

# TODAY'S NEWSLETTER

## It's Healthy Aging Month

I trust you have been attending my Tuesday Webinars and enjoying them. After Tuesday's webinar I had lots of people asking for my general plan for middle age and older healthy ageing before they get old age diseases.

I thought short and sweet is better than lots of detail but you can find the full plan in my eBooks at [www.NaturallyHealthyNews.info/ebooks](http://www.NaturallyHealthyNews.info/ebooks) for the full details.

My 6 steps below will help everyone become healthier and stronger if they stick to it. The supplements at the end are for getting super healthy, like me.

Enjoy

## FOR NEW READERS

Thirty-five years ago, my mother died of lung disease at age 62 and my 64-year-old father died a short while later of cancer.

These deaths drove me to research the causes of their deaths in-depth. I soon found evidence that the majority of diseases that people suffer from and prematurely die from are completely preventable.

I also discovered evidence that these diseases are mainly caused by an unhealthy diet, lack of critical nutrients, and lifestyle factors – all of which create unhealthy bodies.

I celebrated my 75th birthday in January feeling truly fit and healthy, and I want all my readers to achieve the same opportunity, at any age.

Healthy Aging Month happens every September and to celebrate, we want to raise awareness of the importance of following the correct nutrition to enjoy good health, as you get older. When your body gets the nutrients it needs, you look and feel younger – mentally, emotionally and physically.

Here are ten of the best essential nutrients we recommend you take to stay looking younger than your years...

### 1. VITAMIN D3

Older adults may be more likely to be at risk of Vitamin D deficiency. Known as the "sunshine vitamin", studies show that this fat-soluble vitamin is produced in response to sun exposure. However, many of us simply can't get enough Vitamin D due to living in colder climates. Taking Vitamin D supplements may therefore help to enhance your immune function, increase muscle mass and decrease symptoms of depression – especially in those with Vitamin D3 deficiency. [1]

### 2. B VITAMINS

Taking B Vitamins can play a crucial role in energy production, DNA repair, immune health and brain function. [2] B Vitamins play an essential role in helping you to achieve good health. In older adults, B Vitamin deficiency has been linked with a higher risk of cognitive decline, osteoporosis and heart disease. [3]

### **3. UBIQUINOL**

As the active form of CoQ10, Ubiquinol can protect cell mitochondria from oxidative damage. While it's naturally produced by the body, Ubiquinol production can decline with age. As a strong antioxidant, Ubiquinol can provide a wide range of anti-aging benefits. In particular it can support heart health, produce cell energy, along with supporting healthy cholesterol levels and your overall good health and wellbeing. By supplementing with CoQ10 it's possible to help improve diseases involving mitochondrial dysfunction. It can also increase oxidative stress such as fibromyalgia, chronic fatigue syndrome, diabetes and heart disease. [4]

### **4. CURCUMIN**

The Curcumin compound has been well-studied for its anti-inflammatory properties and has been found to help protect against chronic disease. In particular, Curcumin is beneficial for protecting joint health and brain health as we age.

Studies show that Curcumin may provide anti-inflammatory relief for people with osteoarthritis, rheumatoid arthritis and other inflammatory conditions [5, 6]. Curcumin has also been shown to improve memory function. It does this by potentially increasing levels of BDNF in the brain that may be effective in delaying or even reversing many brain problems and age-related diseases. [7, 8]

Curcumin's bioactive compounds can help active people who have inflammation and muscle soreness, meaning it can enhance their overall recovery and performance. [9] Research also shows that Curcumin can activate certain protein that help to delay cellular aging and promote longevity. [10]

### **5. MAGNESIUM**

Your body needs Magnesium to carry out hundreds of biological functions. As an essential mineral, Magnesium can limit the damage caused by free radicals, successfully fighting the signs of ageing meaning it's excellent for wrinkles and dark spots. This is why rubbing magnesium oil onto your skin may help with the signs of premature ageing in particular. Along with helping to repair muscle tissue and repairing DNA, Magnesium provides anti-inflammatory benefits for skin health.

