

WEEK 47 (2019)

PARTY POOPER?

It's that time of year when we visit with friends and relatives, and party and festive food is in abundance. Anne and I will be in the U.K. doing our fair share of partying. We hope you are closer to your families for the holidays and trust you will have a happy and healthy Thanksgiving.



PARTY POOPER?

Not really a party pooper but with around six weeks of holiday possible foods, it is good to have a plan. The main point of my letter this week was to give you some advice to stay healthy during the foodfest that is the coming holiday season.

URGENT WARNING

Before I start, I have a severe warning issued by the F.D.A. (Food and Drug Administration) in the U.S.A. that continually taking antacids and over the counter drugs is dangerous to your health. The F.D.A. reports that antacids should NOT be

taken for longer than two weeks and revealed that continually taking antacids can cause severe internal bleeding and ulcers.

The F.D.A. 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 limit 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 weeks. 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 supplement will block much of the sugar uptake from the high carb, high sugar foods and desserts, while helping to keep your blood sugar levels healthy. If you can't cut out sugar, take this before any meal (with sugar).
5. Last, but certainly not least, is Prescript-Biotics. This supplement is, without doubt, the most potent probiotic that you can take preventatively or in high doses. If you do get any digestive problems (it even clears food poisoning in very high doses, e.g. take five every hour).

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 typically appear within hours and up to 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 S Tummy Bug:

- Upset Stomach
- First make sure you have all the supplements in your medicine cabinet at all times and luggage, especially when travelling.
- Stop eating and drink only water as below.
- Take 3-5 capsules of Prescript-Biotics every hour until the symptoms manifest.
- Take two capsules of Happy Tummy per hour, away from the Prescript-Biotics 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 limit 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 weeks. As well as digesting carbs and sugar easier, all of the food will absorb better.
- Take [Cinnamon27](#) before eating any meal (with sugar) as this supplement will block much of the sugar uptake from the high carb, high sugar foods and help keep your blood sugar levels healthy.
- Last, but certainly not least, is [PrescriptBiotics](#). This supplement is, without doubt, the most potent 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](#).**

REMEMBER:

Those who ONLY eat 'Really Healthy Foods' will live healthier and longer. You can find my list of really healthy foods recipes at www.reallyhealthyfoods.com.

Essential Digestive Plus™



Supports digestion with its Professional Strength Digestive Enzyme Formula. Contains 11 enzymes and derivatives. Contains Fruta-Fit Inulin. Aids mineral absorption and supports the formation of well-balanced gut flora.

PrescriptBiotics™



Custom-cultured microflora to rebalance good gut flora. Supports stronger digestion, immunity and overall health. Provides soil-born organisms (SBOs) missing from the modern diet.

Cinnamon27™



Contains Ceylon Cinnamon and seven proven extracts such as American Ginseng, Bitter Melon, Chromium, Fenugreek, Gymnema Sulvestre and Nopal to support healthy blood sugar levels. May help those with Type 2 diabetics.