

NATURALLY HEALTHY NEWS



ISSUE 38

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OF COURSE

The simple way to make CBD work better

ATTENTION, EXPECTING PARENTS

Synthetic prenatal vitamins don't live up to claims

PET LOVERS, REJOICE

Serrapeptase cuts vet costs -- and saves lives

MORE, PLEASE

Healthy recipes that taste better than the 'real' thing

KISS MEDICATION GOODBYE

Feel-good remedies to restore blood pressure balance

Boost your immunity & skin health with CureC™



Up to x9 better absorbed than tablets, capsules, and powders

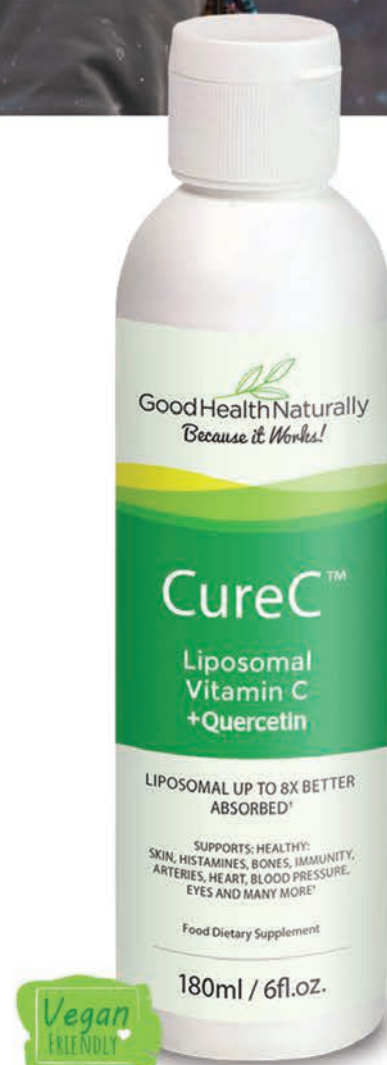
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Dear Reader,

Welcome to Issue 38, Naturally Healthy News.

I am writing this in December 2019. It has been a strange year as instead of the internet being a larger vehicle for spreading the truth about Natural Health, the giants such as Google, Facebook, and Instagram are censoring Natural Health information on websites that state very clearly that conditions such as heart, lungs, blood sugar, pressure, eyesight, and many more will get better if they follow a Natural Health plan. This censoring is probably coordinated by the Pharma/Medical Cartel, which are being called out for their Fake Health Care and the side effects of the drugs they push.

I am 73 (74 in January), and my health is getting better and better. I want to convince you it is possible to get healthier as you age if you look after your body like the healthy elder you want it to become. NaturallyHealthyNews.com, the website, and magazines have also gotten better over the past 34 years. But you would expect that as I physically stand up to 16 hours per day researching both the causes and the nutritional solutions to what doctors call diseases, and what I call the effects of an unhealthy lifestyle.

New: If you are reading this because you are looking for an alternative solution to drugs to get you healthy, there are many innovative and effective things I have introduced to the world. You can see the articles in this Issue 38 or go to NaturallyHealthyNews.com for many more.

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

Not to miss: I would love to hear your success stories with my plans – please get in touch with me via email: robert@GoodHealth.nu. Let your account help to inspire others. If you have any health questions about the best supplements to achieve your health goals, I have a team of Professionally Qualified Health Coaches who will answer your queries. Just send an email to admin@MyGoodHealthClub.com

Take good care,

Robert Redfern

Robert Redfern
`Nutritionalist,' author, and broadcaster

P.S. You can follow me and Naturally Healthy News on Facebook for daily updates:
www.facebook.com/NaturallyHealthyNews



3 WAYS TO READ THIS MAGAZINE

1

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

2

Dip in and out by subject matter: advice on how to use the serrapeptase enzyme to potentially save lives, taking vitamins to prevent and promote recovery after a heart attack, making truly tasty and healthy recipes, or reversing high blood pressure without medication – go for what you most want to know about.

3

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

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35 Ravencroft Street
Moulton
Cheshire
CW9 8SN

Editor: Robert Redfern

Writer: Bethany Ramos

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A SIMPLE ANSWER TO THE ARGUMENT THAT 'PLANT-BASED IS BAD FOR THE BRAIN'

How plant-based dieters can cut the risk of brain-damaging deficiency

Eliminating animal foods and going plant-based is good for the planet, the waistline, the wallet, and many parts of the body, but what about the long-term health of our brain?

Plant eaters cautioned about choline loss that can impair a healthy brain

The warning, which comes from a British nutritionist writing for the online *BMJ Nutrition, Prevention & Health* journal in 2019, details how shifting to a vegan or plant-based diet may be ideal to ease the burden on our planet, but it also drains essential brain nutrient levels running in short supply.

"This is... concerning given that current trends appear to be towards meat reduction and plant-based diets," Dr. Emma Derbyshire states. An essential water-soluble, vitamin-like nutrient needed to support brain function, our liver doesn't produce enough choline to meet daily requirements. Intaking ample choline is critical during pregnancy, for liver health, and to ward off free radical damage, Dr. Derbyshire explains.

Choline can be found in animal products like beef, fish, chicken, dairy, and eggs, as well as in beans, nuts, and broccoli in smaller quantities. Concentrated choline can also be found in high-quality supplements, giving plant-based vegan keto dieters the chance to maintain their commitment to the environment without compromising the health of the brain.

Dr. Derbyshire agrees: "If choline is not obtained in the levels needed from dietary sources per se then supplementation strategies will be required, especially in relation to key stages... such as pregnancy, when choline intakes are critical to infant development."

Supplement choline with krill oil to supercharge a sluggish brain

As Dr. Derbyshire points out, many major governments don't provide recommended daily amounts of choline, so we're all likely to be low, especially when avoiding animal products. Some signs of choline deficiency can include fatigue, brain fog, liver damage, birth defects and complications, cognitive disabilities, and cancer.

But, combined with nourishing krill oil to feed a nutrient-starved brain, choline can be easily supplemented. Superba Boost™ is the next-generation krill oil concentrate with even more omega-3s supplied as EPA and DHA, while offering choline at high levels. Choline can also be taken in a daily multivitamin, formulated as choline bitartrate to enhance absorption.

Supplying large amounts of choline can have profound impact on the brain, creating a ripple effect to potentially protect us and our children from Alzheimer's disease. Superba Boost™

delivers highly bioavailable choline and omega-3s powered by potent phospholipids, clinically demonstrated to increase choline bioavailability 12 times more than choline salts and EPA and DHA omega-3 utilisation 121-percent higher than fish oil.

Along with low choline levels affecting plant eaters and most other people, 97 percent of the world may also be suffering from sub-optimal omega-3s.

Recommended Products

B4HEALTH SUBLINGUAL SPRAY

Unique, powerful B vitamin formula, containing all of the essential B vitamins, including: B1, B2, B3, B6, folate, and B12. Simply take 5 sprays (in the mouth) daily to meet all of the recommended Daily Values.



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



6 smart (and simple) ways to sail through cold and flu season

Is it really possible to make it through the winter without getting sick?

What if we could live through the colder months without spending an afternoon in bed or taking an extra day off to tend to a sick child? It's possible, and it's likely. But not if we follow most mainstream medical advice.

How to naturally prevent colds and flu and stop getting sick

These gentle-but-effective tips can be

used by anyone, but they may have even greater benefits for more vulnerable members of the family. Pregnant mothers infected by a cold or flu may risk damage to their baby's brain development. Up to 50 percent of children under age 5 who die from the flu every year appear healthy. For adults with pre-existing medical conditions, a case of the flu may also be fatal.

Wondering how to safeguard the whole family? Here's where to begin:

1. Get more sleep. Many of us, at every age, are running low on pre-

cious sleep. Sleep is essential to our health, function, and immunity. In a 2015 study, University of California researchers in the U.S. learned that sleeping for less than six hours each night could make us over four times as likely to catch a cold compared to those who sleep for longer. Supplementing a combination of vitamin B3, vitamin B6, L-theanine, and L-tryptophan may help quiet a busy, active, overworked mind in as few as 15 days, supporting immune system health through more restful sleep.

2. Mount a defence. Vitamin D3 (the recommended form of vitamin D called cholecalciferol) is the only vitamin our body can manufacture from sun exposure. Since winter

sun is often in short supply, we can supplement vitamin D3, where it acts as a steroid hormone with antimicrobial properties that support our immune activity. Vitamin D3 can fight off fungi, viruses, and bacteria in the body. A large-scale global study, published in *BMJ* in 2017 and conducted on about 11,000 people, confirmed through significant evidence that supplementing vitamin D can protect against colds and flu.

3. Pick antiviral foods. Immune-boosting foods and spices like lemon, cinnamon, garlic, ginger, and oregano can be enjoyed all year long and may be extra-helpful in the winter. Most of these spices can be added to teas, sprinkled in foods, or taken at a concentrated dose as supplements. Garlic is a pungent herb and a pro-immunity favourite. Since it contains the biologically active compound allicin, garlic may be useful in cases of hypertension, inflammation, and infection. Eating more garlic can decrease our risk of getting sick, its duration if we do, and even our symptom severity.

4. Stay active. Like sunshine in the colder months, physical activity may also be in short supply. But participating in regular exercise does more than strengthen our heart and muscles — it bolsters our immune system. A 2010 study published in the *British Journal of Sports Medicine* showed that consistent, low-impact activity like walking for 35 to 45 minutes a day may increase the number of immune cells in our body. A walk a day may almost half the amount of sick days we take versus staying sedentary.

5. Steer clear of omega-6. Inflammatory fatty acids like canola and corn oil are in many of our modern foods and, in excess, can suppress the immune system. Increasing levels of beneficial omega-3 fatty acids, like those naturally contained in krill oil, can help to restore balance. Superba Boost™ Krill Oil not only of-

fers a super-rich source of omega-3, 6, and 9 fatty acids, but it's certified as 100-percent traceable and sustainable. It also contains the essential nutrient choline that must be gleaned from our diet. American researchers learned in 2019 that pregnant mothers who take choline can protect against foetal brain developmental issues linked to maternal cold and flu infection, including mental illness.

6. Stop eating sugar. Sugar also suppresses the immune system. And, a condition like obesity, with contributors like sugary and processed foods, can increase severe flu complications like hospitalisation and death, also adding to the length of time that a person spreads the flu virus. Cutting out sugar and eating more vitamin C-rich foods, like citrus fruits and leafy greens, can re-establish immune function. Taking liposomal vitamin C is one of the quickest ways to raise blood levels of the vitamin, administering a high – and safe – dose in the same liposomal delivery system used by our human body.

Not addressing one or more of these factors may be the reason why so many of us struggle with recurrent infection.

When to second-guess flu shot standards & when to vaccinate

Giving a child or an adult a flu shot without strengthening their immunity first means we're setting them up for failure. A flu shot comes with "routine" side effects, like aches and pains, fever, headache, runny nose, sore throat, and the possibility of severe allergic reaction. It may even make us sicker.

Some flu shot strains have shown an increased risk of contracting the flu after being vaccinated. At-risk groups may need to use more caution: Pregnant women who received the flu shot for two consecutive years have had a higher risk of miscarriage within 28

days. Flu shots over the last three years have also been weaker, with last year's flu vaccine efficacy estimated as low as 20 to 29 percent.

Deciding to get the annual flu shot is a personal choice, but beyond the traditional medical recommendations, it helps to consider the research.

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.



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.



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.



CUREC™ LIPOSOMAL VITAMIN C

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



Sources

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



Organic minerals are the 'missing link of nutrition' - 8 reasons why

The connection between low energy & mineral deficiency is real

We're starved for adequate amounts of minerals. As mineral levels in our body drop, discomfort, dysfunction, and disease show up in a variety of alarming ways.

This is because:

- Our body needs 70 essential trace minerals and around 15 other essential nutrients each day, and it should be able to get them from food — in a perfect world.
- Sadly, modern farming practices like over-farming and chemical fertilizer use have robbed conventional foods of these 70 essential trace minerals.
- Essential nutrients can also be leached by the rain. Even our organic foods may not be safe.
- Once soil has become mineral-deficient, organic farming can't offset the poor nutrient value in depleted soil.

- Remaining vitamins and minerals may also be lost when organic fruits and vegetables are cooked.

These days, we need all the help we can get. At a personal level, missing minerals in our food supply affect our risk for disease. Research also suggests that great civilizations have fallen when dangerous levels of mineral depletion weren't addressed.

'Mineral hunger' has a quick fix: 8 benefits of taking a daily supplement

To build healthy cells and stave off disease, our body needs ancient minerals. These hardy minerals are the building blocks of our being, offering an explanation for today's increasing level of poor health and unexplained suffering. As we know, rich mineral content in our soil is scarce.

Fulvic minerals have been called "the missing link of nutrition" by many health and nutrition experts. According to research, this is why:

1. Fulvic minerals offer an untapped source of energy.

- Rainforests' root systems grew deep into the earth to access rich sources of inorganic energy more than 38 million years ago.
- Living plants converted the inorganic minerals they found into biologically-friendly organic minerals, and when plants died, organic minerals were deposited back into the earth.
- Low mineral levels have been connected to higher levels of fatigue; replenishing fulvic minerals may also reverse some symptoms of chronic fatigue (CFS).

2. Fulvic acid is one of the most powerful antioxidants found in nature.

- Because they're derived from an ancient source of rare mineral deposits, fulvic minerals possess great nutritional power.
- Fulvic minerals are biologically able to interact with all parts of our body, naturally cleansing and protecting against free radical damage.

- Fulvic acid, an organic acid that supports our mitochondria and our hearts, nervous, and digestive systems, is among the most powerful antioxidants we can intake.

3. Fulvic acid is also one of the most powerful electrolytes found in nature.

- Fulvic acids are also a natural source of organic electrolytes – again, among the most powerful electrolytes we can supplement.
- When fulvic acids enter the body, they meet individual cell needs to promote their electrochemical balance.
- This electrolyte charge has been proven to literally restore life in cells, returning them to their healthy function.

4. Fulvic acid combats chronic disease and lowers inflammation.

- Increasing electrolytes and missing minerals can automatically help to improve metabolism; better digestion means better absorption and assimilation of the nutrients we eat.
- Restoring healthy digestion can also alkalize the body and restore its healthy pH, neutralizing the acidity that can lead to chronic inflammation.
- Fulvic acid has been proven to protect against or improve chronic inflammatory conditions and diseases, including diabetes, Alzheimer's, eczema, and numbness and chronic nerve pain.

5. Fulvic minerals encourage cancer cell death.

- Fulvic acid has been analyzed for its ability to promote electrochemical balance needed for many biomedical functions, both as a donor and a receptor.

- Until recently, fulvic acid had not yet been researched for its effect on cancer.
- Now studies show fulvic acids could induce cell death in various human cancers, most likely related to their ability to stimulate immunity.

6. Fulvic minerals provide whole-body health benefits for men, women, and children.

- High fulvic acid content of 4 to 8 percent is recommended to receive research-backed health benefits, a rich formulation that's hard to find in most commercial mineral supplements.
- Chromium, copper, iodine, magnesium, manganese, phosphorus, potassium, and selenium are all pure organic fulvic minerals confirmed by the EU Register to contribute to normal blood glucose maintenance, iron transport, cognitive function, thyroid function, growth of children, muscle function, bones and teeth, reduction of fatigue, nervous system function, hair and nail maintenance, normal skin, normal blood pressure, and more.
- If we want our cells to live longer and work better, getting our daily fulvic minerals is the missing link.

7. A high fulvic acid content may remedy our mass mineral deficiency.

- For decades, scientists have cautioned that our human security is at risk as mineral soil depletion accelerates.
- Organic minerals with a high concentration of fulvic acid may supply our body with over 70 of its most effective electrolytes.
- Each electrolyte is marked with a unique "bio-electric signature."

8. Without daily mineral support, our cells can't function.

- Taking pure trace minerals with the highest fulvic acid content available can support the body at its most fundamental level.
- Each cell relies on daily mineral support and, without it, can't perform its essential function.
- Nucleic and amino acids are the major components of fulvic acids, and these are the building blocks our healthiest living cells are made of.

A special warning: Meds, junk food & diets increase our need for minerals

Even when eating the healthiest foods, we're still not getting near the amount of minerals our body needs. Other factors can add to the drop in mineral levels. American researchers confirmed in a 2018 *Pharmaceutics* study that prescription drugs can cause a micronutrient deficiency to develop over time. So can eating primarily processed foods or following a trending diet. People who practice popular diets like Atkins and South Beach may be lacking in at least 27 essential nutrients.

Recommended Products

PURE ORGANIC MINERALS

Combines fulvic acid and minerals to form fulvic mineral complexes. Known as the "Missing Link of Nutrition." Contains antioxidant minerals, 18 amino acids, and more than 70 electrolytes. Balances and energises cell life and biological processes.



Sources

All references can be found at
www.NaturallyHealthyNews.com

HEALTH news

CURCUMIN COULD PROTECT AGAINST MUSCLE DAMAGE IN JUST 28 DAYS

Taking curcumin supplements may reduce muscle damage and soreness, according to a recent study from The Mississippi State University. Curcumin supplements also did this without impacting on the body's natural inflammatory response. The data suggested that taking a curcumin supplement for 28 days **resulted in decreased muscle damage and muscle soreness** in active healthy men.

The double-blind placebo-controlled trial indicated that taking a curcumin supplement led to significant reductions in creatine kinase, a muscle damage associated biomarker, along with lower perceived muscle soreness when compared to a placebo.

Researchers have inevitably concluded that supplementing with curcumin may be a viable source for improving recovery time in trained individuals. The study published in the *Journal of Dietary Supplements* provides ever-growing evidence of the potential health benefits of taking curcumin.

The study involved 19 men between the ages of 18 and 39. The men were randomly assigned to consume curcumin supplements at the rate of 69 mg of curcuminoids or a placebo for 28 days. This was followed by a muscle-damaging protocol that was performed before and after the supplementation period. There were no significant differences between curcumin and the placebo groups for biomarkers of inflammation and oxidative stress (OS), such as tumour necrosis factor-alpha (TNF-Alpha) malondialdehyde (MDA).

However, there were **significant reductions in creatine kinase (CK) in the curcumin group (199.6 U/L) after supplementing**, when compared to the placebo (287.0 U/L). Muscle soreness was also seen to decrease in the curcumin group (VAS SCALE 2.88) when compared to the placebo group (VAS scale 3.36).

The study was the first implementation of a 28-day supplementation period. According to researchers, "Its main findings suggest that curcumin ingestion resulted in significantly lower plasma concentrations of creatine kinase (CK) and perceived muscle soreness when following the eccentric muscle damage protocol... despite any changes and biomarkers of inflammation and OS."

HOW BERGAMOT CAN SUPPORT HEART HEALTH AND SUCCESSFULLY LOWER CHOLESTEROL

Grown in the Calabria region of Southern Italy, bergamot is a bitter citrus fruit that has a unique profile of both flavonoids and glycosides that compound its cholesterol-reducing benefits.

Derived from the bergamot plant, its super-potent fruit juice extract contains a high concentration of unique flavonoids that have powerful anti-inflammatory agents. These flavonoids play an active role in reducing extra-high LDL or "bad" cholesterol levels, while also increasing HDL or "good" cholesterol levels that are associated with a decreased risk of heart disease.

The most recent study showed that a bergamot-derived extract when given at a fixed dose daily (150 mg to 80 people who had moderate hypercholesterolemia for six months) indicated a decrease in plasma cholesterol and sub-clinical atherosclerosis (measured by carotid intimal wall thickness) at the end of the study period.

Four clinical studies in humans evaluated bergamot's effect on dyslipidemia (an abnormal amount of lipids, cholesterol, or triglycerides in the blood). The first study involved significant reductions in glucose levels in the bergamot treated group, suggesting that bergamot has complex effects on overall metabolic regulation.

Bergamot has been shown to raise HDL "good" cholesterol. One study from 2013 also showed that cholesterol dropped significantly in 77 patients who took 1,000 mg of bergamot extract daily for one month. This enabled them to cut their statin dose in half.

The third study in 2014 evaluated the effect of bergamot in 107 patients. Taking place over a period of two months, the study confirmed the beneficial effects of bergamot on cholesterol profiles and resulted in a reduction in liver steatosis, or fat in the liver.

Source: www.NaturallyHealthyNews.com

The Most Complete Multi-Vitamin For All The Family with over 100+ nutrients



Up to 10X better than anything else on the market
Up to 6 months supply for children and 30-60 days for adults

- **Best Seller** - Busy lives, poor diet, stress and the demands of modern life can be helped with the 90 powerful nutrients that traditionally were found in the food chain.
- **Researched** - The ingredients have been researched and used for eye health 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


Good Health Naturally®
Because it Works!

Is vegan keto what today's ketogenic diets are missing?

'Let food be thy medicine and medicine be thy food'

A recent meta-analysis found that eating vegan keto — free from animal products and high in vegetables, avocados, nuts, tofu, and other plant foods — may be the best diet we can eat for longevity. A “balanced” low-carb diet came next, followed by the traditional ketogenic diet rich in animal fats, and then the “balanced” high-carb Western diet ranking worst of all.

How does the ketogenic diet work?

The true ketogenic diet is high-fat, low-carb, and moderate protein:

- Like other low-carb diets represented in the media, the high-fat, low-carb ketogenic diet encourages the body to use and burn fat instead of carbohydrates.
- The diet is called ketogenic because this process produces ketones, a by-product formed when the body burns its fat as its primary fuel for energy.
- The ketogenic diet is contrary to the typical Western diet, high in carbs, which burns carbohydrates for energy.

This effect was proven in a 2015 *Metabolism* study conducted on type 2 diabetics. In the study, the diabetic patients either went on a zero-carb diet or fasted for three days. While fasting created the most significant glucose and insulin drops among

diabetics, at 49 percent and 69 percent respectively, the zero-carb diet also had a noticeable effect, changing the glucose response by up to 71 percent. Researchers deemed both methods to be effective because of a lack of carbohydrates.

Cinnamon can be a helpful supplement for diabetics who've started eating vegan keto foods. Cinnamon regulates blood sugar and may promote weight loss around the abdomen; the potent spice extract can be taken with Chromax Chromium, confirmed to absorb better to decrease appetite and carb cravings, as well as Cacti-Nea™ Nopal, a 100-percent organic prickly pear extract that helps lower blood sugar and may ease water retention in up to 87 percent of people.

What are the benefits of the ketogenic diet?

The powerful adage, “Let food be thy medicine and medicine be thy food,” can be credited back to Hippocrates, the “Father of Medicine.”

Hippocrates' approach — using

fasting to control epileptic seizures — laid the foundation for today's ketogenic diet as we know it:

- By eliminating sugar and starchy carbohydrates and eating healthy fats, lean proteins, vegetables, and low-sugar fruits instead, we put the body into ketosis.
- Ketosis is a state of metabolism where the body burns dietary and body fat for energy.
- The switch to burning fat for fuel instead of glycogen from carbohydrates alters the body's metabolism to mimic fasting, helping to regulate insulin while providing anti-ageing benefits.

Here are some of the most powerful effects of the ketogenic diet, backed by clinical evidence:

- Balanced cholesterol.
- Cancer rehabilitation and treatment.
- Healthier ageing.
- Improved brain function.
- Longer lifespan.
- Seizure management (safe and





- often as effective as medication).
- Support for sleep disorders.
 - Therapeutic relief for mental illness.
 - Weight loss.
 - Zero apparent side effects.

Dr. William Lennox of Harvard Medical School, called the “Father of Paediatric Epilepsy” in the U.S., arrived on the scene in the 1920s, and the ketogenic diet began to take shape. Lennox found that several days of fasting could virtually eliminate seizures when the body was fuelled with fat, changing its metabolism.

In 1923, Dr. Russell Wilder of the Mayo Clinic in the U.S. further developed and coined his low-carb approach to ketosis as the “ketogenic diet.” Soon, Wilder’s colleague Dr. Mynie Peterman, a paediatrician also at the Mayo Clinic, created the nutritional ratios of the ketogenic diet for children.

Within years, the ketogenic diet was used as a successful treatment for children with epilepsy — with

95 percent of Peterman’s patients improving frequency of seizures and 60 percent eliminating seizures completely.

Keto vs. paleo vs. balanced diets: What’s the difference?

The paleo diet, a.k.a. the caveman diet, looks a lot like the ketogenic diet — with a few key variations. Primarily consisting of vegetables, fruits, meats, nuts, and roots, the paleo diet often focuses more on meat and includes various meat options. While this approach looks similar to the ketogenic lifestyle, eating vegan ketogenic foods is ideal — and believed to be healthier — whenever possible.

Compared to the so-called “balanced diet,” the vegan keto diet looks much different. “Balanced diet” food groups like dairy and gluten-rich grains aren’t fit for human consumption. Many of us have had to rethink the favourite foods we’ve been told are good for us and have been eating for years.

To give an example, modern grains are dramatically different from the grains gathered and farmed by our ancestors. This is thanks to years of genetic modifications and commercial processing. No longer considered anything close to a “health food,” modern-day wheat has been linked to over 200 negative health conditions and has even been called cardiotoxic by some physicians and cardiologists.

Starchy carbohydrates, including whole grains, are behind almost all chronic and age-related diseases. Committing to regularly replenish-

ing nutrients may help repair or reverse some of this lifestyle damage: Supplementing a daily multivitamin containing vitamins and minerals like vitamins A, B6, D, iodine, magnesium, and zinc can decrease the risk of several cancers, mental health issues, some birth defects, arthritis, and high blood pressure, among many others.

Eating vegan keto foods isn’t a fad diet, and it’s not a Western diet. It’s also not a balanced diet. It’s a vegan ketogenic lifestyle that gives us the chance to understand how our body works and supply it with adequate nutrition, improving quality of life and reducing risk of disease.

