

NATURALLY HEALTHY NEWS



ISSUE 37

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COPY**

PROSTATE PROTECTION 911

Which anti-cancer
nutrients work?

A MUST-READ FOR PARENTS

Schizophrenia risk for babies
with low vitamin D

THE BIG SERRAPEPTASE GUIDE

Real stories of 'miraculous'
recovery

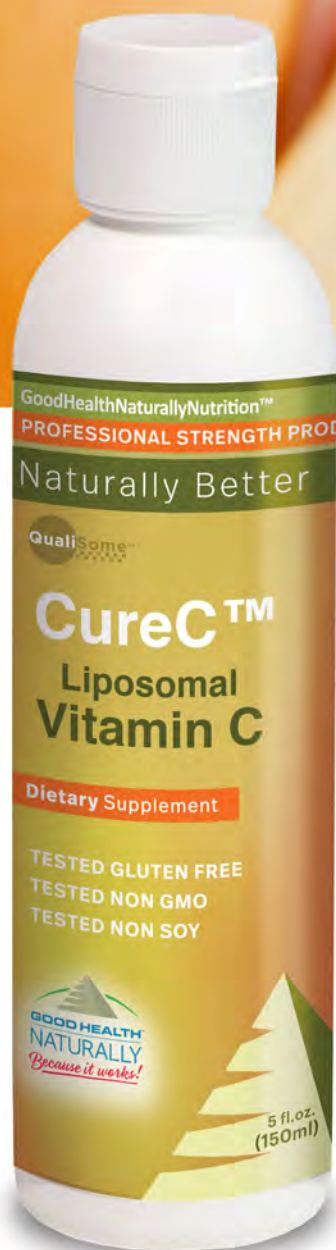
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Dear Reader,

Welcome to Issue 37, Naturally Healthy News.

It is 19 years since my first magazine, which was a simple 4-page sheet. Since then, I created www.NaturallyHealthyNews.com and www.Serrapeptase.info and thousands of articles. The internet was a boon to spread all of the information since I was free to share the truth I found in various studies. Times are changing, and both Google and Facebook are now actively manipulating what you see when you search. An example is searching for serrapeptase. Since I introduced serrapeptase to the world 19 years ago, my site www.Serrapeptase.info was top in the world. Now it is censored by Google so it never displays my site when you search "serrapeptase." It still works on Bing.com and DuckDuckGo.com, but since Google has a monster 93 percent of the world search traffic, it is a great loss. Read more about this in my Rant on page 28.

The good news is that you can still read my articles directly on my websites above. If you are signed up to my weekly newsletter, you also get to see and comment directly while it is still warm.

New: We have some really great articles in this issue and some really interesting new products – see the brand-new products you can't find anywhere else.

Notable: Do take the time to read this from cover-to-cover more than once if you're looking after your health and wellbeing the natural way. You will find a wealth of information in this magazine.

Not to miss: I also have a whole library of books that detail all the steps you need to take for various health challenges. They are free to download at www.NaturallyHealthyNews.com or, if preferred, you can purchase some of them in print.

I would love to hear your success stories from using my plans – please get in touch with me via email: robert@GoodHealth.nu. Let your story help to inspire others.

If you have any health questions, or are confused about the best supplements to take, I have a team of Professionally Qualified Health Coaches who would be delighted to hear from you and answer your queries. Just send an email to: admin@MyGoodHealthClub.com.

Take good care,

Robert Redfern

Robert Redfern
Nutritionist, 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



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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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*RECIPE SOURCES FOUND AT
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ATTENTION, MILK DRINKERS: HERE'S HOW TO CUT HEART ATTACK RISK SIGNIFICANTLY

What researchers discovered about heart-healthy milk is surprising

Milk campaigns have driven home our daily need for calcium and vitamin D, but the latest research calls this into question. Daily milk drinkers may be misinformed, and they could be missing out by drinking the wrong type of dairy. According to a new study from Finland, consuming commercial dairy can come with a higher risk of coronary heart disease.

How milk makes a heart attack

In the ongoing Kuopio Ischaemic Heart Disease Risk Factor Study published in the *British Journal of Nutrition* in 2018, University of Eastern Finland researchers examined the effects of non-fermented and fermented dairy on the heart health of 2,000 men. The men's dietary habits were recorded in the late 1980s when the study began, with follow-ups at an average of 20 years. At the follow-up, researchers found that 472 men had experienced an event related to coronary heart disease.

Researchers divided the men into four groups by the dairy products they ate. Interestingly, the men who ate the most

non-fermented dairy — mostly milk — saw the greatest increase in their risk of coronary heart disease. The men who ate the most fermented dairy had a 26-percent lower risk of heart disease. For most men in this group, fermented milk was the preferred pick.

This research isn't surprising. Just a few years ago, fermented dairy, also called a functional food because of its high levels of beneficial bacteria, was studied as a potential drug alternative to treat hypertension. Bacteria-rich fermented milk has also been associated with healthier, hydrated skin in women. Nadja Knoll, a German nutritionist from the Friedrich Schiller University Jena, even linked the nomadic Maasai tribe's remarkably good health on a limited diet to their high volume of fermented milk.

Milk has bacteria too, a kind of bacteria that American researchers recently learned could trigger genetic risk factors for rheumatoid arthritis. Commercial dairy products also contain a chemical cocktail of hormones, steroids, fungicides, fertilisers, antibiotics, pesticides, preservatives, and additives. As an example, exposure to endocrine-disrupting chemicals like pesticides can raise our risk of heart disease.

The easy way to keep hearts healthy

Making a simple switch from commercial to fermented dairy is enough to notably decrease our risk of heart disease. Fermented dairy, like kefir, is rich in calcium, magnesium, phosphorus, B vitamins, and essential enzymes.

Taking a sublingual vitamin D3 and K2 supplement along with whatever fermented dairy we drink can ensure we get all the benefits claimed by milk manufacturers. Vitamin K2 and D3 work in partnership to balance calcium levels and protect against hardening of the arteries, supporting bone and heart health at the same time.

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



Unborn babies are in danger. Can supplements during pregnancy help?

Paleo women need more iodine too

There's iodine in our food supply, but it's not likely to be enough. Pregnant women and their unborn children and women on the paleo diet are some of the groups most in need of added nutrition. But what these women are wondering is, how much iodine do we need to stay out of deficiency?

What does iodine do for women and children?

Iodine is a standout mineral when it comes to development. Pregnant women are used to taking folic acid and vitamin D to ensure healthy growth for their babies, but many

overlook iodine, a mineral essential to in utero brain development. Iodine deficiency has been linked to learning disabilities and close to a four times higher risk of autism. Abnormal thyroid function that includes iodine deficiency has also been detected in more than half of infants with Down syndrome.

A critical mineral that plays a vital role in thyroid function in humans and all vertebrates, low iodine levels contribute to serious health problems. Getting enough iodine is especially important before conception and through the first 16 weeks of pregnancy to support a baby's developing brain. Kate Jolly, co-author of 2015 *Lancet* research and Professor of Public Health at the University of Birmingham, UK, explained that the iodine deficiency that occurs in pregnancy

remains the "leading cause of preventable retardation worldwide."

Jolly's solution was to provide pregnant women with a universal iodine supplement to save a massive healthcare cost burden. Even a mild iodine deficiency during pregnancy has been associated with a lower IQ in children. "It's time for all women living in iodine deficient countries without universal supplementation of iodine, who are pregnant, breastfeeding, or planning a pregnancy to be advised to take a daily supplement containing iodine," Jolly said.

Goitre may be the most well-known symptom of chronic iodine deficiency. But over time, low iodine can cause noticeable imbalances in thyroid hormones -- or stop production altogether. Fatigue, muscle aches, weight gain, dry skin, and brittle

have a higher need. A 2017 study on postmenopausal Swedish women was the first to associate the paleo diet with mild iodine deficiency.

How do we get enough?

Considering how much we need daily iodine for healthy thyroid function, balanced weight and digestion, energy and mood, as well as the number one way to prevent mental retardation, the fact that low iodine is reaching epidemic levels is significant. Even healthy foods are mineral-deficient. Further robbing pregnant women of adequate nourishment are misinformed doctors who believe the thyroid produces all the iodine we need.

Iodine must come from an outside source, and while well-intended, the introduction of table salt hasn't made a dent in our deficiency. Less than 50 percent of iodised table salt samples contain enough of the mineral for daily requirements. Worse, iodised table salt, tablets, and liquid iodine disinfectants are not food state or suitable to use as a supplement. These forms of iodine contain potassium iodide, elemental and non-organic iodine bound to potassium in an attempt to make it more absorbable.

"Despite the inclusion of iodised salt in bread, women who were not taking an iodine supplement during pregnancy were still suffering from iodine deficiency," Vicki Clifton, associate professor at the University of Adelaide's Robinson Institute and the Lyell McEwin Hospital, AU, said in 2013. Clifton and her team tested close to 200 South Australian women during pregnancy and six months after birth. The women taking an iodine supplement in addition to eating bread made with iodised salt were those who had healthy iodine levels that fell within WHO guidelines.

However, research doesn't support eating a high-carbohydrate diet during pregnancy, making it all the more important for women to find iodine they can supplement with their healthy foods. High-carb diets can increase the risk of foetal damage during pregnancy by more than 100 percent.

Potassium iodide can also be harmful in large amounts. But women can meet their iodine requirements during pregnancy and beyond by taking just one to three drops of nascent iodine -- in its atomic and consumable liquid form -- two to three times a day. Taking this daily dose of nascent iodine may be enough to remedy mild-to-severe iodine deficiency, especially when taken with liquid ionic selenium required to activate iodine and guard the thyroid against excess iodide exposure.

The solution, Clifton said, is simple. "By taking iodine supplements, pregnant women will be able to prevent brain and organ development problems in their babies, and also maintain a healthy level of iodine for themselves."

Recommended Products

NASCENT IODINE

One drop = 350mcg 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.



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

nails may all be symptoms of early iodine deficiency.

Iodine deficiencies are common in both undeveloped and developed countries because of low nutrient levels in the soil. In 2018, Euthyroid, the first joint European database on iodine deficiency, showed severe population depletion. Our body doesn't produce iodine on its own, so we must get it from somewhere else. In the first 16 weeks of pregnancy, a baby receives its iodine supply needed to build a skeleton, grow a brain, and regulate metabolism entirely from its mother.

In Europe, iodine in the diet can come from white fish and dairy. Yet even iodine content in milk can be unreliable, depending on what cattle feed on in each season. Dairy-free women on the paleo diet may also

HEALTH news

A NATURAL ALTERNATIVE FOR PREVENTING PROSTATE CANCER

Following a prostate health plan is highly recommended for finding relief from prostate cancer. Natural alternatives for prostate cancer relief include serrapeptase that can clear the inflammation and dead scar tissue, curcumin that has been shown in studies to kill cancer cells, and vitamin D3 that, as stated above, can help with reversing prostate cancer.

By combining these nutrients into your daily lifestyle, you can begin to make improvements in your cellular health that may help to prevent and even reverse the cancer. You must get on a ketogenic diet (preferably vegan) as when your blood glucose levels are at a low level (due to avoiding sugar), you can starve the cancer cells of their main food source – glucose.

This can potentially prevent the cancer from spreading any further.

DEATHS FROM PROSTATE CANCER 'SURPASS' THOSE OF BREAST CANCER IN THE UK

For the first time, prostate cancer is now an even bigger threat than breast cancer in the United Kingdom. Heart disease has now even replaced breast cancer as the third-leading cause of cancer-related deaths. The disease is rising in numbers, but little is being done to raise awareness on preventing prostate cancer.

Natural methods are not mentioned as they are simply suppressed by the cancer industry. Each year, an estimated 11,800 men succumb to prostate cancer – meaning that every 45 minutes or so, a person dies from prostate cancer while 11,400 women die from breast cancer annually. Prostate cancer is now the third biggest cancer threat in the UK, with only lung and colon cancers behind it.

Source: www.WDDTY.com/
www.NaturallyHealthyNews.com

VITAMIN D FOR PREVENTING PROSTATE CANCER

The cancer industry doesn't want you to know or raise awareness about it, but vitamin D is an essential nutrient that can prevent prostate cancer. Specific research has shown a vitamin D deficiency can possibly contribute to prostate cancer, while studies also show that a lack of vitamin D can cause prostate cancer to become aggressive and difficult to treat. Various studies indicate that a vitamin D deficiency can make tumours more aggressive.

One study reported by the Harvard Prostate Knowledge and published in the *Clinical Cancer Research* journal found that "the lower the vitamin D level, the more aggressive the prostate cancer." A study from 2015 found that supplementing with vitamin D can slow the progression of less aggressive prostate cancer.

In some cases, it may even reverse it entirely so there's no need for radiation therapy or surgery. Finding a natural alternative to cancer therapy or surgery is often preferred as conventional medical treatment can be a daunting risk that doesn't always work.

Health experts are, however, acknowledging that cancer is associated with inflammation, particularly in the prostate gland.



MEN DON'T NEED MORE PROSTATE PILLS – PROTECTIVE NUTRIENTS WORK

A simple explanation for why prostate cancer deaths are on the rise

We can “starve a fever,” and we can starve prostate cancer too. A 2018 *Journal of Urology* study found that fully adhering to a Mediterranean diet — instead of just upping fruit and vegetable intake — could most effectively lower the risk of aggressive prostate cancer compared to eating a Western diet.

In fact, making diet changes can reduce the overall risk of *all* cancers, including prostate, breast, and colorectal. These are important findings that shed light on why the number of prostate cancer deaths are growing, surpassing breast cancer deaths and reaching the “top three” spot for cancer threats in the UK.

3 proven nutrients make prostate protection easy

There's no reason to wait for bloody or painful urination to pay attention to the prostate.

Three nutrients can keep prostate health in balance:

1. **Saw palmetto.** It's possible to see significant relief of enlarged prostate and Benign Prostatic Hyperplasia (BPH) with support from saw palmetto. Saw palmetto extract may influence testosterone levels, as well as the enzyme that controls prostate cell growth, to help with night-time urination and low libido. Saw palmetto can be taken with other critical men's health nutrients, like vitamin B6, vitamin D3, vitamin E, zinc, and selenium. Few men realize that the prostate gland has one of the highest concentrations of zinc in the body, and when cancer develops, zinc levels drop dramatically.

2. **Serrapeptase** - A potent anti-inflammatory enzyme, serrapeptase is known for its ability to eat through inflammation and nonliving tissue. So, serrapeptase can work seamlessly alongside other super-nutrients, like vitamin D3, curcumin, and ecklonia cava extract, to ease prostate pain and inflammation and buffer the chronic inflammation that leads to cancer. Curcumin is also chemo-preventative and could help minimise metastases for both breast and prostate cancers.

3. **Vitamin D.** Men with prostate cancer often have lower levels of vitamin D. A 2014 study revealed that African-American men with lower vitamin D levels had an increased risk of prostate cancer. Low vitamin D was also linked to aggressive prostate cancer in 2016. Recently, a 2018 *Asian Journal of Andrology* study found that vitamin D could prove important in the signaling of prostate cancer, offering a potential target for prevention and treatment.

Taking drugs can't make the prostate healthy

Changing diet may be the most important move to improve prostate health and ward off cancer, but supplementing prostate-protective nutrients comes in a close second. Prescription medications can only manage symptoms of poor prostate health once they appear, but they can't restore prostate function.

In 2017, American researchers learned that a combination of natural food compounds, also found in highly concentrated supplements, could have a “better effect on prostate cancer than existing drugs.”

Recommended Products

SERRANOL™

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



PROSTATE PLUS+™

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



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

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ARE WE MORE BUG THAN HUMAN?

Finding out we're only 43% human could turn our health around

We're more microbe than we are people. That's what Professor Rob Knight of the University of California San Diego, U.S., explained to the BBC in 2018. At the latest count, scientists say our human cells only make up 43 percent of the total cells in our body. The rest are bacteria.

How to tap into our hidden health resource

Getting to know our gut microbiome can give us the greatest access to our health and healing. We have 20,000 genes in our human genome, better understood as our genetic instructions. We also have a microbiome that's much more complex. Our microbiome contains anywhere from 2 to 20 million microbial genes, based on the most recent calculations.

In early 2019, European scientists added to the depth of this discovery. Australian researchers from the Wellcome Sanger Institute and European researchers from the European Bioinformatics Institute isolated 100 brand-new bacterial species in healthy intestines. These findings are the most comprehen-

sive collection of human gut bacteria that scientists have discovered so far. Now we know that 2 percent of our body weight is bacteria.

Our microbiome is highly intelligent, and it's highly sensitive. There are countless factors that can affect it:

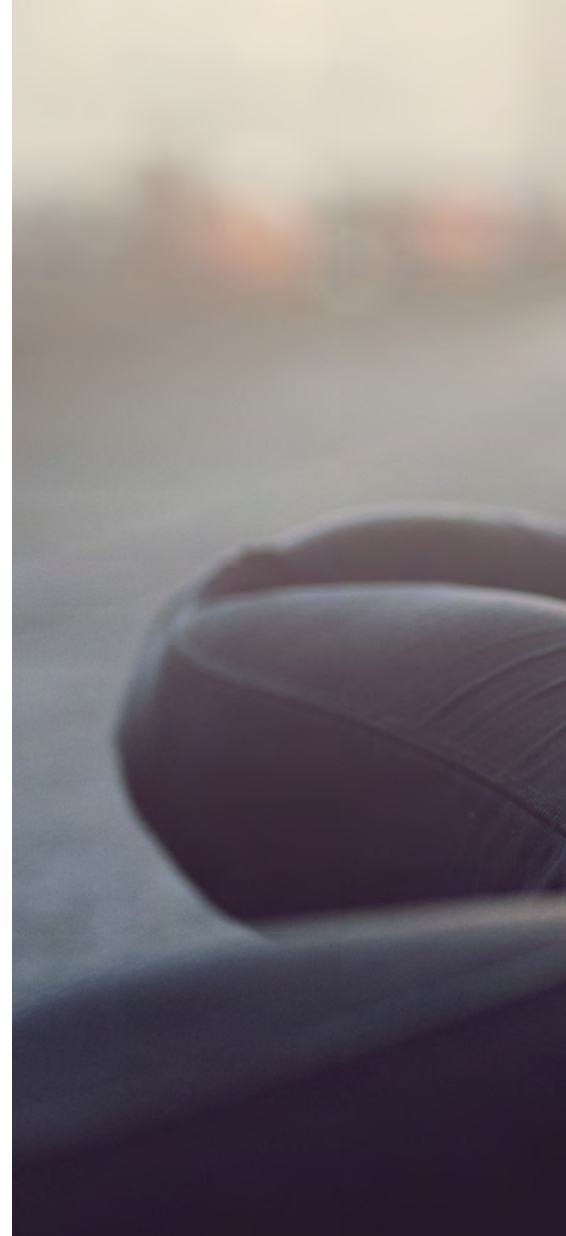
- **Birth** - Have lower levels of immune-stimulating bacteria when born via C-section.
- **Consumer chemicals and pollutants** - Can rapidly disturb the gut microbiome and cause dysfunction.
- **Diet** - Promotes tumour-blocking breast bacteria growth when eating anti-inflammatory foods.
- **Early feeding** - Potentially provides less bacteria when feeding babies pumped breast milk versus breastfeeding.
- **Environment** - Could quickly change the gut when immigrating to a new country, like the U.S.
- **Ethnicity** - Can vary greatly by ethnicity, with up to 12 bacterial differences.

We're born germ-free, which makes it all the more fascinating to see how our gut microbes are collected. A critical starting point is birth,

where we can pick up gut, skin, and lung bacteria to develop our immune system from the birth canal and from our mother.

After that, anything goes. We have the power to change our gut microbiota — and our health and longevity — for worse or for better. Even where we choose to live makes an impact. A great example of this can be seen in a 2018 *Cell* study, showing how quickly Asian immigrants' and refugees' gut microbiota changed after moving to the West.

One of the biggest changes American researchers observed in immigrants' guts was diversity. A more diverse gut is better equipped to fight off disease. Those living in developing countries are more likely to have greater bacterial diversity





than people living in Western countries. "We found that immigrants begin losing their native microbes almost immediately after arriving in the U.S. and then acquire alien microbes that are more common in European-American people," Dan Knights, senior study author and quantitative biologist at the University of Minnesota, U.S., said.

We know how easy it is to lose our gut health to outside, modern forces. But how do we keep it? A healthy gut microbiome thrives based on the type of bacteria we feed it.

From the mouth of babes: The missing link that can make us healthy again

Bifidobacteria are the same bacteria found in the guts of breastfed babies, and they're the bacteria we need to ward off antibiotic-resistant infection. American Society for Microbiology researchers in the U.S. have called *bifidobacterium* "the gatekeeper." That's because keeping *bifidobacterium* levels high early in life can lower the number of genes related to antimicrobial resistance.

Breastfeeding a baby stimulates beneficial microbe growth -- a.k.a. the good bugs in the body that feed on breastmilk's carbohydrates, also called oligosaccharides. *Bifidobacterium* will continue to dominate a baby's gut while it's breastfed, Diana Taft, microbiologist and 2018 *mShere* study leader, said. But then, "Bacterial levels drop off during weaning."

Children in developed countries like Sweden and Finland who breastfeed for about a year typically have lower levels of protective *bifidobacterium* compared to children in mid-to lower-income countries who may breastfeed for two years or longer.

How bifidobacterium could help prevent over 23,000 deaths a year

What happens in a baby's gut could determine their lifelong health, the researchers noted. Receiving antibiotic treatments in the first years of life can also be counterintuitive, increasing the likelihood of antibiotic resistance. Study results support keeping *bifidobacteria* levels high, either through breastfeeding

or by supplementing a probiotic, to help lower antimicrobial-resistant (AMR) gene levels.

Strengthening the gut's defence may also decrease the number of AMR casualties, currently totalling at over 23,000 deaths and 2 million illnesses in the U.S. alone.

Even when breastfeeding time is cut short, several studies show that supplementing *bifidobacteria* makes a difference. In another 2018 study, American researchers from the University of California, Davis, supplied breastfed infants with activated *bifidobacterium* and observed positive gut changes for up to a year. *Bifidobacterium* is also one of the strains of protective intestinal bacteria that could improve advanced melanoma patients' immunotherapy response rates and potentially reduce the size of tumours.

Here again, researchers dubbed gut bacteria the "gatekeeper" as a major factor that determines our immune response against tumours. "Without microbial support, the immune response just never quite gets going," Thomas Gajewski, MD, PhD, *Science* study director and AbbVie Foundation Professor of Cancer Immunotherapy at the University of Chicago Medicine in the U.S., explained.

We need our ancestors' bugs: Here's why

As the immigration example shows, Western guts have a problem. Much of this has to do with the processed, sugary, and starchy foods we eat. Move to the West, and the gut could see significant changes of Western bacterial strains taking over in as few as six months. These changes were even more obvious in immigrants' children.

Giving kids more yogurt won't make much of a difference. Probiotic yo-

gurts are popular because of taste and price, but this taste comes from an exceptionally high sugar content. Sugar is a detrimental Western food group that feeds pathogenic gut bacteria. High-sugar foods and drinks have been shown to overflow from the gut into the liver, with chronic sugar-eating contributing to diabetes, obesity, and non-alcoholic fatty liver disease.

Sugar damage and other gut-disrupting factors can be reversed with support from the right daily probiotic. More and more, scientists are saying soil-based. Soil is the original life force, alive and full of nutrients. It's these soil-based probiotics, or SBOs, that our ancestors benefited from when they gathered wild fruits, vegetables, and roots to eat without washing.

Soil-based organisms are different from other probiotic strains because they form spores. Spore-forming bacteria can seed and germinate the digestive tract, encouraging all different types of good bacteria to inhabit. They also protect gut integrity by stopping the growth of pathogens.

And, perhaps most importantly, soil-based organisms are also hardy. SBOs are stable enough to get to their destination — the gut — without any preservatives or protective coating.

This is likely why robust soil microbes are being explored as the future of sustainable, or "smart," farming, minimising the need for chemical fertilisers. These soil microbes are also the future of healthy guts since our body can recognise, welcome, and use them.

In the modern gut, SBOs are lacking. But taking a probiotic this powerful can have an effect almost immediately. Our gut microbiome is interconnected with all parts of our body.



As a 2018 *Cell Reports* study showed, we can even influence the breast microbiome to block tumours by increasing levels of probiotic bacteria.

Get to know the good guys: 3 SBOs every healthy body needs

Remember, our human ancestors had the opportunity to eat foods in their natural state that provided them with the beneficial bacteria needed to support their digestive tract. But in today's world, we've lost the opportunity. This is mainly because of the methods utilised to raise our food, i.e., improved sanitation and pesticide overuse. These practices have led to a food supply that's sorely lacking in the bacteria required to sustain a healthy gut and prevent resulting health problems.

An un-natural food supply can affect our long-term gut health, and so can modern choices like:

- Drinking coffee and alcoholic beverages in excess.



- Eating animal foods full of antibiotics.
- Eating processed foods high in sugar and fat.
- Living stress-filled lives.
- Taking antibiotics.
- Taking prescription drugs.

Supplementing robust and varied strains of soil-borne organisms (SBOs) can help restore our microbiome and may turn many health conditions around:

1. *Bacillus*.

- Binds to mycotoxins found in contaminated food.
- Encourages the production of digestive enzymes.
- Helps relieve constipation.
- Inhibits growth of colon, cervix, and leukaemia cancer cells.
- Protects DNA and functions as an antioxidant.
- Strengthens the immune response.

2. *Bifidobacteria*.

- Are depleted with ageing and sickness.
- Create an inhospitable environment for undesirable bacteria.
- Ease cold and flu symptoms.
- Facilitate the production of B vitamins.
- Help aid in weight loss.
- Support a healthy pregnancy and infant development.

3. *Lactobacilli*.

- Decrease the incidence of heart disease.
- Eliminate harmful bacteria.
- Facilitate the production of B vitamins.
- Help prevent lactose intolerance.
- Keep candida yeast under control.
- Rid the body of cancer-causing chemicals.

As we saw in the case of breastfed infants and skin cancer patients, supporting the gut with good bacteria can bring almost immediate health benefits. There are plenty of probiotics to choose from, but the soil-based organisms listed above are different. As mentioned, some of these probiotic genera, like *bacillus*, are spore-forming. Spore-forming bacteria can seed and germinate the digestive tract, encouraging a collection of friendly bacteria to thrive.

All soil-borne organisms, derived from nature, are resilient. SBOs maintain a structure that's naturally resistant to the harsh environment of the stomach and upper digestive tract. When shielded from UV rays, *bacillus subtilis* is tough enough to live for up to six years in space. Though they

come from the earth, SBOs match the protective bacteria found in the human gut, and they're stable enough to survive the digestive process.

An SBO probiotic contains eight different species of natural probiotic organisms, fermented and isolated from healthy soil samples. We covered it above, but the latest research points to the importance of gut diversity. A gut with a diverse blend of good bacteria and yeast, like the complex ecosystem seen in an Amazonian rain forest, is a strong gut. The more diverse a gut, the stronger it will be.

