

NATURALLY HEALTHY NEWS



ISSUE 35

**YOUR
COPY**

IS CURCUMIN A CURE-ALL?

The health benefits of
this wonder spice

THE 'MIRACLE' ENZYME

How serrapeptase relieves
chronic pain and disease

THE GUM DISEASE EPIDEMIC

When lying to the dentist
leads to a heart attack

THE REVOLUTIONARY NEW WAY TO EAT

Discover the benefits of
the ketogenic diet

TO JAB OR NOT TO JAB

What parents need to
know about vaccines



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* The EU register for allowed health claims confirms that Vitamin C contributes to the normal function of the immune system. Suitable for Vegetarians and Vegans.



Hello

Welcome to Issue 35 of *Naturally Healthy News*. I am known for stating very clearly that anyone – no matter what lifestyle condition they may be experiencing, from heart or lung problems to blood pressure and eyesight issues – will get better if they follow my health plan. As time goes on, the evidence is increasing that not only can you get healthy but you can stay healthy. Now, at the age of 72, my health is getting better and better. I really mean it. It is possible to get healthier as you age if you look after your body like the healthy elder you want to become. *Naturally Healthy News* has also got better over the past 33 years. But this is to be expected as I stand (yes, stand) for around 16 hours per day, researching both the causes and the nutritional solutions to what doctors call diseases and what I call the effects of an unhealthy lifestyle.

You are reading this because you are looking for a solution, and there are many things that I have introduced to the world such as BrainPower™, CureCTM and old favourites such as MaxiFocus™ for reversing Macular Degeneration. A reader emailed me recently about his mother, who was expected to die in the hospital any day, but he sneaked BrainPower™ into the hospital and, after secretly giving her many doses, it looks like she is on the road to recovery.

I have recently started updating my library of free eBooks that detail all of the steps you need to take for various health challenges. They are free to download at www.NaturallyHealthyNews.com or, if preferred, you can purchase some of them in print.

I would love to hear your success stories with my plans – please get in touch with me via email: robert@GoodHealth.nu. Let your story help to inspire others. If you have any health questions or are confused about the best supplements to take, I have a team of Professionally Qualified Health Coaches who would be delighted to hear from you and answer your queries. Just send an email to admin@MyGoodHealthClub.com

Take good care,

Robert Redfern

Robert Redfern
Nutritionalist, author and broadcaster

PS. You can follow me and Naturally Healthy News on Facebook for regular updates:
www.facebook.com/NaturallyHealthyNews



3 WAYS TO READ THIS MAGAZINE

1

Dive in – it's a great read from cover to cover, full of informative articles and recommended products to help your health.

2

Dip in and out by subject matter: advice on improving circulation to strengthen the heart, fighting depression naturally, making yummy and healthy recipes, or improving pets' health – go for what you most want to know about.

3

Use as a reference guide to natural health. Keep it safe so you can help family and friends with their health when they need it.

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10 Rayleigh Avenue, Davenham,
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Editor: Robert Redfern

Writer: Bethany Ramos

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Anti-ageing OR HEALTHY AGEING?

The healthy ageing secret: how to get healthier with age

Healthy ageing? It's something that starts even before birth, and yet, we may not notice it's lacking until it's too late. Our start in life determines how well we age.

FROM THE MOUTH OF BABES: POOR NUTRITION AT BIRTH CAN CAUSE AN UNHEALTHY OLD AGE

We're living longer (an extra seven years based on the life expectancy increase over the last 100 years for 65-year-olds), but there's a simple reason most of our population is not living better. As we grow older, millions of us face disease, disability and premature death because we've run out of the genetic power we need to reach a healthy old age.

This genetic power, or gene

"inheritance," comes from our parents at birth.

Horse breeders give us the perfect example. Breeders of pedigree horses are known to "superfeed" their stallions and mares with concentrated vitamins, minerals and nutrients to help ensure that a healthy, robust, disease-free colt is born. Breeders pay special attention to both the nutrition of the male and the female to help produce better offspring.

How are we any different?

Like horses, the genetic power of our parents is passed on to us during gestation and through birth. These internal nutrients we collect and supplement over our lifetimes are the same vitamins and minerals we pass on to our children. And the cycle continues for each generation.

Sadly, infertility has become an epidemic, breaking hearts and bankrupting

hopeful couples. A poor diet of carbs, factory-made foods, sugary beverages and deficiencies in essential nutrients are the main causes of this health crisis.

As Australian researchers discovered while analysing 5,598 women in 2018, regularly eating fast food can double the risk of infertility. Eating more fruit may make for faster conception. Men's sperm rates are also dropping drastically – at least in part due to eating a Western processed food diet that slows sperm and makes it harder for them to travel. There may be other contributors to rising levels of infertility, such as mobile phones, but as scientists and pedigree horse breeders have demonstrated, healthy offspring can't be produced from either parent without supplements and a nourishing diet.

When most children are born, this nutritional foundation is shaky. Mothers

who eat high levels of carbohydrates and other high-sugar foods during pregnancy increase the risk of damage to the foetus by more than 100 per cent. Yet something as simple as taking iodine and selenium supplements, as well as eating healthy, iodine-rich foods, reduces a baby's risk of being born with learning difficulties by 100 per cent. Likewise, mothers who eat a ketogenic food plan (zero starchy carbs and sugary foods) during pregnancy don't give birth to short-sighted children; these children won't need glasses.

Nutrition researchers from the University of Illinois in the US went so far as to say that a mother's diet during pregnancy can "programme" her child's risk for disease. Epigenetics, the researchers explained in 2017, allow for the maternal programming of a child's metabolism, increasing risk of metabolic diseases like type 2 diabetes.

The outlook may be grim with poor early programming increasing disease risk, but we can reprogramme our metabolism in our lifetimes, University of Illinois researchers said, and reduce some in utero damage by eating a healthy diet. Making sure a mother gets adequate nutrients before, during and after pregnancy can not only benefit the health and development of her baby. It can also speed her physical recovery and help to mitigate a long list of postpartum diseases, including pain, anaemia, fever, infection, constipation, anal fissure, haemorrhoids, breast disease and postpartum depression.

THINK OF THE CHILDREN: PROCESSED FOODS LOWER IQ AND INCREASE OBESITY

As children age, from birth through to their early twenties, exceptional nutrition is needed to support development and ward off disease. Childhood obesity, we know, is on the rise. The link between diet, obesity and a child's healthy development is now undeniable.

The ability to protect our kids from developmental delays and inherent and chronic diseases lies on their plate –



Mothers who eat high levels of carbohydrates and other high-sugar foods during pregnancy increase the risk of damage to the foetus by more than 100 per cent.

though not on the plate recommended by schools and government organisations. A plate filled with inflammatory, processed, junk foods, including the modern-day favourites like pastries, cereals, bread, potatoes, white rice, dairy and pasta, has been strongly linked to weight gain and obesity throughout childhood and into adulthood. Eating a processed food diet can even lower a child's IQ. A healthy diet, in contrast, has been linked to the highest IQ scores.

For babies born with a taste for junk food, overcoming this addiction can be a struggle.

But when we wake up to these dangers and help our children break the cycle, try new foods and adopt a healthy diet, the rewards can be immediate and long-lasting. A diet free from the sugary, processed foods that spike blood sugar

has been shown to reduce symptoms of autism. Cutting out sugary and diet soda drinks can reduce an adolescent's tendency toward violence and support good mental health. In 2015, Cleveland Clinic researchers in the US also found that feeding obese children a plant-based vegan diet could lower the risk of heart disease.

A MATTER OF LIFE AND DEATH: THE MYSTERY BEHIND MODERN-DAY DISEASE

As we grow into adulthood, the effects of unhealthy ageing, and the compounded effects of missing nutrients coupled with a poor diet, become evident. Researchers agree that chronic diseases like heart disease, stroke, diabetes, brain diseases and most cancers are appearing at alarming rates all over the world, including



IT'S NOT TOO LATE TO STOP THE CLOCK

Anti-ageing commercials characterise getting older as an uphill battle, but the most encouraging message we can hear is that it's never too late. Fauja Singh who, at the age of 107 is the world's oldest marathon runner, discovered that we have the power to take back our health any time we'd like. Singh began running competitively at the age of 89. Almost a decade later, the centenarian made history as the first 100-year-old runner to complete a marathon and now holds multiple world records.

"I am still benefiting from the 14 years of running and am able to enjoy life," Singh said at the age of 102. "If I feel ill or different, I reflect on what has changed in my diet and routine."

parts of Africa, primarily because of our changes in lifestyle and diet.

In virtually every single serious disease, diet may make the difference.

Cystic fibrosis, a life-threatening lung disorder that also inhibits nutrient absorption in the small intestine, is a common genetic disease without a cure that responds well to nutrient supplements and a healthy diet.

Serrapeptase, a powerful proteolytic enzyme that clears non-living tissue and inflammation in the lungs; iodine, a mineral frequently found to be deficient in cystic fibrosis patients leading to hypothyroidism; and vitamin E, an essential fat-soluble vitamin that makes antibiotics more effective in CF patients, can all support cystic fibrosis recovery. Lungs can age better and with less evidence of disease when they're nourished with the missing

nutrients and an anti-inflammatory diet. This approach can save the lives of those with pre-existing conditions – and for men especially. Because of social stigma, men are often less likely to go to the doctor for minor concerns and symptoms. Men's health has become a public health concern for this reason. A man may not be diagnosed with a deadly disorder like prostate cancer, stroke, or heart disease – among the top killers of seemingly healthy men – early enough for treatment.

These diseases have been dubbed the "silent killers" of men because they're usually detected when it's too late. But eliminating a Western diet that comes with a two-and-a-half times greater risk of prostate-cancer-related death can increase a man's chances of survival. It can also support his longevity. Eating a healthy diet lowers the risk of prostate cancer death by 36 per cent.

Adopting a healthy diet at any age, researchers learned, is the key to living longer and living better. Lifestyle affects longevity more than our genetic lottery, and a healthy lifestyle can add over 10 years to our life expectancy.

As we grow into adulthood, the effects of unhealthy ageing, and the compounded effects of missing nutrients coupled with a poor diet, become evident.

Recommended Products

ACTIVE LIFE CAPSULES

The most complete multivitamin for all the family, with 130 nutrients, vitamins and minerals, including lutein, zeaxanthin, folate MTFH, vitamin C and vitamin D3.



SERRANOL™

160,000iu serrapeptase plus Curcuminx4000, ecklonia cava extract and vitamin D3, all in one capsule.



NASCENT IODINE

One drop = 400mcg of iodine. Frequent small doses are more effective than larger amounts at less frequent intervals. Nascent iodine is the best form of iodine supplementation.



ANCIENT MINERALS MAGNESIUM OIL ULTRA

Ultra pure, concentrated genuine Zechstein magnesium chloride is blended with MSM, for superior absorption.



Sources

All references can be found at www.NaturallyHealthyNews.com

HEALTH news

REMOVING TIGHT UNDERPANTS MAY IMPROVE SPERM COUNT

Choosing to wear looser underpants may be a simple solution for men looking to improve their sperm count and the hormones controlling it. This is according to a US study of 656 men by researchers at Harvard TH Chan School of Public Health. Boxer short wearers had a 25 per cent higher sperm concentration than men wearing tight-fitting underpants.

Researchers believe that cooler temperatures around the testicles may be the reason. Simple lifestyle changes may also improve men's fertility. Sperm production is sensitive and requires an ideal temperature of 34°C (92°F) which is why the testicles hang down away from the body. Certain types of underpants can bring the scrotum closer to the body, causing the testicles to warm up. Boxer shorts are cooler and looser, meaning they don't cause this problem.

The study, published in the journal *Human Reproduction*, is the largest of its kind to date. Researchers found men attending a fertility clinic with looser-fitting boxer shorts had a higher sperm concentration – a 17 per cent higher total sperm count and 33 per cent more swimming sperm than men with tight-fitting underwear. The sperm shape or DNA quality wasn't affected however.

The study researchers also found that a hormone from the brain that tells the testicles to produce sperm, known as follicle stimulating hormone (FSH), was 14 per cent lower in those wearing looser underwear. The findings suggest that this hormone kicks into gear when it needs to compensate for increasing scrotal temperatures and decreasing sperm counts in tight underwear.

ACUPUNCTURE CAN SAFELY STOP YOUR BABY'S CONSTANT CRYING

Acupuncture can provide relief for babies with colic – a condition that causes continuous crying in babies. A study, spearheaded by Swedish researchers and published in the *British Medical Journal*, has shown it can provide effective relief – especially when conventional methods have proven ineffective.

Researchers in the study recruited healthy infants that were at least two to eight weeks old. The infants were crying for over three hours a day, at least three days a week. For the randomised trial, 98 babies were given acupuncture sessions over two weeks – and 49 babies weren't given any treatments.

The treatment's effectiveness was measured in crying time, then recorded in diaries. Both parents and nurses were blinded to avoid biased results – meaning they didn't know if their baby underwent acupuncture sessions. The study recorded different types of crying. Once concluded, it was noted that there was a 41 per cent reduction in crying time in babies who had acupuncture sessions. This was compared to 33 per cent in the babies without acupuncture.



PETROL FUMES RESPONSIBLE FOR A QUARTER OF ASTHMA CASES IN CHILDREN

Childhood asthma is steadily increasing and, since the 1950s, the rise in the use of cars and lorries emitting nitrogen dioxide has played a major role in irritating the respiratory system and worsening existing lung health conditions. The figures nearly double with air pollution in general. Chemicals and smoke from industrial plants are also factored into this equation.

Air pollution is very acute in the town of Bradford, England. Researchers from the University of Leeds analysed the town's air quality by using new models to assess the impact of nitrogen oxides. The study, published in *Environment International*, estimates that around 38 per cent of all asthma cases in the town can be attributed to air pollution, while 24 per cent are directly caused by car and lorry exhaust fumes.

Asthma cases in the town are above the UK average, yet a similar pattern is probably possible to see anywhere. Lead Researcher Dr Haneen Khreis says it's the first time the impact of vehicle pollution on children's asthma has been calculated. It also demonstrates that a vast number of cases can be prevented. Potential ways to reduce asthma cases include the use of cleaner fuels on a national and global basis. The introduction of special walkways and traffic-free zones could also help with this process.

CURCUMIN MAY HOLD THE CURE FOR NATURAL MIGRAINE RELIEF

Taking curcumin can help to reduce migraine attacks and provide natural migraine relief, experts have revealed. Curcumin is the active ingredient in the popular Indian spice turmeric. It is the curcumin that has powerful antioxidant and various anti-inflammatory effects within the body.

Migraines are the third most common disease in the world – more prevalent than diabetes, epilepsy and asthma combined, according to a report by the Migraine Trust. They can be difficult to treat and the cause of them is not yet known. There are conflicting opinions, however, as to whether or not curcumin can relieve migraine pains.

In 2017, researchers from the University of Minnesota found that as the body doesn't easily absorb curcumin, it may not have as many health benefits as originally perceived.

Some researchers claim the studies can become a part of "folklore" instead of being based on actual results. These researchers have been misled.

In contrast, a study conducted by Iranian researchers discovered that omega-3 fatty acids, when combined with curcumin, were found to "reduce the production of the protein tumour necrosis factor (TNF)". This activates neurons, neuroinflammation and pain. Researchers also found that this combination can help people to experience fewer migraine attacks.

Experts claim that further investigation into the effectiveness of curcumin may be required, while others freely prescribe curcumin to their patients who suffer from terrible headaches as it enables them to feel better.

AN ORANGE A DAY KEEPS MACULAR DEGENERATION AWAY

People eating oranges are less likely to develop macular degeneration than those who do not, according to a new study. A 15-year study following over 2,000 Australian adults aged 50-plus showed that people eating at least one serving of oranges every day had a more than 60 per cent reduced risk of developing late macular degeneration.

Researchers believe it is the flavanoids in oranges that may help to prevent the eye disease. Eating one serving of orange a day is recommended, but even an orange a week seems to offer significant benefits.

This research from the Westmead Institute for Medical Research, which was published in *The American Journal of Clinical Nutrition*, is different because the focus is on the relationship between flavonoids and macular degeneration. As powerful antioxidants, flavonoids can be found in most fruits and vegetables – providing powerful anti-inflammatory benefits for the immune system. When the researchers examined other food sources, however, they found no relationship between these foods and protecting the eyes against disease.

The study provides promising research, especially as one in seven Australians over the age of 50 are showing signs of macular degeneration. Age is one of the strongest factors for developing the eye condition, especially if you're over 50.

While experts claim there is no cure for this disease, lifestyle choices play a major factor in disease prevention. This is supported by data from the Blue Mountain Eye Study – a world leading epidemiology study that measured diet and lifestyle factors against health outcomes and chronic diseases.

WOMEN WHO EAT FAST FOOD ARE "LESS LIKELY" TO CONCEIVE A BABY

Healthy eating is essential for women wanting to conceive a baby. Yet a recent study provides further evidence of its importance. The survey involved 5,598 women. The results revealed that those who ate fast food four or more times a week took nearly a month longer to get pregnant, compared with those who rarely or never ate it.

The report, published in *Human Reproduction*, also found that regular junk food eaters are less likely to conceive within a year. Experts also suggest that a good diet could boost your chances of conceiving, but there are some limitations to the study. The main one is that it relies on women having to remember what they were eating before pregnancy.

The women were quizzed about their food choices and what they had eaten before they became pregnant with their first child. While the details of the fathers' diets were not collected, the researchers state that there may be other unknown factors that might have affected the results. Experts state that this can still be used as evidence that what a woman eats before pregnancy has quite an impact on her chances of conceiving.

The research proves what many professionals have known for a long time: that eating a healthy diet is essential for couples trying to conceive.



KIDS *eating keto*

New study shows diet improves autism and disability

Parents of children with autism find themselves looking for hope among the hopeless. Autism remains a condition without a cure. The spectrum disorder, most frequently identified in childhood, is being diagnosed at alarming rates – up 15 per cent within just a two-year period. Today, hope is available through a newly released study that identifies how a simple diet change can improve brain function, reduce symptoms and speed up physical healing.

CUTTING PROCESSED FOODS INCREASES A CHILD'S DEVELOPMENTAL AGE

The randomised, controlled, single-blind study was published in *Nutrients* in 2018. Sixty-seven children and adults with autism spectrum disorder from the ages of three to 58 were analysed over 12 months.

Researchers conducted the study by:

- Supplementing vitamins and minerals.
- Supplementing fatty acids, digestive enzymes and carnitine.
- Using epsom salt baths (a natural source of transdermal magnesium).
- Eliminating gluten, casein and soy from the diet.

Using the treatment plan, researchers discovered that:

- *Developmental age increased 4.5 times.*
- IQ rose by seven points.
- Speech, sociability and behaviour improved.
- Autism symptoms, sensory issues,



hyperactivity and gastrointestinal problems decreased.

Following the study treatment plan led to remarkable outcomes, like:

- A 27-year-old man with severe autism and urinary retention was able to urinate naturally after roughly four days of not eating dairy. The man's daily catheterisation, kidney stones and bladder and urinary tract infections were also eliminated by the end of treatment.
- A seven-year-old boy with PICA saw his non-nutritive eating disorder fully cured after just one week of treatment.
- A nine-year-old girl with severe autism, muscle weakness and low energy stopped using her wheelchair after four months of treatment. Researchers credited her transformation to now eating beef and correcting her deficiency in carnitine.

HISTORY BEARS REPEATING: WHY DOCTORS PRESCRIBED KETO TO KIDS IN THE 1920S

We can credit Hippocrates for first recognising that food can be used as medicine. In fact, Hippocrates was the first physician to identify epilepsy as a biological illness instead of an evil spiritual condition. He also used fasting to relieve and often cure it.

In the 20th century, modern doctors picked up where Hippocrates left off. Physicians at Harvard Medical School and the Mayo Clinic in the US developed the ketogenic diet in the 1920s – a diet that mimics fasting by eliminating sugar and carbohydrates so the body can burn fat for fuel – to treat children with epileptic seizures. Nowadays, the ketogenic diet has re-emerged in popularity in health and fitness communities, and it was also popularised (and mischaracterised) in the



early-2000s Atkins Diet.

Unlike the Atkins diet, however, the true ketogenic diet is one that can be safely used on children and has a vast body of scientific research behind it.* The ketogenic diet was routinely prescribed to epileptic children in the 1920s, reducing 95 per cent of seizures and stopping 60 per cent of seizures completely.

The ketogenic diet has been used so successfully to treat children in a medical setting because it's almost identical to the diet used in the *Nutrients* study. Eating ketogenic foods – healthy fats, moderate protein, vegetables and low-sugar fruits – naturally eliminates the toxic, processed, inflammatory foods that burden our children's bodies. In addition to epilepsy, the ketogenic diet may provide neuroprotective benefits in cases of autism, multiple sclerosis, brain cancer and Parkinson's and Alzheimer's diseases.

Ketogenic foods help the brain and body to function optimally by using fat for fuel, with added benefits for:

- Balanced cholesterol.
- Better sleep and relief for sleep disorders.
- Cancer rehabilitation and improved cancer treatment.
- Increased longevity.
- Mental illness management.
- Weight loss.

Most importantly, the ketogenic diet has zero apparent side effects.

PARENTS OF CHILDREN WITH AUTISM SAY DIET AND SUPPLEMENTS WORK BEST

Rapid transformations in health can be seen when we make changes to our family's diet. Children with mental and physical impairments in the *Nutrients* study began to show improvements in as little as

The true ketogenic diet is one that can be safely used on children and has a vast body of scientific research behind it.

one week. Parents of the children studied also found taking vitamins, minerals and essential fatty acids and eliminating commercial dairy, starchy carbs and sugary foods to be the most beneficial tools of treatment.

There's another reason the ketogenic diet may be effective in cases of autism. Up to 30 per cent of people with autism also have epilepsy, and a large number of epileptic patients exhibit autism-like behaviours. Cutting out starchy carbohydrates and sugar and supplying the brain with healthy fat instead may help to regulate the neural pathways involved in both conditions.

Northwestern Medicine scientists in the US are now looking for a drug to target the genetic mutation – also called catnap2 – that elevates autism risk and causes seizures. But a scientific solution is already available, and it's one that doesn't involve expensive drugs, side effects, or prolonged medical treatment.

**For children and adults with medical conditions, please consult a doctor before beginning a new diet.*

Recommended Product

THAT PROTEIN

Organic, vegan and raw, these plant-based super proteins are available in a wide range of flavours. Choose from Hemp and Baobab, Peanut Butter, Pumpkin and Chia Seed, Brown Rice and Raw Cacao or Choca Moca.



Sources

All references can be found at www.NaturallyHealthyNews.com

Ageing brains need this 'miracle spice'

Stop brain cell death and recover brain function

Almost 50 clinical trials on potential γ -secretase inhibitors for Alzheimer's disease, like the drug semagacestat, have failed. In 2017, Japanese researchers testing the medication finally discovered what made semagacestat so ineffective.

THE DRUG DANGER: NEW ALZHEIMER'S DRUGS FAIL AND MAKE HEALTH WORSE

Semagacestat, the researchers learned, didn't work as intended; the drug didn't act as a true inhibitor but instead caused a toxic build-up of intraneuronal amyloid-beta. Initially thought to be a promising new Alzheimer's drug, semagacestat clinical trials have been terminated not only because the drug failed but because patients began to exhibit side effect symptoms.

Only a year later, in 2018, Australian researchers uncovered a new explanation for why Alzheimer's is not a normal part

of ageing and why drugs don't work. Scientists have believed, according to the University of Adelaide, that Alzheimer's disease and dementia develop when protein aggregates collect in the brain. But, given the failure of drug inhibitors in recent clinical trials, scientists have identified a new cause for the illness. Nutrition researchers and professionals have known this cause of dementia for decades.

Inflammation causes brain degeneration. Targeting inflammation can prevent disease and potentially restore brain function.

THE SPICE SOLUTION: REVERSE BRAIN AGEING AND IMPROVE MEMORY BY 28 PER CENT

Curcumin, the primary polyphenol in turmeric extract that gives the spice its golden colour, is well known for its neuroprotective benefits. Researchers continue to explore curcumin as an alternative treatment, and most likely

a substitute, for ineffective Alzheimer's medications. A 2013 study published in *Cellular Physiology and Biochemistry* proves curcumin may reverse age-related cerebrovascular dysfunction, casting a wide net to include health conditions like neurodegenerative diseases, stroke, cerebral amyloid angiopathy and cognitive decline.

Curcumin may be the only solution that provides the possibility of Alzheimer's reversal. In the study, researchers noted that the ability of ageing rats' blood vessels to relax was remarkably restored after just one month of curcumin treatment. Curcumin increased nitric oxide bioavailability to help the lining of the blood vessels dilate, reducing the risk of arterial damage and hypertension. Curcumin also helped to decrease oxidative damage and supported optimal mitochondrial homeostasis which can increase lifespan.

When taking a highly absorbable form of curcumin, the transformation can

happen quickly. According to a 2012 Ayu study, three Alzheimer's patients showed "remarkable" improvements in their behaviour after taking just 100mg of curcumin a day for 12 weeks. Supplementing curcumin daily improved the patients' quality of life and lessened caregiver burden.

Taking curcumin twice a day may prove even more powerful. In 2018 University of California Los Angeles researchers in the US discovered that supplementing curcumin two times a day could improve mood and memory in ageing adults with mild memory loss and cognitive decline. This may be why older adults in India, where turmeric is eaten regularly, have lower rates of Alzheimer's disease and better brain function. The patients in the study from the ages of 50 to 90 with mild memory loss saw a 28 per cent improvement in 18 months, with a noticeable decrease in amyloid and tau signals, when taking curcumin twice a day.

Curcumin works so effectively to restore the brain back to good health, UCLA researchers found, because it targets dementia and dysfunction at the root – by reducing brain inflammation. Brain inflammation is the cause of Alzheimer's disease, and it's also been linked to major depression.

BEAT BRAIN DAMAGE: SUPPLEMENT CURCUMIN IN A FORM THE BODY CAN USE

Take curcumin at the right dose, in the right form, and with the right co-nutrients, and the brain will be fully equipped to resist and reverse cognitive damage:

- **Meriva curcumin:** Curcumin can be taken as a standalone extract at a high dosage for maximum benefit. High-potency Meriva curcumin extract, patented curcumin phytosomes created by Indena proprietary technology, is 45 times better utilised

Inflammation causes brain degeneration. Targeting inflammation can prevent disease and potentially restore brain function.

by the body compared to an ordinary curcumin supplement. Five clinical trials found Meriva curcumin extract to severely reduce key inflammatory markers and improve the Social and Emotional Index (SEI) score more than threefold. Supplementing Meriva curcumin has also led to a 63 per cent decrease in treatment alternatives related to joint health and inflammation.

- **Curcumin + resveratrol:** Curcumin and resveratrol, extracted from Japanese knotweed root, work synergistically to provide natural anti-inflammatory protection. These anti-inflammatory antioxidant compounds effectively target the true cause of Alzheimer's disease – inflammation – when taken as co-nutrients in a liposomal formulation. Liposomal compounds are highly absorbable as this delivery system mimics the body's own liposome-based nutrient transport. Resveratrol can be found in wine, grapes and chocolate and, like curcumin, is known for its neuroprotective benefits. Supplementing resveratrol can reduce plaque pathology in cases of Alzheimer's disease and may make curcumin's brain damage reversal even more successful.

- **Curcumin + serrapeptase + vitamin D:** Curcumin's ability to fight inflammation can be enhanced with the help of an anti-inflammatory enzyme. Serrapeptase is a proteolytic enzyme known for its ability to clear inflammation and non-living tissue from the body. When supplemented with curcumin, the serrapeptase enzyme may accelerate healing and recovery. Curcumin and serrapeptase can be taken with the

precursor hormone vitamin D3. Combining curcumin and vitamin D3 may stimulate the immune system and help clear β -amyloid peptides from the brain.

Curcumin is no longer thought to be optional for better brain health. Taking curcumin early in life can help to preserve brain function and sharpen clarity with age. Taking curcumin after cognitive decline has occurred provides the clinically-proven chance of reversal.

Recommended Products

BRAINPOWER™

New liposomal formula combining curcumin and resveratrol for powerful health benefits. Liposomal is a highly absorbable delivery method: simply dissolve in water or juice.



SERRANOL™

160,000iu serrapeptase plus Curcuminx4000, ecklonia cava extract and vitamin D3, all in one capsule.



CURCUMINX4000™

Each capsule of Curcuminx4000 contains 200mg of highly effective curcumin phytosome which, in a recent published study, showed an increase in utilisation of 23 times compared to ordinary curcumin.



Sources

All references can be found at www.NaturallyHealthyNews.com

Need to **FOCUS** on your vision?



