

NATURALLY HEALTHY NEWS



ISSUE 39

**FREE
COPY**

MUST-READ

How healthy lungs are beating
COVID-19

WHAT WORKS?

Fertility drugs vs. needles

EXCITING

Even more benefits of CBD

NATURE'S FAVOURITE ANTIOXIDANT

Don't spend time in the
sun without it

RISE AND SHINE

Really healthy breakfast,
lunch, dinner & dessert

GoodHealthNaturally®
Because it Works!

Support Your Immune Health



CureC + Quercetin

- Superior liposomal delivery
- Tasty off the spoon
- With added Quercetin

Vitamin D3 + K2 Spray

- Convenient sublingual spray
- Boost your immunity
- Suitable for vegans

Daily Immune Protection

- Includes EpiCor® & eXselen™ Selenium
- 10 super nutrients

Olive Leaf + Zinc

- Wide reaching immune support
- A super antioxidant
- With added Zinc

HydroSol Silver

- Contains 10ppm hydrosol silver
- Nano-particles for superior absorption
- First line of defence for the whole family

Camu Camu

- Plant derived Vitamin C with bioflavonoids
- Optimal bioavailability
- Antioxidant & immune benefits

Prescript Biotics

- Soil-based microorganisms for gut health
- Enhanced immune support
- Long-term benefits

Nascent Iodine

- Atomic form of iodine
- Rapid absorption
- Supports detoxification



Suitable for the Whole Family



Suitable for Vegans*



Supports your Immune Health

*Excluding Daily Immune Protection which is suitable for Vegetarians



Dear Reader,

Welcome to Issue 39, **Naturally Healthy News**. It's May 2020, we are in lockdown, and you will not be surprised that your immune health features strongly in this issue.

There are lots of articles with which to educate yourself in the magazine. Good news from all of this is many more people are starting to take their health more seriously.

The additional good news is that we are an essential business since we ship to small pharmacies and Health Stores. We have been able to carry on working and shipping orders (albeit with many postal and shipping delays beyond our control) to customers throughout the world.

'Robert's Rant' on page 56 will explain the causes of immune dysfunction related to disease and how and why you acquire any infection. I go through it all in detail. Make sure you read this article to ensure you live a long and healthy life.

At last, my messages are getting through about how essential Ancient Magnesium products are for the immune and total health for all ages. Even sports people and especially triathletes are raving about Ancient Magnesium with CBD and Ancient Magnesium Cool Relief from muscle recovery and general pain.

My Products: Other than directly from GoodHealthNaturally my products are only sold through Independent Quality Health Stores and Pharmacies and not sold through chain stores such as Holland and Barret or Boots the Chemist.

Updated: My library of free eBooks is continually updated. With the details of the steps, you need to take for various health challenges are entirely free for download at www.NaturallyHealthyNews.com.

Success Stories: And please get in touch with me via email: robert@GoodHealth.nu. Let your story help to inspire others. I also have a team of Professionally Qualified Health Coaches. They would be delighted to hear from you and answer your queries. Just send an email to admin@MyGoodHealthClub.com.

Take good care,

Robert Redfern

Robert Redfern
'Nutritionalist,' author, and broadcaster

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 safeguard your family against 5G, taking powerful plant extracts to prevent heart disease, making healthy and satisfying recipes, or reversing kidney disease 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.

NEWS AND VIEWS

- 16 **NATURALLY HEALTHY PUBLICATIONS BOOKS** Essential natural health reads.
- 17 **HEALTH NEWS** The latest news and research from the world of natural health.
- 56 **ROBERT'S RANT** We All Need Immunity!.
- 72 **HEALTH NEWS** More news and research.
- 85 **HEALTH NEWS** More news and research.

