

NATURALLY HEALTHY NEWS



ISSUE 34

**YOUR
COPY**

FIGHTING CHRONIC INFLAMMATION

Why it's at the root
of modern disease

CHANGE HOW YOU AGE

A new approach to arthritis

DYING FOR JUNK FOOD?

Protecting children from a
processed food diet

COMBAT CHRONIC LUNG DISEASE

How to defuse a ticking
health timebomb

NEW YEAR, NEW IMMUNE SYSTEM

This is the year
to get well





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**.

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Individually these offer multiple health benefits but, when combined and delivered by liposomes, that's when they **become even more powerful**.

Liposomes are tiny sized 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.



Hello

Welcome to Issue 34 of *Naturally Healthy News*. I am particularly looking forward to 2018 and the opportunity to offer extra help with some new formulations recently launched. This month (January 2018) I have my 72nd birthday celebrations and I'm ready to spring into my 73rd year feeling as strong and healthy as ever.

The good health news I bring in *Naturally Healthy News* has got better over the past 34 editions. But that is to be expected because I research both the causes of your health problems and the nutritional solutions. Doctors call your health problems diseases, but I call them the effects of an unhealthy lifestyle. A new study that has recently been released confirms this and states that 50 per cent of cancers cases are caused by an unhealthy lifestyle.

You are reading this because you are looking for a solution. There are many things I have introduced to the world such as Serrapeptase (TheMiracleEnzyme) and MaxiFocus. The latest products include improved versions of BrainPower and Vitamin C. I introduced these Liquid Liposomal products to give readers an easy and tasty way to take these powerful products in high doses at any age.

Do take the time to read this cover-to-cover a couple of times if you are looking after your health and wellbeing the natural way. You will find a wealth of information in this magazine. I have just revised my eBooks for Fertility and for Alzheimer's/ Dementia and I also have a whole library of books that detail 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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Naturally Healthy Publications

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Cheshire CW9 8LE

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Printed by Acorn Web, Loscoe
Close, Normanton Industrial Estate,
Normanton, West Yorkshire WF6 1TW



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A new year, **A NEW IMMUNE SYSTEM**

Sick of getting sick? This is the year to get well

In traditions all over the world, holidays celebrated around the winter solstice have a special meaning. Holidays like Christmas and Hanukkah bring us light in a dark, cold season.

Likewise, the winter solstice is also represented as a hexagram depicting a ray of light shining through the darkness in Chinese medicine.

The winter solstice brings us light, and it spurs on a season of change. In the Chinese New Year, for example, which takes place in the spring, cleaning before the celebration is traditional to drive out the dust – as well as the bad luck – and prepare for a new beginning.

THE SIMPLE REASON OUR IMMUNE SYSTEMS UNDERREACT IN THE WINTER

We've all observed that cold and flu seasons come at certain times of the year, but in 2015, University of Cambridge researchers put our seasonal immunity to the test. Our immune systems are fluid; they may be stronger or weaker in different seasons.

That's why, according to the study conducted on more than 16,000 people living in the northern and southern hemispheres, serious conditions like heart disease and rheumatoid arthritis can flare up in the winter in those who are healthier in the summer.

The seasons affect:

- Our immune cell function.
- The composition of our blood and fat tissue.

Many people may find themselves getting sick more often in the winter because, as humans, we adapt to our changing environments. Diseases related to chronic inflammation are at a higher risk in colder, darker months, researchers say, often because we're sorely lacking in immune-strengthening nutrients, like critical vitamin D.

Interestingly, Australian researchers also discovered in 2017 that the desire to drink alcohol, a common indulgence around the

holidays and when celebrating the New Year, could be hardwired into the brain's immune system. When researchers gave mice a drug to block a specific immune response in the brain, their desire to drink alcohol at night decreased. For those considering a 'dry January' or hoping to cut back on their drinking in the New Year, strengthening the immune system may make this transition easier.

FOUR STEPS TO A NEW IMMUNE SYSTEM IN THE NEW YEAR

The foods we eat – and specifically, the nutrients in the foods we eat and the supplements we take – dictate the health of our immune system. As Perelman School of Medicine researchers in the US discovered in 2016, eating a diet high in unhealthy fats, like those found in some salad dressings and ice creams, caused an immune response that triggered inflammation and led to intestinal cancer in mice. This cancer-causing inflammatory response was observed even in the mice that were not obese.

Eating this type of Western diet, typically high in unhealthy fats and high-sugar foods, can not only sabotage the immune system, but it can sabotage one of our most popular New Year's resolutions: weight loss. In 2017, University of California San Francisco researchers learned that, again, immune cells in the brain can switch on to trigger overeating and weight gain after eating a diet high in unhealthy fats. The brain's immune cells, called microglia, make up 10 to 15 per cent of the cells in the brain.

Our immune systems are influenced by what we eat, and even our brains recognise this. To cut down on seasonal sickness, and to start the new year healthy and strong, our bodies require a daily supply of four immune-boosting nutrients:

1. EpiCor – A potent, immune-strengthening yeast fermentate and antioxidant with an ORAC (Oxygen



Diseases related to chronic inflammation are at a higher risk in colder, darker months, researchers say.

Radical Absorption Capacity) value of 52,500/100g, EpiCor primarily works as a free radical scavenger. Several studies also support EpiCor's role as an anti-inflammatory, used to calm the immune system and the inflammatory response that can cause disease. EpiCor has been shown to strengthen the immune system by increasing levels of secretory IgA, needed to support the human mucosal barrier, and activating natural killer (NK) cells to support the adaptive immune system. One of the prime examples of EpiCor's effect on immunity is the benefits it can provide in cold and flu season: taking EpiCor has helped to significantly reduce symptoms of upper respiratory tract infections among those who have received the flu shot.

2. eXselen – Selenium is the essential trace mineral our bodies are dependent on but can't produce on their own. We

must get ample amounts of selenium through our diets or supplements. eXselen is a highly bioavailable organic selenium that provides large amounts of selenomethionine – the preferred form of the mineral better absorbed by the body – when taken as a supplement. eXselen is backed by 15 years of research and 70 years of proprietary fermentation technology. Taking eXselen as a critical mineral and natural antioxidant can boost the immune system, protect healthy cells from free radical damage, support a normal inflammatory response, and provide benefits for prostate, breast and thyroid health. The immune-enhancing properties of selenium have also been confirmed through extensive research. Our bodies need selenium to boost our white blood cells, which help to fight off infection.

3. Soil-based probiotics – Few people recognise that one of the early signs of



an unhealthy gut is an unhealthy immune system. When we find ourselves getting sick often, even weekly, our body is telling us that it's time to look inside. Good bacteria in the gut keep the immune system alert, active and ready to attack pathogens. Even for seasonal allergies, supporting the gut with a good probiotic can help.

Strengthening the digestive system and immune system with a daily probiotic could have the happy side effect of reducing symptoms of hay fever during allergy season. University of Florida researchers in the US found in 2017. SBO, or soil-born organism, probiotics can support both a hardy immune system and a healthy gut. Containing a super-strain of eight species of probiotic bacteria, SBOs offer a nearly exact match to the diverse bacteria once found in the human gut hundreds of years ago – and found in nature. Along with a bolstered immune system, taking a daily soil-based probiotic can provide benefits that include detoxification and removal of waste build-up, anti-microbial protection against pathogenic growth, powerful free

radical scavenging abilities and improved metabolism.

4. Vitamin D – Remember the vitamin D deficiency researchers spoke of above as a possible indicator of poor wintertime health? Studies continue to support vitamin D's influence on our healthy immune response, beyond any shadow of a doubt. In 2017, UK researchers found that taking a vitamin D supplement may be enough to make it through the dreaded cold and flu season. Vitamin D supplements can protect against acute respiratory infections, including colds and flu, along with providing benefits to bone and muscle health.

Taking vitamin D3 – the usable form our bodies absorb from the sun – in a daily multivitamin may help to transform immune health for the upcoming year. Vitamin D3 is critical to a strong and healthy immune system; the cells within our immune system contain vitamin D3 receptors. If our immune cells aren't getting enough vitamin D3, they grow weak, and the body grows vulnerable to infection. Vitamin D3 deficiency can be more common in the winter when there is less sunlight, though risk still exists in the summer when we put on too much sunscreen to block absorption from the sun. A daily multivitamin containing vitamin D3 can replenish our stores in all seasons, especially in winter when both sunlight and immunity are naturally low.

Giving our bodies the right nutrients can be enough to change the outcome of our upcoming year – as long as we get enough rest. When life gets busy, a good night of sleep is one of the first things to go, and yet, it's a habit that has one of the greatest impacts on our immunity. As University of Washington Health Sciences researchers in the US discovered in 2017, we're likely to get sick when we don't get enough sleep. Chronic sleep deprivation weakens immunity.

Funnily enough, nourishing our bodies and getting more sleep may make it easier to stick to our New Year's resolutions. New Year's resolutions are commonly broken, so much so that it's become a running joke. But in 2017, University of Michigan Health System researchers in the US said that keeping our resolutions may be possible, if we get enough sleep. Better sleep, sleep physicians explained, can make it easier to make healthy food choices, exercise, quit smoking, stay motivated on the job and work through our personal issues.

Recommended Products

PRESCRIPT BIOTICS™

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.



ACTIVE LIFE CAPSULES

The most complete multivitamin for all the family, with 130 nutrients, vitamins and minerals, including vitamin D3.



DAILY IMMUNE PROTECTION

A unique combination of 10 powerful ingredients to help maintain the function of the immune system, including: EpiCor, eXselen, vitamin D3, vitamin C, L-OptiZinc, dimethylglycine, elderberry fruit extract, Immune Assist Powder, beta glucans and larch arabinogalactan.



Sources

All references can be found at www.NaturallyHealthyNews.com

HEALTH *news*

YOU CAN REPROGRAMME YOUR 'BAD' DNA WITH A HEALTHY DIET

You're not destined to get any disease – such as diabetes or even breast cancer – just because of your DNA. You can reprogramme your genetic inheritance at any time by eating healthier food and adopting a better lifestyle, a new study has discovered.

Although you can't change your DNA sequence, you can influence its expression. This means that you can alter your genetic code – possibly created when you were in the womb, or the diet you were fed when you were an infant – and avoid a disease you were programmed to develop.

A change of diet, exercising and even moving home to a healthier environment can change your DNA expression, researchers from the University of Illinois have discovered. It's all to do with epigenetics, which influences the expression of your genes in your epigenome. The epigenome is inherited, but, like keys on a piano, it doesn't necessarily have to be played.

It's easily altered, and can happen at any time, the researchers discovered after they carried out whole-genome sequencing on a group of laboratory rats that had been fed a high-fat diet. Some of the group was later given a low-fat diet, and this one difference changed the way that DNA was expressed in the rats' liver. In practical terms, it changed fat metabolism and inflammation in the liver, which changed the risk for diseases such as diabetes.

A QUARTER OF PATIENTS USING ALTERNATIVE MEDICINE

A quarter of people with chronic diseases are using some kind of complementary and alternative medicine because of the failings of conventional therapies, a new survey has discovered. They're turning to a range of alternatives, including homeopathy and herbal remedies, massage and osteopathy, according to a study of 40,000 Europeans.

The most popular alternative is massage, which 12 per cent of patients have used, followed by homeopathy, which 6 per cent of respondents have turned to. Germans are the most likely to use alternative medicine, with around 40 per cent regularly doing so, followed by Finland and Estonia, where 35 per cent of patients are turning to an alternative. By comparison, just 10 per cent of Hungarians had used one of the therapies in the past year.

The differences can partly be explained by different healthcare systems; some countries pay for alternative therapies through insurance schemes, and, in others, general practitioners also offer alternative medicine.

A well-educated female is the most likely to use an alternative, say researchers from the University of Helsinki who carried out the poll. The patients are turning to alternatives for a range of chronic conditions because they consider the conventional therapy to be inadequate, the researchers say.



HEART ENLARGES WHEN YOU DON'T EAT YOUR GREENS

Most of us know that vitamin K is important for maintaining cardiovascular health – but now researchers have discovered why. People who don't eat their greens and vegetables, which are rich in the vitamin, change the physical structure of their heart.

The vitamin is best known as a blood thickener and for aiding clotting, but the new study has discovered that people who don't eat any greens are more than three times more likely to suffer from an unhealthy enlargement of the heart's major pumping chamber, known as left ventricular hypertrophy.

There's a direct correlation between the amount of vitamin K, and especially K1 (phylloquinone), in our diets and the heart's structure. Researchers at the Medical College of Georgia studied the diet and heart health of 766 seemingly-healthy adolescents aged between 14 and 18, and discovered that those eating the least amount of vitamin K1 were 3.3 times more likely to have an enlarged heart. "Those who consumed less had more risk," said lead researcher Dr Norman Pollock.

Despite their young age, around 10 per cent of the participants were already showing signs of an enlarged heart, a problem that will make the heart less efficient.

Vitamin K1 is found in green vegetables such as spinach, cabbage, broccoli and kale, and in iceberg lettuce and olive oil.

Source: www.WDDTY.com

BIG PHARMA TAKES TIGHTER CONTROL OF WORLD'S LEADING 'INDEPENDENT' HEALTH WEBSITES

Many of the world's major medical websites are now owned directly – or indirectly – by the pharmaceutical industry, although this is hidden from consumers searching for independent health advice.

WebMD, RxList, MedicineNet and Medscape are the latest to forge ever-closer ties to the pharmaceutical industry after they were purchased by private investment firm KKR (Kohlberg, Kravis, Roberts & Co). The takeover will be finalised by the end of this year.

The sites have always been heavily reliant on advertising income from drug companies – WebMD alone generates around \$700m a year – and this has influenced editorial decisions. Medscape has deleted all negative stories about vaccinations, for example. But now the pharmaceutical industry has a direct influence over the sites with KKR's \$2.8bn purchase. KKR has in its investment portfolio GlaxoSmithKline's older drugs whose patents have expired, Bayer's diabetes equipment division, and 80 per cent of Panasonic Health Care.

Several of their directors and board members also have close ties to the drugs industry, including one executive who is also chairman of Merck. WebMD's reach in the US is vast, and is one of the country's most influential health websites. It's visited by around 75 million consumers and 650,000 doctors every month.

KKR's Internet Brands division has day-to-day control of the recently-acquired sites. Its CEO, Bob Brisco, said: "WebMD and Medscape are the market leaders in online health with unparalleled reach to consumers and healthcare professionals" – and now they are even better placed to push the pharmaceutical line.

ZINC STOPS CANCER GROWING

Zinc is one of the key minerals for preventing cancer and stopping its spread. It singles out cancer cells and blocks their growth, researchers have discovered.

Other researchers have also suggested that zinc prevents and combats cancer, but the new research is the first to understand the mechanism and how the mineral attacks only cancer cells, but leaves healthy ones. The new research has tested the mineral on oesophageal cancer cells, although the researchers at the University of Texas believe it would work just as well on other cancers. Oesophageal cancer attacks the 'food pipe' that links the throat to the stomach, and is the sixth leading cause of cancer deaths around the world. The five-year survival rate is less than 20 per cent.

They've discovered that cancer cells emit calcium signals, and this attracts zinc, which inhibits the cancer cell's growth. This suggests that calcium and zinc are somehow linked, and 'talk' to each other, and this conversation blocks cancer.

Without sufficient levels of zinc in the body, this blocking cannot happen effectively. This would explain why many cancer patients are deficient in zinc, the researchers say, and also underlines the importance of zinc in our diet to prevent the disease developing in the first place. Taking zinc supplements is an important part of the daily regime, the researchers say, as is eating foods that are rich in zinc, such as spinach, beef, oysters, shrimp and pumpkin and watermelon seeds.

Source: www.WDDTY.com

DRINK THREE PINTS OF WATER A DAY TO HALVE RISK OF UTIs RECURRING

Women who suffer from frequent bouts of UTIs (urinary tract infections) should start drinking around three pints (1.5 litres) of water every day. It halves the chances of the problem recurring.

The extra water helps flush bacteria from the bladder, and reduces the possibility of the bacteria attaching to the cells that line the urinary tract, which happens when a UTI develops. While it sounds logical, nobody has really tested the idea before, say researchers from the University of Miami school of medicine.

They got together a group of 140 women who had suffered at least three UTIs in the past year, and whose fluid intakes were quite low. Half carried on as normal, and the rest were told to drink an additional 1.5 litres of water a day, which is roughly equivalent to three 16-ounce glasses. With all the other drinks the women would consume in a day, their fluid intake rose to 2.8 litres, while the non-drinkers were still drinking around 1.2 litres every day.

After a year, the women who didn't drink extra fluids reported having just over three UTIs in those 12 months, while the extra-fluid group suffered around 1.6 UTIs on average, a 48 per cent reduction. It's estimated that up to 60 per cent of women will suffer at least one UTI in their lifetime, and 25 per cent of these will have a repeat infection.





TAKE *heart*

Worried about your heart?
Here's what to do next

What's the greatest threat to our global health? Heart disease remains the number one cause of death worldwide. More people die from cardiovascular disease each year than from any other cause, the World Health Organization confirmed in 2017.

WHAT IS HEART DISEASE, AND WHY DOES IT KILL?

Cardiovascular disease refers to a collection of disorders of the blood vessels and heart, including:

- Cerebrovascular disease – Affecting the blood vessels that supply the brain.
- Congenital heart disease – Defects in the heart structure found at birth.
- Coronary heart disease – Affecting the blood vessels that supply the heart muscle.
- Deep vein thrombosis and pulmonary embolism – Blood clots in the legs that may break free to reach the heart and lungs.
- Peripheral arterial disease – Affecting the blood vessels that supply the arms and legs.

- Rheumatic heart disease – Damaged heart muscle and heart valves caused by rheumatic fever, related to the streptococcal bacteria.

In 2015, 31 per cent of global deaths were caused by one of these heart diseases, taking the lives of an estimated 17.7 million people. Roughly 7.4 million deaths resulted from coronary heart disease and 6.7 million from stroke. Heart attack and stroke occur most often as acute events when blood flow is blocked to the heart or the brain.

Death tolls remain high, but doctors and researchers agree that heart disease can easily be prevented – as long as we're willing to make the necessary lifestyle changes related to diet, exercise and alcohol and tobacco use.

Escaping Western cultural norms and changing lifestyle doesn't come easy. In 2017, European Society of Cardiology researchers reported that obesity levels in the UK are among some of the worst in Europe. Cardiovascular disease has dropped from its top spot as a leading cause of death in some high-income countries, only to be threatened again

by the obesity epidemic. Making lifestyle changes, and giving the body the nutrients it needs to repair from the damaging effects of a Western diet, could help to prevent diabetes and obesity leading to heart disease. "These deaths are largely preventable through lifestyle changes," Dr Adam Timmis, lead author of the European Society of Cardiology study, says.

THREE MEDICAL MYTHS THAT KEEP HEARTS UNHEALTHY

Knowing what makes our hearts tick can be liberating. It can put us on the road to recovery and, many times, lengthen our lives. What does the heart need to continue beating strong? We'll see the biggest changes in our heart health when we cut inflammatory foods from our diets. It sounds simple, but the effects of eliminating processed foods to protect the heart can't be underestimated. Starchy carbohydrates, sugary treats, processed foods and dairy products are all enemies of a healthy heart. As we learned in the polarising article published in *Progress in Cardiovascular Diseases* in 2016, it's been sugar all along that's to blame for our heart disease epidemic, not fat.

Many physicians have confessed that close to half of heart attack patients have low levels of cholesterol, contradicting the commonly accepted medical wisdom.

This isn't the only misconception that's been circulated about heart health in the medical community:

Myth #1. Early signs of heart disease are no reason to panic. Countless studies have proven this common misunderstanding to be false. A doctor may not be alarmed at a patient's numbers that indicate the preliminary signs of a failing heart, but our heart function has a bigger impact on our health than we realise.

In a prostate drug trial performed on 6,390 men in 2012, Duke Cancer Institute researchers in the US learned that:

- Coronary artery disease and prostate cancer are closely related.
- Having coronary artery disease can increase the risk of prostate cancer by 35 per cent, with risk growing over time.

Myth #2. Medication matters more than nutrition. Doctors often suggest to patients experiencing heart problems to begin cleaning up their diets, while medication is dispensed at-the-ready. Not only does heart disease medication make millions of dollars annually for the pharmaceutical industry, but it works as a stopgap for a larger, unmanaged problem.

Heart disease is caused by inflammation, created by lifestyle. It's made worse when the heart is lacking support from critical nutrients:

- Some doctors in Europe and Asia have begun prescribing alternatives to anti-inflammatory drugs and prescription medications to their heart patients. Specifically, the well-researched anti-inflammatory enzyme serrapeptase is being used more frequently in clinical settings, alongside the potent anti-clotting enzyme nattokinase, to improve blood flow to the heart. As of 2017, nattokinase

is being studied for its role in preventing heart disease and cardiac death.

- Magnesium is the fourth most abundant mineral in the body, required for hundreds of biochemical reactions and especially for protecting the heart. Getting some magnesium from a healthy diet is encouraged, but the best source of magnesium comes from a transdermal supplement – where ample amounts of the mineral are absorbed rapidly through the skin. Taking magnesium may help to regulate heart arrhythmia by coordinating heart muscle activity with the nerves that help it beat.

Myth #3. High cholesterol causes heart attacks. We saved one of the biggest myths about heart health for last – because it's among the most important. Many physicians have confessed that close to half of heart attack patients have low levels of cholesterol, contradicting the commonly accepted medical wisdom. Our bodies need cholesterol; heart attacks occur when inflammation and oxidation cause cholesterol to harden in the arteries. Inflammation can be reduced by making changes to diet and lifestyle and by supplementing heart-protective nutrients.

Overprescribed statin drugs used to lower cholesterol only make matters worse:

- These risky drugs block the absorption of coenzyme Q10, needed in large amounts in the body to support heart muscle energy.

- Taking highly absorbable ubiquinol, the form of CoQ10 that is eight times better absorbed than the ordinary form of the coenzyme, can undo much of the damage statins have done.

- The elderly may be the group most vulnerable to coenzyme Q10 deficiency caused by statin use, affecting the heart.

When we're not getting the nutrients we need, our heart health suffers. Not all doctors may agree that heart problems stem from inflammation, but most will admit that prescription drugs only provide a temporary solution. After examining the heart disease epidemic in the US in 2017, the American Heart Association found that more than 400,000 deaths could be traced back to unhealthy foods and a lack of nutrients.

Recommended Products

ANCIENT MINERALS MAGNESIUM OIL

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



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™ 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

How much does gut health really matter?

This is what ‘ridiculously healthy’ elderly adults are doing right

Without the absorption of daily nutrients, we’re nothing but a shell of our best selves. We go through the motions. We feel the weight of exhaustion. Soon, we may find it harder to get through each day. We may not be sick – yet – but our bodies are experiencing the effects of starving for nutrients from even the healthiest foods we eat.

MODERN FOODS MAKE THE MODERN GUT: STERILE AND LACKING IN BACTERIA

We’ve been conditioned to wash our fruits and vegetables meticulously to ward off disease – but this modern method of food prep has only come about in recent decades. Exploring the paradox of our modern-day sanitation practices in 2013 in the first study to assess non-pathogenic bacteria on produce, University of Colorado, Boulder, scientists in the US confirmed that fresh fruits and vegetables have a variety of bacteria on their surface, and not all of it is bad.

It wasn’t that long ago that our ancestors had the chance to eat natural foods that gave them these microbes that were advantageous to the soundness of their guts. Present-day man is missing out, and much of this has to do with the strategies used to advance our modern society and our food supply. Practices like improving sanitation and abusing pesticides have created a food supply painfully lacking in

the natural microbes needed to support a sound and healthy gut. No wonder so many of us are getting sick. No wonder so many of us are experiencing chronic health issues that interfere with living to a good, old age.

LIVE LONGER, LIVE BETTER: TWO WAYS A HEALTHY GUT CAN DELIVER

Eating healthy, organic foods is a good place to start to begin supporting teeming communities of beneficial bacteria in the gut. Getting good bacteria into the gut not only has the potential to ward off disease, but it can change the way we feel each day by affecting how the body absorbs its nutrients. Gut microbes can influence how much food our bodies break down after we eat, and they can also signal to the brain when we are full to help us stop eating. But we know that most of our guts aren’t getting enough support – the same bacterial support our ancestors received as they ate the fruits of their labours.

As gut health declines, due to poor diet, environmental toxin exposure, and age, we may start to notice:

- We get sick more often.
- We live shorter, often unhappier and unhealthier lives.

Good gut health, on the other hand, is directly related to the foods we eat and the beneficial bacteria we supply to our bodies. A healthy gut can:

1. Battle infection. As California Institute

of Technology researchers in the US discovered in 2014, good gut bacteria aren’t optional. Our bodies require beneficial gut bacteria to develop our innate immune cells, the specialised white blood cells that create the first line of defence against invading pathogens that attack. A healthy community of gut bacteria can actually work as a preventative alternative to harsh antibiotics known to wipe out the gut as they wipe out disease.

2. Tap into the fountain of youth. The latest gut research from the University of Western Ontario in Canada, in partnership with the Tianyi Health Science Institute in Zhenjiang, Jiangsu, China, sounds too good to be true – but it isn’t. In what is now one of the largest gut bacteria studies





The elderly adults observed in the study who were 'ridiculously healthy', living up to the age of 100, had the same good gut bacteria as the 30-year-old adults in their population.

critical for our digestive tracts to function, helped to control unfriendly bacteria, to absorb nutrients, and to keep the cellular lining of the intestines healthy. Now, the newest research confirms the same – daily probiotics are critical for healing, cellular regeneration, and anti-ageing, though we're not likely to find enough in our food. Taking a diverse probiotic supplement can spread more beneficial bacteria throughout the body. Notably, many store-bought probiotics have only two or fewer strains of friendly bacteria. The most powerful probiotic, in comparison, has multiple strains of friendly bacteria that improve nutrient absorption, boost immunity, reduce the frequency and length of GI infections, and even slow cancer growth. In the world of bacteria, diverse is always better.

conducted on humans, researchers have detected an unequivocal link between a healthy gut and a healthy old age. The elderly adults observed in the study who were 'ridiculously healthy', living up to the age of 100, had the same good gut bacteria as the 30-year-old adults in their population.

To repair all the cells in our bodies, construct muscle, reinforce immunity, and give us the vitality we need to make it through the day, our guts require daily support to absorb our nutrients. This comes from:

• **Probiotics to regulate digestive function.** Long ago, when our food was packed with friendly, oxygen-respiring bacteria, these probiotics, which are

• **Digestive enzymes to break down the food we eat.** Good bacteria in the gut need not go it alone. Daily digestive enzymes can help the digestive process along, making up for the levels of enzymes that are naturally depleted in the body as we age. Eating Really Healthy Foods, free from starchy carbs and refined sugar, can lay a foundation for robust health and longevity. But if our bodies aren't able to digest the nutritious foods we eat, we may not see the health progress we hope for. Taking a digestive enzyme supplement before each meal can help the body to better break down food, cleanse the blood, strengthen immunity, and flush its toxins. Supplementing with a digestive enzyme like amylase, for example, helps to regulate metabolism; taking the carbohydrate-loving digestive enzyme maltase, considered essential within our digestive process, can help to manage digestive distress in children with autism.

