

NATURALLY HEALTHY NEWS



ISSUE 33

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GET SHARPER WITH AGE

The nutrients behind the war on Alzheimer's disease

A REMEDY FOR DISEASE

Serrapeptase: the 'miracle' enzyme

SPICE UP YOUR LIFE

Astonishing reasons
to start taking curcumin

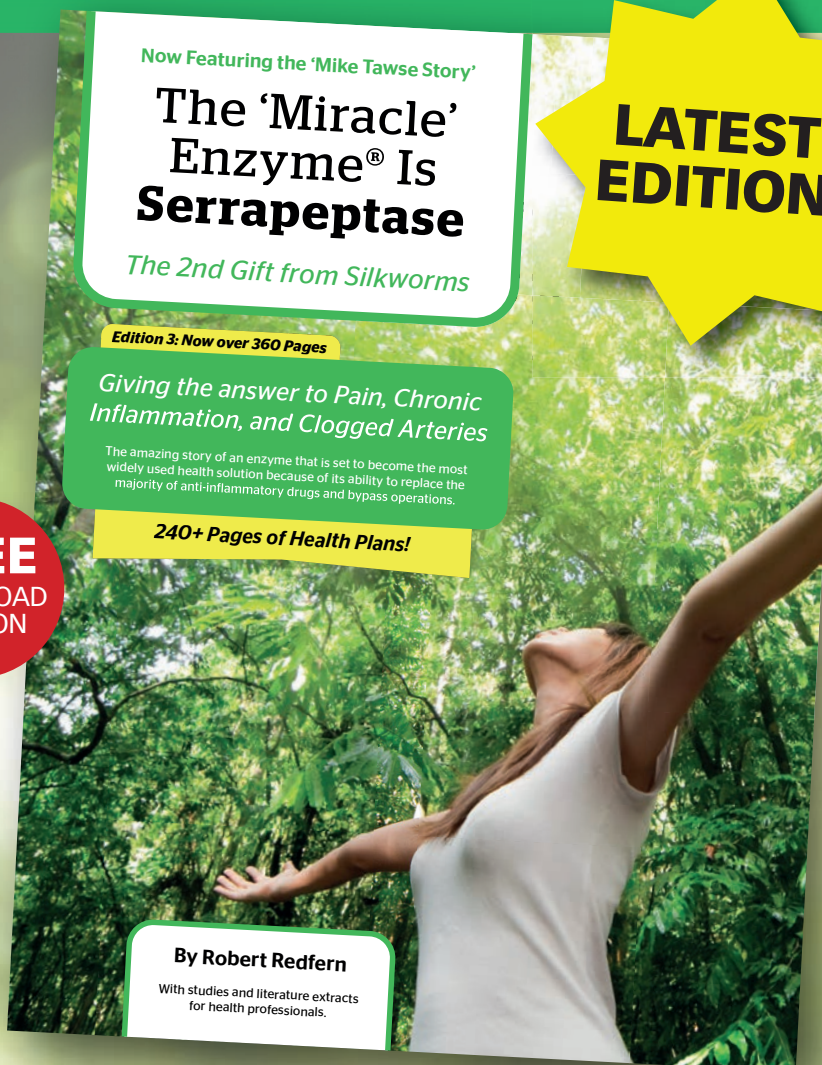
THE SCIENCE OF A HEALTHY HEART

Answers for the number
one cause of death

TAKE A DEEP BREATH

Understanding the
leading causes of
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DISCOVER NOW HOW AND WHY SERRAPEPTASE CAN HELP YOU



Hello

Welcome to Issue 33 of *Naturally Healthy News*. In this edition we take a look at some of the most pressing health issues affecting the global population and provide simple, effective natural health advice to combat and prevent these common health conditions. For example, on pages 30 and 31 we reveal the worrying news that global diabetes numbers have been seriously underestimated – by at least 25 per cent. If you or someone you love is at risk of developing type 2 diabetes, turn to our feature straight away to follow our three step plan to reduce your risk.

Often it's the small changes that make the most difference to our overall health and wellbeing, as we report on pages 5 to 7. Known as the Rule of 80/20, we detail how adopting small, healthy habits can last a lifetime and help us to stay active and sharper for longer.

If you haven't already heard about the 'miracle' enzyme serrapeptase then head straight to pages 16 to 19 to find out the latest research on how it helps to remove unhealthy inflammation. It's a must-read for anyone who takes conventional anti-inflammatory drugs such as NSAIDs.

Another key supplement that everyone should consider taking is magnesium. This marvellous mineral is absolutely critical for day-to-day functions, yet an estimated 80 per cent of the Western population is thought to be magnesium deficient. Find out more on pages 36 to 39.

This magazine provides a wealth of information on how to look after your health and wellbeing the natural way. However, I also have a whole library of books that detail all of the steps you need to take for various challenges. Go to www.NaturallyHealthyNews.com where you can download them for free or, if preferred, you can purchase some of them in print.

If you have any health questions, or are looking for advice on the best supplements to take, do get in touch with my team of Professionally Qualified Health Coaches who are ready and waiting to answer your queries. 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



3 WAYS TO READ THIS MAGAZINE

1

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

2

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

3

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

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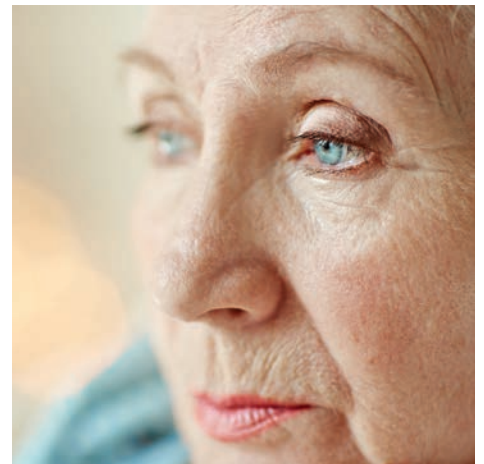
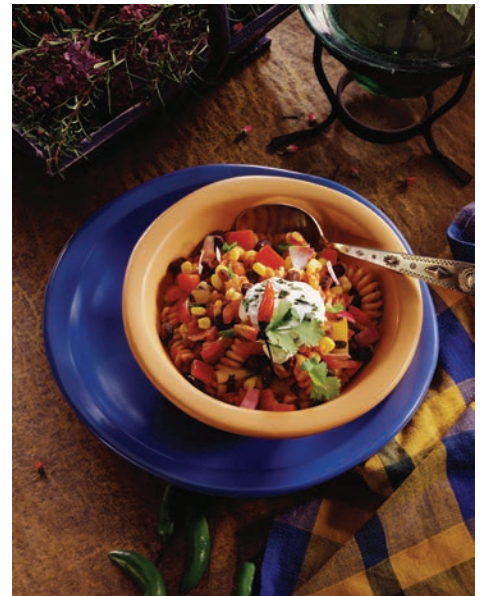


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The rule of 80/20

Small changes have the biggest impact on health and longevity

Following a complicated diet and a rigorous exercise routine is optional. Good and even great health, according to the latest studies, comes from putting one foot in front of the other. Staying consistent. Doing what works. Taking baby steps that have a big impact is what many refer to as The Rule of 80/20.

Used often among entrepreneurs and business owners, the 80/20 Rule has direct application for our health. The 80/20 Rule, also called the Pareto Principle after Italian economist Vilfredo Pareto for which it was named, dictates that we put forth 20 per cent of our effort to achieve 80 per cent of our results.

LIFESTYLE HACK #1: STAY ACTIVE, STAY SHARPER FOR LONGER

The explanation for this transformation is simple.

To achieve great health and increase longevity, we can adopt small, healthy habits that last a lifetime:

- Canadian researchers found exercise and avoiding weight gain to be the most important lifestyle factors to reduce the risk of breast cancer recurrence and death in 2017.
- Up to 40 per cent of cancer cases and almost half of cancer deaths could be prevented by quitting smoking, avoiding drinking, maintaining a healthy BMI, and

exercising moderately for 150 minutes a week, a *JAMA Oncology* study confirmed in 2016.

- According to a 2013 *Lancet Oncology* study, improving diet, exercise, stress levels, and social support can lengthen telomeres and thwart the effects of ageing.
- Simple lifestyle changes, like staying active, eating a healthy diet, controlling cholesterol and blood pressure, managing diabetes, maintaining a healthy weight, and quitting smoking, could add more than 10 years to the average lifespan, the Heart and Stroke Foundation of Canada confirmed in 2011.

We may not have a 'cure' for some of our most devastating diseases yet, like breast cancer and Alzheimer's. But University of British Columbia researchers say the battle could be won if we only keep moving. In 2017, researchers learned that regular physical activity was enough to improve daily performance for people with Alzheimer's and reduce risk of the disease. Even younger groups have seen brain-boosting benefits by just staying on their feet. Students who use standing desks, Texas A&M researchers proved in 2016, see benefits in improved neurocognitive function. Using a standing desk at school, at home, or at the office may make changes in brain patterns to improve executive function and working memory.

LIFESTYLE HACK #2: ELIMINATE JUNK FOOD AND FEEL 90 PER CENT BETTER

Over the last half century, health experts have grown alarmed by how our modern lifestyle – and especially the excess sugar and starchy carbohydrates found in the processed foods we eat – has burdened our health. Becoming addicted to processed, junk foods is easier than most people realise. As these foods are being consumed more regularly, even daily, they cause blood glucose levels to rise. When blood glucose levels spike, they trigger a serotonin release. Serotonin stimulates the 'feel-good' reward response in the brain, and the vicious cycle fuelled by an unhealthy lifestyle continues.

In Western countries, more than half of our calories are made up of 'ultra-processed' foods. If we ever wonder why chronic disease numbers continue to rise, it's easy to find the link. These same overly processed foods also contribute to almost 90 per cent of our excess sugar intake. With numbers like this, it stands to reason that eliminating junk food from the diet, found in soft drinks, packaged snacks and baked goods, desserts, instant soups, and processed meats, could offer us as much as a 90 per cent health improvement.



Taking both nutrients together can protect against macular degeneration and reduce the risk of one of the leading causes of irreversible blindness, AMD

What does a healthy diet look like in our modern world? It's fresh, flavourful, and made up of Really Healthy Foods:

- 9-14 portions of fresh or frozen vegetables daily, with 50 per cent raw, juiced preferred. Organic vegetables are recommended.
- 5 portions of dark-skinned fruits each day, like cherries, blueberries, and red grapes.
- 2 avocados daily to provide a full spectrum of nutrients.
- 5 portions of beans, nuts, and seeds each day. Soaked and mashed nuts and seeds are recommended.
- Pasture-fed meats or chicken several times per week, in moderation, for those who eat meat.
- 3-4 portions of oily fish per week, like sardines, mackerel, or salmon, for those who eat fish.
- Healthy oils like hemp, olive oil, omega-3, and krill oil used liberally.
- Starchy carbs substituted with healthy carbohydrate alternatives, like chia

seeds, quinoa, amaranth, buckwheat, and legume pasta.

- 3-5 teaspoons of sea or rock salt each day in food or a small amount of water.

Eating whole, nutrient-rich foods is critical for good health, but there's one missing piece. Even when eating the healthiest foods, there's no guarantee of their nutrient content, and there's no guarantee the body will absorb them. For millions of years, humans have been placing a burden on the environment and depleting the earth's natural resources. Nutrients in the soil have been exhausted faster than they can be replenished, and it's reflected in the quality of our food. Making matters worse, if the gut has been damaged by a processed food diet, breaking down these limited nutrients becomes nearly impossible.

LIFESTYLE HACK #3: RESTORE GOOD HEALTH BY SUPPLEMENTING MISSING NUTRIENTS

Just like daily exercise, taking a daily all-



in-one supplement, complete with plant-derived minerals, essential vitamins, and missing nutrients, can replenish storages in the body that have been depleted by stress and the Western diet. Additional nutritional supplements can be used to increase nutrient levels and address specific health concerns.

Most often we see specialised multivitamins marketed to more vulnerable groups, like children, pregnant women, and the elderly. And while these groups need high-quality nutritional support, we can all benefit. According to Northumbria University, taking a vitamin and mineral supplement could help to improve psychological function and overall health in already-healthy adults. Some positive effects of taking a multivitamin include reduced stress, exhaustion, and mental fatigue.

Hand-picking the right multivitamin ingredients can make even more of an impact on today's health and tomorrow's wellbeing. A multivitamin that contains lutein and zeaxanthin, considered the two most essential eye nutrients found in green, leafy vegetables and yellow plant pigments, can support good vision for the whole family. Lutein and zeaxanthin are the only two naturally occurring

carotenoids of 600 that can be found in high concentrations in the retina. Taking both nutrients together can protect against macular degeneration and reduce the risk of one of the leading causes of irreversible blindness, AMD. Lutein and zeaxanthin can also cross the blood-brain barrier to boost cognitive function, with similar protective benefits seen for skin and heart health.

Increasing levels of vitamin C, from fruits and vegetables and from a supplement, has been associated with a reduced risk of heart disease and early death. For people of all ages, supplementing with vitamin D can not only improve bone and muscle health, but it can protect against acute respiratory infections, like colds and flu. Taking nutrients like selenium, best absorbed as the highly bioavailable organic eXselen, and EpiCor, a pro-immunity whole food fermentate, alongside vitamin D can better protect against infection, while heightening the immune response against allergens.

A supplement that contains Folate MTFH, the same folic acid found in nature and not to be confused with synthetic folic acid that is poorly metabolised by the body, can help to support essential cell division and DNA synthesis needed for human growth and development. Folic acid deficiency, possible at any age, has been linked to severe health disorders, including neural tube defects, anaemia, heart disease, osteoporosis, and Alzheimer's disease. Supplementing the essential mineral zinc along with Folate MTFH can help to uphold cellular and muscle function, promoting natural ageing, skin health, and immunity. Zinc is most effectively absorbed when paired with the amino acid L-methionine – also called L-OptiZinc. L-OptiZinc is the only form of zinc to better raise blood plasma levels compared to ordinary zinc found in many supplements.

Supplementing the missing nutrients can bring about a dramatic change in health, as long as the body can absorb them. A gut that's been damaged by stress and the modern diet needs a daily

probiotic to bring it back into balance. Probiotics in the gut can produce their own nutrients, while improving food and supplement absorption too. Once populated in the gut and fed with a Really Healthy Foods diet, probiotics have the power to improve intestinal barrier function and keep disease-causing pathogens at bay.

It's the choices we make each day that pull the strings to determine our future. Fight cancer, live longer, and even grow younger? Research shows that small, everyday habits have the greatest influence on our health.

Recommended Products

ACTIVE LIFE CAPSULES

The most complete multivitamin for all the family, with 130 nutrients, vitamins and minerals, including Lutein, Zeaxanthin, Folate MTFH, Vitamin C & Vitamin D3.



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, L-OptiZinc, Dimethylglycine, Elderberry Fruit Extract, Immune Assist Powder, Beta Glucans and Larch Arabinogalactan.



PROBIOTIC 14

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



Sources

All references can be found at www.NaturallyHealthyNews.com

HEALTH news

STOP TAKING ASPIRIN TO PREVENT HEART DISEASE – IT DOESN'T WORK

Aspirin is the world's most common just-in-case pill that is supposed to help prevent heart disease – but unless you've already suffered a heart attack, it's not going to have any benefit, new research has discovered.

Even people with atherosclerosis – where the arteries are already narrowing or hardening – aren't helped by taking aspirin, say researchers from the University of Florida. It's only worth taking if you've already suffered a heart attack or stroke, but even then the benefit is 'marginal', the researchers say.

The discovery throws into question standard advice, extolled by cardiologists and doctors around the world, that taking an aspirin a day should be part of everyone's routine health regime to prevent heart disease.

As a result, aspirin has become the world's most popular drug, and its use as a preventative of heart disease has far outstripped its original purpose as a painkiller. But when the researchers tracked the health of more than 33,000 patients with atherosclerosis, they discovered that aspirin made no difference as to who among them would go on to suffer a heart attack or stroke.

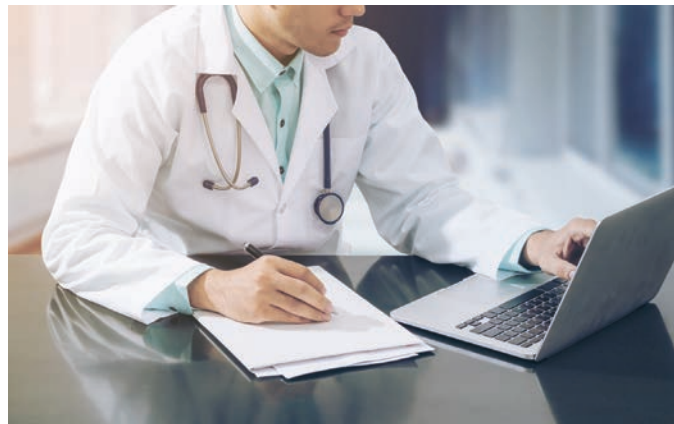
Even the 21,000 or so who had already had a heart attack saw only the smallest benefit from taking the drug; the risk of heart disease, heart attack or stroke was 10.7 per cent among aspirin users and 10.5 per cent among non-users. The only people who should carry on taking aspirin were those who had had a coronary by-pass or had a stent fitted to widen the arteries. It's also an effective therapy in the moments when someone is suffering a heart attack or stroke. And because aspirin can increase the risk of stomach bleeding and even bleeding in the brain, it shouldn't be a drug that people take routinely, the researchers conclude.

AVOCADO REALLY IS A SUPERFOOD

Avocado is one of the 'superfoods', and the hype seems justified. The fruit slows, and even reverses, metabolic syndrome, a cluster of conditions that include high blood sugar, cholesterol, blood pressure and body-mass index that can lead to diabetes and heart disease.

The fruit's biggest impact is on lipids, or fats, and can alter levels of HDL and LDL cholesterol, triglycerides and phospholipids. In a review of the studies already carried out on the fruit, researchers say there's strong evidence to suggest that avocados have all the ingredients to counter the symptoms of metabolic syndrome.

The fruit is lipid-lowering, antihypertensive (combats high blood pressure), anti-diabetic, anti-obesity, anti-thrombotic, anti-atherosclerotic (hardening of the arteries), and cardioprotective. However, it's the whole fruit that has all these effects, and that includes the peel, seed, flesh and leaves.



MOST DOCTORS DON'T TRUST DRUG COMPANY RESEARCH

Even doctors don't believe the drug companies. Around 80 per cent say medical research is skewed and can't be trusted, a new survey has found. Less surprisingly, the public is also distrustful of medical research, and instead relies on the advice of family and friends. Most also want to see simpler package inserts that explain in everyday English the risks of a drug, instead of listing them in 'impenetrable' and 'unreadable' small print.

In all, 82 per cent of the 1,000 doctors polled said they didn't trust the results of trials that had been paid for by the drug company whose product was being tested, and feared the data had been massaged to achieve a positive result. Around 67 per cent of the 2,000 members of the public who were also polled shared the same concerns.

The UK's Academy of Medical Sciences, which organised the survey, is calling for greater transparency, including clearer labelling and package inserts. But while the drug industry remains the only major sponsor of drug trials, the dangers of biased and manipulated research remain.

The academy's Prof Sir John Tooke, who oversaw the survey, said he was startled by its findings. "Information from research will need to be more accessible and understandable, as well as reliable and trustworthy in the future," he said.

The survey had been commissioned by the UK's chief medical officer of health, Prof Dame Sally Davies, in the wake of controversies over a range of drugs, including statins, HRT (hormone replacement therapy) and Tamiflu.

Source: www.WDDTY.com

VITAMIN C DOES REVERSE CANCER – AND NOW IT'S ON TRACK FOR APPROVAL AS A CHEMO ALTERNATIVE

High-dose vitamin C does kill cancer – but only when it's given intravenously. It's now just a few steps away from being approved as a safe and effective cancer treatment alongside chemotherapy and radiation.

Although researchers have tested the vitamin as a cancer therapy many times, they almost always concluded that it was ineffective – but they were guaranteeing failure by giving it orally to patients.

When it's given intravenously, it bypasses the gut and goes directly into the bloodstream – where concentrations of the vitamin are up to 500 times higher than when it's taken orally – and targets cancer cells, say researchers at the University of Iowa. The therapy is now going through the approval process, and could soon be available as an alternative to chemotherapy or radiation, the two conventional cancer treatments. It's been proved to be effective in animal studies, and phase 1 trials have demonstrated that it's safe and well-tolerated.

Now, doctors at the university are starting to use it on patients with pancreatic cancer and lung cancer, and are measuring their progress against other patients who will continue to be given chemotherapy or radiation.

Biologist Garry Buettner, who works at the university, has worked out just why vitamin C is so effective: the vitamin breaks down quickly in the body, and generates hydrogen peroxide that kills cancer cells. "Cancer cells are much less efficient in removing hydrogen peroxide than normal cells, so cancer cells are much more prone to damage and death from a high amount of hydrogen peroxide," he explained. "This explains how very, very high levels of vitamin C do not affect normal tissue, but can be damaging to tumour tissue."

BETA BLOCKERS FOR ALL HEART ATTACK PATIENTS IS BAD PRACTICE

It's established medical practice to prescribe a beta blocker drug to someone who's suffered a heart attack – but it needs revising because the drug isn't always necessary, and it can cause debilitating side effects.

The drug should be prescribed only when the patient has suffered heart failure, where the heart itself is damaged, new research has discovered. But 95 per cent of people who didn't suffer heart failure are still prescribed beta blockers, even though the drugs don't help the patient live any longer, and they are likely to cause common side effects such as tiredness and dizziness.

Beta blockers are powerful drugs that slow the heart and lower blood pressure, but they are a waste of money and don't offer any benefits unless the heart has been damaged, say researchers from the University of Leeds, who looked at the treatment of more than 179,000 heart attack patients who hadn't suffered heart failure. After a year, those who hadn't been given a beta blocker were as likely to be alive as those prescribed the drug.

SCIENTISTS DEVISE THE ULTIMATE ANTI-CANCER DIET

Scientists have come up with the ultimate anti-cancer diet that could prevent – and even reverse – the disease. A diet that includes apples – and especially the peel – red grapes, turmeric and green tea will give the body all the chemicals that have been proven to have cancer-fighting qualities.

The chemicals can shrink prostate cancer tumours, but they are likely to be effective against other cancers as well, say researchers from the University of Texas at Austin.

Instead of looking at the chemicals in isolation, the researchers wanted to see just how effective they were in combination – and so eventually came up with the diet.

The chemicals work together to help reverse inflammation, which is known to play a key role in the growth of cancer cells. Inflammation – brought about by chronic infections, auto-immune disease and even obesity – damages healthy cells and makes them more susceptible to cancer.

In all, the researchers tested 142 different compounds on human cell lines in the laboratory until they came up with their winning combination, which includes ursolic acid, a waxy chemical found in apple peels and rosemary; curcumin, the bright yellow plant compound in turmeric, and resveratrol, which is in berries and red grapes. By combining the chemicals, the researchers discovered that they stop cancer cells from absorbing glutamine, an amino acid that helps them grow and spread.



Source: www.WDDTY.com



SPICE UP *your life*

8 astonishing reasons to start taking curcumin

Most of us have this flavourful spice sitting in our kitchen cabinet. But the vast majority of people have not yet tapped into its healing potential.

CURCUMIN IS NOT TURMERIC

Turmeric is the popular Indian spice many are familiar with – it's fragrant and yellow and mainly used in curry. Curcumin, a polyphenol, is one of three curcuminoid compounds found in turmeric with the highest proven anti-inflammatory, antioxidant and antimicrobial ability.

Otherwise known as the 'Golden Spice', turmeric has been used for nearly 4,000 years in Indian Ayurvedic medicine, a plant-based system of holistic medicine. Turmeric was believed to have moved from

India to China in 700 A.D. Turmeric comes from the *Curcuma longa* plant, a plant native to South Asia and part of the ginger family. When the tuberous plant is dried, it can be ground into a yellow-orange powder with a bitter yet sweet taste.

Over 100 components have been isolated from the turmeric plant, with curcumin being the most powerful. It's interesting to note that in Ayurvedic literature, there are over 100 words used for turmeric, such as *jayanti*, or "one who is victorious over diseases".

Turmeric is one of the earliest recorded plants used in medicine. Ayurvedic medicine documented turmeric's application for asthma, allergies, anorexia, rheumatism, liver disorder, diabetic wounds, cough, runny nose and sinusitis. Turmeric was listed in the Ebers Papyrus

in Egypt in 1,500 B.C. for the purpose of dye and wound healing. Even the Greek physician Dioscorides was said to have utilised the spice while working as an army doctor in first century A.D.

Evidenced by history, the power of turmeric is nothing new, but recent research has given us more insight into the curcumin compound's medical capacity.

THE TOP 8 HEALTH BENEFITS OF CURCUMIN, SUPPORTED BY RESEARCH

There are more than 1,800 online studies supporting the use of curcumin. Here is just a sample of the compound's healing potential:

1. Alzheimer's disease. Vanderbilt researchers examined curcumin as a promising new treatment for Alzheimer's disease in 2015. Curcumin can enter the brain, bind to, and destroy beta-

amyloid plaques in cases of Alzheimer's, reducing toxicity. When these beta-amyloids accumulate in the brain without intervention, neuron loss is irreversible.

2. Bacteria. Because of its ability to stimulate human immune cells called macrophages, curcumin can successfully destroy the tuberculosis bacteria that can cause infection. Researchers noted in a 2016 *Respirology* study that, with further research, curcumin could overcome drug-resistant tuberculosis by modulating the immune response.

3. Burns and scalding. In a 2017 study published in *BioDiscovery*, researchers used topical curcumin gel to treat burns and scalds in the skin. When curcumin was applied directly to the wound site, the anti-inflammatory compound helped inhibit phosphorylase kinase and calm inflammation. Curcumin reduced severity of injury and supported healing with little to no scarring.

4. Cancer. With turmeric's exceptionally high ORAC score of 127,068 – rating 8 out of 326 antioxidant-rich foods – curcumin has been well-studied for its antioxidant and anti-cancer potential. When researching one of the deadliest cancers in the Western world in 2012, German scientists discovered that curcumin can stop prostate cancers metastasis. Curcumin reduced pro-inflammatory immunomodulators, seen in cases of both breast and prostate cancer, which correlated with a decline in cancer growth.

5. Heart failure. Toronto General Hospital researchers learned while studying curcumin in 2008 that the potent compound may help to significantly reduce heart failure risk. Oral curcumin given to mouse models with enlarged hearts prevented and reversed hypertrophy. Curcumin also restored heart function and minimised scar formation.

6. Inflammation. Inflammation is at the root of almost all chronic disease and can be exacerbated by our inflammatory

Western diet. When researchers fed mice a curcumin compound, in a 2014 study published in *PLOS ONE*, they noted that the acute inflammatory reaction shut down completely. Blocking inflammation has application to treat inflammatory conditions like osteoarthritis, Crohn's disease, inflammatory bowel disease, diabetes, obesity-related disease, and heart disease.

7. Viruses. Known for its antioxidant, anti-inflammatory, antibacterial and anti-cancer use, Emory University researchers discovered in 2015 that when fighting cancers caused by HPV, curcumin's antiviral ability also comes into play. Curcumin can slow or limit the HPV virus, a cause of oral and cervical cancer growth.

8. Weight loss. Weight gain is directly associated with lifestyle disease, and curcumin could help. Taking curcumin may inhibit angiogenesis, or new blood vessel growth, which the body needs to build fat tissue. USDA researchers observed that curcumin helped reduce body weight gain and body fat in mice over 12 weeks, without changing food intake.

Curcumin's healing power comes at its highest concentration. Sadly, it's not possible to eat enough of the turmeric spice to have an effect on health. Curcumin from turmeric isn't well-absorbed by the body. Managing and reversing disease hinges on curcumin's concentration and delivery system. Taking high-dose Meriva curcumin can provide up to 23 times better absorption than an ordinary curcumin capsule. This high dose of curcumin in a liposomal delivery system can have the greatest impact. Liposomes are created naturally by our bodies, and when curcumin is encapsulated in a highly-absorbable liposomal delivery system, it mimics and delivers the compound in the body's natural form. Compared to powdered formulas, liposomal curcumin can stay in the blood longer and at a higher

concentration.

Turmeric has been safely used as a household spice and healing remedy for centuries, and we are seeing even greater benefits through highly potent curcumin. Notably, toxicity has never been associated with turmeric or curcumin at a high dose. Today, we can celebrate that this ancient remedy has made its way into modern medicine. Taking a high concentration of curcumin in a useable delivery system each day can help to protect the heart, support the brain, fight off cancer, reduce inflammation and chronic disease, and maintain a healthy weight.

Recommended Products

CURCUMIN LIPOSOMAL

New liposomal formula combining Curcumin and Resveratrol for powerful health benefits. Liposomal is a highly absorbable delivery method, simply dissolve in your water or juice.



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 23 times compared to ordinary curcumin.