MaxiFocus™ combines Riboflavin and 23 super powerful nutrients to help **maintain normal vision***.

Along with Riboflavin, it also contains a **high amount of Lutein and Zeaxanthin** - the health benefits of these two incredibly powerful "carotenoids", have been the subject of much research and have been identified as vital nutrients for lens and macular health. One study conducted by Dr Johanna M. Seddon and associates at Harvard University found that 6mg of Lutein per day led to a 43% lower risk of macular degeneration.

Because MaxiFocus™ is sublingual, it is up to **x9 times better** than taking a tablet and is guaranteed to deliver the highest amount of Lutein, Zeaxanthin and Riboflavin for the lowest cost.

Simply take one full dropper daily, swish around the mouth and then swallow. One bottle will last for about 1 month. The nutrients that absorb under the tongue can be in the eye within 2 minutes! You can take 2 droppers if needed.



MORE ABSORPTION...

MaxiFocus™ is now manufactured using new liposomal technology and delivered via a dropper. This increases the absorption further so you can expect even better results!

Remember!

Take MaxiFocus™ at least 10 minutes before drinking any liquids and at least 15 minutes after eating. Take under the tongue, and swish it back and forth around your mouth for 2 minutes, then swallow.

** Riboflavin contributes to the maintenance of normal vision*

Good guts get relief from autism



Diet and bacteria change brains and behaviours of children with autism

Autism, Asperger's syndrome, ADD and ADHD perplex paediatricians and concern parents. All these disorders have one thing in common: they're manifestations of a common gut-brain dysfunction. Parents desperately seeking rehabilitation can try two workable and scientifically-backed behavioural remedies at home.

STEP #1. CHANGE THE GUT TO CHANGE THE BRAIN

Changing the diet is the number one step for children with autism – the brain can't heal without removing this source of chronic inflammation.

From there, it's time to repair and support a healthy gut-brain connection:

- A large-scale review of over 150 research papers on autism and the gut written since the 1960s revealed in 2017 that gut bacterial composition and autism-related behaviour are inexplicably linked.
- Neurological and behavioural symptoms, as well as the digestive issues that plague children with autism, could be remedied by getting more good bacteria into the gut, Chinese researchers found.
- Soil-based organisms (SBO spore probiotics) can help heal children's and infants' guts in a short amount of time. SBO capsules opened and mixed with food send bacteria to the gut intact, allowing the "good bugs" to grow and infinitely multiply.

STEP #2. CHANGE NUTRITION TO CONTINUE RECOVERY

Every child's developing brain requires a daily supply of nutrients, and a brain working to heal itself needs even more nourishment.

Every child's developing brain requires a daily supply of nutrients.

Children with autism must replace their missing nutrients to support brain rehabilitation:

• **Iodine.** Iodine deficiency has been linked to rising autism rates in several countries, and a daily dose of iodine can encourage better brain development in children. Nascent iodine is the consumable atomic form of the critical mineral that's most easily recognised by the body and requires its co-factor selenium, taken in a daily multivitamin, to be activated.

• **Omega-3s.** American researchers discovered in 2015 that essential marine omega-3 fatty acids and vitamin D helped to modulate serotonin, improving behaviour and cognitive function, in sufferers of brain disorders including autism. Daily krill oil capsules provide a steady source of essential fatty acids, and hemp oil can be substituted for vegan children.

• **Magnesium and melatonin.** Supplementing melatonin can address sleep-onset insomnia in children with autism. Children with autism and other spectrum disorders are also more likely to have magnesium deficiency. Applying transdermal magnesium and plant-derived melatonin together in a nightly lotion can speed up absorption to correct low mineral levels while encouraging relaxation before sleep.

Gut and brain disorders like autism often start when there's a low supply of friendly bacteria at birth. Making changes

to the diet is likely to lead to the greatest recovery and replacing missing nutrients can support long-term improvements.

Recommended Products

ACTIVE LIFE CAPSULES

The most complete multivitamin for all the family, with 130 nutrients, vitamins and minerals, including lutein, zeaxanthin, folate MTFH, vitamin C and vitamin D3.



NASCENT IODINE

One drop = 400mcg of iodine. Frequent small doses are more effective than larger amounts at less frequent intervals. Nascent iodine is the best form of iodine supplementation.



ANCIENT MINERALS MAGNESIUM GOODNIGHT

Magnesium lotion blended with melatonin.



PRESCRIPTBIOTICS™

Custom cultured to rebalance good gut flora, this product supports stronger digestion, immunity and overall health. It contains soil-born organisms (SBOs) that are missing from the modern diet.



Sources

All references can be found at www.NaturallyHealthyNews.com



The 'longevity gene' booster

Astaxanthin is the number one antioxidant that's 6,000 times more powerful than vitamin C and 500 times more powerful than vitamin E

Medical researchers have yet to find the fountain of youth, a.k.a. a drug to end the ageing process. But pharmaceutical companies have tried. In fact, the major American pharmaceutical corporation Pfizer credits pharma drugs for increasing life expectancy by 73 per cent.

LIVING LONGER DOES NOT MEAN LIVING BETTER

The only problem with taking these drugs is that while they may extend quantity of life, they do nothing to improve its quality. That's precisely why University of Hawaii Cancer Center researchers were so excited

to find the age-preventative potential found in nature. When researching astaxanthin in 2017, renowned for being nature's most powerful antioxidant with effectiveness 6,000 times greater than vitamin C and 500 times greater than vitamin E, researchers discovered a new purpose in taking the supplement.

Astaxanthin can switch on the "Longevity Gene," also called FOXO3, and increase its activation by up to 90 per cent.

High-dose astaxanthin activates this gene almost completely and may soon play a role in medical age prevention treatment. Taking astaxanthin alongside the long-chain omega-3 fatty acid DHA appears to supercharge its potential even further.

DHA, or docosahexaenoic acid, is essential to maintain healthy brain function, starting in infancy. Supplementing DHA can be especially powerful to combat the effects of age by protecting against β -amyloid production to reduce the risk of Alzheimer's disease; astaxanthin has been proven to support optimal brain and nervous system function.

FOUR REASONS TO TAKE MORE ASTAXANTHIN AND UP DHA

As a fat-soluble antioxidant, compared to the average water-soluble antioxidant, astaxanthin has the power to permeate cells, tissues and organs. Water-soluble antioxidants provide their benefits by

circulating through the bloodstream. In comparison, astaxanthin infiltrates, seeking out damage and making repairs. When taken at a high dose, astaxanthin can quickly neutralise free radical damage and disease-causing inflammation.

Eradicating these factors behind all forms of premature ageing can provide visible and long-term health benefits such as:

1. Balancing mood and sharpening focus.

Astaxanthin is one of the only antioxidants found in nature that can cross the blood-brain barrier to provide direct relief. Taking astaxanthin for just two months can improve concentration, mood, acuity and motivation. DHA, researchers have noted, is a critical supplement that is frequently underestimated and lacking in our modern diet. DHA can be taken alongside astaxanthin to improve its cognitive benefits. While DHA can be supplemented at any age to protect brain health, a 2016 *Nutrients* study strongly recommended increasing DHA during pregnancy and infancy to promote brain development. For more vulnerable populations like pregnant women, infants and the elderly, AstaReal® astaxanthin is the safest form available with over 40 safety reports, including human clinical trials, to back its use.

2. Burning fat and fighting exercise fatigue.

There's enough research on astaxanthin's impact on exercise to spend the afternoon reading. But its impressive summary is this: Astaxanthin efficiently transports oxygen to muscle cells during exercise, significantly improving energy levels and performance. Astaxanthin can also cut lactic acid production, causing muscle soreness, by 28.6 per cent. Taking just 12mg of astaxanthin a day can increase fat-burning during activity, with a noticeable decrease in body fat percentage. AstaReal® astaxanthin is the most researched form of the antioxidant, supported by over 120

Taking astaxanthin alongside the long-chain omega-3 fatty acid DHA appears to supercharge its potential even further.

efficacy studies that include more than 50 clinical studies, and is frequently endorsed by Olympic medallists, triathletes and sports players.

3. Guarding skin against sun damage, wrinkles and dryness.

In nature, astaxanthin is the potent carotenoid that gives fish and crustaceans their vibrant colour. In humans, taking the antioxidant can have profound effects on the skin. Researchers in Japan and Canada have studied astaxanthin extensively for its potential to treat skin wrinkles, dryness, age spots, freckles and sagging. A 2002 study in Japan showed that taking astaxanthin for just two weeks brought noticeable improvements in skin tone, elasticity, smoothness, swelling, moisture, age spots, freckles and fine wrinkles. After four weeks of taking astaxanthin, the treatment group had significant changes in all areas, while the placebo group's skin quality did not improve or grew worse. AstaReal® astaxanthin is the most recognised form of the antioxidant used in cosmetics and supplements in Japan, Europe, North America, India and Southeast Asia.

4. Minimising joint pain and improving flexibility.

Like memory loss, aching joints are among the most feared parts of growing older. Along with its ability to cross the blood-retina barrier and combat eyestrain and fatigue, astaxanthin can also calm whole-body inflammation. Reducing inflammation can ease joint pain and promote flexibility, decreasing the risk of a loss of mobility with age. In a double-blind, placebo-controlled clinical study conducted over eight weeks on sufferers of rheumatoid arthritis, the placebo

group's joint health remained overall unchanged. But in the astaxanthin group, taking the daily supplement was enough to decrease pain by 35 per cent. DHA, used with astaxanthin, can "turn off" chronic inflammation and can be especially helpful in cases of arthritis and heart disease. As a confirmed FDA GRAS safe supplement, AstaReal® astaxanthin can be used to reduce joint pain in humans, as well as animals. AstaReal® has been internationally endorsed by ophthalmologists, dermatologists, cardiologists, veterinarians and horse trainers.

To grow younger without trying seems like a modern-day miracle, but research has proven it can be possible. With added clinical benefits to improve mood, stress, sleep, circulation, atherosclerosis, vision, infertility in men, cancer and more, astaxanthin is nature's gift to help us age gracefully.

Recommended Product

ASTAXANTHIN WITH DHA

This is a naturally occurring carotenoid pigment which is a powerful biological antioxidant. Made using AstaReal® astaxanthin, the most studied astaxanthin in the world with over 50 published studies. Delivers 12mg astaxanthin plus 180mg DHA oil per serving. 30 servings per bottle.



Sources

All references can be found at www.NaturallyHealthyNews.com

Is it finally time to embrace CBD?



At last: CBD oil that is safe, legal and scientifically-backed

For all the health benefits without the addictive properties, users with aches, pains, discomfort, mental health issues and serious illnesses are turning to scientifically-supported CBD.

LARGEST CBD SURVEY SAYS NEARLY HALF OF USERS STOP TAKING MEDICATION

CBD, containing cannabidiol extracted from cannabis, has such untapped potential that major pharmaceutical companies are currently developing prescription

medications containing this chemical compound. The largest CBD survey to date noted that 80 per cent of users found CBD to be "very or extremely effective," and 42 per cent quit using pharmaceutical and over-the-counter medicines.

Some of the most popular reasons to supplement CBD include:

- Easing pain naturally, with great potential to decrease neuropathic pain and inflammation.
- Improving insomnia and increasing amount of sleep.
- Managing mental health for mild

to complex conditions, including schizophrenia.

- Managing or relieving symptoms of depression.
- Protecting against and preventing cancer, especially at a higher dosage.
- Supporting addiction recovery by reducing stress, anxiety and impulsivity and decreasing drug triggers.
- Treating eczema, psoriasis and other inflammatory skin conditions.

It's a good time to become a user of CBD. Not only is this chemical compound more affordable than many pharmaceutical



medications used for the same purpose, but it has an increasing number of research-backed benefits supporting its safe, daily use.

GO FOR GOLD: SEVEN WAYS TO RAISE THE BAR FOR DAILY CBD

With so many new CBD products entering the market, it's important to be discerning. Produced in Poland, HemPoland Canna10 and Canna30 CBD oil come with the highest quality guarantee, plus a guaranteed CBD and naturally occurring cannabinoid, flavonoid and terpenoid level with each product.

The largest CBD survey to date noted that 80 per cent of users found CBD to be “very or extremely effective,” and 42 per cent quit using pharmaceutical and over-the-counter medicines.

In addition to these stringent manufacturing standards, Canna10/ Canna30 CBD oil has at least seven advantages:

1. Safe and legal hemp plant processing.

Produced using solvent-free extraction of the whole *Cannabis sativa* L.

2. Gold-level CBD extract quality.

Formulated by HemPoland, one of the few global companies capable of producing gold-level CBD extracts free from distillation, solvents and synthetic or crystalline enrichment.

3. Innovative extraction of ingredients.

Made with ingredients extracted using advanced equipment designed solely for CO₂ cannabis processing.

4. Minimum cannabidiol (CBD)

concentration guaranteed. Contains confirmed levels of hemp's main cannabinoid in its most potent form, CBD, versus its acidic form, CBDA, in a 30 per cent concentration; contains a balance of neutral cannabinoids, CBD, and acidic cannabinoids, CBDA, in 10 a per cent concentration.

5. Meticulously checked for quality.

Analysed in detail at each stage of processing to ensure every product batch is 100 per cent safe with guaranteed levels of CBD; externally tested for microbiological purity and confirmed to be free of pesticides, heavy metals and other contaminants.

6. Modern glass polymer packaging.

Ensures product stability and a precise, therapeutic dosage.

7. Convenient liquid supplement with a

mild flavour. Free from artificial flavouring and without an unpleasant aftertaste as the extract is derived from naturally-cultivated, environmentally-friendly hemp plants grown without pesticides.

Recommended Products

Two different strengths are available for personal use:

CANNA10 CBD OIL

10 per cent guaranteed CBD.
3.3mg of CBD per drop;
about 400 drops per product.



CANNA30 CBD OIL

30 per cent guaranteed CBD.
10.6 mg of CBD per drop;
about 400 drops per product.



To receive all these health benefits and more, what matters most is the amount of CBD extracted. Canna10 and Canna30 CBD Oil set the gold standard by providing a safe, reliable, therapeutic, and guaranteed percentage of CBD in each drop dosed.

Sources

All references can be found at
www.NaturallyHealthyNews.com

Really healthy recipes

Begin your day on the right note with these healthy breakfast recipes

GOLDEN CHOCOLATE BREAKFAST JARS

Start the day with chia seeds and turmeric for an energising boost. Delicious for breakfast or as an evening dessert.

Recipe credit: KetoDietApp.com

Serves: 2

Prep time: 30-40 minutes

Ingredients

For the golden milk layer

1 cup unsweetened almond or cashew milk (240ml/8 fl oz)

¼ tsp turmeric powder

¼ tsp cinnamon

¼ tsp vanilla powder

⅛ tsp ginger powder

⅛ tsp black pepper (to improve absorption of turmeric)

4 tbsp whole chia seeds (32g/1.1 oz)

1-2 tbsp powdered Erythritol or 5-10 drops liquid stevia

Optional: 1-2 tbsp grass-fed collagen powder and 1-2 tbsp MCT oil

For the chocolate layer

¾ cup coconut cream (180g/6.4 oz)

3 tbsp unsweetened almond milk or cashew milk (45 ml)

2 tbsp cacao powder (10g/0.3oz)

1-2 tbsp powdered Erythritol or 5-10 drops liquid stevia

Optional: more cacao powder or cinnamon for dusting

Instructions

1. Prepare the golden milk chia layer. In a bowl, whisk the almond milk with the cinnamon, turmeric, ginger, vanilla and black pepper. Add 1 to 2 tablespoons of powdered Erythritol or a few drops of stevia (or skip the sweetener if desired).



2. Add the chia seeds and let them bloom in the golden milk for 20 to 30 minutes (or overnight in the refrigerator). Stir once or twice to combine.
3. Optionally, stir in some grass-fed collagen powder and/or MCT oil.
4. Use a spoon and divide the chia mixture between two jars (if serving for breakfast) or up to four jars (if serving them as a dessert).
5. Scoop the coconut cream into a bowl (only the thick, creamy part).
6. Add cacao powder, almond milk and 1 to 2 tablespoons of powdered Erythritol or a few drops of stevia (or skip the sweetener if desired). Mix to combine.
7. Scoop the creamy chocolate layer on top of the golden milk chia layer. Optionally, dust with more cacao powder or cinnamon. Enjoy immediately or store in the refrigerator for up to three days.



AVOCADO MINT GREEN KETO SMOOTHIE

Avocados are an amazing source of oleic acid and monounsaturated fatty acids that have many health benefits.

Recipe credit: LowCarbYum.com

Serves: 1

Prep time: 2 minutes

Ingredients

½ avocado (about 3-4 oz)

¾ cup full fat coconut milk

½ cup almond milk

Sweetener to taste

5-6 large mint leaves

3 sprigs cilantro

1 squeeze lime juice

¼ tsp vanilla

1-1½ cups crushed ice

Instructions

1. Place all ingredients except for ice into the blender. Blend on a low speed until completely puréed.
2. Add crushed ice and blend. Taste to adjust sweetness and tartness. Serve.

**NEW!
IMPROVED FORMULA**

LOVE YOUR LUNGS? LOVE SERRANOL

Serranol is a unique combination of ingredients specially formulated by Robert Redfern.

Every capsule combines 4x POWERFUL NUTRIENTS to naturally target many health conditions and contribute to the normal function of the immune system, normal bone & muscle health and the normal utilization of calcium*.

- ✓ Serrapeptase – Also known as The ‘Miracle’ Enzyme. Serrapeptase is a proteolytic enzyme which helps to break down proteins. It has been used for over 30 years with miraculous results. Each capsule contains 160,000IU Serrapeptase.
- ✓ Ecklonia Cava Extract – A recently discovered core nutrient which is getting heavy backing, this extract is 100%, whereas many other extracts are only 13%.
- ✓ Curcumin – From the ancient spice Turmeric, this has been used for thousands of years and there are over 1,800 studies on how this alone can help you! Even more powerful when mixed with the other ingredients in Serranol.
- ✓ Vitamin D3 – The Vitamin D Council considers 50% of the global population to be deficient. Make sure you aren't in that 50%. Each capsule contains 1,000IU D3.

**NOW with
DOUBLE
SERRAPEPTASE
per capsule!**



NOWHERE ELSE CAN YOU FIND THIS BLEND OF INGREDIENTS IN ONE CAPSULE!

*Authorised health claims taken from the EU register for nutrition & health claims.
Please note that the changes made to Serranol™'s formula have resulted in an increase in RRP.



Healthy hydration

A simple hydration shortcut
to start using immediately

We know it's counterintuitive, but many of us are tempted to reach for a cold, carbonated beverage to quench our thirst on a hot day. But in 2016, the American Physiological Society discovered in a rat-conducted study that drinking soft drinks in the heat can make dehydration worse and may also cause kidney damage.

75 PER CENT OF PEOPLE ARE CHRONICALLY DEHYDRATED

Sugar in soft drinks is what makes them so dangerous. Sugary beverages are known to trigger inflammation and cause chronic disease, including cancer. The rats in a study that drank fructose-glucose water, equivalent to sugary soft drinks, showed more signs of dehydration and worsened kidney damage compared to the rats that drank plain water or stevia-sweetened water in the heat.

Keeping water close by – and cutting out soft drinks – protects the kidneys while improving brain and heart health too.

Mild dehydration is as harmful as smoking cigarettes.

Suffering from a stroke when the body is dehydrated can lead to four times greater risk of worse short-term outcomes. Even minor dehydration impairs vascular function and can be nearly as harmful as smoking a cigarette. A 2016 *European Journal of Nutrition* study confirmed that mild dehydration levels in young, healthy men may promote arterial hardening and could increase heart disease risk.

FIGHT DAILY DEHYDRATION WITH ONE REFRESHING TRICK

Getting enough water seems simple enough, until we set our mind to doing it. Three-quarters of people drink eight beverages a day, yet still experience the net fluid loss that creates chronic dehydration.

Most of the time, this fluid loss comes from sugary and caffeinated beverages, alcohol and a processed food diet. But even a 2 per cent loss of hydration can damage the heart. Chronic dehydration that goes untreated deprives the body of oxygen and also slows organ function.

How, and how often, we drink water can make it easier to rehydrate and restore our organ function:

- Drink six to eight 8oz glasses of reverse osmosis (RO) filtered or distilled water a day with one third of a teaspoon of bicarbonate of soda (baking soda) in each glass. Sip slowly and swish in the mouth while drinking. Also, drink a glass before each meal.

For former soft-drinkers, and for those in kidney decline, this simple health trick can be life-changing. In the first study of its kind, conducted in 2009, Royal London Hospital researchers in the UK were amazed to see that a small daily dose of sodium bicarbonate reduced kidney decline rates to normal levels in patients with advanced chronic kidney disease. Taking sodium bicarbonate reduced the patients' risk of progressing to end-stage renal disease, and it also balanced blood pressure and improved nutrition.

Sources

All references can be found at
www.NaturallyHealthyNews.com



LOVE YOUR HEART, VISION & BRAIN LOVE KRILL

Super Rich Source of Ultra Pure Omega 3, 6 & 9

FACT: The KRILL Miracle™ contributes to the maintenance of **normal brain function**

FACT: The KRILL Miracle™ contributes to the maintenance of **normal vision**

FACT: The KRILL Miracle™ contributes to the **normal function of the heart**

The KRILL Miracle™ is a super rich source of ultra pure **Omega 3,6 and 9**. When compared to fish oil, one of the most popular dietary supplements, KRILL is thought to have a greater level of antioxidants and is without any fishy aftertaste.

It is also a higher quality because KRILL are only found in the Southern Oceans, the only oceans in the world that remain unpolluted by heavy toxic metals, dioxins and other contaminants.

The E.U. recently confirmed and authorised the claims that DHA & EPA (in Krill) helps support your Brain, Vision & Heart.

Three HUGE benefits from one capsule.

It also contributes to the normal brain development of the foetus and breastfed infants, and maternal intake contributes to the normal development of the eye of the foetus and breastfed infants.

The KRILL Miracle is made using Superba2™ Krill oil purified to remove 99% of TMAO, European Novel Food approved and processed from sustainable harvests in the Antarctic Ocean using a patented eco-harvesting fishing system which ensures no by-catch. (Made using a Fish Licap.)

Aker BioMarine, Member of the Association of Responsible Krill Harvesting Companies, supported by Greenpeace and Environmental Agencies.





Hurt less, move more

Keeping muscles strong and joints limber only takes 20 minutes

Stretching isn't just for athletes and endurance exercisers. As humans, our capacity for healthy movement depends entirely on the range of motion of our synovial joints. A Special Health Report from Harvard Medical School in the US, entitled *Stretching*, found stretching just two to three times a week to be enough to dramatically improve balance, flexibility and muscle and joint pain caused by stiffness.

WHAT DOCTORS DON'T TELL PARENTS ABOUT STRETCHING

Like eating healthy foods and staying active, stretching is an important habit to start young so that children can continue to reap the benefits as they age:

- When researchers studied stretching

among schoolchildren in 2007, in a study published in *The Journal of Sports Medicine and Physical Fitness*, they found enough pay off to suggest that at least five minutes of the exercise be added to the school's physical education programme. The prepubescent school children who stretched for just five minutes showed a 16.9-degree improvement in range of motion when stretching four days a week and a 9.3-degree improvement when stretching two days a week, compared to no significant results seen in the control group. The children who stretched the most showed an 82 per cent improvement in flexibility.

- Stretching takes on added importance as kids get involved in sports. A 2018 *Journal of Sports Science* study found intermittent stretching to be more effective than

continuous stretching in improving both long-term and short-term range of motion in young female athletes.

- Stretching has also been used to support mobility and quality of life in children with physical disabilities, enough to significantly relieve the constipation that is common in children with cerebral palsy.

WHAT DOCTORS DON'T TELL PAIN PATIENTS ABOUT STRETCHING

Chronic pain that lasts for six months or longer (or longer than normally associated with a particular injury) places a patient in a different, high-risk category. Because of our rising levels of chronic disease, unexplained chronic pain levels are skyrocketing and have become a growing epidemic. Nearly half of the UK population currently lives with chronic pain. Pain



A 2018 Journal of Sports Science study found intermittent stretching to be more effective than continuous stretching in improving both long-term and short-term range of motion in young female athletes.

- University of Rochester Medical Center researchers in the US discovered in 2006 that stretching may be effective enough to treat and possibly cure painful cases of plantar fasciitis. Seventy-five per cent of study participants who stretched with one leg crossed over the other, pulled back the toes for a count of 10, and repeated the exercise at least 10 times, three times daily, fully eliminated their pain and returned to regular activity within only three to six months.

- Stretching for 12 months has been proven to be just as beneficial as manual therapy or strength training for sufferers of chronic neck pain.

WHAT DOCTORS DON'T TELL OLDER PATIENTS ABOUT STRETCHING

Fortunately, it's never too late to adopt a healthy habit like stretching and receive its countless benefits:

- A 2015 *Health Technology Assessment* study found that stretching helped to improve hand and wrist function for patients with rheumatoid arthritis and could be used as a clinical and cost-effective treatment compared to standard medical care. The researchers also found zero side effects associated with regular stretching in cases of arthritis.

- While full-body stretching is the best daily practice for all age groups, targeted stretching can provide relief in problem areas. Older adults who performed static trunk stretches for 10 weeks saw an increase in spinal mobility. Elderly women

who stretch daily may have improvements in gait and find it easier to walk, with the potential to reduce fall risk.

- With health benefits for body and mind, Tai Chi has become a popular option for gentle physical activity in older age groups. A 2018 study published in the journal *CHEST*® revealed that the exercise can also work well as a low-cost medical treatment. Tai Chi, a Chinese martial art characterised by the slow, methodical stretching of small and large muscle groups co-ordinated with breathing and movement, can be used as pulmonary rehabilitation to improve lung function and quality of life in patients with COPD. Tai Chi has also been proven to support muscle energetics and brain metabolism in older adults, reduce depression symptoms without medical treatment, help rehabilitate patients with heart disease and improve concentration and calm intrusive thoughts in veterans with PTSD.

Stretching more often could provide more health benefits. Regular stretch sessions feel so good because they release our stress and tension that have accumulated throughout the day. Doubling up the recommended stretch time from two to four days a week could make us 82 per cent more limber. Setting aside just 20 minutes a day to stretch it out is a long-term time-saver: we'll cut down the hours we spend nursing aches and pains by keeping our joints healthy and mobile.

Sources

All references can be found at www.NaturallyHealthyNews.com

medications offer some short-term relief but can come with their own side effects and risk of addiction. It's not often that doctors recommend gentler methods of pain relief before prescribing pricey drugs to address debilitating symptoms.

Simple stretching can help, and it's completely free:

- The latest research, published in 2016 in *Scientific Reports*, shows that chronic pain may reprogramme genes in the immune system. Stretching for 10 minutes twice a day can help to reduce the chronic inflammation that causes chronic disease, while also improving pain levels. Researchers believe this important connection between the musculoskeletal and immune systems could potentially be used for therapeutic treatment.

PROBIOTICS *for beginners*

Four ways “good guys” change gut health fast

Is one of our healthiest habits causing disease? Every time we wash our hands, we chip away at the strong foundation of health we need to thrive. Washing hands with antimicrobial soaps or gels containing triclosan can damage gut health enough to worsen colon inflammation and colon cancer.

TRICLOSAN TRIGGERS INFLAMMATION AND SPREADS CANCER

Scientists are clear: triclosan triggers inflammation. This common antimicrobial additive found in hand soap, toothpaste and personal care products can cause low-grade colonic inflammation after using a low dose over a short period of time. As a 2018 *Science Translational Medicine* study found, washing hands with antimicrobial soap and using other triclosan-containing products, even on occasion, can cause gut inflammation and irritation. It can also contribute to the progression of colitis and colitis-associated colon cancer.

Researchers say Inflammatory Bowel Disease patients are especially at risk, but the rest of the population is vulnerable too. Triclosan is a frequently used antibacterial and antifungal agent found in about 75 per cent of urine samples in the US. Today, triclosan remains one of the top 10 pollutants in US rivers.

Washing hands with triclosan-free soaps can cut down on the use of this destructive chemical, but bringing the gut back to health is imperative. Supplementing soil-based probiotics is a simple way to

replenish low levels of our native gut bacteria.

FOUR SURPRISING SHORT-TERM BENEFITS OF SOIL-BASED PROBIOTICS

The solution to struggling gut health is soil-based, with a rapidly evolving body of research to support the ability of soil-based organisms (SBOs) to repair and regenerate.

Taking a daily soil-based probiotic can change gut health rapidly and result in several immediate benefits:

1. 50 per cent stronger bones.