Our ancestors gained their gut health from the earth, and with advancements

in today's technologies and scientific research, we have been given this window of opportunity. A daily probiotic is no longer an option if we want to live a healthier, happier and longer life. Taking a diverse soil-based probiotic with multiple different strains of beneficial microflora each day can give us the same level of gut care our ancestors found when tilling their food. A probiotic this powerful helps to repair the body over the long-term, and it can also work right away. Multi-strain soil-based organism probiotics have been used to provide immediate relief for sufferers of IBS within as little as two weeks, reducing IBS symptoms for longer than one year.

Recommended Products

PRESCRIPT BIOTICS™

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.



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



THIS IS NO ORDINARY PROBIOTIC. THIS IS PRESCRIPT-ASSIST.

Prescript-Assist is a next-generation, clinically-proven probiotic supplement with **x29 strains** of Soil-Based Organisms.

There are 5 reasons why Prescript-Assist is the best choice:

1. BROAD-SPECTRUM FORMULA

Prescript-Assist contains x29 symbiotic strains of friendly bacteria, which better reflects the great microbial diversity of the intestines. These are carefully selected to mimic the natural flora found in traditional and Paleolithic diets.

2. UNPARALLELED SHELF STABILITY

The friendly bacteria in Prescript-Assist are protected by a “seed like structure,” which safeguards against heat, light and pressure. Routine testing shows >95% efficacy, two years after manufacture, even when stored at 98°F.

3. HIGH VIABILITY

The “seed like structure” also protects the friendly bacteria against degradation by stomach acid, so they reach your intestines – intact. Therefore they become active and multiply.

4. PREBIOTIC SUPPORT

To ensure that the **x29 strains** of friendly bacteria have a food source once they reach the GI tract, Prescript-Assist contains Leonardite, a prebiotic.

5. BACKED BY SCIENCE

Supported by a peer-reviewed, double-blind, placebo-controlled human clinical trial – including a one-year follow-up study, verifying long-term efficacy.



Suitable for all the family

Be confident your probiotic supplement will deliver. Choose Prescript-Assist.



The unexpected reason why our hearts are failing

Low levels of this ‘building block’ vitamin create a dangerous deficiency



This vitamin is essential, and it's also complex. A deficiency has been called both 'sneaky and harmful,' causing confusing symptoms like fatigue, joint pain, shortness of breath, memory loss, depression and difficulty walking.

B-WARE OF LOW LEVELS OF B VITAMINS

Because there are eight vitamins within the B complex, symptoms of a vitamin B deficiency can range widely, from moderate to severe. B vitamins – B1, B2, B3, B5, B6, B7, B9 and B12 – are all water-soluble. As such, our bodies cannot store these precious nutrients, so we must take care to replenish them daily.

WHAT HAPPENS WHEN OUR BODIES DON'T GET ENOUGH B?

In infants, this deficiency is expressed as poor motor function that can affect years of development, Tel Aviv University researchers discovered in 2017. Expecting mothers who don't get enough vitamin B are at risk for preterm labour. Not getting enough vitamin B can also lead to poor immune system function, especially in the older population. Low levels of vitamin B have been linked to higher instances of cardiovascular disease; our bodies need daily vitamin B to counterbalance high levels of harmful homocysteine in the

blood that can increase heart disease risk. High homocysteine levels can likewise increase risk of vascular disease, dementia and Alzheimer's disease.

CONTROLLING HOMOCYSTEINE HOLDS THE KEY TO DEMENTIA, HEART DISEASE AND MANY MORE DISEASES

When high levels of homocysteine, the amino acid produced after eating protein-rich foods, aren't effectively broken down by B vitamins in the body, blood levels become toxic and elevated.

Along with burdening the heart, excessive homocysteine contributes to illness of the brain. Normally, the body converts homocysteine into acetylcholine, a brain chemical used for memory. But when we take a closer look at the supporting research, we find evidence of Alzheimer's patients with remarkably high levels of homocysteine in their bloodstream together with low levels of acetylcholine. A 2002 study published in the *New England Journal of Medicine* linked raised homocysteine blood levels to dementia onset in 83 of 111 study participants.

Something as simple as taking a B vitamin can stop this cascade in its tracks.

In 2013, a *Proceedings of the National Academy of Sciences* study found that a B vitamin supplement could help to halt the brain's grey matter atrophy relating

to Alzheimer's disease and slow some cognitive decline.

No one disputes that we all need daily B vitamins to prevent dangerous deficiency, as well as life-threatening problems like cardiovascular and Alzheimer's disease. Some vitamin B can be found in food, though most of us find it increasingly difficult to get enough nutrition from the healthiest Western foods we eat. Taking vitamin B sublingually – through the mouth – proves to be one of the most powerful ways to ensure rapid daily absorption. Vitamin B absorbed under the tongue also minimises vitamin loss as a waste product in the small intestine.

Taking vitamin B orally can be easier, more affordable, and more convenient, as Canadian doctors discovered in 2014. Sublingual vitamins make it possible to avoid digestive distress, and 83 per cent of people prefer taking oral vitamin B over injections.

Recommended Product

B4HEALTH SUBLINGUAL SPRAY

Unique powerful B vitamin formula containing all of the essential B vitamins, including: B1, B2, B3, B6, folate and B12. Simply take five sprays (in the mouth) daily, to meet all of the recommended daily values.



Sources

All references can be found at www.NaturallyHealthyNews.com

A study found that a B vitamin supplement could help to halt the brain's grey matter atrophy relating to Alzheimer's disease and slow some cognitive decline.



Afraid of losing your mind?

A healthy diet prevents loss of brain volume, plus nine more brain-boosting tips

When Baby Boomers are asked about their health, we hear a recurring theme: this generation frequently worries about losing their cognitive function.

We've seen loved ones suffer and may have started to see early warning signs in ourselves. The spectre of Alzheimer's disease and dementia tends to loom large, and people want to know what they can do about it.

A 2016 study conducted by the Alzheimer's Society found dementia to be the most feared health problem in the UK. Two-thirds of the adults queried confessed

that, upon receiving a dementia diagnosis, they would feel their life was over.

It's vital we keep our brains healthy and sharp as we age so that we can protect our memories and reasoning ability. Without these gifts, how can we live productive and happy lives?

THE AGELESS BRAIN: FIVE NUTRIENTS PROVEN TO SHARPEN THE MIND

Brain function matters in every stage of life, and it becomes even more important as we age.

Supplements containing healthy fats, anti-inflammatory compounds and trace minerals can preserve our mental acuity:

1. Curcumin

A number of clinical trials indicate that curcumin, the compound found in the spice turmeric, has a neuroprotective effect, and many relate directly to Alzheimer's disease.

For example:

- A 2012 study published in the journal *Ayu* reported that three patients with Alzheimer's disease experienced 'remarkable' improvements in behavioural symptoms after consuming 100mg of curcumin daily for 12 weeks. The researchers concluded that supplementation with curcumin increased quality of life and activities of daily living

Just a decade ago, a University of California study confirmed that a diet deficient in omega-3s, especially EPA and DHA, may cause cognitive decline.

the most powerful natural substances available to protect the brain. A key factor for receiving the brain-sharpening benefits of curcumin, a phytochemical, is to increase its dose, as well as its length of time in the tissues and blood. This can be accomplished by delivering curcumin via a liposomal system. Liposomal delivery utilises the body's same liposomal delivery mechanism and, in the pharmaceutical world, has been successfully used to deliver drugs for cancer, fungal infection and pain management.

2. Lithium orotate

Lithium is a natural mineral found in many whole foods, like lean fish and vegetables. It is also a vital component of several organs and bodily systems. Most importantly, lithium is an organic trace mineral praised for its mood-stabilising properties.

The supplemental form of lithium, lithium orotate, is a safe alternative to antidepressants:

- Natural lithium orotate is delivered to the body in an organic carrier that ensures rapid transfer to the blood cells in the brain.
- This lithium orotate delivery system is designed to target the area of the brain where chemical imbalances occur.
- Compared to chemical antidepressants, lithium orotate has zero side effects.
- 100 per cent natural lithium orotate supports mental and emotional health.
- Some of the many benefits of this mineral supplement include support for depression, migraines, frequent headaches, bipolar disorder, menopause, PMS, alcoholism, ADHD, anorexia and even Alzheimer's and Parkinson's diseases.

For many who have struggled with mental health issues throughout their

life, this natural, organic form of lithium is a welcome relief. For others, mental and emotional issues arise with age as cognitive function declines. As a supplement, lithium orotate is gentle and perfectly safe.

3. Omega-3s

Many of us are unaware that the brain is 60 per cent fat. Just a decade ago, a University of California study confirmed that a diet deficient in omega-3s, especially EPA and DHA, may cause cognitive decline. Though it seems simple to up our omega-3s by eating more fish – and whole foods like lean proteins are highly recommended – a supplement can be our surest bet.

Why do we need an outside source of omega-3s?

- Eating a fresh, whole food diet, free from starchy carbs and high in vegetables and natural proteins, lays the ground for exceptional brain health. But even with the best intentions, the average diet is far too low in omega-3 fats.
- Eating any type of processed foods can overload the body with processed omega-6 fats, causing a dangerous imbalance.
- An omega-3 supplement like krill oil will provide a pure, natural source of essential fatty acids. A concentrated krill oil supplement with omega-3, 6 and 9 oils makes for balanced – and sharp – brain health.

Superba™ Krill Oil contains 100 per cent natural omega-3, 6 and 9 fatty acids in a safe and pure form, as well as the potent antioxidant astaxanthin, both of which calm the inflammatory response in the body. A 2015 *Lipids in Health and Disease* study found Superba™ Krill Oil to be a stronger anti-inflammatory than even fish oil. Because of its high antioxidant content,

in the patients and eased the burden on their caregivers.

- Curcumin is known to have anti-inflammatory properties – which may play a protective role against the formation of beta-amyloid peptides, the main component of the plaques found in the brains of patients with Alzheimer's disease.
- Also, research shows that a combination of curcumin and vitamin D3 may help to stimulate the immune system to clear the brain of these beta-amyloid peptides.

The scientific community knows more than it lets on about this wonderful spice. Curcumin offers extraordinary cognitive health benefits. It's considered one of

Superba™ Krill Oil helps neutralise the free radical damage contributing to premature ageing and disease – protecting the brain and easing inflammatory conditions like rheumatoid arthritis.

4. Resveratrol

Curcumin and resveratrol are both naturally occurring polyphenol compounds and capable of stepping in when the immune system malfunctions. Working together, these nutrients re-energise the health of the brain, an organ which also contains its own immune cells.

In 2015, Georgetown University Medical Center researchers conducted the largest nationwide clinical trial on resveratrol in the US, where they discovered:

- High-dose resveratrol administered over the long-term can improve mild to moderate markers of Alzheimer's disease.
- Among study participants who took the antioxidant resveratrol as directed, Alzheimer's biomarkers stabilised – without any dangerous side effects.
- The patients who took resveratrol also lost weight, compared to those on the placebo who gained weight, as an added bonus.

Adding resveratrol to curcumin's liposomal delivery system can enhance its effects. Taking both potent compounds together as liposomes can significantly increase the body's nutrient blood serum levels, promoting both anti-inflammatory and antioxidant activity.

5. Vinpocetine

Vinpocetine has been used for many years in Europe to enhance memory and mental function by increasing neuronal firing rate. An extract from the periwinkle plant, vinpocetine has also been traditionally used to support brain health:

- Vinpocetine selectively dilates the arteries and capillaries in the head to improve circulation to the brain and



alleviate cerebral glucose and oxygen insufficiency.

- Vinpocetine provides powerful antioxidant properties, guarding against free radical damage. The brain is susceptible to oxidative damage because it has such a high content of fat and because it uses such an extraordinary amount of our energy. So, it's imperative that we gain every bit of protection possible.
- Alleviating vertigo, tinnitus and other inner ear problems, vinpocetine can also remedy headaches. Vinpocetine has been of value in helping to treat disorders of the eyes, with improvements of up to 70 per cent in some subjects. Aspects of these illnesses have been associated with free radical damage.

Called the 'periwinkle brain-booster', BioVinca™ is a plant extract containing 98

per cent vincamine, the active component of vinpocetine. In PubMed, vinpocetine has over 500 studies to back its use, whereas BioVinca™'s vincamine has been specifically tested on those suffering from Alzheimer's disease, dementia and cerebrovascular disease, as well as healthy volunteers. With a history of use in traditional medicine, vincamine has worked as a neuroprotective drug in modern medicine for more than 30 years.

THE AGELESS BRAIN: FIVE LIFESTYLES FACTORS PROVEN TO PREVENT DEMENTIA

Supplements can play an impressive role in keeping our brains healthy and functioning optimally as we age. But we can't keep our brains healthy through supplements alone. It's also critical to make the right lifestyle choices so that our brains receive the

Vinpocetine has been of value in helping to treat disorders of the eyes, with improvements of up to 70 per cent in some subjects.

oxygen they need to keep their complex neural circuitry functioning.

The 'inevitable' onset of cognitive decline begins when abnormal protein structures form in parts of the brain. These proteins are called beta-amyloid plaques, as mentioned above. If we're eating an inflammatory diet filled with starchy carbs and unhealthy fats, as so many of us are, inflammation can soon spread to the brain. Brain inflammation can result in the deposit of these abnormal proteins on brain neurons to decrease cognitive function.

Reducing stress is another key factor as stress can literally shrink the brain. In particular, stress can cause the hippocampus to shrink, which is the part of the brain responsible for thinking and memory. This is why regular exercise and other stress reduction measures are vital as we age.

There are five steps we can take to keep our brains in top condition, no matter what age we might be:

1. Select quality supplements designed to protect brain health, such as curcumin/ resveratrol, vinpocetine, lithium orotate and essential fatty acids.
2. Exercise regularly. Exercise has been shown to keep oxygen flowing to the brain and, because of this, has a protective effect against degenerative brain diseases. Exercise also increases the size of the brain, as Australian researchers learned in 2017.
3. Take daily probiotics, which boost the immune system and prevent infection. Probiotics also restore damage done to the gut by antibiotics; antibiotics have been shown to stop new brain cell growth in the hippocampus, linked to memory.

4. Keep the brain active. Talking with friends is one way to keep the brain agile and so are activities like crossword puzzles and sudoku. Speaking more than one language – and practising this skill – can also delay the onset of Alzheimer's disease.
5. Eliminate starchy carbohydrates and sugar. Instead, opt for plenty of vegetables, dark-skinned fruits, nuts, seeds and healthy carbohydrate alternatives, as well as grass-fed meats, unprocessed poultry and oily, wild fish and healthy fats. This diet is often likened to the Mediterranean diet, a country where the elderly population never seems to age. In 2017, American Academy of Neurology researchers observed that older people who adhered to the Mediterranean diet retained more of their brain volume over three years compared to those who didn't follow the diet closely.

NOURISHING OUR GREY MATTER MATTERS

Everyone is worried about cognitive decline, whether it will affect us or someone we love as the years go by. Researchers are striving to find a cure for Alzheimer's disease, but nothing has worked yet. It's becoming clear that drugs aren't the solution:

- Drugs will hardly even manage symptoms of a damaging cognitive condition like Alzheimer's disease.
- Drugs cannot provide a cure and this was admitted recently by drug companies.
- Drugs reinforce disease management and do not focus on restoring brain health.

Too many times we've misplaced our glasses or car keys and joked, "I guess I'm getting old," without considering the

nutritional solution. Sadly, there's more truth to this statement than many people realise. As we grow older, our hippocampus shrinks. If our brains aren't given the proper nutritional support early on, from our supplements and from ReallyHealthy Foods, the hippocampus will get smaller and may cause depression, memory loss and dementia.

The answer is not just to protect but to regenerate. With a daily dose of the right nutrients, our brains can renew, we can think more clearly, and those embarrassing senior moments will be just a memory.

Recommended Products

BRAINPOWER™

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



REFOCUS® VINPOCETINE

This safe and effective supplement supports facilitation of cerebral metabolism, which affects the retina and the front part of the brain. ReFocus® is essential for the support of a healthy energetic body. It also aids in recovery of stroke patients.



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.



Sources

All references can be found at www.NaturallyHealthyNews.com

Really healthy recipes

Fuel your day the right way with these deliciously healthy recipes

BREAKFAST APPLE PIE PORRIDGE

This simple raw vegan and gluten-free recipe makes for a delicious and super healthy breakfast. Ideal for warming you up during the cold season. Serves one.

Ingredients

½ cup almond milk
2 tbsp chia seeds
2 tbsp almond butter
3 dates, roughly chopped
1 or 2 tbsp coconut sugar
½ tsp mixed spice
½ tsp ground cinnamon
1 green apple, peeled and cored
Chopped pecans

Instructions

1. Mix all of the ingredients together in a blender, except for the chopped pecans. Blend until thick and smooth.



2. Transfer the mixture to a saucepan, stirring and heating gently until warm. If eating a raw food diet, check using a thermometer to ensure it doesn't heat above 40°C (110°F).
3. Serve with chopped pecan nuts and grate over some fresh apple. Enjoy!

DINNER VEGAN RED THAI COCONUT CURRY

This satisfying Thai meal only takes 30 minutes to prepare and is both vegan and gluten-free. Ideal for a hearty meal with all the family. Serves four people.

Ingredients

2 tbsp olive oil
1 small onion, finely chopped
3-4 garlic cloves, minced
2-inch piece fresh ginger, minced
2 large carrots, chopped
½ tsp salt
1 cup culinary coconut milk
4 oz red curry paste
1½ cups cauliflower florets
1½ cups broccoli florets
2 tbsp tamari
½ tsp coconut sugar
1 tbsp lime juice (or rice wine vinegar)
Fresh basil
Brown rice or quinoa for serving

Instructions

1. In a large pot, warm some olive oil over a medium heat. Add in the onion and sprinkle in salt, cooking for 3 minutes until translucent.
2. Add in the garlic, ginger and carrot. Continue cooking for 5 more minutes.
3. Add in the curry paste, coconut milk and water. Bring to a boil.
4. Stir in the broccoli and cauliflower. Reduce to a simmer. Cover then cook for about 7 minutes until the vegetables are tender.
5. Stir in the tamari, coconut sugar and lime juice (or rice wine vinegar).
6. Serve over warm brown rice or quinoa. Sprinkle with fresh basil. Enjoy!



LUNCH ROCKET, AVOCADO AND TOMATO SALAD

This simple salad is super easy to prepare and makes for a deliciously light lunch. Rich in vitamins and minerals, it's ideal as a side dish or served on its own. Serves one.

Ingredients

1 cup rocket
5-6 basil leaves
1 avocado
1 cucumber
2 tomatoes
1 small green pepper
1 tsp lemon juice
1 tbsp olive oil
Sea salt
Black pepper
1-2 tbsp roasted sesame seeds

Instructions

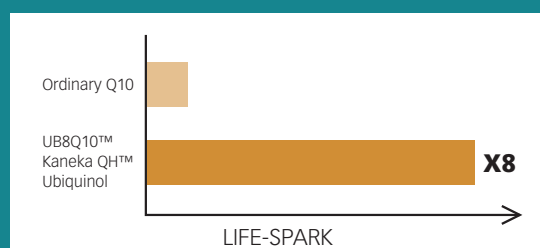
1. Wash and chop all vegetables. Add to a bowl.
2. Mix in the olive oil, lemon juice, sea salt and black pepper.
3. Sprinkle the roasted sesame seeds on top of the salad.
4. Serve with some kind of protein, for example chickpeas or tofu.

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**

Have you had these early symptoms of disease?

How to fight chronic inflammation in two easy steps

We know the signs of acute inflammation – when the body becomes hot, red and swollen during times of injury and infection. But what happens to the body when inflammation continues without a clear end in sight? Researchers have found chronic inflammation – not to be confused with short-term, acute inflammation – to be at the root of modern disease.

UNRESOLVED INFLAMMATION 'LIKELY' TO CONTRIBUTE TO EARLY SYMPTOMS OF DISEASE

In 2015, an ILSI Europe Obesity and Diabetes Task Force coalition of experts published an exploratory article in the *British Journal of Nutrition*. The article examined how nutrition can influence inflammation in the body and help to reduce our risk of chronic disease.

Here is what the researchers shared in their discovery:

- Inflammation is a normal defence used by our bodies to fight, repair and heal.
- Elevated and unresolved chronic inflammation is distinct and may play a role in numerous chronic diseases.
- Low-grade, chronic inflammation may be prevented or controlled with healthy foods and nutrients.

Some of the most common signs of chronic inflammation in the body, which can soon lead to some of our most common chronic diseases, are those we brush off as 'normal'. Many of us have

experienced stubborn weight gain, especially around the waist. High blood sugar levels, digestive issues like gas and bloating, fatigue, skin eruptions, allergies, gum disease, brain fog, mood swings, and sexual dysfunction may all be the body's way of telling us that disease is developing.

WHY NUTRITIONAL THERAPY WORKS: TWO NUTRIENTS PROVEN TO CALM INFLAMMATION

For more serious cases of inflammatory disease, and for lifelong prevention, we can help the body repair by supplementing with anti-inflammatory nutrients:

1. Krill oil. Omega-3 fatty acids are essential fats and anti-inflammatory agents, urgently needed by the body to dampen its inflammatory response. Rich in EPA and DHA, krill oil helps to support immunity, heart health, joint mobility, skin health and brain function. Superba Krill Oil is one of the few fish and krill oil supplements that is both sustainable and traceable. Derived from superior-quality krill in the Antarctic, Superba Krill Oil has several documented health benefits and full clinical backing for its safety.

2. Serrapeptase. A renowned proteolytic enzyme extracted from the intestine of the silkworm, serrapeptase has countless studies to back its use as a potent anti-inflammatory. Unlike prescription and over-the-counter anti-inflammatory drugs, serrapeptase can be used daily to reduce chronic inflammation, without any long-term side effects. Serrapeptase has been

proven successful as an anti-inflammatory enzyme in clinical settings to relieve pain, fight infection and reduce postoperative swelling.

Chronic inflammation is at the root of most all disease, and it's caused by the lifestyle choices we make. Supplementing nutrients may be enough, University of Liverpool researchers found in 2016, to buffer the pro-inflammatory mediators in one person at risk for chronic inflammation.

Recommended Products

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.



SERRAPEPTASE™ 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.



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

Rich in EPA and DHA, krill oil helps to support immunity, heart health, joint mobility, skin health and brain function.





LOVE YOUR LUNGS? LOVE SERRANOL

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

Each capsule contains Serrapeptase, Curcumin, Ecklonia Cava Extract and Vitamin D3.

x4 POWERFUL NUTRIENTS, x1 CAPSULE

- ✓ 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 80,000IU 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.



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



Covering all your bases

Essential nutrients to
keep your family healthy
(and where to find them)

Taking a multivitamin each day is an easy and inexpensive way to ensure that we're getting an adequate supply of vitamins – plus many of the minerals we need for good health. A balanced multi can complement a family's eating habits, and many of us look at it like a safety net that covers all our bases. Even during those times where we may stray from our healthy foods, get out of a routine, or find that our diet lacks variety, we will know we're still supplying our bodies with the nutrients they need.

ARE MULTIVITAMINS A WASTE OF MONEY?

Most critics of the multivitamin claim we can get all the nutrients we need from our diet. And yet we know that our Western food epidemic, and all the disease, stress and chronic discomfort it brings with it, is worse than ever.

Preventing vitamin deficiencies is just one of the many benefits taking a multivitamin can provide. But remember:

- Not all multivitamins are created equally.
- Besides the standard vitamins and minerals, there are some additional nutrients many over-the-counter multivitamins don't contain.
- Mass-marketed multivitamins are popular but may be cheaply made and sold at the lowest price point to turn the most profit for the manufacturer.
- Even those supplements sold in fancy packaging at higher prices may not be as pure and effective as they claim. The European Food Safety Authority (EFSA) denies roughly 80 per cent of supplement health claims out of the thousands submitted.

But a 2012 study published in the *Journal of the American Medical Association*,

conducted on over 14,000 male doctors aged 50 and older, found that taking a daily multivitamin could lower cancer occurrence risk by roughly 8 per cent. There are big benefits to be had in choosing and taking the most effective multivitamin for the whole family. The bigger question is: what are we looking for, and where do we find it?

REBALANCE HEALTH WITH A DAILY DOSE

When shopping for a family multi, there's a dream list of vital nutrients, those known to form the most powerful daily vitamin and mineral combination. Look out for:

1. Amino acid complex – The building blocks of the body, sources of energy and precursors to enzymes and neurotransmitters needed to regulate almost all metabolic processes.

2. Biotin – An important coenzyme within the body (also called vitamin H or B7) needed to support metabolism and break down carbohydrates, fats and proteins. It may also remedy thinning hair.

3. Choline bitartrate – The water-soluble B vitamin choline can help prevent neural tube defects during pregnancy, control asthma, lower cholesterol and reduce cancer risk; bitartrate enhances choline's absorption rate.

4. Iodine (potassium iodine) – A critical mineral that the body cannot produce, needed by all people to regulate thyroid

function and to support healthy brain development during pregnancy.

5. Ionic trace minerals – A group of elements with a positive or negative charge, required to support vital processes in the body.

6. Magnesium – An essential mineral involved in more than 300 chemical reactions in the body. It is used for increasing energy and endurance, improving chest pain, lowering high blood pressure and high levels of 'bad' cholesterol, as well as relieving symptoms of ADHD and chronic fatigue syndrome. Magnesium supplementation may also have a beneficial effect on mild to moderate anxiety, Nutrients researchers found in 2017.

7. Phosphorous – A mineral essential to all living things that forms the sugar-phosphate backbone of DNA and RNA. It plays an important role in the energy transfer in cells as part of ATP (adenosine triphosphate).

8. Folate quatrefolic MTHFR (folic acid) – A critical B vitamin that assists vitamin B12 in forming healthy red blood cells and can also reduce the risk of central nervous system defects, such as spina bifida in unborn babies. Quatrefolic MTHFR is superior to the poorly absorbed synthetic folic acid since it is absorbed by the whole population and the only form that can cross the blood-brain barrier.

A study conducted on over 14,000 male doctors aged 50 and older, found that taking a daily multivitamin could lower cancer occurrence risk by roughly 8 per cent.

9. Vitamin A (beta carotene) – The precursor of vitamin A needed by the body to produce healthy skin and mucus membranes, while supporting the immune system and eye health.

10. Vitamin B1 (thiamine mononitrate) – This can be used for digestive problems and supporting a positive mental attitude, with benefits for increasing energy, fighting stress and preventing memory loss.

11. Vitamin B12 (methylcobalamin) – This performs several important bodily functions, with a deficiency known to cause lack of energy, muscle weakness, extreme tiredness, depression and memory problems. It may also help to protect against neural tube defects and chronic disease.

12. Vitamin D3 (cholecalciferol) – This can be taken as a supplement to improve overall health, with benefits including treating osteoporosis. It can also help correct a common deficiency caused by lack of sun exposure or an imbalance, like an underactive parathyroid gland or low phosphate levels in the blood.

CAN WE GET ENOUGH NUTRIENTS FROM OUR DIETS?

Ideally, our families should be able to get all the nutrients they need from a fresh, healthy diet. But we know by now that our world is far from perfect. We need all the help we can get from daily supplements because:

1. Minerals are missing in our food supply.

Modern farming has robbed conventional foods of the 70 essential trace minerals our bodies need each day with practices like over-farming and chemical fertiliser use. Essential nutrients can also be

Modern farming has robbed conventional foods of the 70 essential trace minerals our bodies need each day with practices like over-farming and chemical fertiliser use.

leached by the rain. Even our organic foods may not be safe. Once soil has become mineral-deficient, organic farming practices cannot offset the poor nutrient value in depleted soil. To make matters worse, any extra vitamins and minerals that may be available will be quickly lost when organic foods are not consumed within hours or when organic fruits and vegetables are cooked.