NATURAL HEALTH FEATURES

- 5 **TAKE PURE KRILL TO GET MORE CHOLINE**
- 6 **NEED A BOOST? DO 7 THINGS TO SUPERCHARGE IMMUNITY**
- 8 **WHICH WORKS BETTER FOR A HEALTHY PREGNANCY: FERTILITY DRUGS OR NEEDLES?**
- 10 **GOOD HEALTH HAS A SILVER LINING**
- 11 **HIT A WALL? HOW CHOOSING THE RIGHT SPORTS SUPPLEMENT CAN REV UP ENDURANCE**
- 13 **12 QUESTIONS ABOUT SERRAPEPTASE MOST PEOPLE ARE TOO AFRAID TO ASK**
- 18 **FOOTBALLERS 3X AS LIKELY TO DIE FROM DEMENTIA, 5X FROM ALZHEIMER'S DISEASE**
- 21 **SKIPPING A TRIP TO THE DENTIST = A BIGGER CHANCE OF PERIODONTITIS**
- 22 **4 WAYS TO UNLOCK THE POWER OF JAPAN'S LEGENDARY LONGEVITY ENZYME**
- 24 **BONES KEEP GETTING WEAKER — WHAT ARE WE MISSING?**
- 27 **DITCH THE DOGGY DIETS AND DO THIS TO GET A HANDLE ON PET HEALTH**
- 28 **IT'S NOT JUST A COLD-BUSTER. VITAMIN C HAS 458 BENEFITS TO FIGHT DISEASE.**



Naturally Healthy Publications

35 Ravencroft Street
Moulton
Cheshire
CW9 8SN

Editor: Robert Redfern

Writer: Bethany Ramos

© 2020 Naturally Healthy Publications

Printed by The Magazine Printing
Company, Broxbourne Business
Centre, Pindar Road, Hoddesdon,
Hertfordshire, EN11 0FJ



- 32 6 NEW-AND-IMPROVED BENEFITS OF SUPPLEMENTING CBD
- 34 WHAT ARE THE 'RIDICULOUSLY HEALTHY' PEOPLE WHO LIVE TO 100 DOING RIGHT?
- 36 HOW (AND WHEN) TO USE MAGNESIUM AS AN AT-HOME WELLNESS THERAPY
- 40 6 SMART WAYS TO BOOST MENTAL HEALTH NATURALLY
- 44 2 NUTRIENTS PARTNER UP TO SOLVE GLOBAL HEALTH CRISIS
- 48 'EVERYTHING' CAUSES CANCER — EVEN CHEMO MAKES BREAST
- 51 KIDNEY DISEASE SNEAKS UP IN 4 SUBTLE WAYS
- 54 GOOD HEALTH ESSENTIALS
- 60 9 REASONS WE SHOULD ALL BE TAKING A SOIL-BASED PROBIOTIC DAILY
- 64 OUR SKIN IS TRYING TO TELL US SOMETHING
- 66 NO ONE PROVED 5G WAS SAFE
- 68 SUPERFOOD FOR THOUGHT: CAN POWERING UP WITH PLANTS PREVENT HEART DISEASE?
- 70 4 'DOS' TO IMPROVE LUNG HEALTH AND BREATHE EASIER
- 76 WE ARE WHAT WE EAT: PERMANENT VISION LOSS LINKED TO A PROCESSED FOOD PLATE
- 80 THE GO-TO LIST OF SUPER-SLEEP SUPPLEMENTS
- 82 CINNAMON: SHOULD DIABETICS EAT MORE OF IT? DEFINITELY.

- 86 DIY TREATMENTS FOR CHRONIC BACK PAIN: HERE'S WHAT RESEARCHERS JUST FOUND

- 88 FOR FRUSTRATED PARENTS: SNEAKY WAYS TO CONVINCE KIDS TO TRY HEALTHY HABITS

RECIPES*

- 30 **REALLY HEALTHY RECIPES** Energising breakfast recipes.
- 52 **REALLY HEALTHY RECIPES** Delicious and nourishing lunch recipes.
- 63 **REALLY HEALTHY RECIPES** Healthy and tasty dinner recipes.
- 78 **REALLY HEALTHY RECIPES** Delightfully healthy dessert ideas.