Low gut diversity can be characterised by poor health and weak immunity, and that's because, behind the scenes, pathogens are taking over. A lack of bacterial diversity is disease-promoting. When we're not feeding our guts with a wide variety of good microbes, we're vulnerable to health problems that can range from allergies to obesity to infection.

Recommended Products

PRESCRIPT-BIOTICS™

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



PROBIOTIC14™

Is a superior blend of 14 viable strains of friendly bacteria and 9 billion colony-forming units to nourish the gut and improve digestive health.



Sources

All references can be found at www.NaturallyHealthyNews.com



Forgetfulness, explained: Fungal infections cross the blood-brain barrier

*How to stop Candida infection when
antibiotics aren't working*

Candida. This group of yeasts can be found naturally on our skin and in the intestines, mucous membranes, and vagina. Candida has many species, but it's *Candida albicans* that leads to yeast overgrowth, systemic invasion, and fungal infection. Many of us have experienced this type of infection before, but now, researchers have a special warning.

Candida albicans moves through the body effortlessly, and it can also cross the blood-

brain barrier to inflame the brain. This brain inflammation can lead to mild, temporary memory loss — a possible explanation for those forgetful moments that seem to appear at random.

As an opportunistic yeast, Candida infiltrates when our defences are down, i.e., when immunity is low, when good intestinal bacteria are scarce, or when the gut is inflamed and leaky. In 2019, Baylor College of Medicine researchers learned that Candida yeast can produce granuloma-like

structures that are similar to Alzheimer's plaques found in the brain.

While testing mice in the study, researchers observed that Candida yeast infection could be cleared in as few as 10 days, though brain inflammation lasted for 21.

***Scientists make another
startling discovery about
Candida and disease***

"It was very surprising to see that the fungus does not require oxygen to cause disease. Unexpectedly, the microbial pathogen could even use low-oxygen environments to evade immune attack and to become more virulent," Constantin Urban, Department of Clinical Microbiology Associate Professor at Umea University in Sweden, explained.

Urban and his team recently investigated how *Candida albicans* can adapt to low-oxygen environments in different bodies to infect and create disease. In the 2019 *MBio* report, Urban and his team learned that Candida can spread quickly to cause deadly and systemic diseases when internal barriers fail. Systemic fungal infection can lead to life-threatening sepsis, with *Candida albicans* being a common cause of sepsis and the most common fungal pathogen.

with Candida infection, and possibly the organism itself, plays a role in affecting the memory of women with schizophrenia and bipolar disorder," Severance said.

What to do when antibiotics won't stop Candida from spreading

It's most important to control Candida overgrowth before antibiotics are ever needed. Candida yeast is within the yeast and mould group, which is also where antibiotics come from. It makes sense that Candida can become naturally immune to antibiotics over time.

Both candidiasis (fungal infection) and diarrhoea have been associated with taking what we now know to be commonly overprescribed antibiotics, like amoxicillin and amoxicillin-clavulanic acid. Canadian researchers estimated in a 2014 systematic review of 25 studies that the detrimental side effects of antibiotic use are likely underreported.

Closing off Candida's entry points makes it possible to prevent infection and protect the brain:

- **Take 4 tablespoons of pure, organic, extra-virgin coconut oil daily.** Amazingly, Tufts University researchers in the U.S. discovered in 2015 that coconut oil can be successfully used to thwart Candida. The mice in the study given coconut oil, compared to beef fat, soybean oil, and the control group, had up to 90 percent lower levels of Candida.
- **Switch to a no-sugar diet.** Candida feeds off sugar, and sugar also suppresses immunity. Severance confirmed in her 2016 research that Candida infections can be prevented by decreasing sugar, avoiding antibiotics, and improving hygiene. Sugary and processed foods, starchy carbohydrates, and even fruit, with the exception of avocados and berries, must all be eliminated until Candida is under control. Making these changes is especially important in cases of diabetes; glucose concentration has a direct relationship to Candida growth and may be the cause of frequent yeast infections seen in uncontrolled diabetics.

- **Support the immune system.** Risk of Candida infection rises in those with

compromised immunity. So, ramping up the immune system naturally is key. Taking daily nutrients like selenium, better absorbed as the highly bioavailable organic eXselen, and EpiCor, a pro-immunity whole food fermentate, alongside vitamin D can effectively protect against infection, while heightening the immune response against allergens. EpiCor fermentate is backed by eight human clinical trials for its ability to balance immunity – significantly reducing allergy symptoms, improving constipation, and calming skin inflammation.

As always, diet has much to do with our body's ability to fight off infection, especially infection that starts internally. Missing nutrients from our food supply can be supplemented to restore immunity and naturally keep Candida contained.

There are more risks associated with Candida, beyond sepsis. Dementia is one of them. Candida can also cause or has been linked to oral thrush, exhaustion and chronic fatigue, recurrent vaginal and urinary tract infections, digestive imbalances and bloating, nail and skin infections, sinus infections, severe allergies, anxiety and depression, mental illness, sugar cravings, and autoimmune disease.

Candida's ability to cross the blood-brain barrier makes the yeast dangerous when it comes to mental health. In 2016, Emily Severance, Ph.D., Johns Hopkins University School of Medicine assistant professor of paediatrics, and her team detected a link between Candida and mental illness, following the findings that schizophrenia could be related to immune dysfunction.

While the researchers didn't find a direct relationship between Candida and mental illness overall, 26 percent of the men with schizophrenia tested positive for Candida antibodies compared to 14 percent of the male control group. Similar numbers were seen in the male bipolar group.

The researchers didn't find the same schizophrenia connection among women, though the women studied had higher infection rates (susceptibility to Candida) than men. "Our data show that some factor associated

Recommended Products

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.



PRESCRIPT-BIOTICS™

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



Sources

All references can be found at www.NaturallyHealthyNews.com

12 reasons we should all be taking olive leaf extract daily

Use olive leaf to slow cancer and naturally treat diabetes

We've heard about the health benefits of olive oil, but what about olive leaf? The olive tree is

known for its beauty, and it's also known for its healing properties, derived from a phenolic compound called oleuropein. The oleuropein found in olive leaf is naturally disease-resistant with wide clinical backing, which may be why global demand for the extract is increasing.

Since ancient times and into the early 1800, crushed olive leaf has been used to repel and remedy:

- Bacterial infection

- Flu
- Fungi
- Malaria
- Parasites

Also called *Olea europaea*, humans have used olive leaves as a natural therapy in the form of an extract, herbal tea, and powder. Now, more studies are proving the plant's powerful health payoffs.

12 healing properties of olive leaf that are research-approved

Using this amazing extract daily can provide at least a dozen good-for-us benefits:

1. Boost immunity.

Olive leaf is antiviral, which means it offers protection against anything from the common cold to a deadly virus. Scientists have found olive leaf extract to be effective at fighting off a variety of disease-causing organisms, including viruses that may lead to influenza or lung infection. In 2003, New York University School of Medicine researchers in the U.S. learned that the potent compounds in olive leaf that prevent viruses from replicating could even reverse many effects of HIV-1 infection.



2. Decrease blood pressure.

By reducing triglyceride levels, or what's commonly known as bad cholesterol, olive leaf extract can also prevent high blood pressure. Taking just 500 mg of olive leaf extract twice a day for eight weeks has been shown to significantly reduce both systolic and diastolic blood pressure. The oleuropein antioxidant compound in olive leaf helps to naturally lower blood pressure and reduce risk of heart disease.

When comparing olive leaf extract to the blood pressure medication Captopril in their 2011 *Phytomedicine* study, researchers said, "Olive (*Olea europaea*) leaf extract, at the dosage regimen of 500 mg twice daily, was

similarly effective in lowering systolic and diastolic blood pressures in subjects with stage-1 hypertension as Captopril, given at its effective dose of 12.5-25 mg twice daily."

3. Increase heart health.

Olive leaf extract taken at a high dose may be enough to reduce high LDL-cholesterol and balance blood pressure. Australian researchers also observed in a 2010 study that rats fed a high-fat and high-carb diet for 16 weeks saw significant improvements when they were given olive leaf. Benefits included normalised or improved heart, liver, and metabolic function. Here again, olive leaf reversed some devastating effects of disease: chronic inflammation and cardiovascular stress.

4. Kill bacteria and fungi.

In addition to being antiviral, olive leaf extract is also antimicrobial and has a direct effect on bacteria and fungi. That's why so many people use olive leaf to kill pathogens and fight off infections. Some of these illnesses include potentially life-threatening infections like Candida, chronic fatigue, meningitis, hepatitis B, malaria, gonorrhoea, shingles, tuberculosis, and pneumonia. One 2003 study, published in *Mycoses*, showed that olive leaf extract killed almost all the bacteria researchers tested.

5. Maintain bone density.

Supplementing olive leaf extract to counter the effects of age can be helpful, as early as our 20s. Olive leaf may reduce

osteoporosis risk by having an impact on bone maintenance and formation. Bone loss is an ongoing concern as we age, especially for women, but a 2011 *European Journal of Pharmacology* study confirmed that the polyphenol hydroxytyrosol in olive leaf could effectively treat osteoporosis symptoms.

6. Prevent diabetes.

Olive leaf extract is also hyperglycaemic. So, it can reduce blood sugar levels in our body. Olive leaf's polyphenols play a pivotal role in the delay of sugar production that can contribute to inflammation and diabetes. In 2013, New Zealand researchers proved olive leaf extract could be used to naturally treat diabetes, lowering insulin resistance by an average of 15 percent.

"Supplementation with olive leaf polyphenols for 12 weeks significantly improved insulin sensitivity and pancreatic β -cell secretory capacity in overweight middle-aged men at risk of developing the metabolic syndrome," the researchers said.

7. Protect against Alzheimer's.

Like its use as a natural diabetes treatment, olive leaf extract may also naturally and safely treat Alzheimer's disease. Oleuropein has a positive effect on brain function. It may even reduce symptoms of age-related disorders like dementia and Alzheimer's. Most recently, Spanish researchers explored olive leaf extract's ability to induce autophagy, or flush out accumulated proteins, when they studied the extract's

effect on Alzheimer's disease in 2018. Because of this, researchers concluded that olive leaf extract could improve cognitive function and may help to prevent or lessen Alzheimer's symptoms.

8. Relieve arthritis.

When the cartilage between bones and joints wears down, osteoarthritis can develop. Once this happens, bones begin to rub together without a protective cushion, causing serious pain. For sufferers of arthritis, olive leaf extract can be taken as a natural anti-inflammatory. Not only does it reduce inflammatory markers, like cytokine and enzyme production, but oleuropein has been used to notably improve joint inflammation and manage osteoarthritis symptoms.

"Olive and its derivatives show potential in preventing cartilage damage due to OA," Malaysian scientists explained in 2017. "This is attributed to their antioxidant and anti-inflammatory effects."

9. Renew ageing skin.

Along with its internal benefits, olive leaf extract offers cosmetic protection, with the potential to reverse years of skin damage. Olive leaf's high antioxidant content enables it to prevent specific types of cellular damage, especially related to oxidation. When Japanese researchers gave sun-damaged mice olive leaf extract in 2009, the mice experienced decreased skin thickness and elasticity, as well as slowed skin carcinogenesis and tumour growth.

10. Slow cancer growth.

Olive leaf extract's ability to stop cancer isn't a fluke. There's growing evidence that links a lower cancer risk to the olive- and olive-oil-rich Mediterranean diet, with olive

leaf extract being even more concentrated. Oleuropein is an antioxidant that also has anti-angiogenic effect to inhibit the reproduction and migration of advanced tumour cells. In both laboratory and animal studies, olive leaf extract has reduced the occurrence or development of a long list of cancers, including breast, brain, prostate, and bladder.

11. Stop herpes.

Olive leaf's disease-disrupting benefits extend as far as the easily-transmitted herpes virus. A 2016 *African Journal of Microbiology Research* study showed that, working as an antiviral, antifungal, and antimicrobial, olive leaf extract could inhibit herpes' ability to spread and invade healthy cells nearby. Oleuropein, specifically, interrupts viruses through their protective phospholipid bilayer, creating drastic changes on membrane surfaces.

12. Support healthy weight loss.

After being successfully used to treat inflammatory lifestyle conditions like type 2 diabetes, research also suggest we can take olive leaf extract to maintain a healthy weight. Korean scientists observed in a study conducted on mice in 2014 that olive leaf extract can be used to prevent obesity by regulating certain genes, even on a high-fat diet. The mice supplemented with olive leaf extract also experienced a naturally suppressed appetite, eating 26-percent less food over eight weeks.

The research team concluded, "OLE [olive leaf extract] significantly decreased body weight gain, visceral fat-pad weights, and plasma lipid levels in [high-fat-diet]-fed mice... Our results suggest that supplementation with OLE might be helpful to combat or prevent obesity."

Why olive leaf works better with zinc

Zinc is a mineral we can't live without if we want healthy, functioning immunity. Zinc is vital for normal T-cell and natural killer cell function, as well as normal lymphocyte activity. It may also be directly involved in antibody production, which helps our body fight infection. And, zinc acts quickly. When taken within just 24 hours of the first symptoms of a cold, zinc can reduce its duration and greatly reduce the severity of its symptoms.

This matters because we can get more out of our olive leaf extract when we take it with added zinc. Supplementing olive leaf and zinc together may help strengthen the immune system more than taking zinc alone. Boosting immunity gives us back our natural defense against infection, along with olive leaf extract's ability to protect against heart disease, dementia, diabetes, osteoporosis, and cancer.

Recommended Products

OLIVE LEAF EXTRACT™

A powerful blend of olive leaf and zinc can equip the body to stay healthy in any season, offering proven antiviral protection and support for balanced cholesterol levels. Pure, reliable, and free from synthetic isolates.



Sources

All references can be found at www.NaturallyHealthyNews.com

Really Healthy™ recipes

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

LOW-CARB APPLE CINNAMON BREAKFAST BARS

These gluten-free, low-carb vegan breakfast bars are super-easy to make and are soy-free, sugar-free, dairy-free, and egg-free.

Prep time: 5 min.

Cook time: 45 min.

Serves: 8 breakfast bars

INGREDIENTS

- 1 cup water
- 1 cup (110 g) of pecans
- 1/4 cup softened (50 g) coconut butter
- 1/4 cup (7 g) freeze-dried apples
- 2 tbsp. erythritol
- 1 tbsp. psyllium husk OR ground flaxseed
- 2 tsp. five-spice blend (or 1.5 tsp. cinnamon)
- 1 1/2 tsp. baking powder
- 1 tsp. vanilla extract

DIRECTIONS

1. Preheat the oven to 350°F (177°C). Grease an 8×8" brownie pan or use a silicon pan.
2. Place everything into a blender and process until mostly smooth.
3. Pour into the pan and bake for 40 to 45 minutes until a toothpick comes out clean when inserted in the middle.
4. Leave to cool completely before cutting into the cake. This is important as otherwise it may fall apart. Serve and enjoy.



GUACAMOLE ON ALMOND BREAD

A simple guacamole and almond bread recipe that tastes great for breakfast.

For the guacamole -

Prep time: 10 min.

Total time: 10 min.

Serves: 4

INGREDIENTS

- 3 avocados, ripe
- 1/2 small onion, finely diced
- 2 Roma tomatoes, diced
- 3 tbsp. fresh cilantro, chopped
- 1 jalapeno pepper, seeds removed and finely diced
- 2 garlic cloves, minced
- 1 lime, juiced
- 1/2 tsp. sea salt

DIRECTIONS

1. Slice the avocados in half, remove the pit and skin, and place in a mixing bowl.
2. Mash the avocado with a fork and make it as chunky or smooth as you'd like.
3. Add the remaining ingredients and stir together.



For the almond bread -

Prep time: 5 min.

Cook time: 2 min.

Serves: 4

INGREDIENTS

- 120 g almond flour
- 40 g salted butter
- 2 tsp. baking powder
- 4 eggs

DIRECTIONS

1. Mix all the ingredients in a mug (or bowl).
2. Microwave the mug for 90 seconds (if mixed in a bowl, then transfer to the mug before microwaving the mug).
3. Overturn the mug, and it will slide out.
4. Slice and eat, or toast, or make a sandwich. Serve with the guacamole. Enjoy.

COCONUT YOGHURT AND BERRIES

Dark berries are a good source of antioxidants, while coconut yoghurt may provide healthy bacteria to support good digestion.

Prep time: 5 min.

Total time: 5 min.

Serves: 2

INGREDIENTS


- 1/2 cup of dark berries
- 4-5 tbsp. of coconut yoghurt
- 1 tsp. of chia seeds (optional)
- 1 tsp. almond butter (optional)

DIRECTIONS

1. Rinse the dark berries and place into a bowl.

2. Add the coconut yoghurt on top.
3. Stir in the teaspoon of almond butter and chia seeds if using.
4. Serve immediately and enjoy.





What heart disease, rheumatoid arthritis, and cancer have in common

We can control this cause of chronic disease

Lately, there's been talk about inflammation -- our body's natural response to infection and injury that can turn deadly if it goes on for too long. Is there a way to stop short-term inflammation from continuing long-term? And could curbing chronic inflammation put an end to much of our modern disease? Let's see.

Why unseen inflammation is so dangerous

Acute inflammation comes from a cut or an allergic reaction, and it only lasts for the time the body needs to fight and heal. Chronic inflammation is ongoing. It's hidden, and it doesn't help the body. In fact, it has the opposite effect: Chronic inflamma-

tion slowly breaks down healthy systems and opens the door to disease.

Inflammation is the common link, playing a main role in serious diseases like:

- Alzheimer's
- Cancer
- Fibromyalgia
- Heart disease
- Inflammatory bowel disease
- Mental illness
- Rheumatoid arthritis
- Stroke

Published in the *Journal of Clinical Investigation* just a decade ago, the connection between cancer and chronic inflammation was made official. American researchers

used two studies to prove that chronic inflammation sped up tumour growth in mice unable to repair DNA damage. Study results indicated that people unable to repair damaged DNA could be more susceptible to cancer caused by chronic inflammation, like sufferers of ulcerative colitis.

These findings have been solidified in related studies over the past 10 years: Now we know why men with inflammatory bowel disease have a much greater risk of prostate cancer -- four to five times higher. Cancer is fed by inflammation.

So are dementia and Alzheimer's disease. Brain function can be broken down by what's called the inflammatory cascade. "Together, our findings suggest that brain inflammation is not just a bystander phenomenon, but a strong contributor to disease progression. Therefore, targeting this immune response will be a novel treatment modality for Alzheimer's," Professor Michael Heneka, Director of the Department of Neurodegenerative Diseases and Gerontopsychiatry, University of Bonn, Germany, said in 2017.

8 subtle signs and 4 sure solutions to conquer chronic inflammation

Chronic inflammation is easy to miss. We often fail to notice warning signs until a disease develops, and it's too late.

But there are at least eight signals that the body sends us to show that it's inflamed:

- 1. Brain fog.** One of the most common signs of chronic inflammation, brain fog may be mild to severe and can present as forgetfulness, difficulty thinking, or distraction.
- 2. Chronic pain.** Regularly experiencing chronic pain is a strong indication of internal inflammation, especially affecting mobility and range of motion.
- 3. Digestive issues.** Gas, bloating, cramping, and loose stools could be related to food allergies or intolerances, IBS, Crohn's disease, or other gut microbiome imbalances.
- 4. Heartburn.** Over-the-counter medicines may provide temporary relief but won't address the true cause of heartburn -- chronic inflammation.
- 5. Fatigue.** Not getting enough sleep causes more inflammation, making our body even more susceptible to viruses and illness when we're short on rest.
- 6. Skin eruptions.** Recurrent issues, like acne, dry skin, and eczema, may all be signs of underlying, internal inflammation.
- 7. Swollen lymph nodes.** Enlarged lymph nodes normally indicate we're fighting off a bacterial or viral infection, but continuous swelling may mean chronic inflammation/illness.
- 8. Swollen sinuses.** Seasonal allergies could cause a stuffy nose, and so can chronic inflammation that creates pressure to result in watery eyes and allergy-like symptoms.

Research supports several ways to calm the cascade, restore balance, and keep chronic inflammation at bay:

- 1. Drink sodium bicarb daily.** Adding baking soda to water could help minimise high levels of harmful inflammation seen in autoimmune diseases like rheumatoid arthritis, Medical College of Georgia researchers in the U.S. learned in 2018. Aim for 5 to 6 glasses of sodium bicarb in water a day to prevent inflammation and neutralise acidity.
- 2. Get more sleep.** Hypocretin, our sleep-regulating hormone, also helps control our production of inflammatory cells, which is why getting enough sleep can reduce risk of cardiovascular disease. Sleeping between seven and nine hours a night is recommended. *Bifido-bacteria* found in soil-based probiotics have the two-fold benefit of reducing gut inflammation and increasing tryptophan levels that help put us to sleep.
- 3. Replace missing minerals.** Absorbing magnesium through the skin as a lotion, oil, or bath is one of the quickest ways to raise blood levels of this critical mineral. Increasing magnesium can also reduce chronic inflammation. Magnesium's ability to combat inflammation, support brain health, and effectively manage depression symptoms more safely than prescription drugs is just one example.
- 4. Take natural anti-inflammatories.** NSAIDs prescribed for short-term pain often turn into long-term treatments, potentially damaging the heart, gut, and kidneys. Natural anti-inflammatory compounds offer a gentler way to help the body heal without side effects. A renowned enzyme used to alleviate pain, chronic inflammation, and clogged arteries, serrapeptase cleans and clears unwanted, non-living tissue from our body. Curcumin, a potent anti-inflammatory and antioxidant compound derived from turmeric, can rapidly reach the brain in its liposomal form to decrease inflammation and protect against ageing and Alzheimer's disease.

With optimal immune function, the DNA damage that occurs during acute inflammation is repaired quickly. When our immune function is low and inflammation is chronic, unrepaired DNA can cause mutations that lead to cancer.

Genetics and environment factor into how much inflammation we experience. But most often, it's our lifestyle choices, the ones within our control like a processed food diet, that worsen inflammation, DNA repair time, and immunity.

Recommended Products

SERRANOL™

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



BRAINPOWER™

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



ANCIENT MAGNESIUM LOTION ULTRA

A next-generation formula of OptiMSM® 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.



PRESCRIPT-BIOTICS™

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



Sources

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Here's what happens when a baby's born with low vitamin D

6 new healthy 'side effects' of taking vitamin D

There's no medical cure for mental illness, but there are indicators of prevention that can be traced back to our earliest stages of development.

One of the most important is taking vitamin D. Australian researchers recently linked low vitamin D in newborns to a 44 percent higher risk of schizophrenia, compared to adults with normal vitamin D levels.

6 emerging health benefits of upping daily vitamin D

A daily dose of vitamin D is essential: We need it to regulate calcium and phosphorus absorption, maintain immunity, and help support the growth of healthy bones and teeth. Vitamin D is called the sunshine vitamin for a reason. We absorb it from the sun through our skin, when it isn't covered with sunscreen. We can also get a small

amount of vitamin D from diet, but even with these opportunities for intake, we're not getting nearly enough.

New research suggests that correcting vitamin D deficiency could offer protection against at least six different types of illness or disease:

1. **Colorectal cancer.** There have already been studies suggesting a connection between colorectal cancer and vitamin D. But a 2018 article that collectively examined 17 cohort studies dug up stronger evidence. Based on the analysis of the 7,107 controls and 5,706 colorectal cancer patients analysed, American researchers learned that low vitamin D levels dipping below 12 ng/ml may come with a 31 percent higher risk of colorectal cancer.
2. **Diabetes.** A 2019 cross-sectional study, conducted by Brazilian researchers and published in the *Menopause* journal,

evaluated 680 Brazilian women from the ages of 35 to 74 on a potential link between increased glycemia and a deficiency in vitamin D. What the researchers discovered is that low vitamin D may significantly contribute to the development of type 2 diabetes, and supplementing vitamin D could help control blood sugar.

3. **Impulsive eating.** Obesity may be related to vitamin D deficiency, even in children. And, we know there's a strong connection between vitamin D and mental health starting before birth. A 2018 *Pharmacological Reports* study conducted on 322 candidates for bariatric surgery confirmed that study participants with lower vitamin D levels scored higher for impulsiveness, often associated with poor eating. The findings support the researchers' hypothesis that a lack of vitamin D could cause impulsivity, though more studies are needed.
4. **Injury among dancers.** Competitive dancers are prone to strains, tears, fractures, and inflammation, but supplementing vitamin D as a natural

remedy could help. When British researchers conducted a randomised controlled trial in 2018, they found that ballet dancers taking vitamin D had a 20-percent lower injury rate over four months versus dancers taking a placebo.

5. Mental illness. Circling back to the 2018 study conducted by Australian and Danish scientists on newborns with low vitamin D, researchers found that severe mental illness can develop because of pre-birth deficits. Schizophrenia has been linked to environmental and genetic risk factors, the researchers explained, but up to 8 percent of cases of schizophrenia in Denmark may be attributed to vitamin D deficiency during pregnancy.

6. UTIs in children. Children, like adults, are likely to be chronically low in vitamin D, especially if they didn't receive enough in utero. In a 2019 *Acta Paediatrica* study, most infants and young children were found to be insufficient or deficient. Young girls had much lower vitamin D levels than young boys, with vitamin D deficiency associated with a higher rate of UTIs among female children. Seventy-four percent of the children's urinary tract infections in the study also occurred in dark, cold seasons. Supplementing vitamin D3 could increase a child's natural production of cathelicidin (an antimicrobial peptide) and substantially decrease risk of chronic infection.

How much vitamin D do we really need? A lot. While government organizations estimate conservatively at 600 IU a day, The Vitamin D Council skews far higher, based on the latest research, at 5,000 to 10,000 IU a day for adults. We're also likely to need more vitamin D in the winter or when pregnant or obese.

Vitamin D3 -- the recommended form of vitamin D called cholecalciferol -- is the only vitamin that our body can manufacture from sun exposure. But because of our modern lifestyles spent indoors, and the overuse of sunscreen, up to 1 billion people may have mild to severe deficiency.

Wearing sunscreen whenever we step foot outside essentially nullifies our natural ability to manufacture vitamin D, Kim Pfothauer, DO, *Journal of the American Osteopathic Association* study researcher and assistant professor at Touro University, explained in 2017. "While we want people to protect themselves against skin cancer, there are healthy, moderate levels of unprotected sun exposure that can be very helpful in boosting vitamin D."

2 smart ways to get more out of daily D3

We can get some vitamin D3 from at least 20 minutes of sun exposure a day, but research suggests more health benefits when we also take a daily supplement.

Along with daily D3, two helper nutrients can improve its function: Vitamin K2 works

with vitamin D3 to clear dangerous calcium build-up from the arteries, maintaining arterial elasticity better than supplementing vitamin D alone or taking a placebo. Daily magnesium, ideally supplemented more rapidly through the skin, also optimises vitamin D, raising or lowering levels to reach a healthy balance.