This global soil depletion is a growing problem without an end in sight. By recent estimates, scientists from the University of California, Berkeley, warn that our soil nutrients have become so depleted, and so fast, that it may not be possible to replenish them. The increasing nutritional deficit in our food supply could have devastating effects on our global population over the next century. According to researchers from Johannesburg's Wits University, with findings published in the journal *Science*, great civilisations have fallen because dangerous levels of mineral depletion in the soil were not addressed. "Cultivating soil continuously for too long destroys the bacteria which convert the organic matter into nutrients," Professor Mary Scholes of Wits University explained.

2. Sugary and starchy processed foods are eaten in excess.

These foods are to blame for the obesity crisis in the Western world. Breads, biscuits, cookies, cereals, pastries, white rice, potatoes, pastas, soft drinks, beer and sugary snacks do nothing but perpetuate obesity and chronic disease. For most of us, this is a tough reality to face. We may

call the no-sugar approach to natural health 'taking candy from a baby'. This is sound logic since children should be protected from the side effects of a high-sugar diet most of all.

Sugary foods and starchy carbs can destroy health, starting at a young age. As of 2016, the American Heart Association recommended that children should eat no more than six teaspoons of added sugar per day. Nutrition scientists and study authors also advised that children should drink no more than one 8-ounce sugary drink per week; currently, most children are 'drinking their age' in sugary drink servings each week.

The World Health Organization (WHO) calls childhood obesity "one of the most serious public health challenges of the 21st century". The prevalence of sugary snack foods high in carbohydrates has unfortunately spread beyond the Western world. The obesity crisis has now gone global as it has infiltrated a number of low to middle-income countries, especially in urban developments. The WHO estimates there to be over 41 million overweight children around the world under the age of five, as of 2016. Obesity opens the door to disease. Obesity has spread around the globe. Obesity is prevalent among all age groups and is especially dangerous to children.

These problems that lead to dysfunction and disease in our children are possible to fix, when we address the cause by making changes to our diets and by taking a daily multivitamin. Consider starting by:

- **Monitoring sugar in the family's diet.**

CUT OUT SUGAR – BUT FIND OUT WHERE IT’S HIDING FIRST

For those who have never taken the time to examine sugar and carbohydrates in their diets, the results can be shocking. The average Westerner eats an astonishing 60 to 70 teaspoons of sugar each day, while our kids (and our families) need no more than six tablespoons.

To regulate sugar in the diet, use this easy conversion:

- Every 20 calories of carbohydrate (sugar) = 5g of carbohydrate (sugar) = 1 teaspoon of sugar.

This formula can help us calculate how much sugar our families take in daily. Paying attention to sugar and carbohydrate content makes it easier to maintain our health – and a healthy weight.

Here are some examples of hidden sources of sugar in the diet:

- 1 cup of milk = 2 teaspoons of sugar
- 1 cup of strawberries = 2.5 teaspoons of sugar
- 2 slices of bread = 4 teaspoons of sugar
- 1 banana = 5 teaspoons of sugar
- 1 baked potato without skin = 7 teaspoons of sugar
- 1 bowl of breakfast cereal with milk = 8 teaspoons of sugar
- 1 sweet potato = 8 teaspoons of sugar
- 1 soft drink = 8 teaspoons of sugar
- 1 cup of cooked rice = 9 teaspoons of sugar

Most people are surprised to find that almost all packaged, junk foods contain some type of sugar. Starchy carbs, like cookies and breads, are empty sources of sugar that should be avoided.

• Eating more Really Healthy Foods. A

Really Healthy Food diet just makes sense. Once we’ve eliminated starchy carbs, what is left? Fresh or frozen vegetables, dark-skinned fruits, beans, nuts, seeds, wild fish, pasture-fed meats and chicken, healthy oils and sea or rock salt.

• **Going against the grain.** Almost any medical professional will tell us that grains are good for us. In truth, refined grains and cereals do nothing more than contribute to obesity; they are chock-full of sugar and will cause unnatural blood sugar spikes in the body. White pasta, white bread and white rice can be replaced with couscous, quinoa, millet, buckwheat and healthy legume pasta.

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.



MAXIFOCUS™

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



Sources

All references can be found at www.NaturallyHealthyNews.com



Soothing sleep solutions

Why a poor night's sleep can be so disruptive to our health

We all have one of those nights from time to time – a night where sleep just seems impossible.

Those who suffer from a condition like restless leg syndrome, where legs feel uncomfortable and itchy in a way that makes it hard to sleep, find themselves trying almost anything to get relief. Or maybe it's nightmares or chronic night-waking caused by stress and anxiety. Or perhaps, it's insomnia, where, because of all the aforementioned factors, sleep never comes. Is it time to kiss the idea of a good night's rest goodbye? Or is it possible to restore sleep again as we examine the root cause to find a solution?

30 PER CENT OF PEOPLE NEED BETTER SLEEP

There's little doubt that anxiety, depression and stress are on the rise. The American Psychological Association says most Westerners, specifically the Americans surveyed, suffer from moderate to high stress levels. The number of people who have reported experiencing at least one stress symptom within the last month shot up to 80 per cent in January 2017 from 71 per cent in August 2016. Stress brings with

it physical and emotional symptoms like headaches, anxiety, depression, sadness and feeling overwhelmed. Left unchecked, chronic stress can result in serious health problems like high blood pressure, cardiovascular disease, stroke, diabetes and obesity.

Soon enough, it becomes a vicious cycle with forks at every turn. We know stress can lead to heart disease and stroke and stress can also lead to poor sleep. In 2017, European Society of Cardiology researchers presented findings at the ESC Congress which confirmed that poor sleep, too, has a direct association with stroke and ischemic heart disease.

Likewise, anxiety and depression can exacerbate stress and sleeping difficulties. Not getting enough sleep and experiencing chronic stress can then cause levels of anxiety and depression to increase. When University of Illinois at Chicago College of Medicine researchers examined the part of the brain that helps to regulate our negative emotional responses, called the dorsal anterior cingulate cortex, in 2017, they discovered that the brain may have to work even harder to balance negative emotions when people with depression or anxiety sleep poorly.

It sounds easy enough to recommend more sleep to those who are now at risk



Natural sleep supplements can nourish the body and the brain in ways that pharmaceuticals simply cannot. Amino acids L-tryptophan and L-theanine bring the body into healthy levels of relaxation when taken directly before bed.

for depression, anxiety, heart disease, stroke, diabetes, obesity and more because of these night-time disruptions. And yet, as underlying nutritional deficiencies are rarely addressed by medical professionals quick to suggest prescription sleep aids, one in three people still aren't getting enough sleep.

BACK-TO-SLEEP BASICS: THREE INTUITIVE WAYS TO TEACH OUR BODIES HOW TO SLEEP

There may not be a magic pill that can solve all our sleep-related woes, no matter what prescription drug advertisements may tell us. But understanding how the body works, and giving the body what it needs at the most fundamental level, can lull us into a deeper sleep:

1. Take a bath before bed. We'd be remiss to think that the same bedtime routine used to soothe babies and toddlers wouldn't be helpful in putting us grown-ups to sleep. Taking a nightly bath, followed by quiet time, can positively impact our quality of sleep. A bath before bed works well for adults and children alike by encouraging sleep after raising and lowering the body's temperature. We recommend adding ancient magnesium mineral flakes to a bath and soaking for at least 20 minutes.

Naturally correcting a deficiency in magnesium can not only reduce risk of diabetes, often triggered by poor sleep, but it can help to remedy insomnia and chronic migraines. Users of magnesium swear by supplementing the ancient mineral as bath flakes, gel, oil spray and lotion to remedy the night-time anxiety, waking and restless legs described above.

2. Use the right sleep supplement.

Concerns were raised over sleeping pills after discovering they may increase the threat of dying by 4.6 times. The study results from the *BMJ Open* journal found that the higher the dose, the greater the potential for loss of life. Those on higher doses of sleeping pills also had a much higher risk of cancer. Natural sleep supplements can nourish the body and the brain in ways that pharmaceuticals simply cannot. Amino acids L-tryptophan and L-theanine bring the body into healthy levels of relaxation when taken directly before bed. L-theanine can link up to GABA (gamma-aminobutyrate), the central nervous system's primary neurotransmitter associated with restful sleep; L-tryptophan is an essential amino acid and serotonin precursor, the brain chemical that impacts sleep and our feelings of depression.

3. Increase the B. B vitamins are water-soluble and differ from the fat-soluble vitamins we keep stored in our bodies. This simply means we need to supplement our water-soluble B vitamins every day, especially if we want to get better sleep. Vitamin B3, also called niacin, has been shown to increase REM sleep and sleep quality in some studies, that peaceful time in our sleep cycle when we're getting the most rest. Taking vitamin B3 before bed, alongside natural sleep aids like melatonin and valerian, can help to support deeper sleep, while regulating blood sugar, lowering cholesterol and aiding in fat metabolism.

Long-term sleep loss can cause preventable diseases, but in day-to-day life, a sleep-disadvantaged brain is a terrible sight. A 2014 study posted within

The Journal of Neuroscience confirms that a loss of sleep has a direct effect on our mental fitness. Sleep loss can kill healthy cells and lead to irreversible brain damage.

Just like chronic stress has become an intrinsic part of our go-go-go lifestyle, controlling stress and taking the steps to promote naturally restful sleep are also lifestyle choices that can pay back big dividends.

Until very recently, no one thought the brain could be irreversibly damaged by sleep loss, Dr Sigrid Veasey, associate professor of medicine, member of the Center for Sleep and Circadian Neurobiology, and *The Journal of Neuroscience* study author says. But, following this research, scientists are starting to see sleep loss prevention as critical. Veasey reminds us that sleep is more important than many people believe.

Recommended Products

RELAXWELL™

This super-nutrient formula uniquely combines L-Tryptophan, L-Theanine, vitamin B6 and vitamin B3. Take 2 caps 30 minutes before bed.



SLEEP WELL™

A unique formulation containing 5-HTP, melatonin, valerian root, passiflora, hops, MSM and vitamin B3.



ANCIENT MINERALS MAGNESIUM BATH FLAKES

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



Sources

All references can be found at www.NaturallyHealthyNews.com

EAT YOUR WAY OUT OF CHRONIC LUNG DISEASE

Scientists discover how to defuse a 'ticking timebomb' through diet

When examining the deadly effects of lung disease at a global level in 2017, University of Leicester researchers did not sugar-coat their findings. In the world's largest study on how our individual genetic make-up can determine our risk of developing lung disease, scientists deemed chronic obstructive pulmonary disease, or COPD, to be a ticking timebomb for more than 1 billion smokers worldwide. COPD is the third most common cause of death around the world.

Those with a high genetic risk for COPD may have a 3.7 times greater likelihood of developing the condition. The risk for smokers further increases, so much that 72 out of 100 smokers with a genetic predisposition may suffer from COPD later in life. According to the latest Global Burden of Disease study for 2015, published in *The Lancet* in 2017, COPD results in roughly 3.2 million deaths worldwide.

LIFESTYLE CHOICES MATTER MORE THAN OUR GENETIC LOTTERY

The purpose of the lungs is to remove what oxygen is left in our atmosphere. Five hundred years ago, there was nearly twice as much oxygen on our planet, compared to today where 6 billion more acres of trees have been cut down. We rely on trees to recycle the carbon CO₂ and provide us with daily oxygen. Besides the decline in oxygen levels in our environment, we encounter several significant issues:

1. Many of us aren't breathing well due to our high-stress and sedentary lifestyles, which create reversed instead of relaxed (diaphragmatic) breathing.
2. Our lung linings have been damaged by smoke, pollution, processed foods and most importantly, bread. This includes white, brown, wholemeal and also organic, whole grain bread. White breads especially have a direct, negative effect on our health. In the future, we may see them packaged with government warnings like our cigarettes.
3. Inadequate levels of fresh vegetables and fruits lower our vitamin, mineral and enzyme stores.

When these three problems occur simultaneously, along with the other lifestyle choices we make, the die is cast, regardless of our genetic make-up. Having a genetic tendency toward lung disease will only be made worse by lifestyle. Genetic testing can provide an insight into our individualised risk factors, but, as Swedish researchers confirmed in 2011, lifestyle choices have more of an influence than our genes if we want to reach a healthy, old age.

"The study clearly shows that we can

Taking liquid enzymes derived from Norwegian seaweed extract, before exertion, at high altitudes, or to help support daily lung health, can bring oxygen and energy back to their formerly healthy levels.

influence several of the factors that decide how old we get," said Lars Wilhelmsen, University of Gothenburg professor emeritus and researcher on the longevity study published in the *Journal of Internal Medicine* in 2011. "This is positive not only for the individual, but also for society, as it doesn't entail any major drug costs."

LUNG DISEASE ISN'T A DEATH SENTENCE: THREE EASY WAYS TO RECOVER

When the lungs are damaged by our environment and lifestyle in the ways described above, they become susceptible to fungal and yeast infections. This, over weeks, months and years, inflames the lining of the lungs and makes it harder to breathe. Oxygen is poorly circulated and absorbed. Doctors may intervene and dole out prescription drugs. A tumble down the slippery slope begins.

The incredible news is that it can be



easy to recover from lung disease, as a preventative measure or after it has been diagnosed.

To restore lung function, we rely solely on diet and nutrients:

1. A fibre-rich diet protects against lung disease. Eating more fibre can prevent chronic, often fatal diseases, like heart disease and diabetes, and it could also help to greatly reduce our risk of lung disease, American Thoracic Society researchers confirmed in 2016. Cutting out the junk foods – the high-sugar treats, the starchy carbohydrates and the white breads especially – can reduce the chronic inflammation that damages the lung lining. Eating more fibre, in the form of vegetables, fruits, legumes and healthy carbohydrate alternatives, has been associated with normal lung function and less airway restriction.

2. Serrapeptase enzyme clears dead tissue and mucus. Serrapeptase is a natural, anti-inflammatory enzyme that physicians have been using as an alternative to prescription medication in parts of Europe and Asia for almost

40 years. Serrapeptase has extensive clinical backing, with no known side effects reported, and can be particularly useful in clearing inflammation, scarring and sputum from damaged lung tissue. In 2006, serrapeptase was used as a safe and effective expectorant at a Chinese hospital when administered to 136 patients with acute bronchitis, asthma, pneumonia and other lung illnesses.

3. Liquid sublingual enzymes improve oxygen absorption. Getting enough oxygen with each breath is essential to our cellular respiration. Without free-flowing oxygen in the body, cells are starved and no longer have the energy to absorb and convert our nutrients. No wonder we experience common symptoms like fatigue and weakness as lung disease develops – oxygen circulation in the body gives us energy. Taking liquid enzymes derived from Norwegian seaweed extract, before exertion, at high altitudes, or to help support daily lung health, can bring oxygen and energy back to their formerly healthy levels. Some brown seaweed extracts have shown anti-tumour properties in the presence of lung cancer, while Norwegian seaweed extracts are still being researched

as a treatment option for cystic fibrosis.

Eliminating inflammatory, lung-damaging foods and giving our lungs the nutrients they need to repair may be enough to stop the fatal progression of lung disease, according to the latest research. Each day, we can continue to improve and strengthen our lungs by practising relaxed, diaphragmatic breathing. Lying flat on the back with a small object on the stomach, like a book, and breathing deeply to fill the stomach for the count of four can help to break the habit of shallow breathing. It's this shallow, anxious breathing that causes our bodies to retain cortisol and carbon dioxide, weakening the immune system and increasing the risk of lung infection.

Recommended Products

PRESCRIPT BIOTICS™

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.



SERRANOL™

80,000iu serrapeptase plus Curcuminx4000, ecklonia cava extract and vitamin D3, all in one capsule.



OXYSORB

Powerful intra-oral liquid enzyme extracted from deep water seaweed, recommended for sport/fitness, when flying/high altitude or during any heavy exertion.



Sources

All references can be found at www.NaturallyHealthyNews.com

THE ANTIOXIDANT POWERHOUSE

Intervention for Parkinson's, heart failure and high blood pressure

Coenzyme Q10, also called CoQ10, plays two major roles in the body – energy creation and antioxidant protection. Within the mitochondria of our cells, CoQ10 helps to produce adenosine triphosphate (ATP), the human body's energy currency. CoQ10 can be found in its highest concentrations in the liver, kidneys, pancreas and especially the heart – all internal organs with the highest need for daily energy.

WHICH FORM OF COQ10 IS BEST?

When CoQ10 creates energy in the oxidised form, it becomes a substance called ubiquinone. When the oxidised ubiquinone form of CoQ10 is metabolised, it becomes a substance called ubiquinol, which functions as a powerful antioxidant in the body.

UBIQUINOL:

- Scavenges free radicals.
- Protects proteins and DNA from oxidative damage.
- Helps convert vitamins C and E into their acting antioxidant form by donating hydrogen ions.

Unlike the ordinary form of CoQ10 and ubiquinone, ubiquinol is an intercellular fighter. It can ward off and quench the free radicals that would otherwise harm healthy, functioning cells. Coenzyme Q10, best utilised by the body in its ubiquinol form, can:

- Reduce the risk of heart failure. In 2013, coenzyme Q10 was deemed the "first drug to significantly improve heart failure mortality" in more than a decade. Danish researchers who conducted a study on 420 patients with severe heart failure found



In 2013, coenzyme Q10 was deemed the "first drug to significantly improve heart failure mortality" in more than a decade.

that CoQ10 could reduce the risk of a major cardiovascular event by 50 per cent.

- Lower high blood pressure. In a 2007 review of 12 clinical trials, researchers concluded that hypertensive patients who take coenzyme Q10 may lower systolic blood pressure by up to 17mm Hg and diastolic blood pressure by up to 10mm Hg without any side effects.
- Protect against Parkinson's disease. Several studies have found CoQ10 to provide neuroprotective benefits for patients with early to mid-stage Parkinson's disease. A 2002 clinical trial conducted on 80 patients, receiving either a placebo or CoQ10, showed that the CoQ10 group developed less disability and experienced slowed deterioration.

6 EARLY WARNING SIGNS OF A COQ10 DEFICIENCY

We only make small amounts of coenzyme Q10. As we age, we begin to lose our natural ability to synthesise this vitamin-like enzyme. It can also be difficult to get enough CoQ10 from food. When CoQ10 levels start to drop, a deficiency can indicate that the body's cells may not have ample energy to function.

The body can soon start to break down, becoming more susceptible to the free radical destruction that leads to disease, with symptoms like:

1. Atherosclerosis
2. Gum or periodontal disease
3. High blood pressure

4. High blood sugar
5. Stomach ulcers
6. A weakened immune system

We all need more CoQ10 with each passing year. Ubiquinol, the highly active antioxidant form of coenzyme Q10, is a required nutrient for our health and longevity. It's only been recently that ubiquinol has become available in the supplement form. Taking Kaneka Ubiquinol, the most active form of CoQ10, as a nutritional supplement can provide vulnerable cells with direct antioxidant protection – no enzymatic conversion in the body needed. Even when taken at a low dose, Kaneka Ubiquinol has a much higher bioavailability than an over-the-counter CoQ10 supplement. Taking Kaneka Ubiquinol instead of conventional coenzyme Q10 for just four weeks can lead to significantly higher absorption rates without any adverse side effects.

Recommended Product

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.



Sources

All references can be found at www.NaturallyHealthyNews.com

AMAZING AMINOS

Why your body needs more amino acids (and what you can do about it)

They're essential for building and strengthening muscle. And yet, amino acids can do much more, enhancing our lives in a multitude of ways we often take for granted. Three amino acids – L-Citrulline, L-Arginine and L-Lysine – give the body health benefits it can't find anywhere else.

Amino acids, University of the Basque Country researchers stated when studying our human biology at the molecular level in 2017, are the building blocks of life. We couldn't exist without them.

Taking amino acids daily can address acute symptoms, chronic health problems and some severe medical issues:

L-ARGININE

While not technically an essential amino acid (essential, meaning the human body can't make it, and it must be gained from supplements and diet), L-Arginine is often grouped with the 'essential' aminos because our bodies need so much of it to function.

This need for L-Arginine becomes even greater with age:

- Our bodies convert L-Arginine into nitric oxide. Nitric oxide is critical because it improves circulation by opening blood vessels, also called vasodilation.
- L-Arginine is often used to relieve heart disease, including related issues like high blood pressure and congestive heart failure. However, L-Arginine shouldn't be taken after a heart attack.
- L-Arginine also helps to strengthen immunity and circulation, providing benefits for erectile dysfunction.
- L-Arginine remains a favourite of athletes

and exercisers, working as an anti-inflammatory to reduce recovery time after injury.

L-CITRULLINE

Not an essential amino acid, meaning that it can be converted in the body, L-Citrulline is most helpful when taken as a supplement. L-Citrulline is hard to find in the diet. Like L-Arginine, L-Citrulline can help to increase nitric oxide levels in the body, working as a vasodilator. Our bodies, in fact, automatically convert L-Citrulline into L-Arginine.

L-Citrulline is a powerful amino acid that can:

- Support heart health, circulation and balanced blood pressure.
- Work with L-Arginine to remedy erectile dysfunction.
- Increase energy and improve athletic performance.
- Provide some protection against Alzheimer's disease.

L-LYSINE

An essential amino acid that can't be produced by the body, L-Lysine is indispensable to our health. Researchers have found this amino acid to be vital in lowering our cortisol levels and helping to relieve chronic stress. It's likely that, because of its ability to reduce levels of the stress hormone, L-Lysine can aid in relaxation.

L-Lysine has also been studied for its ability to help with the following:

- Prevent cancer growth and potentially shrink tumours.

Three amino acids – L-Citrulline, L-Arginine and L-Lysine – give the body health benefits it can't find anywhere else.



- Strengthen the immune system, reducing cold sore and herpes outbreaks.
- Control anxiety-induced symptoms of digestive distress, like diarrhoea.
- Reduce complications of diabetes.

When these three amino acids are taken together with the pharmaceutical-grade and research-backed astragalus and ginseng extract AstraGin, absorption is greatly increased. AstraGin helps to repair intestinal wall damage by decreasing inflammation, while increasing the expression of regulating mRNA.

The result? AstraGin quickly and efficiently transports amino acids to the small intestine and then the bloodstream. It's here that the potential of L-Citrulline, L-Arginine, and L-Lysine is unlocked, and these amino acids can reach the 37 trillion cells in the body.

Recommended Product

HEALTHY FLOW™

A powerful blend of the essential amino acids L-Arginine, L-Citrulline and L-Lysine. Also contains grapeseed extract, polyphenols, citric acid, Be Flora, potassium sorbate and silica, along with AstraGin to help absorption of the amino acids.



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:

ALL AVAILABLE ON FREE DOWNLOAD: 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.



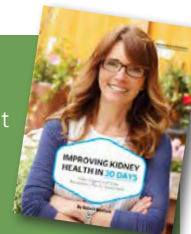
• Improving High Blood Pressure in 30 Days

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.





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™

SEEING INTO THE FUTURE

Five ways to use nutritional therapy to reverse sight loss

Our vision is often something we take for granted, which is why it's so important to take care of our eyes through good nutrition and lifestyle. Various studies and clinical trials have discovered links between certain antioxidants and eye health, particularly in terms of reducing the risk of age-related macular degeneration (AMD). The main focus has been on the antioxidant vitamins A, C and E, which can be found in a range of fruits and vegetables. But other nutrients can also help to maintain healthy cells and tissues in the eyes.

HAVE WE TAKEN OUR VISION FOR GRANTED? UNDERSTANDING AMD

Without nutritional intervention, time is not on our side when it comes to protecting our sight. Age-related macular degeneration remains the leading cause of vision loss in adults over 50, the American Optometric Association confirms. The unfortunate truth is that many younger and middle-aged adults choose not to see that far in the future. We might believe AMD won't happen to us. We might consider AMD a far-off risk that can be addressed once we reach retirement age.

Would it be any surprise to hear that adults are getting age-related macular degeneration at a younger and younger age? Some AMD sufferers are as young as





20. AMD is responsible for roughly 5 per cent of blindness around the world. The condition continues to progress; up to 196 million people may suffer from age-related macular degeneration by the year 2020.

One of the main causes of age-related macular degeneration is an increased amount of free radical damage inflicted on the human body:

- Free radicals can be found anywhere.
- We can find them in sun exposure, unnatural foods, pollution and environmental toxins.
- Even worse, the Western diet is sorely lacking in antioxidants needed to protect our delicate eyes against disease.

As free radicals attack our healthy eyes again and again, the macula becomes damaged. The macula is a small part of the eye that controls central vision. Small and mighty, the macula provides us with the ability to see crisp detail and vivid colours. A deteriorated macula resulting in AMD may start in one eye and will soon affect the other eye, in many cases.

Age-related macular degeneration can be broken down into two categories:

- 1. Dry:** The most common type of AMD may develop slowly and will ultimately cause a loss of central vision, in 95 per cent of cases. The good news is that dry AMD is largely reliant on nutrition and lifestyle factors. It's possible to stop and reverse dry AMD with an anti-inflammatory diet and eye-healthy recovery plan.
- 2. Wet:** Weak, malnourished blood vessels will result in wet AMD. These deteriorating

vessels are found behind the retina and will soon leak into the macula. Wet AMD is less common than dry AMD, but it will result in a rapid loss of vision. It's critical for early intervention to achieve full recovery for wet AMD, though damage can be minimised with the right recovery plan.

TAKING OFF THE BLINKERS: MEDICAL WISDOM CAN'T CURE EYE DISEASE

Orthodox eye doctors have little or no training in nutrition and subsequently may tell us that there are no known causes of eye disease. Instead, we concur with a different group of doctors who have found that it is contributed to significantly, or exacerbated by, malnutrition or nutritional deficiencies.

Every day, we need the following to sustain vibrant life and health:

- Proteins, fats and carbohydrates
- 13 or so vitamins
- 20-60 minerals (the number depends on which scientist is to be believed)
- 12 or so amino acids
- Six or so digestive enzymes (from plants)
- Oxygen
- Probiotics (the healthy bacteria that should be in our intestines)

All of the listed factors need to be in place as they all work interactively, or as co-factors. Any deficiency will result in a malfunction. Only the uninformed would claim that these essential nutrients are in the average Western diet (even if our ageing digestive system could absorb them). We need so many specific nutrients to help us counteract the essential part

One of the main causes of age-related macular degeneration is an increased amount of free radical damage inflicted on the human body.

of the body's energy creation we call free radicals.

Why are these nutrients missing? There are three major reasons why our eyes (and the rest of our bodies) might be nutrient-deficient to the point of dysfunction:

- **We don't eat enough vegetables every day.** And making matters worse, as we get older, we don't absorb food from our digestive system as well either. This is mainly caused by a lack of HCL (acid) in the stomach and a lack of digestive enzymes in our food. Digestive enzyme production decreases significantly with age, so much so that some studies suggest the average 70-year-old has only 20 per cent of the beneficial enzymes available compared to a 20-year-old. There's an urgent need to increase enzyme intake, either by way of specific foods or supplements, to help make up for this poor absorption. For example, a small glass of apple cider vinegar just before each meal will stimulate some digestive juices.

