce the risk of blood clots, but they can also wreak havoc on your health. Your doctor may caution you of early warning signs of a larger problem, such as:

- Red or dark brown urine
- Red, dark brown, or black stools
- Abnormal bleeding before a menstrual period
- Bleeding gums
- Headache or stomach pain that won't go away

- Dizziness or fainting
- Fatigue or weakness

When taking an anticoagulant, you must be even more vigilant about your health. The medication cannot be taken while pregnant, so it is important to alert your doctor if there is a possibility you may be pregnant. You must also contact your doctor if you have any kind of accident or notice abnormal bruising or blood blisters. Minor anticoagulant complications can progress into more serious side effects.

You may cough up blood, have difficulty breathing, or experience chest pain. Since anticoagulants thin the blood, a typical nosebleed may last much longer than 10 minutes. The drug warfarin can cause rashes, diarrhoea, nausea and vomiting. Heparin in drug form may cause hair loss and an abnormal drop in blood platelets, which can trigger bleeding in vital areas. Such aggressive drugs continue to affect health and may not be sustainable over the long term.

Blood clotting is a condition that must be taken seriously, but there is hope. A full rehabilitation plan with an anti-inflammatory diet and exercise programme can restore circulatory health. In many cases, you can reduce the amount of anticoagulant medication you take. In some cases, full recovery may eliminate the use of medication altogether.

GET THE ALL CLEAR

Diet and exercise are the first steps to achieve circulatory health:

- An anti-inflammatory diet rich in really healthy foods will help to eliminate inflammatory triggers and improve circulation.
- It is important to cut out all starchy carbohydrates, processed foods, high sugar foods and dairy products.
- Enjoy vegetables, dark-skinned fruits, avocados, beans, nuts, seeds, wild

fish, grass-fed meat, couscous, quinoa, buckwheat and healthy oils liberally.

Exercise every day will keep the circulatory system pumping strong:

- Gentle rebounding for 30 minutes, brisk walking for three miles and low weight training are recommended.
- If circulatory issues keep you from physical activity, start out slow. You can begin by lying on your back on the couch and cycling your legs in the air.
- Small steps forward can improve circulation and ease the burden on the heart and lungs.

As an alternative to toxic medication, natural enzymes can boost circulatory health. In what has been called 'the world's most powerful enzyme formula', Serrapeptase, Nattokinase, digestive enzymes, antioxidants, and proanthocyanidins work in harmony. These enzymes can improve arterial and cardiovascular function, regulate blood pressure and the circulatory system, and support digestive, lung, eye and brain health.

Natural support for circulation can transform your circulatory health. Prescription anticoagulants are only designed to control and manage the issue. They do not provide any hope of a long-term cure or relief. The risk for a more serious medical complication, including a heart attack or stroke, remains if anticoagulants are not taken under strict doctor's orders. Even physicians call anticoagulants 'aggressive drugs'.

Powerful enzymes can calm inflammation, support detoxification and improve blood flow. These enzymes work together to destroy and flush damaged tissue from the body. Blood flow and circulation will improve once unhealthy fibrin in arteries and veins has been removed naturally. As a by-product,

arterial walls will strengthen, and blood detoxification will take place.

Anti-inflammatory circulation is especially beneficial for those with blood clotting risk and can be helpful for any older adult. Circulation often slows with age, especially without regular exercise. An enzyme like Serrapeptase can support a natural, healthy ageing process by removing fibrin build-up. Serrapeptase will ease the burden on the circulatory system caused by thickened blood and a weakened immune system – triggered by inflammation.

Your circulatory health can get better with age. When you stop eating inflammatory foods, your health will simply improve. As you begin to exercise daily, healthy circulation is a natural result. With the use of anti-inflammatory enzymes, you can clear inflammation, boost immunity and allow the body to heal itself naturally. Strengthening circulation may allow you to reduce the use of harmful anticoagulants and minimise their side effects.

Recommended Products

BLOCKBUSTER ALLCLEAR™

This product contains a careful blend of powerful enzymes such as Serrapeptase and Nattokinase, plus digestive enzymes, antioxidants and proanthocyanidins such as grape seed extract and Pycnogenol, now in a delayed-release capsule.



NATTOKINASE

A fibrinolytic enzyme and highly purified from a Japanese food called Natto, 2000FU pure Nattokinase per cap.



CLOCKING OFF

How to have a good night's sleep, the natural way

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

Sleep is a precious commodity in the Western world. In a 2013 Travelodge survey, researchers discovered that 27 per cent of Brits got less sleep than they did the previous year. In fact, 65 per cent of adults in the UK averaged six hours and 27

minutes of sleep a night – one hour and 33 minutes shy of the recommended eight hours.¹

Around the world, other countries clocked in with lower than average sleep rates, such as Japan, with an estimated seven hours and 14 minutes of sleep on weekdays. This is compared to countries on the higher end of the scale, like China, with sleep averages of more than nine hours per weekday.

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

YOUR BRAIN ON POOR SLEEP

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

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

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

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

It's not just your imagination. Research has proven that a lack of sleep has a direct effect on brain health. Sleep loss can kill brain cells and lead to irreversible brain damage, according to a 2014 study published in the *Journal of Neuroscience*.³

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

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

TWO COMMON SLEEP PROBLEMS SOLVED

It's one thing to understand that your brain and your body need sleep to thrive. It's quite another thing when your body won't cooperate to give you the sleep you need. On the road to good sleep, you're likely to run into two common problems:

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

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

Trouble staying asleep? Natural, sleep-inducing compounds like L-tryptophan, L-Theanine, vitamin B3 and vitamin B6, can lower cortisol, support healthy sleep patterns and manage stress. These can work wonders if you find yourself waking

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

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

Recommended Products

RELAXWELL

This super-nutrient formula uniquely combines L-Tryptophan, L-Theanine, vitamin B6 and vitamin B3. Take 2 caps 30 mins before bed.



ANCIENT MINERALS MAGNESIUM GOODNIGHT

Magnesium lotion blended with Melatonin.

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The real value of silver

Highlighting the many and versatile health benefits of microbial silver

Have you ever considered silver an important part of balanced health? Silver Sol is doctor-recommended and backed by extensive scientific evidence. Silver Sol has been used by tens of thousands of people as a primary means of immune support.

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

In this form, Silver Sol is powerful. It has been proven to kill drug-resistant bacterial

strains, stop the replication of pathogenic viruses and restore health. Silver Sol can be taken topically or orally without any side effects. Specially engineered Silver Sol can change the way your body fights infection.

THE MODERN ANTIMICROBIAL SOLUTION

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

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

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

Silver Sol passes each new clinical

test with flying colours. Researchers now consider this silver a 'broad-spectrum antimicrobial agent'. Dr Ron Leavitt, Professor of Molecular Biology and Microbiology at Brigham Young University, has confirmed that there are no potentially pathogenic bacteria that Silver Sol has not killed to date.²

8 AMAZING HEALTH BENEFITS OF SILVER SOL

Some of the many therapeutic health benefits of Silver Sol include:

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

2. Antibiotic alternative: Disease-causing viruses cannot be cured by pharmaceutical drugs. Viruses are often mistreated with antibiotics; pH balanced Silver Sol has been patented to reverse transcriptase and DNA polymerase viruses to interrupt replication.³

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

4. Blood cleansing: Silver Sol is a known detoxifier and blood cleanser. It can enter red blood cells to cleanse viruses, yeast, parasites, bacteria and other toxins at the cellular level.

5. Bronchitis: Bronchitis may be bacterial

or viral; Silver Sol can clear bronchitis when taken orally, through a nebuliser, or as a nasal spray. Silver Sol spray is recommended for chronic bronchitis prevention.

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

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

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

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

Silver Sol has been created with a new molecular structure, unlike any silver product available to date. This new silver structure allows silver particles to be effectively transported throughout the body and excreted within just 24 hours.

Silver Sol taken as a patented supplement can be ingested daily without the risk of build-up in the body.

To see the greatest benefit to your health, silver must be quickly absorbed within the bloodstream. New Silver Sol delivery helps particles reach peak bloodstream absorption within just two hours. This patented formula provides all the benefits of medicinal silver – with maximum effectiveness and no known side effects. What can silver do for *your* health?

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.



MSM+SILVER™ DROPS

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



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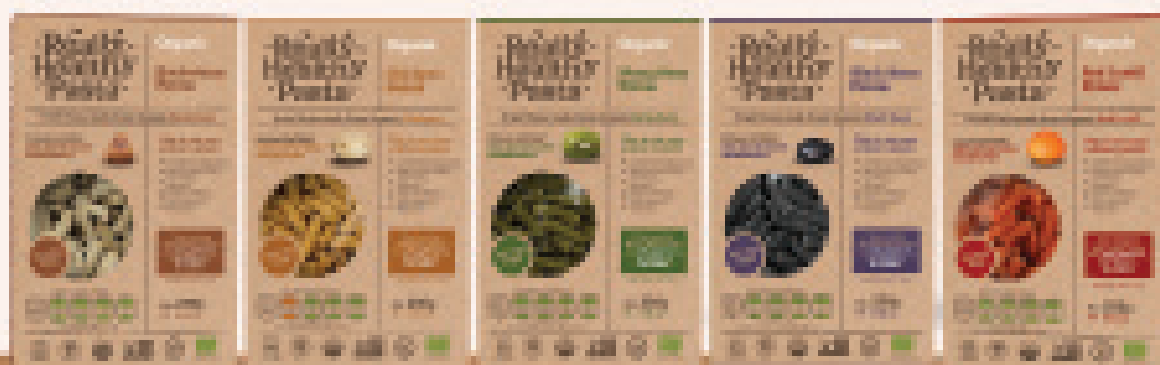
Buckwheat & Golden Flax Seed

Chickpea

Mung Bean

Black Bean

Red Lentil



REALLY HEALTHY PASTA IS A NEW ORGANIC LEGUME PASTA MADE FROM CLEAN AND HEALTHY INGREDIENTS.

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Whether you are simply looking for healthier meal alternatives for all the family or have special dietary requirements, Really Healthy Pasta can help.

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IT HAS NEVER BEEN THIS EASY TO EAT HEALTHILY!

THE PERFECT PARTNERSHIP

Why vitamins K2 and D3 are the winning combination for good health

You may have a heavy heart as you think about growing older, and there's a perfectly good reason why. Heart health becomes a major concern with each passing year. Your doctor may start to bring up heart disease and heart attack risk at your annual check-ups, reminding you that cardiovascular disease is the number one global cause of death.

According to the latest WHO statistics, more people die from heart disease than from any other cause.¹ The common prescription for heart disease is medication. Thanks to decades of research that now directly links heart disease to unhealthy lifestyle habits, like smoking, lack of exercise, and eating processed foods, many doctors also recommend lifestyle changes to reduce heart disease risk.

Some doctors have even started using a 'Heart Age' score to encourage patients to make healthy changes by assessing how their lifestyle has aged their hearts.²

Make no mistake: these heart-healthy lifestyle changes are critically important, but almost every doctor is missing the final step. Your heart needs two vital nutrients, working in harmony together, to continue beating strong and free from disease.

WHAT MAKES YOU TICK

In cases of heart disease, arterial blockage is caused by unchecked levels of inflammation in the body and can be made worse when the body tries to fix this without the proper nutritional support. Cholesterol and calcium rush to the scene to lay down plaque in an attempt to protect the arterial walls. This plaque build-up becomes even more dangerous as heart disease progresses. If it doesn't cause premature death in the form of a heart attack, a doctor may order an invasive medical treatment, like a stent, in another

attempt to fix the problem. Inserting a stent, or wire mesh, into a clogged artery after a blockage may offer some relief, but it does not address the underlying cause.

We now know, and most doctors agree, that lifestyle changes are critical to calm the inflammation that leads to heart disease. But, contrary to what mainstream medicine tells you, eating a heart-healthy diet does not include whole grains. You can lower dangerous levels of inflammation by cutting out unnatural foods, including the starchy carbohydrates found in whole grains, cereals and processed foods, and by supplementing the missing nutrients your heart needs to grow strong again.

