

# NATURALLY HEALTHY NEWS



ISSUE 36



2019

**Is this the year you're going  
to get Really Healthy?**

*Read Robert's Rant.*



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**NEW**

**Good Health Naturally Liposomal Vitamin C** is a high-dose nutritional supplement that has been scientifically developed using liposome technology to help your immune system perform to its full potential\*.

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



## Dear Reader,

**It's 2019, and I will be pulling no punches when it comes to your health.**

There's no time to lose. There are critical reasons why you have to seriously stick to a really healthy plan in 2019, and no responsible person can put it off any longer. My "Robert's Rant" on page 30 will explain it all in detail. If you only read one article in this magazine, that's the one to choose.

I do have some great articles to help you educate yourself with your Health Plan, and I can recommend them all. Every article will be reposted in **NaturallyHealthyNews.com**, and we'll also add the scientific references we used to put the article together. More and more Natural Health Doctors and Practitioners are using these articles for education and constantly requesting these studies.

**New:** I'm pleased to announce the launch of my superior range of **Ancient Magnesium** products, and you can see the full line-up on pages 66 and 67. Particularly, check out the **Ancient Magnesium with CBD** and **Ancient Magnesium Cool Relief** for additional benefits for children and anyone with chronic pain.

**Notable:** Readers of my newsletters will know we've been running a closely supported Alzheimer's study of 10 people on my recommended food and supplement plan. Make no mistake it's hard enough for relatively healthy people to stick to a food and supplement plan. The good news is that half of this group was able to closely follow the plan and had enough recovery to feel they no longer suffer from Alzheimer's/dementia. This is what I expected, but it's really astounding as the medical mafia say there is no cure. Read more in my Robert's Rant article.

**Not to miss:** My library of free eBooks that detail all the steps you need to take for various health challenges are completely free to download at **www. NaturallyHealthyNews.com**.

And please get in touch with me via email: [robert@GoodHealth.nu](mailto:robert@GoodHealth.nu). Let your story help to inspire others. I also 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](mailto:admin@MyGoodHealthClub.com).

Take good care,

*Robert Redfern*

Robert Redfern  
Nutritionalist, author and broadcaster

PS. You can get more good health on your feed: Follow me and Naturally Healthy News on Facebook for regular updates.  
[www.Facebook.com/NaturallyHealthyNews](https://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 how to stop NSAIDs and start healing, fighting depression and anxiety 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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# AVOID THE NEAR-DEATH EXPERIENCE OF LIVING WITH LOW VITAMIN D

*11 ways vitamin D3 is winning the battle against disease*

**T**here are too many studies proving vitamin D3's health benefits and immune-boosting qualities to read in a sitting. One of these, published just shy of a decade ago by the University College London Institute of Child Health, found vitamin D3 deficiency "largely being overlooked by our health professionals." Today, not much has changed. We're still deficient, and we're still getting sick, mainly because the medical media is sending mixed messages.

In this early report, researchers appealed for a unified approach from health authorities toward vitamin D supplements in the *British Journal of Nutrition*. They called the Department of Health's advice that pregnant women get 10 micrograms of vitamin D3 daily into question, adding that even diet and sunshine combined don't cut it.

The Vitamin D Council, a U.S. non-profit, continues to champion the cause as this message falls on deaf ears. Pregnant women need more prenatal vitamin D screenings to help protect against complications like preeclampsia, gestational diabetes, and preterm labour. For further evidence that our global strategy isn't working, The Vitamin D

Council also says, based on 2018 research, that newborns have much higher vitamin D deficiency rates than their mothers.

It's this deficiency in babies, mothers, adults, children, and the elderly that leads to disease.

## **Mount a natural defence against 11 diseases with more vitamin D**

Scientists are beginning to give vitamin D3's health benefits and immunity-boosting capabilities the recognition they deserve. The issue is unifying this message in the media. But as vitamin D3 starts to arouse interest among cancer researchers, both as a preventative measure and for treatment, more doctors may start paying attention.

### **Daily vitamin D3 is critical, and it can protect us against at least 11 forms of disease:**

**1. Alzheimer's.** Low vitamin D was linked to an increased risk of dementia and Alzheimer's disease in 2014. This came on the heels of 2012 research published in the *Journal of Alzheimer's Disease* that showed how vitamin D3 works with the immune system to remove beta-amyloid proteins and protect against Alzheimer's

disease. Vitamin D3 may help to activate our cellular signalling networks to clear the brain and prevent damage.

**2. Bowel cancer.** The protective effect of vitamin D3 against bowel cancer was the subject of a study by researchers from Imperial College London in 2010. They discovered a 40-percent reduced risk of bowel cancer among people with the highest concentrations of vitamin D3 in their bloodstream. Writing in the *British Medical Journal*, the researchers concluded that vitamin D3 may be associated with a protective effect against bowel cancer.

**3. Breast cancer.** An American study in 2018 showed that higher levels of vitamin D come with a decreased breast cancer risk for postmenopausal women. Researchers said that this study reports the strongest association between vitamin D and reduced breast cancer risk yet.

**4. Colds and flu.** Vitamin D3 supplements can reduce the incidence of colds and flu by 70 percent, according to American researchers at Winthrop University Hospital, Mineola. A group of volunteers tested the vitamin over a period of three years. The 2007 findings showed vitamin D3 stimulated natural





immunity to viruses and bacteria, suggesting the occurrence of colds and flu is a direct result of the decline in the sunshine vitamin.

**5. Diabetes.** A 2008 article published in *Diabetes Educator* concluded that adequate intake of vitamin D may prevent or delay the onset of diabetes and reduce complications for those who have already been diagnosed. The study was carried out by researchers from Loyola University Chicago Marcella Niehoff School of Nursing.

**6. Heart disease.** Vitamin D3 doesn't work alone in doing its job to strengthen and protect the heart. A 2004 study conducted on 150 postmenopausal women found that taking vitamins D and K together was most beneficial in

maintaining healthy arterial elasticity, compared to taking a vitamin D/mineral supplement or a placebo.

**7. Infection.** The liver and kidneys turn vitamin D3 into the hormone calcitriol, which triggers over 200 genes including ones that are involved in the immune system. Vitamin D3 is therefore crucial for a strong immune system. In fact, deficiency in vitamin D is "associated with increased autoimmunity as well as an increased susceptibility to infection."

**8. Lung disease.** Vitamin D3 is a must for essential immunity and lung health too. Cells in the immune system contain vitamin D3 receptors. Vitamin D3 deficiency can weaken the immune response and open the door to lung infection. In 2014,

University of London researchers also learned that taking a vitamin D supplement can decrease COPD flareups by more than 40 percent.

**9. Lupus.** More 2014 research, this from *Clinical Rheumatology*, noted that low vitamin D levels in children with systemic lupus erythematosus can increase antibody levels and disease activity. Researchers believe that childhood lupus disease activity may be linked with low serum vitamin D.

**10. Osteoporosis.** The Vitamin D Council lists poor bone health among the lifelong consequences of long-term sun avoidance. More natural sun exposure decreases the risk of osteoporotic hip fractures, a *Journal of Bone and Mineral*





*Metabolism* study confirmed in 2017. Researchers recommended adequate lifetime sun exposure balanced with some sun protection, regardless of geographic location.

**11. Psoriasis.** Twenty Swedish men and women suffering from psoriasis were taken for a three-week break to Gran Canaria to test the effects of vitamin D3-rich sunlight on the group. The severity of their psoriasis was measured by the Psoriasis Area and Severity Index (PASI), and results were impressive, with their PASI scores dropping by an average of 73 percent.

Vitamin D3 (the recommended form of vitamin D called cholecalciferol) is the only vitamin that the body can manufacture from sun exposure. But because of our

modern lifestyles spent indoors, and the over-use of sunscreen, a staggering number of us are deficient.

A 2017 clinical review conducted on 1 billion people around the world linked low vitamin D to sunscreen use. Researchers explained that we're spending more time indoors, and when we do go outside, we nullify our body's ability to produce vitamin D by slathering on sun cream.

Because we spend less time in the sun, a vitamin D3 supplement is important. Add to that at least 20 minutes of unprotected sun exposure a day, and we can maintain our immunity.

### ***Beat the odds with a daily dose of vitamin D***

Getting the message out has been difficult, but we're slowly starting to see a tip in the balance. Where The Vitamin D Council once categorised 50 percent of our global population as deficient, that number has dropped to 15 percent -- still accounting for 1 billion people who need more vitamin D.

Taking 10,000 IU of vitamin D3 (as opposed to the less effective D2) per day can provide a baseline. This amount of vitamin D3 contributes to the normal absorption and utilisation of calcium and phosphorus in our body. Vitamin D3 in this dose can regulate blood calcium levels, maintain muscle function, strengthen immunity, and encourage cell division. But, there is a catch.

A vitamin D3 supplement works best with support from its helper nutrients. When taken with 100 mg of coral calcium, comprised of the trace minerals calcium and magnesium, vitamin D3 aids in calcium absorption, better supporting our bones. Vitamin D3 taken with vitamin K2

(the fat-soluble vitamin menaquinone) supports blood clotting and bone health. Vitamin K2 can also help to remove excess calcium from arteries and soft tissues, reducing atherosclerosis risk as we saw in the postmenopausal heart disease study.

While eating healthy foods is a must, the Vitamin D Council says that, unfortunately, it's unlikely we'll get enough vitamin D from even an enriched diet. We get our most usable vitamin D by exposing bare skin to the sun and by taking a supplement.

### *Recommended Products*

#### **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.**



#### **VITAMIN D3 (5000 IU)**

**Professional strength for ultimate D3 support. Delivers 5000IUs of D3 per capsule, plus 100mg of Calcium from coral. Suitable for vegetarians and dairy/gluten-free.**



#### **SERRANOL™**

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



### *Sources*

*All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)*

# HEALTH news

## COULD TAKING A ZINC SUPPLEMENT PREVENT AUTISM IN CHILDREN?

A lack of zinc during early childhood development may contribute to autism, according to researchers. Zinc plays an essential role in supporting your immune system, fighting off any invading bacteria or viruses.

Zinc is also required to make proteins and DNA, the genetic material in all cells. The mineral also plays a vital function in forming and developing synapses in the brain while the baby is in the womb. Now, experts say that infants with autism could take zinc supplements and this will possibly reverse the condition, according to researchers at the Stanford University School of Medicine.

The jury is still determining if a zinc deficiency is directly linked to autism. However, this is mainly because there haven't been any controlled studies on treating autism with zinc supplements, either when the woman is pregnant or the infant has been diagnosed with the condition.

While doctors say that too much zinc can reduce the amount of copper available for absorption in the body – this can also lead to anaemia and bone weakening. A zinc deficiency can also be the cause of a poorly-functioning gut that doesn't absorb zinc correctly.

## PANIC ATTACKS AND ANXIETY LINKED WITH LOW B VITAMIN INTAKE

A Japanese study highlighting the link between panic attacks, anxiety and low B vitamin intake has shown this occurs because of reduced serotonin levels.

These reduced levels of serotonin are one of the major known causes of a panic attack or hyperventilation attack. For serotonin synthesis to occur, tryptophan is needed. Vitamin B6 and Iron also play an essential role in this process.

Findings from a recent study based out of Japan recognised that an absence of Vitamin B6 and Iron were seen in those who experienced panic or hyperventilation episodes.

The small study assessed the supplement levels among members who were experiencing different degrees of uneasiness and frequencies of panic and hyperventilation episodes – some of which was brought about through emergency room visits.

The control gathering was assessed and members had their supplement levels contrasted against those of the essential gathering.

From being assessed, scientists noticed that both Vitamin B6 and Iron levels were inadequate in subjects who were nervous or experiencing hyperventilation issues. Those who didn't experience panic attacks had sufficient levels of these vital supplements.

## CINNAMON MAY BOOST YOUR BRAIN'S LEARNING ABILITY

Results of a new study performed by researchers at Rush University Medical Center, tested Cinnamon's effect on cognition and found it helped the poor learners to learn more effectively.

The study, published in the *Journal of Neuroimmune Pharmacology* tested Cinnamon's effect on cognition by administering it to two groups of mice: those classified as "good learners" and mice that were classified as "poor learners". Results showed that cinnamon helped the poor learners to learn more effectively.

The study's Lead Researcher, Kalipada Pahan said, "We have successfully used Cinnamon to reverse biochemical, cellular, and anatomical changes that occur in the brains of mice with poor learning."

More specifically, Pahan and his research team found that ingesting Cinnamon has an effect within the hippocampus. This is a region of the brain associated with memory creation, sorting and story – integral to the learning process.

Previously, research has found that people having trouble learning have less of the CREB protein in their hippocampus – along with a protein called GABRA5. CREB plays an essential role in memory and GABRA5 has an effect on slowing down the brain. While the mice in the study were fed Cinnamon, their bodies metabolised it into sodium benzoate – a chemical compound which has been used for treating brain damage.

It is likely that due to this metabolite, the "poor learner" mice eating cinnamon exhibited higher levels of CREB – and lower levels of GABRA5 – which translated into improved memory and quicker brain functioning.

While Cinnamon has been shown to improve the learning ability in poor learners, it didn't appear to have any significant impact on the brains of the mice as they were classified as "good learners".

These results indicate that Cinnamon has a novel property – being able to switch poor learners into good learners, via stimulating the hippocampal plasticity. And while more research may need to be done, it's showing how Cinnamon may help humans to learn better – meaning it could be highly beneficial in many ways.



## WHY KEEPING YOUR GUT HEALTHY MAY REDUCE YOUR RISK OF STROKE

Certain bacteria in the gut can leverage the immune system and decrease the severity of stroke. Ischemic stroke is the most common type, in which a blocked blood vessel prevents blood from reaching the brain.

Researchers at Memorial Sloan Kettering Cancer Center induced ischemic stroke in mice, two weeks after administering a combination of antibiotics. Mice treated with antibiotics had a stroke and this was approximately 60 percent smaller than the mice who didn't receive antibiotics.

The microbial environment in the gut instructed the immune cells present to protect the brain, shielding it from the stroke's full force. Results from the experiment show a new relationship between the brain and the intestine, according to one of the researchers.

These findings open up the possibility of altering the macrobiotic makeup of the gut and this could become a new method of

preventing stroke.

This could be highly beneficial for high-risk patients, such as those who are having cardiac surgery or those who have multiple obstructed blood vessels in the brain.

While there may need to be further research to figure out the exact bacterial components being generated. Researchers do know however that bacteria didn't have any interaction with the brain chemically – but instead influenced neural survival by changing the behaviour of the immune cells.

One of the most surprising findings was that the immune system made strokes smaller by orchestrating the response from outside the brain. "This happens in the same way that a conductor who doesn't play an instrument himself, but instructs others to create music," said Dr. Costantino Iadecola, director of the Feil Family Brain and Mind Research Institute and the Anne Parrish Titzell Professor of Neurology at

Weill Cornell Medicine.

The research is promising for stroke prevention and changing a patients' nutrition may be considered as a future form of treatment.



## SPAIN PLANS TO BAN ALTERNATIVE MEDICINE FROM THEIR HEALTH CENTRES

Plans have been announced by the Spanish government to eradicate alternative medicines such as acupuncture and homeopathy from their health centres.

This proposal is to avoid any "potential harmful effects" that these practices may incur, at least according to health ministers. They are being used as an alternative or complementary treatment based on "proof and scientific rigour", the government said in a statement.

More alarmingly, the statement said that "there is no scientific proof available" that these treatments work. The Spanish authorities want to ensure that all alternative medicine is eliminated from health centres, so only treatments given by recognised professionals are used.

The Spanish government even wants to ensure that alternative medicine is not being taught in Spanish universities – even developing alliances with deans, chancellors and the country's regional authorities to end diplomas being awarded for these practices.

This has been a massive issue in Spain recently, as health and science professionals are being pressured by the health ministry to take action after several high-profile deaths. Most notably, 21 year old Mario Rodriguez died from leukemia after stopping his hospital treatment, in favour of taking advice from a naturopath who claimed he could cure cancer with vitamins.

## HOW TO ENSURE YOU GET ENOUGH VITAMIN D THIS WINTER SEASON

Are you getting enough Vitamin D? Vitamin D Awareness Week (October 22nd – 28th) is designed to raise awareness about the importance of this sunshine vitamin for enjoying good health.

During the winter months, it's easy to not get enough – especially when the sun has gone into hiding. Globally, at least one third of the world population is deficient in Vitamin D.

Vitamin D is a global problem with at least one third of the world population being deficient in Vitamin D. Taking Vitamin D supplements is one way to fight the problem. Often known as the "sunshine vitamin", it's made under the skin when exposed to the sun. It's actually a hormone and a lack of Vitamin D can cause children to develop rickets (bone deformities) and adults to develop osteomalacia (weak bones).

People most at risk include; pregnant and breastfeeding women, babies and young children under 5, people aged 65 and over, those who cover up their skin when outside or who stay indoors for extended periods of time and people who have darker coloured skin.

One in six adults are Vitamin D deficient, while 1 in 5 children are also Vitamin D deficient according to the Vitamin D Awareness website.

While you can derive some Vitamin D mostly from sunshine, it can also be found in a small number of foods including oily fish such as salmon, but it is also available in spinach, kale, nuts and mushrooms.



# IT'S NOT TELOMERES, AND IT'S NOT CELL ENERGY

*Science has a new healthy ageing secret*

**F**orget everything we've been told about healthy ageing. That's what Nathan Bryan, PhD, Baylor University School of Medicine in Houston adjunct professor, says as he debunks myths and explains the frequently forgotten mechanism behind our ageing.

While it's true that paying attention to telomeres can prevent physical decline -- as shortening telomeres can lead to faulty cell replication and ultimately call death -- that's not what's really behind the rapid age-related breakdown of our bodies, says Bryan.

It's also not cellular mitochondria that start

to lose function and energy, though this can contribute to premature ageing too.

Telomeres, mitochondria, and even stem cell repair are major themes in science's investigation into how the body ages, but Bryan explains that nitric oxide is the real star of the show. In Bryan's 2018 book, *Functional Nitric Oxide Nutrition: Dietary Strategies to Prevent and Treat Chronic Disease*, he describes nitric oxide as one of the most important molecules produced by the human body.

Nitric oxide, or NO, controls and regulates most of our cellular functions. So, it makes sense that it plays an important role in helping our cells age gracefully. Nitric oxide

not only prevents the three ageing factors Bryan mentions, but this "miracle molecule" could change the way we treat heart disease.

## Getting to the heart of the matter

The amount of information circulating these days regarding health, nutrition, and how to live a longer life is impressive. Yet, even with all this knowledge designed to encourage us to live healthier and longer lives, stroke and heart disease still remain the leading cause of death for men and women in most Western countries.

Premature ageing in the body can be unpleasant, but a prematurely ageing heart can be downright dangerous. It's for this



narrowing can be caused by chronic inflammation, brought on by the stress hormone cortisol.

- The consumption of processed foods that are high in sodium, sugar, and fat also take their toll on our health, ageing the body and the heart in particular.

In Western countries, more than half of our calories are made up of “ultra-processed” foods. The American Heart Association has linked over 400,000 heart and blood vessel disease deaths with an unhealthy diet. Poor heart health, as we know, has a strong relationship with poor, or unhealthy, ageing. A 2016 study published in *Diabetes* also showed that everyday lifestyle factors, like a nutrient-poor diet and lack of exercise, could make us age faster.

Fortunately, these heart health factors are within our control -- from the foods we eat to the heart-healthy supplements we take.

### Use 3 NO-boosting nutrients to fight unnatural ageing

Since nitric oxide controls telomerase, mitochondria biogenesis, and stem cell signals, increasing NO levels can shut the door on disease. Our healthiest ageing comes down to blood flow, Bryan says.

### Taking NO-boosting nutrients daily can improve circulation, protect the heart, and help the body ward off ageing and disease:

**1. L-Arginine.** L-Arginine is an amino acid that can help to increase vasodilation (widening of the blood vessels) in the body. When L-Arginine is absorbed, it's converted into nitric oxide. This nitric oxide then causes blood vessels to dilate, resulting in greater blood flow to the body. As a result, researchers suggest L-Arginine may benefit cardiovascular diseases such as atherosclerosis (clogged arteries), high blood pressure, and congestive heart failure. One 2010 study published in *The American Journal of Clinical Nutrition* showed that supplementing L-Arginine helped to improve nitric oxide production and exercise capacity in both healthy subjects and those with chronic disease, like diabetes and heart failure.

**2. L-Citrulline.** Our bodies naturally convert the amino acid L-Citrulline into L-Arginine. Like L-Arginine, L-Citrulline can improve the body's levels of nitric oxide, helping blood vessels to dilate. This can improve blood flow and reduce blood pressure. Another study, conducted in 2013 by Kyowa Hakko Bio in Japan, claimed L-Citrulline can elevate plasma L-Arginine levels 1.6 times better compared to supplementing with L-Arginine alone. The study also showed that L-Citrulline supplementation helped reduce the body's sensitivity to cold temperature by increasing blood flow to the skin.

**3. Grapeseed extract.** Grapeseed extract has been found to help reduce LDL cholesterol and protect against atherosclerosis. Through a process of gene transcription, it can turn on the enzyme nitric oxide synthase, which produces nitric oxide. This allows blood vessels to relax, and blood flows more easily. Grapeseed extract can also help to reduce inflammation and boost antioxidant activity in heart cells, protecting them from free-radical-induced death.

Our nitric oxide levels decrease with age, making ageing seem inevitable. But eating a healthy diet and restoring circulation are simple ways to help us age better. And, as one 2013 *Cell* study conducted on roundworms found, increasing nitric oxide levels could be enough to increase our lifespan by 15 percent.

reason that Bryan calls nitric oxide the “Holy Grail” of cardiovascular medicine. “Loss of nitric oxide production, as we age, is what leads to chronic disease,” he says. Our hearts do their job for decades or, in some cases, even more than a century without taking a break.

### But compromised circulation, made worse by low nitric oxide levels, can quickly start to burden even the healthiest heart:

- If blood flow is severely restricted, or cut off to part of the heart, the result is a heart attack.
- The coronary arteries are responsible for feeding the heart with blood and

### 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](http://www.NaturallyHealthyNews.com)



# *The (anti) ageing brain*

Liposomal nutrients feed grey matter and fend off old age

**E**verything we are and everything we do is controlled by our brain. This central control station used to be thought of as a static object, unable to grow or develop its capacity or performance much after adolescence. Now, we know that under certain conditions our brain will continue to make new neural connections: It can still grow and change.

## **Boost brain health & age better**

This new concept of brain plasticity means we have much more control over how we age. One of the biggest factors within our control is our lifestyle. In 2018, American scientists examined over 60,000 brain scans of over 30,000 people in the largest brain imaging study conducted to date. Study participants' ages ranged from 9 months to 105 years.

Here's what they found: Mental health disorders and lifestyle choices, like cannabis and alcohol abuse, can age the brain greatly. Bipolar disorder may age the brain 1.6 years, ADHD may accelerate brain ageing by 1.4 years, and cannabis abuse may add 2.8 years to a brain's age.

So, how we treat our grey matter matters. Getting mental health support and making changes to our lifestyle choices can help us think and act our age.

To avoid major cognitive issues in the future, like dementia and Alzheimer's disease, a lifestyle makeover may be in order. Lifestyle factors are inarguably linked with brain health. While supplements can work wonders — more on that later — a healthy lifestyle is the foundation for a brain that stays sharp with time.

And, in cases of brain injury, lifestyle proves extra-important. As another team of U.S. researchers learned in 2018, rest is not always best after a brain injury. Re-engaging the brain after damage or a stroke may speed up its recovery.

**According to the latest science, there are four major lifestyle factors that can support a youthful brain:**

- 1. Regular exercise.** Activity increases brain size, improving circulation and delivering oxygen straight to the brain.
- 2. Brain games.** Sudoku and crossword puzzles can keep the brain active and enhance cognitive function.
- 3. Really healthy foods.** People who avoid starchy carbs and sugars are protected from harmful inflammation and may have bigger brains.

#### 4. **Nourishing supplements.**

Concentrated nutrients safeguard the health of an ageing brain and can cause brain stem cells to regenerate.

### 3 nutrients change the way we think

Examining lifestyle and committing to “smarter” living is the first step. We can seal the deal by giving the brain the nutrients it craves.

#### Three proven nutrients can nourish the brain and protect against un-natural ageing:

1. **Curcumin.** Multiple clinical trials indicate that curcumin, the compound found in the spice turmeric, has a neuroprotective effect with many benefits relating directly to Alzheimer’s disease. For example, a Japanese study published in 2012 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 supplementing curcumin increased the quality of life and activities of the patients and eased their caregivers’ burden. Curcumin has known anti-inflammatory properties that may play a protective role against  $\beta$ -amyloid peptides. Curcumin also promotes stem cell growth in the brain and could soon be used to treat neurological disorders, like stroke and Alzheimer’s disease.
2. **Resveratrol.** Polyphenols are a large

class of chemical compounds found in plants. They are characterised by the presence of more than one phenol unit or building block per molecule. A popular example is resveratrol in red wine. Evidence suggests that higher polyphenol intake is associated with a decreased risk of Parkinson’s disease. Studies also show that resveratrol can restore the blood-brain barrier and reduce evidence of cognitive decline in patients with Alzheimer’s. “These new findings support the notion that resveratrol decreases swelling that results from inflammation in Alzheimer’s brain,” Georgetown researchers in the U.S. wrote in 2015.

3. **Protease.** Otherwise known as the protein enzyme, protease is thought to be one of our most important enzymes. It’s needed to complete the digestive process and taking protease can help to prevent undigested proteins from being released into the body -- even into the circulatory system. Protease helps support protein breakdown into amino acids. Since an accumulation of abnormal protein fragments, i.e.,  $\beta$ -amyloid peptides, characterise Alzheimer disease, protease may be especially beneficial to the brain. Proper amino acid assimilation may also promote new brain cell growth.

A sure way to improve brain health and even reverse damage is to get large supplies of nutrients to the brain. In an *International Journal of Cancer* study published in 2009, researchers found that tapping into a new cancer drug delivery system -- liposomes -- could move critical

nutrient compounds where they’re going more effectively. Increasing doses of the phytochemical curcumin, and delivering it through liposomes, proved to be a successful vehicle to create more staying power in the blood and tissues.

The mice studied that received liposomal curcumin produced anti-cancer properties that were further magnified when curcumin was combined with resveratrol.

Better brain health may be only a liposome away. Research shows that a high dose of a liposomal nutrient can have a greater impact. Liposomes are naturally manufactured within the human body, and with the help of nanotechnology, liposomal delivery supplies easily-recognizable nutrients to the brain.

### Recommended Products

#### BRAINPOWER™

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



#### PROTEASE™ ENZYME THERAPY

**Protease is one of the most important enzymes for supporting the digestive process and helping to break down proteins into smaller proteins and amino acids.**



### Sources

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)



# Need to **FOCUS** on your vision?



When it comes to vision and ageing, many of us are at a disadvantage. **MaxiFocus™** combines Riboflavin and 23 super powerful nutrients to help **maintain normal vision\***.