- **Food intolerance to wheat or dairy is common.** This blocks the uptake of nutrients in the digestive tract. Eating too many grains, cereals, high sugar foods and dairy products can replace or block proper nutrition. Wheat, grains, sugar and dairy are not appropriate nutrition for humans in the amounts typically consumed in the average Western diet. The negative aspects of these foods are made much worse by processing.

- **Our blood system can suffer clogging as a result of a poor diet.** Poor absorption and smoking – smokers are up to four times as likely to develop AMD than non-smokers – cause the tiny veins in the eye to block, thereby starving the eye of essential nutrients.

CRITICAL NUTRIENTS FOR CLEAR EYES: FIVE WAYS TO PROTECT AND RESTORE VISION

Our eyes need help to stay healthy and strong, arguably as much or more than any other organ in the body. Whether vision is fair or failing, here's where to begin:

1. Address irritation with astaxanthin.

Astaxanthin can help with problems such as tired eyes, eye strain and eye irritation. This natural carotenoid is found in algae and gives lobster and shrimp their bright red hue. It enhances circulation and boosts blood flow to the small blood vessels in the retina. Astaxanthin is also 550 times more potent than vitamin E, with the purified CO2 extract AstaREAL® Astaxanthin being the richest source available. Several clinical trials have been carried out into the effectiveness of astaxanthin, including one randomised, placebo-controlled study conducted in Japan, where researchers found that people who work on computer monitors had a 54 per cent reduction in eye fatigue when they took 6mg of astaxanthin per day for four weeks compared with individuals who took a placebo.

2. Moisturise with MSM.

MSM, an organic sulphur-containing compound also known as Methylsulfonylmethane, can be naturally found in vegetables, fruits, grains, animals and humans. Research backs MSM to support the structural integrity of the eyes, providing further protection by improving the production of the antioxidant glutathione to neutralise free radicals. OptiMSM is the premium trademarked form of MSM, manufactured to meet stringent safety, quality and consistency standards. When applied as gentle eyedrops in a formulation with antibacterial hydrosol silver, MSM can help



to equalise pressure in the eyes – softening tough tissue, helping to repair damaged membranes, potentially removing floaters and inhibiting pro-cytokine inflammatory activity that can cause eye tissue death.

3. Control damage with curcumin.

Curcumin is the health-promoting chemical compound in turmeric responsible for giving the spice its deep golden, yellow colour. Curcumin as turmeric may be found in food, and it can also be isolated as a phytochemical belonging to a class of compounds known as curcuminoids. It's this isolated form of Meriva curcumin that is even more powerful – the highly absorbable and most studied form of curcumin on the market – as evidenced by the many scientific studies that back it.

In a 2007 study published in the *Advances in Experimental Medicine and Biology*, scientists analysed the extensive research that has spanned the last half-century, proving curcumin's role as an antioxidant, antiviral, antibacterial, antifungal, anti-inflammatory and anticancer agent in some cases of allergies, arthritis, Alzheimer's disease, diabetes, various malignant diseases and other chronic illnesses. The study concluded, "Considering the recent scientific bandwagon that multi-targeted therapy



is better than mono-targeted therapy for most diseases, curcumin can be considered an ideal 'Spice for Life.'"

Along with fighting whole-body inflammation and preventative factors for chronic disease, curcumin may also help to support treatment of degenerative eye diseases like retinitis pigmentosa.

4. Take carotenoids to fight AMD. Two decades ago, researchers found that two particular types of carotenoid antioxidants, called lutein and zeaxanthin, may help with eye health and, more specifically, may lower the risk of developing AMD.

Both lutein and zeaxanthin can be found naturally in fruits and vegetables. Lutein is found in yellow peppers, mangoes, bilberries and green leafy vegetables such as kale, spinach, chard and broccoli. Zeaxanthin can be found in orange sweet peppers, broccoli, corn, lettuce, spinach, tangerines, oranges and eggs. Lutein is thought to play a major role in the health of the eye by helping to prevent damage to the macula, the central point of the retina needed for close work like reading

and driving. 2012 evidence also suggests that lutein may have an antioxidant and anti-inflammatory effect to protect retinal cells. A 2008 study in the Archives of Ophthalmology confirmed that diets rich in lutein and zeaxanthin were associated with a lower risk and prevalence of cataracts in women.

5. Tame nerve tension with taurine.

Taurine is an amino acid involved in retinal health. Taurine controls the electric charge across cell membranes and is essential for the function of nerve impulses. This nerve transmission is particularly important in the eye, which is why the retina has a higher concentration of taurine than any other organ in the body. Deficiencies of taurine are said to cause retinal lesions and visual deterioration – and this doesn't just apply to humans. Interestingly, a 1975 study found that a diet deficient in taurine was associated with retinal degeneration in cats.

Out of all the organs in the body, our eyes are the hungriest for nutrients and oxygen. These delicate yet complex organs are incredibly sensitive to malnutrition that may stem from a depleted, inflammatory diet. Poor diet and a sedentary lifestyle can also cause poor circulation, making it nearly impossible for our eyes to receive the nutrients they need.

The right nutrition may be the only thing that stands between us and our sight. Nutritional therapies for sight loss and eye disease have shown remarkable results, sometimes in as little as three to nine months. As Tufts University researchers in the US discovered in 2017, switching to a low-glycaemic diet, or an anti-inflammatory diet, may be enough to arrest AMD. And where we can't gain all of our nutrients from healthy foods, eye-protective supplements can pick up the slack.

Recommended Products

BRAINPOWER™

New liposomal formula combining curcumin and resveratrol for powerful health benefits.

Liposomal is a highly absorbable delivery method: simply dissolve in your water or juice.



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.



MSM+SILVER™ DROPS

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



TAURINE SPRAY

The best way to boost taurine levels. Each serving delivers 50mg L-taurine, 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.



Poor diet and a sedentary lifestyle can also cause poor circulation, making it nearly impossible for our eyes to receive the nutrients they need.

Sources

All references can be found at
www.NaturallyHealthyNews.com

THE FOUR MOST COMMON MISCONCEPTIONS ABOUT *vitamin D*

‘Stay out of the sun’ and other lies we tell ourselves about vitamin D

Don't go out in the sun – or at the very least, slather on the sun cream. Drink more milk fortified with vitamin D. And don't worry about taking a vitamin D supplement; the body can make enough on its own.

How many of these outdated vitamin D recommendations still hold water? And why are more than 1 billion people around the world deficient in this critical vitamin, despite our religious sunscreen use?

Putting the lie to the most prevalent myths about vitamin D could put an end to many of our modern health problems.

FACT VERSUS FICTION: WHAT WE DON'T KNOW ABOUT VITAMIN D CAN HURT US

Uncovering the truth about vitamin D can be difficult. For decades, hearsay has circulated and misinformation has been compounded. Researchers who discuss vitamin D often engage in heated debates. Even medical journals are still searching for answers. In 2014, The Vitamin D Council revealed that the internationally renowned *Lancet* journal published two recent articles that contained errors about vitamin D.

To find the needle in the haystack – the

truth about why our bodies need this all-important vitamin amidst the confusion – we've combed through the research.

This is what many people don't know about how our bodies are affected by a lack of vitamin D:

MYTH #1: VITAMIN D IS A VITAMIN

Despite what its name suggests, and despite what the majority of people believe, vitamin D isn't actually a vitamin. The body produces a group of fat-soluble hormones known as vitamin D when it is naturally exposed to the sun. Vitamin D in small amounts can also be absorbed through diet. Why is it so important for

Within the body, vitamin D3 and vitamin K2 (the primary form of the vitamin used by our tissues, bones and blood vessels) work in partnership.

our bodies to get enough of this fat-soluble hormone from the sun? Vitamin D participates in a number of different bodily processes. It helps to regulate gene expression, modulating inflammation and influencing our metabolic pathways. Curbing inflammation before it becomes chronic can also affect the body's ability to sleep and renew energy. In 2012, the American Academy of Sleep Medicine found a strong link between excessive daytime sleepiness and vitamin D.

MYTH #2: WE MUST WEAR SUNSCREEN

Talk about shooting ourselves in the foot. Taking a daily vitamin D supplement is critical, but our bodies still require some of this hormone from its source, the sun. For too long, we've believed the myth that the sun is our enemy, and we need to stay out of it at all costs. Worse still, we've been told that in order to protect our skin and our health, we must slather it in toxic chemicals that prevent the body from absorbing vitamin D in its natural state. But as American Osteopathic Association researchers discovered in 2017, an estimated 1 billion people worldwide are suffering from deficient or insufficient vitamin D levels that lead to chronic disease – all because we're not getting enough sun exposure due to our compulsive sunscreen use.

It's not wise to sit out in the sun for an afternoon without building up tolerance. But we can start slowly by exposing our skin to the sun each day on a morning walk and by wearing a cover-up during the hottest hours or at an afternoon at the beach. If sunscreen is necessary, organic is preferable to chemical. It's comforting to

know that the sun is still a life source we can enjoy in moderation.

MYTH #3: IT DOESN'T MATTER WHICH VITAMIN D SUPPLEMENT WE TAKE

Taking a daily vitamin D supplement is essential for good health, but picking any vitamin D product off the shelf isn't guaranteed to provide health benefits. Vitamin D2 is the synthetic version of the vitamin that can be found in many supplements and fortified foods. It's vitamin D3 that is the 'sunshine vitamin', the same one our skin absorbs from direct sun exposure and which has been researched extensively. Expose the skin to the sun for just a few moments, and the body can synthesise up to 15,000 IU of vitamin D3. Supplementing with vitamin D3 instead of synthetic vitamin D2 may raise blood levels of vitamin D 87 per cent more effectively.

Vitamin D3 may help to relieve pain in sufferers of fibromyalgia, strengthen the heart in patients diagnosed with chronic heart failure, improve muscle growth, reduce COPD flare-ups by more than 40 per cent and even increase lifespan by a third.

MYTH #4: VITAMIN D WORKS ALONE

When the sunshine vitamin meets the 'blood clotting vitamin', radical transformation happens in the body. Vitamin K is the vitamin responsible for coagulation. Vitamin K utilises our circulating calcium to help blood clot and stabilise. Within the body, vitamin D3 and vitamin K2 (the primary form of the vitamin used by our tissues, bones and

blood vessels) work in partnership. Vitamin D3 and vitamin K2, together, manufacture and activate the Matrix GLA Protein in the body that helps to shield the arteries from calcification.

Taking calcium and vitamin D, a combination we find in many supplements, without enough vitamin K2 can lead to disaster; when vitamins D3 and K2 can't work together to regulate the body's calcium levels, heart attack risk is increased. Vitamin D3 and K2 also maintain and strengthen our bones and teeth.

These fascinating truths about a widely misunderstood vitamin can set us free – and set us on the road to recovery. Getting enough vitamin D for the whole family can be as simple as getting out into the sun for 20 minutes a day and supplementing the missing nutrient.

As Dr Kim Pfothauer, DO, assistant professor at Touro University and researcher on behalf of the American Osteopathic Association's clinical review on vitamin D and sunscreen, explains, taking a daily vitamin D supplement as directed is a good option that poses little risk.

Recommended Product

VITAMIN D3 AND K2 SUBLINGUAL SPRAY

A unique blend of vitamin D3 and K2 in one intra-oral formula. Delivers 1,000iu D3 and 100mcg K2 MK7 per serving (5 sprays), approximately 30 servings per bottle. This is the only vegan D3 supplement available.



Sources

All references can be found at
www.NaturallyHealthyNews.com

Change how you age

A new approach to swollen joints and arthritis

We expect our joints to go bad with age. The reasoning makes sense: our joints have been helping our bodies move for as long as we can remember. The older we get, the more likely it is that our joints will begin to wear out and may need replacing.

ANCIENT ACUPUNCTURE OFFERS ANTI-ARTHRITIS BENEFITS

New therapies are constantly being introduced for a wide range of age-related health conditions. And yet, we can't overlook what ancient Chinese medicine has taught us about restoring balance. Dating back to the Sung Dynasty in 960 AD China, a technique called Me Rong Zhen was utilised to increase circulation and keep the body youthful. Today, advancements in electro-acupressure make it possible to achieve the same results at home, especially for the purpose of joint pain and arthritis management. At-home electro-acupressure can be a safer and more powerful alternative to surgery or lifelong medication.

DOES ACUPUNCTURE FOR ARTHRITIS WORK?

Researchers have found:

- Acupuncture helps chronic pain. In a systematic review of almost 18,000 patients in 2012, published in *JAMA*, acupuncture was deemed "effective" and reasonable to treat chronic pain. The effects of acupuncture were also found to be significantly different from a placebo.
- Acupuncture may treat inflammatory disease. Electro-acupuncture, specifically, can help reduce inflammation in the body that leads to death by sepsis, Rutgers researchers in the US confirmed in 2014. The benefits of acupuncture treatment

may also apply to a range of inflammatory diseases, including Crohn's disease, osteoarthritis and rheumatoid arthritis.

- Acupuncture may be more effective and affordable than surgery. In an *Acupuncture in Medicine* study published in 2012, researchers found acupuncture to relieve osteoarthritis pain effectively enough to be considered an alternative for costly and often debilitating knee replacement surgery.

Non-invasive electro-acupressure, pioneered by Dr Julian Kenyon, MD, a leading specialist in pain management, can safely stimulate acupoints throughout the body, at home and without using needles. Our acupoints are responsive to our bioelectrical impulses. When MicroCurrent stimulation is applied to specific points, it can correct internal dysfunction, address chronic inflammation, offer pain relief and support joint healing. A HealthPoint user says, "I suffered a neck injury from a car accident, then fibromyalgia and back pain, then a shoulder injury. I got the HealthPoint electronic acupuncture plan. I had used it for three months, and then the results began to be felt. It was amazing. I used it many times a day until the results came. I was healed."

'MIRACLE' ANTI-INFLAMMATORY ENZYME PROVIDES JOINT PAIN RELIEF

Arthritis and joint pain are caused by inflammation. The only way to effectively address the condition is to soothe, manage and even eliminate the underlying inflammation that creates pain, swelling and damage in the first place.

For those who suffer, doctors prescribe medicines and medical treatments. Drugs like painkillers, anti-inflammatories and anti-rheumatic medications, as well as surgery, may help to ease some pain and moderate how quickly the disease progresses. But this is just a temporary fix.

Serrapeptase is a renowned, natural anti-inflammatory enzyme that has the power to eradicate the underlying cause of joint pain – inflammation. Without stopping inflammation at its source, arthritis medications and pain relievers will eventually stop working. Over the long-term, these medicines can make joint function worse, in many cases.

Serrapeptase has been called a 'miracle' enzyme because of its direct and rapid effect on pain and inflammation:

- Serrapeptase may help to relieve pain on the spot by blocking the body's release





Serrapeptase is a renowned, natural anti-inflammatory enzyme that has the power to eradicate the underlying cause of joint pain – inflammation.

by healthy, elastic connective tissues. While there are a great many collagen and hyaluronic acid products marketed for anti-ageing, BioCell Collagen contains a patented, naturally occurring hydrolysed collagen type II formulation that has been successfully tested in multiple human clinical trials.

Taking BioCell Collagen daily can support:

- Joint cartilage
- Ligaments
- Tendons
- Synovial fluid
- Youthful skin

of its pain-inducing amines, also called bradykinin.

- Because of its proven power and potency in the face of chronic pain, serrapeptase has been prescribed by doctors in Europe and Asia for close to 30 years.
- Italian researchers discovered in the early 1990s, when examining 193 people with ear, nose and throat disorders, that taking serrapeptase could help to significantly reduce pain within only eight days – and without any side effects.
- Serrapeptase has been safely and effectively used to ease inflammatory breast engorgement, relieve carpal tunnel syndrome and minimise postoperative swelling.

As one Serrapeptase user shares, "I have received amazing results from taking Serrapeptase. I noticed that my osteo and rheumatoid arthritis, which had deformed my hands, appeared to be totally gone after only about three weeks of taking the product, three capsules, three times a day."

BIOCELL COLLAGEN REDUCES PAINFUL AGEING BY UP TO 40 PER CENT

What do active joints and youthful skin have in common? They're both supported

When 89 study participants experiencing joint pain and discomfort took just 2g of BioCell Collagen a day, they experienced its benefits almost immediately. After 45 days, 89 per cent of the subjects saw their joint pain improve. Only one subject in the placebo group reported an improvement in their joint comfort.

Another randomised study group found that, compared to taking a placebo, supplementing BioCell Collagen daily helped to reduce their joint comfort by almost 40 per cent within eight weeks. A BioCell Collagen user confirms, "I have been taking this supplement for the past two months, and I have noticed a significant improvement in the joint stiffness and pain that I usually wake up with. Although I bought this product for only that reason – to reduce joint pain – I have also noticed that the skin on my face looks more youthful and less blotchy."

With these tools for recovery available to us, we no longer have to sit idly by and watch our joints deteriorate. Taking just one step to support our joint health today can make a difference in how we feel tomorrow.

Methods like using acupuncture to target pain points and support healing, taking an anti-inflammatory enzyme to provide pain

relief, and supplementing collagen to keep the joints young have clinical backing to improve our mobility – and our quality of life.

Recommended Products

HEALTHPOINT™ KIT

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



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.



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.



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



Make healthy babies

How to survive infertility: a guide for women eating a Western diet

For any woman who has difficulty conceiving, difficulty staying pregnant, or is experiencing health issues during pregnancy, this plan can help. This plan can also be used by any pregnant or breastfeeding woman to support her growing baby's health before and after birth.

Processed, empty and enzymatically dead foods, too much alcohol, putting off having children until later: all this adds up to more and more conception issues. While medical intervention is expensive and often has a low success rate, the option of using natural remedies is of growing interest with comparatively lower costs and encouraging outcomes.

10 SCIENTIFICALLY-SOUND LIFESTYLE CHANGES TO JUMPSTART FERTILITY

Infertility only means a reduced ability to have a child, and for many of the 50 million couples affected around the world, this can be a temporary issue overcome by nutrition and lifestyle changes. Unfortunately, doctors are not trained in nutrition, and in many cases, seem to have been brainwashed against any idea that the junk food most people are eating can be the major factor in fertility issues.

But making simple changes will protect

a mother's health and encourage foetal development:

- 1. Cut out all GMO foods, including meats fed GMO feed.** Studies link genetically modified foods with a host of reproductive problems.
- 2. Stop using the microwave.** Eat fresh, Really Healthy Foods instead.
- 3. Eliminate high-sugar foods, starchy carbs, chemical drinks and processed foods.** A mother who is obese and lacking in nutrients while pregnant can even affect her unborn daughter's future fertility.
- 4. Eat nine to 14 portions of fresh or frozen vegetables daily.** Organic is preferred. Notably, men who eat more fruits and vegetables ingest more antioxidants and may have higher quality sperm, Spanish researchers found in 2009.
- 5. Eat five portions of dark-skinned fruits daily.** Two avocados a day are recommended.
- 6. Eat five portions of beans, nuts and seeds.** Opt for soaked, mashed, nuts and seeds. Walnuts have also been found to improve sperm vitality and motility in men.
- 7. Eat 3-4 portions of oily fish a week.** Choose salmon, sardines, mackerel, etc.
- 8. Enjoy healthy oils liberally.** Examples

include hemp, omega-3, krill, olive and coconut oil.

- 9. Drink eight glasses of distilled or filtered water a day.** Include a pinch of bicarbonate of soda.
- 10. Take three to five tablespoons of sea or rock salt a day along with the critical mineral iodine.** Medical University of Vienna researchers discovered in 2015 that an iodine deficiency during pregnancy can impair an unborn baby's brain development.

These critical lifestyle changes, supported by research, may help women suffering from fertility issues like:

- Embryo implantation difficulties.
 - Emotional issues/stress.
 - Failure of the fallopian tubes to carry eggs from the ovary to the uterus.
 - Irregular ovulation and poor cervical mucous that damages or impedes sperm activity.
 - Lack of ovulation due to hormonal imbalance or cysts in the ovary.
 - Premature menopause.
 - Uterine fibroids.
 - Scarring of the fallopian tubes resulting from infections, such as gonorrhoea and chlamydia, endometriosis, or prior surgery.
- Common infertility issues are likely to be caused by a starchy carb diet and sugary,

Common infertility issues are likely to be caused by a starchy carb diet and sugary, processed foods, coupled with a lack of essential nutrients needed for hormone balance.

processed foods, coupled with a lack of essential nutrients needed for hormone balance. In some cases, structural problems may also need intervention.

Likewise, these proven lifestyle changes may help men suffering from fertility issues like:

- Blockage of the sperm ducts.
- Emotional issues/stress.
- Low sperm count.
- Malformed or improperly formed sperm.
- Poor sperm motility.
- Sexual dysfunction (erectile problems or impotence).

Again, these male infertility issues are most likely caused by a starchy carb diet and sugary, processed foods, coupled with a lack of essential enzymes and nutrients needed for healthy blood flow and healthy sperm formation.

FOUR RESEARCH-BACKED NUTRIENTS TO PREPARE THE BODY FOR PREGNANCY

Let's not forget the importance of prenatal nutrients, for women and for men too. Four nutrients can help to support a healthy pregnancy, providing antioxidant protection, anti-inflammatory healing properties and nourishment for hormone regulation:

1. Astaxanthin – This is a carotenoid found naturally in algae consumed by marine life such as lobster, shrimp and salmon – indeed, it gives them their reddish colour. It works by improving blood flow, and it also has anti-inflammatory abilities. For men, astaxanthin and maca can help improve sperm count and motility. For women, astaxanthin offers hope as a protective antioxidant that can keep healthy eggs from being damaged before they are fertilised and implanted.

2. L-Carnitine – A natural body substance

and amino acid produced by the liver and kidneys, L-Carnitine turns body fat into energy. L-Carnitine can help to prevent fatty build-ups in the heart and liver. Interestingly, low L-Carnitine levels have been linked to infertility in men; this amino acid may also help to address age-related infertility in women.

3. Maca – Peruvian Maca (*Lepidium Meyenii* Walpers), a root that grows in the Andean highlander zones at extreme altitudes of 14,000 ft., is considered to be one of the best natural foods available due to its extraordinary nutritional profile and scientifically-tested properties. The nutrients in maca provide the body with what it needs to restore its healing capabilities. For women especially, maca extract can help to improve hormonal balance and oestrogen levels in the body.

4. Serrapeptase – Serrapeptase users report astonishing results in clearing blocked fallopian tubes, even after unsuccessful surgeries. For women suffering from fallopian tube problems, a high-dose serrapeptase formulation can help combat inflammation and scarring. Prescribed commonly by doctors in Europe, serrapeptase is safe enough to use during pregnancy and while breastfeeding.

A major problem that is contributing, perhaps greatly, to the infertility issue is the fact that most doctors generally don't consider the idea that poor nutrition and poor lifestyle choices could be reducing fertility. Fortunately, changes in diet and nutrition can have a positive impact on these issues.

After examining the research, there's little doubt that processed food, fast food, alcohol consumption, smoking, enzyme-depleted foods and delaying conception are all getting in the way of creating our families.

Recommended Products

ASTAXANTHIN WITH DHA

This is a naturally occurring carotenoid pigment which is a powerful biological antioxidant. It is 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.



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.



MACAPRO® XP BLACK

Maca is well documented as being used to assist with the issues such as normal energy levels, hormonal balance, mental clarity, reflexes, vigour, bone health, and immune system function. With this highly concentrated, certified liquid you can obtain the many known benefits from continuous use of maca, all supporting a normal healthy and balanced system.



L-CARNITINE PLUS COQ10

While CoQ10 benefits your health by sparking energy within the cells, L-carnitine is thought to be like a shuttle, bringing fuel into heart cells to be burned as energy. L-Carnitine supplementation may help your body to prevent fatty build-ups, especially in the heart and liver.



IMPROVING FERTILITY IN 30 DAYS

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



Sources

All references can be found at www.NaturallyHealthyNews.com

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

Make sure you choose CurcuminX4000.

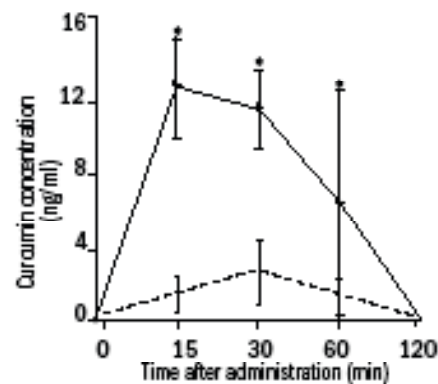


Figure 1. Plasma curcumin levels after dosing with Mediva (solid line) compared to unbound curcumin (broken line)



180
veg caps

Take
x3
caps/day



Approx.
2 mo.
supply

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 'INTUITIVE' SUPPLEMENT

How liposomes can help your body better absorb nutrients

Liposomes are tiny bubbles, or vesicles, created in our bodies and made from the same materials as our cell membranes. Innovative scientists have recently begun to utilise this intuitive delivery system to better dispense prescription medications. Considered a 'successful drug vehicle' for life-threatening illnesses like cancer, as well as chronic pain conditions and fungal infections, liposomal delivery can also be used to maximise nutrient absorption.

LIPOSOMES CONSIDERED THE FUTURE OF MEDICINE

Two decades ago, liposomal drug delivery was introduced to the medical community and pharmaceutical industry. At that time, the first liposomal cancer drug, called doxorubicin, was approved for treatment. Using liposomes to deliver a cancer drug offered the hope of higher efficacy with lower risk of toxic side effects; as phospholipid vesicles, liposomal drugs and nutrients can circulate in the blood for longer to build up on injured, inflamed or cancerous tissue.

When analysing the effects of liposomal drugs used for cancer treatment in 2017, Medical University of Vienna researchers theorised that liposomal delivery could soon become the "personalised medicine of the future".

In 2016, doctors in Israel discovered that delivering a local anaesthetic in a liposomal preparation could offer longer-

lasting pain relief. In 2015, Spanish researchers explored the possibility of using liposomes to create a diabetes vaccine.

3 NUTRIENTS BETTER ABSORBED USING LIPOSOMAL DELIVERY

Supplementing these nutrients in the liposomal form may help to increase their blood serum levels, greatly enhancing their benefits:

1. Curcumin. Liposomal curcumin is best paired with the antioxidant resveratrol, providing both anti-inflammatory and anti-oxidising protection. In 2013, liposomal curcumin was proven to be effective in reducing pancreatic cancer cell growth without any side effects.

2. Lutein. Our eyesight will only continue to deteriorate until we find a better way to supply the missing macula-regenerating nutrients – lutein and zeaxanthin –, needed in large quantities in our eyes. The eyes require a daily supply of lutein to prevent conditions like age-related macular degeneration. Loading lutein into liposomes, *Journal of Agricultural and Food Chemistry* researchers discovered in 2013, can help to improve its stability as a supplement throughout preparation, heating and storage.

3. Vitamin C. Most vitamins and minerals can only be absorbed by the body in small doses, but vitamin C is the exception.

We can receive even more benefits from vitamin C when we take – and absorb – it at high doses. Here, effective delivery is critical. A 2016 *Nutrition and Metabolic Insights* study showed that taking liposomal vitamin C offers significantly better bioavailability compared to unencapsulated vitamin C, without any associated risks.

It sounds simple, and yet it's on the cutting edge of modern science. Encapsulating nutrients using the same delivery process found in our bodies helps to protect them. Protected nutrients can get where they're going faster, without losing their potency along the way.

Recommended Products

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.