Sources

All references can be found at www.NaturallyHealthyNews.com



Put an end to probiotic confusion

Choose the real probiotics your ancestors were using

There's something special happening in our world. We've already made huge advancements in natural health within the past century – saving millions of lives. Now, our society is finally listening to the wisdom of diligent scientists who have been studying the human gut for decades. And we're taking more probiotics than ever (hint).

WHAT OUR ANCESTORS WERE DOING RIGHT

Research on the beneficial bacteria that

can be found in the human gut extends far and wide, with new discoveries being made regularly. The most recent research pinpoints the importance of gut diversity. A gut with a diverse blend of different types of good bacteria is a strong gut. So the more diverse a gut, the stronger it will be.

Unsurprisingly, researchers discovered in 2015 that the Western lifestyle is bound to limit this gut diversity. When scientists compared the gut bacteria of people living in rural Papua New Guinea to people in the US, they discovered that US residents

had 50 fewer bacterial types compared to the Papua New Guinean gut microbiomes. Researchers believe it is lifestyle, including our modern hygienic environment, which may contribute to this problem of low diversity. Exercise can increase gut diversity, according to research published in the *British Medical Journal*. However, poor dietary diversity, likely attributed to our commercial agricultural practices and processed food diets, can diminish the richness of the gut.

Before we became a developed, agricultural society, our ancestors

hunted and gathered what was available. Wild fruits, roots and vegetables were eaten without washing. The natural soil found on berries was ingested, with all the diverse bacteria it contained. Then it made its way to the gut. For a significant time in our history, humans and the earth's bacteria existed symbiotically. At that time, the natural bacterial spores found in the soil could also be found in the human gut.

Think back to the disparity between rural New Guinean guts and modern American guts. The guts impacted by our newly sterile environment and processed food diet were the weaker guts. These Western guts did not benefit from the good bacteria the New Guinean guts gained from their natural environment. The only way to bridge this gap, barring moving from the city to the farm, is to replenish the gut with the bacteria that come straight from the earth.

While browsing the many probiotic products, you may have come across 'soil-based organisms'. In your search for the best probiotic for your gut, this is a type of probiotic you will want to remember.

Why? A soil-based organism, or an SBO, is a new class and generation of probiotics that has been developed based entirely on what we now know about the need for diversity in the gut.

Soil-based organisms are different from other probiotic strains in that they form spores. Spore-forming bacteria can seed and germinate the digestive tract, encouraging all different types of good bacteria to grow. And, perhaps most importantly, soil-based organisms, derived from nature, are also hardy. SBOs maintain a structure that is naturally resistant to the harsh environment of the stomach and upper digestive tract. SBOs are stable enough to get to their destination – the gut – without any preservatives or protective coating.

YOUR GUT NEEDS SOIL-BASED ORGANISMS/PROBIOTICS EVERY DAY

When you start supporting your gut with the good bacteria it needs to thrive each

day, you may experience many different health benefits, including:

- Improved bone density, especially related to menopause
- Improved cognition, especially among Alzheimer's patients
- Relief from depression
- Relief from digestive distress
- Relief from food allergies, especially among infants
- Protection against deadly complications of liver disease
- Protection against heavy metal poisoning, especially for children and pregnant women
- Stabilised mood with less recurrent bad feelings
- Weight loss and reduced BMI
- And much more

When scientists compared the gut bacteria of people living in rural Papua New Guinea to people in the US, they discovered that US residents had 50 fewer bacterial types compared to the Papua New Guinean gut microbiomes.

But remember, soil-based organisms are distinctly different from other probiotics on the market. Compared to a conventional probiotic, a soil-based organism has unrivalled shelf stability; these good bacteria come from our soil, and no refrigeration is needed. Speaking to their fragility, most commercial probiotics – including *Streptococcus*, *Lactacidophilus* and *Bifidobacterium* – need to be refrigerated. Unrefrigerated SBO bacteria, made innately durable with their seed-like structure, have been tested and found to be 95 per cent viable up to two years after their manufacture date.

A soil-based probiotic is also bred for diversity. The best SBO probiotic is formulated with 29 different strains, robust and resilient enough to help deliver countless proven benefits. SBOs have home court advantage – these were the good bacteria that were in our ancestors' guts long before we got here. Their

power can be attributed to the spore. As mentioned above, soil-based bacterial spores are different because they can seed and germinate.

Johannes Bader, a researcher from the Technische Universität Berlin with a study published in *Beneficial Microbes*, confirms that bacterial spores offer more advantages with better stability and a higher survival rate.

Considering that more than 1,000 different microbial species reside in the human gut, daily support from a 29-strain SBO is imperative.

There are thousands of commercial probiotics that line store shelves, and it can feel overwhelming to know where to begin. But now you've been let in on 'nature's secret'. We can glean this kernel

of wisdom from the people of Papua New Guinea and from our ancient ancestors: good health comes naturally.

A soil-based probiotic that goes back to basics – back to the earth – is one strong enough to support a diverse gut.

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.

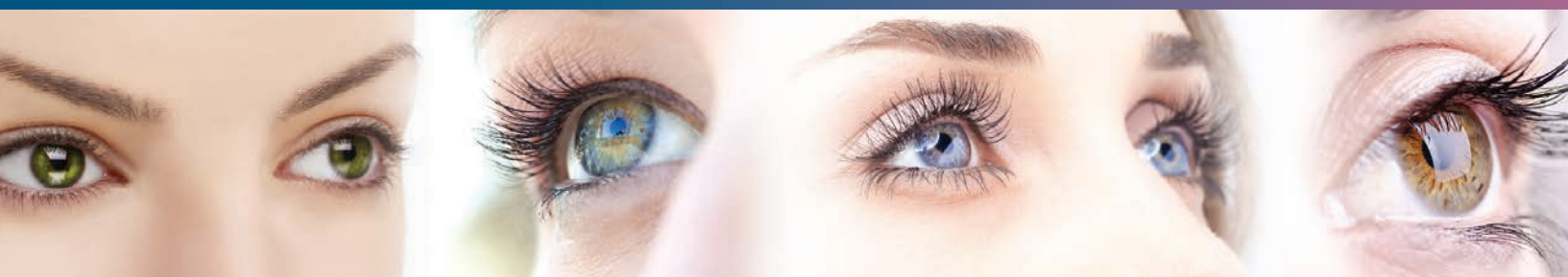


Sources

All references can be found at www.NaturallyHealthyNews.com

Need to FOCUS on your vision?

Riboflavin contributes to the maintenance of normal vision.



Did you know that MaxiFocus™ can **help you to maintain your normal vision?** It contains 24 super powerful nutrients.

Along with Riboflavin, it also contains a **high amount of Lutein and Zeaxanthin** – these have been identified as two really important “carotenoids,” specific for lens and macular health.

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

Simply take one full dropper daily, swish around the mouth and then swallow. One bottle will last for about 1 month. The nutrients that absorb under the tongue can be in the eye within 2 minutes! You can take two droppers daily if needed.

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



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



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

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

Urgent: Read this before you take statin drugs



Statin side effects and what you can do about them

Statins are cholesterol-lowering drugs commonly prescribed by doctors. They are so common, in fact, that a 2017 study from the *Journal of the American Medical Association* highlighted a recommendation that 26.4 million people in the US take them. Add that to the estimated 1 in 3 people over age 40 who are on statins in the UK, and you'll see how widespread this Western epidemic has become.

STATINS: FRIEND OR FOE?

Statins are being widely prescribed, and possibly overprescribed, to lower cholesterol levels doctors have deemed dangerous. Statins aim to lower cholesterol to help prevent heart attack and stroke. We know that prescribing millions of drugs can turn a major profit. We can also guess that, for the sake of profit, the pharmaceutical industry may downplay the side effects of statins.

University of Queensland researchers discovered that women over the age of 75 had a 33 per cent higher chance of developing diabetes while taking statins. The risk jumped to 51 per cent at a high dose. A 2015 study published in *The American Journal of Physiology – Cell Physiology* considered statins to be a double-edged sword. Researchers noted that the drugs could provide some cardiovascular benefits, along with serious side effects like muscle problems, memory loss, and, again, increased diabetes risk.

The memory-related side effects of statins are of particular concern. Another *Journal of the American Medical Association* study, this one from 2015, showed that users of statins and other cholesterol-lowering drugs were almost *four times as likely* to experience memory loss compared to those who didn't take the drugs. The cholesterol that statins lower is critical for the function of our nerve endings and our nervous system. Statin drugs may also limit brain cholesterol manufactured by glial cells, with the potential to result in severe neurological disturbances and mood swings.

COQ10: A FRIEND YOU CAN TRUST

Statins take their toll on the body in more ways than one. Your body needs the vitamin-like enzyme coenzyme Q10 to function, whereas statins may lower levels of CoQ10 by up to 40 per cent. CoQ10, like statins, has a great body of research behind it. But, unlike statins, CoQ10's proven effect on the body is positive. CoQ10 has such a good reputation that many Western doctors now recommend it.

CoQ10, most importantly, fuels your heart. When levels of CoQ10 in the body get too low – often from statin use – your heart has an even harder time keeping up.

If you are on statins, your heart needs support from CoQ10 right away. And for those who aren't taking statins, coenzyme Q10 can still help. Increasing CoQ10 in the body can not only protect the heart, it

can also help to maintain energy levels, a healthy weight as well as cell, nerve and muscle function. To support good health and replenish enzyme levels, ubiquinol is the most effective and highly absorbed form of CoQ10 available. Compared to ordinary CoQ10, ubiquinol is *eight times better absorbed*.

Natural CoQ10 levels in the body start to decline at age 30, regardless of drug use. Taking ubiquinol early and often can help to prevent health problems caused by this natural decline and restore CoQ10 levels that statins have depleted. And, of course, taking CoQ10 is absolutely essential if you are on pharma drugs such as statins.

Sources

All references can be found at www.NaturallyHealthyNews.com

Recommended Products

UB8Q10 UBIQUINOL

A coenzyme Q10 that is 8 times 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. 4 times better than ordinary Q10 and suitable for vegetarians.



Another Journal of the American Medical Association study, this one from 2015, showed that users of statins and other cholesterol-lowering drugs were almost four times as likely to experience memory loss compared to those who didn't take the drugs.

A remedy for disease

Remove unhealthy inflammation for healing with this 'miracle' enzyme

In Western countries, there's a reason anti-inflammatory drug use increases with age. Most of us have been told by our doctors and by pharmaceutical companies that taking aspirin and non-aspirin non-steroidal anti-inflammatory drugs (NSAIDs) can help to protect against some cancers and heart disease. But using these drugs in the long-term doesn't come without health risks.

Researchers discovered in 2017 that most anti-inflammatory drug users are likely to be adults over the age of 60 with a higher body mass index and are slightly more likely to be women. Across all groups, anti-inflammatory drug use has increased.

THE DRUG ALTERNATIVE ENZYME

NSAIDs are recommended by some medical professionals as a means to prevent disease, but many regular anti-inflammatory drug users are finding themselves worse off than when they started. Minimising the symptoms of inflammation without treating the root cause will only allow disease to continue. Over-the-counter and prescription NSAIDs also come with their share of side effects. Prescription NSAIDs carry a warning that medications can increase the risk of stomach bleeding, heart attack and stroke; over-the-counter NSAIDs can't be used for more than 10 days without the care of a doctor.



Foreshadowing its benefits to clear disease in the human body, the silkworm uses its serrapeptase enzyme to dissolve a hole in the hard wall of its cocoon so it can emerge and fly.

Regularly using NSAIDs to put a patch on a problem has plagued drug users with heartburn, stomach pain, stomach ulcers, headaches, dizziness, ringing in the ears, allergic reactions that may include rashes and wheezing, high blood pressure, leg swelling and liver or kidney problems. Compare this to a natural anti-inflammatory enzyme like serrapeptase, known for its ability to eradicate painful inflammation in the body, without any reported side effects when taken to the equivalent of thousands of prescription tablets. Only haemophilia patients are advised to use serrapeptase under a doctor's supervision.

In his book on the enzyme, serrapeptase expert and nutrition researcher Robert Redfern refers to serrapeptase as "The Superstar Enzyme". As Redfern explains, "Enzymes are proteins that are the catalyst for life. Without them life (and therefore health) would not exist as we know it." Serrapeptase, Redfern says, is the "rising star" enzyme that is relatively new on the scene, with 40 years of research and doctors' use in Europe and Asia to back it. Redfern predicts that serrapeptase may soon become the most widely used nutritional supplement.

THE 'MIRACLE' ENZYME

Redfern confesses that meeting Mike Tawse, a then 36-year-old man born with cerebral palsy, in 2006 changed his understanding of serrapeptase completely. At the time, Tawse spent most of his days in his apartment with very little activity or quality of life. Tawse was on dozens of medications and reported later that his friends had begun planning his funeral. Almost a decade after he started taking serrapeptase, Tawse says he feels like two different people. The dramatic change seen in Tawse's life – and in his health – led Redfern to rename his book *The 'Miracle' Enzyme Is Serrapeptase*.

In 2005, before Tawse's serrapeptase use, he suffered from mini strokes, sinus tachycardia, asthma and digestive problems that would soon require surgery. Fluid filled Tawse's lungs, causing his heart and lungs to begin to fail, so that he was hardly able to speak. In 2006, several of his friends urged him to start taking two serrapeptase capsules twice a day. Tawse's friends were given the capsules by a local pharmacist who told them of the enzyme's reputation as an anti-inflammatory pain reliever that could clear dead tissue from the body.

Within the first few weeks, by his own words, Tawse saw "dramatic developments" in his health. His heart rate and energy levels improved. Some of his old surgical scars were even reduced. A year later, and Tawse turned all his old, unused medications into his local pharmacy. By 2008, Tawse began to see his vision improve as he celebrated his third year without prescription drug use.

"I have recently discovered that many of the symptoms were known, and even expected, side effects of all the prescription medications, which I took before serrapeptase rescued me," Tawse explains.

Lindlee, another serrapeptase user who suffered a coccyx fracture, says, "I have been taking serrapeptase for one year now on a regular basis. I broke my coccyx after getting trampled by a horse. I discovered serrapeptase initially through another company and used it when the pain was unbearable. It worked better than the prescription drugs, but I was constantly in pain and had fluid build-up through the bone moving around.

After many visits to the doctors, I was given an injection in the spine between the broken bones; this was supposed to last a year. The side effects were awful. I was looking on the internet and found your website. I ordered a four-pack of the





serrapeptase 80,000IU and started taking them as instructed. Within three days, I had my first proper night's sleep since the accident. I no longer have fluid build-up and can put my jeans on first thing."

THE SUPERIOR ANTI-INFLAMMATORY ENZYME

Serrapeptase was first discovered in the early 1970s when scientists began to culture the enzyme by feeding it a protein in a laboratory. The serrapeptase enzyme is produced by bacteria in the intestine of the silkworm and is used to break down the tough mulberry leaves it feeds on. Foreshadowing its benefits to clear disease in the human body, the silkworm uses its serrapeptase enzyme to dissolve a hole in the hard wall of its cocoon so it can emerge and fly.

Serrapeptase is a proteolytic enzyme also referred to as serratiopeptidase, serratia E-15 protease, serralysin, serratiapaptase, serratia peptidase, serratio peptidase and serrapeptidase. As a proteolytic enzyme, serrapeptase can break down or digest protein.

When scientists isolated the enzyme and transferred it into tablet form, they discovered that it can work even more

effectively than many anti-inflammatory medications. Serrapeptase calms inflammation and blocks pain in the body. And like the benefits NSAIDs are purported to provide, serrapeptase may even help to eat away plaque build-up in the arteries to prevent atherosclerosis, or artery hardening, which can cause heart attack and stroke.

There's an exceptional distinction between serrapeptase and other biological enzymes. Serrapeptase only breaks down non-living tissue, like we see with the silkworm and its cocoon. Serrapeptase does not harm the butterfly. In the body, serrapeptase dissolves only harmful, unneeded waste that should be flushed to keep all systems running smoothly. When used to reduce dangerous levels of inflammation and swelling in rats in 2008, researchers discovered that serrapeptase could help to safely manage inflammation without the side effects of NSAID aspirin use. In the study, serrapeptase was proven stronger than competing proteolytic enzymes trypsin and chymotrypsin, as well as aspirin.

With its proven anti-inflammatory properties and fibrinolytic activity, serrapeptase is often recommended to reduce inflammation and prevent

abscesses from forming after oral surgery. In a 2008 *International Journal of Oral and Maxillofacial Surgery* study where 24 healthy participants had impacted molars removed in two sessions, patients who received serrapeptase saw a significant reduction in their pain intensity and cheek swelling on the second, third and seventh days after surgery. Research also supports proteolytic enzymes to treat prosthetic infections.

THE JACK-OF-ALL-TRADES ENZYME

Serrapeptase research took an exciting turn in 2013 as scientists examined the effect of serrapeptase and nattokinase proteolytic enzymes on the brain. When male rats with Alzheimer's-like pathology took an oral dose of the enzymes for 45 days, the treatment proved therapeutic, and factors that characterised Alzheimer's disease were modulated. Serrapeptase has been used to dissolve sputum and reduce cough frequency in cases of chronic bronchitis, with added benefits for sufferers of COPD.

Even in the presence of deadly infection, the serrapeptase enzyme may still prevail. As *BMC Microbiology* researchers discovered when investigating the high risk of *Staph* infections on medical devices in 2015, serrapeptase's anti-infective properties could impair virulent *Staphylococcal* bacteria. Specifically, serrapeptase protected against dangerous hospital infection by preventing *Staph* strains' attachment to surfaces, invasion in human cells and formation of the bacteria's protective biofilm. Researchers in the study called serrapeptase a multifunctional single protein with an ability to "moonlight" beyond its proteolytic ability.

Talk about multifunctional: serrapeptase may even prove helpful alongside cancer treatment. When serrapeptase and the broad-spectrum antibiotic cefotiam were given to 35 thoracotomy patients with lung cancer, divided into two groups, serrapeptase helped increase antibiotic tissue levels in patients who took the enzyme. Patients who took cefotiam

without serrapeptase had higher antibiotic levels in their bloodstreams and little antibiotic in their tissues.

Diane, who used serrapeptase to treat heart problems, fibromyalgia and chronic fatigue, says, "I have never been so excited over a product in my life as I am serrapeptase formula. I have been on it for two weeks, and it has taken my angina away. I have had heart issues most of my life. I'm 57 and have been on heart meds for 39 years. Also, my fatigue is improving."

THE ENZYME EVERY BODY NEEDS

With the extensive research surrounding this 'miracle' enzyme's use, serrapeptase may have application for almost every health issue. Serrapeptase can even be used to relieve physical problems and diseases in larger animals, like growths, joint pain, skin irritation, respiratory distress and more. Serrapeptase use is distinct from most other drugs and supplements since it remains safe, and often more effective, at high doses. A higher or lower concentration of serrapeptase can be taken to address different health issues – or taken in combination with other nutrients:

- **Serrapeptase 250,000 IU** – Ideal for more serious health problems, like autoimmune disease, arthritis, multiple sclerosis, Alzheimer's disease, epilepsy, heart and lung disease, glaucoma and infertility. Serrapeptase can be taken at a high dose for a wide range of conditions to support more efficient waste and toxin removal in the body.

- **Serrapeptase 80,000 IU** – Ideal for disease management and daily maintenance for everyone, to support recovery for candida, autism, depression, digestive troubles, thyroid imbalance, ear infections, sinusitis, dry eyes, asthma, and men's and women's reproductive health. Daily serrapeptase use can help to maintain joint and muscle health and promote optimal heart health by clearing the arteries.

- **Serrapeptase with curcumin, ecklonia cava extract, and vitamin D3** – Taken

in combination with core nutrients to provide total health support and promote healthier ageing. Curcumin is another natural anti-inflammatory compound that can help to stimulate the body's most powerful antioxidant, glutathione, to better protect cells; ecklonia cava extract is an essential antioxidant derived from edible brown algae that may help balance cholesterol and blood pressure; vitamin D3 is needed to strengthen the immune system and further protect the body from infection.

- **Serrapeptase with nattokinase, digestive enzymes, antioxidants and proanthocyanidins** – Helps modify characteristics of Alzheimer's disease when serrapeptase and nattokinase are taken in combination, as research has proven. When used along with digestive enzymes, antioxidants and grape seed extract and pycnogenol (both proanthocyanidins), these powerful enzymes can support heart and lung health, as well as overall healing, by reducing inflammation.

Choosing the right serrapeptase formulation matters. There are a number of serrapeptase brands on the market, but any formulation backed by serrapeptase expert, author and nutrition researcher Robert Redfern is guaranteed to be well-studied and established. Delayed-release serrapeptase enzyme capsules, free from phthalates and manufactured under strict guidelines, offer the safest and most effective delivery.

It's hard to argue with research and thousands of user testimonials. If you can tackle any unhealthy inflammation, your body's own healing system can get to work. Taking a trusted form of serrapeptase daily can provide the benefits of prescription drugs – without the side effects.

Recommended Products

SERRA ENZYME™ 80,000IU

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



SERRANOL™

80,000iu serrapeptase plus Curcuminx4000, ecklonia cava extract and vitamin D3, all in one capsule. Phthalate-free.



BLOCKBUSTER ALLCLEAR™

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



SERRAPLUS+™ 80,000IU

High dosage formula provides a balanced strength of 80,000iu serrapeptase in delayed-release capsules for the best absorption, as well as the inclusion of trace minerals (50mg) to ensure better enzyme utilisation and the addition of 350mg of MSM. Phthalate-free.



SERRAENZYME™ 250,000IU

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



Sources

All references can be found at www.NaturallyHealthyNews.com

Really healthy recipes

Fuel your day the right way with these deliciously healthy recipes

BREAKFAST RAW BANANA PROTEIN NUT BARS

Supercharge your day with this nutritious banana protein nut bar for breakfast.

Ingredients (organic where possible)

- ½ cup mashed banana
- 2 scoops raw vanilla vegan protein powder
- ¼ cup raw sliced almonds (or nut of choice)
- 2 tbsp raw coconut flour
- 1 tbsp water
- 1 tsp vanilla extract
- ½ tsp cinnamon
- 1 tsp coconut blossom nectar or raw honey



Instructions:

1. Place all the ingredients in a bowl and mix until smooth.
2. Roll out on a cookie sheet lined with parchment paper and refrigerate for 30 minutes.
3. Cut into 4 pieces. Keep refrigerated.

LUNCH QUINOA WITH MUSHROOMS, SPINACH AND GOATS' CHEESE

Quinoa is an excellent source of magnesium and is high in antioxidants, vitamins and minerals.

Ingredients (organic where possible)

- 1 tbsp olive oil
- ½ onion, chopped fine
- 1 tsp minced garlic
- 1 cup quinoa
- ½ cup organic/natural white wine
- 2 cups chicken broth
- 2 tsp balsamic vinegar
- 1 tsp chopped fresh thyme
- 1 tbsp olive oil
- 1 (8 oz) sliced mushrooms
- 4 tsp balsamic vinegar
- ¼ cup white wine
- 1 tsp chopped fresh thyme
- 1 (10 oz) bag washed spinach leaves
- ¼ cup raw crumbled goats' cheese

Instructions

1. Heat the olive oil in a saucepan over a medium heat. Add the onion and garlic, cook and stir until the onion has softened and turned translucent, after

about 5 minutes.

2. Stir in the quinoa until well blended.
3. Pour in ½ cup of white wine and cook, stirring, until absorbed by the quinoa, about 30 seconds.
4. Stir in 1¾ cups of chicken broth, 2 tsp balsamic vinegar and 1 tsp chopped thyme. Bring to a boil over a medium-high heat, then reduce heat to medium-low, cover, and simmer until the quinoa is tender – about 15 minutes.
5. Heat 1 tbsp olive oil in a skillet over a medium-high heat. Add the mushrooms and cook until lightly browned, about 5 minutes.
6. Pour in 4 tsp balsamic vinegar, ¼ cup white wine, the rest of the chicken stock (¼ cup), and 1 tsp chopped thyme. Reduce heat to medium-low, cover and simmer until the mushrooms soften, after about 5 minutes.
7. Once the quinoa has cooked, stir in the mushroom mixture, and season to taste with salt and pepper. Remove the quinoa from the heat and stir in the spinach leaves, which will wilt. Transfer the mixture to a serving dish and sprinkle with the crumbled goats' cheese.

DINNER RED LENTIL FUSILLI WITH BLACK BEAN CHILLI

Red lentils are an excellent source of iron and protein, meaning they can leave you feeling fuller for longer.

Ingredients (organic where possible)

- 1 tbsp olive oil
- 1 onion
- 1 clove of garlic
- 1 tbsp chilli powder
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 can rinsed and drained black beans
- 1 can diced tomatoes
- ¼ packet Red Lentil Fusilli Really Healthy Pasta
- Sea salt and pepper

Instructions

1. Add the red lentil fusilli pasta to a large pan of boiling water. Reduce to a simmer. Stir occasionally. Cook for 4-5 minutes maximum.
2. Drain well, flash under cold water for a few seconds to stop cooking. Toss in a little olive oil to taste. Set aside.
3. Take a medium-sized pan and heat the oil in it over a medium-high heat. Add the garlic and onions and sauté until they are golden brown, for about 10 minutes. Add the cumin, coriander, chilli powder and onion.
4. Add the black beans and tomatoes with the juice. Bring to the boil. Add a little water to make the mixture thinner if necessary.
5. Reduce the heat. Add the pasta in to the mix. Stir. Add the sea salt and pepper to season and taste. Serve.





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!

Maintain a natural smile

Why commercial toothpastes do more harm than good

Depending upon the toothpaste we use, our teeth may not be getting the protection they need to ward off disease and decay.

The bacterium linked to chronic inflammatory gum disease may trigger the autoimmune response that characterises rheumatoid arthritis. Researchers from the University of Southampton learned in 2016 that high rates of gum disease may lead to greater rates of cognitive decline in those with early onset Alzheimer's. Likewise, treating gum disease may also help to treat heart disease.

Can your toothpaste help? If it contains toxic ingredients like triclosan, sodium lauryl sulphate, DEA, fluoride and artificial sweeteners, as most commercial brands do, then the answer is no. An ingredient like triclosan may increase the risk of allergies in young children; diethanolamine, or DEA, is a hormone disruptor that may also interfere with brain development during pregnancy; sodium lauryl sulphate can affect the health of the taste buds by breaking down phospholipids on the tongue ... and the list goes on.

We know it's important to give up sugar to protect our teeth, our gums, and our health, but the artificial sweeteners and chemicals in commercial toothpastes aren't serving us better. Xylitol, on the other hand, is a natural sweetener extracted from plant fibres. Unlike sugar, it does not break down in the body and will help to maintain a neutral pH in the mouth. Xylitol

inhibits harmful bacteria from sticking to teeth. This is xylitol's primary defence in preventing tooth decay.

XYLITOL APPROVED AS EFFECTIVE AND SAFE

When bacteria on the teeth can't digest xylitol, their growth is thwarted. Consuming xylitol in chewing gum and toothpastes may reduce bacterial acid production on the teeth by as much as 90 per cent. And when bacteria don't stick to the teeth, with the help of xylitol, plaque on the teeth will decrease.

The European Food Safety Authority has made a bold claim, officially backing xylitol use even among children. The EFSA says that chewing gum sweetened with 100 per cent xylitol can help to reduce dental plaque. High levels of dental plaque can increase the risk of cavities in children.

Not only is xylitol beneficial, but it's also perfectly safe. No sugar, no artificial sweeteners, no added ingredients – just a pure plant fibre with the power to repair and protect.

Compared to the harmful ingredients in commercial chewing gums and toothpastes, xylitol can reduce plaque build-up and may also help to repair damage to the teeth. Xylitol is alkalising to saliva, and it can increase plaque pH. When pH levels rise above 7 in the mouth, saliva's calcium and phosphate salts circulate to areas of enamel that have grown weak. Using xylitol to strengthen enamel can help to reduce sensitivity,

discoloration and fracturing – as well as tooth decay.

Recommended Products

XYLITOL GUM (VARIOUS)

Xylitol chewing gum available in Spearmint, Peppermint, Cinnamon, Fresh Fruits & Cranberry. Can help to reduce dental plaque, 100% Xylitol, all natural, no aspartame/nasties.



SILVERSOL® TOOTHGEL

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



CORAL WHITE® TOOTHPASTE (MINT)

Xylitol toothpaste combined with Hydrogen Peroxide, Tea Tree, Spearmint Oils, Echinacea, Golden Seal, Cinnamon, Clove, Ginseng, Ginkgo and Ionic Coral Minerals. One of the cleanest toothpastes available, no fluoride, artificial flavours, colours, preservatives and no sodium lauryl sulfate.



CORAL KIDS TOOTHPASTE

Kids version of Coral White Toothpaste but in natural Berry BubbleGum flavour!



The EFSA says that chewing gum sweetened with 100 per cent xylitol can help to reduce dental plaque. High levels of dental plaque can increase the risk of cavities in children.

Sources

All references can be found at www.NaturallyHealthyNews.com





LOVE YOUR HEART, VISION & BRAIN LOVE KRILL

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.



