

Week 32 (2019)

Roberts On Vacations



I am having some real downtime in Mallorca with my family visiting from Melbourne. I am sharing some articles we have published recently that you may find interesting. If you ever want a specific article from the thousands I have published, just search using a keyword or two.

Regards Robert (& Sidney)



**BOOST YOUR VITAMIN C
INTAKE TO BEAT HEAT RASH**

Boost Your Vitamin C Intake To Beat Heat Rash

Vitamin C has more health benefits than you may at first realise. According to research carried out in the 1960s by renowned British dermatologist Thomas Hindson, heat rash could be treated effectively with 1000mg of Vitamin C daily.

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**JUST LIKE US, OUR FURRY FRIENDS CAN BENEFIT FROM
THE NATURAL APPROACH TO HEALTH AND WELL-BEING.**

Natural Health for Pets

Just like us, our furry friends can benefit from the natural approach to health and wellbeing. Our furry companions give us much joy and unconditional love, so it's our responsibility to make sure they are kept in optimal health. Let's take a look at how they can benefit from the enzyme Serrapeptase.

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HOW PROBIOTICS HAVE THE POWER
TO PROMOTE GOOD BRAIN HEALTH

How Probiotics Have The Power To Promote Good Brain Health

Scientists have uncovered a surprising discovery – that probiotics can support clearer thinking. While scientists have known about the link between digestive health and brain health for some time, researchers have now found that when probiotic levels fall, memory loss follows.

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HOW TAURINE CAN TAKE
CARE OF YOUR EYE HEALTH

How Taurine Can Take Care Of Your Eye Health

Taking Taurine can have many eye health boosting benefits. As an abundant amino acid found in the retina, it is essential for optimising and protecting retinal function. When taurine is depleted, it can lead to vision problems and may even contribute to age-related macular degeneration and other types of retinal disease..

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