Osteoporosis, or brittle bones, is a serious problem associated with age. Women over 80 are in the highest risk category and face the daily threat of falls and fractures. In the first study to test how probiotics affect our bones, Swedish researchers discovered that probiotics influence not just our guts but the density of our skeletons. The older women in the double-blind randomised study who took *Lactobacillus* bacteria cut their bone loss by half without experiencing any side effects. While the results of the 2018 study were observed a year after treatment, taking a daily soil-based probiotic rich in *Lactobacillus* can quickly begin to calm inflammation and strengthen bone density. Far before



A healthy gut teeming with good bacteria has the power to fight off cancer-causing inflammation.

of Chicago Medical Center researchers in the US observed in a 2018 *Science* study that two out of three groups of mice fed beneficial human bacteria had slower growing tumours. The human patients in the study with higher levels of beneficial bacteria also saw tumours shrink. Taking a daily probiotic can improve long-term cancer treatment response rates, as well as short-term side effects like diarrhoea, constipation and bowel toxicity.

3. Alzheimer's recovery in three months or less.

When taken over just 12 weeks, *Lactobacillus* and *Bifidobacterium* (the same bacteria found in breast-fed infants) can improve cognitive scores in patients with Alzheimer's disease. In 2016, Iranian researchers proved for the first time that probiotics can reverse cognitive impairment, resulting in moderate but significant improvements in the Mini-Mental State Examination (MMSE) scores of elderly Alzheimer's patients. Non-spore-forming *Lactobacillus* bacteria nourish spore-forming *Bacillus* bacteria as they travel to the gut, where they're activated to grow and multiply. *Bifidobacterium* also decreased depression symptoms in 64 per cent of patients when taken daily for six weeks.

a bone scan is taken at the doctor's, other symptoms of osteoporosis like back pain, muscle aches, fatigue and poor mobility may start to subside.

2. 66 per cent slower tumour growth. As the triclosan study confirmed, a healthy gut teeming with good bacteria has the power to fight off cancer-causing inflammation. Soil-based *Lactobacillus* also helps to naturally convert histidine into histamine to prevent and support inflammatory bowel disease-associated colorectal cancer treatment. Other superior soil-based organisms like *Bifidobacterium* have improved melanoma patients' responses to immunotherapy. University

4. Fast-acting metabolism. If destroying the gut with chemicals like triclosan can increase our risk of disease, what happens when we restore our guts' SBOs to their optimal level? Researchers discovered in a 2018 *Cell Metabolism* study that strengthening our first line of defence against infection, our gut immunity, can also make our metabolism work smarter. When researchers saw fat and carbohydrate particles accumulate in the guts of fruit flies, they attributed the

dysfunction to a loss of gut bacteria and tachykinin (a "brain-gut" peptide) and weak immunity. The poorly metabolising flies had developed metabolic syndrome, which leads to diabetes and obesity. Bacteria control our metabolism, the researchers explained, and communicate through our immune pathways. Good bacteria ferment nutrients that support our growth and metabolism, while bad bacteria make immunity worse and metabolism slower. SBO probiotics are among the most powerful strains of gut bacteria with more than 22 clinically-proven benefits – these bacteria strengthen immunity, improve elimination, increase nutrient absorption and rapidly reduce harmful waste levels in the colon.

In all the health issues examined, researchers found one common thread. Antibiotics and anti-germ products break down the gut's defence, and replenishing missing microbes is the remedy. Supported by more than 37 years of research and 700 clinical trials, bio-identical SBO probiotics can change the gut in over 22 different ways and bring back full gut function.

Recommended Product

PRESCRIPTBIOTICS™

Custom cultured to rebalance good gut flora, this product supports stronger digestion, immunity and overall health. It contains soil-born organisms (SBOs) that are missing from the modern diet.



Sources

All references can be found at www.NaturallyHealthyNews.com

Walk faster, live longer

How to drop heart disease death risk by 53 per cent

Staying active is an indisputable key to healthy living, but how much activity is enough to make a difference? Australian researchers answered this question in 2018 when they put the merits of a relaxing stroll to the test.

After evaluating 11 lifestyle surveys of study participants from Scotland and England spanning from 1994 to 2008, University of Sydney researchers learned that walking faster can greatly reduce the risk of dying from heart disease and also decrease the risk of early death. Researchers made this discovery by comparing self-reported levels of physical activity, including walking pace, to the medical records of subjects who had died within the study period.

Walking briskly, self-reported at about three to four miles an hour, reduced early mortality rates by 24 per cent over the slowest walkers. The researchers noted that:

- Walking speed may correlate with individual fitness level.
- Walking at a pace brisk enough to breathe heavily or break a sweat is enough to reap longevity benefits, regardless of distance.

With age, the benefits of brisk walking get better. The average-pace walkers in the study who were aged 60 and older reduced their risk of dying from heart disease by 46 per cent compared to the slower walkers. And the brisk walkers in this age group slashed their risk of heart

disease death by 53 per cent compared to those who were walking slowly.

SIX SCARY SIDE EFFECTS OF THE SEDENTARY LIFESTYLE

Walking briskly for three to five miles a day is essential to oxygenate the brain and body. But because of a sedentary lifestyle coupled with a modern, processed food diet, we've seen disease levels spike and lifespans decrease. "Sitting really is the new smoking," said Dr Monika Safford, Chief of the Division of General Internal Medicine at Weill Cornell Medicine, in 2017.

Scientists have found that not only does a sedentary lifestyle raise heart disease risk, but it can cause serious and sometimes fatal side effects, like:

1. Accelerated ageing due to increased oxidative stress and inflammation.
2. Elevated risk of kidney and bladder cancers.
3. Higher death risk for frail and inactive middle-aged and older people.
4. Increased fat deposits around internal organs, contributing to heart disease and diabetes.
5. Thinning of the regions of the brain that form memories.
6. Worsened depression in adults and children.

SIX SPEEDY WAYS TO FIT FAST WALKING INTO A BUSY SCHEDULE

The fastest way to see health transform is to pick up the pace. Walking three to five miles a day with a fast, purposeful stride



may seem simple, but it's the daily commitment that makes it so effective.

1. Keep walking shoes at work or in the car. Log a mile or two of brisk walking whenever an appointment cancels or a free hour appears, to reach up to five miles a day. Short, high-intensity intervals are one of the most useful exercises to improve blood sugar, cholesterol and weight loss for those with type 2 diabetes.

2. Make it a family affair. Starting the ritual of a brisk family walk after dinner or a morning walk with friends provides social support along with exercise benefits. Exercise oxygenates and strengthens the brain, while positive social connections



Scientists have found that not only does a sedentary lifestyle raise heart disease risk, but it can cause serious and sometimes fatal side effects.

can sharpen the ageing brain and reduce dementia risk.

3. Split up steps by the hour. Considering how many hours there are in a day, reaching a five-mile goal, or about 10,000 steps, can be easy. Walking about 1,000 steps in an hour, or half a mile, may take 10 minutes and can add up to five miles by the end of the day.

4. Walk the dog for longer. Instead of taking the dog out for a trip around the block, aim for a one-mile walk morning, noon and night. As University of Missouri Health researchers in the US learned in 2016, dog owners aged 60 and older receive multiple health benefits from daily exercise and the bond they form with an animal.

5. Walk to an appointment. An appointment or errand within a five-mile radius is fair game if health and weather permit.

6. Walk while waiting. When dropping a child or grandchild off at a dance class or sports practice, waiting time is a golden opportunity. Take a fast walk around a local track or neighbourhood.

Addressing rising levels of inactivity, Public Health England (PHE) endorses not just brisk walking but any type of muscle-strengthening, bone-building and balance activity as of 2018. Among all age groups, PHE considers balance and strength exercises to be “vital” and frequently neglected. Older adults with low muscle

strength raise their fall risk by 76 per cent, with a three times greater risk of future falls after a fall has occurred. Along with brisk walking, PHE says doing balance and strength exercises twice a week can help prevent falls, balance mood, regulate sleep, improve energy and reduce early death risk.

Recommended Products

BLOCKBUSTER ALLCLEAR™

Contains a careful blend of powerful enzymes such as serrapeptase and nattokinase, plus digestive enzymes, antioxidants and proanthocyanidins. Phthalate-free.



UB8Q10 UBIQUINOL

A coenzyme Q10 that is eight times better absorbed compared to ordinary CoQ10. Derived from KanekaQ10, the world's most researched and recognised CoQ10. Delivered in a gelatine softgel.



B4HEALTH SUBLINGUAL SPRAY

The best way to get all your daily B vitamins in one. This unique spray delivers B1, B2, B3, B6 and B12 in just six sprays daily. Also contains vitamin C, D, E and selenium.



THE KRILL MIRACLE™

Super rich source of omega-3, 6 and 9, made using Superba™ Krill Oil, delivering 1,000mg per serving. Also contains astaxanthin. Contributes to normal maintenance of the heart, brain and vision.



Sources

All references can be found at www.NaturallyHealthyNews.com

DIABETES IS NOT A DISEASE!

Scientists find diabetes reversal on a plate

No more hitting our knees with a wooden mallet every day and wondering why we end up requiring painkillers. The cause of type 2 diabetes is simply eating carbs and high-sugar foods. Add to that a lack of specific nutrients from eating factory-processed foods instead of fresh or frozen foods, and many end up not just with diabetes but the consequential damage to our organs, limbs and even eyes.

DOCTORS PRESCRIBE "DISEASE MANAGEMENT"

To the millions of adults and growing numbers of newly diagnosed children with type 2 diabetes, doctors repeat a common refrain. Diabetes is a disease without a cure, but it can be managed with the help of medication.

This bleak outlook has reached as far as China, where Western food habits have taken over. When analysing a national survey in 2017, Chinese Center for Disease Control and Prevention researchers discovered that diabetes and prediabetes numbers in China reached close to the US population's dismal amounts. China now has the largest global diabetes epidemic, where nearly 11 per cent of adults had diabetes and about 36 per cent had prediabetes in 2013.

In an effort to control this growing epidemic, doctors recommend lifestyle changes and medication. But drug-based diabetes "control" may not be necessary when this lifestyle condition can be reversed completely.

Most cases of diabetes are type 2

and have a full chance of reversal. Type 2 diabetes is a lifestyle disease caused by eating starchy carbohydrates and foods high in sugar. Type 1 diabetes may be diagnosed in childhood and is an inflammatory autoimmune disease that damages the pancreas. A damaged pancreas can't produce insulin to keep blood sugar stable. Type 1 diabetics require daily insulin but can see "exceptional" improvements in their health by making the lifestyle changes that support reversal under the care of a physician practising nutrition.

WHY SCIENTISTS SUPPORT USING FOOD AS MEDICINE

What does diabetes reversal look like? We can repair the damage done to the body and often reverse poor health completely by making three lifestyle changes:

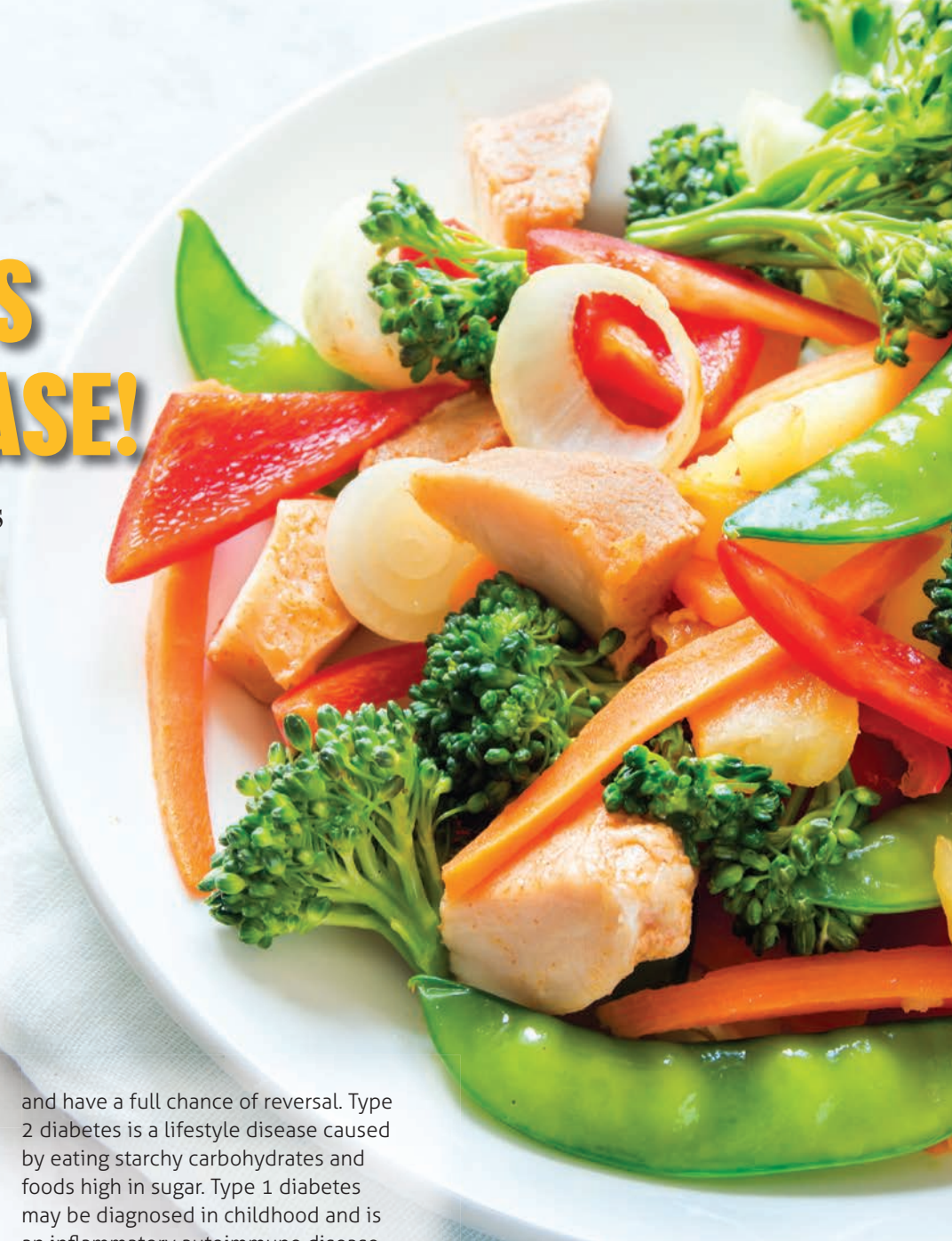
1. Maintaining a healthy body weight

Being overweight or obese can increase

the risk of type 2 diabetes, and excess weight around the middle can be particularly dangerous for women. It's the abdominal fat cells that produce the pro-inflammatory chemicals that lead to insulin resistance. As Yale researchers discovered when they successfully reversed cases of diabetes in 2017, reducing food intake can affect blood sugar dramatically. Eating less and replacing processed, sugary foods with nourishing, moderate meals can support healthy weight loss, lower glucose production and decrease fat to help the liver better process insulin.

2. Reducing inflammation

Inflammation is the culprit in the diagnosis





Along with lowering and stabilising blood sugar, Ceylon cinnamon may help to reduce triglycerides and “bad” cholesterol levels too.

enzyme is especially beneficial when taken with vitamin D3, a nutrient commonly deficient in patients with diabetes. Supplementing serrapeptase along with a multivitamin that contains vitamin D3, vitamin C, vitamin A and other essential vitamins, minerals, and nutrients may also lessen type 1 diabetes complications and help maintain insulin-producing beta-cell function for type 2 and some cases of type 1 diabetes.

3. Stopping sugar damage with cinnamon

The research shows that for full diabetes reversal, it's important to cut starchy and sugary foods altogether. But at times when sugar is unavoidable, taking a high dose of cinnamon can help. Two powerful types of cinnamon called Ceylon and Cassia are extracted from the bark of evergreen trees. Cassia is considered the lower-quality form of cinnamon bark because it contains coumarin. As a fat-soluble compound, coumarin can build up in tissue and potentially damage the liver. Ceylon, in contrast, is low in coumarin and provides powerful benefits without side effects when taken at a high dose. Supplementing Ceylon cinnamon can help to regulate blood sugar while providing anti-inflammatory, antibacterial, antifungal and anticlotting protection.

Along with lowering and stabilising blood sugar, Ceylon cinnamon may help to reduce triglycerides and “bad” cholesterol levels too. A 2003 *Diabetes Care* study found that taking cinnamon provided these results after just 60 days, with health improvements that continued 20 days after stopping supplement use. University of Michigan Life Sciences Institute researchers in the US also discovered in 2017 that the fragrant spice can help fat cells burn energy, reducing the primary diabetes risk factor of obesity.

and progression of diabetes. Eliminating inflammatory foods can stop the cycle where it begins. But when diabetes has already developed, internal inflammation continues to ravage the body unchecked. Over the long-term, inflammatory diabetes can lead to fatigue, nerve damage, limb loss, kidney disease, heart disease, stroke, cognitive decline, cataracts, skin infection, gum disease and foot ulcers, all when receiving the best medical treatment.

Taking the anti-inflammatory enzyme serrapeptase can mitigate much of this damage and help quicken diabetes reversal. Serrapeptase works to effectively clear non-living tissue and inflammatory debris from the body. This proteolytic

With these tools available, there's no need to carry on beating our heads against the wall and wondering why our bodies need medicine. Reversing what doctors call a disease is easier than it seems, and every healthy choice makes a difference. Even a simple step like eating broccoli, rich in a protective compound called sulforaphane, can reverse the damage to the heart's blood vessels caused by diabetes.

Recommended Products

ACTIVE LIFE CAPSULES

The most complete multivitamin for all the family, with 130 nutrients, vitamins and minerals, including lutein, zeaxanthin, folate MTFH, vitamin C and vitamin D3.



SERRANOL™

160,000iu serrapeptase plus Curcuminx4000, ecklonia cava extract and vitamin D3, all in one capsule.



CINNAMON27™

Cinnamon27™ contains 10 powerful ingredients in one incredible product: cinnamon bark, chromium, calcium (from coral), American ginseng, gymnema sylvestre extract, bitter melon extract, fenugreek seed extract, coral minerals, nopal cactus and cinnamon powder. Chromium alone contributes to the maintenance of normal blood glucose levels.



Sources

All references can be found at www.NaturallyHealthyNews.com

STOP NERVE PAIN AND START HEALING

The six-step peripheral neuropathy repair plan

More than 75 per cent of patients experience diabetic peripheral neuropathy (DPN) in the early stages of their disease, often resulting in neuropathic pain, skin and corneal ulcerations and foot ulcerations that may require amputation. Peripheral neuropathy can also be caused by chemotherapy, autoimmune disease, toxic chemical exposure, poor nutrition, alcoholism, medication, inflammatory infection and hereditary disorders, but it remains one of the first and most common manifestations of diabetes.

NEUROPATHY SUFFERS USE ENZYMES TO GET RID OF NERVE PAIN FOR GOOD

When the process of sensory nerve regeneration is impaired in diabetics because of high blood sugar levels, as Wayne State University researchers in the US found in 2016, nerve damage and slow wound healing follow. Researchers also believe the condition could be reversible. One sufferer said, "After about a month, my foot and ankle felt normal again. No numbness or tingling at all. You cannot imagine how grateful I feel ... Also, my mom is using it for her peripheral neuropathy, which has improved, I might add."

The peripheral neuropathy sufferer in this case used the anti-inflammatory serrapeptase enzyme in combination with B vitamins to lessen numbness and tingling.

A PROVEN SIX-STEP PLAN TO RELIEVE NERVE PAIN, NUMBNESS AND TINGLING

Following this six-step plan can ease DPN symptoms and, as some sufferers have



Within each study, we discover that targeted nutrients serve an individual purpose in repairing and reversing much of the damage done by neuropathy.

reported, eliminate pain completely:

1. Stop all starchy carbohydrates and high-sugar fruits and foods. Making diet changes by eating anti-inflammatory foods instead, especially vegetables and low-sugar fruits, has been proven to reverse type 2 diabetes and the damage it causes, with health benefits seen in as little as three weeks.

2. Supplement serrapeptase, curcumin, ecklonia cava and vitamin D3 to encourage healing, reduce pain and dissolve inflammation. Take two capsules of these nutrients three times daily, 30 minutes before eating with water. Reduce to one capsule three times daily after experiencing relief.

3. Supplement benfotiamine (thiamine) to regulate cellular processes fuelled by glucose metabolites. Take one capsule three times daily with food.

4. Supplement Alpha-Lipoic Acid-R to supply the body with the "network" antioxidant needed to support peripheral nerve health. Take one capsule two times daily.

5. Supplement B-complex vitamins to improve B12 absorption needed to boost energy and metabolism. Take four oral sprays, three times daily.

6. Supplement pure magnesium with MSM to aid repair by improving magnesium and oxygen levels. Apply as a transdermal

oil spray (for quicker delivery and better tissue saturation when absorbed through the skin) to feet and leg muscles daily.

Within each study, we discover that targeted nutrients serve an individual purpose in repairing and reversing much of the damage done by neuropathy, especially helped by eliminating nerve-damaging sugars and starchy foods from the diet. As evidenced in a *Biological Trace Element Research* study published in 2018, taking the missing mineral magnesium for just 12 weeks can support wound healing by reducing the size of diabetic foot ulcers and preventing more nerve damage from spreading.

Recommended Products

BENFOTIAMINE

Benfotiamine, a fat-soluble form of vitamin B1 (thiamine), supports healthy blood sugar metabolism and helps protect against advanced glycation and oxidative stress.



ANCIENT MINERALS MAGNESIUM OIL ULTRA WITH OPTIMISM®

Ultra pure, concentrated genuine Zechstein magnesium chloride is blended with MSM, for superior absorption.



Sources

All references can be found at www.NaturallyHealthyNews.com

'SKINNY FAT' BODY TYPES MAY HAVE DOUBLE DEMENTIA RISK

Take B vitamins to reverse early cognitive decline



In 2018, researchers from Florida Atlantic University's Comprehensive Center for Brain Health in the US discovered in the first study of its kind that sarcopenic obesity, or "skinny fat," may be a dangerous indicator of declining brain function.

LOW MUSCLE MASS AND HIGH BODY FAT IS A RECIPE FOR DEMENTIA

The researchers gathered data from 353 participants, average age 69, within a series of community-based memory and ageing studies. It was the older adults with sarcopenic obesity – skinny fat – who scored the lowest on global cognition compared to the older adults with either obesity or sarcopenia (age-related muscle loss). The study outcome was so troubling that researchers called skinny fat risk among older adults a public health concern. Losing muscle mass while maintaining higher levels of body fat can cause multiple negative health outcomes, including neurodegenerative and cardiovascular diseases.

CUT BRAIN SHRINKAGE BY 50 PER CENT WITH A DAILY DOSE OF VITAMIN B

Older adults at risk for dementia, and those with skinny fat body types especially, can slash their rate of brain shrinkage in half by taking more vitamin B. In a two-year randomised clinical trial – and the largest study on the impact of B vitamins on mild cognitive decline at its 2010 date of

publication – Oxford University researchers in the UK found that B vitamins could be used to control high homocysteine levels and reduce Alzheimer's risk significantly.

B vitamins like B6, B12 and folic acid have been proven to control high homocysteine, a toxic amino acid the body produces from the protein amino acid

The study outcome was so troubling that researchers called skinny fat risk among older adults a public health concern.

methionine found in meats, eggs, seafood and dairy. High homocysteine levels are an independent risk factor for cardiovascular disease as elevated homocysteine in the blood may damage and harden the arteries. High homocysteine levels, Oxford University researchers said, have also been linked to an increased risk of Alzheimer's disease.

Within the Oxford study conducted on 168 volunteers, aged 70 or older with mild memory impairments, half of the participants took a high dose of vitamin B for two years and the other group took a placebo. Using MRI scans to assess disease development and brain atrophy over two years, the researchers discovered that participants with the highest homocysteine levels had the greatest benefit from taking vitamin B.

High homocysteine participants who took B vitamins had 50 per cent less brain atrophy compared to participants who took the placebo. For those with skinny fat and other dementia risk factors, a daily

dose of B-complex vitamins that includes folic acid, B12 and B6 could provide 50 per cent more protection against brain shrinkage and even reverse early cognitive decline.

Taking sublingual B-complex vitamins that are more effectively absorbed through the mouth can reverse brain ageing while

reversing DNA damage done at the cellular level. Columbia University scientists in the US also discovered in 2017 that a daily high-dose B-complex vitamin could "completely offset" DNA damage caused by air pollution. Moderate levels of pollution over the long-term can damage brain structure and impair cognitive function in adults who are older and middle-aged.

Recommended Product

B4HEALTH SUBLINGUAL SPRAY

The best way to get all your daily B vitamins in one. This unique spray delivers B1, B2, B3, B6 and B12 in just six sprays daily. Also contains vitamin C, D, E and selenium.



Sources

All references can be found at www.NaturallyHealthyNews.com

NATURALLY HEALTHY PUBLICATIONS BOOKS

Ten simple steps can support disease recovery and change lives - find out what they are from your book of choice. By following these health plans to the letter, you may begin to see noticeable changes in your health in as little as 30 days:

Download eBooks here: visit www.NaturallyHealthyNews.com

• Alzheimer's Disease Rehabilitation in 30 Days

A 10-step plan for Alzheimer's recovery, now including a Caregiver's Diary.



• Improving Autoimmune Disease in 30 Days

Includes a rehabilitation plan to improve your autoimmune symptoms plus a healthy foods plan.



• Cancer Cell Rehabilitation in 30 Days

Reduce cancer risk in 30 days with a 10-step plan for cancer-free living.



• Improving Fertility in 30 Days

Recover reproductive health and increase the chances of conception with a 10-step fertility plan.



• Improving High Blood Pressure in 30 Days

Balance blood pressure with healthy lifestyle choices and support from essential nutrients.



• Improving Kidney Health in 30 Days

Reduce the risk of a "silent killer" with a 10-step lifestyle plan.



• Improving Men's Health in 30 Days

Support for prostate conditions, erectile dysfunction, and hormonal imbalance in as little as 30 days.



• The HealthPoint™ Facelift: The Anti-Aging Secret

Help to achieve natural and youthful-looking skin by using the science of acupressure and nutrition.



• Improving Arthritis in 30 Days

A 30-day plan to alleviate the pain of arthritis symptoms and help attain long-term health.



• Improving Stroke in 30 Days

A guide to stroke prevention and recovery, with noticeable relief within 30 days.



• Improving Eye Disease in 30 Days

How to improve your eye condition naturally by following a healthy lifestyle and supplement regimen.



• Solving Diabetes Type 2 in 27 Days

Prevention and relief for this common inflammatory lifestyle disease within 27 days.





The Ancient Spice in the News

Over 1,800 reasons why curcumin can help you....

- Curcumin is derived from turmeric, the "spice of India" and there are over 1,800 studies which show amazing health benefits.
- It has been in the news as many "famous" people have explained how curcumin has helped them.
- It is well known that curcumin can help serious health problems.
- What is it? Curcumin is the principle curcuminoid of the popular Indian spice turmeric, which is found in curry and has been used for thousands of years in Ayurvedic medicine.
- One of the world's biggest secrets is truly out. Make sure you don't miss out on the benefits of curcumin.

NOTE:
NOT ALL
CURCUMIN IS
THE SAME

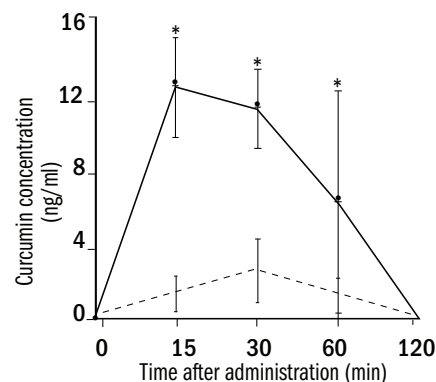


Figure 1. Plasma curcumin levels after dosing with Meriva (solid line) compared to unbound curcumin (broken line)

A published study shows that CurcuminX4000 absorbs up to 23 times more than ordinary curcumin, whilst an unpublished study claims it could be up to 45 times better!

THE MISSING MINERAL FOR BETTER SLEEP

Applying this missing mineral to the skin improves sleep in 92 per cent of people

Good news for insomniacs and restless sleepers – correcting a common mineral deficiency that affects roughly three-quarters of people could make sleep 92 per cent better.

THERE'S A SAFER WAY TO SLEEP

Neglecting to get eight hours of sleep a night can immediately impact mental health, Binghamton University researchers in the US discovered in 2018. Missing the eight-hour mark can cause alarming symptoms like repetitive, intrusive thoughts associated with depression and anxiety. Sleep loss has also been shown to kill brain cells and result in irreversible brain damage, whereas chronic insomnia can increase death risk by 98 per cent.

