

YOUR COMPLIMENTARY COPY
ISSUE 21



naturallyhealthy^{NEWS}



30+ HEALTH CONDITIONS FEATURED

YOUR A-Z OF GOOD HEALTH ESSENTIALS

HEALTH NEWS AND RESEARCH

ADVICE **DIETS** SUPPLEMENTS **Q&A** FITNESS **RECIPES** LIFESTYLE **DETOX**

Put some FOCUS® into your Eye Health

As seen on ITV's
'This Morning'

Lutein, Zeaxanthin
+22 other nutrients
60ml
'It Really Works'

Lutein, Zeaxanthin
+ 3 other nutrients
30ml
Best Value Lutein



How can Focus® sprays help to support your Eye Health?

- ✓ In addition to essential nutrients for Eye Health they also contain a high dosage of **Lutein** and **Zeaxanthin** – identified as the only two Carotenoid antioxidants that are specific to lens and macular health.
- ✓ They are sublingual formulas and the nutrients absorbing under the tongue are **up to 9 times** better than their tablet equivalent and can be in the eye within 2 minutes.
- ✓ New Focus® and Maxi Focus® deliver the highest amount of nutrients for the **lowest cost** when compared to other supplements on the market!
- ✓ They are both vegan friendly, easy to use and easy to swallow.

"Can this mouth spray help save your eyesight?" Daily Mail

Each serving of Focus® spray contains the same amount of Lutein & Zeaxanthin as approx **12 CUPS OF BROCCOLI!** 30 servings per container



welcome...

Hello and welcome to this Anniversary Issue 21 of *Naturally Healthy News*. Everything I have done in Natural Health I owe to the lead shown by my wife, Anne. Over 32 years ago Anne decided that she was going to go fully natural in her lifestyle for our third child. She tried to carry me along with this but like many men I was reluctant and I carried on smoking and eating junk food. It was over 6 years later when both of my parents died in their mid 60s that I finally got the message and became a willing party to a natural lifestyle. I started to research with a vengeance the causes of disease and the natural solutions to reverse these diseases.

Now 32 years later, I am the picture of health, both inside and out, and happy to provide inspiration for others, all because of the train of events that were started by Anne's decision to follow a healthy lifestyle.

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

I trust you will get the same benefits from these pages and look forward to helping you in any way possible.

Robert Redfern

Health Advocate, Author & Broadcaster
Email Robert@GoodHealth.nu



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: Heart health, Detoxing, Digestion, Skin... Go for what you most want to know about.
- 3** As a reference guide to natural health. Keep it safe so you can help family and friends with their health when they need it.

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NATURALLY HEALTHY PUBLICATIONS

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HEALTH NEWS

THE BUREAUCRATS THREAT TO TRUE HEALTH

TRUE HEALTH is far more than freedom from disease and defined clearly by the World Health Organisation as: ‘Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.’

Part of our right to true health is to be able to purchase life-enhancing natural food supplements. This right is being destroyed by EEC regulators, influenced by drug companies.

For years Mike Tawse’s body struggled to survive, with up to 14 different drugs prescribed for the cardio and respiratory problems he experienced from being born with cerebral palsy. The turning point came when Mike started taking

an enzyme called Serrapeptase®, as a natural anti-inflammatory and pain reliever. Mike’s lung function and heart rate returned to normal swiftly, confirmed by his doctor, and as the months passed, he took responsibility for his well-being and stopped taking his prescription medications. He has never restarted them.

Mike says: “The EEC ban on nutritional supplements would cause thousands of people distress and close many health food stores. Most serious of all, it could undermine the most fundamental right of everyone: to live long and healthily.”

The right to life and health is a legal right according to The European Convention on Human Rights. Many nutritional



supplements have been safely used for over 50 years but currently suppliers must spend over £100,000 per formula to prove their worth and safety.

To help fight the ban on supplements or sign up for newsletters, go to www.anh-europe.org/about-us and www.consumersforhealthchoice.com in the UK, or www.anh-usa.org in the US. You can contact Mike at: www.serrapeptaseadventure.ws and visit www.MyRightToLife.com



JOINING IN JAMIE OLIVER’S HOME COOKING SKILLS

EARLIER THIS YEAR, Britain’s Jamie Oliver was awarded the prestigious Ted Prize of \$100,000 for social projects and a ‘wish’ that the TED community pledges to help make come true.

Jamie used his acceptance speech to attack the global food giants for profiting without ever investing significantly in measures to tackle the world’s most deadly health crisis – obesity. He demonstrated that American children are condemned to a 10 year shorter lifespan than their parents, and cited the size of food portions, laxness of food labeling, and fast foods as major culprits in the obesity epidemic.

Jamie’s Ted wish was “...that millions more people will learn, as so many have already, that it is a happier, healthier life that is built around eating good food together with family and friends.”

Jamie has created the Home Cooking Skills course for UK secondary schools and colleges. And there’s plenty we can do too. For example, asking your children’s school to help form a parents group to get together and work out how to instigate a cookery course through school.

Or set up a joint web blog for your schools and community and seek menus, recipes, sources of good value fresh foods, and post news items.

You can also go to www.ReallyHealthyFoods.com to get helpful information from really healthy kids.

HEALTH NEWS



FERTILITY DRUGS MAY NOT WORK, BUT ACUPUNCTURE CAN HELP!

RESEARCH on conventional infertility treatments that monitored the results of 580 couples in Scotland found such treatments to have absolutely no benefit. The research involved 5 hospitals using artificial insemination and the infertility drug Clomid.

By contrast, another study found that after one course of auricular acupuncture, 9 women conceived, and another 8 conceived after 2 courses of treatment.

In another preliminary trial, women who did not ovulate were treated with acupuncture 30 times over 3 months, resulting in a marked improvement in 35% and slight improvement in 48% of trial participants.

CoQ10 IMPROVES CONGESTIVE HEART FAILURE

CLINICAL RESEARCH has shown a newly available form of Coenzyme Q10 dramatically improves heart function.

US patients suffering from advanced congestive heart failure showed significantly improved heart function after supplementing with ubiquinol, CoQ10, in the first trial of its kind.

Cardiologist Peter Langsjoen, who conducted the research in Tyler, Texas, found that critically ill patients who

supplemented with ubiquinol for just 3 months experienced a 24-50% increase in their heart's ability to pump blood. In some cases, patients' plasma levels of CoQ10, key to overall heart health, more than tripled.

Said Dr Langsjoen: "The effects of ubiquinol on late-stage heart failure patients resulted in striking improvements beyond anything I've seen in 25 years of cardiology practice."



WHAT'S THE SUNSCREEN SKIN CANCER CONNECTION?



A COMMON INGREDIENT in sunscreens, the vitamin A derivative retinyl palmitate may actually increase skin cancer growth.

An American Food and Drug Administration study applied retinyl palmitate cream to lab animals and then exposed them (and control group animals) to the equivalent of about 10 minutes of sunshine daily for one year.

Skin cancer lesions and tumours developed about 20% faster in the retinyl group, especially among animals that received higher doses.

The alternative? Supplement with Astaxanthin, Vitamin D and plenty of Essential Fatty Acids, use a natural sunscreen and stay out of the midday sun.

BEST SELLERS

ACTIVE LIFE™

New Active Life™
Vitamins + over 70
Ionic Trace Minerals



Who's it for? Those with busy lives, poor diet and stress will appreciate this powerful high strength formula as an economical daily nutritional program.

Why so good? This all-in-one liquid formula is so comprehensive it can replace your current vitamin and mineral supplements. And it's 300% more absorbable than tablets!

Tell me more! Active Life new formulation includes the all-important Selenium, Chromium, Molybdenum and other Trace Minerals to help maintain an active lifestyle, and Iodine for healthy thyroid function.



ANCIENT MINERALS™

Topical Magnesium for healing

What's Magnesium for? It's important for mood, sleep, relaxation, and can relieve aches, pains and spasms. Ancient Minerals™ products utilize ultra-pure, highly concentrated natural Magnesium chloride for topical use as Magnesium oil, Magnesium gel, and Magnesium bath flakes.

Why topical? Because the skin holds tremendous potential for quickly re-mineralizing the body.

Where's it from? Nearly 2 miles beneath the earth's crust! Ancient Minerals™ is drawn from the Ancient Zechstein Seabed, in Northern Europe, the purest source of natural Magnesium salts in the world.



BLOCKBUSTER™

Is this the world's most powerful enzyme formula?

Great name! It's deserved for this amazing blend of powerful enzymes and super nutrients. The ingredients in BlockBuster™ have been scientifically recognized for their health benefits.

What's in it? 16 super nutrients and the powerful enzymes Serrapeptase, Nattokinase, Digestive Enzymes, and proanthocyanidins such as Grape Seed Extract and Pycnogenol® – all with a long history of studies.

What's it for? To support arteries and the cardiovascular system, the lungs, digestion, eyes, brain, circulation and more!

DIGESTIVE 150™

A powerhouse of digestive support

Good for digestion? Definitely! Digestive 150™ newly formulated Professional Strength complex combines 8 digestive enzymes with Fruta-Fit® Inulin to create a powerhouse of digestive support.

Tell me more! These digestive enzymes aid digestion and replace the essential enzymes destroyed in food preparation, while the Fruta-Fit® Inulin supports a well balanced gut flora composition and colonic function.

What can digestive enzymes help? Digestion, obviously, but also food allergies, balance gut flora and colon function, and they help improve nutrient absorption.



SERRAENZYME™ 80,000IU

The 'Miracle' Enzyme

A miracle? Yes, SerraEnzyme™ is the Serrapeptase enzyme that earned the title 'Miracle' Enzyme for its successful use by doctors throughout the world, 23 research studies and it's fantastic library of testimonials.

Why do I need it? You won't find this essential supplement in your everyday diet. It helps prevent and remove dead tissue and unhealthy inflammation!

What's it help? All unhealthy inflammation, poor digestion, unhealthy arteries and poor lung function.

HYSORB Q10™

The heavyweight CoQ10

Do I need CoQ10? Co-enzyme Q10 is the antioxidant necessary for every cell to function well. If body levels of CoQ10 start dropping (and they naturally decline with age), so does our general health.

Why this one? Each dose of 100mg Hysorb Q10™ is the equivalent to 400mg of ordinary co-enzyme Q10, more than any other CoQ10 on the market! And it's vegetarian.

What's it help? Fatigue, protection against the causes of heart disease and the side-effects of statins.



BEST SELLERS



PROBIOTIC 14™

The superior blend of friendly bacteria

Need a good probiotic? Probiotic14™ is a superior blend of 14 viable strains of friendly bacteria, containing 9 billion colony-forming units.

What's it help with? Complete with FOS to nourish the friendly bacteria, Probiotic14™ helps maintain the health of your whole digestive tract, improves the absorption of essential nutrients, helps to protect against harmful bacteria, and strengthens the immune response to toxins in the body.

MAXI FOCUS™

A breakthrough in helping vision



What's it for? To help prevent vision loss: MaxiFocus™ is the only sublingual formula that delivers the complete spectrum of nutrients needed by the eyes, and is absorbed at least 900% better than tablet equivalents.

Why do I need it? As people get older and diets modernize, it's more difficult absorbing nutrients such as Lutein, Zeaxanthin, and 22 others needed for our eyes, but also the brain and whole body. MaxiFocus™ also helps maintain the macular area, aids in the prevention of macular degenerative disease, and works to stabilize Age-Related Macular Degeneration.



HYDROSOL SILVER IONS™

Safe, simple and effective

Silver for health? Yes, Silver has been used for immune/infection protection for 2,500 years and is perfectly safe for the whole family. In the USA and Europe Colloidal Silver was widely used by the medical profession for over 100 years before the introduction of antibiotics.

Why Hydrosol Silver Ions? Over 158 clinical studies demonstrate the astonishing effectiveness of the ionic form of Colloidal Silver. It's up to 10,000 times more effective than the particulate form of Colloidal Silver.



SERRAPLUS+™

The 'Miracle' Enzyme with extra absorption

What's this? A fabulous high dosage formula providing a balanced strength of 80,000IU enteric coated Serrapeptase capsules for the best absorption, plus 70 Organic Trace Minerals from plant materials and MSM.

Tell me more! Enteric coated Serrapeptase gives 80,000IU of activity, making it the strongest Serrapeptase available (and at the lowest cost!). The Trace Minerals deliver potent organic minerals missing from the food chain to ensure better activation of enzymes; and the MSM organic sulphur ensures support for joints, skin, and connective tissues.

ORGANIC MINERALS™

Replacing minerals lost in food

Why do I need minerals? The body must have a full spectrum of at least 70 minerals to experience full health. The problem is minerals are disappearing out of the food chain; even organic vegetables only contain between 15 and 22 minerals.

What's the answer? Colloidal Organic Minerals™ which are formulated with over 70 organic minerals obtained from plants. They help support good health in the body in many ways, noticeably your skin and hair.



30 FREE



THE KRILL MIRACLE™

For heart, mood and blood sugar

What's Krill? A tiny shrimp-like crustacean found in the Southern Oceans, the only oceans in the world unpolluted by the heavy metals found in many fish oils. Krill are a super rich source of Omega 3, 6 & 9, and their antioxidant levels are 300 times greater than Vitamins A & E, and 48 times greater than Omega 3 found in standard fish oils.

What's it for? Krill is a dietary supplement of ultra-pure balanced fatty acid nutrition for normal immune function, cardiovascular health, joint mobility, brain function, and skin health. Krill oil is rich in EPA and DHA and is safe, pure and free from PCBs, dioxins, and contaminates.

BEST SELLERS

NATTOKINASE™

The enzyme for healthy blood

What's this? Nattokinase is a potent fibrinolytic enzyme, extracted and highly purified from a traditional Japanese food called Natto. Research has shown Nattokinase supports the body in dissolving unhealthy coagulation of blood and may help to lower blood pressure too.

How's it work? According to Dr Martin Milner, from the Center for Natural Medicine in Portland, Oregon, what makes Nattokinase a particularly potent enzyme is that it enhances the body's natural ability to fight blood clots and in several different ways.



HEALTHPOINT™

Safe, painless and effective

What's this? HealthPoint, developed by a leading pain control specialist, provides the benefits of acupuncture without needles. The unique searching system enables you to quickly learn to precisely locate acupuncture points. Using the comprehensive manual, detailing 160 conditions, you can easily help any condition that benefits from acupuncture.

What's the effect? Rapid, effective and long-lasting pain relief support for the whole family.

OXYSORB™

Harnessing the power of oxygen in nature

What's this? A powerful sublingual liquid enzyme extracted from deep water seaweed, OxySorb™ aims to improve the body's ability to absorb more oxygen. It supports the respiratory system and may improve lung health by assisting more oxygen to enter the bloodstream with each breath.

When would I take it? Before or during exercise, heavy exertion, high altitude activity, including flying, and before exposure to unhealthy environments such as traffic fumes and air conditioned buildings.



SERRAPET™

For your pet's well-being

PETS LOVE

Want healthy pets? SerraPet™ is a nutritional enzyme supplement to help well-being for your pet's inflammatory system, lungs, joints, cartilage and connective tissue, with no side-effects.

What's its 'pedigree'? The enzyme Serrapeptase was first noticed in the 1960s by researchers studying the silkworm and its ability to use the enzyme to help digest tough mulberry leaves, dissolve the rock hard chrysalis and take flight. It is now laboratory produced using the friendly bacteria Serratia E15 in a plant medium. Fantastic for your pet's well-being.

CURCUMIN98™

A super spice for health and beauty

Have you tried? Curcumin98™, the natural anti-inflammatory that's the biologically active element of Turmeric, the yellow spice found in curry. Traditionally used in Ayurvedic medicine for its anti-bacterial, anti-viral, and anti-fungal properties. And although best known as an anti-inflammatory, many Indian women use Curcumin for beautiful skin.

Powerful? Definitely! Each 500mg capsule contains patented Curcumin C3 complex with the addition of Black Pepper extract for superior absorption, making this the most powerful Curcumin complex available.



NEW FOCUS™

The key nutrients for eye health

BEST SELLER



What do eyes need? Lutein and Zeaxanthin, in NewFocus™ sublingual spray, were identified in 1995 as the two Carotenoid antioxidants specific to lens and macular health. They filter light and serve as potent free radical scavengers for the retina. The sublingual delivery gives 900% better absorption than tablets.

What else is in it? New Focus now has 25 times more Zeaxanthin, plus Ginkgo Biloba and Vinpocetine to help improve blood flow to the blood vessels in the eye, and Bilberry to help improve the integrity of the veins and capillaries.

Understand the underlying
causes of the biggest killer -

HEART AND ARTERIAL DISEASE

And better protect yourself...

In spite of encouragement to lead a healthier life, heart disease and strokes remain the leading cause of death for both men and women in the UK, many between ages 45 and 65.

A heart attack occurs when blood flow to a portion of the heart is severely reduced or cut off. The underlying problem is usually hardening and narrowing of the coronary arteries that feed the heart. This is caused by chronic inflammation from the consumption of processed, high sugar foods and cortisol, the stress hormone.

So how can we diminish the risk? Lifestyle changes are crucial and effective. Studies confirm that smoking commercially produced cigarettes

(containing chemicals) increases the risk of a first heart attack by more than 100% in some people. Women smokers are at greater risk than men. You'll be doing yourself a huge health favour if you give it up.

It's also wise to stop eating all processed grains and cereals and sugar. Exchange the highly saturated fats contained in grain fed meat and dairy for grass fed meat and chicken, which has 6 times less saturated fats. Include foods high in monounsaturated fat (olive oil) and polyunsaturated fat (nuts and most vegetables). Nuts contain many nutrients that could be responsible for protection against heart disease, including fiber, Vitamin E, Alpha-linolenic acid (found

primarily in walnuts), Oleic acid, Magnesium and Arginine.

Another ally in a prevention program is oily fish consumption (sardines, salmon, mackerel, etc). Research confirms that fish oil supplements help reverse atherosclerosis.

Regular moderate exercise, such as walking and swimming, and the practice of yoga or meditation are also beneficial in reducing the stress hormone cortisol.

Protect and support your body with specific food supplements and your chances of developing this life threatening disease will be much reduced. The most effective are anti-inflammatory enzymes.

Peripheral artery disease (PAD) is a condition caused by obstruction of large arteries in the arms and legs. The result is various symptoms, particularly leg pain when walking, known as intermittent claudication.

This condition could be a sign of a wider spread accumulation of fatty deposits in the arteries (atherosclerosis). It may reduce blood flow to the heart and brain, as well as the legs.

As with the risk of heart attack, peripheral artery disease can be successfully treated by making the same sensible changes to lifestyle and taking anti-inflammatory supplements.

3 KEY HEART NUTRIENTS

We can't survive without **Co-Enzyme Q10**. A naturally occurring fat-soluble antioxidant, it's necessary to the functioning of every body cell. It's especially needed in the heart and critically so for people taking statins as these dangerously deplete CoQ10 in the body. Existing heart studies show 300mg of ordinary Q10 or 100mg of high absorbency Q10 can help protect the heart.

The amino acid **L Carnitine** protects the heart from damage when a heart attack or a spasm cuts off the oxygen supply. It's been suggested that taking 2 grams of Carnitine per day for 4 weeks can cut complications by 50% from heart attack, chest pains (angina), heart rhythm disturbances and heart failure.

Omega 3 Fatty Acids have been proven to work wonders for the heart and the miles of arteries and veins that make up our cardiovascular system. They help to lower cholesterol triglycerides, LDLs and blood pressure, while at the same time increasing good HDL cholesterol. When plaque builds up on arterial walls and then breaks loose, it causes what's known as a thrombosis, a fancy way of saying clot. If a clot gets stuck in the brain, it causes a stroke and when it plugs an artery, a heart attack. Research shows Omega 3 Fatty Acids can break up clots before they can cause any damage.

“PROTECT AND SUPPORT YOUR BODY WITH SPECIFIC FOOD SUPPLEMENTS AND YOUR CHANCES OF DEVELOPING THIS LIFE THREATENING DISEASE WILL BE MUCH REDUCED.”

RECOMMENDED FOR HEART AND ARTERY SUPPORT

BlockBuster AllClear® is the best and most powerful enzyme formula available. It's used by those who want the greatest help with their health.



Serra Enzyme™ Quad-Strength capsules help protect against inflammation and arterial blockage.



HySorbQ10™ CoQ10 are made using pure Hydro-Q-Sorb® CoQ10 – a Bioenhanced Coenzyme CoQ10 that's 4 times more absorbable than ordinary CoQ10.



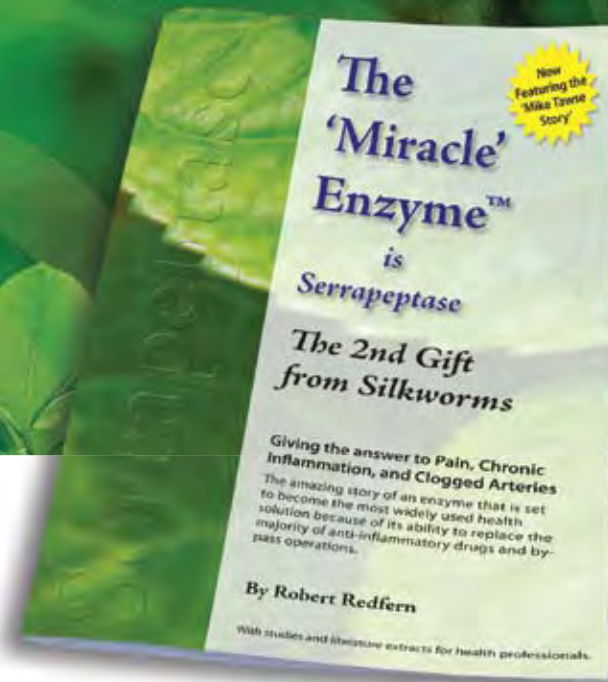
Other recommended products: **Curcumin98™**, **HySorbQ10™**, **The Krill Miracle™**, **HartGard™**, **D-RibosePlus™**, **HealthyFlow™**, **Hemp Seed Oil**, **OxySorb™** and **ActiveLife™** – see the Good Health Essentials pages.

A healthcare book that could change your life

Second Edition

The 'Miracle' Enzyme™ is Serrapeptase.

A remarkable book about a remarkable enzyme. Read in detail the fascinating studies, uses and practitioners' reports.



Suffering from any of these?

Pain of any kind

- Arthritis
- Multiple Sclerosis
- Rheumatoid Arthritis
- Headaches and Migraines caused by inflammation

Lung Problems

- Emphysema
- Bronchitis
- Bronchial Asthma
- Bronchiectasis

Eye Problems

- Inflammation
- Blocked veins

ENT problems

- Sinusitis problems
- Chronic ear infections
- Runny nose

Trauma

- Sports Injuries
- Traumatic swelling
- Post operative swellings
- Leg ulcers that are not healing

Inflammation of any kind eg:

- Inflammatory bowel diseases (Crohn's, Colitis)
- Cystitis
- Joint or muscle inflammation
- Fibromyalgia
- Breast Engorgement
- Fibrocystic Breast Disease

Cardiovascular

- Varicose Veins
- Cardiovascular Disease

For over a quarter of a century, the clinical use of Serrapeptase as an anti-inflammatory has been widespread throughout Europe and Asia. Serrapeptase enzyme was discovered when it was noticed that Silkworms were able to digest tough mulberry leaves and escape from their cocoon by dissolving it. The enzyme was isolated and is now fermented naturally. This book tells how The 'Miracle' Enzyme™ has helped so many people to recover their health.

PAIN RELIEF

INFLAMMATION RELIEF

CLEAR ARTERIES

What does Serrapeptase do?

Dead or inflamed tissues are two of the key causes of the majority of ailments in the body. Serrapeptase dissolves non-living tissue, blood clots, cysts and arterial plaque and all inflamed tissue, which are then dispersed. There is a growing list of conditions that respond to Serrapeptase simply taken orally in tablet or capsule form. And, what is more, in over 25 years of studies and usage, no harmful side-effects or contraindications have been found.

DETOX THE ROAD TO GOOD HEALTH

If you've always shied away from a body detox, believing it too difficult and unpleasant (all that fasting and diet restrictions) then read on... there is an easier and better way!

Detoxing is becoming increasingly popular, with more and more researchers and health care professionals backing its value. And that's a good thing, because with today's high-tech modern lifestyle, your communications systems may have become faster, but your body's eliminative system has probably slowed down.

In the opinion of many researchers and health care professionals, a whole body and organs detox is the superior road to better health. Over time impurities accumulate in the body's digestive system. The elimination process works hard to get rid of them but as the load increases, it becomes sluggish and not as efficient. You feel literally weighed down and may well lack energy.

Think of a car engine that needs a decoke, its extra power and smooth running that result. When you cleanse and encourage your body's elimination system, ridding yourself of all those toxins, your whole body and its organs are rejuvenated. The result is a wonderful pick-me-up. You feel as if you have shed the load you've been carrying around with you. At last you can set it down and move faster and lighter through life.

In the following pages you'll read how to:

- Detox and cleanse your kidneys.
- Detox and cleanse your liver.
- Detox and cleanse the whole of your body, colon and skin.

Take this on board and soon you'll learn what it feels like to be really clean from the inside out...

edible earth®
Digestive Detoxicant & Ionic Mineral Supplement

"ONE OF NATURE'S MOST PRIMORDIAL SUBSTANCES, PURE HEALING CLAYS HAVE BEEN USED IN MEDICINE AS A NATURAL FORM OF DETOXIFICATION & MINERAL NOURISHMENT SINCE BEFORE RECORDED HISTORY..."



Benefits

- Soothes and Purifies the Digestive Tract
- Remineralizes Cells and Tissues
- Promotes Bacterial Balance in the Colon
- Assists in Heavy Metal and Chemical Detoxification
- Increases Digestive Efficiency
- Supports Nutrient Assimilation in the Gut
- Alkalizes the Body

Two vital functions from one simple supplement

Edible Earth® is a superior formulation of the finest mineral-rich healing clays in North America. These clays absorb toxins, pathogens, metabolic waste and heavy metals as they pass through the digestive tract. The 57 bio-available minerals in Edible Earth® also help to re-mineralise cells and tissues along the way, which soothes and cleanses the digestive tract.



YOUR KIDNEYS

The Master Organ of Life

Your two bean shaped organs, the kidneys, track the body's fluid usage, levels, pressure and location. Fluid is used to transport waste from the body's organs to the kidneys for processing or treatment and then excreted as urine.

Due to their importance in keeping us healthy, the Chinese call the kidneys 'The Master Organ'. Because our organs run on fluid, the kidneys regulate every organ in our body. Healthy kidneys will use between 2 and 4 litres of fluid a day cleansing the system, hence the need for 8 glasses of fresh water daily.