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

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

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



## **MORE ABSORPTION...**

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

## **Remember!**

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

*\* Riboflavin contributes to the maintenance of normal vision*

# Can schizophrenia sufferers be saved by CBD?

*One dose of CBD flips the brain's anti-psychotic switch*

**D**eveloped in the 1950s and still prescribed today, researchers say antipsychotics no longer offer effective mental health treatment. More advanced therapies like brain stimulation that resynchronises neurons to erase schizophrenia-associated behaviours may take years to reach mainstream medicine. But new research supports a safer and more affordable alternative, utilising the antipsychotic effects of a single dose of CBD.

## One dose delivers mental stability

Psychosis and schizophrenia aren't one and the same, but psychosis marked by delusions or a break with reality may result from this mental illness. Researchers haven't found a cause for psychosis yet, but they have come upon a solution. In a 2018 study published in *JAMA Psychiatry*, British scientists learned that cannabidiol can reverse psychosis and bring the brain back to its normal state.

The double-blind study, conducted on 33 participants with a high psychosis risk who had not taken antipsychotic medication, brings great hope for the 21 million schizophrenia sufferers who may be seeking natural treatment. An active and nonaddictive cannabis compound, cannabidiol has extensive scientific backing as a medical therapy. Taking a single 600 mg dose of CBD a day, the researchers found, can rapidly reset

psychotic brain activity.

When the essential mineral lithium is supplemented using an organic carrier to expedite its delivery to blood cells in the brain, there's also large potential for chemical imbalances to be corrected. In cases of mental illness, tremendous changes may occur. Taking the mineral lithium can significantly increase the brain's volume in as little as four weeks. The lithium drug is frequently used to treat bipolar disorder, but a lithium orotate supplement can balance mood as a safe alternative to chemical antidepressants.

## Autism, depression, and insomnia respond to daily CBD

CBD is already being used to manage or relieve the day-to-day symptoms of depression. Highly concentrated CBD can also ease insomnia and deepen sleep. Daily CBD use even plays a role in addiction recovery, managing anxiety, stress, and impulsivity that can lead to relapse. And, up to 80 percent of children with autism saw improvements when using CBD instead of prescribed drug treatment.

The most effective mental health management requires a guaranteed concentration in a daily dose of CBD. And yet, according to a 2017 *Journal of*

*the Medical Association* study, nearly 70 percent of online CBD supplements are labelled inaccurately.

It's still possible to achieve a therapeutic dose with a guaranteed level of CBD. The reliability of the dose depends on the amount extracted. Choosing gold-level CBD with guaranteed cannabinoid levels, processed for potency and purity, can protect against mislabelling and the potential contaminants found in most online CBD.

## Recommended Products

**CANNA30 CBD OIL**  
30 percent guaranteed CBD. 10.6 mg of CBD per drop; about 400 drops per product.



**LITHIUM BALANCE™**  
The trace mineral organic lithium, paired with organic orotate, creates a safe potential mood stabiliser and possible healthy alternative to medication.



## Sources

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)





## Supplement this instead

Here's another problem: Ample CoQ10 levels are needed to maintain heart health (and greatly reduce the risk of cardiovascular mortality, as confirmed by a *PLoS One* study conducted in 2015). So, taking statins purported to protect the heart by lowering cholesterol while

This is also why many people end up with muscle aches and weakness while taking statins. A *Journal of Clinical Pharmacology* study conducted 25 years ago showed statins decrease serum CoQ10 levels up to 40 percent. Other drugs that can reduce levels of CoQ10 include beta-blockers, antidepressants, diuretics, anti-diabetic medications, and psychotherapeutic drugs. Thankfully, there's a solution: Those already taking statins or with a history of statin use can stay proactive. Monitoring early signs of coenzyme deficiency could catch dangerous dips in production.

**Common symptoms of CoQ10 deficiency are often signs the body is asking for help:**

- By age 20, a time when many people don't think about taking a protective antioxidant supplement, heart-healthy coenzyme levels may be on the decline. A drop in CoQ10 becomes serious enough to impair organ function when levels in the body fall by just 25 percent. CoQ10 levels that decrease by 75 percent could cause irreparable tissue damage or death.

Coenzyme Q10 plays such an important role in the essential function of the human body that in 2018, Spanish researchers associated a coQ10 deficiency with multiple chronic age-related conditions and diseases.



## *Supplement CoQ10 and see 8 big benefits*

**CoQ10's antioxidant action has been found to help:**

- 1. Beat premature ageing and disease.** CoQ10 generates energy in its oxidised form, called ubiquinone, and it also produces ubiquinol, its reduced form, which acts as a powerful antioxidant. Ubiquinol scavenges free radicals, helping to protect proteins, low-density lipoprotein (LDL -- a cholesterol transporter), and DNA from oxidative damage.
- 2. Combat lipid peroxidation.** CoQ10 stops the damage of LDL that contributes to the development of atherosclerosis. Australian researchers discovered twenty years ago that 100mg of CoQ10 significantly increases LDL-ubiquinol concentration, thus potentially inhibiting LDL oxidation.
- 3. Help reverse type 2 diabetes.** Researchers from the University of Western Australia also found in 2002 that a dose of 100mg of CoQ10 twice daily supported balanced blood pressure and long-term glycaemic control.
- 4. Improve blood pressure.** In earlier studies, University of Florence Medical School researchers learned that when patients with essential hypertension were given 50mg of CoQ10 twice daily for 10 weeks, they experienced a significant decrease in peripheral resistance and blood pressure.

- 5. Keep the heart healthy.** The body relies on a daily dose of CoQ10 to strengthen the heart, and as we know, cholesterol- and CoQ10-lowering statins have a counterintuitive effect. As studies suggest, taking at least 100mg of CoQ10 a day while taking statins is important. Finnish researchers also noted in 2013 that supplementing with CoQ10 may reduce the visible side effects of chronic statin use, like weakness, muscle pain, and fatigue.
- 6. Maintain physical function.** Likewise, CoQ10 has proven to be a powerful supplement to help veterans suffering from muscle pain, fatigue, digestive troubles, and decreased cognitive function. Eighty percent of veterans who took coenzyme Q10 to treat Gulf War illness, thought to be caused by chemical exposure, improved physical function with only 100 mg per day.
- 7. Regulate energy production.** Found in the mitochondria of the body's cells, CoQ10 helps to generate adenosine triphosphate (ATP), the body's energy currency.
- 8. Support vital organs.** CoQ10 is found in high concentrations in the heart, liver, kidneys, and pancreas -- all of which are the organs with the highest energy needs.

### *When a doctor prescribes statins, take this first*

Since statins deplete CoQ10 levels by up to 40 percent, even a seemingly minor 25-percent decrease can be devastating. Statins can also inhibit CoQ10 absorption through the diet -- though eating

rainbow trout, grass-fed beef, free-range chicken, sardines, pistachios, broccoli, and strawberries can help. With eight times better absorption than other forms of CoQ10, Kaneka Ubiquinol™ supports a healthy diet and can be taken daily. This reduced antioxidant form of CoQ10 is synthesised for the highest purity through a bacterial fermentation process by Japanese scientists, and its daily use can fuel heart muscle energy.

And, Kaneka Ubiquinol™ offers the potential for more heart protection with prolonged statin use, proven both safe and bioavailable at doses up to 300 mg a day.

Even with 50 years of research to back it, there still remains a powerful resistance to Coenzyme Q10 by much of the medical community and, of course, drug companies. But if one thing is clear from reading, it's vital for anyone taking a statin drug to protect against heart failure by supplementing CoQ10 daily.

### *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](http://www.NaturallyHealthyNews.com)

# *What optometrists wish every patient knew about eye disease*

*Because blindness isn't inevitable: 3 nutrients strengthen sight naturally*

**O**ur sight is something we can take for granted. But neglecting our eyes can cost us years of healthy vision.

Poor nutrition from the Western diet, little information on eye health, and a lack of education from medical professionals are making eye disease an emerging problem in many developed countries. In industrialised nations, age-related macular degeneration (AMD) is now the number one cause of visual impairment that can lead to blindness.

## ***3 nutrients offer a deeper look into eye disease***

**Three potent nutrients can preserve vision and even reverse some cases of sight loss completely:**

**1. Lutein.** Two types of antioxidants, lutein and zeaxanthin, are carotenoids that can protect eye health and, more importantly, lower the risk of developing AMD.

### **AMD can develop as the wet or dry form of the condition:**

- Dry AMD is most common and progresses slowly, eventually causing up to a 95-percent loss of central vision.
- Wet AMD is less common but can result in more rapid vision loss.

Dry AMD can be easier to halt and reverse, depending on severity, with the right nutrition and lifestyle changes. Wet AMD can be harder to stop to achieve full recovery, but with dedication to daily nutrition, long-term damage can be minimised with hope for full or partial reversal.

**To prevent or stop eye disease, it's essential to eat these "super" vegetables high in lutein several times a day:**

- **Kale** - 21,900 mcg
- **Collard greens** - 16,300 mcg
- **Spinach, cooked** - 12,600 mcg
- **Spinach, raw** - 10,200 mcg
- **Mustard greens** - 9,900 mcg
- **Okra** - 6,800 mcg
- **Red pepper** - 6,800 mcg
- **Romaine lettuce** - 5,700 mcg
- **Endive** - 4,000 mcg
- **Cooked broccoli** - 1,800 mcg
- **Green peas** - 1,700 mcg
- **Pumpkin** - 1,500 mcg
- **Brussel sprouts** - 1,300 mcg
- **Summer squash** - 1,200 mcg

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. And, according to a 2012 Finnish study, increasing levels of lutein and zeaxanthin may reduce the risk of cataract formation by 40 percent.

**2. Zeaxanthin.** Zeaxanthin is the second standout carotenoid that can preserve eye health and reduce the risk of AMD. Increasing levels of zeaxanthin in the diet also involves eating more lutein-rich “super” veggies. Lutein and zeaxanthin are found in many of the same foods, like kale, spinach, swiss chard, mustard greens, turnip greens, collards, summer squash, and Brussels sprouts. These carotenoids can also be found in orange sweet peppers, corn, tangerines, oranges, and eggs.

Zeaxanthin levels in food are commonly bundled with lutein, but zeaxanthin is much harder to glean from the average diet. We may get only 10 percent of the lutein and zeaxanthin we need from food, falling far short of the 10 mg of lutein and 2 mg of zeaxanthin required to protect the eyes each day.

**3. Taurine.** 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.

The amino acid taurine is produced by the body through the synthesis of two other amino acids: methionine and cysteine. Our body normally manufactures taurine rather than obtaining it from our diet, although good dietary sources include eggs, raw

dairy products, fish, and red meat. Taurine is found in very high concentrations in the retina but declines significantly with age.

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 low in taurine was associated with retinal degeneration in cats.

A deficiency can also lead to retinal problems, like retinal ganglion cell degeneration and retinal dysfunction, in children.

## How to beat blindness and AMD

Where we can’t get enough eye-protective nutrients from food, The Age-Related Eye Disease Studies, conducted in 2001 and 2013, note that taking certain supplements daily can support vision and reduce the risk of developing AMD.

**This may be why more optometrists are talking to patients about their daily nutrients:**

- **Taking liposomal lutein and zeaxanthin** gives our body large amounts of nutrients that we can absorb and use. Liposomal carotenoids mimic our body’s natural liposomal delivery system and can stay in the bloodstream for longer.
- **Taking taurine** as an oral spray may offer better protection than the typical capsule delivery system, with faster absorption that directly reaches the bloodstream.

Like its delivery system, the supplement source also matters when it comes to

absorbability. FloraGLO® Lutein has been used in most relevant clinical research and is the type of lutein tested in the AREDS2 study, shown to protect against AMD. OPTISHARP® Zeaxanthin is free form zeaxanthin, the only form that can be absorbed directly into the bloodstream. As a 2017 Frost & Sullivan study showed, supplementing just 2 mg of OPTISHARP® Zeaxanthin with 10 mg of FloraGLO® Lutein a day could save €6.20 billion (\$7.33 billion) in EU healthcare costs by protecting against advanced AMD.

## 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.**



### 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.**



### IMPROVING EYE DISEASE IN 30 DAYS

**Download for FREE at Naturally Healthy News [www.naturallyhealthynews.com/health-books/](http://www.naturallyhealthynews.com/health-books/)**



## Sources

*All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)*



# Really Healthy™ recipes

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

## QUICK AND DELICIOUS VEGAN BREAKFAST CEREAL

*This simple yet delicious cereal blend follows the Vegan Ketogenic diet and can fuel you with energy for your day.*

**Prep: 5 mins**

**Serves: 2**

### INGREDIENTS

- 1 tbsp. coconut flakes
- 2 tbsp. chia seeds
- 2 tbsp. hemp seeds
- 1 ½ handful of chopped fruit, such as strawberries or raspberries
- 14g pecan halves
- ½ tbsp. maple syrup or vanilla
- ½ cup coconut milk

### DIRECTIONS

1. Add all the ingredients, except the coconut milk, into a serving bowl and mix well.
2. Pour the coconut milk over the mixture and stir.
3. Serve and enjoy.

## FLAX CRUNCH CEREAL

*Start your day strong with this keto-friendly option. Pair with almond or coconut milk for a yummy breakfast cereal.*

**Serves: 1**

**Prep: 5 mins/Cook: 30 mins**

### INGREDIENTS

- ½ cup/110g milled flax seed
- ½ cup/110g hemp seeds
- 2 tbsp. ground cinnamon
- 1 tbsp. coconut oil
- ½ cup/120g apple juice (Optional but will make the recipe non-keto)

### DIRECTIONS

1. Preheat the oven to 300° F / 150° C.
2. Combine all of the dry ingredients into a blender or food processor. Add the apple juice and coconut oil and process until fully combined and mostly smooth.
3. Line a baking tray with parchment paper and spread the mixture out until thin - about 1/16 of an inch thick.
4. Bake in the oven for 15 minutes, then lower the heat to 250° F / 120° C and bake for another 10 minutes.
5. After, remove the tray from the oven and using a pizza cutter or knife, cut the mixture into squares about the size of the keys on your computer keyboard.
6. Turn off the oven and return the cereal back inside for about an hour or until it's crisp and breaks easily. If it's still soft, keep in the oven until completely dried out and crisp.
7. Serve with unsweetened almond or coconut milk!



## CASHEW YOGURT SUNDAE

**Prep: 5 mins / Serves: 1**

### INGREDIENTS

- 2/3 cup of low-carb vegan cashew yogurt
- 1 tbsp. hemp seeds
- 1 tbsp. flax and chia blend
- 1/4 cup frozen berries

### DIRECTIONS

Mix all of the ingredients together in a bowl. Serve.



NEW!  
IMPROVED FORMULA

# TAKE A DEEP BREATH AND GET BETTER

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

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

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

NOW with  
DOUBLE  
SERRAPEPTASE  
per capsule!



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

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





# *What really happens to our guts when we take antibiotics?*

## *It isn't good.*

**G**ood health requires us to go back to basics, and our most basic foundation of recovery starts in our gut. But what happens when guts are already damaged? New research shows that, when taking antibiotics, it may be too late. Choosing the right probiotic to repair this intrinsic damage gives us the best shot at survival.

### ***Antibiotics permanently kill 9 types of good gut bacteria in 4 days***

In 2018, international researchers from Germany, China, and Denmark learned that the common course of antibiotics affects

healthy guts much more than we realise.

The environment of our digestive system dictates the quality of our overall health. Simply put – if we have a recurrent health issue or even a major health problem, it can be traced back to the quality of our digestion. If the gut is outnumbered by harmful bacteria, it throws our health off balance. Harmful bacteria can infiltrate the body to cause multiple corresponding symptoms and, eventually, a massive breakdown.

When 12 young, healthy men in the study took three antibiotics for just four days, it destroyed gut bacteria almost completely. Most good gut bacteria were able to

bounce back within six months. But nine common and beneficial bacterial strains didn't make it. New, unhealthy gut bacteria had moved in too.

The researchers concluded that while our overall gut bacteria may be resilient, a so-called "healthy" level of antibiotic exposure can compromise our gut diversity. Antibiotics can help in cases of emergency but, when over-prescribed, can have long-lasting consequences.

Taking non-steroidal anti-inflammatory drugs can also destroy friendly intestinal flora. NSAIDs may damage the gut lining enough to induce gluten sensitivity. Chlorine in drinking water can further harm



Over 100 trillion bacteria from 1,000 different species can be found in our digestive tract. These bugs have a very specific purpose: to help digest, absorb, and produce B vitamins and enzymes that support the health of the whole body.

There are more bacteria than there are human cells in the body, which means that, for better or worse, our bacteria are running the show. Supply our guts with a daily dose of healthy bacteria, and research provides countless examples where we can see our health improve. Neglect the gut – or even worse, damage it with antibiotics -- and pathogenic bacteria may start to multiply. Symptoms of chronic illness and disease, including heart failure, are sure to follow. Our culture has been inundated with the cleanliness and sanitation message for decades. Evidenced by our antibiotic over-use, we've been told bacteria are bad, and hygiene is good. Both friendly and unfriendly bugs in the body aren't visible to the naked eye. Yet a community of good bacteria diverse enough to overpower the bad is vital to the health of every bodily system.

When gut diversity is compromised, getting more probiotic bacteria naturally adapted to survive the harsh environment of the human digestive system can turn things around.

It makes sense that many of us would start by looking for gut support in yogurt. But pasteurisation at high temperatures can destroy bacteria found in milk, wiping out the good with the bad. To fix this, some manufacturers add probiotic strains after heat treatment. Commercial probiotic yoghurts are also high in sugar, further compromising gut health by feeding pathogenic bacteria.

Soil-based organisms, scientists say, offer a simpler and more effective solution. Soil-based probiotics from the earth are teeming with robust bacteria and have impressive clinical backing. Unlike supermarket tablets and commercial dairy, soil-based organisms, or SBOs, have at least 22 proven benefits. These good bugs can restore

gut flora, strengthen the immune system, reduce toxic waste build-up, relieve chronic digestive symptoms, prevent harmful bacteria growth, and even communicate with our cells to regulate metabolism.

## Get gut health from the garden

Compared to a yoghurt probiotic, the capsule delivery of live bacteria into the gut is much more reliable. This is what our guts are looking for – good bacteria that can go the distance and undo most, if not all, of the damage that has been done.

Losing nine strains of good gut bacteria after a round of antibiotics may not sound like a lot, but this loss speaks to the diversity of our gut for a lifetime. More than one course of antibiotics means more lasting damage. Supplying our guts with soil-based, friendly bacteria found in fertile soil can contribute to a higher rate of gut diversity -- the same diversity we'd find in the guts of our ancestors who spent time digging in the dirt and tending to farm animals.

Growing up on a farm can make children healthier, yielding a multitude of gut-boosting benefits. These soil microbes are so important to our guts that a 2017 *Frontiers in Microbiology* study called a loss of soil and corresponding gut diversity a potential public health threat.

digestive health and may increase risk of rectal and bladder cancers. And foods like meat, chicken, and dairy products loaded full of antibiotics can wipe out or alter good gut bacteria.

When we don't have friendly bugs on our side, we're vulnerable to widespread damage. Supporting digestion leads to optimal health, and this can look like better nutrition, weight loss, lower cholesterol, higher immunity, healthier skin, fewer digestive issues, and even cancer protection.

## Why more scientists say 'soil-based'

## Recommended Products

### PRESCRIPTBIOTICS™

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



## Sources

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)



# *Get vitamin C from the source*

Only a high dose of this vitamin can kill cancer cells completely

**W**hen we're suffering from the common cold or a more serious infection, vitamin C can hold the key to our health. Vitamin C is considered by many in the medical community as the foundation of immunity – supported by countless studies.

## ***6 scientific reasons to get more daily vitamin C***

Upping levels of vitamin C can have an almost-immediate effect on our health.

### **Research supports that vitamin C can:**

1. Boost energy.
2. Improve mood and alertness.

3. Prevent infection.
4. Strengthen the immune system.
5. Support wound, fracture, and scar-healing.
6. Ward off the common cold/flu.

Studies make powerful claims that support the efficacy of vitamin C. The National Library of Medicine contains thousands of studies that endorse vitamin C's ability to improve health. Vitamin C is a potent yet often underestimated nutrient that we simply can't live without.

### **Steer clear of synthetics**

Taking vitamin C as a supplement could dramatically improve our health, but it's vital to choose the right product. Up to 95 percent of over-the-counter vitamin C supplements are manufactured by

drug companies and made with synthetic ingredients. This synthetic vitamin C is unnatural, hard on our system, and, most likely, a waste of money.

But there's a 100-percent natural vitamin C supplement that's safer than a synthetic. Liposomal vitamin C is a supplement formulated with the same liposome delivery system -- a.k.a., tiny fat bubbles – used by our bodies. Liposomal vitamin C can quickly reach the bloodstream and can deliver a higher amount of vitamin C.

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 the absorption of our nutrients.

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.

### To summarize:

- Encapsulating vitamins using the same delivery process found in our bodies helps to protect these vital nutrients.
- Protected nutrients can get where they're going faster, without losing their potency along the way.

Liposomal technology is relatively new in the world of powders and tablets, but liposomes are the preferred choice by far. Scientists have been developing this expedited technology over the past 50 years, since liposomes were first discovered by Alec Bangham, British haematologist, in 1961.

Now, "smart" dosing has gone mainstream. Two decades ago, liposomal drug delivery was introduced to the medical community and pharmaceutical industry for the first time. This was when 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."

### Feel the difference

Liposomal vitamin C is easier for our bodies to absorb.

#### It also:

- Allows all of the vitamin to effectively reach the bloodstream, without any reported side effects linked to high doses of tablet or powdered vitamin C.
- Helps our bodies readily recognise the supplement ingredients as a natural form of delivery.
- Is so easily processed that, if held in the mouth for full absorption, can reach the bloodstream faster than any other formulation apart from IV vitamin C.

Compared to a synthetic vitamin without an active delivery system, liposomal vitamin C has higher bioavailability and absorption. A 2016 *Integrative Medicine* study supported the use of liposomal nutrients over other supplement types because they're non-invasive, easier to swallow, adjustable by dose for children, less likely to be contaminated, more likely to survive the harsh G.I. tract, and more equipped to increase intracellular delivery.

And, liposomal vitamin C is more cost-effective: Taking a lower dose can achieve the same effect to save money.

What this means for our bodies is complete synergy in a vitamin C supplement. When we take 100-percent liposomal vitamin

C, we won't risk ingesting any synthetic substances produced by a drug company. Over the long-term, liposomal vitamin C supports the health of the entire body through its unparalleled absorption. Feeling confident that we're getting enough vitamin C in our daily dose is important. In some cases, it can be life-saving. As American researchers discovered in 2017, even the most virulent cancer cells have a weak spot. This weakness makes cancer open to attack. Researchers observed that tumour cells with low catalase enzyme levels are more susceptible to damage -- and especially vulnerable to death when exposed to a high dose of vitamin C.

### Recommended Products

#### CUREC™ 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.**



#### CAMU CAMU - VITAMIN C

**100% natural vitamin C containing whole-food bioflavonoids, anthocyanins and other essential co-factors. Camu Camu contains 2700mg of Vitamin C per 100 grams of fruit.**



### Sources

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)





# ARE WE ON FIRE?

## Serrapeptase spells relief

**I**n October of 2013, American researchers from the Yale School of Medicine made a major discovery. There's one factor to blame behind most, if not all, of our chronic diseases, including Alzheimer's, arthritis, gout, and diabetes. And, it's something we experience daily.

The scientist learned that Nlrp3 inflammasome, an immune sensor, triggers the kind of damage inflammation that causes the body to break down slowly. Within months or years, this damage may appear as bone loss, frailty, insulin-resistance, and cognitive decline associated with ageing.

More of the ageing population are

getting sick, and now researchers know why. Ageing causes healthy cells in the body to change, and this can change the immune system. Once our immune system starts generating chronic, low-grade inflammation, our risk for disease multiplies.

Yale scientists noted that this was the first study to causally link inflammation to age-related decline. Then they posed a question: Is there a way to switch off this inflammatory trigger and slow the development of disease?

### **Serrapeptase versus NSAIDs: One anti-inflammatory works better**

NSAIDs are recommended by medical

professionals as a means to prevent disease, but many regular anti-inflammatory drug users are finding themselves worse off than they started.

### **Here's what we know about using NSAIDs to reduce inflammation:**

- Over-the-counter and prescription NSAIDs come with their share of side effects.
- Prescription NSAIDs carry a warning that medications can increase the risk of stomach bleeding, heart attack, and stroke.
- Over-the-counter NSAIDs can't be used for more than 10 days without the care of a doctor.
- Minimising the symptoms of inflammation without treating the root cause will only allow disease to continue.

Even the popular NSAID aspirin, when taken by those without a history of heart disease, still can't decrease the risk of dying from either CVD (cardiovascular disease) or cancer. This common preventative measure that 30 percent of adults self-report taking may provide little to no benefit for hardening of the arteries, University of Florida researchers said in 2017.

Serrapeptase is also anti-inflammatory, but unlike NSAIDs, it's both effective and side-effect-free. Doctors in Europe and Asia have been prescribing this natural, anti-inflammatory enzyme for over 40 years. Researchers have also begun investigating anti-inflammatory enzymes' ability to overcome the limitations of NSAIDs and provide a safer medical alternative within the last decade.

### **Here's what we know about serrapeptase's ability to calm high levels of inflammation:**

- Serrapeptase is natural and not a chemical drug.
- Originally found in the intestine of the silkworm, serrapeptase is now fermented

- in a laboratory using plant material.
- Serrapeptase digests certain proteins, clears pain-inducing amines, and attacks only dead tissue.
- Serrapeptase can digest inflammation, blood clots, cysts, scar tissue, and arterial plaque.
- Once isolated and transferred into capsule form, scientists discovered that the serrapeptase enzyme can work more effectively than other proteolytic enzymes.

More than 23 scientific studies back serrapeptase's transformative ability to elicit healing. Serrapeptase has long been used as an NSAID alternative to treat conditions like breast engorgement; acute and chronic ear, nose, and throat disorders; chronic airway disease; carpal tunnel syndrome; and postoperative swelling.

Recent serrapeptase research, published the same year as the Yale study, addressed the inflammatory link and gave hope for Alzheimer's recovery. In a 2013 *Human & Experimental Toxicology* study, researchers learned that a daily dose of serrapeptase and nattokinase, another fermented enzyme, administered for 45 days may significantly decrease the brain chemical activity associated with Alzheimer's disease. The two enzymes may also significantly increase the brain chemical activity that protects against Alzheimer's.

#### **Stop NSAIDs and start healing: 4 ways to take serrapeptase**

Unresolved inflammation contributes to the early stages of disease. It's our job to quench this inflammatory fire, otherwise known as chronic inflammation, before it becomes dangerous or deadly.

#### **There are at least four ways a daily dose of serrapeptase can clear inflammation and support healing:**

1. **Low-dose.** To remedy minor aches and pains, relieve lower levels of

inflammation, and maintain good health, a lower dose of serrapeptase at 80,000IU can be taken daily.