Sleeping pills may fix a sleep deficit, but outcomes don't fare much better. A 2012 study published in the journal *BMJ Open* found that routinely prescribed sleeping pills could increase the risk of death more than four times over. The researchers learned that the higher the dose taken, the more the risk of dying increased. The participants prescribed sleeping medications like benzodiazepines (including diazepam and temazepam), nonbenzodiazepines, sedative

antihistamines and barbiturates had a 4.6 times greater risk of dying within two and a half years compared to participants who didn't take the drugs. Among the 10,500 sleepers using prescribed pills, those on the highest dose also had a 35 per cent higher risk of cancer.

In 2017, Cardiff University researchers in the UK linked newly prescribed sleeping pills in older people to over a two times greater risk of hip fracture within just two weeks. For patients with heart failure, sleeping pills may increase the occurrence of cardiovascular events eight-fold, the European Society of Cardiology noted in 2014.

Safe, healthy and restorative sleep can't be found in a pharmaceutical medication. Correcting mineral deficiencies and encouraging the body's natural sleep cycle can make it possible to sleep 92 per cent sounder. Sensory Dimensions, a research company, discovered this in a 2018 clinical trial analysing 78

study participants' weekly sleep quality. Using the NHS Sleep Self-Assessment Questionnaire and online intake from poor sleepers, researchers learned that applying magnesium chloride to skin can speed up its absorption, reverse underlying mineral deficiency and improve nightly sleep patterns.

Ninety-two per cent of the subjects studied saw noticeable sleep improvements after applying magnesium to the skin before bed for just four weeks. Sleepers in the study also reported experiencing more energy, more enjoyable social interactions and an enhanced quality of life. An estimated 75 per cent of people are magnesium deficient.

DO THIS BEFORE BED TO SLEEP SAFER AND SOUNDER

Increasing magnesium intake can alleviate broken sleep patterns and practising good sleep hygiene could eliminate insomnia completely.





Increasing magnesium intake can alleviate broken sleep patterns and practising good sleep hygiene could eliminate insomnia completely.

• **Take amino acids 30 minutes before bed.** An essential amino acid and serotonin precursor, L-tryptophan helps regulate sleep patterns and is especially calming during pregnancy. Serotonin is the neurotransmitter that sends sleep- and relaxation-inducing nerve impulses, so taking L-tryptophan before bed can promote sleepiness while stabilising central nervous system function. L-tryptophan is one of the body's eight essential amino acids that it can't synthesise on its own. To ensure rest, L-tryptophan must be supplied to the body either through supplementation or through diet. L-theanine, the amino acid found in green tea, can make L-tryptophan's anti-stress effect more powerful. L-theanine stimulates the alpha brain waves that both enhance alertness and deepen relaxation, similar to the state of meditation. In Japan, L-theanine-rich green tea has been used by Buddhist monks for centuries for this purpose.

• **Supplement zinc and selenium daily.** Because of our nutrient-poor modern-day food supply, climate change, and low supplement use, global zinc and selenium deficiency are also common. Billions of people around the world don't get enough of these key minerals needed to support energy, concentration, hair growth, immunity, digestion, thyroid hormone production and sleep. Deficiency levels are only expected to rise. Taking zinc and selenium along with magnesium can help to replace the critical minerals missing from the modern diet. Compounding magnesium's sleep-promoting benefits, supplementing zinc has been proven to increase both sleep quality and duration. Multi-mineral deficiency can contribute to

insomnia, and low selenium levels have been associated with short sleep cycles. Zinc and selenium can also be taken with pharmaceutical-grade melatonin to remedy nightly insomnia.

If magnesium is the star, missing minerals, essential amino acids and good sleep hygiene are the supporting cast. There's no longer a need to add insult to injury by taking potentially deadly sleeping pills to fix the health problems caused by lack of sleep. Increasing mineral levels and starting a few new sleep habits can make nights restful and days healthy.

Most importantly:

• **Apply magnesium to the skin 30 minutes before bed.** As researchers have discovered, applying magnesium chloride topically versus taking it as a tablet or powder is the most effective form of delivery. Powdered and tablet magnesium are almost completely lost in the digestive tract since our digestive systems aren't equipped to absorb it. In comparison, transdermal (through the skin) magnesium delivery has been proven to increase tissue saturation without a loss of GI absorption equivalent to taking magnesium tablets for two years in just six weeks. Magnesium is an ancient mineral that's able to support sleep so well – up to 92 per cent better, as the Sensory Dimensions research team discovered – because it's required for hundreds of biochemical reactions in the body. In addition to deeper sleep, a daily application of transdermal magnesium can support mood, muscle, bone, nervous system, digestive and heart function.

Recommended Products

RELAXWELL™

This super-nutrient formula uniquely combines L-Tryptophan, L-Theanine, vitamin B6 and vitamin B3. Take two caps 30 minutes before bed.



ANCIENT MINERALS MAGNESIUM OIL ULTRA SPRAY

Ultra pure, concentrated genuine Zechstein magnesium chloride is blended with MSM, for superior absorption.



MELATONIN ZNSE

This original melatonin formula contains zinc and selenium for additional support. Produced to pharmaceutical standards, it is designed to mimic natural pineal gland behaviour.



Sources

All references can be found at www.NaturallyHealthyNews.com



BREAK THE CYCLE OF CHRONIC BACK PAIN

Pain meds are expensive, addictive and ineffective. Here are four remedies that work

Chronic back pain is frequently mistreated by doctors and has now become a global health burden. The latest research shows that even common over-the-counter pain relievers can't break the pain cycle but could make heart health worse.

ROUTINELY PRESCRIBED PAIN PILLS INCREASE HEART ATTACK RISK BY 100 PER CENT

As frightening as it can be to live with long-term back pain without a liveable medical treatment, taking over-the-counter and prescription pain medications can do more harm than good.

As a *BMJ* study conducted in 2017 on 446,723 people found, non-steroidal

anti-inflammatory drugs (NSAIDs), like ibuprofen, naproxen, celecoxib and diclofenac, prescribed by doctors in lieu of over-the-counter painkillers could raise heart attack risk by up to 100 per cent.

The international researchers who studied patient data from the UK, Canada and Finland learned that taking ibuprofen increased heart attack risk by 75 per cent while rofecoxib increased it by 100 per cent, even within the first week. Heart attack risks among patients were especially high when the medications were taken at high doses.

Researchers concluded that more investigation is needed, but the study's outcomes raised alarm bells for back pain sufferers everywhere.

FOUR DRUG-FREE BACK PAIN REMEDIES THAT PREVENT AND PROVIDE RELIEF

By avoiding ineffective and often dangerous painkillers, it's possible to prevent, manage and even end pain while improving long-term health:

1. Stop muscle pain with lower back exercises.

The 2018 Harvard Medical School report, "Back Pain: Finding solutions for your aching back" recommends a simple exercise to reduce back muscle pain flare-ups when practised daily. The exercise only takes 50 seconds. Lie on your back with knees bent and feet flat on the floor. Pull your knees to your chest and hold for five to 10 seconds before returning to the

Taking ibuprofen increased heart attack risk by 75 per cent while rofecoxib increased it by 100 per cent.

starting position. Repeat five to 10 times, several times a day. The Harvard Medical School also suggests using this daily exercise under the care of a physician.

2. Support natural healing with curcumin.

The curry spice turmeric contains curcumin, a potent antioxidant and anti-inflammatory compound that provides hope of healing. Concentrated curcumin can influence more than 700 genes in the body. Curcumin lowers pain levels by calming inflammation as it inhibits the activity and synthesis of 5-lipoxygenase (5-LOX) and cyclooxygenase-2 (COX2), as well as other inflammatory enzymes. In 2016, the American Academy of Pain Medicine concluded that curcumin can be used to safely and effectively reduce pain severity, adding to the results of a 2004 *Oncogene* study that found curcumin to be a more effective anti-inflammatory (and probable pain reliever) than the top 10 NSAIDs.

While Danish researchers warned against taking more than 1,200mg of NSAIDs a day to reduce heart attack risk, Meriva curcumin can be safely taken at just 200mg daily to decrease pain and improve motility compared to non-curcumin control groups. Meriva curcumin is a patented turmeric-phytosome that is better absorbed by the body and up to 30 times more bioavailable.

3. Safely kill pain with serrapeptase.

To address one of the most common causes of back pain – narrowing disks in the lower lumbar spine with radiating pain that reaches the leg – serrapeptase soothes, prevents and reduces on-site pain without any of the dangers of pain medicine. Serrapeptase is an anti-inflammatory like curcumin, but since it's a proteolytic enzyme derived from the intestine of the silkworm, it has a unique power to clean and clear.

Serrapeptase decreases high-level inflammation by removing non-living tissue and inflammatory debris. Taking serrapeptase several times daily can reduce symptoms of low back pain and eat away dead tissue, scar tissue and inflammation. Serrapeptase is frequently prescribed as an NSAID alternative in Europe and Asia because of its pain-blocking potential; serrapeptase inhibits the release of pain-producing amines from inflamed or injured tissues.

4. Repair damage with at-home acupuncture.

For cases ranging from mild to chronic, including scoliosis, sciatica, arthritis, fibromyalgia, herniated discs and more, tens of thousands of back pain sufferers have used electro-acupuncture to find relief. An electro-acupuncture device provides the same proven pain relief potential as traditional acupuncture but without needles. In 2017, the world's largest randomised controlled trial on acupuncture deemed this remedy to be a safe alternative to painkillers – and as effective as pain meds in providing long-term relief – in emergency medicine.

An electro-acupuncture device can be used to relieve pain at home by stimulating acupuncture points at the precise location of discomfort or injury. Fast, effective and lasting pain relief results as the body is triggered to self-heal its own injuries. Indiana University researchers in the US discovered in 2017 that electro-acupuncture targets neurological mechanisms in the body that release stem cells to repair tissue and reduce pain.

Unlike pharmaceutical drugs, using these natural back pain remedies can benefit health in more ways than one. Before taking the enzyme, a serrapeptase user who had experienced back pain for more than three decades describes her

pain escalating to the point of continuous, low-grade pain with frequent pain attacks. She said: "I started taking serrapeptase, and two months later, I was sleeping all night, every night. I have also noticed a huge improvement in my asthma. I now take a maintenance dose of two capsules per day and have recommended it to so many people."

Recommended Products

CURCUMINX4000™

Each capsule of Curcuminx4000 contains 200mg of highly effective curcumin phytosome which, in a recent published study, showed an increase in utilisation of 23 times compared to ordinary curcumin.



ANCIENT MINERALS MAGNESIUM OIL ULTRA

Ultra-pure, concentrated genuine Zechstein magnesium chloride is blended with MSM, for superior absorption.



SERRAENZYM™ 250,000IU

The world's strongest serrapeptase, delivering 250,000iu serrapeptase per cap. Available in 90 or 30 capsules (trial size) for serious health support and in a delayed-release cap for optimum performance. Phthalate-free.



HEALTHPOINT™ KIT

Electro-acupressure kit designed to help any condition that responds to micro current stimulation. Developed over 14 years by a leading pain specialist, very easy to use, safe for all the family and with full instructions and DVD to help get you started.



Sources

All references can be found at www.NaturallyHealthyNews.com

Sick of SENIOR MOMENTS?

Grow new brain cells and start thinking clearly

As the brain ages, it can shrink by as much as 14 per cent. Understanding how the brain ages – and what causes it to shrink – can help retain brain volume and prevent many of these unnecessary “senior moments”. Sufferers of depression and older adults at risk for dementia are excited to find a solution: the organic trace mineral lithium has been proven to increase grey matter and help new brain cells form. In fact, lithium has been called the “miracle mineral” because its effect on the brain is so powerful.

SIX LIFESTYLE FACTORS THAT CAN SHRINK THE BRAIN (AND UNHEALTHY AGEING IS ONE)

Up to 14 per cent brain shrinkage can happen with age, along with what many consider to be natural side effects of the brain’s ageing process, like:

- Brain fog and fatigue
- Confusion
- Difficulty thinking
- Memory loss
- Poor concentration

Mind-altering brain shrinkage can be caused by some of our daily habits and the passage of time:

1. Ageing. Without proper care, like the rest of the body, the brain does not get better with age. Most doctors consider a shrinking brain to be a fact of life associated with age and increasing risk of cognitive impairment and dementia.

A 2011 *Proceedings of the National*

Academy of Sciences study found the human brain’s ageing and shrinking process to be distinct from our similar species. While chimpanzees in the study showed no significant brain shrinkage related to age, human brains shrunk dramatically – some by up to 25 per cent at the age of 80. On average, the human frontal lobes observed in the study shrank 14 per cent from ages 30 to 80, with hippocampal grey matter shrinking roughly 13 per cent within the same span. Researchers theorise that the larger human brains use more daily energy, indicating a much greater need for preventative care to stop age-related shrinking.

2. Back pain. As Northwestern University researchers in the US discovered in 2004, the effects of chronic back pain can be widespread. Leading to up to 11 per cent brain shrinkage, researchers estimated that 1.3 cubic centimetres of grey matter could be lost for every year spent in chronic pain.

3. B12 deficiency. Low levels of vitamin B12 have been associated with lower brain volumes and difficulty thinking in older people, Rush University Medical Center researchers in the US concluded in 2011. Researchers noted that a lack of vitamin B12 may be a risk factor for brain atrophy and could contribute to cognitive decline.

4. Depression and stress. Both major depression and chronic stress can reduce brain volume, further impairing emotional and cognitive function. A 2016 *Molecular Psychiatry* study found that recurring depression shrinks the hippocampus, the area of the brain that forms our memories,



and can impact emotions and behaviour.

5. Drinking alcohol. Drinking alcohol impacts brain function, and a 2017 *BMJ* study found that its effects may extend to moderate drinkers. University of Oxford researchers in the UK learned when examining the data of 424 men and 103 women taken over 30 years that drinking four or more alcoholic beverages a day brought with it an almost six times higher risk of hippocampal shrinkage. Moderate drinkers who consumed as little as two drinks a day had three times the risk of brain shrinkage.

6. Poor diet. Our brains are nourished by what we eat, with potential shrinkage associated with a lack of essential nutrients. Encouragingly, American Academy of Neurology researchers discovered in



Lithium can grow grey matter and help to maintain mental function. It can also produce brand new cells in the brain.

2018 that avoiding a processed food diet and eating fruit, vegetables, nuts and fish instead could prevent brain shrinkage and lead to bigger brain volume. For older adults especially, making this diet change is critical, researchers said. Larger brain volume supports better cognitive ability and improving diet could help to maintain clarity in older populations.

IS BRAIN SHRINKAGE INEVITABLE? CORRECT LOW LITHIUM AND GROW GREY MATTER

Doctors may provide little hope when assessing symptoms of a shrinking brain, but the mineral lithium addresses the

problem directly. When one or more of the lifestyle factors above, including age, has caused the brain to shrink, lithium can grow grey matter and help to maintain mental function. It can also produce brand new cells in the brain.

Not to be confused with the pharmaceutical medication, though it can provide similar benefits, we find the natural mineral lithium in vegetables, kelp, pistachios, grains, fish and meat. Lithium can also be found in water and soil and in the body, where it functions as an essential nutrient to support sodium and B12 transport, serotonin transmission and immune system function.

Cosmologists believe lithium was among the first three original elements present nearly 14 billion years ago when the universe was formed, along with helium and hydrogen.

Daily lithium at any age can balance mood and renew brain function. Taking lithium as a critical supporter of the ageing process may virtually erase the possibility of losing cognitive function. Lithium generates grey matter, grows new brain cells, prevents neuronal damage, regulates abnormal brain activity, and has even increased lifespan in fruit flies by as much as 16 per cent. Lithium in drinking water has been shown to slow down death rates caused by Alzheimer's disease – with the likelihood of much more protection and prevention when taking a daily supplement.

Recommended Products

LITHIUM BALANCE™

The trace mineral organic lithium, paired with organic orotate, creates a safe potential mood stabiliser and possible healthy alternative to anti-depressants, which many professionals have used naturally for many years.



B4HEALTH SUBLINGUAL SPRAY

The best way to get all your daily B vitamins in one. This unique spray delivers B1, B2, B3, B6 and B12 in just six sprays daily. Also contains vitamin C, D, E and selenium.



Sources

All references can be found at www.NaturallyHealthyNews.com

Focus on saving eyesight

Restore vision lost to AMD, retinopathy, glaucoma, cataracts and more

When it comes to vision, so many of us are born at a disadvantage. Mothers who eat sugary foods and starchy carbohydrates during pregnancy give birth to short-sighted children. Common lifestyle conditions that affect millions of people only add to the burden on our delicate sight organs.

But as Tufts University researchers in the US learned in 2017, age-related macular degeneration (AMD) can be arrested by cutting out starchy carbohydrates and eating an anti-inflammatory, low-glycaemic

diet instead. American researchers also discovered the same year that stress levels can contribute to AMD – and reducing stress may help to stop inflammation and disease progression.

AMD is a major contributor to our rise in Western blindness. Diabetic retinopathy, the most common type of diabetic eye disease affecting up to 50 per cent of diabetic patients, is another one of the primary causes of blindness in Western countries. Sufferers of sleep apnoea and type 2 diabetes could expect to lose eyesight from diabetic retinopathy within just four years.

Researchers have begun to investigate

stem cell patches to repair damage done to the macula that can destroy central vision in cases of AMD. But until medical treatment catches up with nutritional science, those experiencing sight loss continue to look for natural solutions.

Preventing and managing eye disease, including AMD, diabetic retinopathy and many more, is not only possible, but it can be easy when following a nutritional eye health plan. Supplying the eyes with the nutrients they're missing can reverse damage and may restore sight completely. Ninety per cent of people have reversed blindness caused by AMD or retinopathy and have regained their eyesight within 30

As Tufts University researchers in the US learned in 2017, age-related macular degeneration (AMD) can be arrested by cutting out starchy carbohydrates and eating an anti-inflammatory, low-glycaemic diet instead.

and provides detail and colour.

3. AMD may start in one eye but is soon likely to affect the other.

4. While there are other contributing factors, AMD is mainly caused by free radical damage from sunlight, toxins, processed foods and a diet deficient in nutrients.

5. Two nutrients are essential to protect the macula from AMD: the potent carotenoid antioxidants lutein and zeaxanthin found missing from the eyes of AMD sufferers.

While most doctors are baffled by these conditions, nutritional science suggests some of the most common causes of AMD and other eye diseases are:

- A poor diet, high in sugary foods and starchy carbohydrates and low in leafy, green vegetables and healthy fats. University of Liverpool researchers discovered in 2009 that the UK's leading cause of blindness – AMD – could be reduced by up to 20 per cent simply by increasing vegetable, fruit and nut consumption.
- Lack of essential nutrients caused by a nutrient-poor modern diet due to factory processing, over-farming and natural soil erosion.
- Food intolerances that lead to poor nutrient absorption in the gut.
- Genetic predisposition that causes low nutrient absorption, potentially related to the genetic effects of a poor diet.
- Smoking and toxin overload, related to alcohol, drugs, environmental chemicals and unhealthy fats in processed foods.
- Other health conditions that can lead to eye disease and can benefit from diet

and lifestyle changes, i.e., diabetes or atherosclerosis.

- Gender.
- Iris colour.

Some of the earliest symptoms of AMD that indicate the need for a lifestyle change include:

- Blurred vision at close range.
- Straight lines appearing wavy, like a rectangular doorway looking like a figure of eight.
- Degraded straight vision when looking at print or faces.
- A black hole, often starting grey and turning darker and forming in central vision.
- Light sensitivity and poor night vision.
- Slower visual adaptation from light to dark.
- Ultimately, narrowed peripheral vision.

TWO SUPER-STAR EYE NUTRIENTS THAT SHARPEN VISION – AND WHERE TO FIND THEM

Lutein and zeaxanthin are the top two nutrients considered most critical for eye health. While lutein and zeaxanthin aren't produced by the body and must be obtained from diet or supplements, both carotenoids can be found in most fruits and vegetables. Some vegetables contain large quantities of lutein and zeaxanthin and, when eaten daily, play an important role in maintaining eye health.

Remember:

- Lutein and zeaxanthin are the only carotenoid pigments (responsible for giving fruits and vegetables their yellow and red colours) that can be found in the macula of the eye.
- Lutein also functions as an antioxidant

days of using this 10-step nutritional plan.

FIVE FAST FACTS ABOUT AMD

AMD can start to affect sight with age. Here's what to remember about this degenerative condition:

1. AMD is the leading cause of vision loss for adults in their fifties and older but can occur as young as the age of 20. AMD is also frequently underdiagnosed, University of Alabama at Birmingham researchers in the US reported in 2017.

2. AMD compromises the macula, a small area of the eye that controls central vision

that protects the eyes from sun damage.

- Working together, lutein and zeaxanthin are believed to act as a natural blue light filter to shield the retina from its toxic effects.
- Those who eat the most lutein- and zeaxanthin-rich foods may be 22 per cent less likely to develop cataracts.

Researchers have found lutein's impact on eye health to be nothing short of amazing, but the nutrient does more than protect the eyes. Lutein also guards the body against:

- Cancer, including lung, breast, cervical and colon cancer
- Cognitive decline
- Heart disease
- Learning difficulties and delayed development in children
- Lung dysfunction
- LDL cholesterol
- Metabolic syndrome
- Slowed brain development in infants
- Stroke
- Unhealthy ageing

TRY THE 10-STEP EYE HEALTH PLAN WITH A 90 PER CENT SUCCESS RATE

The full 10-step plan offers helpful guidance to make the critical lifestyle changes that have provided remarkable results in up to 90 percent of users:

Preventing and managing eye disease, including AMD, diabetic retinopathy and many more, is not only possible, but it can be easy when following a nutritional eye health plan.



1. Take a sublingual lutein supplement with other essential eye health nutrients.

Taking tablets of lutein and zeaxanthin, the daily nutrients required to nourish the eyes, is simple, but it isn't effective. Most of these nutrients are lost in the digestive system when taken in tablet form and will never be transported to the eye. Digestive nutrient loss is especially common for adults over 50. Taking lutein and zeaxanthin as a sublingual liquid, sprayed and absorbed under the tongue, can deliver 900 per cent more of these active nutrients.

- **Supplement two sprays of sublingual lutein and zeaxanthin, three times a day, until vision improves and then lower the dose for maintenance.** A sublingual spray specially formulated with antioxidants can better protect the integrity and function of blood vessels in the eyes. A spray that includes essential antioxidants like vitamin C, vitamin E, vitamin A, grapeseed

extract, bilberry, zinc and selenium can be particularly beneficial for sufferers of wet AMD. FloraGLO® lutein is the most clinically researched form of the carotenoid, and along with OPTISHARP® zeaxanthin, can reduce the progression of advanced AMD by up to 26 per cent, based on a subgroup analysis of 1,055 participants who supplemented daily.

- **Supplement two sprays of sublingual taurine, three times a day.** Like lutein, the amino acid taurine is much better absorbed sublingually than in capsules. Taurine works with lutein to reduce oxidative UV damage to the eyes, while helping the body to flush waste products that accumulate in the retina.
- **Supplement essential fatty acids high in DHA and EPA.** High levels of fatty acids help to nourish the eyes and aid in repair by improving circulation, blood vessel integrity and cell membrane flexibility and permeability, as well as brain function. Superba™ krill contains the highly absorbable phospholipid omega-3s EPA and DHA, considered more effective than triglyceride omega-3s as fewer phospholipid omega-3s are needed to reach equal levels of bioavailability.

Those who eat the most lutein- and zeaxanthin-rich foods may be 22 per cent less likely to develop cataracts

2. Use a microcurrent stimulator.

A simple and painless at-home acupuncture device can be used to stimulate acupoints surrounding the eye without needles. Daily electrical current stimulation in this area may increase ATP cell production in the eye by up to 500 per cent, helping to repair and regenerate.

3. Drink more water.

Dehydration is a main contributor to poor health and drinking 12 glasses of RO or distilled water a day is recommended.

4. Eat really healthy foods.

Cutting out processed foods, sugary treats and starchy carbohydrates helps to balance glucose levels, while reducing the free radical damage and chronic inflammation that deteriorate the eyes.

Instead, eat eight to 10 servings of vegetables a day; three servings of beans, nuts and seeds a day; and three servings of fruit a day, along with four to five servings of fish a week.

5. Increase oxygen into and circulating through the body.

Daily aerobic exercise is critical to improve circulation in the body and ensure the steady supply of nutrients to the eyes. Walking three to five miles a day at a brisk pace is recommended, dependent on activity level.

6. Take digestive enzymes and probiotics.

Getting the gut healthy by increasing its "good" bacteria helps eye health nutrients to be better absorbed and delivered. Ageing digestive systems especially need extra support from daily digestive enzymes and soil-based probiotics.

7. Cleanse and heal the digestive tract.

Cleansing with herbs and oxygenated aloe vera can support a healthy, well-functioning digestive system.

8. Consider homeopathic remedies.

Homeopathic remedies have been used successfully for more than 100 years to alleviate specific eye health conditions. Consult with a registered homeopath for treatment.

9. Use the serrapeptase enzyme to clear arteries, as needed.

Blocked arteries are one of the many factors that can cause eyesight to weaken. Taking the proteolytic enzyme serrapeptase can help to dissolve dead, non-living tissue and has been known to clear blockages from arteries. Healthy arteries bring a healthy blood supply to the eyes for daily growth, repair and nourishment.

10. Stay committed to a lifetime of good health.

A commitment to lifelong good health may be enough to stop sight loss and start its reversal. Putting these 10 steps into action can strengthen vision over the long-term, with some results appearing quickly. "One of my mother's eyes has improved substantially, although the other is still blind. She feels much better now; she can see there is a solution for her eyes," Mrs Williams said.

With the potential for up to a 90 per cent improvement, the worst possible outcome of using this plan may be stopping more sight loss from occurring. In a UK telephone survey conducted on 600 people who used sublingual lutein and microcurrent stimulation, 37 per cent reported that, although they couldn't detect any improvements, their eyesight hadn't got any worse since starting the plan. Sixty-two per cent of people said that supplementing lutein and using microcurrent stimulation brought about "definite to good" eyesight improvements. Ninety per cent of the people who had

gone blind from diabetic retinopathy or macular degeneration restored their eyesight within 30 days.

Recommended Products

TAURINE SPRAY

The best way to boost taurine levels. Each serving delivers 50mg L-aurine, which is the tablet equivalent of 500mg! Approximately 60 servings per bottle.



MAXIFOCUS™

A unique, powerful formula that blends 24 important nutrients, including lutein, zeaxanthin and riboflavin, which contributes to the maintenance of normal vision.



HEALTHPOINT™ KIT

Electro-acupressure kit designed to help any condition that responds to micro current stimulation. Developed over 14 years by a leading pain specialist, very easy to use, safe for all the family and with full instructions and DVD to help get you started.



THE KRILL MIRACLE™

Super rich source of omega-3, 6 and 9, made using Superba™ Krill Oil, delivering 1,000mg per serving. Also contains astaxanthin. Contributes to normal maintenance of the heart, brain and vision.



Sources

All references can be found at www.NaturallyHealthyNews.com



Love your Heart & Circulation?

Love Blockbuster AllClear™

Is this the world's most powerful enzyme formula?

Blockbuster AllClear™ is a unique combination of x16 special ingredients, created by Robert Redfern and brought to you by Good Health Naturally.

This super formula carefully blends together enzymes, antioxidants and proanthocyanidins into one delayed release capsule, for optimum performance.

Along with 80,000IUs of The 'Miracle' Enzyme, Serrapeptase, each serving (x2 caps) also delivers Nattokinase, Protease, Lipase, Amylase, Cellulase, Lactase, Acerola Extract, Amla Extract, Olive Leaf, Trace Minerals, Bacillus Coagulans, Protease S, Grapeseed Extract, Policosanol & Pycnogenol.

Nowhere else in the world can you find all of these in one!



Love your Heart & Circulation? Love Blockbuster AllClear™

Really healthy recipes

Fuel your day the right way with these deliciously healthy lunch recipes

GREEN PEA FRITTERS

Green peas are full of minerals like magnesium, potassium and calcium that can have a positive effect on heart health.

Serves: 10

Prep time: 30 minutes

Cook time: 15-18 minutes

Ingredients

For the fritters

2 cups frozen peas

1 tbsp olive oil

1 large white onion, diced

3 garlic cloves, minced

140g/1½ cups besan flour (or chickpea flour)

1 tbsp bicarbonate soda

A pinch of sea salt

2 tbsp mixed fresh herbs or dried herbs

For the herby yoghurt dipping sauce

1 cup soy yogurt



Mixed fresh or dried herbs, finely chopped
Juice from 1 lemon

Instructions

1. Preheat the oven to 180°C/350°F and line a baking tray with greaseproof paper.
2. Add the peas to a medium saucepan, cover with water and boil according to the packet instructions. Drain well.
3. Heat the olive oil in a frying pan and

sauté the onion and garlic for a few minutes, until softened.