We're beginning to see the light

Better nutrition
proven to prevent
vision loss and save
eyesight

We know there's a connection between nutrient intake and vision loss when major brands like Bausch + Lomb start selling eye vitamins. The contact lens and pharmaceutical eyecare company currently advertises vitamins for both sight loss prevention and the management of age-related eye disease.

Breakthrough research on the relationship between nutrition and vision was released by the Schepens Eye Research Institute almost 20 years ago. As D Max Snodderly, Ph.D., Schepens' laboratory head, pointed out then, we've been told that visual acuity decreases with age. But by improving nutrition, this common occurrence may no longer be inevitable.

FOUR OUT OF FIVE CASES OF VISION LOSS COULD BE AVOIDED

According to the latest data from the World Health Organization (WHO), released to The International Agency for the Prevention of Blindness (IAPB), we're living in a world where sight loss frequently happens. An estimated 285 million people worldwide are visually impaired – 246 million who have moderate to severe visual impairment and 39 million who are blind.

Yet four out of five people who are blind or visually impaired could have avoided their vision loss. Up to 80 per cent of the global burden of visual deficiency could be prevented.

The majority of the world's visually impaired, at 90 per cent, live in developing countries. But as the WHO explains, several severe eye conditions have re-emerged in middle-income and industrialised nations too, causing a potential threat to the population. Diabetes numbers have risen, largely related to lifestyle factors like an

inflammatory diet and poor nutrition. With diabetes can come diabetic retinopathy, where the blood vessels of the retina are damaged or blocked as a result of the disease. Diabetes may also increase the risk of cataracts and glaucoma, the latter being another prevalent and difficult to diagnose eye disease cited by the WHO.

Behind diabetic retinopathy and glaucoma, age-related macular degeneration (AMD) ranks as the third leading cause of global visual impairment and can result in blindness. AMD is largely preventable yet remains the primary cause of visual impairment in industrialised countries.

In 2016, American researchers from Yale University examined the process that

Researchers recommended increasing macular pigment density by increasing blood levels of lutein and zeaxanthin to protect against the retinal disease that occurs with age.

can lead to blindness once eye disease occurs. In cases of glaucoma and macular degeneration, researchers said, certain cells in the retina die and are unable to regenerate. Yale researchers hope to explore the regenerating Muller glial cells (MGs) in zebra fish as a potential stem cell therapy for degenerative eye disease in humans.

Developing new technologies to address chronic and widespread vision loss is undoubtedly helpful for the future, but even before sight loss develops, we can consider the potential for 80 per cent prevention. When examining the development of age-related macular degeneration in his 1998 study, Snodderly of Schepens Eye Research Institute made an interesting discovery. Snodderly and his team measured macular pigment and visual sensitivity in 27 healthy adults

aged 60 and older, comparing them to 10 healthy younger adults aged between 24 and 36. Macular pigment, the researchers explained, is primarily made up of the two carotenoid nutrients lutein and zeaxanthin. These are the same carotenoid compounds found in plants, especially in dark green and orange fruits and vegetables; plants use lutein and zeaxanthin to protect against damage from light.

When scientists measured the subjects' macular pigment density – indicating how much light the pigment could absorb – the older subjects with higher macular pigment density showed the same visual sensitivity as the younger subjects. The researchers recommended increasing macular pigment density by increasing

blood levels of lutein and zeaxanthin to protect against the retinal disease that occurs with age.

Snodderly's earlier study may provide insight into the retinal degeneration Yale researchers investigated in 2016. Schepens researchers concluded that protecting and increasing retinal pigment could help damaged but viable cells to recover. "With the right nutritional programme, you might prevent the low macular pigment group from getting worse, and in the best cases even recover some of the lost function," Snodderly said.

SETTING OUR SIGHTS HIGHER: NUTRITIONAL SOLUTIONS FOR EYE DISEASE

Snodderly's work contradicts what we've been told we can expect to come with age: poor vision, disease and a diminished

quality of life. For those of us who value our independence, doing nothing is not an option. Losing their eyesight is many people's greatest fear. Addressing eye health early on, and at any age, can create long-lasting health changes that affect all areas of the body.

Research continues to support supplementing key nutrients to prevent eye disease, restore vision and help us grow older with grace:

AGE-RELATED MACULAR DEGENERATION (AMD)

AMD is a disease that affects the central part of the retina, also called the macula of the eye. AMD is progressive and will grow worse over time. Once it develops, central vision is compromised. Without clear central vision, everyday activities like driving a car or reading a book may become difficult. AMD is primarily grouped in two different categories: dry AMD, which doesn't involve fluid leakage in the eye, and wet AMD, which normally accompanies dry AMD and can cause fluid or blood leakage from new blood vessel growth underneath the retina. AMD is most likely to result in blindness among the elderly, with nutritional deficiency, age, family history, smoking status, and obesity increasing risk.

Foods and supplements rich in nutrients like lutein, zeaxanthin, vitamins C and E, and zinc can help to decrease the risk of AMD. Age-related macular degeneration has been linked to a deficiency in critical nutrients like magnesium, zinc, vitamin B6, vitamin E, folic acid and taurine. In cases of advanced AMD, taking missing antioxidants twice a day can help to maintain vision better than taking a placebo. Taking only 6mg of the carotenoid lutein with its supporting nutrient zeaxanthin daily for five months can significantly increase macular pigment density, preventing

Taking only 6mg of the carotenoid lutein with its supporting nutrient zeaxanthin daily for five months can significantly increase macular pigment density, preventing potential macular degeneration.

potential macular degeneration. Not all dietary and supplement sources of lutein and zeaxanthin are created equal, however. FloraGLO® Lutein remains the most clinically researched brand of lutein in the world, with over 80 clinical studies to back it. Created by the same manufacturers, OPTISHARP™ ZeaONE® is free-form zeaxanthin and identical to what can naturally be found in colourful fruits and vegetables.

CATARACTS/GLAUCOMA

A cataract occurs when the natural lens of the eye, located behind the iris and the pupil, clouds over. In developed countries, cataracts remain the most common cause of vision loss for those over the age of 40 and a leading cause of global blindness. Cataracts can start out small by blurring the vision and may cause a glare while driving. The different types of cataracts will determine how quickly vision may be lost: a subcapsular cataract develops on the back of the lens and may be related to diabetes; a nuclear cataract forms in the nucleus of the lens and may be caused by age; a cortical cataract starts at the periphery of the lens and works its way to the centre. Cataract risk increases with poor diet and nutrition, alcohol use, smoking, UV damage, obesity, hypertension, eye surgery or injury, statin or corticosteroid medication use and family history.

Like cataracts, glaucoma is an eye disease that can result in permanent loss of vision. Cataracts affect the lens of the eye, while glaucoma occurs when

pressure builds in the eye to damage the optic nerve. The risk of both cataracts and glaucoma increases with nutrient deficiency and a diagnosis of diabetes.

Glutathione, the body's most powerful antioxidant, is found in "unusually high concentrations" in the lens of the eye. To delay cataract onset, Journal of Ocular Pharmacology and Therapeutics researchers suggested increasing antioxidant activity in the eyes' lenses. Curcumin is an anti-inflammatory compound derived from the Indian spice turmeric, known for its ability to stimulate glutathione production. Taking curcumin daily to increase glutathione expression can offer direct protection against cataracts and glaucoma. Liposomal curcumin may transport this beneficial compound to the eye tissue most effectively, with a delivery system that mimics the natural liposomes created in the human body. Supplementing the fatty acid DHA, often taken alongside another potent antioxidant called astaxanthin, has also been used to prevent or delay vision loss in glaucoma treatment.

DETACHED RETINA/FLOATERS

A detached retina is an emergent medical condition where the retina, or the thin tissue on the back of the eye, pulls away from its position. Once retinal detachment occurs, retinal cells are separated from their source of oxygen and nourishment. A detached retina that goes untreated, as a result, could cause permanent vision loss. Symptoms of a detached retina include reduced vision, flashes and the sudden appearance of floaters. Floaters



may also develop with age, after a cataract operation, or related to diabetes, but when sudden floaters are accompanied by light flashes or peripheral vision loss, they're likely to be a symptom of retinal detachment. Causes for a detached retina include family history, middle and older age, previous cataract surgery, previous retinal detachment, other eye diseases, eye injury, diabetes and imbalanced blood sugar caused by poor nutrition and diet.

A detached retina is an eye condition that can be easily prevented, but once it occurs, immediate treatment is needed. Anti-inflammatory curcumin can not only protect the eyes against cataracts, but it can suppress high blood glucose levels that may lead to retinal detachment, in some cases. If surgery is required, hydrosol silver eye drops can help to support the recovery process. Using sterile hydrosol silver water drops in the eye, strengthened by the immune-supporting organic sulphur compound MSM, can aid tissue repair and reduce the risk of infection. For safety and

efficacy, OptiMSM® is the form of MSM proven to be 99.9 per cent pure and shown to offer significant improvements in skin tissue condition and appearance after only 16 weeks.

DIABETIC RETINOPATHY

Along with cataracts and glaucoma, diabetic retinopathy is one of the three eye diseases associated with diabetes. In Western countries, where the lifestyle disease of type 2 diabetes is rampant, diabetic retinopathy is a common contributor to blindness and can be highly dangerous. Diabetic retinopathy occurs when high blood sugar levels damage the retina's blood vessels, causing them to swell or leak. Blood vessels can also close and block blood flow, or new abnormal blood vessels may grow on the retina. All forms of diabetic retinopathy can affect vision. Risk factors for the condition may include age, abdominal obesity, high blood pressure, high cholesterol, family history, history of gestational diabetes and poor nutrition.

Curcumin, we know, is a beneficial anti-inflammatory compound that can help to control the high blood sugar levels that burden the body. Likewise, the antioxidant astaxanthin – also a protective carotenoid like lutein and zeaxanthin, red-orange in colour – can protect the eyes against damage caused by diabetes. An imbalance in antioxidants plays a critical role in the development and progression of diabetic retinopathy, a 2016 study published in *PLoS One* confirmed. Taking the antioxidant astaxanthin, researchers explained, may reduce oxidative stress in the retina and increase antioxidant enzymes to inhibit the development of diabetic retinopathy.

If we want to put an end to global blindness and visual impairment, we can focus on nutrition first. But in 2014, the American Academy of Ophthalmology

discovered that many pharmaceutical eye care vitamins may not be as effective as they claim. Top-selling commercial eye vitamins often don't contain the same ingredient doses as those proven to be effective in clinical trials. To strengthen vision and prevent eye disease, choosing a supplement with the right nutrients has never been more important.

Recommended Products

TAURINE SPRAY

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



MAXIFOCUS™

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



MSM+SILVER™ DROPS

A proprietary blend of OptiMSM®, hydrosol silver (10ppm), N-Acetyl-L-Carnosine and colloidal zinc (10ppm).



ASTAXANTHIN WITH DHA

This is a naturally occurring carotenoid pigment which is a powerful biological antioxidant. Made using AstaReal® astaxanthin, the most studied astaxanthin in the world with over 50 published studies. Delivers 12mg astaxanthin plus 180mg DHA oil per serving, 30 servings per bottle.



Sources

All references can be found at www.NaturallyHealthyNews.com

Do try this at home

All the health benefits of acupuncture but without the needles

Relief from chronic pain, heart and circulatory issues, digestive distress, skin disorders and wrinkles, diseases of the chest, sport and on-the-job injuries, and ear, nose, and throat problems can all come from one therapeutic device. Based on the ancient therapy of acupuncture, electroacupuncture can be used at home to provide the same clinically-proven benefits.

ELECTROACUPUNCTURE: APPLYING ANCIENT MEDICINE TO MODERN REMEDIES

We've known about acupuncture for centuries. Out of thousands of traditionally used healing modalities, acupuncture has become the most widely accepted and practised in our Western world.

Over 2,000 years of history, evidence and research support the efficacy of acupuncture treatment.

Electroacupuncture is a type of acupuncture that has come into recent use. Electroacupuncture is thought to have first been introduced by French and Italian physicians in the early 1800s. However, some scholars theorise that it was first

used by Japanese scientists hoping to expedite the healing of bone fractures in the 1940s or even possibly perfected by the Chinese in the 1950s. More than half a century later, electroacupuncture has boomed in popularity. Its pain-relief and disease-management benefits, coupled with in-office and at-home convenience, makes it more popular than needle-based acupuncture for many people.

Those who swear by acupuncture say that it doesn't hurt, but electroacupuncture may feel even gentler to the skin. With a device that uses the latest microchip technology, electroacupuncture provides all the benefits of acupuncture, but without

the need for needles. Apply to a directed point, press a button and relief may be felt almost immediately.

Serious chronic pain conditions and diseases can see improvements with an electroacupuncture treatment series, with additional use as needed.

For the many who have wanted to save money on pricier practitioners' visits, using electroacupuncture at home is both affordable and user-friendly. Someone who has struggled with a chronic pain condition for years without finding any relief through medical treatment, for example, may soon find that they become an expert in their own health



With a device that uses the latest microchip technology, electroacupuncture provides all the benefits of acupuncture, but without the need for needles.

by using an electroacupuncture device at home. While electroacupuncture isn't recommended for those who have experienced seizures, epilepsy, stroke, heart disease, or who have a pacemaker, it has been proven to be both safe and painless for all other home uses.

A growing number of hospital practice nurses, physiotherapists and general practitioners throughout the UK have begun to use electroacupuncture on their patients. Conditions like osteoarthritis, rheumatoid arthritis, sciatica, post-fracture pain, sprained ankles, frozen shoulders, headaches, sport injuries, sinusitis and chronic fatigue syndrome have all been treated using electroacupuncture in UK hospitals with success.

6 CLINICAL BENEFITS OF USING ELECTROACUPUNCTURE AT HOME

Any condition that responds to acupuncture can also respond to an electroacupuncture device. By activating the body's own healing system, the healing of damaged tissues is accelerated. Acupuncture has been used for the same purpose in ancient Chinese medicine to balance the body's flow of energy – its *qi* – and stimulate its self-healing.

Electroacupuncture can be safely used at home on humans and larger animals to treat more than 150 conditions and common ailments, including:

1. Blood pressure – In 2009, 27 students with both normal and high blood pressure were tested in control and experimental groups – with the experimental group receiving electroacupuncture stimulation twice a week for five weeks, 30 minutes at a time. After only five weeks of regular treatment, the systolic blood pressure in the experimental group, age range from 20 to 36 years, decreased significantly.

2. Colic – Even infants have been proven to benefit from acupuncture treatment. In 2017, acupuncture was proposed as a remedy for infant colic – a condition where babies cry excessively and without cause, often for more than three hours a day. Among the babies treated by fully-trained acupuncturists in the two-week trial, a significantly higher number of infants who no longer fit colic criteria was recorded. (As a note, please consult with a doctor for guidance on administering electroacupuncture to a baby or child.)

3. Constipation – Using self-acupressure at home, UCLA Center for East-West Medicine researchers noted in 2014, could help to improve digestion and ease constipation. Within the randomised clinical trial, 72 per cent of the participants who applied self-acupressure on the directed points – the perineum, in the study – experienced a bowel movement.

4. Depression – Health specialists at the University of York discovered in 2017 that acupuncture could help to make standard medical care more effective. The NIHR report showed that adding acupuncture to routine medical treatment helped reduce headaches, migraines, neck and lower back pain, and osteoarthritis pain significantly.

The researchers learned in a secondary clinical trial – the largest of its kind – that acupuncture used with counselling could also help to end a depressive episode and prevent depression for one year on average.

5. Pain – Again in 2017, researchers put electroacupuncture to the test. This time, it was for further examination into its effect on pain relief. Through a series of tests conducted on rodents, horses and humans, American and South Korean researchers

learned that electroacupuncture triggered the release of mesenchymal stem cells into the bloodstream. These adult stem cells, found in bone marrow, have incredible application for pain relief and regeneration – regarded with 'healing potential'.

6. Weight loss – For a great number of everyday concerns, electroacupuncture can help. According to the results of a 2013 study published in *Acupuncture in Medicine*, ear acupuncture has an impact on waist circumference, body weight and body fat. Targeting multiple points in the ear could help to better reduce stubborn belly fat.

When disease or injury occurs in the body, electrical changes take place and can be detected at the surface of the skin. The key is to find these subtle changes using an electroacupuncture device and intercept their pain signals. In electroacupuncture, this happens when electrically active trigger points are manually stimulated. The very same benefits of acupuncture can be had at home using a highly targeted electroacupuncture device. With an extensive body of research to back it, this is what we know to be true – healing may be possible in your own home using an electronic pulse instead of a needle.

Recommended Product

HEALTHPOINT™ KIT

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 and DVD to help get you started.



Sources

All references can be found at www.NaturallyHealthyNews.com

GLOBAL DIABETES NUMBERS UNDERESTIMATED

A warning before a dangerous crash and three steps to reverse diabetes

In 2016, researchers from Monash University published a paper in partnership with the US and the UK investigating the global prevalence of diabetes. What did the researchers learn? Diabetes numbers are far worse than we thought.

Global diabetes numbers have been seriously underestimated – by at least 25 per cent. There are 100 million more people around the world who may have diabetes than previously projected. And yet, we need these accurate numbers, researchers say, so that each country can examine their healthcare burden to create resources and a plan for the future.

Alpha lipoic acid R also happens to be the only form of lipoic acid that can advance glucose transport, increase metabolism and reduce body fat gain as well as greatly improve insulin sensitivity.

In the UK the annual cost of type 2 diabetes is thought to be as high as £25 billion, through sick leave, early retirement and hospital treatment. In Saudi Arabia, 25 per cent of people have type 2 diabetes. One study suggests that at least half of all adults in China are pre-diabetic. That's half a billion people on their way to developing a condition that causes blindness, heart problems and nerve damage among other serious problems. In Vietnam it is reported that the hospitals are performing more amputations due to type 2 diabetes than they did for landmine injuries at the height of the war.

WHAT TO DO WHEN YOUR DIABETES PLAN ISN'T WORKING

If you or someone you love has irregular blood sugar, pre-diabetes, or diabetes, then you know that controlling blood sugar is essential. Blood sugar levels indicate the amount of glucose, or sugar, found in the blood. Balanced blood sugar remains relatively stable throughout the day – at 4 to 8 mmol/L. Blood sugar may be lower in the morning and increase after eating.

Hyperglycaemia occurs when blood sugar is high. As this happens, the body is either unable to make insulin, as seen in the case of type 1 diabetes, or can't respond to the insulin produced by

the body, as seen in type 2 diabetes. If hyperglycaemia is left untreated – as may be the case for the 100 million people omitted from the diabetes numbers above – serious damage to the body takes place over time. Small blood vessels burdened by prolonged periods of high blood sugar can increase the risk of nerve and vision problems, kidney disease, heart disease and stroke.

Just last year, University of Leeds researchers discovered that having diabetes increases the risk of dying from a heart attack by 50 per cent. Vision loss caused by diabetes, according to a

2016 article published in *Diabetes Care*, is another epidemic with numbers rising globally. Diabetes has become one of the main causes of vision loss around the world. Rates of diabetic kidney disease have not changed in the past 30 years; researchers hypothesise that some medical advancements may help diabetics live longer, or medical treatments could be contributing to kidney decline.

Are we ready to admit that what we're doing is no longer working? Diabetes diagnoses only continue to rise, and health problems caused by the disease show no signs of stopping. A medical plan may be helpful to manage diabetes in its early stages, but over the long-term, the body needs targeted support.

It's critical at this time to focus on managing blood sugar levels to minimise the risk of developing complications. It's critical to examine the natural ingredients and lifestyle changes that can help to keep blood sugar in check. In early 2017, Professor Sir Muir Gray, one of Britain's most eminent doctors, said that he didn't consider type 2 diabetes to be a 'real disease'. He told a shocked audience at Oxford Literary Festival that it was a reversible illness caused by the 'modern environment' and sedentary lifestyles.

3 WAYS TO REDUCE YOUR DIABETES RISK AND REGAIN YOUR HEALTH

Whether you're at risk for diabetes, already have it or are suffering from a side effect of the disease, this three-step plan can help.



Most medical interventions for diabetes require a life dependent on medication and come with side effects. But research shows that recovery and even reversal are possible, in many cases, with lifestyle conditions like hyperglycaemia and type 2 diabetes.

To improve your health, and to reduce diabetes numbers at the global level, here's where to begin:

1. Stop eating high-sugar foods. For all of us, this is a step in the recovery process that cannot be skipped. Refined sugar consumption in the Western world goes up year after year. Eating 9-14 servings of vegetables, along with avocados and dark-skinned fruits; beans, nuts and seeds; grass-fed meats in moderation; hemp, krill, and olive oil; healthy carbohydrate alternatives that include buckwheat, amaranth, quinoa, and legume pasta; and 3-5 teaspoons of sea salt per day can only bring about a change in health. A 2016 study published in *PLOS Medicine* confirmed this very thing – a plant-based diet greatly reduces the risk of developing type 2 diabetes.

2. Supplement with cinnamon. You may enjoy cinnamon on some of your favourite desserts, but it works even better to regulate blood sugar when taken at a high concentration. Cinnamon is a powerful antioxidant. It has an impressively high ORAC (Oxygen Radical Absorbency Capacity) score of 267,536. USDA chemists have confirmed that

taking antioxidant-rich cinnamon extract can help to reduce risk factors related to heart disease and diabetes. In the USDA study, 22 pre-diabetics were divided into two groups and given either a placebo or 250mg of cinnamon extract twice a day. After 12 weeks, the participants who took the cinnamon saw an improvement in their antioxidant variables, linked to a decrease in fasting glucose, by up to 23 per cent. To see rapid results in cases of diabetes, cinnamon extract is best taken along with bitter melon extract to reduce inflammation, fenugreek to regulate intolerance to blood sugar, Gymnema Sylvestre to raise insulin by improving glucose uptake into cells and chromium to improve blood sugar metabolism in those who are obese. Cinnamon also balances blood pressure and can benefit age-related cognitive decline.

3. Increase alpha lipoic acid. Alpha lipoic acid is another powerful antioxidant, required for carbohydrate metabolism, but there's one preferred form that the body can use. S-ALA is an unnatural, synthetic alpha lipoic acid by-product that you may find in some commercial supplements. Alpha lipoic acid R is the biologically active form of the antioxidant and the same substance found in the human body. Alpha lipoic acid R also happens to be the only form of lipoic acid that can advance glucose transport, increase metabolism and reduce body fat gain as well as greatly improve insulin sensitivity. Because of its potency as an antioxidant, and its ability to

Recommended Products

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 unstabilised RLA.



CINNAMON27™
Cinnamon27™ has x10 powerful ingredients in one incredible product: Cinnamon Bark, Chromium, Calcium (from coral), American Ginseng, Gymnema Sylvestre Extract, Bitter Melon Extract, Fenugreek Seed Extract, Coral Minerals, Nopal Cactus and Cinnamon Powder. Chromium alone contributes to the maintenance of normal blood glucose levels.



Sources

All references can be found at www.NaturallyHealthyNews.com

improve circulation, alpha lipoic acid R has been used for decades in Germany as a treatment for diabetic neuropathy, or nerve damage, which may come as a harmful side effect of diabetes.

Changing a high-sugar diet is the first step, and supplementing missing nutrients is the second step you don't want to miss. Take away the lifestyle factors that contribute to the disease and supply the body with the nutrients it needs, and you can manage or improve your health completely. A 2016 study from Newcastle University has shown that when you reverse your diabetes and maintain your weight, you can remain free of the disease.

KEEP HEALTHY: KEEP IT UP

Powerful nutrients to support the prostate



Men's health has been taboo for years. Most of the time, we don't talk about how to maintain prostate health and erectile function – out of embarrassment and a lack of social support – until a worst-case scenario occurs.

Many times, this comes in the form of prostate cancer. Roughly 130 cases of prostate cancer are diagnosed each day, according to Cancer Research UK. But most men, instead of fully grasping how to protect against the second most common cancer in the UK, remain in the dark. Men may also struggle unnecessarily with an enlarged prostate, prostatitis, erectile dysfunction and hormone imbalance.

EQUIP YOUR BODY TO PROTECT YOUR PROSTATE

'Feed a cold, starve a fever,' and you can starve prostate cancer too. A 2017

study published in *Precision Oncology* detected that several plant-based chemical compounds may have the power to starve out and shrink prostate tumours. These protective chemicals can be found in the foods we eat and in the supplements we take.

Eating turmeric and apple peel and drinking green tea helps to minimise chronic inflammation, a well-known risk factor for cancer. Along with the ursolic acid found in apple peel, and resveratrol found in red grapes, researchers have pinpointed curcumin as being a top prostate cancer-fighting plant chemical. Curcumin is the yellow plant compound found in the Indian spice turmeric, often enjoyed in curries.

Instead of turning to diet and high-quality supplements to protect the prostate and prevent deadly disease, most men reluctantly pay a visit to their doctor when unpleasant symptoms arise. These

may include blood in the urine or painful urination – both early signs of prostate cancer. Pain during ejaculation may also be an early indicator of prostatitis.

Research points to the anti-inflammatory compound curcumin, among others, to prevent and even shrink prostate cancer growth. And yet, you'll find most doctors prescribing medication like alpha blockers and antibiotics as a quick fix. Alpha blockers, used to shrink an enlarged prostate gland, have long-term side effects that may increase the risk of heart failure, while antibiotics kill the good bacteria in the gut. Curcumin, in comparison, does not have any reported dangerous side effects.

Treating prostate cancer once it has been diagnosed can cause further problems. A 2016 study published in *The British Medical Journal* confirmed that prostate cancer treated by radiotherapy can increase the risk of secondary cancers by nearly 70 per cent. Researchers noted

A 2017 study published in Precision Oncology detected that several plant-based chemical compounds may have the power to starve out and shrink prostate tumours.

that men diagnosed with slow-growing prostate cancer do not need radiotherapy – with the potential to increase bladder cancer risk by 39 per cent, rectal cancer risk by 62 per cent and bowel cancer risk by 68 per cent.

4 SUPER-NUTRIENTS FOR SUPERB PROSTATE HEALTH

Clearly, researchers are trying to tell us something. There are specific nutrients proven to strengthen the prostate and stop cancer in its tracks. A Really Healthy Foods diet is always recommended to reduce cancer-causing levels of inflammation. Even so, you would still have to eat large quantities of these nutrient-rich foods to fully protect the prostate. Supplements that have been well researched and well reviewed can be used alongside an anti-inflammatory diet to shield the prostate from its greatest risks.

Four powerful nutrients that can bring prostate health back into balance are:

1. Curcumin. We already know this anti-inflammatory compound has a large body of research behind it. Curcumin may be used to stop prostate tumour growth and reduce inflammation associated with an inflamed prostate or prostatitis. In 2012, German researchers examined curcumin's ability to inhibit inflammatory reactions in the body, with application for prostate cancer. As a chemo-preventative agent, researchers concluded that curcumin could be useful to minimise metastases for both breast and prostate cancers.

2. Iodine. Every cell in the body contains and uses iodine, and the prostate is no exception. Nascent iodine is the same form of iodine used by the thyroid and

is quickly absorbed by the body. Thyroid hormone receptors that require iodine are also located in the prostate. It's no wonder that iodine deficiency in adolescents has been shown to enlarge the testes, while iodine therapy can be used to shrink an enlarged prostate. As a note, even nascent iodine is not useful to the body without help from its critical co-factor selenium. Low selenium levels also increase prostate cancer risk.

3. Saw Palmetto. Men have seen significant changes in the face of an enlarged prostate and Benign Prostatic Hyperplasia (BPH) when taking Saw Palmetto fruit extract, along with vitamin D. Dr David Samadi, a board-certified urologic oncologist, chairman of urology and chief of robotic surgery at Lenox Hill Hospital, and columnist for the *Observer*, recommends Saw Palmetto as a treatment for BPH. According to Dr Samadi, research indicates that Saw Palmetto can influence testosterone levels, as well as the enzyme that controls prostate cell growth, potentially reducing night-time urination and increasing libido. The benefits may be compounded when taken with vitamin D. Low levels of vitamin D were linked to aggressive prostate cancer in 2016.

4. Zinc. This list wouldn't be complete without the prostate-protective nutrient zinc. Researchers learned in 2015 that low levels of zinc increase Hedgehog (Hh) ligand production and trigger the Hh signal pathway. This biomolecular pathway promotes normal development, but when reactivated in adults, it can open the door to uncontrolled cell growth. For years, zinc deficiency in prostate tissue has been considered a hallmark of prostate cancer. Without the proper nutritional support,

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.



THE PROSTATE HANDBOOK

If you're a man over 40 who wants to improve your prostate health, this concise handbook is your go-to guide for relieving prostate symptoms and using natural remedies to find relief.

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.



CURCUMIN LIPOSOMAL

New liposomal formula combining Curcumin and Resveratrol for powerful health benefits. Liposomal is a highly absorbable delivery method, simply dissolve in your water or juice.



