

## **Week 44 (2017)**

# **Prevention Is Better than Cure**

Like me you may think the statement, 'prevention is better than cure', is so obvious as to be condescending but it is a good plan to live by.

I am conscious of this and have a little voice inside my head that warns me when I step out of line of reaching my goal to be strong and healthy past 100. I joke with my wife Anne that I promise to retire when I get to 101 but 'don't tell her' – it is a real goal.

## **Too Much?**

I am sure there are many people who would think I go 'over the top' with the supplements I take and the really healthy diet I recommend but I promise that you can never do too much when it comes to prevention of premature death.

Yes, you can spend too much on some of the unproven, so called 'hot products', that are in the media. I do look at them all but I have two steps more: 1. I look at the scientific studies and pay less attention to those paid for by the manufacturers. 2. I then evaluate feedback from users.

## **What Do I Use for Prevention?**

Obviously, the diet has to be cleaned up which I never tire of repeating in my newsletters and eBooks and there are many vitamins and minerals deficient in the diet that have to be supplemented. However, there is one supplement we must include – Curcumin.

## **What Curcumin?**

Curcumin is a small molecule extracted from turmeric root. It's a small molecule also called a curcuminoid, and is a powerful polyphenol but it has other benefits similar to flavonoids and stilbene.

It literally has thousands of studies and by searching [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com) you can see dozens of articles and the main conditions that can be prevented or treated.

Curcumin exerts potent anti-inflammatory and other effects, and these effects are shown to be protective against many conditions including many forms of cancer progression and even weight-loss. French studies show it to be superior to drug treatment for tough conditions such as malignant mesothelioma.

## **The Latest Exciting Curcumin Formula.**

Last week I told you about the new formula Liposomal Curcumin Plus Resveratrol which has been renamed BRAINPOWER Liposomal Curcumin Plus Resveratrol. You know about Curcumin and Resveratrol is another powerful polyphenol found in grapes, red wine and some berries.

I want to explain why this is so exciting and why it has taken the name of my previous BRAINPOWER formula. If you know about curcumin (and most supplements) it is very difficult to get them to absorb and especially when it comes to the brain. Like my 'MaxiFocus' formulation, BRAINPOWER consists of tiny liposomal molecules and is absorbed by holding it in the mouth and swishing around until it has completely absorbed. This means it bypasses the digestive tract and absorbs directly into the bloodstream and then into the eyes and brain.



There are many studies indicating the benefits for curcumin and resveratrol protecting against inflammation, oxidative stress, and cancer but due to the absorbency difficulties of these molecules, until known, those benefits have been confined to laboratory experiments.

Since studies indicate that curcumin capsules swallowed orally have been found to be beneficial for eye problems, Alzheimer's, head, throat and neck cancers and even migraines; to be able to take and absorb them locally into the bloodstream is likely to improve the outcomes for all of these conditions. I have added this to my many supplements simply to see what improvements, if any, a healthy person like me can see but it does not replace 'The Gold Standard' in curcumin.

For more info on [BrainPower click here](#)

## The Gold Standard in Curcumin

BrainPower does not replace what I call the 'Gold Standard' in Curcumin which is CurcuminX4000™. BrainPower is used specifically for head, neck and throat problems and CurcuminX4000™ is the mainstay to prevent all of your body's health problems as part of any health plan.



I mentioned earlier that it is difficult for curcumin to absorb and that is a fact but CurcuminX4000™ is the most absorbable and especially utilizable, curcumin in capsule form available.

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%.

Curcumin's potent antioxidant abilities offer the potential for numerous benefits. Research suggests curcumin's antioxidant activity and support of the body's normal inflammatory response, as well as its potential to support already normal cholesterol levels, has a significant role to play in contributing to cardiovascular health, liver function, and joint health.

This is an important part of my prevention plan and with 180 capsules in the bottle, those on a tight budget can make it last for 6 months simply by taking one capsule per day as part of their prevention plan.

For more info on [CurcuminX4000 click here](#)

### **My plan that I follow daily to keep strong and healthy includes:**

1. Follow a full daily exercise program including walking and exercises.
2. Sitting down for less than 3 hours per day, so stand or walk or even lay down if you need to rest.
3. Take the 130 important vitamins and minerals in Active Life which can and do help prevent many diseases. You still need Magnesium Oil and Iodine supplements as well.
4. Drink at least 6 x 500ml of pure water with a pinch of bicarbonate soda in each glass.
5. Eat a healthy diet, high in green vegetables, dark skinned fruits, nuts, seeds, seaweeds and fats.
6. Stop eating unhealthy foods such as grains, cereals, processed foods, sugary foods and drinks, processed junk: meats, eggs and farmed fish that are all fed on GMO soya/cereals.
7. Detoxing on a regular basis helps to clear some of the toxins and chemicals that are permeating modern life is essential.
8. Include Rock Salt in your diet. Rock salt is created in ancient sea beds and has more minerals than modern salt offerings. You need at least 3 teaspoons per day and more in hot sweaty weather.
9. Build determination to stick with the plan and stop listening to the failed Pharma medical system.

### **Remember**

Prevention plans are fine but, if you have a serious health problem then contact my Health Coaches and ask about a recovery Plan: [www.MyGoodHealthClub.com](http://www.MyGoodHealthClub.com)