SPECIAL NUTRIENTS AND SUPPLEMENTS

- 43 **UB8Q10** The stroke-stopping enzyme every over-worker and insomniac needs
- 53 **ASTAXANTHIN:** Don't hit the beach without it
- 58 **SERRAENZYM 250,00IU** Got interstitial cystitis? Try this before taking antibiotics
- 59 **CURCUMINX4000** New-and-improved CurcuminX4000™ now features fenugreek: Find out why
- 73 **ACTIVE LIFE** 5 questions everyone needs to ask before picking a multivitamin
- 73 **Happu Tummy** Does activated charcoal really boost immunity?

Take pure krill to get more choline

The Alzheimer's-fighting micronutrient athletes, women & vegans need

We produce a small amount of choline, but the rest comes through supplement or diet. Choline, an essential nutrient that regulates mood and memory, can be found in foods like eggs, dairy, and meat. It makes sense then that vegans, vegetarians, and almost anyone eating a junk diet aren't intaking enough.

What happens when our brain is low on choline? It isn't pretty.

Choline could advance the battle against Alzheimer's disease. In a 2018 American study, mice with Alzheimer's symptoms eating a high-choline diet saw positive changes in spatial memory.

Consuming choline had compounding benefits. The children of the mice with Alzheimer's and their offspring showed similar effects, attributed to genetic changes.

A 2019 Finnish study revealed that taking phosphatidylcholine, a phospholipid attached to a particle of choline, each day could improve cognitive performance. The men with the highest phosphatidylcholine intake, from eggs and meat, had a 28-percent lower risk of dementia.

Without choline, foetal brain development can be impaired during pregnancy. Low choline can also increase anxiety.

Pregnant and postmenopausal women, athletes and exercisers, and heavy drinkers may need to pay special at-

tention. Choline levels can drop during endurance activity, and the micronutrient may be low after menopause since oestrogen helps manufacture choline.

Supplementing krill oil supplies a reliable source of choline, along with omega-3 fatty acids tied to the treatment of brain injury and Alzheimer's disease.

Vegans and vegetarians can get some choline from broccoli, chickpeas, and tofu. Supplementing vegan choline and vegan DHA, paired with the potent antioxidant AstaREAL® Astaxanthin™, can help make up for what's missing.

Better than fish oil: Choline-rich krill oil contains the 'trifecta'

Krill oil and fish oil are both high in beneficial omega-3s. Krill oil also has phosphatidylcholine, required by our body to utilise these fatty acids efficiently. When taking fish oil, our liver must bind to this compound before we can use it.

A 2019 trial proved krill oil is a strong source of choline. Supplementing Superba Boost™ Krill Oil (rich in choline) successfully increased choline levels without creating high plasma levels of trimethylamine N-oxide, or TMAO, a metabolite produced after digesting red meat that can increase risk of heart and neurological disorders.

Krill oil was proven "safe, effective, and well-tolerated" when increasing choline, unlike choline barbiturate salt that elevated TMAO 13-times higher.

Superba Boost™ Krill Oil contains choline, astaxanthin, and phospholipid omega-3s. Phospholipid omega-3 fatty acids are considered superior to the triglyceride omega-3s in fish oil; it takes fewer phospholipid omega-3s to reach an equal level of bioavailability. Astaxanthin preserves these precious phospholipids, preventing rancidity. And compared to choline salt, the phosphatidylcholine (PC) in Superba Boost™ is 12-times more effective at raising blood choline levels.

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.



THE KRILL MIRACLE™

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



Sources

All references can be found at www.NaturallyHealthyNews.com

Need a boost? Do 7 things to supercharge immunity

A weak immune system comes first. Then comes sickness.

Good news for the immuno-compromised, the elderly, and the rundown people who live in fear of getting sick. There are several sure-fire solutions — supported by science — for strengthening immunity. Many of these tips can be used today.

Aches and pains and sniffles — what's our body trying to tell us?

We might not think twice about immunity, until we start to notice common signs of “immune weakness,” ranging from fatigue to swollen lymph glands to constant sickness to an uncontrollable craving for sweets.