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

Missing nutrients in pregnancy have major consequences

How to separate fact from fiction in prenatal nutrition

Most of us know we're lacking in critical vitamins and minerals because of the declining quality of our fresh foods. But young women may be most at risk, potentially deficient in seven of the eight key minerals we need to function. For women who conceive, this can affect pregnancy outcomes.

The average woman is low on seven out of eight essential minerals, compared to the average man lacking five out of eight. A 2018 Public Health England National Diet and Nutrition Survey conducted on 3,238 adults showed that women only received 66 percent of their recommended selenium, 68 percent of iron, 69 percent of potassium, 80 percent of copper and magnesium, 89 percent of iodine, and 97 percent of calcium.

An unborn baby's demands can make nutrient deficiencies worse or cause new imbalances, an effect a 2016 *Nature Reviews Endocrinology* study says may increase birth defects or other problems with development.

4 research-backed nutrients every expecting mother needs

Growing a baby without support from the right nutrients can have devastating results. Synthetic prenatsals don't provide life-sustaining solu-

tions. Prenatal vitamins are routinely recommended by doctors, but most, if not all, pregnant women aren't told that the synthetic forms of critical vitamins work more like drugs that actual nutrients.

Making changes to diet and seeking out scientifically-sound supplements is worth the effort during this time because a healthy baby depends on it:

1. 5-MTHF - Folate is a great example of misconceptions surrounding prenatal nutrition in the medical community. It's needed to ensure healthy development and reduce spina bifida risk. But folic acid, the form of folate found in many over-the-counter prenatal vitamins, is synthetically produced as the "drug" form of this vital nutrient. Like countless synthetic drugs, folic acid is not well-processed; due to a common genetic variation, unmetabolised folic acid is frequently found in many people. Folic acid is also completely useless if it's not in a form that can reach the brain. 5-MTHF, or active vitamin B9, is the patented and bioavailable form of folate — and the only type able to cross the blood-brain barrier. 5-MTHF, not folic acid, has been shown to reduce mortality in the pups of pregnant mice.

2. Astaxanthin - A carotenoid found naturally in algae consumed by marine life like lobster, shrimp,

and salmon, astaxanthin gives them their reddish colour. It works by improving blood flow, and it also has anti-inflammatory abilities. For men, astaxanthin can help improve sperm count and motility. For women, astaxanthin offers hope as a protective antioxidant that can keep healthy eggs from being damaged before they are fertilised and implanted; during pregnancy, astaxanthin can also stop preeclampsia from progressing. AstaReal® is the most studied astaxanthin, recently receiving rigorous USP Verified Dietary Ingredient certification. Ideally, astaxanthin should be supplemented with DHA to ensure optimal foetal development, a nourishing omega-3 fatty acid most pregnant women have been shown to be low on.

3. L-carnitine - A natural body substance and amino acid produced by the liver and kidneys, L-carnitine turns body fat into energy. Interestingly, low L-carnitine levels have been linked to infertility in men. This amino acid may also help to address age-related infertility in women. Supplementing L-carnitine with coenzyme Q10 could improve the odds of conception, especially for women struggling with decreased ovarian reserve as a cause





of infertility. And, carnitine crosses the placenta. As a result, L-carnitine deficiency can pose serious risk, with potential for slowed growth, organ defects, and low birth weight among infants. Deficiency could classify a pregnancy as “high-risk,” explaining why multiple studies support supplementing it.

4. Serrapeptase - For women suffering from fallopian tube problems known to increase infertility, a high-dose serrapeptase formulation can help combat scarring and inflammation — offering similar support for men to clear inflammation from their reproductive organs. Prescribed commonly by doctors in Europe, serrapeptase is also safe enough to use during pregnancy and while breastfeeding. Taking a proteolytic enzyme like serrapeptase can ensure a healthy pregnancy by helping to continually calm inflammation, and it may be one of the best ways to minimise pain and complications.

Along with targeted nutrients, changes in diet can have a profound impact on conception and pregnancy. A vast body of research shows that there’s little doubt that processed food, fast food, enzyme-depleted foods, alcohol consumption, smoking, and environmental toxins are all getting in

the way of creating healthy families.

Take missing nutrients & try at-home acupuncture to feel better

Nutrition is the pivotal piece of the puzzle for almost all pregnant women. But other natural treatments can also be used from conception to labour to ease discomfort, aches, and pains.

The American Pregnancy Association states that “acupuncture is generally safe regardless of a person’s medical history” for cases of infertility. Acupuncture is also useful during pregnancy, though it’s important to consult a doctor before treatment.

Those who swear by acupuncture say it doesn’t hurt, but electro-acupressure may be even gentler. Stimulating an acupuncture point like Liv3 — either with needles, massage, or electronic pulses using a handheld device — can offer relief in pregnancy and labour. Liv3 lies between the tendons of the big toe and the first toe, two thumbs’ width towards the top of the foot from the web. In 2016, Iranian midwives also learned that targeting Liv3 could help women with menstrual cramps lower their anxiety levels.

Recommended Products

ACTIVE LIFE™ CAPSULES

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



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.



L-CARNITINE PLUS COQ10

L-Carnitine and CoQ10 can support organ and cardio health, along with preventing fatty build-ups, especially in the heart and liver. Used to boost energy levels, it can support the fight against free radical damage. Suitable for vegetarians and vegans.



SERRAENZYME® 250,000IU

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



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



Healthy skin looks good – healthy joints feel even better

The amazing trick that makes stiff joints mobile again

The skin is the first to show signs of age. Next come the joints. But supplementing the right kind of collagen can calm and even repair wear and tear on the joints, working up to two times better to relieve pain than glucosamine and chondroitin.

How does it work? Seeking out a specific type of collagen that switches off the inflammatory response enables our body to start rebuilding broken-down cartilage

– potentially ending the cycle of chronic and painful joint deterioration. Mobility may also improve, along with a noticeable reduction in stiffness.

The only natural joint remedy with the power to regenerate

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

skin feel soft, springy, and smooth, and it sustains the rubbery cartilage that keeps joints limber.

Time is not on our side when it comes to maintaining the collagen levels that the skin – and the joints – need to stay youthful:

- Collagen can be broken down by external factors, like pollution and sun exposure.
- Collagen is further destroyed by a high-sugar, high-carbohydrate diet, when sugar abnormally reacts with proteins and fats in a process called glycation.
- If signs of collagen breakdown are already evident in the skin and joints, we need help from an outside source.

Inflammatory foods that break down healthy skin and joints are some of our Western favourites. Most of us have been eating sugary, starchy foods like pastas, cereals, white rice, potatoes, breads, pastries, and cookies for years. Since these foods are processed and devoid of nutrients, lacking essential phytochemicals and antioxidants needed to neutralise free radical damage, inflammation continues. Skin ages. Joints break down. Arthritis can occur if this inflammatory cascade isn't interrupted.

Diet is the one factor we can change that impacts these dangerous levels of inflammation:

- **Eating greens could protect against arthritis.** In 2013, British scientists isolated a compound in broccoli in the laboratory, called

sulforaphane, that may block joint-destroying enzymes to slow or prevent osteoarthritis development.

- **Red meat and milk may also be a trigger for joint damage.** American researchers learned in 2018 that a common strain of bacteria found in beef and milk may contribute to cases of rheumatoid arthritis for those with a genetic risk.
- **Eating a vegan ketogenic diet is ideal to lower inflammation and increase longevity.** Complementary research suggests that a gluten-free vegan diet could balance cholesterol and increase natural antibodies that fight against symptoms of chronic inflammatory disease, including rheumatoid arthritis.

For anyone who already has arthritis, eating an anti-inflammatory diet (rich in vegetables, dark-skinned fruits, healthy oils, and healthy carbohydrate alternatives) can show immediate effects to relieve joint pain or sometimes reverse the condition.

The other factor within our control is similar – it's what we supplement:

- **Foods rich in vitamin C are vital to support collagen synthesis.** Yet collagen production slows as early as age 25, even when eating the healthiest diet.
- **Eating foods like rich in vitamin C can help build collagen.** But to fully combat external and internal ageing, the most plentiful protein in our body can be more effectively supplemented.

- **Some forms of collagen are replacing glucosamine and chondroitin, widely used cartilage-repair compounds.** This concentrated collagen offers over two times the joint health benefits.

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

Type II collagen is one of the three main types of collagen in our body. Skin, bones, ligaments, and tendons contain types I and III. Type II is the one to pay attention to when we need to reverse physical ageing – it's primarily found in our joints and serves as a cushion.

BioCell Collagen is the type II collagen formulation clinically proven to refresh ageing skin and support healthy joints, made from a patented and highly-absorbable formulation of hydrolysed collagen type II, hyaluronic acid, and chondroitin sulphate. Since it's biologically active, BioCell Collagen may stimulate new growth in the skin. The hydrolysed collagen type II in BioCell Collagen has been shown to trigger cells to synthesise new collagen type II, with the potential to regenerate damaged cartilage.

How BioCell Collagen relieves painful ageing by up to 40%

When 89 study participants experiencing joint pain and discomfort took just 2 g of BioCell Collagen a

day, they experienced benefits almost immediately. After 45 days, 89 percent of the subjects saw their joint pain improve. Only one subject in the placebo group reported an improvement in their joint comfort.

Another randomised study group found that supplementing BioCell Collagen daily helped to reduce their joint discomfort by almost 40 percent within eight weeks, over a placebo.

This could be why taking a concentrated dose of type II collagen has been shown to be so much more effective. Compared to a regular 1,200 mg chondroitin and 1,500 mg glucosamine dose, as little as 40 mg of type II collagen may work twice as well to decrease day-to-day pain and increase flexibility. BioCell Collagen can be taken at up to 2 g a day for maintenance and the prevention of collagen breakdown, and especially where more advanced joint repair is needed.

Recommended Products

JOINT & SKIN MATRIX™

Joint & Skin Matrix™ is made with BioCell Collagen and uses a patented bio-optimised process, which ensures increased bioavailability and rapid absorption of the collagen.



Not vegetarian/vegan-friendly.

Sources

All references can be found at www.NaturallyHealthyNews.com



Here's why our skin is ageing so fast – and here's what to do about it

Spotlight on SilverSol: The superstar skincare ingredient for 2020

Is youthful skin bad for business? It certainly seems to be. Because of social media, the beauty industry continues booming. These products are easy enough to pick up at a drugstore or online, but studies show that even the pricier picks probably aren't working. Worse, personal care products and cosmetics are lacking surveillance, with skincare products ranking in the top three for adverse events.

Like prescription drugs, skincare products may fall short for one of two reasons:

1. Cosmetic companies make more money when customers seek – but don't get – results as promised, serving to increase profits.
2. Many commercial ingredients are widely used but not always well-researched; like drugs, some natural ingredients may work better

than synthetics, but consumers may not be aware of them.

As a 2015 *Marine Pollution Bulletin* study pointed out, the personal care products we choose don't just impact us. A product like a face scrub might release up to 100,000 minute "microbeads" with each use, expelling enormous amounts of plastic particles into our environment.

The problem occurs when we're using ineffective – and often toxic – products daily. It can be a waste of money; many leading anti-ageing or age-defying products' effects are only temporary. It can also hurt our health; popular preservatives like parabens are known endocrine disruptors that may also potentially cause chronic disease in our pets.

Customers want natural skincare that's credible: 4 standout ingredients

Continually using substandard products also means we're never getting to the root of what's really going on with our skin. The skin, our body's primary defense against the outside world, begins to age because of its function: It absorbs external free radicals that can cause wrinkles and speed up ageing.

Premature ageing can be caused by dehydration and inflammation too. Internal inflammation that becomes chronic, versus acute, releases free radicals that further break down the healthy skin barrier. At the same time, inflammation invites disease.

The *Nielsen Quick Screen: Claims Testing in Beauty* study, published in 2018, showed that more of today's consumers see natural skincare as a better choice, viewing traditional ingredients as more reliable. Most customers make a purchase decision at the intersection of "believable" and "unique." Customers also want distinct natural ingredients to meet their needs, as long as a com-

pound can be trusted.

Many customers looking for anti-ageing outcomes without the personal or environmental risk are turning to these ingredients after doing their research:

1. Coconut oil - Named a trusted classic ingredient in the Nielsen study, coconut oil helps smooth and hydrate dry skin. Coconut oil is also antibacterial. Along with addressing dehydration, one of the main causes of ageing, coconut oil can calm skin inflammation, especially related to eczema.

2. Hyaluronic acid - Hyaluronic acid, or HA, is a natural skin-plumper, helping the skin hold water when it penetrates its surface. Efficient in nutrient transport to skin cells, HA also prevents future signs of ageing by protecting against free radical damage caused by sun exposure.

3. SilverSol - SilverSol is next-gen colloidal silver known for its safety and efficacy, as well as its inflammation-calming, scar-reducing, and wound-healing abilities. SilverSol contains advanced nano-silver particles that can kill deadly bacteria in minutes, making it an important preserving skincare ingredient.

4. Vitamin E - Vitamin E is another classic skincare nutrient favoured by customers, based on Nielsen's study results. Topical vitamin E provides potent antioxidant protection for the skin, proven to hydrate and smooth with its water-binding properties.

Customers looking for natural skincare solutions are going to see a lot more of SilverSol in the coming year. Compared to other types of colloidal silver that might be found in age-preventing and skin-healing

products, SilverSol has been rigorously tested. Even when absorbed through the skin, SilverSol is flushed from the body within just 24 hours.

Metallic nano-particles coated with thin silver-oxide also make SilverSol more bioavailable -- more useful -- to the skin. Demonstrated in more than 400 independent studies and tests, as well as thousands of case studies, this unique nano-silver particle technology accomplishes more for less. Fewer SilverSol particles are needed to get the same effect from ionic or colloidal silver.

It helps to think of SilverSol skincare products as providing a gentle but firm barrier against bacteria and the environment. SilverSol can be applied with coconut oil, hyaluronic acid, and vitamin E for advanced skin healing or combined exclusively with hyaluronic acid in an anti-ageing serum. Healthy skin repair with continuous use is likely; case studies show noticeable skin renewal following severe burns and surgery after as few as 27 days.

Silky skin served with a side of stronger antibiotics and less disease

SilverSol is not only gentler and cheaper than many high-end skincare lines -- it's an age-old, doctor-recommended, and scientifically-backed alternative to pharmaceuticals.

Topical SilverSol applied as a gel has external benefits to decrease acne and dandruff; fight fungal infection of the feet, underarms, or vagina; and encourage sunburn and heat-burn healing. Using SilverSol gel also bolsters the immune system, offering internal benefits to cleanse the blood, clear the com-

mon cold, control kidney and bladder infection, and improve some cancer outcomes.

Silver was a therapeutic tool frequently used by Hippocrates, the "Father of Medicine." Currently, studies suggest that integrating silver could keep us vital in every sense -- accelerating skin renewal and even disrupting bacteria's metabolism to make modern antibiotics thousands of times more powerful.

Recommended Products

SILVER BIOTICS ADVANCED HEALING SKIN CREAM

A powerful combination of SilverSol®, coconut oil, vitamin E, and hyaluronic acid to support dry skin. SilverSol® is an advanced nano silver solution, coconut oil hydrates, and vitamin E reduces sun damage and signs of ageing.



SILVERBIOTICS® ANTI-AGEING FACIAL SERUM

Hydrate and soothe your complexion with our SilverBiotics® Facial Serum containing SilverSol® technology and hyaluronic acid that may help to heal and moisturise skin, as well as reduce blemishes and the signs of ageing.



HYDROSOL™ SILVER SPRAY & GEL

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



Sources

All references can be found at www.NaturallyHealthyNews.com

3 astonishing optical nutrients: All eyes on these

What it really takes to save vision from being lost to cataracts and AMD

Is it possible to beat blindness and age-related vision decline? With the right nutrients, absolutely.

More doctors are beginning to realise — and spread the message — that sight-restorative nutrition is critical. Intaking the nutrients to sustain healthy vision may be needed at an earlier age than we think.

German researchers learned in 2014 that age-related macular degeneration (AMD) can occur well before age 50. Up to 12 percent of the study subjects in the 35- to 74-year-old age group showed signs of early AMD. A quarter of AMD cases may also go undiagnosed, American researchers discovered in 2017, leaving many of us in the dark.

Other common eye problems can have a lasting impact: Cataracts have been genetically linked to Alzheimer's disease. These, along with other primary causes of visual impairment like glaucoma and diabetic retinopathy, have a major connection to our lifestyle and can often be traced back to nutritional deficiencies.

3 ways to stop the cycle of sight loss and start healing

Significant studies show making diet changes can reduce eye disease risk, with greater potential for prevention when we start supplementing sooner:

1. Astaxanthin.

Astaxanthin is nature's favourite and science's most powerful antioxidant, found in large quantities in the eye. We need astaxanthin as one of several key nutrients to naturally protect our eyes from daily exposure to UV light. Astaxanthin is also the carotenoid pigment in algae that gives lobster and shrimp their bright red colour.

Consider:

- Astaxanthin is produced by *Haematococcus pluvialis* algae, the same algal strain packed full of beneficial properties that NASA scientists were so intent on studying that, in 2019, they shot it into space.
- According to NASA scientists, astaxanthin is a highly active antioxidant that has great interest for human eye health, proven 6,000 times more powerful than

vitamin C and 550 times more powerful than vitamin E.

- Supplementing AstaReal® astaxanthin, the purified CO₂ extract with more than 60 clinical trials conducted on over 1,400 participants, offers our eyes the richest source available.

Docosahexaenoic acid (DHA) contributes to the maintenance of normal vision and pairs well with AstaReal® astaxanthin to alleviate eye fatigue and disease. A daily dose of DHA may stop blood vessel growth in cases of AMD; daily astaxanthin use may benefit the estimated 88 percent of office workers experiencing eyestrain and up to 23 percent of schoolchildren suffering from video-game-related eye fatigue. Out of the 400 peer-reviewed studies on astaxanthin, AstaReal® is the most-researched.

2. Lutein.

Lutein is another important eye nutrient, also a carotenoid antioxidant, found in high concentrations in the macula. Taking a multivitamin that contains lutein and zeaxanthin, as well as consuming other sources of

prevent injury to the retina caused by the drugs better than ordinary lutein.

3. Zeaxanthin.

Like lutein, zeaxanthin is also a carotenoid antioxidant found in most fresh produce; antioxidant levels are especially high in green, leafy vegetables. Lutein and zeaxanthin's protective properties have been shown to be almost 10 times more powerful in shielding healthy cells from UV damage than another eye-protective antioxidant, vitamin E.

Consider:

- Zeaxanthin works alongside lutein to maintain the structural integrity of blood vessels that supply the macula to protect against photo-oxidation.
- Our body also doesn't produce zeaxanthin on its own. Intaking zeaxanthin in the diet and in supplement form is highly recommended.
- Created by the same manufacturers as FloraGLO® Lutein, ZeaONE® Zeaxanthin is free-form (preferred by our body) and identical to what's naturally found in colourful fruits and vegetables.

Taking liposomal lutein and zeaxanthin gives us large amounts of the nutrients we can absorb and use. Supplement lutein and zeaxanthin in a sublingual liposomal formula, in combination with other super-nutrients and antioxidants like vitamin A, vitamin D, vitamin E, vitamin B6, vitamin B12, biotin, iodine, and zinc, and their protective potential greatly increases.

A carotenoid a day could keep the doctor away (and ophthalmologists agree)

the carotenoid in green, leafy vegetables and yellow plant pigments, can support good vision at any age – and for the whole family.

Consider:

- In nature, partner nutrients lutein and zeaxanthin appear to absorb excess light energy to prevent damage to plants from too much sunlight, especially from high-energy rays called blue light.
- Lutein is not produced by our body; to prevent permanent vision loss, we must glean this anti-inflammatory carotenoid from food and nutritional supplements.
- FloraGLO® Lutein remains the most researched brand of lutein in the world, with over 80 clinical studies to back it.

New 2019 research from New Zealand shows that liposomal lutein may be the way to supplement. Administering lutein to rabbits with retinal damage from chemotherapy drugs via liposomes, the minute bubbles that mimic the intuitive delivery system in our body, helped

Many patients have noticed ophthalmologists prescribing vitamin and antioxidant supplements in the last 10 years, and there's a reason. Major studies, like the Age-Related Eye Disease Study (AREDS) and AREDS 2, have successfully proven that long-term, daily supplements support better eye health, in quantities we're not likely to get from food.

Make no mistake — a healthy diet matters. A systematic analysis of 18 well-conducted studies, published in the *Clinical & Experimental Ophthalmology* journal in 2018, showed that avoiding inflammatory Western foods can decrease the progression of AMD.

As can a daily multivitamin. Supplementing clinically backed carotenoids may cut advanced AMD risk by up to 25 percent compared to not taking a supplement.

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.



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

What dentists wish every patient knew about cavities

How to pack a one-two punch and beat gum and heart disease

Healthy teeth and gums aren't just great to look at — they're the cornerstone of heart health. Now, researchers say that where there's poor oral hygiene, our cognitive function, cancer risk, and even glucose tolerance may also be affected.

Bad bacteria: They move effortlessly from the mouth to the brain

Evidence from new studies show:

- In 2019, American researchers learned gum bacteria can emit toxins linked to aspiration pneumonia, rheumatoid arthritis, and Alzheimer's disease.
- Another 2019 study conducted by Swedish researchers showed that undiagnosed diabetes spikes the risk of periodontitis and heart attack, complementing the relationship detected in earlier studies where gum disease treatment was used to lower diabetics' blood sugar levels.
- American researchers also discovered in 2018 that severe gum disease raises cancer risk by 24 percent, with the most risk seen in cases of lung and then colorectal cancer.

Gum or periodontal disease may also be referred to as gingivitis. Gum disease begins as bacteria grow rampant. Bacterial plaque builds up on our teeth and feeds on our food and drinks to create its own bacterial acids.

When acid strips minerals from healthy tooth enamel, it can create a cavity. Cavities and gum disease left untreated — because of poor nutrition or lack of care — may result in the destruction of healthy gum tissue and, soon enough, tooth loss.

Advanced gum disease, or periodontitis, then circulates infection. Physicians have known for years that heart attacks are also caused by infection of the heart muscle. How does this infection move to the vulnerable muscle of the heart? Diseased gums breed infection that can spread to arterial blockages, especially in the carotid artery.

In cases of Alzheimer's disease and cancer, the effects are also systemic. When conducting their 2019 study, American researchers observed evidence that the toxins produced by the periodontitis bacteria *Porphyromonas gingivalis* travelled from the mouth to the brain. The same went for the 2018 study on cancer; there, American researchers found oral bacteria associated with periodontal disease in colorectal cancer tissue.



4 really simple ways to improve health by neutralising gum disease

These proven strategies can be used by the whole family to help support healthy teeth, cells, hearts, and brains:

1. Start chewing xylitol. Xylitol chewing gum reduces the development of cavities by both cleaning the teeth and releasing xylitol to inhibit the formation of plaque. It's particularly effective when used after meals. Xylitol blocks plaque formation by forming complexes with calcium and saliva proteins to remineralise tooth enamel.

This helps reduce cavities, as well as detaching and removing any existing plaque deposits. A 2016 *Archives of Oral Biology* study confirmed xylitol's ability to decrease oral bacteria and prevent cavities, while sucrose had the expected and opposite effect.

2. Stop eating sugary foods and drinks. Sugary foods and starchy carbohydrates that are converted to sugar by the body can increase dangerous levels of inflammation. These "junk" carbs, which may include cookies, cakes, and candies



along with starchy foods like refined flours and pastas, breads, potatoes, rice, and yams, have been proven to damage our dental and overall health.

The higher the glycaemic index of a starchy carb, the more likely it is to lower dental plaque acidity, raise blood sugar, and, ultimately, contribute to systemic disease. While dietary changes are imperative to protect the teeth, rubbing coconut oil rich in antibacterial lauric acid on the gums may work as well as the active ingredient in many commercial mouthwashes to fight the bacteria that causes tooth decay.

3. Start supplementing enzymes. Coenzyme Q10 is a protective vitamin-like enzyme found in almost all plant, animal, and human cells. As our body's powerhouse antioxidant, CoQ10 has great potential to treat inflammatory periodontal disease. For decades, researchers have known that patients with periodontal disease may also have a coenzyme Q10 deficiency.

Coenzyme Q10 is best taken as ubiquinol, a form that's eight times more absorbable, to correct deficiency and protect gums from disease. Derived from the world's most

researched and recognised CoQ10 formulation for the past 30 years, Kaneka Ubiquinol™ is the next-generation coenzyme Q10 confirmed to be better absorbed than conventional CoQ10. The potent proteolytic enzyme serrapeptase can also be used alongside CoQ10 to protect against Alzheimer's, support cancer recovery, fight infection, and calm gum inflammation.

4. Stop mineral loss from destroying teeth. This last one is easy since most families already aim to brush and floss at least once a day. For the most effective daily cleaning, using spiral rubber brushes and a mouthwash twice per day is recommended.

A natural toothpaste that contains ionic core minerals and the safe sugar alcohol xylitol can help to freshen breath, prevent cavities, and whiten teeth – without any of the artificial flavours, colours, or preservatives that kids may swallow. These ingredients can help to remineralise tooth enamel, strengthening and protecting against tooth decay. Hydrogen peroxide can be used as a mouthwash rinse to ward off the bacterial infection that causes periodontal inflammation and disease.

It's common knowledge in medical and dental communities that heart attacks are often caused by infection in the heart muscles that enters through diseased gums. Unfortunately, this "common" medical knowledge isn't as well understood by the rest of the world. But well-trained dentists are sharing truths from the latest research: Diseased gums open the door to infection in the bloodstream. Infection can move quickly if our body is already vulnerable and inflamed.