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 (4000 IU)

Professional strength for ultimate D3 support. Delivers 4000IUs of D3 per capsule, plus 100mg of calcium from coral. Suitable for vegetarians and dairy/gluten-free.



ANCIENT MINERALS MAGNESIUM OIL ULTRA

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



Sources

All references can be found at www.NaturallyHealthyNews.com

WHY RED WINE AND CURRY ARE THE ANTI-AGEING MEAL OF CHOICE

2 ‘smart’ nutrients can effortlessly enter the brain

It seems the list of brain-boosting foods is constantly changing. But through the fad diets and the cycling ideas about health, two foods have stood the test of time. Red wine and curry make for a delicious meal, and they also contain the naturally-occurring polyphenol compounds resveratrol and curcumin that have a profound effect on the health of the brain.

The good news: Curcumin and resveratrol can cross the blood-brain barrier

Scientists have supported the occasional glass of red wine because of its potential to work as an anti-ageing elixir. Now they have a better idea as to why.

American researchers learned in 2017 that administering resveratrol to Alzheimer’s patients helped restore the integrity of their blood-brain barrier. This benefit can’t be understated: Resveratrol not only crosses, but it restores the blood-brain barrier to protect against dangerous immune molecules, reduce neuronal inflammation, and slow cognitive decline.

There was another important finding discovered by Sigrid Langhans, PhD, and her American research team in 2012. Curcumin was evaluated as a potential therapeutic for medulloblastoma, a brain cancer that mostly targets children. The team showed that curcumin can kill human medulloblastoma cells cultured in the laboratory. But more importantly, they also found that curcumin reduces tumour

growth and increases survival in models of medulloblastoma.

So, like resveratrol, curcumin can effectively cross the blood-brain barrier.

The better news: ‘Intuitive’ liposomes deliver curcumin and resveratrol faster

We can still enjoy red wine and curry, but gleaning brain-protective nutrients from food can only provide minimal benefits. Curry is made with the yellow turmeric spice, which contains curcumin. But to cross the blood-brain barrier, curcuminoids must be extracted at a much higher potency.

The same goes for resveratrol. “It is not possible to absorb the recommended therapeutic doses of resveratrol by drinking wine or through dietary sources,” German researchers concluded in 2016.

Studies conducted on yeast showed that resveratrol extended lifespan by up to 70 percent. We could receive these benefits too, if we take resveratrol in a form where our body can use it. Research indicates that liposomal curcumin and resveratrol may deliver a therapeutic dose directly to the brain.

Liposomes are tiny bubbles made from the same materials as our cell membranes. Pharmaceutical companies have been using liposomal drug delivery for the past 20 years, and now we can use it to maximize nutrient absorption. Liposomal curcumin and resveratrol stay in the blood for longer and at a higher concentration, ensuring more nutrients reach the bloodstream.

Taking liposomal nutrients solves the problem of poor supplement absorption and bioavailability, as Chinese researchers learned in 2017. Liposomal curcumin, compared to ordinary curcumin, has enhanced anti-tumour and pharmacological activity and could be used clinically to treat cancer.

Recommended Products

BRAINPOWER™

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



Sources

All references can be found at www.NaturallyHealthyNews.com



Stays in the blood for longer + at a higher concentration

The 2 most powerful brain nutrients in 1:
Up to 98% absorbed in the mouth

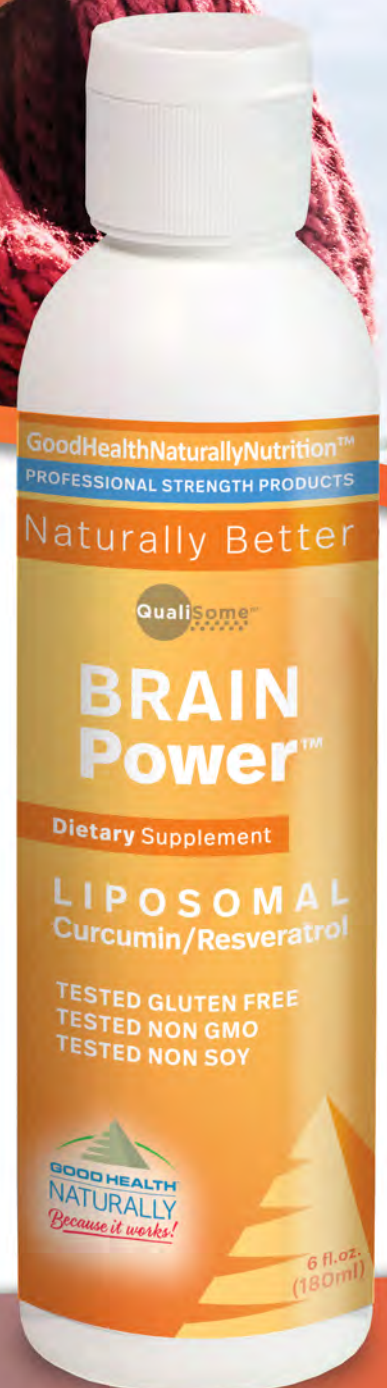
BrainPower is a unique formulation, combining two super nutrients:

- **Curcumin, found in turmeric and known as the “Golden Spice of India.”**
It's been used for 4,000 years in Ayurvedic medicine and is now backed by thousands of impressive studies.
- **Resveratrol, found in some food -- such as the skin of grapes, blueberries, and mulberries.** It can also be produced by plants when under attack.

Individually, these naturally occurring polyphenol compounds and antioxidants offer multiple health benefits, but when combined and delivered by liposomes, they become even more powerful.

Liposomes are tiny bubbles, the same as our cell membranes. Using liposomal delivery transports curcumin and resveratrol more efficiently than normal, in the body's natural form, leading to much better absorption.

Simply take 1 teaspoon per day. Suitable for vegans.



How to save a life: Plant sterols improve cancer, autoimmunity, and HIV

It's a vicious cycle -- until we intervene

We may not talk much about poor immunity. But immune dysfunction is likely to affect us or a loved one in our lifetime, with severe cases presenting as HIV, cancer, and autoimmune disease. Once our immune system is compromised, we're even more at risk for complications and other illness. Having one autoimmune disease increases the chances that a second or third will develop.

Cancer and HIV complications traced back to 'faulty' immunity

Our immune system is an intricately functioning security mechanism that science has only begun to understand. When we're infected, our immune system immediately mounts its defence. Even in serious cases like HIV, it's possible for our immune response to be strong enough to eliminate the virus.

Yet in most cases, HIV infection becomes permanent before our B-cells can make the antibodies to fight it. Then flu-like symptoms start to appear, normally lasting two weeks, produced by our formerly healthy cells that now host the infection. At this time, we're highly contagious, and the virus can be transmitted through blood and bodily fluid. It could still take up to 12 months to test positive for HIV antibodies, and we might feel physically well in the meantime. After diagnosis is when our immunity becomes even more compromised, with the potential

for cancers, complications, and concurrent infections.

A healthy immune system alerts us of early danger. Our immune system may throw up red flags -- like fatigue, dull skin or brown patches, frequent illness like respiratory infections, sudden weight loss or gain, and slow wound healing -- before a more serious health problem appears. It can also curb a landslide of health issues that can start after a diagnosis.

Scientists have made great strides in introducing treatments to control HIV infection. Still, for many people who are HIV-positive, complications like heart problems, diabetes, neurocognitive disorders, and chronic inflammation quickly become cause for concern. These are the complications that can turn deadly. American researchers learned in 2019 that HIV patients who suffer from a wide range of related health problems may have immune receptors that aren't working.

And, nearly 70 percent of lung cancer patients will suffer from bacterial lung infection. An opportunistic infection, the cancer complication develops when lung tumours play tricks on the immune system. Tumours can change lungs' bacterial communities, triggering immune cells to turn on infection-fighting inflammation that actually helps tumour cells spread. Cancer patients are also at a higher risk for fatal flu complications -- again, because of weakened immunity.

"Most HIV drugs target the virus itself. Our work comes at it from a different angle -- to potentially modify the immune system so

we can fight the virus," Patrick O'Connell, a scientist at Michigan State University, U.S., said in 2019.

O'Connell and his team hope to find a drug that arms the immune system to fight off life-threatening viruses and viral complications. But a growing body of research shows that natural immune-modulating plant compounds, called sterols and sterolins, can be used for the same purpose.

Supplement sterols or eat more produce? We're better off with both.

Plant sterols are naturally found in fruits and vegetables. Sterols aren't intended to repair faulty immunity, but the potent nutrients derived from plant cell membranes do stabilise immune function. This is how sterol supplements differ from other popular immune-boosters like echinacea: Echinacea only stimulates short-term immunity, while plant sterols up- or down-regulate the immune system to bring balance.

It's plant sterols' ability to increase low T-cell activity and maintain delicate TH1/TH2 levels that makes these compounds especially important for anyone with compromised immunity.

Studies show that multiple conditions can benefit:

- Allergic rhinitis/sinusitis
- Exercise-related immunosuppression, i.e., marathon runners



- Feline immunodeficiency virus (FIV)
- HIV infection
- Rheumatoid arthritis
- Tuberculosis

Early results from an open-label pilot study conducted on 123 South African participants in 2001 showed that HIV-positive patients with a CD4 count above 500/ μ l could balance their CD4 cell counts and decrease their viral load by taking an immune-protective sitosterol and glucoside sitosterolin mixture.

Tuberculosis and rheumatoid arthritis patients, high-intensity exercisers, FIV-infected cats, and allergy sufferers saw similar benefits. Plant sterols offered potent anti-inflammatory protection for autoimmune disease, decreasing the global pain assessment in RA patients by 47 percent compared to a placebo. Endurance exercise can also cause temporary immunosuppression. But

athletes and exercisers who take plant sterols may decrease their post-exercise immunosuppressive inflammatory response and potentially ward off the flu virus.

We'd need to eat 500 to 700 grams (1.5 pounds) of fresh fruits and vegetables a day to get 100 grams of plant sterols. In the studies, the HIV and RA patients took 3 capsules, each containing 20.2 mg sterols/sterolins, daily. Natural food sources are important, but where immune function is dangerously compromised, we want to know we're meeting our daily intake.

Getting sterols from supplements and from diet can offer broader protection. A high-fibre diet rich in fruits and vegetables sets a healthy immune response that can protect against the flu, while a processed, inflammatory diet can ignite the immune response that causes cancer. For the immunocompromised, diet changes can reduce disease risk as plant sterol supplements stabilise auto-immune function.

It's not a breakthrough drug, but it's a breakthrough nutrient. Collective research shows that supplementing plant sterols keeps TH1 and TH2 cells in proportion, enabling our immune system to successfully fight off viral and microbial disease.

Recommended Products

MODUCARE™

Sterols and sterolins don't "fix" the immune system but provide the nutrients needed to help keep it in balance. Contains clinically-trialled active compounds based on internationally-recognised plant sterol research.



Sources

All references can be found at www.NaturallyHealthyNews.com



Robert's Rant

Disease care vs. health care vs. censorship

Why don't doctors endorse natural health? Curing people is bad for business

This is an article comparing "disease management" to health care and its censorship.

What is disease?

Dis-ease can be described as a body that's not functioning to its full potential, generally identified by pain, discomfort, brain dysfunction, or weakness.

The causes include:

- Accidents.
- Lack of critical minerals.
- Lack of oxygen/toxic environment.
- Lack of walking/too much sitting.
- Medical intervention and pharmaceutical drugs.
- Poor breathing.
- Poor or contaminated diet.
- Uncontrolled stress.

What is health?

Health is a state of strong physical, mental, and social wellbeing; the absence of infirmity; and the ability to run, walk, and quickly climb up three floors of stairs with only a small amount of discomfort.

When I first started on my journey in the late eighties, the internet did not exist. It was by holding face-to-face seminars in the early nineties that I shared to groups the many studies proving that natural health solutions were superior to pharma drugs. Studies included nutrition, carbohydrates, sugar, ketogenic diets, intravenous vitamin

C, intravenous ozone, acupuncture, physical therapy, lack of critical minerals such as iodine and selenium, and many more.

The attendees were shocked that the studies I had found were clear that most health problems were caused by lifestyle and not by lack of pharmaceuticals. Lifestyle, in many cases, was a problem even before conception.

I gave an example of the critical mineral iodine:

- The world's longest living people on the island of Okinawa intake around 2,000IU to 4,000IU of iodine as a result of high consumption of seaweed.
- In the West, we're advised to take a supplement of 150IU to 400IU iodine per day if we don't eat seaweed in our diet.
- The science is clear that we will live healthier and longer when supplementing 2,000IU to 4,000IU of iodine a day.
- More to the point, iodine is essential for healthy conception to ensure healthy, intelligent children.

Many in the audiences complained that their doctors had never mentioned to them how vital lifestyle nutrition was. I shared with them that when I was a child in 1946, we were given free liquid vitamin C and vitamin D in the form of cod liver oil by the government in the UK. By 1955, the establishment made excuses why it was a waste of time and sneered at the people who took it up.

I was asked by many in the audience: What was my opinion of how soon the natural health solutions, proven by scientific studies, would become mainstream?

My answer then is the same answer nearly 30 years later: NEVER!

The pharmaceutical industry is solely concerned with profit -- not finding cures. Worse, they continue bribing doctors to approve their so-called studies, and especially bribe the supervisory organisations to blackmail doctors with being struck off if they dare to consider natural health.

Strong words? Yes, but let's consider the evidence

The pharmaceutical industry is one of the most criminal organisations on record. They're responsible for millions of deaths and fined billions by the government for their misdeeds. Not only can they afford it, but they never go to jail, even though their studies are the results of fraud, their drugs don't work, and they harm and kill people every day.

In a report sent to pharmaceutical companies entitled "The Genome Revolution," merchant bankers Goldman Sachs wrote:

"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.'"

Millions of people across Europe die every year in hospitals from sepsis, yet a U.S. study showed that simply giving a vitamin C cocktail intravenously saved 87 percent compared to administering antibiotics. In the study, the vitamin C users recovered within days, and so, what are the doctors so afraid of? Is it showing that simple nutrients such as vitamin C work better than their drugs?

This is not new information. A search of vitamin C intravenous research shows numerous studies going back to the forties and fifties, with application for sepsis, cancer, polio, pneumonia, encephalitis, herpes zoster (shingles), herpes simplex, mononucleosis, alcoholism, arthritis, leukaemia, MS, and much more.

Is it because a vitamin C IV costs a few pennies? Or is it a conspiracy against nutrition, a true crime against humanity?



Where does censorship come in?

Another of the great crimes is Google Search censoring and blocking many natural health studies and articles. Test this by searching "vitamin C IV studies" on Google and then search on Bing.com and, better still, DuckDuckGo.com.

DuckDuckGo.com may have a silly name, but it's the only search engine that guarantees not to manipulate the search results as Google does. With DuckDuckGo, we can be assured we'll see what is really popular in the world.

Can you help me?

It seems the only way we can spread the information about this censorship is for our existing customers and followers to **SHARE GOOD HEALTH**. There are several ways to do this.

Facebook users - Please make a point of liking the websites and liking and sharing every post to **Share Good Health**.

- **Serrapeptase:**
facebook.com/TheMiracleEnzyme

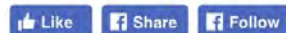
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- **NaturallyHealthyNews:**
twitter.com/nathealthy_news



Take good care,

Robert Redfern

Robert Redfern

Recommended Products

NASCENT IODINE

One drop = 350mcg of iodine. Frequent small doses are more effective than larger amounts at less frequent intervals. Nascent Iodine is the best form of iodine supplementation.



CURECT™ LIPOSOMAL VITAMIN C

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



Sources

*All references can be found at
www.NaturallyHealthyNews.com*

GOOD HEALTH IS WORTH ITS WEIGHT IN SILVER

How antibiotics ruin & silver rebuilds

Within the last century, pharmaceutical companies have tried to test and harness the power of silver.

But the same natural silver once used to treat disease is the same silver we can still use to fight infection, without needing to take a silver-based drug.

4 historical uses of medicinal silver & 4 ways we use it today

Medical textbooks and historical records have countless references to silver's role in medicine:

1. The Romans reportedly used silver nitrate for medicinal purposes, dated back to 69 B.C.
2. During World War II, silver was used to preserve water and food.
3. In 1884, Franz Crede, a German obstetrician, successfully treated blindness in the eyes of newborns, caused by venereal disease, with silver nitrate drops.
4. For the first half of the twentieth century, silver was used to dress wounds and sutures, preventing infection.

This natural silver is colloidal silver, also called hydrosol silver. It can be found in these forms today:

1. **Oral spray** - Hydrosol silver taken as a liquid contains minute, suspended silver particles. It can be used to boost immunity during times of sickness in lieu of antibiotics and for daily maintenance.
2. **Oral gel** - Cleaning teeth with SilverSol can prevent dangerous levels of gum inflammation that may encourage infection to spread to the bloodstream and damage the arteries.



3. **Topical gel** - Hydrosol silver gel applied to the skin is most often used to promote advanced wound healing; superficial and even chronic wounds may close in as little as three to six weeks.

4. **Silver eye drops** - Hydrosol silver eye drops, better absorbed with the organosulfur compound MSM, can soften tough tissue, repair damaged membranes, and help remove eye floaters.

Why we should all consider swapping antibiotics for silver

Antibiotics have saved many lives, but now we face life-threatening antibiotic-resistant infections.

In cases where antibiotics are being overprescribed, wiping out the good bacteria that reside in a healthy gut and increasing the risk of harmful superbug infections like *C. difficile*, silver poses little risk. Silver could help us solve modern-day bacterial resistance by making antibiotics thousands of times more effective.

"Silver was the most important antimicrobial agent available before the introduction of antibiotics," a 2009 study published in *Surgical Infections* reminds us.

The problem of antibiotic resistance is

bringing modern medicine full circle. Scaffolds holding stem cells coated in silver ions have been shown to slow the growth of and kill MRSA, while rebuilding new bone tissue. British scientists are also now exploring bioactive glass, laced with metals like silver and used for hospital equipment like catheters, proven to eliminate some of our deadliest hospital infections within hours and without antibiotics.

Recommended Products

HYDROSOL™ SILVER SPRAY & GEL

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



MSM+ SILVER DROPSTM

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



SILVERBIOTICS® TOOTH GEL

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



Sources

All references can be found at www.NaturallyHealthyNews.com

HEALTH news

LOW SPERM COUNT? YOUR CELL PHONE COULD BE TO BLAME

Low sperm count in men has been associated with cell phone use, according to a recent survey. Dr. Ashok Agarwal and his colleagues surveyed 364 men who were evaluated at an infertility clinic in Mumbai, India.

Their discovery was that men who used their cell phones the most – for an average of four or more hours a day -- had the lowest average sperm counts.

While the reproductive biologist, Dr. Agarwal at the Cleveland Clinic in Ohio, says he won't be giving up his cell phone, he says the study demonstrates some interesting findings.

Heavy cell phone use could also indicate other lifestyle factors that affect sperm count – such as sitting for too long or being overweight. While the results are intriguing, Dr. Agarwal hopes to sign up a couple hundred men at the Cleveland Clinic for further study.

Experts are keen to warn people not to throw their cell phones away. However, men in particular are being advised to play it safe and avoid carrying their cell phone in their belt or pocket.

This research expands on a 2014 study from the University of Exeter, which found that men who keep their cell phone in their pants pocket may be compromising their fertility.

WHY YOU SHOULD REDUCE INFLAMMATION TO PROTECT YOUR MEMORY

Chronic inflammation could develop into various problems with thinking and memory issues as you age — according to a new study published in *Neurology*, a medical journal of the American Academy of Neurology.

When chronic inflammation occurs, it can be tough on the body's joints, internal organs, tissues, and cells. The study's author, Keenan A. Walker, PhD, of John Hopkins University, also claims it could lead to heart disease, stroke, and even cancer.

This one large study looked at chronic inflammation and its effects within the brains of older people. It also investigated how chronic inflammation contributes to cognitive decline in the decades leading up to old age.

There are two main types of inflammation – acute and chronic. Acute inflammation occurs when the body's immune response jumps to fight off infection or injury. Chronic inflammation is low-grade and can linger for months or even years within the body. Symptoms of chronic inflammation can include joint pain, stiffness, digestive issues, and fatigue.

WHAT THE CHRONIC INFLAMMATION STUDY SHOWS

The Atherosclerosis Risk in Communities (ARIC) Study followed 12,336 people with an average age of 57 for approximately 20 years. Blood samples from the participants were taken at the start of the study, measuring for inflammation's four biomarkers. A composite inflammation score for the four biomarkers was also tested.

After three years, researchers measured C-reactive protein, another inflammation biomarker. Participants were then divided into four groups based on their composite inflammation scores and C-reactive protein levels.

Participants had their thinking and memory skills tested at the beginning of the study, six to nine years later, and then at the end of the study.

Researchers found the group with the highest inflammation biomarkers had an 8 percent steeper decline in their thinking and memory skills over the study, when compared with the lowest levels of inflammation biomarkers.

Along with the change in thinking and memory skills, the overall result was that chronic inflammation was associated with high blood pressure, especially in middle age.

The decline in thinking and memory skills are thought to begin in middle age, and it is during this time that they are the most responsive to intervention.

Participants with high levels of chronic inflammation were found to drop out or even die before their final follow-up visit.



Source: www.WDDTY.com/
www.NaturallyHealthyNews.com

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



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



• Helping Cancer, By The Book

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



• Helping Fertility, By The Book

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



• Helping High Blood Pressure, By The Book

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



• Helping Kidney Health, By The Book

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



• Helping Men's Health, By The Book

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.



• Helping Arthritis, By The Book

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.



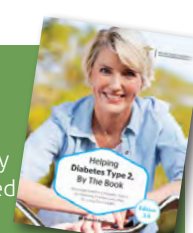
• Helping Eye Disease, By The Book

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



• Helping Diabetes Type 2, By The Book

Prevention and relief for this common inflammatory lifestyle disease, evidenced by short-term and long-term improvements.



GoodHealthNaturally
Because it Works!

The ancient spice everyone's talking about

Curcumin can help you, and there are over 1,800 reasons why:

- ✓ Curcumin is derived from turmeric, the "spice of India," and over 1,800 studies show its amazing health benefits.
- ✓ It's been in the news as many well-known people have explained how curcumin has improved their lives.
- ✓ It's confirmed that curcumin can help serious health problems.

What is it?

- ✓ Curcumin is the principle curcuminoid of the popular Indian spice turmeric, found in curry.
- ✓ Curcumin has been utilised for thousands of years in Ayurvedic medicine.
- ✓ Curcumin is a powerful anti-inflammatory and often used as an NSAID alternative.

One of the world's biggest secrets is out.

Make sure you don't miss out on the benefits of this super-spice.

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.



HIGH CHOLESTEROL DOESN'T CAUSE HEART ATTACKS

Before taking cholesterol-lowering drugs, do this instead

When questioned directly, many physicians will admit that most major heart attacks occur in patients who have normal cholesterol levels. A 2017 study confirmed the same. Yet instead of letting cholesterol off the hook as the bad guy, American researchers doubled down, saying that newly updated guidelines could make patients two times more eligible for cholesterol-lowering drugs.

But cholesterol isn't the enemy. We need cholesterol to survive. It's used by our body to balance hormones, support brain function, and defend the arteries and other systems against inflammation. Inflammation and oxidation can cause cholesterol to harden in the arteries, and these factors can be addressed through a non-inflammatory lifestyle.

So, where do statins come in?

3 reasons why cholesterol-lowering drugs hurt more than they help

Many doctors continue to recommend statins as regular protocol for treating high cholesterol. The latest statin guidelines have also widened the scope of the patients who "need" to take the medication daily.

Still, a growing number of doctors have begun to question this class of drugs considered the most widely prescribed medication of all time. Doctors doing their due diligence by digging deeper have learned that these "wonder drugs" are anything but.

Because:

- 1. Statins are overprescribed.** In the "heart disease industry," these drugs are pushed by pharmaceutical companies that want at-risk patients to take them for years. Some researchers have called statins a "double-edged sword" because of their severe side effects.
- 2. Statins can make cholesterol issues worse.** Statin medications reduce cholesterol production in the liver to lower cholesterol in the blood. To do this, statins block a liver enzyme that helps make cholesterol. Low cholesterol has been tied to a higher heart disease death risk.
- 3. Statins can block CoQ10 absorption.** Our body needs CoQ10 to support heart muscle energy. This vitamin-like substance is found naturally in every cell and is a known defender of heart and vascular health. Statins lower cholesterol and protective coenzyme Q10 at the same time.

Statins aren't entirely pointless. But they are mis- and over-prescribed to patients with alarming regularity.

Statins also can't save a life. High cholesterol isn't a disease that needs drug treatment. High cholesterol may be a warning of an unhealthy lifestyle, except in rare cases of genetic issues. When we change our habits, we can change our cholesterol levels — without dependence on potentially harmful drugs.

Statins block the antioxidant that could help us live 9 years longer

We manufacture CoQ10 to produce adenosine triphosphate (ATP), our body's prime source of stored energy. CoQ10's ability to enhance energy production and improve oxygen utilisation offers a special benefit to heart muscle cells. CoQ10 not only supports robust circulatory health, but it ensures optimal heart muscle function.

Researchers have spent a lot of time looking into this intriguing nutrient. Some studies suggest that increasing levels of the CoQ10 antioxidant could add nine years to our lifespan.

Consider:

- Our body depends on this vital antioxidant to keep our heart beating strong and to minimise the devastating effects of ageing.
- Low CoQ10 becomes serious enough to impair organ function when levels fall by just 25 percent. A 75-percent drop could cause irreparable tissue damage or death.
- Restoring CoQ10 can buffer free radical oxidation and subsequent inflammation, with promise to improve neurodegenerative conditions like Parkinson's





and Alzheimer's disease.

- Ample CoQ10 can increase pulmonary function and exercise performance in sufferers of chronic lung disease, like COPD and IPF.
- New research shows that supplementing CoQ10 could prevent or relieve insulin resistance and prediabetes, also reducing risk of heart disease.

CoQ10 levels are naturally depleted with age. Coenzyme Q10 is also unable to fully dissolve in the digestive tract — so, more isn't always better.

But American scientists learned in 2018 that solving the absorption dilemma could make our blood vessels 20 years younger. When older adults (with naturally low CoQ10) were given a chemically-altered version of the antioxidant, designed to cling to cellular mitochondria, age-related blood vessel changes were reversed by 15 to 20 years in just six weeks.

"This study breathes new life into the discredited theory that supplementing the diet with antioxidants can improve health," Doug Seals, *Hypertension* senior study author from the Integrative Physiology of

Ageing Laboratory, U.S., said in 2018.

