

Week 10 (2016)

Two Kinds of people

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You may think that anyone who is involved in the natural health business is passionate about good health. You could not be further from the truth. I have just arrived in California after visiting the Ancient Minerals Facility in Austin Texas and a nicer group of people would be hard to find. Maybe it's because they are so passionate about natural health or because they are a good example of honest folks but I believe it is also the result of the really healthy diet they eat (and they all use their own products). Next time you're using an [Ancient Minerals](#) product and you are holding the bottle in your hand you can know for sure it was made with love and dedication.

The next part of my trip is to the Natural Products trade show. Other than the products, the hall will be full of people who reflect the population at large. Some will be really healthy and some will be really unhealthy. I find that I am attracted to do business with those who walk their talk and I am looking for their great products.

I will be back to real life next week and in the meantime read some of the articles I have published this past week to support your health goals.

30 Every Day Uses For Coconut Oil

Coconut Oil has been hitting the headlines a lot recently due to its various health properties, versatile abilities and functions. This is a wonderful ingredient to keep to hand around the home – for cooking, health and beauty purposes amongst others. Some of these ideas may seem a little surprising (and crazy!) but they are

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Eating Junk Food Is As Addictive as Drugs According to New Research

Are you addicted to junk food? According to new research, junk food is just as addictive as crack cocaine due to the changes it can cause in the brain. A study by University of Calgary researchers and The University of British Columbia found that there were significant implications involved when test subjects consumed junk food.

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High Blood Sugar Levels Linked to Higher Risk of Dementia

High blood sugar levels have been linked to an increased risk of developing dementia, according to a recent study published in the New England Journal of Medicine. The study examined over 2000 adults over the age of 76, the majority of whom were not diabetic. It was found that the higher the numbers in blood

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Breastfed Babies Need Vitamin D3 After One Year

Breastfed babies should be given a Vitamin D3 supplement after the age of one year, according to a new study. While the relationship between Vitamin D and the duration of babies being breastfed isn't fully understood, it's recognised that the World Health Organisation suggests that breastfeeding should be encouraged until the age of 2 years,

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Shortsightedness Estimated to Affect 5 Billion People by 2050

Shortsightedness is estimated to affect 5 billion people by the year 2050 according to recent studies – nearly half of the world's projected population. The study, published in the medical journal known as Ophthalmology analysed a wide range of existing research on nearsightedness from 1995 onwards. Based on the trends they analysed, the authors estimated

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Vitamin D3 Deficiency Linked with Increased Risk of Alzheimer's Disease and Dementia

Alzheimer's Disease and Dementia are some of the biggest health risks for people in the modern world. 44 million cases are diagnosed worldwide and this is expected to triple by 2050. A billion people are also estimated to have low Vitamin D3 levels. A major study has confirmed that older individuals who have severe Vitamin

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