Sources

All references can be found at www.NaturallyHealthyNews.com

your prostate health may hang in the balance. Only a mere 10 per cent of men are able to avoid prostate issues by the time they reach the age of 80. Diet, nutritional supplements, and education are key.

Consider *The Prostate Handbook* for an in-depth review of natural prostate remedies. Starring disease can stop serious problems before they arise and protect your prostate from more aggressive treatment.

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:

ALL AVAILABLE ON FREE DOWNLOAD: visit www.NaturallyHealthyNews.com

• 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.



The Ancient Spice in the News

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

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

NOTE:
NOT ALL
CURCUMIN IS
THE SAME

Make sure you choose CurcuminX4000.

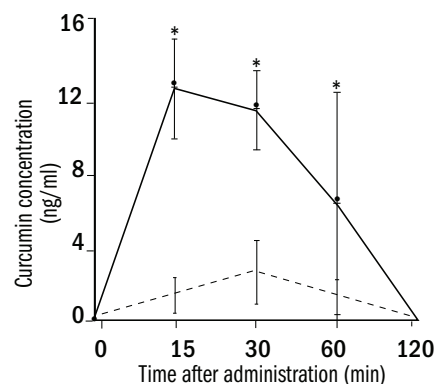
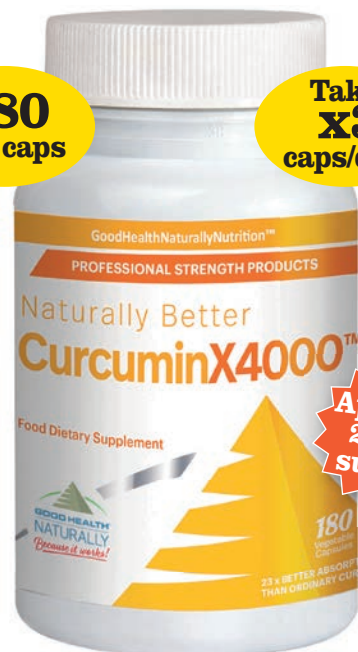


Figure 1. Plasma curcumin levels after dosing with Meriva (solid line) compared to unbound curcumin (broken line)



180
veg caps

Take
x3
caps/day



Approx.
2 mo.
supply

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

WHEN YOU KNOW THERE'S SOMETHING MISSING

A mineral deficiency behind symptoms such as fatigue, irritability, anxiety and lost sleep

Magnesium is an alkaline earth mineral that can be found on the periodic table with the atomic number 12.

What does a pure chemical element that has been likened to aluminium have to do with your health?

YOUR BODY NEEDS MAGNESIUM TO STAY ALIVE

Like the breaths we take and the beating of our hearts, magnesium's role in the body is something we often take for granted. But consider this: your body depends on magnesium for its complete nervous system support, optimal heart function, balanced blood pressure, blood sugar and glucose maintenance, anxiety and sleep regulation, muscle and bone integrity, and more. For day-to-day functions, magnesium is critical. And it has larger purposes too.

A 2015 study published in the *British Journal of Cancer* confirmed that ample magnesium intake could be enough to prevent pancreatic cancer. Within the study, 66,000 men and women were analysed from the ages of 50 to 76. Researchers noted that even a slight decrease in magnesium, at 100mg per day, was associated with a 24 per cent increase in pancreatic cancer. The study findings are particularly notable since pancreatic cancer is the fourth-leading cause of





death in Western countries and has a low five-year survival rate. Magnesium intake has also been inversely associated with diabetes risk – another risk factor for pancreatic cancer.

Cancer prevention is key for the long-term, but what about magnesium's short-term benefits? Every cell in your body requires magnesium in order for you to exist. The mineral magnesium is brimming with energy.

Magnesium is also the fourth most abundant mineral in your body. When you are deficient, you are going to notice immediately. Magnesium ions are responsible for regulating over 300 biochemical reactions in the body, working as enzyme cofactors.

If you have been feeling agitated and anxious, restless including restless leg syndrome, irritable, nauseous, or confused, or if you have insomnia, low blood pressure, abnormal heart rhythms, muscle cramps and even seizures, a magnesium deficiency could be to blame.

WHEN YOUR TANK RUNS EMPTY, SYSTEMS SHUT DOWN

The average human body may contain up to 25g of magnesium, over half of which may be deposited in the bones. We're living in a modern world with fortified foods, and yet the fact remains that most people are magnesium deficient. This includes men, women and children.

You can get some magnesium from your diet – in those rich, green, leafy vegetables, as well as nuts and seeds. It's always important to gain your minerals from food sources when you can. But where our healthiest foods are mineral deficient,

a daily supplement can bridge this gap. Around the world, we see millions of people paying for expensive prescription drugs to treat chronic illnesses that may be helped or reversed through magnesium supplementation. That's a fact.

To better explain this disparity, we can look at the plummeting mineral levels in our food supply over the past 50 years. Based on estimations from the government and independent scientists, mineral levels in our food may have dropped by anywhere from 30 to 80 per cent within the last half century. Much of this has to do with mass soil depletion. Modern farming can rob even our healthiest foods of essential vitamins, minerals, antioxidants and nutrients.

For those of us who eat packaged foods, the outlook is much worse. It was just a decade ago that Canadian researchers discovered that packaged foods targeted specifically at children were especially devoid of nutrients. Up to 89 per cent of children's foods were rated poor in their nutrition profiles.

Magnesium is a missing mineral that can affect the health of the whole family. Whether a growing child or an older family member, daily magnesium can help to boost brain health, improving learning and memory. Inadequate magnesium levels can, conversely, impair cognitive function. The latest research on the mineral out of the University of Bristol indicates that magnesium could be especially important for the older population. Magnesium may remedy one of the most preventable causes of disability – bone fractures among the elderly.

Pregnant women can benefit from

A study published in the American Journal of Clinical Nutrition confirmed that higher dietary magnesium intake could help to reduce the risk of sudden cardiac death in women.

magnesium too. Findings from a retrospective study presented at the ANESTHESIOLOGY® 2015 annual meeting in the US showed that women who received magnesium during labour had a lower likelihood of developing a fever. Reducing maternal fever during labour with magnesium could help prevent a number of complications after birth, including breathing difficulties, seizures, poor muscle tone and cerebral palsy in newborns.

How much magnesium do you have in your tank? You, like most people, may benefit from a magnesium supplement if:

- You eat a Western, processed food diet.
- You struggle with low energy levels.
- You struggle with stress and anxiety.
- You struggle to maintain mental focus.
- You are active or play sport.
- You are at risk for diabetes.
- You have difficulty sleeping.
- You are concerned about you or your child's bone and teeth development.
- You have digestive troubles.
- You want to relieve bloating and symptoms associated with PMS.

Without enough daily magnesium, you may experience many of the health issues listed above. If and when this subtle magnesium deficiency goes unchecked, it could lead to greater problems in the future. In 2011, a meta-analysis was conducted on 13 observational studies and published in the *Diabetes Care* journal. There, researchers learned by examining nearly 540,000 participants, wherein 24,500 new diabetes cases developed,

that a higher magnesium intake helped to reduce diabetes risk. That same year, a study published in the *American Journal of Clinical Nutrition* confirmed that higher dietary magnesium intake could help to reduce the risk of sudden cardiac death in women.

For the many of us who struggle with anxiety, stress and related mental illness in our modern world, magnesium may bring welcome relief. Magnesium deficiency is known to induce anxiety, while magnesium treatment can help to promote rapid recovery from depression.

THE FORM OF MAGNESIUM YOUR BODY CAN USE

Given the impressive body of research behind this mineral, magnesium supplements are easy to come by. You may be able to pick up a powder at your local supermarket or order it online. Researchers have also discovered that not all forms of magnesium can provide these powerful benefits. Magnesium oxide, found in most over-the-counter powders and tablets, has as low as a 4 per cent absorption rate.

Magnesium chloride is a 'master compound' your body will recognise immediately.

Known for its high potency and efficacy, magnesium chloride has a stability constant with a value of zero. Stability constants for metal-ligand compounds like magnesium chloride may range from less than 1 to 20. The closer a stability constant ranks to zero, the higher its bioavailability. Magnesium chloride has a remarkably low stability constant of zero, making it totally

ionised and totally bioavailable for your body to use.

Magnesium chloride may be taken orally since it aids digestion by helping produce hydrochloric acid in the stomach. But its most useful delivery is right through the skin. Magnesium chloride becomes most beneficial, most potent, and most effective when it is applied topically and absorbed through the largest organ in our body – our skin. In what is called 'transdermal magnesium therapy', topical magnesium can be applied conveniently as a spray, oil, gel, or lotion, correcting our common Western magnesium deficiency without the need for oral supplements. And where oral magnesium oxide powders and tablets have been known to cause digestive distress, topical magnesium is a gentler alternative.

Magnesium chloride can be absorbed through the skin in its own pure concentration. It can also be applied with the organosulfur compound MSM to increase absorption. When taken with magnesium through this delivery system, MSM, or methylsulfonylmethane, brings its own list of benefits. The sulphur in MSM is considered another one of the most important nutrients in the body. Sulphur, along with phosphorus and nitrogen, is a building block of healthy tissue. OptiMSM® – a form of MSM that has been distilled to remove as much water as possible – is a biological sulphur compound that can also support the body's glutathione production. Glutathione is a chief antioxidant and detox compound that can help to buffer stress and reduce premature ageing.

Correcting a magnesium deficiency with magnesium chloride may already promote rest and can help alleviate sleep issues like insomnia. Taking topical magnesium along with melatonin can support even more restful sleep. Most



night-time magnesium concentrations are applied as a light lotion, including both topical magnesium chloride and melatonin. Melatonin is a hormone naturally produced by the brain to regulate night-time sleep; as you already know, magnesium can help to improve cognitive function with the potential to make this melatonin delivery more effective.

You can continue eating magnesium-rich foods – not only are nuts, leafy greens and buckwheat good for you, but they're delicious. But remember, not even our healthiest foods have the nutrient levels to correct a magnesium deficiency on their own. Your body can receive ample amounts of this absolutely essential mineral through daily, topical application. Magnesium absorbed through the skin can be quickly carried by the body to where it is needed, providing relief for aches, pains,

stress, sleep disturbances, low energy, chest pains, headaches and more.

A SIMPLE SOLUTION FOR ALMOST ALL PEOPLE

Noble Laureate Dr Linus Pauling has been famously quoted as saying, "Every sickness, disease and ailment is linked to a mineral deficiency or imbalance." As subtle as it is, magnesium deficiency may be nearly impossible to diagnose. Many medical professionals find themselves confused by a myriad of unexplainable symptoms without a cause. A standard blood test cannot detect magnesium deficiency. A mere 1 per cent of the body's magnesium is stored in the blood.

You may be among the estimated 80 per cent of the Western population thought to be magnesium deficient. If you fall within this vast majority – and if you suffer from one or more of the symptoms listed above – the single best way to remedy this deficiency is by supplementing magnesium oil, gel, lotion, or bath flakes directly onto your skin.

We know harmful environmental chemicals can so easily penetrate the delicate barrier of the skin, and some beneficial supplements work the same way. Dr Norman Shealy, M.D., Ph.D., founder of the American Holistic Medical Association, can be credited as the pioneer of transdermal magnesium therapy. In his work as a neuroscientist and medical researcher, Dr Shealy studied 16 participants who had low intracellular magnesium levels.

Study participants were asked to soak their feet for 20 minutes each day in magnesium chloride bath flakes. The participants also sprayed their body each day with magnesium chloride oil.

After four weeks, the intracellular magnesium levels of the 16 participants were assessed using a diagnostic test. Amazingly, 12 out of the 16 study participants showed significant improvements in their intracellular magnesium levels after the oil application and bath soak. Transdermal magnesium is so easily absorbed through the skin, Dr Shealy concluded, that it can raise intracellular magnesium levels in almost all people.

Sources

All references can be found at www.NaturallyHealthyNews.com

Recommended Products

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

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



ANCIENT MINERALS MAGNESIUM GOODNIGHT

Magnesium lotion blended with melatonin.

Amazingly, 12 out of the 16 study participants showed significant improvements in their intracellular magnesium levels after the oil application and bath soak.



TWO NUTRIENTS CAN SAVE US FROM OUR *global health crisis*

Iodine deficiency blamed for cancer, brain damage, weight gain and fatigue

What we don't know about iodine can hurt us. That's what Lynne Farrow, self-proclaimed whistleblower and former college professor, as well as journalist and researcher, urges us to remember. After being diagnosed with breast cancer, Farrow made it her mission to become a patient-activist to raise

awareness for a medicine with more than 15,000 years of research-backed benefits. That medicine was the critical mineral iodine, and because of our widespread environmental pollution, we are now facing a worldwide deficiency.

A SCAM SOLD AS A SOLUTION

Whenever iodine is brought into conversation, iodised salt comes to mind.

Iodised salt has been marketed to us as a solution to iodine deficiency, when it can't even put a sticking plaster on the problem. Farrow, in her book *The Iodine Crisis: What You Don't Know About Iodine Can Wreck Your Life*, refers to iodised table salt as a "nutritional scam" and a "false sense of security".

Relying on table salt as a source of iodine only serves to make the iodine



Iodine deficiency has been pinpointed as the world's most prevalent cause of brain damage and much preventable disease.

more absorbable. Potassium iodide, unlike organic iodine, is not food state iodine and, as a result, can't provide any benefit as a nutritional supplement.

And still, some governments state that our (underestimated) daily need for iodine can be satisfied by a half teaspoon of iodised salt. This recommendation for 'junk salt' supplementation is made even more problematic as we realise that iodine evaporates from table salt containers. Potassium iodide is also poorly absorbed by the body. Even the most concentrated iodised table salt is considered to be only 10 per cent bioavailable, which is the portion the body is able to use.

Farrow blames our modern-day iodine epidemic on the iodised salt scam, worsened by the fact that our governments' antiquated daily recommendations for the mineral have not caught up with our bodies' current nutritional needs. The baseline RDA, or Recommended Daily Allowance, of iodine for adults in Europe and many other countries is 150µg, with adjustments for pregnant women and children. Dr Lawrence Wilson of The Center for Development has accurately called this low iodine RDA a "disgrace". Consuming such a small amount of iodine each day, Dr Wilson says, may prevent goitre, but it will not address disease.

IODINE FOR HIV, CANCER, AUTISM AND HEART PROBLEMS

We need iodine for almost every healthy function in our bodies. And as evidenced by our inaccurate daily recommendations, coupled with ineffective salt supplements,

most of us aren't getting near enough. The body requires ample amounts of active iodine to make its thyroid hormones T3 and T4. Iodine is also vital for the function of a healthy immune system and can provide antiviral, antibacterial and anti-parasitic protection.

Natural iodine, a far cry from the potassium iodide in table salt, is the same trace element found in seawater, rocks and some soil. Eating a Really Healthy Foods diet rich in oily fish can supply the body with several good food sources of iodine. But in today's world, getting iodine from food will never be adequate. The earth has been depleted of its minerals over millions of years, and the chemical fertilisers used in industrialised agriculture have not helped. It's no coincidence that iodine deficiency has re-emerged in countries like the US and Australia. Iodine deficiency has been pinpointed as the world's most prevalent cause of brain damage and much preventable disease.

Nearly 100 years of research have brought us closer to understanding this disease-preventative mineral as we know it today. It was Nobel Laureate Albert Szent-Gyorgyi, the man who discovered vitamin C in 1928, who said, "When I was a medical student, iodine in the form of KI was the universal medicine. Nobody knew what it did, but it did something and did something good." Now we have proved that iodine plays a pivotal role in thyroid function, and it also plays a direct part in thyroid disease.

Severe iodine deficiency can lead to hypothyroidism, or low thyroid function, which can impair growth and delay motor

epidemic worse. Too many people who are already iodine deficient have made the mistake of taking a potassium iodide supplement. Potassium iodide is the same compound that can be found in iodised table salt, as well as Lugol's Iodine, iodine tablets and mineral-supplemented animal feed. But this potassium iodide in table salt is elemental. It has been bound to potassium with the intent of making it

development in children. In areas where extreme iodine deficiency is seen, children may have an IQ of 12 points lower on average. When Israel conducted its first national survey on the subject, a high burden of iodine deficiency was observed. Up to 62 per cent of schoolchildren and 85 per cent of pregnant women in Israel now have low iodine intakes, increasing the risk of impaired neurological development.

Some of the most common signs of an underactive thyroid are easily interchangeable with other health conditions. For example:

- Brain fog
- Cold hands or feet
- Dry skin
- Elevated cholesterol
- Fatigue
- Hair loss
- Insomnia
- Muscle pain
- Swelling in the ankles
- Tingling hands or feet
- Weight gain

Increasing iodine levels through food and supplementation can support brain development, while strengthening immunity. Multiple studies have been conducted, proving iodine's antiviral ability. In 2005, in a study published in the *International Journal of Infectious Diseases*, researchers tested iodine in the presence of HIV. When an adult cat diagnosed with end-stage feline AIDS was given daily oral iodine in an uncontrolled case study, it recovered within eight weeks of treatment. Even after five years, the cat showed no further clinical signs of the disease. Researchers credit the animal's recovery to iodine's therapeutic effect on opportunistic infections.

With application for HIV, iodine may also prove therapeutic for cancer. Countries like Japan are known for having significantly lower levels of breast cancer rates where women eat a diet rich in seaweed. Putting this theory to the test in a 2000

study, *Journal of Clinical Endocrinology & Metabolism* researchers learned that iodine levels in human breast tissue were noticeably lower in breast cancer patients versus iodine levels found in healthy breast tissue or in breast tissue with benign tumours. It was this iodine-breast-cancer link that inspired Farrow to write her book, *The Iodine Crisis*.

Undiagnosed iodine deficiency may be at the root of more diseases than we yet realise. In 2013, pregnant women with low thyroid hormone levels, related to low levels of iodine, were found almost four times as likely to have children with autism. Massachusetts Eye and Ear Infirmary researchers learned in 2014 that complications of retinal disease, including loss of side and night vision, could be remedied by relieving retinal swelling through increased iodine intake. Iodine in the body also has a close relationship with the heart; increasing iodine may

Just like our global iodine deficiency is evident in our food supply, low levels of selenium in the soil have also been confirmed and attributed to climate change.

ease the burden on the cardiovascular system and could improve heart function. And for further proof that higher iodine levels benefit almost all systems in the body – men with the highest iodine intake may have up to a 29 per cent lower risk of prostate cancer. Like breast cancer, prostate cancer rates are notably lower among Japanese men.

THE ANSWER IS NASCENT IODINE

If research has shown us anything, it's that naturally increasing iodine levels – through a healthy diet and a highly absorbable supplement – can influence our health. Restoring iodine levels through supplementation can help to support the thyroid gland, restore metabolism and



energy, strengthen the cardiovascular system, aid in detoxification, boost immune function and protect breast tissue, the prostate and the ovaries.

Getting some iodine through diet can help. But the most natural source of iodine comes from seaweed. Supplying the body with all the iodine it requires each day would come to the equivalent of three portions of kelp or kombu seaweed. For cost, time and convenience, taking atomic nascent iodine can provide the closest source of natural iodine to seaweed. As a note, when taking a supplement, women normally require more daily iodine than men. Breast tissue contains an even higher concentration of organic iodine than the thyroid – a helpful reminder that all breast diseases, including breast cancer, may benefit from a nascent iodine supplement.



Compare nascent iodine to potassium iodide salt, and there is no contest. Nascent iodine, also referred to interchangeably as atomic iodine, is made using high-voltage electricity. This process creates highly absorbable nascent iodine with an electric charge and particle size almost identical to the organic mineral. To achieve this same level of natural absorption in the body, kelp tablets containing organic iodine would need to be consumed at up to 20 per day.

'ACTIVATE' IODINE TO ITS FULLEST POTENTIAL

With iodine this authentic, the body will recognise it immediately. In its atomic form rather than its molecular form, nascent iodine is easily ingested. Unlike the potassium iodide in table salt that evaporates, releasing its power into the air, nascent iodine remains in its 'charged state' until it is diluted in water and consumed as a liquid. From there, the nascent iodine will slowly release its energy in the body over a two to three-

hour span. The body views nascent iodine as the same natural iodine produced by the thyroid and will absorb it fully.

But to reach its destination – to provide all its clinical benefits and more – nascent iodine needs support from its partner mineral. Selenium has long been researched along with the trace mineral iodine, their disease-protective benefits studied side by side. When observing Turkish schoolchildren in 2002, researchers concluded that both iodine and selenium helped to impact thyroid size and function. Iodine and selenium deficiencies, in this case, were attributed to 76.7 per cent of the children's goitres.

Paired with iodine, selenium helps contribute to a fully functioning immune system. The antioxidant-like mineral also helps to protect cells from oxidative stress. And just like our global iodine deficiency is evident in our food supply, low levels of selenium in the soil have also been confirmed and attributed to climate change. As of 2017, Swiss researchers predict that selenium content in crops will only continue to decrease, increasing deficiency. Low levels of this essential micronutrient are especially common in Europe.

Like iodine, selenium may be gleaned from some foods – like oily fish, grass-fed beef, chia seeds and Brazil nuts – but it's best supplied to the body in a highly absorbable supplement. Taking ionic selenium as a concentrated liquid, alongside nascent iodine, can provide direct support to thyroid and immune function. Ionic selenium also helps to strengthen the heart and maintain blood sugar balance.

Supplementing a trace element like selenium in its ionic form provides the most effective possible delivery. And in its liquid form, like nascent iodine, ionic selenium is safe and easy to use.

The EU register supports iodine's use as a supplement to contribute to normal

cognitive function, normal energy, normal nervous system function, normal thyroid hormone production and the normal growth of children. Taking iodine can also help to preserve healthy hair, nails and skin. The EU backs selenium's use to contribute to normal sperm formation, normal immune function, normal hair and nail maintenance as well as normal thyroid function. Selenium is also beneficial for prostate health and can help to protect cells from oxidative stress.

Taking both minerals together at a high concentration and as directed can have maximum impact on health and thyroid function. "The thyroid is the organ with the highest selenium content per gram of tissue," *Clinical Endocrinology* researchers wrote in 2013. Increasing selenium levels not only supports more efficient thyroid hormone production, but selenium can protect the thyroid from damage caused by excess iodide exposure.

Recommended Products

NASCENT IODINE

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



IONIC SELENIUM

Delivers 300mcg ionic selenium per serving. The best way to supplement with selenium and most recognised by the body. 48 servings per bottle. Gluten-free, suitable for vegans.



Sources

All references can be found at www.NaturallyHealthyNews.com



Vitamin D3 under attack

The dangers of BPAs on your D3 level and why you need to top up

We've been warned about the dangers of BPA. But it wasn't until last year that researchers discovered that levels of this environmental chemical could dramatically reduce vitamin D in the bloodstream.

A 2016 study published in *The Journal of Clinical Endocrinology & Metabolism* was the first of its kind to find an association between endocrine-disrupting chemical exposure (EDC) and vitamin D in a group of adults. Bisphenol A is an endocrine-disrupting chemical which we are primarily exposed to through diet. BPA is leached into the human body most often through canned goods, food storage containers, water bottles and baby bottles. Study researchers noted that almost every person

in the world has been exposed to BPA and other endocrine-disrupting chemicals, possibly contributing to low vitamin D as a public health crisis.

Of the 4,667 study participants examined over the course of five years, those with the highest EDC exposure had the lowest vitamin D levels. The biggest effect was seen in women.

Women exposed to higher levels of BPA also had lower levels of vitamin D. Minimising BPA exposure is important, as is increasing our levels of vitamin D.

LET THE SUN SHINE IN

Vitamin D deficiency is gaining a great deal of attention because of the deleterious effect it can have on our health. After seeing how common environmental and household chemicals disrupted natural

vitamin D levels in the human body in the study above, researchers were concerned, and for good reason. Low vitamin D was linked to an increased risk of dementia and Alzheimer's disease in 2014. University of Copenhagen researchers have noted that not getting enough vitamin D greatly increases the risk of heart attack and early death. Recently, scientists have discovered that vitamin D deficiency may be behind asthma attacks and chronic headaches, among other health issues.

Cancer researchers have taken a special interest in vitamin D, both for prevention and treatment. Researchers combined a randomised clinical trial and prospective study, published in *PLOS ONE* in 2016, to observe a larger sample size to measure vitamin D levels through a blood test. What they discovered falls in line with all the

vitamin D research to date: higher vitamin D levels in the blood can lower the risk of cancer. And detecting vitamin D deficiency early could be used as a cancer prevention tool.

If you want to live in optimal health and reduce your risk of disease, even deadly cancer, this is a vitamin you'll want to get acquainted with. With its role in disease prevention and regulation, vitamin D is considered a hormone; vitamin D receptors can be found in every cell in the body. A fact many of us are familiar with is that the vitamin D hormone is vital in regulating bone health. Getting enough vitamin D can help to prevent osteoporosis and keep bones healthy and strong.

The research has shown us that vitamin D may be one of the most powerful nutritional tools we have available to improve our health and extend our lifespan. Vitamin D3 (the recommended form of vitamin D, called cholecalciferol) is the only vitamin that the body can manufacture from sun exposure. But because of our modern lifestyles spent indoors, and the misappropriated use of sunscreen, a staggering number of us are deficient.

Researchers have taken notice of this too. Results from a 2017 clinical review conducted on 1 billion people around the world showed that low vitamin D levels may be related to sunscreen use. Researchers explain that we're spending more time indoors, and when we do go outside, we nullify our bodies' ability to produce vitamin D by slathering on the sunscreen. The study also noted that African-American adults are likely to be up to 95 per cent deficient. Clinically defined vitamin D deficiency has been reported in up to 30 per cent of European adults, rising closer to 80 per cent in the elderly.

STOP PROBLEMS BEFORE THEY START

We now know that listening to once-conventional medical wisdom to cover

ourselves with sunscreen before spending time outdoors is not only wrong but dangerous (many sunscreens contain harmful chemicals). There's also a disparity in how much vitamin D we need to improve our health. We know most people are deficient, yet even the official guideline for children and pregnant women, at an estimated 10µg a day, is nowhere near enough to what is truly needed.

To receive any health benefits, your body requires 20,000 to 30,000iu of vitamin D3 each day. Spending time in the sun without sunblock is recommended – although to meet this recommendation,

Low vitamin D was linked to an increased risk of dementia and Alzheimer's disease in 2014. University of Copenhagen researchers have noted that not getting enough vitamin D greatly increases the risk of heart attack and early death.

you will need to build up your tolerance to spend several hours in the sun without burning. For most of us, both weather and time permit. And so, the cycle continues. Thankfully, we can use concentrated supplements to pick up the slack.

Taking 10,000iu of vitamin D3 per day can provide a baseline. This amount of vitamin D3 contributes to the normal absorption and utilisation of calcium and phosphorus in the body. Vitamin D3 in this dose can also regulate blood calcium levels, maintain muscle function, strengthen the immune system and encourage cell division. But there is a catch.

Vitamin D3 works best in supplement form with the support of some 'helper nutrients'. When taken with coral calcium, comprised of the trace minerals calcium and magnesium, vitamin D3 aids in this calcium absorption and better supports bone health. When taken with vitamin K2, more benefits abound – vitamin K2 (the fat-soluble vitamin menaquinone) can also

help to reduce atherosclerosis risk. Vitamin K2, as an essential co-factor, helps vitamin D3 to perform its many jobs.

The quick fix to a dangerous deficiency is to get these super nutrients working together in harmony. Spend time in the sun without sunblock and in moderation. Keep vitamin D levels high by taking an extra 10,000iu of vitamin D3 per day; more may be needed in the winter. Reversing our worldwide trend of vitamin D deficiency and disease may not be easy, but this is where we begin.

Recommended Products

VITAMIN D3 (5000 IU)

Professional strength for ultimate D3 support. Delivers 5000iu's of D3 per capsule, plus 100mg of Calcium from coral. Suitable for vegetarians and dairy/gluten free.



VITAMIN D3 AND K2 SUBLINGUAL SPRAY

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



Sources

All references can be found at www.NaturallyHealthyNews.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.

This super formula carefully blends together enzymes, antioxidants and proanthocyanidins into one delayed release capsule, for optimum performance.

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™

EVERY ILLNESS HAS A SILVER LINING

Scientists use the ancient power of silver to fight infection

Exciting silver research came out in 2017. Since ancient times, silver and some other metals have been used to fight infection. In 2017, Canadian researchers, utilising a gene-editing technology, took a closer look at how silver can naturally poison pathogens. Researchers believe these discoveries may provide a solution to the growing danger of antibiotic resistance.

POWERFUL ENOUGH TO MAKE ANTIBIOTICS THOUSANDS OF TIMES STRONGER

The new research came hot on the heels of a 2013 study conducted by biomedical engineers from Boston University. Once an ancient treatment, the engineers learned that silver's ability to disrupt harmful bacteria could be used to make modern-day antibiotics thousands of times more effective. Silver proves especially beneficial against bacteria that have grown resistant. Of course, using silver on its own to fight infection can have the same effect. Silver helps to eradicate illness and disease by making bacteria's cell membranes permeable and disrupting their metabolism.