Ubiquinol works like chemically-altered versions of CoQ10 and bypasses this absorption problem completely. Ubiquinol is our body's antioxidant form of CoQ10, and it's the CoQ10 that is eight times better absorbed compared to ordinary CoQ10 capsules. Bioactive Kaneka Ubiquinol™ is the strongest lipid-soluble antioxidant that can achieve over 95-percent plasmatic CoQ10. For vegetarians, hydrosoluble CoQ10 is four times better absorbed than ordinary CoQ10.

In 2018, Professor Roland Stocker, *eLife* study co-author from the Victor Chang Cardiac Research Institute, AU, said, "Replenishing CoQ could prove an invaluable preventive measure for insulin resistance- or pre-diabetes-linked diseases such as type 2 diabetes, cardiovascular disease, cancers and dementia."

Since it's naturally present in the human body, Kaneka Ubiquinol™ is also confirmed clinically safe. Anyone taking statins or falling into the at-risk category needs support from CoQ10 right away. Increasing CoQ10 can not only protect the heart, it can help maintain energy levels, healthy weight, and cell, nerve, and muscle function. Supplementing highly absorbable ubiquinol can effectively restore depleted CoQ10 levels

and may significantly reduce statin side effects within six months.

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.



HYSORBQ10™

These caps are made using an Advanced Bioavailability Water Miscible CoQ10 that utilises pure Hydro-Q-Sorb® CoQ10 – a bioenhanced coenzyme CoQ10 for enhanced dissolution and easier absorption. Four times better.



Sources

All references can be found at www.NaturallyHealthyNews.com

THE SCIENCE BEHIND WHY ALMOST EVERYONE IS MAGNESIUM-DEFICIENT

Magnesium's vital for hearts, brains & vitamin D3: Are we getting it?

We need magnesium to stay alive. This alkaline earth mineral, listed with the atomic number 12 on the periodic table, is responsible for almost all our life-giving processes. Think nervous system support, heart function, blood sugar and glucose maintenance, balanced blood pressure, anxiety and sleep regulation, and muscle and bone integrity, among many others. Magnesium also recently made the news when American researchers discovered that we require it to optimise vitamin D.

Magnesium:

- **Is the fourth most abundant mineral in our body.** When we're low, we can notice deficiencies almost immediately.
- **Regulates over 300 biochemical reactions.** Magnesium ions work hard as enzyme cofactors, supporting functions we need to stay alive.
- **Helps healthy cells manufacture DNA.** Then, once DNA has been coded, our cells transfer it in the form of protein molecules required by our body.

What really sticks out about magnesium is its critical relationship with calcium and vitamin D.

Magnesium buffers calcium build-up and makes vitamin D effective

To actually absorb our calcium, we have to keep up our levels of magnesium. Even low

magnesium levels in the "normal" range could cause calcium to accumulate in soft tissue and lead to a painful condition like chondrocalcinosis, or crystallised calcium in joint cartilage.

Likewise, two 2018 studies explain how magnesium can impact our use of vitamin D:

1. **Maintain healthy balance.** Magnesium stabilises deficiency or excess to bring vitamin D to an optimal level.
2. **Ensure healthy metabolism.** We can't metabolise vitamin D without magnesium. "Inactive" vitamin D is an issue for about 50 percent of people.

Our joints, bones, and hearts rely on our levels of magnesium. Milk myths circulate, but it's magnesium that's pivotal in building strong bones and preventing bone loss. And because of its role in active calcium transport, coupled with the fact that up to 60 percent of our body's 25 grams of magnesium may reside in our bones, increasing magnesium can also reduce our risk of fractures.

Along with bone health, magnesium regulates heartbeat and heart muscle contraction, ensuring healthy circulation to supply blood to the brain. Our brain consumes a large amount -- at least 20 percent -- of our body's energy, and the brain's synapses can only process information when it has enough magnesium. Magnesium's essential to our mitochondrial function and, according to a 2019 *Journal of Clinical Investigation* study, can "eliminate" inadequate heart relaxation to improve diastolic heart failure that, until now, hasn't responded to medical treatment.



But magnesium deficiency that goes on too long starts to disrupt mineral balance in our body. A seemingly straightforward magnesium deficiency can cause a "domino effect" that triggers a cascade of health issues.

Low magnesium has been linked to:

- Anxiety
- Asthma
- Diabetes
- Gut dysfunction
- Heart problems
- High blood pressure
- Migraines
- Osteoporosis
- Poor physical performance

Correcting magnesium deficiency can improve the health of the whole family. Pregnant women receiving magnesium during labour are less likely to develop a fever and other complications, children with autism may see neurobehavioral progressions



when supplementing magnesium with vitamin B6, and older adults in Japan with a magnesium intake of over 200 mg a day have shown a 74-percent reduced risk of vascular dementia.

The problem: Magnesium levels in food are dropping

Governments set the RDA (Recommended Dietary Allowance), but magnesium deficiency still affects the majority, evidenced by the latest Centers for Disease Control and Prevention surveys in the U.S. It's older men and older and younger women who are most likely to be deficient.

Some doctors say our baseline RDAs are set too low, and this creates a wider gap for deficiency. We may need twice as much as the daily RDA to prevent the 22 conditions triggered by low magnesium. And standard blood tests can't detect deficiency because only 1 percent of our magnesium is stored in our blood.

Eating healthy, magnesium-rich foods like leafy greens, nuts, grains, beans, and bananas is important, but eating a healthy diet isn't always enough. For decades, scientists have been warning us that human security and health are at risk as mineral soil depletion accelerates. From 1940 to 2002, *Nutrition and Health* researchers saw "fundamental changes" in our food quantity and quality, with micronutrient deficiencies significantly linked to our physical and mental health decline.

In 2016, Chinese researchers also described magnesium deficiency in plants as an "urgent problem" that's noticeably worse in developed countries.

The solution: Find the form of magnesium that absorbs fully

To reach our cells, magnesium must be ionised, and this is where most commercial supplements are lacking. The magnesium compound produces magnesium ions when

it's dissolved in water. This is something the magnesium oxide commonly found in powders and tablets can't do, so it can't supply magnesium ions to our bloodstream. Magnesium oxide has as low as 4-percent absorption.

But magnesium chloride is highly soluble. Magnesium chloride's high absorption rate makes it an ideal form of the mineral to use transdermally. Transdermal magnesium delivered through the largest organ in the body — our skin — gives us a better way to saturate healthy tissue. Using this method, we can absorb magnesium in high doses.

Simple as it seems, saturating our skin can increase our magnesium levels equivalent to two years of tablet use in just six weeks. Supplementing daily magnesium with the organosulfur compound MSM can also increase absorption. This nutrient combo is known for making transdermal treatment, seen in examples like alopecia, much more effective.

Recommended Product

ANCIENT MAGNESIUM RANGE

Next-generation magnesium formulations in oils, lotions, bath flakes, and more to support a healthy immune system, regulate blood pressure, and metabolise energy. Something for everyone.



Sources

All references can be found at www.NaturallyHealthyNews.com



The naked truth: This sleep style benefits the brain

*Exhausted? Try a sleep hack that helps
men & nighttime wakers*

Consistently good sleep has become a commodity. But the difference between a restless and restful night may all come down to what we wear -- or don't wear -- to bed.

More than half of us sleep in the nude, and this might be why

We need quality sleep and lots of it to replenish, repair, and protect. As many of us have found out the hard way, there are numerous small and seemingly minute factors that can affect how well we sleep.

For instance:

- Having children can disturb both parents' sleep for up to six years.
- Lacking positive romantic relationships in early adulthood can affect sleep quality by age 40.
- Lonelier young adults may be 24 percent more likely to struggle with concentration and exhaustion.
- Nighttime screen use compromises sleep quality, especially in children.
- Pregnant women with restless leg syndrome may suffer from excessive daytime sleepiness.

Length and quality of sleep matter, but now research indicates that sleep style can also have an impact. Lowering skin temperature can help to increase sleep depth and reduce the frequency of night waking.

Sleeping unclothed is one of the most effective ways to lower the body's temperature without changing the thermostat.

For men, sleeping naked could support higher sperm concentrations. Sleeping in our birthday suit —bringing the body to a lower temp — could also have a rejuvenating effect by stimulating the release of anti-ageing hormones. These include melatonin and the growth hormone that can help to regenerate hair and skin.

According to a 2019 Mattress Advisor survey, well over half of men and women in the U.S. sleep sans clothing, upping their potential to reap benefits like better emotional balance and mental health, lower risk of the common cold, and protection against Alzheimer's-related brain damage.

What to do before bed to sleep sound and safe

Sleeping naked cools the body and helps provide a host of health benefits. Along with practicing good sleep hygiene, increasing nutrient intake can alleviate broken sleep and may eliminate insomnia.

Vitamins B3 and B6, taken with the melatonin precursor L-tryptophan and the caffeine-side-effect-neutraliser L-theanine, are a powerful group of relaxants. Working together, these vitamins and amino acids can encourage healthy sleep patterns by reducing stress and nighttime waking.

Putting on lotion before bed may also help tip the balance in favour of deeper sleep. Magnesium deficiency may ramp up anxiety and compromise sleep, but when the mineral's applied topically with OptiMSM®, the world's purest form of the organosulphur MSM compound, it greatly increases absorption. Add to that soothing CBD, and a simple nightly lotion could safely reduce anxiety and sleep disruptions in most people, based on evidence from a 2019 *Permanente Journal* case study series.

Recommended Products

RELAXWELL™

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



ANCIENT MAGNESIUM CREAM ULTRA + CBD OIL

Contains a superior form of magnesium chloride derived from an ultra-pure source - the prehistoric Zechstein seabed. This magnesium lotion formula incorporates the unique synergistic benefits of CBD oil, magnesium, and OptiMSM®.



Sources

All references can be found at www.NaturallyHealthyNews.com

ANCIENT MAGNESIUM™

*IN THE PAST 50 YEARS
THERE HAVE BEEN
60% REDUCTION OF
MAGNESIUM IN FOOD*

The missing mineral causing so many health problems including:

- Sleep Problems • Headaches, Depression
- Blood Pressure • Neck Tension • Weak Bones
- Psoriasis & Eczema • Tiredness & Fatigue
- Heart & Lung Weakness • Aching Muscles
- Backache/Aching Hips • Cramp & Muscle Spasms
- Aching Knees • Fungal Foot & Toenails



Zechstein magnesium chloride is known as the original, gold-standard transdermal magnesium

Not all types of magnesium deliver the same benefits. In supplement form, magnesium oxide is the most common form of magnesium sold (as a tablet or capsule). This has been shown to have a low absorption rate, having to pass through the digestive tract, and a tendency to create a laxative effect in the bowel. The form of 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.

RECENTLY AUTHORISED CLAIMS FOR MAGNESIUM:

- Magnesium contributes to a reduction of tiredness and fatigue.
- Magnesium contributes to electrolyte balance.
- Magnesium contributes to normal muscle function.
- Magnesium contributes to energy-yielding metabolism.
- Magnesium contributes to normal functioning of the nervous system.
- Magnesium contributes to normal protein synthesis.
- Magnesium contributes to normal psychological function.
- Magnesium contributes to maintenance of normal teeth.
- Magnesium contributes to maintenance of normal bones.
- Magnesium has a role in the process of cell division.

- ✓ Ancient Magnesium is obtained from the 250million year old Zechstein seabed, 2km below the earth's crust.
- ✓ This No. 1 brand of transdermal magnesium is ultra-pure.
- ✓ Zechstein Magnesium is recommended by experts Dr. Mark Sircus and Daniel Reid.
- ✓ Much better and faster absorption into the body than tablets!

Magnesium OIL ULTRA

200 ml, 100 ml, 30 ml

20 sprays per day contains approx. 300mg elemental magnesium and 325 mg 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: 1000 ml, 200 ml

20 sprays per day contains approx. 335 mg 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

5 ml (1 teaspoon) contains approx. 130 mg elemental magnesium and 325 mg 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

5 ml contains approx.
130 mg elemental
magnesium, 325 mg
OptiMSM®.



Original

5 ml contains approx.
130 mg elemental
magnesium.



Melatonin

5 ml contains approx.
130 mg elemental
magnesium, 325 mg
OptiMSM®, and 1.5 mg
melatonin.



Cool Relief

5 ml contains approx.
138 mg 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 approx. 130 mg elemental magnesium, and 325 mg OptiMSM® and 5 mg 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/ 750 g, 2000 g

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

Instructions

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

Original/ 750 g, 2000 g

100 g flakes contains approx.
11.75 g magnesium.





TIRED ALL THE TIME? MEET THE HELPER MINERAL THYROIDS ARE MISSING

When something's off, our body's going to show it

Waking up tired, moody, and cold and putting on weight may have more to do with a sluggish thyroid and less to do with a long workweek. The same goes for feeling irritable, hyperactive, and hot and losing weight easily -- stress might not be the only factor to blame.

Many times, the clinical answer rests in the function of a butterfly-shaped gland in the neck. Women are up to eight times more likely to struggle with thyroid issues than men, and 60 percent of all people may be unaware of their thyroid disease.

7 signs of an under- or overactive thyroid to get familiar with

Thyroid function tests, or TFTs, have become some of the most common lab tests requested by doctors, but for some patients, these tests can be hard to interpret. They might not show the full picture. Hypothyroidism in particular is frequently misdiagnosed, and patients are prescribed thyroid replacement hormones without delving into underlying conditions. Hypothyroidism can also be missed in standard TFTs, and patients are sent home without proper treatment.

Elevated oestrogen from taking the birth control pill, low immunity, poor liver and adrenal function, and a weakened gut can all affect our thyroid. High oestrogen could raise thyroid-binding globulin produced by the liver two to three times over. Our thyroid is also sensitive to missing minerals in our food supply.

Common signs of hyperthyroidism, or high levels of thyroid hormones, include:

1. Goitre (swollen throat) and difficulty swallowing.
2. Heart failure and muscle weakness.
3. Hyperactivity, nervousness, and irritability.
4. Irregular periods and infertility in women.
5. Sweating and palpitations.
6. Vomiting or diarrhoea.
7. Weight loss with increased appetite.

Thyroid overactivity is known to increase metabolism, and it can be caused by an autoimmune disorder like Graves' disease. It might also be triggered by unexplained inflammation of the thyroid gland, or thyroiditis. When left untreated, hyperthyroidism can lead to brittle bones, heart problems, weak vision, red and swollen skin, or a thyrotoxic crisis, where symptoms intensify and become emergent.

Having hyperthyroidism can also increase the amount of sick days we take, especially after a new diagnosis.

Common signs of hypothyroidism, or low levels of thyroid hormones, include:

1. Cold hands and feet.
2. Constipation or indigestion.

3. Goitre, or enlargement of the thyroid gland.
4. Painful periods.
5. Physical and mental lethargy or depression.
6. Weak muscles and sluggish movements.
7. Weight gain.

Hypothyroidism looks like a collection of symptoms stemming from slow metabolism, and it's thought to have two main causes. Inflammation in the thyroid gland can slow down hormone production. Or, the thyroid may fail to produce enough hormones because of a condition called autoimmune, or Hashimoto's, thyroiditis. Hypothyroidism can also be caused by a medical issue, related to a surgery or medical treatment that has removed part or all of the thyroid.

Even among the millions of hypothyroid patients receiving treatment -- normally prescribed the synthetic thyroid hormone levothyroxine to control TSH -- up to 15 percent still feel sick and continue to suffer from symptoms like brain fog, lethargy, depression, and difficulty losing weight.

A simple step to stabilise the thyroid (and stop cancer at the same time)

There are multiple reasons our body needs the trace element selenium to support its vital processes, and maintaining thyroid health is one of the biggest.

Selenium:

- Helps produce glutathione, our most potent antioxidant essential for the

health of the whole body.

- Offers protection against cancers of the colon, stomach, lungs, brain, skin, prostate, and more.
- Plays a critical role as an antioxidant in the reproductive function and fertility of both parents.
- Protects against the effects of heavy metals and supports a healthy immune response.
- Works as iodine's cofactor to balance thyroid health and protect against excessive iodine exposure.

Selenium is one of the most studied trace elements in regard to cancer, Michael B. Jameson, a New Zealand oncologist, and his research team wrote in *Anticancer Research* in 2017. Compared to toxic chemotherapy and radiation, selenium is unique in its ability to prevent carcinogenesis while attacking existing cancer growth, supporting other forms of cancer therapy, and defending healthy tissue against the cytotoxic effects of cancer treatment.

Higher selenium intake could better protect against some cancers. Fascinating results were seen in an area of China in 2000, where gastric and oesophageal cancers had reached epidemic rates. Risk for these cancers was cut in half when study participants were given a large dose of selenium.

We don't naturally produce selenium, but we can find it in soil, water, some foods, and supplements. Unfortunately, selenium levels in soil and food are rapidly depleting. Chemical farming is exhausting our soil and decreasing our food's mineral content.

It can't be overstated how important it is to address a thyroid problem as soon as we

see symptoms. And if we're taking iodine to regulate thyroid function, we also need to be taking selenium.

We can get some thyroid support from our food, like iodine in seaweed and selenium in Brazil nuts, but it can be more reliable to correct deficiencies with several drops of iodine and about a millilitre of selenium a day. Nascent iodine, or atomic iodine that holds an electromagnetic charge and is the same iodine our thyroid produces, needs ionic, or "charged," selenium to activate it.

Selenium may decrease thyroid antibodies by up to 40 percent after just three to six months of supplementing.

Recommended Products

NASCENT IODINE

One drop = 350mcg 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



GoodHealthNaturally
Because it Works!

Wow. A healthy gut looks good on you.

Powerful soil-based probiotics have 22 gut-boosting benefits

Unlike most probiotic supplements found in grocery and health chains, soil-based probiotics (SBOs) are derived from the earth and provide remarkably unique benefits to:

1. *Help the intestine to better absorb nutrients.*
2. *Reduce waste and toxic build-up in the colon.*
3. *Restore gut flora back into balance.*
4. *Strengthen the immune system.*
5. *"Talk" to the body's cells to create metabolic change.*

Plus 17 more research-backed benefits.

Give your gut what it's asking for:

- Digestive and immune system support
- Highest-quality ingredients guaranteed
- Natural source of probiotic microflora
- Dairy-free, gluten-free, soy-free, and non-GMO



**All references can be found at www.NaturallyHealthyNews.com*

Really Healthy™ recipes

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

ROASTED GARLIC CAULIFLOWER SOUP

Creamy to taste, cauliflower is a good source of fibre and nutrients in this delicious vegan soup. Garlic has many anti-viral properties that can support good health.

Prep time: 15 min.

Cook time: 50 min.

Serves: 6

INGREDIENTS

- 2 large cauliflower heads, cored and cut into small florets
- 1-2 heads of garlic cloves, separated, smashed, and peeled (depending on how garlicky you prefer your soup)
- 2 tbsp. extra-virgin olive oil, plus more for finishing
- 1 medium white onion, diced
- Small handful fresh thyme sprigs (tied with kitchen twine if the twigs are fine)
- 4 cups low-sodium vegetable broth or filtered water
- 2 cups unsweetened plain almond milk
- 2 tbsp. nutritional yeast flakes
- 1 tbsp. apple cider vinegar
- 1 1/2 to 2 1/2 tsp. sea salt or to taste
- freshly ground black pepper, to taste

DIRECTIONS

1. Preheat the oven to 425°F (218°C). Line a large baking tray with parchment paper.
2. Spread the cauliflower florets and garlic cloves out over the lined baking tray.
3. Dry roast the cauliflower and garlic for 30 to 40 minutes, or until the cauliflower is flecked with a rich golden-brown hue.
4. Meanwhile, about 10 minutes before the cauliflower is ready, heat the olive oil in a large stockpot or Dutch oven over a medium-low heat. Add the onion and thyme sprigs and sauté for 5 to 7 minutes, or until the onion is soft and translucent, stirring occasionally.
5. Once the cauliflower and garlic have finished roasting, add them to the stockpot along with the vegetable broth. Increase the heat to medium-high and bring the mixture to a boil. Then, reduce the heat, cover, and simmer for 15 minutes.
6. Turn off the heat and carefully remove the thyme sprigs. Use an immersion blender to purée the soup. It will take about 5 minutes or more to get the soup completely smooth, so just keep blending until the texture reaches the desired consistency.



7. Stir in the almond milk, nutritional yeast, apple cider vinegar, sea salt, and black pepper. Use the immersion blender to briefly blend again. Then, taste and adjust seasoning, adding more sea salt and black pepper if desired.
8. Ladle the soup into bowls and serve warm with a drizzle of olive oil, if desired. Enjoy.

ROASTED VEGETABLE QUINOA SALAD

Quinoa is a rich protein source, easy to prepare, and tastes delicious when combined with roasted vegetables.

Prep time: 5 min.

Cook time: 30 min.

Serves: 4

INGREDIENTS

- 1 red pepper, diced into small cubes
- 1 courgette, diced into small cubes
- 1/2 an aubergine, diced into small cubes
- 1 tbsp. harissa paste
- 1 tsp. garlic powder or finely chopped garlic
- 120 g quinoa, rinsed
- 360 ml vegetable stock

- 2 spring onions, chopped
- 1 tbsp. tomato purée
- To serve: fresh coriander, chopped

DIRECTIONS

1. Preheat the oven to 390°F (199°C).
2. Mix the vegetables with the harissa paste and garlic powder so they're well-coated. Roast for 20 to 30 minutes until slightly browned.
3. Meanwhile, cook the quinoa by adding it to a saucepan with the vegetable stock. Cook on a simmer for approximately 15 to 20 minutes, until it's absorbed all the liquid.
4. Add to a serving bowl and fluff with a fork. Stir in the spring onions and tomato purée.
5. Once the vegetables are cooked, stir them into the quinoa, along with the chopped coriander.

6. You can serve straight away for a hot meal or keep it in the fridge for a cool salad. Enjoy.





New findings on migraines: Genes load the gun & lifestyle pulls the trigger

3 ways to make migraines and headaches a memory

It's not as inevitable as we think. Until now, debilitating, nauseating, and blinding headaches have remained a mystery, and millions of people have coped by compromising quality of life. Migraines that affect one in four households often appear hereditary, and scientists may know why.

Scientists have wondered 'for a long time' why migraines run in families

When Aarno Palotie, researcher at the Institute for Molecular Medicine, Finland, and his team conducted a study on 1,589 Finnish families with migraine sufferers, published in *Neuron* in 2018, they examined the genetic properties of migraines using a polygenic risk score. Polygenetic traits come from a collective group of genes. And, while individual genes may have minimal impact, collective gene groups can accumulate and significantly influence inherited characteristics or disease.

Common polygenetic variants, the researchers found, strongly predicted migraine susceptibility over the three Mendelian inheritance genes that could be copied from parent to child. Having chronic migraines at a younger age, having severe migraines, or having family patterns of migraines are likely to mean a greater build-up of common polygenetic variants.

The Finnish researchers hope to use their findings to create better migraine drugs that target genetic pathways, but families with the "migraine burden" can benefit from seeing the bigger picture. As Dr. Caldwell B. Esselstyn, Jr., a former surgeon at the Cleveland Clinic, President of the Cleveland Clinic staff, famously said, "Genes load the gun, but lifestyle pulls the trigger."

Understanding the genetic factors behind chronic headaches and migraines is important. But research also shows that addressing lifestyle factors, especially stress and nutrition, can help us recover.

Vitamin D3 cuts days spent with headaches, plus 2 more proven remedies

Migraine meds can be hit or miss. They can also make matters worse, with the potential to set off a "medication-overuse headache" cycle if these drugs are used more than 10 days out of the month or over two to three times a week.

A 2018 *JAMA* study also found that opioids prescribed for chronic pain conditions don't do much -- except to increase risk of addiction, overdose, and death. Since all patients respond differently to all prescription drugs, there's no simple medical solution.

No wonder so many chronic migraine and headache sufferers, rather than living in fear of an attack, are looking into evidence-based treatment. Like:

- 1. Get more magnesium.** When magnesium levels fall too low, it's common to experience headaches, migraines, hearing loss, ringing in the ear, hyperactivity, restlessness, numbness, insomnia, and even convulsions. Considering that up to half of migraine sufferers may be mag-



nesium deficient, American researchers said in 2012, "All migraine patients should be treated with magnesium."

Magnesium is most effectively absorbed topically, when applied as a lotion or spray or soaked through the skin in a bath. MSM (methylsulfonylmethane), a natural sulphur compound, increases the body's uptake of topical magnesium. For migraine sufferers, MSM is the perfect partner nutrient to seek out in a magnesium supplement because it also supports pain management. Supplementing OptiMSM®, the premium trademarked form of MSM known to be safe for humans and animals, for 30 days can improve a major migraine risk factor – seasonal allergies.

2. **Stabilise vitamin D.** Vitamin D3 is the hormone naturally produced by our body when exposed to direct sunlight. The season, geographic latitude, time of day, cloud cover, smog, and sunscreen all affect UV ray exposure and vitamin D3 skin synthesis. The sun is the best source of D3, but for the migraine sufferers who can't consistently get 45 minutes of sunshine a day year-round, the latest research shows

benefits from taking a supplement.

Upping vitamin D could significantly reduce days spent with migraines, according to a randomised, double-blind *Current Medical Research and Opinion* study published in 2018. These strong results led researchers to recommend vitamin D3 as a preventative migraine treatment option. Magnesium levels also need to be healthy for vitamin D3 to function, so it's critical to increase both nutrients.

3. **Use at-home acupuncture.** The World Health Organization supports acupuncture as a viable form of alternative treatment for more than 50 conditions – including headaches, arthritis, sciatica, and the common cold. Acupuncture has also been proven effective in regulating stress, an important effect since both elevated stress and stress "let-downs" can trigger migraines.

Electro-acupressure is a fast-acting treatment that can be used at home to relieve all headaches and migraines, including tension, frontal, occipital, temporal, vertex, cluster, and sinus. All types respond almost instantly by treating to prevent the attack, as well as treating just as a headache starts or repeating treatments over a few hours if it's already begun. Chinese researchers found in 2017, when using electro-acupuncture on 249 participants, that regular treatment can reduce days with migraine, frequency, and pain intensity.

Research also shows that practicing deep, relaxed breathing can help maintain our health and balance. The breath is the essence of life and is responsible for circulating fresh oxygen to all parts of the body. Yet many of us are unfamiliar with what relaxed breathing looks and feels like – especially after spending our day indoors and computer-connected.

Taking breaks to disconnect and breathe in and out from the belly -- holding each in-hale for the count of four and exhaling to the count of seven -- can calm stress levels and manage migraine triggers. And, building up to a half hour of meditation a day could lead to 1.4 fewer monthly migraines.

Recommended Products

ANCIENT MAGNESIUM OIL

Magnesium contributes to a reduction of tiredness and fatigue and has a role in the process of cell division. It also contributes to electrolyte balance, normal muscle function, normal protein synthesis, and normal psychological function.



VITAMIN D3 (4000 IU)

Professional strength for ultimate D3 support. Delivers 4000IUs of D3 per capsule, plus 100mg of calcium from coral. Suitable for vegetarians and dairy/gluten-free.