DON'T LOSE HEART

With vitamin D deficiency on the rise, taking a vitamin D3 supplement has become a popular choice. International Journal of Health Sciences researchers now consider vitamin D deficiency to be a global health problem of epidemic proportions.³ While it's important to get some vitamin D3 from at least 20 minutes of moderate sun exposure without sunscreen each day, a daily supplement is still vital. Long-term vitamin D3 deficiency, or insufficiency, affecting an estimated one billion people around the world, endangers the health of the heart.

In doing its job to strengthen and protect the heart, vitamin D3 can't work alone. Like vitamin D3, vitamin K2 is essential to life and health, and it also plays an important role in enhancing the power of vitamin D3 to more effectively guard the heart. In a study conducted on 150 postmenopausal women, taking vitamins D and K together was most beneficial in maintaining healthy arterial elasticity, compared to taking a vitamin D/ mineral supplement or a placebo.⁴

Vitamins D3 and K2 are a winning combination, especially when it comes to improving heart health. Working together,

these two vitamins can help to clear dangerous calcium build-up in the arteries, correct hormonal imbalances, strengthen immunity, support joint health, ward off dementia, and even reverse osteoporosis.⁵ Far before heart disease becomes a reality, vitamins D3 and K2 can build a strong and healthy foundation to protect against more serious damage to the heart.

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Recommended Product

VITAMIN D3 AND K2 SUBLINGUAL SPRAY

A unique blend of vitamin D3 and K2 in one intra-oral formula. Delivers 1000iu D3 and 100mcg K2 MK7 per serving (5 sprays), approximately 30 servings per bottle.



It may seem like a contradiction to say that you can see clearly as you enter your golden years. So many of us expect for our bodies to break down and our eyesight to worsen as we get older. Much of this has to do with stereotypes surrounding old age. We anticipate growing feeble, weak and infirm.

Optimal health affects every part of your body and your health doesn't have to break down with age. No matter how old you are at this very moment, it is the perfect opportunity to take your health into your own hands. By making strategic lifestyle changes and supplementing with restorative nutrients, you can age gracefully with healthy vision.

WHAT IS A CATARACT?

A cataract is a cloud on the lens of the eye that can obstruct vision. In most cases, the development of a cataract is directly related to age. They have become increasingly common in the elderly population. Cataracts are considered the leading cause of vision loss in adults 55 and older and the leading cause of blindness for adults around the world.

Did you know that 99 per cent of all cataracts are acquired cataracts? A pre-senile cataract may develop associated with systemic disease, like diabetes, hypoglycaemia, Myotonic Dystrophy, Stickler Syndrome, Down Syndrome and more.

Cataracts can also be drug-induced, related to certain medications, like corticosteroids. Acquired senile cataracts are caused by what is called the 'natural ageing process'. When the eye ages without the support of proper nutrients, the lens will thicken and yellow. Without intervention or nutritional therapy, the lens will become discoloured and cloudy, creating a cataract that obstructs vision.



A vision of health

Find out why your vision doesn't have to diminish with age

If cataract development is related to disease, it is also a lifestyle issue. For example, type 2 diabetes is 100 per cent a lifestyle condition brought on by eating starchy carbs like pastry, bread,

cookies, cereal, white rice, pasta and other high-sugar foods. If the condition is left untreated, or if medical intervention is used without lifestyle change, it can continue to burden the body and destroy

health. Cataracts may be a by-product.

EARLY INTERVENTION FOR CATARACTS

Treating a health condition that can cause cataracts as early as possible is imperative. Once the root cause has been addressed, side effects like cataracts are less likely to occur.

Yet the truth of the matter is that many medical groups do not promote cataract intervention. These same medical sources support highly invasive methods of treatment like cataract surgery – presumably for profit. Some medical organisations say: 'Since developing cataracts is a natural part of the ageing process, it is highly unlikely that you can prevent their development.'

This statement is entirely false. The 'natural' pitfalls of the ageing process can be remedied with natural health. Making important lifestyle changes and restoring vision with essential nutrients is a much more effective way to prevent cataract development. Instead of waiting until it is too late with surgery as the only option to correct vision loss, preventative measures can start today.

It is possible for cataracts to form at any age. However, cataracts are most often associated with age-related degeneration because of a simple lack of antioxidants in the diet. Your body needs antioxidants to neutralise outside free radical damage that can destroy the health of the eye. As years pass, antioxidant support and protection becomes even more important. Antioxidants can provide relief for many health issues that arise with so-called natural ageing, especially cataracts.

SEE CLEARLY INTO OLD AGE

Antioxidants are the cornerstone of cataract prevention and relief. Once cataracts begin to develop, antioxidant

resources used to fight eye deterioration will be exhausted. This process will allow lens crystallins to cross-link so that a clouded cataract forms. As a result, eyesight will be compromised with the potential for blindness in the future. Targeted nutrients can help to restore and protect eye health to prevent cataract development and potential blindness.

Three critical nutrients can protect vision in the later stages of life:

1. N-Acetyl Carnosine: A clinical trial showed that 1 per cent N-Acetyl Carnosine used regularly can deliver high doses of carnosine to potentially reverse eye lens cross-linking with lens crystallins. In many cases, this process will reduce and possibly even eradicate existing cataracts in the eyes.¹

2. Glutathione: Known as the most potent antioxidant that regulates all others, glutathione is naturally produced by the body. However, glutathione levels can become depleted over time and due to compromised health. Oral glutathione spray will restore and regulate critical antioxidant levels in the body to protect ocular health.

3. Lutein: Lutein is a renowned nutrient for eye health, best absorbed in an antioxidant and nutrient-rich spray by mouth. It is a powerful carotenoid that can restore low

antioxidant levels associated with eyesight deterioration in the elderly.²

It is never too early to protect your vision and combat the damaging effects of age. Yes, it is possible to age gracefully and healthfully to see clearly into your retirement years. Visual deterioration and cataracts are not a natural part of the ageing process. Key nutrient supplements can be used to restore depleted antioxidant levels in the body and preserve eyesight at any age.

Recommended Products

CAN C EYE DROPS
N-Acetyl Carnosine drops,
100% hypoallergenic &
sterile and safe to use.



**ADVANCED CELLULAR
GLUTATHIONE SPRAY**
Aims To Increase Intracellular
Glutathione By Over 10% In
7 Hours, recommended by
leading practitioners worldwide.



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



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THE TRUTH ABOUT CHOLESTEROL

No matter what you have been told, cholesterol is essential to your health

Did you know that the liver produces cholesterol every day to regulate hormones, brain function and arterial health? Don't let anyone tell you cholesterol is a disease. Your liver makes cholesterol because your body needs it. Calling cholesterol a disease is an utter contradiction.

Cholesterol produced by the liver helps protect the body – and the arteries – against harmful inflammation. Cholesterol is essential to health. It is oxidised cholesterol in low or high levels that is responsible for heart disease.

HOW DOES CHOLESTEROL OXIDISE?

Cholesterol oxidises after it is exposed to free radicals. Free radicals are unstable molecules that can destroy healthy cells in the body. Free radicals come from a number of external toxins like air pollution, cigarette smoke and drinking in excess. Free radicals can be found in our food and water in the form of pesticides and other toxic chemicals. So, free radicals are a given, though direct sources of free radical damage should be avoided, like pesticides and cigarette smoke. Free radical oxidation can be seen anywhere in nature – a banana that begins to turn brown, meat that goes bad, a scrape on the skin that becomes red and inflamed.

The process of oxidation is bound to happen, inside and outside of the body. Though it is not possible to eliminate free radicals altogether, the main problem

occurs when the body does not have enough antioxidants to fight off free radical damage. A lack of antioxidants will allow cholesterol to oxidise. Oxidised cholesterol contributes to existing damage in the arteries and can affect the health of the heart.

HEART-HEALTHY MYTHS

There are an astounding number of misconceptions surrounding heart health in the medical community. The first myth that needs busting is that of 'bad' cholesterol. You may have been told by your doctor that there are two different kinds of cholesterol: good and bad, or HDL and LDL.

Bad cholesterol should be avoided at all costs, right? According to recent research, this myth is far from true. LDL (considered 'bad') cholesterol is not the evil many medical professionals make it out to be.

In a study published in the *Journal of Gerontology*¹, researchers assessed 52 adults from the ages of 60 to 69. The study participants were healthy, although not physically active in an exercise programme. The researchers were surprised to find that the study participants with the highest levels of 'bad' cholesterol gained the most muscle mass after completing an intense workout.

Study researcher Steve Riechman asserts that all cholesterol is good. Both LDL and HDL cholesterol are needed to balance overall health and provide specific benefits, such as the ability to gain muscle mass. Cutting out bad cholesterol

completely can cause a number of health issues. Research supports cholesterol to prevent aggression, reduce the risk of haemorrhagic stroke, boost memory and fight infection.

The second heart-healthy myth that needs busting is the recommendation to avoid saturated fat. Contrary to popular belief, saturated fat does not cause heart disease. In fact, a cardiology specialist at the Croydon University Hospital in London,





Aseem Malhotra, believes that quite the opposite is true: Saturated fats in dairy and red meat may help to prevent heart disease.²

The real danger can be found in trans fats in fast food and processed food, as well as baked goods and margarine. For years, we have been told by medical professionals to cut out trans fats and saturated fats completely. However, recent research points to the protective benefits

of saturated fat in dairy to lower blood pressure and reduce the risk of diabetes, thus protecting against heart disease.

Both of these studies rebut 'common medical wisdom' that advises a heart-healthy low-fat diet to lower total cholesterol. This is a dangerous, slippery slope that does nothing to protect the health of the heart. Reducing the amount of healthy fat in the diet can actually increase the risk of heart disease. A low-fat diet will not benefit your heart.

THE CRITICAL HEART NUTRIENT

If avoiding cholesterol isn't the answer, what can you do to protect your heart? The best way to guard your heart is to cut out trans fats found in processed and fast foods. Avoid starchy carbohydrates like cereals, cookies, white rice, potatoes, pastry, breads, and pasta. Instead, enjoy really healthy foods like up to 14 small portions of fresh or frozen vegetables a day; 3-5 portions of beans, nuts, and seeds; 3-5 portions of dark-skinned fruits; and liberal amounts of healthy oils, like hemp, krill and olive oil.

There's more. You can strengthen your heart with one critical nutrient to rejuvenate and energise every part of your body. A young, healthy heart is protected by ample levels of coenzyme Q10 (CoQ10) produced by the liver. CoQ10 is designed to support the heart, lungs and muscles and combat free radical damage. Doctors have even suggested that taking CoQ10 before strenuous exercise can decrease oxidative stress and inflammation that damages muscles.³ Over time, ageing, poor

diet and illness begin to take their toll. By age 80, the body produces 65 per cent less CoQ10. A 75 per cent CoQ10 decline can lead to death.

The heart-healthy nutrient Ubiquinol is a form of CoQ10 that is eight times better absorbed. This powerhouse antioxidant can fuel each cell and process in your body, while protecting the health of your heart. Supplementing with Ubiquinol is critical to correct a CoQ10 deficiency. Ubiquinol can alleviate atherosclerosis, hypertension, congestive heart failure, angina, and arrhythmia to strengthen your heart for years to come.

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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Why your probiotic should be soil-based

Why your body can't function without this gut support

Probiotics is a buzzword in health media today. You have probably considered a probiotic for yourself or your family, but you may not know where to begin in choosing the right supplement. It's important to know that not all probiotics are created equal. When you see a 'probiotic' label on a product at the supermarket, you may not be getting what you pay for. How do you separate the right probiotic from the rest? How do you choose a potent probiotic that will truly support gut health?