These signs of poor immunity are easy to overlook, often because our modern world tells us that they're normal. Today, it's odd *not* to be struggling with stress, exhaustion, cravings, and fatigue.

Rarely are these symptoms presented for what they really are — a weak and struggling immune system.

Stop the cycle of sickness: 7 ways to get and stay well, naturally

These gentle-but-effective tips can be used by anyone, but they may have even greater benefits for more vulnerable members of the family.

Most importantly:

1. Eat plenty of plants.

Diet and nutrition have been directly linked to immunity. Eating green vegetables could be enough to improve immune defence: Mice fed a vegetable-poor diet for only two to three weeks have seen a 70- to 80-percent drop in immune-protective cells in the gut and skin. Fresh vegetables, fruits, nuts, seeds, and other healthy plant foods rich in nutrients can literally change our immunity.

A high-fibre diet activates T cells and ramps up the antiviral immune response, increasing influenza survival rates in some animal studies.

2. Get a pet.

Having a pet has mental, physical, and emotional benefits, one of which is better immunity. The advantages may be greater starting earlier in life, from childhood. Babies born into families with pets typically have higher levels of the microbes that help lower instances of allergies and obesity. Similar to the dirt theory, early-life pet exposure bolsters healthy immunity.

And, pet owners who need to walk their dogs regularly might get an added boost from the extra exercise that supports immunity.

3. Laugh or practice gratitude.

Laughter really is the best medicine; deep, belly laughs require the kind of diaphragmatic breathing that creates negative pressure needed to move lymphatic fluid. Improving flow helps push lymphatic fluid through the lymph

nodes, where T and B-cell lymphocytes are produced. Lymphocytes, a type of white blood cell, are one of our body's primary immune cells.

A simple practice like gratitude — journaling or otherwise — may decrease blood pressure and strengthen immunity. Gratitude is also linked to an active lifestyle and a healthier diet.

4. Scale back the sugar.

Give a high-sugar, high-carb diet a few years, and it'll destroy immunity. Processed and devoid of nutrients, sugary, starchy foods also lack essential phytochemicals and antioxidants needed to neutralise free radical damage. Without a diet change, inflammation continues, immunity weakens, and bacteria and viruses take over.

Eating sugary foods is like eating disease. Tumours consume large quantities of sugar, which has been shown to interrupt protective T cell function.

5. Think about taking a supplement.

Without the proper nutrition, our immunity will be mediocre at best. In today's world, many immune-boosting vitamins and minerals are missing from even the healthiest foods. Supplement-





ing heavy-hitting nutrients like zinc and selenium helps to fight illness. So do silver nanoparticles able to effectively kill yeast by breaking through their biofilm, preventing common, painful infections.

Then there's the old favourite vitamin C, taken as liquid liposomes to speed up absorption. Vitamin D3 and magnesium deficiency can also impair immunity, as can a lack of friendly gut bacteria.

6. Try a new exercise.

Just the right amount of activity – not too little and not too much – can have a powerful impact on immunity. Lack of motivation may make it difficult to get started, whereas boredom may derail a daily exercise plan. So, switch it up to keep exercise engaging: Join a running or walking group, subscribe to a new yoga channel on YouTube, or sign up for something totally off-the-wall, like cardio drumming.

A condition like cancer greatly impairs immunity. But nearly half of all cancer deaths could be prevented by quitting smoking, avoiding drinking, maintaining a healthy BMI, and exercising moderately for 150 minutes a week.

7. Unwind whenever possible.

When we can't relax, and even worse, when we can't sleep, our immunity is immediately affected. Little rest coupled with sleep deprivation creates a sleep debt that suppresses the immune system. We typically notice that we get sick more often when we're not getting enough downtime and sleep. Not resting can also exacerbate anxiety, continuously triggering the fight-or-flight response to weaken immunity.

When tensions are running high, take a moment to breathe in and out from the belly. Hold each inhale for the count of four and exhale to the count of seven. Repeat this exercise one to four times a day during breaks and especially before sleep.

Supporting our immune system is critical in order to reinforce our defence against the outside world, at any age.