HEALTHPOINT™ KIT

Become a master of acupuncture without the needles! Developed over 14 years with a leading pain specialist, HealthPoint can help over 160 conditions, as shown in the manual.



Sources

All references can be found at www.NaturallyHealthyNews.com

Good Health Coaching: It works!

New diagnosis? Chronic condition?
Concerns? You don't have to go it alone.

Get your own Good Health Plan with the power to transform.



Doctors offer:

~~Disease care.~~

~~A lifetime of medications.~~

~~Limited information about
your health condition.~~

~~A slow and often fatal
health decline.~~

Good Health Coaching offers:

A customised plan that can bring you back to good health one step at a time.

A healthy lifestyle that will enable your body to clear any disease: advice on enzymes, nutrition, supplements, activity, breathing, emotional support, and more.

Practical ways to regain health and restore wellbeing: Health coaching is proven to be an important strategy to help improve perceived stress, mood, and quality of life.

Recovery for even the most serious health conditions: In a recent case study, 10 people followed our Alzheimer's Good Health Plan - five people who didn't stick to the full plan saw partial recovery, and *five people saw the greatest recovery by following the full daily plan.**

The best part? It's easy. Visit www.MyGoodHealthClub.com and register today for free** health coaching. Find solutions to short-term and long-term health problems and get your biggest questions answered.

**Contact MyGoodHealthClub.com for case study details.*

***First consultation is free.*

2 totally unexpected reasons to start supplementing vitamin E

A quick explanation for why we need to steer clear of synthetics



A critical fat-soluble vitamin, vitamin E regulates organ function, enzyme activity, immunity and metabolism, and neurological performance. It's also an anti-inflammatory antioxidant that halts reactive oxygen species (ROS) production when fat in our body oxidizes, preventing premature ageing and disease. There's a long list of reasons to up our vitamin E intake, but two stick out as most interesting.

Low on vitamin E? 2 surprising reasons why

Recent research points to two overlooked factors that can deplete our vitamin E:

- 1. Carrying extra weight.** Being obese with metabolic syndrome increases our need for vitamin E, due to added weight and oxidative stress. These factors also decrease our use of the vitamin. Even when vitamin blood levels are high, obese people's tissue may reject extra lipids like vitamin E. Dietary fat is also our most common source of vitamin E. "So [cutting fat for] weight loss can sometimes actually worsen a nutrient deficiency," Maret Traber, Linus Pauling Institute principal investigator, U.S., said in 2015.
- 2. Ordering a salad without an egg.** Poor diet and soil depletion are common reasons many of us are lacking. But what about how we combine the healthy foods we eat? Leafy greens, spinach, red peppers, and other vitamin E-rich

produce can be absorbed four to seven times better when we add three eggs (preferably pasture-raised) to our plate. As Wayne Campbell, a Purdue University professor of nutrition science in the U.S., explained in 2016, "Vitamin E is the second-most under-consumed nutrient."

Correcting deficiency gives us a chance to experience the many benefits of vitamin E for:

- Alzheimer's disease
- Cholesterol levels
- Hair growth
- Heart health
- Immune function
- Non-alcoholic fatty liver disease
- Skin health
- Stroke-related injuries

More than 200 studies also support vitamin E tocotrienols', versus vitamin E tocopherols', anti-cancer abilities.

Synthetics are only half as potent as natural vitamin E

Vitamin E has two different forms: tocopherol and tocotrienol. Alpha-tocopherol is used in cheaper, synthetic supplements and typically sold at dangerously high doses. Synthetic vitamin E is also 50-percent less biologically active.

Synthetics are manufactured with chemi-

cal processes that aren't just ineffective at preventing disease — they can pose a serious health risk. Even alpha-tocopherol packaged as "natural" vitamin E is still unnatural because it's isolated from the full eight-compound vitamin E complex found in nature.

Supplementing mixed tocopherols and tocotrienols made from 100-percent natural ingredients provides a healthy balance that works well with a diet rich in vitamin E. Nourishing tocotrienols are derived from virgin crude palm oil, so it's important to look for sustainably-sourced mixed tocotrienols confirmed to be environmentally- and orangutan-friendly. Taking a mix matters: High doses of alpha-tocopherols on their own may actually flush our body's storages of vitamin E.

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

The ultimate guide to serrapeptase: Benefits, dangers, doses & reviews

Studies find serrapeptase safer and 'superior' to NSAIDs

We're getting familiar with the term "inflammation." We know what it looks like on the outside: swelling, irritation, or pus around a wound. But what about on the inside where we can't see it, and where it has the potential to spread?

Inflammation is a good thing at face value. Acute inflammation is a sign we're healing. Chronic inflammation is another story, with recent research linking this out-of-control internal cascade to infant sepsis, sleep disorders, and Alzheimer's. In 2019, Cambridge scientists also found that chronic inflammation can escalate heart disease to depression, and vice versa.

It's easy to get inflamed. This is evidenced by the inflammation that can start as early as the womb and may be linked to preterm birth and severe gut inflammation, neurodevelopment disorders, and deadly sepsis. Our epithelial barriers — found in skin, gut, and lung tissue — are vulnerable, especially in unborn infants.

We can be born with inflammation, and we can also develop it over time, often completely undetected. One of the biggest contributors to chronic inflammation is our modern lifestyle or, more specifically, our

Western diet. For example, eating a high-fat, high-sugar, processed food diet quickly affects the gut. Since our intestines supply the liver with 70 percent of its blood, gut inflammation can soon lead to chronic liver inflammation, a connection American researchers solidified recently.

"Gut and liver health are linked," Yu-Jui Yvonne Wan, PhD, UC Davis Health professor, said in 2017. If liver inflammation caused by gut inflammation isn't treated, Wan explained, it could turn into an advanced disease like liver cancer. The same can be said for other types of chronic inflammation we can't see.

What is serrapeptase? How active enzymes work, plus 8 proven benefits

It takes time to free the body of the effects of a lifetime of inflammation, but the serrapeptase enzyme can speed up recovery. Serrapeptase is a proteolytic (protease) enzyme that breaks down protein molecules into peptides and then amino acids. Serrapeptase fast-tracks our body's healing and repair process by working as an "active protein."

Serrapeptase is:

- An enzyme that can't be found in the diet.
- Backed by more than 23 scientific studies for its ability to encourage healing.
- Variously called: serratiopeptidase, *serratia E-15*, protease, serrapeptase, *serratia* peptidase, serratiopeptase, or serralsin among others.
- Essential to good health as an active protein that supports our body's absorption, growth, and repair.
- First isolated by Japanese scientists in the 1960s and now made from the non-pathogenic enterobacteria *Serratia E-15*.



- Known for “eating away” dead and non-living tissue, including blood clots and varicose veins.
- More effective at ridding inflammation when taken at high doses.

Enzymes are proteins. Without enzymes in our body, none of us would exist. When we see disease or malfunction, it’s because there aren’t enough enzymes building, moving, and renewing. Enzymes are the primary tools our body uses to sustain daily function and prevent chronic health problems.

Catalyst enzymes like serrapeptase are vital for growth and repair because of their constant activity. Serrapeptase is frequently

called the “miracle” enzyme — and prescribed by doctors in many parts of Europe and Asia -- because our cells rely on its clean-up process to survive.

According to Japanese and European researchers, serrapeptase may be the most effective of all proteolytic enzymes at decreasing inflammation.

Studies show that serrapeptase can improve at least eight major health issues and counting:

1. **Alzheimer’s disease:** In 2013, Egyptian scientists examined the effect that the proteolytic enzymes serrapeptase and

nattokinase had on the brain. When male rats with Alzheimer’s-like pathology took an oral dose of the enzymes for 45 days, the treatment proved therapeutic, and factors that characterized Alzheimer’s disease were modulated.

2. **Breast engorgement:** A 1989 serrapeptase study published in the *Singapore Medical Journal* evaluated 70 patients with breast engorgement. Serrapeptase beat out the placebo in easing breast swelling and pain, resulting in “moderate to marked” improvements for 85.7 percent of women. Singaporean scientists concluded that serrapeptase is “a safe and effective method for the treat-

ment of breast engorgement.”

3. **Cancer recovery:** When serrapeptase and the broad-spectrum antibiotic cefotiam were given to 35 thoracotomy patients with lung cancer, administered by Japanese researchers in 1986, serrapeptase helped increase antibiotic tissue levels in patients who took the enzyme.
4. **Carpal tunnel:** High-dose serrapeptase has been used to restore mobility as a successful alternative treatment for carpal tunnel syndrome. Taking daily serrapeptase, 65 percent of carpal tunnel cases have improved without any side effects reported.
5. **Deadly infection:** In a 2015 *BMC Microbiology* study, serrapeptase protected against dangerous hospital infection by preventing virulent *Staph* strains’ attachment to surfaces, invasion in human cells, and formation of bacterial biofilm. Italian researchers called serrapeptase a multifunctional single protein with an ability to “moonlight” as an anti-infective, beyond its proteolytic ability.
6. **Inflammation/swelling:** When used to reduce dangerous levels of swelling in rats, Indian researchers discovered that serrapeptase could help safely manage inflammation without the side effects of NSAID aspirin use. In the 2008 *Indian Journal of Pharmaceutical Sciences* study, serrapeptase was proven stronger than competing proteolytic enzymes trypsin and chymotrypsin, as well as aspirin.
7. **Postoperative healing:** With its proven anti-inflammatory and fibrinolytic activity, serrapeptase is often recommended to reduce inflammation and prevent abscesses after oral surgery. A

2008 *International Journal of Oral and Maxillofacial Surgery* study observed 24 healthy participants who had impacted molars removed in two sessions. The patients who received serrapeptase saw a significant reduction in pain and swelling on the second, third, and seventh days after surgery.

8. **Sinusitis:** Serrapeptase can reduce pain, difficulty swallowing, nasal obstruction, and loss of smell. Japanese researchers learned in a study conducted on 140 sufferers of acute or chronic ear, nose, and throat illnesses in the 1980s that taking active serrapeptase resulted in rapid, noticeable improvements. Compared to changes seen in only 21.9 percent of the placebo group, physicians confirmed that 97.3 percent of study participants saw “excellent or good” efficacy of treatment after taking serrapeptase for just three to four days.

For over 40 years in Europe and Asia, serrapeptase has been prescribed in clinical settings. Physicians who grasp the power of natural enzymes have recommended anti-inflammatory serrapeptase as a safer alternative to aspirin, ibuprofen, and NSAID prescriptions.

Prescription NSAIDs carry a warning that medications can increase the risk of stomach bleeding, heart attack, and stroke. Even over-the-counter NSAIDs can’t be used for more than 10 days without the care of a doctor.

“A unique enzyme named ‘serratiopeptidase’ (serratin E15 protease) has emerged as one of the most potent anti-inflammatory supplements,” Indian researchers wrote in a *Journal of Pharmaceutical Analysis* review in 2017, “It is proved to be a superior alternative to traditional NSAIDs... which have pronounced side effects.”

Serrapeptase is gentle but effective, used by the silkworm to instantly dissolve its hard cocoon during metamorphosis. Supplementing serrapeptase at high doses can have the same effect on the human body — reducing or clearing inflammation and inflammatory by-products. Along with those listed, serrapeptase can also help relieve chronic diseases like migraines, fibrocystic breast disease, Parkinson’s disease, heart disease, stroke, COPD, asthma, and arthritis.

Serrapeptase dosage, dangers, and do we really need it?

Having a safe but effective anti-inflammatory on hand is important. Serrapeptase is a fraction of the cost of pharmaceutical anti-inflammatories prescribed for chronic illness, costing as much as \$20,000 (£15,323) each year. Powerful and cost-effective, serrapeptase addresses the true cause of chronic disease by removing, instead of suppressing, internal inflammation.

Dose and delivery system can affect how well serrapeptase can do its job of cleaning and clearing:

- Taking serrapeptase at the maximum dose, 250,000 IU per capsule, can provide the greatest results in the shortest amount of time.
- A serrapeptase capsule is not only easier to swallow and gentler to digest, but it comes in a superior delivery system that rivals tablet use for absorption and bioavailability.
- High-dose serrapeptase at 250,000 IU is ideal for more serious health problems, like autoimmune disease, arthritis, MS, Alzheimer’s disease, epilepsy, infertility, and heart and lung disease.
- Medium-dose serrapeptase at 80,000

IU can be used for disease management and daily maintenance, supporting candida, autism, depression, digestive troubles, thyroid imbalance, ear infections, sinusitis, dry eyes, and asthma recovery.

In the decades of studies conducted on its use, no side effects have been reported at this high dosage. Max-strength serrapeptase can be safely used by pregnant and breastfeeding women, and a lower dose can be given to children and pets, though it's always important to consult a physician. Rare instances of stomach sensitivity to serrapeptase can be helped by drinking sodium bicarb with water or apple cider vinegar, while dizziness or headaches may be signs of die-off or detox.

The short-term and long-term results serrapeptase users swear by

Serrapeptase reviews and testimonials have reached hundreds of thousands. It's not uncommon to hear users describe the effects of the enzyme as "fast," "miraculous," and "astounding."

Here's what we might expect from taking serrapeptase as a daily supplement:

- **Better breathing:** "In November 2010, I was diagnosed with lung fibrosis. I sent for your serrapeptase, and I did the whole course. I had an x-ray in April 2012, and much to my surprise, my lung x-ray was clear." - D. Dunning
- **Blockage removal:** "I have been successfully using serrapeptase since my heart bypass operation. My periodic check-ups by my cardiologist show that all my arteries are perfectly clean!" - A. De Ynchausti
- **Fewer medications:** "I have one patient

who has been suffering from back pain for years on end and who has been prescribed loads of various painkillers, etc. Since taking the serrapeptase, the pain is easing considerably." - G. Patist, pharmacist

- **Healthy conception:** "I have been unable to conceive due to blocked fallopian tubes and was going crazy thinking I would have to undergo an expensive (and often not successful) surgery to unblock the tubes... I took two tablets twice daily for one month. Last week, I found out that I am five weeks pregnant!" - C.
- **Less pain:** "I'm a massive fan of serrapeptase! I have vulnerable knee joints (plus mild osteoarthritis) that injure easily. I take three capsules of serrapeptase, three times daily for a 10-day period, but usually within a few days, most of the inflammation has gone. I take a maintenance dose of three capsules daily." - S. Hodgkin
- **Tumour removal in pets:** "I know serrapeptase works as it dissolved my Labrador's oral cancerous tumour. I am now buying it for my rescue dog for her cysts." - B.

Serrapeptase only breaks down non-living tissue, like we see with the silkworm and its cocoon. It doesn't harm the butterfly.

This is why Indian researchers call serrapeptase a "super enzyme" [with] a huge list of health benefits." We need enzymes to function each day at our most basic level, and now we know there's a connection between enzyme activity and chronic disease.

Recommended Product

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.



SERRAPLUS+TM 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.



SERRANOLTM

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



BLOCKBUSTER ALLCLEARTM

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



Scientists say clay with ‘healing powers’ may be better than medication

When to do a full body clay detox — and when to do a foot bath instead

It’s true that toxin levels in our blood are rapidly increasing, with major spikes seen in the last 10 years. But “crash cleanses” may not be safe or even necessary. Clay baths are the simple, mild, and effective detoxification method our ancestors have used for centuries.

4 regenerating reasons to bathe with bentonite

In 2013, German scientists from the Fraunhofer Institute for Cell Therapy and Immunology IZI explored a new treatment that could help sufferers of chronic kidney disease. Supplementing refined clay minerals may allow patients in renal failure to better filter phosphates. Without intervention, patients on dialysis may be at a 10-times higher risk of heart attack or stroke. Prescription phosphate binders can also wreak havoc on the digestive system and could cause neurological dysfunction.

But in animal studies, researchers learned

that clay minerals’ ability to bind large amounts of phosphates worked just as well as pharmaceutical drugs but with minimal side effects.

Like clay binders, bentonite clay baths can help the body filter harmful substances, providing at least four proven benefits:

- 1. Safe and effective release.** Years of accumulated pollutants may be gently flushed in each bath.
- 2. Decrease metals and chemicals.** Significant toxin reduction has been confirmed through laboratory testing.
- 3. Less time and money.** Compared to chelation therapy and other environmental detoxification programs, weekly clay baths can save hundreds of dollars with no costly equipment needed.
- 4. Private and convenient.** Using 100-percent raw, untreated clay in its natural state can support simple and consistent recovery without leaving home.

Quick clay bath guidelines: Start slowly and build up to deeper detox

Clays, like bentonite, can draw out toxins through the pores of the skin. Clay baths help stimulate the lymphatic system and cleanse the skin, the largest detox organ in our body. For those in good health, clay baths can be used 5 to 7 days apart for up to 20 minutes to address chronic illness, aches and pains, fatigue, and environmental sensitivity.

For the elderly, ill, toxic, or weak, bentonite clay foot baths can be used instead. Foot baths are prepared like a full bath, soaking feet in a basin for 20 to 40 minutes. Fatigue, headaches, light-headedness, and nausea are all typical in a clay bath series, and it’s also possible to see a dark or black residue, containing impurities, drawn to the bottom of the tub.

It can take as few as four baths to feel relief and to see an increase in wellness. Compared to short-term cleanses lasting 21 or 30 days, clay baths are better used as part of a detoxifying lifestyle since, according to German researchers, they have potential “healing powers” and long-term benefits.

Recommended Products

BENTONITE CLAY BATH KIT

100% raw, untreated clay in its natural state used to safely and effectively release years of pollutants and decrease high levels of chemicals and metals. Private and convenient: No special equipment needed.



Sources

All references can be found at www.NaturallyHealthyNews.com

2 everyday habits linked to 'young' cancer (and we're all guilty)

Doing this could cut aggressive colorectal cancer risk by 70%

It's hard to wrap our heads around the idea that sitting in front of the TV could be what's causing our premature cancers, but a recent study conducted in 2019 on 89,278 women proved the connection to be true. Sitting's the new smoking, and according to American researchers, watching more than two hours of television a day could lead to a 70-percent higher risk of early-life colorectal cancer.

Why scientists say sitting is so dangerous

Discussing the effects of sitting in 2018, Naveen Rajpurohit, M.D., a cardiologist at the Sanford Cardiovascular Institute in the U.S., explained, "This is truly a silent killer, it's slowly affecting our lifestyle."

Researchers from the 2019 sedentary women's study — the first of its kind to link specific sedentary behaviours with an increased early colorectal cancer risk before age 50 — agreed. Sitting, independent of BMI, exercise, and family history, was the "distinct risk factor for young-onset colorectal cancer."

A long list of studies suggest sitting for too long is a problem, and this might be why:

- Most of us sit all day long: on our commute, at our desk, eating dinner, and re-

laxing after work in front of the TV.

- Sitting less than three hours a day could increase life expectancy by an extra two years. Reducing TV time to less than two hours a day could extend lifespan by up to 1.4 years, also lowering cancer risk by up to 70 percent.
- Sitting for more than three hours in a day can endanger our health, and even daily exercise may not be enough to reduce our risk of chronic disease.

By raising cancer risk, sitting can be fatal. It can also increase fat deposits around our internal organs, contributing to heart disease and diabetes; thin regions of the brain that form memories; elevate death risk for frail and inactive middle-aged and older people; and worsen depression.

Stop cancer from spreading and then start moving

Regularly supplementing curcumin, not to be confused with the turmeric spice, can improve endothelial function and heart health similar to one hour of daily exercise. Curcumin is also a renowned cancer-fighter, able to jam tumour receptors and help protect against and prevent existing cancer growth. For greater protection, Meriva®

Curcumin offers approximately 29-times higher absorption, making it more clinically potent at a lower dose.

Combining curcumin with exercise can be even more effective, and the fastest way to see health transform is to pick up the pace. Brisk walking at about 3 to 4 miles (5 to 6 kilometres) an hour, based on a review of 11 lifestyle surveys University of Sydney in Australia researchers examined in 2018, could reduce early mortality rates by 24 percent compared to slow walking.

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.



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

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)



Want to reduce RA risk? Say goodbye to cigarettes and start supplements

Find out which arthritis nutrients are worth taking

It's a smart move to stop smoking. It can be an even smarter move for anyone whose doctor has detected early signs of joint inflammation. Using Nurses' Health Studies data, American researchers discovered for the first time in 2019 that making a simple change — quitting smoking — could delay or protect against the worst kind of rheumatoid arthritis.

Research also shows that several key compounds can have similar effects, helping to prevent or suppress the disease.

4 supplements keep joints strong and offer pain relief

Arthritis comes in many forms with one common theme: pain. This pain can be debilitating as it increases in intensity. Since most forms of arthritis are inflammatory in nature, the majority of arthritis sufferers also experience inflammation.

These topical and oral compounds have been shown to help:

1. **CBD.** offers health benefits without addictive properties. Aches, pains, and discomfort are all being calmed with CBD. CBD oil contains cannabidiol extracted from cannabis, and it's often used to ease pain naturally with great potential to decrease neuropathic pain and inflammation. Spanish researchers proved

therapeutic cannabinoids "promising" for patients with osteoarthritis in 2014.

2. **Curcumin.** When the curcumin compound is extracted from the yellow cooking spice turmeric, its protection exponentially increases. Meriva® Curcumin is the most clinically studied curcumin compound on the market. Binding curcumin to lecithin (sunflower phospholipids) and encapsulating it improves absorbency and utilisation, making Meriva® Curcumin useful as a long-term, complementary osteoarthritis treatment.
3. **Serrapeptase.** Serrapeptase can't be found in the diet. But supplementing this natural enzyme can help counter crippling inflammation. Serrapeptase is an anti-inflammatory enzyme known to directly alleviate a number of symptoms associated with chronic pain conditions, including arthritis. It can also be taken with curcumin and vitamin D.
4. **Vitamin D.** regulates calcium and phosphorus levels, as well as the health of the bones and teeth. Vitamin D is also a chief supporter of immunity; low levels can compromise the immune response and leave joints vulnerable to inflammation. A 2017 *Journal of Autoimmunity* study confirmed that preventing vitamin D deficiency could help stop inflammatory diseases like arthritis.

We have more control than we think

In the 2019 study, Brigham and Women's Hospital researchers in the U.S. learned something interesting: Arthritis risk and development may have much to do with modifiable behaviours. Analysing over 230,000 study participants showed that sufferers of seropositive rheumatoid arthritis, the most severe progression that can result in joint deformities, saw risk go down just five years after stopping smoking. Risk continued to decrease, dropping to a 37-percent lower risk after 30 years.

Quitting smoking to protect joint health is critical, and so is supplementing nutrients proven to prevent inflammation and control painful disease.

Recommended Products

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



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



How to use digestive enzymes to break the antacid cycle

The proven dangers of popular antacids no one's talking about

Digestion is a three-step process. If even one of these steps is jeopardised, all other steps are going to be affected. It's no wonder heartburn and indigestion are on the rise.

These three steps involve:

1. Absorbing nutrients into the bloodstream.
2. Assimilating nutrients into cells.
3. Eliminating waste products.

True health starts with a healthy digestive tract -- including our mouth, pharynx, oesophagus, stomach, small intestine, colon, rectum, and anus. This is because the digestive tract works synergistically with the rest

of our body.

So, a simple process like digestion is really a cooperative effort. A healthy immune system is a good indicator of healthy digestion since the majority of our immune system is located in our digestive tract. The gut and the immune system actually talk to each other, as American researchers observed in 2017.

Here are some examples of our digestive immunity:

- Antimicrobial enzymes in the mouth, specifically the saliva, help break down bacteria.

- Gastric acid produced in the stomach also includes antimicrobial enzymes that, along with supporting protein digestion, aim to keep our body pathogen-free.
- Protein-digesting proteolytic enzymes cleanse the blood by eating away at foreign, inflammatory proteins that can contribute to chronic inflammation and disease.

Similar to the digestive process, if one region of the digestive tract or one of our digestive organs are compromised, other regions are often affected. This can make it difficult, if not impossible, to diagnose a "random" health issue that could be traced back to digestive dysfunction.

How do digestive organs like the pancreas, liver, and gallbladder become impaired? A poor diet is normally the culprit, but eating cooked food is a large part of the problem.

Cooked food heated to 118°F (48°C) or above is hot enough to destroy digestive

enzymes. It also puts wear and tear on digestive organs, further weakening their function. Eating more raw, unprocessed foods reduces our body's burden to produce not just digestive enzymes but the 75,000 enzymes needed for biological and cellular processes.

Consuming too many processed foods, too much alcohol, and too many prescription or over-the-counter drugs can create the same digestive problems as eating cooked foods.

Everyday antacid use has a hefty price

At least 20 percent of people suffer from indigestion. That's a lot of undigested food -- and a lot of antacids bought. Indigestion may not be life-threatening, but treatment costs add up. Chronic indigestion can also affect quality of life.

Recently, antacid and other heartburn medication use has been linked to:

- **Childhood fractures** - Infants prescribed antacids for acid reflux may have a higher bone fracture risk in childhood, a 2018 *Pediatrics* study found.
- **Depression** - American researchers discovered in 2018 that over a third of adults may be using prescription drugs including antacids and PPIs that list suicide or depression as potential side effects.
- **Heart attack** - In 2015, *PLOS ONE* research confirmed that proton pump inhibitor, or PPI, use has up to a 21-percent higher heart attack risk compared to not taking the drugs.
- **Kidney disease** - A 2019 *Scientific Reports* study found that patients taking PPIs increased risk of chronic kidney disease 28.4 times over compared to patients using H2 blocker antacids.
- **Stomach cancer** - In 2017, Chinese researchers found that stomach cancer risk may more than double with long-term PPI use.

Not only are antacids marketed to look like

candy, but they're pushed by the medical community. A closer look at the ingredient label can be concerning. Antacids contain active ingredients like calcium carbonate, known to cause constipation and even increase acid reflux with overuse. Antacid ingredients like aluminium hydroxide, magnesium hydroxide, and magnesium oxide can cause constipation and diarrhoea and contribute to existing kidney issues.

Heartburn is the "help" message our body sends when digestion is on the decline. Restoring digestive health can relieve this discomfort. Antacids aren't the answer to a chronic problem that stems from digestive distress.

Avoiding heartburn trigger foods — inflammatory foods typical of the Western diet like starchy, high-sugar processed foods and dairy — can cut down on medication use. But no matter what we eat, food that isn't absorbed won't supply us with the nutrients we're missing.

Enzymes do more than just help us digest

Digestive enzymes can correct our digestive troubles, regardless of where they originate. These enzymes are proteins that facilitate digestion, moving food along to prevent sluggishness, bloating, gas, heartburn, and stomach pain.

Supplementing digestive enzymes can:

- Alleviate food intolerances, allergies, and sensitivities.
- Counter the effects of a high-sugar diet.
- Increase nutrient absorption.
- Replenish insufficient enzyme levels.
- Strengthen a weak immune system.

Some signs of a poorly functioning digestive system include:

- Bouts of insomnia.
- Constant indigestion.
- Constipation.
- Food particles in stools.
- Unusually strong-smelling stools.