The kidneys regulate the entire system, including the bladder, blood pressure, ovaries, estrogen, testicles, testosterone, sperm production, uterus, prostate, sex drive, pancreas, spleen, lymphatic system, heart, back, arms and legs!

The only areas not regulated by the kidneys are your right shoulder, right pectoral and right trapezes, which are monitored by your liver. There is never a kidney problem that does not include a liver problem. The two organs work hand in hand, so always address them at the same time.

DO YOUR KIDNEYS NEED HELP?

Q

They may do, if you answer yes to 4 or more of these questions:

1. Back pain, stiffness or soreness?
2. Tire quickly or sleepy from 3-7pm?
3. Left shoulder pain, stiffness or soreness?
4. Sore ankles, calves or feet?
5. Low sex drive?
6. Bladder infections & frequent urination?
7. Tinnitus, vertigo or high blood pressure?
8. Puffy, red or dark circles under the eyes?
9. Clear shapes in your field of vision?
10. Weak nails that chip or break?
11. Sore, tingling or numb muscles?
12. Thyroid or lymphatic issues?
13. Swollen, stiff or sore wrists, knees or joints?
14. Scalp irritations or thinning hair?
15. Weak or sore left side of your body?
16. Spleen, pancreatic or weight issues?
17. History of kidney issues or kidney stones?
18. Reproductive health issues?

Count your YES answers: 0-1 Likely to be no issues now. 2-3 A slight problem that can be improved. 4-6 Chronic and may continue to worsen. 7+ Severe; help is needed.

THE KIDNEYS HATE:

- ✗ Alcohol
- ✗ Excessive protein
- ✗ Salts and excess sodium
- ✗ Fried foods and processed fats
- ✗ Caffeine
- ✗ Sugar and chocolate
- ✗ Chemicals/drugs of all types
- ✗ Dairy products
- ✗ Processed carbohydrates
- ✗ Lack of sleep
- ✗ Heavy meals

THE KIDNEYS NEED:

- ✓ Clean water
- ✓ Fresh fruit & vegetables
- ✓ Less protein
- ✓ Light meals
- ✓ A healthy liver

DID YOU KNOW

?

When an area of the face is very pronounced or calling attention to itself, it indicates a weakness or predisposition to weakness of the associated organ. The half-moon of darkness, redness, puffiness or pronounced wrinkling under each eye indicates the state of your kidneys. Your right half-moon indicates the state of your right kidney and the left represents the left kidney.

RECOMMENDED FOR KIDNEY SUPPORT

Kidney Rescue™ is a powerful herbal blend to cleanse and support your kidneys, the organs which have such a key role in keeping us healthy. The herbs in Kidney Rescue™ all help to detox your kidneys and include Borage Leaves, Damiana, Pygeum Bark, Holy Basil and Cayenne.

Other beneficial products for kidney health: **Edible Earth®**, **Healthy Flow™**, **Curcumin98™** and **Blockbuster AllClear™**. See the Good Health Essentials pages.



RESEARCH



A DAILY DOSE OF BAKING SODA COULD TRANSFORM THE LIVES OF PATIENTS WITH FAILING KIDNEYS

Research by British scientists suggests sodium bicarbonate – otherwise known as baking soda – can dramatically slow the progress of chronic kidney disease.

The simple household product used for baking, cleaning, bee stings and acid indigestion is so effective that it could prevent patients having to be put on kidney machines, the research suggests.

The pilot study, conducted at the Royal London Hospital, Whitechapel, was the first controlled test of the treatment in a clinical setting. The findings have been published in the *Journal of the American Society of Nephrology*.

Around 3 million people in the UK suffer from chronic kidney disease, ranging in severity from a mild degree of poor functioning to complete kidney failure. Seriously affected patients may have to spend time each day on a dialysis machine, which takes over the function of the kidneys.

LL's Magnetic Clay Detox Baths Pulls pollutants out like a magnet

There is a range of 12 different Clay Baths available. This includes:

CLEAR OUT DETOX – assists in eliminating mercury, lead, aluminium, parasites and assists in addressing issues of allergies, anxiety, mood, memory and more. Also relieves muscular and joint pain, increases circulation, enhances digestion and calms nerves.

SMOKERS/DRUG DETOX – assists in eliminating cadmium, tobacco residues, pharmaceutical/recreational drug residues, food preservatives, nicotine, lead and more. Can also be used as a foundational therapy for overcoming addiction in smokers and recreational drug users.

NATURAL DETOX – free of all herbs and spices for those who are exceptionally sensitive to any of the herbs listed in our ingredients.



Safe for the whole family. The clay and formula ingredients are all natural. The kits are packages in bulk and will administer 10 one cup baths per kit and include 8 pages of graphic step-by-step instructions.

DETOX YOUR LIVER

Meet your liver: an organ behind in its work, and trying to catch up!

Your liver's job is to analyze and attempt to excrete, or turn to fuel, all substances you come in contact with. It is supposed to routinely perform thousands of 'life vital' functions around the clock. But every day, we ingest countless sticky, foreign, practically useless chemicals, making its job nearly impossible. As a result, the load on the liver keeps increasing.

Our overworked friend houses the gall bladder and weighs about 450g (a pound). It regulates blood sugar, cleanses

WHAT LIVER SYMPTOMS DO YOU HAVE?

Q

1. Right shoulder stiffness, tightness or soreness?
2. Irritable or stressed?
3. Fuzzy or foggy vision?
4. Headaches?
5. Poor concentration or focus?
6. Itchy, irritated, red or dry eyes?
7. Insomnia, restless or rough sleep?
8. Fed up with people or have little patience with them?
9. Hot flushes?
10. Dry, bad, itchy, burning or irritated skin
11. A constant itch that never goes away?
12. Muddled or muddy thinking?
13. Overwhelming moods or emotions?
14. Wound up and ready to explode?
15. Gallbladder flare ups or issues?
16. Use or crave alcohol?
17. Nose, sinus or chest congestion?
18. Acne, boils, rashes or breakouts?
19. Bothered by answering this question?

Count your YES answers. 0-2 Excellent, keep up the good work! 3-6 Help is recommended. 7+ Serious problem which needs resolution.



“THE MANUAL THAT GOD WROTE, THAT WE WERE ALL SUPPOSED TO RECEIVE AT BIRTH, EXPLAINING HOW TO INTERPRET THE BODY'S SIGNALS, IS OUT OF PRINT.”

Unknown philosopher

the blood, stores iron, metabolises fat, carbohydrates and proteins. It synthesizes vitamin A and is the lynch pin of your body's immune system.

For many people, the liver is overwhelmed by age 10. To fully comprehend the tasks your liver is dealing with, imagine you are, all at the same time, a gardener, chemist, sewage worker, housekeeper, soldier on duty, warehouse operator and shop assistant. Now imagine you are 5 months behind in your work!

YOUR ONE-TRACK MIND LIVER

Your liver has a one-track mind and only says one thing: "I don't like that!" But it says it in 18 different ways.

The number one way the liver communicates with us is by altering our emotions. Suddenly, things that were right are now wrong. Tiny problems are huge. Patience goes out of the window. It's your liver saying "I don't like French Fries!"

Other liver symptoms not to be ignored include; skin or eye irritation, headaches, bad moods or mood swings, low energy, fatigue, foggy thinking, a sore or stiff right shoulder, fuzzy vision, congestion of the nose, sinuses or chest, slow reaction time, mental or emotional stress, insomnia, restless sleep and hot flushes. These symptoms are your liver's cries for help.

RECOMMENDED FOR LIVER SUPPORT

Liver Balance Plus™ is a powerful herbal formula containing all the herbs to effectively detox your liver, including Dong Quai, Dandelion, Cayenne, Ginger, Liquorice and Hyssop Leaf.

Other beneficial liver products: **Curcumin98™**, **SAM-e™** and **Edible Earth®**. See the Good Health Essentials pages.



DID YOU KNOW?

?



THE ROLE YOUR LIVER PLAYS IN INTENSIFYING EMOTIONS

Emotions are not random. You have seen people 'blow up' over what you thought was a fairly insignificant matter. There was, however, a physical factor involved, making the reaction more intense. The liver!

When your liver needs help, its way of alerting you is to cause you to become stressed. Possibly the best example of this is the 'alcoholic', whose liver is constantly 'crying out' for help and so he or she becomes stressed over the tiniest little matter.

Starchy carbohydrates, artificial dyes, preservatives and chemical additives all cause the liver to 'overheat'. This can make a tiny issue seem like an 'invasion from Mars'!



DETOX YOUR WHOLE BODY!

A program to help the body expel impurities has never been more important...

Your body's ability to expel impurities swiftly and efficiently has never been more important. And yet the state of your intestines is probably not one of your conversation topics. As the *Vegetarian Times* put it: 'Let's face it: irritable bowel syndrome, constipation, gas, diverticulitis and colon cancer are simply not things we like to discuss. And yet, as the old expression goes, death begins in the colon. Don't believe it? Ask any coroner. Autopsies often reveal colons that are plugged up to 80% with waste material.'

For centuries we humans have battled with the elements to survive. These days the struggle has taken on a new dimension. Our daily lives expose us to thousands of toxins and chemicals in the air we breathe, the water we drink, the food we eat and our intake of pharmaceutical drugs. We also eat more sugar, in its various forms, and processed foods than ever before in history and regularly mistreat our bodies with various stimulants and sedatives. Health experts believe that this toxic build-up is the source of a broad range

of diseases ranging from heart disease to more serious illnesses like cancer.

If you want to help lower your risk to such diseases and avoid unpleasant symptoms including chronic constipation and fatigue, it makes sense to give your colon, as the 'sewer system' of the body, your liver and other organs, regular cleansing. Just as we know our cars need an oil change, so we should remove the build-up of toxins in the body. With the right detox program, the reward

is a feeling and appearance of health and aliveness.

In the past detoxing was achieved through difficult fasting regimes and/or severe dietary restrictions – very unpleasant! But now there's a better and easier way with the Whole Body & Colon Program. Completed twice a year, the Whole Body & Colon Program will help eliminate accumulated impurities and keep you looking vital and feeling refreshed. It's inexpensive, all natural, simple and effective.

“JUST AS WE KNOW OUR CARS NEED AN OIL CHANGE, SO WE SHOULD REMOVE THE BUILD-UP OF TOXINS IN THE BODY.”

RECOMMENDED
FOR BODY &
COLON DETOX



The **Whole Body and Colon Cleanse Program™** was formulated to help support the natural structure and function of the body's elimination. It contains a range of beneficial herbs and does not involve severe fasting. It's recommended by leading health practitioners and beauty experts throughout the US, and has a proven track record with tens of thousands of satisfied customers.

SUGGESTED USE:

1. Start with 1 Colon tablet and 3 Whole Body tablets twice a day, ½ hour before breakfast and ½ hour before dinner,

with a big glass of pure water. This begins the cleansing cycle. After 3 or 4 days, if you don't notice any effect, slowly build up your Whole Body tablet intake to 4-7 tablets twice a day.

2. Drink plenty of pure water or juice (at least 8 large glasses a day), and follow the Restoration Diet. Be patient. Gradually increase the amount of the Whole Body Fiber tablets to fit your individual needs.

3. Gradually increase the Colon tablets only if your bowels are moving less than twice a day. A little experimentation may be required to find your individual balance. Depending on your sensitivity, you may settle somewhat above or below the suggested ratios.

4. Go slowly, increasing by 1 tablet at a time. If you take this course too quickly it can produce adverse reactions. Take tablets only 6 days a week and keep taking your vitamins. If you experience adverse reactions, stay at your current dose or cut back for a few days.

5. Most people cleanse initially for 1 month. The dedicated person will commit to a 3 month supply of Whole Body and Colon Program™ to ensure a full cleanse.

Other recommended products for whole body detoxing are: **Curcumin98™**, **Digestive150™**, **Probiotic14™** and **Edible Earth®**. See the Good Health Essentials pages.

Please note this program is not intended to be a cure-all. It is not meant to take the place of your doctor. If you suffer from a bleeding bowel or severe disturbance of any kind, it is important to see your doctor. If you are under a doctor's care, you should discuss this program with him or her first and long-term fasts and cleansing should only be done under professional supervision. This article is for information only and no claims are made or implied. Certain conditions contra-indicate fasting and/or cleansing: these include diabetes, eating disorders, epilepsy, hypochondria, kidney disease, malnutrition, pregnancy, lactation, severe bronchial asthma, terminal illness, tuberculosis and ulcerative colitis.

Which FOCUS[®] is best for me?

NEW FOCUS[™] V MAXI FOCUS[™]
comparison

As seen on ITV's
'This Morning'

10mg of Lutein delivered from New/Maxi Focus is the equivalent to approx 100mg of Lutein delivered from a tablet!

Focus sprays provide sublingual formulas of essential nutrients and include a high dosage of Lutein and Zeaxanthin. These have been identified as the only two Carotenoid antioxidants specific to lens and macular health. The additional vitamins and minerals in the spray can also help to support the body and the brain.

Spraying under the tongue delivers the best absorption when compared to other methods, especially helpful for those with digestive tract problems. Up to 900% better absorbancy than tablets!

A Focus spray delivers the highest amount of nutrients for the lowest cost when compared to other supplements on the market, it's vegan friendly, easy to use and easy to swallow.

RECOMMENDED DOSAGE:

6 sprays daily of New Focus[™] to deliver 10mg* of Lutein Extract, Zeaxanthin and 3 other nutrients (180 sprays/container).

12 sprays daily of Maxi Focus[™] to deliver 10mg* Lutein Extract, Zeaxanthin and 22 other nutrients (360 sprays/container).

Using our recommended dosage, which can be varied based on individual requirements, each container of New Focus[™] or Maxi Focus[™] will last approximately 1 month. *The reason it takes double the amount of sprays of Maxi Focus[™] compared to New Focus[™] to deliver 10mg of Lutein is because of all the added nutrients in the solution – please refer to table for full comparison.

Product information	New Focus [™]	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		✓
Size	30ml	60ml
Cost	£19.95	£24.95

NEW PRODUCT SHOWCASE



SERRANOL[™]
New super nutrients for total health

What's new? A major nutritional breakthrough! A combination of the best-selling anti-inflammatories Serrapeptase and Curcumin95[™], plus a strong calming effect from Ecklonia Cava and the immune boosting power of Vitamin D3.

Good for? Professional strength support for healthy joints, cells, heart, blood flow and circulation, and also for healthy cholesterol.

MACAPRO[®] XO PLATINUM
Cold pressed liquid Maca extract

What is Maca? A plant that grows on the Junin Plateau in Peru and which is very high in polypeptides (building blocks of proteins), amino acids and fatty acids.

What are its benefits? It helps stimulate and balance the endocrine system for improved long-term energy levels, restores testosterone levels for sexual health and performance, relieves menopause symptoms and enhances fertility.



ALLEVIAN[®]
Alleviate inflammation and gain energy

What's it for? Cat's Claw is known to help reduce inflammation; Maca provides what the body needs to restore its healing capacity. Together they help support normal joint health function and general energy and vitality.

Unique? Yes! Allevian[®] is made with the fresh black and purple roots of the Peruvian Maca (*Lepidium Meyenii Walpers*) and a powerful Cat's Claw (*Uncaria Tomentosa*) extract, also from Peru, to deliver fast anti-inflammatory results.



EDIBLE EARTH[®]
The highest quality clay supplement available

What is it? Edible Earth[®] is a synergistic blend of pristine North American healing clays; a superior formulation of natural calcium bentonite and montmorillonite clays, for the general cleansing, detoxification, and revitalization of the entire digestive tract.

How's it work? These fine clays absorb toxins, pathogens, metabolic waste, and heavy metals as they pass through the digestive tract. The 57 bio-available minerals in Edible Earth[®] help re-mineralise cells and tissues too along the way, soothing and cleansing the digestive tract.

D.I.P DAILY IMMUNE PROTECTION[™]
The immune system educator

An immune booster? Much more! D.I.P is in a category all of its own. It 'balances' immune response for optimal performance. Research shows the D.I.P formula supports both the innate and adaptive immune systems. It also 'educates' the immune system by prompting the proper immune response when the body is being inappropriately attacked, as in the case of allergies.

What's the formulation? EpiCor[®] and eXselen[™] Selenium with a strong dose of Vitamin D3, to protect against infections, boost immune response against allergens, and provide extra support for healthy cell growth.



RELAXWELL[™]
To combat stress and restlessness

All in the name! Yes, Relaxwell[™] is a special formula created from tried and true quality ingredients known to support more restful and healthy sleep patterns.

Active ingredients? L-Tryptophan for healthy sleep patterns, L-Theanine for effective relaxation and Vitamins B3 & B6, for powerful protection against high stress and unwieldy cortisol levels.

NEW PRODUCT SHOWCASE

VITAMIN D3 (5000IU)[™]

The sunshine vitamin just got better

Do I need? Vitamin D is naturally produced by the human body when exposed to direct sunlight. Season, geographic latitude, time of day, cloud cover, smog, and sunscreen affect UV ray exposure and vitamin D synthesis in the skin, so it's important for people with limited sun exposure to consider a supplement.

This one? Is perfect, it delivers a significant dose of 5000IU (international units) of Vitamin D3 as well as 100mg of Calcium from coral per capsule.



CORAL WHITE[®] MINT TOOTHPASTE

The world's truly natural toothpaste

Made from? Eco-Safe[™] ionic coral minerals. Coral White[®] is perhaps the cleanest and most effective toothpaste available, with no fluoride, artificial flavors or colors, no preservatives, and no sodium lauryl sulfate.

Added benefits: Brushing your teeth with Coral White[®] not only helps to prevent cavities, but it whitens teeth, freshens breath, and because of the unique whole food mineral complex from coral minerals and Xylitol, Coral White[®] actually helps to re-mineralize tooth enamel.



GRAVIOLA XP 100%[™]

Pure ground natural plant material

What's this? Graviola is a small evergreen tree indigenous to most of the warmest tropical areas in South America, including the Amazon. All parts of the Graviola tree are used for therapeutic purposes with their strong antioxidant properties, but traditionally the highest benefit is found in the leaves.

Graviola supports? Healthy cells, immune response, anti-aging, and whole body calming.



UB8Q10[™]

The only patented stabilized form of Ubiquinol

What's new? UB8Q10[™] Ubiquinol, with 50mg per softgel capsule. This is the active antioxidant form of CoQ10 and studies show it's absorbed more efficiently.

Helpful for? Ubiquinol provides powerful antioxidant protection to cells and plays a role in the body's natural production of cellular energy. Strongly recommended for anyone taking statins.

ALPHA LIPOIC ACID R[™]

The bio-enhanced hard-working antioxidant

What's Alpha Lipoic Acid R[™]? A 'network' antioxidant that provides support for healthy blood sugar levels, peripheral nerves and liver. In addition to neutralizing free radicals, ALA has been studied for its ability to actually repair oxidative damage, regenerate other antioxidants and chelate excess metals.

It's bio-enhanced? Yes, ALA R is significantly more bio-available than the 'free-acid' form of R-Lipoic Acid (RLA). In a preliminary trial, the maximum plasma concentration was 40 times higher than that of unstabilized RLA. Plus Bio-Enhanced[®] RLA doesn't cause heartburn, indigestion or stomach discomfort, which can occur with unstabilized RLA, and it's more quickly released for use.



CURCUMINX4000[™]

Enhancing Curcumin's natural abilities

What's this? Technical genius! CurcuminX4000[™] is a proprietary combination of Phosphatidylcholine and Curcumin which utilizes Indena proprietary Phytosome technology.

What's it do? This synergistic complex protects Curcumin from water and dramatically increases its bio-availability and absorption – up to 45 times.

So those taking Curcumin for pain relief and stiffness get even better support.

LOSE WEIGHT, GAIN HEALTH



I just can't seem to lose weight, whatever I do. I don't eat very much. It must be my hormones.' This familiar cry of many overweight and obese people is often seen as an excuse for being weak-willed around food, but evidence is now proving that this may well be true.

Addiction to sugary, junk, salt laden carbohydrates is easy. They send blood glucose levels soaring and stimulate serotonin, the feel good factor, in the brain. However, it's a yo-yo effect, and as levels drop swiftly you crave even more of these unhealthy carbs to sustain your euphoria.

If you continue to gorge on such foods, your body's emergency back-up system kicks in: the hormone insulin is released to rid the blood of excess glucose. Strain is put on the thyroid gland whose role is to regulate metabolism, ie, the rate food is converted into energy. If you continue to elevate the hormone system and challenge the thyroid, obesity, diabetes type 2 and other illnesses can result.

Not having enough Iodine in the diet is the leading cause of hypothyroidism worldwide, with wide ranging symptoms including poor metabolism and lack of energy. People who are deficient in Iodine become lethargic and obese.

THE CANCER CONNECTION

A study published in the journal *Cancer*

LOSE WEIGHT WITH ENERGY PLUS[™]

EnergyPlus[™] is a unique combination of 14 specialised herbs that work in a complementary manner to the added Chromium Picolinate ingredient. It helps to support fat burning and weight loss as well as helping to support an energy boost! The biologically active Chromium is an essential insulin co-factor, the hormone insulin helps to control hunger and regulates energy production, fat burning and muscle building.



Epidemiology linked consumption of refined carbohydrates and cancer. This case-controlled study looked at the dietary habits of over 1,800 women in Mexico, and found that those who got 57% or more of their total energy intake from carbohydrates showed a 220% higher risk of breast cancer than women with more balanced diets.

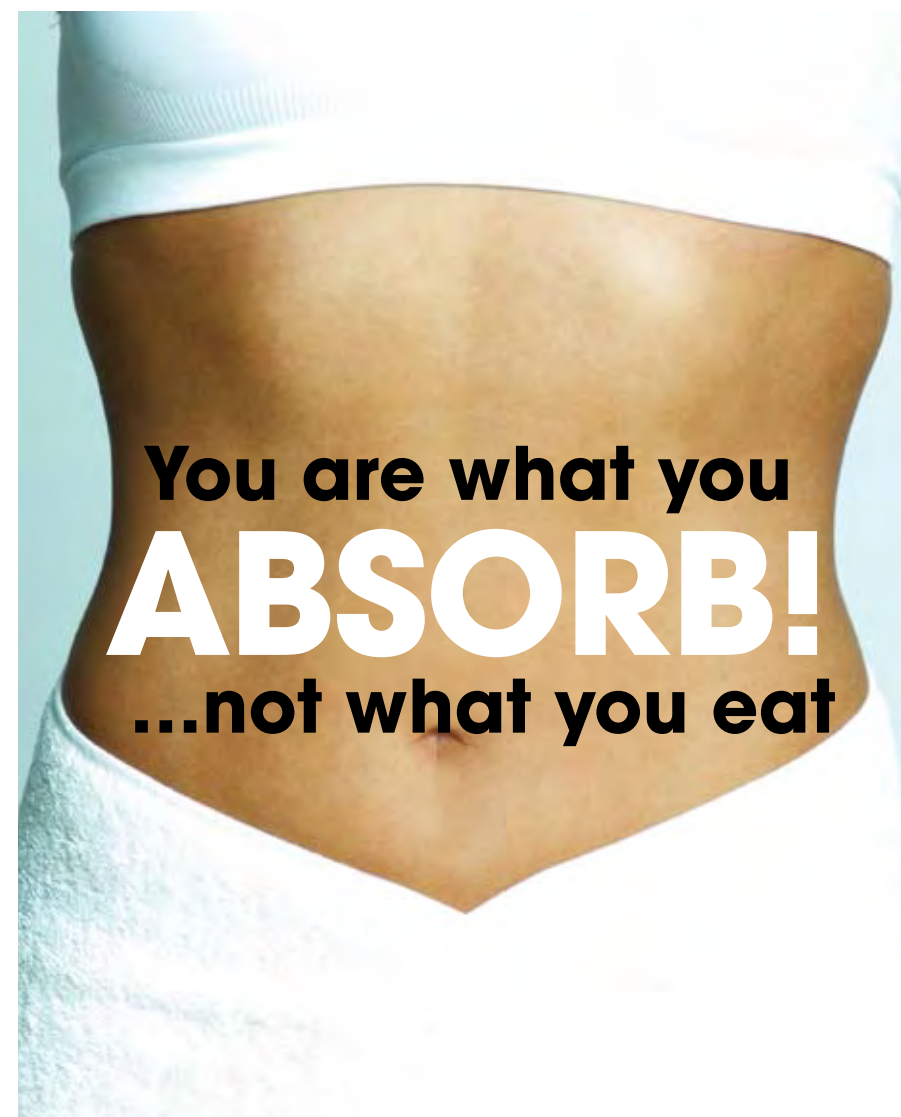
This study shows that foods with high glycemic index values – that is, foods which more quickly raise blood sugar levels in the human body – actually accelerate the growth of cancer cells and tumors in the human body.

RECOMMENDED FOR WEIGHT LOSS SUPPORT

Nascent Iodine[™] is recognised by the body as the same Iodine that is produced by the thyroid and is absorbed effortlessly by the system.

Other recommended products for weight: **EnergyPlus[™]** and **CoQ10 + L-Carnitine**. See the Good Health Essentials pages.





You already know that you should be eating good healthy foods full of nutrition. But did you know that eating all the right nutrients does not guarantee you will be absorbing them?

In order to rebuild all of the cells in your body, build muscle, strengthen your immune system, and provide the energy you need throughout the day, the nutrients you eat need to be absorbed in your digestive tract and then into the bloodstream – and that requires 2 important things:

1. DIGESTIVE ENZYMES BREAK DOWN THE FOOD WE EAT

As we age and because we eat cooked foods, the enzymes we have deplete; by age 50 you have less than 25% of the enzymes you had at 20 – wasting most of the essential nutrients from the healthy foods you're eating. The solution is to supplement with high quality digestive enzymes.

But there's still a problem! There's something in our modern diet that's stopping you from producing your own

digestive enzymes. In a small study over 4 weeks, a high-glucose diet was found to shut down the gene that creates digestive enzymes. The best anti-aging solution in the world, therefore, is to cut out or cut down on starchy carbs and other high sugar foods, so you can digest your food and regenerate your body.

If you don't have sufficient protease, amylase, and lipase groups of digestive enzymes, then:

- Because Protease digests proteins, and parasites, fungus, bacteria, and viruses, you lose your defence against these intestinal bugs, viruses.
- Because Amylase digests carbohydrates and dead white blood cells, like pus, without Amylase you can develop pus-filled infections like abscesses or other skin conditions.
- Because Lipase digests fats and fat soluble nutrients like vitamin E and fish oil, you can develop high cholesterol, diabetes, and heart disease if you don't have enough.