Recommended Products

SERRAENZYME® 250,000IU

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



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.



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, or preservatives, and no sodium lauryl sulfate.



SILVERBIOTICS® TOOTH GEL

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



XYLITOL CHEWING GUM

Available in spearmint, peppermint, cinnamon, fresh fruits & cranberry. Can help to reduce dental plaque. 100% Xylitol, all natural, no aspartame/nasties.



Sources

All references can be found at www.NaturallyHealthyNews.com

Cutting corners on vitamins costs more than we think

Cheap supplements + daily use = largely ineffective

Today's modern food crisis is unique. We're eating a lot more processed food, and in our healthy food supply, vitamins and minerals have gone missing. Now the recent phenomena we're seeing make sense.

Just this year, a 17-year-old boy was the first in the UK to go deaf and blind because of a crisp, chip, and processed food diet. Eating these foods daily for more than 10 years as the result of a rare Avoidant Restrictive Food Intake Disorder (ARFID) created Nutritional Optic Neuropathy (NON), hearing loss, and weak bones.

Could more vitamins on a limited diet have saved the teen's sight? According to a new study from the *Annals of Internal Medicine*, it's not likely if he was taking over-the-counter nutrients.

Why popular supplement brands don't prevent heart disease or lengthen life

As American researchers from Johns Hopkins Medicine learned in 2019, brand-name vitamin and mineral supplements won't hurt us, but they might not do the good that they advertise.

Fifty-two percent of people take a vitamin a day, adding up to \$31 billion spent each year. Of all the commercial supplements tested, only omega-3s performed well, reducing heart attack risk by 8 percent.

In the 277 clinical trials analysed, some were drug company funded, others were incomplete, and others were performed without an adequate un-

derstanding of nutrition. But countless independent studies confirm the benefits of nutritional supplements, provided they're well-researched and can back their claims.

Here's what might happen if we start to replace what's missing

Extreme cases of nutrient deficiency can be avoided. Diet changes matter, and so does supplementing a concentrated multivitamin that can not only maintain daily energy levels but can ward off long-term loss of sight.

These are just some of the benefits:

- Daily iodine can make a dent in our worldwide iodine epidemic — addressing the number one cause of preventable global brain damage.
- Replenishing vitamin D can correct an all-too-common deficiency — reducing risk of Alzheimer's, colds, flu, diabetes, heart disease, osteoporosis, lupus, and some cancers.
- Increasing folic acid is a must for the many people who can't process it, and especially pregnant women — absorbing Quatrefolic MTHFR as the superior form of the B vitamin able to cross the blood-brain barrier.
- Supplementing the carotenoid antioxidants lutein and zeaxanthin is endorsed by major studies — supporting vision and reducing risk of potentially blinding eye disease.

Research shows that better health

comes from better supplements, and better supplements have better bioavailability. When a nutrient is bioavailable, it's full of life — formulated in a way that's welcomed by our body. We can only get well and stay well when we're taking supplements our body has been proven to be able to use.

Recommended Products

ACTIVE LIFE™ CAPSULES

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



NASCENT IODINE

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



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.



Sources

All references can be found at www.NaturallyHealthyNews.com

IN JUST 11 DAYS, NATURAL SPICE STOPS 96% OF CHILDREN'S BONE CANCER

Plus 6 more exciting reasons to start taking curcumin

Now there's even more evidence of curcumin's natural ability to kill cancer. American researchers learned in 2019 that the active compound and potent phytochemical found in turmeric may help stop bone cancer growth and could be a legitimate alternative to chemo for the second deadliest childhood cancer.

Curcumin's proven anti-inflammatory, antioxidant, and bone-strengthening properties were credited for its ability to decrease osteosarcoma growth by up to 96 percent. Curcumin stopped fatal bone cancer growth, while helping healthy bone cells to regenerate within 11 days.

6 studies show why everyone should take the inflammation-busting spice

With over 1800 online studies supporting its use, this is just a sample of curcumin's healing potential:

- 1. Alzheimer's disease.** According to a 2015 *Journal of Alzheimer's Disease* study, curcumin can enter the brain, bind to, and destroy beta-amyloid plaques in cases of Alzheimer's, reducing toxicity.
- 2. Bacteria.** A 2016 *Respirology* study demonstrated that, because it can stimulate human immune cells called macrophages, curcumin may be useful in overcoming drug-resistant tuberculosis.
- 3. Diabetes.** Curcumin shows promise in treating type 2 diabetes, based on a 2019 *Phytotherapy Research* study, decreasing complications by lower-

ing patients' triglycerides and markers of inflammation.

- 4. Muscle recovery.** In 2014, European scientists gave 19 healthy men curcumin for 28 days, documenting a noticeable drop in post-workout soreness and muscle damage.
- 5. Other cancers.** When researching one of the deadliest cancers in 2012, German scientists found that curcumin can stop prostate cancer metastasis, with related benefits for breast, liver, lung, and colorectal cancers.
- 6. Weight loss.** In 2009, USDA nutritionists observed that curcumin helped reduce body weight gain and body fat in mice over 12 weeks – all without changing food intake.

Curcumin can shut down the acute inflammatory reaction almost completely. Blocking inflammation has application to treat inflammatory conditions like osteoarthritis, Crohn's disease, IBD, obesity-related disease, and heart disease.

Turmeric vs. curcumin: Does it really matter?

Over 100 components have been isolated from the turmeric plant, with curcumin being the most powerful. Curcumin is thousands of times more active than the turmeric spice.

But curcumin from turmeric isn't well-absorbed. In the bone cancer study, researchers in the U.S. bypassed this issue of inefficacy by encapsulating curcumin

as a liposome – supplementing it in a highly-absorbable delivery system that replicates the carrier mechanism in our body. Supplying the brain with both liposomal curcumin and resveratrol, a potent antioxidant-like polyphenol, may offer extra support for Alzheimer's and Parkinson's disease.

Meriva® Curcumin is the capsule form of the compound to look out for. Standardised to increase its total curcuminoid content by up to 22 percent, Meriva® Curcumin is the most clinically studied curcumin extract proven to provide a significant edge over ordinary turmeric – with nearly 30-fold better absorbability.

Recommended Products

CURCUMINX4000™

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



BRAINPOWER™

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



Sources

All references can be found at www.NaturallyHealthyNews.com



Try cinnamon now and control blood sugar later

Testimonial: Ceylon cinnamon works ‘miracles’ on diabetic feet

Cinnamon is warming and holiday-scented. For diabetics, pre-diabetics, and anyone at the mercy of blood sugar spikes, there are powerful benefits to be had for not just eating, but supplementing, the pure form of this spice.

Already proven to speed up glucose transport, helping maintain blood sugar levels and decrease risk of diabetes, Ceylon cinnamon, or true cinnamon, may also have profound impact on foot pain, according to some diabetic users.

“It really helped with the pain in her feet, which now has gone,” a man who bought Ceylon cinnamon for his diabetic wife explains. “At the same time, I am also taking the capsules to help with my joint pains, and [it] has done miracles -- no more pain.”

Everything we need to know about Ceylon cinnamon, in one place

Ceylon is one of two types of cinnamon: A high-quality extract, Ceylon cinnamon is found in premium supplements. Cassia cinnamon is what’s seen in cheap supplements, candies, and cakes.

Pure Ceylon cinnamon is grown in Sri Lanka, derived from the *Cinnamomum verum* trees. Cassia cinnamon may be more pungent – hence, why it’s often used to punch up the flavour of low-cost supplements -- but Ceylon cin-

namon is what Egyptians valued more than gold in ancient times.

Rare and multifaceted for both cooking and healing, Ceylon cinnamon contains 63 times less coumarin compared to Cassia cinnamon, an organic plant compound that can raise liver cancer risk in high doses.

Multiple studies demonstrate Ceylon cinnamon’s ability to:

- **Bring blood sugar into balance.** Cinnamon can help to improve insulin function and increase levels of a peptide that may prevent blood sugar spikes and over-eating. Sri Lankan researchers learned in 2012, when examining rats induced with diabetes, that supplementing *Cinnamomum zeylanicum*, or Ceylon cinnamon, helped decrease food intake, improve lipid parameters, and lower blood glucose.
- **Promote easy weight loss.** Losing weight can become more difficult, especially after 50. Since cinnamon is able to control blood sugar and food cravings, it can be a valuable tool for weight maintenance. Cinnamaldehyde, a compound found in Ceylon cinnamon bark responsible for its aroma, was proven in a 2017 *Metabolism* study to ramp up metabolism by directing fat cells to burn energy.
- **Protect the heart from damage.** Cinnamon also has multiple heart health benefits. The spice

contains numerous antioxidant compounds that can promote optimal blood vessel health and support heart function. For patients currently using statins and hoping to decrease their dosage, Ceylon cinnamon has been used alongside statins to equally and effectively treat hyperlipidaemia, or high cholesterol, considered a heart disease risk factor.

- **Regulate healthy blood pressure.** Millions of people struggle with high blood pressure worldwide, an early indicator of several serious diseases. But beginning in 1975, when our current body of research on Ceylon cinnamon was first documented, scientists have confirmed its heart-protecting and blood-pressure-stabilising effects. What Chinese researchers learned decades ago matches modern studies that demonstrate Ceylon’s impact on the cardiovascular system.
- **Sharpen and strengthen the brain.** In 2013, researchers from the University of California in the U.S. discovered that cinnamon may have the power to protect the brain against degenerative disease. Two compounds isolated in cinnamon, cinnamaldehyde and epicatechin, may help delay – or ward off -- the onset of Alzheimer’s. Ceylon cinnamon has also shown promise in improving memory for dementia sufferers, related to its antioxidant activity.

And what about Ceylon’s reports of “miraculous” pain relief? Research backs this too.

Used to numb pain for thousands of years by practitioners of Ayurvedic medicine, Ceylon cinnamon can effectively fight inflammation. Recent studies confirm Ceylon’s ability to block proinflammatory cytokines and offer anti-arthritis benefits. Calming inflammation in arthritis



and other conditions may interrupt the cycle of chronic pain.

Support the anti-diabetes spice and take advantage of 2 bonus nutrients

Complementary nutrients are the ones we don't want to overlook. Many times, they can restore health to parts of the body that have been injured by diabetes:

1. Curcumin. Research suggests that cinnamon taken alongside curcumin (the active antioxidant found in turmeric that is thousands of times more powerful) may provide even more reach to regulate blood sugar. By decreasing blood glucose levels, curcumin could help prevent or manage diabetes and its complications. Meriva® Curcumin is the most clinically studied form of the compound -- delivered in a patented proprietary phytosome technology and proven useful in managing

diabetic microangiopathy, where small blood vessels weaken.

2. Serrapeptase. The anti-inflammatory proteolytic enzyme serrapeptase works alongside cinnamon to curb inflammation from the environment, stress, or a processed food diet. Serrapeptase can also restore healthy blood flow, critical in cases of diabetes. And, its known ability to ease swelling and encourage wound healing can provide added pain relief. Taking a unique Meriva® Curcumin, serrapeptase, vitamin D, and ecklonia cava blend may help improve insulin resistance and offer more protection against inflammation.

Likewise, supplementing Ceylon cinnamon with its partner nutrients — minerals and herbs like chromium, bitter melon, American ginseng, fenugreek, nopal, and gymnema sylvestre — may make a difference. For example, Chromax Chromium is just one of several specialised compounds that add to Ceylon's bene-

fits: Those who take Chromax Chromium, backed by over 35 human clinical studies, may improve their glucose metabolism and see significant reductions in caloric intake, carbohydrate cravings, and appetite.

Recommended Products

SERRANOL®

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



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.



Sources

All references can be found at www.NaturallyHealthyNews.com

Serrapeptase saves pets from paralysis & children from surgery

‘They gave her two weeks to live.’

A few years ago, Esk, Rosi McNab’s very active 7-year-old black Labrador, started losing her ability to walk. “The lameness varied from leg to leg,” Rosi says. “One day, it was rear right, the next day front left, continuing until she couldn’t get in and out of the car. She was unwilling to walk more than about 10 yards and had to be lifted up steps.”

“Since we live in rural Scotland, I suspected it was Lyme’s disease.”

The problem: Over-prescribed pet meds leave Esk fighting for life

Concerned with Esk’s quick decline, Rosi made a vet appointment. But after examining Esk, they weren’t convinced. Even worse, nothing was working.

Rosi says Esk’s veterinarian tried methods like:

- A course of antibiotics.
- A referral to an animal hospital.
- Extensive – and expensive – tests.
- A steroid prescription, following a diagnosis of arthritis.

Rosi saw first-hand that Esk’s many treatment options were largely ineffective. Worse were the side effects. “The steroids turned her into a bug-eyed-food-seeking missile,” Rosi says. “She stole food for the first (and only) time in her life off the

kitchen table.”

From there, medication use escalated. Esk was prescribed tramadol to help calm her down, which, according to Rosi, turned her into a zombie-like food-seeking missile, no longer recognisable as the lively and loving dog she used to be.

“Then they gave her two weeks to live. So I purchased some serrapeptase.”

The solution: Serrapeptase super- enzyme supports ‘miraculous’ healing

In the 1960s, Japanese scientists first isolated serrapeptase when they were studying the silkworm and its ability to use the enzyme to dissolve its rock-hard chrysalis. It’s now laboratory-produced using the friendly *Serratia E15* enterobacteria in a plant medium. Serrapeptase has been prescribed by doctors in Europe and Asia for over 40 years.

In 2000, Robert Redfern, author, nutritionalist, and broadcaster, introduced serrapeptase to the internet, making healing for chronic pain and chronic illness possible, affordable, and available. “I gave it to various clients suffering the types of condition shown in the 23 studies I could find on serrapeptase,” Robert says. “Not only did it work as shown in the studies, but it worked better with higher dosages.”

Serrapeptase has been shown to:

- Dissolve non-living tissue, blood

clots, cysts, arterial plaque, and inflammation, addressing the key causes of the majority of ailments.

- Help the body’s natural and healthy processes to function as they should, while reducing pain.
- Offer safe use during pregnancy/breastfeeding and for pets; in the lowest dose, it can work well for children.
- Provide a wide range of proven benefits for Alzheimer’s disease, asthma, bronchitis, breast engorgement, carpal tunnel, sinusitis, swelling, and wound healing.
- Successfully replace anti-inflammatory drugs and bypass operations, in some cases, with no known side effects or interactions.

Rosi was familiar with the power of serrapeptase for internal cleaning: She’d been taking a serrapeptase formulation for years. Using a daily dose of serrapeptase combined with digestive enzymes, antioxidants, and nattokinase (another powerful proteolytic enzyme with anticlotting abilities), Rosi has received support for arterial and circulatory health and help for long-term blood pressure maintenance.





Rosi decided to order serrapeptase's pet formula to give Esk a shot at natural healing. As it's known to, the serrapeptase worked quickly. Frequently given to pets with arthritis and joint stiffness — common among ageing dogs and horses — user reports show daily serrapeptase to be potent enough to break down growths and clear cancerous inflammation.

The results: ***Serrapeptase restores function and erases 'mystery' disease***

"In three weeks, Esk was enjoying walking and swimming," Rosi says. "Two years later, she can jump in and out of the car, demands a long and quite rigorous daily walk (which is good for us at 79 and 81), and adores swimming in rivers, lochs, and big waves in the sea."

Esk's rapid recovery matches the many incredible accounts of other serrapeptase users:

- **Heart problems requiring blood pressure medication** – After getting her pacemaker put in, Heidi opted not to take statins and de-

cided to start taking the special serrapeptase/nattokinase antioxidant blend instead. Since then, she hasn't had any problems. "I absolutely love the product! At every check-up, the doctors say I am doing great."

- **Scar tissue requiring surgery** – "My daughter unfortunately had a botched airway surgery two years ago that caused massive scarring," Brenda says. "About three months after starting the supplement, my daughter stopped having episodes of cyanosis! She still has a lot of scar tissue, but I'm really happy to see her progress. If we had not done the serrapeptase, my daughter would have required an airway reconstructive surgery."
- **Sinus blockages requiring an inhaler** – "I'm only 24 hours into taking serrapeptase for the first time but have already experienced positive benefits," Mike explains. For the first time in more than 40 years, Mike didn't have to take a puff of his Ventolin inhaler to clear his sinuses upon waking. "For most of my adult life, I've blown my nose constantly for an hour after getting up to clear my sinuses,

but this morning, no handkerchiefs were necessary."

Now that Esk is back to her best health, Rosi continues to share the solution where it's needed. An elderly dog in her family was on various prescription drugs and, after Esk's turnaround, was taken off and put on serrapeptase. "She's now enjoying a very active life at nearly 14 years old," Rosi says.

Recommended Products

SERRAPET®

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



SERRAENZYME® 250,000IU

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



BLOCKBUSTER ALLCLEAR™

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



Sources

All references can be found at www.NaturallyHealthyNews.com



Robert's Rant

Why good health is not a human right – it's a responsibility

10 principles to live by that may actually make our world a better place

"Charity begins at home" is an old proverb, likely passed down from thousands of years ago. Human civilisations have come and gone for over the past 200,000 years (or more), and it was certainly written over 10,000 years ago by the Sumerians. The word "charity" was defined and written around 700 years ago by English writers, but the concept is the basis for all human survival.

The answer to the question, 'Why are we here?'

Research shows that humans have existed in their current form for "at least" 200,000 years.

Why did these civilisations come and go over this last 200,000-year period?

- The civilisations may have diminished, but the people who lived in them and survived are still here today.
- We are genetic descendants of the females who lived and survived these civilisation collapses.
- Genes can only be tracked

through the female mitochondrial DNA, and all present-day humans are tracked back to Africa.

So why are we here today?

- Simply because females made homes and took care of their family to ensure they survived.
- Men are important for obvious reasons, and those who took the better care of the family groups thus assured survival -- and we are living proof.
- The groups that were smart enough to see danger from staying in one place would move with their families to safer places. This is human intelligence.

The billions of existing people throughout the world are all genetically linked to females from Africa. Every 8,000 years, research shows genetic changes take place in the mitochondrial DNA, depending upon the environment which produced various traits. No matter how different every human on earth looks, the mitochondrial DNA shows they all came out of Africa 2-300,000 years ago.



Charity begins at home (and helps extend the human race)

Most people think of "charity" as an external concept, but it's simply defined as the practice of being benevolent, meaning disposed to do good. So, the proverb "charity begins at home" just means "disposed to do good at home." Intelligent humans (our ancestors) were disposed to do good for their home and their children, and so ensured our place in history today.

Our ancestors had to have "at least" 2.4 children per family to ensure our place in present day. Having 2.4 children in a healthy environment creates a small increase in numbers. And, they had to be part of a large group to enable genetic diversity and to prevent inbreeding.

Survival also begins at home (where family size matters)

In truth, our ancestors would have had to have more than 2.4 children,



as is the case in developing nations who may need 3.4 or more depending upon the health of the mother and children.

Various developed countries have shrinking populations, and Sweden as an example has as few children as 1.4 per couple. The Swedish family size has been declining for a hundred years and, by falling into steep decline in the past 30 years, is now considered past the point of no return. The white Swedish population is expected to die out in the next fifty years.

Rights or responsibilities? 10 new guidelines to change our quality of life

I have always considered that to have human rights, we first must be responsible.

Imagine if the Declaration of Human Rights was changed to responsibilities, and we all had to sign it before we could vote. It may say:

1. I have a responsibility to achieve and to maintain good health and fitness throughout my life and to try to remain an asset rather than a burden to my family and community.
2. I have a responsibility to teach my children to maintain health and fitness throughout their lives.
3. I have a responsibility to use whatever skills and abilities I possess to earn enough income to ensure that my dependants and I can fulfil 1 and 2.
4. I have a responsibility to expose the crimes against humanity committed by the Food and Medical industry and other deep state organisations.
5. I have the responsibility to vote out the politicians who accept payments from the Medical and Food Industry and other deep state organisations and to give my vote to the responsible men and women who are incorruptible and who work only for the common good and for my rights and responsibilities.
6. I have the responsibility to monitor the misinformation in the media that leads to the corruption of our health and rights and to protest by letter, telephone, or email whenever I see untruths being reported and advertised.
7. I have the responsibility to conduct myself in a manner that does not bring hurt or suffering to myself.
8. I have the responsibility to conduct myself in a manner that does not bring hurt or suffering to all others, except where it conflicts with 1-7.
9. I have the responsibility to demand my human right to earn enough income, access true information, and freely purchase whatever I deem beneficial for my good health and the freedom to ensure my responsibilities in 1-8.
10. I have the responsibility to take all appropriate actions to ensure that no persons shall infringe my rights in 9.

I'm a dreamer, I admit. But I am also a dreamer wanting to help as many people as I can to beat disease and to keep them from staying enslaved to the Pharma/Medical Cartel.

Take good care,

Robert Redfern



Popular antibiotics could cause 2 serious heart problems, new study says

Are antibiotics what's making us sick?

Here's some news that may have us questioning our latest prescription: Canadian researchers just detected the first link between two different heart issues and fluoroquinolone, one of the most prescribed types of antibiotics.

The study, published in the *Journal of the American College of Cardiology* in 2019, showed that Ciprofloxacin or Cipro (fluoroquinolone antibiotic) users had a 2.4-times higher risk of mitral and aortic regurgitation – with the biggest window of danger occurring within 30 days.

Doctors may lean toward fluoroquinolones because of their enhanced absorption and antibacterial ability. But along with increasing the odds of blood leaking backward into the heart, fluoroquinolones have also been associated with acute aortic disease and double the risk of acute kidney disease.

More new findings on antibiotics: Scary side effects for women

Another 2019 study, this one published in the *European Heart Journal* and the largest to research the relationship between antibiotics and heart disease/stroke to date, examined close to 36,500 women. Those 60 and older who had taken a course of antibiotics for two months or lon-

ger had the highest chance of developing heart disease. Risk also rose in the middle-age group but not for younger women from ages 20 to 39.

Women taking antibiotics for two months or more later in life may have a 32-percent greater likelihood of getting heart disease compared to not taking antibiotics. Stroke risk also increases.

Antibiotics disturb the gut microbiome, destroy protective bacteria, and make room for pathogens to cause disease. Gut alterations can also create inflammation, leading to narrow blood vessels, stroke, and cardiovascular disease (CVD).

Probiotic payoffs: Boost heart health in 3 important ways

Routine antibiotic use wipes out a well-populated gut, but daily probiotics can replenish, with several key benefits to support a heart that's hurting:

- 1. Balance blood pressure.** A 2017 MIT study in the U.S. proved that beneficial gut bacteria — using a soil-based *Lactobacillus* strain — can prevent high blood pressure, interrupting inflammation stemming from a high-salt diet.
- 2. Maintain healthy cholesterol.** *Lactobacillus* is known to support

heart health and, as confirmed in a 2017 *PLoS One* study, can also successfully reduce LDL cholesterol levels.

- 3. Reduce risk factors for CVD.** *Bacillus subtilis*, another hardy soil-based organism (SBO), showed promise to suppress heart disease among diabetics in a 2016 study conducted in Egypt.

When we don't have friendly bugs in our guts, our hearts are vulnerable to damage. This can be made worse by taking antibiotics. Where antibiotics break down the gut's defence, SBOs rebuild. Supported by more than 37 years of research and 700 pages of clinical trials, bio-identical SBO probiotics may even act as a natural chelating agent to remove heavy metals and revive the cardiovascular system.

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.



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

VEGAN KETO BAGELS

Tasty vegan keto bagels are the low-carb, gluten-free, egg-free, nut-free, and dairy-free answer for a delicious breakfast.

Prep time: 10 min.

Cook time: 40 min.

Total time: 50 min.

Serves: 1

INGREDIENTS

1/2 cup (56 g) ground flaxseed
1/2 cup (112 g) tahini
1/4 cup (20 g) psyllium husks
1 cup (240 ml) water
1 tsp. baking powder
pinch of salt (add up to 1 tsp. if using unsalted tahini)
optional sesame seeds for garnish

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. In a mixing bowl, add psyllium husk, ground flaxseeds, baking powder, and salt and whisk until thoroughly combined.
3. Add the water to the tahini and whisk until combined.
4. Stir the dry ingredients into the wet and then knead to form the dough. It's important that everything is kneaded thoroughly, and that the dough is uniform.
5. Form patties by hand that are about 4" in diameter and 1/4" thick. Lay on a baking tray and cut a small circle from the middle of each round. Use the bigger end of a large pastry tip (that would normally be used for piping frosting). Or, use a doughnut pan for this step, which makes everything much easier.
6. Add sesame seeds and bake for around 40 minutes, until golden brown.
7. To enjoy, cut in half and toast like a normal bagel. Then top as desired. Enjoy.



VEGAN LOW-CARB STRAWBERRY COCONUT CHIA PUDDING

This delectable strawberry coconut chia pudding only needs five ingredients and makes for a healthy vegan breakfast.

Prep time: 15 min.

Cook time: 15 min.

Total time: 30 min

Serves: 3

INGREDIENTS

- 3 tbsp. chia seeds
- 1 cup almond milk
- 1 tsp. vanilla extract
- 1 can full-fat coconut milk, refrigerated

Strawberry jam:

- 1 cup strawberries, frozen
- 1 tsp. coconut sugar

Toppings:

- 1 tsp. strawberry jam
- Berries, fresh or frozen

Optional:

- 1 tsp. almond butter
- Passion fruit
- Quinoa puffs

INSTRUCTIONS:

1. Combine chia seeds, almond milk, and vanilla in a jar or container. Stir and refrigerate overnight.
2. In the morning, remove from fridge.
3. Prepare strawberry jam: In a pan, place frozen strawberries and coconut sugar and



cook on low for about 15 minutes. Let the strawberries melt and cook down. Then, with an immersion blender, blend the jam smooth and continue cooking for a couple of minutes until it thickens. Store any leftover jam in the fridge for up to a week.