Consistently taking enzymes like amylase, cellulase, lactase, lipase, pectinase, peptidase, and protease before a meal is an effective way to improve digestion. The starch-digesting amylase enzyme can help support metabolism; correcting a lipase deficiency, aiding in fat digestion, may relieve pain and diarrhoea associated with IBS; and carbohydrate-digesting enzymes are often used to soothe digestive symptoms in children with autism.

Benefits of daily enzymes extend even beyond digestion.

Digestive enzymes can manage and support recovery from diabetes, metabolic disorders, obesity, and intestinal disease, while also improving health, digestion, and athletic performance. Because of their ability to work as catalysts that create biochemical reactions, pancreatic enzymes have also been used as alternative cancer treatments.

Recommended Products

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.



GASTRO™ ENZYME THERAPY

Is a gentle herbal formula containing marshmallow root, papaya leaf, prickly ash, and more to cleanse and calm the digestive system.



Sources

All references can be found at www.NaturallyHealthyNews.com

Really Healthy™ recipes

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

CURRIED LENTIL STUFFED PEPPERS

Vegan and gluten-free, these lentil stuffed peppers are made in a pressure cooker for a fast weeknight dinner.

Prep time: 10 mins

Cook time: 30 mins

Serves: 4

INGREDIENTS

- 4 large green bell peppers
- 1 yellow onion, diced
- 8 oz. baby bella or cremini mushrooms, diced
- 1 cup dry lentils
- 1 cup dry brown rice
- 3 cups vegetable broth
- 1 ½ tbsp. salt-free curry powder
- 1 tsp. garlic powder
- 2 tbsp. fresh ginger, minced
- ¾ cup raw cashews, roughly chopped
- 3 tbsp. tamari

DIRECTIONS

1. First, wash and prep your vegetables. Core the bell pepper and finely dice the



- tops. Add all of the ingredients to your pressure cooker pot, except for the tamari, cashews, and cored peppers; stir well.
2. Close the pressure lid and set the pressure release valve to SEAL. Set the PRESSURE button to HIGH and cook for 15 minutes. Press START to begin.
3. When pressure cooking is complete, naturally release the pressure for 10 minutes, then quick release the remaining pressure by moving the valve to the VENT position. Carefully remove the lid once all of the pressure has released; add the tamari and cashews to the pot and stir well but save

- some cashews to top the peppers with.
4. Equally stuff the mixture into the four cored bell peppers and top with the remaining cashews. Quickly rinse the pot out, place the peppers in the Cook and Crisp Basket, and then place the basket in the pot.
5. Close the crisping lid of the pressure pot and select BAKE/ROAST. Set the temperature to 360°F (182°C) and set the time to 15 minutes. Select START/STOP to begin.
6. Once cooking is complete, serve immediately. Store leftovers in the fridge for up to 7 days. Enjoy.

ZUCCHINI PASTA WITH LEMON GARLIC SHRIMP

Spiralised zucchini pasta is a healthier alternative to wheat noodles, especially when tossed with lemon garlic shrimp for maximum flavour.

Prep time: 10 mins

Cook time: 5min

Serves: 4

INGREDIENTS

- 4 medium zucchini
- 1.5 lb. (approx. 30) raw shrimp, peeled and de-veined
- 2 tbsp. olive oil
- 4 garlic cloves, finely chopped
- 2 tbsp. butter or ghee
- 1 lemon, juice and zest
- ¼ cup white wine, or chicken broth

- ¼ cup chopped parsley
- pinch of red pepper flakes
- salt and pepper, to taste

DIRECTIONS

1. Wash and cut the ends of the zucchini. Using a spiraliser, make the zucchini pasta. Then, set aside.
2. Heat the oil in a large pan over a medium-high heat. Add the shrimp in one flat layer and sprinkle with salt and pepper. Cook for 1 minute without stirring, so the bottom side gets a little crispy.
3. Add the chopped garlic, then stir the shrimp for another minute or two to cook the other side. Use a large spoon or tongs to remove the shrimp to a plate.
4. Add the butter, lemon juice and zest, red pepper flakes, and white wine to the pan. Bring to a simmer for 2 to 3 minutes while stirring.

5. Stir in the parsley, then add the zucchini pasta and toss for 30 seconds to warm it up. Add the shrimp back to the pan and stir for another minute. Serve immediately. Enjoy



What are the actual benefits of taking CBD?

7 scientific reasons to say 'yes' to CBD

Today, CBD oil is everywhere because, despite its initial controversy, science continues to confirm its health benefits.

CBD oil is safe, proven, and legal: 7 ways to use it

Cannabidiol (CBD) is derived from one of 110 natural hemp compounds within the cannabinoid group. Unlike the more well-known cannabis compound THC, CBD doesn't create a "high."

When taken as a supplement, it has health benefits:

- 1. Ease pain.** Within the human body is an endocannabinoid system that impacts immunity, pain, appetite, and sleep. CBD may relieve chronic pain by influencing our endocannabinoid receptor activity, helping to reduce inflammation.
- 2. Improve heart health.** CBD's anti-inflammatory effects support a healthy heart and may also be used for alternative blood pressure treatment. When British researchers gave nine healthy men 600 mg of CBD in 2017, the compound lowered resting blood pressure better than the placebo.
- 3. Manage cancer symptoms/treatment.** CBD oil may minimise cancer symptoms like pain, nausea, and vomiting, as well as any similar side effects of cancer treatment. Results from a 2013 *British Journal of Clinical Pharmacology* review also indicated that CBD could help stop cancer from spreading.
- 4. Reduce seizures.** Common modern-day uses of CBD have been in decreasing seizures in children. A recent pilot study conducted in the U.S. in 2019 also showed that, like humans, CBD may lessen epileptic seizure severity in up to 89 percent of dogs.
- 5. Regulate sleep.** CBD is an anti-anxiolytic, meaning it calms anxiety and could offer insomnia relief. Because it's "increasingly popular" in the treatment of anxiety and poor sleep, CBD oil has also been safely used to improve sleep in young children suffering from PTSD.
- 6. Relieve stress and anxiety.** CBD oil reduces stress and provides positive benefits to decrease social anxiety. By affecting paralimbic and limbic brain activity, CBD has also been proven to help patients with generalised social anxiety disorder (SAD).
- 7. Support addiction recovery.** American researchers who conducted a small study in 2019 uncovered a surprising application for CBD: using the compound to address opioid addiction and reduce cravings and anxiety. A daily dose of CBD helped quell drug cravings for up to seven days among past heroin users.

Get guaranteed gold & get more benefits

Applying a topical cannabidiol (CBD) at a 10- to 30-percent minimum, instead of CBDA in its acidic form, can confirm concentrations high enough to offer many research-backed health benefits. CBD made from supercritical CO₂ extraction utilises green chemistry to meet the gold standard, drawing out a highly concentrated compound free from pesticides and heavy metals that accumulate through the soil.

**Please consult with a doctor to determine if cannabinoids interact with any other medications.*

Recommended Products

CANNA10 CBD OIL
10% guaranteed CBD.
3.3mg of CBD per drop;
about 400 drops per product.



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



Sources

All references can be found at
www.NaturallyHealthyNews.com

Brush away cancer, heart attack, and Alzheimer's disease

New DNA proof shows oral bacteria can move into the brain

Cleaning teeth isn't just for aesthetics. Several new studies illustrate how our oral care is directly tied to our risk for chronic disease. Establishing good dental hygiene at a young age can provide early protection against cancer, heart problems, and cognitive decline.

Healthy gums keep brains sharp and ward off Alzheimer's disease

In 2019, Norwegian researchers from the University of Bergen detected a strong link between our mouth and our brain. Gum disease, also called gingivitis, can play a part in determining our risk of developing Alzheimer's. The researchers found "DNA-based proof" that the bacteria behind gingivitis may spread from mouth to brain.

Once gingivitis bacteria reach the brain, they produce a destructive protein that can kill nerve cells. Nerve cell death in the brain may soon lead to memory loss and Alzheimer's disease.

While gingivitis bacteria on the move don't directly cause Alzheimer's, they significantly raise risk and can worsen disease progression. "[Brush teeth] and use floss," Piotr Mydel, University of Bergen researcher at Broegelmanns Research Laboratory, said.

Staying cavity-free helps lower risk of heart attack and CVD

Rapidly spreading oral bacteria can be just as dangerous to the heart. For example, artery blockages, particularly in the carotid artery, may be the result of the same type of gum infection. Infection may not pose much harm to an already healthy circulatory system. Still, infection usually thrives when there's existing inflammation in the body — especially in an artery.

Infection plus inflammation can accelerate damage in the endothelium lining of an artery. This will soon cause a serious blockage that can affect heart health and could be fatal.

Gum disease impacts almost half of our population, and yet, not all doctors consider diseased gums to be a risk factor for heart attack and cardiovascular disease (CVD). But as University of Florida researchers in the U.S. proved in 2014, oral bacteria in the bloodstream raises risk of atherosclerotic heart disease.

Though Western medicine disconnects general health from oral health, separating dentistry from modern medicine, the mouth is the gateway to our body, Lakshmya Kesavalu, a researcher at the University of Florida's Department of Periodontology in the College of Dentistry, explained.

Treating gum infection may offer 24% more cancer protection

American researchers from Tufts University also added to the growing body of research connecting gum disease to overall health in 2018. Having severe periodontitis may lead to a 24-percent higher risk of cancer, evidenced by the largest study conducted on dental exams to date.

Among the data from the 7,466 patients examined, those who had no teeth -- indicating severe gum disease -- had the highest cancer risk at 28 percent. The greatest risk was seen in lung cancer diagnoses, followed up by colorectal cancer cases. Severe periodontitis was also tied to a small increase in pancreatic cancer.

Elizabeth Platz, Sc.D., Johns Hopkins Bloomberg School of Public Health Department of Epidemiology deputy chair, said, "When we looked at data for the people who had never smoked, we also found evidence that having severe periodontal disease was related to an increased risk of lung cancer and colorectal cancer."



Chew on this: 3 daily rituals curb gum infection and chronic disease

Adopting new habits can calm oral inflammation and could improve the health of the whole family:

- 1. Clean with a spiral brush.** To stop problems before they start, encourage every member of the family to brush with a spiral toothbrush twice daily. A 3-percent hydrogen peroxide mouthwash can help fight both inflammation and infection. Floss between the teeth, also twice a day. A 2016 pilot study published in the *Indian Journal of Dental Research* showed that taking selfie videos can enhance oral care, and it's also a fun way to keep kids engaged.
- 2. Switch to mineral toothpaste.** Even toothpaste directly marketed and manufactured for children can contain too much fluoride, and making matters worse, kids struggle to spit out all toothpaste completely. Toothpaste made from a whole food mineral complex from coral minerals and xylitol not only whitens teeth and freshens breath

without using chemical ingredients, it helps re-mineralize tooth enamel, neutralise bacterial acids, and prevent dental cavities.

- 3. Use xylitol gum.** Consuming xylitol in chewing gum and toothpaste may reduce bacterial acid production on the teeth, with some estimations up to 90 percent. When bacteria on the teeth can't digest xylitol, their growth is thwarted. The European Food Safety Authority has found xylitol, a natural sweetener extracted from plant fibres, safe enough to be used by children. Chewing gum sweetened with 100-percent xylitol, the EFSA said, can help reduce dental plaque and related risk of cavities.

Inflammation is internal and often spreads undetected. Taking enzymes -- active proteins essential to health and needed to aid in absorption, repair, and growth -- can help lower dangerous levels of inflammation. Serrapeptase is a proteolytic enzyme with potent anti-inflammatory properties, used in dental settings to relieve inflammation and pain. Serrapeptase controls bacterial infection and promotes gum healing.

Coconut oil is also antibacterial, anti-inflammatory, and family-friendly. Eating coconut oil at each meal can help to destroy gum-disease-causing bacteria. Interestingly, oil pulling with coconut oil, a traditional folk remedy that's come back into the spotlight, has scientific merit. While oil pulling doesn't replace regular visits to the dentist, it's a "traditional, cheap, and valuable remedy" that, according to a 2017 *Journal of Traditional and Complementary Medicine* study, has promising oral hygiene benefits.

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, or sodium lauryl sulfate.



CORAL KIDS TOOTH GEL

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



PROBIOTIC14™

Is a superior blend of 14 viable strains of friendly bacteria and 9 billion colony-forming units to nourish the gut and improve digestive health. For all members of the family: Open into food and chew slowly.



Sources

All references can be found at www.NaturallyHealthyNews.com

Really Healthy™ recipes

Give your body a treat with these delightfully healthy desserts

NO-BAKE VEGAN VANILLA CUSTARD SLICE

This traditional custard slice is gluten-free, oil-free, and soy-free and made with only eight ingredients.

Prep time: 10 min.

Cook time: 40 min.

Serves: 16 slices

INGREDIENTS

For the base -

- 1 cup raw almonds
- 1/2 cup raw buckwheat groats
- 5-6 Medjool dates, pitted and chopped (about 1/2 cup)

For the vanilla custard -

- 1 1/2 cup unsweetened almond milk
- 1-3 tbsp. xanthan gum
- 1 1/2 cup canned coconut milk
- 1/2 cup rice malt syrup (make sure it's labelled gluten-free, if needed)
- 4 tsp. vanilla extract

For the top (optional) -

- 1/4 cup desiccated coconut



DIRECTIONS

For the base -

1. Line an 8" square pan with baking paper.
2. Add almonds to a high-speed blender or food processor and pulse a couple of times to break them up a little. Add the buckwheat and pulse again to break them down and combine with the almond. Add dates and blend until the mixture sticks together, scraping down the sides when needed.
3. Press mixture evenly into the pan. Set aside while making the vanilla custard.

For the vanilla custard -

1. Off the heat, pour almond milk into a large pot. Add the xanthan gum and whisk

well to combine, removing any lumps.

Whisk in the rest of the ingredients.

2. Make sure to stir regularly, preferably using a heat-resistant silicone spatula. The custard will start to form first on the bottom; when you notice this happening give it a whisk to make sure the custard stays smooth (continue to whisk now and then). When it starts to thicken, turn down the heat to low. Still stirring regularly, keep cooking until it's a thick custard consistency.
3. Pour onto the base and tap the bottom of the pan on a bench to remove any bubbles inside of the custard. Top with the coconut. Refrigerate for at least 3 hours or until set. Cut into 16 squares. Store in an airtight container in the fridge. Enjoy.

CHOCOLATE CHIP CHEESECAKE FAT BOMBS

These rich and nutty cheesecake fat bombs are easy to make and create a tasty treat for any special occasion.

Prep time: 10 min.

Cook time: 10 min.

Serves: 12

INGREDIENTS

- 4 oz. (115 g) coconut cream cheese
- 2 oz. (1/4 cup) creamy peanut butter
- 1 oz. (2 tbsp.) erythritol
- 1/2 cup crushed dark chocolate chips, optional

DIRECTIONS

1. Allow cream cheese and peanut butter to sit at room temperature until softened.
2. In a bowl, combine the peanut butter, cream cheese, and sweetener, stirring until well-mixed and very smooth.
3. Scoop small golf-ball-sized amounts of the dough and form balls. You can dip them into crushed chocolate chips if you like; this step is optional. Arrange your cream cheese fat bombs on the baking sheet lined with parchment paper.
4. Freeze the cheesecake keto fat bombs for 2 hours, or until solid. Store in the freezer in an airtight container. Enjoy.



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- It's the nearest thing in your body to the spark of life itself.
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- It's not just about the amount of CoQ10 you take, it's what you absorb.
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- Manufactured per the good manufacturing practices designated by the FDA.





MODERN DIETS KILL MILLIONS. CAN QUITTING PROCESSED FOOD SAVE LIVES?

Unlocking 6 big health benefits of the vegan keto diet

Our Western diet is causing us problems. Overeating salt, sugar, and meat is killing millions worldwide, with the latest *Lancet* research linking one in five deaths to poor diet. That adds up to 11 million lives lost.

Narrowing it down, based on Global Bur-

den of Disease study results tracking diets in 195 countries from 1990 to 2017 and published in *The Lancet* in 2019, American researchers said a lack of vegetables, fruits, nuts, and seeds is to blame.

"This study affirms what many have thought for several years -- that poor diet is responsible for more deaths than any other risk

factor in the world," Dr. Christopher Murray, study author and University of Washington Director of the Institute for Health Metrics and Evaluation, U.S., explained.

We can eat this to take our health back

The ketogenic diet has been around for almost a century and has extensive research behind it. Nowadays, fad diets and celebrity names have been attached to "going keto," referring to a clinical diet originally used as a successful epilepsy treatment.

At its foundation, the ketogenic diet remains simple. It's so simple, in fact, that even kids can use it, as the ketogenic diet



- Increase healthy fats from avocados, seeds, and nuts, as well as olive, krill, and hemp oils.
- Avoid unhealthy fats, including trans fats and commercial dairy.

People practicing the vegan keto diet consider these nine foods to be “must-eat:”

1. Almonds
2. Avocado
3. Broccoli
4. Cauliflower
5. Kale
6. Mushroom
7. Raspberries
8. Tofu
9. Zucchini

was first recommended for children who experienced epileptic seizures. Different variations of the ketogenic diet exist. But studies show that cutting out all animal products, also called vegan keto, is one of the most effective ways to improve our health and longevity.

Vegan ketogenic diet guidelines are easy to follow:

- Eliminate all starchy carbs, especially processed foods; eat non-starchy vegetables instead.
- Cut out all sugary foods and drinks.
- Eat moderate protein from nuts, seeds, and full-fat tofu.

On the other hand, these so-called “healthy” foods should be avoided:

1. Baked beans
2. Bottled coffee
3. Grain-fed chicken
4. Granola
5. Farmed fish
6. Fruit juice
7. Premade smoothies
8. Sushi
9. Yoghurt

Vegan keto foods are different from the modern, inflammatory foods that make up most Western diets, like:

- **Cereals and grains** - Eaten only by our hunter-gatherer ancestors when adequate food sources weren't available.
- **Dairy products** - Including low-fat and fat-free commercial dairy.
- **Processed foods, baked goods, snack foods, and fried/fast foods** - Nutritionally devoid and often high in unhealthy trans fats.
- **Processed meats** - Including deli meat.
- **Sugary foods and drinks** - Often containing high fructose corn syrup.
- **Vegetable oils and starchy vegetables** - Including potatoes.

In 2016, a *JAMA Internal Medicine* report confirmed that in the 1960s the Sugar Research Foundation, representing the sugar industry and now called the Sugar Association, paid three Harvard scientists today's equivalent of about \$50,000 to overlook the link between sugar and heart disease. Scientists were paid off to blame saturated fat instead.

This false claim was published in the respected *New England Journal of Medicine* in 1967, implicating saturated fat as a heart disease contributor.

As a result, five decades of research have focused on the misconception that fat causes heart disease -- a shift in public health policy that the sugar industry likely guided. Sugar's deleterious health effects were overlooked while low-fat diets went mainstream.

Low-fat and fat-free diets have been endorsed by countless health authorities and

health professionals for over 50 years. Now, most people avoid fat and remain unaware that saturated fats (found in vegan foods like coconut oil) can actually have a protective effect on the heart, lowering blood pressure and reducing risk of diabetes.

The ketogenic diet is contrary to the typical Western diet, which burns large amounts of carbohydrates for energy. The diet is called ketogenic because eating vegan keto foods produces ketones, a by-product formed when our body burns its fat as its primary fuel.

Why ketosis (fat-burning) makes the ketogenic diet so effective

When eating a standard Western diet, either high or moderate in carbohydrates, our body converts sugar and starchy carbs into glucose for energy. Carbohydrates can support brain function, but when there are few carbohydrates in the diet, and especially minimal or no processed carbohydrates high in sugar, our liver turns to fat for fuel.

Fat in our body is then converted into:

- Fatty acids
- Ketone bodies

These ketone bodies are efficiently transported to our brain. They begin to replace glucose as our primary energy source. With our brain still being fed a steady supply of fuel, systems in our body can start to function more optimally. Weight and fat loss normally follow.

Ketosis is often confused with ketoacidosis, though there's a distinction that's important to recognise:

- Ketosis is a state where our body uses fat instead of carbohydrates for energy, producing and regulating ketone levels.
- Ketoacidosis is a metabolic state that occurs when excessive ketone levels are produced coupled with a lack of insulin. This dangerous state is normally found in type 1 diabetics and must be carefully monitored. A 2018 *Pediatrics* study suggests ketoacidosis related to type 1 diabetes can be well-managed in adults and children on a very low-carb diet.

Cancer cells also feed on glucose. So, eating a high-fat ketogenic diet can essentially starve cancer cells of their food source -- sugar -- so they can no longer survive. As Dr. Scheck of the Barrow Neuro-Oncology Research Laboratory observed, when cancer patients undergoing chemotherapy and radiation eat a ketogenic diet, the growth of living cancer cells slows and the survival time of patients significantly increases.

6 ways eating vegan keto foods can make our health better

Research supports a vegan and/or ketogenic diet free from sugar and starchy carbs to help with:

- 1. Brain function.** The ketogenic diet was first developed and used as an anti-seizure diet in the 1920s, reaching medical acclaim and observed by physicians as having a potentially protective impact on the brain. In a 2012 *Neurobiology of Ageing* study conducted on 23 older adults suffering from mild cognitive impairment, reducing carbohydrate consumption, even for a short time, helped to improve memory in those who had an

increased risk of Alzheimer's disease.

- 2. Cancer rehabilitation.** Remember, to eliminate sugar from the diet is to cut cancer cells off from their food source. In 2015, University of Florida researchers in the U.S. observed this cancer-starvation effect in a brain tumour called glioblastoma, known for being especially aggressive and without hope for long-term treatment. The mice with glioblastoma in the study that followed a ketogenic diet, rich in a coconut oil derivative, minimised tumour cell growth and increased lifespan by 50 percent.
- 3. Epilepsy treatment.** Fasting was used to treat epilepsy as far back as 500 B.C. Doctors developing the ketogenic diet in the 1920s applied the same principle by reducing carbohydrates to trigger fasting metabolism and control seizures. In 2017, Johns Hopkins researchers proved the ketogenic diet to be a safe and effective option for adults suffering from a severe, rare, and often fatal form of epilepsy, characterized by prolonged seizures otherwise treated with medically-induced coma.
- 4. Heart health.** Eating a low-carbohydrate vegan diet for 10 years could lower heart disease risk by 10 percent. Compared to typical low-carb diets that are high in animal fats and proteins, Canadian researchers found that eating healthy plant fats and eliminating animal products "killed two birds with one stone -- or, rather, with one diet." When researchers compared its effects to a high-carb, low-fat diet in 2014, they discovered that the low-carb vegan diet reduced cholesterol by 10 percent, while also resulting in four more pounds of weight loss.

5. Mental balance. In a 2017 study published in the *Frontiers in Psychiatry*, researchers explored the ketogenic diet's effects on the brain even further -- this time examining mental illness and mood. Fifteen studies were analysed in the review, using the ketogenic diet for mental disorders like depression, anxiety, bipolar, autism, schizophrenia, and ADHD. While more extensive research is needed on the ketogenic diet's application toward mental illness, some female patients with schizophrenia saw reduced symptoms after just two weeks.

6. Weight loss. A 2004 *Experimental & Clinical Cardiology* study showed how eating a ketogenic diet could affect patients with obesity. After just 24 weeks, the study participants' weight and body mass index decreased significantly. Total cholesterol levels also decreased, while HDL (good) cholesterol significantly increased, and LDL (bad) cholesterol significantly decreased following treatment. A plant-based vegan diet also supports weight loss and may be the best choice for significantly lowering risk of type 2 diabetes.

Sticking to the vegan keto diet is recommended for optimal health and wellness, but practicing it perfectly isn't always possible. The times we do eat starchy carbs, it can help to supplement cinnamon. Cinnamon taken in a protective mineral and herbal blend — including chromium, bitter melon, American ginseng, fenugreek, nopal, and gymnema sylvestre — can regulate blood sugar and help curb the damaging effects of an inflammatory diet.

Supplementing a daily multivitamin can also supply nutrients missing from even our

healthiest foods. Not only that, but a full-spectrum vitamin and mineral complex can prevent a common and often dangerous vitamin B12 deficiency when eating vegan foods.

What our ancestors can teach us about living free from chronic disease

It's not accurate to call this shift to high-fat, low-carb vegan foods a diet. It's a lifestyle. In addition to turning away from sugary, processed foods and turning toward the healthy fats needed to nourish our body, many nutritional and health professionals are beginning to take a "back to basics" approach when it comes to lifestyle and diet.

There are several critical reasons why:

- The whole foods our ancient ancestors ate for centuries are part of our evolution.
- These natural foods are likely to be those our body is well-adapted to and best able to use.
- Evidence points to the fact that our ancient ancestors were hunter-gatherers roughly 10,000 years ago.
- This means they weren't eating modern, processed, sugary, and starchy foods found in the typical Western diet.
- Instead, our ancestors enjoyed "farm-to-table" foods, those they hunted or freshly gathered like fish, meat, eggs, vegetables, fruits, and nuts.

How do our hunter-gatherer ancestors'

eating habits fare over the long-term? We know today's "balanced," high-carb Western diet ends lives and has the worst effect on our longevity. A recent meta-analysis of ketogenic diets also shows that eating large amounts of animal fats has the next-worst outcome, followed by a "balanced," low-carb Western diet.

Eating vegan keto provides the best of all worlds, increasing our intake of healthy fats to reach ketosis while also increasing our lifespan.

Recommended Products

CINNAMON27™

Cinnamon27™ has x7 powerful ingredients in one incredible product: cinnamon powder, Chromax Chromium, American ginseng, gymnema sylvestre extract, bitter melon extract, fenugreek seed extract, and Cacti-Nea™ Nopal cactus. Chromium alone contributes to the maintenance of normal blood glucose levels.



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



Take astaxanthin now and benefit later

This super-antioxidant is helping bodies get better with age

Trying to figure out what astaxanthin is, and what it does? The answers to these questions are straightforward — and amazing.

Everything we need to know about astaxanthin, in one place

Astaxanthin is:

- **In the carotenoid family.** Carotenoids are naturally occurring pigments, usually associated with deep red, yellow, and orange fruits and vegetables. Astaxanthin is the red-orange carotenoid found in lobster, salmon, and shrimp; their reddish colour is produced by eating microalgae rich in astaxanthin.
- **Related to many other carotenoids.** These include the ones we're most familiar with and which are the most plentiful in the diet: beta-carotene, lutein, lycopene, and zeaxanthin. While structurally similar to beta-carotene, astaxanthin's chemistry is unique.
- **Able to cross cell membranes and the blood-brain barrier.** A fat-soluble antioxidant, astaxanthin has the power to permeate cells and organs. Astaxanthin can even infiltrate muscle tissue. Well-known carotenoids like beta-carotene and lycopene are not able to bond to tissue in this way.