2. **High-dose.** A higher dose of serrapeptase at up to 250,000IU can be even more effective at internal cleaning, ideally used for serious health issues related to the heart, brain, gut, and lungs.
3. **Vitamin/antioxidant combination.** 80,000IU of serrapeptase taken with curcumin, ecklonia cava extract, and vitamin D3 can slow down damage and promote healthier ageing. Curcumin is another natural anti-inflammatory compound that helps stimulate glutathione, the body's most powerful antioxidant; ecklonia cava extract is an essential antioxidant derived from edible brown algae that may help balance cholesterol and blood pressure; and vitamin D3 strengthens our immune system and further protects us from infection.
4. **Enzyme/antioxidant combination.** Along with nattokinase, research shows serrapeptase helps modify characteristics of Alzheimer's disease. 80,000IU of serrapeptase taken with nattokinase, digestive enzymes, antioxidants, and grape seed extract and pycnogenol (both proanthocyanidins) can be powerful enough to reduce inflammation, support heart and lung health, and improve overall healing.

Genetic factors may increase our risk for disease, but serrapeptase can tip the odds in our favour. In October of 2018, another team of American researchers from Boston University School of Medicine discovered that, while not all ApoE4 gene carriers develop Alzheimer's disease, those with chronic inflammation have a dramatically higher risk. Without chronic inflammation, the researchers believed there would be no greater risk of Alzheimer's between ApoE4-gene holders and non-carriers.

### *Recommended Product*

#### **SERRAENZYME™ 250,000IU**

The world's strongest serrapeptase delivering 250,000IU serrapeptase per cap. Available in tablets and capsules for serious health support and in a delayed-release cap for optimum performance. 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™**

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



#### **BLOCKBUSTER ALLCLEAR™**

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



### *Sources*

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)

# *A simple solution for chronic pain*

Are we getting enough of this missing mineral? Not even close

**L**ow back pain is still the leading cause of disability around the world. It affects an estimated 540 million people. Low back pain is not only common -- it's commonly mistreated. A new body of research suggests it's because one mineral is missing.

## **Drugs don't work when we're mineral-depleted**

With millions still suffering, evidently, back pain treatments aren't working. So, who is to blame?

Researchers point the finger at ineffective and potentially harmful tests and treatments that don't include preventative measures, keeping back pain sufferers locked in the cycle of pain. "We need to change the way we approach back pain treatment in the UK and help low and middle-income countries to avoid developing high-cost services of limited effectiveness," Professor Martin Underwood of the University of Warwick, UK, said in 2018.

Danish researchers issued another warning in 2017 that even over-the-counter painkillers -- like ibuprofen and diclofenac commonly used for chronic pain management -- may not be safe.

Pain medications considered "harmless" by most people are associated with a higher risk of cardiac arrest, the researchers concluded. Since these drugs can be bought without a prescription in many countries, they're thought to be safe. But in a study conducted on 28,947 patients over a span of 10 years, those who took a prescription NSAID within 30 days had up

to a 50-percent greater risk of heart attack. Diclofenac and ibuprofen raised heart attack risk by 50 percent and 31 percent, respectively. Based on these study results, researchers cautioned against using diclofenac altogether.

Now, after examining the evidence, nutritional scientists pose another question. Magnesium deficiency has been linked to an increased risk of arthritis, diabetes, heart disease, osteoporosis, and even depression. A lack of magnesium may also cause chronic idiopathic back pain -- back pain without an explanation. So, why aren't we getting enough?

## **Our Western magnesium crisis, explained**

The Nobel Laureate Dr. Linus Pauling was quoted as saying: "Every sickness, disease, and ailment is linked to a mineral deficiency or imbalance." Indeed, in the West, 80 percent of the population are said to be magnesium-deficient.

A chronic pain epidemic coupled with a growing magnesium crisis creates the perfect storm of disability and disease.

Symptoms of magnesium deficiency vary considerably and can include pain, muscle twitching, and leg cramps, as well as insomnia and fatigue. But when we correct years of mineral deficiency, most likely linked to our nutrient-poor food supply, studies show that magnesium can have the opposite effect of over-the-counter medicines. Magnesium, working as a natural muscle relaxant, can benefit the cardiovascular system. And for many, magnesium may solve the Western riddle of chronic pain.



A recent Canadian study offers answers to the questions of painkillers' safety posed by Danish researchers in 2017. The same year, Canadian researchers learned that high-dose magnesium was significantly better at managing chronic lower back pain compared to a placebo. And while magnesium's effect on migraines were mixed, the researchers strongly recommended magnesium for migraine prevention.

A 2000 *Journal of Pain and Symptom Management* study also explored magnesium as a safer alternative to highly addictive opioids like morphine -- because of the mineral's ability to block the NMDA receptor and address neuropathic pain. Not only was high-dose magnesium "safe and





well-tolerated” as an opioid alternative in the study, but 50 percent of the patients who took 500 mg of magnesium were completely relieved of their pain.

### The dose makes the medicine

The research is clear that we need more magnesium to address our hidden deficiency that has been years in the making. But it's getting enough magnesium that is the problem.

Really Healthy Foods like dried seaweed, avocados, pumpkin seeds, flaxseed, and Brazil nuts are essential to health and pain management, but these days, getting ample magnesium from food alone each day is nearly impossible. Magnesium in

food is easily destroyed by processing or cooking. Magnesium soil levels have also been drastically depleted over the years due to the use of chemical fertilisers and over-farming.

Then there are the magnesium tablets and powders that lose the majority of their mineral value in the digestive tract and can cause digestive issues. And unfortunately, the IV magnesium used in the previously mentioned studies just isn't feasible.

Unlike magnesium tablets, there are no side effects from using transdermal (through the skin) magnesium. A trial carried out by Dr. Norman Shealy and documented in his 2000 book, *Holy Water, Sacred Oil; The Fountain of Youth*, also

found that transdermal magnesium oil was able to increase magnesium levels to a rate that would have taken two years with tablets -- in just six weeks.

Taking magnesium with the organosulphur compound MSM can improve its absorbability. In addition to supporting magnesium, MSM provides its own health benefits. Sulphur is considered one of the most important nutrients in the body and can encourage glutathione production, the body's most powerful antioxidant. And, supplementing MSM just twice a day can compound magnesium's pain-relieving ability, improving mobility and reducing symptoms of pain.

Increasing magnesium levels through the skin alleviates chronic pain, and it can also help manage one of the most devastating side effects of a chronic pain condition. As American researchers learned in 2017, magnesium proved more effective at treating the symptoms of depression that plague over 350 million people around the world – better than costly and often dangerous prescription medicine.

### Recommended Products

**ANCIENT MINERALS  
MAGNESIUM OIL ULTRA**  
Ultra pure, concentrated  
genuine Zechstein magnesium  
chloride is blended with MSM  
for superior absorption.



### Sources

All references can be found at  
[www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)

# 2019: Is this the year you're going to get really healthy?



## *Find out why drug companies say good health is bad for business*

**F**our health and economic wealth and that of your family is at risk. We've switched our brains off and put our trust in politicians and their experts. In a nutshell, we've been too nice and trusting.

Here are just a few areas where we've turned off our brains and allowed politicians to let organisations rape our wealth and our health so they and their families can profit.

### **Drugstores/pharmacies avoid paying tax on the wealth from our purchases**

Businesses are moving their head office

(or the patent/copyright rights) into new companies so they can move the tax base to the country where they pay little or no tax.

#### **In the UK, we have two examples:**

1. **Holland & Barret (715 stores)** has pushed many small independent Health Stores out of business, probably helped by not paying tax on its profits in the UK. It has been owned by various dubious offshore organisations since 2010.
2. **Boots the Chemist (2,500 stores)** is the worst example. Over 10 years ago, it was bought out by a foreign billionaire (probably a friend of Jean-Claude Juncker, President of

the EU, who also helped Amazon to set up to pay the least tax). Boots received many tens of billions of pounds directly from the UK and the NHS over this period but avoids paying billions in tax on the profits. This company is the subject of many investigations for overcharging.

**What can you do?** While the corrupt (or simply stupid) politicians have made the operations of the above examples legal, you can vote with your feet and shop in UK-based stores. The alternative is to see these giants drive them out of business. Boots, the high-street pharmacy chain, charged the NHS £3,220 for pain-relieving mouthwash that can cost £93 simply because it could – legally, of course.

### **Big Pharma inflates prices, hides cures, and shields drug profits**

Boots is nothing compared to the





Pharma Drug companies.

Not only does Big Pharma get the population to pay for their research by donating to charities, they're clever at making sure the massive profits from overpriced drugs are kept offshore.

The thing that will really bankrupt our countries, which also kills millions of people every year in its pursuit of monopoly and profits, is BIG PHARMA (a.k.a. the Medical Mafia). The people who run these organisations collude with charities, medical organisations, and universities to create the greatest crime against humanity. Again, it's all with the help of corrupt (or stupid) politicians.

### This is how it's done:

1. **They create a monopoly.** These organisations persuade those in power that they are scientific and that only

they can safely deliver healthcare. They then terrorise the populations to ignore any other science and to consume their drugs. When they do get caught -- as Big Pharma has been fined billions for committing scientific fraud many times over -- they seem happy to pay what amounts to a drop in the bucket to maintain their hold.

2. **They bury the dead.** These organisations fake science and pretend they're looking for cures, when they're simply not telling the truth. There have been one or two cures for diseases that slipped through, such as Hepatitis C. What happened next proves my point.

A recent panic report by no less than the infamous Goldman Sachs, Merchant Bankers declared that, *"Drug companies would stop being profitable if their drugs actually cured people — because they would lose their market. In fact, curing people is 'an unsustainable business model.'"*

In a report entitled, "The Genome Revolution," they wrote: *"The potential to deliver 'one shot cures' is one of the most attractive aspects of gene therapy, genetically-engineered cell therapy, and gene editing. However, such treatments offer a very different outlook with regard to recurring revenue versus chronic therapies. While this proposition carries tremendous value for patients and society, it could represent a challenge for genome medicine developers looking for sustained cash flow."*

### GET HEALTHY NOW!

Get on the healthiest diet of all, a Keto Food Plan. Even Alzheimer's can be reversed, as shown in studies. Cancer, lung disease, heart disease, stroke, diabetes, and infections are the main causes of death -- not old age.

**The cause is diet and lifestyle, and so is the cure. Remember:**

1. **Food is making us sick.** Sugars, carbs, and factory farming are destroying the environment and making us sick and prematurely aged. The worst thing is that it's making our children infertile. Try for organic, natural keto foods whenever possible.
2. **Stop listening to doctors, governments, and government agencies about food and vitamin/mineral RDAs.** These numbers are faked to reflect the factory-farmed foods.
3. **Stop eating as many animal products.** It takes 50 times more of the planet's resources to produce meat and dairy compared to a plant diet. It's this that's causing the collapse of our planet's ecology.
4. **Keep working.** People who keep working live longer and are less of a burden on their families. I don't have a pension, but even if I did, I enjoy helping people too much to stop now.
5. **Lastly, protect yourself from Wi-Fi, microwaves, and especially the upcoming 5G.**

Need more information? Living your healthiest life is simple, and with the right support, it can also be easy. Read my free eBooks for detailed instructions.

Take good care,

*Robert Redfern*

P.S. I do all the above with my wife, and life is still great in my seventies.



# IT'S A DRUG, NOT A VITAMIN

Prenatals can't fix this folic acid 'fail'

**M**ore doctors are telling their patients to increase their folic acid, especially pregnant women who want to protect against developmental disabilities. But a drug is a synthetic substance, and so is folic acid. Should pregnant women be taking it?

## Synthetic folic acid builds up in the blood

Spina bifida is a painful and devastating neural tube defect that can affect the babies of mothers who don't have access to a healthy diet, and women need folic acid to correct deficiency.

The British Dietetic Association (BDA) tells us that folic acid (vitamin B9) is vital to everyone. Along with the help of vitamin B12, folic acid forms red blood cells. Low levels of folic acid can lead to anaemia and compromised nerve function.

Our bodies rely on folic acid as the very building block of good health, and serious problems occur when we don't get enough – or we can't use it.

As a stable form of vitamin B9, synthetic folic acid has been added to multivitamins and our processed foods to give pregnant women easy access to good nutrition. But in order for our unborn babies to benefit, our bodies have to absorb it. To become useable, folic acid must be effectively converted into active vitamin B9, also called 5-MTHF.

This doesn't happen automatically, and

to complicate matters further, several critical enzymes are involved in folic acid's conversion. Many of us also have genetic mutations that make MTHFR enzyme conversion into 5-MTHF even harder.

Without a full conversion, folic acid collects in the blood and may cause one or more dangerous side effects. Failing to metabolise folic acid means our bodies fail to use it. Even the RDA (Recommended Daily Allowance) of folic acid found in a prenatal vitamin can accumulate at as little as 400 µg a day.

### Too much folic acid in the blood may lead to:

- Decreased brain function.
- Growth of some cancers.
- Lower immunity.
- Undetected vitamin B12 deficiency.

Because of a genetic variation, synthetic folic acid can't be absorbed by an

estimated 25 percent of people. And if the folic acid that is absorbed doesn't cross the blood-brain barrier, then it's 100-percent useless.

### Birth and beyond: 4 more reasons to take natural folate and where to get it

Pregnant women may need folate most of all during the critical time of gestation, but active folate has another important role that all human life depends on. Folic acid forms DNA within every cell so that healthy cells can continue to replicate.

### Our bodies need folate in ample amounts to regulate DNA methylation and provide four more health benefits:

**1. Decrease symptoms of diabetes.** Low folate, we know, leads to methylation, or altered DNA function, and may be especially damaging to those with type 2 diabetes. Finnish researchers learned in





A vitamin B12 supplement can lengthen telomeres. Taking a daily B vitamin spray, rich in B12 and natural MTHFR, can protect DNA strands by keeping telomeres long and sturdy.

Even those with the highest absorption hurdle -- pregnant women with a weak MTHFR gene -- can protect against folate deficiency by eating spinach, broccoli, kale, cabbage, and nuts daily. But considering we still don't get enough folic acid from food (most likely from eating enriched, processed foods instead of leafy greens), an absorbent supplement provides a simple solution.

Taking Quatrefolic MTHFR, not to be confused with the synthetic drug folic acid, can cross the blood-brain barrier and gastric barrier, providing a higher folate uptake. A fourth-generation folate with greater stability and a higher absorption rate, Quatrefolic MTHFR may be especially beneficial before and during pregnancy. A 2018 Gnosis whitepaper found that couples with a history of recurrent miscarriages who took Quatrefolic MTHFR were able to conceive and carry a full-term pregnancy.

2015 that insufficient folate could cause epigenetic changes in the livers of type 2 diabetics and contribute to disease progression. Getting more absorbable folate could halt this liver-damaging methylation among diabetics to help control symptoms, reduce fatigue, and prevent further cellular damage.

**2. Manage mental health.** In just 16 weeks, folate's ability to regulate gene expression can begin to affect some of the most pressing forms of mental illness. A 2013 Massachusetts General Hospital study conducted on over 100 patients with schizophrenia in the U.S. found that taking folate and vitamin B12 along with prescribed antipsychotics helped improve social withdrawal, a lack of emotional expressiveness, and apathy. Core symptoms were better managed among patients with a higher functioning folate-metabolising gene. Active folate, then, could be used for greater mental health

benefits, regardless of gene variants.

### 3. Reduce harmful homocysteine.

Homocysteine is a toxic amino acid formed when other amino acids are broken down in the blood through normal body processes. High levels of homocysteine are a confirmed risk factor for cancer. High levels of folate have been linked to a reduced risk of colorectal cancer, while folate's ability to lower homocysteine may lower the risk of exfoliation glaucoma, a leading cause of visual impairment and blindness. Using folate to control homocysteine may also reduce risk of heart and vessel disease, considered even more dangerous to the heart than high cholesterol.

**4. "Turn on" longevity.** A lack of folate leads to a damaged telomere cap that leaves chromosomal materials vulnerable to ageing and disease, a 2009 *Journal of Nutritional Biochemistry* study reported.

## 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.



### B4HEALTH SUBLINGUAL SPRAY

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



## Sources

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)

# NATURALLY HEALTHY PUBLICATIONS BOOKS

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

**Download eBooks here:** visit [www.NaturallyHealthyNews.com](http://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-Ageing Secret

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



## • Improving Arthritis in 30 Days

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



## • Improving Stroke in 30 Days

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



## • Improving Eye Disease in 30 Days

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



## • Solving Diabetes Type 2 in 27 Days

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







# The Ancient Spice in the News

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

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

**NOTE:**  
NOT ALL  
CURCUMIN IS  
THE SAME

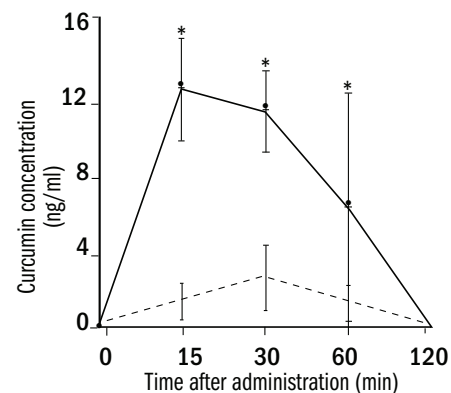


Figure 1. Plasma curcumin levels after dosing with Meriva (solid line) compared to unbound curcumin (broken line)

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

# 6 WAYS CURCUMIN DOES IT BETTER

Kill cancer, clear acne, cool joint pain, & more

**C**hronic brain inflammation has recently been identified as the cause of Alzheimer's disease, and it also leads to cancer. As simple as it sounds, the science says a nutritional remedy working: Using curcumin as an anti-inflammatory can put a stop to out-of-control inflammation and reduce our risk of disease.

## Nature's super-spice protects against 6 (or more) diseases

Curcumin is a powerful anti-inflammatory, but it's not just for inflammation. Curcumin also been shown to help prevent cartilage breakdown, with benefits for arthritis and dozens of other health conditions.

### Here are our top six:

#### 1. Curcumin and acne.

Acne is the most common form of skin disease. Acne is also pro-inflammatory, and curcumin is a known anti-inflammatory agent.

#### When combined:

- Curcumin and acne can lead to healthier skin and a non-inflammatory state.

- Curcumin has been shown to restrict the enzymes that facilitate the production of inflammatory substances in the body.

A 2016 review of 18 studies and 234 articles, published in *Phytotherapy Research*, found both oral and topical curcumin supplements to be potentially therapeutic for the skin.

#### 2. Curcumin and Alzheimer's.

A 2012 study conducted by scientists at the University of California found that vitamin D3 turns on certain genes and signals in cells that allow the immune system to clear away amyloid beta plaques. In experiments where vitamin D3 was incubated with macrophages isolated from the blood of people with Alzheimer's and healthy controls, D3 improved the white blood cells' ability to engulf the amyloid.

Working together, curcumin and vitamin D3 can ramp up immunity and induce the same activity.

#### 3. Curcumin and arthritis.

**Taking curcumin for arthritis works differently than taking NSAIDs to relieve joint pain and inflammation:**

- NSAIDs hinder the ability of the enzyme COX-2 to create inflammation. Along with that, the COX-1 enzyme is also inhibited. COX-1's job is to keep the lining of the digestive tract and blood vessels intact and safe. When this enzyme can't do its job, ulcers may occur, and blood vessels may leak.
- Curcumin for arthritis relieves pain and inflammation by working on the COX-2 enzymes too, but at the same time, it preserves healthy levels of COX-1 enzymes.

NSAIDs were reduced by over 60 percent when people suffering from osteoarthritis of the knee were given curcumin. An unexpected side effect? C-reactive protein (CRP), a marker for inflammation and cardiovascular health, was dramatically reduced -- by 16-fold.

#### 4. Curcumin and cancer.

A unique quality that sets apart curcumin's anti-cancer properties from most other supplement's anti-cancer effects is curcumin's ability to keep chemicals from entering cells. More important is curcumin's ability to counteract the pesticides that mimic oestrogen. These pesticides include DDT and dioxin, two of the deadliest toxins known to man.





Just like oestrogen, oestrogen-mimicking chemicals encourage the growth of breast cancer. When studying human breast cancer cells 20 years ago, American researchers discovered curcumin reversed the cancer growth caused by 17 $\beta$ -estradiol (oestrogen hormone replacement) by 98 percent. Curcumin also blocked DDT's stimulating effects on breast cancer by about 75 percent.

In 2012, another team of American scientists found that curcumin helps to slow the growth of tumours in prostate cancer patients. Curcumin "jams" receptors that enable the tumour to spread.

### 5. Curcumin and diabetes.

Curcumin helps lower blood sugar and cholesterol levels.

#### It may also manage the complications and symptoms of diabetes:

- When Chinese researchers gave curcumin to rats for 56 days, blood sugar levels decreased.
- The diabetic mice that took curcumin in the same study model had better beta cell function and also lived longer.

With such hopeful study outcomes for

diabetics, researchers said the blood-sugar-stabilising effects of curcumin need to be replicated in humans.

### 6. Curcumin and kids.

Brain tumours are the second most frequent malignant tumours in children and are associated with poor prognoses and outcomes when compared with other common paediatric cancers.

But in 2011, Sigrid Langhans, PhD, and her team evaluated curcumin as a potential therapeutic for medulloblastoma, a brain cancer that mostly targets children. The American researchers learned curcumin can kill human medulloblastoma cells cultured in a lab. They also found that curcumin reduces tumour growth and increases survival in models of medulloblastoma. Many times, brain tumour treatment fails because drugs can't cross the blood-brain barrier. Since curcumin can cross this barrier, it may soon be developed as a medulloblastoma therapy that comes without severe side effects for children.

### Fight disease 29-times faster

Many supplements contain only a small amount of curcumin, about 2 to 5 percent. Here, a problem arises. Curcumin can't be

absorbed without some help, rendering it useless in such small quantities.

But Meriva® Curcumin solves this problem with a patented phytosome technology, increasing its curcuminoid absorption rate approximately 29-times higher than unformulated curcuminoids in comparative human studies. This increase in absorption, and possibly a better plasma curcuminoid profile, means Meriva® may be more clinically potent at a much lower dose compared to other types of curcumin.

American scientists are still working on solving curcumin's absorption problem by creating a new metallocyclic complex that could treat cancer cells up to 100 times better. Until this medical technology becomes mainstream, we can protect our health and prevent disease by taking care in the curcumin we pick. A curcumin supplement with a 29-times higher absorption rate is not only easier to access than a new cancer treatment, it's more affordable too.

### 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.



### Sources

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)



# QUICK READ: LUNGS LOVE THIS MIRACLE ENZYME

Plus 3 more nutrients that reduce rates of lung disease

**O**ur lungs are as vital as they are vulnerable, and even thirdhand smoke, the toxic residue that clings to clothes and furniture, can increase lung cancer risk. Thankfully, there's a direct link between the health of the lungs and a healthy diet. Diet and targeted nutrients can work together to reduce the inflammatory response implicated in the development of lung disease.

## 4 missing nutrients breathe life

**The latest research shows that our lungs love — meaning, they respond to — a daily dose of nutrients:**

**1. Serrapeptase.** Users of this anti-inflammatory enzyme have seen near-miraculous results in supporting lung function. Serrapeptase comes from the intestine of the silkworm and helps break down scar tissue, mucus, and lung inflammation. All the while, healthy lung tissue is protected. An everyday example can be seen in how serrapeptase has effectively dissolved sputum in asthma patients, with potential benefits extending to sufferers of cystic fibrosis.

**2. Curcumin.** Considered one of the most

potent anti-inflammatory herbs on the market, this renowned compound helps clear inflammation and support lung tissue healing. When researchers fed mice a curcumin compound in a 2014 *PLOS ONE* study, they noted that the acute inflammatory reaction shut down completely. Curcumin is also a natural and safe antiproliferative, working similarly to the chemotherapy drug oxaliplatin. The healing power of curcumin comes at its highest concentration, with Meriva® curcumin phytosomes providing 20 to 45 times better bioavailability than an ordinary curcumin capsule.

**3. Ecklonia cava extract.** This super-antioxidant is a species of edible brown algae harvested from the coastal waters of Korea and China, and it's known to combat allergies. After discovering that Ecklonia cava extract had the ability to inhibit asthmatic reactions during a 2008 study carried out on mice, Korean researchers concluded that "EC extracts may prove useful as an adjuvant therapy for allergic airway reactions."

**4. Vitamin D.** Vitamin D is one of the most lung-protective nutrients available. In 2014, University of London researchers discovered that a vitamin D supplement can help to reduce flare-ups of COPD

by over 40 percent among patients with deficiency. Increasing vitamin D can help to preserve lung function in smokers and may predict lung cancer survival.

## Non-smokers have one thing in common

A 2014 *Journal of the American College of Nutrition* study found that, besides not smoking, non-smokers did something different. Compared to smokers, non-smokers had a higher intake of daily nutrients, typically eating more fruits and vegetables. Quitting smoking is important, but protective nutrients from diet and supplements can be potent enough to calm inflammation, even improving lung health in smokers.

## Recommended Products

### SERRANOL™

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



## Sources

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)

# ALL EYES ON IODINE

*Global iodine burden is worse than we thought  
-- 360m Europeans affected*

**H**ow important is iodine? Hebrew University of Jerusalem researchers shocked us in 2017 when they revealed that up to 85 percent of pregnant women and 62 percent of schoolchildren are deficient. While these numbers represent Israel's first national iodine survey, the first joint European database created to track iodine status in 2018, EUthyroid, confirmed the same: Almost all of us are at risk.

***360 million Europeans need more iodine:  
Where to get it***

**When plotting the first European map on iodine deficiency, EUthyroid found that:**

- Most people in Europe have a severe iodine depletion.
- Up to 360 million Europeans may suffer from Iodine Deficiency Disorders (IDD).
- Deficiency in iodine is the number one cause of preventable brain damage world-wide.
- The healthcare system is overburdened

by the cost of IDD treatment.

- More iodine monitoring is needed -- so far, fortified table salt, industrial salt, and cattle food have not helped.

Most researchers exploring the global iodine epidemic blame poor education and diet. "Caregivers should recommend adequate iodine intake during pregnancy and lactation," Dr. Jonathan Arbelle, lead researcher from Maccabi Healthcare Services in Israel, said.

Arbelle also noted that "a healthful diet is a foundation of a prosperous nation," and the public has a right to proper nutrition. But Israel, at least 27 European countries, and most of the world are still in lack.