4. Open a can of coconut milk and skim the solid cream. Save the leftover coconut water for drinking or smoothies. If the chia pudding is too thick, stir in a spoonful of coconut milk or coconut water.
5. Whisk the thick coconut milk (cream).
6. Layer pudding in jars or glasses: Start with a layer of strawberry jam, add a layer of chia pudding, and top with a layer of coconut milk. Repeat to use up the ingredients.
7. Top with some strawberry jam and berries (fresh or frozen).
8. Optionally, add a teaspoon of almond butter, some quinoa puffs, and passion fruit. Serve and enjoy.

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Recommended products are available in all good independent health food stores

• Helping Alzheimer's, By The Book

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



• Helping Autoimmune Disease, By The Book

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.



ACUPUNCTURE FOR WEIGHT LOSS? IT'S NOT AS CRAZY AS IT SEEMS.

Get rid of diet pills and get results from ancient medicine

Needle-based acupuncture and herbs have been proven more effective than prescriptions at relieving the pain of ankylosing spondylitis. Electroacupuncture has also improved the function of children with autism. But how does this age-old treatment stack up when it comes to helping people drop weight?

Why acupuncture interrupts the cycle of yo-yo dieting

Tempting as they may be, we know fad or short-term crash diets don't work, no matter what's advertised on Facebook or TV. Most dieters experience weight fluctuations and, ultimately, weight regain. Compared to non-dieters, dieters actually gain more weight back.

This has a lot to do with the impermanence of a diet and the need for a sustainable new lifestyle. One reason acupuncture may be so effective for weight maintenance is because it works holistically, using techniques practiced for thousands of years in traditional Chinese medicine (TCM) to balance the body's flow of energy (*qi*) and support overall healing.

For weight loss or maintenance, acupuncture can work in a few different ways:

- **Lower body weight.** In 2016, Chinese researchers treated 72 participants with a BMI of 25 or higher to either placebo or acupuncture sessions, with 16 treatments extending over eight weeks. The acupuncture group lost 5 pounds (2.47 kg) on average compared to the placebo group with an average weight loss of 1 pound (0.54 kg).
- **Minimise inflammation.** Chronic inflammation is linked to multiple lifestyle diseases, including obesity, and acupuncture acts as an anti-inflammatory. Egyptian researchers studying 80 obese participants in 2015 used three to six months of acupuncture to trigger weight loss and reduce internal inflammation. The study group also consumed a low-calorie diet.
- **Regulate appetite.** Where strict diets can increase appetite, auricular (ear) acupuncture is frequently used in TCM for the opposite effect. Japanese researchers stimulated these points in 10 healthy adults, divided into placebo and acupuncture groups, once a week for one month in 2015. Participants in the ear acupuncture group saw signifi-

cant changes in their body weight – with the largest drop of 6 pounds (2.6 kg) — and their ghrelin (hunger hormone) levels.

Within the past 20 years, electroacupuncture has emerged as an option to treat obesity. Where acupuncture uses manual needling of specific acupoints, electroacupuncture emits a mild electrical current to increase the needles' stimulation in the same form of treatment. Among obese women, several weeks of electroacupuncture sessions have been shown to be more effective than sit-ups at decreasing waist circumference and weight.

How to lose weight at a fraction of the price

Depending on country and region, acupuncture and electroacupuncture may cost up to \$90 (£72) a session on average. As the studies indicated, multiple sessions are normally needed. Total acupuncture expenses could add up into the hundreds, not accounting for maintenance visits.

Similar to electroacupuncture, electronic acupressure is the method most often used at home to get all the advantages of traditional acupuncture, but without the needles. At-home electro-acupressure can support long-term weight loss and appetite control, and it can also be a safer alternative to pain medication or surgery.

Any condition that responds to acupuncture can also respond to an electro-acupressure device, offering:

- **Non-invasive treatment.** Pioneered 25 years ago by Dr. Julian Kenyon, MD, a leading specialist in pain management, electroacupressure can safely and gently



stimulate acupoints throughout the body, at home or in a practitioner's office.

- **User-friendly guidance.** Our acupoints are responsive to our body's bioelectrical impulses. Anyone can tap into this process: Using a targeted device to apply MicroCurrent stimulation to these points can intuitively correct internal dysfunction, address chronic inflammation, offer pain relief, and support joint and tissue healing.
- **Varied and verified practice.** At-home electro-acupressure can balance the body's energy paths, aiding weight maintenance and the management of other chronic health and pain conditions. As one user shares, "I used it and went to bed and slept as if I had never had back trouble. I get immediate relief every time."

A growing number of hospital practice nurses, physiotherapists, and general practitioners throughout the UK have started integrating electroacupuncture in patient treatments. Conditions like osteoarthritis,

rheumatoid arthritis, sciatica, post-fracture pain, sprained ankles, frozen shoulders, headaches, sport injuries, sinusitis, and chronic fatigue syndrome have all been successfully relieved in hospital settings.

In 2017, the world's largest randomised controlled trial on acupuncture deemed this remedy to be a safe alternative to painkillers – and as effective as pain meds in providing long-term relief – in emergency medicine.

This is because when disease or injury occur, electrical changes in the body take place. These can be detected at the skin's surface. The key is locating these subtle changes and intercepting their signals. In electro-acupressure, this happens when electrically active trigger points are stimulated.

Dozens of conditions have been identified with advanced photographic technology; points are seen as "electrical pores" on the skin. Electro-acupressure treatment creates a gentle physical sensation when 100-percent accuracy has been achieved to target the pain or dysfunction point

in question.

Along with exercise and a healthy diet, a hand-held electro-acupressure device is a helpful tool that makes a healthy lifestyle in reach. Since the device is attuned to find the acupoints in need of attention, it can address underlying factors that promote obesity.

Saving money on pricier treatments is also a benefit. An at-home electro-acupressure device offers years of use, and its cost can be covered at the expense of just two to three office visits.

Recommended Product

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

IS A MINERAL WHAT'S MISSING? MAGNESIUM MAKES US HEALTHY IN 9 DIFFERENT WAYS

Find out why we're better off absorbing magnesium transdermally

A child who usually shies away from crowds was actually dancing in a room full of people." That's what one mother of a child with autism observed after helping to correct her daughter's magnesium deficiency. The night was flooded with compliments. "But I know I must give the credit for that day to the magnesium bath we gave her the night before," Amy, her mother, explained.

As the fourth most abundant mineral in our body, we need magnesium to regulate more than 300 biochemical reactions. Running low can quickly cause deficiencies.

Because of its subtleties, magnesium deficiency is difficult to diagnose. It may take multiple symptoms for a doctor to pinpoint the problem. Magnesium deficiency also can't be detected in a standard blood test; only 1 percent of our body's magnesium is stored in the blood. And, most doctors don't routinely check blood magnesium levels.

This could be why mothers like Amy may see dramatic shifts shortly after starting at-home supplements.

9 great reasons to take the 'forgotten mineral' every body needs

There are dozens of scientifically-sound reasons to supplement magnesium, but these may be some of the biggest:

- 1. Address low energy.** We're experiencing fatigue more often as a result of our high-stress, nutrient-poor modern lifestyle. Fatigue is also a major sign of unnoticed magnesium deficiency and restoring magnesium levels may reverse muscle weakness caused by potassium loss.
- 2. Balance blood pressure.** Supplementing magnesium may provide a natural alternative to blood pressure meds, helping to decrease and control high blood pressure. Following the results of a 2016 *Hypertension* study, American researchers endorsed magnesium supplements as a "relatively safe and low cost" treatment option for high-risk or hypertension patients.
- 3. Ease cramps and muscle pain.** Whether it's a sports injury, residual soreness after a workout, or even monthly cramps caused by PMS, magnesium plays a pivotal role in helping our body's cells to soothe spasms, cramps, and sore muscles. Muscle cramps, tremors, and twitches are often signs of magnesium deficiency, allowing a calcium imbalance to flood nerve cells and overstimulate nerves in the muscles.

4. Improves mental health. In 2017, American researchers demonstrated magnesium's power to relieve depression in a few short weeks. Magnesium impacts mental health by increasing serotonin levels, helping to boost mood and regulate stress hormones. Depression scores within the study increased by six points on average after the participants supplemented magnesium for just six weeks.

5. Keep bones strong. It's common to see weak bones and potential for bone fractures in cases of osteoporosis. One of the main contributors is magnesium deficiency that may lower blood calcium levels. A 2009 *Journal of the American College of Nutrition* test study conducted on rats demonstrated that low levels of dietary magnesium can cause a reduction in healthy bone mass.

6. Protect heart health. Magnesium's main function is in regulating our heartbeat. As calcium reaches heart muscle cells, it causes muscle fibres to contract. Magnesium performs the opposing role, allowing heart cells to relax. Low levels of magnesium can, again, lead to calcium overstimulation, associated with potentially dangerous symptoms like an irregular heartbeat.

7. Reduce diabetes risk. Insulin resistance may also be linked to magnesium deficiency, contributing to the development of type 2 diabetes. We can increase our magnesium levels to help lower our chronic disease risk; for diabetics, correcting a magnesium deficiency may also support heart health and reduce complications.

8. Relieve headaches. It's also possible that chronic headaches may be the result of magnesium that's missing. Magnesium prevents

headaches by helping to stop our brain's blood vessels from narrowing. Supplementing just 1 g of magnesium could work better than common anti-inflammatory medications at interrupting acute migraine attacks, according to a 2015 *Journal of Emergency Medicine* study.

9. Support asthma treatment. Asthma symptoms might also be made worse by low magnesium. But a magnesium supplement can be gentle and effective enough to reduce moderate to severe asthma in children. Compared to other asthma medications with potential side effects, magnesium is deemed generally safe, offering anti-inflammatory and bronchodilating benefits to children and adults who don't respond to conventional medical treatment.

Since magnesium plays such a pivotal part in our body's energy production and metabolic function, we need a steady supply daily to keep all our cells healthy and free from disease.

Magnesium's missing in our food – but it's easy to supplement

We can get some of our magnesium from food, but because of commercial agricultural practices that continue to threaten our food supply, our crops are sorely mineral-depleted. Magnesium tablets and powders are also ineffective, losing the majority of their mineral value during digestion.

As Amy observed, absorbing magnesium through the skin is one of the quickest ways to raise blood levels. Supersaturated transdermal magnesium has been shown to increase magnesium levels in the body in six weeks equivalent to what it would take magnesium tablets two years to do.

Then, there's the fact that using a daily magnesium oil, lotion, cream, or bath gives us the opportunity for "enhancement."

Magnesium applied with the naturally-occurring organosulphur compound MSM, better absorbed in its premium trademarked form of OptiMSM®, can support skin health, improve glutathione antioxidant production, and greatly increase magnesium absorption. Magnesium can also be applied with melatonin to support sounder sleep, cooling menthol to relieve pain and inflammation, and premium CBD to help manage pain, anxiety, stress, and insomnia, even in children.



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

HEALTH news

PROBIOTICS HAVE THE POWER TO PROMOTE GOOD BRAIN HEALTH

Scientists have uncovered a surprising finding – that probiotics can support clearer thinking. While scientists have known about the link between digestive health and brain health for some time, researchers have now found that when probiotic levels fall, memory loss follows.

Studies show that people who have low levels of certain probiotic bacteria are more likely to experience confusion, forgetfulness, and memory loss. Yet, a new UCLA study has also set out to see how the brains of people who consume probiotics work differently compared to those who do not.

Using Functional Magnetic Resonance Imaging (fMRI) technology for the brain, participants were prepped and attached to the fMRI. The participants then looked at pictures that were designed to stimulate emotional responses. While looking at the pictures, the brain scans were undertaken.

The study showed that the group who received the placebo without probiotics performed as expected, while the test group that were given probiotics had surprising results:

The fMRI scan showed activity in an area of the brain known as the pre-frontal cortex. This is the area of the brain that describes thinking, reasoning, judgement, and self-control. This kind of thinking can help us to stay calm and less anxious. It is in this area that clear thinking can occur.

UCLA researchers have therefore discovered the link between probiotics and higher thinking. It doesn't affect the participants' emotions, but their ability to think and respond. Taking probiotics can therefore affect how clearly and effectively we are thinking.

After this UCLA study, researchers began digging deeper into the relationships between probiotics and the brain. Researchers took 60 elderly men suffering from advanced stages of memory loss. Some received a probiotic that included *L. acidophilus* and *B. bifidum*, while others took a placebo. Men who took the probiotics showed "significant" improvement on memory tests.

New research also seeks to understand which of the individual probiotic bacteria provide the most benefits. One study identified *Bifidobacterium longum* as improving memory and recall in animals. *B. longum* was also found to improve their ability to learn.

HOW TO USE COENZYME Q10 TO IMPROVE BONE HEALTH NATURALLY

A recent study has found that coenzyme Q10 can help the body to successfully build new bone. Coenzyme Q10 is a fat-soluble, naturally-occurring compound that's required for the proper function of many organs and chemical reactions in the body.

Taking CoQ10 is especially important for people with bone problems, especially for those taking bisphosphonates (a class of drugs that prevent the loss of bone density). It's also essential for anyone on statins and beta-blockers, or osteoporosis drugs such as Fosamax, Boniva, and Reclast as these have also been shown to reduce CoQ10 levels.

While the role of CoQ10 and bone production is a matter of speculation, a recent study published in *Molecular Medicine Reports* suggests that it has an effect on osteoblastic cell proliferation and differentiation. Therefore, its impact on osteoporosis means it has a direct effect on the osteoblasts – cells responsible for the creation and deposition of new bone cells. These create new bones.

Researchers examined CoQ10 in different amounts on isolated rat bone marrow stromal cells (BMSCs; these stem-cell-like cells can differentiate into many types of cells, including bone cells) in those rats with induced osteoporosis. They then measured cell proliferation and differentiation, along with signs of osteoblast creation. Once the rats were given CoQ10 supplements at a variety of dose sizes, the bone structure and quality were analysed for their changes.

The study concluded that CoQ10 increased the proliferation and osteogenic differentiation of BMSCs in a dose-dependent manner. As CoQ10 has an increased expression of osteogenic markers, it was also shown to significantly decrease bone resorption, while also exhibiting no effect on serum E2 levels in vivo.

CoQ10 helps to markedly enhance bone formation. Therefore, taking a CoQ10 supplement can increase bone mass and may prevent the onset of bone diseases.



Source: www.NaturallyHealthyNews.com

ANCIENT MAGNESIUM™

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

This missing mineral is 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.



4 UNEXPECTED REASONS TO UP OMEGA-3 INTAKE (AND #1 IS MENTAL STABILITY)

Use fast-acting healthy fats for fuel, nourishment & peace of mind

Processed food fats aren't the ones we're looking for. A diet lacking beneficial omega-3 fatty acids with an overabundance of omega-6 fats (considered pro-inflammatory and found in the Western diet) can disturb our body's delicate balance and increase our risk of disease.

But consuming the right healthy fats from food or a supplement can provide a long list of benefits:

- Boost energy levels.
- Help the body better absorb fat-soluble vitamins.
- Improve heart health.
- Keep cells healthy by protecting cell membranes.
- Maintain brain structure and function.
- Prevent destruction of bones and joints.
- Regulate hormone production.
- Support better eyesight.

Many of our culture's myths about low-fat living are being busted. We now know that cutting fat out of the diet for weight loss isn't just detrimental to our vital organs, including our hearts, eyes, and brains, but it can sometimes make a nutrient deficiency worse.

4 things that can happen when we supplement super-rich omega-3s

Increasing our intake of healthy, anti-inflammatory fats can help manage what ails us and may keep more serious health problems away. Expect:

- 1. Better mood and mental wellness.** The brain is 60 percent fat. It requires omega-3s as much as or more than any other organ. This could be why getting more omega-3s can help positively influence mood and personality. A higher omega-3 intake hasn't just been linked to a lower risk of Alzheimer's disease, but supplementing could reduce the occurrence of mood swings in cases of bipolar disorder and schizophrenia, with special benefits for depression and anxiety.
- 2. Help for childhood asthma and ADHD.** Most children in the Western world probably aren't meeting the ideal omega-6 to

omega-3 fat 1:1 ratio. This ratio may be as high as 50:1, in many cases, but supplements and diet changes can tip the balance. Increasing omega-3 fats early on, during pregnancy, may reduce childhood asthma risk by almost 33 percent, according to a Danish study conducted in 2016. Children with ADHD may also have lower levels of healthy omega-3s.

- 3. Less chance of miscarriage and preterm labour.** Pregnancy is clearly a critical time to consider healthy fat intake, particularly when it comes to receiving the nourishment to sustain a baby's growing brain. The latest research shows that getting more omega-3s during pregnancy not only supports better infant brain development, but it can halt common problems like bacterial growth and inflammation that can lead to miscarriage, stillbirth, and preterm birth, based on a *JCI Insight* study conducted in 2019.
- 4. Silky skin that's sunspot-free.** For more beauty benefits, healthy





fats like olive oil can even be applied to the skin. Ozonated olive oil, formulated with an ozone injection, is safe and nourishing for a number of skin troubles, working as an antioxidant to soothe dry, sensitive skin and speed up healing. Supplementing omega-3s along with topical healthy fats can keep skin hydrated, may minimize signs of ageing, and could interrupt the process of collagen breakdown that occurs after sun exposure.

Omega-3s have such widespread use that they're considered by many athletes to be near-miraculous to aid in recovery. In 2015, Scottish researchers discovered that taking anti-inflammatory krill oil for six weeks noticeably helped boost immune activity after a tough workout.

Fish oil sitting on the shelf can go rancid: Should we be worried?

Krill oil and fish oil both contain high levels of beneficial omega-3 fatty acids. Ideally, we'd be able to get all

our omega-3s from the fish we eat (if we choose to eat meat/seafood), but our oceans are dangerously polluted. Most commercially sold fish contain high levels of heavy metals and environmental pollutants, making omega-3 oils like fish oil and krill oil the next best thing.

Still, pollution is a major factor in the oily, cold-water fish like mackerel, herring, halibut, salmon, cod, sardines, and albacore tuna, either wild-caught or farmed, used to make fish oil supplements. Krill are tiny, shrimp-like crustaceans found in the Southern Oceans, the only oceans to remain unpolluted by the toxic heavy metals now found in most fish oils.

Rather than burdening the ocean's delicate ecosystem as polluted fish do, krill nurture by naturally releasing iron to feed phytoplankton in a process that increases the ocean's capacity to store carbon dioxide.

A fish oil that sits on a shelf and oxidises may also turn dangerous. Oxidised, or rancid, omega-3 fatty acids produce by-products that may be both mutagenic and inflammatory. These inflammatory by-products can contribute to inflammatory disease and cancer. Fish oils are remarkably low in antioxidants, whereas krill oil is a naturally robust source, providing that extra protection against rancidity.

Then there's the issue of efficacy. Certain forms of krill oil, like Superba™ Boost Krill Oil, have been proven so potent that they blow fish oils out of the proverbial water. Superba™ Boost, introduced as a next-gen formulation by the Antarctic krill harvester and biotech inno-

vator Aker BioMarine in 2016, contains an even higher concentration of bioavailable EPA/DHA omega-3s.

Exclusively extracted from *Euphausia superba*, pure Antarctic krill, using advanced eco-harvesting technology to eliminate by-catch and decrease environmental impact, Superba™ Boost includes the active antioxidant astaxanthin and the critical nutrient choline. It also contains powerful phospholipids that better transport EPA and DHA, supporting new 2019 *Comprehensive Reviews in Food Science and Food Safety* research stating that "krill oil may be superior to fish oil as a source of EPA and DHA."

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.



PURO3 OZONATED ORGANIC OLIVE OIL

Contains Activated Pure Oxygen (Oxone) that has many amazing healing benefits for skin. Has various skin uses and is safe to use. Maintains the highest levels of purity. Available in various scents.



Sources

All references can be found at www.NaturallyHealthyNews.com

Good Health Naturally's Award-Winning PrescriptBiotics™: "Highly Commended"

Health &
Wellbeing
AWARDS
2019

Highly
Commended

PrescriptBiotics™ from Good Health Naturally contains custom-cultured soil-based microflora to support your good health.

This award-winning health solution benefits your digestive health with its "Bio-Identical" SBO Probiotics Consortia™, a group of natural, friendly microorganisms that help to create a healthy balance between the good and bad gut bacteria.

PrescriptBiotics™ play a powerful role in changing your gut in 22 different ways.

Depending on your current gut health, PrescriptBiotics™ may help with:

-  Overall health
-  Gas, bloating and cramping
-  The digestive process
-  Brain health
-  Weight management
-  Moods
-  Energy levels



Loved by our customers too!




Good Health Naturally®
Because it Works!

Really Healthy™

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

SPICY SPIRALISED TURMERIC TAHINI CUCUMBER NOODLES

This is a light and versatile lunch option for anyone looking for a gluten-free and vegan dish, delicious when combined with a spicy turmeric tahini sauce.

Prep time: 8 min.

Total time: 8 min.

Serves: 2-3

INGREDIENTS

- 3 cucumbers
- 1 bell pepper
- 1 cup spicy turmeric tahini sauce (see

recipe below)

Spicy turmeric tahini sauce:

- 4 tbsp. water
- 2 tbsp. tahini
- 1 tbsp. apple cider vinegar
- 2 garlic cloves, finely minced
- 1 tsp. ground turmeric
- 1 tsp. coconut sugar
- 1/2 tsp. ground ginger
- 1/2 tsp. red chili flakes
- 1/4 tsp. sea salt

INSTRUCTIONS FOR CUCUMBER NOODLES:

1. Wash cucumbers thoroughly.
2. Using a spiraliser, spiralise cucumbers into noodles.
3. Give cucumber noodles a slight squeeze to release excess water content.



4. Place into a large bowl. Dice bell pepper. Toss with cucumber noodles.
5. Dress noodles and bell pepper with spicy turmeric tahini sauce (instructions to be found below). Toss until coated.

INSTRUCTIONS FOR SPICY TURMERIC TAHINI SAUCE:

1. In a large bowl, combine all ingredients.
2. Whisk until smooth. Add to cucumber noodles.
3. Keep in a lidded container in the fridge for up to one week. Enjoy.

VEGAN GRILLED TOFU SKEWERS

These vegetable skewers are a great low-carb meal -- gluten-free and super-simple to prepare and eat in minutes.

Prep time: 15 min.

Cook time: 15 min.

Total time: 30 min.

Serves: 6

INGREDIENTS

- 1 block tofu (about 180 g; we chose Mediterranean flavour by I Like Tofu)
- 2 small zucchinis

- 1 red bell pepper
- 1 yellow bell pepper
- 1 red onion
- 2 cups cherry tomatoes
- salt and pepper
- 2 tbsp. soy sauce
- 3 tsp. barbecue sauce
- 2 tsp. sesame seeds

INSTRUCTIONS FOR CUCUMBER NOODLES:

1. Press tofu to extract liquid, for about half an hour. Then, cut tofu into cubes and marinate in soy sauce.
2. Prepare veggies: Slice zucchini and cut bell peppers and red onions into squares. Make sure every ingredient is cut to about the same size.
3. Assemble skewers: Stick vegetables and tofu alternately on bamboo sticks until all vegetables have been used.
4. Heat a pan, grill pan, or grill until sizzling hot. Grease with some olive oil and then place skewers in. Cook for a couple of minutes on each side until the vegetables turn softer, but not mushy, and the peppers start getting a char. The tofu should be golden brown. Season with salt and pepper right at the end of cooking, then brush with barbecue sauce and sprinkle with sesame seeds.
5. Remove from pan or grill and serve hot. Enjoy.



AVOCADO TUNA SALAD

A healthy and fast portable lunch idea: Avocados are rich in vitamin E and healthy fats, while tuna is a good source of protein and omega-3 fatty acids.

Prep time: 10 min.

Total time: 10 min.

Serves: 4

INGREDIENTS

- 3 3-oz. cans solid white tuna packed in water (drained)
- 3 tbsp. mayonnaise (can be homemade)
- 2 green onions (thinly sliced)
- ½ red bell pepper (chopped)
- 1 tsp. red wine vinegar
- ½ tsp. black pepper
- 1 tsp. garlic salt
- 2 ripe avocados (halved and pitted)

INSTRUCTIONS FOR CUCUMBER NOODLES:

1. In a medium-size bowl, mix all ingredients except the avocado.
2. Spoon the mixture into avocado halves and serve. Enjoy.



This simple trick can save money and amplify the power of CBD

CBD on an empty stomach: Is it just a waste?

Scientists continue to investigate, not just the potent properties of non-addictive cannabidiol (CBD) that range from insomnia to chronic pain relief, but the best way to ingest it. A new study shows that using an easy technique will give us more bang for our buck — and maximum health benefits.

Is fasted CBD use why some supplements aren't working?

In the *Epilepsia* study published in 2019, American researchers asked the question: Will eating high-fat foods with CBD affect absorption?

The research team analysed a group of MINCEP Epilepsy Care clinic patients supplementing 99-percent pure CBD to find the answer. The patients were compared after eating a “standard” fatty breakfast (like a breakfast burrito) and taking CBD on an empty stomach.

The food we eat can make a major difference, the researchers reported. Eating fat along with CBD could significantly increase bioavailability, helping to lower our cost of the supplement.

Supplementing CBD with high-fat food could increase concentrations in our body by anywhere from four- to 14-times over. Healthy vegan keto fats like nuts and avocados can be wiser choices over fatty Western foods; a processed, inflammatory diet has been linked to colorectal cancer, which can also be prevented by taking CBD.