We can get some astaxanthin from shrimp and fish, but for a steady supply, seafood isn't our best option. Whether swimming wild in the ocean or confined in the farm, marine food sources are still likely to be contaminated. In most cases, a daily supplement is a safer, and more potent, pick.

Want to age gracefully? Follow Mother Nature's lead

Astaxanthin is an antioxidant, yes. But beyond the normal levels of free radical protection, astaxanthin is considered the *most powerful antioxidant found in nature*. Astaxanthin's antioxidant efficacy is 6,000 times greater than vitamin C, 3,000 times greater than resveratrol, 560 times greater than green tea catechins, and 500 times greater than vitamin E.

Increasing astaxanthin levels can protect the brain, body, eyes, and skin from the visible effects of ageing and disease.

Astaxanthin's ability to cross the blood-brain and retinal barriers provides protective benefits for the brain and eyes. Astaxanthin can be taken with DHA, an omega-3 fatty acid that helps form the primary structure of the brain. Omega-3 fatty acids like DHA can cross the blood-brain barrier too and may help improve markers of Alzheimer's and inflammation. Astaxanthin could also protect us against cancer.

AstaREAL® is the purified CO₂ extract from *Haematococcus pluvialis microalgae*, known to be the richest nutritional source of astaxanthin available at 6,000 mg of astaxanthin per 100 g. Lobster only has 0.3 mg of astaxanthin per 100 g on average, in comparison.

Along with shielding the brain and body from disease, human studies in the U.S. and Japan proved that AstaREAL® Astaxanthin is powerful enough to visibly reduce wrinkles. How does it work? Just as expected. In the skin, and throughout the body, AstaREAL® Astaxanthin halts inflammation to stop the progression of ageing and deterioration.

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

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- **Researched** - The ingredients have been researched and used for eye health and general wellbeing throughout the world.
- **Widely Used** - Over the past 25 years by people and successful use by doctors throughout the world.

11 +70 High-Quality Essential Minerals:

Iodine Potassium Iodide	150mcg
Zinc L-OptiZinc®	25mg
Selenium Selenomethionine	200mcg
Copper Gluconate	2mg
Manganese Gluconate	4mg
Chromium Polynicotinate	120mcg
Molybdenum Citrate	75mcg
Chloride	16mcg
Potassium Malate	216mcg
Boron citrate	1mg
Strontium citrate	60mg

Plus:

70 trace minerals in a 200mg Fulvic Mineral Complex

14 High-Quality Essential Vitamins:

Vitamin A	5000iu
Vitamin C	500mg
Vitamin D3	400iu
Vitamin E	400iu
Vitamin K2	80mcg
Vitamin B1	10mg
Vitamin B2	10mg
Vitamin B3	80mg
Vitamin B6	10mg
Vitamin B12	100mcg
Vitamin B5	20mcg
Biotin	300mcg
Inositol	40mg

Including: 800mcg of FOLATE (rather than synthetic folic acid)

Essential Amino Acids:

L-Cysteine	10mg
L-Glycine	10mg
L-Taurine	400mg

Carotenoids For Eye Health Support:

Lutein	20mcg
Zeaxanthin	4mg
Bilberry Extract	300mcg



Do chronic pain sufferers need to take matters into their own hands?

Need-to-know uses, benefits & guidelines for at-home acupuncture treatment

Today's medical community has become increasingly aware of the gift of acupuncture. It relieves complaints spanning from chronic pain to heart and circulatory issues to digestive distress to skin disorders and wrinkles to sports injuries, using techniques practiced in China for over 3,000 years. Doctors are starting to say that acupuncture makes modern medicine more effective.

These claims are backed by global research, supporting acupuncture's ability to:

- Alleviate colicky babies' crying.
- Decrease tension headaches.
- Ease painful menstruation.
- Manage pain in dogs and horses.
- Normalise blood pressure.
- Reduce symptoms of insomnia.
- Relieve chronic pain.
- Support cancer recovery and treatment.
- Work as a surgical alternative for osteoarthritis of the knee.

These days, electro-acupressure's popularity is booming. Offering the benefits of acupuncture without the needles, electro-

acupressure is thought to have been introduced by French and Italian physicians in the early 1800s. But some scholars theorise it was first used by Japanese scientists hoping to expedite the healing of bone fractures in the 1940s or even possibly perfected by the Chinese in the 1950s.

Will electro-acupressure hurt? 4 chronic pain sufferers explain

Its application for pain relief and disease management, coupled with in-office and at-home convenience, makes electro-acupressure preferable to needle-based acupuncture for many people.

Here's what users with chronic pain have to say about their experience:

Back injury.

"I suffered from a herniated ruptured disc for 16 years. I tried going to a chiropractor, bed rest, and no activity. After getting my back realigned, I was still in pain, until I used electro-

acupressure at home. I felt relief immediately. I was in awful pain. I used it and went to bed and slept as if I had never had back trouble. I get immediate relief every time I use it."

Chronic fatigue.

"I had had ME by then for 5 years. Apart from the obvious symptoms associated with ME, I suffered with a constant painful stitch in my liver and the general feeling of having a thousand knots inside me. I got home and tried it out straight away; the stitch went immediately. I can't tell you the relief after so long. It came back the next day, but I continued to work on it. After a month, I removed it for good, along with all the 'knots.'"

Fibromyalgia and headaches.

"Within five minutes, my head was feeling much better, and I was able to eat lunch. I had put up with nausea and pain for 10 years, and so this began my love for and dedication to electro-acupressure. I still have the same device [14 years later]."

Foot pain.

"For at least three months, I had been suffering from what I was told is a condition known as planter fasciitis, commonly known as a 'heel spur.' This might sound trivial, but



I assure you that to me it was not. Because of the pain, I grew accustomed to walking on the toes of my right foot. What happened amazed me. After only about ten minutes of playing with the machine, I put my foot down and stood up. To my amazement, the pain had nearly gone."

In 2018, Chinese researchers proved that electroacupuncture offered anti-ageing effects, improving age-related cognitive decline better than manual needles. Electroacupuncture also decreases the vascular endothelial growth factor (VEGF) more than traditional acupuncture, a contributor to chronic pain and inflammation.

How electro-acupressure treats chronic pain, headaches, and animal illness

Any condition that responds to acupuncture can also respond to an electro-acupressure device. While electro-acupressure isn't recommended for anyone with seizures, epilepsy, stroke, heart disease, or a pacemaker, it's been proven both safe and painless for all other home uses.

Here's how it works, according to the research:

Chronic pain.

In 2017, electroacupuncture was again examined for its pain-minimising potential. Through a series of tests conducted on rodents, horses, and humans, American and South Korean researchers learned that electroacupuncture triggered the release of mesenchymal stem cells into the bloodstream. These adult stem cells, found in bone marrow, have incredible application for pain relief, regeneration, and healing.

Pet pain management.

The University of Pennsylvania in Philadelphia in the U.S. looked at helping horses with short-term and long-term chronic back pain in the late 1980s. The horses had suffered from two months to nine years. Different forms of acupuncture proved equally successful in alleviating the horses' back pain. The horses responded to each treatment and were able to resume normal activity.

Tension-type headaches.

A randomised, multi-centre-controlled

trial, published in the *British Medical Journal* in 2005, indicated acupuncture could help patients with tension headaches. The findings were clear: no acupuncture, no improvement. Minimal acupuncture and acupuncture treatment were both effective, with only a small difference between the two. Acupuncture decreased headaches significantly – resulting in no pain for a week at a time.

Chronic pain continues without a cure, and prescription painkillers are costly and potentially addictive. Inserting needles into the skin is also a concern for chronic pain patients. Time and cost factor into the hesitation to try traditional treatment.

At-home electro-acupressure is affordable, and it offers a gentle, non-invasive alternative. Just apply to a directed point, press a button, and feel full or partial relief. Serious pain conditions and diseases may see improvements after an at-home electro-acupressure series, with additional maintenance treatments.

When disease or injury occur, electrical changes take place and can be detected at the surface of the skin. Find these subtle changes, and we can intercept their pain signals.

Recommended Products

HEALTHPOINT™ KIT

Become a master of acupuncture without the needles! Developed over 14 years with a leading pain specialist, HealthPoint can help over 160 conditions, as shown in the manual.



Sources

All references can be found at www.NaturallyHealthyNews.com



CHILDHOOD CANCER? CELL PHONES AND TOWERS COULD BE TO BLAME

Confirmed: Digital wireless devices are a public health risk

EMFs are in the news, tied to dangers that can be downright scary. Concerned parents want to know: What exactly are they?

Also called electric and magnetic fields, EMFs:

- Create invisible energy spheres of microwave radiation, occurring inside and outside of a home.
- Emit radiation new to our environment through man-made electrical wireless and power devices.

- Include low-to-mid frequency radiation sources that can endanger human health, ranging to mid-to-high frequency sources with greater potential to damage DNA.

Most of us are familiar with low-to-mid frequency EMFs. Think baby monitors, Bluetooth devices, cell phones, computers, LED/fluorescent lighting, microwaves, power lines, smart meters, and Wi-Fi. UV light, x-rays, and some gamma rays are examples of riskier mid-to-high frequency EMFs. Corporate and government organisations currently deny low-to-mid frequency radiation poses any danger, but recent research shows this isn't true.

Why a harmonised home is a healthy home: 6 real EMF risks

Understanding free radicals is critical to understanding our vulnerability to disease. Free radicals can come from inside and outside sources like stress, inflammation, infection, tobacco smoke, pesticides, and environmental pollution — including EMFs. Too much free radical damage over a long period of time injures healthy cells and encourages disease.

Within the past few decades, EMFs in or around homes and workplaces have been linked to:

- 1. Childhood cancer:** The first scientific study on EMFs was published in 1979, after a surge in childhood leukaemia in the U.S. Children living near high-current power lines (a source of EMFs and free radical damage) in Denver, Colorado, were more than two times as likely to have leukaemia.
- 2. Low sperm count:** Men who keep a cell phone in their pocket may see sperm count drop by 8 percent. British researchers conducting the study in 2014

stated that the results could be “particularly important” for men facing infertility. Today, more high- and mid-income couples have difficulty conceiving.

3. **Lung dysfunction and asthma:** Pregnant women in Northern California in the U.S. exposed to high EMFs had children with three times the risk of asthma compared to mothers with low EMF exposure, according to an *Archives of Pediatrics & Adolescent Medicine* study published in 2011.
4. **Memory and brain development.** In 2018, Swiss scientists analysed mobile phone use among adolescents and learned that radiofrequency EMFs could adversely affect the brain regions that control memory. EMFs have been linked to a higher brain tumour risk following 10 years of cell phone exposure. Mobile phone users may also be more likely to have headaches.
5. **Miscarriage.** Monitoring 913 pregnant study participants in 2017, American researchers detected a 48-percent miscarriage increase at higher levels of non-ionising radiation exposure. The women wore a small magnetic device about the size of a deck of cards for just 24 hours; non-ionising radiation is also emitted from power lines, appliances, and wireless networks and devices.
6. **Occupational cancer:** Hebrew University researchers learned in 2011 that cancer developed faster in communication workers in Israel who experienced high or extended EMF exposure — those who handled transmitters, antennas, and communication equipment.

Electromagnetic radiation exposure is tied to autism, burns, some cancers, electromagnetic hypersensitivity, enzyme disruption in the body, visual disturbances, infertility, insomnia, liver damage, DNA damage, behavioural issues, and radiation sickness. It's also possible to experience fatigue, head-

aches, ringing in the ears, poor immunity, and restless sleep, without knowing where these symptoms are coming from.

Here's how to make a modern environment family-safe and EMF-free

Without the help of a device designed to neutralise harmful frequencies, going about our daily activity or even sitting at home exposes us to continual EMF stress. This includes people of all ages.

EMFs are everywhere, but there are solutions:

- **Add a radiation harmoniser to all devices.** A QuantoGram HoloGuard can be placed on a mobile phone, cordless phone, laptop, tablet, Wi-Fi router, or Bluetooth device or carried on a card in a pocket. Then, any device becomes equipped to protect instead of expose to EMFs.
- **Plug an EMF shield in any electrical socket.** A QuantoGram SafeHouse inserted into an outlet will harmonise with any potentially dangerous electrical smog produced. Instead of blocking a phone tower, microwave, smart meter, or other EMF source's signal, a QuantoGram HoloGuard neutralises and protects.

An EMF guard resonates at a new, healthy frequency and renders everyday wireless devices harmless, without compromising signal, function, or speed. A personal device is no longer a public health risk.

A harmoniser like the QuantoGram HoloGuard can protect anytime, anywhere, even without a mobile device handy. Affixing the HoloGuard on an ID, credit card, or store card, or in a purse, wallet, or backpack, of-

fers on-the-go protection, without carrying a cell phone. Likewise, a QuantoGram SafeHouse can also protect against internal and external radiation for everyone on a property.

Medical infrared imaging, developed by NASA and also called thermography, has given us a safe, radiation-free look into the impact of EMFs on our body. Thermography is different from a CT or MRI, used to check for tumours or structural changes; thermography assesses a body's function -- and potential for damage -- based on variations in neurochemical feedback.

Thermography scans indicate that our healthy cells “cook” without daily protection. EMF exposure risk also increases exponentially as our technology advances. Technology isn't the enemy, but as the latest research suggests, we need some kind of interference to relieve chronic symptoms and reduce risk of life-threatening diseases that can occur over time.

Recommended Products

QUANTOGRAM HOLOGUARD

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



QUANTOGRAM SAFEHOUSE

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



Sources

All references can be found at www.NaturallyHealthyNews.com

Is it time for an oil change?

Krill oil is a superior source of ultra-pure omega-3, 6 & 9

3 HUGE benefits in 1 capsule

The E.U. recently confirmed and authorised the claims that DHA and EPA (in krill) help support your heart, eyes, and brain.

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**.

Krill 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.

When compared to fish oil, one of the most popular dietary supplements:

- Krill oil is thought to have a greater level of antioxidants and is without any fishy aftertaste.
- It's also a higher quality because krill are found exclusively in the Southern Oceans, the only oceans in the world that remain unpolluted by heavy toxic metals, dioxins, and other contaminants.
- The Krill Miracle™ is made using Superba Boost™ Krill Oil -- developed with exclusive, patented Flexitech™ technology that removes unwanted salts and other polar constituents, while up-concentrating beneficial components and allowing for higher amounts of long-chain omega-3s EPA and DHA, phospholipids, and choline.

The Krill Miracle™ is manufactured consciously: It's European Novel Food approved and processed from sustainable harvests in the Antarctic Ocean using a patented eco-harvesting fishing system that ensures no by-catch. (Made using a Fish Licap.)

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



SCIENCE SAYS PMS RELIEF IS A CURCUMINOID AWAY

This proven PMS remedy could help 90% of women

One study may change the way we view and treat PMS. Iranian researchers discovered that curcumin, the concentrated extract from the turmeric root not to be confused with the yellow cooking spice, could naturally improve premenstrual syndrome (PMS) symptoms. Ninety percent of women suffer from these symptoms each month, and so, almost every woman could benefit.

What the researchers found

The study, published in *Neuropeptides* in 2016, showed that curcumin alleviated PMS symptoms by increasing the Brain-Derived Neurotrophic Factor (BDNF) hormone in the nervous system. Women with severe PMS have lower BDNF levels. Along with chronic PMS, low BDNF has also been linked to premature ageing, neurotransmitter dysfunction, Alzheimer's disease, obesity, depression, and schizophrenia. The women in the curcumin study group had "significantly higher" BDNF and "significantly less" PMS scores over three menstrual cycles compared to those taking the placebo.

This may be why:

- **Curcumin is potent.** An anti-inflammatory compound also called a curcuminoid, curcumin can help relieve a range of medical problems from joint pain to

cancer to autoimmune, heart, and Alzheimer's disease.

- **Curcumin is well-studied.** There have already been 1,800 studies examining curcumin's power and potential, with more to come.
- **Curcumin is safe.** Strong enough to prevent disease but gentle enough for infants, premature babies on ventilators have been given curcumin as an anti-inflammatory to protect against lung damage.

Depression and mood swings are part of PMS for many women, and here again, curcumin can help. When a 2014 *Phytotherapy Research* study compared curcumin and Prozac's main ingredient head-to-head, patients with major depressive disorder saw improvements from both. The catch? Curcumin brought mental health balance without dangerous side effects, like dizziness, vomiting, blood pressure imbalance, anxiety, weight gain, and suicidal thoughts. Prozac made these symptoms worse.

When to take curcumin and why

Using curcumin to relieve PMS is as convenient as popping NSAIDs for inflammation, cramps, and pain. But again, curcumin at the recommended dose comes without the side effects. Curcumin also works better when

it's not taken as an on-the-spot treatment.

The women with PMS in the *Neuropeptides* study took two capsules of curcumin for seven days leading up to their cycle and three days after. When taken daily, curcumin offers long-term protection against both PMS and chronic disease.

Binding curcumin to lecithin (sunflower phospholipids) in the capsule can enhance its absorbency and utilisation dramatically. This form of curcumin, Meriva® Curcumin, is the most clinically studied curcumin compound on the market. With an absorption rate that's 29-times higher than unformulated curcuminoids, Meriva® Curcumin has been proven to reduce fatigue markers among athletes, support skin healing, and calm pain and inflammation — all benefits that may specifically apply to women with PMS.

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

4 THINGS EVERY ASTHMA SUFFERER NEEDS TO KNOW ABOUT NATURAL TREATMENT

When asthma attacks: Improving symptoms could reduce medication use

It's tough to keep asthma under control. When airways swell, symptoms like coughing, wheezing, and tightness in the chest can occur, causing difficulty breathing. Asthma is one of our most costly diseases, affecting 235 million people worldwide. It accounts for over 11 million doctors' visits, and it's also the most common chronic illness among children.

Use 4 natural 'rescue' remedies to make breathing easier

These scientifically-sound asthma solutions are some of the most effective:

1. Diet. Fast food has been proven to make asthma worse, especially in children, while symptoms like shortness of breath, chest pain, and wheezing can all be improved through exercise and diet. Australian researchers learned in 2018 that something as simple as eating fish, rich in n-3 polyunsaturated fatty acids (PUFA) versus n-6 PUFA found in vegetable oils, could reduce asthma risk and symptoms by up to 62 percent.

Supplementing krill oil can provide a concentrated source of n-3 PUFA, with Superba Boost™ Krill Oil offering higher choline levels known to manage asthmatic inflammation.

2. Enzymes. Serrapeptase, a multifunctional proteolytic enzyme, can help to dissolve

non-living tissue, including scarring, inflammation, cysts, and blood clots. All the while, healthy lung tissue stays protected.

Serrapeptase has been effectively used to clear sputum in asthma patients. When taken in combination with the concentrated spice extract and anti-inflammatory compound curcumin, it could significantly improve airway obstruction and work as a safe add-on treatment.

3. Minerals. Low magnesium has been linked to a higher risk of heart problems, diabetes, osteoporosis, arthritis, and asthma. Even a slight lack can cause problems, and unfortunately, magnesium is a mineral most people are missing.

Magnesium has antihistamine-like properties, so it can work as a bronchodilator to ease airway inflammation. In a 2009 *Canadian Family Physician* article, doctors deemed magnesium safe and beneficial to treat moderate to severe childhood asthma. For children and adults, topical magnesium is easy to apply as an oil to the skin or absorb in a nightly bath.

4. Seaweed. A protective antioxidant derived from edible brown seaweed off the coast of Japan, Korea, and China, called ecklonia cava, may help to promote healing by buffering oxidative stress. Ecklonia cava can be taken in combination with serrapeptase, curcumin, and vitamin D3.

During a 2008 study, Korean researchers observed ecklonia cava extract's ability to

inhibit asthmatic reactions, concluding that "EC extracts may prove useful as an adjunct therapy."

Today's annual cost of asthma totals over \$81.9B

Ten people die a day from the disease, often because of lack of proper care. With the annual medical cost of asthma in Western countries like the U.S. broken down to \$3,266 (€2,903) per person, more asthma sufferers are integrating affordable and clinically backed natural treatments.

Recommended Product

THE KRILL MIRACLE™

Super-rich source of omega-3, 6, and 9, made using Superba Boost™ Krill Oil delivering 1,180mg per serving. Also contains astaxanthin. Contributes to normal maintenance of the heart, brain, and vision.



ANCIENT MAGNESIUM OIL ULTRA

A pure, high-potency, and topical magnesium chloride solution derived from the Ancient Zechstein sea. Our natural Magnesium Oil Ultra also contains OptiMSM® for rapid cellular absorption into the skin.



SERRANOL™

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



Sources

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**Bulk discounts available on Essential Digestive & Probiotic14*

Running low on 4 nutrients is raising risk of eye disease

Setting sights higher: Use simplified solutions for preventable eye disease

Eating an orange a day could keep the eye doctor away, according to a 15-year study conducted on about 2,000 adults over 50. Just one daily serving of oranges may reduce risk of late-stage macular degeneration after more than a decade. Oranges are rich in flavonoids that help prevent eye disease.

Age-related macular degeneration (AMD) is one of many degenerative eye diseases without a cure, with some symptoms affecting one in seven adults over age 50. Like many other eye diseases, it's starting to occur at a younger age.

As Australian researchers discovered when conducting the study in 2018, potent antioxidants like flavonoids — found in nearly all fruits and vegetables — are vital to keep eyes healthy and vision strong. This is one of many studies and clinical trials that have linked antioxidants, compounds, and vitamins with eye health, particularly in terms of reducing risk of AMD.

Flavonoids can also be found in red wine, tea, and apples, but besides oranges, other food sources didn't offer the same eye care benefits. This underscores the importance of eating and supplementing the right nutrients.

Lutein and zeaxanthin thicken macular pigment and protect against AMD

Lutein and zeaxanthin are carotenoid antioxidants naturally found in dark green and

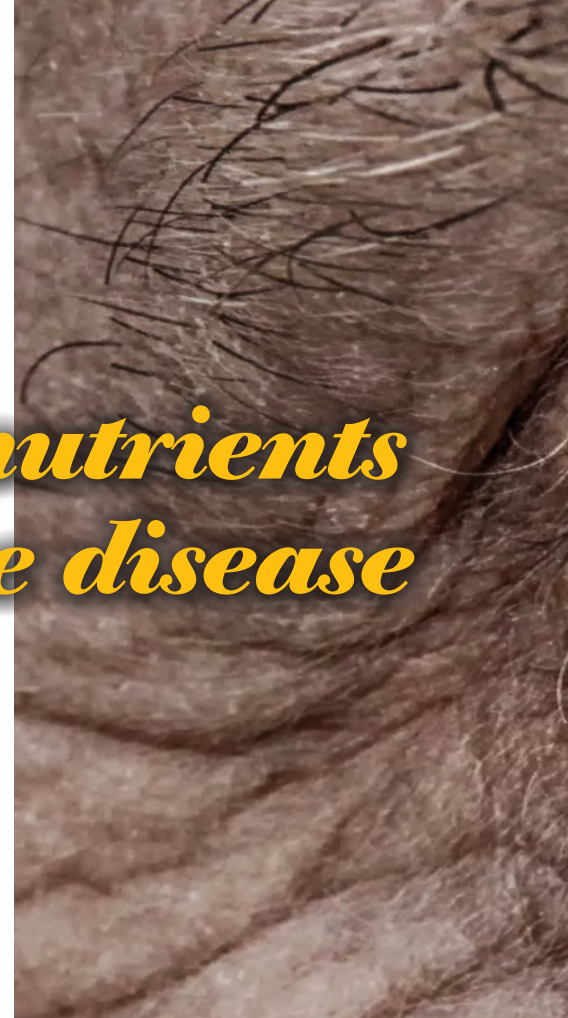
orange fruits and vegetables. Similar to the flavonoid antioxidants in oranges, lutein and zeaxanthin have a major impact on eye disease. These carotenoids may offer even greater protection when supplemented.

A startling discovery was made when examining the development of age-related macular degeneration in 1998. Schepens Eye Research Institute scientists in the U.S. measured macular pigment and visual sensitivity in 27 healthy adults ages 60 and older. This group was compared to 10 healthy younger adults from ages 24 to 36.

Macular pigment, the researchers explained, is primarily made up of two carotenoids: lutein and zeaxanthin. Older subjects with higher macular pigment density had the same visual sensitivity as the younger subjects. Increasing macular pigment density by increasing blood levels of lutein and zeaxanthin could protect against retinal disease that occurs with age.

Lutein and zeaxanthin, like flavonoids, also have an anti-inflammatory effect that benefits the eyes. Eating more carotenoid-rich foods is important; Swedish scientists now suggest consuming spinach in a smoothie, preferably blended with raw milk containing fat, to improve absorption and prevent antioxidant loss from cooking.

Supplementing lutein and zeaxanthin can help ensure the eyes receive a steady supply of anti-AMD nutrients. FloraGLO® Lutein remains the most clinically researched lutein brand in the world, with over 80 human studies to back it. Created by the same manufacturers, OPTISHARP™



ZeaONE® is free-form zeaxanthin and identical to what can naturally be found in colourful vegetables and fruits.

Curcumin boosts body's most powerful antioxidant, reducing cataract risk

Curcumin is another protective compound known for its bright hue. It's responsible for giving the turmeric spice its deep golden-yellow colour. Curcumin as turmeric may be found in food, and it can also be isolated as a phytochemical belonging to a class of compounds called curcuminoids.

When diet and nutrition are poor, cataracts increase. But high-dose curcumin could counter these effects in a shorter timeframe.

People with diabetes, a lifestyle disease, are two times as likely to develop cataracts. Alcohol use, smoking, UV damage, obesity, hypertension, eye surgery or injury, statin or corticosteroid medication use, and family history can also increase the odds of cataract formation.

Glutathione, our body's most powerful antioxidant, is found in "unusually high concentrations" in the lens of the eye, a



2000 *Journal of Ocular Pharmacology and Therapeutics* study confirmed. To slow or delay cataract onset, it's critical to increase antioxidant activity. Curcumin is an anti-inflammatory compound able to stimulate glutathione production naturally.

Taking curcumin once a day may improve eye health by offering direct protection against cataracts and glaucoma. The isolated form of Meriva® Curcumin is even more powerful than ordinary curcumin or turmeric extract. Meriva® Curcumin is the most studied form of curcumin on the market, proven to have 29-times higher absorption and better bioavailability.

MSM repairs membranes and blocks inflammation leading to eye tissue death

Methylsulfonylmethane, or MSM, is an organic sulphur-containing compound found in vegetables, fruits, grains, animals, and humans. Most often, it's used to support the structural integrity of the eyes, while aiding in repair and recovery.

Like curcumin, MSM helps improve glutathione production and neutralise free radical damage. And like curcumin, lutein, and zeaxanthin, MSM is also anti-inflammatory,

with potential to strengthen the immune system and reduce eye pain and irritation.

MSM is normally applied to the eyes in sterile hydrosol silver water drops, used for maintenance and to reduce infection risk after surgery.