It's been suggested that pharmaceutical companies may try to recreate many of these immune-strengthening habits by manufacturing the effects of exercise or relaxation in a pill, for example. Fortunately, we can improve our immune health and reap these benefits on our own at any time, just by petting a dog or taking a brisk walk instead of filling a prescription.

Recommended Products

CUREC™ LIPOSOMAL VITAMIN

C + QUERCETIN 1,000mg of high quality liposomal Vitamin C, 1000mg PC, plus 175mg of Quercetin 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.



VITAMIN D3 & K2 SUBLINGUAL SPRAY™

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



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.



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.



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.



DAILY IMMUNE PROTECTION

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



Sources

All references can be found at www.NaturallyHealthyNews.com

Which works better for a healthy pregnancy: fertility drugs or needles?

Plus 12 at-home acupressure points that could cut down on time to conceive

In 2016, *Evidence-Based Complementary and Alternative Medicine* researchers examined how acupuncture can affect modern fertility. Within a randomised, controlled trial, infertile women were given either acupuncture and lifestyle interventions or lifestyle interventions only. Those in the acupuncture group conceived at 5.5 weeks on average compared to 10.67 weeks for lifestyle-only.

Women receiving acupuncture treatment felt that their fertility awareness and overall well-being increased, leading to a conception time that was halved.

Acupuncture vs. medication: Gentle treatment works 2x better than expected

Another study, this one conducted by Chinese researchers led by Dr. Zhiguang Hu at the Mawangdui Hospital in Southern China in 2014, showed similar findings. The researchers used acupuncture to “jumpstart” the body’s meridians, or energy pathways, and naturally expedite hormonal balance.

When comparing acupuncture to pharmaceutical medication for infertility, acupuncture treatments were proven twice as successful.

The women who saw the biggest benefits received 30 minutes of acupunc-

ture each day of their menstrual cycle. Since fertility drugs have such strong side effects, the researchers noted, acupuncture provides a great advantage. By undergoing regular acupuncture treatment, the women in the study experienced close to a 43.3-percent chance of getting pregnant.

For those currently on fertility medication, acupuncture can still be useful. As Chinese researchers Chen Qiuping and Zhong Weihua learned in 2017, acupuncture positively affects endometrial thickness and hormone levels for women with ovulatory dysfunction who are taking pharmaceuticals.

The clinical trial spanned two months and examined clomifene and clomifene plus acupuncture groups. Clomifene is a fertility drug used to regulate ovulation. The women taking clomifene showed around a 68-percent rate of treatment efficacy. The women who took clomifene and also received acupuncture had over 92-percent efficacy, with acupuncture adding 23.69 percent to their fertility.

Working with the body’s own natural healing system, acupuncture has been used for millennia. In Traditional Chinese Medicine, it helped improve reproductive health, fertility, and conception, without drug side effects or the need for invasive treatment. The American Pregnancy Association also states that “acupuncture is generally safe regardless of a person’s medical history.”

12 fertility-boosting acupoints for anyone who’s ready to start a family

Most people who undergo acupuncture report little, if any, pain, but electro-acupressure is a more soothing yet similarly effective option for treatment. Electro-acupressure can be used at home, and it eliminates needles completely. A hand-held device that passes a low-density microcurrent directly onto targeted acupoints, or meridian points, can offer 100-percent accuracy. These points can also be stimulated by hand with less precision to help encourage the body’s natural process of healing.

A couple may use acupoint stimulation after being unable to conceive without protection for 12 months, when they meet the medical definition of infertility.

But since electro-acupressure gently restores reproductive health, these proven points can be used at any time, even early on, to help speed up conception:

For women -

- 1. Cv6:** Found one and a half thumbs’ width below the navel.
- 2. Gv26:** At the junction of the upper third and lower two thirds of a line joining the nose and the middle of the upper lip.
- 3. Li4:** On the side of the bone that runs from the forefinger knuckle down toward the wrist.
- 4. Liv3:** In between the tendons of the big and first toe, two thumbs’ width toward the top of the foot from the web.
- 5. Sp6:** Located one hand’s width (four fingers) up from the inner ankle joint, just behind the tibia.
- 6. Yintang:** Lies directly between the eyebrows, just above the bridge of the nose.