6 great things that happen when we start absorbing CBD

Combining CBD with healthy fats helps us get more out of our supplement:

- 1. Cancer protection.** CBD disrupts the rapid division of cells and can help slow down fast-spreading colorectal cancer, a *Cannabis and Cannabinoid Research* study found in 2018.
- 2. Cognitive stability.** In a long-term study conducted by Australian researchers in 2014, CBD helped prevent cognitive decline in mice with genetic risk for Alzheimer's disease.
- 3. Decrease in skin inflammation.** With benefits for atopic dermatitis, psoriasis, and rosacea, activating cannabinoid receptors works as an anti-inflammatory and may calm allergic reactions.
- 4. Depression relief.** CBD may naturally stabilise mood, acting like an antidepressant and triggering our 5-HT1A receptor to release extra serotonin.
- 5. Fracture healing.** Administering CBD can significantly support bone fracture healing, Hebrew researchers learned in 2015, in as few as eight weeks.
- 6. Pain management.** Our endocannabinoid system regulates appe-

tite, pain, immunity, and sleep, and CBD may decrease chronic pain by influencing endocannabinoid receptor activity.

With the surge of new CBD products hitting the market, selecting based on safety is critical. Safety comes from superior processing.

An organically-sourced, UK-made, whole-plant, broad-spectrum CBD extract is one that's reliable. A broad-spectrum CBD extract combined with coconut-based MCT oil and natural flavours is palatable, vegan-friendly, and safe to supplement. This ingredient blend is known for tasting pure and clean -- without any of the earthy aftertaste found in other CBD products. And, broad-spectrum CBD isn't made using an inferior isolate that can make sublingual strength misleading. It's whole-plant, broad-spectrum CBD that contains high cannabinoid concentrations without the contamination.

Recommended Products

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



Sources

All references can be found at
www.NaturallyHealthyNews.com

What to do when studies say antidepressants aren't working

Make 3 changes if an SSRI is doing more harm than good

Are antidepressants pointless? According to an independent study conducted on over 600 patients with depression, probably. The study compared the experience of Zoloft users, the most commonly prescribed antidepressant worldwide, to a placebo group and found negligible benefits.

New research suggests antidepressant users should call it quits

The University College London study, published in *Lancet Psychiatry* in 2019, showed that sertraline, or Zoloft, only improved depression scores by 5 percent in six weeks. British researchers viewed the results as insignificant, poking holes in the practice of now-routine SSRI prescriptions beginning in the late 1980s.

This study is one of the few that isn't drug company funded. Oftentimes, studies paid for by drug manufacturers show results that are positive.

Other controversial studies released the same year indicated that antidepressant use during pregnancy might increase risk of autism and gestational diabetes, mixing antidepressants with opioids may negate their pain-relieving effects, and antidepressants could be dangerous for adults with clinical depression.

"The benefits of antidepressants seem to be minimal," American and Danish researchers wrote in their *BMJ* analysis in 2019. "Antidepressants should not be used for adults with major depressive disorder before valid evidence has shown that the potential beneficial effects outweigh the harmful effects."

3 mood-balancing methods may reverse symptoms of depression

When researchers can no longer recommend mainstream meds, it's worth seeking alternative solutions:

- 1. Bathe in magnesium.** Soaking in a magnesium and OptiMSM® bath (the world's purest form of the organosulphur compound MSM that helps increase magnesium's absorption) makes for a relaxing nightly ritual and sounder sleep. Absorbing magnesium through the skin is also a quicker way to increase blood magnesium levels, recently discovered to lower depression risk by 53 percent for those with higher intake.
- 2. Raise low lithium.** It's been called the "miracle mineral" because its effect on the brain is so powerful. Supplementing lithium can help sufferers of depression, as well as dementia, encouraging grey matter to increase and new brain cells to form. Both major depression and chronic stress can reduce the volume of the brain.
- 3. Try curcumin capsules.** Curcumin is the ultra-potent anti-inflammatory compound found in turmeric, with special benefits to help depression by relieving oxidative stress and inflammation. Curcumin shows "significant clinical efficacy" in decreasing depression symptoms, as well as anxiety; Meriva® Curcumin is the most-studied form proven to severely reduce key inflammatory markers.

Something as simple as cutting out sugar can also keep mood stable. In a long-term study tracking adults without mental health disorders over 22 years, grouped within the larger Whitehall Study II and published in

2017, men who ate 67 grams or more of sugar a day had a 23-percent higher chance of getting a depression diagnosis within just five years.

Recommended Products

ANCIENT MAGNESIUM FLAKES ULTRA

Genuine Zechstein Magnesium Bath Flakes with OptiMSM®, the world's purest MSM. Improves deep absorbability into skin and tissue. Relaxing in magnesium relieves stress, tension, and aching muscles; supports skin detox; and removes toxins.



LITHIUM BALANCE™

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



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

A natural solution for healthy skin & joints



As we age, it's natural that there is a small decline in our ability to produce collagen but this can be exacerbated by poor lifestyle choices which in turn can lead to many age-related conditions including osteoporosis, arthritis and joint pain, skin disorders, and more. That's where Joint & Skin Matrix™ comes in.

Joint & Skin Matrix™, made with BioCell Collagen™, offers comprehensive nutritional support for healthy joints and skin through a powerful combination of Hydrolyzed Collagen Type II, Hyaluronic Acid, and Chondroitin Sulfate. Each vegetable capsule delivers over 2000mg of BioCell Collagen™ - a unique compound that undergoes a patented manufacturing process that allows for easy digestion, fast action, and effective results. More than 20 clinical studies, including 4 human clinical trials directly on BioCell Collagen™ support its effectiveness and safety in promoting joint health and skin beauty.

-  Provides Skin and Joint Collagens (II)
-  Improved Skin Hydration (by up to 76%)
-  May Help Reduce Fine Lines & Wrinkles
-  Supports Joint Comfort & Natural Mobility

*References:

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GoodHealthNaturally®
Because it Works!

So long, sleepless nights: 6 super stress-busting supplements

And the winners for ‘most stressed-out people in the world’ are...

This fact is gaining more awareness: Our mental and emotional health are just as important as our physical health. What makes them even more of a pressing concern is knowing that mental and emotional conditions can, and usually do, manifest into the physical. Stress is a great example.

Gallup’s 2019 Global Emotions Report interviewed over 151,000 people from 140 countries. In it, they found:

- Americans are one of the ‘most-stressed’ people worldwide, with 55 percent feeling stressed and close to half worrying often.
- Global stress, worry, and sadness have hit a high: Greece scored with the greatest stress levels at 59 percent.
- Paraguay is the most positive country. The U.S. and the UK rank 39th and 46th, respectively.

It’s likely that Western countries are feeling our modern burden. America’s stress ranking at 55 percent is 20 points higher than the global stress level, even beating Venezuela where citizens are experiencing

political upheaval. These numbers are important to our leaders, the report states, “given the ties that researchers are starting to find between negative affects like these and physical health and longevity.”

What’s ‘fight-or-flight,’ and how does it make us sick?

As previously mentioned — and as many of us have seen first-hand — stress actually manifests itself physically. Stress is also easy to absorb. We can soak it in by watching a stressful situation or even as an infant receiving stress hormones through amniotic fluid.

“This means that television programmes depicting the suffering of other people can transmit that stress to viewers,” Veronika Engert, German author of the 2014 *Psychoneuroendocrinology* study, said. “Stress has enormous contagion potential.”

Stress, Hans Selye explained, is “the non-specific response of the body to any demand for change.” Selye, a Hungarian endocrinologist, began to examine stress and its effects on the body back in the 1930s. He de-

fined the term and eventually demonstrated that chronic stress can cause chronic disease.

At the time, our ancestors’ reaction to stress was usually pure, simple, and for their benefit. This was and still is called the “fight-or-flight response.”

Today, our fight-or-flight response continues to activate our adrenals, the very small, walnut-sized glands on top of the kidneys, to release stress hormones, primarily adrenaline and cortisol. Fight-or-flight can be marked by a rapid increase in heart rate and blood pressure to facilitate good decision making, elevated blood sugar for improved energy, and a surge in blood supply to the extremities for fighting or fleeing, thereby, suppressing other functions like digestion.

This is where we encounter the problem. Repeated exposure to stress over time will lead to physical illness. What goes on in our mind is not separate from what goes on in our body.

6 compounds zap unhealthy stress spikes and make relaxation a reality

Stress stimulates the immune system response, which creates low-grade inflammation. This inflammation is appropriate for the situation that’s going on and is normal and healthy to an extent. It can even enhance immune function. This is, however, only temporary.

Constant stress compromises the immune system. Meaning, even the healthiest of us are susceptible to



getting sick — whether from the common cold or a more serious virus.

To avoid physical ailments that are a direct result of stress and inflammation, like weight gain, chronic pain, headaches, high blood pressure, adrenal fatigue, and sleep disorders, as well as more serious disease, certain compounds can help.

Research supports stress-relievers like:

1. B vitamins.

What are they? Vitamins B3 and B6 are within the B-vitamin complex, offering special help for stress, anxiety, and low energy.

How do they help? During times of tension and illness, our body uses larger than normal amounts of these vitamins needed to keep our nervous system functioning. But together, vitamins B3 and B6 can buffer the stress response and control cortisol.

How to supplement: B3 and B6 can be supplemented with the amino

acids L-theanine and L-tryptophan (more on this below) throughout the day and before bed to regulate stress and night waking. Increasing vitamin B6 intake for just five nights was recently shown to make us more likely to recall our dreams.

2. CBD.

What is it? CBD, or cannabidiol, is already being used to manage or relieve symptoms of depression. Concentrated CBD can also ease insomnia and deepen sleep.

How does it help? By working as an anti-anxiolytic, or anti-anxiety compound, CBD addresses anxiety that could be standing in the way of relaxation and restful sleep. More people are starting to see CBD as a modern wellness aid versus a recreational substance; 55 percent of U.S. users rely on CBD to relax.

How to supplement: A daily dose of whole-plant, broad-spectrum CBD, containing guaranteed cannabinoid levels and processed for potency and purity, can be taken at a 10-percent concentration. Sup-

plementing CBD produced locally in the UK and formulated with the added benefits of coconut-based MCT oil can ensure safe, legal, and accurate sourcing – protecting against the common practice of cannabidiol mislabelling.

3. GABA.

What is it? Gamma Amino Butyric acid (GABA) is the neurotransmitter in the brain we need to regulate mood and relaxation.

How does it help? While technically an amino acid working as a neurotransmitter, GABA binds to neurons to reduce activity. When nerve transmission in the brain is inhibited, nervous activity is decreased.

How to supplement: Low GABA may be linked to insomnia or restless sleep; supplementing GABA and L-theanine when winding down at night could slow brain waves within only an hour of intake. And, taking GABA and L-theanine encapsulated in liposomes may provide up to 100-times better nutrient transport.

4. Ginkgo biloba.

What is it? Used as a medicinal herb for over 5,000 years to remedy lung ailments and cardiovascular disease, ginkgo biloba also improves anxiety, energy, and brain function.

How does it help? Ginkgo's ability to increase cerebral and peripheral blood flow may alleviate symptoms like brain fog, low energy, and depression. Additionally, the herb works as a critical supporting compound to help circulate other anti-stress nutrients.

How to supplement: Taken with compounds like St. John's wort, viewed as a natural antidepressant; B vitamins, able to buffer stress; magnesium, also called the "calming mineral;" and L-tyrosine, an adaptogenic amino acid that helps the body minimise fatigue, ginkgo biloba can offer diverse stress-reduction benefits. Daily ginkgo may reduce one of the major side effects of stress – chronic inflammation.

5. L-tryptophan.

What is it? L-tryptophan is an important amino acid and precursor for mood-regulating serotonin, the brain neurotransmitter linked with pleasure and fulfilment.

How does it help? L-tryptophan has been used in complementary medicine to support sleep problems, anxiety, depression, PMS, and smoking cessation. As little as 1 gram can increase sleepiness and decrease time to sleep.

How to supplement: Taking L-tryptophan with the amino acid L-theanine, found in green tea, along with vitamins B3 and B6, is likely to

enhance daily relaxation and night-time sleep. L-theanine is involved in the formation of GABA, influencing the neurotransmitters dopamine and serotonin that produce the relaxation effect.

6. Magnesium.

What is it? Magnesium is an essential mineral that supports over 300 different biochemical reactions in our body. It's also sorely depleted from our food, so an outside supplement is necessary.

How does it help? Excess stress can trigger deficiency. But increasing magnesium levels makes it easier to balance blood pressure, detoxify heavy metals, ease chronic pain, optimise vitamin D, and even get 92-percent better sleep.

How to supplement: Applying transdermal magnesium and plant-derived melatonin together in a nightly lotion can speed up absorption to correct low mineral levels, while encouraging relaxation before sleep. This gentle method can be helpful to children with autism and other spectrum disorders, who are prone to magnesium deficiency.

Nourishing our body and becoming aware of how stress affects us can lighten our load significantly. Still, getting stressed about being stressed can be a dangerous thing. Trying to eliminate all stress isn't realistic, psychologists presenting at the 2019 American Psychological Association annual convention said. Day-to-day life may have moments of happiness and peace and expecting to manage stress at comfortable levels can help us build emotional and physiological strength.

Recommended Products

QUICKSILVER LIPOSOMAL GABA WITH L-THEANINE

Contains Quicksilver Liposomal GABA (Gamma-aminobutyric acid) for exceptional biodelivery. Helps to balance the nervous system and support a calm mood. L-Theanine is an amino acid that produces calming effects in the brain.



CANNA10 CBD OIL

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



RELAXWELL™

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



LITHIUM BALANCE™

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



ANCIENT MAGNESIUM LOTION ULTRA WITH MELATONIN

Relax and reduce your tiredness and fatigue with our Original Magnesium Oil Lotion with melatonin. Combines shea butter, sweet almond oil, and other organic ingredients in this gentle skin moisturiser. Contains OptiMSM® for enhanced absorption.



Sources

All references can be found at www.NaturallyHealthyNews.com

Why doctors are wrong about iodine

Cold hands? It might be the first sign of iodine deficiency

It's essential for life, and it also plays an important role in preventing chronic disease. But even after two decades spent trying to address our global iodine crisis, there are still millions of Europeans who are deficient. What are health professionals missing?

Many doctors have misconceptions about iodine, starting with:

- Advising patients to avoid eating foods high in iodine or taking food state supplements.
- Endorsing table salt -- iodine in its unnatural form, called potassium iodide -- instead.
- Overlooking chronic diseases potentially tied to iodine deficiency, and worse, prescribing a pharmaceutical solution.

Doctors commonly tell their patients that the thyroid produces all the iodine we need, when even the World Health Organization (WHO), which recommends an iodine supplement for everyone, disagrees. Our body requires much more of this mineral than many in the medical community acknowledge.

We might be deficient if... Watch for 11 warning signs of low iodine levels

As a vital mineral, we rely on iodine for healthy DNA function and development. Iodine works as a building block to support heart health, metabolism, endocrine function, and immunity.

The mineral is also integral in regulating our salivary glands, cerebrospinal fluid, prostate, and brain. As the WHO explains, "Iodine deficiency is the world's most prevalent, yet easily preventable, cause of brain damage."

Some potentially serious indicators of iodine deficiency include:

1. Ankle swelling
2. Brain fog
3. Cold hands or feet
4. Dry skin
5. Fatigue
6. Hair loss
7. High cholesterol
8. Insomnia
9. Muscle pain
10. Tingling hands or feet
11. Weight gain

These are the symptoms that may appear as chronic or mysterious, diagnosed as another disorder like clinical depression rather than an underlying mineral deficiency.

Brushing off these signals may make symptoms like chronic fatigue more severe. But increasing iodine levels can often alleviate pressing health problems, while also strengthen-

ing immunity, balancing energy and metabolism, protecting the cardiovascular system, supporting detoxification, improving thyroid function, and preventing some cancers.

A trace mineral, iodine can be naturally found in rocks, some soil, and seawater. We can also consume smaller amounts through our diet, in foods like shellfish, fish, egg, and cranberries. Food products like fortified cereals and grains may make it seem like iodine deficiency has become a non-issue. This might have been true hundreds of years ago, before modern farming caused mass soil depletion to take place.

Overlooking low iodine levels can hinder thyroid hormone production, potentially leading to hypothyroidism. Out-of-balance iodine can also affect heart rhythm and may lead to dizziness and fainting. For women





and children, iodine deficiency can be especially dangerous.

Women need higher doses of iodine than men to protect against polycystic ovaries, fibroids, and ovarian cysts. Thyroid disorders have been linked to infertility and miscarriage; children may be four times more prone to autism when their mothers don't produce enough thyroid hormone during pregnancy.

Now, more than ever, we need to supplement. Table salt, or "junk salt," may be endorsed by the WHO as a Band-Aid to our global problem, when in reality, it's the last thing our body needs. Iodised table salt is manufactured sodium with added synthetic chemicals, proven to contain far less iodine than is advertised and known to be toxic in high doses.

Not just iodine: Without selenium's support, supplements are still lacking

If forgoing table salt in favour of sea salt is the first step -- with 3 to 5 teaspoons of sea or rock salt meeting our daily salt requirement -- the second step is finding a reliable form of iodine to supplement. The third step is pairing our iodine supplement with selenium to make sure our body can use it.

For iodine:

- Iodine should ideally be consumed in its atomic versus its molecular form, where it holds an incomplete number of electrons.
- Also called nascent iodine, this type of iodine holds an electromagnetic charge and provides a large energy release once the liquid drops are ingested.
- Nascent iodine entering the body in this charged state is recognised and absorbed by our thyroid immediately.

For selenium:

- Selenium is another valuable mineral that's low in our food supply, and it works as iodine's cofactor.
- Since our body doesn't naturally produce selenium, we need to supplement it in its ionic form along with nascent iodine.
- Ionic selenium protects cells from free radical damage, supports balanced thyroid hormone levels and metabolism, and most importantly, helps protect our thyroid against excess iodine exposure.

Nascent iodine is the pure, high-energy iodine that could provide a shortcut to controlling our worldwide crisis. While it still helps to eat iodine-rich foods, we'd have to consume up to 2 cups of kelp seaweed a day -- the food containing the most iodine -- to meet the recommended requirements. Taking just three drops of nascent iodine a day is a convenient and cost-effective way to deliver the same dosage.

Most doctors might be missing the message, but not all health practitioners are in the dark about our iodine status. Dr. David Brownstein, Medical Director of the Center for Holistic Medicine in the U.S., board-certified family physician, and author of *Iodine: Why You Need It, Why You Can't Live Without It*, puts iodine's importance in perspective. Our thyroid houses less than 1 percent of our iodine stores, he explains. Breasts house 5 percent, and skin 20 percent. But to stay healthy, our whole body needs it.

Recommended Product

NASCENT IODINE

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



IONIC SELENIUM

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



Sources

All references can be found at www.NaturallyHealthyNews.com

Exercise at this time to slash risk of CVD and diabetes

Need more protection? A simple activity to drop heart disease deaths by 53%



Finally, an answer to the “time of day” debate: A new British study, published in the *Journal of Clinical Endocrinology and Metabolism* in 2019, proved that working out before breakfast could help us burn more fat. It may also improve our insulin response and decrease our risk of disease.

In favour of fasted exercise: Pre-breakfast activity doubles the fat burn

Over six weeks, researchers observed 30 men categorised as overweight or obese. The study showed that those who worked out before eating breakfast burned double the fat compared to those who exercised after their morning meal.

The exercise-before-breakfast group proved more responsive to insulin, and their muscles had higher levels of proteins needed to move glucose out of the bloodstream. Stable blood sugar levels help lower risk of cardiovascular disease (CVD) and diabetes.

A few months earlier, Danish researchers demonstrated that morning exercise can elevate our metabolic response, while exercising later can boost energy output for hours. So, the time of day we work out may depend on our desired health goal -- whether it's to burn fat, boost energy, or prevent disease.

4 strategic ways to get more out of exercise (and bounce back faster)

Anyone exercising before breakfast may see better results when using these tips:

- 1. Pick up the pace.** After evaluating 11 lifestyle surveys, University of Sydney in Australia researchers learned in 2018 that brisk walking – at about three to four miles an hour – could cut risk of heart disease death by 53 percent over walking slowly.
- 2. Stabilise heart rate.** Long-distance athletes can take up to 12 mg of astaxanthin a day to see a 10-percent heart rate decrease. AstaReal® Astaxanthin, the most-researched form of this naturally potent carotenoid antioxidant, is also confirmed to increase fat burn during activity.
- 3. Stretch more.** For exercisers with chronic pain, stretching for 10 minutes twice a day can reduce chronic inflammation and pain levels. A 2015 *Health Technology Assessment* study found that stretching helped improve hand and wrist function for patients with rheumatoid arthritis and could serve as a cost-effective clinical treatment.
- 4. Support muscle recovery.** Meriva® Curcumin is the most clinically-studied form of the anti-inflammatory – and pro-recovery – curcumin compound. Supplementing for only 28 days can result in less muscle soreness and damage. Among chronic heart failure patients, curcumin has also recently been shown to enhance exercise capacity.

Before-breakfast activity can control blood sugar, and natural compounds like chromium and cinnamon can of-

fer some extra help. Supplementing 1 to 6 grams of Ceylon cinnamon a day could bring a 24-percent blood sugar reduction. Working together with Ceylon, Chromax Chromium is backed by over 35 human clinical studies for its effect on heart health, glucose metabolism, and insulin resistance.

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.



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.



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.



Sources

All references can be found at www.NaturallyHealthyNews.com

4 scary side effects of EMF exposure: Do we all need protecting?

Warning: Wi-Fi radiation may pose a bigger problem for women and children

The latest culprit adding to our heightened EMF risk? AirPods, those small wireless headphones using electromagnetic energy waves to communicate. More research is needed as new technologies emerge, but the International Agency for Research on Cancer currently labels electromagnetic field radiation (EMF) as a potential carcinogen.

Uncovering EMFs: Find out 4 hidden ways modern life is making us age faster

Like tobacco smoke and environmental pollution, EMFs barrage us with a constant source of free radicals that can leave us vulnerable to disease. This may appear as:

- 1. Cancer risk.** In a decade-long, 30-million-dollar study conducted in 2018, American researchers detected "some evidence" of brain and adrenal gland tumours in male rats exposed to high levels of mobile phone radio frequency radiation (RFR).
- 2. Hormonal imbalance.** Low-frequency EMFs can interrupt non-steroid hormone production, including those needed to regulate the thyroid. Simply spending time scrolling on a mobile phone may lower T3 and T4 hormones, while raising TSH levels.
- 3. Poor memory.** A 2018 Swiss study found that RF-EMF exposure over a year could compromise figural memory (right brain) performance more significantly in 12- to 17-year-olds using mobile phones on the right side of the head.



4. Unhealthy pregnancy. Pregnant women exposed to non-ionising radiation may have a 48-percent higher miscarriage risk, a *Scientific Reports* study showed in 2017. Keeping a mobile phone in a pant pocket also affects sperm quality; coins, rings, or zippers may make EMFs more powerful.

Electrical smog comes from both electromagnetic (EMF) and Wi-Fi microwave frequencies. High-risk sources with the potential to damage DNA include x-rays and microwaves. Low-to-mid frequency radiation has also been shown to be dangerous, coming from computers, power lines, baby monitors, Bluetooth devices, mobile phones, Wi-Fi networks, and others.

Are our homes really safe? 2 smart devices neutralise in-house frequencies

For high-risk groups like pregnant women and children, taking steps to defuse EMFs may reduce greater health damage. Try:

- 1. Placing a QuantoGram HoloGuard on a mobile/cordless phone, tablet, or laptop.** QuantoGram technology doesn't block the signals of electromagnetic stress – rather, a QuantoGram HoloGuard affixed on a digital device resonates at a healthy frequency to offset harmful emissions without affecting device function.

- 2. Plugging a QuantoGram SafeHouse in a home, office, or hotel electrical socket.** Once plugged in, a QuantoGram SafeHouse covers all property within an electrical system. The EMF-cancelling device can also protect pets in a building as effectively as it does family members.

Alleviating "hot head syndrome" is one of the most obvious results of using QuantoGram technology. A HoloGuard neutralises electromagnetic frequencies that have been proven to "cook" brain tissue -- heating the ear and head -- after talking on a mobile phone for just 15 minutes.

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

Good health starts in the gut

Bulk Discounts Available*

Make sure yours gets off to a good start

Good digestion is essential for good health, as it helps the body absorb vital nutrients from our diet. Our all-natural range of premium-quality probiotic and digestive enzyme supplements provide all the support you need to promote and maintain good digestion for optimal health and overall wellbeing.

Our all-natural digestive health products offer:

- Digestion and Immune System Support
- Highest Quality Ingredients Guaranteed
- Natural Source of Probiotic Microflora
- Dairy-Free, Gluten-Free, Soy-Free, and Non-GMO
- Vegetarian and Vegan-Friendly


Good Health Naturally
Because it Works!



**Bulk discounts available on Essential Digestive & Probiotic14*

6 things CoQ10 is doing that other enzymes can't

[BREAKING] High-dose statins make bones weaker. Can coenzymes help?

Though it's not a vitamin, it's classified as "vitamin-like." Coenzyme Q10 is the fat-soluble compound present in virtually all cells, stored in especially high concentrations in our heart, pancreas, liver, and kidneys. Popular cholesterol-lowering drugs, prescribed to millions with claims to protect the heart, can actually dangerously deplete it.

Why do we need CoQ10? A condensed coenzyme guide for beginners

Coenzyme Q10 is widely used, originally in Japan, as part of a plan for heart disease prevention and recovery. The Japanese government approved coenzyme Q10 for the treatment of congestive heart failure in 1974. CoQ10 is also used extensively in Europe and Russia.