OptiMSM® is the form of MSM verified to be 99.9 percent pure, providing significant improvements in tissue condition and appearance after only 16 weeks. Supplementing OptiMSM® also promotes quicker recovery by dampening pro-cytokine inflammatory activity that can kill healthy eye tissue.

Replace missing nutrients and prevent 'inevitable' loss of sight

As much as or more than any other organ, our eyes are what we eat. Understanding this simple truth gives us more control over our quality of vision as we age and makes sight loss and especially blindness less likely. Making the switch to a healthier diet, supported by protective nutrients, may start to show results almost right away. Mice given a low-glycaemic instead of a high-glycaemic diet in a 2017 *PNAS* study saw speedy retinal repairs, gaining extra protection against 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.



MSM+SILVER™ DROPS

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



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

HEALTH news

EATING MUSHROOMS MAY PROTECT AGAINST MEMORY LOSS

Eating at least two servings a week of mushrooms can reduce the risk of mild cognitive decline (MCI) that is usually seen as early-stage dementia – by about 50 percent. Research from the National University of Singapore tested various mushrooms, including the golden, oyster, shiitake, and white button, on a group of 600 people over a period of six years who were over the age of 60.

Researchers tested the group who ate the different amounts and types of mushrooms. The group was tested for a range of cognitive, language, and visuo-spatial skills afterwards. What they discovered was that the optimum amount for protecting against MCI was one serving.

This equates to approximately three-quarters of cooked mushrooms, or 150 g twice a week. The mushrooms' protective effects were seen as "surprising and encouraging," according to researchers.

WHY A DAILY DOSE OF CURCUMIN WILL BOOST YOUR MOOD AND MEMORY

Perhaps you're experiencing symptoms of chronic stress, or maybe you're becoming more forgetful lately... Then increasing your daily dose of curcumin could be the answer.

Known for its powerful anti-inflammatory and antioxidant properties, curcumin has even been suggested as a possible reason why Indian senior citizens (who take curcumin regularly) have lower rates of Alzheimer's disease and improved cognitive performance.

Research conducted by the University of California, Los Angeles, set out to examine the effects that curcumin has on people with mild, age-related memory loss.

In the research, 40 participants aged between 50 and 90-years-old were studied, and all had mild memory complaints.

Half of these participants were assigned 90 mg of curcumin twice daily for 18 months. The rest were given a placebo. When their curcumin levels in their blood were monitored, and after undergoing cognitive assessments and PET scans, the study found that those taking curcumin saw significant improvement in their moods and memory.

The people taking curcumin were found to have improved their memory by 28 percent over 18 months. They also showed mild improvement in their mood.

Researchers continue to explore curcumin's effects on various ages of people, their genetic risk for Alzheimer's, and if it has potential to help with mild depression.

Taking curcumin therefore could help to improve your mental cognitive abilities in the long-term.

*Source: www.WDDTY.com/
www.NaturallyHealthyNews.com*

HEALTH WARNING: WEARING AIRPODS MAY INCREASE YOUR RISK OF CANCER

Concerns are growing over the **potential health risks involved with wireless technologies** such as Apple AirPods that send variable magnetic induction fields through the brain, allowing for communication to occur.

AirPods are tiny, wireless, bud-style Bluetooth headphones that fit snugly into the ear canal. Due to their close proximity to the brain and inner ear, concerns are being raised that they increase cancer risk.

Over 250 scientists in over 40 countries have signed a petition to the WHO and UN warning against such radiowave radiation from wireless technologies. Their main concerns are with how national and international regulations "fail" to create a limit on their use and safe exposure.

In particular, health experts are warning there isn't enough research on what wireless technology and cell phone exposure could do to the brain, nor are there any regulations to limit its potential effects.

Wireless technologies are on the increase, but the jury is still out as to if particular devices cause cancer. Suggested links to cancer have emerged due to the radiofrequency radiation that these devices emit – especially those used in Bluetooth, cellular, and Wi-Fi transmissions.

In certain cases, levels of radiation were found to be carcinogenic and significantly lower than the maximum allowed by federal and international guidelines.

Apple AirPods are a popular choice with the technology savvy, as they give users the freedom to listen to their favourite music or take calls without getting entangled in wires. Apple sold 28 million AirPods last year, and wireless headphones are increasing in demand across the product market.

However, AirPods use wireless electromagnetic energy waves to communicate. Bluetooth operates on one form with low-power radiowaves.

When radiowaves are at high levels, the most obvious risk is that it can generate heat and cause burns. Yet scientists are still working out the effects of long-term exposure to lower-power radiowaves. They are calling for more research and warnings about radiowave-based technologies – especially due to concerns about the use of Bluetooth radiation and its intensity and proximity to the ear canal and brain.

These energy forms can shake up atoms that compose cells, but they aren't powerful enough to fundamentally change their structures. Animals exposed to these forms of radiation were found to have reproductive, neurological, and genetic damage.

While electromagnetic field radiation has been labelled as a possible carcinogen by the International Agency for Research on Cancer, Wi-Fi is also known for its cancer risks.

Because miracles happen every day

The World's Strongest Serrapeptase is changing lives – how about yours?

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

- **Maximum strength serrapeptase for bigger and better results.**
- Maximum strength serrapeptase for bigger and better results.
- Also known as The “Miracle” Enzyme, over 30 years of use.
- 250,000IU serrapeptase per capsule.
- Over x3 stronger than SerraEnzyme 80,000IU.
- Delayed-release capsule for optimum performance.
- Phthalate-free.
- Suitable for vegetarians.
- Backed by Robert Redfern, serrapeptase expert.
- Good Health Naturally Serrapeptase, manufactured under strict guidelines set by the U.S. FDA’s “Good Manufacturing Practices.”

****The World's Strongest Serrapeptase is now available in a TRIAL SIZE: x30. x90 bottle also available.***





PET OWNERS SEARCH FOR A LOW-COST ‘CURE’ IN THIS ANCIENT SPICE

What research has to say about why natural pet care is working

It's normal to struggle with vet visits. Not only is it nerve-racking to worry about a potential diagnosis for a family pet, but medical care for animals is a big investment. In a “best-case” scenario, owners may agree to pay hundreds a month for the prescription medicines needed to keep their pets alive.

Why are more pet owners turning to natural care?

Lately, we've seen some startling headlines about healthcare for humans. It won't be long until these ground-breaking studies make their way to the animal kingdom,

changing the type of veterinary medicine currently being practiced.

Close to 25 percent of antibiotics are being overprescribed, and opioids are too. As of 2019, highly addictive opioids are overprescribed to children. If one of our most vulnerable groups is being given drugs they don't truly need, it's not a stretch to think that the same could happen to our pets.

Even topical pain creams, which have “dramatically” increased in use, have been proven ineffective. In a government-funded study on American pain patients, published in the *Annals of Internal Medicine* in 2019, researchers found no pain score differences between the patients who used topical pain

cream to treat neuropathic pain and a placebo. Again, it's possible that the same may be true of the topical ointments prescribed to our pets.

At the very least, most of us take non-steroidal anti-inflammatories (NSAIDs) to manage our pain, and so do our animals. But for people and pets, these anti-inflammatory drugs come with a long list of possible side effects. These may include vomiting, diarrhoea, fatigue, suppressed appetite, gastrointestinal tract bleeding, and kidney dysfunction in animals.

Like people, pets can benefit from a safe, natural NSAID alternative: Curcumin is research-backed and side-effect-free. It's also a fraction of the price of long-term prescription drug use, explaining why more pet owners are exploring this gentler supplement.



So, does natural pet care work?

Curcumin is the most important curcuminoid found in the ancient Indian spice turmeric. It's a potent bioactive compound and natural polyphenolic flavonoid with health benefits for pets and people. There are fewer studies on curcumin's use with dogs, cats, and horses than on humans. But many pet owners and holistic veterinarians have been so inspired by what research shows about curcumin's disease-reversing ability that they're using the concentrated form of this spice compound on themselves and their animals.

Decades of research show that curcumin really is effective — and it may be an antidote to one of our most dangerous medical problems. Antibiotics are being overpre-

scribed, which can lead to the destruction of protective gut microbes and, ultimately, antibiotic resistance. But a 2014 *Molecule* study showed that curcumin was superior in its ability to reverse the deadly MRSA bacteria's resistance to antibiotics.

Curcumin regulates inflammation and fights off oxidation to improve blood vessel function too. Addressing endothelial dysfunction, one of the main contributors to heart disease, a curcumin supplement could lower heart attack risk by 65 percent.

Along with antibiotic resistance and heart disease, cancer is another major concern as we get older. But a 2018 *PNAS* study found that curcumin could work as a sort of natural chemotherapy, protecting people and pets from the need to ingest cancer-killing chemical cocktails. Curcumin blocks the DYRK2 enzyme, which inhibits the proteasomes involved in cancer growth. This chain of events slows cancer development and reduces tumours.

The daily use of curcumin for animals can provide big benefits, as well as small. Taking curcumin each day can regulate immunity, buffer the effects of stress, fight off free radical damage, balance digestion and gut health, reduce inflammation and support joint health, and even preserve the brain. Curcumin is one of the few nutrients able to cross the blood-brain barrier and could prove promising to protect pets against dementia.

It's easy to open and mix a curcumin capsule with a pet's food, but a daily supplement won't make a difference if an animal's body can't use it. Curcumin is hard to absorb into the bloodstream from the gastrointestinal tract when it's taken orally. Meriva® Curcumin is the most clinically-studied form of curcumin that's been found to have 30-times greater absorption than ordinary curcumin capsules.

A 2007 study published in the journal *Cancer Chemotherapy and Pharmacology* dem-

onstrated Meriva®'s superior bioavailability compared to a standardised curcumin extract. Notably, this was an animal study. It showed that rats had significantly more curcumin in their blood and tissue after dosing with Meriva®.

This means that, because of its patented phytosome delivery, Meriva® Curcumin offers a reliable way to ensure pets and owners get the daily protection they need. Meriva®'s rapid absorption ups its ability to take on cancer. And, it could provide another benefit to ease pets into old age.

With evidence from five clinical trials, Meriva® Curcumin successfully supports joint health and calms inflammation. Pets with early signs of arthritis may see improvements in pain, stiffness, and mobility. In addition to joint support, Meriva® Curcumin may also improve social and emotional wellbeing three times over.

Finding effective natural pet care offers a solution to our first problem: Curcumin can also cut down on prescription drug overuse and costly prices. Taking Meriva® Curcumin to reduce joint pain and inflammation could lead to a 63-percent decrease in the use of other treatments.

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

AVOID THE LIFE SENTENCE OF LIFESTYLE DISEASE

Why aren't doctors prescribing helper nutrients for diabetes?

Currently ranked as the seventh deadliest disease, diabetes is affecting millions. Diabetes is a group of metabolic diseases marked by high blood glucose. Effects of the chronic lifestyle disease often include obesity, high blood pressure, and cardiovascular, kidney, eye, and nervous tissue damage.

In 1980, there were 108 million people diagnosed with diabetes. According to the World Health Organization, diabetes diagnoses climbed to 422 million by 2014. Almost half of all deaths caused by high blood sugar occur before age 70.

Cinnamon balances blood sugar and helps control diabetes

Insulin is the hormone that helps deliver glucose to cells after sugar and starch are broken down in our body, a process essential to cellular energy. Insulin also helps move glucose from the blood.

This is where type 1 and type 2 diabetes differ. When the pancreas doesn't produce enough insulin, it results in insulin-dependent or juvenile (type 1) diabetes. When cells don't respond well to insulin, insulin resistance takes place. Becoming insulin-resistant is most often the result of a Western diet high in sugar and starchy carbs, otherwise known as adult-onset (type 2) diabetes.

Making lifestyle changes ups the odds of reversing or better managing type 2 diabetes. As a research team from New Zealand learned in 2019, just three months of high intensity exercise (HIIT) could reverse or re-

duce heart function loss in type 2 diabetics without having to alter medication or diet.

Adjusting other outside factors, like supplementing protective nutrients, can also have a profound effect on the health problems caused by unmanaged blood sugar and diabetes. Cinnamon is a well-known spice used by diabetics looking for a natural treatment. A highly potent antioxidant, cinnamon has an exceptional ORAC (Oxygen Radical Absorbency Capacity) score of 267,536.

Cinnamon can help lower haemoglobin A1C levels, directly related to blood glucose. When high blood sugar levels are reduced, the blood vessel damage that can lead to heart disease is also buffered. Taking daily cinnamon with a medicinal plant extract like gymnema sylvestre, known to have anti-diabetic properties, can reduce blood sugar after eating and potentially control complications of diabetes.

A 2019 study published in the *International Journal of Food Science* found 3 to 6 grams of cinnamon a day to be the "sweet spot," bringing benefits by positively impacting blood sugar.

Curcumin 'cures' by calming inflammation and preventing complications

Like cinnamon, curcumin is another renowned spice compound taken with its greatest effect at a high concentration. Curcumin is a potent anti-inflammatory derived from turmeric, a spice used for millennia in Asian and Indian cuisine. Today, curcumin may also be used as a fast-acting diabetes prevention treatment.

When curcumin was given as a prediabetic intervention over a period of nine months in 2012, the number of individuals who developed type 2 diabetes measurably decreased. Thai researchers reviewed curcumin's use as an effective and new therapeutic agent for the disease, factoring in the compound's low cost and low toxicity.

Once diabetes develops, a daily dose of curcumin can help to decrease the severity and likelihood of complications. Curcumin is a confirmed pain reliever, with applications for arthritis, and it can also slow or prevent damage caused by liver disease. Diabetics often suffer with poor liver health, including fatty liver disease.

Italian researchers proved in a 2011 pilot study that Meriva® Curcumin, a patented form of curcumin that's nearly 30-times more bioavailable than standard turmeric extract, could help to control diabetic microangiopathy -- a long-term complication that may include nerve and retinal damage.



ALA's antioxidant power minimises more side effects of diabetes

An antioxidant found in food and produced in smaller amounts in our body, Alpha Lipoic Acid-R can help improve glucose metabolism when taken as a supplement. Beyond its benefits for blood sugar, Alpha Lipoic Acid-R can also help to mitigate some of diabetes' most devastating health issues.

Intravenous alpha lipoic acid has helped diabetic patients significantly improve their symptoms of peripheral diabetic neuropathy, nerve damage caused by chronically high blood sugar and resulting in pain and numbness in the extremities.

A 2018 *Cochrane Review* explained that, since alpha lipoic acid acts as an ROS (reactive oxygen species) scavenger that may block stress-inflammation pathways, it could be useful in treating and preventing diabetic neuropathy.

S-ALA is an unnatural, synthetic alpha lipoic acid by-product found in some commercial supplements. Alpha Lipoic Acid-R is the biologically active form of the antioxidant and the same substance found in the human body. Alpha Lipoic Acid-R also happens to be the only form of lipoic acid that can enhance glucose transport, increase metabolism and reduce body fat gain, and greatly enhance insulin sensitivity.

Use blood sugar-balancing nutrients to stop or decrease medication

Diet may be discussed in the doctor's office, but it's not often that eliminating the cause of a lifestyle disease and replacing missing nutrients so the body can heal takes precedence over medication. Patients may walk away with a new diagnosis without understanding that processed foods and nutrient deficiency are enough to trigger inflamma-

tion that causes disease.

But recently, British researchers announced news worth celebrating. Setting out to see if diabetes can be controlled by diet in 2017, Professor Roy Taylor of Newcastle University, UK, confirmed that type 2 diabetes is reversible, and excessive medication isn't needed.

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

Recommended Products

CINNAMON27™

Cinnamon27™ has x7 powerful ingredients in one incredible product: cinnamon powder, Chromax Chromium, American ginseng, gymnema sylvestre extract, bitter melon extract, fenugreek seed extract, and Cacti-Nea™ Nopal cactus. Chromium alone contributes to the maintenance of normal blood glucose levels.



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.



ALPHA LIPOIC ACID 'R'™

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



A 'MIRACLE' IN A CAPSULE — HEART, JOINTS, EYES, AND BRAIN

Why omega-3s? 4 can't-miss
benefits of taking krill daily

Often-overlooked, krill are full of the same omega-3s found in fish oil, namely EPA and DHA. But there's one important distinction. Fish oil contains triglyceride omega-3s; krill oil contains double-chain phospholipid omega-3s. Double-chain phospholipid fats match the fats in human cell walls.

Compared to ordinary fish oil, krill oil has:

- **Extra absorption.** Krill oil phospholipids containing EPA and DHA are highly absorbable by our body. Considered superior to fish oil's triglyceride omega-3s, it takes fewer of krill oil's phospholipid omega-3s to reach an equal level of bioavailability in our cells and organs.
- **Special sourcing.** Krill oil comes from tiny shrimp-like crustaceans found in

the Southern Oceans. These are the only oceans in the world currently unpolluted by toxic heavy metals found in so many fish oils. Krill are also wild and can't be farmed or raised.

- **Super nutrition.** Krill are small crustaceans packed full of nutrients – vitamin A, vitamin D, vitamin E, plus the antioxidants canthaxanthin and astaxanthin. The potent antioxidant astaxanthin is often added to fish oil to decrease its odds of turning rancid from oxidation.

Krill have a rich nutrient profile – full of healthy fats, vitamins, and antioxidants – and they're also low on the food chain. This means krill oil has a significantly lower risk of heavy metal contamination, both because of low levels of pollution in the Southern Oceans and because of a cleaner diet.

Stop inflaming and start healing: 4 reasons to supplement krill

The "super" powers of krill oil stem from its high antioxidant and pure omega-3 content. Superba Boost™ is the superior form of krill oil, exclusively extracted from the *Euphausia superba* Antarctic krill that feed on microalgae rich in omega-3s.

A diet lacking beneficial omega-3 fatty acids with an overabundance of omega-6 fats can disturb our body's delicate balance and increase risk of disease. Superba Boost™ Krill Oil can increase the body's Omega-3 Index 70 percent more than fish oil in just eight weeks.

Supplementing a safe and 100-percent traceable source of omega-3s can correct imbalance and provide proven benefits:



krill offering additional improvements. Superba Boost™ Krill Oil supplies more omega-3s to replenish the eyes, with our body's highest DHA concentration being in the retina.

- **Krill for the heart:** For cardiovascular risk prevention, American researchers recommended krill oil as a safe alternative for those who were "unwilling or unable" to tolerate fish oil in 2014. Reviewing randomised trials, the researchers noted that krill oil may be "at least equivalent to and perhaps better than fish oil" in increasing DHA and EPA blood levels. The high choline/omega-3 content in Superba Boost™ Krill Oil also works synergistically to inhibit inflammation and lessen cardiovascular damage.
- **Krill for the joints:** Osteoarthritis patients who supplemented krill oil for seven days saw their inflammatory markers reduced by over 15 percent compared to the placebo group. After 30 days, inflammatory markers decreased by more than 30 percent. The astaxanthin in Superba Boost™ Krill Oil not only keeps it unoxidised and stable, but supplementing astaxanthin could reduce carpal tunnel joint pain and duration.

Krill oil can also:

- Balance cholesterol and blood lipids.
- Ease symptoms of PMS/painful menstruation.
- Improve liver function.
- Regulate blood sugar levels.
- Renew skin health.
- Strengthen the immune system.
- Slow signs of premature ageing.

Upping omega-3 intake is a smart way to protect heart health, boost the brain, and reduce disease-causing inflammation. Though omega-3s can be found in any over-the-counter fish oil, commercial fish oils are lacking one important thing: antioxidants.

Anyone taking omega-3s in the fish oil form may need antioxidants more than ever. Fish

oil has a short shelf life and is prone to oxidation. Antioxidants are key to protecting our body against potentially rancid fish oil. Even the highest-quality fish oils are low in antioxidants. Pure krill oil is naturally antioxidant-rich.

Increasing omega-3s: Does our happiness depend on it?

Omega-3 fatty acids are so nourishing -- and so essential -- that their support extends to mental health benefits. The brain is 60 percent fat. It requires omega-3s as much as or more than any vital organ in the body. DHA makes up 15 percent of fatty acids in the brain and is the most common of the brain's fatty acids. Phospholipids are a critical transporter of DHA to the brain.

This could be why getting more omega-3s can help positively influence mood and personality. Omega-3s have been proven to work just as well as Prozac. For more serious psychiatric disorders and alcohol abuse, omega-3 fatty acids can offer potential therapeutic benefits. With higher levels of certified sustainable omega-3s, Superba Boost™ Krill Oil may provide more noticeable mood-boosting benefits since, even when taken at a lower dose than fish oil, it absorbs better.

Recommended Products

THE KRILL MIRACLE™

Super-rich source of omega-3, 6, and 9, made using Superba Boost™ Krill Oil delivering 1,180mg 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

- **Krill for the brain:** Krill oil's phospholipids are absorbable enough to cross the blood-brain barrier. Krill oil may alleviate neurological dysfunction, including learning disabilities, ADHD, brain ageing, and memory loss. Superba Boost™ Krill Oil is also high in choline, an essential nutrient our body produces in limited quantities. A 2019 *Molecular Psychiatry* study showed that supplementing large amounts of choline could provide multigenerational benefits, protecting mice and their offspring from Alzheimer's symptoms.
- **Krill for the eyes:** When compared to fish oil for treating dry eye disease, krill oil came out ahead. Australian researchers observed in 2017 that a moderate daily dose of either oil for three months could reduce tear osmolarity and increase tear stability, with

HEALTH news

IS INFLAMMATION THE LINK BETWEEN HEART DISEASE AND DEPRESSION?

The main link between heart disease and depression may be inflammation, research suggests. While the two conditions have been linked for years, scientists have found it difficult to explain why. Now, experts have found that inflammation may be the main reason. Inflammation is the body's natural response to fighting off infections.

Heart disease and depression were found to both trigger the release of inflammatory substances into the blood. The link between higher levels of "bad" cholesterol and triglycerides is due to the fat found in our blood. Data from over 360,000 people was analysed by researchers at the University of Cambridge to make this discovery.

Experts believe that it's possible for heart disease and depression to share common underlying biological mechanisms. This means they can manifest as two different conditions in different organs – such as the cardiovascular system and the brain.

The findings suggest that inflammation is a shared mechanism for these health conditions. According to previous research, 40 percent of patients will experience depression following a heart attack, while 15 percent of cardiovascular disease sufferers will experience severe forms of the mental health condition. This is thought to be too strong a link for it to be just caused by the emotional turmoil of having heart disease.

Researchers wanted to determine if genetic or environmental factors play a role. They analysed 367,703 middle-aged people of European ancestry from the UK Biobank. Participants were asked if they felt depressed or unable to enjoy life for at least a week. They were also asked if they had looked for professional help for their low moods. Details about if their mother or father had heart disease were also taken.

Alongside this, researchers took the DNA of other Biobank participants who weren't involved in the first part of the study. They were also analysed to determine if any genetic link occurred between the two conditions.

Determining if environmental or genetic factors play a role, the results that were published in the *Molecular Psychiatry* journal revealed that those who lost one of their parents to heart disease were more at risk of having depression too. No genetic link was found between these two conditions, suggesting environmental factors are involved.

Any link with heart disease and depression is often associated with higher levels of triglycerides, while inflammatory markers such as interleukin-6 and C-reactive protein are also indicators. Inflammatory markers are also shown to increase after an episode of depression.

Source: www.WDDTY.com/
www.NaturallyHealthyNews.com

WHY BOOSTING YOUR MAGNESIUM LEVELS MAY PREVENT DEPRESSION AND PAD

Increasing your magnesium levels may prevent depression and peripheral artery disease (PAD).

A study involving 17,730 participants in a 2007-2014 National Health and Nutrition Examination Survey (NHANES) found that there was a lower depression risk amongst women with a higher intake of magnesium.

Depression among subjects was assessed by patient health questionnaires, and their magnesium intake was calculated from a 24-hour dietary recall. Individuals among the top 25 percent of magnesium consumers were calculated from a 24-hour dietary recall.

Those amongst the top 25 percent of magnesium consumers have an adjusted risk of depression that was 53 percent less than those amongst the lowest 25 percent. Further analysis also found that there was significant risk amongst women. The research was reported in the March 2019 issue of the *Journal of Affective Disorders*.

Researchers analysed data from 13,826 participants in the Atherosclerosis Risk in Communities study who didn't have PAD (a manifestation of atherosclerosis outside the coronary arteries) at the time of enrollment, measuring serum magnesium levels at examinations that occurred from 1987-1989 and 1990-1992. There were 1,364 men and women who were diagnosed with PAD during a median follow-up of 24.4 years.

Increasing magnesium levels along with a diminished risk of PAD were observed as an association. Those participants were among the lowest 20 percent of subjects who had an adjusted 30 percent greater risk of PAD than those with levels among the top 20 percent.

Previous randomised trials show that supplementing with magnesium can improve endothelial function, lower blood pressure, and reduce atherosclerosis. A meta-analysis also found that a magnesium intake of 100 mg/day was associated with a 22 percent reduction in heart failure risk, 7 percent reduction in stroke, and a 10 percent reduction in all-cause mortality.

Researchers from the study concluded that the findings suggest that low serum magnesium can be a risk factor for PAD. This supports the growing body of evidence that magnesium intake and periodic magnesium blood testing can support depression and PAD as the conditions that are most benefited by taking magnesium.

Lungs love this. (And you won't find it anywhere else.)

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 and muscle health, and the normal utilisation of calcium.*

4 missing nutrients breathe life

- ✓ **Serrapeptase** - Also known as The "Miracle" Enzyme. Serrapeptase is a proteolytic enzyme that helps break down proteins. Used for over 30 years with miraculous results, each Serranol capsule contains 160,000IU serrapeptase.
- ✓ **Ecklonia cava extract** - A recently discovered core nutrient that's now getting heavy backing, Serranol's extract is 100 percent, whereas many other extracts are only 13 percent.
- ✓ **Curcumin** - From the ancient spice turmeric, the highly potent curcumin compound has been used for thousands of years with over 1,800 studies on how curcumin alone can help you. Curcumin is even more powerful when mixed with the other ingredients in Serranol.
- ✓ **Vitamin D3** - The Vitamin D Council considers 50 percent of the global population to be deficient. Make sure you aren't in that 50 percent. Each capsule contains 1,000IU D3.

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.

Good Health Naturally
Because it Works!



Is this the world's most powerful enzyme formula?

For hurting hearts, Blockbuster™ spells relief

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

- This super-formula carefully blends together enzymes, antioxidants, and proanthocyanidins into one delayed-release capsule for optimum performance.
- Along with 80,000IU of The "Miracle" Enzyme serrapeptase, each serving (x2 caps) also delivers nattokinase, protease, lipase, amylase, cellulase, lactase, acerola extract, amla extract, olive leaf, trace minerals, *bacillus coagulans*, protease S, grapeseed extract, policosanol, and pycnogenol.
- *Nowhere else in the world can you find all of these heart-healthy ingredients in one capsule.*

Supporting your heart with potent enzymes and protective antioxidants = self-care made easy.