Silver is the answer for a strong body free from infection – especially where antibiotics don't work.

Silver as a healing tool was used to save lives in ancient Macedonia, Phoenicia, Rome and Greece. Known as the 'Father of Medicine', Hippocrates frequently taught that silver could be used to heal wounds and disease. The use of medicinal silver became even more popular through the Middle Ages. From 702 A.D. through to 980 A.D., silver was primarily used to treat heart

problems, purify the blood and remedy halitosis.

Within the last century, pharmaceutical companies have tried to test and harness the power of silver for medicinal purposes. But as the research tells us, the same natural silver once used to treat disease is the same silver we can use today.

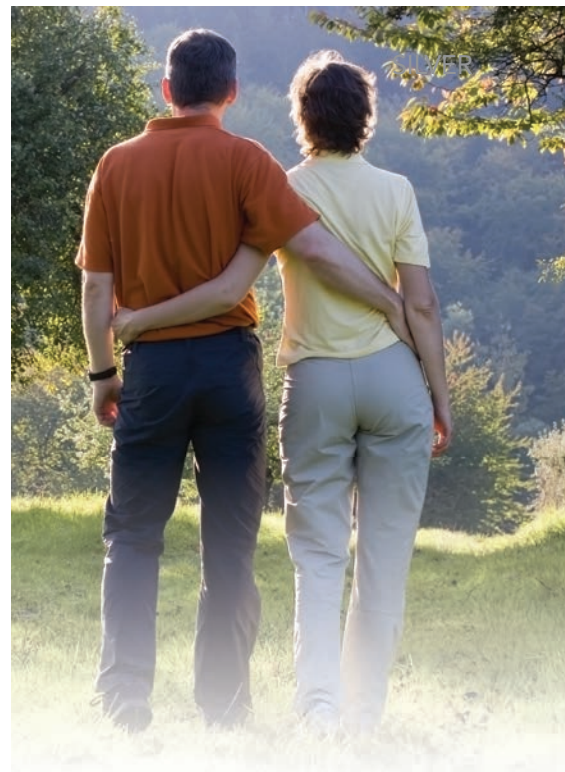
THE NUMBER ONE CHOICE FOR SUPERCHARGED IMMUNITY

Silver is the answer for a strong body free from infection – especially where antibiotics don't work. But what's the best way to give your body silver that it can use? Any silver taken as a supplement should be thoroughly tested for both safety and efficacy. Hydrosol silver has been formulated with a new technology for this purpose. Hydrosol silver nanoparticles are engineering through a revolutionary manufacturing process to create the most effective type of silver available.

This stable, newly-developed silver can be taken as a spray or gel. Using an oral hydrosol silver spray daily can provide a direct boost to the immune system. Applying hydrosol silver to the skin, on the other hand, can work as a topical antiseptic to promote wound healing and

soothe skin conditions. Silver can also be taken in water drops with OptiMSM, an organic sulphur-containing compound naturally found in fruits, vegetables, grains, animals and humans. MSM, working with silver, helps to support skin structure and improve the production of the body's most powerful antioxidant, glutathione.

This is one time when we can let history



repeat itself. Antibiotic resistance is rising as pathogenic bacteria become smarter and stronger. But taking daily silver can help to naturally strengthen the immune system against the unknown. As a 2009 study published in Surgical Infections states, "Silver was the most important antimicrobial agent available before the introduction of antibiotics."

Sources

All references can be found at www.NaturallyHealthyNews.com

Recommended Products

HYDROSOL SILVER SPRAY/GEL

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



SILVERSOL® TOOTHGEL

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



MSM+SILVER™ DROPS

A proprietary blend of OptiMSM®, hydrosol silver (10ppm), N-Acetyl-L-Carnosine and colloidal zinc (10ppm).



There was a time when we thought of vitamin B as only a single nutrient. Nutritionists once believed that vitamin B came from the extracts of liver, rice and yeast.

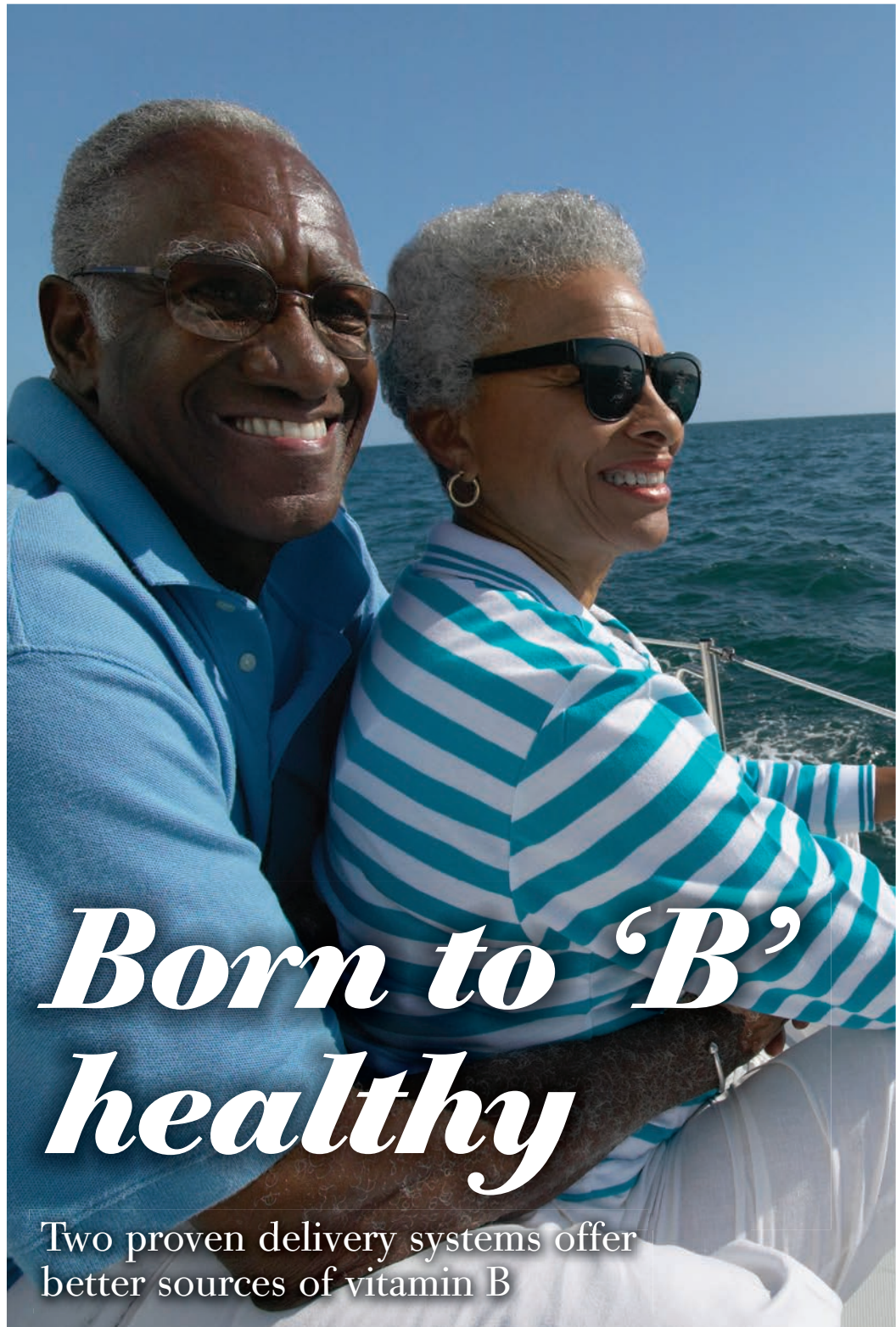
In 1926, two Dutch chemists, Barend Jansen and Willem Donath, began working to expand our knowledge of nutrition and vitamin-related disease. Jansen and Donath isolated crystals from rice polishing extract and used the compound to cure a disease in birds. The vitamin behind the 'beriberi cure' was the first B vitamin discovered in the complex: thiamine, also known as vitamin B1.

ALL THE ESSENTIAL 'B'S IN ONE COMPLEX VITAMIN

Because of the ground broken in the early 1900s, we now have a greater understanding of our bodies' needs for vitamin B. Taking a good vitamin B-complex as a supplement will include all known essential water-soluble vitamins, with the exception of vitamin C: vitamin B1, or thiamine; vitamin B2, or riboflavin; vitamin B3, or niacin; vitamin B5, or pantothenic acid; vitamin B6, or pyridoxine; vitamin B8, or biotin; vitamin B9, or folic acid; and vitamin B12, or the cobalamins.

Every vitamin within the B-complex has its own distinct structure and function. For example:

- The body uses vitamins B1-B3 and biotin to support different needs for daily energy production.
- Without enough pantothenic acid, the adrenal glands suffer, and sugar, starch and fat breakdown is inhibited.
- Vitamin B6 is fundamental to our amino acid metabolism.
- Healthy cells rely on vitamin B12 and folic acid for division and red blood cell production.
- Vitamin B12 is especially important for

A photograph of an elderly couple with grey hair and sunglasses, smiling and looking out at the ocean from a boat. The man is wearing a blue polo shirt, and the woman is wearing a blue and white striped polo shirt. The background shows the blue sea and a clear sky.

Born to 'B' healthy

Two proven delivery systems offer better sources of vitamin B

the maintenance of nerve cells; it also helps the body manufacture RNA and DNA, its genetic material.

Understanding just how many functions B-complex vitamins direct makes it easy to grasp how devastating deficiency can

be. Starting from birth, a deficiency in thiamine, or B1, can cause severe delays in children. A developmental delay in motor function was observed in a group of Israeli pre-schoolers in 2017, who were fed B1-deficient baby formula during the first year

It's no wonder Harvard Health Publications referred to a common vitamin B12 deficiency as "sneaky" and "harmful".

of their lives.

For the elderly, B12 deficiency can cause a host of health problems, as Canadian researchers confirmed in a study published in 2016. Researchers found that an additional 4 per cent of older adults became vitamin B12-deficient within their first year of nursing care, adding to the 14 per cent of residents who were deficient when first admitted. Taking a B12 supplement helped to improve deficiency levels among study participants, linked to anaemia, depression, dementia, osteoporosis and neurological complications that included paralysis.

VITAMIN B AND HOMOCYSTEINE

Symptoms for deficiency in any one of the B vitamins can range widely and may be difficult to detect. Vitamin B deficiencies are often confused with symptoms of other diseases. Fatigue, irritability and depression could indicate a B1 deficiency; diarrhoea or dementia may mean the body isn't getting enough vitamin B3; a lack of vitamin B6 has been linked to anaemia, seizures and nerve damage; low levels of folic acid can cause diarrhoea, confusion, depression and brain defects in unborn children.

It's no wonder Harvard Health Publications referred to a common vitamin B12 deficiency as "sneaky" and "harmful". Those who aren't getting enough B vitamins may not know it. Even worse, patients may spend time and money seeking out costly treatment for their chronic symptoms, only to be dismissed or misdiagnosed with another disorder. A 2017 study from the University of Manchester, for example, found high doses of vitamins B6, B8 and B12 to reduce symptoms of schizophrenia better than medical treatment.

For the many who don't fall into the category of infancy or the elderly, one of the greatest benefits of taking a daily B vitamin is its ability to lower homocysteine. Homocysteine is considered a critical marker of health, more so than many numbers seen on standard lab tests. A toxic amino acid, homocysteine is formed in the blood when other amino acids are broken down for normal functions. When homocysteine levels rise, it can indicate the presence of female infertility, mood imbalance, stroke, dementia and Alzheimer's, or heart disease. Even moderately high homocysteine blood levels may increase stroke risk more than five-fold and almost triple the risk of Alzheimer's disease. High homocysteine may also contribute to retinal damage and vision loss over time.

Making simple changes to the diet and supplementing with B vitamins can put an end to the cascade of health problems caused by elevated homocysteine.

Using one of two vitamin delivery systems will improve the body's absorption of its essential vitamins and keep homocysteine stable.

TWO CONVENIENT WAYS TO GET A DAILY DOSE OF B

What's the easiest way to supply the body with the vitamin B it needs each day?

- Taking B complex vitamins in a sublingual spray can help to maintain healthy homocysteine and support brain and heart function. Vitamin B absorbed through the mouth is the most efficient way to intake the essential vitamin complex the body requires – filling in the missing nutrients in a healthy diet.

- B vitamins can also be readily used by

the body when taken in capsule form. As a daily multivitamin, bolstered by other essential vitamins and plant-derived minerals, B vitamins can help to maintain immune function and support health recovery. Easily absorbable multivitamin capsules have become imperative today to supplement the many nutrients depleted from our food supply.

Regardless of which delivery system is used, recognising our daily need for vitamin B is an important first step. Eating a healthy diet rich in vitamins and minerals and supplementing with vitamin B can get our nutritional needs met. In cases of illness or chronic fatigue where vitamin B12 injections have been recommended, a sublingual B-complex can help to correct deficiency and stabilise energy. AAPS PharmSciTech researchers found both sublingual and oral vitamin formulations to be equally effective in correcting vitamin B12 deficiency known to cause disease.

Recommended Products

B4HEALTH SUBLINGUAL SPRAY

Unique powerful B Vitamin formula, containing all of the essential B vitamins, including: B1, B2, B3, B6, Folate and B12. Simply take 5 sprays (in the mouth) daily, to meet all of the recommended Daily Values.



ACTIVE LIFE CAPSULES

The most complete all round multivitamin, containing x130 nutrients, including a broad range of B Vitamins.



Sources

All references can be found at www.NaturallyHealthyNews.com

MEGA KRILL: BETTER THAN FISH OIL

Why krill oil is the best for omega fatty acids

Omega-3 fatty acids are heavy-hitters in the health and nutrition community and even doctors are recommending them as a matter of course to lower cholesterol, improve heart health and protect the brain from disease-causing inflammation that comes with age.

For adults, a 2017 article published in the *Journal of Alzheimer's Disease* indicates better blood flow in certain areas of the brain among patients with high levels of omega-3s. Omega-3 fatty acids have increased anti-amyloid, anti-inflammatory and anti-tau actions in animal brains. These fatty acids may provide a much-needed preventative option for Alzheimer's disease, with diagnoses expected to triple in the next decades. For children, Swedish researchers discovered in 2016 that omega-3 and omega-6 fatty acids can benefit youngsters' brains by improving attention and reading ability.

You can find omega-3 fatty acids in any over-the-counter fish oil, but there is a better option: krill oil.

FISH VERSUS KRILL OIL: DOES IT MATTER?

Fish oil supplements have been recommended for years as a preferred source of protective omega-3s. However, the latest research has proven krill oil to be superior to ordinary fish oil in more ways than one. Krill oil is derived from tiny crustaceans of the same name. These minuscule, shrimp-like creatures live in the Southern Oceans. Where krill are caught

is important in comparison to fish oil. The Southern Oceans are some of the only oceans in the world that remain unpolluted by toxic heavy metals, whereas you may find heavy metals in some fish oils. These fish oils are also remarkably low in antioxidants, whereas krill oil is a naturally rich source.

A 'MIRACLE' IN A CAPSULE

Most people take fish oil to relieve inflammation and joint pain and to protect the heart and brain. Fortunately, these same benefits can be found in the safer alternative of krill and are bigger and better. Because of its unique structural properties, the following health benefits may be seen when taking ultra-pure krill (either starting or as an alternative to fish oil):

- **The brain:** The phospholipids in krill oil are highly absorbable and can cross the blood-brain barrier. Krill oil may benefit neurological dysfunction, including learning disabilities, ADHD, brain ageing and memory loss.
- **The eyes:** When compared to fish oil for treating dry eye disease, krill oil came

out ahead. Researchers observed that a moderate daily dose of either oil for three months could reduce tear osmolality and increase tear stability, with krill offering additional improvements.

• **The heart:** For cardiovascular risk prevention, researchers recommended krill oil as a safe alternative for those who were "unwilling or unable" to tolerate fish oil. Reviewing randomised trials, researchers noted that krill oil may be "at least equivalent to and perhaps better than fish oil" in increasing blood levels of DHA and EPA.

• **The joints:** Osteoarthritis patients who supplemented with krill oil for seven days saw their inflammatory markers reduced by over 15 per cent compared to the placebo group. After 30 days, inflammatory markers reduced by more than 30 per cent.

Superba™ krill oil is the most superior-quality krill oil available, from Antarctica and developed by Aker BioMarine, the world's leading producer of krill-based products. When choosing a krill product look for Superba™, which is not only the best, but the most environmentally friendly.





A diet that's rich in EPA and DHA can bring benefits in abundance. A reduction in inflammation to protect the health of the heart. Balanced cholesterol and blood lipid levels. Improved liver and brain function and a stronger immune system. Relief from crippling joint pain and even renewed skin health. It's Superba™ Krill's superior delivery system that makes this possible.

response in the body also known to cause disease. Phospholipid omega-3s, like the highly absorbable EPA and DHA found in Superba™ krill, are considered superior to the triglyceride omega-3s in fish oil for this reason; it takes fewer phospholipid omega-3s to reach an equal level of bioavailability in our cells and organs.

any vital organ in the body. DHA makes up 15 per cent of fatty acids in the brain and is the most common of the brain's fatty acids. A deficiency in DHA can affect brain function and development. And as we saw in a 2014 study published in Nature, phospholipids, such as the highly absorbable form found in Superba™ krill, are a key transporter of DHA to the human brain.

- It's certified as 100 per cent sustainable and traceable by the Marine Stewardship Council (MSC).
- Superba™2 improves upon traditional krill oil. Manufacturing technology neutralises smell and taste, creating a more visually appealing product.
- It's derived from a proprietary eco-harvesting technology, reducing by-catch to near-zero.
- It's processed under full transparency and MSC certification.
- In 2016, the Superba™ Krill fishery in the Antarctic was the only reduction (or fish/krill meal or fish/krill oil producing) fishery worldwide to be awarded the Sustainable Fisheries Partnership's (SFP) 'A' rating for sustainability – the second year in a row.
- All krill catches are reported to the Commission on the Conservation of Antarctic Marine Living Resources (CCAMLR), an international watch group made up of 25 nations.

There are several documented positive health effects of taking Superba™ krill:

- **More absorbable phospholipids:** As a rich source of phospholipid omega-3s, Superba™ krill oil calms the inflammatory

- **Dramatically increases the Omega-3**

Index: Omega-3 insufficiency may be a better indicator of chronic disease, including heart disease, than even a cholesterol test. After only eight weeks of supplementation, Superba™ krill oil was proven to increase the Omega-3 Index 70 per cent more than fish oil, according to the results of an unpublished clinical study.

- **Reduced risk of heart disease:** When Aker BioMarine conducted a study in 2014 on 300 participants with high triglycerides, results showed a 10 per cent reduction in triglycerides associated with krill oil. LDL cholesterol levels also did not increase in the krill group compared to the placebo group, as has been seen in some fish oil trials. Consuming EPA and DHA in food or supplements, found in ample amounts in Superba™ Krill, has been associated with a 16 per cent reduced risk of heart disease in those with high triglycerides and a 14 per cent reduced risk in those with elevated LDL.

- **Better brain health:** The brain is 60 per cent fat, and it requires omega-3s, including DHA, as much as or more than

A diet that's rich in EPA and DHA can bring benefits in abundance. A reduction in inflammation to protect the health of the heart. Balanced cholesterol and blood lipid levels. Improved liver and brain function and a stronger immune system. Relief from crippling joint pain and even renewed skin health. It's Superba™ Krill's superior delivery system that makes this possible.

**For those with seafood allergies or taking anticoagulants, please consult with your doctor before use.*

Sources

All references can be found at www.NaturallyHealthyNews.com

Recommended Product

THE KRILL MIRACLE™

Super rich source of omega 3, 6 and 9, made using Superba™ Krill Oil., delivering 1000mg per serving Also contains AstaXanthin. Contributes to normal maintenance of the heart, brain and vision.



Take a deep breath

Understanding the leading causes of lung disease

It's not often that lung health is discussed, but research indicates that some form of lung disease is likely to affect us or a loved one in our lifetimes.

The European Respiratory Society reports in their publication the *European Lung White Book* that respiratory diseases are ranked among the leading causes of death in all countries. The most common lung diseases, like lung cancer, COPD and lung infections that include pneumonia and tuberculosis, account for as many as 9.5 million deaths worldwide, making up one-sixth of the global numbers. Because of this, lung diseases are counted among some of the notable causes of death and disability occurring within the past two decades.

RISK FACTORS FOR RESPIRATORY DISEASE ARE COMMON

The lungs perform a basic, vital function that can be so rudely, and so easily, interrupted by our outside world. During the act of respiration, lungs exchange air, allowing oxygen to be absorbed into and waste gases to be extracted from the bloodstream. It's the nervous system, guided by hormone levels, that controls breathing patterns in the body. Breathing patterns can quickly change from relaxed to rapid as we experience stress and anxiety.

Lung capacity can depend on several intrinsic factors, like sex and height, and it can also be affected by outside risk factors like:

- Early life events, such as premature birth, low birth weight, smoking during pregnancy and viral infections during infancy





- Smoking
- Second- or third-hand smoke exposure
- Environmental toxins and air pollution
- Indoor chemicals and air pollutants
- Occupational hazards, such as particle, fume, or gas exposure
- Poor diet and nutrition

We can't see the pollutants in our indoor and outdoor environments, but researchers have proven that these invisible invaders have a profound effect on our lungs. In 2016, the European Society of Cardiology conducted the first human study on how air pollution can influence pulmonary vascular function. After examining the effects of pollution on 16,295 patients, researchers learned that outside pollutants can impair blood vessel function in the lungs. Air pollution exposure, researchers noted, increased pulmonary vascular tone, making it harder for blood to flow to the lungs. Longer pollution exposure also burdened lung function enough to affect heart function.

Research has shown other outside risk factors, especially diet, to play a pivotal role in lung disease. Progressive and chronic lung conditions like COPD are triggered by inflammation, made worse by eating an inflammatory, processed-food diet. It was only a decade ago that *BMJ Specialty Journals* researchers discovered how making critical changes to the diet can impact lung health. Analysing an American study conducted on the lifestyles of almost 43,000 men, researchers found that men who ate a Western diet were more than four times as likely to develop COPD. Eating a Mediterranean diet, on the other hand, rich in vegetables, fruits, legumes, oily fish, and healthy oils, lowered the risk

of COPD by half. In 2016, the American Thoracic Society also discovered that eating more of these whole foods rich in fibre could protect against diabetes, heart disease, and lung disease.

In both studies, the connection remained the same. The foods we eat, like those high in fibre, can reduce dangerous levels of inflammation in the body that cause chronic lung disease.

HOW LIFESTYLE FACTORS CAUSE LUNG DISEASE

Let these risk factors continue, and lung-damaging inflammation in the body goes unchecked. A cascade of lung dysfunction may then develop, ranging from mild to life-threatening:

- **Asthma:** Asthma is a chronic disease that occurs when the airways become inflamed, swollen, and narrow so that it is hard to breathe. Symptoms include coughing, wheezing, chest tightness, and shortness of breath and may be exacerbated by physical activity. Asthma can range from mild to severe and often develops with a family history of asthma or allergies.

- **Bronchitis:** Bronchitis occurs when the mucus membranes in the bronchial tubes (main airways) become inflamed, ranging from cases that are acute to chronic. Viruses are responsible for an estimated 90 per cent of acute bronchitis, compared to bacterial bronchitis at less than 10 per cent. Chronic bronchitis, most often caused by smoking, is a cough that lasts for three months or more per year for a minimum of two years and is considered a type of COPD.

- **Collapsed lung:** A collapsed lung, or pneumothorax, occurs when air escapes the lung and fills the space outside of the lung in the chest cavity. A partially collapsed lung, or atelectasis, occurs when air passages are blocked or when air sacs in the lung become deflated. A pneumothorax normally develops after a

chest injury and can be life-threatening if it isn't treated. An atelectasis can often develop as a complication of surgery or

Diet and nutrients also reduce the inflammatory response implicated in the development of lung disease.

other lung dysfunction, i.e., from cystic fibrosis, after inhaling a foreign object, or due to pressure from a lung tumour.

- **COPD:** Chronic Obstructive Pulmonary Disease, or COPD, is an umbrella condition that includes the progressive lung diseases emphysema, bronchitis, irreversible asthma and some types of bronchiectasis. COPD may be aggravated by inflammatory lifestyle factors, including diet, poor nutrition, pollution and tobacco use. COPD is common and easily mistaken for breathlessness caused by the ageing process.

- **Cystic fibrosis:** Cystic fibrosis is a genetic disorder of the cells that line the lungs, pancreas, small intestines and sweat glands. Mucus can build up in the lungs to house infection and destroy lung tissue. Cystic fibrosis is the most common hereditary disease that may develop as a result of a mineral deficiency. While there is no present cure for the genetic disease, it progresses rapidly in cases of malnutrition and poor diet.

- **Lung cancer:** Lung cancer is characterised by shortness of breath, wheezing, coughing, and bloody mucus and is most often attributed to smoking. About 90 per cent of lung cancers are related to tobacco use. Lung cancer may also be caused by exposure to second-hand smoke, asbestos fibres, radon gas and air pollution. In some cases, lung cancer can develop because of a genetic predisposition or when triggered by other lung diseases, especially COPD.

- **Pneumonia:** Pneumonia occurs when

the air sacs in one or both of the lungs become inflamed and infected. These air sacs may fill with pus or fluid, resulting in a

phlegmy cough, fever, chills and difficulty breathing. Pneumonia can range from mild to severe and may be caused by viruses, fungi, or bacteria. Infants, the elderly and the immunocompromised are more susceptible to lung infection.

- **Pulmonary oedema:** Pulmonary oedema occurs when the lungs fill with fluid so that the body is not able to get enough oxygen. Heart failure and heart problems can increase the risk of pulmonary oedema. Symptoms include shortness of breath, wheezing, rapid weight gain and swelling. Pulmonary oedema can also develop at high altitudes and, when it comes on suddenly, requires emergency treatment.

- **Pulmonary embolus:** Also called PE, a pulmonary embolism occurs when one or more lung arteries are blocked by a blood clot. Blood clots can travel from the legs to the lungs or, more rarely, from other areas of the body. Medical conditions like heart disease and cancer, smoking, being overweight, immobility and pregnancy can increase risk, with symptoms that include chest pain, a cough and shortness of breath. Since the condition can be fatal, emergency treatment is needed.

- **Pulmonary tuberculosis:** Tuberculosis occurs when the lungs are infected by the contagious TB bacterium. This infection may be spread in the air from person-to-person and can spread in the body to other organs. A healthy person with a strong immune system may have TB germs without carrying the infection. When the body becomes infected with tuberculosis, there are normally few symptoms but these

may include a bloody cough, night sweats, weight loss, and fever.

It's not often we hear the word 'cure' used alongside lung disease, as most lung diseases stem – with the exception of genetic dysfunction – from a lifestyle problem. All health problems as we know them have a cause. When we take away the cause and take on pulmonary rehabilitation through nutritional intervention, the body can't help but to repair itself with this outside help. Chronic inflammation causing chronic lung disease is most often caused by outside factors, like inflammatory foods that include mucus-forming dairy and starchy carbohydrates, a deficiency in critical nutrients, infection, smoking, pollution and industrial chemical exposure. Eliminate the cause, and most symptoms of lung disease will be cleared or, at the very least, contained.

LUNG DISEASE RECOVERY

There's a direct link between the health of the lungs and a healthy diet. Inflammatory, processed foods are a primary contributor to lung disease. As researchers discovered in a 2005 study published in the *International Journal of Tuberculosis and Lung Disease*, it's the essential nutrients in Really Healthy Foods that protect us against inflammation and lung disease. Diet and key nutrients, researchers say, play a potential protective role in neutralising oxidative damage from air pollution, infection, and cigarette smoke. Diet and nutrients also reduce the inflammatory response implicated in the development of lung disease. Eating daily fruits and vegetables can benefit lung health, researchers confirm, as can supplementing vitamins and antioxidants where lung disease risk factors are high.

This is what we know to be true about supplementing the right nutrients to improve lung health, calm inflammation and prevent disease:

- **Magnesium:** Also called the marvellous

mineral, magnesium is missing from most of today's Western diets. Bioavailable magnesium chloride that is easily absorbed through the skin can help to correct this deficiency, benefiting the immune system and lung health in the process. Researchers observed in a 2008 *Medical Science Monitor* study that giving COPD patients magnesium helped to improve respiratory muscle strength and reduce lung hyperinflation.

- **Oxygen-promoting enzymes:** Poor lung health may be marked by poor breathing, worsened when oxygen can't properly circulate through the body. Taking an oxygen-boosting seaweed extract can help the body to better clear carbon dioxide and promote more effective oxygen transport. Better oxygen circulation allows the lungs and the body to heal and recover. Norwegian seaweed extract has been found so effective for lung health that pharmaceutical companies have tried to market it as a drug to improve cystic fibrosis life expectancy.