4. Add the peas, onions and garlic to a food processor. Pulse until it becomes a thick paste. Alternatively, use a masher to mix it by hand.
5. Stir in the chickpea flour, bicarbonate of soda, sea salt and herbs.
6. The mixture can be quite sticky, so wet hands to shape into patties. Scoop 1 tablespoon of the mixture, roll into a ball, and press down slightly to create a patty shape on the baking sheet.
7. Brush the fritters with olive oil. Bake for 15 to 18 minutes until golden brown, flipping over halfway.
8. Eat the fritters immediately. Keep in the refrigerator for up to three days. Or, freeze the fritters and reheat from frozen.
9. To make the herby yoghurt dipping sauce, simply mix all the ingredients together and serve in a small dish, along with the fritters.

MEDITERRANEAN LOW-CARB BROCCOLI SALAD

A colourful way to get more fresh vegetables into a lunchtime salad. Broccoli is an excellent source of folate, fibre and vitamins C and K that can support the body's healing process.

Serves: 8

Prep time: 25 minutes

Recipe credit: FoodFaithFitness.com

Ingredients

For the salad

5 cups (380g) broccoli, cut into small florets

½ cup artichoke hearts marinated in olive oil, sliced

½ cup (75g) sun-dried tomatoes in olive oil, oil squeezed out and roughly chopped

½ cup pitted kalamata olives, halved

⅓ cup red onion, diced

¼ cup roasted salted sunflower seeds

For the dressing

2 cups plain, non-fat Greek yogurt

Zest of 1 large lemon

1¾ tsp dried oregano

1½ tsp fresh garlic, minced

1½ tsp dried ground basil

1½ tsp dried ground thyme

1 tsp sea salt

Black pepper

2 tbsp oil from the jar of sun-dried tomatoes

Instructions

1. In a large bowl, mix together all of the salad ingredients.



2. In a medium bowl, stir all of the dressing ingredients.
3. Pour the dressing over the broccoli. Stir to coat well. Cover and refrigerate for at least 2 hours. Leave overnight so the broccoli can absorb the dressing and develop flavour.



Robert's Rant

Debunking fake news: climate change is caused by a shortage of trees

I feel so strongly about climate change (what used to be called global warming), and I'm not the only one. Scientists have got things wrong, and already millions are dying worldwide. Even in the so-called rainy UK, thousands are forecast to die from heat-related health problems.

MILLIONAIRE PLANTS THE MILLIONTH TREE OF HIS REFORESTATION PROJECT

In 2013, Felix Dennis, poet, publisher, entrepreneur and millionaire, planted England's millionth tree. As he faced his own mortality after a diagnosis of throat cancer, Dennis set his sights on

the prime cause of climate change, and although this is a factor, it is minor.

Focusing on this only distracts people from the real reason for today's environmental downslide:

- Too many herbivores (cows, sheep and goats), along with too much cereal and grain-growing, is resulting in fewer trees.

This is not just my theory. Scientists who look back at thousands of years of history are clear that as soon as humans start to cut down all the trees for farming – climate change follows. The rain gets less and less, and as the clouds disappear, heat rises and devastation occurs.

Yes, we waste water, but farming cows and sheep is the driving force behind our ongoing water shortage.

bringing awareness to his long-term goal of ensuring the survival of our planet: reforesting England. To commemorate the planting of the millionth tree in England, an oak sapling, Dennis read a particularly poignant line from one of his poems aloud to the crowd in attendance, "Whosoever plants a tree/Winks at immortality."

At the time of the planting, Dennis had achieved 10 per cent of his environmental project, aiming to reforest 25,000 woodland acres in England with 10 million native broad-leaved trees. Through action, Dennis proved a powerful point about what we know – or think we know – about sustaining our environment. Scientists make out that the use of carbon fuels is

We can clearly see how it works in the Mediterranean region and in the Middle East. All the lands there, including Saudi Arabia, were lush forests around 10 to 20,000 years ago, but cutting trees down for farming of animals, grains and cereals has resulted in the current destruction. Just 100 years ago, the area was mainly uninhabitable and consisted of primarily wandering tribes ... except for around rivers and the other regions where water was available.

NOTHING WASTES WATER AS MUCH AS FARMING COWS AND SHEEP

It doesn't even require humans for this to

happen. As when there are large numbers of wild herbivores, such as bison in the USA and kangaroos in Australia, this can stop trees growing after natural forest fires. The grass grows, the herbivores expand and the trees shrink back.

Grass fires sparked by storms take out more trees, but the herbivores run to safety and eat the new growth of trees and the grass. Then the rains slowly stop, except for the occasional storm, which washes the topsoil away.

The soil is created by rotting deciduous leaves, taking hundreds of years of leaf cycles. In many parts of the UK, the earth was 30 feet deep (9 meters) because of the rainy climate. That soil depth took a few thousand years, but even in the UK, trees have been cut down at an alarming rate. Hence, the importance of Dennis' 10-million tree reforestation project. Even as I write this, the radio is talking about heat waves, people dying, fires and water use restrictions.

It could be said that cows are the most dangerous animals on the planet. Yes, we waste water, but farming cows and sheep is the driving force behind our ongoing water shortage.

As Lord Stern, a former chief economist of the World Bank, pleaded at the Climate Change Conference in Copenhagen in December 2009, we must increase (tax) the price of meat and other foods that contribute to climate change to most effectively conserve our water.

"Meat is a wasteful use of water and creates a lot of greenhouse gases. It



Scientists who look back at thousands of years of history are clear that as soon as humans start to cut down all the trees for farming – climate change follows.

puts enormous pressure on the world's resources. A vegetarian diet is better," said Lord Stern, in his interview with *The Times* in 2009. And yet, nothing has happened as a result of his pleas.

ARE COWS AND SHEEP DANGEROUS? 10 WAYS LIVESTOCK CHANGE OUR CLIMATE

Who – or what – is to blame for climate change? Farming of animals consumes 30 per cent of all our precious fossil fuels and affects the environment in at least 10 different ways:

1. Livestock produce more polluting greenhouse gases than all the cars, trucks and aircraft in the world.

Livestock are responsible for 18 per cent of greenhouse-gas emissions as measured by nine per cent of all CO₂ emissions, 37 per cent of methane and 65 per cent of nitrous oxide. Altogether, that's more than the emissions caused by transportation. The July 2005 issue of *Physics World* states: "The animals we eat emit 21 per cent of all the CO₂ that can be attributed to human activity." Trees consume CO₂ and give us back our oxygen.

2. This animal waste is polluting rivers and seas, killing fish and other sea life, and creating "Wet-Deserts™" – 21,000 square miles of the Gulf of Mexico (larger than the BP spill) is dead from farm run-off.

In 1995, a New River hog waste spill in North Carolina poured 25 million gallons of excrement and urine into the water, killing an estimated 10 to 14 million fish and closing 364,000 acres of coastal shell-fishing beds. Hog waste spills have caused the rapid spread of a virulent microbe called *Pfiesteria piscicida*, which has killed a billion fish in North Carolina alone. (This is not taking into account over-fishing by factory ships too.)

Continued on page 86.

An alternative to surgery?

World's top cause of blindness responds to treatment – and it's not surgery

Scientists have learned within the last decade that a new treatment may reverse the leading cause of global blindness. N-acetylcarnosine (NAC) is an active nutrient that fights lipid peroxidation in the lens of the eye and can be used to prevent or repair cataracts, offering an alternative to the only current cataract intervention of surgery.

NAC RECOVERS AGEING VISION, INCREASING CLARITY, SENSITIVITY AND SIGHT

A dipeptide found in the body's nerve and muscle cells and made up of amino acids and acetyl compounds, N-acetylcarnosine functions as a powerful antioxidant when

Using daily eye drops to elevate levels of protective antioxidants in the ageing eye may soon become the prescribed treatment for cataracts.

used in eye drops to treat ageing eyes. A 2009 *Clinical Interventions in Aging* study showed that using Can-C containing 1 per cent N-acetylcarnosine (NAC) can restore vision compromised by cataracts, while also improving clarity, colour perception and glare sensitivity.

NAC drops proved to be both highly effective and well-tolerated to prevent and treat visual impairments, including blindness, among the older population. After nine months of using NAC drops, 75

subsample group participants with age-related cataracts saw either partial or full glare improvements. The patients whose vision had deteriorated the most gained just as much sight after the nine-month treatment as those with minimal cataract symptoms.

By penetrating the cornea of the eye near the cataract site, N-acetylcarnosine drops are quickly absorbed into the eye and metabolised into L-carnosine. L-carnosine is a naturally occurring amino



L-carnosine is a naturally occurring amino acid compound and endogenous dipeptide considered by many nutritional researchers to be a potent "anti-ageing" molecule.

used in Europe for this purpose, could be a safe and welcome alternative to cataract surgery.

FASTER NUTRIENT DELIVERY DEPENDS ON FORMULA

Can-C eye drops with 1 per cent N-acetylcarnosine (NAC) can be used daily to halt lens hardening and discoloration caused by cross-linking, or glycosylation, of lens proteins over time. NAC increases glutathione production – one of the most studied and most powerful antioxidants in the body. Taking oral glutathione as a spray can enhance NAC's anti-ageing effects on the eye by rapidly raising intracellular glutathione by more than 10 per cent in just seven hours.

N-acetylcarnosine and glutathione have been successfully used together to improve vision in up to 80 per cent of cases of canine cataracts. Vitamin C, taken as a liposomal liquid to reach the bloodstream quicker than even high-concentration capsules, may also help to prevent the progression of cataracts where genetic and environmental factors heighten risk with age. The latest research even suggests that coupling these daily nutrients with the ketogenic diet could make vision stronger. A 2018 *Journal of Neuroscience* study found that eating a high-fat, low-carbohydrate diet could increase the body's energy availability to protect retinal cells in glaucoma sufferers from degeneration.

Using daily eye drops to elevate levels of protective antioxidants in the ageing eye may soon become the prescribed treatment for cataracts and degenerative eye disorders. A potential natural cure like N-acetylcysteine could help to eliminate

the multibillion-dollar annual burden of cataract surgery, providing significant improvements without making vision worse. Taking NAC drops twice daily, as Russian scientists discovered in a 2001 randomised, double-blind trial conducted on 49 elderly participants, brought up to 100 per cent better visual acuity as sight in the untreated control group continued to deteriorate.

Recommended Products

CURECT™ LIPOSOMAL VITAMIN C
1,000mg of high-quality liposomal vitamin C, plus 400mg PC per serving. The product is gluten-free, non-GMO and non-soy.



ADVANCED CELLULAR GLUTATHIONE® EXTRA STRENGTH

Advanced Cellular Glutathione® is achieved by atomised spray delivery, submucosal absorption and the instant bioavailability of key molecules at the cellular levels.



CAN-C NAC DROPS

Contains N-acetylcarnosine (NAC) drops which can lubricate the eyes and have traditionally been used as a protection protocol against cataract development.



acid compound and endogenous dipeptide considered by many nutritional researchers to be a potent "anti-ageing" molecule.

L-carnosine is also considered one of the most effective nutritional compounds used to prevent and treat cataracts because of its ability to inhibit glycation. By working as an antioxidant to stop advanced-glycation end products (AGEs) from forming in the eyes, L-carnosine interrupts one of the most damaging parts of the ageing process – cataract formation resulting in sight loss. L-carnosine can accelerate healing in the eyes and eliminate existing cataracts, according to some clinical trials.

Research now indicates that N-acetylcarnosine eye drops, frequently

Sources

All references can be found at www.NaturallyHealthyNews.com



To jab or not to jab

What parents don't know about vaccines can hurt healthy children

Though the National Childhood Vaccine Injury Act (NCVIA) was established in the US in 1988, the World Mercury Project confirms that the cost of vaccines to parents adds up to billions. Vaccine makers are backed by governments in court, and cases can take years to resolve, if ever. The consumer cost of vaccine injury pay-out is currently estimated at \$3.8 billion (£2.9 billion) while vaccine manufacturers profit.

The World Mercury Project continues to raise awareness in the form of parent and doctor education by:

- Increasing public knowledge of the dangers and common sources of mercury.
- Pushing to remove mercury from all industrial and consumer products.
- Exposing the corporate and government corruption that keeps mercury in our environment, medical products and vaccines.

PARENTS WHO LOST A CHILD TO VACCINES ADVOCATE FOR SAFER ALTERNATIVES

Up to 17 per cent of influenza B vaccine recipients have experienced serious side effects, including death, starting as young as six months old, a *Journal of Pediatrics* study found in 2015. Sudden infant death was believed to be the cause of death in 51 per cent of the 749 reported deaths out of 29,747 users.

In 1999, John Barthelow Classen, President of Classen Immunotherapies, and Dr David Classen, an infectious disease physician at Utah's LDS Hospital in the

US, stated that parents should be aware of the “long-term adverse effects” of vaccines on children. The Classens added that immunising at the age of two months can increase the risk of diabetes. Vaccines have also been linked to anaphylactic reactions in the presence of food allergies, autoimmune disorders, eczema, kidney failure and paralysis among adults and children.

Parents who haven't experienced vaccine-related injury or death first-hand often continue to vaccinate under the assumption that the benefits outweigh the risks. Parents who have lost a child or who have watched disease or disability develop as the result of practising a prescribed immunisation schedule push for safer formulations and alternative treatments.

LIFE-SAVING OR LIFE-ALTERING? BOOST IMMUNITY BEFORE CONSIDERING VACCINES

On the posters touting the flu vaccine's usefulness, vaccine-conscious parents may notice important information missing. Seldom is it advertised that flu vaccines do not prevent but can actually cause symptoms of the virus they claim to remedy. Hospitals continue to receive an influx of flu patients each season, with vulnerable groups like pregnant women falling in a high-risk flu death category depending on the strain. Perhaps it's because children and adults who received the flu vaccine are actually at a higher risk of getting the flu virus. Pregnant women who have been given the flu shot for two consecutive years may also have up to eight times greater risk of miscarriage, a 2017 *Vaccine* study found.

Strong immunity is the only defence to prevent injury or death and also improve outcomes for those who vaccinate. Parents

Up to 17 per cent of influenza B vaccine recipients have experienced serious side effects, including death, starting as young as six months old, a Journal of Pediatrics study found in 2015.

can help keep kids healthy and disease-free in all seasons by:

1. Eating anti-inflammatory foods.

The deciding factor between a healthy and unhealthy body comes down to the foods we eat. Processed foods, starchy carbohydrates and sugary foods and beverages burden immunity, while anti-inflammatory foods like vegetables, low-sugar fruits, lean proteins and healthy fats and carbohydrate alternatives make the immune system stronger. Australian researchers discovered in 2018 that eating this type of high-fibre diet can boost antiviral immunity to protect against the flu.

2. Increasing levels of vitamin C. Eating really healthy foods also bolsters the immune system by upping vitamin C in the diet. Immune-boosting food sources of vitamin C include oranges, broccoli, kale, red peppers and grapefruit. Adding in a daily supplement can make the immune system even stronger. Vitamin C taken with vitamin D3, EpiCor®, and eXselen™ selenium is a potent pro-immunity combination. The Vitamin D Council reported that a 2018 open-label trial published in the *Pediatric Infectious Disease Journal* found a higher dose of daily vitamin D to be more effective than a low dose in supporting flu recovery in infants. The powerful antioxidant and yeast fermentate EpiCor is supported by eight human clinical trials and can reduce flu shot symptoms, while the essential trace mineral and antioxidant eXselen™ contains concentrated, bioavailable organic

selenium backed by more than 15 years of research and 70 years of proprietary technology.

3. Growing immunity in the gut. The gut's innate immune system is truly the body's first line of defence as food, toxins and foreign invaders enter our system. Infants and children can take a daily soil-based probiotic capsule, opened and mixed in with food, to restore good gut flora, regulate digestion and repair weakened immunity. Soil-based probiotics, or SBOs, are those plentiful, beneficial bugs that are missing from our sterilised, over-processed diets. Inoculating the gut with a Bio-Identical PrescriptBiotics™ can reset the gut's immunity while providing 22 proven benefits that include better bacterial resistance, nutrient absorption, gut metabolism and gut pathway signalling.

When faced with the alarming news that up to 50 per cent of all children under the age of five who die from the flu were previously considered healthy, it's comforting to know the proactive steps we can take. The healthy children who died from the flu still experienced fatal levels of immune-mounted inflammation, the Children's Hospital of Chicago researchers in the US learned in 2018. Daily protection is the best chance we have of keeping our kids safe from outside dangers by equipping their internal defence.

Sources

All references can be found at
www.NaturallyHealthyNews.com



MAGNESIUM HEAD TO TOE

One marvellous mineral has seven (or more) full-body benefits

There's a critical mineral that supports over 300 different biochemical reactions in the body, and half of us aren't getting enough of it. With magnesium now depleted from our food supply, we need to find large, absorbable amounts of this mineral each day to function.

SEVEN SURPRISING "SIDE EFFECTS" OF TAKING A DAILY MAGNESIUM SUPPLEMENT

Increasing daily magnesium can improve health in at least seven different ways, among dozens of other research-backed benefits:

1. Amplifying vitamin D.

According to a 2018 review published in *The Journal of the American Osteopathic Association*, a daily dose of the "sunshine

vitamin" may be entirely ineffective without magnesium's help.

Magnesium activates the hundreds of enzymes needed to support vitamin D metabolism, American researchers said. A potentially dangerous vitamin D deficiency can't be corrected to reduce the risk of bone fractures, migraines, autism, fatigue, depression, muscle pain and more if the body is also low on magnesium.

2. Balancing blood pressure.

Reducing stress levels is important to keep blood pressure in check, but it's the multifaceted mineral magnesium that helps relax our blood vessel walls. Without this critical "release" function, it's difficult to keep blood pressure stable. Increasing magnesium levels could cut heart disease risk by up to 30 per cent, Harvard School of Public Health researchers noted in a meta-analysis in 2013. Further supporting heart

health, magnesium also increases our HDL or "good" cholesterol levels.

3. Detoxing heavy metals.

Magnesium's role in facilitating hundreds of biochemical reactions in the body helps produce our cellular fuel, ATP. By supporting the body's natural detoxification process, magnesium makes healthy cells more energetic and efficient. Ancient holistic therapies have long used this mineral to cleanse the body of heavy metal pollutants, including lead, mercury, cadmium, aluminium, nickel and beryllium. When the body gets enough magnesium each day, it's better able to create the energy needed to pump high levels of calcium from the cells to maintain a balanced magnesium-to-calcium ratio. Reducing excess calcium keeps cell membranes permeable so healthy cells can continue to transport nutrients and

Increasing magnesium levels could cut heart disease risk by up to 30 per cent, Harvard School of Public Health researchers noted in a meta-analysis in 2013.

flush out harmful levels of toxic waste.

"Research indicates that ample magnesium will protect brain cells from the damaging effects of aluminium, beryllium, cadmium, lead, mercury and nickel," wrote Dr Carolyn Dean in her book *The Magnesium Miracle*. "We also know that low levels of brain magnesium contribute to the deposition of heavy metals in the brain that heralds Parkinson's and Alzheimer's."

4. Lowering death risk.

Magnesium controls processes in the body like muscle and nerve function, heart health, blood sugar regulation and bone density, among many others. Low magnesium levels can compromise the body's defence, and magnesium deficiency can directly increase the risk of death by disease. Low magnesium can lead to a two times higher risk of death by heart disease and a seven times higher risk of death from all causes, a 2011 *Atherosclerosis* study confirmed.

5. Preventing cerebral palsy in pre-term babies.

Children and adults of all ages need absorbable magnesium each day to maintain their health, making it especially alarming that an estimated 50 per cent of the population is deficient. As an *Implementation Science* study proved in 2018, even the most vulnerable among us, pre-term infants, can be protected by magnesium. When magnesium sulphate was administered to pregnant mothers experiencing pre-term labour, it helped to reduce the risk of cerebral palsy in pre-term infants. Magnesium, the researchers found, provided neuroprotective benefits without risk to mother or baby. Routinely using magnesium during all deliveries

may also reduce the risk of maternal fever and minimise newborn complications, including breathing difficulties, seizure, low muscle tone and cerebral palsy.

6. Reducing chronic pain.

Magnesium strengthens our immune response, making us better equipped to calm disease-causing inflammation. Chronic inflammation can lead to conditions like diabetes, arthritis and heart disease. It can also cause mild to severe chronic pain. Taking a soak in a magnesium bath or applying a transdermal magnesium lotion is often enough to quiet minor aches and pains, cramping, strained muscles and swelling. For more serious chronic pain conditions, like fibromyalgia, magnesium may help to improve tenderness and pain. Patients with neuropathic chronic low back pain in a 2013 *Anaesthesia* study also saw improvements in spine mobility with reductions in pain intensity when taking magnesium for just six weeks.

7. Relieving depression better than antidepressants.

Magnesium's effect on depression and its ability to reverse symptoms safely and easily is powerful enough that Larner College of Medicine at the University of Vermont researchers in the US called the mineral "astounding". In 2017, the researchers concluded that taking a magnesium supplement is a "safe, fast, and inexpensive approach" to controlling depression compared to often ineffective and costly pharmaceuticals.

MORE MAGNESIUM, MORE HEALTH BENEFITS

Drugstore magnesium powders and tablets are easy to find, but while convenient,

our guts struggle to absorb them.

Magnesium is most rapidly and effectively absorbed through the skin, transdermally, significantly increasing its uptake and health-protective abilities. Ultra-pure transdermal magnesium formulated with the organosulphur compound and healthy bone-building-block MSM becomes even more powerful, with the added benefits of reducing pain, improving healing, calming stress and increasing energy.

Health benefits are likely to increase as magnesium blood levels increase, Chinese researchers learned when examining colorectal cancer rates in 2012. Those who had the highest magnesium intake had an 11 per cent reduced risk of colorectal cancer. Cancer risk also dropped by 7 per cent for each 50mg magnesium increase.

Recommended Products

ANCIENT MINERALS MAGNESIUM OIL ULTRA

The Ancient Minerals Magnesium formula incorporates the unique synergistic benefits of OptiMSM® and magnesium in an easy-to-use and convenient spray.



NATURAL ZECHSTEIN MAGNESIUM BATH FLAKES

Soaking in a bath of premium magnesium chloride drawn from the Ancient Zechstein seabed can naturally boost magnesium levels and alleviate a number of related symptoms and health issues.



ANCIENT MINERALS MAGNESIUM LOTION ULTRA

Ultra pure, concentrated genuine Zechstein magnesium chloride is blended with MSM, for superior absorption.



Sources

All references can be found at www.NaturallyHealthyNews.com

THE BEST WAY TO GET ALL YOUR DAILY B VITAMINS IN ONE

NEW FORMULA CONTAINING
VITAMINS B1, B2 & B5



✓ Just x6 sprays daily will provide you with your 100% daily value, or recommended amount, of essential B Vitamins.

✓ Also delivers 100% daily value of Vitamin C, Vitamin D, Vitamin E & Selenium.

✓ This unique formulation of ingredients can only be found in B4Health Spray.

✓ B Vitamin deficiency has been linked to many health problems.

✓ Easy-to-use pump, better absorbed than tablets, suitable for vegetarians.

✓ Give B4 Health Spray a TRY if you currently take a B Vitamin tablet or think you need B Vitamin Support!

• **Vitamin B1 (Thiamine) contributes to:** the normal function of the heart.

• **Vitamin B2 contributes to:** normal energy-yielding metabolism, the maintenance of normal mucus membranes, normal vision & normal skin.

• **Vitamin B5 (Pantothenic Acid) contributes to:** normal mental performance, normal synthesis & metabolism of steroid hormones, vitamin D & some neurotransmitters & to the reduction of tiredness & fatigue.

• **Vitamin B6 contributes to:** normal cysteine synthesis, normal protein and glycogen metabolism & to the regulation of hormonal activity.

• **Vitamin B12 contributes to:** normal homocysteine metabolism & normal red blood cell formation.

• **Folate contributes to:** maternal tissue growth during pregnancy, normal amino acid synthesis & normal blood formation.

• **Biotin contributes to:** the normal functioning of the nervous system, normal psychological function & to the maintenance of normal hair.

• **Vitamin C contributes to:** normal function of the immune system & normal collagen formation for the normal function of blood vessels, bones, cartilage, gums, skin & teeth.

• **Vitamin D contributes to:** normal absorption of calcium and phosphorus, normal blood calcium levels, the maintenance of normal bones, maintenance of normal teeth & to the maintenance of normal muscle function.

• **Vitamin E contributes to:** the protection of cells from oxidative stress.

NOW WITH QUATREFOLIC, THE MOST ABSORBABLE FORM OF FOLIC ACID

Really healthy recipes

Give your body the nourishment it needs with these healthy and tasty dinner recipes

KETO VEGAN ZUCCHINI LASAGNE

A super-simple keto vegan recipe that's made with only five ingredients. This healthy lasagne makes a perfect warming dish for the winter season.

Recipe credit: GardenintheKitchen.com

Serves: 6-8

Prep time: 40 minutes

Cook time: 25-28 minutes

Ingredients

- 1 large or 2 medium zucchinis (courgettes), cut into 6 slices (lengthwise)
- 1 cup quinoa, cooked
- 1½ cups tomato passata (for the pasta sauce)
- 2 cups fresh baby spinach
- 2 tsp Italian dried herbs
- ½ cup dairy-free shredded cheese

Instructions

1. Preheat the oven to 375°F/190°C.
2. Spray an 8 inch x 11 inch baking dish.



3. Place two zucchini slices side by side, covering the bottom of the dish.
4. Add a few scoops of passata and spread to cover all the zucchini.
5. Add 4 to 6 scoops of cooked quinoa and spread evenly. Add dried Italian herbs.

6. Add a thin layer of shredded dairy-free cheese.
7. Top with spinach.
8. Repeat until all ingredients are used, or until there are three layers.
9. Bake for 25 to 28 minutes. Serve immediately.

CRUSTLESS VEGAN QUICHE

This crustless quiche is vegan and follows the ketogenic diet, making it healthy and delicious.

Recipe credit: Vegan Keto by Karen McAdams and Marian Lee

Serves: 4

Prep time: 15 minutes

Cook time: 30 minutes

Ingredients

- 4 tbsp coconut oil
- 450g asparagus, trimmed and chopped
- 60g kale
- 23g mushrooms, sliced
- 1 garlic clove, crushed
- Salt and pepper to taste

For the filling:

- 1 cup brazil nuts, soaked for 4 hours prior
- 30g nutritional yeast
- 400ml full-fat coconut milk
- 43g softened coconut butter
- 3 tbsp lemon juice
- 1 tbsp turmeric powder
- Salt and pepper to taste

Instructions

1. Preheat oven to 350°F/180°C.
2. Heat the coconut oil in a frying pan. Add sliced mushrooms and minced garlic and cook for 6 minutes.
3. Toss in kale and asparagus and cook for a further 3 to 4 minutes, seasoning to taste.
4. Remove from heat and place aside.
5. To make the filling, rinse and drain the brazil nuts. Place in a food processor with the coconut milk and process until



6. creamy.
6. Add the remaining ingredients and process until smooth.
7. Transfer into a bowl and stir in the kale-mushroom mixture.
8. Prepare a 9 inch pie pan by lining the sides with a thin layer of coconut butter to prevent sticking.
9. Pour in the mixture and bake in the oven for 30 minutes or until firm.
10. Once cooked, allow the mixture to cool for 20 minutes before slicing and serving.

INTRODUCING THE FIRST EVER DAIRY-FREE “SUPER PROTEINS”! -THAT PROTEIN

**that
protein**
The Plant People



In recent times plant proteins have stormed into health food shops as consumers look for dairy free plant-based proteins. Superfoods too have become a staple as more and more people understand their health benefits. But it can be costly and even confusing choosing proteins and superfoods... enter That Protein's "super proteins" which combine all the benefits of high protein vegan nutrition with superfood goodness - a true 2 in 1 concept to make your nutrition search lots easier!

Written by Darlene McCormick, BA Hons, DN.

EASY NUTRITION

Founder of That Protein, Darlene McCormick, explains that each plant protein source is paired with its perfect superfood partner to deliver delicious taste AND more nutrition per serving. "People are busy and may be understandably confused about which health foods to lift from the shelves. We have made that choice easier for them by ensuring high protein superfood nutrition that is entirely free from the ingredients that are often associated with protein powders - we have no sweeteners, no refined sugars, no chemical "flavours", and no gluten but what we DO have is a delicious organic and natural minimally-processed powder that is the purest protein or superfood you can get."

