

Week 44 (2018)

Our Latest Natural Health News

This week I am sharing a selection of recent newsletters and articles that you may have missed. Reading my articles is only part of the story. Changing your actions based upon them is my goal, to help you change the course of your life so you can enjoy a healthier future. Action plans are good but wider knowledge is also needed.

Enjoy the articles and if you have time please comment at the end of each post to give me some feedback. We are working on the next magazine to be published in January 2019.

By the way, did you know we have lots of Health Tips on our [Instagram](#)?

Latest News



5 Simple Health Tips To Protect Yourself Against Winter Flu

The winter flu season is upon us, and so there has never been a better time to protect yourself. The government and health agencies often impose flu vaccines as the only solution to staying protected against the winter flu.

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Chronic Inflammation Increases Your Risk Of Alzheimer's Disease

New research is showing that chronic inflammation can dramatically increase the risk of Alzheimer's Disease when coupled with the ApoE4 apolipoprotein (ApoE4) – a class of proteins involved in the metabolism of fats in the body...

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Week 43 (2018) – Treat or Trick?

It's that Halloween time of the year, again. For those in the parts of the world that have not been infected by Halloween, it is when children (and some grown ups) dress up in a style that is supposed to represent the living dead, monsters or ghosts if you will.

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Why Curcumin Is 'Natural Chemotherapy' For Cancer Cells

Are you taking your Curcumin? Anyone looking for a natural way to protect their cellular health should consider adding the Curcumin supplement into their daily routine. Curcumin is a natural anti-inflammatory and powerful...

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How To Ensure You Get Enough Vitamin D This Winter Season

Are you getting enough Vitamin D? It's Vitamin D Awareness Week (October 22nd – 28th) a time to raise awareness about the importance of this sunshine vitamin for enjoying good health.

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How To Protect Your Health From Airplane Radiation

We're constantly being exposed to radiation – especially with the emergence of WiFi and electromagnetic frequencies (EMF). Another type of radiation to be mindful of is cosmic radiation – also known as ionic radiation.

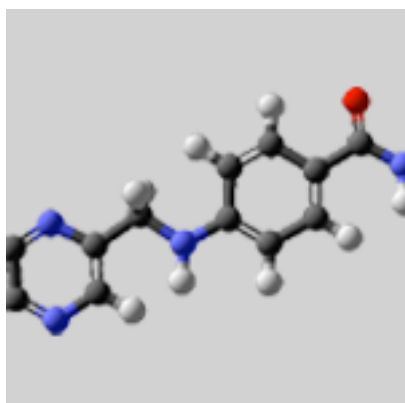
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Young Women 'Lacking' In 7 Out of 8 Key Minerals For Good Health

Today is World Menopause Day (October 18th) and an important time to look at the benefits of nutrition and its role in women's health. Young women in particular should examine their nutrient intake and how its affecting...

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Week 42 (2018) – Folic Acid Is A Drug

A drug (now incorrectly called medicine) is a substance usually produced synthetically which is used to try to cure, treat, or prevent disease. Drugs very rarely do this and less than 5% of the tens of thousands of drugs prescribed by doctors ever cure a disease...

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4 Surprising Natural Remedies For Dissolving Kidney Stones

Kidney stones can be excruciatingly painful and many people end up in emergency rooms, in a desperate search for medical relief. When the kidney stones don't pass, a CT scan or other invasive procedures may be necessary...

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How To Eat Your Way Towards Good Eye Health

Anyone looking to improve their eye health, should start with examining their daily diet and lifestyle choices. New figures revealed by the Macular Society show that nearly 1.5m people in the UK are affected by macular disease – the nation's biggest cause of sight loss.

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Week 41 (2018) – Saving Our Children Or is it the environment?

For the last 70 years, various groups including independently minded dentists, have pleaded for governments to stop the dental business from using mercury (amalgam) for cavity fillings in teeth.

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Eating Take Away Food Is More Likely To Cause Disease

Adults in the UK eat 22 million takeaways every week, a concerning report by Cancer Research revealed last year. While in the US, 1 in 4 people eat out daily. If the obvious health concerns with obesity and Diabetes Type 2...

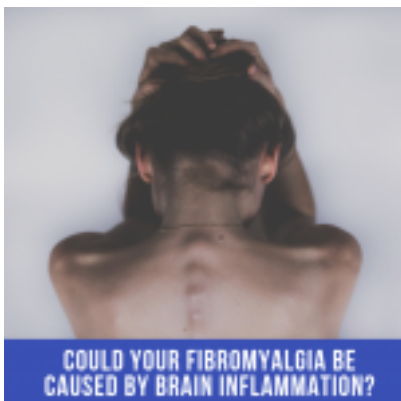
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'10,000X Increase in Radiation Exposure' From Poor Cell Phone Reception

WHERE you are using your phone could dramatically increase your radiation levels. That's according to a new study being published in the journal Environmental Research. This suggestion means that phone...

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Could Your Fibromyalgia Be Caused By Brain Inflammation?

People with fibromyalgia have widespread inflammation in their brains, new research reveals. PET scans – using advanced imaging tests called positron emission tomography or PET looked at 31 people with fibromyalgia...

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Remember

If any of the articles is relevant to a problem you have or any questions you have, then please [click here](#)