While eating healthy, organic foods is always recommended, Spanish researchers discovered in 2013 that even our healthiest foods may not be as nourishing as we think. Milk from organic farms has lower concentrations of critical minerals like iodine, zinc, and selenium, compared to conventionally farmed dairy. Animals on organic farms need natural iodine just as much as children and pregnant women to

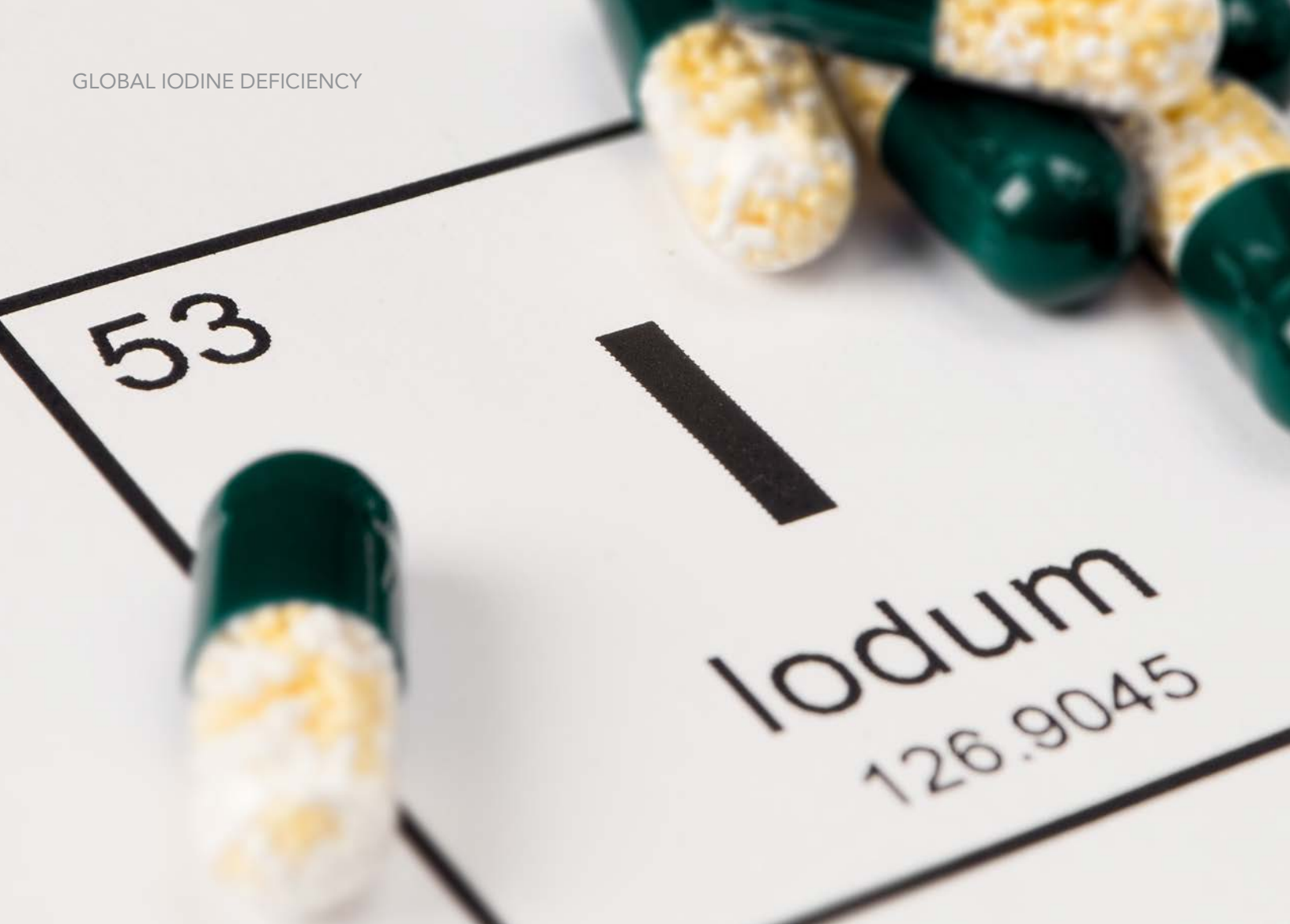
keep our diets healthy, the researchers said.

Hundreds of years ago, iodine deficiency wasn't a problem. This was before mass soil depletion took place. Modern farming has robbed our food supply of this critical mineral and antioxidant.

Nowadays, iodine can still be absorbed through the diet, in shellfish and fish. And because of fortified cereals and grains, many people are led to believe that iodine deficiency is a non-issue. But research paints a different picture. Actual iodine levels in packaged foods and dairy products fluctuate greatly, depending on the quality of soil and the quality of animal used to supply the food.

Sadly, our food supply isn't getting better with time -- and neither is our population's iodine deficiency. In 2017, a *British Journal of Nutrition* study found 47 different milk alternatives, including almond, coconut, rice, oat, soya, and hemp milk, to be virtually iodine-free. These alternative milk samples contained only about 2 percent of the iodine found in cow's milk, which is already lacking.

Like organic milk and milk alternatives, researchers found another skeleton in the closet of our fortified foods. When



American scientists, concerned about the alarmingly low iodine intake in the Western world, tested iodised table salt ten years ago, they were shocked at what they found. Fifty-three percent of iodised table salt samples had less iodine than the level recommended by the FDA.

Can we overcome this mineral depletion through diet? Possibly. Just 3 to 5 teaspoons of sea or rock salt meet our daily salt requirements, and unlike iodised salt, sea salt isn't toxic. But we'd have to eat roughly 2 cups of kelp or kombu seaweed a day to keep up with the body's demand for iodine. Eating iodine-rich foods is always beneficial but eating more than 2 cups of seaweed each day can be expensive, not to mention inconvenient, for most people.

### ***How to check for iodine deficiency and reduce the risk of IDD***

There's an easy way to tell if we're among the millions who are iodine deficient.

#### **Subtle, low levels of iodine can start to appear as:**

- Cold hands and feet
- Dry eyes
- Dry, itchy skin
- Exhaustion
- High cholesterol
- Indigestion caused by low stomach acid
- Muscle pain
- Ovarian cysts and polycystic ovarian disease
- Restless sleep
- Unexplained weight gain

#### **Unchecked iodine deficiency is much more dangerous. Without treatment, it can cause irreparable damage:**

- Autism -- Four-times greater risk

- Breast cancer
- Diabetes – 40-percent greater risk
- Foetal brain impairment
- Gastric cancer
- Heart disease
- Prostate cancer

Roughly 60 percent of our iodine can be found in the thyroid gland. Since the body can't produce iodine on its own, we must get it from outside sources. This is the simplest explanation as to why thyroid disorders and diseases are on the rise.

An all-too-common iodine deficiency, resulting in multiple iodine deficiency disorders, often starts before birth. Not getting enough iodine in utero 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.



## *If iodine is so essential for daily health, why aren't doctors prescribing it?*

this is not the case.

- Most of us are iodine deficient – up to 360 million people in Europe alone -- and we don't even know it.

This brings us to the most important question: What kind and how much daily iodine does the body need?

### ***Prevent brain damage, increase energy, and boost immunity with 1 drop a day***

Nascent iodine is the consumable, organic form of iodine that the body recognises immediately. Nascent iodine is in its atomic form, as opposed to its molecular form; the iodine atoms have an incomplete number of electrons so that they hold an electromagnetic charge.

We take this type of "charged" iodine, and the body cooperates. When consumed as a liquid supplement, nascent iodine is given the "OK" by the thyroid so it can be absorbed quickly. Because of its charged state, nascent iodine also creates a huge release of energy when diluted with water and consumed. These iodine atoms will gradually lose their energetic charge 2 to 3 hours after taking the supplement.

#### **Some of the primary benefits of taking nascent iodine include:**

- Aiding in detoxification.
- Improving energy levels.
- Maintaining normal thyroid and immune function.
- Preserving healthy metabolism.
- Protecting against IDD.

Now to the second part of the question: How much iodine do we need each day? To see maximum benefit, adults can take 1 to 3 drops of nascent iodine in half an

ounce of water, swished in the mouth for 30 seconds before swallowing, up to two times daily. Children over 12 can take half the standard adult dose of nascent iodine, at 1 to 3 drops, once per day. Children under 12 can take half of that dose again, at 1 to 2 drops, once per day. This is a lot easier than eating 2 cups of kelp or kombu seaweed.

There's one more thing to remember to help us get the most out of the iodine we take: Nascent iodine must always be consumed with a selenium supplement. Selenium, a co-factor mineral, activates iodine in the body.

Taking liquid iodine is enough to correct deficiency at as little as 1 drop a day. Atomic iodine keeps us off the slippery slope of IDD, and ionic selenium keeps our levels of iodine exposure safe.

### *Recommended Products*

#### **NASCENT IODINE**

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



#### **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](http://www.NaturallyHealthyNews.com)

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 mothers. If an iodine supplement is so essential for daily health and thyroid, endocrine, heart, metabolism, and immune function, why aren't doctors prescribing it?

#### **Iodine is also a misunderstood mineral:**

- Our bodies need more of this vital mineral than many medical professionals acknowledge.
- Patients are frequently told by their doctors that their thyroid produces all the iodine they need, when even the World Health Organization states that



# 18 SYMPTOMS OF LOW LIVER FUNCTION

## (AND 5 HABITS THAT LEAD TO DAMAGE)

**O**ne in 10 of us is going to experience liver problems. Liver neglect is common. Because our liver is a “forgotten organ,” we normally don’t notice its benefits until it’s too late.

### 18 sure signs the liver needs a tune-up

To understand just how hard the liver works, we can put it in perspective. While nearby organs stay relatively the same size throughout our day, the liver expands and shrinks by up to 40 percent in each 24-hour cycle.

Our elimination process works hard to get rid of toxins, but as the load increases, we grow sluggish and inefficient. Feeling literally weighed down and devoid of energy – while, again, common -- is the

body’s way of telling us our liver needs attention.

**Recognizing three or more of these symptoms means the liver needs some help:**

1. Acne, boils, rashes, or breakouts.
2. A constant itch that never goes away.
3. Dry, itchy, burning, or irritated skin.
4. Frustrated or having little patience.
5. Fuzzy or foggy vision.
6. Gallbladder flare-ups or issues.
7. Headaches.
8. Hot flashes.
9. Insomnia, restless, or rough sleep.
10. Irritability or stress.
11. Itchy, irritated, red, or dry eyes.
12. Muddled or muddy thinking.

*Just 1 soft drink a day increases risk of liver disease*

13. Nose, sinus, or chest congestion.
14. Overwhelming moods or emotions.
15. Poor concentration or focus.
16. Right shoulder stiffness, tightness, or soreness.
17. Using or craving alcohol.
18. Wound up and ready to explode.

The number one way our liver communicates with us is by altering our emotions.

A good example of this is in someone who abuses alcohol. Their liver may be so overloaded that they become stressed over the tiniest matter. Starchy carbohydrates, artificial dyes, preservatives, and chemical additives also cause the liver to “overheat,” and eating

these inflammatory foods frequently can make small problems seem overwhelming.

## *5 ways we damage our liver without trying*

**Improving liver health can be as easy as rethinking our everyday habits:**

**1. Carrying extra weight.** Obesity is the leading cause of liver disease in many Western countries. As extra fat accumulates around liver cells, it can cause swelling, hardening, and cirrhosis. And since our digestive system relies on the bile produced by the liver to break down fat, a sluggish liver can decrease bile flow to affect metabolism. Maintaining a healthy weight is vital to liver health at any age: American researchers found in 2018 that childhood weight gain and obesity can begin to compromise liver health and increase disease risk as early as age 8.

- Taking licorice root, a well-researched herb, can not only protect the liver, it could help manage obesity.

**2. One drink too many.** While it's only recommended to drink one alcoholic beverage a day for women and as many as two a day for men in a measured serving, the liver-injuring effects of an occasional indulgence could be reduced by eating nutritious foods and increasing good gut bacteria.

- Hyssop herb has been traditionally used to soothe digestive, liver, and gallbladder distress and can be particularly gut-healing.

**3. Popping pills.** The liver produces cholesterol every day to regulate hormones, brain function, and the arteries. Doctors may tell us cholesterol is a

disease, but the liver makes cholesterol because the body needs it. Calling cholesterol a disease and, even worse, taking cholesterol-lowering drugs like statins are utter contradictions. While all prescription and over-the-counter drugs place a toxic load on the liver, statins in particular have been linked to liver injury, acute liver failure, and death.

- Another liver-supporting plant, dandelion extract, works as a natural laxative to clear ingested toxins from the digestive system, easing constipation and regulating bowel movements.

**4. Sugar and soft drink addiction.** 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. Drinking even one sugary soft drink a day can also increase the risk of non-alcoholic fatty liver disease, unrelated to alcohol consumption.

- Ginger root is a known digestive stimulant that can be taken as a supplement and may also significantly improve liver damage.

**5. Unsafe herbs.** While many medicinal herbs can help the liver cleanse itself, some can hurt it. Chinese herbs, often mixed in tinctures, have been associated with liver injury and must be studied before taking. But a popular herb used in Traditional Chinese Medicine to regulate hormones and reproductive disorders has been proven both liver-protective and safe. Dong quai works as an antioxidant to support the liver's oxygen absorption and raise metabolism. It also helps balance glycogen production in the liver and the body's blood sugar levels.

- Supplementing dong quai may help to manage obesity, reduce risk of liver disease, and even inhibit the growth of malignant liver cancer.

It can't be emphasized enough that liver disease is largely related to lifestyle. Chronic liver inflammation has been linked to a Western diet high in trans fat and sugar.

To repair the damage done by lifestyle and diet, cleansing the liver need not be complicated. While a more in-depth cleanse may be needed for a chronic health condition, we can see major transformation in a few short weeks when we give our liver the daily support it's missing.

## *Recommended Products*

### **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.**



### **LIVER BALANCE**

**An original Chinese formula, Liver Balance Plus is a combination of digestible ingredients and herbal blends that can provide powerful support and maintain liver balance. This individually contributes 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](http://www.NaturallyHealthyNews.com)



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

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**VITAMINS B1, B2 & B5**



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**NOW WITH QUATREFOLIC, THE MOST ABSORBABLE FORM OF FOLIC ACID**

# Really Healthy™ recipes

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

## VEGAN SUSHI CAULIFLOWER RICE

*Simple vegan sushi that is healthy, nutritious, and low in calories.*

**Prep: 10 minutes**

**Cook: 5 minutes**

**Serves: 8**

### INGREDIENTS

4 sheets of nori  
1 batch of cauliflower rice  
1 red bell pepper, sliced thinly  
1 avocado, peeled and sliced  
About a quarter of a head of red cabbage, sliced thinly  
1-2 green onions, sliced thinly lengthwise  
Field greens  
¼ cup peanut butter  
1 - 2 tsp. agave nectar  
1 - 2 tsp. Bragg (for gluten-free or soy sauce)  
1 - 3 tsp. Sriracha, based on your hotness preference

1 - 3 tsp. chopped peanuts for topping

### DIRECTIONS

1. Place one nori sheet on a bamboo roller. Top about half of it with a thin layer of the cauliflower rice. Top this with thin slivers of the red bell pepper, avocado slices, red cabbage slivers, green onion slivers, and some of the field greens.
2. Use the bamboo roller to roll the nori, using your fingers to press down on the nori sheet as it rolls up. Roll it tightly to the end. Allow the roll to sit for a minute or two, seam-side down.
3. Make the dipping sauce by combining the peanut butter, agave, Bragg (or soy sauce), and sriracha. Stir to combine. Add 1 - 3 teaspoons of water to get to a nice dipping consistency. Sprinkle the top with chopped peanuts.
4. Slice the roll into 5 - 6 equally sized bites.
5. Serve the sushi bites with the sauce.

### Notes

This can be gluten-free if you use a gluten-free soy sauce like Bragg or Tamari. This can be raw if you choose not to cook the cauliflower rice and purchase raw nori.



## ZUCCHINI AVOCADO SOUP

*This light, healthy, and creamy zucchini avocado soup will keep you satisfied at lunch time.*

**Prep: 5 minutes**

**Cook: 15 minutes**

**Serves: 4**

### INGREDIENTS

2 tbsp. extra virgin olive oil  
1 small white onion, finely chopped  
1 clove garlic, minced  
2 medium zucchini (680 grams - 1½ pound), cut into cubes  
3½ cups (840 ml) vegetable stock - low sodium  
2 tbsp. thinly sliced mint leaves  
½ avocado, diced  
2 tbsp. fresh lemon juice  
Salt  
Freshly ground black pepper  
Toppings (optional): spiralized zucchini, croutons

### DIRECTIONS

1. In a large pan, heat the olive oil. Add the onion and garlic and sauté for about 5 minutes, stirring occasionally with a wooden spoon.
2. Add the zucchini and sauté for another 5 minutes or until soft and slightly browned.
3. Add the vegetable stock and bring to a boil.
4. Remove from heat and stir in the mint, avocado, salt, and pepper to taste.
5. Carefully blend the soup in batches until smooth using a blender, food processor, or an immersion blender.
6. Stir in the lemon juice before serving and garnish with spiralized zucchini or croutons.
7. It can be stored for up to three days in the fridge in an airtight container or in the freezer for up to one month.





# Take the ‘marathoner’s super-vitamin’ three times a day

*Longevity antioxidant takes on joints, muscles, hearts, and brains*

**W**hile all people carry the FOXO3 gene that naturally protects against ageing, only about one-third of us have the longevity variant. For those in the majority who are likely to age faster, there’s a powerful antioxidant that can flip the switch.

## *Astaxanthin ups anti-ageing activity by 90%*

Astaxanthin is a carotenoid found naturally in algae consumed by marine life. It gives lobster, shrimp, and salmon their red colour. Astaxanthin works by improving blood flow to muscles: for example, those in the eye like the

small blood vessels of the retina. Astaxanthin also has anti-inflammatory properties and can reduce computer eye fatigue by 54 percent when taking only 5 mg a day.

Benefits like improving circulation and calming inflammation are deeply rooted in astaxanthin’s anti-ageing properties. A 2008 *American Journal of Cardiology* study provided solid evidence that a daily astaxanthin supplement can inhibit the damaging effects of oxidative stress -- also called ageing -- that lead to heart disease, heart attack, and dementia.

But back to longevity. “By activating the FOXO3 gene common in all humans, we can make it act like the ‘longevity’ version. Through this research, we have shown that astaxanthin ‘activates’ the FOXO3 gene,”

Dr. Bradley Willcox, MD, Department of Geriatric Medicine, JABSOM, Professor and Director of Research and National Institutes of Health-funded Kuakini Hawaii Lifespan and Healthspan Studies Principal Investigator, said when researching the antioxidant in 2017.

**And compared to other antioxidants, astaxanthin performs better. Astaxanthin is stronger than:**

- **Beta-carotene:** 40 times more powerful.
- **Vitamin E:** 100 times more powerful.
- **Coenzyme Q10:** 800 times more powerful.
- **Vitamin C:** 6,000 times more powerful.

There’s a significant benefit to taking astaxanthin as a daily antioxidant. In fact, there’s a long list that’s growing. Astaxanthin can cross cell membranes and the blood-brain barrier, even infiltrating muscle tissue. Well-known carotenoids like beta-carotene and lycopene are not able

*In the preliminary animal study, Willcox observed that taking a higher dose of astaxanthin activates the “longevity gene” by nearly 90 percent.*





to bond to tissue in this way. As an anti-ageing activator, astaxanthin unlocks our body's healthiest potential.

#### Astaxanthin can:

- Boost exercise performance and muscle endurance.
- Decrease joint pain while increasing joint flexibility.
- Ensure optimal nervous system and brain function.
- Improve circulation and protect heart health.
- Reduce wrinkles, dryness, and other signs of UV damage.
- Slow the growth of cancer.
- Support healthy vision, minimizing eye strain, fatigue, and disease.

Carotenoids are used by plants and marine life as natural antioxidant buffers, neutralizing the oxidative damage that can come from the sun. For humans, astaxanthin's antioxidant activity can help to prevent and even reverse degenerative health conditions caused by oxidative stress. Since astaxanthin is a powerful enough antioxidant to penetrate the blood-brain barrier, it can reach as far as the brain.

#### Try this marathoner's trick and get well faster

Astaxanthin is so powerful, and so restorative, that even marathoners are

taking it. For quick repair, regeneration, and recovery, anyone can benefit from increasing their astaxanthin dose -- and receiving the same protection an elite athlete requires -- up to three times a day.

Astaxanthin can be taken safely and without side effects at up to 20 mg a day, turning on the longevity switch, revving up the repair process, and providing numerous cognitive and psychomotor benefits. Many studies on the age-related benefits of astaxanthin are conducted at a 12 mg dosage, which can be taken along with DHA to better boost brain and eye health three times daily.

Taking astaxanthin alongside the long-chain omega-3 fatty acid DHA appears to supercharge its ability. DHA, or docosahexaenoic acid, is essential to maintain healthy brain function, starting in infancy. Supplementing DHA can be especially powerful to combat the effects of age by protecting against beta-amyloid production to reduce risk of Alzheimer's disease; astaxanthin has been proven to uphold our brain and nervous system function.

With the exception of professional athletes, the goal for most of us when taking astaxanthin is to reach the 90-percent longevity threshold researchers are talking about. One way to do this is by increasing quality. AstaReal® Astaxanthin is the form of astaxanthin that has been most researched at the global level. And with more than 50 published human and animal studies, AstaReal® is also endorsed by world-class athletes and competitive exercisers.

Potent enough for the pros with a higher antioxidant load, AstaReal® astaxanthin also provides a long list of real-world

benefits. When used with DHA, AstaReal® astaxanthin can "turn off" chronic inflammation and "turn on" the body's repair process to enhance longevity and the health of the eyes, heart, muscles, joints, skin, and brain.

The latest AstaReal® research holds consistent. In 2018, Chinese researchers found that taking 12 mg of AstaReal® astaxanthin daily, along with 10 mg of vitamin E and 6 mg zinc, helped improve muscle strength, endurance, and mobility in the elderly.

An antioxidant that can buffer the incredible stress-load of marathon exercise can also be potent enough to zap stress in daily living, as Japanese researchers discovered in 2016. Over eight weeks, researchers learned that taking at least 12 mg of astaxanthin daily helped to better improve mental and physical fatigue, motivation, concentration, and mood compared to taking 20 mg of vitamin E.

#### Recommended Products

##### 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](http://www.NaturallyHealthyNews.com)



# *4 ways to look older and age faster*

*Our skin is the first 'tell.' Joints come next.*

**O**ur culture's obsessive interest in youth is a problem, and not for the reason we'd expect. It isn't wrong to want to preserve our quality and length of life. It's a natural human urge to live well, look good, and feel better. The problem lies in where we direct our youthful focus: Products, treatments, and surgeries that make up the anti-ageing market are only skin-deep.

## **Skin and joints sag when this is missing**

One of the earliest "tells" of age is in our skin. The skin is the largest organ in the body. It's exposed to sun and the elements day in and day out. The delicate, thin skin

around our eyes may be the first place to show signs of exhaustion, sun damage, and wrinkles. Crow's feet can cause us to look older than our age.

Collagen is the main protein in our connective tissue, and it's also the most abundant protein in mammals. Collagen is what makes our skin feel soft, springy, and smooth.

Collagen is also the organic protein-stuff that gives our organs shape — like our hearts — and fills our bones and joints. And, collagen is anti-inflammatory, evidenced by its ability to quench joint pain and skin irritation.

With more than 28 different types of

collagen in the body, collagen makes up 70 percent of our internal proteins. At the age of 25, our natural collagen production starts to fade. Lifestyle factors, many that we practice without thinking, can deplete healthy collagen levels faster and bring a more noticeable (read: wrinkly and achy) decline.

## **Want to look and feel older? 4 daily choices speed up old age**

**We may be young at heart, but four lifestyle factors make our bodies more likely to age:**

**1. Eating a high-sugar diet.** Give a high-sugar, high-carb diet a few years, and it'll destroy healthy collagen. Collagen

it's best to avoid UV over-exposure with a cover-up. Large doses of UV can inactivate carotenoids (skin-protective antioxidants) and degrade collagen and elastin.

**3. Sitting all day.** As household computer use rose from 15 to 69 percent between 1989 and 2009, close to six out of 10 working adults were using a computer at their job by 2003. Sitting is the new smoking and sitting for eight hours a day can age joints and shorten lifespan much more than sitting for less than three hours daily. Vigorous walking at up to 3 to 5 miles per day can counter these effects, and while it may seem simple, daily commitment is key. In 2014, American researchers found that walking just 6,000 steps a day, or 3 miles, may be enough to improve mobility in those with or at risk for osteoarthritis of the knee.

**4. Skimping on sleep.** Poor sleepers have older-looking skin and a body that's slower to recover, a first-of-its-kind clinical trial commissioned by Estée Lauder confirmed in 2013. Sleep also works as an antioxidant, American researchers learned when studying fruit flies' sleep cycles in 2018, making it even more protective to the skin, the joints, and the brain by reducing risk of neurodegenerative disease. Getting moving in the morning or afternoon can strengthen the joints and wind down the body clock later. Daytime exercisers are more likely to fall asleep faster and sleep longer and deeper.

## Collagen to the power of C

**Where ageing is apparent, a collagen supplement can replenish skin and joints from within:**

- BioCell Collagen's patented and highly-absorbable hydrolysed collagen type II has been shown to trigger cells to synthesise new collagen type II, with the potential to regenerate skin and damaged cartilage. Hydrolysed collagen's most abundant anti-inflammatory amino acid, glycine, also renews skin and joints by promoting deeper sleep.
- BioCell Collagen can help hydrate the skin and counteract sun-damaged wrinkles. In a 2012 study conducted on 26 subjects, taking 1 g of BioCell

Collagen a day for 12 weeks greatly reduced wrinkles and dryness and increased collagen.

- Named the "Joint health ingredient of the year," BioCell Collagen maintains collagen structure, and a daily dose may improve joint pain by 89 percent.

Getting more collagen is the first step toward reversing years of damage. The second step is getting more vitamin C. Vitamin C is collagen's antioxidant, and a good balance of collagen-to-C prevents long-term collagen breakdown. Taking liposomal vitamin C, more easily-recognised as it mimics our body's liposome delivery system, can better keep collagen intact.

Well-absorbed vitamin C is now being used in skin rejuvenation therapy. New dermatological studies show that Vitamin C not only protects, but it can increase collagen synthesis significantly.

## Recommended Products

### CURECT™ LIPOSOMAL VITAMIN C

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



### 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.**



### CAMU CAMU

**100% natural vitamin C containing whole-food bioflavonoids, anthocyanins and other essential co-factors. Camu Camu contains 2700mg of Vitamin C per 100 grams of fruit.**



## Sources

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)

breaks down when sugar abnormally reacts with proteins and fats in a process called glycation. Processed and devoid of nutrients, sugary, starchy foods also lack essential phytochemicals and antioxidants needed to neutralise free radical damage. Without a diet change, inflammation continues, joints give out, and skin wrinkles. We may develop arthritis by age 49, on average.

**2. Getting too much sun exposure — or not enough.** Collagen can be depleted by external factors, like pollution and sun exposure. But avoiding the sun altogether swings the pendulum too far, short-changing us on critical levels of chronic-disease-fighting vitamin D3. At least 20 minutes of unprotected sun exposure each day is recommended, and beyond that,



# 4 kid-friendly nutrients to manage autism and ADHD

## Low magnesium magnifies mental health issues in children

**M**agnesium is nature's relaxant, and for developing kids who need large amounts of this mineral daily, deficiency can show up as a collection of irregular symptoms: constipation, irritability, fatigue, and restless sleep. Since low magnesium is frequently underdiagnosed, severe cases may present as behaviours related to autism, depression, and ADHD.