For men -

1. **B23:** Lies one and a half thumbs' width to each side of the second lumbar vertebra.
2. **Cv6:** Found one and a half thumbs' width below the navel.
3. **K3:** Midway between the tip of the inner ankle bone and the Achilles tendon (in the hollow).
4. **Liv8:** On the inside of the knee, in the hollow between the two tendons when the knee is bent.
5. **S36:** Three thumbs' width below the joint under the kneecap, on the outer side of the knee; one finger's width back from the sharp edge of the shinbone.
6. **Sp6:** Located one hand's width (four fingers) up from the inner ankle joint, just behind the tibia.

Men's health matters in the quest to restore fertility. At-home electro-acupressure is frequently used by both women and men to address reproductive issues and encourage a healthy pregnancy.

Declining reproductive health among men accounts for roughly half the cases of infertility. Normally, this is traced back to poor sperm quality. A single-arm pilot study, published in the *Asian Pacific Journal of Reproduction* in 2015, found that just five weeks of acupuncture brought an 18.4-percent boost in sperm function and maturity. Twenty percent of men with infertility have said they'd prefer an option like acupuncture as an alternative treatment.

Along with acupuncture, men may also benefit by reassessing use of technology. Technology can't be avoided, of course. But smartphones can be guarded. A common habit like keeping a mobile phone in a pant pocket could be behind low sperm count and male infertility.

Handheld electronics like smartphones emit enough radio-frequency electromagnetic radiation (RF-EMR) to negatively impact a man's fertility. Affixing a small HoloGuard device to a mobile phone won't require a change in daily habits. But it will help protect by neutralising everyday exposure to what

Egyptian researchers concluded in 2018 to be sperm-impairing EMF/EMR frequencies.

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.



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.



Sources

All references can be found at www.NaturallyHealthyNews.com

Good health has a silver lining

Fight infection at its source and forget antibiotics

Before antibiotics, there was silver. Used as a germicide in the early 1900s, soldiers were also treated with silver compounds in World War I to stave off deadly infection.

Fast-forward to modern-day, and silver still serves the same purpose. It offers a natural alternative to harsh and often unnecessary courses of antibiotics that can wipe out protective populations of bacteria.

9 ways to use silver to keep infection contained

Silver may change the electrical charge on bacteria, stopping its reproduction.

These are just some of silver's many health benefits:

- 1. Antibiotic alternative.** Silver makes resistant bacteria's cell membranes permeable, inhibiting the spread of infection.
- 2. Antifungal protection.** Applied externally, silver can help treat fungal infections; taken internally, it can break down candida yeast's biofilm.
- 3. Cold and flu recovery.** Silver nanoparticles have known anti-influenza activity, especially during the initial onset of the virus.
- 4. Complications of diabetes.** Helping heal foot ulcers, silver nanoparticles have saved up to 90 percent of diabetic patients from amputation.

5. Detox and blood cleansing. Ancient medicinal silver was frequently used to purify the blood and treat heart problems.

6. Immune booster. Silver has been shown to reduce viral load in patients with AIDS, directly strengthening immunity.

7. Relief for sinusitis. Recent research supports using a silver nasal rinse for up to 10 days to safely control chronic sinusitis.

8. Sight loss prevention. Silver eye drops containing OptiMSM® help soften optical membranes, decreasing degeneration and allowing nutrients to penetrate.

9. Wound repair/healing. As a topical gel, silver may reduce infection and improve bruise, laceration, cut, and burn healing.

Antibiotic use – to kill pathogenic bacteria — has surged in the past three decades, creating its own monster of antimicrobial resistance. One of the main reasons we don't hear more about silver as an antibiotic alternative is because it can't be patented. Drug companies that patent antibiotics can't do the same with silver to turn a profit.