HIGH PROTEIN, DAIRY FREE

Every one of the products in the range has a high plant-based protein powder at its base to deliver the full range of amino acids to help you build maintain and repair the muscles in your body. "This is not just important for active or sports people" continues Darlene "as from the age of 40 muscle wastage - called Sarcopenia - begins and with less muscle, metabolism can slow and without a diet that's rich in protein you won't look or feel your best. You also need more protein at certain times of your life e.g. during pregnancy. The rule of thumb is around 0.8g of protein per day per kg of body weight with active people needing more. This is best consumed in smaller amounts throughout the day so e.g. if your target is 45g protein have 15g at every meal.

FIBRE

With recent government guidelines highlighting that few of us consume the recommended 30g a day of fibre, the good news is one serving of any That Protein is high in fibre and will help you reach that target!

SUPERFOODS BENEFITS

Lots of nutrition comes from the superfoods which deliver specific health benefits. Below is a quick guide to the health benefits of each THAT PROTEIN product to help you choose which one is best for you. To enjoy them simply add to smoothies, make protein shakes, add to baking or porridge. More information can be found on www.thatprotein.com with lots of recipes too.

THAT PROTEIN BLISSFUL RAW CACAO

Known as the "Food of the Gods" it has lashings of raw cacao dried only by the South American sun and the flavour really comes through.



THAT PROTEIN NUTTY NUTTY PEANUT BUTTER

Without reverting to sweeteners, thickeners or flavourings, this is utterly delicious high protein peanut butter heaven!

THAT PROTEIN I HEART PUMPKIN AND CHIA SEED

This one is raw, totally unprocessed and organic and has a mild nutty taste perfect as a base for sweet OR savoury recipes.




THAT PROTEIN CHIRPY CHIRPY CHOCA MOCHA

The coffee in our mix is organic and delicious blended with indulgent raw cacao and plant protein.

THAT PROTEIN HAPPY HAPPY HEMP AND BAOBAB

If you need help reducing tiredness and fatigue and love zesty flavours this one is for you!





MAKE SURE YOU ARE GETTING ALL OF YOUR MAGNESIUM BENEFITS DAILY....

...with Ancient Minerals Magnesium Oil 'Ultra'

Often revered as the "Beautiful Mineral" in Chinese Medicine, magnesium is as essential to the body as water and air. Although there are only several ounces of magnesium in your body, it is implicated in hundreds of biochemical reactions (over 300)!

Always tired? Magnesium can contribute to a reduction of Tiredness and Fatigue and normal Energy Yielding Metabolism - **PROVEN**

Play sport or exercise? Magnesium can contribute to Electrolyte Balance, normal Muscle Function & normal Protein Synthesis - **PROVEN**

What else? Magnesium contributes to the normal functioning of the nervous system, normal psychological function, the process of cell division and to the maintenance of normal teeth and gums - **PROVEN**

The best way to get your Magnesium is through Ancient Minerals Magnesium Oil "Ultra," recommended by magnesium experts Dr. Mark Sircus and Daniel Reid.

This magnesium was discovered in the late 1990s, a rare and pristine source of unadulterated magnesium chloride found in an ancient geological formation - the ancient Zechstein seabed.

Taking over 250 million years to make and drawn from 2 miles below the surface of the earth, Ancient Minerals Magnesium is the purest and finest natural magnesium in the world!

"ULTRA" MAGNESIUM - with MSM

This spray also contains MSM, a superior form of the mineral sulfur which is frequently found near hot springs and volcanic craters. Not only does this provide EXTRA BENEFITS but it also helps to IMPROVE ABSORPTION. Ideal for those with sensitive skin! Nowhere else in the world can you find these two amazing ingredients blended together! Available in 125ml or 237ml bottle.

Suggested Use: Spray onto arms, chest or legs daily as required and allow to dry.



"ULTRA" Magnesium with MSM also available in Bath Flakes, Gel and Lotion



Really healthy recipes

Give your body a treat with these delightfully healthy desserts

CHOCOLATE AVOCADO COOKIES

These avocado cookies are a chocolate fudge delight! Not only are they low-carb, 100 per cent gluten-free, paleo and sugar-free, but they can also be made vegan to satisfy cravings.

Serves: 6

Prep time: 10 minutes

Cook time: 15 minutes

Ingredients

1 ripe avocado, yielding ½ cup mashed avocado
¼ cup maple syrup, ideally sugar-free
½ cup nut butter, e.g., peanut or almond
1 egg— if vegan, substitute for chia egg (1 tbsp)
½ cup unsweetened cocoa powder
½ tbsp oil – vegetable, coconut or peanut

Optional

¼ cup dark chocolate chips, ideally sugar-free

1 tsp vanilla extract
2-3 drops liquid stevia

Instructions

1. Preheat the oven to 360°F/180°C. Cover a baking tray with non-stick baking paper and lightly oil the paper with ½ teaspoon of vegetable oil to prevent the cookies from sticking to the paper.
2. In a food processor or blender, add ripe avocado and liquid sweetener. Process for 30 seconds until it forms a creamy avocado batter with no lumps.
3. If using an egg substitute such as chia egg, put 1 tablespoon of chia seeds in a bowl with 3 tablespoons of water and let sit for 15 minutes to combine.
4. Next add in the egg/egg substitute, nut butter and cocoa powder. Process again for 30 seconds. To ensure all of the mixture has combined and there are no lumps, use a spoon to scrape the sides and bottom of the bowl into the main mixture and process for another 15 seconds.



5. Transfer the chocolate cookie batter into a mixing bowl. The mixture will be very moist and sticky. If adding in extras such as chocolate chips and vanilla, stir these in now until evenly distributed. For sweeter cookies, add in 2 to 3 drops of liquid stevia. Add one drop at a time and taste.
6. Spoon the chocolate batter onto the baking sheet. Fill a small bowl with warm water to dip the spoon into while doing this. The water will prevent the batter from sticking too much to the spoon.
7. The mixture should make six jumbo cookies. The cookies won't spread like normal flour-based cookies, so leave just a half thumb space between each. Sprinkle extra chocolate chips on top of each cookie if desired.
8. Bake for 12 to 15 minutes or until the centre is set.
9. Allow to sit for 5 minutes on the baking sheet before transferring to a cooling rack.

KETO RASPBERRY CUPS

Raspberries are a rich source of antioxidants and vitamin C that can fight against various health problems. Enjoy them with the creamy texture of cacao butter in this simple recipe.

Recipe credit: Liz MacDowell

Serves: 12

Prep time: 15 minutes

Cooling time: 1 hour

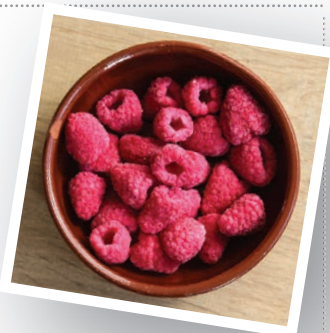
Ingredients

65g cacao butter
65g coconut butter/manna
4 tbsp coconut milk
3 tbsp granulated sugar substitute, e.g., Swerve

1 tbsp vanilla extract
Freeze-dried raspberries, crushed

Instructions

1. Melt the coconut butter and cacao butter in a double boiler and mix until thoroughly combined.
2. Stir in vanilla extract.
3. In a separate dish, mix together coconut powder and Swerve.
4. Stir the Swerve mixture into the butter mixture one tablespoon at a time, ensuring it is completely mixed before adding the next spoonful.



5. Then, mix in the crushed raspberries until evenly dispersed through the mixture.
6. Pour the mixture into muffin cups and allow to chill in the refrigerator for around an hour until set.

IS CURCUMIN A CURE-ALL?

Four health benefits of curcumin that no one's talking about

Curcumin is a safe and familiar natural remedy. The turmeric spice extract has been studied for over 250 years and used for thousands of millennia in Ayurvedic medicine. Curcumin's anti-cancer abilities are proven, but it wasn't until recently that American and Chinese scientists discovered exactly how the naturally occurring chemical compound can clear cancer so effectively from the body.

By binding to the kinase enzyme, curcumin creates a newly reported biochemical interaction that can stop cancer cell proliferation and inhibit cancer growth at the atomic level.

The problem? "In general, curcumin is expelled from the body quite fast," said Sourav Banerjee, PhD, a postdoctoral scholar at the University of California San Diego School of Medicine in the US. "For curcumin to be an effective drug, it needs to be modified to enter the bloodstream and stay in the body long enough to target the cancer."

The researchers theorised that curcumin could play an unexpected role in cancer prevention if a drug could be developed to keep curcumin in the body for longer.

HIGH-CONCENTRATION CURCUMIN BEATS POOR ABSORPTION RATES

As the researchers recognised, when examining curcumin's exceptional potential in the face of cancer, eating spiced foods isn't enough. Even taking ordinary curcumin capsules can't provide high enough levels of the compound to quickly enter the body and maintain therapeutic levels in the bloodstream.

But bioavailable curcumin is rapidly absorbed into the bloodstream through one of two delivery mechanisms:

1. Liposomal curcumin, made with nano-sized liposomes that emulate the body's own liposomal delivery system, is formulated with the same delivery used to dispense prescription medicine. Within the past 20 years, liposomes have been used for more targeted cancer drug delivery and may provide a similar potential in the use of curcumin for cancer treatment.

2. High-dose curcumin capsules, like those containing the most clinically studied form of patented Meriva® curcumin derived from proprietary phytosome technology, increase hydrolytic stability to improve oral bioavailability and absorption. Pharmacokinetic studies note up to

30 times greater Meriva® curcuminoid absorption over standard extracts.

Curcumin's dozens of purported benefits suddenly have real-world possibilities with the right delivery system. Only 2 to 3 per cent of concentrated curcumin is found in the turmeric spice, and up to 10 bottles of turmeric would need to be taken daily to achieve the desired outcome. Taking ordinary curcumin is impractical because the curcuminoids in the spice are not bioavailable. Fast-absorbing curcumin liposomes, or Meriva® curcumin capsules, on the other hand, provide more absorption at a lower usage. More of the potent nutrient can quickly





reach the bloodstream to maintain levels high enough to support maximum health benefits.

FOUR SMART REASONS TO TAKE HIGH-DOSE CURCUMIN DAILY

High-dose curcumin still holds strong in its most popular application – as a chronic pain remedy. In a small European pilot study conducted on rugby players in 2017, curcumin provided a better-tolerated and safer alternative to conventional pain-killing medicine.

Along with its anti-cancer and anti-pain benefits, science has confirmed some of curcumin's most powerful uses:

Since curcumin can cross the blood-brain barrier, it can help to reduce dangerous levels of inflammation and oxidative damage that take their toll on a healthy brain.

1. Managing multiple sclerosis. Working as a potent antioxidant and anti-inflammatory, a 2018 *Neurological Sciences* study reported that curcumin could help to control multiple sclerosis. As curcumin regulates cell signalling pathways, it may lessen the symptoms of some autoimmune neurological diseases and offer neuroprotection for MS, a nervous system disorder.

2. Preventing Alzheimer's disease. Since curcumin can cross the blood-brain barrier, it can help to reduce dangerous levels of inflammation and oxidative damage that take their toll on a healthy brain. Curcumin can also flush the amyloid plaque protein tangles that characterise Alzheimer's disease, slowing and possibly reversing this degenerative condition.

3. Protecting heart health. Those at risk for heart disease may see heart health improve when taking curcumin daily. A 2017 *Nutrition Journal* study analysis of 649 participants showed that turmeric extract proved promising to lower total cholesterol levels among patients at a higher risk for cardiovascular disease, though more research on efficacy may be needed.

4. Supporting weight loss. Curcumin can also help prevent fat from accumulating in adipose tissue. As curcumin regulates the metabolic activity of white adipose tissue, it stops new blood vessels from forming in a process called angiogenesis. Weight loss results when less fat tissue accumulates thanks to curcumin's interference. A 2015 *European Review for Medical and Pharmacological Sciences* study confirmed in its preliminary findings that bioavailable curcumin is well-tolerated and can help overweight adults with metabolic

syndrome to manage their weight. The overweight adults in the study who used curcumin for 30 days, following 30 days of diet and lifestyle changes, saw a total body fat loss of over 8 per cent.

When examining the anti-inflammatory compound's multi-health benefits in 2014, researchers reminded us that the dose makes the medicine. "The distinction will then be in the amount given," said *PLoS ONE* lead study author Nicholas Young, Ohio State University postdoctoral researcher in the US. "Perhaps a low dose for daily prevention and higher doses for disease suppression."

Liposomes are proven delivery vehicles for controlled absorption and sustained release, while Meriva® curcumin improves absorption and can support higher plasma curcuminoid levels at significantly lower doses.

Recommended Products

BRAINPOWER™

New liposomal formula combining curcumin and resveratrol for powerful health benefits. Liposomal is a highly absorbable delivery method: simply dissolve in water or juice.



CURCUMINX4000™

Each capsule of Curcuminx4000 contains 200mg of highly effective curcumin phytosome which, in a recent published study, showed an increase in utilisation of 23 times compared to ordinary curcumin.



Sources

All references can be found at www.NaturallyHealthyNews.com



Healthy pet ageing

How to help pets live longer and pain-free

Our pets are precious. Almost all people – 95 per cent – consider their furry friends to be part of the family. This number has increased among pet owners by 7 per cent in the last decade. Pet owners also place high value on their pets' health, with dog owners estimating that they would pay up to \$10,725 (£8,316) to save a companion's life.

FOUR NUTRIENTS OUR PETS ARE MISSING – AND WHERE TO FIND THEM

Fortunately, preventative pet care is affordable and easy, and it models the way we take care of the health of our family. Getting pets daily nutrients can protect against and often reverse many of the same diseases and health problems we see in humans – including aches and pains leading to arthritis, digestive issues, cancer and diabetes. The Veterinary Cancer Center in the US reports that cancer is the number

one cause of natural death in older dogs and cats. Just like in humans, it can also be prevented.

Protecting our pets with a daily dose of these missing nutrients is an effective way to prolong the length and the quality of their lives:

1. Digestive enzymes. Since our pets can't speak up to tell us when something's wrong, we can only go off their cues and symptoms to watch for early signs of disease. Plenty of pets have digestive discomfort after eating – either because they're being fed table scraps, or, just as likely, they're lacking the digestive enzymes needed to move their meal along. Bloating, vomiting, diarrhoea, loss of appetite, or difficulty eliminating are good indicators

a pet could benefit from digestive help. Professional-strength digestive enzyme capsules, containing protease, peptidase, amylase, lactase, cellulase, lipase and more, can be opened and mixed into a pet's food to manage digestive disorders and make mealtime easier. University of California San Diego researchers in the US also noted in 2016 that pets can suffer from many of the same digestive diseases as people, after the researchers analysed the stool microbiome of dogs to detect inflammatory bowel disease.

2. Probiotics. European researchers learned in 2018 that the phrase "man's best friend" may have new meaning. Researchers compared the gut microbiome of two different breeds of dogs to other animals and found that the communities of

Getting pets daily nutrients can protect against and often reverse many of the same diseases and health problems we see in humans.

Giving pets a proteolytic enzyme that fights chronic inflammation can help to prevent the primary cause of chronic disease.

bacteria living in dogs' guts were more like the microbiomes of people. This similarity, the researchers said, links dogs' genes and dietary responses more closely to their owners than previously estimated. For pets and their owners, taking SBO (soil-borne organism) spore probiotics each day is one of the most powerful ways to keep the gut in shape. SBO capsules, like digestive enzymes, can be opened and mixed into a pet's food to support gut health with more than 22 proven benefits. Soil-based probiotics are both safe and effective to use on pets, children and adults, with more than 37 years of research to back them.

3. Serrapeptase. Giving pets a proteolytic enzyme that fights chronic inflammation can help to prevent the primary cause of chronic disease. Today, inflammation is a leading cause of physical deformity and death worldwide. The serrapeptase enzyme "digests" and removes this harmful inflammation, along with unhealthy debris and dead tissue, to provide a pet's body with the opportunity to heal. Anti-inflammatory serrapeptase has been administered successfully in multiple animal studies and used by many pet owners to dissolve cysts, reduce tumours and relieve arthritic pain. Over the past 40 years, as research expands to support its use, serrapeptase has been adopted as a potent anti-inflammatory for enzyme-based therapeutic treatments in modern medicine.

4. Silver sol. Where infection has already set in, gentle help is available. Sick pets experiencing infection, inflammation and pain can find relief with the ancient remedy of silver. Unlike antibiotics, silver sol's antiseptic and antimicrobial activity won't wipe out the communities of good

bacteria in the gut to make recovery from illness harder. Instead, patented silver nanoparticles work with the body's natural healing process, while charging the immune system to fight disease. A modern-day antimicrobial, silver has proven powerful enough to kill deadly strains of MRSA staph infection. Silver sol nanoparticles can also reduce disease-causing levels of chronic inflammation and decrease disease risk at the cellular level. Spraying silver sol, proven more powerful than ionic silver, into a pet's water dish or applying gel to the skin can also be used as an antibiotic alternative. Antibacterial silver sol offers a patented and pH-balanced substitute for antibiotics and can halt bacterial infection, in addition to reversing DNA polymerase and transcriptase viruses to prevent replication.

AT-HOME ACUPUNCTURE HELPS PETS HEAL FASTER

As pets get older, our level of care becomes even more important to make their lives comfortable. Larger animals like horses and dogs suffering from stiffness, injury, or illness can be treated with electro-acupuncture to reduce pain levels and potentially reverse some forms of chronic disease. Used to precisely locate acupuncture points without needles, an at-home electro-acupuncture device is an ideal pain reliever to integrate into a pet's daily health plan.

Numerous animal models have been used to demonstrate the effectiveness of electro-acupuncture for chronic pain relief. In 2015, Egyptian researchers confirmed these benefits when they successfully used electro-acupuncture to relieve pain, increase relaxation, reduce bleeding and speed up healing without complications for horses undergoing surgery.

Recommended Products

SERRAPET™

The number one serrapeptase for animals, now delivering 250,000iu serrapeptase per tablet. Also known as The 'Miracle' enzyme, serrapeptase can help a whole host of health conditions. Serrapet™ is suitable for all animals, including horses, dogs and cats. It is being used by vets and is the serrapeptase trusted to deliver the best results.



PRESCRIPTBIOTICS™

Custom cultured to rebalance good gut flora, this product supports stronger digestion, immunity and overall health. It contains soil-born organisms (SBOs) that are missing from the modern diet.



HEALTHPOINT™ KIT

Electro-acupuncture kit designed to help any condition that responds to micro current stimulation. Developed over 14 years by a leading pain specialist, very easy to use, safe for all the family and with full instructions and DVD to help get you started.



HYDROSOL SILVER GEL

The most researched silver supplement on the market – safe for all the family. The gel delivers 24ppm.



ESSENTIAL DIGESTIVE PLUS™

A newly formulated professional strength enzyme complex combining the power of all the important digestive enzymes with Fruta-Fit® Inulin. Contains the lactase enzyme, which improves lactose digestion in individuals who have difficulty digesting lactose and now comes with peptidase and protease for improved gluten digestion.



Sources

All references can be found at www.NaturallyHealthyNews.com

TAKE A DEEP BREATH AND GET BETTER

One of the most frightening parts of having a chronic lung disease is having trouble breathing. Not being able to take a full breath, or having a coughing attack that interrupts regular breathing, isn't just frustrating. Difficulty breathing can cause panic and increase anxiety, ramping up the stress response to reduce the supply of oxygen in the blood.

Drugs don't work for chronic lung conditions. Breathing medications are available for emergency relief but may come with serious side effects for long-term use. In a large 2017 study, the European Respiratory Society found that treating COPD or asthma with commonly-used steroid inhalers can increase the risk of severe bacterial infections among the older population. Meanwhile, safe, less-invasive practices like yoga may benefit both symptoms and quality of life for asthma sufferers, according to a 2016 Cochran Review.

Medical researchers are still racing to find the cure for degenerative lung conditions, while lung health gets worse. Since most people believe lung dysfunction and disease are a "normal" part of the ageing process, many adults live in fear of poor breathing, low energy and physical decline.

DOCTORS AREN'T USING THIS NATURAL TREATMENT ENOUGH FOR PATIENTS WITH COPD

Pulmonary rehabilitation is a natural therapy that integrates education, exercise and support to help sufferers of chronic lung conditions learn new breathing patterns that can improve lung function. This therapeutic technique is endorsed by the COPD Foundation in the US, and yet the latest research shows that doctors are

At-home lung
therapy works as
well as hospital
visits

Like all other chronic diseases, chronic lung disorders are caused by chronic inflammation.

underutilising this natural treatment as they continue to prescribe medications.

University of Texas Medical Branch at Galveston researchers in the US investigated the application of pulmonary rehabilitation used by COPD patients in a large population sample for the first time in 2016. In the analysis, the researchers uncovered the unfortunate fact that, while pulmonary rehabilitation can help relieve symptoms and flare-ups of lung conditions like COPD, doctors rarely advise their older patients to use it.

COPD patients who don't receive instructions on pulmonary rehabilitation

are missing out on big benefits, the researchers found. Pulmonary rehabilitation offers a cost-effective way for lung patients to reduce shortness of breath, improve exercise ability, enhance quality of life and minimise emergency doctor and hospital visits.

This gentle therapy begins with the daily practice of relaxed breathing:

1. Breathe deeply through the nose and fill the stomach with air.
2. Hold this inhalation for the count of four.
3. Exhale through the nose and let the



Like all other chronic diseases, chronic lung disorders are caused by chronic inflammation. This chronic inflammation comes from outside sources, i.e., lifestyle factors, that include eating starchy foods, sugary treats and dairy products that cause dangerous levels of inflammation. Adding to the burden, even the healthiest modern diet is sorely lacking in nutrients. Because of industrial agricultural practices, most vitamins and minerals have been depleted from our food supply. Inflammatory triggers like smoking, pollution and stress only make lung dysfunction worse.

Along with a daily pulmonary rehabilitation practice, two healthy habits can stop inflammation and supply the body with the nutrients it needs to turn lung health around:

1. Cut out unnatural foods. Eating healthy foods rather than a “balanced diet” helps the lungs repair and the body to age better, bringing us closer to the finish line in good shape. Fast food has been proven to make asthma worse, especially in children, while asthma symptoms like shortness of breath, chest pain and wheezing can all be improved through exercise and diet. Foods like vegetables, fruits, fish and healthy fats are prime supporters of lung function. These foods can also lengthen telomeres to slow down visible ageing and death, while sugary foods have the opposite effect.

2. Rehabilitate with lung-health nutrients. The most effective pulmonary rehabilitation has a nutritional component. Several key nutrients have been shown to restore lung function and offer long-term recovery. Taking a “super-nutrient” combination of serrapeptase, curcumin, ecklonia cava extract, and vitamin D3 can reduce lung-damaging levels of inflammation, promote sinus health and protect against further injury with high antioxidant activity. Curcumin’s chemopreventive capabilities may also help to reverse the effects of smoking, and vitamin D can support

better lung function in smokers with extra benefits for sufferers of asthma or COPD. Supplementing a daily dose of atomic, or “charged,” iodine is also essential to help reverse lung disease; severe iodine deficiency is especially common in cystic fibrosis patients.

For those who haven’t received adequate support from their doctor, it’s comforting to know pulmonary rehabilitation can help. This natural lung therapy has more than 30 years of clinical backing and can be easily practised at home. As the American Thoracic Society discovered in 2016, home-based pulmonary rehabilitation can be just as effective as hospital-based therapy to improve fitness and quality of life.

Recommended Products

NASCENT IODINE

One drop = 400mcg of iodine. Frequent small doses are more effective than larger amounts at less frequent intervals. Nascent iodine is the best form of iodine supplementation.



SERRANOL™

160,000iu serrapeptase plus Curcumin x4000, ecklonia cava extract and vitamin D3, all in one capsule.



CISCA SALT PIPE

Invented in Hungary, this dry salt inhaler contains Halite salt crystals, which were formed around 20 million years ago in Hungarian and Transylvanian salt caves. The detoxifying effects of the natural Halite salt crystals may help with the absorption of oxygen.



Sources

All references can be found at www.NaturallyHealthyNews.com

- stomach deflate completely.
- Place an object on the stomach, like a book, to gauge full in-and-out breathing through the diaphragm. Make sure the chest is not moving.
 - Repeat this new breathing pattern as often as possible to make it a habit.

TWO LIFESTYLE CHANGES MAKE PULMONARY REHABILITATION MORE POWERFUL

As the Cleveland Clinic in the US states, “Any person with a chronic lung disease might benefit from pulmonary rehabilitation.” Making lifestyle changes alongside new breathing patterns will make it almost impossible not to see improvements in lung health.



THE MIRACLE ENZYME

“When I stopped taking it, the pain came back.”

Chronic disease is caused by chronic inflammation and, here, we find serrapeptase’s greatest potential. While many have yet to hear

of serrapeptase’s near-miraculous capabilities, patients in parts of Europe and Asia where the anti-inflammatory enzyme is frequently prescribed as an NSAID alternative have benefited from its use for over 40 years.

Here’s how the “wonder” enzyme relieves more than eight forms of chronic disease:

- It comes from the intestine of the silkworm and is used to break down its shell-like cocoon.
- It is a protease-type enzyme that inhibits inflammation and dissolves non-living tissue.
- It quickly reduces mucus build-up and high-level inflammation known to cause pain.
- It is often prescribed by doctors who

have started practising healthcare, based on lifestyle changes and nutritional research, instead of prescription-based disease management.

Serrapeptase users report relief for:

- **Arthritis.** “I have been taking serrapeptase for two years now and need no other medication.” – Joe
- **Blocked fallopian tubes.** “Last week, I found out that I am five weeks pregnant! Both my husband and I are so overwhelmed by the news, and I truly believe the serrapeptase worked perfectly and fast too!!” – Elizabeth
- **Canine tumours/cysts.** “I know

[serrapeptase] works as it dissolved my Labrador’s oral cancerous tumour. I am now buying it for my GSD rescue dog for her cysts.” – Bev

• **Chronic pain.** “Only four days later, and the pain has gone. This is a miracle to me – I truly cannot express how much of a relief it is to live without pain after so long.” – Maria

• **Heart disease.** “These results ‘stunned’ my doctor, and of course, gave me a great feeling of personal satisfaction and relief. I would like you to know that serrapeptase is top among other supplements that I have been taking for some time.” – Paul

Positive reports number in the thousands,

Research shows that taking serrapeptase and nattokinase together can help to modify characteristics of Alzheimer’s disease.

with decades of research to support serrapeptase's proteolytic activity. Serrapeptase can help relieve multiple forms of chronic pain and disease, including:

- 1. Alzheimer's disease.** Used together, proteolytic enzymes serrapeptase and nattokinase may effectively modulate some characteristics of Alzheimer's disease, a *Human and Experimental Toxicology* study found in 2013.
- 2. Asthma.** The serrapeptase enzyme digests and clears sputum in chronic asthma sufferers to support easier breathing.
- 3. Breast engorgement.** Scientists in Singapore observed serrapeptase's success in a clinical setting almost 30 years ago as a "safe and effective" anti-inflammatory breast engorgement treatment.
- 4. Carpal tunnel syndrome.** Serrapeptase enzyme therapy may be used as an alternative treatment to significantly improve carpal tunnel symptoms without side effects.
- 5. COPD.** By clearing mucus and inflammation and supporting healthier lung function, serrapeptase use benefits sufferers of COPD.
- 6. Laryngitis.** Serrapeptase breaks down debris and inflammation to offer noticeable improvements in cases of laryngitis, sinusitis and catarrhal rhinopharyngitis.
- 7. Post-operative swelling.** A 2008 *International Journal of Oral and Maxillofacial Surgery* study confirmed that patients who took serrapeptase had reduced cheek swelling and less pain after their third molar surgery.
- 8. Wounds and injuries.** Serratiopeptidase and metronidazole enzyme therapy has

been used to accelerate wound healing in rabbits.

DAILY ENZYME USE BRINGS UNLIMITED POTENTIAL FOR HEALING

One of the easiest ways to understand how powerful – and far-reaching – the daily use of serrapeptase can be is by examining its application towards common forms of disease. Prostate problems plague men in Western countries, especially those over the age of 50. It's estimated that 30 per cent of men over the age of 40 may have a health problem involving the small, walnut-sized gland that sits under the bladder. A primary contributor to enlarged prostate, prostatitis, erectile dysfunction, hormonal imbalance and prostate cancer (if not the only trigger) is inflammation. Serrapeptase stops inflammation and allows the body to begin healing itself before infection can take place. Eradicating inflammation before it becomes chronic can also extinguish the environment that encourages cancer cell growth, indirectly reducing prostate cancer risk.

When health has already deteriorated, and when chronic diseases and cancer have been diagnosed, anti-inflammatory serrapeptase can be safely and effectively taken daily at a high dose. High-dose serrapeptase can also be used daily to regulate the body's repair process, relieve minor aches and pains and improve digestion – before disease develops.