### Are most kids low on magnesium? Probably.

Magnesium is involved in at least 300 essential biochemical reactions, ranging from protein synthesis to calcium absorption and regulation of the sympathetic nervous system. It's also one of the main nutrients deficient in our diets.

### There are hundreds of reasons why our kids can't live without magnesium, but how it helps their bodies cope with stress may be the biggest:

- Stress-related diseases run rampant in modern society and can affect the health of the brain. Long-term stress during pregnancy can increase an unborn child's risk of developing heart disease or ADHD.
- When magnesium levels are low, the nervous system gets out of balance, and muscles become tight. This elevates mental stress further.



- Kids (and adults of all ages) need daily magnesium for efficient GABA production. GABA influences levels of dopamine and serotonin, neurotransmitters that induce relaxation.

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

Magnesium deficiency has been found in up to 95 percent of children with ADHD. Most of our kids aren't getting even the minimal amount of magnesium they need each day because our food supply is so depleted.

Every decade, the quality of our food grows worse. Since the 1950s, magnesium levels in food have been reduced by anywhere from 30 to 80 percent, based on estimations from the government and independent scientists.

Eating nutritious foods matters, as does taking mineral supplements to ensure absorption and help kids meet the recommended intake, ranging from 30 mg to 410 mg a day.

### ***4 nutrients feed developing brains and support autism and ADHD***

Along with magnesium, there are three other nutrient compounds that can boost brain health in children.



**Deficiency in some nutrients has been linked with cognitive impairment and neurological disease:**

**1. CBD.** A safe and legal compound without the addictive properties, CBD is made from hemp seed oil and whole hemp extract. For children with autism, ADHD, and developmental delays, CBD is easy to supplement when applied to the skin with MSM and magnesium. Transdermal magnesium is the most effective form of delivery that can achieve the results of two years' worth of tablet use in just six weeks. The organosulfur compound MSM speeds up topical absorption, supports joint and bone health, and strengthens the skin. In 2018, Israeli researchers proved that high-dose CBD helped improve the conditions of up to 80 percent of children with autism who hadn't responded to conventional drug treatment.

**2. 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, can help to nourish the brain in each stage of development. Fresh fish and fish oil come with their share of contaminants, while Superba™ Krill Oil contains 100-percent natural omega-3, 6, and 9 fatty acids in a safe and pure form with no rancidity. The neurodevelopmental effects of omega-3 fatty acids for kids are so powerful that they may help to reduce antisocial and aggressive behaviours.

**3. Magnesium.** Magnesium is the fourth most abundant mineral in the body, and for children and adults, it's important. Aches and pains, tense muscles, insomnia, athlete's foot, cramps, and anxiety may all indicate that magnesium deficiency has disrupted the body's mineral balance. Increasing magnesium levels could help to alleviate behavioural issues, including those related to depression, anxiety, and ADHD. Magnesium helps regulate brain function, and while more research is needed, supplementing magnesium along with vitamin B6 may bring noticeable improvements for children with developmental disorders and autism.

**4. Vitamin D3.** Taking a full-spectrum of missing vitamins, minerals, and nutrients each day can benefit every member of the family. And as we've learned, vitamin D3 can be especially helpful to promote brain development in children. Just like eating a healthy diet, giving kids 20 minutes of unprotected sun exposure a day to absorb this "sunshine vitamin" naturally is a good start. A 2017 *Molecular Autism* study also showed that supplementing vitamin D3 may help to reduce the risk of autism as early as pregnancy. So, a multivitamin during pregnancy, and even childhood, can address autism risk and promote cognitive development. As another 2017 study conducted by Norwegian researchers confirmed, B12-deficient children may have more difficulty recognising letters, completing puzzles, and interpreting other kids' feelings.

Daily nutrients can replace what's missing, and for parents of children with autism and other developmental disabilities, a change in diet could promote the recovery of disease.

A remarkable 2018 *Nutrients* study conducted on 67 children and adults with autism over 12 months found that a ketogenic-style diet -- free from gluten, casein, and soy and high in fatty acids -- increased IQ by seven points and developmental age 4.5-times over.

## Recommended Products

### CANNA30 CBD OIL

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



### THE ANCIENT MINERALS MAGNESIUM LINE

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



### 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.**



### 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](http://www.NaturallyHealthyNews.com)



# At Last.

## Safe, Legal, and Scientifically-Backed CBD

### Largest CBD survey says nearly half of users stop taking medication

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

The largest CBD survey to date also noted that 80 percent of users found high-quality CBD to be “very or extremely effective,” and 42 percent quit using pharmaceutical and over-the-counter medicines.\*

### Go for the gold: 7 ways to raise the bar for daily CBD

1. Safe and legal hemp plant processing.
2. Gold-level CBD extract quality.
3. Innovative extraction of ingredients.
4. Minimum cannabidiol (CBD) concentration guaranteed.
5. Meticulously checked for quality.
6. Modern glass polymer packaging.
7. Convenient liquid supplement with mild flavour.

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

\*All references can be found at [www. NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)





# 3 signs it's time for an oil change

Find out why krill oil absorbs better



**O**mega-3 fish oils are well-known for their health benefits, but not many people realise that krill oil is actually a much purer form of omega-3.

When it comes to eating fish, the best options are those low on the food chain, like sardines, or fish that live in very clean waters, like wild Alaskan salmon. Bottom feeding and predatory fish are most likely to have chemical contaminants, including chlorinated hydrocarbons and metals, organochlorine pesticides, and PCBs.

Harvested from tiny, shrimp-like crustaceans found in the Southern Oceans, including the unpolluted waters off the coast of Antarctica, krill have virtually no risk of heavy metal contamination.

## In terms of fish oils, krill oil is outstanding:

- Krill are the most abundant life form on the planet, and they also happen to be very low on the food chain.

- Krill oil that comes from near Antarctica is the purest.
- This makes krill oil a good alternative to fish oil that's high in heavy metals.

Krill oil has several more advantages. Like fish oil, krill contains both the omega-3 fats eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), plus omega-6 and omega-9 fatty acids. The biggest difference between the two is in the structure. Krill oil is in phospholipid form – the same substance that makes up the fat in our cell walls -- so it's better utilised by our body.

Krill oil also contains potent antioxidants and fat-soluble vitamins A, D, and E. When it's measured in terms of ORAC (oxygen radical absorbance capacity) values, the gold standard of measuring antioxidants, krill oil is found to be 48 times more potent than fish oil. Another bonus: Krill oil is rich in astaxanthin, the extra-powerful antioxidant and red-orange pigment found in aquatic animals and microalgae.

## 3 big krill benefits & 3 signs it's time to switch

Small in size, mighty in power, krill oil has a long list of health benefits.

### Here are three of the most popular:

1. **Clearer thinking.** An omega-3 supplement like krill oil provides a pure, natural source of essential fatty acids, making it anti-inflammatory. Krill oil's high omega fatty acid and antioxidant content can calm the inflammatory response, protect the brain, and ease age-related inflammatory conditions. For adults, a 2017 *Journal of Alzheimer's Disease* study shows better blood flow in certain areas of the brain for patients with higher levels of omega-3s. And for children, Swedish researchers learned in 2016 that omega-3 and omega-6 fatty acids can benefit young brains by improving attention and reading ability.





**2. Healthier HDL.** On top of improving memory, mood, learning, and concentration, krill oil can help to reduce heart-damaging inflammation. Krill oil has also been shown to raise healthy cholesterol and blood lipid levels. Numerous studies show that krill oil supports a healthy heart by reducing LDL-cholesterol (the bad cholesterol) and raising HDL-cholesterol (the good cholesterol). Head-to-head studies of krill oil versus fish oil have found krill oil to be better at reducing glucose, triglycerides, and LDL cholesterol at lower doses.

**3. More mobility.** Just as fish oil has been shown to benefit joint pain, inflammation, and arthritis, krill oil offers this protection too. But due to its structural properties, the effects may be faster. One 2007 study involved 90 participants with rheumatoid arthritis or osteoarthritis who were monitored by blood tests and subjected to questionnaires for 30 days while taking krill oil. The

results, published in the *Journal of the American College of Nutrition*, showed that inflammation markers in the blood dropped by 30 percent in just 30 days. Pain, stiffness, and functional impairment also improved by at least 20 percent.

Because of its exceptional essential fatty acid content and antioxidant activity, we can get more from our supplement when we take krill oil instead of fish.

### Simple signs can clue us in when we're ready to make the switch:

**1. Dry eyes and inflammation.** Living low on lubrication and high on inflammation indicates something, fish in the diet or fish oil, may not be working. Dry eyes are a common symptom that can benefit from a daily dose of krill oil's omega-3s. After testing 478 symptomatic patients who used computers for more than three hours a day for a minimum of one year, American researchers learned in 2015

that taking two omega-3 capsules, containing EPA and DHA, every day for three months could improve dry eye symptoms.

Women also use krill oil as an anti-inflammatory to manage painful periods and PMS. A 2003 study published in *Alternative Medicine Review* found krill oil to be significantly more effective in controlling the emotional symptoms of PMS and painful menstruation compared to ordinary omega-3 fish oil. Superba™ Krill Oil has a 121-percent higher utilisation of the coveted omega-3s EPA and DHA compared to fish oil – the fatty acids our body can't produce on its own. Superba™ Krill Oil is also now being tested among sufferers of lupus, a chronic inflammatory autoimmune disease, with clinical trial results expected in 2020.

**2. Omega-3/omega-6 imbalance.** The ideal ratio of omega-6 to omega-3





fats in the diet is 1:1. But many of us eat a Western diet with a staggeringly high proportion of omega-6 fats to omega-3s. This ratio may be as high as 50:1, in some cases. Omega-6 fats are beneficial, but excess comes from cheap vegetable oils in processed foods. An overload of omega-6 can quite literally make us sick, increasing blood pressure, raising disease risk, affecting mental health, and sucking our energy. These aren't the same healthy fats eaten by our ancestors, with diets rich in (at that time) unpolluted seafood with a balance of omega-6 and omega-3.

Containing the highly-absorbable phospholipid omega-3s EPA and DHA, Superba™ Krill Oil can help to restore stability. Compared to triglyceride omega-3s, fewer phospholipid omega-3s are needed to reach equal levels of bioavailability. This may be why the latest research points to krill oil as a solution to a common side effect of the Western diet: cardiovascular

*There's a slightly off-putting factor about fish oil — its fishy odour that can linger for hours — and krill oil solves the problem.*

disease. In 2018, a team of Norwegian researchers proved that fast-absorbing krill oil can effectively reduce fasting blood glucose levels to decrease the risk of CVD.

3. **Relying on fish.** Fish are recommended as part of a healthy diet: three to four portions of oily fish a week. But with fresh fish comes the risk of contamination. Fish and shellfish consumption should be monitored, especially among pregnant and nursing women and children. Wild caught, oily fish like salmon are safer, but even wild caught fish contain some mercury. Our oceans, rivers, and lakes are polluted, and our food supply can't help but be affected. Undeniably nutritious, fish still aren't the ideal choice for daily omega-3s.

Superba™ Krill Oil differs from fresh fish and fish oil supplements because of its phospholipid omega-3 content and high astaxanthin levels. Concentrated phospholipid omega-3s are better utilised by our body, while astaxanthin can suppress free radicals to safeguard fatty acids against oxidation. Even for those who aren't eating much fish to meet the minimal recommendation of two servings a week, Superba™ Krill Oil will help the body naturally reach its desired EPA and DHA levels.

### Not the only fish in the sea: Where to get more omega-3s

As popular as it is, fish oil has its

drawbacks. It can even be dangerous when fully oxidised. A 2016 New Zealand study discovered that almost 30 percent of newborn rat pups died within two days after birth when pregnant mothers were fed an oxidised fish oil supplement that had gone rancid. Pure krill oil from the Southern Oceans offers a safer alternative.

The research shows us that krill oil outperforms fish oil in almost all cases. And, krill oil contains the large amounts of antioxidants needed to protect against rancidity.

Safety and protection can't be underestimated, but many people also prefer krill oil for its flavour. There's a slightly off-putting factor about fish oil — its fishy odour that can linger for hours — and krill oil solves the problem. Rapidly-absorbing krill oil has no aftertaste.

### 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.**



### Sources

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)





# Your heart, eyes, and brain crave this healthy fat

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.)



# When our bodies attack

## 11 causes of cancer and 1 scientific solution

*“Women with breast cancer are likely to die faster with chemotherapy than without it,” Dr. Alan Levin, Professor of Immunology at the University of California Medical School, said.*

**I**t turns out he was right. Dr. Levin pointed out in the late 1980s that, based on his research, most cancer patients in the U.S. died of chemotherapy. In 2016, Cancer Research UK and Public Health England published study results that echoed Dr. Levin’s warning. The researchers found that roughly 8.4 percent of lung cancer patients and 2.4 percent of breast cancer patients died within 30 days of starting chemotherapy treatment. In some small patient groups, the 30-day death rate climbed above 50 percent.

Throughout the 1980s, Dr. Levin said, it was well-documented that chemotherapy didn’t eradicate breast, colon, or lung cancers. And in 2018, similar study results showed that chemotherapy didn’t provide any benefit to women with early-stage breast cancer. Now, more patients are forgoing drugs and choosing hormonal or even natural treatment.

### The ‘anti-cancer’ lifestyle: 11 cancer causes we can control

Chemotherapy seems like the logical choice when the medical community blames cancer on genetics. But having a genetic predisposition to cancer doesn’t mean we have no control over our fate. Where chemotherapy falls short and often shortens

lives, almost all factors related to a chronic lifestyle disease like cancer can be changed by the choices we make.

### Understanding the true causes of cancer can be enough to save a life:

- 1. Cell phone use.** In a decade-long, 30-million-dollar study conducted by the U.S. National Toxicology Program (NTP) and published in 2018, American researchers detected “some evidence” of brain and adrenal gland tumours in male rats exposed to high levels of cell phone radio frequency radiation (RFR). While the rats were exposed to higher levels of radiation, scientists say the link between tumours and RFR is enough to warrant protection. Avoiding technology isn’t possible for most but using a Quantogram House Guard device on a mobile phone and at home can neutralise harmful-yet-invisible Wi-Fi/EMF frequencies and protect the whole family.
- 2. Dairy.** For women especially, cutting out all processed milk products, with the exception of organic raw milk, is the foundation to cancer-free living. Not only has a cattle-borne virus found in milk been linked to human breast cancer, but a 2013 *Journal of*
- 3. Gut imbalance.** German scientists learned something new about colon cancer in 2018: Cellular stress combined with changes in gut bacteria can ramp up colon tumour growth. Before this study, scientists believed cell stress and altered gut bacteria only exacerbated intestinal disease. Researchers now say that while cell stress alone doesn’t cause tumours, cell stress combined with imbalanced gut bacteria can fuel cancer growth. Soil-based organisms like *Bifidobacterium* can restore gut balance and help improve cancer outcomes. University of Chicago Medical Center researchers in the U.S. observed in a 2018 *Science* study that two out of three groups of mice fed beneficial human bacteria had slower-growing, as well as shrinking, tumours.
- 4. Industrial meat.** Eating industrial meats can increase the risk of prostate cancer by up to 40 percent, a 2012 *Carcinogenesis* study confirmed. Both men and women are recommended to eat organic meats in moderation instead of meat raised on corn, soy, and other chemicals. Red meat and barbecued meat should be limited or, preferably, avoided.

the National Cancer Institute study found that women who consumed high-fat dairy products after a breast cancer diagnosis had the poorest survival rates.





**5. Inflammation.** As early as the 1860s, leading pathologists believed cancerous tumours could develop at sites of chronic inflammation. Now, researchers are digging deeper to determine just how this inflammatory cascade can burn out of control, encouraging the body to attack itself. A healthy immune system may fight with inflammation in the short-term, The Inflammation Research Foundation in the U.S. explains, but lifestyle factors that create chronic inflammation over the long-term may feed cancer.

**6. Lack of sun exposure.** Vitamin D from moderate sun exposure and daily supplements can regulate immunity and protect against multiple cancers. Imperial College London researchers confirmed in 2006 that vitamin D could help to slow breast cancer progression; a 2012 *Indian Journal of*

*Endocrinology and Metabolism* study detected vitamin D deficiency in 95.6 percent of breast cancer patients.

**7. Low mineral levels.** Minerals like calcium, magnesium, phosphorus, manganese, and iron are essential to alkalise the blood since cancer cells thrive in an acidic environment. The mineral and antioxidant selenium has been shown to decrease some cancer mortality rates with the potential to shrink tumour growth. Selenium has proven especially beneficial in destroying breast cancer cells in cases where chemotherapy has failed.

**8. Smoking/drinking.** Smoking and drinking are risk factors we're all familiar with, but the American Cancer Society reminds us that more than 42 percent of cancers could be prevented based on lifestyle factors alone. Drinking in excess accounts for

up to 6 percent of all cancers, while smoking is responsible for 19 percent. Along with obesity at 8 percent, these preventable risk factors make up nearly 30 percent of all cancer deaths combined.

**9. Starchy carbohydrates.** A controlled study published in the journal *Cancer Epidemiology, Mile Markers, and Prevention* proved the cancer-diet link. The 2004 study examined the eating habits of more than 1,800 women in Mexico. Researchers discovered that women who received 57 percent or more of their total energy intake from refined carbohydrates had a 220-percent higher risk of breast cancer. Foods high on the glycaemic index were shown to accelerate the growth of cancerous cells and tumours.

**10. Stress.** L-lysine is an essential amino





## ***Cancer is natural, and so is treatment***

Cancer cells naturally occur in the body, and their presence is nothing to be afraid of. It's when cancerous cells grow out of control that our health is in danger. We can give healthy cells a fighting chance against dormant cancer cells with anti-inflammatory foods and nutrients.

Considered an antioxidant powerhouse, a curcumin supplement, derived from the Indian spice turmeric, can protect healthy cells from oxidation. Curcumin can also stimulate apoptosis (programmed cell death) among certain cancer cells, including B-lymphoma and leukaemia.

Scientists are excited about this anti-cancer spice compound because it has been shown consistently to inhibit NF-kB, a protein family that controls DNA transcription and regulates inflammation. According to cancer researcher Bharat Aggarwal, a professor of cancer medicine at the MD Anderson Cancer Centre University of Texas in the U.S., "We have not found a single cancer on which curcumin does not work."

Taking Meriva® curcumin surpasses the minimal absorption gained through turmeric in the diet and provides up to 30-times better bioavailability than ordinary curcumin capsules. The reason that most cancer patients haven't heard of curcumin, Professor Aggarwal says, is simple. Curcumin is a natural compound, and no pharmaceutical drug company can reap the financial rewards when it proves to be effective.

Pharmaceutical corporations can't exclusively monetise it, and yet curcumin remains a natural anti-inflammatory and potent antioxidant compound with proven cancer-protective properties. Taking Meriva® curcumin with a patented phytosome delivery system can enhance its absorption 30-fold and help curcumin stay in the bloodstream long enough to target cancer.

acid that can help with relaxation. L-lysine may play a role in reducing cortisol levels to effectively lower stress levels in the body. With chronic stress being a known immunosuppressant and cancer contributor, L-lysine has been studied for its ability to fight cancer growth. Evidence also suggests that L-lysine is a powerful immune system booster and can fight cold sores and the herpes virus.

11. **Sugar.** University Rey Juan Carlos scientists, led by Dr. Custodia Garcia-Jimenez, discovered that obesity, diabetes, and cancer have a common link: High sugar levels in the body, common in obesity and diabetes, can increase the activity of a specific gene known to aid in cancer progression. Scientists have also confirmed that some sugar molecules support the growth of malignant cancer cells.

## *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.



### **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.



### **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.

### **VITAMIN D3 (5000 IU)**

Professional strength for ultimate D3 support. Delivers 5000IUs of D3 per capsule, plus 100mg of Calcium from coral. Suitable for vegetarians and dairy/gluten-free.



### **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](http://www.NaturallyHealthyNews.com)

# Really Healthy™ recipes

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

## VEGAN BAKED MUSHROOMS

*This vegan recipe offers the perfect starter or side option, which follows the Keto Diet. Serve with a salad or lentils as a main dinner.*

**Prep: 25 mins**

**Serves: 6-8**

### INGREDIENTS

450 g portabello mushrooms, stalk sliced off

4 green bell peppers, sliced

4 tbsp. olive oil

1 tbsp. extra-virgin olive oil

2 tbsp. chopped basil

1 tbsp. dried oregano

Salt and pepper to taste

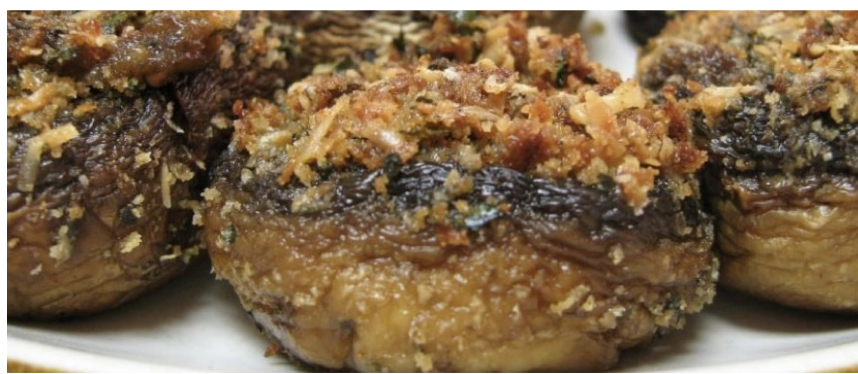
### TOPPING

125 g macadamia nuts

4 tbsp. nutritional yeast

1/4 tbsp. dried garlic

Salt and pepper to taste



### DIRECTIONS

1. Heat oven to 400° F / 200° C.
2. Cut the bell peppers in half, remove seeds, and place on a baking sheet. Drizzle the peppers with the olive oil and black pepper.
3. Roast the peppers for 25 minutes or until slightly charred.
4. Once cooled, peel off the skin and place in a food processor with salt, extra-virgin olive oil, and basil. Blend until smooth.
5. Heat remaining olive oil in a frying pan.

Add the oregano and cook until fragrant. Toss in the mushrooms and cook for 8 minutes. Then set aside.

6. To make the topping, place all stated ingredients into in a food processor and blend until a fine mixture is formed.
7. Place the mushrooms in a baking dish. Top with the green bell pepper sauce and the macadamia nut topping.
8. Bake for 20 minutes in the oven.
9. Serve warm with a side salad or some cauliflower rice.



## SESAME ROASTED BOK CHOY & TERIYAKI CAULIFLOWER STEAKS

*Cauliflower is a good source of Vitamin C and K, while bok choy is an excellent source of fiber and Vitamins A, B6, and K.*

**Prep: 40 mins**

**Serves: 2**

### INGREDIENTS

3-4 baby bok choy stalks

½ head cauliflower, sliced into steaks

1 cup soy sauce

½ cup sesame oil, plus more to drizzle on bok choy

2 tbsp Truvia brown sugar blend, or other low-carb sweetener

1 tbsp. ginger, paste or fresh

1 tsp. garlic powder

1 tsp. onion powder

1 tsp. toasted sesame seeds, plus more to garnish

### DIRECTIONS

1. Heat oven to 400° F / 200° C.
2. To make the teriyaki sauce, whisk the wet and dry ingredients together on medium heat and bring to a simmer. Reduce heat to low and stir occasionally until sauce begins to thicken. Set aside and prepare the vegetables.
3. Wash bok choy leaves thoroughly and slice each stalk in half, lengthwise. Drizzle with sesame oil and sprinkle with sea salt, making sure to lightly coat each leaf. Baste the cauliflower steaks with the sauce and arrange on the cookie sheet. Roast for 10 minutes.
4. Add the bok choy to the roasting pan and return to the oven for 10-15 minutes.



# ONLY THE “LUCKY ONES” ABSORB ENOUGH VITAMIN E

**W**e'd be hard-pressed to find a vitamin that's as hard-working as vitamin E. This potent antioxidant is a powerhouse vitamin with a multitude of research-backed benefits, but not everyone is naturally able to absorb it.

## Liver metabolism makes or breaks levels of vitamin E

Even those of us who get enough vitamin E, through diet or supplement, may not see all its benefits. Researchers have been examining alpha-tocopherol, or what we more commonly call vitamin E, for close to a century. But it wasn't until 2018 that a team of German scientists found the missing piece.

Vitamin E's effect on our body doesn't just depend on the vitamin, researchers said. It depends on an anti-inflammatory metabolite produced by our liver.

Alpha-carboxychromanol determines how well vitamin E is utilised by our body. Someone who produces more of this bioactive liver metabolite may see more from their vitamin E. Understanding our unique metabolism, researchers said, could help us get more out of our daily vitamin.

Maintaining healthy levels of vitamin E is important, and it can also be lifesaving. Swedish researchers noted in 2016 that vitamin E is one of the most obvious potential biomarkers for brain tumours. While not every person may have access to a metabolic test that confirms how well vitamin E is being processed, everyone can benefit from taking the more bioavailable form of vitamin E.



## *Some people get more vitamin E than others – scientists explain why*

### The top 9 benefits of absorbable vitamin E

Vitamin E occurs naturally in two different forms, tocopherols and tocotrienols, and the difference between the two is distinct. Tocotrienols are up to 300-percent better absorbed by the body.

### Taking vitamin E that is well-utilised can provide us with nine or more health benefits, supporting:

1. Alzheimer's disease.
2. Blood pressure.
3. Cancer prevention.
4. Hair growth.
5. Heart health.
6. Immune function.
7. Non-alcoholic fatty liver disease.
8. Skin health.
9. Stroke-related injuries.

Fast-absorbing vitamin E may improve our “luck,” or ability to use the vitamin, with health benefits that reach as far as the brain.

In the largest-ever tocotrienols study

conducted to date in 2014, researchers learned that taking a naturally-occurring vitamin E blend offered full-spectrum benefits. Tocomin®, a patented and bio-enhanced tocotrienol complex made from virgin crude palm oil and palm fruit extract, absorbed well enough to protect against stroke-induced injuries. After just two years, mixed tocotrienols stopped the progression of white matter lesions, preventing further brain damage.

### *Recommended Products*

**NATURALLY BETTER VITAMIN E**  
Provides powerful antioxidants and tocotrienols that help to scavenge highly reactive free radicals, by-products of oxygen metabolism. Supports cellular respiration, along with normal hair, skin and nail growth.



### Sources

All references can be found at  
[www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)





# *The #1 benefit of brushing our teeth*

Proven ways to keep gums healthy  
(and prevent heart disease)

**M**any of us aren't aware until it's too late: Heart attacks can be caused by diseased gums that spread infection to the heart muscle.

## **What a cavity and a heart attack have in common**

It's true. "After two decades of research, it has been firmly established that an association exists between periodontal disease and cardiovascular disease (CVD)," Doctors Ryan T. Demmer and Moïse Desvarieux wrote on behalf of the American Dental Association in 2006.

A decade later, clinical evidence published in *Trends in Endocrinology and Metabolism* confirmed the same connection. Oral infections are some of our most common diseases, and they also raise our heart disease risk. Oral bacteria cause oral infections, stemming from cavities,

gingivitis, and periodontitis, that can spread to the heart. Forsyth Institute researchers in the U.S. said inflammation is behind both forms of disease.