2. THERE ARE 14 IMPORTANT BACTERIA WE NEED IN OUR DIET AT LEAST WEEKLY IF NOT DAILY

Once our food was full of friendly oxygen respiring bacteria, Probiotics, which are essential for many digestive tract functions including keeping unfriendly (pathogenic) bacteria in check, absorbing nutrients, keeping the lining of the intestines healthy, and keeping Candida Albicans in check. Less well known is that Probiotics are important for healing, regeneration and anti-aging.

Each of the 14 specific probiotics offers unique health benefits. Studies show that if they're not replenished on a regular basis, they start to disappear within 2 weeks. The answer? Take them everyday or every few days to safeguard your health.

RECOMMENDED FOR DIGESTION

Probiotic 14™

- Lactobacillus acidophilus
- Lactobacillus plantarum
- Bifidobacterium longum
- Bifidobacterium infantis
- Lactobacillus bulgaricus
- Lactobacillus casei
- Bifidobacterium breve
- Lactobacillus salivarius
- Lactobacillus paracasei
- Lactobacillus rhamnosus
- Lactobacillus lactis
- Lactobacillus brevis
- Fructooligosaccharides
- Streptococcus thermophilus

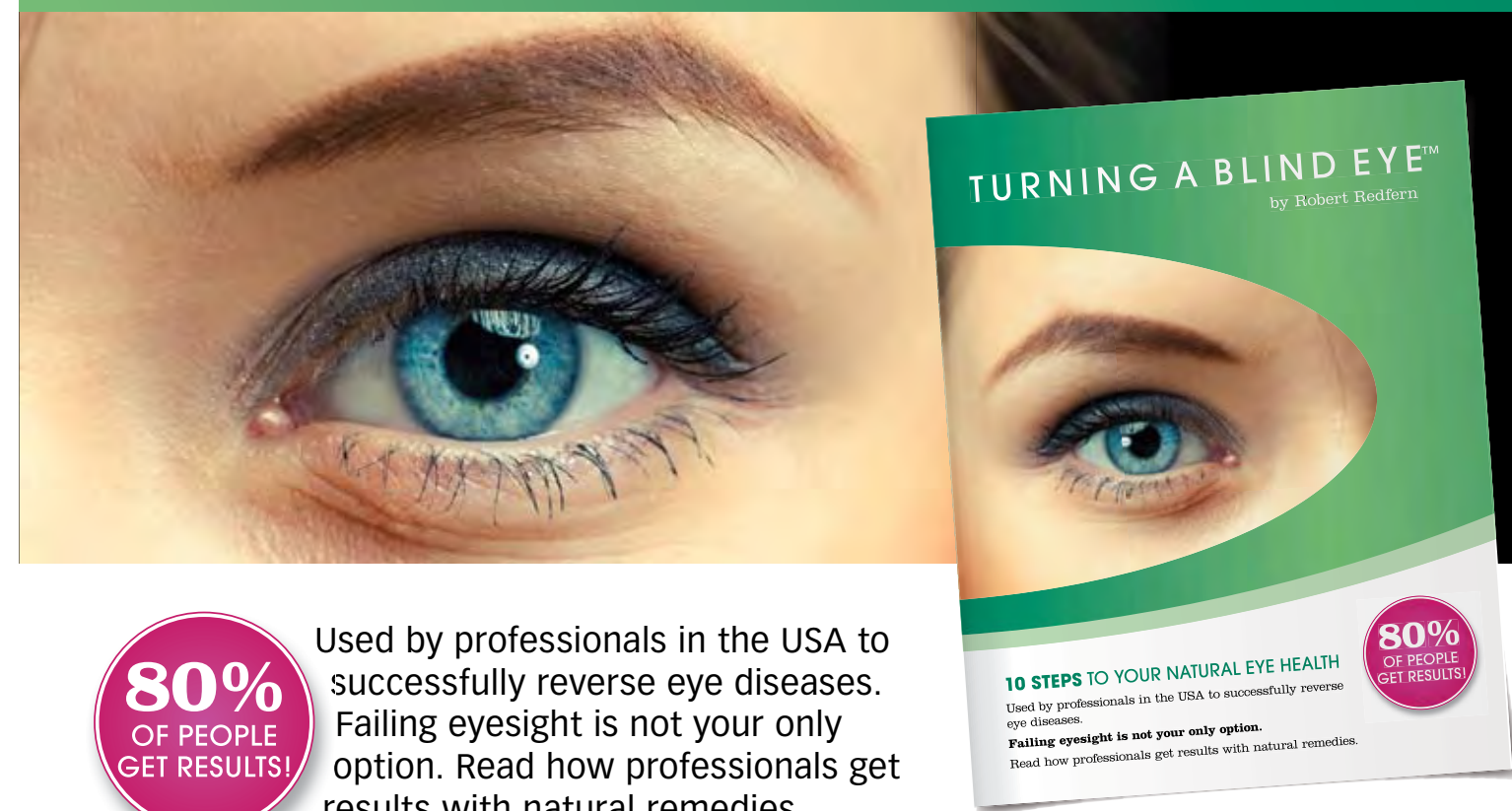


Digestive 150™

- Protease
- Amylase
- Lipase
- Maltase
- Invertase
- Lactase
- Pectinase
- Alpha Galactosidase
- Cellulase

10 steps to your natural eye health

With
FREE CD



80% OF PEOPLE GET RESULTS!

Used by professionals in the USA to successfully reverse eye diseases. Failing eyesight is not your only option. Read how professionals get results with natural remedies.

There is now a breakthrough that may help the majority of sufferers get relief and regain their sight over a 3 to 9 month period.

Read how instead of 'Turning a Blind Eye' many doctors in the USA have identified the nutritional deficiencies that are the underlying cause of many eye diseases. The book provides a 10 step plan to improve your nutrition and help to reverse eye conditions.

Studies both in the UK and the USA have indicated that nutritional deficiencies are found in the majority of eye diseases.

In the book you will read about Lutein Spray, the amazing nutrient that has been shown in these studies to be essential in the regeneration of the macular. You will also read of the other nutrients specific to your eye condition and how simple lifestyle changes may help. Lastly, you will read about how MicroCurrent Stimulation may be the final 'missing link' to ensure nearly everyone can regain their sight.

EYE PROBLEMS?

Then no matter what you have been told, you are about to get new hope of recovery, and the remaining few may have their condition stopped from getting any worse.

Many people using this plan will get good results within 1-2 months, others may take up to 9 months.

Used by professionals to successfully reverse eye conditions such as:

- Macular Degeneration
- Glaucoma
- Computer Eye Strain
- Conjunctivitis
- Diabetic Retinopathy
- Cataracts
- Multiple Sclerosis
- Squint
- Retinitis Pigmentosa
- Dry Eye
- Juvenile Macular Degeneration
- Failing Eyesight

MAKING HEALTHY BABIES



In the 21st century the new epidemic in western countries is infertility. Fortunately, the natural options and their success rates are encouraging.

Processed, empty and enzymatically dead foods, too much alcohol, putting off having children until later and later in life: All this adds up to more and more conception problems. While medical intervention is expensive and often has a low success rate, the option of using natural remedies is of growing interest with comparatively lower costs and encouraging success rates. A new website www.MyHealthyBabies.com brings together useful resources for couples experiencing fertility

difficulties. It features good research from scientific studies, practitioners' results with their clients and feedback from couples, and a forum to ask your fertility-related questions. Fertility issues only means a reduced ability to have a child and for most couples is a temporary issue that can be overcome with nutrition and lifestyle changes. Unfortunately, doctors are not trained in nutrition and in many cases seem to have been brainwashed against any idea that the junk food most people are eating can be the major factor in fertility issues.

THERE ARE A NUMBER CONDITIONS THAT CAN INHIBIT FERTILITY IN WOMEN:	
<ul style="list-style-type: none">• Lack of ovulation due to hormonal imbalance or cysts in the ovary• Irregular ovulation and poor cervical mucous that damages or impedes sperm activity• Embryo implantation difficulties• Premature menopause• Uterine fibroids	Likely caused by starchy carb diet and sugary processed foods coupled with lack of essential nutrients for hormone balance.
Failure of the fallopian tubes to carry eggs from the ovary to the uterus. Scarring of the fallopian tubes as a result of infections such as gonorrhea and chlamydia, endometriosis or prior surgery.	Likely caused by starchy carb diet and sugary processed foods coupled with lack of essential enzymes and nutrients for hormone balance, other than structural problems needing intervention.
Emotional issues	Important minerals and amino acids deficiency.
MEN'S ISSUES:	
Sexual dysfunction (erectile problems or impotence)	Likely caused by starchy carb diet and sugary processed foods coupled with lack of essential enzymes and nutrients for healthy blood flow.
<ul style="list-style-type: none">• Low sperm count• Poor sperm motility• Malformed or improperly formed sperm• Blockage of the sperm ducts	Likely caused by starchy carb diet and sugary processed foods coupled with lack of essential enzymes and nutrients for healthy sperm.
Emotional issues	Important minerals and amino acids deficiency.

LIFESTYLE CHANGES TO HELP UNEXPLAINED INFERTILITY

There are many lifestyle options available to couples experiencing fertility difficulties:

- Stop eating all starchy carbohydrates (breads, pastry, cookies, breakfast cereals, rice, potatoes and pasta), processed foods and cow's milk products. Try to stick to only Quinoa and the other carb alternatives, shown at www.ReallyHealthyFoods.com
- Eat 5-10 portions of vegetables daily and 3-5 portions of low sugar dark-skinned fruits per day
- Eat 5 portions of beans, nuts and seeds per day
- Include 3 teaspoons of rock or sea salt in your food daily
- Include Hemp, Omega 3 or Krill Oil and other healthy oils such as Olive oil
- If eating meat/fish, make sure they are wild oily fish and grass fed meats
- Drink 6-8 x 250ml (8fl oz) glasses of water per day with a pinch of bicarbonate of soda
- Take supplements that improve fertility and a healthy reproductive system

Visit www.MyHealthyBabies.com

RECOMMENDED FOR FERTILITY

Serra Plus+™ helps promote better well-being for your whole body including the fallopian tubes and anywhere blockages need resolving. This good value formula provides powerful strength 80,000IU, enteric coated for the best absorption. Also highly recommended is **HealthPoint™** as acupuncture has been shown to help fertility (see our news story on page 6 and **HealthPoint™** article on pages 72-73). Other helpful products are **Healthy Flow™ Powder** for healthy circulation and male infertility; **AstaXanthin™** powerful antioxidant; **MacaPro™** and **Hemp Oil**.





CURING SKIN PROBLEMS FROM THE INSIDE OUT

The right nutrients can help a variety of skin problems...

Your skin is a reliable barometer of your inner health. It says more about you than you might realise or even wish to know. An extreme example is the characteristic yellow tinged skin in sufferers of jaundice. Equally, a good skin care routine coupled with nutritional health care will be reflected in clear, radiant skin. And when you have beautiful skin, you shine.

If you suffer from skin problems, good nutrition including specific nutrients are vital to solve them. Of course, prevention is far better than cure but even the best external skin care routine in the world will not stop skin disorders arising. Like a reflection in the mirror: the degree of your internal health manifests externally as smooth and evenly coloured, or blotched and pimpled skin.

There are effective long-term solutions to common skin problems and two simple factors are appropriate to all of them. Stop eating starchy carbohydrates and replace them with alternatives such as quinoa until your skin problem clears. If after that you seriously cannot do without, eat starchy carbs only in small quantities and choose whole grains and brown rice. Cut out cow's milk products and replace them with those made from goat or sheep milk.

Include Essential Fatty Acids in your diet, especially the master of them all, Hemp oil, which can be taken internally and also applied topically. It's a unique oil that the skin can absorb into the body, making it great for children who refuse to take oil.

ACNE

Acne usually occurs during adolescence and affects more than 90% of teenagers, often continuing into adulthood. Hormonal disturbances are the most common cause, accentuated by a diet that is high in starchy carbs, sugary drinks and sugar foods.

To combat acne, stop eating those foods listed above and also all cow's milk products. Sweat should be washed off the skin as soon as possible but be careful not to scrub it as this creates more inflammation.

Supplements to take are Serrapeptase, Curcumin and Nascent Iodine™.

PSORIASIS

There are many factors which can trigger psoriasis. However, research

has indicated that the root cause stems from the immune system's reaction to processed foods. To combat psoriasis cut out those starchy carbs and cow's milk products.

Supplements to take are Curcumin, Serrapeptase, Hemp oil and Probiotics.

ROSACEA

Rosacea is a chronic skin condition which involves inflammation of the cheeks, nose, chin, forehead and even eyelid area. It manifests as inflammatory redness, spider like blood vessels, swelling or even eruptions, similar to acne. The cause originates from the immune system's attempt to purge the toxins of processed foods. To combat rosacea cut out starchy carbs and cow's milk products.

Supplements to take: Serrapeptase, Hemp oil, Curcumin and Vitamin B complex.

ECZEMA

Eczema is blanket term for various conditions. The most common is atopic eczema, which causes the skin to become irritated or inflamed. In common with the majority of skin problems, the underlying cause stems from the body's attempt to cope with the effects of processed foods. To combat eczema cut out starchy carbs and cow's milk products.

Supplements to take: Hemp oil, both orally and topically, Q-Gel topically, Curcumin, Probiotics and ActiveLife™ Multi-Vit/Minerals.

DRY SKIN

Dry skin can be very uncomfortable, not to mention unattractive. However, for many people, dry skin is not a sign of a skin problem or disease. It is simply caused by harsh soaps, itchy clothing, too strong or biological washing powder, the misuse of

moisturiser, and long, hot showers. It is equally possible that medication, and even some conditions such as diabetes, psoriasis, hypothyroidism, and malnutrition, can cause severely dry skin.

To combat dry skin, yet again, cut out the starchy carbs and cow's milk products.

Supplements to take: Hemp Oil orally, Derma Q-Gel® topically, Curcumin, ActiveLife™ Multi-Vits/Minerals and Digestive Enzymes.

Remember that drugs and other more severe measures used to treat these skin problems should be considered as a last resort. The above suggestions are designed to deal with the cause at grassroots level. Only in the unlikely event that they fail should you consider the other, more aggressive route.

Your Skin's New Best Friend

Derma Q Gel® is a revolutionary skin energising cream. It's 100% natural, with no harsh exfoliants and no nasty peeling chemicals.

Protected by
two US Patents
– No 6,056,971
and No
6,740,338!

100%
Paraben
Free

WHAT'S SO SPECIAL ABOUT DERMA Q GEL®? IT CONTAINS...

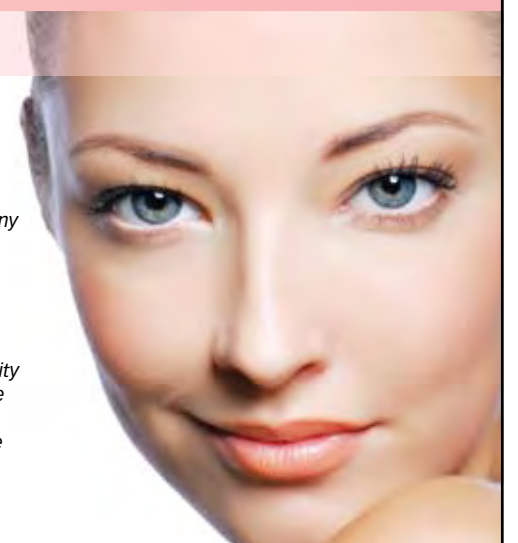
✓ Hydrosoluble CoQ10 and up to **5 times more CoQ10** than any other skin care cream. Not many creams are hydrosoluble yet this is so important because it enhances the absorption of the vitamins and herbal extracts.

✓ Palmitoyl Oligopeptide to help stimulate the deep layers of the skin's derma and Palmitoyl Tetrapeptide-7 to help reduce visible signs of puffiness.

✓ Alpha Lipoic Acid to help enhance the activity of the Vitamins C and E and to help improve overall skin tone and texture. This tri-antioxidant combination can help to reduce the typical signs of skin aging and damage.



Additional ingredients include Vitamin A, Vitamin D, Vitamin K1, Grape Seed Extract, Green Tea Extract, Chamomile Extract, Primrose Oil, Aloe Vera Gel, Kikui Nut Oil, Jojoba Oil, Sweet Almond Oil, Wheat Germ Oil, Avocado Oil and more!



The clues to impending diabetes are all there: increase of obesity especially around your middle, after-meal fatigue, sugar cravings, high blood pressure and problems with blood clotting, as well as inflammation. At this early stage, your body is becoming resistant to the effects of insulin; it needs to work harder to keep blood sugar levels on an even keel.

A diet full of starchy, high sugar foods is the main culprit. It creates a vicious circle; the more you eat of this kind of food, the more insulin levels rise, coupled with an out of control appetite for more of the same thing. If you have a family history of obesity, diabetes, early heart disease, or even dementia, you are even more prone to this problem.

These conditions are the precursors of type 2 diabetes, which may not occur until decades later. Once diabetes has set in, the person faces many health problems unless they adhere to the plan below. The problem is linked to heart attacks, strokes, blindness, kidney failure, nerve damage and the possibility of amputation.

Less well-known is the increased risk of Alzheimer's, some cancers and impotence. What many people don't realise is that the insulin resistance stage can be just as bad, causing several of the same health problems a long time before diabetes develops. In fact, many people with pre-diabetes never go on to develop the full version, but they are at severe risk of other serious health problems just the same.

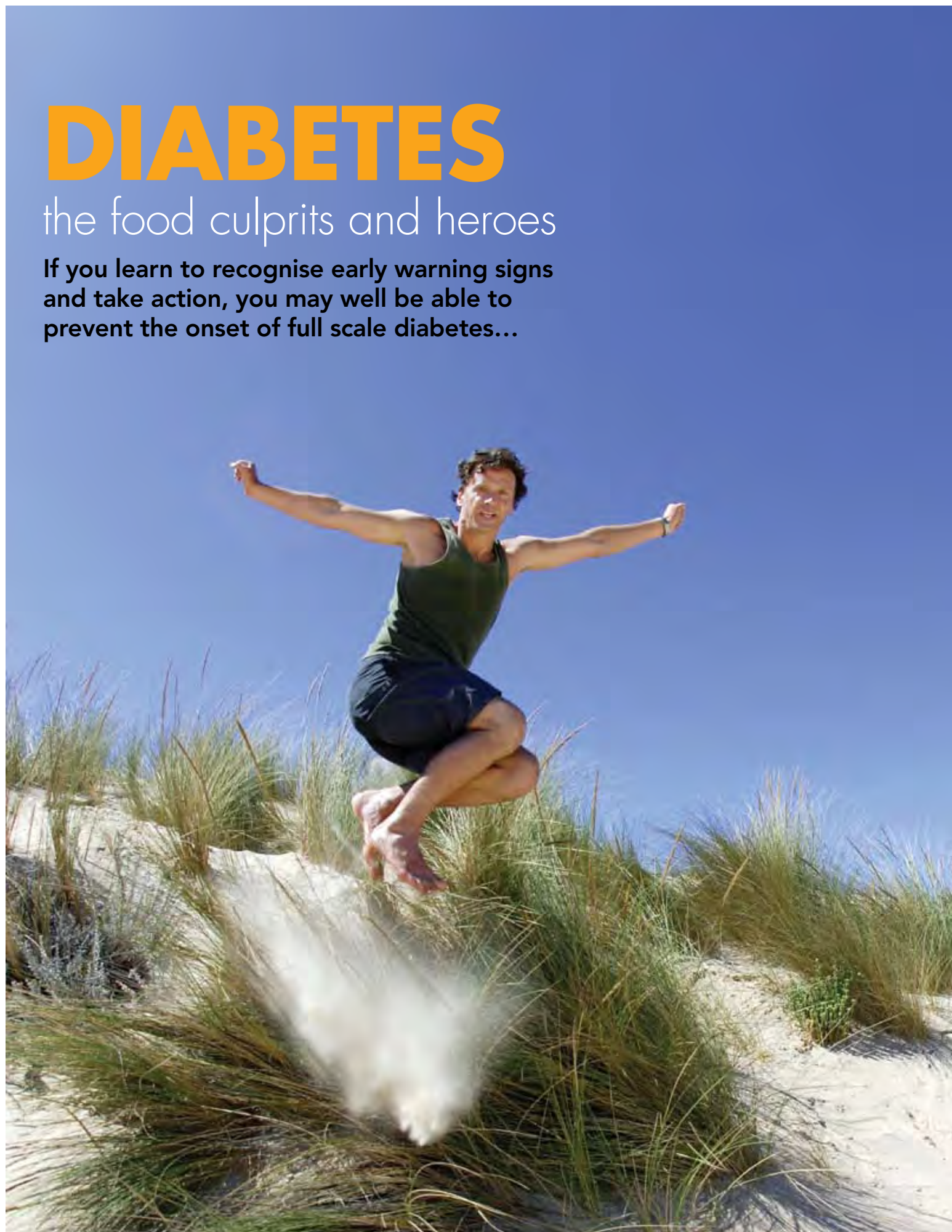
Is it possible to reverse this resistance to insulin? Orthodox medicine says no. It would have you believe that control of blood sugar levels with drugs or insulin will protect you from organ damage and death. In fact, this approach may increase your risks. The truth is there is an accelerated diabetes epidemic in tandem with one of obesity. The real cause is an unhealthy diet and life style. Improve these and insulin resistance is, indeed, reversible.

It is unfortunate that, in many cases, diabetes is diagnosed late in its onset. There is a continuum of risk from slightly abnormal insulin and blood sugar levels to full blown diabetes. It is crucial that this should be addressed as early as possible.

DIABETES

the food culprits and heroes

If you learn to recognise early warning signs and take action, you may well be able to prevent the onset of full scale diabetes...



DIABETES REVERSAL PLAN

PART 1 SUPPORTIVE SUPPLEMENTS

- A full spectrum Multivitamin and Mineral supplement
- Vitamin D3, 5,000iu capsules
- Hemp Oil or Fish, 1,000 to 4,000mg a day, for improved insulin sensitivity, lower cholesterol and reduced inflammation
- Extra Magnesium, in Magnesium oil form, helps with glucose metabolism
- R-alpha-lipoic acid, 100mg daily, helps reduce blood sugar significantly and is also effective for diabetic nerve damage or neuropathy
- Other helpful herbs and supplements include: Gymnema, Bilberry and Vitamin B3



PART 2

- Cut out starchy carbohydrates: breads, pastry, biscuits, breakfast cereals, white rice, potatoes, pasta, processed foods and milk products. Stick to Quinoa, brown rice, buckwheat and the other carb alternatives, as shown at www.ReallyHealthyFoods.com
- Eat some of the following foods every 2-4 hours: 6-10 small portions of fresh or frozen veggies, organic if possible, in soups, stir-fries, steamed, etc. 50% should be raw juiced
- Eat 5 portions of beans, nuts and seeds (soaked and mashed for the nuts and seeds)
- Use healthy oils such as Olive oil
- Eat 5 portions of dark-skinned fruits, (blueberries, cherries, red grapes and, especially, two avocados daily
- If you eat meat make sure animals were grass fed
- If you eat fish make sure it is wild or organic. Oily fish are best, such as sardines, salmon, tuna and mackerel
- Drink 6-8 glasses of distilled or filtered water per day with a pinch of bicarbonate of soda to help alkalize your body
- Stop using table salt and take ½ teaspoon of Sea or Rock salt daily in food or a little water
- Exercise 2-3 times daily: Lying on your back and cycling your legs in the air to improve circulation to your organs and legs whilst taking the pressure off your heart and lungs when exercising.

“THE TRUTH IS THERE IS A DIABETES EPIDEMIC... AND THE REAL CAUSE IS AN UNHEALTHY DIET AND LIFESTYLE.”

RECOMMENDED SUPPORT PRODUCT

Pancreas Plus+ Support Spray™ is powerful all-natural compound of vitamins and minerals available in a sublingual spray, with 900% better absorption than capsules and tablets. This powerful formula may help balance the production of insulin in the blood thereby normalizing blood sugar levels.

Other recommended supplements are **Curcumin98**, **Serra Enzyme 80,000IU™**, **The Krill Miracle™**, **R-Alpha Lipoic Acid™** and **EssentialsDigestivePlus™**. For details turn to the Good Health Essentials pages.



CALLING ALL MEN

Are you ready to do something simple to improve your greatest health worry, asks Robert Redfern

Men's chance of keeping good urine flow and healthy prostate function by the time they're 80 years old is just 1 in 10. These are odds that almost guarantee a prostate problem by the time you're 80.

With odds like that, it likely leads to something worse for many. (I guess you know what I'm talking about.)

Are you ready to do something to improve your chances of keeping your prostate in good shape? Most men don't. They just wait and hope for the best. Not the smartest choice.

Some men take herbal supplements for their prostate that are not scientifically based. These formulas may be very basic and almost certainly don't contain the full spectrum of science based nutrients to give the support you need.

Scientific research shows what works. There are ingredients I believe your prostate formula must have to work. Unfortunately, many don't have them.

Here's the problem: Most formulas are very similar. They are made to a price rather than being made to work. The other danger is they don't keep up with the latest discoveries. Ingredients like Saw Palmetto work in some cases and pumpkin seed is helpful. I use them myself. But there are other

prostate nutrients most doctors either don't know about or overlook.

These are the ones that make a difference you can actually feel.

The first is Bee Pollen. Studies show Bee Pollen (Graminex™ G63) reduces DHT, the hormone that starts to ramp up as you get older. Low levels of DHT are critical for a healthy sized prostate.

Researchers in England gave it to men who were going to the bathroom a little too often and had a hard time peeing. After 6 months, 79% of them showed real improvement and 36% felt fully satisfied with the results. Bee Pollen also helps relax the smooth muscles lining your urinary tract. That means when you have to pee, you can relax and let it flow!

When Japanese researchers ran studies, they found these great results with Bee Pollen:

- Residual urine decreased by 92%
- Urine force and flow improved by 86%
- Need to urinate at night dropped by 85%
- The feeling of strain during urination dropped by 56%.

Another nutrient with good studies for a healthy prostate is Nettles Leaf Ext. Beta-sitosterols.

This powerful extract supports your prostate on a cellular level. Together with Lycopene, B Vitamins, Ginseng, amino acids, minerals, enzymes, and Vitamin D3, these nutrients make the perfect prostate formula.

But please keep something in mind – don't wait around thinking this won't happen to you. It will for 9 out of 10 men. Every man needs prostate support and every prostate needs the support of around 20 nutrients. If your prostate formula doesn't have over 20 ingredients, change your formulation. Today.

