

Week 30 (2016)

Good News

It was good news to get feedback so quickly that the offer for RealFocus™ was taken up and within days I had people telling me it worked fast in lifting their mood. Well that's why I take it, but not to lift me...but to calm me down. It is an adaptogen and brings balance to your mood

This is a Good News week and so I'm sharing all of the good news articles you may have missed from www.NaturallyHealthyNews.com. There is something for everyone interested in Good Health here and your comments or questions are always welcome in the form at the bottom of each article.

Vitamin D Could Heal A Damaged Heart, Says Study

Vitamin D supplements could heal damaged hearts, according to a recent study. The trial involving 163 heart failure patients found that supplements containing Vitamin D improved the heart's ability to pump blood around the body. The results...

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5 Reasons To Love Ashwagandha

Ashwagandha is an Ayurvedic herb that has been demonstrated to have good results in lowering cortisol and balancing thyroid hormones. This powerful herb can boost energy and focus and..

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Zinc's Health Benefits For The Immune System

Zinc is a popular remedy to take when you have a cold and it's because this important mineral has immune boosting properties that can make the body stronger at...

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The Health Benefits of Eating Sprouted Oatmeal

Oatmeal has various health benefits and in the long term some of these include weight loss, lowered blood sugar levels along with a reduced risk of heart disease. As...

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Go Gluten-Free To Improve Skin Health

Going gluten-free can help with improving psoriasis and other skin conditions, according to recent research published in the journal Clinical and Experimental Dermatology. The research uncovered a link between...

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4 Health Boosting Foods For Natural Energy

Natural energy is a quality we're all seeking in our every day lives. Yet many of us are increasingly finding our energy stores depleted due to long working hours,...

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Eating Broccoli May Protect Against AMD

Broccoli-related compounds can boost the potency of Age-Related Macular Degeneration. Researchers looked at and identified how the broccoli related compound can be used as a possible treatment for age-related...

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Antioxidants In Demand For Reducing Inflammation

Antioxidants are becoming more in demand as they can help with reducing inflammation and easing oxidative stress in the body, according to industry experts. There is a strong body...

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