Chronic disease sufferers, in particular, may benefit from extra enzyme and antioxidant support. Research shows that taking serrapeptase and nattokinase together can help to modify characteristics of Alzheimer's disease. (Notably, prostate cancer rates are also dramatically lower among Japanese men, a country where nattokinase is frequently consumed in the traditional Japanese food "natto" made from fermented soybeans.) Vital digestive enzymes, like the pancreatic enzyme lipase, can be taken along with serrapeptase, nattokinase and other potent antioxidants to help the body break down

and absorb fat, clear mucus and even improve nutrient absorption for those with cystic fibrosis.

If inflammation isn't addressed directly, there's little hope for recovery. "We know that inflammation has different phases," said Professor Robert Richards, project leader at the University of Adelaide School of Biological Sciences. "Early on, it can be protective against a threat by actively degrading it, but if the threat is not removed, then persistent inflammation actually causes cell death."

Recommended Products

SERRAPET™

The number one serrapeptase for animals, delivering 250,000iu serrapeptase per tablet. Also known as the 'Miracle' enzyme, serrapeptase can help a whole host of health conditions. SerraPet is suitable for all animals, including horses, dogs and cats. It is being used by vets and is the serrapeptase trusted to deliver the best results.



BLOCKBUSTER ALLCLEAR™

Contains a careful blend of powerful enzymes such as serrapeptase and nattokinase, plus digestive enzymes, antioxidants and proanthocyanidins. Phthalate-free.



SERRAENZYME™ 250,000IU

The world's strongest serrapeptase, delivering 250,000iu serrapeptase per cap. Available in 90 or 30 capsules (trial size) for serious health support and in a delayed-release cap for optimum performance. Phthalate-free.



Sources

All references can be found at www.NaturallyHealthyNews.com



WHEN LYING TO THE DENTIST LEADS TO A HEART ATTACK

27 per cent of people fib to the dentist (and make heart and brain health worse)

Twenty-seven percent of us are doing it – telling little white lies about how often we clean our teeth. An American Academy of Periodontology (AAP) survey conducted in 2015 showed that more than a quarter of adults lie to the dentist about flossing. Even more revealing was the fact that 36 per cent of adults said they'd rather do an unpleasant activity, including cleaning the toilet, than floss their teeth.

PERIODONTAL PROCRASTINATION INFLAMES THE HEART AND AGES THE BRAIN

Skirting the truth about brushing and flossing now holds more weight, knowing how significantly these habits can impact our risk of disease:

- A 2018 study presented at the Annual European Congress of Rheumatology

detected a rise in gum disease and inflammatory bacteria in those with a higher risk of rheumatoid arthritis.

- In a 2017 University of Buffalo study conducted on over 65,000 postmenopausal women in the US, the women with a history of gum disease had a 14 per cent higher risk of cancer. Breast cancer risk was particularly high in the gum disease group.

- University of Southampton researchers in the UK observed in 2016 that gum disease may be common in older people with Alzheimer's disease as oral care becomes harder. Gum disease can also lead to a six-fold increase in cognitive decline.

- Gum disease bacteria is the same bacteria linked to heart disease, University of Florida researchers in the US learned in 2014. This study was the first to prove the causal bacterial connection between periodontal and heart disease, bridging dentistry and conventional medicine.

- Periodontal disease during pregnancy is especially risky as it can cause miscarriage and preterm delivery. For women trying to conceive, gum inflammation and disease pose another problem by adding a two-month delay to conception.

- Almost all patients with periodontal disease have a high risk of diabetes, New York University researchers in the US found in 2009. Up to 93 per cent of patients with periodontal disease in the study's National Health and Nutrition Examination Survey had a high risk of diabetes, compared to a 63 per cent risk in those without gum disease.

GUM DISEASE STARTS IN THE MOUTH: THREE NUTRIENTS FOR A BETTER "DENTAL DIET"

Chronic inflammation comes from eating inflammatory foods, like cereals and grains. Cookies, cakes, breakfast cereals, rice, pasta, potatoes and any high-sugar fruits or candies are all inflammatory foods that spread disease.

This inflammation, as research has confirmed, rots healthy gum tissue and decays teeth. Inflammation in the gums

signifies infection, and gum infection (periodontitis) can quickly bypass the immune system in the gut to directly enter the bloodstream.

Even major dental organisations, including the American Dental Association (ADA), have begun to confirm the connection between dental health and diet. "The mouth is a gateway into [the] body's overall health," the ADA said.

Ditching the junk can eliminate the source of ongoing inflammation, with targeted nutrients working behind the scenes to repair and help heal. Support daily gum health with:

Inflammation in the gums signifies infection, and gum infection (periodontitis) can quickly bypass the immune system in the gut to directly enter the bloodstream.

1. Soil-based probiotics. Opening and mixing a soil-based probiotic capsule into food can help cultivate a healthy population of oral bacteria. Oral soil-based probiotics can disrupt the dangerous cycle of bacterial plaque formation and break through the biofilm created by "bad" bacteria. Bio-Identical SBO Probiotics Consortia™ are the same soil-based organisms naturally found in our native ancestors' guts. These "good" bugs work most effectively with the body's defence system and are most easily recognised by our biological memory.

2. Serrapeptase enzyme. The protein-dissolving enzyme serrapeptase is simple in its purpose. Serrapeptase, derived from the intestine of the silkworm, has been utilised in clinical settings in Europe and Asia for more than 40 years because of its ability to clear non-living tissue from the body. By removing debris, serrapeptase can calm high levels of gum inflammation

and reduce the risk of disease. Also an antimicrobial, serrapeptase has been successfully used to make antibiotics up to 8.5 times more powerful when treating gum infection.

3. Ubiquinol coenzyme Q10. Once gum inflammation has subsided and infection has been stopped or minimised, the heart-healthy ubiquinol coenzyme can take over. A 2010 study published in the *Indian Journal of Pharmacology* proved that ubiquinol coenzyme Q10 works as an endogenous antioxidant to increase the body's concentrated coQ10 levels needed to suppress periodontal inflammation.

CoQ10 deficiency is likely to exist in cases of gum disease, and the progression of gum disease can make the deficiency worse. Coenzyme Q10 also has known heart-health benefits, further solidifying the gum-heart disease connection, and has improved survival rates in high-risk heart failure patients. UB8Q10 is the form of the vitamin-like coenzyme Q10 that is eight times better absorbed by the body.

Cutting out inflammatory foods is critical to stop inflammation where it starts – in the mouth – and to prevent the spread of gum infection. If the cardiovascular system is already burdened and inflamed (as it's likely to be when eating a high-sugar, inflammatory diet), by the time gum infection spreads to the heart, it may be too late.

Brushing and flossing twice a day with a spiral toothbrush and fluoride-free toothpaste can further reduce the spread of infection. Using a toothpaste that contains patented silver sol particles can

help to kill pathogenic bacteria that are present. As Iranian researchers learned in 2014, antibacterial silver can be effective enough to use at the medical level – significantly reducing inflammation and healing wounds almost completely one week after oral surgery.

Recommended Products

PRESCRIPTBIOTICS™

Custom cultured to rebalance good gut flora, this product supports stronger digestion, immunity and overall health. It contains soil-born organisms (SBOs) that are missing from the modern diet.



UB8Q10 UBIQUINOL

A coenzyme Q10 that is eight times better absorbed compared to ordinary CoQ10. Derived from KanekaQ10, the world's most researched and recognised CoQ10. Delivered in a gelatine softgel.



SERRAENZYME™ 250,000IU

The world's strongest serrapeptase delivering 250,000iu serrapeptase per cap. Available in 90 or 30 capsules (trial size) for serious health support and in a delayed-release cap for optimum performance. Phthalate-free.



SILVER BIOTICS® TOOTH GEL

Contains silver content at 22ppm and the addition of natural xylitol, peppermint and a natural plant-based colouring.



Sources

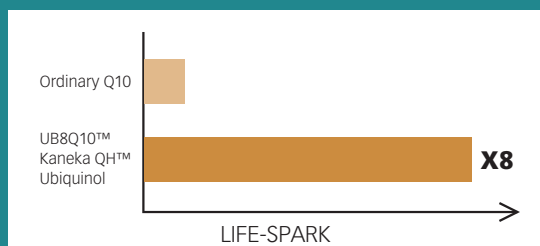
All references can be found at www.NaturallyHealthyNews.com

THE VERY BEST COQ10 AVAILABLE... x8 better than ordinary CoQ10

COQ10 fuels every cell and function in your body. It's the nearest thing in your body to the spark of life itself. This 'life-spark' has just got better... up to 8 times better!

Thanks to a recent breakthrough in Japan, there is a formula which is x8 more absorbable than ordinary CoQ10. It's not just what you take with CoQ10, it is what you absorb.

Fuel your body with the most powerful Co-Enzyme Q10... UB8Q10.



Up to 8 times more absorbable than ordinary CoQ10:

- Up to 8 times better than ordinary CoQ10
- 50mg softgel equivalent to taking 400mg ordinary CoQ10
- The only patented, stabilised form of ubiquinol available
- Derived from KanekaQ10, the world's most recognised and researched CoQ10
- Manufactured per the good manufacturing practices designated by the FDA
- Gelatin softgel

ANOTHER SILVER LINING

Eight ways taking silver saves money on prescription medicine

Prescription drugs are pricey. Not only is silver sol more gentle and cheaper than pharmaceutical medicines – it's age-old, doctor-recommended and scientifically-backed for safety. Children and adults can take pH-balanced silver sol daily, distinct from the silver metal as an antimicrobial solution, antibiotic alternative, and medicinal remedy containing 0.001 per cent elemental silver and 99.999 per cent pure water with hundreds of studies to document its use.

MORE DAILY SILVER, LESS INFECTION AND DISEASE

There are dozens of health benefits of taking a therapeutic dose of silver sol daily. Here are some of the most powerful:

1. Cleansing the blood. A blood cleanser and detoxifier, silver sol penetrates red blood cells to purge the body of yeast, viruses, parasites, bacteria and toxins.

2. Clearing the common cold. Spraying silver sol in the mouth can increase absorption, help break up congestion and lower levels of inflammation caused by a rapidly-replicating cold virus.

3. Controlling kidney and bladder infections. Since silver sol is quickly absorbed into the bloodstream, particles can reach the intestines and kidneys to kill pathogenic bacteria and minimise

infection. Users report that taking silver sol spray with juniper berries or cranberry juice may reverse bladder infections within 12 to 24 hours.

4. Decreasing dandruff. A silver sol particle spray or gel applied to the scalp can help reduce itching and dandruff, with potential anti-acne benefits.

5. Fighting fungal infections. One of silver sol's most popular uses is as an antifungal, sprayed or applied as a gel to yeast infections of the feet, underarms or vagina. Spraying silver sol into the mouth may also help remedy symptoms of internal fungal infection, called candida, like depression, headaches, digestive issues and autoimmune reactions.

6. Halting the herpes simplex virus. Japanese researchers proved more than 40 years ago that concentrated silver particles can successfully inactivate herpes simplex virus types 1 and 2.

7. Helping heal sunburn and burned skin. Topical silver gel soothes as a burn dressing and accelerates healing for both sunburned and heat-burned skin.

8. Improving cancer outcomes. While silver sol should be taken by cancer patients under the care of a physician, silver's anti-tumour properties make it a natural alternative treatment option for women with breast cancer.

The newest silver sol formulations offer unprecedented absorbability.



QUICK-ABSORBING SILVER PROVIDES THE BIGGEST BENEFIT

The newest silver sol formulations offer unprecedented absorbability. The reason these patented silver sol particles can be consumed daily without side effects is because new supplemental silver structures better transport and excrete silver particles from the body within only 24 hours. The greatest health benefits come from the fastest absorption into the bloodstream, with new silver sol particles reaching peak absorption in just two hours.

Recommended Products

HYDROSOL SILVER SPRAY/GEL

The most researched silver supplement on the market – safe for all the family. The spray delivers 10ppm and the gel delivers 24ppm.



Sources

All references can be found at www.NaturallyHealthyNews.com

Good Health Starts In The Gut

Good digestion is the foundation of good health, as it helps us absorb crucial nutrients that our bodies require. Our wide range of high quality probiotic and digestive enzyme supplements provide you with the support you need to maintain good digestion.

*Our all-natural
Digestive Health Supplements Offer:*

- Digestion and Immune System Support
- Highest Quality Ingredients Guaranteed
- Natural Source of Probiotic Micro-Flora
- Dairy-free, Gluten-free, Soy-free and Non-GMO
- Suitable for Vegetarians and Vegans



For more information please call our helpline on **03337 777 333**
or visit **www.GoodHealthProfessional.com** and
Go with your gut.

IT'S NOT CHOLESTEROL

That's the answer to the billion-dollar question: what causes heart disease?

Doctors routinely prescribe statins, one of the most controversial drugs in today's multibillion-dollar pharmaceutical industry, to lower high cholesterol. Statins block the liver enzyme that helps produce cholesterol, reducing levels of cholesterol in the liver and the blood.

But, because our bodies actually need a healthy amount of cholesterol to thrive, some doctors have started to speak out. They say statins are missing the point completely.

These cholesterol-lowering drugs over-prescribed to ward off heart attacks aren't as safe or effective as most patients think.

STATINS RAISE CANCER RISK AND PROTECT AGAINST ONLY 1 PER CENT OF HEART ATTACKS

Stanford researchers have estimated that more than 11 million people have been incorrectly prescribed statins, aspirin and blood pressure medication as of 2018.

American researchers also noted in 2015 that statins' purported life-saving benefits have likely been exaggerated. These cholesterol-lowering drugs over-prescribed to ward off heart attacks aren't as safe or effective as most patients think. Instead, low, or unhealthy, cholesterol levels caused by statin use can increase cancer risk, the USF Health researchers said.

TWO HEART-HEALTHY NUTRIENTS CAN BALANCE CHOLESTEROL AND BEAT HEART DISEASE

Cholesterol is blamed for heart disease, but the real cause of poor heart health is oxidation and inflammation. Brigham

and Women's Hospital researchers proved this theory for the first time at the European Society of Cardiology meeting in 2017 when they showed that reducing inflammation was enough to significantly reduce the risk of stroke, heart attack and cardiovascular death without lowering cholesterol levels.

We can give the heart a chance to stop oxidation and fight inflammation by supplying the daily nutrients it's missing:

1. Coenzyme Q10. Statins don't just deplete cholesterol. Statin use also dangerously depletes the vitamin-like enzyme and fat-soluble antioxidant coenzyme Q10 which is essential to heart function and balanced cholesterol levels. Kaneka Ubiquinol™ is the reduced antioxidant form of coenzyme Q10 that is up to eight times better absorbed than an ordinary coQ10 supplement. As the only antioxidant form of coenzyme Q10, Kaneka Ubiquinol™ can more effectively replenish coQ10 levels reduced by statins.

2. Vitamin B. High levels of the toxic and inflammatory amino acid homocysteine have been shown to be an independent risk factor for heart disease. Taking sublingual B-complex vitamins as a spray, proven to be 900 per cent better absorbed than capsules, can bring high homocysteine levels down. Vitamin B deficiency has also been causally linked with osteoporosis and supplementing can benefit heart and bone health.

High cholesterol isn't a disease. In most cases, elevated cholesterol is easy to remedy with diet, nutrients and lifestyle changes. The reality is that cholesterol-lowering statins only produce small benefits for heart health, USF Health study authors Dr David M. Diamond and Dr Uffe Ravnskov wrote: "Their adverse effects are far more substantial than is generally known."

Recommended Products

B4HEALTH SUBLINGUAL SPRAY

The best way to get all your daily B vitamins in one. This unique spray delivers B1, B2, B3, B6 and B12 in just six sprays daily. Also contains vitamin C, D, E and selenium.



UB8Q10 UBIQUINOL

A coenzyme Q10 that is eight times better absorbed compared to ordinary coQ10. Derived from KanekaQ10, the world's most researched and recognised coQ10. Delivered in a gelatine softgel.



HYSORBQ10™

These caps are made using an advanced bioavailability water miscible coQ10 that uses pure Hydro-Q-Sorb® CoQ10 – a bio-enhanced coenzyme Q10 for enhanced dissolution and easier absorption. Four times better than ordinary Q10 and suitable for vegetarians.



Sources

All references can be found at www.NaturallyHealthyNews.com

IMMUNE STRONG, ALL YEAR LONG!



Give your immune system a boost and help it perform to its full potential with our wide range of premium quality immune health products that have been specifically formulated using proven ingredients to help naturally promote and support a healthy immune system.

Our best-selling immune health products offer:

- ✓ All-year round immune support
- ✓ Highest quality ingredients guaranteed
- ✓ 100% natural – No artificial colours or preservatives
- ✓ Backed by years of scientific research

STOP SQUINTING AND START SEEING CLEARLY

Ultra-pure MSM drops soothe tired and irritated eyes



Our eyes are like water balloons. Optical tissue lets fluids flow in through membrane walls that function as filters, supplying critical nutrients and removing harmful particles that cloud and irritate. When our membranes toughen with age, fluids get trapped and particles accumulate.

Blurry, cloudy vision is one of the first signs that eye membranes have started to stiffen, and an outside source of moisture is needed.

HYDRATE THIRSTY EYES AND SOFTEN TOUGH TISSUE

Biological sulphur, also called Methylsulfonylmethane or MSM for short, is known for its ability to support youthful, flexible and healthy connective tissue. This natural sulphur source can be found in our bodies, and when we supplement it as daily eyedrops, it can soften leathery membranes and restore fluid levels in the eyes.

Not only that, but MSM drops can:

- Equalise eye pressure.
- Help repair membrane damage.
- Reduce or remove red spots and broken blood vessels.
- Clear floaters and other foreign particles.

Daily MSM drops help to support the recovery of most inflammatory eye conditions and diseases, like:

- Blepharitis
- Computer vision syndrome

- Conjunctivitis
- Dry eyes
- Floaters
- Glaucoma
- Iritis
- Keratoconus
- Pterygium

Biological sulphur, also called Methylsulfonylmethane or MSM for short, is known for its ability to support youthful, flexible and healthy connective tissue.

OptiMSM is the world's purest form of MSM, supported by 25 years of human and animal studies, which helps floaters filter through the eye's vitreous humour more rapidly. Formulated with a proprietary four-stage distillation process that provides 99.9 per cent purity with stringent safety standards, OptiMSM is proven to protect against oxidative damage – or free radical damage from poor diet, pollutants, UV exposure, stress and ageing that increase the risk of damage and disease in the eyes. OptiMSM also works as a potent anti-inflammatory to modulate abnormal immune reactions, with the potential to further reduce high levels of eye discomfort and irritation.

FIGHT FLOATERS AND INFECTION AT THE SAME TIME

Adding hydrosol silver to OptiMSM® could double the benefits. Silver has been used as a remedy to treat aches, pains and wounds since 4,000 BC. When applied

as a topical lubricant, hydrosol silver's confirmed bactericidal activity can help to reduce and prevent eye infection.

On-the-spot MSM drops can alleviate redness after a long flight or offer daily

relief from floaters and other irritating eye conditions. Unlike more invasive medical treatments that come with risks and side effects, MSM is non-toxic and has only been associated with the rapid growth of finger and toenails in high doses.

Robert Redfern swears by these drops for his own ears (both eardrums having been perforated from too many ear infections as a youngster) and the healthy ears of his whole family, including his seven grandchildren.

Recommended Product

MSM+SILVER™ DROPS
A proprietary blend of OptiMSM® hydrosol silver (10ppm), N-Acetyl-L-Carnosine and colloidal zinc (10ppm).



Sources

All references can be found at www.NaturallyHealthyNews.com

Help a broken heart

How the medical industry profits from unhealthy hearts

From the moment we're born, our hearts begin ageing – either healthily or unhealthily. There's a simple explanation for why some of us appear to age with fewer health problems than others: a strong nutritional foundation can support a healthy heart muscle and keep it ticking strong.

THREE WAYS OUR FAULTY HEALTHCARE SYSTEM FAILS HEALTHY HEARTS

Today, there are enough tools and supporting nutrients available to help us live our healthiest lives yet, but stroke and heart disease are still the top killers for middle-aged women and men in many Western countries. Sadly, it's the "heart disease industry," also called the medical industry, that's to blame.

Even the most renowned doctors can only provide disease management. For hearts at risk for disease, this means that:

1. Most hearts are malnourished. The genetic power we're given from birth, passed on from our parents, could give us enough nutritional fuel to keep hearts healthy for multiple decades, at least. But as this wealth of inherited nutrients starts to dwindle – or worse, was never there to start with – heart health starts to rapidly fade. Lifestyle factors like diet, medication use, and even gut health all significantly increase the heart's burden. In 2018, the NIH in the US linked a common allergen in red meat to arterial plaque build-up and a higher risk of heart disease. Heart



Even more devastating to heart health is the fact that statins block coenzyme Q10 absorption, considered vital to support daily heart muscle energy.

disease risk may also increase alongside treatment for other diseases, confirmed in 2018 when the American Heart Association found breast cancer treatment to increase the chances of cardiovascular disease over breast cancer death.

2. Disease management makes money. Doctors are trained to only manage symptoms of disease. The medical industry can't provide a cure. Patients' rightful need for adequate healthcare only ramps up supply and demand. As patients are continually prescribed medications used to manage the symptoms of disease, pharmaceutical companies rake in the profits. The pharmaceutical industry has also been caught on multiple occasions

overpricing lifesaving drugs and has been accused of putting profits before people.

3. Heart-health myths are hurting at-risk patients. Misconceptions about heart health abound and are most often perpetuated by doctors who practise "disease-management" medicine. More often than not, patients are prescribed a drug they don't need and are left wondering if the medication could help or hurt their heart. Statins are a prime example. Prescribed under the falsehood that high cholesterol causes heart attacks, when most physicians will confess that nearly 50 per cent of heart attack patients have low cholesterol when pressed for the information, statins hurt far more than they



heal. Statins are frequently over-prescribed and can make imbalanced cholesterol levels worse. Even more devastating to heart health is the fact that statins block coenzyme Q10 absorption, considered vital to support daily heart muscle energy.

DON'T LOSE HEART: USE THREE "POWER TOOLS" TO PREVENT HEART DISEASE

Knowledge is power, and it can bring about a change of heart. Once we stop the cycle of round-the-clock disease management, we'll start healing. Our hearts may regain some or all of their lost function when we provide them with a daily supply of the vitamins, minerals and essential nutrients they're missing.

As an overwhelming body of research shows that:

1. Serrapeptase reduces disease-causing inflammation. Calming inflammation

first is the only way to stop and prevent chronic disease. Cutting out inflammatory, processed foods is critical to eliminating this constant source of inflammation. Another important step is to interrupt the inflammatory cascade in the body with the help of the serrapeptase enzyme. Anti-inflammatory serrapeptase, along with its proteolytic partner enzyme nattokinase, improves blood flow with numerous user reports confirming unblocked arteries. Taking these super-charged enzymes in a formulation of proanthocyanidins and antioxidants can strengthen arterial function, balance blood pressure and encourage healthy circulation.

2. CoQ10 decreases heart failure mortality. It's not enough that frequently prescribed medications like statins lower levels of the essential vitamin-like substance needed to support optimal heart health. Coenzyme Q10 levels in the body peak in many organs at the age of 20 and start to decline with age. Once again, for those born without the richest nutritional inheritance, coQ10 stores may be in even shorter supply, putting heart health at risk. A compelling study presented at the European Society of Cardiology's Heart Failure Congress in 2013 confirmed that coQ10 was the first substance to reduce heart failure death rates in over a decade, lowering mortality by 50 per cent. Kaneka Ubiquinol™, the reduced antioxidant form of coQ10 that is synthesised for the highest purity through a bacterial fermentation process by Japanese scientists, can be taken daily to fuel heart muscle energy and provide eight times better absorption.

3. Daily activity reverses unhealthy heart ageing. In 2018, American cardiologists from UT Southwestern and Texas Health Resources observed that exercise can actually repair sedentary and ageing hearts by reversing damage. To reverse damage

and reduce heart failure risk, researchers recommend starting regular exercise before the age of 65, when the heart still has plasticity. Exercising a few times a week isn't enough – researchers also say that heart-regenerating exercise must be performed at least four to five times weekly.

For those who didn't receive a rich nutritional inheritance at birth, there's still hope, and there's still time. Several scientifically-backed, heart-healthy nutrients, along with a few healthy habits, can strengthen the heart, repair much of the damage done to an overburdened cardiovascular system, and, in many cases, reverse the passage of time.

Recommended Products

UB8Q10 UBIQUINOL

A coenzyme Q10 that is eight times better absorbed compared to ordinary coQ10. Derived from KanekaQ10, the world's most researched and recognised coQ10. Delivered in a gelatine softgel.



ACTIVE LIFE CAPSULES

The most complete multivitamin for all the family, with 130 nutrients, vitamins and minerals, including lutein, zeaxanthin, folate MTFH, vitamin C and vitamin D3.



BLOCKBUSTER ALLCLEAR™

Contains a careful blend of powerful enzymes such as serrapeptase and nattokinase, plus digestive enzymes, antioxidants and proanthocyanidins. Phthalate-free.



Sources

All references can be found at www.NaturallyHealthyNews.com



A CURE FOR ARTHRITIS?

How 50 per cent of arthritis sufferers improved without medicine

Arthritis is an inflammatory condition that slowly breaks down joints and has been considered to be incurable in the medical community – until recently. Though up to 90 per cent of people over 65 may be affected, pain is no longer inevitable. It doesn't even require the short-term fix of anti-inflammatory medications and painkillers. As one Swiss researcher explained when testing brown algae as a new arthritis treatment in 2017, there's hope that natural compounds can stop joint degeneration.

FOUR NATURAL WAYS TO FIGHT ARTHRITIS – AND WIN

Research indicates that, in most cases, making strategic lifestyle changes can repair damaged joints with potential to reverse or cure arthritis completely:

1. Attack inflammation with algae.

Few people consider algae to be a weapon against inflammation. But as Swiss Federal Laboratories for Materials Science and Technology (EMPA) scientists noted in their 2017 research, a long-chain sugar molecule, or polysaccharide, produced by brown algae may help relieve oxidative stress and suppress inflammation and the immune reaction that damages cartilage.

Ecklonia cava extract is one particularly potent species of edible brown algae that has been eaten in Asia for centuries. The extract is known for its ability to remove plaque, reduce vascular inflammation and

even reverse atherosclerosis. In 2006, Korean researchers also learned that ecklonia cava's antioxidant capabilities could minimise several major risk factors for osteoarthritis, reducing joint degradation enough that the brown algae may be used as a therapeutic arthritic treatment.

2. Decrease joint pain with vitamin D.

Vitamin D deficiency is subtle enough – and common enough – that many arthritis sufferers may not realise that low levels of the vitamin could be making joint pain worse. Vitamin D regulates calcium and phosphorus levels, as well as the health of the bones and teeth. Vitamin D is also a critical supporter of immunity, and low levels can compromise the immune response and leave joints

In 2017, University of Birmingham researchers found that preventing vitamin D deficiency could help stop inflammatory diseases like arthritis from developing altogether.

Increasing boron intake from 1mg or less a day to 3 to 10mg daily could cut arthritis rates from as high as 70 per cent to as low as zero.

vulnerable to inflammation. Vitamin D can decrease pain levels by disrupting inflammatory signals. In 2017, University of Birmingham researchers found that preventing vitamin D deficiency could help stop inflammatory diseases like arthritis from developing altogether. Taking into account the frequency of low vitamin D levels among chronic pain patients, Scandinavian researchers backed taking a vitamin D supplement as an inexpensive and relatively safe pain remedy in a 2011 study.

Daily vitamin D3 can be synthesised from just 20 minutes of unprotected sun exposure, and low levels of the precursor hormone can also be corrected with a daily supplement. Vitamin D3 taken with anti-inflammatory compounds like ecklonia cava extract, the serrapeptase enzyme and curcumin extracted from the turmeric spice creates a powerful combination to relieve inflammation, reduce pain and stop the damaging effects of age. Like vitamin D3 and ecklonia cava, serrapeptase and curcumin have proven anti-inflammatory and anti-pain properties. Both compounds are also supported by studies as potential alternative arthritis medicines.

3. Quench joint fire with boron and fulvic minerals.

The trace mineral boron is one protective mineral that our modern food supply is missing. In many areas where boron levels are low, arthritis numbers rise. Because of this mineral-to-joint-health connection, researchers have considered boron to be a "safe and effective treatment" for several forms of arthritis since 1963. Increasing boron intake from 1mg or less a day to 3 to 10mg daily could cut arthritis rates from as high as 70 per cent to as low as zero.