BRAINPOWER

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



MAXIFOCUS™

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



Sources

All references can be found at www.NaturallyHealthyNews.com

Medical University of Vienna researchers theorised that liposomal delivery could soon become the "personalised medicine of the future".

Two standout supplements

Why every person should consider taking iodine and selenium

Iodine was the very first nutrient designated as an essential part of the human diet. Even before birth, iodine contributes to healthy growth and development. This includes support for normal cognitive function, energy-producing metabolism, nervous system function and thyroid

hormone production and regulation.

Iodine is everywhere in our bodies, and it's doing much more than we realise. As iodine regulates thyroid function and manages metabolism, it helps to stabilise the heart rate, maintain a healthy weight, keep the body warm and preserve digestive health.

Without enough iodine, we may develop symptoms like:

- 1. Breast cysts** – A lack of iodine can result in fibrocystic breast disease, which can cause severe pain and the development of cysts and nodules.
- 2. Digestive discomfort** – A lack of iodine can cause digestive problems as iodine is



Iodine is considered a primary protective mineral in the prevention of uterine, breast, ovary and even prostate cancer.

5. Poor intellectual and neuromotor development – A lack of iodine can result in deficits in neurological function, including intellectual performance and cognitive skills.

6. Ovarian cysts – It has been discovered that women who lack iodine can go on to develop cysts or even polycystic ovary syndrome.

Iodine is indispensable for women's health. A woman needs iodine to support breast health, function and shape. Iodine deficiency has been linked to a number of reproductive issues, including ovarian cysts and reproductive dysfunction. Iodine is considered a primary protective mineral in the prevention of uterine, breast, ovary and even prostate cancer.

Restoring our iodine levels through supplementation may help to support:

- Breast tissue
- Detoxification
- Immune system function
- Metabolism and energy levels
- The cardiovascular system
- The ovaries
- The prostate
- The thyroid gland

WHY DON'T DOCTORS FOLLOW WHO RECOMMENDATIONS FOR IODINE?

What kind of recommendation would it take for us to commit to taking an iodine supplement every day? The World Health Organization is clear. The WHO calls iodine deficiency "the world's most prevalent, yet easily preventable, cause of brain damage".

The main problem is that an all-too-common iodine deficiency, which can result in a number of iodine deficiency disorders, often starts before birth. This puts a child's brain development and

lifelong health at risk. Severe iodine deficiency during pregnancy can even cause stillbirth, which is why most of the iodine focus is on pregnant women.

An iodine supplement for pregnant women is critical, but there's more to the story. The WHO recommends extra iodine for everyone – this includes men, women, children and the elderly. The American Thyroid Association is also a driving force behind the movement to include a daily serving of iodine in prenatal vitamins for pregnant and breastfeeding women. If an iodine supplement is essential for daily health and thyroid, endocrine, heart, metabolism and immune function, why aren't doctors prescribing it?

We can also call iodine the 'misunderstood mineral'. Here's why:

- Our bodies need much more of this vital mineral than many medical professionals acknowledge.
- Patients are often told by their doctors that their thyroid produces all the iodine they need, when even the World Health Organization states that this simply is not true.
- Most of our population is iodine deficient, and we don't even know it.

Hundreds of years ago, iodine deficiency was not a problem. Our ancestors gleaned this critical nutrient from food grown in mineral-rich soil. Today, because of agricultural practices that have caused mass soil depletion, along with the use of chemical fertilisers, our food supply has been robbed of the vitamins, minerals and antioxidants we so desperately need, one of the most important being iodine.

We are told to increase iodine in the diet first of all. Iodine can be found in seaweed, shellfish and fish, as well as fortified

necessary for the production of stomach acid.

3. Dry skin – 20 per cent of iodine is stored in our skin. Without ample iodine, we can develop dry, flaky and inflamed skin.

4. Dry eyes – Iodine is abundant in our tear glands, and if we lack iodine, dry eyes can be the result.

cereals and grains. But iodine intake that comes through packaged foods brings us right back to the problem: iodine levels in food are wildly unpredictable. Iodine in food can fluctuate, depending on the quality of soil it's grown in.

ADDING TO THE CONFUSION

The World Health Organization recommends iodised salt as an answer to this worldwide iodine problem. The WHO's recommendation for a daily iodine supplement for everyone is correct, but table salt is not the solution.

One hundred years ago, doctors advised adding 150µg of an unnatural form of iodine, known as potassium iodide, to processed salt. This 'junk salt' is the last thing our bodies need – it is just sodium with all other minerals taken out. Iodised table salt is made from a manufactured form of sodium with synthetic chemicals added. Not only is iodised table salt ineffective as an iodine supplement, but it can be toxic.

Our bodies need salt, and our bodies need iodine, but not combined in a processed form like iodised table salt. Three to five tablespoons of sea or rock salt can meet our daily salt requirements, best used with a highly absorbable iodine supplement.

Researchers have discovered another skeleton in the closet of iodised table salt. When Texas scientists, concerned about the alarmingly low iodine intake in the Western world, tested iodised table salt, they were shocked at what they found. 53 per cent of iodised table salt samples had less iodine than the recommended level provided by the FDA. If we're relying on iodised table salt for our daily dose, it's



almost impossible to get enough iodine.

HOW MUCH IODINE DO WE REALLY NEED?

To say that there is confusion surrounding iodine recommendations would be an understatement. A doctor may tell us to stay away from excess iodine, including potassium iodide tablets which may damage the thyroid.

Our bodies need a small amount of daily iodine to support robust health: 3.6mg per day. Taking in iodine through the diet is a good start, but problems quickly arise. Kelp and kombu seaweeds are some of the best food sources of iodine. However, organic iodine found in kelp and kelp tablets may not be well absorbed by the body. Iodine from food can be easily flushed from the body by chemical toxins. Fluoride is one of the biggest contributors, found in toothpaste and the water supply. When fluoride enters the body from tap water, it automatically leeches much-needed iodine.

To get this amount of organic iodine from kelp tablets, we would need to take nearly 20 tablets per day. We would need to eat two cups of kelp or kombu seaweed a day to reach 3.6mg intake. For

many people, this goal is unattainable. Purchasing this much raw kelp can be expensive. Taking an effective iodine supplement is more cost-effective and convenient.

Bioavailable iodine drops will cut through all of these iodine absorption problems:

- This iodine is not like the antiseptic iodine we can find in commercial products.
- Consumable iodine in the atomic form rather than the molecular form stays 'charged' until it is consumed.
- Then, atomic iodine will gradually release its energy over a two to three-hour period.
- As it travels through the body, it will be absorbed as the same valuable iodine produced by the thyroid.

This synergy is what our bodies require to fully use iodine. Atomic iodine must also be taken with ionic selenium as an important cofactor.

IODINE AND SELENIUM: WE CAN'T HAVE ONE WITHOUT THE OTHER

It's all well and good to decide to take an iodine supplement. We're certainly on the right track. But one critical point that is easy to overlook is the need for an iodine



Nascent iodine is most powerful when taken in the liquid form with its partner ionic selenium.

levels and balanced metabolism. Selenium takes it one step further by protecting the thyroid gland against potentially excessive iodine exposure. Selenium keeps iodine in check and completes the picture of radiant health.

The ionic form of selenium is worth remembering. Ionic selenium is the most beneficial and the most easily recognised by the body. When our bodies meet this selenium for the first time, we can immediately welcome, absorb and use the mineral as intended. Ionic selenium remains safe and flexible in a liquid state with the potential to increase antioxidant action – providing further cancer protection benefits.

Selenium is a standout supplement for more than one reason:

- Selenium is the only supplement with an allowable cancer prevention health claim permitted by the FDA.
- A large government organisation has recognised that our bodies urgently need selenium to maintain its daily processes and protect against disease.
- The EU confirms that a selenium supplement can contribute to normal immune system and thyroid function, protect cells against oxidative stress, contribute to normal hair and nail maintenance and contribute to normal spermatogenesis.

Selenium as an ionic mineral provides the most benefit. A concentrated liquid ionic selenium supplement is most effectively used by the body and transported where it needs to go. Taking liquid ionic selenium is also economical: a single bottle can provide up to 48 servings of this richly concentrated mineral. Liquid ionic selenium can last for up to six weeks at a recommended one serving per day.

Nascent iodine is most powerful when

taken in the liquid form with its partner ionic selenium. Selenium, like iodine, is a valuable mineral we're not getting enough of, and selenium is also needed to activate iodine in the body. Since our bodies do not naturally produce selenium, we need a selenium cofactor each time we take nascent iodine.

For those who are currently iodine deficient, or are suffering from an iodine-related health issue, the effects of an iodine supplement will be immediate. We may notice a boost in energy days after taking atomic iodine. Taken over the years, a powerful iodine supplement can clear chronic health issues and ward off disease.

Take these two nutrients together, and iodine's effect on the body is almost unstoppable. Today, it's just not possible to find this kind of nutritional support from our depleted food supply and especially not from junk table salt.

Recommended Products

NASCENT IODINE

One drop = 315mcg of iodine. All cells in the body rely on the critical mineral iodine; even a small deficiency can cause low energy and poor immunity. Nascent iodine is the best form of iodine supplementation.



IONIC SELENIUM

Delivers 300mcg ionic selenium per serving. The best way to supplement with selenium and most recognised by the body. 48 servings per bottle. Gluten-free, suitable for vegans.



Sources

All references can be found at
www.NaturallyHealthyNews.com

cofactor: selenium.

Selenium is another important mineral found in soil:

- Selenium may also be found in water and some foods.
- Selenium is critical to support metabolism and provide further protective benefits as an antioxidant.
- Working hand-in-hand with iodine, selenium helps to protect healthy cells from free radical damage.
- Research supports selenium to reduce the risk of prostate cancer, as recently as 2016.
- Many serious health conditions are also directly linked with low selenium levels – including Crohn's disease and HIV.
- Selenium is not naturally produced by the body, but it can be found in soil, water, some foods and supplements.

Unfortunately, selenium levels in soil and food are rapidly depleting. As mentioned above, chemical farming practices exhaust soil and reduce the mineral content of our food. It is a well-known, vicious cycle in the food production industry that further supports the need for a critical mineral supplement. Taking selenium as a cofactor to iodine will support healthy thyroid hormone

There's a 'miracle' hiding within turmeric

It's curcumin – and it has incredible health benefits

Hearing that a spice commonly found in our kitchen cabinets could contain the answer to some of our most serious health problems sounds far-fetched – almost too good to be true. Western doctors are known for making healthcare complicated and costly. However, many times, the most effective remedies are those that are the simplest.

MORE THAN FLAVOUR: CURCUMIN HAS THE POTENTIAL TO HEAL

Lovers of spicy food may have already had curcumin without realising it. Curcumin is a tiny extract of turmeric (the yellow spice used in curries and some Caribbean foods), known for its antiviral, antibacterial, anti-mutagenic and anti-fungal abilities. The spice comes from the ginger family and has been a staple in Ayurvedic medicine for thousands of years.

It is important to know that turmeric is not curcumin. But when the curcumin compound is extracted from the fragrant cooking spice, its benefits increase exponentially. A potent anti-inflammatory, curcumin can help to relieve and remedy a wide range of medical problems from joint pain and autoimmune disease to Alzheimer's disease and cancer. Already, there has been an unprecedented 1,800 studies examining curcumin's power and possibilities, with a growing body of research to come.

Where does this spice compound's almost miraculous healing ability come from – evidenced by the research we'll soon discuss? Out of all herbs, turmeric ranks fourth for its antioxidant prowess. It has a remarkable Oxygen Radical Absorbance Capacity (ORAC) score of

159,277. The curcuminoids in turmeric increase levels of the body's most powerful antioxidants, like glutathione, catalase and superoxide dismutase. These antioxidant molecules are essential within our bodies to protect our vital organs from damage caused by oxidative stress.

In ancient medicine and folklore, turmeric mended burns, wounds, colds, coughs, dental disease and arthritis. As delicious as it is when used for cooking, eating turmeric isn't enough to tap into curcumin's benefits. Curcumin must be taken at a much higher concentration – as a high-quality supplement – to be absorbed fully. The form of curcumin we take can change how our bodies respond, repair and heal when attacked by disease. Modern-day curcumin extract, developed based on discoveries from these traditional Chinese and Indian medicines, holds the key to re-establishing our health and supporting our longevity.

4 SURPRISING WAYS CURCUMIN CAN HELP AND HEAL, ACCORDING TO SCIENCE

Remember, it's impossible to get enough of the curcumin compound from the turmeric spice we eat, considering that turmeric only contains anywhere from 2 to 5 per

cent curcumin. But taking curcumin as a daily supplement, bioavailable and ready for the body to use, can help to support:

- Blood flow, circulation and cardiovascular health
- Brain function
- Eyes and lenses
- Healthy cells
- Immune response
- Joint comfort and mobility
- Lung strength
- Nerve sheaths
- Skin, including skin disease relief
- And much more

Medical journals are filled with pages of curcumin studies. With each passing year, breakthroughs and advances are made, so much so that we can no longer ignore how critical the spice compound is to maintaining our health – and the health of every man, woman and child.

Some of the most noteworthy studies in recent years strongly support curcumin's clinical ability:

1. Curcumin for Alzheimer's disease.

In 2015, Vanderbilt University Medical Center researchers in the US discovered that curcumin has the power to enter the brain – binding to and destroying the beta-





amyloid plaques present in cases of Alzheimer's disease, thereby reducing their toxicity.

2. Curcumin for arthritis. Curcumin is a known cancer-fighter since it instigates apoptosis, or cell death. This extraordinary property of the spice compound offers hope in the treatment of inflammatory degenerative disorders like arthritis. Preclinical and clinical trials have demonstrated curcumin's capacity to soothe irritated joints. Curcumin can encourage the apoptosis of active human CD4+ T cells, related to autoimmunity, to prevent pro-inflammatory cytokines and chemokines from being expressed.

3. Curcumin for cancer treatment. A spice compound that can kill cancer on contact? University of Central Florida researchers in the US say curcumin can deliver. When curcumin was attached to nanoparticles used to target neuroblastoma tumour cells resisting conventional medical treatment in 2017, cancerous cells were destroyed, without any risk for added toxicity. Neuroblastoma is the most common type of cancer in babies.

4. Curcumin for skin regeneration.

Turmeric was used in ancient medicine as a salve to treat burns and scalds, and modern-day curcumin may prove to be even better. Applying topical curcumin gel to burns on the skin allows for quick penetration, reducing the damaging effects of inflammation. Curcumin as a skin-healing agent naturally inhibits the phosphorylase kinase enzyme to speed up wound healing.

ABSORBENCY AND UTILISATION PROBLEMS – AND TWO SOLUTIONS

In the past, simply taking ordinary curcumin needed up to 25 capsules and even more depending upon the quality of the extract, which could vary between 10 and 95 per cent curcumin. To make matters worse, very little of the curcumin ended up in the bloodstream.

It was improved upon somewhat by adding a black pepper extract, but all of these problems have been solved with two super solutions:

1. Both absorbency and utilisation are dramatically enhanced when curcumin is bound to lecithin (sunflower phospholipids) and taken in capsule form. This form of curcumin, Meriva curcumin, is the most clinically studied form of the curcumin compound on the market. Taking Meriva curcumin for only 90 days has been proven to notably decrease joint pain and improve joint function compared to ordinary curcumin at 95 per cent. Because of its improved absorbency and utilisation, making it more useful to the body, *Alternative Medicine Review* researchers recommended Meriva curcumin as a long-term complementary treatment for the management of osteoarthritis in 2010.

2. Curcumin paired with the antioxidant resveratrol – both in liposomal form, delivered in the same liposomal bubbles used in the human body – can be taken as a liquid to provide brain support and

offer Alzheimer's relief. A 2013 *Anticancer Research* study also found the liposomal delivery of curcumin to be beneficial to patients with pancreatic cancer; curcumin showed anti-tumour effects when encapsulated into liposomes.

Curcumin is so much more than a spice, and the research discussed here only represents a small sample of the scientifically-backed ways curcumin has been shown to divide, conquer and help heal. To receive curcumin's countless health benefits, absorption matters. Turmeric can still be enjoyed as a delicious spice in some of our favourite foods, but taking super-bioavailable curcumin as a daily supplement will make the difference in our bodies' ability to use and absorb it.

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.



BRAINPOWER™

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



SERRANOL™

80,000iu serrapeptase plus Curcuminx4000, ecklonia cava extract and vitamin D3, all in one capsule.



Sources

All references can be found at www.NaturallyHealthyNews.com



A HAPPY, HEALTHY GUT

Powerful soil-based probiotics have 22 gut-boosting benefits

Friendly bacteria – probiotics – have become so commonplace that almost everyone has heard of them. Doctors recommend them.

Commercials sing their praises. But many people still don't realise what it takes to nourish and maintain a healthy gut.

Over 100 trillion bacteria of 400 different species can be found in our digestive systems. These types of 'bugs' have a very specific role: to help digest, absorb and manufacture B vitamins and digestive support enzymes that influence the health of the whole body.

Good gut 'bugs' in the body aren't obvious to the naked eye. Yet they're

essential to the health of every bodily system. Friendly and pathogenic bacteria can be found in the stomach, in the mouth, on the skin and in the birth canal.

The latest scientific findings in 2016 tell us that bacteria outnumber human cells in our bodies by a majority of 1.3 to 1. Whether we know it or not, our bodies rely on these friendly bacteria to thrive – and to stay alive.

There are more bacteria than there are human cells in the body, which means our bacteria are running the show, for better or for worse. Supply our guts with a daily dose of healthy bacteria, for example, and research provides countless examples where we can see our health improve.

Neglect the gut, and pathogenic bacteria can start to multiply. Symptoms of chronic illness and disease – including heart failure – are sure to follow. In 2017, Rockefeller University researchers in the US found that gut bacteria's influence in the body is so powerful that it can be used to treat certain disorders. Gut bacteria can 'speak' to human cells to reduce the body's blood sugar and change its metabolism.

"[These bacteria] are a part of our physiology," says Sean Brady from the Laboratory of Genetically Encoded Small Molecules Director at Rockefeller University. "What we're doing is tapping into the native system and manipulating it to our advantage."

In 2017, Rockefeller University researchers in the US found that gut bacteria's influence in the body is so powerful that it can be used to treat certain disorders.

GIVE THE GUT WHAT IT'S ASKING FOR

The atmosphere of our digestive system dictates the quality of our overall health. In other words, if we have an ongoing health problem or perhaps a chronic health condition, its origin can be tracked back to the environment of our gut. In the event that the gut is outnumbered by unfriendly bacteria, it throws our health off balance.

Unwanted organisms, and even parasites, can integrate in the body's healthy systems to cause a number of unexplained symptoms. Over time, this results in a breakdown.

Taking a daily probiotic for humans or animals has a massive body of scientific research behind it. But before we delve in, let's take a moment to look at a new study out of the University of Washington in the US, also conducted in 2017. When researchers gave probiotics to poplar trees – in the first large-scale experiment on a Superfund site – they were able to successfully purify groundwater that had been contaminated with the common industrial pollutant TCE.

The trees in the study given the good bacteria were observed to be bigger and healthier in only a year compared to the trees that received no treatment. The simple effects of using a probiotic to regenerate, repair and heal can be seen profoundly in nature. Though the most complex of the changes may be internal, taking a daily soil-based probiotic can have the same potent effect on our guts – especially the many guts that have been contaminated by environmental pollutants, refined sugar, and the inflammatory, processed foods we eat.

22 SOIL-BASED PROBIOTIC BENEFITS

Unlike most of the probiotic supplements found in every grocery and health chain, soil-based probiotics are derived from the earth and provide remarkably unique benefits to:

1. Restore gut flora back into balance.
2. Strengthen the immune system.
3. 'Talk' to the body's cells to create metabolic change.
4. Reduce waste and toxic build-up in the colon.
5. Help the body eliminate harmless molecules that can accumulate and become toxic.
6. Reduce chronic symptoms of gut distress and discomfort.
7. Make it easier to digest after meals.
8. Prevent the growth of harmful, pathogenic organisms.
9. Produce nourishing compounds through the fermentation process that feeds the body's cells.
10. Provide strong, free-radical-scavenging antioxidant protection.
11. Reduce gas and bloating.
12. Balance the pH of the colon.
13. Mount a defence against harmful fungi and bacteria.
14. Help the intestine to better absorb nutrients.
15. Generate the building blocks that support the natural digestive process.
16. Ensure healthy, regular elimination.
17. Reduce fatigue by helping the body's systems function more efficiently.
18. Encourage the body to produce its own antibodies during times of sickness.
19. Bond to and chelate heavy metals to remove them from our systems.

20. Naturally strengthen the gut lining to prevent it from becoming leaky or permeable.
21. Restore balance to hormone levels and the body's production of 'happiness chemicals'.
22. Maintain constant, daily communication with the body, re-energising systems that have grown sluggish.

We can think of the inner ecosystem of our gut just like the outer ecosystem of the poplar trees. Our guts, like our environment, are so easily polluted by everything around us, especially what we eat. A diverse Soil Born Organism, or SBO, probiotic contains eight different species of natural probiotic organisms, fermented and isolated from samples of healthy soil. These same protective probiotic species can be found in the human gut, though soil-based probiotics are derived from the earth's environment.

Taking a daily SBO probiotic gives us a hearty helping of the good bugs that come from the earth – before nature's ecosystems were polluted. Just like the foods we eat, SBOs are intended to be taken every day as an organic food source. Without them, the gut's ecosystem hangs in the balance; dangerous bacteria can soon take over.

Recommended Product

PRESCRIPT BIOTICS™

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 easiest way to maintain your prostate health – for life

Men versus food: how the prostate is affected by the Western diet

Most people have only heard the prostate mentioned in passing. They may have no idea of what its purpose is or where it's located in the body. Now, more than ever, it's critical we get to know this neglected gland.

For young men, the prostate is essential to reproduction; and in older men, the prostate is particularly vital to wellbeing. Life will be very difficult in the later years – and cut short, in many cases – when we don't understand the very basics of our prostates.

THE GLAND WORKING HARD BEHIND THE SCENES

The prostate is a gland the size of a walnut surrounding the urethra, located between the bladder and the penis. The prostate produces most of the alkaline fluid needed

to carry sperm during ejaculation. Healthy young men – those eating Really Healthy Foods, staying active and limiting their alcohol intake – will have a healthy flow of this alkaline fluid, most often during their early twenties.

But eating a junk food diet devoid of nutrients soon starts to take its toll. Sperm counts may drop, as we've seen in a sweeping epidemic in the West. When Hebrew University of Jerusalem researchers conducted a comprehensive data meta-analysis over 40 years, published in 2017, they found sperm concentration to have dropped by more than 50 per cent throughout Western countries. This drastic decline is not expected to stop without the necessary interventions, researchers say. Low sperm count and quality in men can also increase likelihood of hospitalisation and death.

THE ELEPHANT-SIZED ENEMY IN THE ROOM: OUR WESTERN DIETS

The body needs healthy fats, like those found in avocados, fish, krill oil, hemp oil and coconut oil, to repair and heal, but the saturated fats found in processed foods are the enemy of a healthy prostate.

As University of North Carolina Health Care System researchers in the US discovered in 2017, eating more dietary saturated fat, like the kind found in beef and processed cheese, can greatly increase the risk of aggressive prostate cancer. Researchers were quick to point out that limiting dangerous processed food fat is important for our overall health and heart disease prevention; cutting processed food fats may also protect against particularly aggressive prostate cancer.

Once prostate cancer has been diagnosed, a man's survival is still tied to what's on his plate. Eating refined grains,

red and processed meats and high-fat dairy foods, also known as the Western diet, can increase the risk of overall mortality and mortality caused by prostate cancer.

A 2015 Harvard T.H. Chan School of Public Health study in the US found that men with prostate cancer who ate vegetables, fruits, fish, healthy oils and healthy carbohydrate alternatives, more akin to the Mediterranean diet, lowered overall death risk by 36 per cent.

The other common prostate problem that comes with a modern lifestyle is prostatitis, which can happen at any age. Prostatitis is caused by infection and can appear with a variety of symptoms, all of which stem from painful inflammation. With connections between the prostate and diet so solidly linked, there's little doubt that inflammation of the prostate is the result of poor nutrition.

The prostate tends to grow larger with age, bringing potential discomfort and health problems along with it. Making poor lifestyle and dietary choices can cause the prostate to begin to enlarge starting at age 25. This growth is called benign prostatic hyperplasia (BPH), and it's the most common reason for prostate enlargement. Since the condition is benign, side effects may not appear for years.

But over time, evidence of BPH may show up as:

- A feeling of incomplete urination
- A weak or interrupted stream of urine
- More frequent need to urinate, particularly at night
- Urgency, dribbling, or leaking during urination
- Potential erectile dysfunction (ED)

A typical 'Western style' high-fat diet is very likely to be a cause of prostatic diseases, including BPH and prostate cancer, Sanjay Gupta, MS, PhD, associate professor in the Department of Nutrition in the Case Western Reserve School of Medicine in the US and research director

A typical 'Western style' high-fat diet is very likely to be a cause of prostatic diseases, including BPH and prostate cancer.

in the Department of Urology, explains. He says: "Our studies provide evidence that a high-fat diet increases the activation of NF-κB along with elevated levels of NADPH oxidase components which might lead to intra-prostatic inflammation."

HEALING FROM WITHIN: THREE PROSTATE-PROTECTIVE NUTRIENTS

For men experiencing symptoms, it may be time to get diagnosed by a doctor. But even the most competent doctor still can't provide a medicine to bring the prostate back to health. In 2017, a popular prostate drug prescribed to treat benign prostatic hyperplasia (BPH) was also discovered to come with serious side effects for the men who took it, including higher cholesterol levels, higher risk for diabetes, worsened erectile dysfunction and the development of non-alcoholic fatty liver disease (NAFLD).

Along with a healthy diet, research shows that supplementing the nutrients needed to support the prostate gland can help to manage or reverse a condition completely:

- 1. Saw palmetto:** A plant extract used to relieve benign prostatic hyperplasia and treat its symptoms. Saw palmetto oil is a common medical treatment for BPH in New Zealand and Europe, helping to address difficult, weak and frequent urination and support prostate shrinkage.
- 2. Serrapeptase:** A potent anti-inflammatory enzyme used to calm inflammation and clear dead tissue build-up from the body. Serrapeptase may be most helpful for pain and inflammation relief, especially related to prostatitis.
- 3. Zinc:** An essential mineral required by the prostate gland in large amounts. The prostate contains up to 15 times as much

zinc as other bodily tissue; zinc levels have also been observed to drop significantly when prostate cancer develops.

A prostate care plan – such as making changes to diet and supplementing missing nutrients – is something any man can benefit from at any age. Even after a diagnosis is made, there's still hope and time to correct. Doctors and researchers agree that diet is one of the most important controllable risk factors we can use prevent prostate inflammation and disease.

Sources

All references can be found at
www.NaturallyHealthyNews.com

Recommended Products

PROSTATE PLUS+™

Unique, specially formulated blend of 23 ingredients, containing those that are important, such as: saw palmetto, selenium, vitamin D3, vitamin B6 and vitamin E.



SERRANOL™

80,000iu serrapeptase plus Curcuminx4000, ecklonia cava extract and vitamin D3, all in one capsule.



ACTIVE LIFE CAPSULES

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





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).



