

Week 22 (2018)

What's Healthy?

It sounds like a weird subject but I just realised in nearly 30 years I have not clearly defined what 'healthy' is. Ask most doctors and they will ask: "How are you feeling? Good? No aches or pains? Normal bowel movements? Blood pressure OK? Cholesterol and blood sugar levels OK? Walking fine?" And that will be it. You passed the 'healthy' tests. What? No definitive measure of 'healthy'?

There is now a push for more tests for disease but this is likely fueled by the medical mafia so it can profit from expensive treatments.

Of course in countries where you pay your doctors directly or have expensive insurance the doctors may promote every test known to science but these are usually the tests promoted by the medical mafia for their money making racket. I call it a racket because none of it is designed to get you 'healthy'. They are designed to get rid of the symptoms and get you through the day.

Yes I know I advocate taking a raft of supplements but these have a different goal than the medical mafia. Some of the supplements I recommend are missing in the diet and are for life, and some are temporary until you get 'healthy'. I only recommend the very minimum depending upon your health problems or to prevent future health problems.

What's Healthy?

There are 3 or 4 really good measures of 'healthy' that I use every couple of years to make sure I am not slipping. One measure that doctors use (but not many) is called homocysteine (pronounced as homo-cist-ene). It is the best and simplest overall measure of your state of health, diet and nutrient intake.

The level of homocysteine in your blood indicates an increase in the risk of:

- Heart Attacks
- Strokes
- Cancers
- Diabetes Type 2
- Thyroid-related health challenges
- Neurological conditions like Parkinson's and Alzheimer's
- Depression
- Infertility (for men and women)
- Chronic Pain/Arthritis
- Digestive Disorders
- Inflammation

To name a few...

What Exactly Is Homocysteine?

Homocysteine is an amino acid made from another amino acid obtained from 'healthy food'. With the help of essential vitamins and minerals it is converted into the two SUPER antioxidants (**SAMe and Glutathione**) for preventing disease and the premature aging conditions listed above.

What Do SAMe and Glutathione Do?

Specifically, SAMe helps to prevent the diseases listed above including: depression, arthritis, and liver damage. Glutathione is a powerful antioxidant and detoxifying agent that helps to repair the body and to slow down premature aging.

So...Lots Of Homocysteine Is Great?

No, it can be the opposite. If the homocysteine is not converted to SAMe and Glutathione not only do you miss the benefits of these two SUPER nutrients but the high level homocysteine in the blood will damage your body and arteries through oxidation and speeding up the aging process. It will increase the risk of the diseases listed above.

The Measure Of Homocysteine?

Since many doctors are educated (brainwashed) by the medical mafia they do not include testing for homocysteine. The reason for this is the medical mafia can never have drugs for one of the main causes of disease (the bad diet) and so they either ignore homocysteine testing or try to discredit the need.

If you ask a doctor in most countries for this test they rarely refuse (unless like me you live in the UK). I get mine done when I am in Spain. I measure 6 on the generally accepted scale. This is considered perfect as most of my blood test shows.

Research has shown that for homocysteine, every 1-point increase has a 10% greater risk of the list of diseases above. Therefore, a measure of 16 indicates a 100% risk of one or more of the above diseases and of course premature aging and death. Some people tell me their reading is 20!

What Can I Do If My Readings Are High?

If you turn to a Really Healthy Food Plan of organic vegetables, healthy oils, dark-skinned fruits, nuts, seeds, pulses and wild caught fish, you would be assured that you are getting all of the recommended nutrients. These convert homocysteine to the SUPER nutrients SAMe and Glutathione that can reverse the diseases and damage to your body. You will still need nutrients missing from most foods such as iodine and selenium.

I recommend a choice of two supplements that contain all of the things that may be missing from the food you are consuming:

ActiveLife For Healthy Homocysteine Levels

- **130 Nutrients In One Capsule**

Active Life™ Capsules are based around the Active Life Liquid formula. This tried and tested multivitamin formula has now been extended to 130 nutrients packed into a capsule.

- **Contains A Patented Form Of 5-MTHF Folate**

This is perfect for 100% of the population and especially important for the 25% who cannot absorb Folic Acid.

- **A Full Spectrum Multivitamin/Mineral Formula**

Also contains essential B vitamins to support good health.

- **Ideal For The Whole Family**

From young children to seniors, Active Life is suitable for all ages. It is of course essential for any couple planning a pregnancy.

- **Lasts For 6 Months**

180 capsules per bottle will last for 6 months for a young child taking 1 capsule per day. For an adult with a serious condition needing maximum support, 6 capsules a day are advised.



B4 Health for the fastest improvement in homocysteine levels.

- **Contains A Full Vitamin B Complex**

B Vitamins are involved in thousands of enzymatic reactions in the body. They are essential for releasing energy from food, healthy functioning of the nervous system including nerve membrane structure, neurotransmitter synthesis and nerve conduction.

- **Superior Delivery System**

Essential nutrients can be delivered via the superior delivery system that has been clinically proven to help avoid and even reverse the ravages of heart disease and stroke when accompanied by a good diet and exercise.

- **Up To 9x More Absorbent Than Its Capsule Equivalent**

May help your body maintain healthy homocysteine levels, brain function, heart and cardiovascular systems, as part of a healthy nutritional and exercise regime.

- **Supports A Range Of Health Conditions**

Helps your body maintain healthy homocysteine levels, which in turn leads to better maintenance of normal brain, heart and cardiovascular function.



REMEMBER

It is not a shortage of drugs in your life that causes disease but nutrient deficient foods from factories, chemical farming and chemicals in the environment. [Read my books](#) and follow the plans for a really healthy life.