SCIENCE SAYS: SOIL-BASED FORMULAS

Along with other essential nutrients like proteins, fats, carbohydrates, vitamins, minerals, amino acids, fatty acids and digestive enzymes, your body needs probiotics to survive. If you don't have friendly bugs in your gut, you're opening

the door to chronic illness and health decline.

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

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

Probiotics are available in food and supplement form. Eating fermented foods is a recommended part of a non-inflammatory diet. Taking a soil-based probiotic will support your diet and uphold gut health. The reason that you can't just pick up any probiotic product from the grocery store is simple. Most commercial probiotic foods and supplements are inferior. 'Probiotic' dairy products can't

do what they are advertised to do. It's the bacteria that are the problem.

PROBIOTIC DAIRY DOESN'T MEASURE UP

It may seem counterintuitive to seek out bacteria. Our culture has been inundated with the cleanliness and sanitation message for decades. We have been told that bacteria are bad and hygiene is good. But this message is one-sided. It does not take into account the fact that our body needs ample amounts of good bacteria to fight off the bad.

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

Your gut deserves so much better.

microflora in the gut; support robust digestive health; relieve occasional abdominal discomfort, bloating, nausea, and indigestion; promote normal elimination; reduce gas; and support whole-body wellness.

2 WAYS TO AVOID PROBIOTIC PROBLEMS

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

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

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

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

The Human Microbiome Project solidified that there are actually thousands of microbial species in the gut, compared to the hundreds once estimated. Your body needs a large amount of friendly probiotic bacteria – in a large variety. Diverse strains

of probiotics can do more for your body than individual strains in the gut.¹

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

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

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

Recommended Product

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 one-year follow-up study.



It would be a waste of your time to purchase a commercial dairy probiotic with very little friendly bacteria. It may taste delicious as a yogurt or smoothie, but it won't get the job done. To benefit from friendly bacteria in a probiotic, they must have viability. This simply means that the probiotic bacteria have been naturally adapted to better survive the harsh environment of the human digestive system. Powerful soil-based probiotics of this kind may contain up to 29 different bacterial strains that can survive and thrive in the human body. Compare 29 strains of soil-based probiotic bacteria to two strains of dairy probiotic bacteria, and you will see the difference.

Soil-based probiotics teeming with robust bacteria have impressive clinical backing. In a number of placebo-controlled, double-blind, peer-reviewed clinical trials, soil-based probiotics have been proven to replenish healthy

Source

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ADDRESSING THE ISSUE

How a change of diet could help to reduce your risk of developing prostate cancer

Every 19 minutes, a man dies from prostate cancer. The most recent statistics from the American Cancer Society tell us that prostate cancer is responsible for at least 75 deaths per day. One in seven men in the US will have prostate cancer in their lifetime.¹ At a global level, an estimated one in three men over the age of 40 will have some kind of prostate problem. One in 13 men over the age of 40 will have a serious prostate health issue.

The prostate, a walnut-sized gland located low in the pelvis and underneath the bladder, is vital to male reproductive health. When health starts to falter in this small gland, a slew of health problems

can arise, including an enlarged prostate, prostatitis and even prostate cancer.

DRUGS AREN'T THE ANSWER

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

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

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

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

The book *Improving Men's Health in 30 Days* explains why there may be hope for those who have a genetic predisposition to a devastating health condition like prostate cancer. A quote from the book states: 'Even poor genes that indicate cancer can be 'overwritten' by making the necessary dietary and environmental changes, according to research. Simply put, this means that your DNA is not a death sentence. Researchers from Belgrade's Institute for Medical Research assert that epigenetics trump genetics, meaning that outside influences can help to rewrite DNA coding. The very most important outside influence is diet, followed by environmental factors. Bioactive foods, particularly nutrient-rich, non-starchy vegetables, can improve health and prevent disease.'

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

Research found that a heart-healthy diet rich in really healthy foods could greatly reduce the chances of dying of prostate cancer.²

In a group of 926 men diagnosed with prostate cancer, and followed for 14 years on average after diagnosis, the men who ate a Western diet had a two-and-a-half times higher risk of prostate cancer-related death compared to the men who ate the healthiest diet, with a 36 per cent lower risk of death overall.

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

3 PROSTATE NUTRIENTS EVERY MAN NEEDS

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

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

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

Iodine

Without a doubt, iodine is one missing mineral every man needs. Liquid nascent

iodine is a known supporter of energy, detoxification, metabolism, immunity and thyroid function. Compared to the US, where prostate cancer is rampant, prostate cancer rates are remarkably lower in Japan, a country with a high iodine intake.⁴

Serrapeptase

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

Zinc

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

The prostate is one area of men's health that we don't often talk about. As a cultural

norm, men are taught to be strong and silent, and this attitude has taken a toll on our health. The more we are willing to talk about men's health concerns and the nutrients we need to prevent illness, the more prostate health will improve and cancer rates will drop.

Recommended Products

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.



IMPROVING MEN'S HEALTH IN 30 DAYS

Book written by Robert Redfern.



PROSTATE PLUS+™

Unique, specially formulated blend of 23 ingredients, containing those that are important, such as: Saw Palmetto, selenium, vitamin D3, vitamin B6 and vitamin E.



SERRANOL™

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



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Natures' little helpers

Why enzymes are the body's microscopic workhorses – and the key to optimal health

We have all heard of enzymes before, but when asked about the part they play in the body, most of us are stumped. Enzymes may be everywhere – in beer, in cheese, in sauerkraut, in food processing, and in medicine – but their function in the body can still be difficult for many people to define.

WHAT ARE ENZYMES?

If there are many years between you and your last biology class, consider this a helpful refresher course that could shed light on the 'mysterious' health issues that have been plaguing you for years. Enzymes are proteins. And without these powerful proteins, none of us would exist. 'Active protein' enzymes are made out of amino acids by RNA, or ribonucleic acid, which is created by DNA, or deoxyribonucleic acid. Enzymes are the primary tools the body uses to sustain daily function and to prevent chronic health problems. Without enough potent enzyme activity in the body, there cannot be healing or good

health. Think of enzymes as 'nature's little helpers'.

The body uses enzymes to transmit nutrients and speed up all the essential biological processes. Enzymes in the stomach help break down food into smaller particles and convert it into energy. Nature relies on hard-working enzymes to transform one substance into another and to expedite chemical reactions in the body.

Researchers have long been trying to catch these microscopic workhorses in action. In 2015, researchers from Cardiff University developed a new technique that allows scientists to pinpoint the areas of an enzyme used to speed up chemical reactions in the body. As the lead study author, Professor Rudolf Allemann, Head of Cardiff University's School of Chemistry, explained, this highly targeted enzyme analysis could reveal why enzymes in the body are so much more effective than their man-made counterparts.¹ And because all human cells depend on these natural catalysts to facilitate biological reactions within milliseconds, University of North Carolina School of Medicine researchers

estimate that, without enzymes, instantaneous biological reactions that are essential to life could take 2.3 billion years.²

EVERY ENZYME HAS ITS PURPOSE

At any given moment, enzymes are supporting, regulating, and renewing each part of your body. To maintain good health, your body needs two things: the builders and the building materials. Enzymes are the builders working overtime. Enzymes move and use essential building materials in the body, like amino acids (proteins), vitamins, and minerals, round-the-clock. When you see disease or malfunction, it is because there aren't enough enzymatic 'builders' in the body to do their job. Enzymes keep us healthy by running the show behind the scenes, broken down into three general categories:

1. Digestive enzymes – Enzymes break down the basic building blocks of the food we eat into colloidal particles, the smallest particles that exist in a free state, to convert to healthy tissue.

2. Metabolic enzymes – Metabolism-supporting enzymes use the colloids broken down by digestive enzymes to maintain tissue and organ function through hundreds of different chemical reactions. Metabolic enzymes help repair injured tissue and organs and protect against disease.

3. Clean-up enzymes – The enzyme clean-up crew may not form a separate group from digestive and metabolic enzymes, but all enzymes are responsible for cleaning up after the work is done. Enzymes clear and eliminate the mess left in the body after the construction, building, and repair – processes that continue 24 hours a day, seven days a week. Clean-up enzymes clear the body of undigested carbohydrates, proteins, and non-vital tissue, while creating anti-inflammatory enzymes to fight infection and tissue damage.

Understanding the role enzymes play in the body is critical because healthy enzyme levels decrease with age. The average 70-year-old may only have 20 per cent of the enzymes found in the body of a 20-year-old, which explains our modern epidemic of age-related disease. This common enzyme deficiency that leads to poor health is easy to correct with a really healthy foods diet and high-quality enzyme supplements.

THE MIRACLE ENZYME™: YOUR ANTI-INFLAMMATORY ALLY

Serrapeptase is one enzyme that appears to have miraculous powers. While it is not found naturally in the body, but is derived from the intestine of the silkworm, the powerful proteolytic enzyme has become a renowned nutritional supplement because of its effectiveness in treating such a wide range of health conditions.

For the past 40 years throughout Europe and Asia, Serrapeptase has been prescribed in clinical settings. Physicians who grasp the power of natural enzymes have recommended anti-inflammatory Serrapeptase as a safer alternative to aspirin, ibuprofen, and prescription NSAIDs. In comparison to harsh drugs with countless side effects, Serrapeptase is gentle but effective, used by the silkworm to instantly dissolve its hard cocoon during metamorphosis. When taken as a supplement at high doses, Serrapeptase can have the same effect on the human body – dissolving non-living tissue burdening the body, including cysts, blood clots, arterial plaque, and chronic inflammation.

Researchers marvel at Serrapeptase's ability to improve health by clearing inflammation and inflammatory by-products. Serrapeptase has powerful application in relieving chronic conditions like carpal tunnel syndrome, bronchitis, COPD and breast engorgement.^{3,4,5,6} When used in combination with another potent enzyme called Nattokinase, Serrapeptase

even shows promise in the treatment of Alzheimer's disease.⁷ Serrapeptase user testimonials now count in the thousands, praising the enzyme for providing relief for arthritis, migraines, Parkinson's disease, heart disease, stroke, infertility and much more.

As researchers have shown us time and again, the effect that a single enzyme has on the body cannot be underestimated. The body needs enzymes to function at the most basic level each day, and now we know that there is a clear relationship between enzyme levels and chronic disease. To support good health and relieve more serious health conditions, a powerful proteolytic enzyme like Serrapeptase can dissolve the inflammation that leaves the body vulnerable to disease.

Recommended Products

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



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.



BLOCKBUSTER ALLCLEAR™

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



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Often revered as the "Beautiful Mineral" in Chinese Medicine, magnesium is as essential to the body as water and air. Although there are only several ounces of magnesium in your body, it is implicated in hundreds of biochemical reactions (over 300)!

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Play sport or exercise? Magnesium can contribute to Electrolyte Balance, normal Muscle Function & normal Protein Synthesis - **PROVEN**

What else? Magnesium contributes to the normal functioning of the nervous system, normal psychological function, the process of cell division and to the maintenance of normal teeth and gums - **PROVEN**

The best way to get your Magnesium is through Ancient Minerals Magnesium Oil "Ultra," recommended by magnesium experts Dr. Mark Sircus and Daniel Reid.

This magnesium was discovered in the late 1990s, a rare and pristine source of unadulterated magnesium chloride found in an ancient geological formation - the ancient Zechstein seabed.

Taking over 250 million years to make and drawn from 2 miles below the surface of the earth, Ancient Minerals Magnesium is the purest and finest natural magnesium in the world!

"ULTRA" MAGNESIUM - with MSM

This spray also contains MSM, a superior form of the mineral sulfur which is frequently found near hot springs and volcanic craters. Not only does this provide EXTRA BENEFITS but it also helps to IMPROVE ABSORPTION. Ideal for those with sensitive skin! Nowhere else in the world can you find these two amazing ingredients blended together! Available in 125ml or 237ml bottle.

Suggested Use: Spray onto arms, chest or legs daily as required and allow to dry.