- **Serrapeptase:** Supplementing this multifunctional proteolytic enzyme can help to dissolve non-living tissue, including the scarring, inflammation, cysts and blood clots that can harm the lungs. All the while, healthy lung tissue is preserved. Serrapeptase has been effectively used to dissolve sputum in asthma patients.

- **Vitamin D:** Vitamin D is one of the most lung-protective nutrients available and may be even more effective when taken in a complete vitamin and mineral supplement. In 2014, University of London researchers discovered that a vitamin D supplement can help to reduce flare-ups of COPD by over 40 per cent among patients with deficiency. Supplementing more vitamin D can help to preserve lung function in smokers and may predict lung cancer survival.

It was just two decades ago that researchers warned us of the undeniable

connection between poor nutrition and poor lung health. Dietary habits have an influence on lung function and can increase risk for common diseases like lung cancer, asthma and COPD. Eating nutritious foods can protect against these diseases and make poor lung health better. Even serious illnesses like end-stage COPD and cystic fibrosis will benefit from nutritional therapy. Supplementing the missing nutrients, *Proceedings of the Nutrition Society* researchers say, can improve the prognosis of our most deadly lung diseases.

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.



ANCIENT MINERALS MAGNESIUM OIL ULTRA

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



ACTIVE LIFE CAPSULES

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



Sources

All references can be found at www.NaturallyHealthyNews.com



Get sharper with age

Meet the nutrients behind the war on Alzheimer's disease

Alzheimer's is currently a disease without a cure. And yet, the Alzheimer's Association tells us that this common form of dementia makes up as much as 80 per cent of dementia cases. Alzheimer's is not a normal part of the ageing process. But once diagnosed, it's progressive. Someone who has Alzheimer's disease will only get worse over time.

New research about this cognitive disease is being introduced regularly. It seems that everyone wants to stop a runaway train from barrelling down the tracks. Alzheimer's and dementia remain most common in western Europe, with North America as a close second. If a cure can't be found soon, the amount of people ages 65 and older with Alzheimer's disease is expected to nearly triple by 2050.

WHAT WE KNOW ABOUT ALZHEIMER'S: A CURE IS POSSIBLE

A cure for this degenerative cognitive condition hasn't been discovered – yet. Most medical treatment options only offer minimal improvement. But one promising study released in 2016 defied the odds of conventional medical treatment. Researchers from the University of California, Los Angeles, discovered that Alzheimer's may be successfully reversed, not by using a new pharmaceutical drug or medical technique, but by modifying lifestyle factors to reduce insulin resistance and inflammation.

The researchers bypassed the typical, costly medical mode of intervention we use so often to address disease. And patients in the study with well-documented Alzheimer's disease saw tremendous results. For example, one patient, a 66-year-old professional man, spent 10 months

on the lifestyle programme with only one slip-up. This deviation came with an episode of memory loss. After 10 months, the man exhibited what researchers called a "marked symptomatic improvement", starting from three months on the new programme. The patient's hippocampal volume also dramatically increased with a magnitude that hadn't been seen before in the study.

Without drugs, and without medical treatment, patients are making lifestyle changes that have led them in close proximity to a 'cure' for Alzheimer's disease.

Nutritional research has long demonstrated that supporting the brain in this way can slow down and even reverse Alzheimer's symptoms. Now, medical research has confirmed the best approach to brain health. Making lifestyle changes that improve nutrition and diet, exercise, stress and sleep can not only lead to weight

loss, as seen in the UCLA study, they may regenerate a brain damaged by Alzheimer's disease.

3 BRAIN-BOOSTING NUTRIENTS FOR ALZHEIMER'S RECOVERY

It's our lifestyle that opens the door to the inflammation that can cause disease. Some of the most prevalent causes of senile dementia include a high-carb, high-sugar diet; vitamin deficiency; oxidative stress and chronic inflammation. Once these lifestyle concerns are addressed, through exercise, stress management, an anti-inflammatory diet and nutritional therapy, dementia and Alzheimer's may be eliminated.

There are three powerful nutrients that have been clinically-proven to target Alzheimer's disease:

1. B vitamins. In 2015, Oxford professor David Smith concluded a ground-breaking two-year study that examined how certain nutrients could affect Alzheimer's-related shrinkage of the brain. Analysing study participants over the age of 70 with memory problems, Smith and his team discovered that taking large amounts of B vitamins in combination with omega-3s, found in krill oil, slowed brain shrinkage by 70 per cent.

A 2012 study published in *Neurology* confirmed a similar result: low levels of vitamin B12 may be a marker of Alzheimer's disease. In the seven-year study conducted on 271 Finnish adults from the ages of 65 to 79, all without a dementia diagnosis at the start of the study, 17 people developed Alzheimer's by the study's end. Taking B12 can help to lower dangerous levels of the amino acid homocysteine. Study researchers noted that for each micromolar increase in study participants' homocysteine blood levels, Alzheimer's risk increased by 16 per cent.

2. Curcumin: Curcumin is a high-potency, anti-inflammatory, antioxidant compound derived from the Indian turmeric spice.

Smith and his team discovered that taking large amounts of B vitamins in combination with omega-3s, found in krill oil, slowed brain shrinkage by 70 per cent.

Taking curcumin at a high concentration has been proven to disrupt the body's inflammatory pathway. With Alzheimer's disease so closely linked to inflammation, taking high-concentration curcumin may prove critical. Researchers from Vanderbilt University in the US and Shiga University of Medical Science in Japan discovered that curcumin can enter the brain to bind to and destroy the beta-amyloid plaques that characterise Alzheimer's disease.

Finding a nutrient like curcumin that can cross the blood-brain barrier is exceptional. The brain uses its barrier as a natural protection against toxins, which, when taking curcumin in a liposomal delivery system, can be used for advanced disease treatment. In 2012, Swedish researchers also observed curcumin's ability to enhance activity and prolong the life of fruit flies that had a nervous dysfunction similar to Alzheimer's disease.

3. Resveratrol: A natural compound found in dark chocolate, red wine and grapes, resveratrol has gained notoriety for this reason. Getting enough of this protective antioxidant in food is difficult, however. But taking resveratrol along with curcumin could provide another natural defence against Alzheimer's disease. In 2015, scientists examined a group of 119 people with mild-to-moderate Alzheimer's. Patients were administered 1g of high-grade resveratrol twice a day in the clinical trial, for 12 months in total. Alzheimer's patients who took the placebo continued to show decreased levels of the Abeta40 protein in the blood, indicating Alzheimer's progression. Patients in the resveratrol group saw no such progression, with signs that Alzheimer's disease may have halted. The resveratrol patients exhibited behavioural improvements in daily

activities, like cooking and dressing, along with improved test scores.

In 2016, researchers continued the study, finding that resveratrol administered to Alzheimer's patients helped restore blood-brain barrier integrity. Taking resveratrol may help to prevent harmful immune molecules from reaching brain tissue and causing neuronal inflammation.

Is it really that easy? Great progress is being made in the non-medicinal fight against Alzheimer's disease. Remove the lifestyle factors that cause inflammation and support the brain's recovery with missing nutrients, and a cure is, finally, in sight.

Sources

All references can be found at www.NaturallyHealthyNews.com

Recommended Products

CURCUMIN LIPOSOMAL

Unique liposomal blend containing both the most powerful Curcumin and Resveratrol in one. Liposomal is a highly absorbable delivery method and easy to take, just dissolve into your water or juice.



B4HEALTH™ 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.



THE KRILL MIRACLE™

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





MAKE SURE YOU ARE GETTING ALL OF YOUR MAGNESIUM BENEFITS DAILY....

...with Ancient Minerals Magnesium Oil 'Ultra'

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

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

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

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

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

This magnesium was discovered in the late 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



UNDERSTANDING THE VALUE OF VITAMIN K

Take vitamin K for bones, blood clotting, heart health and longevity

Vitamin K is one of the main vitamins needed to maintain bone and heart health and support blood clotting. Getting enough vitamin K can even help you live longer.

THE 3 TYPES OF VITAMIN K

Two forms of vitamin K can be found in our diet. Vitamin K1 (phylloquinone) is primarily found in green leafy vegetables, such as kale, cabbage, broccoli and Brussels sprouts, while vitamin K2 (menaquinone) is found in animal products, such as egg yolk, butter, cheese and chicken breast.

Your gut also produces vitamin K2, and you can help this process along by taking a daily soil-based probiotic. Vitamin K3 is the synthetic version of vitamin K and is most often used in pet food. Compared to vitamins K1 and K2, taking synthetic K3 is not recommended.

If you need more vitamin K, start with your diet and eat Really Healthy Foods rich in vitamin K. However, most people can't eat enough healthy foods to correct a vitamin K deficiency and so:

- Supplementing vitamin K2 as a capsule or sublingual spray can provide the greatest possible health benefits.
- Vitamin K2 is the primary form to take since it's sent straight to the bones, tissues and blood vessel walls.
- A vitamin K1 supplement can be helpful in smaller amounts since it's sent straight to the liver.

Vitamin K has been called the

coagulation vitamin because it activates proteins in the liver responsible for blood clotting. Increasing vitamin K can help to remedy excess bleeding and bruising. Beyond its effect on the blood, researchers have long examined vitamin K's positive impact on bone mineral density. A sign of vitamin K deficiency is weak bones; supplementing with vitamin K may protect against osteoporosis and decrease fracture

A sign of vitamin K deficiency is weak bones; supplementing with vitamin K may protect against osteoporosis and decrease fracture risk.

risk. Dutch researchers found that taking vitamin K2 at a higher dose compared to a lower dose led to a 57 per cent reduction in coronary heart disease deaths.

Vitamin K2 may reduce tumour recurrence and was associated with better liver cancer survival rates when reviewed by Japanese researchers in 2015. And getting enough vitamin K, in regard to cancer and other age-related diseases, can increase longevity.

HELPER NUTRIENTS

The power of vitamin K is known by all. The EU register of nutrition has even allowed health claims for it, to use for 'normal blood clotting and the maintenance of normal bones', which confirms what the studies have shown. To receive these many benefits and more, vitamin K2 can be taken as a supplement along with vitamin K1 or vitamin D3. Vitamin K2 taken in its two forms – MK-4 and MK-7 – along with K1,

can increase absorption and allow for 24-hour bioavailability. Vitamin K2 taken with vitamin D3 can better enhance calcium absorption, preventing it from reaching high levels that are harmful to the body.

Vitamin K2 is powerful, but works better as part of a team. Your health can be transformed by taking the right type of vitamin K with the right supporting nutrients.

Recommended Products

SUPER K

The most complete Vitamin K formula available, providing Vitamin K1 and the MK-4 and MK-7 forms of vitamin K2 in just one daily softgel.



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.



Sources

All references can be found at www.NaturallyHealthyNews.com

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Serrapeptase can help to support your child's health or your pet's wellbeing, when followed as part of a dedicated plan.

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HAVE YOUR HEALTHY PASTA AND EAT IT TOO!

New studies link lentils to weight loss and diet foods to weight gain

Feeling good, staying active, and preventing disease have one thing in common. It all comes down to the foods you eat. Every decade or so, a different healthy food fad is introduced. Following a new diet craze – like the low-fat diets from 20 years ago – may help you lose a few pounds but ultimately can have a damaging effect on your health.

In 2017, a study published in *Physiology & Behavior* revealed that it is these 'diet' foods, low-fat with a high sugar content that can make you gain weight. Rats in the study who were fed low-fat, high-sugar diet products also saw a significant accumulation in dangerous liver fat, similar to the effects of non-alcoholic fatty liver disease.

WHY THE WESTERN DIET ISN'T WORKING

As this study proved, cutting sugar and inflammatory foods out of the diet is the simplest way to support weight loss and good health. Whole foods taste better and fresher than any diet food product. A diet free from sugar, gluten, dairy and starchy carbs can also promote longevity and prevent disease.

These inflammatory foods, like the breakfast cereals and commercial pastas advertised as 'fibre-rich' and 'whole-grain', can have an extreme effect on hormone levels. When the starches in inflammatory grains are broken down by the body into sugar, they can cause dangerous spikes in blood sugar levels.



Large spikes in blood sugar over time damage the body's cells. This will come as premature ageing of the joints, skin, organs and brain. Spikes in blood sugar can also stress the pancreas and other organs, with daily insulin surges leading to type 2 diabetes. As excess sugar sources in the diet activate the inflammatory pathways, breast cancer tumour risk is increased and life span is decreased.

EAT TO YOUR HEART'S CONTENT

Strictly eating diet foods in order to improve health and lose weight will not only make you feel deprived, but it could make your health worse. Starchy carbohydrates, proven to raise blood sugar and contribute to diseases like cancer and diabetes, are off the table. Healthy carbohydrate alternatives, like legume pastas naturally high in protein, iron and fibre, taste better than ordinary pasta products.

Compare a healthy pasta made with a legume like red lentils to a low-fat diet product. Researchers discovered that low-fat diet foods cause weight gain instead of weight loss. But eating just one serving of lentils a day, Canadian researchers found in 2016, could have quite the opposite effect. Eating chickpeas, lentils and beans contributes to modest weight loss and can also significantly reduce LDL cholesterol and risk of cardiovascular disease.

Pasta made with legumes solves another problem that diet products create. Unlike wheat or rice pasta, legume pasta is low on the glycaemic index and will not cause spikes in blood sugar. For those who already have insulin resistance, hypoglycaemia, or diabetes, legume pasta is especially beneficial. Eating lentils instead of starchy carbohydrates can balance blood sugar while providing a steady source of energy.

Recommended Products

REALLY HEALTHY PASTA (250G)

The world's healthiest pasta? Organic, gluten-free, low GI, high protein, iron and 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.



Sources

All references can be found at www.NaturallyHealthyNews.com



THE SCIENCE OF A HEALTHY HEART

Researchers have answers for the number one cause of death

As of 2017, the World Health Organization (WHO) has confirmed that the outlook on heart disease has not changed. If anything, our world's heart problems have got worse. Cardiovascular disease (CVD) remains the number one cause of global death. More people die each year from heart disease than from any other cause.

In 2015, an estimated 17.7 million people died from heart disease, making up 31 per cent of global deaths. The most unfortunate fact is that heart disease is easily prevented, even before it reaches this epidemic level. Addressing

behavioural risk factors early on, the WHO says, like smoking, physical inactivity, obesity, nutrition and diet, could drastically reduce CVD deaths worldwide.

GETTING TO THE HEART OF THE MATTER

To understand heart disease, it helps to understand the heart and identify the nutrients it needs to keep beating strongly each day.

The cardiovascular system contains the heart and the blood vessels. The heart, a muscular pump, works as a circulator. It plays a pivotal role in pumping blood and nutrients throughout the body,

working in unison with the circulatory system.

Make no mistake – the heart is the hardest working muscle in the body. It beats round the clock, 24 hours a day.

The heart and the circulatory system have two main functions:

1. To circulate oxygen-rich blood and nutrients through the arteries to the rest of the body.
2. To receive and exchange oxygen-poor blood and carbon dioxide from the body, bring it back to the lungs to source fresh oxygen, and pump it through the veins back to the heart.



Taking a magnesium supplement to correct deficiency could help to regulate cholesterol and metabolism and correct heart arrhythmias.

Society of Cardiology proved in 2015 that eliminating starchy carbs and doing more exercise could benefit patients with life-threatening heart failure within just four months.

WHO IS AT RISK? EVERYDAY CAUSES OF THE MOST COMMON HEART CONDITIONS

When we aren't providing the body, and especially the heart, with ample nutrients each day and are eating inflammatory foods instead, the body's natural defence system becomes vulnerable. Chronic inflammation may occur in response to diet and lifestyle and can damage the walls of the arteries. Over time, this burden of inflammation will cause arterial plaques to break open to result in a major cardiac event. Damage can happen over years and decades or even occur rapidly, within just a few months.

Primarily triggered by nutrient deficiency and made worse by other lifestyle factors, heart problems can take on many forms:

- **Arrhythmia:** Abnormal heart rhythms occur when the heart's electrical impulses malfunction, causing the heart to beat irregularly, too slow, or too fast. A heart arrhythmia may feel like a racing or fluttering heart and may be harmless. Heart arrhythmia may also be caused by a weak or damaged heart. More serious symptoms include dizziness, fainting, fatigue, rapid heartbeat, shortness of breath, chest pain, and, possibly, cardiac arrest. An irregular heartbeat may be helped by managing risk factors that include high blood pressure, obesity, poor nutrition, smoking and a lack of physical activity.

- **Congenital heart disease:** Congenital heart disease or a congenital heart defect is detected at birth. Many congenital heart defects have an unknown cause, are hereditary, or are caused by environmental exposure. Signs of severe heart disease may be diagnosed in an infant in the first months after birth, while subtler defects may be diagnosed later in childhood or adulthood. Paying attention to lifestyle risk factors is especially important for children and adults living with congenital heart disease: ensuring good nutrition and diet, avoiding smoking and alcohol use, and getting regular exercise at any age can help to manage and improve the condition.

- **Coronary artery disease:** Coronary artery disease (CAD) is common and treatable, though the condition has no present cure. CAD occurs when plaque grows on the walls of the coronary arteries to narrow and restrict blood flow to the heart muscle, known as ischemia. Common risk factors include high blood pressure, family history, smoking, diabetes and obesity, whereas proper nutrition and exercise can be preventative. Symptoms may include chest pain, shortness of breath, fatigue, or heart attack.

- **Heart attack:** When a heart attack, or a myocardial infarction (MI), occurs, permanent damage is done to the heart muscle. During a heart attack, plaque deposits that have built up in the arteries may be blocked by a blood clot, starving the heart muscle of oxygen. A heart attack may also be the result of coronary artery disease or, in rare cases, may be caused by a coronary artery spasm. Heart attack symptoms may include pain in the chest

With such an important part to play, it's easy to see how even a small deficiency in any one of the body's systems can affect heart health. Cardiovascular disease occurs when the heart or blood vessels become compromised or diseased. In the majority of cases, we know why this takes place.

As the NIH and National Heart, Lung, and Blood Institute confirmed in 2017, nearly half of all deaths in the US in 2012 were the result of cardiometabolic disease, such as heart disease, stroke and type 2 diabetes. These deaths were directly linked to poor eating habits and a subsequent lack of nutrients. Conversely, the European

or arm, discomfort moving from the back to the arm or throat, heartburn, sweating, nausea, weakness, dizziness and an irregular heartbeat. Lifestyle changes like controlling diabetes and high blood pressure, quitting smoking, improving diet and nutrition, exercising and managing stress can support healing and may prevent another heart attack.

- **Heart failure:** When the heart muscle is weakened and can't pump enough blood and oxygen to the body, heart failure can occur. Heart failure typically indicates that the heart isn't pumping well, while congestive heart failure is more serious and requires medical attention. Common symptoms of heart failure include shortness of breath, coughing or wheezing, fluid build-up or swelling, fatigue, lack of appetite, nausea, confusion and heart palpitations. Heart failure is more common with age but can develop at any time as a chronic, lifelong condition. It can be brought on by other ailments, like coronary artery disease, heart attack, or diabetes, and may be made worse by high blood pressure, alcohol use, lack of exercise and poor nutrition and diet.

- **Heart valve disease:** Heart valve disease occurs when one or more of the four heart valves aren't working properly. Dysfunction in the heart valves that direct blood flow to the heart's four chambers and the rest of the body may be caused by birth defects, infection, other heart conditions, or age-related changes. Heart valve disease places a burden on the heart by affecting its ability to pump and making it work harder than necessary. The main symptom of heart valve disease is a heart murmur; heart valve disease that leads to heart failure may also be accompanied by fatigue, shortness of breath and swelling in the legs, abdomen, and neck. A history



Cardiovascular disease (CVD) remains the number one cause of global death.

of heart problems increases risk for heart valve disease, as does high blood pressure, smoking, lack of exercise, diabetes, obesity and poor nutrition.

- **Hypertension/hypotension:** Hypertension, or high blood pressure, occurs when high pressure is detected in the arteries that carry blood from the heart to the body. Hypotension, or low blood pressure, indicates low pressure in the arteries. Hypertension is a major public health concern as it is increasingly common and can lead to hypertensive heart disease. Hypertensive heart disease may result in thickening of the heart muscle, coronary artery disease, or heart failure and is the number one cause of death associated with high blood pressure. High blood pressure may be hereditary or caused by an arterial abnormality, though it's most often attributed to smoking, lack of physical activity, obesity, stress, excess alcohol consumption and poor nutrition

and diet. Abnormally low blood pressure is also cause for concern since it can lead to dizziness and fainting. Low blood pressure may be caused by other health problems, pregnancy, hormonal imbalance, some medications, heart failure, heart arrhythmia and dehydration.

DON'T LOSE HEART: PREVENTION AND RECOVERY ARE POSSIBLE

As Dr Caldwell B Esselstyn, Jr of The Cleveland Clinic Foundation explained in his 2001 research review, *Resolving the Coronary Artery Disease Epidemic Through Plant-Based Nutrition*, our Western world has access to more food than ever. Ironically, it's these modern advancements that have led us from the whole plant foods our ancestors ate to producing atherosclerosis. But, Dr Esselstyn says, "We are fortunate to possess the knowledge of how to prevent, arrest, and selectively reverse [coronary heart disease]. However, we are not fortunate in the capacity of our

institutions to share this information with the public."

Dr Esselstyn cites compelling data from interventional and nutritional studies, as well as population surveys, to support a plant-based diet as the single most effective and aggressive way to lower lipids and "arrest, prevent, and selectively reverse heart disease".

Research shows that several key nutrients can have a profound effect on the heart:

- **Coenzyme Q10:** A protective vitamin-like enzyme, CoQ10 is a powerhouse antioxidant and enhancer in the body needed to support heart muscles, heart valves and all cellular energy. However, coenzyme Q10 levels naturally deplete in the body starting at age 30, and an outside supplement is needed. Ubiquinol is the preferred form of coenzyme Q10 to support the heart and vessels as it is eight times better absorbed by the body. Ubiquinol has also been shown to improve blood markers associated with chronic heart failure.

- **Hawthorn berry:** Traditionally used to protect against the early stages of heart disease, hawthorn berry may provide benefits for chest tightness and pressure, mild arrhythmia, and mild heart muscle weakness. *European Journal of Heart Failure* researchers discovered in 2009 that taking 900mg per day of hawthorn extract for two months proved as effective as heart medication in alleviating congestive heart failure symptoms.

- **Magnesium:** Highly absorbable magnesium chloride, combined with the organosulfur compound MSM, can reduce aches and pains and calm inflammation when applied to and supplemented

through the skin. And as a 2007 *Journal of the American College of Nutrition* study proved, taking a magnesium supplement to correct deficiency could help to regulate cholesterol and metabolism and correct heart arrhythmias, especially in women.

- **Serrapeptase:** Proteolytic enzymes serrapeptase and nattokinase, when taken in combination with digestive enzymes, antioxidants and proanthocyanidins, can help to balance blood pressure, the circulatory system and arterial health. Serrapeptase, specifically, is a known anti-inflammatory enzyme that can help to combat the chronic inflammation caused by a poor diet. With the enzyme's ability to clear and break down non-living tissue, there is evidence that continued serrapeptase use may also help to dissolve atherosclerotic plaques.

- **Taurine:** An amino acid from protein, taurine is easily depleted in those with diabetes – an illness considered a risk factor for heart disease. Taurine can be found independently in the body's tissue, unlike other amino acids, and accounts for 50 per cent of the free amino acid content in the heart. Taking taurine can help to promote insulin sensitivity, stronger immunity, electrolyte balance and heart health – reducing heart failure mortality by as much as 80 per cent.

The connection between heart health and nutrition couldn't be clearer. Good heart health can be achieved by eating a primarily plant-based diet and by taking specific supplements to provide the essential vitamins, minerals, enzymes and antioxidants our modern diets are missing. If this is information that Western medicine is not willing to share with us freely, we can take it upon ourselves to do the nutritional research.

Recommended Products

BLOCKBUSTER ALLCLEAR™

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



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-taurine, which is the tablet equivalent of 500mg! Approximately 60 servings per bottle.



HARTGARD

Unique intra-oral powerful combination of Hawthorn Berry Extract, Coleus Forskohlii, Lutein, Zeaxanthin, and Ginkgo Biloba Extract.



UB8Q10 UBIQUINOL

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



Sources

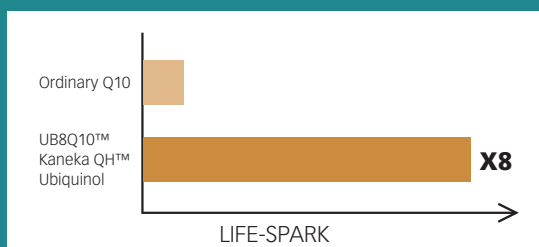
All references can be found at www.NaturallyHealthyNews.com

THE VERY BEST COQ10 AVAILABLE... x8 better than ordinary CoQ10

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

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

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



Up to 8 times more absorbable than ordinary CoQ10:

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

HEALTH *news*

HEALTHY GUT BACTERIA PROTECTS AGAINST TYPE 2 DIABETES

In the end, it always seems to go back to the gut and how healthy it is. Diabetes is another disease that can be prevented if we have plenty of 'good' bacteria in our intestines, researchers have discovered recently.

High levels of an acid in the gut – which is produced by intestinal bacteria – stop the development of type 2 diabetes, known as the lifestyle disease because it's associated with a bad diet.

Indolepropionic acid in the gut also helps the pancreas produce more insulin, which is used to break down sugars in food, researchers at the University of Eastern Finland have discovered. In turn, the gut produces more of the acid when we eat wholegrain and fibre produce. Eating less saturated fats also helps encourage the production of the acid, the researchers say. The researchers discovered the important role the acid plays in diabetes when they assessed 200 people who were all overweight and were not processing glucose, the blood sugar, properly.

Although they were all candidates for diabetes, only half of them actually developed the disease. The one big difference was that those who remained diabetes-free had high levels of indolepropionic acid in their gut.

FISH OILS REPAIR STROKE DAMAGE IN THE BRAIN

Fish oils can help repair brain and eye cells that are damaged by a stroke, and neuro-degenerative and retinal diseases. The omega-3 fatty acids contain proteins that help the cells reprogramme themselves, scientists have recently discovered.

Cellular rebuilding can begin within an hour of taking the fish oils, say researchers from the Louisiana State University, led by Nicolas Bazan. The oils automatically produce a 'signalling molecule', neuroprotectin D1 (NPD1), which Bazan discovered and named in 2004.

In his new research, Bazan has found that NPD1 triggers the production of a protein that protects against toxic free radicals, and repairs injury in the brain and retina, such as from a stroke. The protein "turns out to be key for cell functioning reprogramming and subsistence," says Prof Bazan.

His findings add to research that has already established that docosahexaenoic acid (DHA) in omega-3 is vital for healthy brain function, and helps develop the nervous system and vision.

DHA's mechanisms were discovered when Bazan and his team tested it on laboratory cells that had undergone two hours of 'stroke'. The healing effects started within an hour, and peaked after six hours. He believes it can repair damage caused by a stroke or by a disease that affects the brain and vision.

MAGNESIUM IS 'SECRET KEY' TO GOOD BONE HEALTH

Think about improving the health of your bones, and calcium and vitamin D are the obvious choices that come to mind – but magnesium is just as important, a new study has found.

Older people who have high levels of magnesium their blood don't seem to suffer from fractures, while the reverse is true for those with low levels of the mineral, and they are most likely to suffer a hip fracture.

Having higher levels of magnesium reduces the risk of a fracture by 44 per cent, say researchers from the Universities of Bristol and Eastern Finland, who tracked the bone health of 2,245 middle-aged men for 20 years. The 22 men who had the highest levels of the mineral didn't suffer any fractures during the length of the study.

Relying on the food we eat to raise magnesium levels may not be enough for some people, such as the elderly, those with a bowel disorder, and others taking medication that depletes natural stores of the mineral in the body; for them, taking daily magnesium supplements may be important, say the researchers. However, having low levels of magnesium in the blood doesn't have any symptoms – until there's a fracture.

The discovery is important, and could have a big impact on public health costs as fractures are so common in the elderly, and most also seem to suffer from low magnesium levels.



Source: www.WDDTY.com



How ancient minerals can take you into old age

More than 38 million years ago, rainforests' root systems grew deep into the earth. There, they tapped into rich sources of inorganic energy. These living plants used photosynthesis to convert the inorganic minerals they found into biologically-friendly organic minerals. When the plants died, the rich, organic minerals were deposited back into the earth and combined with fulvic acids produced by microbes in the soil. This life-and-death cycle continued over millions of years and rare, nutrient-rich fulvic mineral deposits were formed.

Because of their exceptionally high mineral concentration, many health and nutrition experts now refer to these fulvic mineral complexes as 'The Missing Link of Nutrition'.

GAIN SUPPORT FOR EVERY HEALTHY FUNCTION IN THE BODY

Derived from an ancient source, fulvic

minerals have the nutritional power to support all bodily systems, including the immune system and the system of energy production. Fulvic minerals are biologically able to interact with all parts of the body; the minerals naturally cleanse and protect against free radical damage. Remarkably, fulvic acid is one of the most powerful antioxidants found in nature.