RECOMMENDED FOR PROSTATE SUPPORT

Prostate Plus+™ is a powerful non-drug formula with activating enzymes for maximum absorption and therapeutic effect.



THE JUNGLE SOLUTION TO AN EMBARRASSING PROBLEM



Many women at some point experience the embarrassing problem of poor bladder control. There are two outstanding natural solutions:

The first one is Cat's Claw Root (*Uncaria Tomentosa*). This is a vine native to the jungles of Central and South America. It's named for its dangerous-looking thorns. Turns out it's not dangerous at all.

Tribes in the Amazon have been using the root of this plant for centuries and modern research has identified 53 separate compounds in Cat's Claw Root. The root's broad range of health benefits include: anti-inflammatory agent, immune booster, antioxidant, nervous system support, and vascular support.

One of Cat's Claw's most important clinically proven benefits lies in its ability to relax the smooth muscles which govern how well the muscles in your bladder are able to void (and retain) urine. If they're too tight, they constrict, making simple urination difficult. If they're weak, it makes peeing difficult to control.

These anti-inflammatory properties are also highly beneficial for the whole urinary tract, not to mention joints, muscles, fibromyalgia, headaches, and other inflammatory problems.

In a few rare circumstances some people are allergic to Cat's Claw. The symptoms include rash and itching. If you experience any of these, discontinue use immediately. Also make sure the species of Cat's Claw you're taking is the right one. There are many plants in Mexico and other parts of Central and South America that go by the name of 'Cat's Claw'. The one that works best has the botanical name *Uncaria Tomentosa*.

The second solution is also from Peru and is called Maca. As well as general comfort, maintaining a sense of healthy energy and vitality, Maca can help maintain reflexes, energy levels in chronic fatigue, reinforce and stimulate immunity, and help maintain stamina and athletic performance.

Make sure the Maca is from the black and purple roots, with the botanical name *Lepidium Meyenii Walpers*.

RECOMMENDED PRODUCT: Alleevian® helps support general comfort and joint function, and is made from 2 of the best natural resources from Peru, Maca (*Lepidium Meyenii Walpers*) and Cat's Claw (*Uncaria Tomentosa*).

90 Liquid Vitamins & Minerals in ONE

3 x better than tablets



Active Life™ is the perfect all-in-one nutritional supplement for today's lifestyle. It contains a powerful and all-natural source of 90 Vitamins & Minerals.

Because it is a liquid it is up to 3 times more absorbable than a tablet and, along with the critical minerals Selenium and Chromium, Active Life™ provides you with your recommended daily value for vitamins such as: Vitamin A, C, D3, E, K, B1, B2, Iodine, Zinc, Copper and so on. We're sure you get the message!

Due to busy lives, poor diet and a need for nutrition, Active Life™ is the solution for you. It is the most economical daily nutritional program available.

NEW
Tasty Orange
Mango Flavour

Suitable for all the family and for all ages

Available in:
large (946ml)
or small (483ml)

Suitable for vegans





In the past few decades there has been a tremendous decline in the traditional family meal. Processed or ready made meals have replaced home-cooked healthy meals – cooking from scratch is just not expected or even practical in our busy family lifestyles.

Professor W Philip T James MD, chairman of the International Obesity Task Force, says it's time for us to confront the bad news that the food being eaten by our children is not fit for purpose.

According to the International Obesity Task Force:

- Millions of people in the West are dying each year from obesity, and obesity related diseases
- 7 out of 10 doctor visits are due to fatigue
- Today's generation is the 1st generation in 200 years NOT expected to outlive their parents
- 1/3 of children are at risk of developing type 2 diabetes
- 1 out of 4 children are clinically obese!

And the bad news is being slim and eating junk food is not a safeguard for health.

WHAT CAN YOU DO?

Have a symbolic family clean out of all of the junk food and put it where it will do no harm, in the trash.

Ask your school to help form a parents group to instigate a cookery course through school.

Set up a joint web blog for your schools and community and seek menus, recipes, and sources of good value fresh foods.

Go to www.ReallyHealthyFoods.com for helpful information from really healthy kids.

WHAT IS JUNK FOOD?

Breakfast cereals, bread, pastry, cookies, potatoes, white rice, pasta, and all processed foods. Milk and cheese are processed of course and are indigestible. Many meats are processed. Even so-called fresh meat is processed because it is mostly fed on grains and corn which causes the meat to contain 6 times more saturated fats.

REALLY HEALTHY FOODS INCLUDE:

Vegetables, dark skinned fruits, nuts, seeds, beans, grass fed meats and poultry (unprocessed), wild fish (oily), and sprouted grains.

Supplements have become the answer to remedy our children's nutritional health of the damage done from junk foods and mineral poor soils where much of our foods are grown.

Apart from eating the really healthy foods listed above, our children, and our grandchildren need, at the very minimum, the full spectrum of minerals, probiotics, fatty acids, vitamin D, and Digestive Enzymes to protect their health.

RECOMMENDED FOR CHILDREN'S HEALTH

Active Life™ – 90 great tasting liquid vitamins & minerals; **Eskimo Oil for Kids** for a tasty supply of EPA and DHA; **Probiotic14™** protection against harmful bacteria; and **Essentials Digestive Plus™** 8 digestive enzymes needed for food allergies and good digestion.

KEEP YOUR BRAIN WELL OILED

Says Robert Redfern, 64 and getting younger...



healthy and functioning optimally is about a lot more than taking supplements, though that's a critical element. It's also about lifestyle choices that keep oxygen flowing through this incredibly complex neural circuitry (another of the zillions of benefits of exercise). It's about forming connections with other people. It's about reducing stress, which literally, physically shrinks an important part of the brain involved in memory and thinking (the hippocampus). It's about eating the foods that provide the nutrients that keep the neural machinery well-oiled.

Step 1 – Take supplements that studies show will keep your brain healthy: Fatty Acids, Curcumin, Vinpocetine, and a full spectrum of minerals.

Step 2 – Exercise, as studies show those who exercise and keep the oxygen flowing to the brain avoid degenerative diseases.

Step 3 – Avoid infections by taking a supplement that will keep the bugs at bay.

Step 4 – Keep your mind active, with a good circle of friends of many ages, and with brain exercises such as crosswords and sudoku.

Step 5 – Stop eating starchy carbohydrates and eat lots of vegetables, dark skinned fruits, nuts, seeds, beans, grass fed meats and poultry (unprocessed), wild fish (oily), and sprouted grains.

I can recommend this plan as it is my plan and in spite of both of my parents dying earlier than the age I am now, I am super healthy and feel like a 40 year old.

RECOMMENDED PRODUCTS FOR BRAIN FUNCTION

Vinpocetine (see page 78), **Serranol™**, **Eskimo Fish Oil**, **ReFocus™**, **Active Life™**, and **D.I.P Daily Immune Protection®**. See the Good Health Essentials pages.

I am 64 and if I talk to my peer group about the future, I am likely to hear a variety of responses, all of which have something in common. People are concerned about finances and jobs, about remaining relevant, and their health and the health of their children. But there's one concern that trumps all the rest – one thing that every baby boomer I've ever spoken to worries about more than anything – the thought of losing one's mind. This thought haunts baby boomers across the planet, and most especially those who've had personal experience with an aging parent with dementia or Alzheimer's.

Observing and interacting with someone with dementia or Alzheimer's is one of the most painful things in the world

when the person in question is someone you love. I know this from personal experience, since my father lived with dementia for the final two years of his life.

Keeping our brains sharp and functioning optimally means protecting our memories, our ability to think and reason, our ability to interact with the world, our ability to have a meaningful and productive life.

The good news is that there are supplements that protect the brain that are even getting results in stopping or reversing brain degeneration. Through careful nutrition it is possible to keep our brains sharp as a tack for as many years as humanly possible.

Protecting our brain and keeping it



LOOK AFTER YOUR EYESIGHT

with the right nutrients in the right formulation

Research shows common eye disorders can be slowed and even reversed using the appropriate nutrition.

Eye diseases are the major cause of blindness in the UK. The most common problem is age-related macular degeneration, followed by cataracts, glaucoma and diabetic retinopathy. It is estimated that a quarter of us over 65 will suffer some loss of sight as a result of these illnesses. But even a small decline in visual ability can lead to a significant drop in quality of life and independence.

The eye has the highest need for nutrients and oxygen of any organ in the body. Poor diet or poor circulation, such as with diabetes, has an immediate effect on eye health.

Even with a good diet, critical nutrients are not absorbed as well with age, causing problems such as Retinitis Pigmentosa. The solution here is to restore the digestive tract with a recovery program and supplement with nutrients with the highest bioavailability. An example is Lutein, which in tablet form may only provide 10% of the stated ingredient to a healthy tract; less to an unhealthy one. In sublingual form, however, nearly 100% of the stated Lutein content will be absorbed.

THE NEW NUTRIENTS

While familiar antioxidants such as C, A, E, Zinc, Copper, Selenium and Manganese have all been shown in studies

to improve eye health, there are new supplements such as Astaxanthin, Curcumin and the amino acid Taurine, the most prolific amino acid in the eye, which we now know are just as important. And with increasing nutrient deficiencies in the soil where our food is grown, all these nutrients need to be supplemented in the form of a good quality multi-vitamin and mineral formula.

There is now a significant body of eye science research – see the Eyesight Action site at www.eyesight.nu to read studies. One of these landmark studies showed Lutein supplementation may reverse symptoms of macular degeneration. The study, published in *Optometry Journal*,

DID YOU KNOW?



WHAT DOES YOUR BODY NEED DAILY TO SUSTAIN LIFE?

Everyday we need proteins, fats, carbohydrates, 13 or so vitamins, 20-60 minerals (the number depends which scientist you believe), 12 or so amino acids, 10 or so essential fatty acids, 6 or so digestive enzymes, probiotics, oxygen and pure water.

Only the uninformed would claim that these essential nutrients are found in the average UK diet (even if your aging digestive system could absorb them).

You also need many specific nutrients to help counteract an essential part of your body's energy creation, called free radicals. Free radicals are partly caused by sunlight acting upon our eyes, from cellular combustion when we create energy and oxidation from oxygen activities in our body. We need two specific antioxidants in our eyes, Lutein (lu-teen) and Zeaxanthin (zee-a-zan-than) to help counter this free radical activity.

was the first to show the reversal of age-related macular degeneration with high doses of Lutein and Zeaxanthin. The Lutein increased Macular Pigment Optical Density by 50% in 12 months.

It is still important to follow a really healthy diet and include:

- 5-10 portions of vegetables per day, including 4 greens such as kales, spinach, broccoli, green beans, etc.
- 3-4 portions of fruit per day, which should include 2-3 dark-skinned fruits such as berries, plums, apples, etc.
- Miscellaneous foods such as avocados, nuts, seeds, quinoa, brown rice, buckwheat and beans.
- Fats from fish, meats, eggs, avocados, oils, full fat milk, cheese and butter (from raw milk if possible).

Other helpful therapies include **MicroCurrent Stimulation** and **Electronic Acupressure** – see **HealthPoint™** at www.DoveHealth.com and turn to page 72.

RECOMMENDED FOR EYE HEALTH



Maxi Focus™ sublingual spray is a complete nutritional formula to support the health of your eyes. In addition to the essential carotenoids Lutein and Zeaxanthin, **Maxi Focus™** contains a full range of essential vitamins and minerals. The sublingual formula ensures the most effective absorbency, even in those with digestive tract problems. Now with Phosphatidylserine Extract to help improve memory, thinking and concentration too.

Other recommended products: **New Focus™ Sublingual Spray**, with Ginkgo extract to improve blood flow to the eye's blood vessels and Bilberry extract to improve capillary wall strength. Also **Taurine™ Spray**, helping reduce damage caused by sunlight; **Eskimo Oil** and **HealthPoint™**. See the Good Health Essentials pages.

The silkworm works hard for survival, digesting tough mulberry leaves then escaping from a rock hard chrysalis to take flight. To do this it secretes the powerful enzyme Serrapeptase. This remarkable use of the enzyme by silkworms was first noticed by researchers in the 1960s. Their studies and greater understanding of its powers led to Serrapeptase being harnessed in the laboratory using a plant medium and the friendly bacteria *Serratia E15*.

Since then, Serrapeptase has achieved a remarkable reputation as a result of 23 studies, successful use by doctors throughout the world, and an impressive catalogue of user testimonials.

As a Proteolytic Enzyme (Protease) it works by helping to prevent and remove dead tissue and unhealthy inflammation. This allows the body's natural and healthy processes to function as they should, while reducing pain. Each tablet or capsule will typically contain 80,000iu of the highest quality Serrapeptase, the formulation designed to give the maximum benefit in the minimum time.

With its potential ability to replace many anti-inflammatory drugs and bypass some operations, this 'Miracle' Enzyme has the added benefit of no known side-effects or interaction with drugs. It is safe to use during pregnancy and breastfeeding, and in the lowest dose it is suitable for children and pets.

TESTIMONIALS:

Health professionals and members of the public share their experience of Serrapeptase:

CUSTOMERS

Maureen from Birmingham had fought a 16 year battle against MS. Her discovery of Serrapeptase made a dramatic difference to her life: "Everything has improved. The tightness in my spine that indicates the presence of MS has gone, as has the constant pins and needles in my fingers. My balance has improved and perhaps best of all the old confidence I had pre-MS has returned."

THE MIRACULOUS STORY OF SERRAPEPTASE

The enzyme that can help pain, chronic inflammation and clogged arteries...

Mr and Mrs Jones are healers who help many people with their health problems. An 80 year old client of theirs had suffered a stroke some time ago. Mrs Jones says: "We suggested she try Serrapeptase to clear the arteries and sure enough her walking ability improved. We were also amazed by its power in dispersing two cysts, one on her back and another on her breast."

Mrs Donnelly is an asthma sufferer who took Serrapeptase on the advice of her local health shop. She says: "No unrealistic claims were made when I bought it but Serrapeptase made me feel 200% better. My husband and I love dancing and now I can enjoy it again."

Susan from Sheffield suffers from a rare form of vasculitis, inflammation of the blood vessels. Her problem is a build-up of tissue in her throat that threatens to choke her. Serrapeptase has kept the scar tissue down and reduced excess mucus. She says: "I feel Serrapeptase has literally saved my life."

PHARMACIST

Pharmacist Dennis Gore is a regular broadcaster on several radio stations. He is in great demand throughout the UK and Ireland as a speaker on health issues. He says: "I came across Serrapeptase in 2002 as a result of the publicity surrounding the good health effects people were obtaining and the fact it was available on prescription from doctors in Germany and other European countries. Three gentlemen all scheduled for heart bypass operations contacted me to tell their Serrapeptase stories. Just taking 2-3 doses per day of Serrapeptase appeared to have cleared their arteries and reduced their angina symptoms. All three had their operations cancelled. Their specialists could find no significant symptoms."

PRACTITIONERS

Practitioners are discovering the myriad uses of Serrapeptase.

Dr Simon Norton of Epsom Chiropractic Clinic says: "I've prescribed Serrapeptase for those with varicose veins in their legs which looked like a

bunch of grapes. After a few months they've returned with scarcely any sign of disfigurement."

Nurse Linda runs the Natural Health Practice. Originally a skeptic of the power of the silkworm enzyme she now says: "Everyone should be taking Serrapeptase. Clients with IBS, for example, suddenly realize they haven't grumbled for weeks."

Naturopath Janet Spence is enthusiastic about the role of Serrapeptase in patients at risk of thrombosis. She says: "Warfarin was killing one of my patients when she first came to see me. I put her onto Serrapeptase. Her GP is happy for us to be doing this as there is no other drug he can use."

RECOMMENDED SERRAPEPTASE PRODUCT



Serra Enzyme 80,000IU™ (The Original Serrapeptase) helps promote better well-being for your inflammatory system and supports your whole body including digestive tracts, colon, arteries, lungs, joints, and anywhere blockages/inflammation needs resolving. This inexpensive and effective formula provides powerful strength 80,000iu, enteric coated for the best absorption.

The truth about CHOLESTEROL AND CoQ10



The crucial facts everyone taking cholesterol drugs needs to know

Cholesterol has got itself a bad name. It is blamed as the villain of the piece in heart attacks or strokes. The truth is the much maligned cholesterol is actually a good guy, harmless when undamaged by free radical action.

There is no question cholesterol is in the plaque that sticks to the artery walls, blocks blood flow, pushes up blood pressure and triggers heart attacks and strokes. However, conventional thinking misses out on the key element. It is the build up of plaque that is dangerous, not the mere presence of cholesterol!

Results from the 'gold standard' Framingham Heart study, running for 16 years and following the health history of 5,127 people, show 75% of those who have heart attacks have normal cholesterol.

Speaking at a recent BMA meeting in Leeds, Dr Malcolm Kendrick said that raised cholesterol does not cause heart disease. His demonstration, with data from the World Health Organisation's MONICA project, showed the comparison between heart disease and cholesterol levels in 15 populations, and that there is no relationship.

RESEARCH



HIGH CHOLESTEROL BY ITSELF ISN'T THE CULPRIT

In his book *The Great Cholesterol Lie*, cardiac surgeon Dr Dwight Lundell says a main trigger of heart disease is oxidation. Free radicals rip shreds out of arteries, damage cholesterol and consume other tissues in their path. Cholesterol undamaged by oxidation moves harmlessly through your arteries, making hormones crucial to good health. It's not high cholesterol you should fear, its oxidised cholesterol.

A recent 'meta study' published in the *Quarterly Journal of Medicine* involved thousands of patients, covering more than 40 years and it concludes: '... rather than promoting [blocked arteries], high cholesterol may be protective [against blocked arteries], possibly through its beneficial influence on the immune system.'

The true culprit is free radicals which cause a chain reaction of oxidation and scarring of the arteries; the immune system kicks into action in an attempt to repair and patch up the scarring with oxidised cholesterol. In fact, soft plaque is mainly oxidised LDL cholesterol and immune system cells.

When symptoms of heart disease present following this chain reaction and immune system response, the usual recourse of the medical profession is to prescribe cholesterol lowering drugs. What they fail to tell you is that these statins have nasty side-effects, including heart failure, and these drugs seriously deplete the body of Coenzyme-Q10. This vitamin-like substance has the power to prevent heart attacks and

“THE TRUE CULPRIT IS FREE RADICALS WHICH CAUSE A CHAIN REACTION OF OXIDATION AND SCARRING OF THE ARTERIES.”

strokes by stopping the inflammation in the arteries, lowering blood pressure and rejuvenating heart cells. But if you don't have enough CoQ10, the opposite is true.

Author of *The Coenzyme Q10 Phenomenon*, Doctor Stephen Sinatra says your organs may become impaired if your CoQ10 falls by 25%. And if your levels fall by 75%, it can cause serious tissue damage, even death!

CoQ10 is one of the most powerful antioxidant 'rust proofers' known to science. It also performs a second vital role as 'the spark of life'. Because your cells are made of atoms you literally run on atomic energy. It's called adenosine triphosphate (ATP) and each one of

your 100 trillion cells is packed with tiny atomic reactors to spark this energy – called mitochondria.

Not only is it the spark that starts your reactors, it's the 'bin man' who hauls away the oxidised free radical waste left over from the reaction. It doesn't matter how good your diet is... no spark, no ATP. And not enough ATP... not enough strength, stamina and energy to live a vibrant, disease free life!

And yet, by the time we reach 80 years old, our ability to produce CoQ10 has plummeted by 65%. This information will be unsettling for all those taking statins: 'Why didn't my doctor tell me about this marvellous substance so I can help my heart stay healthy?' It's sad but true that there remains a powerful resistance by much of the medical profession and, of course, the drug companies, to this kind of self help. But one thing is clear, if you're taking a statin drug, it is absolutely vital that you supplement with CoQ10.

RESEARCH



STATINS AND MUSCLE PAIN

Crestor®, Lescol®, Lipitor®, Ranzolont®, Simvador®, Zocor®, Lipostat®... according to the *Journal of Atherosclerosis and Thrombosis*, taking any of these statin drugs, even a small (10mg) dose, can deplete your CoQ10 by as much as 40% in just 8 weeks.

A lack of CoQ10 may also be implicated in the common side-effects people suffer while on these drugs, such as muscle pain. In Canada, cholesterol lowering drugs carry a 'Black Box' warning, admitting that the lowering of CoQ10 in your heart could lead to impaired cardiac function.

RECOMMENDED CoQ10 PRODUCT



HySorbQ10™ absorbs 4 times better than ordinary Co-enzyme Q10. If body levels of CoQ10 start dropping, so does our general health, and if you want to protect your heart or are taking statins, CoQ10 supplementation is absolutely essential.

Tell me more about SerraPlus+™

SerraPlus+™ contains 80,000iu of Serrapeptase **plus** MSM and Trace Minerals for additional support.

Serrapeptase has a **wide range** of health benefits. It can help to prevent and remove **dead tissue** and unhealthy inflammation such as **scar tissue** and **lesions**. **SerraPlus+™** combines **Serrapeptase** with:

350mg MSM – for additional support for lungs, joints, skin and connective tissue, and

50mg of 73 Trace Minerals – to deliver potent organic minerals missing from the food chain and to ensure better utilisation of enzymes.



- ✓ Digestive System
- ✓ Arteries
- ✓ Veins
- ✓ Colon
- ✓ Inflammation & Pain
- ✓ Cysts
- ✓ Fibrosis
- ✓ Sports Injury
- ✓ Trauma & Swelling & more

Not all stress is bad and in small doses it can be a great motivator. As Dr Bruce McEwan, professor and head of the neuroendocrinology lab at Rockefeller University, New York, says: "I think of stress as a word that we give to a challenge of any kind. And when we are challenged, our body system produces mediators, hormones like cortisol and adrenaline, which help to get us going and actually do all sorts of good things that keep us alive."

But long-term or chronic stress can lead to an over-exposure to these hormones, cautions Dr McEwan, which, if left unchecked, can result in anxiety and soon leave you feeling unable to cope. Worse still, it can also eventually lead to physical illness.

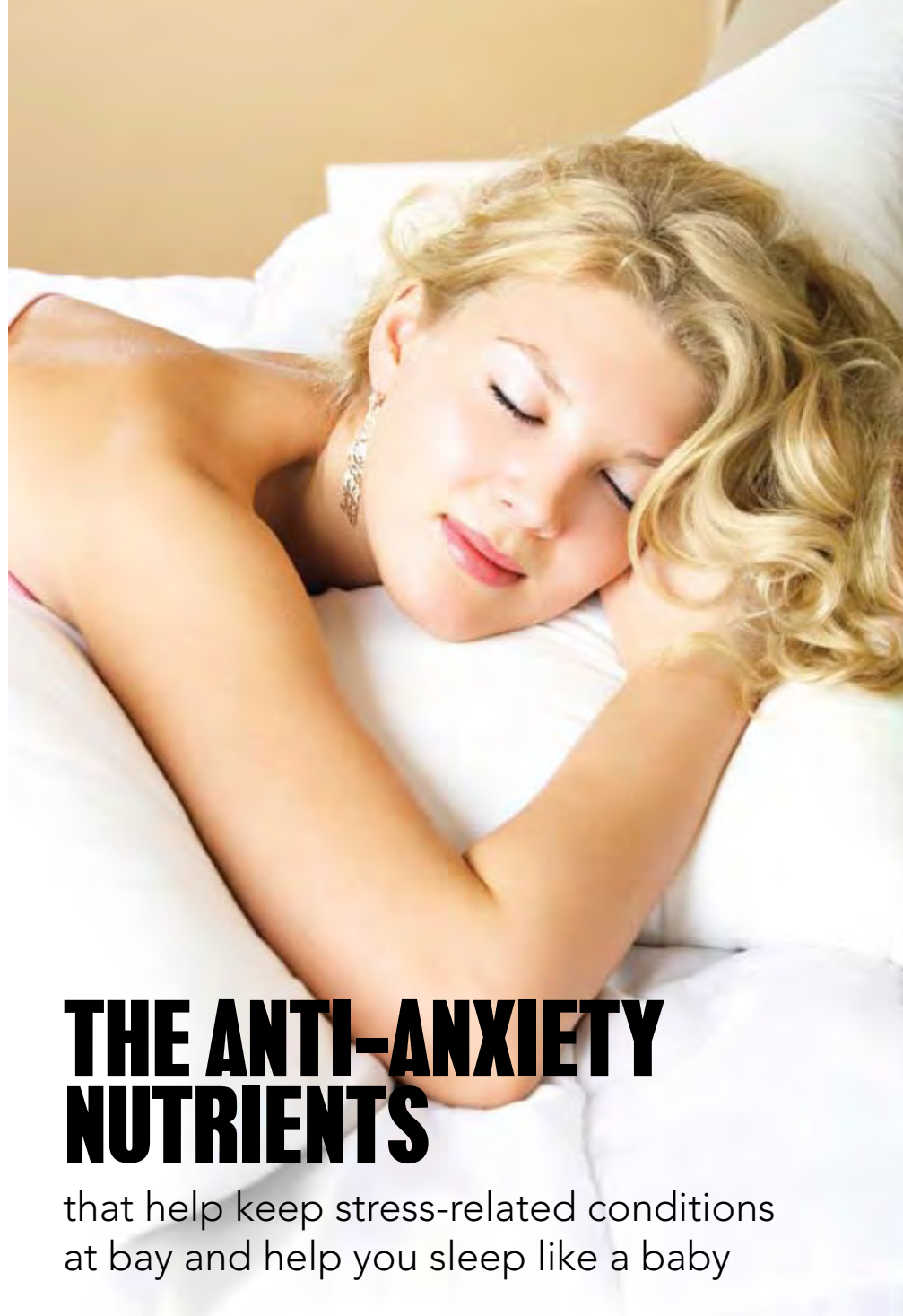
According to the Stress Management Society, a UK-based non-profit making organisation that provides advice on stress and well-being issues, numerous studies show that long-term, chronic stress has a negative impact on health, and is implicated in everything from fatigue and depression to high blood pressure and heart disease. Worryingly, around 30% of us suffer from this kind of stress on a daily basis.

To counter the effects of negative stress, a new formula has been developed, called Relaxwell™. It contains the calming amino acid L-Theanine (the good bit in Green Tea), along with other renowned anti-stress compounds including B vitamins and feel-good amino acid L-Tryptophan.

Relaxwell™ has been designed to help reduce cortisol, the aging by-product of stress, and prevent the depletion of all-important stress-relieving nutrients (a common side-effect of stress that often occurs regardless of how healthy your diet is), and generally help you get through difficult times more smoothly.