"New discoveries of natural pathways that resolve inflammation have offered many opportunities for revealing insights into disease pathogenesis and for developing new pharmacologic targets for the treatment of both oral infections and cardiovascular disease," Thomas Van Dyke, senior study author at the Forsyth Institute, explained.

Heart health is a major concern when dentists talk to patients about keeping teeth and gums clean. Existing health conditions, like IBS (irritable bowel syndrome), can also be made worse by poor oral hygiene. Japanese researchers learned in a 2014 study that oral strep bacteria can aggravate both colic and IBS symptoms after spreading to the body from the teeth. Common symptoms of gum

disease, like bleeding gums, bad breath, loose teeth, and infection, may be even more dangerous for IBS patients.

Resolving inflammation in the mouth can keep infection from moving to the body. While scientists may be developing new anti-inflammatory drugs for this purpose, potentially deadly inflammation can be stopped naturally, with no prescription needed.

## ***Cease fire: 4 proven ways to calm inflammation and clear gum disease***

**Here's how to stop oral inflammation from spreading:**

- 1. Commit to better dental hygiene.** Encourage each member of the family to use a spiral toothbrush with mouthwash and natural toothpaste. Then use this tip to make picking a safer toothpaste easy: Remember that

each toothpaste tube is colour-coded, representing its ingredient makeup. A toothpaste with a green stripe on the bottom contains natural components; toothpaste with a blue stripe on the bottom contains some medicinal ingredients; toothpaste with a red stripe on the bottom contains natural components and chemical ingredients; and toothpaste with a black stripe on the bottom contains only chemical ingredients. Natural toothpaste made from Eco-Safe™ ionic coral minerals -- containing 86 percent ionic coral calcium and minerals -- along with xylitol, hydrogen peroxide, tea tree oil, and echinacea can neutralize an acidic pH, buffer harmful bacterial acids, and help to remineralise teeth.

2. **Make changes to diet.** This means eliminating high-sugar, high-carb foods and drinks. Gum disease is caused by a combination of poor oral hygiene and a high-sugar diet rich in starchy carbs. Inflamed, red, and bleeding gums can be a sign of eating too many starchy carbs and sugary food or may indicate that daily dental hygiene needs improvement. Since gum health affects the rest of the body, treating gum disease could also help to reduce blood sugar levels for those with type 2 diabetes. Chewing naturally sugar-free gum, made with the sugar alcohol xylitol and no artificial sweeteners, after eating or drinking may help to curb sugar cravings and reduce tooth decay at the same time -- saving up to £8.2 million a year on dental treatments.
3. **Use an antibiotic alternative.** Silver is a common medicinal remedy that can keep low levels of gum infection at bay. Therapeutic silver has been used for centuries and has established antimicrobial properties. pH balanced

silver sol can inhibit and even kill a wide range of pathogenic bacteria, ranging from the dangerous, drug-resistant strain MRSA to more common bacterial strains in the mouth. A 2016 *BMC Oral Health* study found that oral silver can be used as an antimicrobial treatment for tooth decay and periodontal disease.

4. **Cool inflammation with serrapeptase.** Isolated from the intestine of the silkworm, serrapeptase is a known anti-inflammatory and proteolytic enzyme supplement that can help clear harmful levels of inflammation. Though saliva is made up of mostly water, it also contains enzymes needed to digest food. Supplementing a proteolytic enzyme like serrapeptase may allow it to move from the blood to saliva to flush harmful bacteria and break down plaque. Serrapeptase can interrupt the inflammatory cycle to prevent oral infection from spreading, while also managing some of the more painful symptoms of gum disease like swelling and pain.

The more we understand inflammation, the more dangerous we know it to be when it starts in the mouth. As University of Illinois at Chicago researchers in the U.S. learned in 2018, long-term exposure to inflammatory gum bacteria can infiltrate the body and begin to affect the brain.

When 10 mice in the study were exposed to 22 weeks of bacteria and inflammation that characterised chronic periodontitis, the researchers observed higher levels of amyloid-beta plaque build-up in the brain. The mice with periodontitis showed more brain inflammation and fewer healthy neurons, with the potential to develop Alzheimer's disease.

## Recommended Products

### XYLITOL GUM (VARIOUS)

Xylitol chewing gum available in Spearmint, Peppermint, Cinnamon, Fresh Fruits & Cranberry. Can help to reduce dental plaque. 100% Xylitol, all natural, no aspartame/nasties.



### CORAL WHITE® TOOTHPASTE MINT

Xylitol toothpaste combined with Hydrogen Peroxide, Tea Tree, Spearmint Oils, Echinacea, Golden Seal, Cinnamon, Clove, Ginseng, Ginkgo and Ionic Coral Minerals. One of the cleanest toothpastes available, no fluoride, artificial flavours, colours, preservatives and no sodium lauryl sulfate.



### CORAL KIDS TOOTH GEL

Kids version of Coral White Toothpaste but in natural Berry BubbleGum flavour!



### SILVERBIOTICS® TOOTH GEL

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



### SERRA ENZYME™ 250,000IU

The world's strongest serrapeptase, delivering 250,000IU serrapeptase per cap. Available in capsules and tablets for serious health support and in a delayed-release cap for optimum performance. Phthalate-free.



## Sources

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)



# Really Healthy™ recipes

Give your body a treat with these delightfully healthy desserts

## NO BAKE PALEO VEGAN PECAN PIE BARS

*These paleo vegan pecan pie bars are packed with flavour, low-sugar, and super low-carb.*

**Prep: 20 mins / Serves: 24 bars**

### INGREDIENTS

- 2 cups pecans
- 1 cup almonds
- 1 cup almond butter
- 1 cup granulated sweetener of choice such as erythritol
- 1/4 cup chia seeds
- 1/4 cup plant-based milk of choice
- 1/4 cup dark chocolate chips (optional)

### DIRECTIONS

1. Line an 8 x 8-inch pan with parchment paper and set aside.
2. In a high-speed blender or food processor, combine your pecans and almonds and blend until a crumbly texture remains.
3. Add your almond butter, granulated sweetener of choice, and chia seeds; blend until combined. Add your milk of choice and continue blending, until a thicker batter remains. If the batter is too crumbly, continue adding small amounts of milk.
4. Transfer your pecan pie batter to the lined pan and press firmly into place. Add chocolate chips and refrigerate until firm. Using a slightly wet knife, cut into bars.



## CHOCOLATE COCONUT MILK MOUSSE

**Prep: 5 mins / Serves: 10**

### INGREDIENTS

- 2 cans coconut milk, 400ml/not low-fat
- 4 tbsp. cocoa/cacao powder
- 4 tbsp. sweetener maple syrup/coconut nectar/any liquid sweetener
- 2 tbsp. vanilla extract
- A pinch of sea salt
- 3 oz/100g chocolate, optional but delicious

### DIRECTIONS

1. Shake the coconut milk and open the tins.
2. Pour into a bowl and whisk until it's all combined.
3. Add the cocoa/cacao, salt, and vanilla and whisk while adding the sweetener.
4. Whisk for 1 min with an electric whisk or

2-3 mins with a manual whisk until it starts to thicken a bit. Scrape the sides half way through to ensure everything gets combined.

5. Pour mousse mixture into your serving dishes and place in the fridge for at least two hours. It will still be pourable and will set in the fridge.
6. Finely chop the chocolate, sprinkle on top, and serve.
7. The vegan chocolate mousse will last a few days in the fridge.



## VEGAN KETO CHOCOLATE TRUFFLES

*A healthy truffle recipe for Ketogenic Vegans!*

**Prep: 10 mins / Serves: 15 truffles**

### INGREDIENTS

- 1 cup dark chocolate chips, melted
- 1 medium avocado, mashed
- 1 tsp. vanilla extract
- 1/4 tsp. Kosher salt
- 1/4 cup cocoa powder

### DIRECTIONS

1. In a medium bowl, combine melted chocolate with avocado, vanilla, and salt. Stir together until smooth and fully combined. Place in the refrigerator to firm up slightly, 15 to 20 minutes.

2. When chocolate mixture has stiffened, use a small cookie scoop or small spoon to scoop approximately 1 tbsp. chocolate mixture. Roll chocolate in the palm of your hand until round, then roll in cocoa powder.





# MISSING MAGNESIUM AFFECTS THE WHOLE FAMILY

## What's transdermal magnesium?

- It's convenient "through the skin" magnesium supplementation.
- It's nothing new, as many examples can be found throughout the centuries and from different cultures.
- It's an easy "do it yourself" way to get more magnesium.

Magnesium is our fourth most abundant mineral, and we can't live without it. We may need more magnesium during pregnancy and lactation and in times of stress or injury.

## What about getting magnesium from food?

- Eat good food sources of magnesium like mackerel, spinach (boiled),

artichokes, okra (boiled), quinoa, almonds, cashews, and pumpkin seeds.

- But, keep in mind that most of us don't meet our RDA because of agriculture, soil, and diet changes in the last century.
- It can be hard to get enough magnesium from food alone.

Adults, children, pregnant women, nursing mothers, and the elderly need a steady supply of magnesium daily.

## What about powders and tablets?

- Not all types of magnesium deliver the same benefits.
- Magnesium oxide, the most common form sold as a tablet or capsule, has been shown to have a low absorption

rate and can create a laxative effect.

- Magnesium chloride is viewed by many as the "master magnesium compound" due to its high potency and efficacy.

In the late 1990s, a rare and pristine source of unadulterated magnesium chloride was found located in an ancient geological formation: the ancient Zechstein Seabed. Applying this magnesium to the skin can increase the body's magnesium levels equivalent to two years of tablet use – in just six weeks.\*

**Magnesium: The Most Important Mineral has seen a 60% REDUCTION IN FOOD IN THE PAST 50 YEARS.**

\* All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)



## Magnesium OIL ULTRA

200ml, 100ml, 30ml

**20 sprays per day contains approx 300mg elemental magnesium and 396mg OptiMSM.**

Magnesium oil isn't actually an "oil" after all, but instead was coined as such due to the high saturation of magnesium chloride in water, which presents itself in an "oil-like" texture.

### Instructions

Apply liberally to arms & legs. If irritation occurs, you can dilute with 1 part water to make it 50% strength. You may notice a salt-like mineral residue remaining (varies on climate/temperature and amount applied). To avoid this, apply 20mins before showering and then rinse, by which time the majority of magnesium will have been absorbed.

### Frequency of use

Depending upon magnesium requirements, it is advised to begin with a modest amount for the first few days, then increase intensely for 3-4 months, then reduce the daily amount thereafter.



## Magnesium OIL

Original/ 1000ml, 200ml

**20 sprays per day contains approx 335mg elemental magnesium.**

Magnesium oil isn't actually an "oil" after all, but instead was coined as such due to the high saturation of magnesium chloride in water, which presents itself in an "oil-like" texture.

### Instructions

Apply liberally to arms & legs. If irritation occurs, you can dilute with 1 part water to make it 50% strength. You may notice a salt-like mineral residue remaining (varies on climate/temperature and amount applied). To avoid this, apply 20mins before showering and then rinse, by which time the majority of magnesium will have been absorbed. Avoid direct contact with eyes, mucus membranes, and other sensitive areas. If redness or irritation occurs, rinse with cool water.

### Frequency of use

Depending upon magnesium requirements, it is advised to begin with a modest amount for the first few days, then increase intensely for 3-4 months, then reduce the daily amount thereafter.



## BODY BUTTER ULTRA

**5ml (one teaspoon) contains 130mg elemental magnesium and 650mg OptiMSM.**

**Magnesium Oil, OptiMSM, shea butter, and sweet almond oil.**

### Instructions

This is light enough to be used as a daily moisturiser. Simply apply the desired amounts to your hands, face, and body. A little goes a long way! For best results, apply to clean skin.

### Frequency of use

Use daily as a moisturiser to hands, face, and body. Apply to clean skin.



## Magnesium LOTION

### Ultra

5ml contains 130mg elemental magnesium, 650mg OptiMSM.



### Original

5ml contains 130mg elemental magnesium.



### Melatonin

5ml contains 130mg elemental magnesium, 650mg OptiMSM, and 1.5mg melatonin.



### Cool Relief

5ml contains 138mg elemental magnesium.



#### Instructions

This is light enough to be used as a daily moisturiser. Simply apply the desired amounts to your hands, face, and body. A little goes a long way! For best results, apply to clean skin.

#### Frequency of use

Depending upon magnesium requirements, it is advised to begin with a modest amount for the first few days, then increase intensely for 3-4 months, then reduce the daily amount thereafter.

## Magnesium CREAM WITH CBD OIL

5ml contains 130mg elemental magnesium, and 650mg OptiMSM and 5mg CBD oil.

#### Instructions

This is light enough to be used as a daily moisturiser. Simply apply the desired amounts to your hands, face, and body. A little goes a long way! For best results, apply to clean skin.

#### Frequency of use

Depending upon magnesium requirements, it is advised to begin with a modest amount for the first few days, then increase intensely for 3-4 months, then reduce the daily amount thereafter.



## Magnesium BATH FLAKES

### Ultra/ 750g, 2000g

100g flakes contains 10.75g magnesium and 8.5g OptiMSM.

### Original/ 750g, 2000g

100g flakes contains 11.75g magnesium.

#### Instructions

For a foot bath: Add 150-200g (1 cup) flakes in warm (not hot) water and enjoy it for minimum 20 minutes or longer if desired. For a bath soak: Add 250-300g (2 cups) flakes in a warm bath and relax for minimum 20 minutes or longer to obtain full body rejuvenation.

#### Frequency of use

It is recommended to take 2-3 magnesium baths per week.







# WHY DO WE GET SICK WHEN WE'RE SEDENTARY?

## *4 simple exercises and 4 super nutrients help us age better*

**H**ere's a good goal: Build up to vigorous walking at 3 to 5 miles (5 to 8 kilometres) a day with a fast, purposeful pace.

Simple as it seems, daily commitment is key. Brisk walking could be enough to reduce the risk of cardiovascular-related death by 53 percent for those ages 60 and older. Walking just 6,000 steps a day, or 3 miles/5 kilometres, can improve mobility in those with or at risk for osteoarthritis of the knee.

### *Walk and stand to stop getting sick*

Standing can be just as important as daily exercise.

While no one's disputing the prolonged benefits of physical activity, we forget about how we treat our body the remaining 23 hours of the day.

The latest UK research, published in *Obesity* in 2018, showed that long periods of sedentary time with low energy expenditure can increase fat deposits around our internal organs. Right away, this fat accumulation spikes our risk of chronic illness. This includes type 2 diabetes and heart disease. Over the long term, increased fat deposits, low activity, and chronic disease may shorten our lives.

Luckily, there are at least four types of daily activity that help stop fat accumulation and start our healing.

### *4 activities and 4 nutrients that can make exercise easy*

**These simple exercises are appropriate for all activity levels and can be part of a well-rounded workout plan:**

**1. Knee-to-chest:** A starter exercise for anyone new to fitness or recovering, a 2018 *Experimental Physiology*

study found that lying-down leg exercises can minimise the effect of a sedentary lifestyle on our heart and blood vessels. Lie back on a firm bed, preferably first thing in the morning. Bring one knee high to the chest and then alternate. Do as many reps as fitness level allows. Practice every day and increase count as lung and heart health improve.

- 2. Standing.** Western workplaces have introduced standing desks to boost focus and productivity, while reducing risk of obesity and chronic disease. Standing desks are an antidote to all-day sitting. If standing desks aren't available, try to stand during working hours and avoid sitting for long stretches when relaxing at home. Sitting for longer than three hours on any one day can endanger our health. Lying down, standing, and walking are all healthier options than sitting.
- 3. Walking.** Walking may be secondary to standing when it comes to long-term health, but its daily benefits

can't be underestimated. Walking gives us another easy way to squeeze in exercise at work and at home and counter hours of sitting. Walking for children is especially important: In 2015, the Endocrine Society discovered that when kids took three-minute walking breaks during TV time or another sedentary activity, blood sugar levels improved compared to prolonged sitting. Try taking walking breaks at work or as a family, with a goal to walk for at least 60 minutes over the day.

4. **Yoga:** The ACSM recommends flexibility exercises as part of a weekly workout routine for good reason. Improving flexibility keeps us mobile with age, even reducing our risk of age-related falls. A full-body yoga practice can increase flexibility while strengthening muscles. "Yoga can be as important as any medication," Dr. Richard Usatine of Florida State University in the U.S. said after co-authoring his book *Yoga Rx* in 2002. A 2018 *Psychology Research and Behavior Management* study proved that yoga and mindfulness practice at school can also help kids better manage anxiety.

***Any kind of exercise may become more effective with a daily dose of nutrients:***

1. **D-Ribose** - This five-carbon sugar helps maintain post-workout energy levels by participating in the production of adenosine triphosphate (ATP) to support cellular regeneration. By increasing our ATP "energy bank" by up to four times, D-Ribose may improve heart health through cardiac rejuvenation and replenish tired muscles.

2. **Magnesium** - When we sweat during exercise, our body can require 20 percent more of this vital mineral and may be forced to work harder than necessary. Applying topical magnesium with the protective organosulphur compound MSM makes delivery more powerful, while providing benefits to ease inflammation and help improve joint mobility.

3. **Oxygen-enhancing enzyme** - Aerobic exercise literally means "requiring free oxygen," and a refreshing dose of oxygen is exactly what our body needs to renew and repair. Sublingual oxygen-enhancing liquid enzymes, extracted from deep water seaweed, can help enhance our body's ability to absorb oxygen. Supplementing seaweed can also buffer some of the effects of sedentary fat deposits by reducing heart disease risk factors for those with type 2 diabetes.

4. **Vitamin D3.** Vitamin D3, commonly taken along with other super-nutrients like EpiCor, eXselen selenium, Vitamin C, and OptiZinc, helps the body perform at its peak by strengthening its natural defence. A 2017 *Journal of Clinical Endocrinology & Metabolism* analysis of the health records of 10,000 Americans over nearly 20 years also showed a synergistic link between high levels of vitamin D, healthy exercise, and a lower heart attack and stroke risk.

One reason it's difficult for many of us to stay active is because we don't know where to begin. The truth is that daily exercise is easier than many avid exercisers make it out to be.

Just start walking.

*Recommended Products*

**THE ANCIENT MINERALS MAGNESIUM LINE**

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



**D-RIBOSE PLUS™**

Ribose is a critical part of ATP production that is essential for cellular health and growth. D-Ribose can support cell production and regeneration, so is perfect for anyone recovering from a health problem or after intense training sessions.



**OXYSORB™**

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



**D.I.P. (DAILY IMMUNE PROTECTION)**

A unique combination of x10 powerful ingredients to help maintain the function of the Immune System, including: EpiCor, Selenium, 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](http://www.NaturallyHealthyNews.com)





# 6 NUTRIENTS MOST PETS ARE ACTUALLY MISSING

Here's what to do when vet bills get too high

**V**ets are expensive. While a veterinarian's job is important and necessary to keep our animals safe, healthy, and sound, veterinary medicine is experiencing a breakdown in its price structure, a lot like our modern healthcare system. Nine out of 10 vets have reported feeling intimidated, often because a client grew angry over the cost of treatment.

Some veterinarians say this anger over rising vet bills happens daily, a 2017 British Veterinary Association (BVA) survey of 1,600 members found.

Changes are in order if we want to protect our vets and our pets. As pet owners, we may not have control over the cost of veterinary medicine, but we can control how we care for our pets, potentially making their lives longer and their vet's job easier. Preventive pet care also saves us money.

## *6 daily nutrients keep pets healthy (and cut vet bills big-time)*

The American Veterinary Medical Association (AVMA) says that all veterinarians they've consulted strongly support regular preventive care and annual exams to stop problems before they start, essentially reducing the large upfront cost of an emergency veterinary visit.

The American Animal Hospital Association (AAHA) calls nutrition the "first step in preventive care." And while 90 percent of pet owners would like to get nutritional recommendations from their vet, the AAHA says only 15 percent of owners remember receiving this information.

Whether it's a communication breakdown or lack of education, plenty of pet owners are confused about nutrition. But daily pet care can be easy.

Just like us, a pet's health can improve with the help of protective nutrients:

1. **Curcumin.** The principle active component in turmeric, curcumin is a potent anti-inflammatory and antibacterial agent that shows promise in the prevention and treatment of cancer and Alzheimer's disease, among other conditions. For pets, curcumin's anti-inflammatory properties can help reduce arthritis and associated joint pain. A 2018 *Medical Science Monitor* study also showed that curcumin successfully modulated inflammation caused by severe, acute pancreatitis in animals.
2. **Digestive enzymes.** A pet is not digesting if they can't break down the food they eat. Modern pet diets are much different from the natural diets' animals are supposed to eat and often lack the natural enzymes pets need.

Acid reflux, belching and gas, vomiting undigested food four or five hours after eating, bad breath, bloating, diarrhoea, and foul-smelling stools are all clues that digestive enzymes like protease, peptidase, amylase, lactase, cellulase, and lipase are lacking. In 2016, University of California San Diego researchers in the U.S. noted that pets can suffer from many of the same digestive diseases as people.

3. **Krill oil.** Pets young and old can benefit from a boost of omega-3 and omega-6 for growth, disease prevention, and immunity. These essential fatty acids aren't made by an animal's body, so they must be supplied through supplement or diet. Increasing omega-3s can help to relieve a dry, flaky coat, skin irritation, and joint inflammation and may also serve as an alternative therapy for canine epilepsy. Superba™ Krill Oil is 100-percent sustainable and proven to increase the heart-protective Omega-3 Index 70 percent more than fish oil, within just eight weeks.
4. **Serrapeptase.** Serrapeptase is a proteolytic enzyme, meaning that its primary task is to break down proteins. This exceptional enzyme has been successfully used on humans without side effects for 40 years. Now it's being used for fast-acting pain relief in animals. A serrapeptase supplement can help manage joint pain and arthritis before costly pet medications are prescribed, most often for ageing dogs and horses.
5. **Silver sol.** Silver is nature's antibiotic. It's used against viral, bacterial, and fungal infections and claimed to be effective against more than 650 disease-causing organisms, including ringworm, mange, *salmonella*, *E. coli*, *Candida Albicans*, and other yeast infections. Where infection has already set in, help is available. Patented silver nanoparticles work with a pet's natural healing process, while charging the immune system to fight infection. Spraying silver sol, proven more powerful than

ionic silver, into a pet's water dish or applying gel to the skin can work as a gentler antibiotic alternative.

6. **Soil-based probiotics.** In the same way as with humans, the role of the gut is vital for the health of our pets. A delicate balance exists in the gut between good and bad bacteria. When this balance is upset, it can lead to health problems like digestive issues and a lowered immune system. The balance can be disturbed by lack of access to chemically free grassland, diet, and antibiotics. Mixing pet food with an occasional soil-based probiotic, or SBO — the diverse, good bugs missing from over-processed pet food diets — can reset immunity and restore equilibrium with 22 proven health benefits.

## ***What man's best friend is missing***

We may be more similar to our pets 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.

Overweight pet owners may also have overweight pets, greatly increasing our risk for disease. But improving our pets' nutrition gives us the unique opportunity to change our focus, improving our health at the same time.

## *Recommended Products*

### **SERRAPET™**

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



### **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.



### **PRESCRIPTBIOTICS™**

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



### **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.



### **HYDROSOL SILVER GEL**

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



### **THE KRILL MIRACLE™**

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



## *Sources*

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)





# Good Health Starts In The Gut

*For most of us, our gut community is already imbalanced or deficient, most often because of antibiotic use and damage from our Western diet. This leaves us at risk for chronic disease.*

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

*Our all-natural  
Digestive Health Supplements Offer:*

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

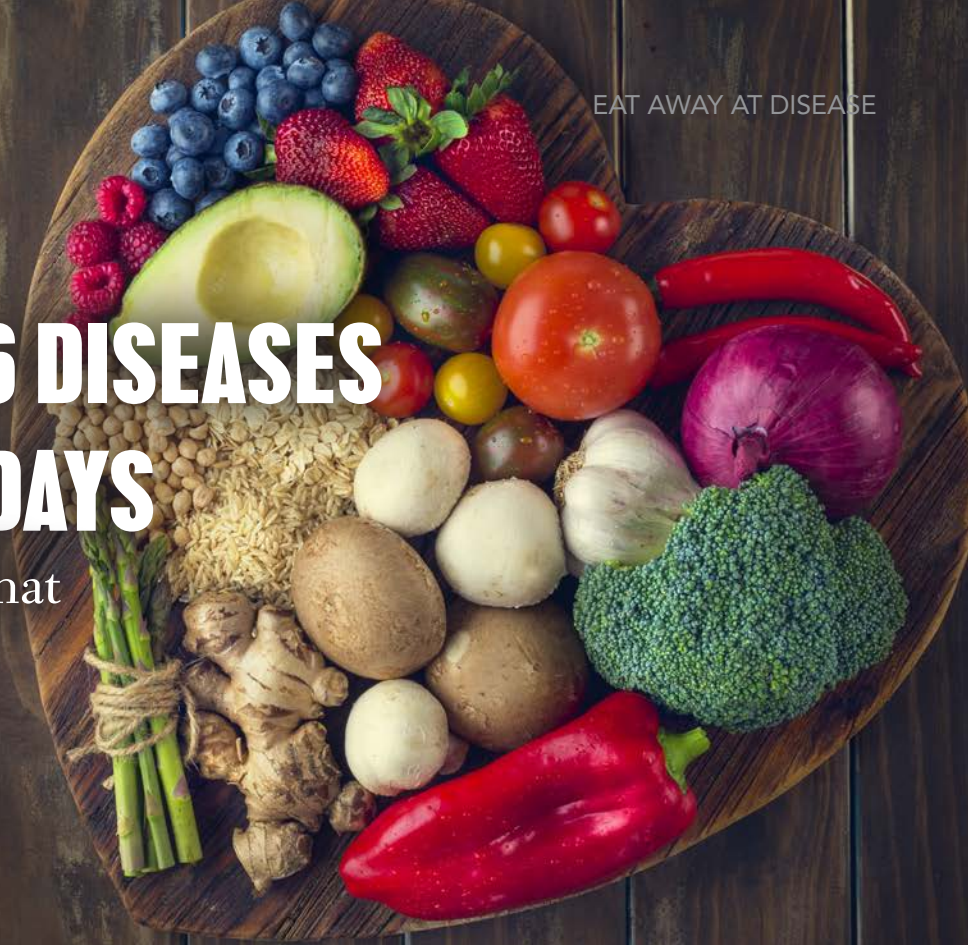


## Go with your gut...



# PUT AN END TO 6 DISEASES IN AS FEW AS 3 DAYS

We know now exactly what  
to eat to get better



**D**octors might not yet be comfortable giving their patients the hope of a cure, but scientists disagree. Eating healthy foods can not only help us to look and feel better, but it could reverse some of our deadliest forms of disease.

## 6 things medicinal foods can do that modern medicine can't

The disease-diet connection is nothing new, and it has an upside.