WHY EVERYONE IS TALKING ABOUT KRILL

A brief krill oil cheat sheet:
Why scientists want us to take more krill

A healthy balance of omega-6 to omega-3 fats in our diets is 1:1. Yet so many people in our Western culture have a disproportionately high ratio of omega-6 fats to their omega-3s. This imbalance can be as high as 50:1 for many people eating a modern diet. Omega-6 fats can be helpful, but an abundance of omega-6 fatty acids comes from the cheap vegetable oils used in the processed foods we eat.

THREE CAN'T-MISS BENEFITS OF TAKING A DAILY KRILL CAP

Eliminating processed foods and unhealthy fats from the diet is an important part of the solution. The next step is taking omega-3-rich krill oil each day to help the body restore its balance and resist disease. Here are just three of the many reasons our bodies can benefit from a daily dose of omega-3s:

1. Immunity depends on it. Getting balanced fatty acid nutrition – like the 1:1 ratio we recommended above – lays the foundations for our health and longevity. Normal immune function, heart health, brain function, skin health and reduced signs of ageing, and joint mobility all rely on our daily intake of omega-3s. To support whole-body health, Superba™ Krill Oil is as

nourishing as it is safe; Superba™ Krill Oil is one of the rare types of extra-pure krill oil on the market made of marine oils with food grade approval from harvesting to manufactured product.

2. Heart health depends on it. We know a once-healthy heart can be devastated by the effects of a processed food diet. In the same way, omega-3s can support and nourish a heart back to health. The more omega-3s in the diet, the healthier the heart may be. Extracted exclusively from the Antarctic krill species known for its high EPA and DHA essential fat content, Euphausia superba, Superba™ Krill Oil offers potent protection for the heart. Taking omega-3 polyunsaturated fatty acids like this can lower the risk of fatal heart disease and help heal the heart after a heart attack.

3. Happiness depends on it. Omega-3 fatty acids are so nourishing, and so essential, that their benefits extend to our mental health. Getting more omega-3 fatty acids, in the form of pure krill oil, can help to positively influence mood and personality. Even in more serious cases of psychiatric disorders, depression and alcohol abuse, American researchers found omega-3s to offer a “potential therapeutic benefit” in 2011. Compared to ordinary fish oil, which

many people take to boost mental health and mood, Superba™ Krill Oil absorbs faster and better – increasing the Omega-3 Index by up to 70 per cent more within only eight weeks.

The super powers of krill oil stem from its high antioxidant and pure omega-3 content. The shocking truth is that most people are painfully deficient in protective omega-3s, particularly those who have been told that fat-free foods are healthy. Research contradicts this decades-old rumour; we need more healthy fats in our diets to thrive. A diet lacking in beneficial omega-3 fatty acids with an overabundance of omega-6 fats can disturb the body's delicate balance and increase our risk of disease.

Recommended Product

THE KRILL MIRACLE™

A 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

The super powers of krill oil stem from its high antioxidant and pure omega-3 content.

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ANTIBIOTICS RUIN – SILVER REBUILDS

‘Nature’s antibiotic’ can make antibiotics thousands of times more powerful

A metallic element with antibiotic and antimicrobial properties, silver has been widely used for millennia in medicine. Before antibiotics were introduced in the 1940s, silver was the accepted prescription. Today, silver is still popular as an ‘anti-antibiotic’ in alternative medicine.

A HISTORY RICHER THAN GOLD

Thumb through a medical textbook or historical record, and we find countless references to the use of medicinal silver throughout history:

- Hippocrates was said to have used silver to treat ulcers and to help wound healing.
- The Romans reportedly used silver nitrate for medicinal purposes, a fact which dates back to 69 BC.
- By the nineteenth century, wine, vinegar, water and milk were commonly stored in silver vessels to keep the goods fresh.
- During World War II, silver was used to preserve water and food.

Silver continued to be used as medicine well into the nineteenth century, as the element’s antibacterial and antimicrobial properties were uncovered:

- Topical silver salts were frequently used as therapeutic treatments.
- In 1884, Franz Crede, a German obstetrician, successfully treated blindness in the eyes of newborns, caused by venereal disease, with silver nitrate drops. The silver drops were so effective that they became accepted worldwide and were

mandated by law, in some countries, even after antibiotics were available.

- For the first half of the twentieth century, silver was used to dress wounds and sutures, preventing infection.

Natural silver, as it was used historically for medicinal purposes, is colloidal silver, also called hydrosol silver. It can be found in three forms today:

- **Oral spray** – Hydrosol silver can be taken as a liquid in which minute silver particles are suspended. In lieu of antibiotics, hydrosol silver can boost immunity during times of sickness and can also be used for daily maintenance.
- **Gel** – A hydrosol silver gel applied to the skin is most often used to promote advanced wound healing. Superficial wounds, and even chronic wounds, may close in as little as three to six weeks.
- **Silver eye drops** – Hydrosol silver eye drops, best taken with the organosulfur compound MSM, can soften tough tissue in the eyes, repair damaged membranes and help to remove floaters. Taking silver with MSM helps the optical membranes to become more permeable, making it easier for eye-protective nutrients to penetrate.

DO WE NEED AN ANTIBIOTIC ALTERNATIVE? RESEARCHERS SAY YES

It’s been almost a century since antibiotics were introduced, and silver’s many benefits were all but forgotten. After life-threatening instances of antibiotic-resistant infections and superbugs, which have developed in recent years, scientists have started to,



again, consider the alternatives.

In cases where antibiotics are being over-prescribed, wiping out the good bacteria that reside in a healthy gut, and increasing the risk of harmful superbug infections like *C. difficile*, silver poses little risk. In 2013, scientists from Boston University in the US even suggested that silver could help us to solve our modern-day bacterial resistance by making antibiotics thousands of times more effective.

We also know, based on history and a vast body of research, that silver can win the war in the fight against infection on its own. University of Missouri Health researchers in the US discovered in 2017 that coating scaffolds holding stem cells in silver ions could slow the growth and kill MRSA, while rebuilding new bone tissue.

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.



SILVERSOL® TOOTHGEL

This product delivers 22ppm silver with natural xylitol (birch) peppermint and comes in BPA-free packaging.



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

In lieu of antibiotics, hydrosol silver can boost immunity during times of sickness and can also be used for daily maintenance.



ASPIRIN OR SERRAPEPTASE?

How to relieve pain naturally by uncovering the silkworm's secret

Doctors may recommend it, but with its potential for side effects, along with some purported benefits, researching aspirin becomes our personal responsibility. It was once touted as a miracle for the prevention and treatment of heart disease, but today we know that aspirin comes with many contraindications and potential dangers.

WHO'S TAKING ASPIRIN?

Aspirin has been used for over a century. It was originally given for pain and inflammation. Now, it's commonly used

for cardiovascular health and even the prevention of cancer.

According to a 2017 trend review published in *Preventive Medicine Reports*, 30 per cent of adults self-reported taking aspirin to help prevent either primary or secondary heart disease from 2012 to 2015. Numbers declined slightly within that time period, but so-called 'aspirin therapy' remains highly popular as a means of heart disease prevention.

How is aspirin used as a preventative measure?

- Aspirin is an NSAID, a non-steroidal anti-

inflammatory drug that is known for its ability to prevent blood clots.

- Blood clots can form easily and quickly in those with atherosclerosis (hardened arteries), interfering with the blood flow to the brain or heart and resulting in a stroke or heart attack.
- Aspirin has been used to thin the blood in the hope of preventing a possible blood clot, thus avoiding a potential stroke or heart attack.

THE BIG QUESTION: DOES ASPIRIN WORK?

In January 2012, the *Archives of Internal*



Serrapeptase has been used extensively in clinical settings in Europe and Asia for more than three decades as a harmless, practical substitute for aspirin.

Aspirin has been acclaimed for its benefits in reducing certain types of cancer risk; however, in another 2012 study examining the role of aspirin in cancer prevention, published in *Nature Reviews Clinical Oncology*, aspirin did not measure up. When put up against the bleeding created by using aspirin, populations at average risk do not benefit in significant enough ways to compensate for the damage incurred in the gastrointestinal tract.

In 2017, University of Florida researchers in the US confirmed that using aspirin to prevent heart disease may be for naught. Taking aspirin – the practice recommended by doctors for decades – provides little to no benefit for some patients experiencing hardening of the arteries, researchers said.

Aspirin can be an effective source for short-term, immediate pain relief. And yet, the complications and side effects that come with it, and the fact that aspirin avoids dealing with the underlying cause behind the vast majority of health concerns, make its use dangerous and outdated.

What's the underlying cause for most health problems? Inflammation.

A whole-body approach to dealing with inflammation, including the prevention and treatment of heart disease, involves incorporating a myriad lifestyle factors, like:

- Reducing the intake of sugar, especially high fructose syrup as it increases triglyceride levels and the tendency to gain body fat in the abdominal area.
- Eating a healthy combination of raw

and cooked foods – organic whenever possible.

- Cutting back on packaged foods due to additives, preservatives, lack of digestive enzymes and an excess of sugar, fat and sodium.
- Eliminating artificial sweeteners, tied to an increased risk of heart disease in 2017.
- Eliminating inflammatory grains and substituting them with quinoa, buckwheat, millet and other seeds.
- Supplying the body with a good source of omega-3 fatty acids (hemp oil), while reducing intake of omega-6 fatty acids which compete for the absorption of omega-3s.
- Getting healthy exposure to the sun for vitamin D synthesis.
- Increasing vitamin K in the form of dark, green, leafy vegetables.
- Implementing an exercise programme which incorporates cardiovascular work, strength training and a flexibility programme.
- Maintaining a healthy weight.
- Establishing a baseline and regularly checking levels of triglycerides, homocysteine, C-reactive protein (CRP), glucose and serum ferritin (iron). Other tests may include: AA/EPA ratio and Heart Rate Variability (HRV).
- Listening to the body and getting adequate amounts of sleep.

In addition to these lifestyle factors, there's still another solution – a cheaper, safer, more effective anti-inflammatory alternative. Serrapeptase, a proteolytic enzyme, originated from the intestine of the silkworm. Now, it's made in a lab

Medicine published the conclusions of researchers from St George's University of London's study, *Effect of Aspirin on Vascular and Nonvascular Outcomes*. Over 9,000 participants in nine random trials utilising placebo-controls looked at the effectiveness and safety of aspirin for the prevention of vascular and cancer events, including death. As a preventative measure in those without any previous heart disease, aspirin did not decrease the risk of dying from either CVD (cardiovascular disease) or cancer. Any benefits were negated by the substantial increase in gastrointestinal bleeding.

through an inventive fermentation process utilising the bacteria *Serratia E15*. This process produces a vegetarian-friendly formula which is more efficient when coming into contact with the human body's pH and temperature.

In vivo and in vitro studies prove serrapeptase's anti-inflammatory effects are superior when compared to other proteolytic enzymes. Notably, serrapeptase has been proven to *work better than aspirin* as an anti-inflammatory used to reduce pain and inflammation.

Researchers only began to discover the potential of the silkworm's 'miracle' enzyme within the last 40 years:

- Analysis of the peer-reviewed scientific literature on serrapeptase and a succession of controlled, clinical research studies with large patient groups suggests the enzyme is useful for preventing and treating cardiovascular disease.
- Fibrin, a protein involved in the clotting of blood, can be broken down by serrapeptase. An excess of fibrin increases the stickiness of the blood, decreases circulation and increases the risk of a heart attack. Lower levels of fibrin are associated with a reduced risk of heart attack and stroke.
- Hans A Nieper, M.D., conducted research indicating that serrapeptase, due to its ability to break down proteins, will also over time break down plaque in the arteries, eliminating atherosclerosis. Serrapeptase also removes inflammation; dissolves cysts, scars and blood clots; and relieves pain. This frees up energy, otherwise used to fight disease in the body, to facilitate healing.

Serrapeptase has been used extensively in clinical settings in Europe and Asia for more than three decades as a

"MY SERRAPEPTASE ADVENTURE" – THE MIKE TAWSE STORY

Mike's 'serrapeptase adventure' has now entered its twelfth year – one that has taken him from a purgatory of illness to the joy of health. "I feel like two different people," he says. "I can now talk about that person who was ill from the point of view of the person who is positively not ill."

Robert Redfern at Naturally Healthy Publications is responsible for the serrapeptase formulations marketed by Good Health Naturally. In the 2006 summer edition of *Serrapeptase News*, he wrote, "I have renamed my book *The 'Miracle' Enzyme Is Serrapeptase*. I did not do this lightly, as I think the word 'miracle' is generally misused and too easily thrown around, especially in the nutritional field."

"I was finally convinced not only to change the name of the book, but also to create the website www.TheMiracleEnzyme.info to go with it, when the story of the then 36-year-old Mike Tawse first surfaced," Redfern wrote.

Mike, a cerebral palsy sufferer since birth, revealed that life was so bad at the end of 2005 he felt he could not endure another year on a multitude of prescription drugs that hardly made a difference. Mike's adventure began in December 2005.

By that point, Mike had experienced several transient ischaemic attacks (mini strokes), asthma, sinus tachycardia and various digestive problems so severe that surgery had even been considered, despite the potential risks. He was hardly able to speak – the fluid from his lungs was nearly choking him, and his heart and lungs were deteriorating. His concerned friends were so anxious that they discussed what arrangements he wanted for his funeral. The medical professionals gradually increased Mike's medication in a last-ditch attempt to keep him alive, but all were failing. It appeared he would have only a few years before his body gave way under the strain.

The turning point came on 3 January 2006, when Mike was persuaded by one of his friends to start taking two serrapeptase tablets twice a day. This friend met a local pharmacist who described the dramatic results his clients were getting with an amazing product called serrapeptase from Good Health Naturally (GHN). He explained that an enzyme called serrapeptase was achieving a reputation for its power as an anti-inflammatory and pain reliever, and for clearing inflamed tissue in the body. What really impressed Mike's friend was the passionate way the pharmacist spoke about serrapeptase, pointing out that there were no side effects.

Moved by the pain Mike was suffering, his friend suggested he give it a try. They had no proof, but after much research, decided there was nothing to lose. What happened next shook Mike. In just a few days his pain diminished, his breathing became easier and his lung capacity improved by an incredible 300 per cent.

3 January 2008 marked the second anniversary of the day when Mike first took serrapeptase. "The first day of my third year of adventure," he says. "This was a day which, just a few short years ago, I could not reasonably have expected to see." Mike says of the incredible improvement in his eyesight, developed since November 2006: "I will be fascinated if a definitive medical opinion ever emerges. I believe that the improvements in my eyesight and visual perception are perhaps among the most remarkable elements of My Serrapeptase Adventure."

Today, Mike is still going strong, with the support of serrapeptase and other powerful nutrients. He concludes, "The biggest thrills of my adventure are still as they were – my improved eyesight and visual perception, and my clear lungs."

Serrapeptase has been proven to work better than aspirin as an anti-inflammatory used to reduce pain and inflammation.

harmless, practical substitute for aspirin. Over 40 years of research has shown serrapeptase exhibits no side effects or is contraindicated with any medications. Serrapeptase, truly the miracle solution, occurs naturally. And unlike aspirin, serrapeptase exhibits no restrictive effects on prostaglandins, the body's natural responders to inflammation.

SERRAPEPTASE OR ASPIRIN? START A 'MIRACLE IN THE MAKING'

To see the near-miraculous benefits from the use of serrapeptase, as described in Mike's story above, consider putting aspirin on the shelf:

- Serrapeptase should be taken as an organic proteolytic enzyme in delayed-release tablets for optimum systemic delivery.
- Serrapeptase is available in 80,000IU and 250,000IU doses.
- When 80,000IU delayed-release serrapeptase capsules are taken on an empty stomach, they are activated in the small intestine instead of the stomach. There, this natural enzyme can do the job it set out to do. It can clear inflammation and dead tissue causing harm to the body.
- 250,000IU serrapeptase is a concentrated dose in a maximum strength formulation. 250,000IU capsules provide higher potency, as a cost-effective way to increase serrapeptase dosage in capsule form.
- Serrapeptase 250,000IU capsules are three times stronger than 80,000IU capsules.
- The use of natural serrapeptase does not come with any known side effects or interactions, compared to potentially dangerous prescription and over-the-counter drug use.



As we've discovered with nutrients like vitamin D and K, enzymes often work better together. Researchers recently learned that taking serrapeptase along with nattokinase, an enzyme extracted from the Japanese food natto, can compound its anti-inflammatory benefits – especially for brain health.

In 2013, *Human & Experimental Toxicology* researchers administered serrapeptase and nattokinase daily for 45 days. Following the enzyme treatment, researchers observed a marked decrease in brain chemical activity that led to the development of Alzheimer's. This remarkable enzyme treatment also greatly increased the levels of brain chemicals that helped to protect against Alzheimer's disease.

Recommended Products

SERRA ENZYME™ 80,000IU
The world's bestselling and most trusted serrapeptase, delivering 80,000iu serrapeptase per delayed release capsule – for optimum performance. Phthalate-free.



SERRA ENZYME™ 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.



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



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.



SERRANOL™
80,000iu serrapeptase plus Curcuminx4000, ecklonia cava extract and vitamin D3, all in one capsule.



Sources

All references can be found at
www.NaturallyHealthyNews.com

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



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Because it works!

HEALTH news

HAVE A REASON TO GET UP IF YOU WANT A GOOD NIGHT'S SLEEP

If you want to have a good night's sleep, have a reason to get up in the morning. In other words, have a purpose in life, say researchers.

It's an effective drug-free way of ensuring you have a good and untroubled night's sleep. You'll have less sleep apnea – or irregular breathing – and movement, such as restless leg syndrome, which can wake you up.

Poor sleeping and insomnia become a bigger problem as we get older, but having a purpose in life can reverse most of these bed-time problems, say researchers at the Northwestern Medical Centre. They tested the theory on a group of 823 participants with an average age of 79 years, and discovered that those who felt their lives had meaning were far less likely to have sleep apnea and restless leg syndrome. They also had better sleep quality.

To assess the participants' sense of purpose in life, they were asked a series of 10 questions, such as: "I feel good when I think of what I've done in the past and what I hope to do in the future".

Mindfulness meditation can help people discover a purpose in life, the researchers say.

REGULATOR HID DANGERS OF EPILEPSY DRUG FOR 40 YEARS

Drug regulators knew an epilepsy drug could cause birth abnormalities if a woman took it while she was pregnant, but didn't alert the public for more than 40 years, a safety review has heard.

Around 20,000 babies have been born with disabilities in the UK alone after their mothers took the drug Epilim (sodium valproate), since it came on the market in 1973.

Babies in the womb have a 10 per cent chance of developing physical abnormalities, and a 40 per cent risk of cognitive problems such as learning difficulties or autism, if exposed to valproate medications.

The manufacturer, Sanofi, and the drug regulators concealed the risks because they didn't want to cause "fruitless anxiety", a European Medicines Agency hearing has been told.

The regulator, the Committee on Safety of Medicines, did send a letter to doctors, warning that the drug could harm the foetus, but decided the warning shouldn't go on the package inserts that came with the drug "so there would be no danger of patients themselves seeing it".

Women are still unaware of the dangers of taking sodium valproate when they are pregnant. A survey among 2,000 women with epilepsy last month revealed that 68 per cent didn't know, even though the Medicines and Healthcare Products Regulatory Agency – which replaced the Committee on Safety of Medicines – produced a 'toolkit' last year.

Source: www.WDDTY.com



EVERYDAY TOILETRIES COULD BE MAKING US LESS FERTILE, SCIENTISTS FEAR

Antiseptics in our everyday toiletries – including toothpaste, shampoo, lotions and eye drops – interfere with our cells and the sex hormone, oestrogen, which could influence our ability to have healthy children.


The antiseptic compounds known as quats affect our mitochondria, the energy centres in our cells, and interrupt oestrogen signalling, which could lower our fertility levels.

Quats have been used as antiseptics in toiletries and household cleaning products since the 1940s, and were thought to be safer alternatives to other antiseptic agents such as triclosan.

Scientists aren't sure what the full implication of our constant exposure to quats might mean, but drugs that inhibit mitochondrial activity are known to cause Parkinson's disease, and animal studies have shown that any interruption to oestrogen production causes reproductive damage, and affects fertility.

Researchers from the University of Southern California at Davis tested 1,600 compounds and drugs, such as everyday toiletries and cleaning products. These included toothpastes, mouthwashes, lozenges, nasal sprays, eye drops, shampoos, lotions, intra-vaginal spermicidal sponges and household cleaners. All contained quats (quaternary ammonium compounds) as anti-microbial agents. They all inhibited mitochondrial function. Mitochondria are the energy powerhouses in our cells, which suggests our cells could function less well, or even die, without their energy source. They also interrupted oestrogen signalling, which could affect a woman's reproduction cycle and fertility.

Their first tests have been carried out in test-tubes in the laboratory, and the scientists now want to see if similar effects can be seen in animal studies. From that, they'll be clearer about the impact of quats on human health.



BETTER THAN PILLS FOR DIABETES?

Do this to avoid diabetes and other common health problems

A group of metabolic diseases marked by high blood glucose, diabetes is a growing pandemic. According to the International Diabetes Federation, one in 10 of us will have diabetes by the year 2040. Today, one in eight people has diabetes in North America and the Caribbean, while 23.5 million people in Europe may be living with undiagnosed diabetes. Effects of this lifestyle disease frequently include obesity, high blood pressure and complications of the cardiovascular system, kidneys, eyes and nervous tissue.

DIABETES DEVASTATION: WHAT HAPPENS WHEN WE ACT TOO LATE

Like many health problems that creep up on us slowly, symptoms of type 2 diabetes are easy to overlook. These include increased thirst, food cravings and frequent urination. Missing these symptoms means it takes longer to get an accurate diagnosis. The sudden onset of diabetes can also point to life-threatening medical issues. In 2017, The European CanCER Organisation (ECCO) discovered

that a diabetes diagnosis, as well as a rapid change in an existing diabetes condition, could be an early warning sign of undetected (and highly lethal) pancreatic cancer.

The medical community categorises diabetes as:

- **Type 1:** When the pancreas doesn't produce enough insulin, this is known as insulin-dependent or juvenile diabetes. Type 1 diabetes remains one of the most common metabolic and endocrine conditions among children, the International Diabetes Federation says, with numbers increasing each year.
- **Type 2:** When cells don't respond well to insulin, this is called insulin-resistance. Becoming insulin-resistant is most often the result of a Western diet high in sugar and starchy carbs, otherwise known as adult-onset diabetes. As diabetes can flag more severe health conditions like pancreatic cancer, insulin resistance is also a canary in a coal mine; Israeli researchers discovered in 2017 that insulin resistance can cause more rapid cognitive decline. Many medical professionals now refer to Alzheimer's disease as type 3 diabetes.

- **Gestational diabetes:** This state of impaired glucose tolerance occurs during pregnancy. The American Heart Association named gestational diabetes as a long-term risk factor for heart disease in women in 2017.

Without treatment, diabetes is a potentially deadly health problem that can cause countless difficulties. Along with the possibility of cognitive decline and heart disease, untreated diabetes can lead to kidney failure, diabetic retinopathy, vision loss and even coma. In Western countries, diabetes may account for a higher number of deaths than researchers previously thought. University of Pennsylvania scientists confirmed in 2017 that 12 per cent of all deaths in the US are caused by diabetes, bringing this often-preventable lifestyle condition to rank as the third-leading cause of death behind heart disease and cancer.

REDUCE OR ELIMINATE MEDICATION WITH THREE BLOOD SUGAR-BALANCING NUTRIENTS

Type 2 diabetes, as researchers understand it today, is a lifestyle disease ordinarily

University of Pennsylvania scientists confirmed in 2017 that 12 per cent of all deaths in the US are caused by diabetes.

triggered by excess weight and obesity. Putting a stop to sugar intake will prevent the illness from developing or growing worse. A Western diet – high in the processed food fats and refined sugars known to contribute to obesity – can be harmful enough to irreversibly damage blood vessels and lead to prediabetes, even before the body becomes obese. Eating a Western diet for only a few months, New York Institute of Technology researchers discovered in 2017, can create long-lasting vascular damage and high blood pressure that reflects the risk of type 2 diabetes.

After a diabetes diagnosis is made, controlling blood sugar becomes critically important. Changing diet by eliminating excess sugar, processed foods and starchy carbs to regulate blood glucose levels is one of the most effective steps to take to manage an existing condition.

Once these important dietary changes are made, research-backed nutrients can help to repair much of the damage diabetes has done.*

1. Alpha Lipoic Acid-R: An antioxidant found in foods and produced in smaller amounts in our bodies, when Alpha Lipoic Acid-R is taken as a supplement, it can help to improve glucose metabolism in cases of type 2 diabetes. Beyond its benefits for blood sugar, Alpha Lipoic Acid-R can also help to mitigate some of diabetes' most devastating side effects. In 2012, intravenous Alpha Lipoic Acid offered diabetic patients significant improvement in their symptoms of peripheral diabetic neuropathy, a diabetes complication caused by nerve damage from chronically high blood sugar and resulting in pain and numbness in the extremities.

2. Cinnamon: This delicious spice is also a highly potent antioxidant, with

an exceptional ORAC (Oxygen Radical Absorbency Capacity) score of 267,536. Studies have found that cinnamon can help lower haemoglobin A1C levels, directly related to blood glucose levels. When frequently high blood sugar levels are reduced, the blood vessel damage that can lead to heart disease is also buffered. Taking as little as 1, 3 or 6g of cinnamon daily may be enough to lower blood glucose levels, triglycerides, LDL and total cholesterol among those with type 2 diabetes.

3. Curcumin: Another renowned spice, curcumin is a potent anti-inflammatory compound derived from turmeric and hailed for its ability to calm inflammation and regulate immunity. For millennia, the spice turmeric (containing curcumin) has been a staple in Asian and Indian cuisine; curcumin may also be effectively used as a fast-acting diabetes prevention treatment. When curcumin was given as a prediabetic intervention over a period of nine months in 2012, the number of individuals who developed type 2 diabetes measurably decreased. Researchers reviewed curcumin's use as an effective and new therapeutic agent for the incurable disease, factoring in the compound's low cost and low toxicity.

**In cases of type 1 diabetes, we recommend making dietary changes and using supporting nutrients under the care of a health professional.*

We're living longer than previous generations, but are we living better? Fuelled by our Western lifestyles, diabetes is a runaway train. The disease and the health problems it brings with it require costly medical care and compromise our quality of life. If we don't derail diabetes by supplying the missing nutrients and regulating blood sugar through diet, our

lifespans may again decrease. When examining the diabetes death count in 2017, University of Pennsylvania researchers speculated that lifestyle conditions like diabetes and obesity may have already started to shorten our life expectancies.

Recommended Products

ALPHA LIPOIC ACID 'R'TM

Alpha Lipoic Acid 'R'TM is significantly more bioavailable than the 'free acid' form of R-Lipoic Acid (RLA). In a preliminary trial, the maximum plasma concentration was 40 times higher than that of unstabilised RLA.



CINNAMON27TM

Cinnamon27TM 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.



CURCUMINX4000TM

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.



SOLVING DIABETES TYPE 2 IN 27 DAYS

This book offers prevention and relief for this common inflammatory lifestyle disease within 27 days.



Sources

All references can be found at www.NaturallyHealthyNews.com



WHY IS MAGNESIUM MISSING?

Most of us aren't even close to meeting our daily magnesium needs

Magnesium is a marvellous mineral that may hold the key to alleviating countless common ailments and chronic illnesses.

Magnesium deficiency has been linked to an increased risk of arthritis, diabetes, heart disease, osteoporosis and even depression. So why aren't we getting enough?