L-THEANINE (IN GREEN TEA) IS THE MOST WIDELY USED NUTRIENT FOR STRESS IN JAPAN

The amino acid L-Theanine has been included in RelaxWell. First, this amino acid directly stimulates the production



THE ANTI-ANXIETY NUTRIENTS

that help keep stress-related conditions at bay and help you sleep like a baby

of alpha brain waves, creating a state of deep relaxation and mental alertness similar to that achieved through meditation.

Second, L-Theanine is involved in the formation of Gamma Amino Butyric

Acid (GABA), which influences the levels of neurotransmitters dopamine and serotonin – the ones that produce the key relaxation effect. GABA also calms the brain by inhibiting the production of other brain chemicals,

MAGNESIUM OIL FROM ANCIENT MINERALS

Magnesium is one of the most important minerals for helping your body cope with stress. Stress-related diseases which run rampant through modern society, like heart attacks and high blood pressure, are often accompanied by Magnesium deficiency, according to Dr Leo Galland, a leader in the field of nutritional medicine. When Magnesium levels are low, the nervous system gets out of balance and the muscles become tight. This can lead to elevated mental stress. Sufficient Magnesium is required for efficient GABA production and it's GABA that influences the levels of neurotransmitters dopamine and serotonin, producing the key relaxation effect.

such as noradrenalin; without it we can feel a loss of control. Chronic stress and anxiety tremendously increase the need for GABA.

But GABA doesn't pass through the blood-brain barrier easily, so taking it as a supplement is not the answer. L-Theanine, on the other hand, does pass through the blood-brain barrier, and being a precursor to GABA is able to boost levels of this neurotransmitter in the brain.

SOOTHING INGREDIENTS TO MASTER ANXIETY

The second amino acid in Relaxwell™ is L-Tryptophan, an amino acid and precursor for the mood-regulating serotonin, (the brain neurotransmitter linked with pleasure and fulfilment). L-Tryptophan has been used in complementary medicine to help sleep problems, anxiety, depression, premenstrual syndrome, and smoking cessation.

Relaxwell™ contains 3 B vitamins: 2 types of Vitamin B3 and B6, well known stress relievers that help keep your nervous system functioning properly. During times of stress and illness, your body uses larger than normal amounts of these vitamins, making it paramount to replenish them on a daily basis.

RECOMMENDED FOR SLEEP AND RELAXATION

Relaxwell™ for Nerves is designed to help reduce cortisol and maintain good levels of the stress-relieving nutrients, aiding relaxation and restful sleep. (Not suitable during pregnancy. Consult your doctor if you're already taking a sedative or tranquilliser.)

Ancient Minerals™ Magnesium is topically applied as an oil or a gel. This pure-sourced Magnesium is quickly absorbed for fast results.

Also for relaxation and sleep: **HealthPoint™ Auricular Ear Clips**; **SleepWell™ with 5-HTP**; and **SAM-e™**.



Powerful Co-enzyme Q10 Formula

4 x Better Than Ordinary Q10

Co-enzyme Q10 is necessary for the functioning of every cell in your body and your body could not survive without it! Tissues that require the most energy, such as the heart, require the largest amounts of CoQ10.

People with failing cardiac systems have been shown to benefit greatly when supplementing with CoQ10.

It can also help to: maintain healthy blood pressure, clean the blood system, guard against heart disease, stimulate the immune system and provide an energy boost.

It is essential for anyone taking statins because statins can prevent the absorption of CoQ10 from the diet.



Best Value Veggie Cap Q10

Each daily dose of 100mg HySorbQ10 (2 caps) is the equivalent to 400mg of ordinary Co-enzyme Q10

It's **OFFICIAL**

VITAMIN D3 is at the forefront of the battle against disease

Recent studies proving vitamin D3's health benefits and immune boosting qualities are legion. One of these, by University College London Institute of Child Health, found vitamin D3 deficiency is 'largely being overlooked by our health professionals.'

Their report, in the *British Journal of Nutrition*, appeals for a unified approach from health authorities towards supplements. They call into question the Department of Health's advice that pregnant women make certain they receive 10 micrograms of vitamin D3 daily, adding that diet and sunshine don't provide an adequate supply.

GETTING OUT IN THE SUN

Subsequently, Cancer Research UK has now revised its advice that we should stay in the shade between 11am and 3pm, wear hats and clothing and use a sunscreen (provoked by concern that rising skin cancer rates are linked to exposure to sunshine).

Now the charity recommends short spells of midday sun exposure without using a sunscreen. This is great news, giving us licence to get out into the sunshine in the knowledge we'll top up our levels of vitamin D3 and boost our immune systems.

95% OF PREGNANT WOMEN DEFICIENT IN VITAMIN D

A University of Michigan study (Lee JM et al) of 40 pregnant women, the majority of whom were taking prenatal vitamins, found 37 of them had vitamin D levels below 40 ng/mL, and the majority had levels below 20 ng/mL. More than 25% had levels below 10 ng/mL. The results were published in *Clin Pediatr (Phila)*, 2007.

VITAMIN D EXPERT SAYS 50% OF WORLD'S POPULATION DEFICIENT

In the July 2010 issue of *Endocrine Today*, a monthly newspaper published by SLACK Inc, Anthony Norman, a distinguished professor emeritus of biochemistry and biomedical sciences and an international expert on vitamin D, writes that half the people in North America and Western Europe get insufficient amounts of vitamin D: "Given that two-thirds of the people are vitamin D insufficient or deficient, it is clear that merely eating vitamin D-rich foods is not adequate to solve the problem for most adults." He added: "There is a wide consensus among scientists that the relative daily intake of vitamin D should be increased to 2,000 - 4,000 IU for most adults."



Vitamin D3 has aroused a lot of interest among cancer researchers, both as a preventative measure or with involvement in treatment of the disease.

BREAST CANCER

An American study, in 2007, showed that women who ate foods containing high levels of calcium and vitamin D3 had up to 40% less chance of developing breast cancer before the menopause. The study involved more than 30,000 women.

PROSTATE CANCER

Prostate cancer was the subject of a study published in the *Journal of the British Association of Urological Surgeons* in 2009. Results showed that a daily dose of vitamin D3 reduced PSA levels – the gauge measuring the severity of prostate cancer – by as much as half in 20% of patients.

BOWEL CANCER

The protective effect of vitamin D3 against bowel cancer was the subject of a study by researchers from Imperial College London. They discovered a 40% reduced risk of bowel cancer among people with the highest concentrations of vitamin D3 in their blood. Writing in the *British Medical Journal*, the researchers concluded that vitamin D3 may be associated with a protective effect against bowel cancer.

PSORIASIS

Twenty Swedish men and women suffering from psoriasis were taken for a 3-week break to Gran Canaria, to test the effects of vitamin D3-rich sunlight on the group. The severity of their psoriasis was measured by the Psoriasis Area and Severity Index (PASI) and results were impressive, with their PASI scores dropping by an average of 73%.

COLDS AND FLU

Vitamin D3 supplements can reduce the incidence of colds and flu by 70%, according to American researchers at Winthrop University Hospital, Mineola. A group of volunteers tested the vitamin over a period of 3 years. Findings showed it stimulated natural immunity to viruses and bacteria, suggesting the occurrence of colds and flu is a direct result of the decline in vitamin D3 containing sunshine.

MULTIPLE SCLEROSIS

Latest research from Canada suggests a strong link between the 'sunshine vitamin' and a gene that increases the risk of MS. Lead researcher Professor Ebers said the interaction of vitamin D with the gene is very specific and seems most unlikely to be a coincidence. That it may have the potential for treatment which might prevent MS one day in the future.

JOINT MOBILITY

Another group that appears to benefit is the over 60s who, because of mobility problems, may not receive enough sunshine, ergo vitamin D. In a recent double-blind controlled 6-month study, individuals tested the effects of Calcium plus vitamin D (D3) or calcium plus a placebo. The Calcium/vitamin D group saw hip flexion strength increase by 16.4% and leg extension strength increased by 24.6%.

And vitamin D will surely reveal even more health benefits in the future.

RECOMMENDED VITAMIN D3



Vitamin D3™ 5000iu capsules deliver a significant dose of Vitamin D3 as well as a 100mg of Calcium from coral.

Also recommended for children's health: **Serranol™** and **D.I.P Daily Immune Protection™** both of which contain **Vitamin D3** – see the Good Health Essentials pages.



Meet the HEAVYWEIGHT CHAMPION of ANTIOXIDANTS

Curcumin is the spice extract gaining attention for its awe-inspiring impact on many ailments.

Curcumin is an ancient spice in the Ginger family, extracted from Turmeric root. Its history goes back over 5,000 years to the heyday of Ayurveda. Today we know Curcumin is a most impressive antioxidant, protecting the body's cells, and with powerful anti-inflammatory properties.

Anyone doubting that there is any real science to support the Curcumin story might be in for a surprise. A search of Medline on the internet reveals some 1,800 studies. What is it about Curcumin that has so many scientists excited? The starting point

is inflammation, known to play a major role in the development of most diseases including: cardiovascular diseases, diabetes, arthritis, cancer, neurological diseases (including Alzheimer's) and autoimmune diseases.

Curcumin works in two ways in the body: firstly its 'prevention/protective' mode helps prevent the formation of free radicals. Secondly its 'Scavenger' mode neutralises the already formed free radicals.

With its dual action of prevention and intervention, Curcumin outperforms

other antioxidants. You could say Curcumin is the 'Heavyweight Champion' of antioxidants! Some researchers say it's the most important herb in the world, because in the body it acts on multiple targets and at multiple levels.

Can we obtain sufficient Curcumin just by sprinkling Turmeric onto our food? Unfortunately not. Turmeric spice contains only 2-5% Curcumin and, because it is insoluble in water, even this is very difficult to absorb. It is therefore necessary to take Curcumin as a supplement.

CURCUMIN SUPPORTS:

- Healthy Lungs
- Healthy Cell Division
- Healthy Joints
- Healthy Immune Response & Anti-inflammatory
- Healthy Nerve Sheaths
- Healthy Brain and Aging
- Healthy Skin
- Healthy Heart, Blood Flow and Circulation
- Healthy Eyes and Lens



RECOMMENDED CURCUMIN ANTIOXIDANT



IF CURCUMIN WORKS SO WELL, WHY DON'T WE HEAR MORE ABOUT IT?



A lot of the research into Curcumin has focused on cancers. Scientists are excited about Curcumin because it has been shown consistently to inhibit NF-kB.

According to cancer researcher Bharat Aggarwal, a professor of cancer medicine at the MD Anderson Cancer Centre University of Texas, the incidence of the top 4 cancers in the US – colon, breast, prostate and lung – is as much as 10 times lower in India where significant amounts of Turmeric are consumed daily. Prof Aggarwal says: "We have not found a single cancer on which Curcumin does not work."

Prof Aggarwal's hypothesis is that most cancers exhibit activated

NF-kB, which in turn promotes the proliferation and metastasis of tumours. Blocking of NF-kB suppresses the formation of tumours.

If Curcumin is so effective you might wonder why haven't we been told more about it? In an interview with Reuters, Prof Aggarwal explained that Curcumin is a natural compound and no pharmaceutical drug company can reap the financial rewards if it proves to be effective. This, however, hasn't stopped some companies trying to patent it. In the late 1990s the US Patent and Trademark Office granted a patent for Turmeric to the University of Mississippi. The Indian Government appealed and the patent was withdrawn.

Curcumin98™ is the most widely researched Curcumin in the world. The formulation has the proven benefits of the C3Complex® – further enhanced with BioPerine® Black Pepper extract – to provide 100% improvement in absorption compared to ordinary Curcumin capsules.

Other Curcumin products: **Serranol™** and **CurcuminX4000™** – see the Good Health Essentials pages.

SUNPOWER

Vitamin D3 is naturally produced by the body when exposed to sunlight. However, due to season, geographic latitude, time of day, cloud and other factors many of us find we **have limited exposure throughout the year** and are **therefore lacking in Vitamin D3**.

This Vitamin D3 delivers a 5,000iu dose of Vitamin D3 and 100mg of Calcium from coral per capsule. Small vegetable capsule & easy to swallow. Dairy, Gluten & Soy free.



Superstar
among
vitamins

Vitamin D has always been considered essential for strong **Bone Health**. Now more recent studies show it can help support:

- ✓ Whole Body Wellness
- ✓ Immune System
- ✓ Healthy Hormonal Balance
- ✓ Blood Sugar Regulation

OVER 50

— are you going down or up hill?



Now's the time to follow a simple action plan...

Latest news in the UK is that if politicians have their way we'll all be working way past age 70. This underlines the need to sustain our health as we grow older.

You might visit your doctor and ask how you can avoid sickness and disease. What can they offer? In all probability, statins and other drugs touted by the pharmaceutical industry. In fact, drugs don't improve your well-being; at best they make you feel better until their effect wears off and you often then feel worse than before.

From a natural health perspective, it's certainly possible to create a happy and healthy life after age 50. Firstly, don't unquestioningly listen to medical doctors who most likely have no training in nutritional health care. The fact is, their training is in disease management so they can't really be expected to know how to help you achieve optimum health.

Good nutrition is vital for everybody (not just those who play sports) but there is no one shortcut supplement, food or exercise that will get you healthy. You need to be willing to address your health with a long-term plan.

THE ACTION PLAN

FOODS TO INCLUDE:

- Fats for your brain – sardines, salmon, etc, hemp oil, olive oil.
- Vegetables – 8-12 portions of vegetables, soups, stir-fry, raw, juiced, etc.
- Fruits – dark skinned fruits are the highest anti-aging fruits; avocados are the world's most super food with more nutrients than any other.
- Nuts, seeds and beans (best soaked for 24-48 hours for better absorbency).

FOODS TO EXCLUDE:

- Grains and cereals, breads, pastry, biscuits, breakfast cereals, white rice, potatoes, pasta and high sugar fruits and veg such as parsnips.

PLUS:

- Exercise: walking 3-5 miles per day at a fast rate with a long stride is the minimum.
- Supplements: Serrapeptase, Curcumin, a good multivitamin/mineral that includes Lutein. Additionally, CoQ10 and Digestive Enzyme complex.
- Finally: have purpose in your life. Have goals. Do voluntary/community work. Join a group, make friends. Without these we lose our life force – and there are no supplements for that.

Better Than Fish Oil

Krill is a dietary supplement of ultra-pure omega fatty acids formulated to promote wellness and longevity.

The Krill Miracle™ can help support:

- A healthy heart
- Improvement in cholesterol and other blood lipid levels
- Stabilisation of blood sugar levels
- Eye health
- Healthy joints
- Healthy liver
- Relief of PMS symptoms
- Boost in immune system
- Improved concentration & memory
- Skin health

Now with 30
extra softgels
FREE!

Krill are a super rich source of Omega 3, 6 and 9. Their antioxidant levels are up to 300 times greater than Vitamins A & E and up to 48 times greater than Omega 3 found in standard fish oils.



Krill are tiny shrimp-like crustaceans found in the Southern Ocean – the only oceans in the world that remain unpolluted by the heavy toxic metals that are now found in many fish oils. They are a highly renewable source and the largest biomass in the ocean. The Krill Miracle™ is a dietary supplement made using pure Superba™ Krill Oil, European Novel Food approved and processed fresh from sustainable krill harvests in the Antarctic Ocean using a patented Eco-harvesting fishing system ensuring no by-catch.

CURCUMIN X4000™

At **20-45 x** better utilization, **CurcuminX4000™** is the most powerful and cost effective Curcumin supplement available. In a recent study 450mg **CurcuminX4000™** delivered the equivalent benefits of **4000mg** of ordinary Curcumin 95% Capsules.

Curcumin (from Turmeric) has been used for thousands of years for its anti-bacterial, anti-viral, anti-inflammatory & anti-fungal properties. Due to its inherent poor absorbency high doses of ordinary Curcumin 95% have been needed to achieve the dramatic effects shown in worldwide studies. Now **CurcuminX4000™** resolves this with its unique high utilization formulation.

Turmeric and Curcumin have traditionally been used to help with symptoms in:

- Pain & inflammation
- Liver damage & disorders
- Gallbladder problems
- Digestive problems
- Eye problems, such as cataracts



Each capsule of **CurcuminX4000™** contains 200mg of highly effective **Curcumin Phytosome**, which in a recent study showed an increase in utilization up to 45X compared to ordinary Curcumin 95%.

LUNG DISEASE?

It's a load of COPD!

But deaths to which COPD contribute are many millions in the West, says Robert Redfern

The role of the lungs is to extract what oxygen remains for us. I say remains because 500 years ago we had nearly twice as much oxygen, mainly because we had 6 billion more acres of trees which we've now cut down. Trees recycle the carbon Co2, giving us back oxygen.

Aside from the drop in oxygen levels in the atmosphere, we have two major problems:

- 1. Most of us aren't breathing properly due to our stressed/ sedentary lifestyle, which causes reverse breathing.
- 2. Damage to the lining of the lungs by pollution, smoke, junk food and the worst culprit, bread! Yes, bread: white bread, brown bread, wholemeal bread and even organic whole grain bread. White breads are particularly noted for their negative effects on health. It's amazing they do not come with a government warning like cigarettes.
- 3. Insufficient fresh vegetables and fruits, depleting our nutrients and enzyme reserves.

The net result of these factors is that the lungs are subject to fungal and yeast overgrowth, which leads to chronic inflammation of the lining of the lungs and subsequent degeneration.

This results in even worse oxygen absorption. Consequent inadequate breathing compounds it. The medical monopoly then gets involved and fills the person full of drugs. From here on it is a very slippery slope. I watched this happen to my mother who died in her early 60s from COPD, which prompted me to research the causes. Is it too late once 'big pharma' has you in its grasp? Thankfully, no. The good news is that for most people it is relatively easy to recover from lung disease. Here are two extremes:

- 1. In 2006, Mike Tawse was confined to his wheelchair and his friends were planning his funeral. His lungs and, as a consequence, his heart were rapidly coming to a full stop. All the doctors could do was to add another drug to a total of 14. Luckily for him he was introduced to the plan



from my book. Within weeks he was recovering and now 2 years later he is off all drugs, going to the gym 3 times a week and can see properly for the first time in his 38 years of life. He still has Cerebral Palsy but now he has a life. He carried out my plan to the letter and made most of the diet changes.

- 2. Compare that to Margaret's father with asbestosis. She contacted me and was very anxious for his limited life, sitting in his chair, strapped to an oxygen mask. The doctors had told her that such a condition is terminal and he could only get worse. Unfortunately, like many men, he would not consider the diet change but she did persuade him to accept one step of the plan – supplementing with Serrapeptase. "Occasionally he took two steps," says Margaret. "Nevertheless, he discarded his oxygen mask and enjoyed getting about, going to the shops and chatting to all his friends. He was sufficiently satisfied with that and that it would extend his life... and it did."

The action plans for all lung/bronchial problems are in my book *The Miracle Enzyme*. Get started today and feel the benefits within 30 days.

“THE GOOD NEWS IS THAT FOR MOST PEOPLE IT IS RELATIVELY EASY TO RECOVER FROM LUNG DISEASE.”

RECOMMENDED FOR LUNGS



SerraPlus+™ helps promote better well-being for your lung and bronchial tissue, with an enteric coated formula for best absorption.



Curcumin98™ is a natural anti-inflammatory.



MaxiFocus™ has 24 sublingual essential vitamins and minerals.



Plus OxySorb™, a powerful sublingual liquid enzyme from deep water seaweed to help improve the body's ability to absorb more oxygen.

DID YOU KNOW ?

THERE'S A NEW HEALTHY FOOD WEBSITE

Did you know avocados are one of the best foods for lungs, and a healthy 'fast food'; or that it's healthier to eat a mainly alkaline diet and avoid all starchy carbohydrates? For more diet tips for healthy lungs visit www.ReallyHealthyFoods.com where you can see menus and meal ideas – it is frequently updated so keep visiting!



UNDERSTANDING ENZYMES:

YOUR BODY'S ESSENTIAL WORKERS

Enzymes make things happen, from growth to repair to clearing up dead tissue... we can't live without them.

Picture a silent factory. It has all the necessary equipment and raw materials but there are no workers. Production is zilch. It's the same thing with the human body. It may have the building materials, all the proteins, minerals and vitamins necessary to construct its healthy functions, but without enzymes it founders.

Enzymes make things happen; they are essential in every function of growth, repair and therefore health of each living cell in your body. Made out of amino acids by Ribonucleic Acid which, in turn, is made by Deoxyribonucleic Acid, they also require a specific temperature and measure of acidity/alkalinity to carry out their work.

Thousands of enzymes work constantly to build and regenerate your body. They are continuously being converted

or produced in our body and depend upon good live nutrition to keep ahead of daily damage and degeneration. Every day, they are absorbed with unprocessed, raw or lightly cooked food – food enzymes. They are also produced or converted by other enzymes inside the body. Their life span varies between minutes to weeks, so it is crucial you have a daily intake of 'live' enzymes: foods such as vegetables, fruit, raw or lightly cooked fish, meat, sprouted seeds and beans. Those that are overcooked, microwaved or processed spell enzyme death.

THERE ARE 7 CATEGORIES OF FOOD ENZYMES:

1. Lipase to break down fat
2. Protease to break down protein
3. Cellulase to break down fiber
4. Amylase to break down starch
5. Lactase to break down dairy foods
6. Sucrose to break down sugars
7. Maltase to break down grains

Essential help comes from co-enzymes. These are critical vitamins and minerals such as Vitamin B12. Even a small deficiency in B12 results in disease. Another co-enzyme,

Zinc, is needed by about 80 enzyme activities, not to mention the famous Co-Enzyme Q10. Without enzymes and co-enzymes there would be no living thing. Grass, trees, insects, germs, animals and humans all depend on them to sustain growth and health.

The process of aging affects our production and conversion of enzymes which in turn may cause disease. Studies show that a 70 year old has only 20% of the enzymes found in the body of a 20 year old. Elderly people on a poor diet are especially at risk. Lack of B12 is a typical problem that may reach the point of requiring injections. Fortunately, an increased 'work force' can be created with improved diet together with supplements.

STICKING WITH OUR FACTORY ANALOGY, THERE ARE 3 TYPES OF ENZYME WORKERS:

1. Food/Digestive enzymes – these take the basic building blocks delivered by food we eat and convert it to colloidal particles (the smallest particles that exist in a free state) that can be converted into healthy living tissue.
2. Metabolic enzymes – metabolic enzymes use these colloids to keep all of our organs and tissues functioning

with hundreds of diverse chemical activities, repairing body organs and fighting disease.

3. Clean-up enzymes – the enzymes for the last job on the line, clearing up. They are responsible for cleaning up and eliminating the mess left in our body from the construction and repair work in operation 24/7.

A vital job is to clean up the inflamed dead tissue. This is where an amazing enzyme called Serrapeptase comes in. The enzyme is produced commercially today through fermentation, but was originally found in the silkworm intestine. The silkworm uses it to help digest the tough mulberry leaves that it feeds on and, later, to dissolve the hard cocoon, allowing the moth to escape and fly away.

Serrapeptase dissolves non-living tissue, blood clots, cysts, and arterial plaque and inflammation in all forms. Its uses are wide-ranging and cover just about every condition that is affected by inflammation and/or non-living tissue. Unlike NSAIDs and similar drugs, it does not have gastrointestinal or any other side-effects.

Turn to page 38 to read more about amazing Serrapeptase.

The secret of Natto...

AND ITS ABILITY TO CLEANSE AND SUPPORT YOUR BLOOD

Nattokinase is a potent enzyme extracted and highly purified from a traditional Japanese food called Natto – used for over 1,000 years, especially for its blood/cardio health benefits.

Research has shown Nattokinase to support the body in breaking up and dissolving the unhealthy coagulation of blood and to support fibrinolytic activity.



Nattokinase may help promote:

- ✓ Normal blood pressure levels
- ✓ Normalisation of fibrin, leading to smoother blood flows
- ✓ More efficient circulation
- ✓ The body's production of both plasmin and other blood clot-dissolving agents

Each capsule contains 1,000FU of pure Nattokinase enzyme plus 25mg of Rutin to help maintain healthy veins and arteries.

WHEN IT COMES TO SUPPLEMENTS, DON'T LEAVE YOUR ANIMALS OUT

Says pet owner and health advocate Robert Redfern



Animals give us so much: companionship, entertainment and, of course, unconditional love. If we care about our own health, we should also be concerned for their nutritional well-being. In the case of supplements, it's been widely demonstrated they can be very beneficial in a variety of animal conditions.

And as far as we know, animals don't have imagination, which makes them ideal candidates for proving that supplements 'work'. There is no place in their world for the so-called placebo effect.

DOGS CHANGED BY PET SUPPLEMENTS

When Rosie, Susan's Shitzu dog, developed lymphatic cancer, enlarged nodes in Rosie's throat constricted her ability to swallow. Susan gave her BetaFactor®, a supplement for boosting the immune system, Protease and carotene supplements. Within a month, the nodes had shrunk and by August her little dog was pronounced 'in

remission'. Says Susan: "Imagine my amazement when at the beginning of October her blood test came back completely normal!" Rosie went on to live another two happy years.

Julia's terrier suffers from arthritis in his back leg. He was in great pain. "In less than a month on SerraPet™ he can now go on nice long walks and the muscle is building up. I am going to tell my vet about SerraPet™," says Julia.

Another helpful supplement for joint and inflammation problems is Curcumin98™, which in India's system of Ayurvedic medicine has been recognized for thousands of years as a superior detoxifying and circulation herb.

CAT SUCCESS STORIES

My own cat, Sheba, has had a long-term problem with polyps in her right ear. Apart from acute irritation these are apt to grow until they reach the ear drum. An operation is very invasive. After several months on BetaFactor®, I took her for a check-up and to my delight the vet declared them 'contained'. I hope, with continued use, they will shrink significantly.

A number of vets have been using SerraPet™ enzymes for arthritis and many other animal conditions and the results are more than encouraging. This animal treatment does not require a prescription and costs far less than conventional medicines. No side-effects are recorded and pain relief seems to be almost total.

Ann had stunning results with SerraPet™. Her 16 year old cat Clipsee experienced discomfort when her hindquarters stiffened and she lost mobility in her tail. She also became incontinent. After two months on SerraPet™, she is out and about all the time and the leakage has stopped. Ann dares to hope she'll even regain some hearing as well. "It's really as if time has rolled back!" she says.

THE HORSE HELPED WITH SILVER

Wounds that won't heal and infections that don't clear up are increasing problems in today's world as resistance to standard antibiotics develops in both humans and animals. Hydrosol Silver is an amazing tissue healing agent and an anti-viral, anti-bacterial and health promoting substance.

Kirsty's 19 year old horse was wounded so badly the vet suggested putting her down. She refused and gave her equine friend SerraPet™ and Hydrosol Silver. "The results are amazing," she says. "There is no scarring and the hair has grown back. Now I have a reputation for producing my Hydrosol bottle at the first sign of infection."