'ULTRA' Magnesium with MSM also available in Bath Flakes, Gel and Lotion



A NUTRITIONAL POWERHOUSE

Avocados are one of the most nutritional foods you can eat. Here are some of the reasons why

Avocados are a unique fruit and a powerhouse of nutrients. Studies show they can have many beneficial health effects. Here are several reasons why we should be enjoying more avocado in our diets as part of a naturally healthy lifestyle...

• **Avocados are rich in vitamin B6 and folic acid.** These two nutrients can help to regulate homocysteine levels and promote a healthy heart. High levels of homocysteine are associated with an increased risk of heart disease. Vitamin B6 can help the body to make antibodies, maintain normal nerve function and haemoglobin, a protein in red blood cells that carries oxygen throughout the body.

• **They contain a rich source of Lutein.** This carotenoid can help to protect against age-related macular degeneration and cataracts, amongst other kinds of eye diseases. One particular study found that women with high dietary intakes of Lutein and Zeaxanthin had a 23 per cent lowered risk of nuclear cataracts than women with low levels of carotenoids.¹

• **They are an excellent source of Beta-Sitosterol.** This compound is known to be highly effective in lowering blood cholesterol levels. When combined with monounsaturated fat and beta-sitosterol,

both of which are found in avocados, this can be a powerful method for reducing cholesterol.

• **Avocados can provide protection against stroke.** This is due to the high level of folate present in these fruits. Individuals eating a diet rich in folate have been found to experience a lower risk of stroke than those with lower intakes. Raw avocado contains around 30 per cent of the recommended daily value of folate.

• **They nourish the skin.** Avocados are a rich source of vitamins C and E, as well as monounsaturated fats, which can help to lock moisture into the skin. This is why avocado is often used in skin moisturising creams or body butters as it softens and smooths the skin from the inside out. Adding avocado to a face scrub or mashing it up and smoothing onto your face is a natural and chemical-free way to ensure your skin receives beneficial nutrients.

• **Avocados may provide cancer protection.** One study has shown that avocados may reduce the side effects of chemotherapy in human lymphocytes.² Another study has indicated that avocados may inhibit the growth of prostate cancer cells.³ Although these studies were only conducted on isolated cancer cells and don't necessarily apply to a living and breathing human, they do hold good

promise.

• **Avocado extract may protect against the symptoms of arthritis.** Numerous studies have shown that avocado extract can reduce arthritis symptoms, especially those related to arthritis of the bones or osteoarthritis.⁴

For best results, try to eat two avocados on a daily basis. Slice them onto salads, stir-fries, soups, or add into smoothies for a super-healthy and nutritious boost.

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DO THE MATHS ON CoQ10

Putting together the coenzyme Q10 puzzle

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

Here is the easiest way to understand this potent coenzyme:

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

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

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

2013, lead author Professor Svend Aage Mortensen now recommends the coenzyme as a standard mode of heart failure treatment.³

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

2 BIG PROBLEMS WITH COQ10

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

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

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

The only way to prevent this dangerous landslide is to take a daily CoQ10 supplement. The lion's share of over-the-

counter coenzyme Q10 supplements are marketed in the wrong form. Taking standard CoQ10, or ubiquinone, is not enough. Ubiquinol is the form of CoQ10 that is eight times better absorbed compared to ordinary CoQ10.

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

Recommended Product

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.



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THE HIDDEN HEALTH THREAT

Thyroid disease is on the rise. Here's how to bring your thyroid back into balance



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

A DISEASE THAT'S ON THE RISE

The thyroid gland may be easy to identify, but when it malfunctions, its detrimental effects on the body remain a mystery to many doctors. Along with other chronic health conditions that cause a constellation of confusing symptoms, like IBS and coeliac disease, a thyroid disorder can be nearly impossible to diagnose. Considering that thyroid disease is on the rise – affecting an estimated 200 million people around the world – this widespread misdiagnosis is alarming.¹

While thyroid disorders remain among one of the most common medical maladies, the gradual progression of symptoms associated with thyroid dysfunction is difficult to pinpoint if you don't know what you're looking for. This has led to thousands of patients being treated for the wrong illness, or worse,

being prescribed the wrong medication.

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

Addressing a thyroid problem early on is critical. For women, thyroid disease is considered a significant reproductive health issue, with the potential to cause infertility and pregnancy loss, according to researchers from the Bristol Centre for Reproductive Medicine.² A study conducted by the Houston Methodist Neurological Institute and Erasmus Medical Centre further explored the effects of thyroid dysfunction during pregnancy. When researchers analysed more than 40,00 Dutch mothers and their children, they discovered that the pregnant women who didn't produce enough thyroid hormone were four times more likely to have a child with autism.³

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

HYPERTHYROIDISM

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

- Anxiety/restlessness
- Diarrhoea
- Excessive sweating
- Goiter
- Insomnia
- Muscle weakness
- Rapid heartbeat
- Tremors
- Weight loss

Thyroid over-activity, known to increase metabolism, can be caused by an autoimmune disorder like Graves' disease or unexplained inflammation of the thyroid gland, also called thyroiditis.

When hyperthyroidism is left untreated, it can lead to brittle bones, heart problems, weak vision, red and swollen skin, or a thyrotoxic crisis, where symptoms intensify and become emergent. Graves' disease, considered the most common cause of hyperthyroidism, is hereditary and occurs most often in women.

HYPOTHYROIDISM

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

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

Hypothyroidism, with a collection of symptoms stemming from a slow metabolism, is thought to have two main causes. Inflammation in the thyroid gland can slow down hormone production, or the thyroid may fail to produce enough hormones because of a condition known as autoimmune thyroiditis, called Hashimoto's thyroiditis.

Hypothyroidism can also be caused by a medical issue, related to a surgery or medical treatment that has removed part or all of the thyroid gland. Hypothyroidism can easily progress to cause severe and often life-threatening complications, like depression, heart failure or coma.

HOPE FOR A HEALTHY THYROID

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

Two important steps can bring your thyroid back into balance:

1. Change your diet. When you consider the true cause of thyroid dysfunction, it's easy to see where the problem lies. A thyroid disorder, related to under or

over-activity, may stem from inflammation, stress, tumours, autoimmunity, some medication or genetics. Even in the case of a hereditary condition, genes load the gun, but lifestyle pulls the trigger. Removing starchy carbohydrates and sugar from the diet, found in processed foods and sugary fruits, can curb the inflammation associated with thyroid dysfunction.

Enriching your diet with thyroid-supporting minerals like iodine, found in seafood and seaweed, and selenium, found in Brazil nuts, can help your body produce and maintain thyroid hormone levels.

2. Supplement missing nutrients. Iodine and selenium are the two vital nutrients the thyroid gland needs, found in small amounts in the diet and especially in daily supplements. Iodine is the raw material used by the thyroid to manufacture thyroid hormones, which explains why the majority of thyroid medications are ineffective. Thyroid medications often do more harm than good as they aim to increase or suppress hormone levels without the support of iodine.

Iodine deficiency can also cause symptoms of hypothyroidism, even without noticeable changes in thyroid hormone levels.⁶ Taking liquid iodine in its atomic form can help the thyroid gland do its job. As iodine's partner and critical co-factor, liquid ionic selenium works with iodine to balance the thyroid and protect against excessive iodine exposure.⁷ You can't correct thyroid dysfunction without these powerful minerals – since selenium activates iodine and guards the thyroid, a healthy thyroid depends on both minerals working in harmony together.

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

Recommended Products

NASCENT IODINE

Nascent Iodine is recognised by the body as the same iodine that is recognised by the thyroid and is absorbed effortlessly by the body. One drop = 400mcg of iodine. Usage depends upon the desired effect. Frequent small doses are more effective than larger amounts at less frequent intervals. Nascent Iodine is the best form of iodine supplementation.



IONIC SELENIUM

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



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UP YOUR *game*

9 powerful nutrients for sport and exercise

No one understands 'you are what you eat' better than the athlete. An athlete who treats their body like the fine machine it is knows what it looks like to fuel the body with really healthy foods and essential nutrients that will keep it running longer, stronger and faster than its opponents. Because of this need for powerful fuel, nutritional supplements are a hotly debated topic in the sports community.

Journal of Sports Science researchers estimate that many athletes use nutritional supplements during training and competition, with numbers rising as high as 85 per cent among track and field athletes. Researchers consider some vitamin and mineral supplements helpful to enhance performance, especially during high-intensity exercise. But with a quick Google search, you'll soon see where the problem lies. There are far too many sports supplements to choose from. As an athlete, the only way to separate the good from the bad, and the effective from the ineffective, is to do your homework. The best sports nutrition supplements contain critical 'fuelling' nutrients backed by extensive research.

9 ESSENTIAL NUTRIENTS TO IMPROVE SPORTS PERFORMANCE

1. D-Ribose

For more than a decade, the five-carbon sugar D-Ribose has remained one of the most popular sports and exercise recovery nutrients. Considered the cornerstone of cellular regeneration, D-Ribose encourages post-workout recovery by supporting ATP

(adenosine triphosphate) production in the heart and muscles, vital for cellular energy and survival. Taylor & Francis researchers consider the naturally occurring sugar a helpful performance supplement for both humans and racehorses because of its critical role in cellular biogenetics. Because of this, D-Ribose can be used to improve heart health through cardiac rejuvenation and to replenish tired muscles after a workout, increasing the ATP 'energy bank' by up to four times.

2. Krill oil

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

3. L-Arginine

L-Arginine is the semi-essential protein amino acid that most competitive athletes are missing. To improve both endurance and performance, L-Arginine is the missing link that works as a precursor to nitric oxide, creatine, polyamines, L-glutamine, L-proline, agmatine, and the arginine-containing tetrapeptide tuftsins. After performing an exercise test on healthy men, UK researchers saw L-Arginine in

action – the men who took an L-Arginine supplement exercised more efficiently with less oxygen required to expend the same amount of energy.

4. Magnesium

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

5. Oxygen-enhancing enzymes

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

6. Protease enzyme

Protease is considered one of the most important enzymes available to the body because of how it helps to break down

food. Protease is primarily responsible for digesting protein in food, one of the hardest substances for the body to metabolise. Protease also supports general healing and recovery for the athlete by dissolving fibrin and giving the immune system a much-needed boost. *Medicine & Science in Sports & Exercise* researchers confirm that a protease supplement can help to buffer muscle strength losses after eccentric exercise by regulating inflammation.

7. Serrapeptase

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

8. Soil-based probiotics

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

9. Vitamin D3

The sunshine vitamin, or vitamin D3, is another primary immunity enhancer every athlete needs on their medicine

shelf. Vitamin D3, commonly taken along with other super-nutrients like EpiCor, eXselen selenium, vitamin C, and OptiZinc, helps the body perform at its peak by strengthening its natural defence weakened by intense exercise. Edinburgh researchers confirmed vitamin D3's ability to enhance performance in findings presented at the annual conference of the Society for Endocrinology: Taking a daily vitamin D supplement can improve exercise performance and reduce the risk of heart disease.

TARGETED REPAIR AND RECOVERY

There's one more tool that will make your performance package complete. While not technically a supplement, at-home electro-acupressure puts convenient and effective recovery in your own hands. An at-home acupressure device, derived from the ancient acupuncture technique, can be used daily to stimulate the body's self-healing system for the purpose of relaxation, repair and rejuvenation. Acupuncture has long been used as an alternative to surgery to treat sports injury, and the American College of Sports Medicine suggests that the treatment could help to enhance performance in professional athletes.

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

Sources

All references can be found at www.NaturallyHealthyNews.com

Recommended Products

D-RIBOSE PLUS™

5,000mg D-Ribose per serving (x60) plus magnesium and malic acid.

THE KRILL MIRACLE

Concentrated omega-3, 6 and 9 – many times more powerful than fish oil.

HEALTHYFLOW™

5,000mg L-Arginine per serving (x30) plus L-Lysine and L-Citrulline. The best all-round amino acid supplement.

MAGNESIUM OIL ULTRA

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

OKYSORB™

Contains Norwegian Seaweed Extract in liquid form.