EVEN 'SLIGHT LACK' CAN QUICKLY CAUSE PROBLEMS

As Carolyn Dean, MD, ND, author of *The Magnesium Miracle*, estimates, the baseline Recommended Daily Allowance (RDA) for magnesium is far too low at 350 to 400mg per day. According to Dean, this minimal amount of magnesium is enough to "ward off outright deficiency," when as much as twice this daily amount is needed to prevent the 22 conditions triggered by

magnesium deficiency.

Or, as Robert Redfern explains in his book, *The Magnesium Manual: The Forgotten Mineral Every Body Needs*, "Magnesium deficiency makes the body vulnerable to imbalance and disease because almost all of the body depends on this mineral. Even a slight lack or full-blown deficiency can quickly cause problems – approximately 99 per cent of the magnesium in the body can be found



Researchers discovered that older adults with the lowest levels of magnesium were more than twice as likely to have osteoarthritis of the knee.

depleted in our food supply. With each passing decade, the quality of our food grows worse. Since the 1950s, magnesium levels in food have been reduced by anywhere from 30 to 80 per cent, based on estimations from the government and independent scientists. Modern farming has caused this mass soil depletion, robbing even the healthiest foods of the critical minerals and antioxidants the body needs to ward off disease.

After reviewing the fundamental change in food quality in the UK over the past 60 years, Dr David Thomas explained, "A knowledge of the chemical composition of foods is the first essential in the dietary treatment of disease or in any quantitative study of human nutrition ... Ongoing research clearly demonstrates a significant relationship between deficiencies in micronutrients and physical and mental ill health."

Magnesium sounds like an average mineral we would find in a daily multivitamin, but researchers, physicians and health experts insist that it is so much more. Magnesium is not just a mineral – it's a critical mineral that our bodies require to regulate over 300 biochemical reactions.

THE MISSING MINERAL THAT CONTROLS OUR HEALTH

If we're deficient in magnesium, we're going to know it. Most people brush off typical signs of magnesium deficiency as run-of-the-mill aches and pains. We may experience tense muscles, insomnia, athlete's foot, cramps, anxiety and more.

When it comes to magnesium, the name says it all. Magnesium is called the 'beautiful mineral' in Chinese medicine. In Traditional Chinese Medicine, magnesium

is considered vital – as important as water and air to the health of the body. Magnesium is important. It's the fourth most abundant mineral in the body.

These are just 10 of the important ways magnesium can benefit our health:

1. Relieve headaches.
2. Ease muscle spasms/cramps.
3. Relieve painful symptoms of fibromyalgia.
4. Alleviate anxiety and depression.
5. Help with autism and ADD, in some cases.
6. Soothe psoriasis, acne and eczema.
7. Balance blood pressure.
8. Offer relief for seizures and coronary spasms caused by deficiency.
9. Support more restful sleep.
10. Relax the nervous system and elevate mood.

A magnesium deficiency should not be taken lightly. Magnesium deficiency disrupts the balance of magnesium and other minerals in the body. A seemingly straightforward problem like magnesium deficiency can cause a domino effect to trigger a cascade of health issues throughout the body. Low magnesium has been linked to a higher risk of heart problems, diabetes, asthma, osteoporosis and high blood pressure.

For those who fall into this magnesium deficient group, diagnosing a deficiency isn't that easy:

- We can take a blood test through our physician, but results may be difficult to interpret.
- Magnesium deficiency can be assessed through a blood serum test, yet only 1 per cent of magnesium is found in the blood.

in bone, muscle and soft tissue."

Dr Sherry A Rogers, author of *Wellness Against All Odds*, adds, "The average American diet, government studies show us, provides only 40 per cent – less than half the magnesium that we all need in a day. So almost everybody is low!"

This brings us back to the problem at hand: most of us aren't getting the minimal amount of magnesium we need because the mineral has been sorely

- 0.3 per cent of magnesium can be found in blood serum, making clinical blood serum tests unreliable.

Here are several quick warning signs that we can use to check for magnesium deficiency:

- 1. Excessive consumption of sugary, starchy foods** – Refined sugar causes the body to excrete magnesium through the kidneys.
- 2. Regularly drinking caffeinated beverages, like coffee or tea** – Another factor that can cause the kidneys to release magnesium.
- 3. Drinking more than seven alcoholic beverages a week** – Magnesium deficiency has been confirmed in 30 per cent of alcoholics.
- 4. Excess stress** – Known to trigger magnesium deficiency.
- 5. Common neuromuscular symptoms, like cramping, tics and muscle spasms** – Often the first signs of magnesium deficiency.

Magnesium has been used as a cure-all since ancient times. Long ago, its restorative benefits were praised in the form of Epsom salts and laxatives. In the 1600s, the first world-famous Epsom spring was discovered in England as a popular therapeutic treatment. It was used to promote internal wellness and to purify the blood. Magnesium sulphate as a salt was isolated by Nehemia Grew from such Epsom spring water in 1695.

One of the most popular uses of magnesium as a supplement is to soothe aches and pains, providing relief for degenerative health conditions like arthritis. Magnesium can be applied to the skin or absorbed in a bath for arthritis relief. Researchers also discovered that



older adults with the lowest levels of magnesium were more than twice as likely to have osteoarthritis of the knee. These findings, published in 2012 in *Arthritis Care and Research*, were consistent with other studies that have linked low magnesium levels with inflammatory diseases like arthritis.

Magnesium intake impacts whole-body health. When researchers conducted a meta-analysis of 13 observational studies, analysing close to 540,000 participants with 24,500 new cases of diabetes, higher magnesium intake was directly linked to a reduced risk of diabetes. Researchers have found magnesium useful for severe asthma attacks, chronic migraines and insomnia in the elderly with potential sleep regulation benefits for the general population. Nowadays, most people take magnesium tablets, yet many people still suffer from magnesium deficiency. Remember, magnesium-rich foods may not be as rich as we think. It's the type and form of magnesium we take that matters.

Here's the next wall we can expect to hit in the fight against magnesium deficiency:

- A magnesium supplement is ideal to make up for nutrient depletion in our modern diet.
- Most commercial magnesium

supplements in tablet or powdered form are ineffective at best.

- The body isn't fully equipped to absorb magnesium in this way.

IT'S ALL IN THE DELIVERY

While cheap and convenient, over-the-counter magnesium supplements have a remarkably poor absorption rate, as low as 5 to 10 per cent. Magnesium can't be used by the body if it can't be absorbed. These supplements are not well-received by the body because they are inorganic, and they come in the wrong delivery system. Magnesium capsules, tablets and powders sacrifice their mineral content through a loss of absorption in the gastrointestinal tract. Transdermal magnesium delivered to the largest organ in the body – the skin – provides the most effective delivery system to saturate healthy tissue so that the body can absorb magnesium in high doses.

As Dr Norman Shealy discovered in his ground-breaking clinical trial, supersaturated transdermal magnesium can increase magnesium levels in the body in six weeks equivalent to what it takes magnesium tablets two years to do. When transdermal magnesium is delivered through the skin with the organosulfur compound MSM, a magnesium supplement

Researchers have found magnesium useful for severe asthma attacks, chronic migraines and insomnia in the elderly with potential sleep regulation benefits for the general population.

becomes a force to be reckoned with. MSM improves topical magnesium absorption, with benefits to support bone and joint health, stimulate detoxification, increase glutathione antioxidant production and strengthen the skin's natural barrier.

Correcting an underlying magnesium deficiency has never been so easy or so convenient, with transdermal magnesium delivery systems like:

- **Magnesium bath flakes:** Bath flakes are an ideal magnesium starter supplement, when combined with MSM. A magnesium bath or foot soak can gently remedy magnesium deficiency by increasing cellular magnesium levels, making it a recommended transdermal magnesium treatment for children and the elderly. A magnesium and MSM bath can reduce stress and anxiety, ease aches and pains and support detoxification.
- **Magnesium gel:** Magnesium gel with MSM is a well-known skin-strengthener that is most frequently used for chronic skin conditions like eczema and psoriasis because of its high absorption rate. With the support of MSM, topical magnesium gel can soothe red, flaky, dry and uneven skin.
- **Magnesium lotion:** Applying magnesium as a lotion is helpful for those with sensitive skin. A calming blend of ingredients like MSM, jojoba, squalene and coconut oil can nourish tired skin, whilst supporting magnesium absorption. Magnesium lotion can increase cellular magnesium levels for the purpose of detoxification and stress and pain relief.
- **Magnesium oil:** Considered the most popular topical magnesium supplement, a magnesium oil spray with MSM can improve magnesium ion uptake by enhancing cell membrane permeability. Transdermal magnesium oil provides the

strongest boost of magnesium and MSM, used to correct underlying deficiencies and treat magnesium-related health conditions.

Compared to tablets and powders with low absorption rates, transdermal magnesium provides a daily dose of a critical mineral without any side effects. Once the body receives the mineral it has been missing for so many years, we may notice an immediate difference – in less anxiety, deeper sleep, fewer aches and pains, smoother skin and relief for some chronic disease.

MAGNESIUM AND MSM: PARTNERS IN ABSORPTION AND 'USABILITY'

The interesting thing about how nutrients function in our bodies is that they often work better together. Some examples include iodine and its co-factor selenium and the duo of vitamin D3 and vitamin K2. Magnesium and MSM are another important nutrient pair to remember – they're team players. Magnesium and MSM work together in harmony to improve magnesium absorption and remedy a long list of health problems associated with magnesium deficiency. MSM, an organic sulphur-containing compound also known as Methylsulfonylmethane, can be naturally found in vegetables, fruits, grains, animals and humans. Research backs MSM to support the structural integrity of the skin, improve the production of the antioxidant glutathione to neutralise free radicals, and – best of all – greatly increase magnesium absorption when used in the same delivery system. OptiMSM is the premium trademarked form of MSM, manufactured to meet stringent safety, quality and consistency standards.

For example, applying a magnesium and OptiMSM spray oil can improve the efficacy

of magnesium by up to 400 per cent, while also minimising the stinging sensation of magnesium on bare skin. All of the benefits – and no side effects.

Those who fall into the high risk category for magnesium deficiency may be greatly in need of a magnesium and OptiMSM supplement. This is someone who:

- Eats sugary, starchy foods that trigger magnesium excretion.
- Drinks caffeinated beverages that cause the kidneys to release magnesium.
- Drinks more than seven alcoholic beverages a week associated with magnesium deficiency.
- Experiences stress.
- Shows early symptoms of deficiency like tics, cramps and muscle spasms.

These may be indicators that the body is crying out for magnesium. We can remedy a magnesium deficiency before a more serious health problem occurs with a highly absorbable subdermal magnesium supplement. Magnesium and MSM work together to ensure that none of this precious mineral goes to waste.

Recommended Products

THE ANCIENT MINERALS MAGNESIUM LINE

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



THE MAGNESIUM MANUAL

The go-to guide for anyone who wants to gain any of the various health benefits derived from this mineral that's sorely missing from many people's diets/lifestyles.



Sources

All references can be found at www.NaturallyHealthyNews.com

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



NATURE'S FAVOURITE ANTIOXIDANT

Find out the various ways that astaxanthin can change your health



In the last decade, this red-orange carotenoid pigment has taken the health world by storm. A carotenoid naturally found in the algae eaten by marine life, like lobster, shrimp and salmon, it's astaxanthin that provides these species with their reddish colour. Astaxanthin is considered one of the most powerful and potent nutrient supplements available.

As a carotenoid, astaxanthin is a phytochemical, or a plant chemical, that many plants and animals depend on to survive. Plants rely on natural carotenoid antioxidants like astaxanthin to offer internalised protection from the rays of the sun. Scientists have uncovered benefits of astaxanthin ranging from neurological to muscular to anti-fatigue to skin-regenerative.

THE HEALTH BENEFITS OF ASTAXANTHIN

With its powerful antioxidant properties and new research being regularly released, astaxanthin can be used to improve a wide range of health conditions:

1. Protecting the brain from ageing and disease. For all of us who are worried about losing our faculties with age, astaxanthin provides comfort. Japanese researchers discovered in 2016 that this powerhouse antioxidant can cross the blood-brain barrier to enter the brain and interact with its nerve cells. As a result, astaxanthin may provide neuroprotective benefits, with further research on its potential to affect neuroplasticity on the horizon.

2. Protecting the skin from the inside. When taken as a supplement, astaxanthin

Scientists have uncovered benefits of astaxanthin ranging from neurological to muscular to anti-fatigue to skin-regenerative.

is first transported throughout the body, where it's most likely to build up in the skin. As we see in plants, accumulated astaxanthin within the skin's layers can provide a deeply-penetrating internal defence against the harsh rays of the sun – a major skin cancer risk factor.

3. Protecting the eyes from vision loss.

Astaxanthin can penetrate the blood-brain barrier and, working as a super-antioxidant, it can also penetrate the retinal barrier of the eyes. Just as it protects the skin internally from strong sunlight, astaxanthin can guard our delicate retinas by preventing irreversible UV damage and loss of sight.

4. Protecting the skin from premature ageing.

When AstaREAL® Astaxanthin, a purified CO₂ astaxanthin extract from single-cell microalgae known to be the richest nutritional source of astaxanthin available, was tested in human studies in both the US and Japan, it showed a significant ability to improve skin elasticity. Those who took AstaREAL® Astaxanthin as an anti-ageing treatment, as recently as 2017, increased the moisture content of their skin, while naturally reducing the depth and appearance of wrinkles.

When combined with DHA, astaxanthin carries a powerful punch. DHA, or docosahexaenoic acid, is an omega-3 fatty acid that is needed for the maintenance of normal brain function. Decreased levels of DHA in the brain are linked with cognitive

decline during ageing and with the onset of sporadic Alzheimer's disease. Research shows that DHA may be beneficial to those with all brain diseases including Alzheimer's disease because of its ability to limit the production of β -amyloid which is involved in the progression of the disease. AstaREAL Astaxanthin is the form of astaxanthin that has been most researched at the global level, with more than 50 published human and animal studies to back it. Where our bodies need an antioxidant avenger, a cell membrane protector, and an anti-inflammatory all-star, AstaREAL Astaxanthin delivers. Amazingly, these top four benefits of astaxanthin only scratch the surface. AstaREAL Astaxanthin also has clinical backing to support muscle performance, heart health, fatigue and dementia.

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

Keeping you SAFE from the DANGERS around you whilst on the move



Hologuard uses new QuantoGram technology to protect you from harmful Electrical Magnetic Frequencies and Electromagnetic Radiation (EMF/EMR).

Rather than blocking signals, Hologuard resonates at a healthy frequency that neutralises the potentially harmful, positive charge field around a portable and wireless (Wi-Fi) device, such as mobile phones, Bluetooth headsets, laptops, iPads and cordless phones.

One Hologuard will last forever! Simply transfer to the new phone/device.


AUTHORITIES ARE NOW AGREEING THAT ALL DIGITAL WIRELESS DEVICES ARE A HEALTH RISK.

PROTECT YOURSELF AND YOUR FAMILY TODAY... WITH HOLOGUARD.

Keeping you SAFE from the DANGERS around you whilst at home: SafeHouse

- Uses Quantogram technology to protect the whole house from various Electrical Magnetic Frequencies.
- Studies are mounting that EMFs are more of a risk than is generally known.
- Protection from: Wi-Fi, smart meters, microwaves, TVs, fluorescent and LED lights, computers, Bluetooth and other electrical equipment.
- Simply plug into any power point and turn on!





Technology for the new millennium

Five shocking household Wi-Fi dangers with one healthy solution

When Wi-Fi was first introduced in 1997, we were elated. Finally, the chance to connect to our technologies wirelessly in our houses, in coffee shops and at work. Since its induction, dozens of studies have been performed, and countless potential dangers have been revealed. Families continue to ask: is household Wi-Fi safe? And if it's not, what can we do about it?

FIVE INVISIBLE WAYS WI-FI AFFECTS OUR HEALTH

Headlines that challenge the use and the safety of Wi-Fi abound, and two decades of

research have proven some of its dangers, including:

1. Cancer risk. Round-the-clock phone use and Wi-Fi exposure, as well as keeping a cell phone in a pocket, exposes the human body to constant radiation. In 2016, cell phone radiation was linked to tumour formation in rats.

2. Children's cancer risk. If Wi-Fi potentially puts us at risk for cancer, just imagine how it can affect our growing children. The International Agency for Research on Cancer (IARC) agrees, recently adding RF/EMF (electrical magnetic frequencies) to the list of potential

carcinogens. Children are known to absorb much more EMF radiation than adults, and fetuses are especially vulnerable.

3. Dental health. Wi-Fi exposure, examined during and after pregnancy in a Biological Trace Element Research study published in 2015, may change the elemental composition of our teeth as levels of zinc, iron and copper in the body are affected by oxidative stress. Even short-term Wi-Fi exposure may cause an imbalance that affects teeth development.

4. Difficulty sleeping. We now know that looking at phones and other screens before bed, which emit blue light, can make it harder to fall asleep. Likewise, people who are exposed to electromagnetic radiation from cell phones or in a home with or near Wi-Fi signals may

show changes in brainwave patterns and have trouble sleeping.

5. Infertility. In a 2015 study published in the journal *Cell*, researchers found environmental wireless networks to be a “major concern” the longer we’re exposed to them. Both short-term and long-term Wi-Fi exposure in the study showed a decrease in male sperm concentration. This radiation exposure creates oxidative stress that can result in the overproduction of free radicals to also affect female fertility.

ONE SAFE WAY TO USE WI-FI AT HOME

Along with Wi-Fi, many of us remember a time when the first cell phone was introduced. The first mobile phone call was made by Motorola engineer Martin Cooper in 1973. But it wasn’t until 1983 that the first mobile phones would officially go on sale. Cellular phones didn’t become acceptably mainstream until 10 to 15 years later. Today, 95 per cent of people in Western countries hold a mobile computer, a.k.a. a smartphone, in their hands.

Those of us who can remember the days before cell phones were introduced can also remember that many people were resistant. The technology was new, confusing and widely misunderstood. It seemed unthinkable to make the leap from landline to mobile phone use.

QuantoGram Technology is the cell



In a 2015 study published in the journal Cell, researchers found environmental wireless networks to be a “major concern” the longer we’re exposed to them.

phone technology of the new millennium:

- Like Wi-Fi, QuantoGram Technology is widely researched.
- Unlike Wi-Fi, QuantoGram Technology is exceedingly safe.
- This ‘technology of the future’ can be used to make our cars, our phones and our homes more efficient and insulated from EMF dangers.

In 2015, the London Assembly

Environment Committee recognised that London, one of the most polluted cities in Europe, had a significant air pollution problem. London’s high levels of pollution were primarily caused by diesel exhaust, with negative effects linked to low birth weight, cancer, stroke, brain ageing and heart and lung disease. To save the environment and the health of the city, the Mayor of London began to actively support cleaner emissions technologies.



In his 2014 Air Quality Manifesto, the mayor even suggested that only zero or low emission vehicles may be allowed into central London by 2020.

Here, we see quantum physics prevail. To meet the new standards in a city like London, and protect the population, a QuantoGram Pure Combustion Device can be placed on a vehicle to improve the fuel structure of diesel and petrol. Pre-treating fuel exhaust emissions that contain 78 noxious chemicals with quantum technology can help to burn and neutralise trace toxins before they reach our lungs or the environment. With a QuantoGram PCD, fuel use may be reduced from 15 per cent to 40 per cent, with a 15 per cent reduction guaranteed.

Placing a quantum hologram on a vehicle, Wi-Fi router, or mobile device provides benefits by influencing their subatomic particles of matter.

QuantoGram Technology can also affect the devices we use at home and the safety of our house:

- Placing a QuantoGram HoloGuard on a mobile phone, cordless phone, tablet, or laptop can work much in the same way we see with high-emission vehicles.
- QuantoGram Technology does not block the signals of electromagnetic stress that can burden the body over time.
- Rather, a quantum hologram on a portable wireless device will resonate a healthy frequency to neutralise any potentially harmful EMF emissions.
- In the home, a SafeHouse quantum hologram can be placed on electrical equipment and Wi-Fi routers to protect families from electrical smog released by electrical magnetic frequencies (EMF).

It's easy to be sceptical whenever new, ground-breaking technology is introduced, as we saw when cell phones were released 20 years ago. And scepticism is required to suss out whether a new technology is safe. Quantum holograms may seem far-fetched or complex, but they work simply. Placing a quantum hologram on a vehicle, Wi-Fi router, or mobile device provides benefits by influencing their subatomic particles of matter. Using a quantum guard to emit a healthy frequency at home lets us enjoy our technology while keeping our brains, our teeth, our sleep cycles, our immune systems, and our families safe.

Recommended Products

QUANTOGRAM PURE COMBUSTION DEVICE

Uses QuantoGram technology for petrol-diesel vehicles to lower fuel/emissions and give higher performance.

HOLOGUARD

Keeps you safe from electromagnetic frequencies and electromagnetic radiation. Simply stick it on the back of your mobile phone or portable wireless device.

SAFE HOUSE

Protection for the whole family from various electrical smogs caused by electrical magnetic frequencies (EMFs). Plug in at home.

Sources

All references can be found at
www.NaturallyHealthyNews.com



YOUR NUMBER ONE DETOX ORGAN NEEDS HELP

Three surprising side effects of a natural liver cleanse (and one bonus)

For every substance we invite into our bodies, the liver is there to process, produce and excrete. Tirelessly, our detox organ redirects the countless chemicals we ingest to where they are needed – or where they are better off being expelled.

The liver exists solely for our protection. An overworked liver can affect how we:

- Digest food
- Absorb nutrients
- Cycle out toxins and waste

While liver disease can be genetic, in some cases, liver illness can also result from long-term chemical exposure, untreated viruses and lifestyle choices. Examples include:

- Skin allergies, breakouts etc
- Alcoholic liver disease
- Fatty liver disease
- Cirrhosis of the liver

- Genetic liver disorders
- Hepatitis
- Inflammation of the liver
- Primary biliary cirrhosis
- Primary sclerosing cholangitis

PROTECTING THE LIVER FROM TOXINS (HIDING IN OUR KITCHEN)

When we think of long-term liver damage, we most often think of environmental toxins and chemicals that beat at our detox defence organ day after day. Toxins can affect the health of the liver – for example, living near a hazardous waste site can increase the risk of primary biliary cirrhosis, a rare liver disease. Harsh environmental chemicals, like tributyltin (TBT) once used to kill algae on ocean vessels, can build up in marine life and have noxious effects on the livers and brains of the mammals that eat the affected fish. While TBT was banned in 2001 because of its potential to cause infertility and obesity in animals and

humans, it can still be found in some ocean sediment and waters.

The effects of toxin exposure on the liver can't be underestimated. But for most of us, the biggest threat to our livers can be found in our kitchens from high levels of pesticide-laden foods including, carbs, dairy and other foods fed on GMO corn, such as chickens, cows and farmed fish such as salmon.

In 2017, University of Surrey researchers discovered that eating a high-sugar diet, also known as a typical Western diet, can create the condition of non-alcoholic fatty liver disease (NAFLD) within only 12 weeks. Eating sugar in excess causes blood fat levels to rise and fat stores in the liver to increase. Once fat metabolism is altered, liver damage follows, and, as researchers found when observing the otherwise healthy men in the study, risk of heart disease, heart attack and stroke is increased.

After eating a diet high in sugar, the healthy men in the study who started out with low levels of liver fat saw:

- Liver fat increase

As Swiss biologists discovered in 2017, the liver is finely attuned to our internal clocks, or our circadian rhythms.

- Fat metabolism deteriorate to levels of those with NAFLD
- Risk of fatal liver disease increase
- Risk of heart disease increase

THREE LIVER-DETOX BENEFITS: NO JUICE CLEANSE REQUIRED

Every action we take, every food we eat, our liver is paying attention. Always at the ready, our liver stays on call to help.

As Swiss biologists discovered in 2017, the liver is finely attuned to our internal clocks, or our circadian rhythms. To regulate metabolism and eliminate toxins most efficiently, the liver reaches its peak performance when we are active and well-fed.

Unlike other organs in the body, the liver adapts to our needs at different times in the day – and can even change its size to accommodate. During our active times, when we are moving around and eating, the liver's output can increase by more than 40 per cent.

An overworked liver may send us signals like:

- Acne, allergies and breakouts
- Blurred vision
- Boils
- Bruising
- Congestion in the chest or sinuses
- Dark urine
- Fatigue
- Gallbladder issues
- Headaches
- Insomnia or broken sleep
- Mood swings
- Stiffness in the right shoulder
- Swelling of the ankles, feet, or abdomen

A healthy liver may appear as:

1. Better digestion. The liver, as a detoxifying support organ, plays an integral part in our digestive system. It absorbs and processes nutrients from the small intestine, and it secretes bile back into the small intestine to help the body

digest fat. Relieving the burden on the liver can help the body to better eliminate. Liver-supporting plants like dandelion extract can work as natural laxatives to clear ingested toxins from the digestive system, easing constipation and regulating bowel movements. Ginger root is another known digestive stimulant that can be taken as a supplement and may also significantly improve liver damage.

2. Higher energy levels. When the liver is congested because of toxins, and especially because of sugar in the diet, it becomes sluggish. A sluggish liver is not able to produce as many by-products that the body can use as nutrients. Fewer vital nutrients mean lower energy levels for most people. Fatigue is also the most common symptom of liver disease. Taking cayenne fruit extract, containing the phytochemical capsaicin, may help to enhance metabolism and energy, while providing improvements for non-alcoholic fatty liver disease.

3. A longer, healthier life. It's something we all strive for, but many times, don't know how to attain. Protecting the liver from inflammation, oxidative damage and disease can protect the health of the entire body – extending lifespan, in many cases. A 2009 study published in *Liver International* confirmed that the potent spice extract curcumin, used in ancient medicine for millennia and first isolated for modern medicine 200 years ago, could protect the liver from injury. Taking high-dose curcumin may also reverse cirrhosis to some degree. To receive any liver-protective benefits from curcumin, dose and delivery matter. Meriva curcumin is combined with soy lecithin in a patented formula to greatly increase the compound's bioavailability, compared to supplementing large amounts of unformulated curcumin to achieve the same results.

Bonus: weight loss. The digestive system relies on the bile produced by the liver to break down fat; naturally detoxifying the liver can improve bile flow and may affect metabolism. A popular herb used in Traditional Chinese Medicine to regulate hormones and reproductive disorders, dong quai also offers antioxidant protection for the liver. By supporting oxygen absorption within the liver, dong quai can raise metabolism, also helping the liver to balance its glycogen production and the body's blood sugar levels. Taking dong quai may help to regulate obesity and even inhibit the growth of malignant liver cancer.

The liver, more than any other organ, can be praised for its ability to survive – as long as we stop the source of the damage and give it what it needs to repair. Up to 25 per cent of the liver can be removed, and the organ will still regenerate.

Fortunately, cleansing the liver need not be complicated. While a more in-depth cleanse may be needed for chronic health conditions, most of us can see major transformation within a few short weeks when we give our liver the daily support it's missing.

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.



LIVER BALANCE PLUS™

Liver Balance Plus is an original Chinese formula containing a combination of digestible ingredients and herbal blends, which individually contribute towards healthy digestive cleansing as part of a good nutritional routine and pure fluid intake.