Finally, let's not forget the birds. June who runs Parrotcare and Rehabilitation Ltd has been giving SerraPet™ to these colourful creatures. It seems to be helping them to stop plucking out their feathers. If so, it's a breakthrough, as no-one else has found a cure.

RECOMMENDED FOR PET HEALTH

SerraPet™ great health support for dogs, horses and cats for anywhere inflammation needs resolving; **BetaFactor®** immune system booster; **Essentials Digestive Plus™** has 8 digestive enzymes to make up for those lost in processed pet foods; **Probiotic14™** has 14 strains of friendly bacteria for your pet's digestive tract; and **Active Life™** great tasting liquid formula contains all the essential nutrients that may be missing from your pet's diet.

Also recommended: **Hydrosol Silver Ions™** for infections; **Curcumin98™**; **HealthPoint™** electro acupuncture; **EquiHealth™** **HealthPoint™** **Horse Treatment book** and **EquiHealth™** **HealthPoint™** **Horse Lead**. See the Good Health Essentials pages.



SerraPet™ for Healthy Pets!

SerraPet™ is a Serrapeptase formula – but for your pet. Serrapeptase has lots of proven health benefits and can offer your pet the following support if needed:

Help with...

- ✓ Healthier Lungs, Sinus & Mucus problems
- ✓ Healthier Joints & Tendons
- ✓ Inflammation (after surgery, injury etc)
- ✓ Scar Tissue, Cysts, Mastitis



Used By VETS

Drug-Free Alternative

No Side-Effects

Cats/Dogs/Horses – All Pets

DID YOU KNOW



ACUPRESSURE CAN HELP DOGS AND HORSES

The effectiveness of acupuncture is well documented and many vets are now using it for pain relief and other ailments in animals. Vets report that dogs and horses respond well for the most part, and it can prove useful for arthritis, lameness and back pain. HealthPoint™ delivers the benefits of acupressure point stimulation on dogs and horses, and is available with a book to detail the acupressure points that can be used. Find out more on page 72.

IODINE

easy to neglect, easy to make right

Found in every cell in the body, it's no surprise that Iodine is essential for life. Yet Iodine deficiency is widespread and plays a part in many diseases...

Iodine is a trace element that's essential for life. A teaspoon is all you need in a lifetime, but most people are deficient. The tragedy is that many doctors don't recognise Iodine's role in disease. You may suffer from chronic fatigue and hear "there's no cure", or your cholesterol or blood pressure is too high and nothing short of drugs will bring it down. But it may be the result of a simple Iodine deficiency.

Our ancestors didn't have this problem. In ancient times, the water and soil were rich with minerals; our modern day diet consists of foods grown by commercial farming corporations on depleted soil.

Iodine helps prevent the oxidative stress that leads to chronic diseases such as atherosclerosis, diabetes or arthritis. It's also critical for thyroid function. When your thyroid doesn't work well, you can develop heart disease.

You also need Iodine for the formation of thyroid hormone which helps maintain healthy cells and a desirable metabolic rate – to convert your food to energy. If you don't have enough

DID YOU KNOW



Deficiency in children

36.5% of school age children are deficient in Iodine, which can cause serious problems for them. A lack of Iodine leads to a fall in the production of thyroid hormones which in turn causes the thyroid to enlarge. Even a small deficiency can lower IQ by 15 points. Severe deficiency can cause dwarfism and learning difficulties.



Iodine to keep your thyroid healthy, you get sluggish and store fat on your body. You may also develop symptoms like fatigue, depression and weight gain.

When you're short of Iodine, a lot of other things can go wrong:

- **Breasts:** You can develop fibrocystic breast disease, where breasts become very painful and have nodules and cysts in them.
- **Skin:** 20% of Iodine is stored in the skin. If you don't have enough Iodine, you can get dry skin.
- **Digestion:** When you don't have enough, you develop a condition that feels like you have too much stomach acid. But it's just the opposite; you don't have enough. If it goes on long enough, it can develop into stomach cancer.
- **Eyes:** Tear glands in your eyes contain large amounts of Iodine. Lack of Iodine can cause dry eyes.
- **Ovaries:** Women who lack Iodine develop cysts. It can also lead to polycystic ovarian disease.

The European recommended daily intake of 150mcg per day of Iodine is too low. It doesn't take into account all the organs of the body that need it to stay healthy. Natural health practitioners suggest up to 50mg of Iodine per day from natural sources will support better health.



FOOD SOURCES OF IODINE

- Seaweed
- Salt (iodized)
- Cod
- Tuna
- Yoghurt
- Eggs
- Strawberries
- Baked potatoes



RECOMMENDED FOR IODINE SUPPORT

Nascent Iodine™ is the most bio-available Iodine supplement available. A consumable Iodine in its 'atomic' rather than 'molecular' form. This means the Iodine atoms can hold an electromagnetic charge so Nascent Iodine™ has a huge energy release when consumed. This "charged" state is held by the atom until diluted in water and consumed, when it gradually loses energy over a 2-3 hour time span. During this time, Nascent Iodine™ is recognised by the body as the same Iodine that is produced by the thyroid and is absorbed effortlessly by the body.

Nascent Iodine™ is also totally different from typical Iodine in its denser state sold as an antiseptic, and unlike prescriptions containing hormones that take over the thyroid's job. Instead it provides the nutrition to allow the thyroid to do its own job.



BEST FOR GOOD HEALTH



CAN-C NAC DROPS

For lubrication of the eyes and cataracts

Is it researched? Yes! Clinical trials show that the regular use of a 1% N-Acetyl Carnosine (NAC) eye drops delivers enough Carnosine to be capable of reversing developed cataracts; useful as a preventative too and to support healthy corneas.



ASMASPRAY™

Supports a healthy respiratory system

What's it for? Airborne allergies such as pollen, mold spores or animal dander, plus it may help bring relief to asthma and bronchial discomfort.

How's it work? Two traditional herbs in a sublingual spray form for better and faster absorption.



GASTRO™ ENZYME THERAPY

To help digestive tract problems

Gentle and effective? Gastro™ is a gentle combination of herbs and enzymes for digestive tract healing. It contains soothing Marshmallow root, Papaya leaf to digest dead tissue and protect against ulcers; and Prickly Ash for gastric distress and tissue repair.

What's it support? Active or bleeding ulcers, colitis, heartburn, gastritis – conditions where irritation and inflammation need soothing and healing. Gastro™ also supports the gallbladder and liver.

ESKIMO-3 FISH OIL™

The highest quality fish oil available

Why so good? One of the most clinically validated nutritional supplements available, Eskimo-3® has been the subject of more than 100 independent, peer reviewed, published clinical trials and studies, and more than 100 scientific papers.

Pure? Purity separates Eskimo-3® from other fish oils. It's independently tested and guaranteed free of dangerous levels of PCBs, dioxins and heavy metals, and unlike many fish oils the DHA and EPA levels are naturally high and not artificially increased.

Special features? The exclusive manufacturing process preserves the Omega-3 and tests show Eskimo-3® is up to 10 times more stable than other leading fish oil products.



ENERGYPLUS™

14 special herbs to support fat burning

How does this work? Research has shown that Chromium Picolinate may reduce body fat even without dieting or exercising, and boost energy!

Sounds exciting! Even more exciting, chromium appears to reduce fat while preserving the muscles that shape the body, so when we lose weight we get our shape back.



YOU'LL LOVE



GLUCOSAMINE, CHONDROITIN, MSM PLUS™ 'ENZYME THERAPY'

Now with Collagen

For joints? And more! Glucosamine 'Enzyme Therapy', now with MSM and Collagen, can help connective tissue health, joint inflammation, tendons, ligaments, synovial fluid, skin, bones, nails and cartilage.

How's it help cartilage? Cartilage is a living tissue with the ability to regenerate itself given the right nourishment.

BEST FOR GOOD HEALTH

ESKIMO-3 KIDS

Fish oil that's pure and tasty

Specially for kids? Yes, Eskimo-3 Kids is a pure and stable fish oil adapted to the needs of children, with an optimal balance of omega-3, 6 and 9 Fatty Acids, as well as Vitamins D and E. It has a tasty Tutti-Frutti flavor, specially for young palates.

Why needed? These fatty acids are the 'building blocks' essential for growth and development. Typically children have a diet high in saturated fats from meat products and low in fish, so they need Omega-3 oils.

What's it help? Eskimo-3 Kids is great for the brain – helping attention span, behavior, and mood – and for a healthy immune system.



MAXIVISION

Advanced antioxidant formula

What's this? A comprehensive, high potency daily multivitamin, with elemental Lutein and elemental Zeaxanthin. The premier product for overall health and vision!

Reliable? MaxiVision is formulated, manufactured, and distributed by an optometrist with over 20 years of nutritional expertise.



EYEEASE™ FORMULA

Rich mix of herbs to cleanse and detoxify

What's this for? EyeEase™ can give powerful relief from eyes conditions such as conjunctivitis, blepharitis and styes, as well as support the liver and digestion.

What's in it? Herbs including Burdock root liver tonic; Forsythia to inhibit viral and bacterial infections; Goldenseal potent antibiotic; Echinacea immune booster; Honeysuckle to clear the 'heat' of infection; and Eyebright for inflammation.

HEMP SEED OIL

The ideal ratio of 3, 6, and 9 Omega Fatty Acids

Why so good? Hemp Seed Oil has an almost perfectly balanced profile of Omega 3, 6 and 9 Fatty Acids plus GLA from cold-pressed organic hemp. These Essential Fatty Acids have been studied for their ability to improve immunity, skin, vitality and mood.

Versatile use? With its pleasant nutty flavour, Hemp Seed Oil can be used in salad dressings, mayonnaise and dips.



HARTGARD™

The Hawthorn heart tonic

Why Hawthorn? It's a great herb for heart ailments and circulatory disorders, often used to protect against the early stages of heart disease, mild heart muscle weakness, pressure and tightness of the chest, and mild arrhythmia. It is also used as a tonic for an aging heart.

What's HartGard™ for? To support healthy heart and cardio function, protection against strokes and for healthy blood pressure.



WE SUGGEST

L-CARNITINE PLUS CoQ10

The fat burner par excellence

Why do I need? If you aren't burning fat, you're storing it. L-Carnitine supplements can help prevent fatty build-ups in the heart and liver (which is especially likely if you are a regular consumer of alcohol).

Great supplement? Yes! L-Carnitine increases energy, burns fat (excellent to support a weight loss program) and improves heart and liver health all at the same time!

BEST FOR GOOD HEALTH



VITAMIN E

1,000iu high strength antioxidant

What's it do? Antioxidant Vitamin E protects every cell in the body from 'free radicals' and studies indicate it can help maintain the health of the heart, by protecting polyunsaturated fats in the body from being oxidised into saturated fats.

How's it different? This is Vitamin E in its natural form, d-alpha tocopherol, as it occurs in foods. Research has confirmed it has higher biological activity, and is absorbed and retained more readily, than commonly found synthetic Vitamin E.



VIVA-DROPS™

Gentle drops for dry, irritated eyes

For dry eyes? Viva-Drops™ helps prevent red, itchy, burning, watery eyes, or 'dry eye' as its called. The drops maintain a thick healthy tear film for eye comfort.

Tell me more! These topically applied antioxidant drops immediately relieve and protect against irritation. No preservatives are used because they are known to irritate eyes.

YAMOA™

The shaman's asthma & hay fever remedy

Intriguing? Yamo powder is the asthma, hayfever and lung disease remedy from Ghana that remained a closely guarded secret until 1994, when a shaman revealed it to her grandson and gave him permission to share it with the world.

What happened? He brought the ground bark of the Yamo gum tree (*Funtumia elastica*) back to England and asked 20 fellow post office workers who suffered from asthma or hay fever to try it. All reported improvement. In fact, the asthma patients threw away their inhalers and haven't needed them since, and they haven't needed Yamo again, either.



VISION TONE™ FORMULA

The historic herbal tonic for visual problems

What's in this? The classic Chinese 6 ingredient pill: Rehmannia, Cornus, Dioscorea, Alisma, Poria, and Moutan. Plus White Peony, Lycium Berry, Chrysanthemum Flower, American Ginseng, Bilberry, Ginkgo, Licorice, Shou Wu, Wild Yam and Hoelen!

Who's it for? VisionTone™ can give powerful help with cataracts, dry eyes, visual acuity and light sensitivity.

GINKGO 6,000mg

Keeping blood flowing

What's Ginkgo do? Increases blood flow by controlling the tone and elasticity of blood vessels. It also reduces the 'stickiness' of blood, promoting the delivery of additional oxygen and glucose to nerve cells.

Medicinal use: Ginkgo has been used for over 5,000 years to treat lung ailments, such as asthma and bronchitis, and as a remedy for cardiovascular diseases. Clinically, Ginkgo extract is useful for arteriosclerosis, ischemia, cardiac arrhythmias, strokes, coronary shock, vascular insufficiency and peripheral heart disease.



COLLADEEN®

Powerful anthocyanidin antioxidant

What's this? Double Strength Colladeen Anthocyanidin Complex. Colladeen® is a rich source of anthocyanidins (plant flavonoids) from extracts of Grape Seed and Bilberries.

A supplement for? An invaluable addition to support supplement regimes for seasonal allergies, inflammation from sports injuries, fluid retention, chronic fatigue, fibromyalgia, eye strain and breast tenderness.

ARE STARCHY CARBS CAUSING CHRONIC INFLAMMATION?

If so, what's the damage and what's the protection?

Acute inflammation is an immune response to an infection, an irritation, or an injury. When the problem heals, so does the inflammation. Chronic inflammation, on the other hand, is a disease. The system has snarled up and, instead of protecting the organism, it starts to attack and even kill the body, slowly but surely.

THE DAMAGE DONE

Pro-inflammatory cytokines are the part of our immune systems that attack and kill cells with oxidative chemicals. If they don't stop their attacks, they will start killing cells our bodies need. The inflammation in a joint can eat away at our cartilage and lead to arthritis.

The elderly are especially vulnerable to this sort of unchecked inflammation since the body loses the ability to 'down-regulate' inflammation with age, but you don't have to be old to have chronic inflammation. Micro-organisms cause inflammation within our blood vessels, and the inflammation attacks

the inside of the arteries. Lipoproteins form a sticky patch over the damaged area which grabs cholesterol (supposedly 'bad' cholesterol) to create a cholesterol bandage over the site. However, the inflammation is inside now. The patch grows and bulges. The inflammation grows and bulges. Heart disease is the result.

Modern medicine is starting to admit that chronic inflammation is the main contributing factor to all chronic degenerative diseases, and the root cause of the two greatest killers: cancer and heart disease. Indeed, chronic inflammation might be the culprit in all degenerative disease. Health problems like depression, asthma, pancreatitis, Parkinson's, lupus, anaemia, kidney failure, psoriasis, and fibrosis are all suspect to have a root cause of chronic inflammation.

THE STARCHY CARBS CONNECTION

Chronic inflammation begins on the end of your fork, with eating starchy

RECOMMENDED FOR INFLAMMATION



SerraEnzyme 80,000IU™ helps promote better well-being for your inflammatory system. See page 38.

Curcumin98™

is the most powerful natural anti-inflammatory available. See page 46.



carbs or high glycemic-load foods. According to the Linus Pauling institute, starchy carbs have been associated with increased serum levels of C-reactive protein, a marker of systemic inflammation that is also a sensitive predictor of cardiovascular disease.

The relationship between dietary glycemic load and coronary heart disease risk is more pronounced in overweight women, suggesting that people who are insulin resistant may be most susceptible to the adverse cardiovascular effects of a high-glycemic load diet.

If you eat something that is high in sugar, it stimulates the inflammation response, which taxes the immune system. The more processed the food, the higher the glycemic level, the more chemicals, and the less food value.

Accepting chronic inflammation as the major root cause of disease would simplify preventive medical practices.

GET SERIOUS WITH YOUR HEALTH WITH **BLOCKBUSTER ALLCLEAR™**

**16 ACTIVE
Ingredients**

- Help for discomfort in your legs and veins
- Revitalization of your cardiovascular and arterial system
- Nutrients for healthy joints and cartilage
- Nutrients for wound and trauma healing
- Healthier aging and lower inflammation

WHY IS BLOCKBUSTER ALLCLEAR™ THE BEST IN THE WORLD?

The amazing blend of powerful enzymes and super nutrients in BlockBuster Allclear™ is the key to your success.

The ingredients in BlockBuster have been scientifically recognised for their amazing health benefits.

Unique formula not available elsewhere; we have carefully chosen the blend of enzymes, antioxidants, minerals, probiotics and polyphenols for their proven effectiveness and purity to bring you good health, naturally.

The following 16 ingredients are listed showing their activity and where appropriate their weight in mg.

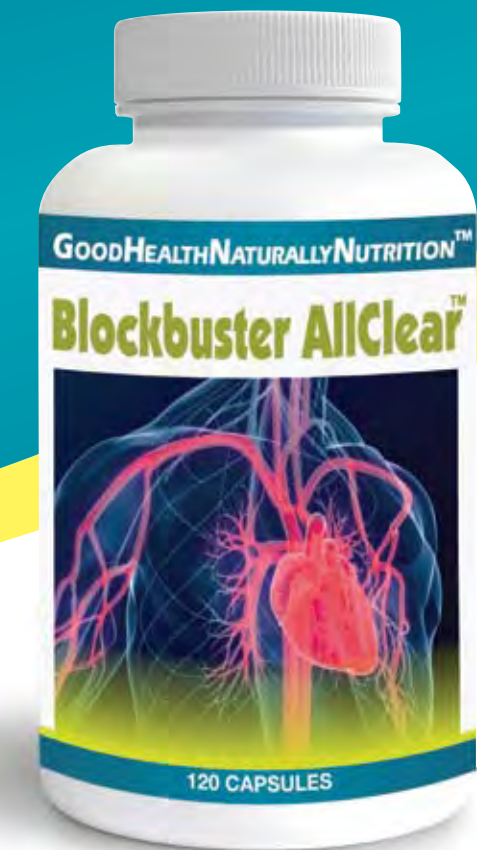
2 CAPSULES PROVIDE:

Serrapeptase 40,000IU
Nattokinase 1,600FU
Protease 20,000HUT
Lipase 1000IU
Amylase 4000SKB
Cellulase 600CU
Lactase 1000ALU
Acerola 17.5% 50mg
Amla 45% Tannins 50mg
Olive Leaf Citrus Blend Citrolive™ 255mg
Trace Minerals (Coral Calcium) 100mg
Lactospore® Probiotics 15 million 25mg
Protease S 5mg
Grapeseed extract 25% 100mg
Policosanol 6mg
Pycnogenol® 10mg

FACT

OUTSTANDING VALUE

BlockBuster saves you money – these ingredients cost much more if bought separately!



FIGHTS INFLAMMATION

- Fights this major cause of ill-health
- Reduces liver inflammation – restoring its power to detox
- Reduces inflammation in joints and connective tissue
- Decreases unhealthy inflammation in the penis

STRENGTHENS IMMUNE SYSTEM

- Lowers viral loading
- Improves condition of white blood cells
- Improves absorption of nutrients

SUPPORTS ANTI-AGING

- Reduces breast cysts and fibrosis by removal of the fiber build-up
- Reduces Fibromyalgia by reduction of fiber build-up
- Reduces formation of scars and wrinkles
- Reduces post-operative scars tissue
- Reduces Pulmonary Fibrosis by removing fiber build-up

IMPROVES CIRCULATION

- Improves blood flow and circulation by reducing unhealthy fibrin in arteries and veins
- Improves health of the walls of the arteries
- Improves detoxification of the blood

YOU MAY ALREADY KNOW
JUST HOW VITAL CO-ENZYME
Q10 IS TO JUST ABOUT EVERY
FUNCTION IN YOUR BODY
**BUT NOT ALL COQ10
IS THE SAME...**

IT'S WHAT YOU ABSORB
4 x **8 x**

HYSORBQ10™
4 x ABSORBENCY
IN VEGGIE CAPS



UB8Q10™ - UBIQUINOL
8 x ABSORBENCY
GELATIN CAPSULES

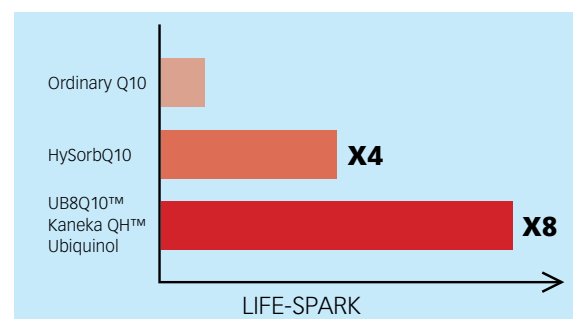


It is widely recognized that no other substance supercharges your cells and helps prevent and reverse high blood pressure... blocked arteries... heart problems... breathing problems... skin damage... nerve damage... brain cell deterioration... abnormal cell growth... gum disease... muscle wasting... blood sugar imbalance... headaches... obesity... infertility... and that's just for starters!

Over 1,000 research papers, by more than 200 scientists and researchers from 18 countries around the world, with 39 placebo-controlled studies, all agree on ONE thing... when your CoQ10 levels are low, you're much more prone to accelerated aging, disease and deterioration.

CoQ10 fuels every cell, every function in your body. It's the nearest thing in your body to the spark of life itself.

But, this 'life-spark' has just got better – 4 or even 8 times better! Thanks to a stunning breakthrough in Japan, there are now 2 specially patented new formulas which are 4 and 8 times more absorbable by your body than ordinary CoQ10.



That's:

4-8 TIMES MORE energy coursing through your body.

4-8 TIMES MORE protection for your heart and arteries.

4-8 TIMES MORE anti-aging benefits for your brain, skin, hair, eyes... and pretty much every other vital function in your body!

What's more, it's also been clinically proven to retard the aging process by as much as 51%. So what's the secret behind this quantum leap?

HySorbQ10™ and **UB8Q10™ Kaneka QH™ Ubiquinol**.

HySorbQ10™ Caps are made using an Advanced Bioavailability Water Miscible CoQ10 from the makers of Q-Gel® that uses pure Hydro-Q-Sorb® CoQ10 – a Bio-enhanced Coenzyme CoQ10, (Patent Number 6,861,447) – for enhanced dissolution and easier absorption.

- HySorbQ10™ Caps CoQ10 is 100% Natural
- HySorbQ10™ Caps CoQ10 is 100% vegetarian
- HySorbQ10™ Caps CoQ10 has NO artificial ingredients
- HySorbQ10™ Caps CoQ10 has NO Vitamin E
- HySorbQ10™ Caps CoQ10 has NO Soy
- HySorbQ10™ Caps CoQ10 is an All Trans CoQ10
- HySorbQ10™ Caps CoQ10 is a USP Grade CoQ10
- HySorbQ10™ Caps CoQ10 is non – GMO (NO Genetically Modified Organisms)

HySorbQ10™ 50mg Veggie Capsule Supplement Facts:
Serving Size: 1 Capsule. Amount per Capsule: CoEnzyme Q10 (hydroQsorb®) 50mg* (note as this is up to 4 times more absorbable it equates to 200mg of ordinary CoQ10). *Daily Value not established.

UB8Q10™ Kaneka QH™ Ubiquinol is the antioxidant form of CoQ10. Studies show this form of CoQ10 is absorbed more efficiently and offers enhanced bioavailability over other forms of CoQ10 (ubiquinone).

- UB8Q10™ – Especially for the aging digestive tract
- UB8Q10™ – The only patented, stabilized form of ubiquinol available
- UB8Q10™ – Provides the reduced (active antioxidant) form of CoQ10
- UB8Q10™ – Ubiquinol provides powerful anti-oxidant protection to cells and plays a role in the body's natural production of cellular energy.
- UB8Q10™ – Easy-to-swallow softgel
- UB8Q10™ – Gluten Free
- UB8Q10™ – Caps CoQ10 is non-GMO (NO Genetically Modified Organisms)
- UB8Q10™ – 50mg SOFTGEL GELATIN Capsule

Serving Size: 1 Capsule. Amount per Capsule: UB8Q10™ Kaneka QH™ Ubiquinol 50 mg* (note as this is up to 8 times more absorbable it equates to 400mg of ordinary CoQ10). *Daily Value not established.

YOUR HEALTH QUESTIONS ANSWERED

by Robert Redfern, Your Personal Health Coach

HELP FOR STICKY BLOOD?

Hello Robert, I have been diagnosed with Anti Thrombin 111 deficiency (sticky blood) and as I haven't had any episodes yet I was put on aspirin which made me very sick, so I got on the net for some research and found Serrapeptase and Nattokinase. My question is, how much do I take? I'm currently on 2 x 80,000 of Serrapeptase per day and I also take 2 x 2,000 of Nattokinase. Any help would be much appreciated.

Cheers, Penny

ROBERT SAYS:

Penny, carry on taking the 80,000iu Serrapeptase and the Nattokinase. The Serrapeptase will help keep inflammation clear and the Nattokinase should dissolve any clots that may form. When they run out, change to 2 caps x 3 times per day of my combined Serrapeptase/Nattokinase formula, as this also contains many other ingredients to support healthy blood such as Amla and Pycnogenol.

If you can, get a live blood microscope test (from an alternative practitioner). This will show if your blood is sticky. If everything is okay, drop to 1 capsule 3 times a day and go for another test after 1 week. If this is good then stay with that dosage. The dark field blood test is the only one that will show the health of your blood.

You will need to eat a really healthy foods diet. Food is the prime cause of inflammation that causes your blood to become sticky. Even cholesterol is not a problem until it meets high sugar from starchy carbs and that causes the problems. Get ideas at www.ReallyHealthyFoods.com

Take good care of yourself.



HOW MANY CONDITIONS CAN I TREAT?

Dear Robert, I am using HealthPoint™ to treat a Bunion and am encouraged by results in pain reduction. I also have another condition in my right hand called Dupuytren's Contracture, which I am keen to treat as it is advancing. Is it possible to treat more than one condition at a time? As a Bunion is a joint deformity and I guess will need ongoing treatments, your advice would be most valuable to my health maintenance program.

Best Regards in Light and Luck,
Les

ROBERT SAYS:

Les, yes, you can treat many things at the same time. Glad to see you have found the power of our HealthPoint™. I will send you the points for Dupuytren's.

Take good care.

WISDOM OF TAKING SERRAPETASE?

Hi Robert, I have been taking SerraPlus+™ and Curcumin98™ for the scar tissue in my fallopian tubes for a little over 3 weeks as per your recommendation of 2 x 3/day. My question is, I have had a problem with my wisdom tooth for the past week and I may have to get it extracted. Will I have to stop the SerraPlus+™ when I do this and during healing?