Coenzyme Q10's primary functions include activity as a:

- Membrane stabiliser.
- Protective antioxidant.
- Required cofactor in many metabolic pathways, particularly in the production of adenosine triphosphate (ATP) in oxidative respiration.

It's also important to note that:

- CoQ10 levels are highest during the first 20 years of life and decline with age.
- At age 80, our coenzyme Q10 levels may be lower than they were at birth.
- To make up for this age-related enzyme loss, most of us need to supplement.

CoQ10 can also be helpful for conditions where coenzyme Q10 levels are often lower, like certain muscular diseases, congestive heart failure (CHF), hypertension, and periodontal disease. Some researchers speculate that very low CoQ10 levels might be an indicator of a poor prognosis; this is currently observational but notable.

For instance, some people with migraines might have low CoQ10. The reference range for serum total coenzyme Q10 levels is 0.5 to 1.5 mcg/ml. As many as 32.9 percent of paediatric and adolescent migraine patients have serum coenzyme Q10 levels below the reference range. CoQ10 might work by improving mitochondrial oxidative phosphorylation, appearing to be impaired in some cases of migraine.

Coenzyme Q10 is thought to increase plasma levels of:

- High-density lipoprotein (HDL/ good) cholesterol.
- Vitamin C.
- Vitamin E.

Coenzyme Q10 is thought to decrease plasma levels of:

- Low density lipoprotein (LDL/ bad) cholesterol.
- Products of lipid peroxidation.
- Total cholesterol.

This is where the problem with statins comes in. Widely overprescribed to the majority of patients, HMG-CoA reductase inhibitors, or statins, reduce serum coenzyme Q10 levels. CoQ10 and cholesterol share common pathways. Statins block the synthesis of both. And yet, taking coenzyme Q10 doesn't interfere with statins' cholesterol-lowering effect.

To sum it up, here's why maintaining high CoQ10 levels is important: Within the mitochondria of our cells, CoQ10 helps to produce adenosine triphosphate (ATP). As mentioned above, this is our body's energy currency. When CoQ10 creates energy in the oxidised form, it becomes a substance called ubiqui-

none. Once oxidised ubiquinone is metabolised, it converts to a substance called ubiquinol.

In our body, ubiquinol functions as a powerful antioxidant. It can:

- Help transfer vitamins C and E into their acting antioxidant form by donating hydrogen ions.
- Protect proteins and DNA from oxidative damage.
- Scavenge potentially harmful free radicals.

Unlike ordinary CoQ10 and ubiquinone, ubiquinol is an intercellular fighter. It can quench the free radicals that would otherwise injure healthy, functioning cells. We best utilise CoQ10 in its ubiquinol form. Able to increase plasma CoQ10 significantly within just two weeks, ubiquinol has been proven to be a better choice over ubiquinone supplements as recently as 2018.

6 scientific examples show how CoQ10 outperforms other compounds

Compared to many enzymes, vitamins, and even medications, studies support CoQ10's superior effect on:

1. Chronic fatigue. CFS, or chronic fatigue syndrome, patients are another group known for their markedly low plasma and muscle CoQ10 levels. When a Belgian research team measured coenzyme Q10 concentrations in 2009, they found that 44 percent of CFS sufferers had plasma CoQ10 below the lowest of the healthy participant levels. A 2019 *Complementary Therapies in Medicine* review found that supplementing CoQ10 could act therapeutically for fatigue related to fibromyalgia and statin use, otherwise medically treated

by stress reduction and medication.

2. Gulf war illness. In 2014, American researchers learned CoQ10 could prove potent enough to help veterans suffering from symptoms of Gulf War illness. Thought to be caused by chemical exposure, these symptoms include muscle pain, digestive troubles, decreased cognitive function, and fatigue. Eighty percent of the veterans who took coenzyme Q10 to treat Gulf War illness saw an improvement in physical function at only 100 mg per day. Gulf War illness doesn't have a specified medical treatment.

3. Gum disease. CoQ10 deficiency is likely to exist in cases of gum disease, and the progression of gum disease can make the deficiency worse. But a 2010 study published in the *Indian Journal of Pharmacology* proved that ubiquinol works as an endogenous antioxidant to increase the body's concentrated CoQ10 levels needed to suppress periodontal inflammation. Current gum disease treatments to manage the condition range from dental scaling to antibiotics to surgery.

4. Heart failure. The European Society of Cardiology made a major discovery in 2013. CoQ10 taken as a supplement was proven to be the first "drug" to decrease heart failure mortality in more than a decade — by 50 percent. Based on these results, lead study author Professor Svend Aage Mortensen recommended the coenzyme as a standard mode of heart failure treatment. Medical intervention for heart failure may require installing a pacemaker or long-term use of medication.

5. Osteoporosis. In 2019, Austrian researchers learned that those

taking high-dose statins, aggressively pushed by pharmaceutical companies as heart-protective, had a greater chance of getting diagnosed with osteoporosis compared to low or no statin use. Conversely, supplementing coenzyme Q10 could neutralise free radicals in osteoclasts, slowing down bone breakdown, while activating osteoblasts, controlling bone formation. Osteoporosis is a progressive disease without a cure that can lead to disability or death.

6. Statin side effects. Statins are prescribed by doctors to help decrease cholesterol. But our body naturally produces cholesterol, and we need healthy amounts for hormones and basic function. Statins also have side effects like fatigue, muscle weakness, headaches, digestive issues, and even osteoporosis risk -- most often appearing when statins cause cholesterol and ubiquinol levels to plummet. Supplementing ubiquinol for as few as three months has been shown to decrease signs of statin-associated myopathy, including muscle pain, weakness, and tiredness. Medically relieving statin side effects usually involves changing dose or switching to another drug.

ENZYME

CoQ10 has been found to improve blood pressure too. Taking 50 mg of coenzyme Q10 twice a day for 10 weeks can bring a significant decrease in peripheral resistance and blood pressure. CoQ10 also helps people with type 2 diabetes. A twice-a-day dose of 100 mg of coenzyme Q10 could support both blood pressure and long-term glycaemic control.

Say no to tobacco-borne enzymes and say yes to the 'most trusted'

Statins' inverse effect on our body's balance of CoQ10 is something that's rarely talked about in the medical and pharmaceutical community -- as is the synthetic CoQ10 that's manufactured. The synthetic version of CoQ10 is primarily made from tobacco leaves, without any known reports confirming its efficacy or safety. Oddly enough, this synthetic derivative is also costlier than CoQ10 in its natural state, ideally taken as ubiquinol.

Ubiquinol is up to eight times better absorbed than ordinary CoQ10 products. Kaneka Ubiquinol™ is derived from the most recognised and most studied form of ubiquinol,

produced by one of the most trusted nutritional companies and verified by 70 years of research. Since Kaneka Ubiquinol™ is more absorbable than conventional coenzyme Q10, daily use, especially for those age 40 and older, could replenish suboptimal levels.

In addition to its many confirmed benefits, Kaneka Ubiquinol™ can also be used as an all-around anti-ageing supplement. Taking anywhere from 100 to 120 mg a day for up to a year could provide significant social, physical, mental, and overall vitality support, starting as young as age 22 up to age 86. These positive effects are most frequently seen in women who already have low- to mid-range ubiquinol levels.

Vegetarians who can't take gelatine-encapsulated Kaneka still have options. Supplementing HydroQsorb®, coenzyme Q10 in its 100-percent natural vegetarian form, offers four-times better absorption than ordinary CoQ10 ingredients. Combining the amino acid by-product L-carnitine with HydroQsorb® can enhance its heart-fuelling effect; L-carnitine is known to greatly improve heart health following an attack.

Recommended Products

UB8Q10™ UBIQUINOL

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



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.



L-CARNITINE PLUS COQ10

L-Carnitine and CoQ10 can support organ and cardio health, along with preventing fatty build-ups, especially in the heart and liver. Used to boost energy levels, it can support the fight against free radical damage. Suitable for vegetarians and vegans.



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



SOBA NOODLE SOUP

Whip up a light broth soup with plenty of colourful vegetables and buckwheat soba noodles.

Prep time: 5 min.
Cook time: 15 min.
Total time: 20 min.
Serves: 1-2

INGREDIENTS

- 8 oz. 100% soba noodles
- 1/2 cup chopped onion
- 1/4 cup white miso soup
- 2 cups diced tomatoes
- 2 1/2 cups sliced shiitake mushrooms
- 1 cup shredded carrots
- 4 cups chopped bok choy

DIRECTIONS

1. Prepare the noodles in advance according to packet instructions.
2. Bring a pot of water to boil.
3. Add the 1/2 cup of chopped onions.
4. Add 1/4 cup of white miso paste.
5. Add 2 cups of diced tomatoes.
6. Add 2 1/2 cups of sliced shiitake mushrooms.
7. Add 1 cup of shredded carrots.
8. Add 4 cups of chopped bok choy to the soup.
9. Pour the soup over the noodles. Top with fresh cilantro. Serve and enjoy.

PEANUT GINGER TOFU STIR FRY

This Asian-inspired dish is best served over cauliflower rice and sautéed vegetables for a hearty plant-based meal.

Prep time: 30 min.
Cook time: 1 hr.
Total time: 1 hr. 30 min.
Serves: 2

INGREDIENTS:

For the stir-fry:

- 12 oz. extra-firm tofu (organic and non-GMO, if possible)
- 1 tbsp. water
- 1 small cauliflower head
- 2 garlic cloves, minced (2 cloves yield ~1 tbsp. or 6 g)

For the sauce:

- 1/4 cup low sodium soy sauce (tamari for gluten-free eaters)
- 1/4 cup maple syrup
- 1/2 tsp. chili garlic sauce
- 2 1/2 tbsp. peanut butter or almond butter (natural, salted)

Optional extras:

- veggies: baby bok choy, green onion, red pepper, broccoli
- toppings: fresh lime juice, cilantro, sriracha

DIRECTIONS

1. Begin by draining tofu 1.5 hours beforehand. If the block of tofu is larger than 12 ounces, trim it down. A full pound isn't needed for this recipe.
2. Roll tofu in an absorbent towel several times and then place something heavy on top, such as a chopping board, to press. Do this for 15 minutes.
3. Near the end of draining, preheat oven to 400°F

(204°C) and cube tofu. Place on a parchment-lined baking sheet and arrange in a single layer. Bake for 25 minutes to dry/firm the tofu. Once baked, remove from oven and let cool.

4. Prepare sauce by whisking together ingredients until combined. Taste and adjust flavour as needed; optionally, add a little more sweetener and peanut butter.

5. Add cooled tofu to the sauce and stir to coat. Let marinate for at least 15 minutes to saturate the tofu and infuse the flavour.

6. In the meantime, shred cauliflower into rice by using a large grater or food processor. Not too fine, just somewhat close to the texture of rice. Set aside. Mince garlic, if it hasn't been minced already, and prepare any veggies to add to the dish (optional).

7. Heat a large skillet over medium to medium-high heat (6 out of 10), and if adding any veggies to the dish, cook them now in a bit of water and a dash of soy sauce. Remove from pan, set aside, and cover to keep warm.

8. Use a slotted spoon to spoon the tofu into the preheated pan. Add a few spoonfuls of the sauce to coat. Cook, stirring frequently for a few minutes until browned. It will stick to the pan a bit, so don't worry. Remove from the pan, set aside, and cover to keep warm.

9. Rinse the pan under very hot water and scrape away any residue. Place back on the oven.

10. Add a drizzle of sesame oil to the pan, then add garlic and cauliflower rice and stir. Put cover on to steam the "rice." Cook for about 5 to 8 minutes until slightly browned and tender, stirring occasionally. Then add a few spoonfuls of sauce to season and stir.

11. Plate cauliflower rice and top with veggies and tofu. Serve with any leftover sauce. Leftovers reheat well and will keep covered in the fridge for a couple of days. Enjoy.



If inflammation causes autism, then diet improves behaviours and disability

3 fascinating factors that play into autism recovery



Because of its prevalence -- affecting one in 59 children -- autism is becoming better understood. The spectrum disorder currently has no cure, but with the latest research digging up potential causes, children and adults may have more options for rehabilitation.

Brand-new studies confirm link between autism and inflammation

The first 2019 study, conducted by American researchers from Tufts University School of Medicine, analysed eight children's brains with autism spectrum disorder (ASD). The brain regions needed to regulate attention and memory had unprecedented levels of a molecule that contributes to inflammation.

A second 2019 study examined the brains of 16 deceased children with autism, ranging from ages 3 to 14. Here, American researchers from the University of Mississippi Medical Center detected higher numbers of the anti-inflammatory protein interleukin-18 (IL-18). There was enough evidence to support inflammation and immune dysfunction in the brains of children with ASD.

As this news spreads, pharmaceutical companies are going to start to push anti-inflammatory medications. These drugs don't come without side effects, and they often can't be used long-term by children.

Diet + nutrients + guts: ASD parents explore 3 helpful remedies

Among parents looking into medical alternatives, these are the methods gaining traction:

- 1. Anti-inflammatory diet.** High levels of PPA -- propionic acid used to preserve processed foods -- have been found in the stools of children with autism; the acid can cause brain inflammation. In a randomised, controlled, single-blind study published in *Nutrients* in 2018, some children and adults with autism who supplemented and eliminated gluten, casein, and soy saw developmental age increase 4.5 times over.
- 2. Good bacteria.** The PPA study, published in *Scientific Reports* in 2019, also noted that guts of children with autism are likely to be disrupted. Gut health influences the brain. Supplementing soil-based probiotics (by opening capsules and mixing into food for younger children) can restore gut immunity and manage autism symptoms. A Bio-Identical SBO Probiotics Consortia™ is a group of soil-based organisms (SBOs) with 22 proven benefits, including the ability to increase gut resistance to harmful bacteria and fungi that trigger brain inflammation.
- 3. Nutrient therapy.** For children and adults with autism, supplying missing nutrients, along with diet changes, may dramatically improve development. Serrapeptase is one such supplement: a powerful proteolytic enzyme known to safely dissolve internal inflammation. The mineral zinc has also been associated with autism reversal; taking zinc and olive leaf together can better boost immunity, kill fungi, and positively impact brain function.

That said, these approaches aren't just

for those on the spectrum. High-level inflammation during pregnancy may present as autism-like behaviours in children. Calming inflammation before birth -- by strengthening a mother's immune response -- could lead to a three-times lower risk of autism.

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.



SERRAENZYME® 250,000IU

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



OLIVE LEAF EXTRACT WITH ZINC

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

Use 4 nutrients to improve lung health without trying

Safe & easy: At-home lung intervention works as well as hospital stays

Drawing a full, deep, and satisfying breath is easy enough to take for granted. Our lungs do this for us automatically, if everything is functioning as intended. But for millions of people around the world, ranging from infants to the elderly, this just isn't the reality.

Asthma and COPD (chronic obstructive pulmonary disease) have become common enough that they're now considered public health burdens. At this point, whether or not we or someone we love has one of these conditions doesn't matter. Exorbitant costs for respiratory disorders have been placed on society, specifically the taxpayer. In a country like the U.S., asthma's annual healthcare costs have reached approximately \$20.7 billion (€18.7).

Medication may help, at least at first. Still, sufferers of lung disease soon recognise that drugs can come with side effects. Their long-term cost is also difficult to manage. Asthma inhalers may increase pneumonia hospitalisations by 83 percent, an unsurprising finding considering that up to 33 percent of severe asthma patients are prescribed dangerously high steroid doses. In Norway, doctors give COPD sufferers sedatives more often than they do psychiatric patients, drugs that depress lung function and increase addiction risk.

What physicians and pharmaceutical companies often fail to tell these patients caught up in the healthcare system is that there are many natural alternatives that appear to be working. These nutritional and therapeutic remedies are backed by research and can be much gentler on the body. Compared to the monthly drug cost for asthma, chronic bronchitis, COPD, cystic fibrosis (CF), pneumonia, lung cancer, and more, they're also a lot cheaper.

Lungs love – and science supports – 4 nutrients for better breathing

The latest research shows that even the most damaged lungs may respond to these regenerative ingredients:

1. Curcumin. Curcumin and serrapeptase, two high-powered anti-inflammatory compounds, are both frequently mentioned when it comes to rehabilitation from lung disease. Curcumin is the super-concentrated phytochemical extracted from turmeric with "promising" lung cancer potential, recently shown to help stop up to 85 percent of tumours. Meriva® Curcumin is the most studied and preferred proprietary delivery form of the compound. Taken along with vitamin D3, ecklonia cava extract, and the serrapeptase enzyme to counteract inflammation, Meri-

va® Curcumin phytosomes offer 29-times better absorption.

2. Iodine. On top of being a missing mineral in our food supply, iodine is also frequently deficient in cystic fibrosis patients. Low levels can lead to hypothyroidism. Iodine is required for thyroid health, and high levels are also needed for blood, liver, reproductive, adrenal, colon, skin, and lung function. Iodine deficiency can exacerbate symptoms like exhaustion, muscle pain, and poor sleep. So, it makes sense that thyroid imbalance related to a lack of iodine has been proven to aggravate lung conditions, including COPD. Supplementing food state iodine -- as nascent iodine in its consumable, organic form recognised by our body -- may regulate thyroid and lung health, with special support for fibrosis.

3. Probiotics. As scientists have started to uncover, our gut health influences the health of our whole body. A great example can be seen in how COPD changes the lung's structure, as well as its bacteria. This can leave the lungs





vulnerable to pathogens, and so, protection from probiotics may be needed. Probiotics can reduce the duration and severity of upper respiratory tract infections and may also decrease asthma risk in infants. Soil-based organisms (SBO spore probiotics) are the rich source of these good bugs, formulated with a super-strain of eight species able to inhibit harmful bacterial growth and strengthen weaker bodily systems.

4. Zinc. A well-known immune stimulator, zinc is a mineral popularly used for cold prevention. Zinc also works as an antibacterial agent -- proven potent against the virulent bacteria behind pneumonia, especially for young children. An inadequate zinc supply to the epithelial cells of the lungs is also newly associated with CF and COPD. But when it's supplemented, zinc acts fast and can make supporting compounds like olive leaf (containing active oleuropein) work even better; recent studies confirm olive leaf's immune-boosting properties, cutting 28 percent of sick days related to respiratory illness.

Poor lung health may be marked by poor breathing, worsened when oxygen can't circulate properly. Restorative nutrients help, as does taking an oxygen-boosting seaweed extract to clear carbon dioxide and promote oxygen transport. Better oxygen circulation allows the lungs to recover. Norwegian seaweed extract has been found so effective for lung health that pharmaceutical companies have begun to market it as a drug to improve cystic fibrosis life expectancy.

2 more tricks can lower dangerous levels of lung inflammation

Support for struggling lungs doesn't stop there. These at-home approaches can also be effective:

- **Avoid starchy carbohydrates.** Foods like vegetables, fruits, and healthy plant fats are prime supporters of lung function. Inflammatory processed foods, i.e., the starchy carbs we're better off eliminating, can age the body, inflame the lungs, and impair breathing.
- **Practice pulmonary rehabilitation.** Deep, relaxed breathing -- known as pulmonary rehabilitation -- offers a cost-effective way to reduce shortness of breath, improve activity levels, and minimise emergency and hospital visits. Home-based pulmonary rehab is proven just as successful as hospital-based therapies.

It's a daily commitment, but naturally improving lung health can actually be something we enjoy doing. For patients with COPD, listening to music while performing pulmonary rehabilitation exercises can have two-fold benefits: Ameri-

can researchers observed changes in mental wellness and lung disease symptoms in their 2015 study.

Recommended Products

SERRANOL®

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



NASCENT IODINE

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



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.



OLIVE LEAF EXTRACT WITH ZINC

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.



OXYSORB™

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



Sources

All references can be found at www.NaturallyHealthyNews.com

THE POLYCYSTIC PUSH GOES GLOBAL: 14 NATURAL WAYS TO HELP 1 IN 5 WOMEN

PCOS and its not-so-fun facts: 2 years, 3 doctors, and a higher cancer risk

Celebrities are speaking out, and countries like Australia are setting international guidelines. For women in the “cystershood,” as the PCOS Awareness Association calls it, these steps could be enough to increase dismally low levels of government funding, improve health outcomes, and supply much-needed resources.

It may also help more women get a diagnosis. Polycystic ovary syndrome, also called PCOS or Stein-Leventhal syndrome, affects one in five, or over 10 million women, around the world. PCOS is the most widespread female endocrine disorder – and the primary cause of infertility.

Why doctors are still missing the most common hormonal disorder in women

Characterised by acne, weight gain, hair thinning, hyperpigmentation, headaches, excessive hair growth, and irregular/heavy periods, many women may have PCOS without knowing it. A lack of education makes the condition easy for doctors to overlook. One-third of women with PCOS see a minimum of three doctors over a span of two years before receiving an official diagnosis.

Since PCOS has been linked to a higher risk of diabetes, metabolic syndrome, depression, and anxiety, early detection matters. PCOS can make conception difficult, if not impossible. And, the condition comes with a 2.7-times higher endometrial cancer risk.

A woman with PCOS may have high androgen levels — often called male hormones, though androgens can be found in women. She could also grow small cysts in her ovaries – but not in every case. This may be why many doctors have a hard time detecting it.

High androgen levels can affect ovulation. Insulin may also be directly tied to PCOS. Insulin is a hormone that controls blood sugar and energy storage. A woman with PCOS may have excess insulin, which can increase androgen production. Diagnosis delays, American researchers noted in 2017, aren't giving women the chance to improve their quality of life by managing their symptoms.

The 14 natural methods PCOS sufferers are using to get relief

Medical oversights don't help, so what can women do who are hurting? Over a dozen remedies have been shown to reverse or keep PCOS symptoms contained:

1. Acupuncture - Acupuncture and physical activity can help balance hormones and irregular

periods for women with PCOS, Swedish researchers learned in 2011. Electro-acupressure can be safely and effectively practised at home to relieve pain and chronic symptoms.

2. Breathing - Daily deep breathing from the diaphragm could lower anxiety and stress levels and may relieve respiratory problems associated with PCOS.

3. Caffeine - Cutting caffeine helps many women maintain hormonal balance, also addressing a potential cause of pregnancy loss and infertility.

4. Chromium - Supplementing chromium could help women with PCOS manage insulin resistance, ideally combined with ceylon cinnamon; Chromax Chromium is the form of the mineral able to significantly improve body composition through its superior absorption.

5. Cooking - Avoiding high-heat cooking methods like grilling, as well as processed foods, can reduce advanced glycation end products, or AGEs, known to



contribute to chronic disease and ageing. Greek researchers found in 2014 that modifying dietary AGEs may lower PCOS insulin levels.

6. Curcumin - Taking the powerful anti-inflammatory compound curcumin helps prevent internal inflammation that could cause cysts; Meriva® is the patented phytosome delivery form of curcumin offering up to 30-times better absorption.

7. Exercise - As mentioned in the Swedish study, exercising three times a week pairs well with regular electro-acupuncture to decrease high testosterone levels and regulate menstruation.

8. Plant foods - Eliminating all sugar from the diet is critical in improving insulin resistance. Swapping un-natural starchy carbs for plant-based foods also stops the conversion of excess sugar that can lead to high levels of inflammation.

9. Probiotics - New research presented at the Endocrine Society's annual meeting in the U.S. in 2019 showed that weight, insulin, and fasting blood sugar are likely to improve in cases of PCOS after changing gut composition. SBO probiotics, or soil-based organisms, can create a healthy balance between good/bad gut bacteria, matching the life-giving organisms found in nature.

10. Progesterone - Applying plant-derived progesterone as a daily cream can help reset the hormonal system, potentially lowering oestrogen dominance when paired with exercise and diet.

11. Resveratrol - Women with PCOS who supplement resveratrol, another potent anti-inflammatory compound that can be rapidly transported with cur-

cumin in a liposome, may see a 23.1 percent drop in testosterone and a 31.8 percent drop in fasting insulin levels.

12. Soaking - By relaxing in a hot tub a few times a week for two months, women with PCOS who are obese could see heart health, fat tissue, and diabetes markers improve, according to a 2018 American study.

13. Stress - Managing this "invisible factor" may help women manage their body composition; Indian researchers detected a strong link between the two in 2018, finding higher amylase activity (an acute stress biomarker measured in saliva) in overweight women with PCOS.

14. Vitamin D - Women with PCOS who are deficient in vitamin D may have a 40-percent less chance of sustaining a successful pregnancy – and supplementing vitamin D3 along with curcumin and serrapeptase can also help calm cancer-causing inflammation.

PCOS may be common, but doctors have yet to introduce a universal treatment. This is because there's really no cookie-cutter approach to correcting hormonal imbalance. Getting an accurate diagnosis is important. But many women only see their health improve through a more well-rounded approach – by trying one or more natural alternatives until they find the right fit.

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.



PRESCRIPT-BIOTICS™

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



SERRANOL®

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.



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.



Sources

All references can be found at www.NaturallyHealthyNews.com

Really Healthy™ recipes

Give your body a treat with these delightfully healthy desserts

WILD BLUEBERRY MANGO MINT SORBET

An ultra-creamy and refreshing blueberry mango mint sorbet recipe: Vegan and gluten-free, it's perfect for a light dessert or tasty treat.

Prep time: 5 min.

Freeze time: 4 hrs.

Total time: 4 hrs. 5 min..

Serves: 4

INGREDIENTS

- 2 cups frozen wild blueberries (or regular blueberries)
- 1 cup frozen mango chunks
- 1/4 cup condensed coconut milk
- 6 small mint leaves

INSTRUCTIONS:

1. Add all ingredients to a high-powered blender and blend until smooth.
2. Pour the filling into a freezer-safe dish and freeze for 4 hours. Enjoy.