Sources

All references can be found at www.NaturallyHealthyNews.com

HEALTH news

DARK CHOCOLATE, OLIVE OIL AND COFFEE: THE THREE ESSENTIALS FOR A LONG AND HEALTHY LIFE



Start adding dark chocolate, coffee and olive oil to your daily diet to have a long and healthy life, two new research studies claim. The dark chocolate and olive oil combined are especially good for heart health, while drinking coffee seems to be associated with longevity, and people who drink at least four cups a day are 64 per cent less likely to have a premature death.

Eating chocolate with olive oil is even better for your heart than an Italian red Panaia apple, which is famed for reducing the risk of cardiovascular disease, researchers from the University of Pisa in Italy discovered when they carried out a simple test on 26 volunteers. Each of the volunteers had at least three of four risk factors for heart disease – high blood pressure, they were smokers, they had a family history of heart disease or they had high cholesterol levels.

They were given 40g a day of one of two types of dark chocolate for 14 days, before switching to the other; one was enriched with extra virgin olive oil and the other with the Panaia apple. Metabolic changes, cholesterol profile and blood pressure were monitored before, during and at the end of the trial.

The chocolate enriched with the oil “significantly increased” cells that help repair blood vessel damage, while reducing metabolic changes that are linked to heart disease, and far outperformed the benefits achieved by the apple-enriched chocolate.

In a separate study which monitored the health and lifestyles of around 22,500 middle-aged people, researchers discovered that coffee-drinking seems to be linked to longevity. During the 10 years the researchers monitored the group, 337 participants died – but far fewer of the deaths were among those who drank at least four cups of coffee a day. Overall, they had a 64 per cent lower risk of premature death compared to those who never, or rarely, drank coffee. There was a further decrease of 22 per cent for each two extra cups they drank a day.

The researchers from the Hospital de Navarra in Pamplona, Spain had factored out other possible reasons for longevity, such as the Mediterranean diet, other diets, age and gender.

The benefits of coffee seem to increase the older we get, the researchers found.



Source: www.WDDTY.com



IT'S INFLAMMATION – AND NOT CHOLESTEROL – THAT CAUSES HEART DISEASE, MAJOR 25- YEAR STUDY SAYS

Heart disease has little to do with cholesterol levels (as we've been saying for the past decade or so), and everything to do with inflammation – and a 25-year research programme has now proved it.

Heart attack victims “significantly” reduced their risk of a second attack if they lowered inflammation in their body, even if their cholesterol levels remained the same.

The study – which monitored more than 10,000 heart patients – was inspired by the observation that around half of the people who suffer a heart attack have normal cholesterol levels. So, instead, researchers from Brigham and Women's Hospital recruited heart attack victims who had raised levels of inflammation. Usually, someone who has had a heart attack has a 25 per cent chance of a second, and possibly fatal, attack within five years.

But participants in the study saw their risk reduce by between 15 and 17 per cent over 25 years when their inflammation levels were also lowered. To achieve this, they were given an anti-inflammatory drug, canakinumab, which didn't affect cholesterol levels. The need for by-pass surgery and angioplasty was also reduced by 30 per cent. Cholesterol-lowering statins have a far lower success rate, the researchers say.

The study was funded by the drug's manufacturer, Novartis Pharmaceuticals, and the researchers noted that one in every 1,000 participants suffered a fatal infection. In other words, 10 people died as a direct result of taking the drug.

Nonetheless, the take-home message remains the same: heart disease is mainly about inflammation, and has little to do with cholesterol, and there are many natural, and safer, ways to reduce inflammation.

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**





A sight for sore eyes

The beginner's guide to eye disease reversal and vision restoration

The latest research indicates that our most common eye diseases – the ones that result from age and cause vision loss and blindness – can be halted and even turned around with the right nutrition.

IN THE BLINK OF AN EYE, LUTEIN CALMS INFLAMMATION, SUPPRESSES AGEING

Premature ageing is typical in our modern world of fast food, fast living and round-the-clock activity granted by unlimited access to technology.

With wrinkles, loss of energy and limited mobility, disease too comes knocking at the door. Our eye health, sadly, isn't exempt from this constantly expanding sphere of health problems.

Can our eyes be saved if we address some of the more damaging effects of our lifestyles? It would appear to be so.

There are nutrients available to us, which have been crafted by nature to offer us help.

Only two decades ago, the carotenoid antioxidant lutein was discovered to be a primary supporter of our eye lens and macula health.

Lutein is:

- An important antioxidant proven to reduce the risk of chronic eye disease, such as age-related macular degeneration (AMD).
- Found in yellow plant pigments and green leafy vegetables.
- One of the only naturally occurring carotenoids out of 600 that builds up in large quantities in the retina, along with its partner nutrient and carotenoid zeaxanthin.
- Nicknamed by ophthalmologists and healthcare professionals as 'the eye vitamin'.

Lutein can:

- **Buffer cognitive ageing.** In a 2017 study conducted by the University of Illinois in the US on 60 adults from the ages of 25 to 45, the middle-aged study participants who consumed higher levels of lutein demonstrated 'younger' neural responses.
- **Calm chronic inflammation.** Swedish researchers discovered, also in 2017, that the carotenoid lutein can suppress long-term inflammation in those with coronary artery disease. Lutein's anti-inflammatory effect may be attributed to the fact that it is absorbed by the immune system and stored in the blood. Chronic eye disease is, many times, the result of chronic inflammation.
- **Reduce the risk of cataracts.** A 2012 Finnish study found that higher levels of lutein and zeaxanthin may decrease the likelihood of cataract formation by as much as 40 per cent.

The body relies on both lutein and zeaxanthin as critical nutrients to support the health of our eyes ... these powerful antioxidants are most beneficial when taken together.

Eye diseases are a leading cause of blindness in the UK. The most widely recognised issue is age-related macular degeneration, with complications and related health problems like cataracts, glaucoma and diabetic retinopathy. It's estimated that one in five of us will endure some loss of sight in our lifetimes. Even a slight decline in our visual function can prompt a sharp drop in our happiness and quality of life.

When we sacrifice our sight as a side effect of age, we sacrifice our freedom. In a cross-sectional study of The Bridlington Eye Assessment Project in 2017, where UK researchers examined the prevalence of age-related macular degeneration among the elderly, researchers concluded that the more advanced the AMD, the more likely a person was to be unhappy with their vision.

SUBLINGUAL LUTEIN FOUND 'EASY ON THE EYE'

Out of any organ in the body, the eye has the greatest requirement for nutrients and oxygen. A processed food diet and poor circulation – caused by diabetes, for example – immediately impacts the health of the eyes. Even when eating a Really Healthy Foods diet, essential nutrients may not be broken down and absorbed by the body as well with age, leading to further health problems and visual deterioration.

There is a way we can stop sight loss and eye disease before damage becomes permanent. Restoring the digestive tract by eating Really Healthy Foods – free from refined sugars, processed food fats and starchy carbs that only perpetuate disease-causing inflammation – and supplementing

with a research-backed 'eye vitamin' is a method as simple as it is effective.

When lutein and zeaxanthin are taken into the body, through food or through supplements, they beat a path straight to the lens and the macula of the eyes, before heading to the lungs. These protective antioxidants work together to filter light and guard the retina by shielding it from free radicals. The body relies on both lutein and zeaxanthin as critical nutrients to support the health of our eyes; in nature, and in most supplement formulations, these powerful antioxidants are most beneficial when taken together.

Lutein, and its partner zeaxanthin, can be found in foods, and while eating fresh, organic fruits and vegetables is one of the most powerful ways to counteract cognitive decline and sight loss associated with age, we still face the problem of absorption. Are our bodies equipped to absorb enough of this protective carotenoid from the healthy foods we eat? With age, and especially among those at high risk for vision loss and eye disease, taking sublingual lutein can ensure no precious nutrients are lost.

FloraGLO® Lutein, the most widely researched and clinically-backed form of lutein in the world, is a highly absorbable extract of the marigold flower, providing the body with the same lutein found in our fruits and vegetables. This free-form lutein can be taken sublingually, in formulations frequently paired with zeaxanthin.

FloraGLO® Lutein is both safe and potent; it is the only form of lutein approved with GRAS status for use in infant formula. For added protection for the whole family, lutein and zeaxanthin can also be taken in a daily all-in-one capsule

alongside other plant-derived minerals, vitamins, and nutrients.

European Journal of Nutrition researchers insisted in a 2013 study that supplement formulation matters. Lutein bioavailability – how well it is used, welcomed and received by our bodies – depends directly on the form of the nutrient we take. Making matters even more urgent, the researchers reminded us that while taking a combined dose of 6mg of lutein and zeaxanthin a day may be enough to reduce the risk of AMD, the average person only gets 1 to 2mg of lutein each day from their diet. When we find ourselves deficient in the 'eye vitamin', as research indicates the majority of us do, sublingual lutein can quickly increase low carotenoid levels.

Recommended Products

MAXIFOCUS™

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



NEW FOCUS™

This improved formulation contains ginkgo biloba, lutein and a 25 times increase of zeaxanthin, and provides the most effective delivery system.



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.



Sources

All references can be found at www.NaturallyHealthyNews.com

ARE YOUR KIDS DYING FOR JUNK FOOD? READ THIS!

The three most important ways to protect children from a processed food diet



Is it time to ditch the junk – even the occasional processed food treat? Children raised eating nutrient-poor foods – what our culture so affectionately calls “junk foods” – are more likely to grow up with lower IQs.

ONLY VITAMINS OFFSET A JUNK DIET, RESEARCHERS SAY

In the early 1990s, British researchers followed 14,000 children in the Avon Longitudinal Study of Parents and Children (ALSPAC), analysing their food and drink consumption at the ages of three, four, seven and eight and a half.

The children eating processed foods at the age of three, unsurprisingly, had a lower IQ at age eight and a half, whether or not they later improved their diet. Eating a healthy diet, rich in fruits and vegetables, was associated with a higher mid-childhood IQ. Cognitive and behavioural benefits from early healthy eating, researchers confirmed in the study review in 2011, lasted well into later childhood.

In 2016, Finnish researchers found that a healthy diet offered better support for reading skills within the first three years of school. Skipping the sugar and eating more vegetables, fruits, healthy carbohydrate alternatives, and healthy fats found in fish, led children to test better in their reading, largely independent of many related factors like physical fitness, body weight and socioeconomic status.

Even in pregnancy, the healthy foods a mother eats can have an impact on her child's intelligence, Spanish researchers learned in 2013.

THREE KID-FRIENDLY NUTRIENTS TO REVERSE A JUNK FOOD DIET

Diet and our children's development and wellbeing are inexplicably linked. Fortunately, research also supports rehabilitation through supplying the missing nutrients:

1. Essential fatty acids. Fatty fish was a major component of the diets of the young children in the 2016 Finnish study who excelled in reading. Giving a child more omega-3, 6, and 9 fatty acids each day, along with vitamins D and E, in a fish oil supplement made just for kids can help to nourish the brain during each stage of its development. The neurodevelopmental effects of omega-3 fatty acids for kids are so powerful, in fact, that they may help to reduce antisocial and aggressive behaviours.

2. Probiotics. The gut and the brain are connected, so much so that the human gut has been called our 'second brain'. Every child needs probiotics to protect against a long list of preventable diseases, including ever-prevalent allergies and asthma. Providing infants and very young children with gut-boosting probiotics can help to cultivate a robust community of bacteria in the 'second brain' – leading to higher levels of cognitive development.

3. Multivitamins and minerals. Taking a full-spectrum of missing vitamins, minerals, and nutrients each day can benefit every member of the family. According to *British Medical Journal* research published in 2017, mothers who took a multivitamin during early pregnancy reduced autism

risk. Young children who don't get enough vitamin B12 may also struggle with their cognitive development. A 2017 study conducted by Norwegian researchers found B12-deficient children to show difficulty recognising letters, completing puzzles, and interpreting other kids' feelings.

As parents and grandparents, we have great power that comes with great responsibility. When we take the opportunity to nourish our children at a young age, we may see noticeable changes in their cognitive development.

Recommended Products

PROBIOTIC 14

A superior blend of 14 viable strains of friendly bacteria, containing 9 billion colony-forming units. Suitable for all the family.



ESKIMO KIDS FISH OIL

A naturally pure and stable omega-3 fish oil supplement specially adapted to the needs of children.



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.



Sources

All references can be found at www.NaturallyHealthyNews.com

Nutrition goes skin deep

Simple ingredients for Really Healthy Skin



Skin disease and signs of premature ageing are problems best worked backward, starting with how we nourish our skin:

1. COENZYME Q10 HYDRATES AND FIGHTS WRINKLES

Coenzyme Q10 is most effectively taken in its active ubiquinol form, whether orally or as a topical wrinkle-reducer. Ubiquinol is a potent antioxidant, with large stores of CoQ10 found in the epidermis of the skin. Bypassing the need for abrasive exfoliants, facial peels and cosmetic injections, applying ubiquinol to the skin can increase hydration through its rapid absorption at five times greater than any other CoQ10 skin cream on the market.

Our skin relies so heavily on the protection and hydration of coenzyme Q10 that, in 2015, UK researchers recommended topical CoQ10 for people of all ages to protect against external skin damage.

2. MAGNESIUM CHLORIDE RELIEVES SKIN ERUPTIONS

For conditions like acne, eczema and psoriasis, affecting millions around the world from infancy into their senior years, topical magnesium may prove therapeutic. A 2005 study published in the *International Journal of Dermatology* demonstrated just how well topical magnesium can help to soothe dry and irritated skin. After bathing in pure magnesium chloride extracted from the Dead Sea, study participants saw noticeable changes in their skin barrier function, hydration and inflammation.

Magnesium has been used as an ancient

remedy and bath soak for centuries, and research continues to back its benefits. Researchers have also discovered that magnesium works even better to promote healing in the skin when applied topically with the organo-sulphur compound Methylsulfonylmethane, or MSM.

Applying magnesium and OptiMSM (the trademarked, premium form of MSM) as a lotion can reduce the common tingling sensation associated with the mineral and dramatically improve its skin-soothing effects – all without any side effects.

3. ROSE HIP OIL, AS WELL AS SERRAPEPTASE, REDUCES SCARS, WRINKLES AND STRETCH MARKS

Can something as delicate as a rose be used as a 'weapon' against ageing skin? Researchers believe this to be true. The skin, always exposed, ages every minute. Protecting it with rose hip extract (*Rosa canina*), applied as rose hip oil, can guard this external organ from hyperpigmentation caused by sun exposure, including discolorations related to skin cancer growth.

Topical rose hip oil has been used traditionally, extending into the present day, to improve skin texture, smooth scars and decrease fine lines and wrinkles.

Serrapeptase is the main solution to heavier scarring and especially stretch mark scarring.

It's widely accepted that the quality of our skin is a reflection of our internal health, especially as we age. A 2012 study published in *Dermato-endocrinology* put it plainly: "Beauty comes from the inside." Researchers discovered that eating more fruits and vegetables, rich in essential

vitamins, minerals and antioxidants, may be the healthiest and safest way to keep the skin youthful. Nutrient-rich skincare products can be served up as a 'side dish', supplementing a healthy diet and helping to protect our skin from disease and damage caused by the elements.

Recommended Products

ANCIENT MINERALS MAGNESIUM LOTION ULTRA

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



RIO ROSA MOSQUETA OIL

This pure, unscented oil, which comes from a wild rose of the Andes, is traditionally known for its potential abilities to maintain skin texture, attenuate scars and help in the prevention of premature skin ageing.



DERMA Q-GEL

New Derma Q-Gel® Day Crème is the only cosmeceutical face cream with ubiquinol, (patent pending), the reduced active form of CoQ10.



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.



In 2015, UK researchers recommended topical CoQ10 for people of all ages to protect against external skin damage.

Sources

All references can be found at
www.NaturallyHealthyNews.com



BODY IN BALANCE

Sports nutrition science broken down into six simple steps

Wear and tear, and even sports injuries, are a fact of life for exercisers and athletes. The tougher the competition, the more support the body needs to resist this damage.

THE EXERCISE PARADOX: HOW MUCH IS TOO MUCH?

Exercising regularly can prevent injury, and it can also cause it. As French researchers discovered in 2013, staying physically active can help to prevent falls and fall-related injuries among the elderly. Overuse injuries, on the other hand, can start as young as adolescence, with teenage female athletes at a much higher risk for tendonitis, stress fractures and joint pain than younger men.

Bouncing back after a tough workout so we can return to exercise another day hinges on our ability to manage inflammation. While inflammation is most often associated with a swollen ankle or a sprain, we trigger post-exercise

inflammation every time we're active. Some inflammation is important to build up the body after exercise; however, an abundance of inflammation is what causes long-term damage.

When we're nourishing the body and listening to its signals, we can exercise in moderation, and with confidence. Currently, government organisations recommend a minimum of 150 minutes of moderate aerobic activity a week. Adults of all ages and activity levels can reap health benefits when exercise is kept consistent and simple:

- **Walk.** Start with three to five miles a day at a fast pace and with a purposeful stride. Even exercising for 15 minutes a day is enough to reduce death risk by up to 22 per cent in older adults, University Hospital of Saint-Etienne researchers say.

- **Train.** Wrist and ankle weights can be added to daily walks as stamina improves. In 2017, University of Sydney researchers found strength training exercise to be just as important as aerobic exercise, reducing

cancer-related death risk by 31 per cent.

- **Run.** Active adults and athletes are encouraged to engage in high-intensity exercise, with support from rest days and recovery nutrients. Though tough workouts often come with inflammation and soreness, Brigham Young University researchers discovered in 2016 that running regularly can actually reduce the joint pain and inflammation that often leads to osteoarthritis.

HITTING THE SWEET SPOT

Caring for the body and supplying the nutrients it needs to repair after a workout makes it possible to stick to an exercise programme and prevent permanent damage. Sports supplements abound, with new pills, powders and shakes being introduced to the market daily. Six essential nutrients have been proven to promote speedier recovery after activity or competition:

- 1. Astragalus.** This is a powerful immune-boosting plant extract that most athletes

Researchers discovered in 2016 that running regularly can actually reduce the joint pain and inflammation that often leads to osteoarthritis.

and exercisers keep in their back pocket. Astragalus, taken as AstraGin containing Astragalus membranaceus and Panax notoginseng, has been used for millennia in Traditional Chinese Medicine to ward off physical and mental stress. Taking astragalus, found in AstraGin, may also strengthen the heart and relieve chronic asthma.

2. L-Arginine. AstraGin can be most effectively supplemented with the muscle-strengthening amino acids L-Arginine, L-Lysine and L-Citrulline to compound their benefits and enhance their absorption. As a pharmaceutical-grade extract, AstraGin works primarily as a nutrient transporter; it enhances the delivery and absorption of amino acids in the small intestine. Taking the amino acid L-Arginine before competition may help to increase time-to-exhaustion by up to 5.8 per cent, as elite male wrestlers demonstrated in a 2014 study published in *Biology of Sport*. Supplementing L-Arginine, researchers concluded, could help to benefit exercise performance.

3. D-Ribose. Our bodies need help to avoid feeling run down after starting a new workout plan or at the beginning of a new sports season. Daily cellular regeneration promotes long-term recovery. D-Ribose is a five-carbon sugar that makes this bounce back possible, known for its ability to support cellular energy. The heart and muscles rely on D-Ribose to help produce adenosine triphosphate (ATP). The body then uses ATP to transport energy to cells that are lacking; cellular survival depends on it. Gentle enough for children to use, D-Ribose is a natural supplement favoured by exercise enthusiasts and professional athletes and can be taken daily. Human muscles that are exhausted by extreme exercise lose ATP rapidly and take longer to replenish.

4. Magnesium. Our bodies rely on magnesium to support hundreds of biochemical reactions. For active adults, as well as teens and children, applying topical magnesium as a lotion, oil, or spray or soaking in a magnesium bath can help to remedy post-exercise fatigue. Our muscles need ample amounts of magnesium to function each day. Magnesium may provide extra benefits in an acute dose, when applied to the skin just before intense exercise.

5. Protease. What good is investing in the best sports supplements and the healthiest foods if our bodies can't process nutrients? For this reason, protease is considered one of the most critical enzymes in the body. Without protease, digestion is incomplete, and protein is broken down poorly. Athletes and exercisers on a high-protein diet may need more protease than the average person. Without the help of this protein-eating enzyme, undigested protein can make its way through the body and may even end up in the circulatory system. Taking protease daily, as *Medicine & Science in Sports & Exercise (MSSE)* researchers discovered in 2009, can also help to regulate inflammation, minimising muscle strength loss after resistance training.

6. Serrapeptase. The inflammatory component of intense exercise can't be overlooked, and here's where serrapeptase enters the ring. Serrapeptase is a proteolytic anti-inflammatory enzyme derived from the intestine of the silkworm – known to be exceedingly safe, even in high doses. Taking a proteolytic enzyme daily is one of the easiest and most effective ways to calm the body's inflammatory response that naturally occurs after exercise. Because of its ability to clean out the body by clearing inflammation and dead tissue,

serrapeptase helps to relieve pain; support lung, joint, and tendon health; and potentially reduce swelling by up to 50 per cent.

No one questions the importance of staying active, but it's how we treat our bodies that counts. Supporting recovery with the right nutrients before and after exercise can determine how well we'll perform later.

Recommended Products

HEALTHY FLOW™

A powerful blend of the essential amino acids L-Arginine, L-Citrulline and L-Lysine. Also contains grapeseed extract, polyphenols, citric acid, Be Flora, potassium sorbate and silica, along with AstraGin to help absorption of the amino acids.



D-RIBOSE PLUS™

5,000mg D-Ribose per serving (x60) plus magnesium and malic acid.



PROTEASE™

Delivers 380,000HUT protease enzyme per serving (x60).



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.



ANCIENT MINERALS MAGNESIUM LOTION ULTRA

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



Sources

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ONE OF THE FAMILY

Your pet is good for your health. Are you returning the favour?



Owning a pet may be one of the healthiest things we can do for our family. In 2017, University of Alberta Faculty of Medicine and Dentistry found that exposing children to pets at a young age, as early as infancy, could supply the gut with two types of protective microbes that lower the risk of allergies and obesity.

Also in 2017, University of Florida researchers in the US found that pets, specifically dogs, provide invaluable support for kids on an emotional level. When children in the study who experienced stressors like public speaking had their dog present for social support, they experienced lower stress responses and cortisol levels. Pets provided even more relief than having a parent present or having no social support at all.

DON'T LEAVE THEM BEHIND: TWO POWERFUL PET-CARE NUTRIENTS

If we're already supplying our family with a healthy diet and missing nutrients each day, good pet care can come easy. Just like us, our pets' bodies need:

1. A stronger gut. As with humans, the role of the pet's gut is essential for their health and wellbeing. A delicate balance exists in the digestive tract between friendly and pathogenic bacteria. When this balance is disrupted, it can trigger a range of health problems including digestive issues and weakened immunity. In 2017, American Society for Microbiology researchers discovered that dogs fed a high-protein, low-carbohydrate diet had a richer microbial ecosystem in the gut associated with weight loss in humans. Mixing in a soil-based probiotic capsule with a pet's

Researchers discovered that dogs fed a high-protein, low-carbohydrate diet had a richer microbial ecosystem in the gut associated with weight loss in humans.

Really Healthy Foods can promote diversity in the gut and compound these benefits.

2. A natural source of pain relief. Pets don't have a voice to tell us about their aches and pains. All pets, and especially ageing pets or those with health problems, may find comfort when we add an anti-inflammatory capsule to their daily diet. A powerful chemical naturally produced in the intestine of the silkworm, serrapeptase flushes dead tissue and non-living material from a pet's body to provide an internal spring clean. In human trials, the anti-inflammatory enzyme serrapeptase has had a remarkable effect on decreasing pain and swelling in a short amount of time. Similar fast-acting effects have been seen when administering serrapeptase for pain relief in animals. A serrapeptase supplement can be used to manage joint pain and arthritis before costly pet medications are prescribed, often common among ageing dogs and horses.

WHAT MAN'S BEST FRIEND IS MISSING

We've fallen into the habit of giving our children and ourselves daily multivitamins, but what about our pets? Acta Veterinaria Scandinavica researchers reported in 2016 that our pets' needs mirror our own more often than we realise.

Pets need rest, love and encouragement. They also need a healthy diet, regular access to nutritional care, and help maintaining a healthy body weight in order

to live longer than their breed's expected lifespan. What's even more remarkable is that, based on what we know, animals don't have an imagination. This makes our pets the prime candidates for demonstrating that supplementing the missing nutrients works. Our pets' bodies will naturally respond to nutritional therapy and begin to heal; there is no placebo effect.

Recommended Products

PRESCRIPT BIOTICS™

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.



SERRAPET™

The number one serrapeptase for animals, delivering 80,000IU 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.

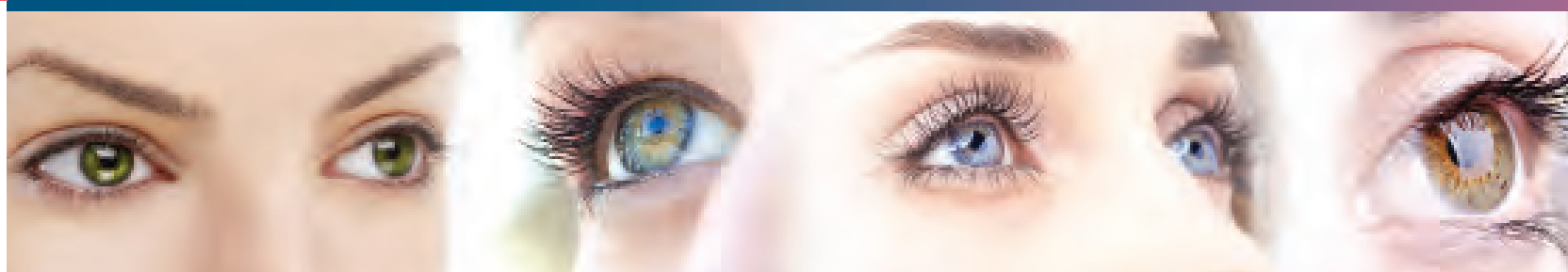


Sources

All references can be found at www.NaturallyHealthyNews.com

Need to FOCUS on your vision?

Riboflavin contributes to the maintenance of normal vision.



Did you know that MaxiFocus™ can **help you to maintain your normal vision?** It contains 24 super powerful nutrients.

Along with Riboflavin, it also contains a **high amount of Lutein and Zeaxanthin** – these have been identified as two really important “carotenoids,” specific for lens and macular health.

Because it 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 two droppers daily if needed.

Also contains L-Taurine, Bilberry Extract, Ginkgo Biloba Extract, Vitamin D, Iodine, Zinc, Selenium, Chromium and much more.



What's in MaxiFocus™?	Maxi Focus™
Lutein	✓
Zeaxanthin	✓
L-Taurine	✓
Vitamin E	✓
Bilberry Extract	✓
Ginkgo Biloba Extract	✓
Niacin	✓
Vitamin A	✓
Vitamin D	✓
Thiamin	✓
Riboflavin	✓
Vitamin B6	✓
Folate	✓
Vitamin B12	✓
Biotin	✓
Pantothenic Acid	✓
Iodine	✓
Magnesium	✓
Zinc	✓
Selenium	✓
Copper	✓
Chromium	✓
Phosphatidylserine	✓
Trimethylglycine	✓
Vanadium	✓



Each serving of MaxiFocus™ contains the same amount of Lutein and Zeaxanthin as approx. **12 CUPS OF BROCCOLI!**
30 servings per bottle.

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!



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 sized 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.