Thanks, Jodi

ROBERT SAYS:

I had a similar problem, Jodi, and I took SerraPlus+™ before I went to the dentist, an hour later and some that night, and by next morning I felt great. My advice? Do the same.



WHAT'S THE SOLUTION FOR MY PAIN AND THYROID PROBLEM?

Hello, I was recommended the Serra Enzyme 80,000iu™ by a friend who claimed that they had worked wonders for carpal tunnel syndrome that she suffers from. I have been diagnosed with tenosynovitis due to repetitive strain injury in my right wrist. I also have an underactive thyroid for which I take 125mcg of thyroxine and I also take Glucosamine for my neck following a whiplash injury. Is the Serra Enzyme™ suitable for me?

Many thanks, Julie

ROBERT SAYS:

Yes, Serra Enzyme™ is suitable for your wrist and for your neck. I also suggest Nascent Iodine™ for your thyroid. Stopping starchy carbs and all high GI (sugar) foods will also help to stabilize your thyroid and the effect of insulin on the thyroid. Please get back to me anytime you need help.

MEDICATION REACTION?

I was recently diagnosed with bronchiectasis after having pneumonia and repeated infections with a frequent cough. Can you tell me if Serrapeptase can help me. I also have paroxysmal atrial fibrillations and I take 120mg of Sotalol twice daily. Can Serrapeptase be taken with my medication? Please advise so I can mention this to my doctor.

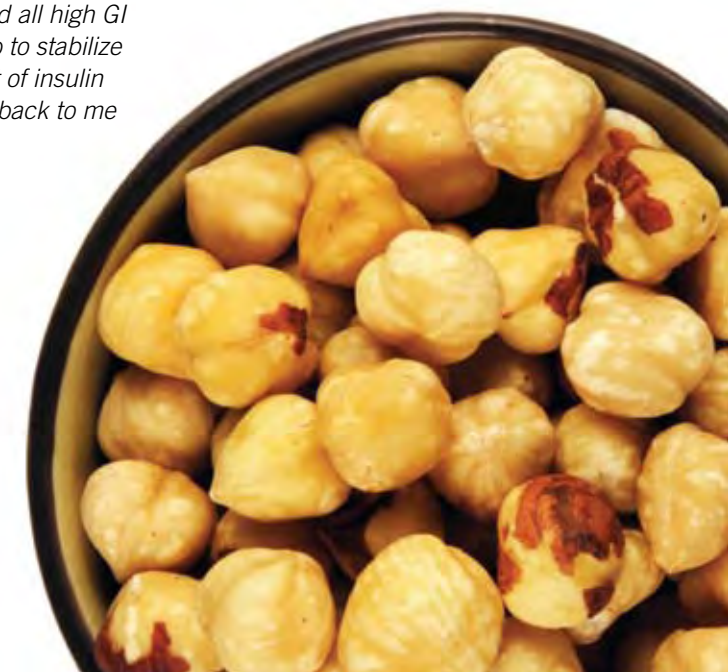
Peter

ROBERT SAYS:

Peter, the full plan for clearing bronchiectasis is: Serrapeptase 80,000IU x 6 times per day, reducing to 1 x 3 times per day after relief is apparent. Plus Curcumin 500mg capsules 2 x 3 times per day.

Follow the food plan at www.ReallyHealthyFoods.com. They can be taken with any medication but the goal is to get healthy so there is no longer a need for drugs.

Take good care of yourself.



QUESTIONS?

Contact Robert@ReallyHealthyFoods.com

THE ALGAE EXTRACT WITH MYRIAD HEALTH BENEFITS

Ecklonia Cava Extract and
\$35 million studies later...



“ANOTHER STUDY REVEALED ECE COMPOUNDS PREVENTED SLEEPINESS IN BUS DRIVERS AND STUDENTS DUE TO EXTRA BLOOD FLOW AND OXYGEN DELIVERY TO THE BRAIN.”

JOINT SUPPORT

A favourable combination of ECE's natural anti-inflammatory and tissue-protective properties appears to help improve arthritis and neuralgia. Cartilage cells treated with ECE had up to 80% reduction in degeneration.

BLOOD PRESSURE

Another ECE compound is a bradykinin equivalent, the hormone produced by the body, maintaining blood vessels dilated, encouraging healthy blood flow and blood pressure.

BRAIN FUNCTION

Researchers have found ECE inhibits beta-amyloid deposit in the brain, the accumulating substance of Alzheimer's disease. Rats learned maze challenges faster, showing short-term memory improvement.

RELAXATION

An EEG study on healthy middle age volunteers found that ECE compounds can increase alpha-waves, an indicator of relaxation.

ALLERGIES

ECE plays a beneficial role in significantly relieving allergic reactions without the side-effects of anti-histamine drugs.

COPD

Findings suggest ECE compounds may prevent or reverse progressive chronic lung disease such as asthma and Chronic Obstructive Pulmonary Disease.

WEIGHT LOSS

A beverage containing 200mg ECE was given daily to 141 young adults. After 2 weeks, their weight dropped 2.5 pounds, muscle mass increased by 2.5 pounds, and body fat dropped 4 pounds, or 7.48%.

DIABETES

A mouse study showed ECE reversed fat deposits in liver and pancreas cells and inhibited inflammation. Excessive fat deposit and inflammation result in insulin insensitivity and type 2 diabetes.

PENILE DYSFUNCTION

ECE compounds produce the chemical nitric oxide (NO) that keeps the arterial walls relaxed and dilated. Scientists studied 31 men with erectile dysfunction for over 6 months and found ECE scores higher than with Viagra®.

The existence of the humble algae signals the planet's health. Taking ECE as a supplement can contribute to long-term improvement in the myriad vascular functions of our bodies.

RECOMMENDED ECE PRODUCT



Serranol™ professional strength support for cholesterol, heart, blood flow, circulation and joints contains Ecklonia Cava extract.

For centuries people throughout Asia have consumed Ecklonia Cava Extract (ECE), a specie of edible brown algae. Harvested from the coastal waters of Japan, Korea and China, all studies indicate ECE offers outstanding health benefits.

FIBROMYALGIA

Fibromyalgia patients underwent a 2 month, double-blinded study on ECE and results showed improved sleep patterns, energy levels, 30% pain reduction and 40% overall improvement. (The placebo patients had no improvement.)

VASCULAR INFLAMMATION

Researchers into coronary artery disease found ECE inhibits oxidation of LDL ('bad') cholesterol better than green tea. It helps remove plaque and reduces vascular inflammation, which also affects the body's inflammatory response.

ATHEROSCLEROSIS

A clinical trial confirmed ECE's capacity to regenerate the cells critical to the blood vessels' inner lining and recover their plasticity after 6 weeks' treatment. It demonstrates ECE's ability to reverse atherosclerosis.

CARDIOVASCULAR

Ecklonia Cava Extract's many health benefits provide additional cardiovascular protection for obese patients, who are more prone to cardiovascular and coronary heart disease.

MEMORY

Memory can be improved by ECE, increasing the blood flow rate in the carotid artery. Another study revealed ECE compounds prevented sleepiness in bus drivers and students due to extra blood flow and oxygen delivery to the brain.

ANTIOXIDANT

Where the aged brain may suffer reduced blood flow and inflammatory reactions; the ECE compound Fucoidan has protective effect. Its antioxidants and anti-inflammatory activity disable neuro-toxic free-radical activity.

CHOLESTEROL

Researchers gave 39 high cholesterol sufferers, average age 55, low dose ECE compounds for 6 weeks. This resulted in moderate drops in cholesterol LDL and Triglycerides and rise in 'good' HDL.

RECIPES

Healthy meals you can make yourself.

HEALTHY PIZZA

This delicious and nutritious pizza provides the perfect alternative to the typical bad pizza full of inflammatory starches and carbs. This Healthy Pizza is loaded with veg, cheese from goat's milk that's easy to digest, and a 'crust' made with active enzymes from sprouted bread. Perfect raw or warmed.

INGREDIENTS:

- Organic Sprouted Wheat Bread*
- Tomato Paste or Puree
- Cheese from Goat or Sheep's Milk
- Tomatoes
- Red Pepper
- Garlic
- Olives
- Mushrooms
- Fresh Herbs (Oregano or Italian Basil)
- Organic Sea Salt
- Fresh Ground Black Pepper
- Garlic or Olive Oil



METHOD:

Place 4 slices of Organic Sprouted Wheat Bread as the base 'crust' in a shallow backing dish. Top with tomato paste or tomato puree, grated goat's cheese, sliced tomatoes, crushed or pressed garlic, sliced red pepper, sliced mushroom, and fresh green olives. (Use other fresh vegetables to modify this recipe to your taste, simply keep your veggies thinly sliced and layer the more hearty vegetables closer to the base and the more delicate vegetables on top.

Sprinkle heavily with chopped fresh herbs such as oregano or Italian basil, freshly ground organic sea salt and black pepper, and a nice drizzle of garlic oil or olive oil to finish. Your pizza is ready to eat raw or if you can heat it ever so slightly on a hot grill or under a broiler for a few minutes.

*Read all about this delicious Organic Sprouted Wheat Bread and other varieties at www.ReallyHealthyFoods.com.

BEETROOT SALAD

Here is a quick recipe for a delicious salad made with raw fruits and vegetables, and a homemade salad dressing.

INGREDIENTS:

- Raw Beetroot
- Carrot, Apple
- Honey
- Garlic Oil
- Balsamic Vinegar
- Sea Salt
- Sunflower Seeds to Garnish

METHOD:

Make sure the vegetables are cleaned and peeled, but keep the peel on the apple for added nutrients. Use a hand grater to grate the beetroot, carrot and apple. Add a homemade dressing of honey, garlic oil, and balsamic vinegar. Add a small amount of sunflower seeds and mix together with a small amount of sea salt and enjoy!



For more recipes, and to post your own healthy creations and check their nutritional value, visit www.reallyhealthyfoods.com

BANANA AVOCADO MOUSSE

Here is a quick dessert you can make in minutes. It's raw, vegan, and delicious.

INGREDIENTS:

- Banana
- Avocado
- Lemon
- Lime
- Coconut Milk
- Optional Garnish: Toasted Flaked Almonds, Toasted Flaked Coconut, or Grated Dark Chocolate

METHOD:

In a large bowl add 1 sliced banana and 1 peeled avocado. Add the juice of ½ a lime and ½ a lemon plus 1 tablespoon of coconut milk. Blend with hand blender until desired consistency is reached. Garnish with toasted flaked almonds, toasted coconut flakes, or dark chocolate grated on the top.



New Major Nutritional BREAKTHROUGH

Serranol™ is a new super nutrient formula that contains 4 essential ingredients.

Uniquely, it combines the two best known anti-inflammatory ingredients Serrapeptase and Curcumin with the strong calming effects of Ecklonia Cava and the immune boosting power of Vitamin D3. This combination of ingredients is only available through Serranol™.



SERRAPEPTASE – is a multi-functional proteolytic enzyme that dissolves non-living tissues such as fibrin, plaque, blood clots, cysts, and inflammation in all forms – without harming living tissue. Serrapeptidase helps promote better well-being for your inflammatory system and supports your whole body including digestive tracts, colon, arteries, lungs, joints, and anywhere blockages/inflammation needs resolving.

VITAMIN D3 – is critical to keeping your immune system strong. The cells that make up the immune system contain vitamin D3 receptors. If there is insufficient vitamin D3 present to bind with receptors, immune cells become weak and cannot protect the body from infections. Vitamin D3 deficiency is quite common in individuals because it cannot be stored in the body, making replenishment through daily supplementation vital to immune health.

ECKLONIA CAVA – for centuries people throughout Asia have consumed Ecklonia Cava Extract (ECE), a specie of edible brown algae. Harvested from the coastal waters of Japan, Korea and China, numerous studies indicate ECE offers outstanding health benefits – there has already been over £20 million (\$32 million) spent on research!

CURCUMIN – is one of the best natural anti-inflammatory herbs that stimulates glutathione to protect cells and tissue from inflammation, and it modulates the immune system. It has also been studied for its anti-bacterial, anti-viral and anti-fungal properties.

SERRANOL™ PROVIDES PROFESSIONAL STRENGTH SUPPORT FOR GOOD HEALTH.

HEALTHPOINT™
Introduced 18
years ago, 'the
best in the world'



1992

HAVE THE POWER OF THE MASTER ACUPUNCTURIST IN YOUR HANDS

New design – new features, still the best in the world!



HealthPoint™, 18 years on and still the best in the world, guaranteed. We don't stand still and have made improvements.

HealthPoint™ is the foolproof way to precisely locate acupuncture points – putting the accuracy of trained masters in your own hands.

Of all traditional healing methods, acupuncture is the most widely accepted in the West – with over 2,000 years of history and significant recent compelling evidence that its theories are highly effective. Stimulation of acupuncture points – either with needles, massage or electronic-pulses – is now a common treatment for a wide variety of painful conditions. In recent years, the medical profession has increasingly recognised acupuncture's important contribution in the relief of a wide range of complaints. HealthPoint™, has been developed over 14 years in conjunction with leading pain control specialist Dr Julian Kenyon, and provides all the benefits of acupuncture – without the needles. Using the very latest microchip technology, HealthPoint™ is proving a major breakthrough – being both simpler and safer to use. At a touch of the button it can bring relief, but with a significant difference – virtually instant relief!

WHAT DOES HEALTHPOINT™ DO?

With the help of its unique searching system, HealthPoint™ enables you to become expert at locating the acupuncture treatment points – both quickly and accurately, as well as easily treating any of the wide range of conditions that benefit from acupuncture.



- FOR THE WHOLE FAMILY (INCLUDING PETS)
- LOW COST FOR LIFETIME ACUPUNCTURE TREATMENT
- MAJOR BREAKTHROUGH
- SAFE, PAINLESS & EFFECTIVE

WHAT IS THE EFFECT?

HealthPoint™ can provide rapid, effective and long-lasting relief and, in many cases, an apparent acceleration of tissue repair, by stimulating the body's own healing system.

WHAT CONDITIONS CAN HEALTHPOINT™ HELP?

HealthPoint™ can be used to alleviate any condition that responds to acupuncture for humans, as well as dogs and horses. Over 150 conditions are described in the instruction booklet covering the vast majority of common ailments.

THE COMPLETE HEALTHPOINT™ SYSTEM IS

- The HealthPoint™ unit
- Remote cable for easy use
- Carrying case
- Standard pp3 battery
- Full instructions inc DVD
- Full help & support
- *Mastering Acupuncture* book



“A HOME ACUPUNCTURE MACHINE TO BEAT PAIN”

Daily Mail



Super bugs have plagued our hospitals over recent years. We've read horror stories of minor procedures resulting in life-threatening bacterial, viral and fungal infections; life-threatening because they are resistant to antibiotics. It is heartening to learn of an amazing alternative that combats such bugs. Colloidal Silver is simple and effective. It's been used for family protection for 2,500 years and is perfectly safe with no harmful side-effects.

Standard Colloidal Silver consists of a suspension of fine particles dispersed in a gas or liquid. Hydrosol Silver is an innovative form with only pure water as the medium. It provides ultra pure/ultra small Silver ion particles which deliver precise levels of functional Silver at safe and non-toxic levels. It's a case of small is beautiful. The smaller the Colloidal Silver particle, the more healing power it has. Studies show that the Hydrosol Ionic form is up to 10,000 times more effective.

TRIED AND TESTED

This very broad spectrum antimicrobial agent has been found completely non-toxic to humans and animals at any level tested. American Biotech Labs currently holds more than 190 independent studies from more than 60 different private, US government, military, and also university labs. These studies include more than an estimated 10,000 individual antimicrobial tests. For example, a Nano-Silver product has effectively eliminated malaria from the bloodstream in an average of just 4 days. In another study at a US government NIH lab, Ionic Silver increased the survival rate of mice from 30% to 60% against the deadly H5-N1 Bird Flu virus, when used orally on a daily basis. In a scientific paper, the T lymphocyte count of 7 human HIV patients was demonstrated to increase by an average of almost 40% when just 2 ounces were administered daily over 4 months. There is evidence that Silver also combats TB, MRSA, Hepatitis B, HIV, yeast, and several other pathogens.

In hospitals, Colloidal Silver has been used to prevent the spread of Legionnaires' disease in the hospital water supply. It was also used in the

SILVER IONS, THE AMAZING ALTERNATIVE TO ANTIBIOTICS

Colloidal Silver is simple and effective, but there's no profit in it for the drug companies...



“IN SPITE OF THE OVERWHELMING EVIDENCE THAT OFFERS SUCH HOPE IN THE WAR AGAINST HUMAN INFECTIONS, YOU WON'T SEE SILVER IN ITS MOST SAFE AND POTENT FORM IN STANDARD HEALTH CARE.”

eyes of newborns to prevent a blinding infection that was once commonplace. Nevertheless, there is a great deal of resistance to Silver's place in medicine. While regulatory authorities and organizations recognize it as a powerful germ killing agent, medical authorities still question it. However, a few hospitals quietly produce their own formulations for patients to use when antibiotic treatment has failed.

POTENT WITHOUT A PATENT

In spite of the overwhelming evidence that offers such great hope in an increasingly virulent war against human infections and wound healing difficulties, you won't see Silver in its most safe and potent form available for use in standard health care in the foreseeable future. Why? Because there is no proven drug effect in the action of isolated Silver, and it is difficult to establish guidelines for use inside the body, which is required to formalise a medicinal substance. For instance, taking 2 aspirin will likely rid the average person of a headache. A 14 day regime of Tetracycline will rid the body of its targeted infection under normal treatment situations. With isolated Colloidal Silver it might only take one teaspoon, or many ounces, from 45 minutes to a few days, for the relief of a common cold or sore throat. With the same type of infection, the required dosage levels can vary from one person to the next, even with the same batch of isolated Colloidal Silver.

Couple this factor with the lack of commercial motivation: the expense of gaining formal approval for a product that cannot be patented. In today's business world, research and development money is allocated to products and technologies that offer the

widest possible profit compared to the cost of production and marketing.

Explore the world of Silver medicine and you will learn about its potential benefit as a tissue healing agent, an anti-viral, anti-bacterial, and health-promoting substance.

RECOMMENDED SILVER ION PRODUCTS



Hydrosol Silver Ions™ is an easily absorbed topical spray formula. 158 studies have demonstrated the ionic form of Silver is up to 10,000 times more effective than colloidal Silver.

MSM+Silver Water Drops for Eyes and Ears has 25% 50ppm Colloidal Silver and can help to reduce infections.

BEST FOR GOOD HEALTH



HEALTHY FLOW™

The best all-round recovery for men

Why try this? Healthy Flow™ can help support healthy blood flow, cardio system, blood, male fertility and kidneys.

What's in it? 5g of Arginine, L-Citrulline, OPC (Grapeseed Extract), Polyphenols (Grapeseed Skin Extract), and a proprietary blend of Citric Acid, Be Flora, Potassium Sorbate, Potassium Benzoate and Silca – makes Healthy Flow™ possibly the best all-round health recovery product.

OCULAR SPRAY™

The best nutrients for eye health

What's this? A sublingual spray containing Coleus Forskohlii, Lutein, Zeaxanthin, Vitamin B3 and Vitamin E, in other words, the best eye nutrients. Studies have shown that these nutrients can help to improve sight and prevent vision loss due to glaucoma.

Why a spray? Oral ingestion by spray has been shown to be up to 10 times more effective than swallowing tablets, due to the superior bio-availability and uptake.



OLIVE LEAF EXTRACT™

Stopping infections from taking hold

Why Olive Leaf? Olive Leaf is a natural pathogen killer. It disables infections long enough for the immune system to kick in, and is commonly used to fight colds and flu, yeast infections, and viral infections such as the hard-to-treat Epstein-Barr disease, shingles and herpes.

Anything else? Yes, Olive Leaf is also good for the heart, reducing LDL/'bad' cholesterol, helping lower blood pressure and increasing blood flow by relaxing the arteries.



PINHOLE MASSAGER GLASSES

Acupressure technology to stimulate blood flow to the eyes

How's it work? The Pinhole Massager Glasses help stimulate blood flow to the eyes and massage the eye area in just a few minutes a day.

What do they help? Relieve sore eyes, migraines and sinus problems. Also help prevent bags and wrinkles around your eyes and may help delay the onset of age-related vision loss. Great relief if you spend too much time at a computer screen, watching TV or doing close-up work.



HOMOCYSTEINE SUBLINGUAL SPRAY™

Unique formula to protect against homocysteine

What's homocysteine? A toxic amino acid formed in the body, high levels of which are linked to a higher risk of heart disease and which damages arteries and brain function.

What's the spray do? Key nutrients in HomoCysteine Sublingual Spray™ may help convert homocysteine to other substances, thus preventing an unwanted build-up of homocysteine.

Researched? It has the same formula as that studied by Dr Matthias Rath and Dr Linus Pauling: Vitamins B3, B6, B12, C, D, E, and Folic Acid, plus Copper, Selenium, Biotin, Magnesium, Trimethylglycine, Carnitine, Taurine, Ribose, Chondroitin, N-acetyl-D-glucosamine, and Pycnogenol.

BEST FOR GOOD HEALTH



THERA TEARS

All natural relief for dry eyes

What's this for? If you have sandy, gritty, irritated or burning eyes, which get worse as the day goes on, you're probably one of millions with the problem doctors call 'dry eye'. Thera Tears is a gentle lubricant that matches your natural tears and provides long-lasting relief. It's all-natural and preservative free.

Is it important? The delicate living tissue on the surface of your eye has no blood supply, so oxygen and electrolytes are taken to the eye's surface with the watery layer of your tears.

PANCREAS+ SUPPORT SPRAY

For blood sugar support

Unique? Pancreas+ Support Spray (formerly GlycoEase) helps to normalize the blood sugar levels and may help stimulate natural production of insulin.

Tell me more! This convenient sublingual spray may assist in the regeneration of pancreatic B cells and may help stimulate the natural production of insulin.



PENZIM GEL

A different approach to skincare

How different? Active natural enzymes in Penzim Gel help speed up the body's natural regeneration ability, to better nourish and moisturise the skin and replace damaged cells more quickly. So it's great for anti-aging.

Also useful for: Combating bacterial skin problems and skin blemishes, and improving the appearance of scars. As a side benefit, Penzim, from pure Arctic marine sources, helps promote joint and muscle health and can reduce muscle pain.

SERENITY™

The all-natural mineral form of Lithium

Intrigued? Lithium, a commonly prescribed anti-depressant, can be toxic with severe side-effects. Serenity™ natural Lithium is the opposite: 100% natural and safe, effective, non-addictive, non-toxic and side-effect free.

Does it work? Serenity's™ secret is in its patented Micro Vortex Enteric Coating and Orotate mineral carrier, bypassing stomach acids so the natural Lithium is released within to good effect – and you only need a little to go a long way.



CRYSTAL BODY DEODORANT

The original all natural Crystal Deodorant

What does it help? If you have sensitive skin or allergies, or want to avoid chemicals such as aluminum chlorohydrate/zirconium found in mainstream deodorants, Crystal Body Deodorant Spray is for you!

Why so good? Crystal Body Deodorant is made of 100% natural mineral salts, which are hypoallergenic, fragrance-free, paraben free, non-sticky, non-staining, and leave no white residue. Not tested on animals and recommended by Cancer Treatment Centers.

How's it work? The mineral salts form a fine layer on the skin, creating an environment impossible for bacteria to thrive, but don't inhibit the body's natural expulsion of toxins.



VITAMIN C COMPLEX

Plant derived high dose Vitamin C Plus

Helpful? Yes, this natural C complex is useful in maintaining collagen, helping to heal wounds and scar tissue, repelling infections, and giving strength to blood vessels.

How's it made? It's grown from an ascorbic acid 'seed' in nutritional yeast – a 'plant-cell' or whole food process. So unlike drug company produced Vitamin C, it mimics that found in food. Plant-cell Vitamin C is much better absorbed and utilized (so you need less), and usually tolerated by even the most sensitive stomachs.

WANT TO BOOST YOUR BRAIN POWER?

Vinpocetine may be the answer



Vinpocetine has been used for many years in Europe to enhance memory and mental function

Vinpocetine is an extract from the Periwinkle plant that has long been used to enhance the health of the brain. By dilating arteries and capillaries in the head it helps improve circulation to the brain. It also has powerful antioxidant properties, guarding against free radical damage. The brain is susceptible to oxidative damage because it has such a high content of fat, and because it uses such an extraordinary amount of energy. So it's imperative that we give our brains every bit of protection possible.

WHAT'S VINPOCETINE FOR?

For 25 years, Vinpocetine has been used for cerebral circulatory dysfunctions, such as memory impairment, stroke, aphasia (inability to speak), apraxia (inability to recognise articles or move correctly), and other motor disorders.

RESEARCH



Twelve healthy female student volunteers received Vinpocetine 40mg 3 x a day or placebo for 2 days in a randomised, double-blind crossover design. On the third day of treatment and an hour after the morning dosage, the students completed a series of psychological tests. Those who took Vinpocetine had significantly improved memory compared to the placebo.

In another double blind clinical trial, Vinpocetine was shown to improve cognitive function in elderly subjects. Forty-two patients received 10mg Vinpocetine 3 x a day for 30 days, then 5mg 3 x a day for 60 days. Placebo tablets were given to another 40 patients for the 90-day trial. The patients on Vinpocetine scored consistently better in all cognitive evaluations, and no serious side-effects were reported.

Vinpocetine has also been found to alleviate vertigo, tinnitus and other inner ear problems, as well as headaches. It has been of help relieving disorders of the eyes. Aspects of all of these afflictions have been associated with free radical damage.

A decade ago, a study at Takeda Chemical in Japan found that Vinpocetine could help inhibit oxidative damage to lipids (fatty molecules) in brain tissue. Another study has shown it to be capable of making 'headway' against the hydroxyl radical, a free radical so destructive that it is like a bull in a china shop, especially within the neurons of your brain.

HOW VINPOCETINE WORKS

Vinpocetine acts by improving blood flow and increasing metabolism, thus enhancing the efficiency of cellular energy production. At the same time, both glucose and oxygen get used more efficiently by the brain. The platelet protection activity of vinpocetine, which prevents stickiness of blood in the cerebral arteries, is also thought to be beneficial.

Key neurotransmitters involved in memory function are enhanced by Vinpocetine. These include noradrenaline (the brain's version of adrenaline), dopamine (for motor function, reward-seeking behaviour and spatial working memory tasks), acetylcholine (for focus, increased attention span and foundation memory functions), and serotonin (for mood regulation and sleep). Without enough serotonin, we are susceptible to depression, sleep disorders, addiction disorders and appetite disturbances.

