

# Week 06 (2016)

## Real vacation, news for you

Normally when I go on vacation with my wife Anne we combine it with work, of some sort. Even if it's simply meeting up with someone who lives in the part of the world we are travelling to, it is very rare we miss such an opportunity. This time it is different.

To celebrate my 70th birthday and our 46th anniversary we are going on what Anne calls a 'real' vacation. We are going to the Maldives, a set of coral islands in the Indian Ocean. They are situated off the southern tip of India and all we can do there is to swim or snorkel in the lagoon or sunbathe and relax. I do not know anyone who lives on these islands, so there is no excuse...

Even I have to recharge my batteries and I especially need it as 2016 is going to be my busiest year yet, out of the last 50 years. Good Health Coaching is set for a huge expansion and my desire to find the cleanest and healthiest foods is greater than ever. This has already started with [ReallyHealthyPasta.com](http://ReallyHealthyPasta.com)

Fear not if you wanted some really interesting information to read as every day I publish important news on my [NaturallyHealthyNews.com](http://NaturallyHealthyNews.com)

These are some of recent health news items and as ever, I look forward to your comments at the end of each post. Enjoy!

### **Walnuts Can Inhibit Cancer Cells, According to Studies**

Walnuts have been linked to the inhibition of cancer development and can even initiate the death of cancer cells according to several research studies. The cancer killing properties within walnuts although rare, are thought to contain several unusual and potent phytonutrients that are found in relatively few foods.

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### **Curcumin Composite Could Help Relieve Arthritis, According to Study**

Curcumin composited with mulberry may aid arthritis according to a new study. The independent study conducted by South Korean based research tested the composite on subjects and they were shown to have 'statistically significant improvements in pain resistance'.

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### **Bowel Cancer Could Be Prevented By Eating More Legumes**

could be prevented by eating more legumes according to research published in Cancer Causes Control. Eating pulses and legumes such as beans, chickpeas and lentils can help with the prevention of polyps developing in the bowel and as a result, bowel cancer.

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## **5 Ways To Care For Dry Eyes**

Dry eyes can be irritating, leaving them feeling gritty or itchy. Redness, swelling and consistent eye rubbing are all side effects of dry eyes that occurs when there is a lack of moisture, resulting in the tear flow system being affected.

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## **8 Great Reasons To Eat More Kale...**

Kale is one of the healthiest green vegetables to include in your diet and there are plenty of recipes that it can be prepared in. As a member of the cabbage family, kale is available in smooth or curly form. But exactly how good is kale for you?

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## **Curcumin Named One Of Three Spices For Preventing Cancer...**

The active ingredient of curcumin in Turmeric has been named as one of the three spices that are effective against cancer according to the Director of the Anti-Inflammation Research Institute in San Diego.

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## **Got Coconut Oil? Why You Should Include More In Your Diet...**

Coconut Oil is now one of the hottest trends in the natural health world and with good reason. For too long the coconut was stigmatised and many people were advised to avoid eating them as they were considered to be “too high in saturated fats”.

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## **Curcumin Could Potentially Reduce Liver Damage**

Curcumin could reduce the effects of acetaminophen-induced mitochondrial alterations within the livers of mice. An experimental study published within the Journal of Pharmacy and Pharmacology in January 15 found that curcumin averted the acetaminophen induced liver damage when performed in a dose-dependent manner.

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## **5 Healing Herbs and Their Benefits**

Herbs have many healing and therapeutic properties and are therefore highly recommended due to their antioxidant capacities. They also have many potential benefits for improving your general health and wellbeing in the long term. Below are a list of herbs and their many healing benefits...

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## **Curcumin Could Improve Cardio Health For Those Sitting Down All Day**

Researchers from Japan have found that regular ingestion of curcumin could help with improving vascular endothelial function. The study showed that curcumin, when combined with regular aerobic exercise improved endothelial function – the lines on the interior surface of blood vessels and lymphatic vessels. This forms an interface between the circulating blood of the lymph...

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## **Vitamin D Could Help to Prevent Shortsightedness in Children**

Many children and young people are affected by myopia or short sightedness. The condition has more than doubled in the West over the past 50 years. Researchers from Ulster University have discovered that environmental factors may be involved such as the time children spend playing outdoors.

[\*Read More...\*](#)

## **12 Tips for Improving Your Digestive Health**

The digestive system is crucial to good health and if we want to stay healthy in the long term, we need to focus on our current digestive state. But if your digestive system could do with a little tweaking, then it's important to assess what's happening so you know how to improve digestion.

[\*Read More...\*](#)