The type of silver we take matters – here's why

It's not hard to find colloidal silver. But most products advertise differing strengths and formulations. "Sol" is the

latest patented silver technology, containing a unique tetrahedral structure and silver oxide coating. This makes Sol highly stable.

Hydrosol™ Silver also has natural resonance, meaning its silver nanoparticles don't need contact with bacteria to be effective.

Look out for colloidal silver as a catch-all term that might include silver colloids, ionic silver compounds, or silver compounds bound to proteins, all with strong potential to contain impurities. Compare this to Hydrosol™ Silver, delivered as 10 ppm oral spray, 10 ppm MSM eye drops, or 24 ppm topical gel, certified as safe in seven different studies and proven to be harmless against friendly gut bacteria.

Recommended Products

HYDROSOL™ SILVER SPRAY/ GEL

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



MSM+ SILVER DROPS™

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



Sources

All references can be found at www.NaturallyHealthyNews.com

Hit a wall? How choosing the right sports supplement can rev up endurance

What really happens when athletes restore nutrients that are missing

Magnesium may be the athlete's best friend, multiple studies are showing. And so might vitamin B, as well as the curcumin compound extracted from turmeric. Finding a sports-friendly supplement containing high enough concentrations of these proven nutrients is key.

It's a slippery slope: Performance lags because of minor deficiencies

Professional athletes can see a drop in performance with even a slight micronutrient decrease. Another side effect of subpar vitamin and mineral levels? Slowed recovery. Multiple studies show how effective raising nutrient levels can be.

Here are three of the most powerful compounds for peak performance:

1. Curcumin. Over 100 components have been isolated from the turmeric plant, with curcumin being the most powerful. Taking curcumin as a potent anti-inflammatory could help decrease muscle soreness within just 28 days, a 2019 *Journal of Dietary Supplements* study reported.

Other 2019 research proved curcumin could help enhance exercise performance in chronic heart failure patients. By promoting Nrf2 signalling, curcumin helped reduce rapid exhaustion. Combining curcumin with fenugreek, a potent medicinal plant, may also boost testosterone, improving strength and lowering body fat in men.

2. Magnesium. Able to ease aches and pains, soothe strained muscles, acceler-

ate healing, and increase endurance and energy, magnesium is receiving recognition for its efficacy, as well as its use, in the fitness world.

It's one of the most important minerals for sports nutrition as it plays a fundamental role in electrolyte balance, energy production, and muscle contraction; magnesium may also help sustain high oxygen consumption for improved performance.

3. Vitamin B. In a 2006 *International Journal of Sport Nutrition and Exercise Metabolism* study examining high-intensity exercise and nutrient deficiency, American researchers noted problems in performance and muscle building when athletes were running low on vitamin B.

Vitamins like B1 (thiamine), B2 (riboflavin), B3 (niacin), B6 (pyridoxine), B7 (biotin), B9 (as 5-MTHF "tissue-ready" folate), and B12 (methylcobalamin) within the B-complex support energy production, amino acid metabolism, and the efficient use of carbs, fats, and proteins.

Get more for less: Why athletes should pay attention to delivery

Nutrition is a must for optimal performance. Eliminating Western foods and eating a nutrient-rich Mediterranean-style diet could make runners 6-percent faster in just four days.

But vitamin and mineral levels in soil have depleted by 50 percent in the last 60 years. With a concentrated compound like curcumin, ample amounts can't be obtained through diet, no matter how much curry we eat.

For the quickest mineral uptake, trans-

dermal absorption is the preferred pick. Through-the-skin, or transdermal, delivery can raise low magnesium levels in as few as 15 minutes. B vitamins may also be absorbed nine-times quicker than capsules when taken sublingually. And compared to ordinary curcumin caps, Meriva® curcumin phytosomes are utilised up to 45-times faster and confirmed to help endurance cyclists reduce muscle fatigue.

Recommended Products

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.



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.



CURCUMINX4000™

Curcuminx4000™ with Fenugreek - Provides all the benefits of 600mg of Meriva® Curcuma longa extract - now with 150mg Fenugreek extract per serving, for enhanced bioavailability.