PROTEASE™

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

SERRAENZYME 250,000 IU

The world's strongest Serrapeptase delivering 250,000IU Serrapeptase per cap. For serious health support, available in x90 or x30 trial size and in a delayed-release cap, for optimum performance.

PRESCRIPT-ASSIST

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

DAILY IMMUNE PROTECTION™

Unique formula blending x10 important nutrients together in one capsule. Contains vitamin D3, zinc, vitamin C, selenium and more.

HEALTHPOINT™ KIT

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

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HEALTH *news*

80 PER CENT OF DOCTORS ADMIT TO USING USELESS DRUGS AND TREATMENTS

More than 80 per cent of doctors admit they have prescribed drugs or carried out treatments that they know are unnecessary or ineffective – including giving chemotherapy to patients with advanced cancer.

The discovery follows the announcement that the UK's Academy of Medical Royal Colleges has listed 40 treatments that are unnecessary and shouldn't be given routinely. As well as chemotherapy for advanced cancers, the list includes x-rays for lower back pain, regular scans for terminally ill patients and routine checks for patients after a cataracts procedure or other common and routine surgery. Announcing the list, AMRC chairman Prof Dame Sue Bailey said patients – and doctors – should think twice before having tests or treatments, and question whether they really were necessary. 'Patients should ask 'what would happen if I do nothing?'' she said.

The AMRC, which represents all 21 medical royal colleges, is planning to extend the list to around 150 unnecessary treatments. In the survey of around 5,000 doctors, the vast majority who admitted ordering a drug or procedure they knew was useless were driven by a fear of litigation, and, in some cases, because the patient demanded it.

Around 20 per cent admitted prescribing an antibiotic, 16 per cent ordered x-rays and 14 per cent CT scans or blood tests that they knew were unnecessary.

YOUNG ARE DANGEROUSLY DEFICIENT IN VITAMIN D

The UK's 'safe sun' policy is producing a generation of children who are depleted of vitamin D, and who could suffer serious bone loss in the years ahead, a new study has discovered.

Adolescents aged from 14 to 18 have dangerously low levels of vitamin D – described as the 'sunshine vitamin' – at a time when their bone mass is still developing, say researchers from the University of Surrey. The levels of the vitamin were checked at the end of the summer when they should have been at their highest following a summer in the sun, the researchers discovered when they analysed blood samples from 110 teenagers.

Adolescents are more likely to want to stay indoors anyway, say the researchers, but years of 'safe sun' advice can't have helped, especially as it's based on exposure to the heat and sun of Australia, which is far more intense than that experienced in Northern climates. At the very least, say researchers, adolescents should be supplementing with D3 vitamins, especially during the winter when the sun is too weak to naturally replenish the body's vitamin D levels. During the study, half the adolescents were given varying doses of vitamin D supplements and the rest had a placebo, or dummy supplement, for 20 weeks during the winter. The researchers recommend that adolescents supplement with between 10 and 30 ug vitamin D3 every day, especially in the winter.

AN ESPRESSO A DAY PROTECTS AGAINST EYESIGHT LOSS

Age-related macular degeneration (AMD) is a major cause of blindness and sight loss as we get older, but older people who drink a shot of coffee every day reduce their risk by a third. Caffeine seems to protect against sight loss, researchers have discovered for the first time. Older people who are drinking around 78 mg of caffeine – or one espresso shot – are far less likely to develop AMD.

As well as caffeine, eating plenty of fruit every day also seems to reduce the risk, say researchers from the University of Coimbra in Portugal, who tracked the health and diet of 883 people aged 55 and older. Around half of them had early-stage AMD.

Those who ate around 150g (five ounces) of fruit a day were 15 per cent less likely to have AMD, and that protective effect increased if they were also drinking caffeine. Around 54 per cent of the non-AMD group was drinking the equivalent of one shot of espresso a day compared to 45 per cent among those who already had AMD.

Caffeine is a powerful antioxidant that also protects against Alzheimer's disease, the researchers say. The findings are a 'stepping stone towards effective preventive medicine in AMD,' said lead researcher Rufino Silva.



Source: www.WDDTY.com

THERE'S NOTHING FISHY ABOUT KRILL

Why krill oil is the ultimate source of omega-3

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

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

Krill oil and fish oil have one thing in common: They both contain high levels of beneficial omega-3 fatty acids. Ideally, we would be able to get all of our protective omega-3s from the fish we eat – needed to calm inflammation, support cognitive function, and protect the health of the heart – but we now know that our oceans are dangerously polluted. Most commercially sold fish contain high levels of heavy metals and environmental pollutants, making omega-3 oils like fish oil and krill oil the next best thing.

And that is where the great distinction between krill oil and fish oil lies: in the level of pollution found in the ocean. Fish used for fish oil supplements are oily, cold-water fish like mackerel, herring, halibut, salmon, cod, sardines and albacore tuna, either wild-caught or farmed from deep within the ocean. Pollution is still a major factor in the fish used to make fish oil supplements. In contrast, krill are tiny, shrimp-like crustaceans found in the Southern Oceans. The Southern Oceans are the only oceans in the world to remain unpolluted by the toxic heavy metals now found in most fish oils.

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

In the study, Indiana University

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

THE OCEAN'S BEST-KEPT SECRET

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



are identical to the fats found in human cell walls, making the omega-3s in krill oil more absorbable and usable by the body.

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

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

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

- **Blood sugar.** Taking krill oil can prove especially promising for diabetics since, like the spice cinnamon, krill oil is known to stabilise blood sugar levels. University

of Florida researchers also believe that a high intake of omega-3 fatty acids can hinder the onset of type 1 diabetes in children at risk from the condition.⁴

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

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

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

Rich in essential fatty acids that the body can't make on its own, krill oil is important for everyone – particularly

developing children. Taking a safe, pure and protective supplement with a wide range of health benefits is the best gift you can give to your family.

Recommended Product

THE KRILL MIRACLE™

Super rich source of omega 3, 6 and 9, made using Superba™ Krill Oil. Also contains AstaXanthin.



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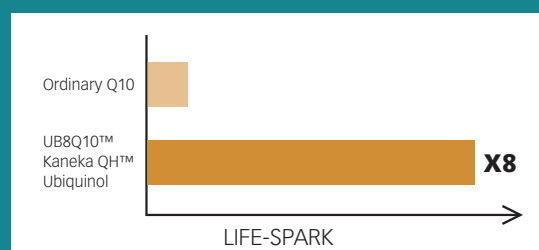
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EYES RIGHT

Declining eye health may be helped by taking the right nutrients, as evidenced by a recent BBC TV show

Declining eyesight is considered to be an inevitable consequence of ageing. Yet this widely held perception can be prevented and eyesight improved by taking certain nutrients. This fact was highlighted in a recent article on the BBC website, based on the TV programme, *Trust Me I'm a Doctor*. In the article the programme's presenter, Michael Mosley, investigated ways to improve his declining eyesight through taking specific supplements.

After receiving an eye test from Professor John Barbur of City University in London, Mosley admitted that the results were both 'fascinating and depressing'. His level of night vision and perception of details were poor, but consistent with people his age. The *Trust Me* team then provided him with a 90-day diet of supplements containing concentrations of coloured plants, two of which were Lutein and Zeaxanthin. He also took a daily smoothie containing plenty of fruits and vegetables like kale and kiwi fruit, along with fats like milk and wheatgerm oil.

SIGNIFICANT IMPROVEMENTS

Two weeks later, the team assessed whether taking the supplements had any effect or made much of a difference to Mosley's eyesight. They discovered that including Lutein, Zeaxanthin and Meso-Zeaxanthin in the diet led to significant improvements in the protection of the delicate macula, along with improving eyesight.

This example provides further evidence that taking supplements may reverse, slow down or possibly even prevent age-related macular degeneration (AMD) – one of the leading causes of vision loss in the UK.

SUPPLEMENT INTAKE

One Australian study from 2008 looked at supplement intake and long-term risk of age-related macular degeneration (AMD). Over a 10-year period, 2,454 participants were examined and re-examined. The results showed that the participants with higher levels of Lutein and Zeaxanthin had a reduced risk of AMD. The study concluded that high dietary levels of Lutein and Zeaxanthin helped to reduce the risk of long-term AMD.¹

While there are calls for more studies into the benefits of these plant compounds and the many ways in which they may help with eye health, a number of people are already successfully improving their eyesight by taking the recommended formulations.

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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.



EAT YOUR WAY

out of diabetes

Why diet has the biggest impact on your risk and your reversal of Type 2 diabetes



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

TYPE 2 DIABETES AND INSULIN RESISTANCE

Insulin is important. This hormone helps deliver glucose to the cells after sugar and starch are broken down by the body – a process essential to cellular energy. Insulin also helps move glucose from the blood. This is where Type 1 and Type 2 diabetes differ. Up to 90 per cent of diabetes cases are Type 2, where sugar-flooded cells become insulin resistant and are not able

to utilise the insulin produced by the pancreas.

In the remaining cases of Type 1 diabetes, the pancreas is unable to produce insulin. Once cells become resistant to insulin, glucose stays in the bloodstream instead of moving into the cells. Then a vicious cycle occurs – the pancreas releases even more insulin to move the sugar out of the bloodstream, which can soon cause a hormonal and thyroid imbalance.

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

Pacific Islander, Latino or Black descent – only when a starchy, sugary diet is eaten. This insulin resistance that contributes

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

BLAME DIABETES ON YOUR DIET

The American Diabetes Association clearly states that Type 2 diabetes is caused by genetic and lifestyle factors.¹ According to the ADA, one reason to avoid the processed food diet is because being overweight increases the risk of Type 2 diabetes. The ADA urges everyone to avoid sugar sweetened beverages that can raise blood glucose and trigger both diabetes and weight gain.

Researchers have been trying to tell us this for some time. Soft drinks sweetened with high-fructose corn syrup are not only full of empty calories, but they can

encourage the development of diabetes, even in children.² These drinks are full of reactive compounds that can cause cell and tissue damage that further contributes to the disease. High-fructose corn syrup can also be found in condiments and baked goods.

University of Minnesota School of Public Health researchers weren't pulling any punches when they said that fast food, offered in large portions with poor nutritional value, can increase the risk of Type 2 diabetes and coronary heart disease. When researchers examined the eating habits of Singapore residents, with findings published in the American Heart Association journal *Circulation*, they noted that people who ate fast food two or more times per week increased their risk of Type 2 diabetes by 27 per cent.

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

DIET HAS THE BIGGEST IMPACT

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

the biggest impact on your risk and your reversal of Type 2 diabetes.

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

Instead of living with a dangerous lifestyle condition, you can make two important changes to turn your health around:

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

2. Supply missing nutrients: This second step is one you don't want to overlook since missing nutrients can restore health to parts of your body that have been damaged by Type 2 diabetes. Cinnamon is a power nutrient with direct application for Type 2 diabetes recovery; it helps the body better utilise insulin secreted by the pancreas.⁵

The anti-inflammatory proteolytic enzyme Serrapeptase works alongside cinnamon to curb inflammation from a

processed food diet and to restore healthy blood flow, critical in a body damaged by diabetes. Last but certainly not least, magnesium is another potent diabetes nutrient; low magnesium levels have been detected in people with Type 2 diabetes.⁶

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

Recommended Products

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.



SERRANOL™

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



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



SOLVING DIABETES TYPE 2 IN 27 DAYS

Book written by Robert Redfern.



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THE FLU FIGHTERS



Five natural ways to prevent colds and flu

It's estimated that on average more than 200,000 people each year get the flu and are hospitalised as a result. Yet it's possible to prevent or even stop the symptoms of cold or flu from getting worse with a little nutritional know-how. All your body needs is the right nutrients to support the immune system. Here are five of the best tips for keeping colds and flu at bay.