**Making different food choices, even small changes, could turn our health around:**

**1. Alzheimer's disease.** Healthy fats feed a healthy brain, and researchers confirmed this once again in a pilot study conducted in 2013. The *Journal of Alzheimer's Disease* study investigated the effects of coconut oil supplementation on live rat neurons cultured in the lab and treated with  $\beta$ -amyloid peptides. Medium Chain Triglycerides, or MCTs, are the primary source of fat found within coconut oil, and they're also a primary source of ketone

bodies that provide an alternative energy source for the brain.

The results showed that the neurons damaged by the  $\beta$ -amyloid peptides and treated with coconut oil appeared healthier, while the coconut oil seemed to prevent the damage caused to the neurons' mitochondria. Cannabis plant compounds, which can be supplemented as low-dose CBD, have also been shown to reverse brain ageing and potentially ward off dementia.

**2. Autism.** Research has demonstrated the many ways the ketogenic diet -- high in fat, low in carbs, moderate in protein -- helps the brains of children and adults function better. A 2003 pilot study, published in the *Journal of Child Neurology*, found that children with autism showed significant improvements after eating ketogenic foods. Within a group of 30 children studied over six months, two boys with autism recovered well enough to leave special education.

A 2017 *Physiology & Behavior* study solidified these findings, proving the

ketogenic diet can improve autism-associated behaviours in male mice.

**3. Cancer.** Many physicians also now consider the ketogenic diet as the first course of treatment after a cancer diagnosis, over often harmful and ineffective chemical therapies. The link between the ketogenic diet and cancer is this -- our body converts carbohydrates into glucose for energy, and cancer cells feed on glucose to thrive.

A high-fat, low-carb ketogenic diet may have the ability to starve cancer cells of their main food source: sugar. When healthy cells no longer have glucose to feed on, their alternative fuel source is ketones in the body. Yet cancer cells can only survive by feeding on glucose. The logic is that if we starve cancer cells of their only food source, they'll have no choice but to die.

Wrapping up a nine-year joint research project in 2017, Belgium scientists confirmed the cancer-sugar connection, called the Warburg effect, that causes cancer cells to consume sugars and



*Most of our diets are sorely lacking in beneficial omega-3s.*

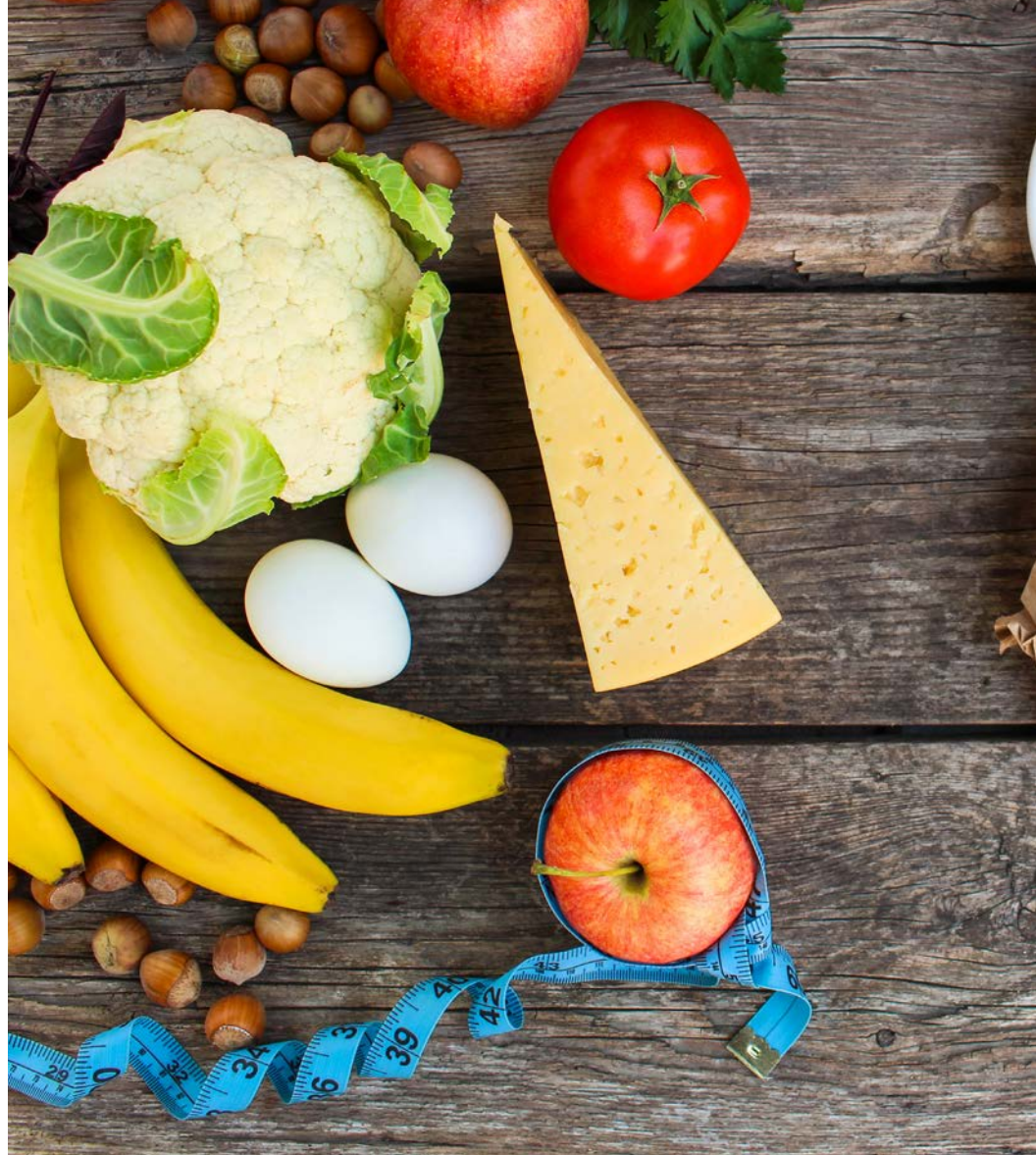
stimulate tumour growth. A decade earlier, American researchers from the University of California, San Francisco, also learned that men with early stage prostate cancer who made major diet and lifestyle changes might stop or reverse the disease altogether.

**4. Diabetes.** Eating healthy foods can reduce pancreatic fat and fully reverse type 2 diabetes, British researchers discovered in 2016. In 2017, Yale researchers in the U.S. also found that moderating food intake -- and preferably, replacing starchy carbohydrates and sugary foods with anti-inflammatory vegetables, fruits, lean proteins, nuts, seeds, and healthy carbohydrate alternatives -- could reverse diabetes with positive results seen after just three days.

And, eating medicinal food could offer complete protection against type 1 diabetes. Medicinal foods like nutrient-rich fruits and vegetables strengthen the immune system and can mount a defence against autoimmune type 1.

Along with anti-inflammatory foods, cinnamon is a well-known spice that may help to regulate blood sugar, and high-potency cinnamon extract may be even more powerful. Supplementing cinnamon can help the body better utilise insulin secreted by the pancreas to support type 2 diabetes recovery, while also reversing cellular brain changes occurring in cases of Parkinson's disease.

**5. Epilepsy.** The ketogenic diet is most often associated with epilepsy. Children who don't respond to antiepileptic medications or with seizures caused by Lennox-Gastaut syndrome have found significant relief. Scientists have proven that the ketogenic diet alters energy metabolism in the brain and can affect



"brain excitability" as a by-product. Specifically, the ketogenic diet can change cell properties in the brain to decrease excitability and calm epileptic discharges.

Findings presented at the 64th American Epilepsy Society annual meeting in 2010 shed light on how ketogenic foods may control seizures. When Johns Hopkins University researchers followed 27 patients who switched from the Modified Atkins Diet to the ketogenic diet, 37 percent of ketogenic patients saw an additional 10 percent seizure reduction. Five ketogenic patients were considered seizure-free.

**6. Heart disease.** Research supports the fact that foods high in monounsaturated fat, such as olive oil, and polyunsaturated fat, like nuts and vegetables, are good for our brain and our heart too. Nuts protect against heart disease as they're high in alpha-linolenic acid, often found in

walnuts, as well as oleic acid, magnesium, arginine, fibre, and vitamin E. Oily fish and fish oil supplements offer another great way to support heart health daily. Sardines, black cod/sablefish, and wild Alaskan salmon are all high in heart and brain-healthy omega-3 fatty acids, which, along with plant-based foods, could improve or reverse aspects of atherosclerosis (hardening of the arteries).

Most of our diets are sorely lacking in beneficial omega-3s, especially for those of us recovering from the fat-free food craze. Eating a moderate amount of fish each week to minimise environmental contamination and taking a daily omega-3, 6, and 9 fatty acid supplement can help. In 2014, *Hospital Pharmacy* researchers noted that krill oil may be "at least equivalent to and perhaps better than fish oil" in increasing blood levels of omega-3 fatty acids DHA and EPA. Superba™ Krill Oil is extracted from *Euphausia superba*





Antarctic krill that feed on algae, providing a pure, direct source of EPA, DHA, and the critical antioxidant astaxanthin.

### 9 keto-friendly guidelines make it easy to eat against disease

Fad diets are notoriously complicated. Thankfully, it's easier to eat keto than many people think.

**Eating ketogenic foods supports a long-term healing lifestyle, and as research shows, offers us a greater chance of disease reversal:**

1. Fresh or frozen veggies enjoyed daily; 50 percent raw juiced and organic, if possible.
2. Antioxidant-rich, dark-skinned fruits.
3. Avocados, a superfood with close to a full spectrum of nutrients.
4. Beans, nuts, and seeds; soaked and mashed nuts and seeds.

## *The ketogenic diet could help manage autism behaviour as an alternative or additional therapy.*

5. Oily fish, like salmon, sardines, and mackerel; wild-caught fish are recommended.
6. Pasture-fed meats or chicken in moderation; grass-fed is preferred over grain-fed.
7. Ample healthy oils, like hemp, omega-3, krill, olive, and coconut oil.
8. Eight glasses of distilled or filtered water per day with a pinch of sodium bicarbonate.
9. 3-5 teaspoons of sea or rock salt per day in food or a little water.

For disease prevention, reversal, and recovery, the ketogenic diet works well at a fat to carbohydrate and protein ratio of 3:1:1 or 4:1:1. Eighty-seven to 90 percent of calories should come from healthy fats.

Making changes to our diet could hold the key to our recovery, even for serious medical conditions. To correct a health issue like epilepsy or cancer, the ketogenic diet is best followed under the care of a physician. When used under a doctor's care, the ketogenic diet may require initial observation and fine-tuning before striking a balance to improve health – especially in children.

Most patients are recommended to start the diet for a minimum of a month to see relief.

And while anti-inflammatory, and preferably ketogenic, foods are recommended for a lifetime, it's encouraging to see that a little can go a long way. All the children with autism in the *Journal of Child Neurology* study maintained their behaviour, speech, and learning progress even after returning to their former diet. Researchers concluded

based on their preliminary evidence that the ketogenic diet could help manage autism behaviour as an alternative or additional therapy, and many parents' reports support these findings.

### *Recommended Product*

#### 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.



#### CINNAMON27™

Cinnamon27™ has x10 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.



#### CANNA10 CBD OIL

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



### Sources

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)





## Alpha lipoic acid does 3 things that help us live longer

Here's what happens to our body when we're low on ALA

If the name of this nutrient sounds familiar, it may be because alpha lipoic acid is the fatty acid we need to produce the energy for our body's daily functions. Also called lipoic acid, thioctic acid, and ALA, alpha lipoic acid is found naturally inside every cell and acts as an antioxidant. Our energy levels and ability to fight disease suffer when we're running dry.

### *What is alpha lipoic acid? 3 facts to remember*

**Appreciating our daily need for ALA comes from understanding its vital function. Alpha lipoic acid is:**

**1. A network antioxidant.** What makes alpha lipoic acid unique is that it functions in water and fat, unlike the more common antioxidants vitamins C and E. It also appears to be able to recycle antioxidants like vitamin C and glutathione after they've been used up.

**2. Balancing to blood sugar.** Known to keep blood sugar levels stable, patients with metabolic syndrome could use ALA to balance blood pressure and insulin resistance, improve their lipid profile, and maintain a healthy weight.

**3. Most potent as ALA-R.** Over-the-counter

supplements are likely to be sold as the "free acid" form of lipoic acid: R-Lipoic Acid (RLA). Unfortunately, RLA is not as bioavailable as ALA-R, or Alpha Lipoic Acid R. Stabilised ALA-R has a maximum plasma concentration 40 times higher than unstabilised RLA.

### *What happens when we're not getting it? 3 serious side effects of low ALA*

**Besides an inevitable energy crash, here's what happens to our body when we're not getting enough ALA:**

**1. Declining brain function.** Already being researched as a new treatment option for Alzheimer's disease, a 2017 *Frontiers in Pharmacology* study found that lipoic acid may even reverse loss of neurotransmitters.

**2. Diabetes complications.** Blood sugar control may be one of the most popular reasons to take ALA, providing extra support for diabetes. As a 2018 animal study published in *Biochemical and Biophysical Research Communications* proved, alpha lipoic acid is potent enough to reduce retinal cell death in diabetic mice. ALA may also improve diabetic retinopathy symptoms in five weeks.

**3. Premature ageing.** Many of the benefits of ALA-R closely mimic those of caloric restriction -- the only proven way to slow down the fundamental ageing process, with adequate nutrition. And, a 2008 *Mechanisms of Ageing and Development* study demonstrated that alpha lipoic acid-R could dramatically increase the lifespan of a short-lived strain of mice.

ALA's ability to balance blood sugar alone has major significance for sufferers of prediabetes and type 2 diabetes — and the rest of us who eat a processed food diet. Thirty percent of people may have prediabetes by 2030, making alpha lipoic acid essential for everyone.

### *Recommended Products*

**ALPHA LIPOIC ACID 'R'**  
Alpha Lipoic Acid 'R™' 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.



### *Sources*

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)

# *The surprising reasons D3-K2 may be the most important vitamin combo*

Reduce arterial stiffness in 4 months with high-dose vitamin D

**A**s “too good to be true” as it sounds, it isn’t. In 2018, American researchers learned that taking a high dose of vitamin D for just four months is enough to decrease arterial stiffness, based on the rapid results seen in their young, relatively healthy, overweight or obese, and vitamin-deficient group of African-American study participants.

It’s not too good to be true, but a quick read through this study might leave some important information missing. Vitamin D3 can’t perform to its fullest potential without the help of its partner nutrient.

## **2 reasons why vitamin D3 and K2 make a perfect pair**

Two potent vitamins working together to protect the health of the heart, brain, bones, joints, and immune system is a powerful thing.

## **Here are two good reasons vitamins D3 and K2 should be taken together:**

### **1. Prevent calcium overload.**

Supplementing with vitamin D greatly enhances the body’s ability to absorb calcium. But we also need vitamin K2 to move calcium where it’s supposed to go. Vitamin K2 activates a protein hormone called osteocalcin produced by

osteoblasts, which helps to bind calcium into the bone matrix. Osteocalcin also appears to help prevent calcium from depositing into the arteries. Without vitamin K2, calcium brought into the body by vitamin D may begin to build up in the arteries rather than in the bones.

**2. Support healthy bones.** Vitamin D helps build healthy bones and uphold heart health by keeping calcium levels in balance, but now we know it doesn’t work alone. As its critical partner, our body requires vitamin K2 to activate vitamin D3 so both vitamins can route calcium and improve absorption together. This “tango” between the two vitamins must occur to maintain our bone health and help reduce our risk of osteoporosis.

## **4 more reasons we all need a daily dose of K2 and D3**

Calcium control to support heart and bone health is a big reason to up our intake of vitamins K2 and D3.

### **This potent combination has also been proven to help:**

1. Correct hormone imbalances, particularly in cases of PCOS.
2. Reduce the risk of cancer.
3. Relieve hypertension.
4. Ward off dementia.

As the American researchers learned in the arterial stiffness study published in *PLOS ONE* in 2018, supplementing vitamin D can be dose-dependent. Meaning, the study participants who took more than six times the recommended daily 600 IUs saw the greatest benefit, decreasing their arterial stiffness in only four months.

When vitamin D3 is taken with its partner nutrient vitamin K2, it can help to correct a dangerous deficiency with the added bonus of reducing blood vessel calcification and protecting against heart disease.

## *Recommended Products*

### **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](http://www.NaturallyHealthyNews.com)



# WHAT GOLDDILOCKS CAN TEACH US ABOUT GETTING BETTER SLEEP

## 6 simple ways to get an extra hour of sleep

**I**n 2018, Canadian researchers published the findings of the world's largest sleep study, showing we could learn a thing or two from Goldilocks about our sleep. Too little can be harmful and could age our brain nine years. Too much can also impair the brain, but researchers found that an average of 7 to 8 hours a night is "just right."

### 50 percent of us need another hour of sleep

Western University's Brain and Mind Institute neuroscientists noted in the world's largest sleep study conducted on 40,000 people worldwide that while 7 to 8 hours a night can support better cognitive performance, half of all study participants slept less than 6.3 hours nightly.

Fifty percent of us may need an extra hour of sleep to reach the "Goldilocks threshold" and see improvements in brain function.

Skimping on sleep is most likely to affect reasoning and verbal ability. These poor-sleep side effects apply to those who sleep too much and too little. The upside, researchers noted, is that some evidence suggests that a single night of good sleep can positively affect our thinking.



### *6 soothing ways to sleep the amount that's 'just right'*

Pharmacists still haven't found a magic pill that can solve our sleep troubles.

**But understanding how the body works and giving it what it needs can lull us into a deeper sleep. Here's where to begin:**

#### **1. Nail nightly nutrients.**

Sleeping pills may increase the risk of dying by 4.6 times, and high-dose sleeping pills have a higher risk of cancer.

**Nightly sleep supplements are safe, effective, and nourishing to the brain and body:**

- **L-theanine.** L-theanine, an anti-stress and anti-anxiety amino acid, isn't produced by the body but can be found in green tea and supplements. L-theanine is also involved in the formation of the inhibitory neurotransmitter Gamma Amino Butyric Acid (GABA) that influences the levels of the neurotransmitters

dopamine and serotonin – the brain chemicals that produce a state of relaxation.

- **L-tryptophan.** L-tryptophan, one of eight essential amino acids that can't be synthesised in the body and must be absorbed through diet or supplement, acts as a precursor for serotonin. As little as 1 gram or more of L-tryptophan may produce "an increase in rated subjective sleepiness and a decrease in sleep latency (time to sleep)."
- **Vitamins B3 and B6.** Vitamin B3, or niacin, is one of the B-complex vitamins that can't be stored in our body. When we supplement enough niacin to create a surplus, our body converts the left-over to niacinamide. Niacinamide has been used as a natural treatment for insomnia, showing up to a 79.5-percent increase in sleep efficiency. Vitamin B6, or pyridoxine, is also involved in the synthesis of the neurotransmitters serotonin and norepinephrine, as well as melatonin needed to regulate the body clock.



## 2. Improve daytime focus.

Vinpocetine, an extract from the periwinkle plant that has long been used to enhance the health of the brain, can support key neurotransmitters involved in memory function — including serotonin for mood regulation and sleep. Vinpocetine has also been shown to stimulate the locus coeruleus (LC), an area of the brain that influences the sleep-wake cycle, anxiety, stress, and the autonomic control of behaviour and mental function.

## 3. Rub down with lotion.

Correcting a magnesium deficiency can not only reduce risk of diabetes, often triggered by poor sleep, but it can help to remedy insomnia and chronic migraines. A nightly ritual of applying soothing lotion can be even more beneficial using a cream infused with magnesium, MSM, and CBD. The organic sulphur-containing compound Methylsulfonylmethane, MSM, or OptiMSM®, the world's purest form of MSM, is safe, gentle, and free from side effects. Applying OptiMSM® with topical magnesium may greatly increase

absorption and, with the help of calming CBD oil, could safely reduce anxiety and sleep disruptions in both adults and children.

## 4. Address anxiety.

5-HTP is a chemical the body produces from the essential amino acid L-tryptophan. When 5-HTP is produced or supplemented, serotonin levels increase. Because 5-HTP freely crosses the blood-brain barrier, whereas serotonin does not, it's most often recommended to treat insomnia and depression and anxiety that affect sleep.

## 5. Start a sleep schedule.

Waking up and going to bed at the same time every day naturally brings the body's circadian rhythm into balance. American researchers from Clemson University learned in 2015 that something as simple as sleeping consistently and getting enough sleep — the recommended 7 to 8 hours a night — can make it easier to exercise self-control and make healthy decisions.

## 6. Protect mobile devices.

Keeping phones, tablets, and other electronic devices on a bedside table or pillow that emit Wi-Fi/EMF radiation can unknowingly disrupt quality of sleep. Sleep disorders are the most common symptom of electromagnetic field exposure in up to 58 percent of cases. Attaching a Quantum Hologuard adhesive to the back of a mobile device will emit a healthy resonance that influences subatomic particles of matter and neutralises sleep-disrupting frequencies.

After just one night of poor sleep, we're going to notice it. Waking up irritable and exhausted. Having trouble focusing in the morning. Feeling forgetful and confused by mid-day. Sleep loss can kill brain cells and lead to irreversible brain damage, while one or more of these tips can re-balance the body and help us find the middle-ground of "just right."

## Recommended Products

### ANCIENT MAGNESIUM CREAM ULTRA + CBD OIL

Contains a superior form of magnesium chloride derived from an ultra-pure source - the prehistoric Zechstein seabed. magnesium lotion formula incorporates the unique synergistic benefits of CBD oil, magnesium and OptiMSM®.



### RELAXWELL™

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



### SLEEPWELL™

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



### QUANTOGRAM HOLOGUARD PHONE RADIATION HARMONISER

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

### 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.



## Sources

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)



# THE ULTIMATE GUIDE TO AT-HOME ACUPUNCTURE'S WHOLE-BODY BENEFITS

## *7 ways electroacupuncture makes life better (and it's not just a placebo)*

**O**f all traditional healing methods, acupuncture is the most widely accepted in the West. Collectively, our culture might be sceptical about the holistic approach of Eastern medicine, but it's hard to argue with an ancient practice that has over 2,000 years of history and significant scientific evidence to prove that it is highly effective.

### ***Can at-home acupuncture fix bad eyesight? 69% of AMD sufferers say 'yes'***

Anyone who hasn't tried acupuncture may not know where to begin. Using an at-home electroacupuncture device makes dipping toes into the waters of Eastern medicine easy, providing all the benefits of traditional acupuncture without the needles.

### **Electroacupuncture is:**

- **A highly specialised, non-invasive form of acupuncture.** Mini electrical pulses (MicroCurrent) are used to stimulate each acupuncture trigger point for a short period of time.
- **Targeted and precise.** Using advanced photographic technology, points can be seen as "electrical pores" on the skin. The electroacupuncture device will create a gentle physical sensation once 100-percent accuracy has been achieved to locate the acupoint in question.
- **User-friendly and safe for use without medical guidance.** Electroacupuncture, when used at home, can help to safely manage symptoms of more than 150 different ailments by balancing the health of the body, with special benefits for pain conditions related to the back, neck, and joints.

**At-home electroacupuncture can be used as a daily therapy or on-the-spot treatment for:**

- 1. Alternative pain relief.** Instead of turning to prescription drugs or surgery, electroacupuncture can help provide quick pain relief while continuing to stimulate the healing of arthritic or inflamed joints. Acupuncture, mimicked safely at home using a hand-held device, is known to decrease pain and stiffness in osteoarthritic knees with improvements in pain, stiffness, and function for up to two years.
- 2. Brain damage repair.** Researchers have observed several successful case studies where scalp acupuncture was used to stimulate brain cells, causing them to take on other damaged cells' declining function. When Dr. Jiao Shun-fa pioneered scalp acupuncture from the 1970s to the 1990s, he saw 36.5 percent of his 20,923 stroke paralysis cases cured from the treatment. Electrical scalp stimulation also boosts the brain's

creativity by an average of 7.4 percent.

**3. Healthier conception.** Italian scientists discovered in 2013 that men with higher levels of short-term and long-term stress and anxiety had less semen in their ejaculation. This group of men also had lower sperm concentration and sperm counts. Men with the highest levels of anxiety were most likely to have slow-moving, deformed sperm. Acupuncture significantly reduces the chronic stress protein, and electroacupuncture specifically has been associated with higher IVF birth rates.

#### 4. Help for dogs and horses.

Veterinarians report that dogs and horses respond well, in most cases, to electroacupuncture, proving useful for arthritis, lameness, and back pain. Multiple animal studies have been conducted to demonstrate the efficacy of electroacupuncture in relieving chronic pain; in animals, electroacupuncture has been shown to block pain sensory neurons in a longer-lasting, antinociceptive effect.

#### 5. Mental health and mood balance.

Health specialists at the University of York discovered in 2017 that adding acupuncture to routine medical treatment helped reduce headaches, migraines, neck and lower back pain, and osteoarthritis pain significantly. The researchers also learned in a secondary clinical trial, the largest of its kind, that acupuncture could help end a depressive episode and prevent depression for one year on average.

#### 6. Sharper vision and improved AMD.

Acupuncture is said to bring relief to

strained, tired, or irritated eyes by bringing better localized blood flow to the entire eye region. It has also been used traditionally to help blurred vision, eyestrain, and eye injuries for thousands of years. One 2003 *Medical Acupuncture* study examined the effectiveness of acupuncture on AMD (age-related macular degeneration) and found that 69 percent of patients improved in distant vision and 69 percent improved in near vision. Researchers concluded that “visual acuity in AMD may be improved by acupuncture.”

**7. Younger-looking skin.** Centuries ago, concubines of the Chinese Empress and Emperor received facial rejuvenation acupuncture as an anti-ageing treatment. MicroCurrent stimulation, in the same way, can be applied to specific acupoints to identify internal dysfunction and renew ageing skin. Electroacupuncture has reduced eyelid wrinkles by 50 percent and undereye wrinkles by 20 percent after just 10 sessions.

#### Why some scientists suggest using acupuncture before dental treatment

Those who swear by acupuncture say that it doesn't hurt, but electroacupuncture may feel even gentler to the skin. With a device that uses the latest microchip technology, electroacupuncture provides all the benefits of acupuncture, but without the need for needles. Apply to a directed point, press a button, and relief may be felt almost immediately.

Near-immediate relief may be why scientists have started studying the use of acupuncture at the dentist.

Dental anxiety that affects up to a third of people could be calmed in a way that is clinically relevant by using acupuncture as an adjacent treatment, British researchers learned in 2018. Acupuncture's anti-anxiety effect may be potent enough to be used as a standalone therapy or to accompany prescription medications, though more research on dental patients may be needed.

Having an electroacupuncture device at home can provide the same support where in-office acupuncture isn't yet available. Anxiety reduction, pain relief, disease management or reversal -- these are just a few of the many positive results seen from regular at-home treatment.

### Recommended Products

#### HEALTHPOINT™ KIT

Electro-acupressure kit designed to help any condition that responds to MicroCurrent stimulation.