Recipe notes:

- Only use fresh herbs; dried herbs won't work for this recipe.
- Store the sorbet in BPA-free reusable ice cream containers.
- Freeze the sorbet for 1 to 2 months before ice crystals start to form and impact the flavour.



NO-BAKE PUMPKIN PIE BALLS

These pumpkin pie balls require no baking and are ready to eat in 15 minutes: vegan, gluten-free, loaded with protein, and containing natural sugars only.

Prep time: 15 min.

Total time: 15 min.

Serves: 14

INGREDIENTS

- 1 cup oat flour, gluten-free
- 1 1/4 cup almond flour
- 3 tbsp. maple syrup
- 1/3 cup pumpkin purée
- 1/2 tsp. cinnamon
- 1/2 tsp. pumpkin pie spice
- 1/4 tsp. sea salt
- 1/2 tsp. vanilla

Coconut sugar coating

- 1/4 cup coconut sugar
- 1/4 tsp. cinnamon
- 1/4 tsp. pumpkin pie spice

DIRECTIONS

1. In a large bowl, combine oat flour and almond flour. Toss to combine.
2. Add remaining pumpkin pie ball ingredients and mix until well

incorporated, using hands towards the end to ensure even mixing.

3. In a small bowl, combine coconut sugar, 1/4 teaspoon cinnamon and 1/4 teaspoon pumpkin pie spice. Toss to combine.
4. Scoop out 1 1/2 to 2 tablespoons of pumpkin pie ball mixture. Roll into a ball.
5. Place pumpkin pie ball in the coconut sugar bowl and roll to completely coat it. Place on a large plate or baking sheet.
6. Repeat the above two steps with the remaining pumpkin pie ball mixture.
7. For best texture, serve immediately. Pumpkin balls stay great at room temperature for 2 to 3 days. Make sure to not store the balls in an airtight container, or the pumpkin will make the balls soggy.

Recipe notes:

- To store the balls for a longer time, place the extra balls in the far back of the refrigerator, uncovered and untouched
- During the process, the balls will start to look a little soggy, but once left in the refrigerator for a day or two, the coconut sugar will harden on the balls, and they will keep for up to two weeks. Patience is key.

GoodHealthNaturally
Because it Works!

When you won't settle for less

THE VERY BEST COQ10 AVAILABLE:
x8 better than ordinary CoQ10

Worried about your heart? This vitamin-like enzyme can help.

COQ10 fuels your heart muscle energy, along with every cell and function in your body.

- It's the nearest thing in your body to the spark of life itself.
- This "life-spark" just got better — *up to 8 times better.*

Thanks to a recent breakthrough in Japan, there's a formula that's 8x more absorbable than ordinary CoQ10.

- It's not just about the amount of CoQ10 you take, it's what you absorb.
- Fuel your body with the *most powerful* coenzyme Q10: UB8Q10.

It's true. UB8Q10 is:

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



Exactly how much hidden sugar are we eating?

Psst — the ‘sugar rush’ myth has been officially busted

Sugar: There’s a big difference between how much we eat and how much we need. Then there’s the sugar we don’t even know we’re consuming. Sugar is hidden in most commercial foods, like processed snacks, juices, dairy, pasta, bread, and even low-quality vitamins. The average Westerner eats 17 to 22 teaspoons of sugar a day, adding up to 92 pounds each year.

In 2019, British researchers found that one of our main reasons for enjoying sugar – as a pick-me-up -- isn’t the solid excuse we once thought. Sugar doesn’t make mood better. In fact, it has the opposite effect, causing us to become more tired and foggy after eating it. The concept of a “sugar rush,” researchers said, didn’t have any clinical merit.

Is sugar hiding in our favourite foods? An easy way to find out

Current obesity numbers, tripling in some areas, are likely caused by

how much sugar entered our food supply decades ago, affecting even our youngest children. Starting in the 1970s, baby food was made with large amounts of sugar. Pregnant mothers who ate a high-sugar diet may also have passed more fat cells onto their children.

In the past few years, sugar’s been implicated in causing our global diabetes crisis, a rise in dental costs totalling in the billions, heart disease over saturated fat, and a greater premature death risk. Drinking two or more sugary beverages a day could lead to a 21-percent increase in early mortality.

Now, to see how much sugar we’re really consuming. Using a simple conversion table can reveal sneaky sources of sweets:

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

We only need up to 12 teaspoons of

sugar, or 60 grams of carbohydrates, a day. Compare this to the 22 teaspoons (nearly double) the average person eats, and it’s clear that our ever-increasing sugar consumption is something worth watching.

Other common examples of hidden sugar include:

- **1 cup of strawberries** - 2 teaspoons of sugar
- **1 cup of milk** - 3 teaspoons of sugar
- **1 jar of pasta sauce** - 6 teaspoons of sugar
- **1 flavoured yoghurt** - 6 teaspoons of sugar
- **2 slices of bread** - 7 teaspoons of sugar
- **1 banana** - 7 teaspoons of sugar
- **1 bowl of breakfast cereal with milk** - 8 teaspoons of sugar
- **1 glass of orange juice** - 8 teaspoons of sugar





- **1 can of fruit cocktail** - 8 teaspoons of sugar
- **1 soft drink** - 10 teaspoons of sugar
- **1 bowl of cooked rice** - 13 teaspoons of sugar

It may not be necessary to avoid low-sugar fruits like strawberries. But it still helps to get a handle on exactly how much sugar we're eating.

The latest research shows, based on the results of two major European studies published in 2019, that "ultra-processed" foods, the ones accounting for up to 60 percent of our daily calories, can significantly raise risk of cardiovascular disease and result in a 62-percent higher chance of death.

Why is quitting so hard? Blame the sweet-talking sugar industry

Recently, an incredible health scandal was brought to light. 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 the modern-day equivalent of about \$50,000 to overlook the link between sugar and heart disease.

As mentioned above, scientists were paid off to blame saturated fat instead. This false claim was published in the respected *New England Journal of Medicine* in 1967, associating saturated fat with heart disease.

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.
- *The New York Times* also confirmed in 2015 that the world's largest manufacturer of sugary drinks, Coca-Cola, funded researchers millions of dollars to minimise the relationship between high-sugar drinks and obesity.
- Today, most people avoid fat and remain unaware that saturated fats can have a protective effect on the heart, lowering blood pressure and reducing risk of diabetes.
- A ketogenic diet (preferably vegan) has also been proven more effective than a low-fat diet in promoting weight loss and preventing obesity. It's trans fat found in processed, baked, and fast foods -- and particularly sugar -- that we don't want to eat.

Cutting back on or eliminating sugar feels impossible for many of us because it has been designed to be. A milestone *Cell Metabolism* study, published in 2019, found these

same ultra-processed foods to be habit-forming and, probably, addicting.

A few steps can make it possible to avoid the unavoidable -- the sugar overload seen in our society. Drink water instead of soft and sports drinks. Steer clear of artificial sweeteners and use beneficial natural alternatives like xylitol. Crunch on raw veggies to satisfy cravings during the sugarless transition.

Just as important: Supplement sugar-repair compounds like curcumin and the serrapeptase enzyme to lower dangerous levels of inflammation and ignite healing. Taking a daily multi containing 75 plant-derived minerals, 12 vitamins, and 3 supporting nutrients can also address malnutrition related to eating ultra-processed foods; children and adults in Western countries have been observed with higher rates of vitamins A, B6, B12, C, D, E, folate (better absorbed as active 5-MTHF), and iron deficiency.

Recommended Products

ACTIVE LIFE™ CAPSULES

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



SERRANOL®

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



Sources

All references can be found at www.NaturallyHealthyNews.com

Want to get out of the hospital 7 days sooner?

Life-saving C cuts 'tens of thousands of dollars each day' in ICU expenses

With the help of a well-known vitamin, critical hospital visits may not be so deadly. A 2019 study published in the *Journal of the American Medical Association* indicates that giving septic patients a simple vitamin C infusion could cut down on ICU time and notably shorten hospital stays.

Could hospitals prevent 300,000 needless deaths by using vitamin C?

When the body gets inflamed during an infection, sepsis, a leading cause of hospital death, can take place. Administering intravenous vitamin C to patients with sepsis can reduce days spent in the ICU by three and overall time in the hospital by one week.

Sepsis, or blood poisoning, claims up to 300,000 lives in the U.S. alone each year. Now, researchers believe this natural vitamin therapy could "potentially transform" care for gravely ill patients. Imagining two 747s crashing each day can help us understand how many patients die of sepsis a year, American study author Alpha A. Fowler III, M.D., said.

Then there's the money-saving benefit. A primary contributor to disability and rising healthcare bills around the world, finding a treatment for sepsis that shortens hospital visits could make a dent in the billions of dollars spent every year.

A 2017 *Chest* study found intravenous vitamin C to nearly neutralise the fatal effects of sepsis that leads to death in up to 60 percent of cases. Where sepsis responds poorly to conventional medicine, taking vitamin

C by IV can reduce the rate of death five-fold, or by 500 percent.

Liposomal nutrients hit the bloodstream faster, second only to IV vitamin C

These studies prove that vitamin C can be especially potent when taken in the right delivery system. Unfortunately, almost all over-the-counter vitamin C supplements are manufactured by drug companies and made with synthetic ingredients. Liposomal vitamin C is the 100-percent natural form of the vitamin, formulated with the same liposomes -- a.k.a., tiny fat bubbles -- used by our bodies.

Intravenous vitamin C sets the medical standard, but for most of us, it's not a cost-effective or convenient treatment we can use at home. Vitamin C encapsulated in liposomes has been proven to increase circulating concentrations more than unencapsulated oral formulations but less than IV delivery.

Combining liposomal vitamin C with the flavonoid quercetin can further protect against infection and outside threats. Both vitamin C and quercetin also have confirmed anti-cancer properties.



Capsule delivery can still work for those who prefer to take them. Super-concentrated vitamin C derived from a rich source, like camu camu fruit containing one of the highest recorded natural levels of vitamin C, offers whole-food, ORAC-tested antioxidants. In the lab setting, camu camu has been shown to fight virulent bacterial growth, including *E. coli* that can cause sepsis.

Recommended Products

CUREC™ LIPOSOMAL VITAMIN C

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



CAMU CAMU - VITAMIN C

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



Sources

All references can be found at www.NaturallyHealthyNews.com

Stay young and healthy at heart with NEW HeartPower45™

Good Health Naturally is pleased to announce the latest addition to our vast array of highest-quality health products. HeartPower45™ exclusively contains high-potency super BERGAVIT™ bergamot 45% and features bergamot fruit extract used in Italian folk medicine to help support overall cholesterol balance and heart health.

Suitable for vegetarians and vegans.

NEW HeartPower45™ Benefits Heart Health In 3 Ways...

1 Lower and manage “bad” cholesterol. While we all need cholesterol to function, the natural flavonoids found in HeartPower45™ play an important role in reducing “bad” cholesterol levels while increasing “good” cholesterol levels associated with a decreased risk of heart disease.

2 Maintain healthy heart function. The results of a recent study showed that super BERGAVIT™ bergamot 45% may protect heart health due to its impact on cholesterol. Study participants with the highest “bad” cholesterol saw the greatest reduction when taking BERGAVIT™ bergamot.*

3 Support metabolic wellness. Bergamot flavonoids are also known as exceptional metabolic regulators, with the potential to fight metabolic syndrome. Controlling lifestyle factors related to obesity can help to improve heart health and metabolism, as can taking bergamot flavonoids each day.



Good Health Naturally®
Because it Works!

The ageless brain: 4 nutrients and 5 habits known to save our sanity

Meet the compounds behind the war on Alzheimer's disease

As we age, we hear a recurring theme: We're a generation worried about losing our cognitive function. And with good reason.

It's common to watch loved ones suffer and to start to fear we'll see early warning signs in ourselves. Almost half of us in our 50s and 60s are afraid of developing dementia -- and believe it could be our fate. Only one in three people say their memory is as good as it used to be, a 2019 National Poll on Healthy Aging from the U.S. states. A mere 5 percent of people have talked about dementia prevention with their doctor.

The few who do open up the conversation are those likely to find relief. Plenty of studies prove that simple habit and nutritional changes can have a serious impact, with the latest research indicating that healthy lifestyle may be enough to negate dementia's genetic risk.

Curcumin and 3 other nutrients shown to sharpen senior brains

In a perfect world, age wouldn't rob us of our most important function. But today, no one's exempt from lifestyle and environmental factors that invite inflammatory disease.

Some familiar factors that feed dementia include a high-carb, high-sugar diet; vitamin deficiency; oxidative stress; and chronic inflammation. Addressing these lifestyle concerns, through exercise, stress management, an anti-inflammatory diet, and nutritional support, gives us the chance to reduce or eliminate dementia and Alzheimer's completely.

These four compounds have been making waves because of their confirmed impact on the brain:

1. Curcumin.

Though the spice has been prized since ancient days, the curcumin compound is thousands of times more powerful than the turmeric it's extracted from. Recent research has scientific circles buzzing. Curcumin is neuroprotective, shown to be one of the most potent natural substances available to protect the brain.

In 2008, Korean researchers published a landmark clinical trial, analysing curcumin's effect on patients with severe loss of cognition. Curcumin's ability to pass through the blood-brain barrier allowed the spice compound to bind to beta-amyloid plaques and help the body break them down. Blasting through these protein fragments could prevent the neuron death related to Alzheimer's disease.

Also:

- Alzheimer's patients may see "remarkable" behavioural improvements after consuming 100 mg of curcumin a day for 12 weeks. Supplementation could increase





quality of life and ease caregivers' burdens.

- Curcumin has anti-inflammatory properties -- which may play a protective role against the formation of β -amyloid peptides in the brain.
- Curcumin also shows promise to enhance activity and prolong life in cases of nervous dysfunction, with similar benefits for Alzheimer's disease.

A key factor for receiving the brain-sharpening benefits of curcumin, a phytochemical, is to increase its dose, as well as its length of time in blood and tissue. Delivering cur-

cumin in liposomes (emulating our body's mode of liposomal transport) accomplishes this, and so does supplementing curcumin in its patented phytosome delivery system, as Mervia® Curcumin backed by pharmacokinetic studies as having almost 30-times better oral bio-availability and absorption.

2. Lithium orotate.

Lithium's regenerative effect on the brain has made this mineral famous. Naturally found in many whole foods, like lean fish and vegetables, lithium is a vital component of several organs and bodily systems. Lithium in its drug form has helped to increase grey matter in brains of

bipolar patients, providing a glimpse at the profound influence the mineral can have on our brain.

With application to improve depression, anxiety, and inflammation, low-dose lithium may also enhance brain function. This happens when lithium ups our BDNF, or brain-derived neurotrophic factor, needed for healthy brain activity, and blocks glycogen synthase kinase-3, a protein kinase involved in cellular processes, confirmed by 2011 National Institute of Health, U.S., research.

Also:

- Lithium orotate in its supplemental form can be a safe alternative to antidepressants: Compared to

chemical antidepressants, lithium orotate has zero side effects.

- Natural lithium orotate supplied to the body in an organic carrier can rapidly transfer to the blood cells in the brain. This form of delivery is designed to target brain regions where chemical imbalances occur.
- Lithium orotate's many benefits may extend to migraines, frequent headaches, menopause, PMS, alcoholism, ADHD, anorexia, and Alzheimer's and Parkinson's diseases.

The natural, organic form of lithium can be a welcome relief for many struggling with mental health. For others, mental and emotional issues arise with age as cognitive function declines. Supplementing lithium orotate, containing elemental lithium, is a gentle and safe way to guard the brain against everyday risk factors, while helping it sustain and grow new grey matter.

3. Resveratrol.

Both naturally occurring polyphenols, curcumin and resveratrol can step in when the immune system malfunctions. These nutrients work together to re-energise the brain, an organ that houses its own immune cells. Resveratrol is extracted from Japanese knotweed root and can be found in wine, grapes, and chocolate; like curcumin, it's known for its neuroprotective ability.

Speaking to their pro-immune properties, a 2018 *Cancer Immunology Immunotherapy* study showed that combining curcumin and resveratrol may help repolarise microphages associated with tumours. This can cause our immune system to naturally suppress oropharyngeal cancer tumours linked to the virus HPV.

Also:

- High-dose resveratrol administered over the long-term may improve mild to moderate markers of Alzheimer's disease. Taking the antioxidant resveratrol as directed has stabilised Alzheimer's biomarkers, without any side effects.
- As an anti-inflammatory antioxidant, resveratrol can effectively target the true cause of Alzheimer's – inflammation – with added inflammation-fighting potential when taken with curcumin as its co-nutrient.
- Supplementing resveratrol can reduce Alzheimer's plaque pathology and may bring the extra benefit of weight loss, decreasing BMI, waist circumference, and body fat.

Intaking the two compounds together isn't just convenient -- adding resveratrol to curcumin's liposomal formula enhances delivery and helps significantly increase nutrient blood serum levels. This quick liposomal uptake can be vital for those already experiencing age-related cognitive dysfunction: Better bioavailability may prevent harmful immune molecules from reaching brain tissue and causing inflammation.

4. Vinpocetine.

For over 30 years, vinpocetine has been used for cerebral circulatory dysfunctions, including memory impairment, stroke, aphasia (inability to speak), apraxia (inability to recognise objects or move correctly), and other motor disorders. In Europe, the periwinkle plant extract is commonly taken to enhance memory and mental function by increasing neuronal firing rate.

The latest vinpocetine update, published by American researchers in

2018, showed that along with the extract's "excellent safety profile," it also demonstrates multi-actioned effects against inflammation, oxidation, thrombosis, poor circulation, and cardiac remodelling. These applications add to vinpocetine's support for dementia and stroke recovery.

Also:

- Vinpocetine selectively dilates the arteries and capillaries in the head to improve brain circulation, alleviating cerebral glucose and oxygen insufficiency. This explains its traditional use in maintaining brain function.
- Proven to be a powerful antioxidant, vinpocetine guards against free radicals; the brain's high fat content makes it susceptible to oxidative damage, needing all the protection it can get.
- Vinpocetine's vasodilation properties ensure glucose and oxygen get used more efficiently by our brain. And the extract's platelet protection activity helps prevent stickiness of blood in the cerebral arteries.

Called the "periwinkle brain-booster," BioVinca® is the plant extract containing 98 percent vincamine – vinpocetine's active component. Vinpocetine has hundreds of published studies to back its use, but BioVinca® is the only vinpocetine formulation to be clinically studied. Able to support heart health, strengthen brain function, and improve short-term memory, BioVinca® is the preferred nootropic to supplement to retain cognitive function.

Meditation and 4 more daily habits to keep our brain in tip-top shape

Nourishing our grey matter matters. What's really interesting is that, in addition to healthy foods and supplements, we can choose restorative activities proven to fuel our brain in different ways.

It's becoming clear that, for better brain function and healthier ageing, drugs aren't cutting it:

- Drugs only manage cognitive symptoms.
- Drugs can't reverse damage or provide a cure for disease.
- Drugs reinforce disease management and don't focus on restoring health to the brain.

The answer isn't just to protect but to regenerate. Research confirms several healthy habits can help us think more clearly:

1. Diet. Better brain health comes from going back to basics with what we eat: This looks like eliminating starchy carbohydrates and opting for vegetables, dark-skinned fruits, nuts, seeds, and healthy plant fats instead. These vegan keto foods supply plant-based energy for a healthy brain and can look like a variation of the Mediterranean diet, a method of eating linked to bigger brain volume compared to those who eat differently.

2. Exercise. How movement benefits brain health is well-documented. But in 2019, neuroscientists in the U.S. made a new discovery: Short bursts of exercise can enhance activity of the gene that improves neuron-hippocampus connections, the area of the brain controlling memory and learning. Then there's the fact that maintaining a healthy weight could decrease brain ageing by more than a decade, another finding made

by American researchers in 2019.

3. Meditate. When it comes to using meditation for mental balance and brain function, research is rock-solid. Meditation may be viewed as a spiritual practice, and in the scientific realm, it's also seen as brain training used to increase awareness. This can cause changes in brain volume, a 2011 Harvard study in the U.S. found. Just eight weeks of mindfulness-style meditation may be enough to induce cortical thickening in our hippocampus, affecting learning and memory.

4. Sleep. Good sleep is serious. A lack of sleep directly influences brain health and can kill brain cells, leading to irreversible brain damage. In a 2014 study published in the *Journal of Neuroscience*, mice exhibited a 25-percent decline in locus coeruleus (LC) neurons following just three days of sleep deprivation at four to five hours nightly. Our body relies on LC neurons to keep alert and awake.

5. Socialise. Strong social connections support us at the emotional level, and they also offer brain-boosting benefits. Isolation is prevalent today, in a time when more people are living alone and working remotely, and it can't be fixed by the Internet. British researchers learned in 2019 that staying socially active in our 50s and 60s can help lower dementia risk – with near-daily socialising at age 60 offering a 12-percent greater decrease compared to seeing one to two friends several times a year.

Cognitive decline begins when abnormal protein structures form in the brain. These proteins are beta-amyloid plaques. If we're eating an inflammatory diet filled with refined

carbohydrates and processed fats, for example, the brain easily becomes inflamed. Brain inflammation may allow these abnormal proteins to deposit on brain neurons and decrease cognitive function.

Caring for our brain not only helps drop dangerous levels of inflammation, but it can help us hit "refresh" and become more present. Exercise puts us back in tune with our body, and sleep restores energy and enjoyment. Meditating for as little as 20 minutes a day can significantly sharpen our mind and promote "feel-good" feelings of contentment.

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.



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.



LITHIUM BALANCE™

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



Sources

All references can be found at www.NaturallyHealthyNews.com

HEALTH news

OBESITY TRIGGERS INFLAMMATION THAT DAMAGES THE BRAIN

Scientists from the University of São Paulo compared brain scans of 59 obese teenagers and 61 adolescents of a healthy weight. They determined that among the heavier participants there was reduced white matter in the corpus callosum, a bundle of nerves that connect the left and right side of the brain.

Grey matter contains the bulk of nerve cells, while white matter is made up of long filaments that transmit electrical signals between neurones. Damage is reportedly linked to the inflammatory hormone leptin, which is made by fat cells and helps regulate appetite.

Obesity is a growing issue that needs to be looked into urgently. One in three children in the UK are overweight and obese by the time they leave primary school, Public Health England statistics show.

In 2017/18, 335 16- to 24-year-olds in England alone were admitted to the hospital with a “primary diagnosis of obesity,” according to NHS Digital.

And in the U.S., one in five (20.6 percent) of 12- to 19-year-olds are obese, data from the Centers for Disease Control and Prevention reveals.

Obesity is known to cause inflammation, which has been linked to everything from heart disease to cancer.

BRITISH TEENAGER ‘FIRST IN UK’ TO GO DEAF AND BLIND FROM JUNK FOOD DIET

A 17-year-old British teenager has been considered the first in the UK to go deaf and blind from his junk food diet. By living off a daily portion of chips, crisps, and processed meat for around a decade, the unnamed patient from Bristol had a number of vitamin deficiencies that led him to develop a condition called Nutritional Optic Neuropathy (NON). He also developed hearing loss and bone weakness as a result.

The symptoms of NON are considered rare in the Western world and are most commonly seen in malnourished children in developing countries. NON is considered as being purely a result of dietary causes. The condition can manifest due to optic nerve damage leading to sight loss and, if undiagnosed, even blindness.

The teenager suffered from a rare eating disorder ever since he was in primary school. This eating disorder is known as Avoidant Restrictive Food Intake Disorder (ARFID). Sufferers of this condition become sensitive to taste, texture, and the appearance of foods. He had also previously informed doctors that he didn’t like the “texture” of fruit and vegetables.

Now experts are warning that there is a lack of awareness among healthcare professionals and the public in general, in regards to the link between poor diet and sight loss. In this case in particular, the patient was extremely picky with food. It had gone on for some time, so the diagnosis was missed, and visual loss had become permanent.

COULD CURCUMIN PROVIDE AN ANTIBIOTIC-FREE APPROACH TO TACKLING SUPERBUGS?

Curcumin nanocapsules could offer a new antibiotic-free way to prevent and treat one of the most feared superbugs. *Helicobacter pylori* affects 4.4 billion people worldwide, most prominently in Africa, Latin America, and the Caribbean.

As a bacterial pathogen, it can strike silently – there may be no immediate symptoms, but if left untreated, the pathogen can continue to cause chronic inflammation in the stomach lining, ulcers, and also an associated increased risk of gastric cancer.

UK and German scientists have now developed an antibiotic-free approach to dealing with these superbugs. By using nanotechnology, it’s possible to overcome some of the limitations that current treatments involve – such as multi-target therapy with antibiotics. The latter method has simply created more resistant strains.

Nanocapsule technology is a new method to overcome this. Curcumin, a potent anti-inflammatory agent, has been loaded in to form these nanocapsules that are smaller than a human blood cell.

Due to their minuscule nature, this prevents any bacteria from attaching to and infecting the stomach cells. It does this via an “anti-adhesion” coating, therefore disabling its ability to stick to stomach cells that may cause ill-health and even death.

Scientists believe that nanocapsule technology can offer an integral new approach to deterring the rise of the global spread of “superbug” pathogens.

Source: www.NaturallyHealthyNews.com

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- Suitable for vegetarians.
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- 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.***



Homocysteine: What to do when levels of this toxic amino acid get too high

Here's why healthy hearts love sublingual B vitamins

Research suggests that supplementing B vitamins can help to reduce our levels of homocysteine. This is the amino acid our body makes from another amino acid called methionine, and when the amount of homocysteine in the blood becomes elevated, it can affect the eyes, heart, and brain.

What exactly makes high homocysteine a bad thing?

We get methionine through protein-rich foods like:

- Dairy.
- Eggs.
- Meat.
- Seafood.