1. EAT PLENTY OF FOODS WITH ANTI-VIRAL PROPERTIES

This includes foods like cinnamon, garlic, ginger, lemon, oregano and turmeric amongst others. All of these can be drunk as teas, added to food or taken in the form of supplements. Turmeric is particularly good because it contains curcuminoids – antioxidant and anti-inflammatory properties that have been shown in studies to fight viral infections by blocking the interaction between the virus and the host cells.

2. ADD MORE VITAMIN C TO YOUR DIET

The immune system can be boosted by adding more vitamin C into the diet.¹ This is because vitamin C attacks the nucleic acid of the virus and the antioxidant properties fight the bacteria within the body until they are gone. Good sources of vitamin C include oranges, red peppers, kale, broccoli and grapefruit. However, one

of the best ways to ensure you are getting enough is to supplement using a liposomal form of vitamin C.

3. EAT LIGHTLY

Eating fewer foods can help the immune and digestive systems to focus on removing the virus, without having to spend time focusing on digesting foods instead. Good choices include fresh juices, soups, steamed veggies and salads. All of these are ideal options as they provide the body with the nutrition it needs, without having to work too much at digestion. It's also important to avoid cold drinks and foods where possible, to prevent the body from having to work too hard at maintaining a normal temperature.

4. AVOID STARCHY CARBS AND DAIRY PRODUCTS

Grains and foods that contain dairy, corn, soy, meat or sugar are best avoided as these can create an inflammatory response within the body. Once these foods are eliminated, it's possible for the body to naturally start healing itself. But it needs to be free of the foods that are causing it internal damage and upsetting the stomach in order for this to happen.

5. DRINK HOT LIQUIDS

Drinking tea can help with relieving nasal congestion and preventing dehydration. Hot liquids can also soothe any inflamed

membranes lining the nose and throat. If you are congested so much that you can't sleep at night, then a cup of herbal tea can help. Good herbal teas to consider drinking include echinacea, ginger, peppermint or turmeric.

Follow these five tips and you should be fighting fit this winter.

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Recommended Products

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.



CAMU CAMU VITAMIN C

100% natural Vitamin C, from the unique plant found in the Amazon, which has one of the highest Vitamin C contents worldwide! Delivers 700mg Camu Camu extract and 105mg Camu Camu powder per capsule.



The Ancient Spice in the News

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

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

NOTE:
NOT ALL
CURCUMIN IS
THE SAME

Make sure you choose CurcuminX4000.

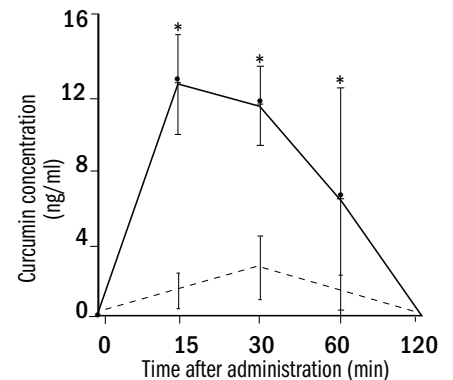


Figure 1. Plasma curcumin levels after dosing with Meriva (solid line) compared to unbound curcumin (broken line)



A published study shows that CurcuminX4000 absorbs up to 23 times more than ordinary curcumin, whilst an unpublished study claims it could be up to 45 times better!





THE HEART

of the matter

How to take control of an irregular heartbeat

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

WHEN YOUR HEART SKIPS A BEAT

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

risk of death for men compared to women. When a heart is in A-fib, it may beat at 100 to 175 bpm, compared to a normal resting heartbeat of 60 to 100 bpm. But because this quivering in the chest is so subtle, it can be hard to detect if you don't know what symptoms to look for.

According to AFA International, the most common symptom of atrial fibrillation is heart palpitations.² An abnormal heartbeat may be followed by exhaustion and fatigue, shortness of breath, dizziness or fainting, chest pain, and difficulty sleeping. And for many people with permanent A-fib, it may appear that no symptoms are present. Atrial fibrillation may only be diagnosed after a doctor listens to the heart at a routine check-up.

Contrary to what love songs have told us, a fluttering heart that 'skips a beat' is not normal. If left untreated, this arrhythmia can damage the heart and open the door to a number of heart-related complications. A-fib can lead to blood clots, stroke, and heart failure. Wake Forest Baptist Medical Center researchers confirm that atrial fibrillation can increase the risk of the most

common type of heart attack by 70 per cent, with rates even higher among African-Americans and women.³ People with atrial fibrillation are more likely to have a stroke in cold weather, while atrial fibrillation coupled with high blood pressure can increase stroke risk by 50 per cent.^{4,5}

It's alarming to think that an irregular heartbeat can quickly and silently compromise heart health, but that's exactly what is happening to millions of people around the world. Doctors can offer a Band-Aid in the form of drugs or electrical stimulation to shock the heart back into rhythm. These quick-fix solutions may provide temporary relief, but they come with their own side effects that can speed the decline into poor health.

Roughly a quarter of atrial fibrillation patients at the lowest risk for stroke are prescribed unnecessary blood thinners by cardiologists; atrial fibrillation patients who take too many blood thinners have a higher risk of developing dementia.^{6,7} Without addressing the cause of atrial fibrillation, heart health will only continue to get worse.

BE STILL, MY HEART

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

If you have an irregular heartbeat, finding a clear explanation for your condition can seem nearly impossible. But despite the many A-fib triggers, we know one thing to be true: Your diet directly affects the health of your heart – and your heart rhythm.

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

1. Reduce inflammation

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

2. Supply missing nutrients

There are two critical nutrients that have a direct relationship with the rhythm of your heart. Taurine is an amino acid found in protein that makes up 50 per cent of the free amino acid in the heart. When taken daily, taurine can strengthen the heart; researchers believe cardiac

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

3. Repair and recovery

We can all agree that exercise is important to maintain heart health, but it may prove especially beneficial in cases of A-fib. American College of Cardiology researchers discovered that obese atrial fibrillation patients could reduce the risk of arrhythmia by improving their cardiorespiratory fitness.¹⁰ You can strengthen heart health by exercising for 60 minutes over the day and by reducing sitting to no more than three hours a day.

Hand-in-hand with exercise, an electro-acupressure device can be used at home to correct internal imbalances that can burden the heart, providing relief for numerous heart problems caused by mineral deficiency.

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

Recommended Products

ANCIENT MINERALS MAGNESIUM OIL ULTRA

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



TAURINE SPRAY

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



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Robert's Rant:

The spice war on cinnamon

If there was ever a good reason for leaving the EU it is their war on natural health. The removal of thousands of natural health products from our shelves is a result of the UK following the lead of countries such as Germany and France and, in many cases, directives forced upon us by Brussels. The UK government simply claims that it has to comply with these directives, but from living in Spain I know that this is not true for all countries.

One example is melatonin. This is openly (and safely) on sale in Spain but Germany, France and the UK make this out to be a dangerous supplement. When I travel to the USA it is on sale at the counters of nearly every filling station. Why? Because it is a safe sleeping aid and would be taken off the shelves in a heartbeat by the US Food and Drug Administration if they had any evidence that it wasn't safe.

Another example is selenium. In the USA bottles of selenium supplements carry the statement that it may help prevent cancer. This is because they have freedom of speech and the courts ruled that various studies made it clear that taking selenium may help to prevent cancer. In the UK this is a criminal offence no matter how true the statement is.

LIES, DAMNED LIES

In Europe it only needs a few lies to be told about a supplement that is competing with a pharmaceutical drug and it is taken off the shelves. This is done on the instructions of the pharmaceutical-staffed authorities, such as the MHRA (the Medicines and Healthcare products Regulatory Agency). So the pharmaceutical businesses that are frequently fined millions for fraud are able

to use its influence to stop natural health supplements.

THE WAR ON KAVA KAVA

Kava kava is a herb derived from the roots of the Piper methysticum plant which is found in the Western and South Pacific. More commonly referred to as kava, meaning bitter, it has been used for anxiety and relaxation, while maintaining mental clarity. For these reasons, kava has been used by those with anxiety disorders and as a treatment for insomnia, premenstrual syndrome and stress. Recently, smear stories have arisen claiming reports of liver injuries in two or three people (claims which are unsubstantiated) out of millions of doses. For this reason, the use of kava has been banned or restricted in many countries such as Germany, France and Great Britain. So why not the USA? Simply because they have the rule of law and the authorities would have to provide proof to an independent judge that kava kava did harm – and that does not exist. In the UK we used to have the ability to stand before a judge with evidence and ask the judge to overrule the unjust ban. However the government has now put a huge price on that which would bankrupt most small businesses.

THE SPICE WAR ON CINNAMON

There are two types of cinnamon. One is a high-quality product, Ceylon cinnamon, which is used in high quality supplements, and Cassia cinnamon which is used in cheap supplements, confectionery, cakes etc. In Germany lies are being spread about the safety of cinnamon. The lie is that Cassia cinnamon is too high in coumarin compounds. Even so, they are not differentiating between the two types

of cinnamon.

By the time you read this, the war of lies may have already begun in the UK. I am writing this in early December 2016 and the war is in full swing in Germany where the lies are being perpetuated by the media.

Let me be clear. There are zero human studies on any kind of cinnamon for human safety and the amount of coumarin compounds. If they did exist, they would likely show that it is safe and would also have to report the amazing health benefits to be gained when taking it as a supplement.

HUMAN STUDIES ON CINNAMON DEMONSTRATE THE FOLLOWING HEALTH BENEFITS:

1 It balances blood sugar levels

Cinnamon can help to improve insulin function and an increased level of peptide that can help to prevent overeating and spikes in blood sugar levels. One study also suggested that supplementing with 500mg of water-soluble cinnamon extract can regulate blood sugar in people with insulin resistance.

2 It supports optimal brain function

A recent study from Tel Aviv University found that potent extracts from cinnamon bark inhibited the toxic debris that has been found in people with age-related cognitive problems.

3 It promotes easy weight loss

Losing weight is an essential part of good health, not only for looking good but also avoiding diseases. Even just being 10 or 20lbs overweight has been found to be associated with significant health risks. There are also additional risks to the heart,

brain and joints – all of which research shows can take around 10 years off your life. The problem is that losing weight can become more difficult, especially after the age of 50. Thankfully, cinnamon has the ability to control blood sugar and food cravings, meaning it's a valuable tool for weight loss. Fat cells within the abdomen are sensitive to high insulin levels and this is why it's also very effective at storing any excess calories as fat. New evidence is coming to light however showing how Cinnamon may help to mimic insulin in the body and this is highly beneficial for weight loss, especially in the abdomen area.

4 It supports healthy blood pressure

Nearly one million people struggle with high blood pressure worldwide and this is an essential risk factor in many diseases. A clinical trial conducted in London showed that people who took 2g of cinnamon a day for their blood sugar issues experienced significant reductions in their mean systolic and diastolic blood pressure readings after 12 weeks.

5 It supports a healthy digestion and a strong immune system

It's estimated that roughly 80 per cent of the immune system is found within the gastrointestinal tract. Keeping your digestive system running is one of the best ways to ensure optimal immune function and peak health. The best way to support digestive health is to ensure the vital and proper absorption of nutrients and elimination of toxins. Anyone who wants to improve their digestive health and keep it running well is highly recommended to take cinnamon for this reason.

6 It promotes a healthy inflammatory response

Studies have shown that cinnamon can be truly effective as an inflammation-fighting tool. A 2005 study demonstrated that the compounds found within cinnamon have the ability to promote healthy



inflammatory responses within the body. This includes the digestive tract and other areas that may be prone to problems associated with high levels of inflammatory markers.

7 It supports a healthy heart

Taking cinnamon has many benefits for heart and cardiovascular health. Research has shown that this spice contains many antioxidant substances that can promote optimal blood vessel health and support optimal heart function.⁷ Cinnamon has also been shown to support balanced cholesterol levels and, according to scientists, this is due to its free radical-fighting properties.