Vinpocetine has been shown to stimulate an area of the brain known as the locus coeruleus (LC), which is known to be involved with the sleep-wake cycle, anxiety, stress, and the autonomic control of behavior and mental function. The long noradrenaline mediated neurons of the LC play a role in regulating learning and memory. Unfortunately, these neurons decline in number with age, resulting in

DID YOU KNOW



Both animal and human studies have shown that vinpocetine is able to help restore age-related impairment of the brain's energy metabolism.

loss of concentration, alertness and information-processing ability.

Vinpocetine may improve overall cerebral efficiency, resulting in brain cells that can better retain information, so we can remember more.

RECOMMENDED FOR BRAIN AND MIND SUPPORT

ReFocus™ Vinpocetine is derived from Vincamine, an extract of the Periwinkle plant.



ReFocus™ Vinpocetine can help:

- Boost your brain power
- Improve memory
- Aid stroke recovery
- Improve ATP production
- Reduce abnormal coagulation of blood

THE IMPORTANT MINERAL THAT'S BEST APPLIED TO YOUR SKIN

Leg cramp, twitches and chronic fatigue can all be signs of Magnesium deficiency...

Magnesium is one of the most important minerals in your body, essential to good health. It's responsible for hundreds of functions including digestion, energy and muscle function, cell and bone formation and relaxation of muscles. It activates more enzyme systems than Iron and Zinc combined.

Taking into account its important role, it is a regrettable fact that Magnesium deficiency exists on a wide scale but is often undetected. The symptoms of deficiency are many and varied, in severe cases it can cause long term damage and in some instances it can be fatal.

Leg cramps and muscular 'twitches' can be a sign of Magnesium deficiency. If ignored, more serious symptoms may set in such as chronic fatigue syndrome when the body functions slow down at a cellular level and become sluggish.

Insomnia or inability to sleep can be another sign of Magnesium deficiency. If you wake up frequently and have leg cramps, you may benefit from Magnesium supplementation.

Magnesium has a beneficial effect on the cardiovascular system. Due to its natural muscle relaxant ability, it also plays an important role in regulating blood pressure. When blood vessels are relaxed there is less resistance to the flow of blood and, as a result, blood pressure is lower.

RESEARCH



WHY MAGNESIUM OIL MAKES SENSE

Studies show that 80% of all Americans are Magnesium deficient. The best way to take Magnesium is to use an oil or gel that is absorbed through the skin. You rub it onto your arms and legs (especially if you have restless leg syndrome or cramps) and the super-saturated solution of Magnesium dries quickly without any stickiness.

Dr Norman Shealy did a trial with patients using Magnesium oil and found that it was highly absorbable without any side-effects such as diarrhoea, which is common when taking Magnesium tablets. In just 6 weeks, his patients raised their cellular Magnesium levels to the top of the reference scale. With tablets it would have taken around 2 years for the same result.



DID YOU KNOW



WHAT ARE THE BENEFITS OF TOPICALLY APPLIED MAGNESIUM?

Magnesium oil and Magnesium gel are made from ancient Magnesium Chloride and biologically active organic Aloe Vera extract. They can help to:

- Restore cellular Magnesium levels
- Support detoxification
- Relieve aches and pains
- Improve mood and relieve stress
- Encourage healthy skin tissue

Calcium has always been vaunted for strengthening bones. But studies of osteoporosis reveal Magnesium has an equally important role. There is a symbiosis between many minerals to perform specific functions so we need adequate levels of them all. As well

as Magnesium and Calcium, there are 70 essential trace minerals such as Selenium and Copper. Rather than taking isolated supplements, we can follow Nature and give our bodies the full spectrum of minerals within a topical Magnesium oil or gel.

It's good to eat Magnesium-rich foods too such as buckwheat, tea, some nuts and leafy green vegetables. But our planet's soil has become sadly depleted so most of us still won't be getting adequate amounts of Magnesium and other minerals. Furthermore, we may believe we are helping ourselves by buying supplements over the counter at pharmacies. But these are only 5-10% absorbable, being inorganic and not readily assimilated. By contrast, it's amazing when Magnesium oil or gel is applied, how fast the effects are felt.

In the words of Dr Linus Pauling, Nobel Laureate: 'Every sickness, disease and ailment is linked to a mineral deficiency or imbalance.'

The risks of long-term Magnesium deficiency are considerable. When the health stakes are this high, it makes sense to go for a supplement providing the entire spectrum of these minerals. Magnesium oil and gel, which are applied topically, fulfill this.

RECOMMENDED MAGNESIUM PRODUCTS

The Original Professional Strength **Ancient Minerals® Magnesium Gel Plus** unique gelled formulation gives sustained release of Magnesium through the skin; and The Original Professional Strength **Ancient Minerals® Magnesium Oil**. Both are made with Magnesium Chloride extracted from the ancient Zechstein seabed in Europe – protected for the last 250 million years and source of the most pure Magnesium in the world.

Also recommended: Use Magnesium in baths and foot baths, **Ancient Minerals® Magnesium Flakes**.



YEAR ROUND PROTECTION AND BALANCE FOR YOUR IMMUNE SYSTEM



A less than optimal immune system makes you susceptible to all manner of health problems...

As a health savvy person dedicated to maintaining good health for you and your family, you'll be aware that the human immune system is constantly challenged by factors such as environmental pollution, day-to-day stress, poor dietary choices and even the normal aging process.

Because what affects the body also affects immune health, there are a wide variety of conditions that can be linked to an immune system that is not working optimally, such as: allergies, weakened stress defenses, inflammation, weight gain, digestive problems, sleep issues and premature aging.

Daily Immune Protection (D.I.P) may help. While many other immune health products "boost" or stimulate the immune system, D.I.P is in a category all of its own because it "balances" immune response for optimal performance. Research shows that the D.I.P formula supports the function of both the innate and adaptive immune systems. It also works to "educate" the immune system by promoting the proper immune response when the body is being inappropriately attacked, as in the case with allergies.

D.I.P nutrients include **EpiCor®**, a powerful antioxidant with an ORAC (Oxygen Radical Absorption Capacity) value of 52,500/100g, so it's a great free radical scavenger. Additionally, research supports that EpiCor® has anti-inflammatory properties.

Supported by years of research and development, EpiCor® is a unique and valuable supplement for immune health. It's fully tested, effective and safe to take on an ongoing, daily basis; it's an effective addition to your dietary supplement program.

DAILY IMMUNE PROTECTION ALSO CONTAINS:

eXselen™ Selenium...

Selenium is an essential trace mineral your body is dependent on, but cannot produce on its own. Selenium must be ingested through foods in our diet or by supplementation. eXselen™ is a highly bioavailable organic Selenium that guarantees consistently high levels of Selenomethionine – the preferred form for efficient absorption by the body. This high quality raw material is backed by 15 years of research, and by 60 years of proprietary fermentation technology.

SELENIUM:

- is a natural antioxidant that helps protect healthy cells from free radical damage
- supports immune functions
- supports the body's normal inflammatory response and may protect breast, prostate and thyroid health.

...and Vitamin D3

Vitamin D3 is critical to keeping your immune system strong. The cells that make up immune system contain Vitamin D3 receptors. If there is insufficient Vitamin D3 present, immune cells become weak and cannot protect the body from infections. Vitamin D3 deficiency is quite common in individuals because it cannot be stored in the body, making replenishment through daily supplementation vital to immune health.

RESEARCH



Research to date shows EpiCor® works to enhance the immune system by:

- increasing levels of secretory IgA, which supports the human mucosal barrier
- supporting the adaptive immune system by activating natural killer (NK) cells
- being a powerful antioxidant with an ORAC (Oxygen Radical Absorption Capacity) value of 52,500/100g, thus providing
- additional health benefits as a free radical scavenger
- significant anti-inflammatory properties.

These studies also indicate that there is unlikely to be a reaction between EpiCor® and prescription drugs. So Daily Immune Protection, containing EpiCor®, is the perfect choice to stay healthy year round.

RECOMMENDED FOR IMMUNE SYSTEM SUPPORT



D.I.P Daily Immune Protection® contains EpiCor® yeast extract, Vitamin D3 and eXselen™ organic selenium, an effective combination for which, taken on a regular basis helps balance and maintain a healthy immune system strong enough to protect you all year long.

Other recommendations for immune support are: **Olive Leaf Extract™**; **Curcumin98™**, and **Moducare™**. See the Good Health Essentials pages.



One of the Purest and Most Natural Products on Earth

WHY ARE ORGANIC MINERALS SO IMPORTANT TO ME?

Nobel Laureate Dr Linus Pauling stated: *"Every sickness, disease and ailment is linked to a mineral deficiency or imbalance."*

Because minerals govern 95% of your body's activities, it's crucial that you get the sufficient levels of all the minerals required daily.



Organic Minerals™ are:

- ✓ The finest, purest & most complete organic plant derived minerals available – essential for your body.
- ✓ A complete range of 70+ minerals ranging from A-Z including Calcium, Hydrogen, Iron, Magnesium, Oxygen, Selenium & Zinc.
- ✓ 100% plant derived & extracted from 70 million year old humic material, extracted in Emery County Mine, Utah, USA.
- ✓ Minerals are disappearing out of the food chain and missing from soils. Get your daily requirement with Organic Minerals™.
- ✓ Independently tested it provides you with the highest concentration of minerals available: 38,000 mg per container.

Super Cardio Health Support with Healthy Flow®

L-Arginine is an amino acid present in the proteins of all life forms. It is classified as a semi-essential or conditionally essential amino acid.

Under normal circumstances the body can synthesise sufficient L-Arginine to meet its demands but, there are conditions where sometimes it cannot.



If you need support for Healthy:

- Blood Flow
- Arteries
- Cardio System
- Blood Pressure
- Fertility
- Kidneys

then Healthy Flow® may be the answer.

**5,000mg Arginine per serving/
30 servings per container**

GOOD HEALTH ESSENTIALS

Here is your quick reference guide to the supplements that are essential for good health

BLOOD SUGAR SUPPORT

Pancreas+ Support Spray™ may help support healthy blood sugar levels and contains all-natural sublingual vitamins and minerals. See page 31.



Curcumin98™ is a natural anti-inflammatory and stimulates glutathione to help modulate the immune system. See page 46.

Serra Enzyme 80,000IU™ This best anti-inflammatory enzyme also helps promote better well-being for healthy blood sugar levels.



The Krill Miracle™ better than fish oil, safe, pure and free from heavy metals. Ultra-pure omega fatty acids are vital for healthy blood sugar. See page 49.

ALSO FOR BLOOD SUGAR

SUPPORT: MaxiFocus™ 24 nutrient sublingual spray; **R-Alpha Lipoic Acid** – supports healthy blood sugar; **Vitamin C From Plants** – Natural C for healthy blood sugar; **EssentialsDigestivePlus™** ultimate digestive support. Find out more about Blood Sugar Health on p30.

BONE HEALTH SUPPORT

Calcium, Magnesium & Potassium Plus™ with Vital Vitamin D3 – essential minerals and their enzymes for those with osteoporosis, cramps and spasms.



NatraGest™ Natural Progesterone Cream which can be used by men and women concerned to protect against osteoporosis.

SerraPlus+™ Megacaps+Trace Minerals+MSM Serrapeptase and nutrients to help promote better well-being for your joints and tendons. See page 38.



Curcumin98™ nature's potent anti-inflammatory, with Black Pepper extract, is the most powerful Curcumin available. See page 46.

ALSO FOR BONE HEALTH:

Hemp Oil – the king of 3, 6 & 9 oils; **Probiotic14™** 14 viable strains of friendly bacteria; **Homocysteine Spray™** for healthy homocysteine levels.

BRAIN & MEMORY HEALTH SUPPORT

ReFocus™ Vinpocetine – Vinpocetine has long been used to help enhance memory and brain function. Read more on page 78.



Curcumin98™ is a natural anti-inflammatory and circulation booster, which crosses the blood brain barrier for better absorption. See page 46.



MaxiFocus™ 24 sublingual vitamins and minerals including brain nutrients missing from processed foods. Being sublingual it gives better absorption for older digestive tracts.



BlockBuster AllClear™, the most powerful Serrapeptase/ Nattokinase/ Pycnogenol & Enzyme formula, to help promote circulation and well-being. See page 62.



ALSO FOR BRAIN & MEMORY

HEALTH: The Krill Miracle™ 6 x more powerful than fish oil; **Homocysteine Sublingual Spray™**; **HySorbQ10™** absorbed 4 x more compared to ordinary CoQ10. Read more about Brain Health on page 35.

CHILDREN'S HEALTH SUPPORT

Active Life™ 90
Vitamins & Minerals in a great tasting liquid for every one of the essential nutrients that may be missing from your child's diet.



Eskimo Kids fish oil is a tasty matrix of Essential Fatty Acids, EPA and DHA, shown in studies to help brain and mood function.

Probiotic14™ has 14 viable strains of friendly bacteria to help the absorption of essential nutrients and help protect against harmful bacteria.



Essentials Digestive Plus™ contains the 8 digestive enzymes that cooking destroys and are needed for food allergies and good digestion. See page 52.

ALSO FOR CHILDREN'S HEALTH: MSM/Silver Drops; Serra Enzyme 80,000IU™ tablets; Hydrosol Silver™ all-around protection; Vitamin C From Plants – natural C. Read more about Children's Health on page 34.

DIGESTIVE & IBS HEALTH SUPPORT

Serra Enzyme™ 80,000IU
The Original Serrapeptase helps promote better well-being for your digestive tract, colon and anywhere blockages/inflammation needs resolving. See page 38.



Curcumin98™
Known for its anti-bacterial properties, this patented Curcumin C3 complex with Black Pepper is the most powerful available. See page 46.

EssentialsDigestive Plus™ The ultimate digestive support with 8 digestive enzymes to aid digestion and replace the essential enzymes that cooking destroys.



Probiotic14™ 14 strains of friendly bacteria, containing 9 billion colony-forming units, to help maintain your whole digestive tract. No refrigeration required.

ALSO FOR DIGESTIVE HEALTH: Hemp Oil (the king of 3,6 & 9 oils); Gastro Enzyme Therapy Formula. Read more about Digestive Health on page 24.

EYE HEALTH SUPPORT

MaxiFocus™ 24 eye health vitamins and minerals, sublingual for much better absorption. Packed with Lutein & Zeaxanthin. See page 36.



Taurine Spray™
powerful support for eye health; helping the retina maintain the required high concentrations of taurine.

The Krill Miracle™ is rich in EPA and DHA and free of heavy metals and contaminants. Studies show it may be up to 6 times more powerful than fish oil.



Curcumin98™ stimulates glutathione to support and protect eye health. See page 46.

ALSO FOR EYE HEALTH:

MSM+Silver™ Drops 20 years of safe use; AstaXanthin™ the extraordinary potent antioxidant; R-Alpha Lipoic Acid eye health support for diabetics; Can-C NAC Drops L-Carnosine drops for lens support; HealthPoint™ Complete MicroCurrent Stimulator Kit. Read more about Eye Health on page 36.

HEART & CARDIO HEALTH SUPPORT

BlockBuster AllClear™

The world's most powerful Serrapeptase/ Nattokinase/ Pycnogenol & Enzyme formula helps promote better well-being wherever the inflammatory system needs support. See page 62.



Serra Enzyme™ 80,000IU
helps resolve inflammation in the arteries and cardio system, offering powerful heart protection. See page 38.

HySorb Q10™ is the most powerful Co-enzyme Q10 to protect your heart muscle and it's especially vital for anyone taking statins. See page 40.



OxySorb™
Powerful sublingual liquid enzyme extracted from deep water seaweed to help absorb more oxygen.

ALSO FOR CARDIO HEALTH:

HealthyFlow™ Arginine/Grapeseed circulation formula; Serranol™ (Serrapeptase/ Curcumin/Seanol); Curcumin98™ natural anti-inflammatory; The Krill Miracle™ essential fatty acids; HartGard™ Hawthorn plus sublingual spray; For more on Heart and Cardio Health, turn to page 10.

IMMUNITY HEALTH SUPPORT

D.I.P Daily Immune Protection™
combines Epicor® yeast extract, Selenium and Vitamin D3 for vital immune system infection support. See page 82.



Olive Leaf Extract™
helps disable infections, including colds, long enough for the immune system to eliminate them.

Curcumin98™ is a powerful and natural anti-inflammatory, well researched, and helps modulate the immune system. See page 46.



Moducare™ Advanced Immune System Support From Sterols has been found in studies to be potentially effective in supporting the immune system and T-cells response.

ALSO FOR IMMUNITY HEALTH:

Probiotic14™ offers 14 viable strains of friendly bacteria; EssentialsDigestivePlus™ Ultimate Digestive Support; MaxiFocus™ 24 Nutrients Sublingual Spray. Turn to page 82 to read more about Immunity Health.

INFLAMMATION HEALTH SUPPORT

Serra Enzyme 80,000IU™ helps combat inflammation and anywhere blockages/inflammation need resolving. See page 61.



Curcumin98™ is the most potent Curcumin, a powerful anti-inflammatory with research on its anti-bacterial, anti-viral and anti-fungal properties. See page 46.

The Krill Miracle™ contaminant free omega fatty acids are vital anti-inflammatories and much more potent than fish oil.



AstaXanthin™ naturally occurring Carotenoids pigment is a powerful antioxidant with the ability to support the body's natural inflammatory response.

ALSO FOR INFLAMMATION HEALTH:

Olive Leaf Extract™; EssentialsDigestivePlus™ Ultimate Digestive Support; Probiotic14™ offers 14 viable strains of friendly bacteria. Read more about Inflammation Health on page 61.

JOINT HEALTH
SUPPORT

SerraPlus™ is a formula of Serrapeptase plus MSM and Trace Minerals to help promote better well-being for your joints and tendons. See page 38.



Serranol™ Professional strength support for healthy joints and circulation, With Serrapeptase, Curcumin and Ecklonia Cava seaweed extract. See page 68.

The Krill Miracle™ ultra-pure EPA and DHA to help protect joint mobility. Free of contaminants and may be up to 6 x more powerful than fish oil.



Allevian® combines Peruvian Maca and Cat's Claw for fast anti-inflammatory joint help.

ALSO FOR JOINT HEALTH:

HealthPoint™ fast relief through the acupressure points; **SAM-e™** for joint support; **Penzim Gel** – powerful topical enzyme gel; **Glucosamine/Chondroitin/MSM/Collagen** formula. For more on Inflammation turn to page 61.

LUNG HEALTH
SUPPORT

SerraPlus™ 80,000IU Fabulous anti-inflammatory formula with MSM & Trace minerals to support lung health. See page 38.



OxySorb™ Extracted from deep water seaweed and when taken under the tongue, improves the body's ability to absorb more oxygen.

MaxiFocus™ Sublingual Spray 24 sublingual vitamins and minerals for lung health, to help compensate for poor absorption suffered by many elderly digestive tracts.



Curcumin98™ This most powerful natural anti-inflammatory stimulates glutathione to protect the lung cells and tissue from inflammation. See page 46.

ALSO FOR LUNG HEALTH:

Serranol™ (Serrapeptase/Curcumin/Seanol/ECE); **AsmaSpray™** (Sublingual bronchial support); **Hemp Oil** (the king of 3, 6 & 9 oils); **Vitamin D3** 5000iu caps (an hour of sunshine in a capsule); **Yamoa Herbal Support** (African herbal gem). Turn to page 50 for more on Lung Health.

MEN'S HEALTH
SUPPORT

Prostate Plus™ 23 research backed nutrients for prostate health, maintenance, cells, healthy flow and healthy urination. See page 32.



Curcumin98™ helps protect cells from inflammation and modulates the immune system. See page 46.

Active Life™ 90 liquid vitamins & minerals all in one to insure against any nutritional gaps in your diet.



The Krill Miracle™ ultra-pure omega fatty acids to support normal immune function and mood which may be up to 6 times more powerful than fish oil. See page 49.

ALSO FOR MEN'S HEALTH:

Serranol™ (Serrapeptase/Curcumin/Seanol/Vitamin D3); **SerraEnzyme™** 80,000iu anti-inflammatory Enzymes; **AstaXanthin™** 500 x more antioxidant power than Vitamin E; **Serenity™** the missing mineral for mood balance. Find out more about Men's Health on page 32.

MENTAL HEALTH
SUPPORT

Relaxwell™ with L-Theanine, L-Tryptophan & B Vitamins to help support sleep, tranquility, and the nervous system. See page 42.



Serenity™ helps balance moods and emotions, with organic lithium, a non-prescription, highly effective and completely safe mood manager.

SAM-e™ – our brains need Sam-e to produce dopamine and serotonin and it plays a stimulating role in stress related depressions and chronic fatigue.



The Krill Miracle™ is ultra pure and potent. Omega fatty acids are essential for brighter mood and brain function.

ALSO FOR MENTAL HEALTH & MOOD:

Homocysteine Sublingual Spray™; **MaxiFocus™** – 24 Nutrient Sublingual Spray. Read more about Mood and Relaxation on page 42.

PET HEALTH
SUPPORT

SerraPet™ Great health support for dogs, horses and cats and especially helpful for inflammation, cysts, joints and digestion. See page 54.



HealthPoint™ electro acupressure for pets stimulates acupuncture points to relieve a wide variety of conditions. Plus EquiHealth HealthPoint™ Horse Treatment book and Horse Lead.

Probiotic14™ 14 viable strains of friendly bacteria to help maintain the health of your pet's digestive tract. No refrigeration required.



Essentials Digestive Plus™ Ultimate Digestive Support with 8 digestive enzymes to replace those lost through pet food manufacturing processes.

ALSO FOR PET CARE:

Curcumin98™ natural anti-inflammatory; **Active Life™** all in one 90 liquid vitamins & minerals; **Hydrosol Silver Ions™** to fight infections. Turn to page 54 for more on Pet Health.

SEXUAL & FERTILITY
HEALTH SUPPORT

Serra Plus™ anti-inflammatory helps promote better well-being for your fallopian tubes and anywhere blockages/inflammation needs resolving.



AstaXanthin™ (asta-zan-thin) is a naturally occurring Carotenoid pigment which supports fertility.

MacaPro® XP Platinum is a food source very high in polypeptides and supports both female and male fertility.



Healthy Flow™ powder helps stimulate blood flow and can help support male infertility problems.

ALSO FOR SEXUAL & FERTILITY HEALTH:

Hemp Oil – the king of 3, 6 & 9 oils. Read more on Fertility Health on page 26.

SKIN CARE SUPPORT

SerraPlus+™
80,000IU Capsules are an Enzyme/Mineral matrix that can help support the skin's connective tissue. See page 38.



Ancient Minerals™
Professional Strength Magnesium Oil 8oz Spray encourages healthy skin tissue and is highly therapeutic for psoriasis, eczema and other skin conditions. See page 80.



Curcumin98™ is the biologically active element of Turmeric, a natural anti-inflammatory which helps to protect the skin's cells from inflammation. Indian women have been using Turmeric for years to make their skin beautiful. See page 46.



Hemp Oil 500ml – the essential fatty acids in Hemp are renowned for their ability to improve cell growth and vitality. A perfect massage oil too.



ALSO FOR SKIN HEALTH:
Rio Rosa Mosqueta Oil; Ancient Minerals™ Magnesium Gel Plus; Ozonated Olive Oil; Ancient Minerals™ Magnesium Bath Flakes. More on Skin Health on page 28.

STRESS, MOOD & SLEEP SUPPORT

RelaxWell™ with L-Tryptophan, L-Theanine and B Vitamins, can help lessen anxiety, promote concentration and aid natural sleep.



The Krill Miracle™
ultra pure balanced fatty acid nutrition for brighter mood and brain function, more powerful than fish oil.

HealthPoint™
Auricular Ear Clips (electro-acupuncture) have been in use for over 10 years to help relieve stress and anxiety. Part of the HealthPoint kit. See page 72.



SAM-e™ for Mood, Liver, CF, and Joints – in our brains Sam-e helps produce dopamine and serotonin and so has a stimulating role in stress related depressions and chronic fatigue.

ALSO FOR STRESS, MOOD & SLEEP HEALTH: Serenity™ the missing mineral for balance; **MaxiFocus™** 24 Nutrient Sublingual Spray; **SleepWell™** - with 5-HTP helps reset your body's biological clock. Read more on Sleep and Relaxation on page 42.

WOMEN'S HEALTH SUPPORT

Active Life™ – 90 liquid vitamins & minerals all in one to insure against any nutrition gaps in your diet.



Nascent Iodine™, the most bio-available form of Iodine, traditionally used to support the thyroid and healthy hormones. Find out more on page 56.



The Krill Miracle™
pure and potent and essential for brighter mood, immune function, heart health, joint mobility, brain and skin health.



Derma Q-Gel™ Crème has the world's highest amount of CoQ10 to promote healthy, vital, younger looking skin. Read more on page 29.

ALSO FOR WOMEN'S HEALTH:
Calcium, Magnesium & Potassium Plus™ with Vitamin D3; **Serranol™** (Serrapeptase/Curcumin/Seanol-P/Vit D3); **MaxiFocus™** 24 Nutrient Sublingual Spray; **AstaXanthin™** 500 x more antioxidant power than Vitamin E; **Serenity™** – the missing mineral for mood balance. Find out more about Women's Health on page 33.

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Often revered as the 'Beautiful Mineral' in Chinese Medicine, Magnesium is as essential to the body as water and air, with its beauty easily attributed to its absolute and undeniable healing power. Although there are only several ounces of Magnesium in your body, it is implicated in hundreds of biochemical reactions, scores of which contribute to the manufacture of energy and cardiovascular function.



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per tsp



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per tsp



DO YOU NEED SPECIFIC HELP WITH...

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- ✓ Maintenance of Proper Muscle Function?
- ✓ A Boost in Energy Levels?
- ✓ A Healthy Immune System?
- ✓ Healthy Skin Tissue?
- ✓ A Reduction In Inflammation?
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- ✓ Magnesium Levels?
- ✓ Balancing The Hormonal System?
- ✓ Relief for Muscles & Joints?

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Ancient Minerals™ is drawn from the 250 million year isolated Ancient Zechstein Seabed, 2 miles beneath the earth's crust.

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capsules

x90
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- ✓ *The digestion and clearing of non-living tissue, blood clots, cysts, scar tissue & arterial plaque*
- ✓ *Healthy joints, lungs, veins and colon*
- ✓ *Healthy reduction of pain symptoms*
- ✓ *Relief from trauma, swelling and sports injury*
- ✓ *Healthy digestive system*

Serra Enzyme[®] is safe to take with other supplements or prescribed medicine and has no known side-effects



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