Fulvic acids are also a natural source of organic electrolytes – again, one of the most powerful electrolytes found in nature – with the ability to balance any biological properties they encounter in the body. When fulvic acids enter the body, they meet individual cell needs to promote their electrochemical balance. Likewise, electrolytes in their organic form can energise any organic materials they come into contact with. Electrolytes are soluble in water or other substances and can conduct an electrical current. This electrolyte charge has been proven to literally restore life in cells, returning them to their healthy function. Working

as a powerful free radical-scavenging antioxidant alongside electrolyte activity, fulvic acids further protect healthy cells by reducing oxidation reactions.

Consider just a few examples of how fulvic acid can support the body:

- Aid in detoxification.
- Improve nutrient absorption.
- Increase energy levels.
- Reduce inflammation and free radical damage.
- Regulate digestion.
- Repair skin wounds and promote healing.
- Strengthen immunity.
- Support cognitive health.

In a 2016 study published in *International Immunopharmacology*, researchers analysed fulvic acid's ability to promote electrochemical balance needed for many biomedical functions, both as a donor and a receptor. Before this time, fulvic acid had not yet been researched for its effect on cancer. Amazingly, researchers

discovered that fulvic acids could induce cell death in various human cancers, most likely related to their ability to stimulate the immune system. Fulvic acid combined with the rich, organic minerals described above, forms fulvic mineral complexes. These antioxidant minerals have the power to balance all cell life and are likely to be what most bodies are missing.

HIGH CONCENTRATIONS OF MINERALS CAN BE TAKEN DAILY

Something spectacular happens when we support the body with a pure concentration of organic fulvic minerals each day. We may receive all the health benefits above – and more as research continues to explore and prove the beneficial effect fulvic acid has on all bodily systems. Toxins may be purged. Digestion may be improved. Low energy levels may cease as nutrients are better absorbed. Brain function may sharpen. Hair and skin health may renew. All this because fulvic acid can freely permeate cell membranes to enhance protein, RNA and DNA metabolism, creating optimal conditions for healthy cell replication.

Pure organic minerals within the fulvic mineral complex have countless health benefits confirmed by the EU Register:

- **Chloride:** Contributes to normal digestion by producing hydrochloric acid in the stomach.
- **Chromium:** Contributes to the maintenance of normal blood glucose levels.
- **Copper:** Contributes to normal iron transport in the body and normal hair and skin pigmentation.
- **Fluoride:** Contributes to the maintenance of tooth mineralisation.
- **Iodine:** Contributes to normal cognitive function, normal thyroid function, normal

energy yielding metabolism, the normal growth of children, and the maintenance of normal skin.

- **Magnesium:** Contributes to normal muscle function, normal psychological function, the maintenance of normal bones and teeth, and the reduction of tiredness and fatigue. Also plays a role in the process of cell division.
- **Manganese:** Contributes to the normal formation of connective tissue.
- **Phosphorus:** Facilitates more functions than any other mineral in the body and contributes to normal cell membrane function.
- **Potassium:** Contributes to normal muscle function, normal nervous system function and the maintenance of normal blood pressure.
- **Selenium:** Contributes to the maintenance of normal hair and nails and to the normal function of the immune system.

A pure fulvic mineral complex that includes all the organic minerals listed above and more can provide unrivalled daily support for the body. This 'missing mineral' complex is one that all men, women and children can benefit from taking each day. Even when eating the healthiest diet, we're not getting near the amount of minerals our bodies need from our food. Scientists have long warned that human security is at risk as mineral soil depletion accelerates. Over a span of 60 years, from 1940 to 2002, *Nutrition and Health* researchers observed "fundamental changes" in our food quantity and quality, with these micronutrient deficiencies significantly linked to a decline in our physical and mental health.

A pure mineral complex with a high fulvic acid content can most effectively remedy the mass mineral deficiency we

now face. Organic minerals with a high concentration of fulvic acid may supply the body with over 70 of its most effective electrolytes, each marked with a unique 'bio-electric signature'. To receive the greatest health benefits, a high fulvic acid content of 4 to 8 per cent is recommended – and is hard to find in most commercial mineral supplements.

Taking pure trace minerals with the highest fulvic acid content available can support the body at its most fundamental level. Each cell relies on daily mineral support and, without it, can't perform its essential function. If we want our cells to live longer and work better, getting our daily fulvic minerals is the missing link. Nucleic and amino acids are the major components of fulvic acids, and these are the building blocks our healthiest living cells are made of.

Recommended Product

PURE CONCENTRATED ORGANIC MINERALS LIQUID WITH FULVIC ACID

A unique blend of 77 liquid trace minerals and elements, electrolytes and 18 amino acids, in purified water from the world's richest source of fulvic minerals, including magnesium, selenium, copper, chromium, silver and more. Highest fulvic content per serving available and completely of plant origin.



Sources

All references can be found at www.NaturallyHealthyNews.com

POWERFUL AND POTENT

Skin, muscles, eyes, heart, brain ... is this the most powerful nutritional supplement ever made?

To understand the power and potency of the antioxidant astaxanthin, it helps to understand where it comes from. Astaxanthin is the red-orange carotenoid found in lobster, salmon and shrimp. It is produced by nutritionally-rich microalgae and has a structure similar to beta-carotene, another red-orange pigment found in plants and fruits. But unlike beta-carotene, astaxanthin has a unique chemistry all its own. A powerful one.

FIGHTING OXIDATION ONE DAY AT A TIME

There's a significant benefit to taking astaxanthin as a daily antioxidant. Like other carotenoids, astaxanthin is a phytochemical, or plant chemical. Carotenoids are used by plants for natural antioxidant protection, buffering the oxidative damage that can come from the sun. For humans, astaxanthin's antioxidant prowess can help to prevent and even reverse degenerative health conditions caused by oxidative stress and cellular deterioration.

Astaxanthin can cross cell membranes and the blood-brain barrier, even infiltrating muscle tissue. Well-known carotenoids like beta-carotene and lycopene are not able to bond to tissue in this way.

Since astaxanthin is a powerful enough antioxidant to penetrate the blood-brain barrier, it can reach the brain. Researchers have examined the natural pigment for its neuroprotective effect and influence on nerve cells. In a 2015 study published in *Molecular Nutrition & Food Research*, mice that took astaxanthin for four weeks experienced neurogenesis with learning and memory improvements. Age-related cognitive decline has been attributed, in part, to free radical damage and oxidative stress – which astaxanthin can counteract.

Researchers have also studied astaxanthin's use as an anti-inflammatory antioxidant, with application for heart disease. Inflammation and oxidative stress are considered non-traditional risk factors for atherosclerosis that can increase risk of cardiovascular morbidity. Because the human body does not synthesise

astaxanthin on its own, researchers concluded in a 2011 review that taking astaxanthin as a dietary supplement could provide antioxidant protection against atherosclerotic cardiovascular disease.

ASTAREAL: NATURAL ASTAXANTHIN WITH MAXIMUM BENEFITS

Choosing an astaxanthin supplement that can pack as powerful a punch as research claims can be tricky. Depending on the brand, the quality or quantity of astaxanthin may not be present.

AstaReal is a natural form of astaxanthin, clinically proven to improve skin, eye, muscle, heart and brain health at the cellular level:

- **Brain.** With the clinical proof surrounding astaxanthin's antioxidant power, we've



seen that it has a biological effect on the brain. Taking AstaReal astaxanthin as a supplement has been proven to alleviate forgetfulness related to age, while improving alertness. Astaxanthin can also help to regulate blood pressure to reduce the risk of stroke. Astaxanthin decreases red blood cell oxidation, associated with dementia prevention. The brain, containing more than 100 billion neurons, is highly vulnerable to free radical damage. As this susceptibility to outside damage increase with age, daily AstaReal astaxanthin use becomes of particular importance.

• **Eyes.** For those who have suffered from Computer Vision Syndrome (CVS), with symptoms like blurred vision, eye irritation and eye fatigue, astaxanthin supplementation can come as a welcome relief. Clinical studies have indicated that taking astaxanthin can help to reduce eye fatigue – astaxanthin minimises cellular inflammation that can arise under ongoing visual stress. Astaxanthin can also improve capillary blood flow and calm the inflammation of the ciliary muscle. Daily AstaReal astaxanthin use may benefit the estimated 88 per cent of office workers experiencing eyestrain and up to 23 per cent of schoolchildren who suffer from eye fatigue related to video games.

• **Heart.** As we've seen, improving the health of the heart is made possible with support from a stress-buffering antioxidant. Natural astaxanthin, as supported by research, reduces inflammation and oxidative stress. This antioxidant protection thus improves the heart's blood flow and lipid profiles. Lifestyle risk factors like poor diet, smoking and alcohol abuse can cause oxidative stress and inflammation and may be related to as many as 80 per cent

of cerebrovascular and coronary heart diseases. Inflammation and oxidative stress are now considered significant contributors to atherosclerotic heart disease, yet only astaxanthin, compared to other antioxidants like vitamins C and E and beta-carotene, has been powerful enough to help. For better cardiovascular health, anti-inflammatory AstaReal astaxanthin can be taken daily.

• **Muscles.** The natural antioxidant astaxanthin supports healthy muscle function and improves aerobic ability, increasing endurance. As both an antioxidant and an anti-inflammatory, astaxanthin can be used to prevent an excess of lactic acid build-up while minimising fatigue. For athletes and those who enjoy sport, training is necessary; when taking AstaReal astaxanthin, recovery is improved. Astaxanthin's ability to support muscle performance and endurance can protect the body from reactive oxygen species (ROS) damage and inflammation, a natural part of energy production created through exercise.

• **Skin.** Skin renewal and rejuvenation of the largest organ in the body comes through revitalising antioxidants. Since natural astaxanthin is the highest-potency antioxidant science has yet to discover, it has a profound effect on the health and quality of all layers of the skin. AstaReal derived from nutrient-rich algae can buffer the devastating effects of free radical damage, stress, poor nutrition and pollution on the skin, with antioxidant and anti-inflammatory benefits. Taking AstaReal astaxanthin as an oral supplement may beautify the skin by minimising wrinkles, reducing age spots and protecting against UV damage.

What can't this powerhouse antioxidant

do? With antioxidant power 550 times stronger than vitamin E and 6,000 times more potent than vitamin C, AstaReal can also relieve physical and mental fatigue when taken daily.

Japanese researchers who treated 39 healthy subjects with AstaReal astaxanthin in 2016 – in an eight-week, double-blind, placebo-controlled study – examined how fatigue and stress that may be encountered in daily life could be reduced. The subjects were split into two groups, receiving either 12mg of astaxanthin or 20mg of vitamin E. Compared to the placebo group, AstaReal astaxanthin significantly improved mental and physical fatigue, with effects on concentration, motivation, thinking ability, irritability, feelings of body heaviness and mood.

Taking AstaReal astaxanthin daily, with almost 50 human studies conducted on 1,400 subjects, can give back what free radical damage has taken over the years. Protect your health, prevent further deterioration and feel like your best self again.

Sources

All references can be found at www.NaturallyHealthyNews.com

Recommended Product

ASTAXANTHIN WITH DHA

This is a naturally occurring carotenoid pigment which is a powerful biological antioxidant. Made using AstaReal® astaxanthin, the most studied astaxanthin in the world with over 50 published studies. Delivers 12mg astaxanthin plus 180mg DHA oil per serving, 30 servings per bottle.





TIRED

all the time?

Here's how you can get to sleep quicker and stay asleep for longer

Not a day goes by without hearing someone mention how tired they are. It's become the cultural norm – burning the candle at both ends, working two jobs, a packed schedule without any room for downtime, a busy family life with small children. And then there are those who when they go to sleep, can't get to sleep or stay asleep.

SLEEP DEBT WILL COST YOU

When we can't relax, and even worse, when we can't sleep, our health is immediately affected. Sleep deprivation may leave you feeling at your worst – exhausted and irritable. According to Harvard Medical School, even one night without good sleep can raise blood pressure through the next day for someone with hypertension.

Serious problems have been linked to chronic sleep deprivation, including high blood pressure, weight gain, heart attack, heart failure, stroke and diabetes. A lack of sleep has also been proven to increase levels of the stress hormone cortisol in the body.

Children from the ages of three to seven who don't get enough sleep are more likely to suffer from cognitive, emotional and behavioural issues as they get older. For all people, sleep deprivation that creates a sleep debt suppresses the immune system. You may notice that you get sick much more when you're not getting enough sleep. Not resting enough can feed into a cycle that exacerbates anxiety. As Japanese researchers discovered in 2017, there are specific neurons in the brain that connect our emotions with sleep.

Yes, sleep deprivation can affect learning, memory and ability to focus. Go without sleep for too long, and your central nervous system may be compromised. Depression, paranoia, suicidal thoughts and hallucinations could result. Poor sleep can affect all healthy systems in your body – like the immune, as well as respiratory, digestive, cardiovascular, and endocrine functions.

HELP YOUR BODY TURN OFF STRESS AND GET BETTER SLEEP

If you have trouble relaxing, resting, and getting enough sleep, these calming nutrients can help:

1. L-theanine – This amino acid is the main component in green tea and helps to relieve stress and anxiety. It can also

promote more restful sleep. But when it's taken during the day, quite the opposite effect is achieved – described by users as a state of 'calm alertness'. L-theanine can be used to support relaxed productivity in the day and sleep at night, without causing drowsiness in the morning. This effect comes from the amino acid's ability to buffer the stimulants in tea, triggering the brain to produce alpha waves that signal relaxation and alertness. L-theanine has also been proven to safely improve sleep in boys with ADHD.

2. L-tryptophan – This is another amino acid that affects the brain, working as a precursor to neurotransmitters and neurochemicals like serotonin and melatonin. Serotonin can affect mental health and mood, while melatonin supports sleep. L-tryptophan depletion has an immediate impact on behaviour and psyche; even with doses as low as 1g, L-tryptophan has been used to treat sleep disorders and reduce the time it takes to get to sleep. Notably, L-tryptophan and L-theanine can't be manufactured by the human body and must be taken through food or supplements.

3. Magnesium – Magnesium regulates more than 300 biochemical reactions in the body, offering relief for anxiety, restlessness and poor sleep. But because of our nutrient-poor diet in the Western world, most of us are depleted in magnesium. And many of us are struggling with sleep issues as a by-product. Magnesium eases tension and promotes muscle relaxation, which makes it easier to fall asleep. Among the nearly 50 per cent of older adults who have insomnia, magnesium supplementation has been shown to improve sleep onset, time and efficiency.

4. Melatonin – Melatonin is a hormone

produced by the pineal gland, often used to regulate more serious sleep disturbances like insomnia and jetlag. Because of melatonin's ability to regulate the sleep-wake cycle, it can also help to address difficulty getting to sleep. Melatonin works – it has been proven to decrease sleep onset latency in normal sleepers and in those with primary sleep disorders. As an added bonus, taking melatonin may help to control weight gain by stimulating the beige fat that burns instead of stores calories.

5. Vitamin B3 – Also called niacin, vitamin B3 is one of the eight essential vitamins that can be found in any healthy diet. And when it's taken as a supplement, it can have an immediate effect on sleep and brain function. A 2015 case study published in *Clinical Case Reports* showed that taking just 250mg of niacin provided benefits for those with Parkinson's disease with improvements to sleep structure – a group known to have niacin deficiency.

6. Vitamin B6 – Vitamin B6, or pyridoxine, is another critical B vitamin that helps to produce serotonin in the body. When vitamin B6 is deficient, you may see signs similar to serotonin depletion that affect sleep – including lower body temperature, shorter deep sleep cycles, and disrupted REM. A 2017 study from *The Journal of International Advanced Otolaryngology* concluded that taking tryptophan, melatonin, and vitamin B6 could help to induce sleep in children as an alternative to sedatives.

7. 5-HTP – This is a chemical the body produces from the essential amino acid L-tryptophan. When 5-HTP is produced, serotonin levels are effectively increased. For those who struggle with broken sleep and night waking, taking 5-HTP can help to regulate sleep patterns again. Because 5-HTP freely crosses the blood-brain

barrier, whereas serotonin does not, it's most often recommended to treat insomnia and depression and anxiety that affect sleep.

In our busy world it takes a commitment to rest and the right nutrients to get more sleep. Resting more and sleeping better can pay off in long-term dividends, once we get into the practice. Deep sleep was dubbed the 'fountain of youth' in 2017 – it's restorative enough to prevent mental and physical illness.

Sources

All references can be found at www.NaturallyHealthyNews.com

Recommended Products

ANCIENT MINERALS MAGNESIUM OIL ULTRA

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



RELAXWELL

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



ANCIENT MINERALS MAGNESIUM GOODNIGHT

Magnesium lotion blended with melatonin.



SLEEP WELL™

Unique formulation containing 5-HTP, Melatonin, Valerian Root, Passiflora, Hops, MSM and Vitamin B3.





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.



GROWING YOUNGER EVERY DAY

Clinically-tested collagen promotes active joints and youthful skin

We're living longer with the potential to live better, but the quality of our skin has not caught up. A 2017 study out of Stony Brook University reveals that we've moved the mark again on the cut-off for ageing. Countries like Germany, the US, China and Iran may soon redefine parameters for old age based on their country's unique life expectancies. 70 could become the new 60, and with old age suspended, we deserve to look as good as we feel.

THE SKIN SHOWS THE FIRST SIGNS OF AGE

Maintaining health and activity is of the utmost importance, but one of the quickest 'tells' of age is the skin. The skin is the largest organ in the body. It's exposed to sun and the elements day in and day out. The delicate, thin skin around the eyes may be the first place to show signs of exhaustion, sun damage, and crow's feet. Wrinkles around the eyes often cause us to look older than our age.

Wrinkles appear around the eyes first, and then in other areas of the skin, when collagen begins to break down under the surface. Collagen is the main protein in our connective tissue, and it is also the most abundant protein in mammals. Collagen is what makes the skin feel soft, springy and smooth.

Time is not on our side when it comes to maintaining collagen levels that keep



In a 2012 study conducted on 26 sun-damaged subjects, taking 1g of BioCell Collagen a day for 12 weeks resulted in a significant reduction in wrinkles and dryness and a significant increase in collagen.

the skin youthful and strong. Collagen can be broken down by external factors, like pollution and sun exposure. Add to that a high-sugar, high-carbohydrate diet and collagen is further destroyed when sugar abnormally reacts with proteins and fats in a process called glycation.

CLINICAL COLLAGEN FILLS IN THE GAPS

If signs of collagen breakdown from sun exposure and diet are already evident in the skin, help must come from an outside source. BioCell Collagen has been clinically proven to refresh ageing skin and support healthy joints, made from a patented and highly-absorbable formulation of hydrolysed collagen type II, hyaluronic acid and chondroitin sulphate. BioCell Collagen is biologically active and may stimulate new growth in the skin. The hydrolysed collagen type II in BioCell Collagen has been shown to trigger cells to synthesise new collagen type II, with the potential to regenerate damaged cartilage.

Taking BioCell Collagen as a supplement can hydrate the skin and counteract fine lines and wrinkles caused by the sun. In a 2012 study conducted on 26 sun-damaged

subjects, taking 1g of BioCell Collagen a day for 12 weeks resulted in a significant reduction in wrinkles and dryness and a significant increase in collagen.

BioCell Collagen renews the skin and supports the joints as a by-product. Taking BioCell Collagen daily has been shown to improve joint pain by up to 89 per cent. To keep the skin and the body healthy and active, collagen holds the key. Taking more bioavailable collagen at any age can help to reverse the wear-and-tear of ageing.

Sources

All references can be found at www.NaturallyHealthyNews.com

Recommended Product

JOINT & SKIN MATRIX™
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.



The World's Healthiest Pasta?

Really Healthy Pasta is the perfect healthy meal option for all the family.

It's Organic, Gluten-Free, high in Fibre & Iron, really high in Protein, can be ready in 5 minutes and tastes delicious.



This super nutritious food makes healthy eating easy and is available in Red Lentil, Chickpea, Mung Bean, Black Bean and Buckwheat & Golden Flaxseed, all 250g, penne or fusilli



Never has eating so healthy been so easy!



Robert's Rant:

Shattered dreams

If I was born in the United Kingdom when the Second World War just finished. Winston Churchill was still Prime Minister. Less than 20 years earlier, British women finally got the equal ability to vote in elections in the 1928 Equal Franchise Act. It was still law that business people and university graduates could have double votes. It would be another two years before this injustice was abolished and 'one person, one vote' became the rule.

MODERN MEDICINE: WHAT WENT WRONG?

Medical treatment in the UK at the time was funded by various insurance schemes, and it was sufficient for most people to cover the basics. There were charity hospitals and free hospitals, but since many families supported each other, most got by.

The famous British Free National Health Service (NHS) was opened two years later in 1948 and was the brainchild of Aneurin Bevan, a socialist minister in what was then the Labour Government. This was funded out of taxes. Bevan's dream at that time was that, by delivering superior free health care for everyone, most disease would become a thing of the past. If all went well, the system would eventually be reduced to an acute trauma care service. I can remember going with our mother to



get free nutrition from the NHS clinic. The 'medical mafia' had other ideas, however, and soon shattered Bevan's dream. We didn't know it then, but the freedom and the health support for working people and their hopes of a healthier future were also about to become shattered.

The 'medical mafia' consists of the pharmaceutical industries (known as big pharma), the medical councils, researchers who make their income serving these

masters and the charities who funnel money to them collected from well-meaning people.

The medical mafia had been developing over the 100 years prior to my birth. It could be said it was born in the mid-1800s. Merck, for example, began as a small apothecary shop in Germany, selling herbs and plant-based medicines in 1668. Self-proclaimed as the "oldest pharmaceutical and chemical company in the world", Merck only began its wholesale production of drugs in the 1840s. Likewise, Hoffmann-La Roche in Switzerland; Burroughs Wellcome in England; and Smith Kline, Parke-Davis, Eli Lilly, Squibb and Upjohn in the US also started as apothecaries and drug suppliers between the early 1830s and late 1890s. Other firms began with the production of organic chemicals

Today, the medical mafia gets paid (or makes money) from sickness. That is their business model. As Richard Anderson reported in 2014 for BBC News, the pharmaceutical industry has no incentive to change their ways.

(especially dyestuffs) before moving into pharmaceuticals. These include Agfa, Bayer and Hoechst in Germany; Ciba, Geigy and Sandoz in Switzerland; Imperial Chemical Industries in England and Pfizer in the US.

A PROFITEERING PHARMACEUTICAL INDUSTRY IS BORN

The drugs these pharma manufacturers initially produced were fraudulently called Patent Medicines (though they were not patented). Eventually, drug companies had to take out real patents at great cost. Since they were now being regulated, they sought protection from competition from the herb and plant-sellers. Politicians and regulators were bribed to shelter the pharma businesses from the herbs and plants from whence their drugs came.

This was how the medical mafia destroyed Bevan's dream. Instead of offering health care, they turned pharmaceuticals into a self-perpetuating money machine. These companies began to only practise 'disease care' and even stopped issuing nutrients for children – the same nutrients which had given me such a strong start to life.

Today, the medical mafia gets paid (or makes money) from sickness. That is their business model. As Richard Anderson reported in 2014 for BBC News, the pharmaceutical industry has no incentive to change their ways. Some full drug courses cost more than \$100,000. Some



Your doctor was trained from cradle to grave to follow the business plan of the medical mafia. If they step out of line, they stand to lose their job.

major pharmaceutical companies, like Pfizer, make an unbelievable 42 per cent profit margin.

CAN YOU TRUST YOUR DOCTOR?

If everyone became as healthy as the British people were when I was born in January 1946, most of the medical mafia would be out of business. During the Second World War, the diet was restricted to food grown locally, and of course, very little sugar and junk foods were available. Even after the war, in my first 10 years of

life, I can remember food parcels (usually of biscuits and chocolates) arriving from relatives in North America. This fairly healthy diet meant healthier people. The medical mafia recognised this and made sure to quash discussion about food and nutrition as a cause of ill health.

Your doctor was trained from cradle to grave to follow the business plan of the medical mafia. If they step out of line, they stand to lose their job. In extreme circumstances, they may have to leave the country. In 1996, Stephen Bolsin,



a consultant anaesthetist at the Bristol Royal Infirmary, simply reported that heart surgeons there were killing babies in operations because of their bad practices. He was promptly sacked and unable to get a job in the UK, forcing him to move his family to Australia. Yes, the heart surgeons were sacked too, but they had a payoff and a pension, even though they were guilty of actions close to manslaughter.

The medical mafia always protects the guilty while persecuting the innocent. At the time of writing, I hear of a UK doctor who has just been given 15 years in jail for cutting off women's breasts when there was no reason. Like the Bristol heart surgeons, many medics knew or suspected this doctor, but it took years of

Virtually every country in the world now has a disease care service as opposed to a health care service. Even the World Health Organization has been infiltrated and now mostly works hand-in-glove with the medical mafia.

crimes against these women before he was stopped.

GREEDY MEDICINE SPREADS LIKE A SICKNESS

The medical mafia is not just in the UK. Virtually every country in the world now has a disease care service as opposed to a health care service. Even the World Health Organization has been infiltrated and now mostly works hand-in-glove with the medical mafia.

Where do we go from here? The internet has been a wonderful channel over the past 20 years. Many millions are now bypassing the medical mafia and learning that health care can only be practised by responsible individuals who start at birth. This makes healthy, fertile men and women who create healthy babies and teach their children health responsibility so that their children can do the same. Under the care of the medical mafia, families have gained little to nothing at all. Israeli researchers announced in 2017 that Western sperm counts in America, Europe, New Zealand and Australia are dropping drastically – by over 50 per cent in less than 40 years. The rate of decline isn't expected to slow any time soon.

I trust if you have read this far, you may want to read more. Please sign up for my weekly newsletter at www.NaturallyHealthyNews.com or www.Serrapeptase.info.

If you have a pressing problem, you can get support right away from my health coaches. Please sign up at www.MyGoodHealthClub.com.

Take good care, and remember, age-related health problems are not caused by disease. They are caused by continuing to follow a lifestyle that is unfit for a healthy old age.

In good health,

Robert Redfern

Robert Redfern
Nutritionalist, author and broadcaster

Sources

All references can be found at www.NaturallyHealthyNews.com

ITS TIME HAS COME

QuantoGram Technology has answers for the world's 'unsolvable' problems

In 1987, Robert Redfern, nutritionalist, author and broadcaster, developed a technology that was before its time. Redfern's early invention of the smartwatch, used to read stress levels in the skin, was patented almost 20 years before the first Apple smartwatch was introduced.

Redfern manufactured and sold 500 watches in the late 1980s but ultimately could not get enough funding to support his new technology. Without the capital, Redfern's decades-old smartwatch patent was lost. If Redfern still held his patent today, he would be receiving royalty for the millions of smartwatches being produced. Global smartwatch sales hit a record \$21.1 million in 2016.

ON TO THE NEXT BOUNDARY-BREAKING TECHNOLOGY

Many of us remember a time before mobile phones. The first mobile phone call was

made by Motorola engineer Martin Cooper in 1973. But it wasn't until 1983 that the first mobile phones officially went to market and they didn't become acceptably mainstream until 10 to 15 years later. Today, 95 per cent of people in Western countries hold a mobile phone and 77 per cent a mobile computer, or smartphone, in their hands.

Those of us who can remember the days before mobile phones were introduced can also remember that people were resistant. The technology was new, confusing and widely misunderstood. It seemed unthinkable to make the leap from landline to mobile phone use.

QuantoGram Technology is the mobile phone technology of the new millennium. Learning from his first smartwatch endeavour in the 1980s, Redfern has taken it upon himself to teach a brand new technology based on the science of quantum physics in a way that can be easily understood.

Already, we have quantum computing on the horizon. Even today's super-computers can only compute in a binary sequence, but IBM announced its intention to release the first commercial quantum computer in 2017. Traditional computers work on an existing set of computable data, IBM says, while quantum computers open the door to limitless possibility. Quantum computers can provide solutions to previously unsolvable problems, where data does not yet exist and with answers too large to be reached by classical computers.

A CHANGE IS COMING: QUANTOGRAM TECHNOLOGY FOR OUR CARS, PHONES AND HOMES

The tech industry isn't the only sector that will benefit from quantum mechanics. Just this year, almost every new Mercedes-Benz purchased in the UK within the past six years was recalled because of the company's failure to improve emissions. Mercedes manufacturer Daimler of Germany estimates that taking this extra measure to reduce the vehicles' nitrogen

oxide output will cost the company €220 million. This mass recall comes on the heels of the Volkswagen scandal of 2015, where the US Environmental Protection Agency discovered Volkswagen to be cheating on its emissions tests. The 482,000 VW diesel cars on US roads were found to be emitting up to 40 times more toxic pollutants than is allowed. Volkswagen admitted to cheating emissions with 11 million cars internationally before issuing a recall and halting sales of car models designed to cheat.