### **6. OMEGA-3 FATTY ACIDS**

Taking heart-healthy fats such as Omega-3 fatty acids have been shown to fight inflammation in the body. [11] Research shows that Omega-3s can help to slow the decline of brain health problems. It can also protect against conditions such as Alzheimer's disease. [12] Other benefits of taking Omega-3s are that they may reduce the symptoms of osteoarthritis and even prevent your heart attack risk. [13]

### **7. VITAMIN C**

Along with being a coenzyme in the production of collagen, Vitamin C is a powerful antioxidant that can reduce the appearance of fine lines and wrinkles. Studies show that taking Vitamin C can reduce the appearance of wrinkles, if used for at least 12 weeks. [14]

### **8. SAW PALMETTO**

Older males can support their prostate health by taking Saw Palmetto. This is a shrublike palm that's packed with health benefits that may help to increase collagen production. It also works alongside other supplements to

improve skin and hair. Promising research shows that Saw Palmetto may help to increase testosterone levels, improve prostate health, reduce inflammation, prevent hair loss and enhance urinary tract function amongst other benefits. [15, 16]

## 9. SERRAPEPTASE

As a proteolytic enzyme, Serrapeptase provides potent anti-inflammatory benefits that can support your body's anti-aging routine. Serrapeptase targets dead and damaged tissue throughout the body, meaning it can help to fight the damage caused by inflammation. This makes Serrapeptase a potent anti-aging remedy.

## 10. ASTAXANTHIN

As a powerful age-defying antioxidant, Astaxanthin can protect every single cell membrane against damage caused by free radicals. If free radical damage occurs, this can lead to wrinkle formation and other skin concerns such as age spots. When skin ages, elasticity is weakened, leading to sagging. Astaxanthin is a powerful carotenoid that may slow skin aging and improve overall skin appearance. [17]

Anyone who wants to get healthy should consider taking the above nutrients, as part of their anti-aging routine. Alongside these essential nutrients, it's important to take a good multivitamin such as ActiveLife™ below and avoid sugar and carbs, to support your overall anti-aging routine.

### References:

- [1] <https://pubmed.ncbi.nlm.nih.gov/29435763/>
- [2] <https://pubmed.ncbi.nlm.nih.gov/30779018/>
- [3] <https://pubmed.ncbi.nlm.nih.gov/30779018/>
- [4] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5807419/>
- [5] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6429134/>
- [6] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5003001/>
- [7] <https://www.hindawi.com/journals/mi/2017/6280925/>
- [8] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3281036/>
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- [11] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6357022/>
- [12] <https://pubmed.ncbi.nlm.nih.gov/31215788/>
- [13] <https://pubmed.ncbi.nlm.nih.gov/30081198/>
- [14] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5579659/>
- [15] <https://pubmed.ncbi.nlm.nih.gov/11913955/>
- [16] <https://pubmed.ncbi.nlm.nih.gov/18082217/>
- [17] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5525019/>

## THE LIFESTYLE TO GET HEALTHIER

The lifestyle steps to get your body into a better sleep balance:

1. **Water Fasting:** Fasting has been known since records began to be a powerful preventative and treatment for any disease. Up to one week is a good length to do a fast for achieving good health. The most effective fasting involves simply drinking the water as directed in step 2. Also, take the appropriate missing supplements at the same time.
2. **Drinking 6 x 500ml glasses** of water over a day with a ¼ teaspoon of sodium bicarbonate (baking soda) in each glass. Also, use Pure Concentrated Organic Minerals™ Liquid Drops for powerful electrolyte support.

3. **Stopping all** factory processed or unnatural foods, and especially factory-made meals.
4. **Stopping high-sugar foods and drinks**, as well as bread, pastry, biscuits, breakfast cereals, white rice, potatoes, parsnips, and pasta foods.
5. **Consuming mainly vegetables after the fast**, leafy greens and other salad foods, avocados, mushrooms, dark-skinned fruits, tree nuts, seeds, and legumes. I also have a website dedicated to this with numerous Keto recipes at [www.reallyhealthyfoods.com](http://www.reallyhealthyfoods.com).
6. **Taking 3-4 teaspoons of Himalayan or rock salts daily in food.**

## REMEMBER

*“You can trace every sickness, every disease and every ailment to a mineral deficiency.”* – Linus Pauling.  
Nothing that comes from doctors via the Pharma/Medical Cartel is designed to get you and your family healthy (except emergency treatment in urgent cases).