Under normal circumstances, homocysteine is converted into two substances: SAMe (S-adenosylmethionine), a naturally occurring compound in our body, and glutathione, our body's most powerful antioxidant. Both benefit our health.

For example:

- Glutathione helps improve auto-immunity and slow down ageing.

- SAMe helps prevent depression, arthritis, and liver damage.

The conversion of homocysteine to glutathione requires vitamin B2, vitamin B6, and zinc. Converting homocysteine into SAMe requires folic acid, vitamin B2, vitamin B12, zinc, trimethylglycine, and magnesium.

When these conversions don't occur, homocysteine levels spike. High homocysteine has been linked to an increased risk of:

- Alzheimer's disease/dementia.
- Eye disease.
- Heart disease.
- Low immunity.
- Stroke/vascular disease.

In a 2018 study published in the *Journal of Alzheimer's Disease*, University of Oxford researchers in the UK cautioned that even moderately raised homocysteine is something to watch out for. Common in older populations and considered to be a cause of dementia and age-related cognitive impairment, the study showed that using B vitamins to reduce high homocysteine is an "easy, inexpensive, and safe" treatment option that shouldn't be forgotten.

Lower homocysteine and beat the odds of 3 devastating types of disease

There are dozens of ways B vitamins can improve our health, but when it comes to reducing homocysteine, these are the top three:

1. Decrease brain shrinkage. Older adults could slash their rate of brain shrinkage in half by taking more vitamin B. In a two-year randomised clinical trial -- and the largest study on the impact of B vitamins on mild cognitive decline at its 2010 date of publication -- Oxford University researchers in the UK found that B vitamins could be used to control high homocysteine levels and reduce Alzheimer's risk significantly.

Using MRI scans over two years, the researchers discovered that participants with the highest homocysteine levels had the greatest benefit from taking vitamin B. High homocysteine participants who supplemented B vitamins had 50-percent less brain atrophy compared to supplementing the placebo.

Homocysteine is normally con-



verted into the brain chemical acetylcholine, used for memory, but Alzheimer's patients may have unusually high homocysteine and low acetylcholine levels. A 2002 *New England Journal of Medicine* study reported that the risk of Alzheimer's disease nearly doubled in those who had homocysteine levels greater than 14 µl. per litre.

2. Eliminate a risk factor for heart disease.

High homocysteine has been identified as an independent risk factor for cardiovascular disease (CVD). Elevated blood homocysteine levels may damage the arteries, causing atherosclerosis or hardening. High homocysteine can also make our blood more prone to clotting, leading to a greater chance of developing a clot that could trigger a stroke.

And, high homocysteine is known to significantly lower the levels of nitric oxide in the blood. Nitric oxide is essential for the maintenance of healthy and flexible arterial walls. High homocysteine is also considered a better marker than high cholesterol for an adverse cardiac event.

Scientists have focused on how el-

evated homocysteine affects the heart since the amino acid was first discovered in the 1930s. A 2015 *Nutrition Journal* review confirmed homocysteine's role as an independent heart disease risk factor – one that we can modify with exercise and nutrition. Saudi Arabian researchers noted that it's "widely accepted" that we can no longer get all the nutrients needed to support healthy homocysteine metabolism solely from food.

3. Prevent unnecessary blindness.

Folate, or vitamin B9, can help lower homocysteine and may decrease exfoliation glaucoma risk, a primary cause of visual impairment and blindness. This is what American researchers discovered when investigating how high homocysteine can impact eye health in 2014. Drawing on 20 years of data following the Nurses' Health Study and the Health Professionals Follow-up Study, researchers found that more total folate intake, preferably from supplements and not just from diet, could reduce sight loss and related disease.

Higher homocysteine has also been associated with posterior subcapsular cataracts, as Australian researchers learned in 2015. After observing Blue Mountains Eye Study participants for five years, researchers found that low folate may lead to higher cataract levels among older people. Vitamins B6, B12, and folate were suggested to keep homocysteine metabolism in balance.

Quatrefolic MTHFR, not to be confused with the synthetic drug folic acid, can cross the blood-brain and gastric barriers, providing a higher

folate uptake. The surge in fortified foods may contribute to an increase in unmetabolised folic acid (UMFA) in the blood, with potential for synthetic vitamin overdose; Quatrefolic MTHFR supplies (6S)-5-methyltetrahydrofolate, folate in its metabolic reduced form, that won't cause harmful UMFA build-up. Quatrefolic MTHFR can be taken sublingually or in a daily multivitamin capsule, along with B vitamins and choline that contributes to normal homocysteine metabolism.

B vitamins -- B1, B2, B3, B5, B6, B7, B9, and B12 -- are all water-soluble. Because of this, our bodies can't store these precious nutrients. So, we must replenish them daily. With sublingual formulas emerging as a cost-effective supplement trend, using this delivery method for certain B vitamins can be as effective as injections.

Recommended Product

B4HEALTH SUBLINGUAL SPRAY

Unique, powerful B vitamin formula, containing all of the essential B vitamins, including: B1, B2, B3, B6, folate, and B12. Simply take 5 sprays (in the mouth) daily to meet all of the recommended Daily Values.



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

Don't lose **SIGHT** of what's important!



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

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

Because Maxifocus™ is sublingual, it is up to **9x times more absorbable** than taking a tablet and is guaranteed to deliver the highest amount of Lutein, Zeaxanthin, and Riboflavin for the lowest cost.

Simply swish around the mouth and then swallow. One bottle will last for about 1 month. The nutrients that absorb under the tongue can be in the eye within 2 minutes!


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**Riboflavin, DHA and Zinc contribute to the maintenance of normal vision.

More absorption...

Maxifocus is now manufactured using our advanced liposomal delivery system. This increases the absorption further so that you can expect even better results!



The right vitamin to take before (and after) a heart attack

To prevent heart muscle damage, study shows it's 'E' that everybody needs

They're calling vitamin E "one of the most effective antioxidant and anti-inflammatory agents" for good reason. As 2019 pre-clinical *Redox Biology* research proved, vitamin E might have great therapeutic potential to affordably — and effectively — keep the heart muscle alive after an attack.

Drugs can't stop heart muscle death, but this vitamin can

Administering vitamin E in the ambulance, scientists learned, might offer an "inexpensive and effective therapy" for anyone experiencing a heart attack. While there's currently no medication that can provide this life-saving benefit, early research indicates vitamin E could potentially save the heart muscle from death following a cardiac event.

A fat-soluble vitamin containing high-powered antioxidants, vitamin E's effect on the heart can also be preventative. German scientists in the 2019 study pointed out that, while it may inhibit heart muscle damage, vitamin E hasn't been successfully proven to stop a heart attack. Still, studies link the vitamin to multiple heart-healthy benefits.

In 2007, Israeli researchers found that supplementing vitamin E could greatly lower heart attack and death risk for the 40 percent of diabetics carrying the Hp 2-2 gene. As recent as 2018, Chinese scientists confirmed that tocotrienols — the richest source of vitamin E extracted from virgin crude palm

oil — can be cardioprotective against age-related heart disease due to their "superior antioxidant and anti-inflammatory activity."

4 more ways vitamin E can help us live longer and better

Scientists have discovered that vitamin E protects heart muscle, while also improving other serious health issues like:

- 1. Blindness.** The initial 2001 Age-Related Eye Disease Study (AREDS) found that vitamin E, along with other nutrients like zinc and copper, could decrease advanced AMD (age-related macular degeneration) risk by 25 percent, addressing one of the leading causes of blindness.
- 2. Cancer.** A 2019 *International Journal of Molecular Sciences* review deemed tocotrienols' cancer-killing abilities to be versatile enough to better eliminate Type II (faster-growing) cancer cells.
- 3. Cell death.** Working as an anti-ageing antioxidant, vitamin E is shown to strengthen capillary walls, renew skin elasticity, and sustain cells against deadly free radical damage.
- 4. Cognitive decline.** Dementia and Alzheimer's may be caused by inflammation and free radical damage; mixed tocotrienols/tocopherols can act as a "potent antioxidant" group to block brain cell injury, according to 2014 Malaysian research.

Natural vitamin E occurs in many forms, and over-the-counter supplements come in a range of formulations. Ordinary E supplements are likely to be sold as tocopherols. But mixed vitamin E, combined with plant compounds like squalene and phytosterols, is far more effective. Tocomin®, a patented pure palm tocotrienols and tocopherol complex, is the better-absorbing blend shown to increase blood vessel relaxation — proving especially helpful to prevent vascular disease when eating a high-fat Western diet.

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.



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



Sources

All references can be found at www.NaturallyHealthyNews.com

Can high blood pressure be reversed?

6 quick ways to lower blood pressure with long-term benefits

We know what increases blood pressure – lack of exercise, weight gain, excess salt and alcohol, age, stress, and even barbecued foods – but what about what lowers it? Some healthy habits help keep high blood pressure contained, while other strategies could reverse it.

A measurement of the force necessary to maintain blood flow, blood pressure is:

- Defined as the pressure exerted by blood against artery walls when the heart pumps.
- Harmful when this blood force gets too low or too high.
- Triggering to numerous health issues, one of which is cardiovascular disease, when elevated above healthy levels.

High blood pressure, or hypertension, can damage blood vessels and increase stroke and heart attack risk when left untreated. It's the kind of health problem that can sneak up with age. According to the most recent WHO numbers, hypertension currently affects 40 percent of us, or about 1 billion worldwide. Finding ways to reverse it could be enough to save 7.5 million people.

Are we doomed to have high blood pressure if it runs in our family?

Most people struggling with blood pressure are relieved to hear that their family history isn't a life sentence.

While genetics can play a role in hypertension, what we choose to do in our everyday life will greatly dictate whether or not our genes will be expressed or activated. For example, most of the risk factors for high blood pressure can be improved through the actions we take.

Dr. Caldwell B. Esselstyn Jr., a former surgeon at the Cleveland Clinic, President of the Cleveland Clinic staff, author, and researcher, is famous for saying, "Genes load the gun, but lifestyle pulls the trigger." This is never more applicable than when it comes to high blood pressure.

6 blood-pressure-reduction techniques may eliminate the need for medication

Recent research shows that lifestyle changes alone could reduce the use of blood pressure meds within as few as 16 weeks. Here are some suggestions:

1. Add enzymes. Powerful enzymes like serrapeptase and nattokinase, along with support from antioxidants and proanthocyanidins, are known to improve circulation and strengthen the arteries and heart.

An enzyme extracted from the Japanese food natto — boiled and fermented soybeans — nattoki-

nase reduces plasmin to break up clots and thin blood. It also offers a natural solution for hypertension, shown to significantly reduce systolic and diastolic blood pressure after taking a high-dose capsule for just eight weeks.

2. Eat lentils. This was the big tip discovered by American researchers in the lifestyle study in 2018: Switching to an anti-hypertensive diet, better described as an anti-inflammatory diet with plenty of fruits and vegetables and minimal processed foods, may have the most impact.

Lentils are one of many low-cost plant foods that can reduce the risk of chronic disease. Lentil-based diets, Canadian researchers learned in 2014, can decrease rising blood pressure and large-artery remodelling that can come with age.

3. Exercise daily. We know a sedentary lifestyle is a major risk factor behind high blood pressure and chronic disease. Now, *British Journal of Sports Medicine* research shows that daily activity could work as well as drugs prescribed to treat hypertension.





When analysing close to 400 trials in 2018, British researchers discovered that the combination of endurance, i.e., walking and cycling, and resistance, i.e., weight training, exercise was the ideal way to lower blood pressure.

4. Increase magnesium. Magnesium is the multifaceted mineral that helps relax our blood vessel walls. Without this critical “release” function, it’s difficult to keep blood pressure stable. Raising magnesium levels could cut heart disease risk by up to 30 percent, Harvard School of Public Health researchers noted in a meta-analysis in 2013.

Supplementing magnesium transdermally, through the skin, with OptiMSM®, the world’s safest, purest, and most reliable MSM (methylsulfonylmethane) compound, enhances absorption and can relieve oxidative stress to promote recovery.

5. Make a smoothie. To maintain healthy blood pressure, drinking a 500 ml (16 oz.) glass of beetroot smoothie is an essential step that can’t be skipped. Eating two beets (beetroots) in a smoothie, soup, or salad every day can reduce high blood pressure within

hours and improve stamina. Aiming for every day or every other day helps reap more benefits.

A breakfast smoothie is easy to blend up with two small beetroots (the smaller, the sweeter), two large carrots, one stalk of celery, one apple, and ginger (to taste) and can help stabilise blood pressure all day.

6. Pay attention to NO. Nitric oxide, or NO, controls and regulates most of our cellular functions. Loss of nitric oxide production as we age can lead to disease. Compromised circulation made worse by low NO levels can quickly start to burden the heart. But when we absorb the amino acid L-arginine, it’s converted into nitric oxide that prompts blood vessels to dilate. This creates greater blood flow and, often, high blood pressure relief.

L-arginine supplemented with the amino acids L-citrulline and L-lysine, as well as grapeseed extract and AstraGin™, may have a greater effect. AstraGin™ is the proprietary plant-derived compound proven to speed up amino acid absorption with 16 in vitro and eight in vivo studies to back it.

Making matters worse, frequently over-prescribed blood pressure meds might not be our healthiest pick. Anti-hypertension drugs may have the opposite effect — increasing blood pressure in some patients and raising risk of stroke by 248 percent.

Recommended Products

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.



HEALTHY FLOW™ POWDER

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



BLOCKBUSTER™ ALLCLEAR

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



Sources

All references can be found at www.NaturallyHealthyNews.com





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 **Supports Sleep and Relaxation** - Relaxwell™ is specially formulated to support restful sleep patterns. Its high-quality ingredients have been meticulously selected to help combat stress and restlessness during times of high physical and mental demands.

 **Helps Maintain Stress-Relieving Nutrient Levels** - Relaxwell™ combines L-Tryptophan, L-Theanine, Vitamin B6, and Vitamin B3 to make for a much better rested you!




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LET'S CELEBRATE PLANT POWER & PUT PRESCRIPTIONS BEHIND

Learn why ancient cultures relied on medicinal plants to prevent disease

Eating healthy foods is a must if we want to ignite our body's healing process and reduce our risk of illness. But in many cases, we'd have to eat several pounds of fresh fruits and vegetables a day to get the therapeutic dose that's needed.

Why do plant nutrients matter? 4 ancient uses for modern medicinal plants

Forty percent of the world's drugs are made from plants. This includes the top 20 prescription drug best-sellers in Western countries like the U.S. These plants are the living organisms, such as trees, shrubs, herbs, grasses, ferns, and mosses, we see absorbing water and inorganic substances through their roots and using photosynthesis to manufacture nutrients in their leaves.

For millennia, societies have been utilising these medicinal compounds to reduce and treat disease:

1. Bergamot. Also known as *Citrus bergamia*, the bergamot plant contains a powerful extract and is grown in the Calabria region in Southern Italy. The bergamot

fruit juice extract comes from the citrus fruit, likened to a yellow orange, the plant produces. An abundance of nutraceutical compounds can be found in the extract, used therapeutically in the Mediterranean as far back as 1750, with help for pain, anxiety, and depression.

Try: Consume Super BERGAVIT Bergamot 45% as the proven form of the extract, taken as an encapsulated powder and containing a high bergamot flavonoid concentration that can't be found in any other supplement. Super BERGAVIT Bergamot 45% is shown to offer many heart-health benefits, helping increase "good" HDL cholesterol and greatly lowering high levels of "bad" LDL cholesterol when supplemented for six months daily.

2. Maca. Peruvian maca or *Lepidium meyenii*, a root that grows in the Andean highlander zones, may be one of the most potent natural food extracts available due to its extraordinary nutritional profile. Maca is not a vitamin – it's a food high in polypeptides (building blocks of proteins), amino acids, fatty acids, and an assortment of bioactive compounds. Maca has been eaten for over 2,000 years as a super-

nourishing food source to improve human and animal fertility.

Try: Take cold-pressed maca extract as a liquid to preserve its nutritional value and ensure its purity. Liquid maca from a trusted source offers the richest intake that, for women, may improve oestrogen levels and hormonal balance and, for men, may help sperm count and motility. Maca also sustains mood, energy, and memory.

3. Olive leaf extract. Known for its healing properties and used since ancient times to fend off flu, fungi, parasites, and infection, olive leaf extract is gaining modern-day attention. The olive tree, or *Olea europaea*, is native to the Mediterranean. It gets its potency from a phenolic compound called oleuropein. Oleuropein, found in olive leaf extract, is naturally disease-resistant with well-recorded antioxidant, antimicrobial, antiviral, anti-inflammatory, anticancer, and hypoglycaemic pharmacological uses.

Try: Supplement premium olive leaf extract with zinc to help strengthen the immune system more than taking zinc as a stand-alone mineral. Daily olive leaf intake taps into the extract's ability

to protect against heart disease, dementia, diabetes, osteoporosis, and cancer.

4. Plant sterols. Naturally found in fruits and vegetables, plant sterols, grouped as phytosterols, are the “breakthrough nutrients” that help our immune system fight off viral and microbial disease. Sterols aren’t intended to repair faulty immunity; unlike echinacea that stimulates short-term immunity, plant sterols derived from plant cell membranes up- or down-regulate the immune system to bring balance. Almost all of our earliest ancestors thrived on a vegetarian, or plant-based diet, with many ancient cultures practicing immune-strengthening herbal medicine using plant remedies.

Try: Up sterol intake from supplements and from diet to offer broader protection. It can require 500 to 700 grams (1.5 pounds) of fresh fruits and vegetables a day to yield 100 grams of plant sterols. But studies conducted on HIV and RA patients, in 2001 and 2002 respectively, showed that taking just 3 capsules a day, each containing 20.2 mg sterols/sterolins, could decrease viral load and global pain.

Within the past 20 years, independent researchers, like Irakli Loladze, a mathematician, have been working to publicise a growing international problem. In the atmosphere, CO₂ levels are rising, a well-known scientific fact. But as a result, plants are producing more sugars, Loladze found, making our food supply much less nutritious.

Shockingly, very few nutritional experts knew about this issue and were slow to acknowledge it before reviewing the literature. Kristie Ebi, University of Washington researcher in the U.S., called food nutrient loss a “hidden issue.” Loladze’s latest *Molecular Nutrition & Food Research* study, published in 2019, shows that rising CO₂ also lowers plant carotenoid levels essential to human function.

While more research is needed to determine the true effects of sugar-producing plants on our population’s health, many natural health advocates see this as reason to supplement.

4 more ways to power up with plants and get nourished when we eat

Among all the colours of the rainbow, green foods are considered the healthiest. And this is why: Every naturally green food comes from the earth. Based on their colour alone, these green foods are known for their nutrient density.

Green vegetables are an essential source of antioxidants; a prime health-boosting food because of their high vitamin, mineral, and fibre content; and a natural cleanser, helping us release harmful toxins



that accumulate over time.

Replacing plant compounds in supplement form and eating rich greens more often may not do much to change the quality of our food supply, but it creates a pretty potent combo to make up for what's missing.

Four green foods can give us greater nutritional rewards from what we eat:

1. Avocado. Avocado is a number one superfood with almost a complete spectrum of nutrients. Though often confused for a vegetable, avocado is actually a dark-skinned fruit, or berry, rich in antioxidants. A single avocado has more than twice the potassium as a banana, without the excess carbohydrates to spike blood sugar.

Try: Make it a goal to eat at least two avocados a day to receive the full health benefits, if they're readily available, and enjoy as a satisfying substitute for cream sauce and margarine when baking.

2. Broccoli. Because of the powerful cancer-fighting compounds found in this cruciferous vegetable, broccoli ranks as another top superfood. Broccoli is rich in vitamins and minerals, like vitamins A and K needed to support healthy vitamin D metabolism and counteract a rising deficiency caused by a lack of sun exposure. High in fibre, broccoli also encourages digestion and can aid in detox.

Try: Eat broccoli among 9 to 14 servings of fresh or frozen vegetables per day – in soups, steamed, stir-fried, and juiced -- to glean the maximum anti-ageing and detoxification benefits.

3. Kale. Kale is thought to be one of the most nutritious foods on the planet due to its robust vitamin and mineral content, including vitamins A, B6, C, and K and calcium, copper, potassium, magnesium, and manganese. This leafy green "powerhouse" lives up to its reputation. Eating nutrient-rich kale provides long-term benefits to stabilise blood sugar levels in diabetics, balance blood pressure, support respiratory health, and even protect against cancer.

Try: Increase kale intake within the recommended 9 to 14 servings of fresh or frozen vegetables per day, raw in salad or cooked in a healthy meal.

4. Mung bean. Mung beans are a nutritious staple in India and Asia, with popularity most recently spreading through the West. Mung beans contain essential vitamins and minerals like vitamin B6, folate, potassium, and magnesium – with magnesium being a critical mineral that most people are lacking. Mung beans also provide known health benefits, like their ability to prevent septic hospital deaths by calming inflammation with up to a 70 percent rate of survival.

Try: Add mung beans to 5 daily servings of nuts, beans, and seeds and use mung bean pasta as an inflammatory grain alternative.

Superfoods and supplements are two sides of the same coin. There's no super pill that can make up for a life-shortening junk food diet. And because of climate change's impact on our food quality, there are no longer any perfect plants that can meet all our nutritional needs.

Recommended Products

HEARTPOWER45™

High potency super BERGAVIT Bergamot 45% featuring bergamot fruit extract. Benefits overall cholesterol balance and heart health. Supported by clinical trials to improve CVD risk factors. Controls "bad" and increases "good" cholesterol at the same time.



MACAPRO® XP BLACK 18:1 LIQUID

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



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.



MODUCARE™

A daily supplement containing sterols and sterolins to balance the immune system. Supplies clinically-trialled active compounds. Supports a balanced immune system, based on internationally recognised plant sterol research. Supports balanced autoimmune defenses.



Sources

All references can be found at www.NaturallyHealthyNews.com

HEALTH news

A QUARTER OF YOUNG PEOPLE MAY HAVE 'PROBLEMATIC SMARTPHONE USE'

One in four children and teens may have “problematic cell phone use,” indicating it may be linked to poorer mental health, the *Guardian* reported.

Experts behind the new research published in the journal *BMC Psychiatry* found that more than 23 percent of children and young people have a dysfunctional relationship with their smartphones. While experts have long questioned the side effects of screen time on mental health and wellbeing, the study suggests that particular patterns in people’s relationships to technology and smart devices may be more harmful than screen time itself.

“It seems like a substantial minority of teenagers and young people from various different countries are self-reporting a pattern of behaviour that... we recognise from other addictions,” said Dr. Nicola Kalk of King’s College London, co-author of the study. “The quality of the evidence is poor, but it is enough to warrant further investigation.”

The researchers looked at data from 41 studies involving a total of almost 42,000 participants across Europe, Asia, and America, analyzing a pattern of problematic mobile phone use among teens and young adults. Signs of this kind of negative relationship with technology included feelings of anxiety when separated from devices or neglecting other activities in favour of smartphone use.

The researchers pointed out it was too early to call problematic mobile phone use an addiction but noted that the results revealed similar emotional and behavioral patterns.

“One of the most critical things for parents to consider is whether screen time is having a detrimental impact on other activities like school, relationships, or other interests,” said Professor Russell Viner, President of Royal College of Paediatrics and Child Health. “This study suggests that this is the case for a significant minority of children and young people.”

NEW HEALTH RISK WARNING: LONDON UNDERGROUND TO GET FULL 4G COVERAGE

London Underground is set to get full 4G coverage so that passengers can make calls and get online anywhere by the mid-2020s.

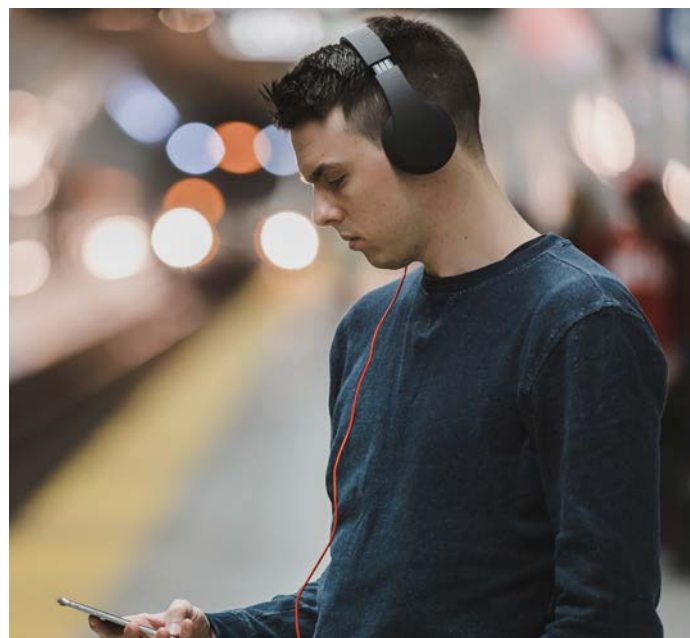
According to a recent BBC News report, mobile phone users will have 4G access across anywhere in the London Tube network. London Underground already has 260 Wi-Fi enabled stations and on Transport for London (TfL) services.

London Mayor Sadiq Khan said of this news, “This is a really important step for the millions of people who use the Tube each year. Introducing 4G and, in the future, 5G will help Londoners and visitors keep in touch and get the latest travel information while on the go.”

While this is fantastic news for travellers needing to stay in communication with others, it doesn’t come without unwanted health risks.

There are numerous controlled studies that have confirmed the possible side effects of EMF radiation on humans using mobile phones. The emergence of 4G and 5G technology is no different.

The 2G, 3G, and 4G technologies emit frequencies that have been shown in animal model studies to create changes in the nervous system, brain, heart, and testes. Increased cell death was also reported. And, 4G has been shown to have a negative impact on stress, sperm, and testicular health.



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- ✓ **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.

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