The above examples are all excellent reasons why I advocate taking cinnamon for good long-term health. Perhaps most importantly, it's vital that you choose the right kind of cinnamon. Whole and powdered cinnamon will not work to give you the health benefits you desire, particularly in sugary carbohydrates. Most cinnamon sold in supermarkets is made with Cassia cinnamon, which is cheaper to produce but also means you would have to consume a lot of it to get the same effects as higher quality cinnamon. You'll feel sick of this spice before it has any health benefits! More worryingly, a

great deal of the cinnamon may contain a fat-soluble compound known as coumarin. This is capable of building up in the tissues and causing liver damage, amongst other problems, if too much is consumed.

To avoid these issues, it's essential that you choose a high quality cinnamon supplement. I highly recommend Cinnamon27™ as it contains cinnamon derived from Ceylon bark extract. Ceylon cinnamon is the real deal and contains far fewer coumarin compounds when compared with Cassia cinnamon. This means you get more of the fantastic health benefits of cinnamon without any unwanted side effects that some cheap cinnamon supplements may be serving.

Choose wisely when it comes to your health. Choose a high quality supplement such as Cinnamon27™ and see the results for yourself.

Your natural health friend

Robert Redfern

Robert Redfern

Nutritionalist, author and broadcaster

Contact me? Robert@GoodHealth.nu

DON'T SUFFER *in silence*

New research lifts the lid on depression and mental health

Thanks to the widespread efforts of mental health awareness campaigns, we now know that depression is much more than just feeling blue.

And yet, with as many studies as there are on mental health, and with the millions of people who suffer from depressive disorders around the world, depression still isn't a comfortable topic of conversation.

Due to this reluctance to discuss depression, and because many people with mental health issues are still treated with kid gloves, misconceptions abound. Depression is common enough that it now affects an estimated 2.6 out of 100 people in the UK.¹ According to the Mental Health Foundation, a mixture of anxiety and depression is the most prevalent mental disorder in Britain – making it very likely that you or a loved one may be struggling with your mental health.² As we saw with the tragic death of Robin Williams, we often don't find out about these personal struggles until it is too late.

One of the most effective ways to address poor mental health is to simply start talking about it. Research and nutritional therapy are available to support depression recovery, but many times these invaluable tools are never given to those

who need them the most. Talking freely about depression and exploring the brain-changing nutritional research could help to save a life.

STRENGTHENING THE SECOND BRAIN

Most depression therapies and medications are focused on regulating mood in the brain, and for good reason. It makes sense to try to correct chemical imbalances in the brain that could lead to depression, if you don't understand where the true problem lies. But within the past few years, researchers have begun digging. What they have discovered about depression and gut health has changed the way we view rehabilitation for depressive disorders.

Far below the brain lies the 'second brain' in the gut. The second brain is a mechanism in the body you may already be familiar with if you have ever had a stomach ache related to stress or felt 'butterflies' before a big event. The second brain is connected to the main brain and plays a pivotal role in mental health, while influencing the risk of some disease. As Johns Hopkins Medicine confirms, the second brain, also called the enteric nervous system (ENS), is powerful enough

to affect the health of the entire body – containing two layers of over 100 million nerve cells that line the gastrointestinal tract from the oesophagus to the rectum.

When it comes to regulating mental health, the health of the second brain matters just as much as the health of the first brain. The second brain works hard in its primary role as the gut, aiding in digestion, nutrient absorption, and elimination. Dr Jay Pasricha, Director of the Johns Hopkins Center for Neurogastroenterology, explains that this enteric nervous system also has a direct line of communication with our main control centre: 'The enteric nervous system doesn't seem capable of thought as we know it, but it communicates back and forth with our big brain – with profound results.'³

University College Cork researchers uncovered the importance of this big brain-little brain connection as they examined serotonin, the chemical known to regulate mood and emotion in the brain. Scientists discovered that brain levels of this 'happy hormone' are regulated by the amount of good gut bacteria that develop early in life.⁴ These findings came only a year after researchers from Ireland and Canada confirmed that probiotics,

or the friendly bacteria found in the gut, can alter brain neurochemistry to treat anxiety and depression.⁵ And in 2015, Society for Neuroscience researchers explained that probiotics could help to improve behavioural symptoms of chronic inflammatory disease by changing the communication between the immune system and the brain, with the potential to remedy behavioural symptoms like fatigue, social withdrawal and depression.⁶

HEAL YOUR GUT, HEAL YOUR BRAIN

Understanding this gut-brain connection can be life-changing for the millions of adults who take antidepressants and still can't find relief. As Dr Des Spence, a Glasgow GP, explains in his *British Medical Journal* review, antidepressant prescriptions in the UK rose by 9.6 per cent in 2011 (totalling 46 million prescriptions), with an estimated 75 per cent of these prescriptions linked to drug companies. Only one in seven people taking antidepressants may actually experience benefits.⁷

These major scientific breakthroughs within the past decade have a special meaning for sufferers of depression and other mood disorders. We can now rehabilitate the brain without drugs, by strengthening the gut with friendly probiotics and essential nutrients:

1. Ashwagandha

The Indian herb Ashwagandha is known for its stress-relieving properties, with potential applications for anxiety and depression that rival prescription drug use. In a recent study published in the *Public Library of Science*, Ashwagandha was able to increase levels of glutathione – the body's most powerful antioxidant – in the brain, to improve brain function and memory, while protecting against degenerative brain disorders like Alzheimer's and Parkinson's disease.⁸

2. B vitamins

B vitamins are known to buffer the stress response and stabilise fluctuating cortisol levels. Taking B vitamins has long been considered a natural antidepressant since vitamins B3 and B6 help to convert the

amino acid tryptophan into serotonin. Vitamin B6 deficiency has also been linked to clinical depression.

3. Lithium orotate

Not to be confused with pharmaceutical lithium, the mineral lithium orotate is another safe alternative to antidepressant drugs. Lithium orotate taken as a supplement is rapidly absorbed by the body and delivered to the brain in an organic carrier to target chemical imbalances. Lithium orotate can support mental and emotional health, with benefits for bipolar disorder, PMS, ADHD, headaches, Alzheimer's and Parkinson's diseases as well as depression.

4. L-Tryptophan

Taking L-tryptophan with B vitamins can help the body to manufacture serotonin in ample amounts. Lower tryptophan levels in the body can lower serotonin production in the brain, with observed effects on mood and memory and increased instances of aggression. Tryptophan depletion has been known to cause a relapse in symptoms of depression and panic disorder.⁹

5. Soil-based probiotics

A healthy brain needs support from a healthy gut, strengthened by friendly probiotics – but not just any probiotic will do. Compared to over-the-counter probiotic supplements that may not reach the gut intact, a soil-based probiotic can have an

immediate impact on both gut and brain health, made with the same beneficial microflora found resident along a healthy human G.I. tract.

For sufferers of a 'hopeless' condition like depression, this ground-breaking research on the balance between the two brains is news worth celebrating. Nourishing the gut has the power to change your mind.

Recommended Products

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



LITHIUM BALANCE
Contains the trace mineral in the supplemental orotate form. 100 per cent natural and completely safe to use.



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



PRESCRIPT-ASSIST
Third generation combination of more than x29 friendly soil-based organisms with a humic/fulvic prebiotic.



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HEALTH news

DON'T TREAT SLOW-GROWING PROSTATE CANCER, SAY RESEARCHERS

Men who've recently been diagnosed with slow-growing prostate cancer can safely adopt a 'watchful waiting' strategy instead of having it immediately treated, a new study has found. The vast majority of Swedish men who have low-risk cancer are choosing active surveillance, which involves regular check-ups and blood tests – and they are likely to live just as long as those who opt for treatment, such as radiotherapy or surgery.

Up to 91 per cent of men in Sweden diagnosed with very low-risk prostate cancer, and 74 per cent with low-risk cancer, are choosing active surveillance over treatment, say researchers from New York University's Langone Medical Center. The researchers had analysed the response to the cancer diagnosis of 32,518 Swedish men over five years. The response in the US to a prostate cancer diagnosis is invariably aggressive, with immediate treatment recommended, but the 'take home' message for Americans is that they, too, could benefit from a 'watchful waiting' approach, say the researchers.

Other studies have found that the life expectancy of those who opt for treatment and those who don't is around the same, although those who have their cancer treated are likely to suffer from some life-destroying side effect, such as incontinence or impotence, said lead researcher Stacy Loeb.

FISH OILS HELP IMPROVE CHILDREN'S READING SKILLS

Fish oil supplements help children read better in school. The supplements are especially effective for children with ADHD (attention-deficit, hyperactive disorder), new research has discovered. Children started showing big improvements in their reading skills and vocabulary after just three months of taking supplements that contained omega-3 and omega-6 fatty acids. Researchers at the University of Gothenburg in Sweden gave a group of 154 schoolchildren, who were nine or 10 years of age, the supplements or identical capsules that contained 'dummy' oil, for three months.

At the end of the trial period, the reading skills of the children given the real supplements had improved dramatically compared to those given the dummy capsules, the researchers said. They were able to read quicker and could say out loud a nonsense word. Children who had a mild form of ADHD showed even greater improvement.



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.

VITAMIN DEFICIENCY COULD BE CAUSING MIGRAINE ATTACKS

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.

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. Chronic sufferers were more often deficient in Q10 and riboflavin.

Source: www.WDDTY.com



Love your Heart & Circulation?

Love Blockbuster AllClear™

Is this the world's most powerful enzyme formula?

Blockbuster AllClear™ is a unique combination of x16 special ingredients, created by Robert Redfern and brought to you by Good Health Naturally.

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Along with 80,000IUs of The 'Miracle' Enzyme, Serrapeptase, each serving (x2 caps) also delivers Nattokinase, Protease, Lipase, Amylase, Cellulase, Lactase, Acerola Extract, Amla Extract, Olive Leaf, Trace Minerals, Bacillus Coagulans, Protease S, Grapeseed Extract, Policosanol & Pycnogenol.

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



Love your Heart & Circulation? Love Blockbuster AllClear™



The clever thing to do

How this ‘miracle spice’ can improve brain health

Premature ageing doesn't have to be a fact of life. Your brain health matters, especially as you age. Sadly, cognitive decline has become the norm in the Western world. Age is considered one of the greatest risk factors for cognitive impairment. A growing number of Baby Boomers over the age of 65 are experiencing cognitive impairment as we speak.

According to the World Health Organization, cognitive impairment and dementia are increasing around the globe. In developed countries, numbers may rise to approximately 2 billion sufferers over the age of 60 by the year 2050. This represents 22 per cent of the world's population.¹

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

overwhelming. The Centers for Disease Control and Prevention confirm that cognitive impairment is also expensive, resulting in three times as many hospitalisations compared to patients hospitalised for other reasons. Alzheimer's and related dementia conditions are considered to be the third most expensive diseases to treat.²

THE ANSWER IS SIMPLE

Everyone is worried about cognitive decline, whether it will affect you or someone you love, as the years pass. Researchers are striving to find a cure for Alzheimer's disease, but nothing has worked yet. It is becoming clear that drugs aren't the solution. Drugs will only manage symptoms of a damaging cognitive condition like Alzheimer's disease. They cannot provide a cure. Drugs reinforce disease management and do not focus on restoring brain health.

Curcumin is a powerful spice that has

been used as a medicinal remedy for centuries. It comes from turmeric found in curry powder, yellow mustard, and various Indonesian dishes. Curcumin is the chemical compound in this familiar spice that gives it its deep yellow colour.

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

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

So what does this mean for your brain health? The scientific community knows

more than they let on about this wonderful spice. Curcumin offers extraordinary cognitive health benefits. It's considered one of the most powerful natural substances available to protect brain health.

HOW YOU CAN SPICE UP YOUR BRAIN

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

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

In one such study, conducted on patients with severe cognitive decline, curcumin's benefits were outstanding. The study group taking curcumin had noticeably higher levels of dissolved abnormal proteins in the blood compared to the placebo group.³

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

Curcumin's ability to eliminate these harmful proteins is critical. This process can help to protect brain neurons and uphold brain function. Curcumin is one of

the only natural substances that you can find that has been proven to fully protect the brain from cognitive decline.