I recommend everyone take 10-20,000IU of Vitamin D3 for a recovery period and then 5,000iu thereafter + Missing Nutrients, Daily.

## RECOMMENDED EXAMPLES:



### The Krill Miracle™

A good source of Omega 3's is found in The Krill Miracle™ from Good Health Naturally. This is a concentrated omega 3, 6 and 9 oils formula that's many times more effective than fish oil alone.

The Krill Oil is a rich source of DHA and EPA and it's both a pure and safe source of fish oil, along with being free from PCB's, dioxins, heavy metals and other contaminants.

The Krill Oil also support numerous anti-inflammatory processes along with helping to maintain normal levels of cholesterol lipids.

### UB8Q10™ Ubiquinol UB8Q10™

Contains Kaneka Ubiquinol™ (reduced form of CoQ10), 100mg amount per serving. A coenzyme Q10 that's up to 8x times better absorbed compared to ordinary CoQ10. As the body's powerhouse enhancer and antioxidant, it fuels each cell and every process in the body. Provides a wide range of health benefits for cell health, heart health, digestive health, blood sugar health, kidney health, lung health and overall support for a weak immune system. 60 softgel capsules.

### **Vitamin D3/K2 Sublingual Spray™**

Provides 1000IU Vitamin D3 and 100mcg of Vitamin K2 MK7 per serving. Take 5 sprays per day, orally or sprayed onto food, or as directed by your healthcare professional. Best taken with food.

Supports normal immune system response, better calcium and phosphorus absorption in the blood and bones. Vegan and vegetarian-friendly Vitamin D3.

### **B4Health Spray**

Contains a full Vitamin B Complex that's up to 9x more absorbent than its capsule equivalent. B Vitamins are essential for releasing energy food, healthy functioning of the nervous system, etc. Helps your body maintain healthy homocysteine levels, which in turn leads to better maintenance of normal brain, heart and cardiovascular function. Available from Good Health Naturally

### **Calcium, Magnesium and Potassium Plus with Enzymes**

A special formula of Calcium, Magnesium and Potassium to maintain strong bones, healthy teeth, support good muscle function and proper nerve impulse function. Suitable for vegetarians. 90 capsules.

### **Ginkgo Biloba**

Ginkgo Biloba extract can support healthy blood flow and healthy blood vessels. Promotes better delivery of oxygen and glucose to nerve cells.

### **Prostate Plus+**

Designed for prostate recovery, maintenance and health. Take 1-2 tablespoons daily.

### **Curcuminx4000**

Contains 600mg of highly-effective Curcumin Phytosome which in a recent study showed an increase in utilisation up to 45x when compared to ordinary Curcumin 95%. Provides natural anti-inflammatory properties, various health benefits and is bioavailability backed by clinical studies. Formulated to support a healthy digestive system and is especially beneficial for anti-inflammatory processes. Vegan friendly. 180 capsules.

### **Serranol®**

This is a combination formula of 160,000IU Serrapeptase, Ecklonia Cava, CurcuminX4000™ and Vitamin D3. These core nutrients, combined together, can provide a super supplement that studies show targets dozens of health and age-related issues.

### **Joint & Skin Matrix™**

Contains collagen, the main structural protein of various connective tissues. Supports skin and joint collagen, strengthening blood vessels and giving skin its elasticity and strength.

### **For best general health take: Active Life™**

A full spectrum multivitamin containing 130 nutrients and 5-MTHF Folate in each capsule. Provides 20mg of Lutein (from Marigold (flower) ZanMax®), 4mg Zeaxanthin (from Marigold (flower) (ZanMax®)). Provides 200mcg of Selenium (from Selenomethionine) in each serving size (6 vegetable capsules).

**Take good care of yourself,**

*Robert Redfern*