What's most unfortunate about these stories is not just the deleterious effect unregulated pollution has on our environment. It's that, in order to effectively and safely reduce emissions, Volkswagen didn't have to cheat. The costly Mercedes-Benz recall wasn't needed. QuantoGram Technology, where a quantum hologram is used to alter the subatomic structure of fuel toxins so that they burn cleaner and more efficiently, is now being used to affordably reduce emissions on cars, trucks, oil boilers and especially, diesel vehicles.

Also in 2015, the London Assembly Environment Committee recognised that London, one of the most polluted cities in Europe, had a significant air pollution problem. London's high levels of pollution were primarily caused by diesel exhaust, with negative effects linked to low birth weight, cancer, stroke, brain ageing and heart and lung disease.

To save the environment and the health of the city, the Mayor of London began to actively support cleaner emissions technologies. In his 2014 Air Quality Manifesto, the mayor even considered only allowing zero or low-emission vehicles into central London by 2020.

Here, we see quantum physics prevail again. To meet the new standards in a city like London and to protect the population, a QuantoGram Pure Combustion Device can be placed on a vehicle to improve the fuel structure of diesel or petrol. Pre-treating fuel exhaust emissions that contain 78 noxious chemicals with quantum technology can help to burn and neutralise trace toxins before they reach our lungs or the environment. With a QuantoGram PCD, fuel use may be reduced by 15 to 40 per cent, with a 15 per cent reduction guaranteed.

QuantoGram Technology can also affect the devices we use at home and the safety of our houses. Almost everyone owns a mobile phone today, and yet, the safety standards for our personal devices are outdated, developed when mobile phones were sold in the late 1990s. But round-the-clock mobile phone use and keeping a phone in a pocket exposes the human body to constant radiation. In 2016, mobile phone radiation was linked to tumour formation in rats.

Placing a QuantoGram HoloGuard on a mobile phone, cordless phone, tablet, or laptop can work much in the same way we see with high-emission vehicles. QuantoGram Technology does not block signals of electromagnetic stress that can burden the body over time; rather, a quantum hologram on a portable wireless device will resonate a healthy frequency to neutralise any potentially harmful EMF (Electrical Magnetic Frequencies) emissions. In the home, a SafeHouse quantum hologram can be placed on electrical equipment and Wi-Fi routers to protect families from electrical smog caused by EMFs.

It's easy to be sceptical when a new, ground-breaking technology is introduced, as we saw when mobile phones were

released 30 years ago. Quantum holograms may seem far-fetched and complex, but they work effortlessly: Placing a quantum hologram on a vehicle or mobile device provides benefits by influencing their subatomic particles of matter. Quantum technology can even work on people. Any device with quantum energy attached to it can be tested by using a strength test at home. For example, when standing upright in a two-person strength test, strength in any person is guaranteed to increase after receiving a call from a phone protected by a QuantoGram HoloGuard.

Quantum energy affects the very particles of our being. And as Redfern predicts, within just a few short years, this simple science will begin to revolutionise our daily lives as we step into the future.

Recommended Products

PURE COMBUSTION DEVICE

Uses QuantoGram Technology for Petrol-Diesel Vehicles to lower Fuel / Emissions and gives Higher performance.

HOLOGUARD

Keeps you safe from Electromagnetic Frequencies and Electromagnetic Radiation, simply stick it on the back of your mobile phone or portable wireless device.

SAFE HOUSE

Protection for the whole family from various electrical smogs caused by Electrical Magnetic Frequencies (EMFs). Plug in at home.

Sources

All references can be found at www.NaturallyHealthyNews.com

HEALTH news

LOW-PROTEIN DIET STARVES CANCER CELLS

The idea of starving cancer is getting traction. A strict low-protein diet – which means cutting out meats, eggs, oats and dairy – starves cancer cells and slows, and even stops, their growth.

Proteins contain two non-essential amino acids – serine and glycine – that cancer cells need. In tests on laboratory mice, removing the amino acids also slowed the growth of the cells, researchers from the University of Glasgow found.

Chemotherapy and radiotherapy boost levels of the amino acids in the cancer cells, suggesting that the conventional treatments are helping cancers to grow.

The restricted diet may not work for all cancers. In the current study, it was effective against lymphoma and intestinal cancer, but the researchers fear it may not help in cancers that have a special genetic expression, known as the Kras gene, that is found in pancreatic cancer, for instance.

They also say that the diet is very restricted and specialised, and people shouldn't just adopt it without being supervised by a medical professional.

FORGET 10,000 STEPS – 3,000 A DAY CAN KEEP YOUR HEART HEALTHY

Forget the 10,000-steps-a-day rule – walking 3,000 steps in 30 minutes could be enough, especially if you have congestive heart failure and you want to improve your chances of a long life.

Doctors have warned heart patients off physical exercise, and prescribed drugs or even a pacemaker instead – but walking every day at a moderate pace has all the same benefits, new research has discovered.

Heart patients have been strictly forbidden from exercising because it was feared it would compromise the heart's pumping action further – but the very reverse is true, researchers from the Technical University of Munich found.

After just 12 weeks of walking 3,000 steps every day, the pumping function improved in patients, which, in turn, improved their ability to exercise. Moderate exercise – completing the steps in 30 minutes – had as much benefit as more vigorous, intensive exercising.

The researchers tried different approaches on a group of 261 people with congestive heart failure, one of the most common causes of death in the industrialised world. Over the course of a year, they tried different types of exercise under supervision, and were advised to continue the programme for the other nine months.

Overall, moderate walking decreased strain on the heart, improved heart muscle function, improved blood vessel dilation, helped form new blood vessels, and lowered blood pressure levels. The discovery is a major advance, say researchers. Congestive heart failure has been considered as lethal as cancer, and sufferers had little hope for a long life.

STATINS RAISE TYPE 2 DIABETES RISK BY 60 PER CENT

Cholesterol-lowering statins do raise the risk of type 2 diabetes, a major new review has confirmed. The risk can rise by as much as 60 per cent depending on the drug being taken.

Earlier studies had seen that the drugs increase diabetes risk – although it was only between 9 and 13 per cent – but researchers from the University of Milan have discovered it raises the risk far more.

On average the drugs increase the risk by 44 per cent, but it can be as high as 61 per cent for people taking Crestor (rosuvastatin), one of the most successful drugs in the statin family and often described as a 'super statin'.

The risk seems to increase with length of use and higher doses. The researchers took another look at 20 studies, which involved more than 1,000 people taking a statin.

They say that there needs to be a more rigorous monitoring of statin patients, especially if they are already pre-diabetic or have risk factors for diabetes.

Type 2 diabetes can lead to heart disease and even blindness.

VITAMIN C CUTS SEPSIS DEATH RATE BY 500 PER CENT

Intravenous (IV) vitamin C can counter the deadly effects of sepsis (blood poisoning), which kills up to 60 per cent of sufferers, a new study has discovered.

The vitamin reduces the rate of death five-fold, or 500 per cent, if it's given as an IV infusion for just two days, say researchers from Eastern Virginia Medical School.

Medicine doesn't have a good response to sepsis, which kills around 11 million people a year. The average mortality rate – especially in low-income countries – can be 60 per cent. The disease causes organ dysfunction, acute kidney injury and, eventually, death.

But sepsis doesn't have to be a death sentence. The researchers compared the outcomes of 47 sepsis patients who had been treated in the medical school's intensive care unit, and 47 other patients who were instead given IV vitamin C. Just 8.5 per cent – or four patients – died from sepsis after having vitamin C therapy compared to 40.4 per cent, or 19 patients, in the group given standard care. The vitamin C group was also given corticosteroids and thiamine (vitamin B1).

Source: www.WDDTY.com

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GOOD HEALTH™
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Because it works!



It takes guts to be healthy

Help for indigestion, gas, constipation, IBS and Crohn's disease

A properly functioning digestive system is essential to good health. When your body can't digest the food you eat, it struggles to glean its nutrients from food. You may find yourself feeling tired and sluggish. Soon enough, toxins will start to accumulate. This chain of events can be the cause of failing health and disease.

WHAT'S YOUR GUT TRYING TO TELL YOU?

Symptoms of poor digestion are common – like indigestion, flatulence, constipation, diarrhoea, or bloating after a meal. More serious digestive diseases are also on the rise and can be aggravated or caused by everyday digestive troubles that go unchecked.

According to the Crohn's and Colitis Foundation of America (CCFA), ulcerative colitis may now affect up to 907,000 people. This chronic disease occurs when sores and ulcers develop in the large intestine after it becomes inflamed. Crohn's disease and ulcerative colitis are categorised as Inflammatory Bowel

Diseases (IBD) by the CCFA. IBD numbers continue to climb, the CCFA says, demanding the need for a cure. Now, 1.6 million people have IBD, a number that has risen by 200,000 since 2011.

Irritable Bowel Syndrome (IBS) is another chronic disease of the gut considered by many researchers to be an epidemic. The International Foundation for Functional Gastrointestinal Disorders estimates that IBS affects 10 to 15 per cent of the global population. Yet only 30 per cent of people who experience IBS symptoms get help.

And what of those run-of-the-mill digestive problems that we're so quick to ignore? Gastrointestinal problems, like gas, indigestion, and constipation or diarrhoea, and diseases are more likely to affect women than men.

Factors in the modern lifestyle, like a processed food diet and ongoing stress, can make gut discomfort even worse. Stress-related gut problems may be especially apparent in children with autism.

Your gut may be struggling, evidenced by digestive discomfort and disease. Making key lifestyle changes has been proven to help.

AID DIGESTION AT EVERY MEAL

Active enzymes that break down food in the body run out with each passing year. But without these helpers, you can't digest food, expel toxins, cleanse the blood, support immunity and other vital organs, and so much more.

For optimal digestion, seven critical digestive enzymes should be taken before each meal:

- 1. Amylase** - The body uses amylase to convert starches into sugar. Having high amylase makes it easier to digest starch compared to low amylase levels. High levels of amylase in the saliva have also been linked to lower levels of blood glucose, indicating that the enzyme can aid in metabolism.
- 2. Cellulase** - An enzyme derived from single-celled organisms, cellulase helps break down cellulose fibre from the interior and exterior of plant cell walls. Those who eat a healthy diet in combination with taking cellulase may see almost a direct remedy of their digestive symptoms.
- 3. Lactase** - This is the enzyme the body requires to break down the sugar lactose,

found in milk, into more simple sugars it can use. We're born with some lactase, which can deplete into a deficiency and cause lactose intolerance over time. For symptoms like cramps, bloating, gas and diarrhoea after eating dairy, lactase can help.

4. Lipase – Fat digestion can be made much easier with support from the lipase enzyme. Most people learn through their digestive troubles that fat, of all the micronutrients, is the hardest for the body to break down. A 2010 study confirmed that a deficiency in pancreatic enzymes, which includes lipase, may be linked to abdominal pain and diarrhoea in some cases of IBS.

5. Maltase – A carbohydrate-loving enzyme that helps the body process grains, maltase is considered one of the most critical enzymes in digestion. Maltase as a carbohydrate-digester helps to ease the burden on the small intestine and the pancreas. Maltase has even been suggested to help children with autism who suffer from frequent digestive troubles.

6. Sucrase – A digestive enzyme secreted by the small intestine, supplementing with sucrase can provide extra help to break down sugars as they reach the gut. Sucrase is also called invertase, and it works best with other carbohydrate-digesting enzymes like maltase. Sucrase is a main digestive enzyme that is vastly depleted with age.

7. Protease – The body uses this proteolytic enzyme to digest protein, making protease absolutely essential for good digestion. Protease enzymes help to break down the macronutrient protein into amino acids to contribute to muscle, skin, bone and blood health. Ample amounts of this enzyme are required to build and repair tissue and maintain other enzyme and hormone levels.

EAT GUT-FRIENDLY FOODS

To improve digestive distress and disease, cutting out inflammatory, processed foods is highly recommended. Give digestive

enzymes something good to eat with high-fibre, gluten-free foods. Removing gluten from the diet can eliminate a direct inroad to gut inflammation. Gluten-free legumes, enjoyed as an alternative in pasta, are an excellent source of fibre that can increase levels of disease-protective short chain fatty acids in the gut.

FLUSH OUT THE TOXINS

Your gut will run much smoother without toxins burdening its digestive system. Charcoal has long been used for this purpose – to flush out toxic build-up and soothe digestive and stomach troubles. Taking natural charcoal in a capsule provides a quick remedy for ongoing digestive stress, helping to ease gas and bloating after a meal.

REPLENISH PROBIOTIC BACTERIA

More than 160 genes associated with Inflammatory Bowel Diseases have been detected, the CFFA confirms. Better understanding the gut microbiome – where all the good bacteria and gut-friendly nutrients are housed – is an effective way to turn on or off these genetic expressions and reduce risk of gastrointestinal discomfort and disease. A probiotic has been proven beyond the shadow of a doubt to improve gut health. German researchers also discovered in 2012 that probiotics in the gut can reduce dangerous levels of inflammation, providing potential treatment for IBD.

The gut is often thought of as the endpoint of the processes in the body – when it's really where it all begins. Treat your gut with the utmost care, and you'll see significant changes in your digestion and overall health. Eat anti-inflammatory foods and support your gut with its missing bacteria and nutrients, and chronic health problems may all but disappear.

Sources

All references can be found at
www.NaturallyHealthyNews.com

Recommended Products

ESSENTIAL DIGESTIVE PLUS™

Unique digestive formula combining x11 powerful enzymes, including Amylase, Cellulase, Lactase (improves lactase digestion), Lipase & Protease. Also contains Fruta-Fit Inulin, a source of dietary fibre.



PROBIOTIC14

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



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.



REALLY HEALTHY PASTA (250G)

Organic, gluten-free legume pasta, low GI, high protein, iron and 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.



HAPPY TUMMY CHARCOAL

500mg pure natural hardwood charcoal per serving. Activated charcoal contributes to reducing excessive flatulence after eating.





For the love of our furry friends

Don't forget – your pet's health matters too

Do we need more evidence that animals are really man's best friend? A 2017 study from the University of Cambridge brought forth interesting findings on our true relationships with our pets. Children in the study were found to get more satisfaction from their relationships with their pets than even their brothers and sisters. Having a pet as a child may play a critical role in influencing development and can positively impact a child's social skills and emotional wellbeing.

PETS CAN'T SPEAK FOR THEMSELVES

Our pets are members of the family, confirms the University of Cambridge Centre for Family Research study conducted on 12-year-old children from 77 families. But unlike a child, when a pet is hurting or feeling bad, it's difficult for them to express their needs to us.

To make matters worse, research on our

pets' health is inconsistent. In 2013, an internet project called Dogslife worked in conjunction with the Kennel Club to collect data on labrador retrievers registered in the UK. The purpose of the research? To find out more about the longitudinal impact of canine diseases affecting our furry companions. Analysing data from 1,407 dogs enrolled in the study, researchers determined that 80 per cent of dogs will be ill by the time they turn a year old. But only half of these dogs may be considered sick enough by their owners to be taken to the vet. Four out of 10 dogs may be sick at some point in their lifetimes.

Some of the most common dog and cat health problems and illnesses include ear infections, heartworm, dental disease, parvovirus, distemper, rabies and flea and

tick-borne illness. As pets grow older, they may suffer from health issues related to obesity, arthritis, cancer, kidney disease and diabetes. Horses may be affected by skin conditions like ringworm and cracked heels, respiratory conditions that include the cough and common cold, and more serious illnesses like Potomac Horse Fever caused by bacteria, equine herpesvirus (EHV), strangles, tetanus and equine influenza.

Currently, the pet medication market is growing. Many drug manufacturers use independent distributors to target sales at veterinary practices. Veterinary practices gain a large portion of their income from the sales of these pet medications. Most medications are prescribed to pets orally and are intended to be absorbed through the gastrointestinal tract. Side

A 2016 study published in Expert Review Neurotherapeutics indicates that krill oil's omega-3s may also serve as an alternative therapy for canine epilepsy.

effects like loss of appetite, vomiting and diarrhoea are not uncommon. Pets may also experience stomach ulcers after taking steroids and non-steroidal anti-inflammatory drugs, a combination that becomes even more damaging to the stomach lining when taken together. Other common side effects of pet medication include bumps under the skin, skin irritation, fatigue and lethargy, and, in more severe cases, anaphylaxis and liver or kidney damage.

4 PET-FRIENDLY NUTRIENTS

Our pets' bodies are just as vulnerable to wear, tear and disease as our bodies. And as we see with people, the drugs prescribed to pets can often worsen their condition.

Supplying our pets with missing nutrients – with the same daily care we give to our family – can alleviate many early symptoms and help to manage the progression of disease:

1. Hydrosol silver for wound healing.

Safe for people and safe for pets, hydrosol silver is an animal's prime defence against the outside world. Silver has been proven to disrupt harmful bacterial growth and fight against infection. Dogs, cats and horses that get a cut or scrape when playing outdoors will benefit from the protection of natural hydrosol silver gel over an antibiotic cream to support healing and skin recovery. Hydrosol silver nanoparticles also have the power to boost pets' immunity, engineered with a revolutionary manufacturing process that improves silver's potency and delivery. Silver nanoparticles can even kill candida yeast infections in the mouth, a common fungal infection in dogs of all ages and breeds.

2. Krill oil for growth, development and immunity. Pets young and old can benefit from a boost of omega-3 and omega-6. These essential fatty acids aren't made by an animal's body, so they must be

supplied through supplement or diet. Getting more omega-3s can help to relieve a dry, flaky coat, skin irritation and joint inflammation. The omega-3s found in pure krill oil are considered superior to fish oil that can go rancid, with protective benefits for a pet's eyes, heart and brain. A 2016 study published in *Expert Review Neurotherapeutics* indicates that krill oil's omega-3s may also serve as an alternative therapy for canine epilepsy. 100 percent sustainable Superba™ krill oil is the superior form of krill oil – proven to increase the heart-protective Omega-3 Index 70 per cent more than fish oil, within only eight weeks.

3. Probiotics for good digestion. Just as we see in humans, the gut is the central hub of our pets' health and wellbeing. This is where food is broken down and digested, and nutrients are absorbed and sent to where the body needs them. Taking antibiotics can upset the delicate balance of good and bad bacteria in the gut, opening the door to digestive distress, poor immunity and disease. A daily soil-based probiotic capsule, opened and mixed into a pet's food, can easily restore this balance. A 2017 study published in *Canadian Journal of Veterinary Research* confirmed that taking a probiotic helped to significantly improve digestion, stool, mental state and appetite in dogs with distemper-related diarrhoea.

4. Serrapeptase for disease prevention and management. The powerful anti-inflammatory enzyme serrapeptase, derived from the intestine of the silkworm, can renew a pet's health by encouraging an internal clean-up. Serrapeptase is known for its ability to break down and clear out the body's dead cells, waste products and unwanted debris. Pets with arthritis and joint stiffness, common among ageing

dogs and horses, and even growths and cancerous inflammation may find relief when taking the enzyme daily. Animal studies have confirmed serrapeptase's antimicrobial and anti-inflammatory capabilities.

Just like us, our animal friends can live longer and happier with a natural approach to their healthcare. We give them our love and affection, but it's easy to overlook how our pets' quality of life can be improved with the right nutrition.

Recommended Products

SERRAPET™

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



PRESCRIPT-ASSIST

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.



THE KRILL MIRACLE™

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



HYDROSOL SILVER GEL

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



Sources

All references can be found at
www.NaturallyHealthyNews.com

THE SPORTS SUPPLEMENT DEBATE

Better, faster, stronger is the goal for exercise and sport. How sports supplements can bridge the gap.

Pre-workout fuel. Performance supplements to take during a workout. Post-workout recovery shakes. With all the sports nutrition options available, it's hard to know where to begin. But it is the exercisers, bodybuilders and endurance athletes who have the highest need for specialised nutrition.

A number of leading sports supplements have been deemed ineffectual, without the necessary research to support their use. In 2015, Australian researchers even discovered that sports performance-enhancing drugs, a.k.a. 'doping' used to gain a competitive advantage in athletic competition, is not only dangerous and illegal, it doesn't work. When researchers compared sporting records, which included Olympic and world records, for male and female athletes within 26 sports from

1886 to 2012, distances and records in the time frame where steroids were available did not improve compared to the pre-steroid era before 1932.

While dangerous drug use is never recommended for exercise or sport, the latest research sheds light on the age-old debate. Do sports supplements really work? And if so, which are the best to take?

REAL NUTRIENTS EDGE OUT THE COMPETITION

Research supports the fact that athletes and exercisers require superior nutrition to help their bodies function at an optimal level. Drugs don't work. Performance-enhancing ingredients, which may be permitted as safe for use, often don't either. And mixing the wrong chemical supplement ingredients with an existing health issue, like hypertension or diabetes,

could be recipe for disaster.

Belgian scientists studying sport performance in 2016 happened upon an interesting discovery. It's nutritionally-rich foods, like leafy greens, that can help the body perform at its peak. Researchers confirmed that supplementing with nitrate during short, intense exercise – found abundantly in green, leafy vegetables like spinach – could change muscle fibre composition and potentially enhance performance when training in low-oxygen conditions. Antioxidant-rich leafy greens have also been proven to prevent post-workout damage and aid in recovery. Likewise, American researchers learned in 2012 that potassium-rich bananas, when consumed during exercise, can be just as beneficial as a sports drink.

Sports nutrition is one area where we're better off keeping it simple.



Taking in the right nutrients at the right time can work with the body's natural systems to help it function at its best:

- For the exerciser, targeted sports nutrients can help to correct any underlying deficiencies, making it easier to reach fitness goals and maintain a healthy weight.
- For the athlete, supplementing key nutrients backed by research can help to support muscle gain, strength, fat loss, endurance, training and recovery.

To get the most out of a sports supplement, start by setting a goal first. Is it to run for longer? Build more muscle? Break a record? Lose weight? Have the energy to exercise more often? Once that goal is set, the rest is easy. Proven sport nutrients can bring it to completion.

D-RIBOSE FOR REDUCED MUSCLE FATIGUE

D-ribose is a five-carbon sugar known to be the cornerstone of cellular regeneration. It plays a pivotal role in the production of adenosine triphosphate (ATP) sent to the heart and muscles; ATP production is vital to the transport of energy to the body's cells. When ATP is produced, cellular energy is renewed quickly. In the sports world, this can indicate a speedier and healthier recovery. With benefits for both competition and regular exercise, taking D-ribose may help to prevent muscle fatigue by supplying extra energy to the heart and body when they need it most. D-ribose not only has research-backed benefits, but when studied for safety on racehorses in 2015, the supplement was found to protect horses from cramping while improving muscle recovery without side effects.

L-ARGININE FOR PERFORMANCE

L-arginine is the semi-essential amino acid found in nuts and seeds. The body uses it for protein synthesis, wound healing and waste removal. L-arginine has become a popular supplement to support muscular blood flow and oxygen in exercisers, bodybuilders and athletes, after the discovery that the amino acid works in the body as the precursor for nitric oxide. In a 2010 study conducted by the University of Exeter, this effect was seen full-force. When L-arginine was taken to boost nitric oxide (NO) levels during high-intensity exercise, athletes performed for up to 20 per cent longer with up to a 2 per cent race time improvement. Taking L-arginine, along with a diet rich in nitrate from leafy greens as supported by the Belgian study, may provide the most powerful natural performance boost.

LIQUID ENZYMES FOR IMPROVED OXYGEN UPTAKE

Liquid enzymes extracted from deep water seaweed, when taken sublingually, can help to improve how the body absorbs oxygen. As we saw in the case of NO-enhancing L-arginine, supporting the

body's ability to utilise oxygen can support better workout performance. Taking liquid oxygen enzymes allows for optimum oxygen absorption and can be especially helpful when training, hiking, or competing at a high altitude. Liquid oxygen-enhancing enzymes can also benefit anyone with an active lifestyle for daily use by supporting the respiratory system and lung function. For competitive athletes, oxygen-enhancing enzymes may allow exertion during exercise to become easier. Athletes have been known to train in the heat to improve altitude tolerance. Liquid oxygen enzymes can be used alongside such training to minimise altitude sickness and support lung capacity.

MAGNESIUM FOR MUSCLE FUNCTION AND ELECTROLYTE BALANCE

Magnesium is one of the most overlooked supplements in the sports nutrition world – most athletes and exercisers are missing out. Yet this multi-functional mineral is responsible for more than 300 biochemical reactions in the body and is critical for daily electrolyte balance. Magnesium helps regulate protein synthesis to support optimal muscle function. It can also be used as a safe pain management aid for athletes and exercisers; applying magnesium oil, gel, or lotion or soaking in a magnesium bath can relieve aches and pains, joint stiffness and inflammation. Weight control athletes like wrestlers and gymnasts are especially vulnerable to magnesium deficiency, a Magnesium Research study confirmed. Increasing magnesium levels in cases of deficiency will benefit exercise performance.

PROTEASE ENZYME FOR PROTEIN BREAKDOWN

Protease, otherwise known as the protein enzyme, is considered one of the most essential enzymes in the body. Needed to complete the digestive process, taking protease can help to prevent undigested proteins from being released into the body – even into the circulatory system. Taking protease can support protein breakdown

into amino acids. After a heavy training session, protease enzymes help to break down damaged tissue and support a quicker recovery. A 2009 study published in *Medicine & Science in Sports & Exercise* confirmed protease to be beneficial for weightlifters and bodybuilders. Taking a protease supplement helps reduce muscle strength loss by regulating inflammation.

SERRAPEPTASE ENZYME FOR REDUCED INFLAMMATION

As noted, athletes and exercisers often struggle with high levels of inflammation, inhibiting recovery. The natural anti-inflammatory enzyme Serrapeptase has a remarkable body of research behind it – promoting its use for just this purpose, without any of the side effects associated with over-the-counter anti-inflammatory drugs. Anti-inflammatory serrapeptase has been called the ‘miracle enzyme’ with application for autoimmune disease, cancer, brain health, heart health, lung health, digestive dysfunction, skin disorders, chronic pain and more. Taking serrapeptase can promote quicker and more efficient recovery by reducing post-exercise inflammation.

CARBOHYDRATE ALTERNATIVES FOR HIGH-PROTEIN WITH LOW GLYCAEMIC INDEX

Supporting the body with a Really Healthy Foods diet is the foundation of performance and recovery. Simply eliminating processed, high-carb, high-sugar foods can calm inflammation. Eating vegetables, dark-skinned fruits, avocados, beans, nuts, seeds, oily fish, lean meat in moderation, healthy oils and healthy carbohydrate alternatives can fuel the body, while encouraging its healing. Elite athletes who cut out starchy carbs were found to burn twice as much fat as

Recommended Products

HEALTHY FLOW™

A powerful blend of the essential amino acids L-Arginine, L-Citrulline and L-Lysine. Also contains grapeseed extract, polyphenols, citric acid, Be Flora, potassium sorbate and silica, along with AstraGin to help absorption of the amino acids.



ANCIENT MINERALS MAGNESIUM OIL ULTRA

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



D-RIBOSE PLUS™

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



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



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.



REALLY HEALTHY PASTA (250G)

Organic, gluten-free, low GI, high protein, iron and fibre and high nutritional value. Cooks like pasta, tastes delicious and available in Red Lentil, Chickpea, Mung Bean, Black Bean, Buckwheat and Golden Flaxseed, penne or fusilli. No added nasties, just single ingredients used.



high-carb athletes during peak exertion. As a healthy carbohydrate alternative, eating legume pasta, high in protein and fibre with a low glycaemic index, before and after competition can support the body's maximum exertion and fat-burning potential. Gluten-free legume pasta made with a single ingredient is a welcome substitute for high-carb, processed foods. Legume pasta can be easily prepared and eaten cold as a pre- or post-training snack. High-fibre foods, Oregon State University researchers say, are a staple in an optimal

training diet to maintain muscle while still burning fat.

There's no need to waste time and money on sports supplements containing chemical ingredients that may have a negligible, if not harmful, effect on the body. Well-timed sports nutrients have been proven to work. Diet lays the groundwork for achieving optimal fitness and performance. And where an extra boost is needed, energy and a competitive edge can come from these missing nutrients.

High-fibre foods, Oregon State University researchers say, are a staple in an optimal training diet to maintain muscle while still burning fat.

Sources

All references can be found at www.NaturallyHealthyNews.com

THE MOST COMPLETE MULTIVITAMIN FOR ALL THE FAMILY

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

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

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

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

Now contains a high amount of Lutein & Zeaxanthin and Folate MTFH; the same as found in nature (different from Folic Acid, which is synthetic and does not absorb correctly).

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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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x180
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MOST POWERFUL INGREDIENTS...

Serrapeptase | Magnesium | Probiotics | Curcumin | Iodine | Vitamin D3 | Ubiquinol CoQ10 | Healthy Pasta | Vitamin K2 | Lutein | Krill | Selenium | Digestive Enzymes | Vitamin C | Opti Zinc | Digestive Enzymes | Resveratrol | D Ribose | L Arginine | Hydrosol Silver | B Vitamins | many more