Boron helps arthritis sufferers regulate bone and calcium metabolism, while

also supporting cognitive function, alertness and hand-eye co-ordination. Supplementing boron in a rich concentration of fulvic acid and minerals only adds to its health benefits. Fulvic minerals sourced from raw deposits are rich, rare and complex. These ancient mineral structures remain bioactive when extracted with a low molecular weight so that they're easily and fully absorbed by the body. Fulvic antioxidant minerals, like boron, iodine, selenium, copper, phosphorus, potassium and more, can be taken in their concentrated, plant-derived, bioavailable form with electrolytes and amino acids to reduce inflammation and arthritic pain, support energy, regulate appetite, enhance nutrient absorption and improve sleep for up to 50 per cent of people.

4. Take time to heal with Tai Chi.

During this time of healing, movement becomes important. Where joint pain and stiffness have caused immobility, gentle activity can build muscle to strengthen joints and bring back range of motion. In a 2016 review, Chinese researchers explored Tai Chi as a viable form of complementary medicine for the management of chronic pain. Practising Tai Chi's relaxed breathing patterns coupled with integrated movement for five weeks offered immediate relief from chronic lower back pain and discomfort from osteoporosis, researchers found.

Just 20 minutes is enough physical activity to act as an anti-inflammatory and suppress inflammation associated with chronic diseases such as fibromyalgia and arthritis. American researchers confirmed in 2017. UK researchers also reported in 2017 that an inflammatory condition like osteoarthritis is preventable with a simple "prescription" of exercise and diet.

REBUILD CARTILAGE IN SEVEN DAYS OR LESS

Even replacing one missing nutrient has restorative potential. As UK researchers discovered in a double-blind, placebo-boron supplementation trial conducted on 20 subjects with osteoarthritis in 1994, supplementing the mineral for just seven days significantly reduced all painful inflammation markers completely. Within one week, the subjects' bone and cartilage began to regenerate. After two months of taking boron, 50 per cent of arthritis sufferers saw their symptoms improve significantly.

Recommended Products

ACTIVE LIFE CAPSULES

The most complete multivitamin for all the family, with 130 nutrients, vitamins and minerals, including lutein, zeaxanthin, folate MTFH, vitamin C and vitamin D3.



SERRANOL™

160,000iu serrapeptase plus Curcuminx4000, ecklonia cava extract and vitamin D3, all in one capsule.



PURE CONCENTRATED ORGANIC MINERALS LIQUID WITH FULVIC ACID

A unique blend of 77 liquid trace minerals and elements, electrolytes and 18 amino acids, in purified water from the world's richest source of fulvic minerals, including magnesium, selenium, copper, chromium, silver and more. Highest fulvic content per serving available and completely of plant origin.



Sources

All references can be found at www.NaturallyHealthyNews.com

HEALTH news

MOBILE PHONE RADIATION MAY AFFECT TEENAGERS' MEMORY PERFORMANCE

Teenagers who expose themselves to hours of mobile phone use may find that the radiofrequency electromagnetic fields (RF-EMFs) have adverse effects on their memory performance development within specific areas of the brain.



These findings come from a study involving nearly 700 adolescents in Switzerland. The investigation, led by the Swiss Tropical and Public Health Institute (Swiss TPH), was published on 23 July, in the peer-reviewed journal, *Environmental Health Perspectives*. The study found that cumulative phone use over one year may have a negative effect on the development of figural memory performance in adolescents – confirming prior results released in 2015.

Figural memory is located in the right brain hemisphere and is associated with RF-EMFs – found to be more pronounced in adolescents using their mobile phones on the right side of their heads. Researchers suggest that RF-EMFs absorbed by the brain are responsible for these observed associations.

The research looked at the relationship between RF-EMFs from wireless communication devices and memory performance within adolescents. This was a follow-up study, from a report published in the scientific journal *Environmental International* in 2015. It involved twice the sample size and more recent information about RF-EMF absorption in adolescent brains during different types of wireless communication uses.

As information and communication technology advances, this increases your exposure to RF-EMFs in your daily life. Having your mobile phone close to your head is one the biggest factors involved in electromagnetic frequency (EMF) exposure to the brain. Although several studies conducted have identified health effects related to RF-EMF, the results have remained inconclusive.

Research from the Pew Center has revealed that 95 per cent of all teenagers now have access to a smartphone and 45 per cent are online “almost constantly”. This means that the dangers of being exposed to mobile phone radiation and EMFs have never been higher.



STUDY SHOWS VEGAN-KETO DIET IS BEST FOR LONGEVITY

A recent study published in the *Lancet Public Health*, shows that an emphasis on eating a low carb diet of meat, fish, eggs and cheese may cause long-term health problems and even shorten life expectancy.

The study sent out the confusing message that people eating a moderate amount of carbs live longer than those avoiding them. The study is misleading as it suggests that a keto diet is bad for longevity.

What the study failed to address is that by eliminating all animal products (such as on a vegan-keto diet), longevity actually increases. A vegan-keto diet is actually the best diet one can follow for good health and longevity.

The study is just one of many reasons to avoid eating carbohydrate-rich foods. Following a vegan-keto diet is the solution for best health and longevity. The meta-analysis of keto diets clearly shows:

1. A so-called balanced diet high in carbs had the worst outcome for longevity.
2. A keto diet high in animal fats had the next worst outcome for longevity.
3. A so-called balanced diet low in carbs had the next worst outcome.
4. A vegan-keto diet had the best outcome for longevity.

Eating a vegan-keto diet rich in up to 30 different kinds of plant foods, nuts, seeds, pulses and healthy fats such as olive oil and coconut oil is the healthiest.

TRY THE WORLD'S STRONGEST SERRAPEPTASE

THIS 'MIRACLE' ENZYME HAS CHANGED LIVES...

**Best
seller**

Could it change yours?



The world's strongest Serrapeptase is now available in a TRIAL SIZE (x30)

- 250,000IUs Serrapeptase per capsule
- Maximum strength Serrapeptase
- Over x3 stronger than SerraEnzyme 80,000IU
- **Maximum strength Serrapeptase for bigger and better results**
- Also known as The 'Miracle' Enzyme, over 30 years of use
- Backed by Robert Redfern, Serrapeptase expert
- x90 bottle also available
- Delayed Release capsule for optimum performance
- Phthalate-free
- Good Health Naturally Serrapeptase, manufactured under strict guidelines, set by the U.S FDA's "Good Manufacturing Practices"
- Suitable for Vegetarians



GOOD HEALTH™
Naturally
Because it works!



BEAUTY IS BONE-DEEP

The hidden cause of osteoporosis, arthritis, muscle pain and wrinkles

It's natural – and culturally encouraged – to fear ageing, especially when that first fine line or wrinkle appears. For those of us experiencing the effects of premature ageing caused by diet, stress, sun exposure and a lack of nutrients, the decision “to jab or not to jab” may come sooner than expected.

Skin can start showing its age as metabolism slows down, as early as our thirties. A 2017 poll of 3,000 women aged between 16 and 75, conducted by the online beauty retailer SkinStore, showed that our worries about wrinkles and collagen loss comes at a hefty price too.

Collagen makes up 90 per cent of bone matrix proteins, so when collagen levels wane, bone health suffers too.

The average woman is expected to spend over \$300,000 (£236,433) on beauty products to look after her face.

This concern is merited, albeit misguided, realising the fact that collagen loss affects much more than the skin. Spending hundreds of thousands of dollars for a younger face misses the mark when affordable supplements could be enough to improve our skin and our health at the same time.

THREE WAYS COLLAGEN EROSION DESTROYS BODY, MIND AND SKIN

Collagen is well known as a skin-plumping agent in cosmetics, but in the body it functions as a natural protein. The collagen in our skin, bones, muscles and tendons is what holds us together. It's the sturdy stuff, or scaffolding, that gives our bodies structure. There are at least 16 and up to 20 different kinds of collagen that make our internal scaffolding complete.

Collagen can protect the brain against beta-amyloid protein accumulation, which characterises Alzheimer's disease.

Dermatologists may be quick to prescribe anti-ageing creams and injections, but it's not often collagen loss is discussed as a true health risk. Low levels of collagen have been linked to:

1. Cognitive decline. One of the quickest ways to break down healthy levels of collagen in the body is by making poor lifestyle choices each day. For example, eating sugary foods and starchy carbs, getting too much sun or avoiding sun exposure altogether, not exercising, and not supplementing missing nutrients can invite oxidative damage and deplete the vitamin C we need to produce collagen.

Early on, collagen loss can cause fatigue. From there, a 2018 *Neural Regeneration Research* study shows it can start to affect cognitive function. Structural collagen supports daily brain repair and creates the scaffolding that protects neurons from damage. Degenerating neurons can cause neurodegenerative disorders, like Parkinson's and Alzheimer's diseases. Collagen can protect the brain against beta-amyloid protein accumulation, which characterises Alzheimer's disease, as well as schizophrenia by helping to support neuronal synapses formation.

2. Osteoporosis. Collagen makes up 90 per cent of bone matrix proteins, so when collagen levels wane, bone health suffers too. Aching muscles, joint pain, low blood pressure, retinopathy and arthritis may also be related to collagen deterioration. But even a severely degenerative condition like osteoporosis or arthritis can be relieved and often reversed when taking bioavailable collagen as a supplement. BioCell Collagen™, a fast-absorbing and

patented form of collagen made from hydrolysed chicken sternal cartilage extract and backed by 20 clinical studies that include four human clinical trials, could help to increase bone mass and prevent bone loss related to age. A 2013 *Journal of the International Society of Sports Nutrition* study found that upping hydrolysed collagen intake helped boost bone mass and enhance the bone-protective benefits of running.

Taking liposomal vitamin C, the form that mimics the body's own liposomal "bubble" delivery system, offers another option to raise collagen production naturally. A *Journal of Bone and Mineral Research* study published in 2015 noted that the critical antioxidant and co-factor vitamin C can influence bone matrix gene expression to positively affect bone formation. Vitamin C deficiencies can also cause bone pain, while correcting deficiency may help to treat osteoporotic fractures.

3. Wrinkles. Collagen supplements provide powerful results for the protein's most popular use – reducing fine lines and wrinkles. While eating a ketogenic diet free from inflammatory foods is among the most effective approaches to stop wrinkle formation by eliminating skin-damaging sugars and raising amino acid intake, increasing daily collagen can help to repair visible damage.

Supplementing highly-absorbable, hydrolysed collagen can have an almost immediate effect on the appearance of wrinkles in the skin. In a 2012 study conducted on 26 participants with signs of chronological and photo-ageing and published in *The Clinical Interventions in Aging*, subjects were asked to take 1g of

BioCell Collagen™ daily for 12 weeks. By the end of the study, multiple physical changes had taken place. The study participants who took daily collagen for three months saw a significant reduction in their facial lines and wrinkles, skin dryness and sagging – all without side effects. Taking hydrolysed collagen with hyaluronic acid may also help to improve skin hydration by up to 76 per cent.

HEALTHY SKIN LOOKS GOOD – AND FEELS EVEN BETTER

Nothing feels as good as making the necessary diet and lifestyle changes to put a stop to unnatural ageing in the body and the skin. Research shows that taking daily collagen can lead to faster regeneration, especially in cases of external damage and degenerative disease.

Along with its anti-wrinkle and anti-disease potential, a daily dose of collagen provides a collection of small-but-important benefits. Collagen can calm the brain to balance mood and relieve anxiety, and it can also support sounder and deeper sleep.

Recommended Products

JOINT & SKIN MATRIX™

Joint & Skin Matrix™ is made with Biocell collagen and uses a patented bio-optimised process which ensures increased bioavailability and rapid absorption of the collagen.



CURECT™ - LIPOSOMAL VITAMIN C

1,000mg of high-quality liposomal vitamin C, plus 400mg PC per serving. The product is gluten-free, non-GMO and non-soy.



Sources

All references can be found at www.NaturallyHealthyNews.com



Robert's Rant

Debunking fake news: climate change is caused by a shortage of trees

Continued from page 49.

3. Animal farming is destroying the rainforests. The loss of trees is a significant cause of the increase in carbon dioxide. (For grazing pasture and animal feed, 70 per cent of the grains and cereals we grow go to farmed animals, and 50 per cent of all trees cut down were used for cattle-rearing.)

4. Livestock are polluting the soil and air. Farmed animals produce about 130 times as much excrement as the entire human population of the United States.

It will take many billions of trees planted in each country to restore our planet's ecology. (3 trillion in total)

5. Animal farming is creating water shortages and rivers are disappearing. It takes nearly 1,000 pints of water to make one pint of milk and up to 2,500 gallons for one pound of meat.

6. Livestock are destroying good land. Meat production has also been linked to severe erosion of billions of acres of once-productive farmland.

7. Animal and fowl farming are related to death and disease in humans. Researchers relate factory-farmed animal consumption to high levels of antibiotics, the incidence of heart disease, hypertension, E. Coli, BSE, CJD and breast, colon and other cancers.

8. Animal farming is stealing our food. The world's cattle alone consume a quantity of food equal to the caloric needs of 8.7 billion people – which is more than the entire human population on earth.

9. Animal farming is the leading cause of deserts from deforestation. Once the trees go, then rainstorms wash away the topsoil, and this can happen very fast as we can observe in many parts of the world today. Farming of goats and sheep started over 20,000 years ago, and deforestation has not stopped since with major tree-cutting over the past 100 years.

10. It is getting worse. As prosperity has increased around the world in recent decades, the number of people eating meat (and the amount we consume every year) has risen steadily. Between 1970 and 2002, annual per capita meat consumption in developing countries rose from 11kg (24lbs) to 29kg (64lbs). In developed countries, the comparable figures were 65kg and 80kg. As the population increased, total meat consumption in the developing world grew nearly five-fold over that period.

THERE'S A SOLUTION – BUT IT'S NOT EASY

Positive change in the face of climate change is possible, but it's very difficult for several reasons:

1. We don't like change. This is hardwired into our human DNA, and even asking many people to change their diet to save their life is met with resistance. It will be hard for politicians to make a case to ask people to stop eating as much meat (albeit over the next 20 years).

2. Farmers who are mainly subsidised in many countries may not like being paid for planting trees. The mega-farms that make enormous profits will scream like mad and will need a more extended period of changeover.

3. In all countries, tree planting can be quickly started in hill areas where some soil and rains still exist. An example is Pakistan, which has just planted one billion trees in hill areas – creating more jobs. This may seem like a lot, but it's still a drop in the ocean. It will take many billions of trees planted in each country to restore our planet's ecology. In the UK, there are more floods taking place in the winter, and still, scientists' warnings that this is caused by the cutting down of trees (especially in hilly areas) go unheeded. It's amazing that in the UK, it's hikers and walkers, as well as sheep farmers, who protest against the replanting of trees so they can have a pretty view while hiking.

Where soil and rain still exist, trees can be planted. But semi-desert areas need "holistic planned grazing," or mob-grazing cattle, researched by the work of biologist Allan Savory, as the first step



back to fertility. See Savory's 2013 Ted Talk, "How to fight desertification and reverse climate change," for more information.

LET'S CHANGE OUR PLANET ONE TREE (AND ONE MEAL) AT A TIME

Since immense forests must be planted to restore the oxygen and ecology of the planet, they will need firebreaks. These can occur where strong mile-wide polytunnels will be used for growing food 24/7/365 under low-energy LED lights. These are so successful that they are being used in Arctic regions to provide fresh food daily and year-round. Some London factory lofts and offices are also being used to grow fresh, organic vegetables and greens for restaurants with this design – again, 24/7/365.

Growing organic, healthy food is easy –

and can be done at home – when using this method of soilless cultivation:

- It uses a tiny amount of water compared to irrigating in fields.
- It does not need pesticides, artificial fertilisers or other chemicals.
- It uses the healthiest form of fertiliser that contains all the nutrients necessary for healthy crops.

Many people may already use this in their garden today, and it is fertiliser made from seaweed. Seaweed is being farmed in vast quantities and can be quickly increased around the world. No fossil fertilisers needed.

Altruistic millionaires like Dennis are our inspiration, but it's our responsibility to keep our planet healthy and thriving. When Dennis died of cancer the year after his millionth-tree planting ceremony, in

2014, he donated his fortune to the forest – leaving £500 million (\$651 million) to keep his project going.

Even after Dennis' passing, his legacy lives on as The Heart of England Forest maintains his vision of planting at least 300 acres of land each year. And we, through our daily actions, have the same opportunity to leave something behind for future generations. To keep the next 50 years from becoming worse than the last 50 years, it is imperative we get healthy and help our family and community to become equally robust. Only strong, healthy people are equipped to make lasting changes – and to deal with whatever life throws at us.

Sources

All references can be found at www.NaturallyHealthyNews.com

Combating chronic inflammation

This is what happens when anti-inflammatory enzymes take on disease

Why are we still sick? Unhealthy lifestyle choices cause unhealthy levels of inflammation.

Once chronic inflammation escalates anywhere in the body, even the mouth, it can increase the risk of chronic diseases, like heart disease, Alzheimer's disease, diabetes, rheumatoid arthritis and cancer.

FOUR "BAD HABITS" CAUSE CHRONIC DISEASE (AND HAVE AN EASY FIX)

A common "bad habit" like eating a Western diet high in chemicals, calories and unhealthy fats can ramp up the immune system in the same way as if we'd experienced a bacterial infection, German researchers found in 2018. Inflammatory foods can have long-term, negative effects on our immune activity, greatly increasing the risk of diabetes and arteriosclerosis.

In 2018, Northwestern University researchers in the US also learned that four of our most common "bad habits" may be to blame for the rise in chronic illnesses like heart disease and cancer:

1. Excess screen time.
2. Little exercise.
3. Too much processed, unhealthy fat.
4. Not enough vegetables and fruits.

In the study, scientists used an app as a form of lifestyle intervention. App

tracking helped interrupt these unhealthy behaviours and reduced the risk of heart disease and cancers of the colon, breast and prostate.

As the researchers proved, accountability through an app and health coaching can increase motivation. Even if we've been practising a handful of unhealthy habits over a lifetime (and have already seen evidence of chronic inflammation and disease), it's not too late. Good Health Coaching can provide short-term solutions and long-term guidance to help reduce chronic inflammatory markers and eliminate ongoing sources of outside inflammation. Many Good Health Coaches give their clients a diet and nutrient supplement plan to support the body's

healing, utilising several anti-inflammatory enzymes to repair internal damage.

FOUR WAYS TO USE ENZYMES TO REVERSE DISEASE AND GET GOOD HEALTH BACK

Health improves when anti-inflammatory enzymes take over, working to clean and clear the body in four important ways:

1. Eliminating inflammation. It takes time to free the body of the effects of a lifetime of inflammation, but the serrapeptase enzyme can speed up recovery. Serrapeptase is a proteolytic (protease) enzyme that breaks down protein molecules into peptides and then amino acids. Serrapeptase fast-tracks the body's healing and repair process by working as





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an "active protein". Catalyst enzymes like serrapeptase are essential for growth and repair because of their constant activity. Serrapeptase is frequently called the "miracle" enzyme – and prescribed by doctors in many parts of Europe and Asia – because its clean-up process is essential to the survival of our cells.

User testimonials support the fact that serrapeptase does work, often quickly and with results described as "astonishing". By preventing and flushing out dead tissue and unhealthy levels of

inflammation, serrapeptase frees the body to continue its natural healing process, reducing symptoms of chronic illness at the same time. Since dead and inflamed tissues are the main cause of any serious ailment, serrapeptase solves disease by stopping the inflammatory cycle where it originates. Clinical studies have shown that serrapeptase can stimulate anti-oedemic, anti-inflammatory and fibrinolytic (anti-clotting) activity in tissue better than other proteolytic enzymes.

2. Preventing disease. Once serrapeptase interrupts inflammation, the body is naturally protected against disease. When serrapeptase is taken with other high-potency enzymes, its protective effects become even more apparent. Observing how proteolytic enzymes can preserve the health and function of one of our most complex organs – the brain – provides the perfect example.

In 2013, scientists learned that serrapeptase and nattokinase, both potent proteolytic enzymes with known anti-clotting properties, could support brain health by modulating some factors of Alzheimer's disease. Taking these enzymes orally, the *Human & Experimental Toxicology* study found, may work as an effective, therapeutic Alzheimer's treatment. Anti-clotting enzymes like nattokinase can also help dissolve blood clots and may help treat one of the leading causes of modern death: blood vessel clots related to heart disease. Supplementing proven enzymes like serrapeptase and nattokinase with antioxidants, proanthocyanidins and digestive enzymes can effectively reduce inflammation, increase healing and support internal cleaning.

3. Restoring function. Parts of the body that have lost mobility or have been damaged by disease may respond to daily enzyme therapy without the need for surgeries or medication. Serrapeptase is safe enough to take at a high dose to address complicated and often incurable illnesses, including lung diseases, MS, varicose veins, leg ulcers, fibromyalgia, inflammatory bowel disease, arthritis and more. Serrapeptase's job is to flush out dead, damaged tissue and allow the body to heal itself. Painful symptoms of these conditions are likely to be reduced, and in many cases, organs and limbs regain partial or full function.

For an ongoing condition like chronic sinusitis, for example, where mucus in the nasal cavities has thickened, serrapeptase can significantly reduce pain, difficulty swallowing, nasal obstruction and loss of smell. Japanese researchers discovered in a study conducted on 140 sufferers of acute or chronic ear, nose and throat illnesses in the 1980s that taking active serrapeptase resulted in rapid, noticeable improvements. Compared to changes seen in only 21.9 per cent of the placebo group, physicians confirmed that 97.3 per cent of study participants saw “excellent or good” efficacy of treatment after taking serrapeptase for just three to four days.

To get maximum benefits in the minimum amount of time, high-dose serrapeptase can be taken at up to 250,000iu a day. When supplementing this potent clean-up enzyme, more can be better. In the decades of studies conducted on its use, no side effects have been reported at this high dosage. High doses of serrapeptase can be safely used by pregnant and breast-feeding women, and low doses can be given to children and pets, though it’s always important to consult with a physician. Daily, high-dose serrapeptase has been used to restore mobility as a successful alternative treatment for carpal tunnel syndrome. As a result of taking daily serrapeptase, 65 per cent of carpal tunnel cases have improved without any side effects reported.

4. Improving quality of life. To manage health and increase daily energy, serrapeptase shows its strength when it’s taken as a supporting nutrient. Supplemented alongside the anti-inflammatory curcumin compound, the antioxidant ecklonia cava extract, and the fat-soluble immune-booster vitamin D3, serrapeptase can help minimise dozens of symptoms related to poor health and age.

Curcumin, like serrapeptase, is known to lower levels of chronic brain inflammation.

Using both anti-inflammatory compounds together may be especially beneficial for inflammatory brain conditions like depression and Alzheimer’s disease. A double-blind, placebo-controlled study, conducted on 40 adults with mild memory impairment and published in the *American Journal of Geriatric Psychiatry* in 2018, showed that a daily dose of curcumin could help to balance mood and improve markers of Alzheimer’s. The next step is to conduct a follow-up study on a larger group of depression sufferers to determine curcumin’s use as an antidepressant.

Serrapeptase, curcumin, vitamin D3 and ecklonia cava are all powerful enough to cross the blood-brain barrier. Ecklonia cava, a fat-soluble extract of brown algae, can boost brain function and increase alertness by preventing sleepiness, likely due to its ability to improve blood flow and oxygen transport to the brain. Vitamin D3 can also reduce physical fatigue by making muscles more efficient.

Having this anti-inflammatory solution at the ready is more important than many of us realise. Even when we take the steps to interrupt the daily cycle of chronic inflammation caused by our habits, outside inflammation is still a threat. American researchers were surprised to discover in 2017 that even repeated mild food poisoning, which the body can process quickly, can trigger chronic inflammation. When the body can’t fight off this inflammatory cascade, the researchers found, it can lead to potentially fatal colitis.

Nowadays, pharmaceutical companies are working on expensive medications to flip the inflammatory “switch” and help the body put an end to disease. These medications don’t come cheap, and for the chronically ill, could cost up to \$20,000 (£15,500) a year. Taking serrapeptase daily is one of the most helpful and cost-effective ways to keep the body safe by relieving it of inflammation, a major cause of chronic disease.



Recommended Products

BLOCKBUSTER ALLCLEAR™

Contains a careful blend of powerful enzymes such as serrapeptase and nattokinase, plus digestive enzymes, antioxidants and proanthocyanidins. Phthalate-free.



SERRANOL™

160,000iu serrapeptase plus Curcuminx4000, ecklonia cava extract and vitamin D3, all in one capsule.



SERRAPLUS+™ 80,000IU

High dosage formula provides a balanced strength of 80,000iu serrapeptase in delayed-release capsules for the best absorption, as well as the inclusion of trace minerals (50mg) to ensure better enzyme utilisation and the addition of 350mg of MSM. Phthalate-free.



SERRAENZYME™ 250,000IU

The world’s strongest serrapeptase, delivering 250,000iu serrapeptase per cap. Available in 90 or 30 capsules (trial size) for serious health support and in a delayed-release cap for optimum performance. Phthalate-free.



Sources

All references can be found at www.NaturallyHealthyNews.com

The **TWO** most
powerful nutrients
for your brain...
in **ONE**



BrainPower is a unique formulation, which combines two super nutrients: **curcumin** and **resveratrol**.

Curcumin, found in turmeric, known as the 'Golden Spice of India', has been used for 4,000 years in Ayurvedic medicine and is now **backed by thousands of impressive studies**.

Resveratrol is produced by plants when under attack and can be found in some food, such as the skin of grapes, blueberries and mulberries.

Individually these offer multiple health benefits but, when combined and delivered by liposomes, that's when they **become even more powerful**.

Liposomes are tiny bubbles (the same as our cell membranes), which deliver the curcumin and resveratrol more efficiently than normal, in the body's natural form, leading to much **better absorption**.

Simply take one teaspoon per day. Suitable for vegans.

THE MOST COMPLETE MULTIVITAMIN FOR ALL THE FAMILY

Active Life™ is the new all-in-one blend of x130 nutrients and contains all of the essential vitamins, trace minerals & elements, electrolytes and amino acids that our body requires.

This is a unique and super formulation created by Good Health Naturally based around the demands exerted on modern-day life. You can be confident that each nutrient has been carefully selected and trust Active Life™ as your multivitamin of choice.

Not only is Active Life™ the most powerful multivitamin available, it is one of the most economical blends, when comparing nutrient content per cap.

x180 veggie caps per bottle, Active Life™ is suitable for all the family, including children under the age of 12.

Now contains a high amount of Lutein & Zeaxanthin and Folate MTFH; the same as found in nature (different from Folic Acid, which is synthetic and does not absorb correctly).

Ingredients

- ✓ Vitamin A (Palmitate/10% Beta-Carotene)
- ✓ Vitamin C Calcium (from DiCalcium Phosphate)
- ✓ Vitamin D3 (from Cholecalciferol)
- ✓ Vitamin E (as Natural d-Alpha Tocopherol Acetate + Mixed Tocopherols)
- ✓ Vitamin K2 (K2 - Menaquinone)
- ✓ Vitamin B1 (Thiamin)
- ✓ Vitamin B2 (Riboflavin)
- ✓ Niacin - Vitamin B3 (from Niacinamide)
- ✓ Vitamin B6 (Pyridoxine Hydrochloride)
- ✓ Folate (as (6S)-5-methyltetrahydrofolic acid)
- ✓ Vitamin B12 (Methylcobalamin)
- ✓ Biotin
- ✓ Vitamin B5 (from Pantothenic Acid)
- ✓ Phosphorus (from DiCalcium Phosphate & DiPotassium Phosphate)
- ✓ Iodine (from Potassium Iodide)
- ✓ Zinc (from L-OptiZinc®)**
- ✓ Selenium (from Selenomethionine)
- ✓ Copper (from Copper Gluconate)
- ✓ Manganese (from Manganese Gluconate)
- ✓ Chromium (from Chromium Polynicotinate)
- ✓ Molybdenum (from Molybdenum Citrate)
- ✓ Chloride (from Fulvic Trace Minerals)
- ✓ Potassium (from DiPotassium Phosphate)
- ✓ Potassium (33% as Amino Acid Chelate)
- ✓ Boron (from Boron Citrate)
- ✓ Aloe Vera Powder (200:1)
- ✓ Bilberry Extract 5:1
- ✓ Choline Bitartrate
- ✓ Fulvic Trace Minerals (77 trace minerals and elements, electrolytes and 18 amino acids)
- ✓ Inositol
- ✓ Lutein (from the Marigold flower - ZanMax®)
- ✓ Zeaxanthin (from the Marigold flower - ZanMax®)
- ✓ L-Cysteine
- ✓ L-Glycine
- ✓ L-Taurine

for ref check ingredients on our website for product

x130
NUTRIENTS

x180
CAPS

