

# Week 47 (2017)

## S.O.S. (Save Our Stomachs)

Anne and I have relocated for the holiday season to the UK. We are closer to our families for the holidays and trust you will have a happy and healthy Thanksgiving.

The main point of my letter this week was to give you some advice to stay healthy during the food fest that is the holiday season.

### Urgent Warning

Before I start I have a serious warning issued by the FDA (Food and Drug Administration) in the USA that continually taking antacids and over the counter drugs is dangerous to your health.

In fact, the FDA reports that antacids should NOT be taken for longer than 2 weeks and revealed that continually taking antacids can cause serious internal bleeding and ulcers.

**The FDA review showed that continually taking antacids could be causing:**

- Colon infections
- Nutrient deficiencies like magnesium and calcium, which can lead to weak bones
- Depletion of your iron levels

Constant fatigue, pale skin, dizziness and poor circulation to the feet  
These are just SOME of the symptoms of antacid use and my advice is DON'T USE THEM.

**My recommendations are:**

1. Make sure you drink 6 x 500ml (16oz) glasses of water over the day with a ¼ to ½ teaspoon of bicarbonate of soda in each glass. Always drink one of those glasses before each meal.
2. Do your best to avoid carbs (grains, cereals, rice, potatoes, etc) in each of the dishes. Load up on veggies to fill your plate.
3. Take Essential Digestive Plus enzymes and double or triple this before each meal over the six-week period. As well as digesting carbs and sugar easier, all of the food will absorb better.
4. I suspect this is the time when everybody needs Cinnamon27. This will block much of the sugar uptake from the high carb, high sugar foods, desserts, etc and help keep your blood sugar levels healthy. If you can't cut out sugar, take this before any food (with sugar).
5. Last, but certainly not least, is Prescript-Assist. This is without doubt the most powerful probiotic and you can take it preventatively or in high doses if you do get any digestive problems (it even clears food poisoning in very high doses, e.g. take 5 every hours).

## Extreme S.O.S.

Gastroenteritis the stomach “bug” is usually a sickness caused by a germ (virus or bacteria) that spreads from person to person or through food contamination. Symptoms usually appear 1 to 2 days after exposure. Symptoms are often mild (in healthy people) and usually only last a day or two. If you are unhealthy you may experience some of the following symptoms:

- Upset Stomach
- Diarrhoea
- Vomiting
- Fever
- Headaches
- Abdominal cramps

### S.O.S. (Save Our Stomachs)

The stomach and digestive system is the first line of defence against bugs and is in fact the source of disease in unhealthy people, along with good health in healthy people. I must stress that my recommendations below are critical if you are to clear Gastroenteritis within a few hours...

CRITICAL ACTIONS IF YOU OR ANY FAMILY MEMBER GETS A TUMMY BUG:

- First make sure you have all the supplements in your medicine cabinet at all times and especially when travelling.
- Stop eating and drink only water as below.
- Take 3-5 capsules of Prescript-Assist every hour until the symptoms clear.
- Take 2 capsules of Happy Tummy per hour, away from the Prescript-Assist for 4 hours.

ACTIONS FOR YOU OR ANY FAMILY MEMBER TO AVOID A TUMMY BUG:

- Make sure you drink 6 x 500ml (16oz) glasses of water over the day with a ½ teaspoon of bicarbonate of soda in each glass. Always drink one of those glasses before each meal.
- Do your best to avoid carbs in each of the dishes. Load up on veggies to fill your plate.
- Take [Essential Digestive Plus](#) enzymes and double or triple this before each meal over the six-week period. As well as digesting carbs and sugar easier, all of the food will absorb better.
- I suspect this is the time when everybody needs [Cinnamon27](#). This will block much of the sugar uptake from the high carb, high sugar foods and help keep your blood sugar levels healthy. If you can't cut out sugar take this before any food (with sugar).
- Last, but certainly not least, is [Prescript-Assist](#). This is without doubt the most powerful probiotic and you can take it preventatively or in high doses if you do get any digestive problems (it even clears food poisoning in very high doses, e.g. when taken every 5 hours).

REMEMBER THESE ARE AVAILABLE TOGETHER IN A PACK, FOR MORE INFO AND 10% DISCOUNTS [CLICK HERE](#).



**The Good News:**  
**Those who ONLY eat Really Healthy Foods**  
**will live healthier and longer.**