THERE IS A CATCH

Is this curcumin promise really too good to be true? Curcumin lives up to all of its claims and more, but we can't forget about absorption. Curcumin is a potent spice with renowned benefits, but it is not easily absorbed by the body. When consumed in food, black pepper has been proven to significantly increase curcumin absorption.⁴ Curcumin can also be taken as a supplement. Curcumin supplements designed for maximum absorption will help deliver this superior compound throughout the body where it is needed, especially to your brain.

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

Natural anti-inflammatory curcumin supplements may provide up to 23-45

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

Rapidly absorbed curcumin at a high dose could transform your brain health. It is the ticket to healthy cognitive function at any age. And don't forget – this powerful spice does so much more. Curcumin can protect your brain health, improve memory and mental clarity, balance mood and energy, support heart health and cholesterol, ease aches and pains, renew the skin, detoxify the liver and jumpstart vitality. Curcumin is called 'nature's miracle spice' for a reason.

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Recommended Products

SERRANOL™

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



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.





An extraordinary mineral

Magnesium may hold the key to alleviating countless common ailments and chronic illnesses. So why are so many of us deficient?

Magnesium sounds like an average mineral you would find in a daily multivitamin, but researchers, physicians and health experts insist that it is so much more. Magnesium is not just a mineral – it is a critical mineral that your body requires to regulate over 300 biochemical reactions. Magnesium can be found in the body in large amounts, at up to 25g, because it plays such a vital role in our health. As a single, potent mineral, magnesium can support healthy heart and brain function, ease chronic pain, aid digestion to remedy constipation and indigestion, improve energy and endurance, calm anxiety, promote restful sleep and balance the mood swings and bloating associated with PMS.

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

diabetes, hypertension, coronary heart disease, and osteoporosis.'²

WHY ARE WE SO DEFICIENT?

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

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

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

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

IT ALL COMES DOWN TO DELIVERY

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

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

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

As Dr Norman Shealy discovered in his ground-breaking clinical trial, supersaturated transdermal magnesium can increase magnesium levels in the body in six weeks, equivalent to what it takes magnesium tablets two years to do.¹⁰ When transdermal magnesium is delivered through the skin with the organosulfur compound MSM, a magnesium supplement becomes a force to be reckoned with. MSM improves topical magnesium absorption, with benefits to support bone and joint health, stimulate detoxification, increase glutathione antioxidant production, and strengthen the skin's natural barrier.

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

• **Magnesium bath flakes:** Bath flakes are an ideal magnesium 'starter' supplement, when combined with MSM. A magnesium bath or foot soak can gently remedy magnesium deficiency by increasing cellular magnesium levels, making it a recommended transdermal magnesium treatment for children and the elderly.

A magnesium and MSM bath can reduce stress and anxiety, ease aches and pains and support detoxification.

• **Magnesium gel:** Magnesium gel with MSM is a well-known skin-strengthener that is most frequently used for chronic skin conditions like eczema and psoriasis because of its high absorption rate. With the support of MSM, topical magnesium gel can soothe red, flaky, dry and uneven skin.

• **Magnesium lotion:** Applying magnesium as a lotion is helpful for those with sensitive skin. A calming blend of ingredients like MSM, jojoba, squalane and coconut oil can nourish tired skin, while supporting magnesium absorption. Magnesium lotion can increase cellular magnesium levels for the purpose of detoxification and stress and pain relief.

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

treat magnesium-related health conditions.

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

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

Recommended Products

MAGNESIUM OIL 'ULTRA'
MAGNESIUM LOTION 'ULTRA'
MAGNESIUM GEL 'ULTRA'
MAGNESIUM BATH FLAKES 'ULTRA'

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



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THE GOOD GUT GUIDE

The secret to good health lies with a probiotic that works

There's something important you should know about your gut: it's not just for digestion. In the past two decades, researchers have uncovered the marvel that is the human digestive system, also called the gut microbiome or the 'second brain' because of how the gut communicates with the body. Because the gut is responsible for regulating digestion and elimination, it's easy to think of the G.I. tract as a separate system. But compartmentalising digestion in this manner isn't doing us any favours. In fact, it has caused us to overlook how the gut influences the health of the entire body. When we fail to understand how the gut and its communities of beneficial bacteria work in synergy with every bodily system, we fail to understand our health.

THE SUM OF ITS PARTS

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

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

the unique genes in the body.¹

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

Sadly, this underdeveloped entry into

BACK TO BASICS

No matter how much damage has been done or how weak the digestive system may be after years of less-than-optimal living, it's still possible to restore healthy levels of friendly bacteria in the gut. You can do this by going back to where it all began – by supporting your gut with soil-based probiotics that populated the body in the Garden of Eden. Since the dawn of time, these natural bacteria from the earth were transmitted to the gut when plants covered in soil-based probiotics were eaten directly from the ground. In a published peer reviewed, double-blind, placebo-controlled clinical trial, a 29-strain soil-based probiotic was found to effectively replenish healthy G.I. microflora, relieve digestive discomfort, promote regular elimination, and support overall good health.⁵

Taking a probiotic this powerful has an immediate effect on the body. As you might remember, we established that the gut and its many bacteria are interconnected with all parts of the body. Boosting gut health with friendly bacteria (the more, the better) can help to repair intestinal damage, improve teeth and gum

Recommended Product

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 one-year follow-up study.



health to protect

against the onset of systemic disease, calm inflammatory acne in the skin, and even provide an early treatment option for osteoporosis.^{6,7,8,9} A hefty dose of probiotics in the gut provides proven weight loss and neurological benefits.^{10,11}

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

the world is not at all uncommon. In Europe, an estimated one in four babies are born via C-section in the UK, with numbers creeping as high as 52 per cent in Cyprus and Italy.³ And if a lack of maternal bacteria doesn't leave a baby at a disadvantage, there are plenty of other factors that can contribute to a decline in gut health – mainly, eating a modern diet of inflammatory, processed foods known to irritate the gut and weaken its natural defence. The gut may be further compromised by environmental toxins and daily stress, along with antibiotic abuse, now considered a modern-day epidemic known to wipe out healthy communities of bacteria with long-term effects on gut health.⁴

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The essential trace element

Iodine deficiency can lead to a range of health problems, making it a vital nutrient for good health



Iodine is a trace element that is essential for life. It plays an important role in the healthy functioning of your thyroid gland and is required to make the thyroid hormones T3 (triiodothyronine) and T4 (thyroxine). These thyroid hormones circulate in the bloodstream and are responsible for a number of roles in the body including regulating our temperature, heart rate, metabolism, glucose consumption and production of proteins.

Hyperthyroidism is where too much thyroid hormone is produced, and this can result in a very high metabolic rate. Symptoms of the condition include a rapid heart rate, excessive sweating, weight loss and feeling hot. With hypothyroidism, where too little thyroid hormone is produced, people experience symptoms such as a slower heart rate than normal, feeling cold, unexplained weight gain, dry skin, weakness, muscle aches, depression and fatigue.

Iodine deficiency can lead to hypothyroidism, enlargement of the thyroid (known as goiter) and mental retardation in infants and children whose mothers were iodine deficient during pregnancy. Thyroid problems are not the only issues linked with iodine deficiency. Research suggests that it is also linked to obesity, cognitive impairment, psychiatric disorders, fibromyalgia and a variety of cancers.

BEYOND THE THYROID

The nourishment of the thyroid gland is just one of many bodily functions for which iodine is needed. Let's take a look at some of its other uses:

BREAST HEALTH

Iodine plays an important role in the health of women's breast tissue. Other

than the thyroid, the highest concentration of iodine is found in breast tissue. Iodine deficiency has been linked with fibrocystic breast disease, which can cause severe breast pain and the development of cysts and nodules. Research has shown that daily amounts of 3,000-6,000 mcg of iodine may help relieve the symptoms of fibrocystic breast disease.

THE MUSCLES

32 per cent of your body's stores of iodine are contained in your muscles. If these levels are depleted this can lead to muscle pain and other fibromyalgia symptoms.

THE DIGESTIVE TRACT

Parts of the digestive tract contain a high concentration of iodine. Concentrated amounts are found in the cells of the stomach lining. Iodine deficiency has been linked with digestive problems.

THE EYES

The tear glands contain large amounts of iodine, which is why a deficiency can lead to dry eyes.

THE OVARIES

High levels of iodine are found in the ovaries. Iodine deficiency is linked with ovarian cysts and may also be related to polycystic ovary syndrome.

According to research, health disorders linked to iodine deficiency can be prevented by an adequate intake of iodine. However, as the body does not make iodine, it is therefore an essential part of your diet. Iodine is found in a variety of foods ranging from cheese and cow's milk to eggs, saltwater fish and shellfish. The highest concentrations of this trace element are found in seaweed, particularly kelp and bladderwrack.

The European recommended daily intake is 150mcg per day of iodine, but natural health practitioners suggest that up to 50mg of iodine per day from natural sources will support better health. Look for atomic nascent iodine as this is the closest form to natural iodine.

Nascent Iodine is a consumable iodine in its atomic form rather than its molecular form. It is an iodine atom that has an incomplete number of electrons. It is paramagnetic. This means that the iodine atoms can hold an electromagnetic charge. Nascent iodine therefore has a huge energy release when consumed. This 'charged' state is held by the atom until diluted in water and consumed, whereby it gradually loses energy over a two to three-hour time span. During this time, the iodine is recognised by the body as the same iodine that is recognised by the thyroid and is absorbed effortlessly by the body.

Is it time that you looked into supplementing with this essential trace element?

Recommended Product

NASCENT IODINE

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



Sources

All references can be found at www.NaturallyHealthyNews.com



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

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- ✓ 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)
- ✓ Chloride (from Fulvic Trace Minerals)
- ✓ Potassium (from DiPotassium Phosphate)
- ✓ Potassium (33% as Amino Acid Chelate)
- ✓ Boron (from Boron Citrate)
- ✓ Aloe Vera Powder (200:1)
- ✓ Bilberry Extract 5:1
- ✓ Choline Bitartrate
- ✓ Fulvic Trace Minerals (77 trace minerals and elements, electrolytes and 18 amino acids)
- ✓ Inositol
- ✓ Lutein (from the Marigold flower - ZanMax®)
- ✓ Zeaxanthin (from the Marigold flower - ZanMax®)
- ✓ L-Cysteine
- ✓ L-Glycine
- ✓ L-Taurine

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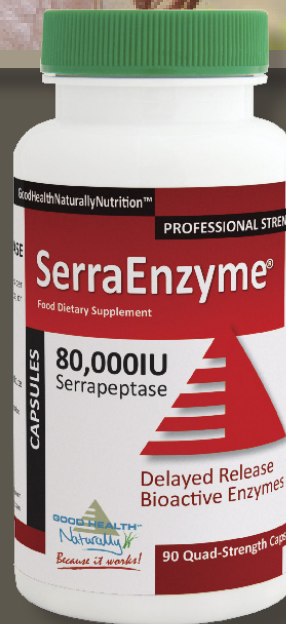
This 'Miracle' Enzyme is Changing Lives

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- **Serrapeptase** is The 'Miracle' Enzyme, first discovered as the enzyme that allows the silkworm 'to digest the tough mulberry leaves' and then to 'dissolve its hard cocoon and take flight'.
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- **Good Health Naturally** serrapeptase is the 'original' and most trusted serrapeptase,

delivering life changing results and being used by thousands of happy users.

- It's suitable for Vegetarians, Phthalate free, delivered in a Delayed Release capsule or Nutrateric Enteric tablet for optimum performance and is backed by Robert Redfern, serrapeptase expert.
- For serious health recovery try **SerraEnzyme 250,000iu**, the world's strongest serrapeptase or for good health maintenance, try **SerraEnzyme 80,000iu**, the world's best-selling serrapeptase.



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