Developed over 14 years by a leading pain specialist, very easy to use, safe for all the family and with full instructions and DVD to help get you started.



#### Sources

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)



# HEALTH news

## EATING ORGANIC PRODUCE LOWERS YOUR RISK OF CANCER BY 25%

A recent study published in *JAMA Internal Medicine* found that people who consume organic food have a 25 percent lower risk of cancer. French researchers carried out the study under the guidance of epidemiologist Julia Baudry.

The diets of nearly 70,000 French adults, who were in their mid-40s were examined. Volunteers were divided into four categories, according to the 16 organic products they ate. This included fruit, vegetables, fish, meat, prepared meals, condiments, dietary supplements, vegetable oils and other products.

Over a four and a half year period, researchers looked at how many participants developed some type of cancer. Volunteers' organic food scores were compared with the cancer cases to determine those who ate the most organic food were 25 per cent less likely to develop cancer than those who didn't eat organic food.

When it came to specific cancer types, the group who ate organic was 73 percent less likely to develop non-Hodgkin's lymphoma and 21 percent less likely to develop post-menopausal breast cancer.

## TAKING CURCUMIN MAY PROTECT AGAINST FLUORIDE POISONING

Curcumin could be a natural solution for protecting the human brain against fluoride poisoning, according to research published in *Pharmacognosy Magazine*.

In the paper entitled, "Curcumin attenuates neurotoxicity induced by fluoride: An in vivo evidence", the team compared the brains of mice given non-fluoridated water to the brains of other mice given fluoridated water (120 parts per million), fluoridated water plus Curcumin (120 ppm/30 milligrams per kilogram of body weight), or just Curcumin (30 mg/kg body weight).

Researchers were looking specifically at fluoride-induced toxicity on the mice's brains, along with the chemical's impact on lipid peroxidation, or any rancidity, in the brain tissue.

Markers of malondialdehyde or MDA were evaluated in the brains of mice from each test group. MDA is a well-known marker of oxidative stress and oxidative damage.

They discovered that fluoride greatly increased MDA levels in the group of mice with fluoride. MDA levels remained low in the non-fluoride control group.

Mice given fluoride plus Curcumin, however, saw noticeably reduced MDA levels compared to the fluoride-only group. This suggests that Curcumin can exhibit pronounced neuroprotective benefits against fluoride and its neurotoxicity.



## 'CLEAR EVIDENCE' THAT CELLPHONE RADIATION CAUSES CANCER

A recent US study shows that there is "clear evidence" that male rats exposed to high levels of radio frequency radiation (RFR) used in cell phones, developed cancerous heart tumors.

The 30 million dollar study conducted by the US National Toxicology Program (NTP), took 10 years to complete and showed "some evidence" of tumors in the brain and the adrenal gland of exposed male rats. Yet still the authorities disagree that cellphone radiation is dangerous. Specialist agencies assert that the study doesn't apply to humans.

Scientists believe that the link between radio frequency radiation and tumors in male rats is real and the external experts agreed. Yet they also concede that one could not compare the exposures used in the studies directly with the exposure that humans experience when using a cell phone.

This is because humans only use their cell phone devices against their ear or in their hands. The rats were also exposed to high levels of radiation for extended periods of time – about nine hours a day. Exposure for rats began in the womb – at 5-6 weeks for mice involved in the study. The lowest exposure level used in the research equalled the maximum exposure allowed for cellphone users, according to the research.

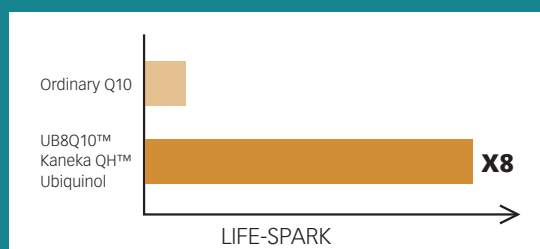
Limitations of the study suggest that rats and mice received radio frequency radiation across their whole bodies. In contrast, people become more exposed to specific local tissues where they most closely hold their phone. Exposure levels and durations in studies were also greater than what people experience.

# 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**



# ONE CHANGE PROTECTS JOINTS FROM DEGENERATIVE DISEASE

There may be 68 percent more arthritis sufferers than we think

**O**ur joints have been working hard for decades. As we get older, it only makes sense that these joints would start to wear down and may need to be replaced. It happens in cars and other machines, so why wouldn't it happen in people?

Sadly, this myth of "joint breakdown" couldn't be further from the truth.

Joint deterioration isn't natural, and it isn't caused by normal wear and tear. It's caused by chronic inflammation. Diet is the one factor we can change that impacts these dangerous levels of inflammation. And where even the healthiest diets fall short, supporting nutrients can help us start to heal.

## ***How chronic inflammation destroys healthy joints and encourages disease***

Arthritis is a health problem made up of many different conditions that all have one thing in common: inflamed joints.

Because of our everyday lifestyle factors that heighten inflammation -- including diet, lack of exercise, obesity, stress, poor sleep, undiagnosed illness, and more -- the number of arthritis sufferers may be much more than expected.

A 2017 *Arthritis & Rheumatology* study found that arthritis can be easily missed by health professionals, affecting 68 percent more of our population than previously recorded. Arthritis characterised by chronic

joint symptoms can also impact men and women as young as 18.

## **There's an easy explanation for how arthritis can start so young -- and continue undetected as we age:**

- When we have prolonged inflammation, from an injury or irritation, our immune system can typically heal the issue at hand.
- If our immune system can't heal the problem, this means we have chronic inflammation.
- Chronic inflammation is serious. Eventually, the immune system begins to turn on the body and attack.
- Pro-inflammatory cytokines are the part of our immune system that attack and kill cells with oxidative chemicals.

- When these proinflammatory cytokines don't stop their attacks, they'll start killing cells that our body needs.
- One common example of this is in joint inflammation where cartilage is eaten away, resulting in arthritis.

Medical science is starting to understand that chronic inflammation is the main factor in all chronic disease. Science has also confirmed that chronic inflammation is at the core of the two largest killers: cancer and heart disease. In 2018, American researchers connected chronic inflammation to Alzheimer's disease, finding a dramatically higher risk for those with chronic inflammation who carry the Alzheimer's gene. Australian researchers have also noted that the overload of inflammatory proteins produced by rheumatoid arthritis could lead to heart valve disease.

Knowing the cause gives us tools for prevention. The answer is simple, but it's not always easy. Most of us are missing the essential nutrients in our diet we need to sustain our health each day, and this nutrient deficiency triggers inflammation. An absence of nutrients, plus one or more unhealthy lifestyle factors, can speed up arthritis or make a current diagnosis worse.

### ***What happens to our joints when we quit eating inflammation***

**To stop this deadly inflammation, the first place to look is diet, along with several supporting nutrients that can help the body start healing:**

- **Cut starchy carbs and sugars.** To protect our joints, it's critical we eliminate starchy carbohydrates and foods that are high in sugar. Sugar stimulates the inflammatory response and puts the immune system

under great strain. Processed food and fast food are usually loaded with sugar and chemicals and have depleted levels of nutrition. As a result, these foods have a higher glycaemic level. A high-carb diet can increase osteoarthritis risk, even without weight gain, while eating broccoli, rich in a compound called sulforaphane, could block joint-destroying enzymes. Eating an anti-inflammatory diet triggers healthy cellular ageing, as studied in American women in 2018, lengthening telomeres and reducing risk of major chronic disease.

#### • **Exchange NSAIDs for curcumin.**

Curcumin is a compound in the turmeric spice found to have anti-inflammatory, antibacterial, antiviral, and antifungal properties. Used as a high-potency supplement, curcumin can work as an alternative to more aggressive anti-inflammatory drugs to naturally calm inflammation. Curcumin is even safe for children. Meriva® curcumin is the most clinically studied form of the curcumin compound on the market. Taking Meriva® curcumin just twice a day has been proven to significantly reduce joint pain and stiffness, improve function, enhance social and emotional capabilities, and decrease markers of inflammation.

- **Start enzyme therapy.** Serrapeptase is an enzyme that can't be found in the diet. Considered a "workforce" enzyme, the body relies on serrapeptase to counter the crippling inflammation that is a by-product of our modern lifestyle. When the natural enzyme serrapeptase is ingested, it moves through the body to destroy and digest dead tissue. It has been known to directly alleviate a number of painful symptoms associated with chronic pain conditions, including arthritis. The latest research highlights serrapeptase's potential as an anti-inflammatory drug alternative "with minimal side effects and complications." Swiss researchers

also recently learned arthritis could be treated with the polysaccharides in brown algae, often supplemented with curcumin and serrapeptase and offering an anti-inflammatory effect to suppress the immune attack against cartilage.

Part of changing our diet to support arthritis recovery includes giving our joints the nutrients they need to repair and heal, but feeding our body inflammation is still feeding arthritis. The only way to protect joints from devastating levels of inflammation is to stop eating the foods that cause it in the first place.

### *Recommended Products*

#### **SERRAENZYMETM 250,000IU**

**The world's strongest serrapeptase delivering 250,000IU serrapeptase per cap. Available in tablets and capsules for serious health support and in a delayed-release cap for optimum performance. Phthalate-free.**



#### **SERRANOLTM**

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



#### **SERRAPLUS+TM 80,000IU**

**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](http://www.NaturallyHealthyNews.com)



# Why aren't doctors prescribing these natural remedies?

4 alternative treatments powerful enough to rival modern medicine

**M**ainstream and alternative medicine have always been at odds. Centuries ago, the Catholic church persecuted female healers with a knowledge of herbal medicine as "witches." Today, the same witch-hunt continues as major government organisations try to strip doctors practicing natural medicine of their licenses.

## ***Doctors can only help as much as they're permitted***

We saw a prime example in 1999, the year police arrested researcher and physiologist Dr. Hulda Clark, 70, and charged her for practicing medicine without a license. Dr. Clark's crimes that kept her imprisoned for over two weeks were for diagnosing, treating, correcting, and preventing disease, as well as prescribing and administering treatment — all activities doctors are prohibited from engaging in since medicine can't provide an official cure for any health condition.

At that time, Dr. Clark said cancer could be cured with electromagnetic wave treatment and by removing poison from

the body. Two decades later, scientific research shows Dr. Clark was on the right track. Numerous toxins have been tied to cancer growth, along with cell phone radiation. And, one of the most important natural remedies for cancer treatment has finally been given credibility: removing sugar, a.k.a. a natural poison, to stop cancer from growing.

In 2018, international researchers demonstrated what alternative medicine practitioners have been suggesting for decades: Starving cancer of its food source, sugar, can cause cancer cell death.

Still, doctors aren't allowed to provide hope of a cure. They can only prescribe drugs intended to manage symptoms, turn a profit, and ultimately keep patients sick since they'll never address the root cause of the illness.

Making matters worse, prescription medications are documented in killing thousands and possibly millions each year. Major pharmaceutical corporations have also been caught committing scientific fraud multiple times to skew

perceptions of the medical community. Even with billions of dollars in fines paid to regulators, the duplicitous cycle continues.

"The pharmaceutical industry likes to depict itself as a research-based industry, as the source of innovative drugs," Dr. Marcia Angell, the former editor of the *New England Journal of Medicine*, said in an interview in 2003. "Nothing could be further from the truth... Brand-name drugs have no competition, since the government grants them very long, exclusive marketing rights."

No wonder most doctors are unwilling to mention, let alone prescribe, scientifically-proven natural remedies. Their hands are tied by the powers that govern modern medical communities.

## ***4 natural remedies that treat the real cause of disease***

**Here's what science has to say about some of our simplest yet most effective forms of natural medicine:**





### 1. Baking soda for kidney disease.

Fascinating 2009 research by British scientists suggested sodium bicarbonate -- otherwise known as baking soda -- could dramatically slow the progress of chronic kidney disease. The simple household product used for baking, cleaning, bee stings, and acid indigestion is so effective it could prevent patients having to be put on kidney machines. Sodium bicarbonate may also prove useful in cancer therapy. Since sodium bicarb is naturally alkalising, it can neutralise acidic conditions in the body and stop tumours.

**2. Hemp oil for eczema.** Topical steroids used to treat skin inflammation and eczema may come with side effects like nausea, heartburn, dizziness, headache, difficulty sleeping, and acne. Used for a long period of time, topical hydrocortisone also thins and compromises the skin. But applying hemp seed oil with hemp extract that contains naturally occurring cannabinoids can work as a quick and effective anti-itch remedy. Non-addictive cannabinoids absorbed through the skin don't reach the bloodstream but instead interact with skin receptors to calm itching

sensations. As American researchers learned in 2017, topical cannabinoids can be helpful for treating a number of skin conditions, including eczema, dermatitis, psoriasis, and potentially skin cancer.

**3. Magnesium for anxiety.** In a time when our society is increasingly stressed, feelings of anxiety have become an everyday occurrence, and anxiety disorders are more prevalent. As a result, natural anxiety remedies are more relevant than ever. Magnesium, a vital mineral most of us are lacking, is considered by many to be one of the most important natural anxiety remedies — mainly because of its effectiveness. Transdermal magnesium, also absorbed through the skin, has an exceptional record of safe use, bioavailability, and cost value. Supplementing daily magnesium can correct underlying deficiency and may help ease anxiety by influencing the hypothalamic-pituitary adrenal (HPA) axis.

**4. Vitamin B for Alzheimer's.** B vitamins have been shown to help in the fight against Alzheimer's disease by regulating the body's levels of homocysteine. This amino acid is normally converted into the brain chemical acetylcholine, which is used for memory, but Alzheimer's patients may have unusually high homocysteine and low acetylcholine levels in their bloodstream. High levels of homocysteine have also been linked with brain shrinkage. One 2013 *PNAS* study demonstrated that "B vitamins lower homocysteine, which directly leads to a decrease in GM (grey matter) atrophy, thereby slowing cognitive decline."

Often the brunt of public criticism, it's the "irregular" doctors we can thank for

challenging the status quo. "Irregulars, on the other hand, wanted something better and proposed new solutions to old medical problems," Erika Janik wrote in her book *Marketplace of the Marvelous: The Strange Origins of Modern Medicine* in 2014. "Irregulars suggested novel and creative theories about what caused disease and constituted healthy living at a time when medical advancement appeared stalled."

## Recommended Products

### ANCIENT MINERALS MAGNESIUM LOTION ULTRA

A next generation formula of MSM and magnesium to enhance cell membrane permeability and facilitate a more efficient uptake of magnesium ions into the body. Magnesium supports a healthy immune system, regulates blood pressure and metabolises energy.



### B4HEALTH SUBLINGUAL SPRAY

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



**CANNA10 CBD OIL 10%**  
10 percent guaranteed CBD.  
3.3 mg of CBD per drop;  
approx. 1 month supply.



## Sources

All references can be found at  
[www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)



# 3 deep detox remedies to try this weekend

Fast, friendly ways to flush out toxic compounds from air and diet

**O**ur body expels toxins through our bowel, urinary tract, and lungs. But even when these exit routes are working as well as they should, sometimes they can't keep up.

## Everyday air pollution has been linked to:

- Autism risk within the first three years of life.
- Disrupted thyroid development in unborn babies, creating potential neurodevelopmental issues.
- Higher risk of heart attack, along with exposure to noise pollution.
- Over one year less life expectancy.

## Dietary contaminants have been linked to:

- Endocrine disruption, with traces of BPA found in 86 percent of British teenagers.
- Higher risk of hormone disruption in vulnerable groups like children, teenagers, and pregnant women, especially after ingesting phthalates at restaurants.
- Increased fat storages and possible predisposition to obesity in unborn babies, related to the food manufacturing chemical BBP.
- Potential for long-term health problems because of synthetic chemical exposure from food storage, packaging, and processing over a lifetime.

If our lungs and digestive system are already feeling the toxic burden, then our body will use its backup routes, expelling harmful substances through the skin and mucous membranes. When all exit routes are clogged because of long-term toxin exposure, our health can start to decline.

## *Do try this at home: 3 scientifically-sound detox remedies*

From time to time, our body needs to be cleansed from harmful build-up in order to function better.

### **Let's take a look at several quick ways to support and even speed up the body's detoxification process, with some results seen in a weekend:**

**1. Cleanse with clay.** Clay baths are a simple way to help rid the body of metals and toxins, like lead, cadmium, mercury, and aluminium. They have

reportedly been safely used for centuries -- the premise being that certain types of clays, like bentonite, are able to draw out toxins through the pores of the skin.

### **Clay baths:**

- Are inexpensive compared to chelation therapy and other environmental detoxification programmes, with no costly equipment required.
- Help stimulate the lymphatic system and cleanse the skin, the largest organ in the body.
- Support stress relief and promote relaxation, especially in the evening.

To prepare a clay bath, scatter dry powdered clay into bathwater. Then lie back and relax for at least 15 to 20 minutes. Try to submerge as much as possible during the bath as it's believed that the more clay that is used, the more powerful the body's response will be.

**2. Correct mineral deficiency.** Restoring iodine levels could improve the body's





ability to detox. Iodine has also been found to be beneficial in detoxing the body of sodium fluoride. Sodium fluoride may damage the liver and kidneys, weaken the immune system, and even lead to symptoms that mimic fibromyalgia. And it's added to many water supplies.

#### Supplementing with iodine:

- Can help support deficiencies in diet: The only natural source of iodine is via seaweed, like kelp and Kombu, with three portions needed per day to get the recommended intake.
- May increase the excretion of sodium fluoride via urine.
- Restores thyroid function that can be damaged from a processed food diet.

Bioavailable iodine drops are not like the antiseptic iodine found in over-the-counter products. Consumable iodine in the atomic form rather than the molecular form stays "charged" until it's taken as a supplement: 1 to 3 drops in a half ounce of water, twice a day. Then,

atomic iodine will gradually release its energy over a two to three-hour period. As it travels through the body, it's absorbed as the same valuable iodine produced by our thyroid.

**3. Soak away toxins.** Absorbing magnesium through the skin in a foot or bath soak is soothing and relaxing. It's also beneficial to replenish cellular magnesium levels, calm persistent aches and pains, reduce stress and stabilise mood, build bone strength and prevent bone loss, and stimulate the growth of healthy skin tissue.

**This vital mineral supports our body's natural detoxification process in three distinct ways:**

- Assists with the cleansing of cells by stimulating the sodium-potassium exchange on the cell wall that regulates potassium levels inside and outside the cell.
- Plays a major role in the production of energy or ATP (adenosine triphosphate), supplying energy required for detoxification.
- Regulates the calcium content inside cells, thus preventing cellular calcification and premature ageing.

Magnesium also protects the body's cells from oxidation by free radicals and protects against heavy metals, like mercury, aluminium, nickel, lead, and cadmium. Soaking in a bath of magnesium and MSM for 20 minutes nightly can enhance mineral absorption by improving cell membrane permeability. Supplementing OptiMSM®, the form of the organic sulphur-containing compound MSM with 99.9 percent purity, can help the body produce glutathione -- the critical antioxidant we need to buffer heavy metal toxicity.

#### ***'Death begins in the colon'***

As the old expression goes, death starts in the colon. To lower our risk of disease and

avoid unpleasant symptoms like chronic constipation and fatigue, it makes sense to give our colon, our liver, and our other detox organs regular cleansing.

Yes, our body is equipped to eliminate daily toxins -- a common argument heard in the detox debate. But today, we're seeing a phenomenon of toxic surplus that can be passed down to generations, with the potential to leave our well-functioning systems overloaded and in need of outside help.

#### *Recommended Products*

##### **NASCENT IODINE**

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



##### **ANCIENT MAGNESIUM BATH FLAKES**

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



##### **MAGNETIC CLAY BATH - NATURAL DETOX**

**Magnetic Clay is a range of natural herbs and special clay that provides a safe and effective way to detox metals and chemicals from the body. Release years of toxic environmental pollutants from accumulating in the body, into the bath. Contains all-natural ingredients, no emulsifiers or chemical additives.**



#### *Sources*

*All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)*



# HEALTH news

## EATING TAKE AWAY FOOD IS MORE LIKELY TO CAUSE DISEASE

Adults in the UK eat 22 million takeaways every week, a concerning report by *Cancer Research* revealed last year. While in the US, 1 in 4 people eat out daily. If the obvious health concerns with obesity and Diabetes Type 2 weren't enough, there is another hidden danger in restaurant food to consider.

As takeaway food comes packaged, this is where the main problem starts. Phthalates are a group of chemicals used in food packaging and processing materials. They are known hormone disruptors and are linked to a range of health problems – including cancer.

Many other products used in restaurants may contain phthalates too. Researchers at the University of California Berkeley School of Public Health examined the data from 10,253 participants in a national survey. They were asked to recall what they ate, and where their food came from in the previous 24 hours.

The people who ate out at restaurants, had fast food or cafeteria meals had phthalate levels that were nearly 35 per cent higher than people who reported eating fresh food from the grocery store. This isn't a small study – the research tested 10,000 people over a 10 year period.

Their study was the first to compare phthalate exposures in people who reported dining out to people more likely to enjoy home-cooked meals.



## COULD YOUR FIBROMYALGIA BE CAUSED BY BRAIN INFLAMMATION?

People with fibromyalgia have widespread inflammation in their brains, new research reveals. PET scans – using advanced imaging tests called positron emission tomography or PET looked at 31 people with fibromyalgia and 27 healthy “controls” from Boston and Stockholm, Sweden.

There is a lot of stigma around fibromyalgia because there are often no visible signs a person is suffering. Some people have even suffered the indignity of being told it is ‘imaginary’ or ‘all in their heads’, making it a challenge to prove to employers, friends or relatives. This new research suggests that the physiological changes may bring comfort to patients with the chronic pain condition.

All of the volunteers in the study underwent PET scans. The only significantly different variable between the groups was that fibromyalgia patients in Boston were heavier than the healthy controls in Boston, and those in Stockholm with fibromyalgia. By comparing the scans of people with fibromyalgia to healthy controls, they saw more inflammation in the immune cells of the brain – glia – in those with fibromyalgia.

The research shows a number of possible directions that treatment can go – including how well it works, along with developing ways to intervene with new treatments. The study was published recently in the journal *Brain, Behavior, and Immunity*.

## WHY KEEPING YOUR GUT HEALTHY MAY REDUCE YOUR RISK OF STROKE

Certain bacteria in the gut can leverage the immune system and decrease the severity of stroke. Ischemic stroke is the most common type, in which a blocked blood vessel prevents blood from reaching the brain.

Researchers at Memorial Sloan Kettering Cancer Center induced ischemic stroke in mice, two weeks after administering a combination of antibiotics. Mice treated with antibiotics had a stroke and this was approximately 60 per cent smaller than the mice who didn't receive antibiotics.

The microbial environment in the gut instructed the immune cells present to protect the brain, shielding it from the stroke's full force. Results from the experiment show a new relationship between the brain and the intestine, according to one of the researchers.

These findings open up the possibility of altering the macrobiotic makeup of the gut and this could become a new method of preventing stroke.

This could be highly beneficial for high-risk patients, such as those who are having cardiac surgery or those who have multiple obstructed blood vessels in the brain.

While there may need to be further research to figure out the exact bacterial components being generated. Researchers do know however that bacteria didn't have any interaction with the brain chemically – but instead influenced neural survival by changing the behaviour of the immune cells.

One of the most surprising findings was that the immune system made strokes smaller by orchestrating the response from outside the brain. “This happens in the same way that a conductor who doesn't play an instrument himself, but instructs others to create music,” said Dr. Costantino Iadecola, director of the Feil Family Brain and Mind Research Institute and the Anne Parrish Titzell Professor of Neurology at Weill Cornell Medicine.

The research is promising for stroke prevention and changing a patients' nutrition may be considered as a future form of treatment.

# The **TWO** most powerful nutrients for your brain... in **ONE**



BrainPower is a unique formulation, which combines two super nutrients: **curcumin** and **resveratrol**.

Curcumin, found in turmeric, known as the 'Golden Spice of India', has been used for 4,000 years in Ayurvedic medicine and is now **backed by thousands of impressive studies**.

Resveratrol is produced by plants when under attack and can be found in some food, such as the skin of grapes, blueberries and mulberries.

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

Liposomes are tiny bubbles (the same as our cell membranes), which deliver the curcumin and resveratrol more efficiently than normal, in the body's natural form, leading to much **better absorption**.

*Simply take one teaspoon per day. Suitable for vegans.*



# THE MOST COMPLETE MULTIVITAMIN FOR ALL THE FAMILY

Active Life™ is the new all-in-one blend of x130 nutrients and contains all of the essential vitamins, trace minerals & elements, electrolytes and amino acids that our body requires.

This is a unique and super formulation created by Good Health Naturally based around the demands exerted on modern-day life. You can be confident that each nutrient has been carefully selected and trust Active Life™ as your multivitamin of choice.

Not only is Active Life™ the most powerful multivitamin available, it is one of the most economical blends, when comparing nutrient content per cap.

x180 veggie caps per bottle, Active Life™ is suitable for all the family, including children under the age of 12.

Now contains a high amount of Lutein & Zeaxanthin and Folate MTFH; the same as found in nature (different from Folic Acid, which is synthetic and does not absorb correctly).

## Ingredients

- ✓ Vitamin A (Palmitate/10% Beta-Carotene)
- ✓ Vitamin C Calcium (from DiCalcium Phosphate)
- ✓ Vitamin D3 (from Cholecalciferol)
- ✓ Vitamin E (as Natural d-Alpha Tocopherol Acetate + Mixed Tocopherols)
- ✓ Vitamin K2 (K2 - Menaquinone)
- ✓ Vitamin B1 (Thiamin)
- ✓ Vitamin B2 (Riboflavin)
- ✓ Niacin - Vitamin B3 (from Niacinamide)
- ✓ Vitamin B6 (Pyridoxine Hydrochloride)
- ✓ Folate (as (6S)-5-methyltetrahydrofolic acid)
- ✓ Vitamin B12 (Methylcobalamin)
- ✓ Biotin
- ✓ Vitamin B5 (from Pantothenic Acid)
- ✓ Phosphorus (from DiCalcium Phosphate & DiPotassium Phosphate)
- ✓ Iodine (from Potassium Iodide)
- ✓ Zinc (from L-OptiZinc®)\*\*
- ✓ Selenium (from Selenomethionine)
- ✓ Copper (from Copper Gluconate)
- ✓ Manganese (from Manganese Gluconate)
- ✓ Chromium (from Chromium Polynicotinate)
- ✓ Molybdenum (from Molybdenum Citrate)
- ✓ Chloride (from Fulvic Trace Minerals)
- ✓ Potassium (from DiPotassium Phosphate)
- ✓ Potassium (33% as Amino Acid Chelate)
- ✓ Boron (from Boron Citrate)
- ✓ Aloe Vera Powder (200:1)
- ✓ Bilberry Extract 5:1
- ✓ Choline Bitartrate
- ✓ Fulvic Trace Minerals (77 trace minerals and elements, electrolytes and 18 amino acids)
- ✓ Inositol
- ✓ Lutein (from the Marigold flower - ZanMax®)
- ✓ Zeaxanthin (from the Marigold flower - ZanMax®)
- ✓ L-Cysteine
- ✓ L-Glycine
- ✓ L-Taurine

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