Sources

All references can be found at www.NaturallyHealthyNews.com

Enhance performance and recovery



Our wide range of oral and transdermal sports performance products have been uniquely formulated using proven ingredients to help enhance performance, boost endurance, and reduce post-workout recovery time.



Supports normal muscle function



Helps reduce tiredness & fatigue



Aids energy production



Accelerates post workout recovery

Available at all good independent health food stores


Good Health Naturally®
Because it Works!

12 questions about serrapeptase most people are too afraid to ask

‘What is it?’ and 11 other FAQs about nature’s ‘miracle enzyme’

The science on serrapeptase is clear. With its ability to dissolve dead or non-living tissue, serrapeptase, also called a “miracle” anti-inflammatory enzyme, has confirmed benefits for asthma, breast engorgement, bronchitis, carpal tunnel, swelling, wound healing, and even Alzheimer’s disease.

For those new to serrapeptase’s potential to manage chronic conditions and provide drug-free pain relief, it’s only natural to have questions. While some questions can seem obvious (and often go unasked), getting answers gives us important insight into serrapeptase’s application, potency, and safety.

Serrapeptase Q&A: 12 good questions everyone should be asking

Here are some of the most common questions about serrapeptase that come up before taking it:

1. What is it?

Serrapeptase is an enzyme that can’t be found in the diet. Considered a “work-force” enzyme, serrapeptase plays a particularly important role by breaking down proteins into peptides and converting them to amino acids.

Originally, this proteolytic enzyme was isolated in the intestine of the silkworm:

- Serrapeptase was first discovered in the 1970s by researchers studying

the silkworm.

- Silkworms use serrapeptase to break down and digest tough mulberry leaves.
- The enzyme also instantly dissolves their hard cocoon and allows the worm to fly away.
- As an active protein, serrapeptase supports the processes of absorption, growth, and repair.

Now serrapeptase is fermented in laboratories, formulated with a plant medium and the beneficial bacteria *Serratia E15*. Plant-based enzymes work optimally when exposed to the temperature and pH of the human body.

2. What does it do?

As a proteolytic enzyme, serrapeptase is thought to have anti-inflammatory, anti-oedemic, and fibrinolytic properties. Serrapeptase can also decrease pain by inhibiting the release of bradykinin and other factors from inflamed or damaged tissue.

Because of this, the serrapeptase enzyme:

- Appears to reduce fluid retention and block inflammatory mediators at various inflammation sites.
- Seems to facilitate drainage of these products from the inflammatory response, and such drainage helps promote tissue repair.

In this way, serrapeptase has been indicated in many studies to potentially

remove dead tissue and unhealthy inflammation, allowing the body’s natural healing processes to take place. More than 23 scientific studies currently support serrapeptase’s clinical benefits.

3. Why take it?

Continued research shows that serrapeptase has been used effectively for:

- Accelerated healing.
- Healthy sinus activity.
- Joint mobility.
- Normal fluid retention.
- Removal of waste fluids.
- Post-surgical recovery.

Serrapeptase is renowned for its ability to break down and dissolve, with potential to calm inflammation, ease pain, and clear plaque in the arteries. This potent enzyme may even be used to disperse dead tissue, including scars and cysts.

4. Who will benefit?

Taken orally, serrapeptase has been involved in extensive research investigating those suffering from inflammatory- and plaque-related issues.

These include but are not limited to:

- Aches and pains.
- Digestive health.
- Joint conditions.
- Lung health.
- Mucosal inflammation.
- Nerve pain.
- Post-operative healing.

- Swelling.
- Vascular and arterial dysfunction.

Serrapeptase is also studied for its effect on blood clots, cysts, and arterial plaque, as well as inflammation. So, its uses are understood to be wide-ranging, covering any conditions affected by inflammation and/or non-living tissue.

5. Why don't doctors prescribe it?

Most doctors don't prescribe serrapeptase, but there are some front-liners. Western doctors follow the pharmaceutical "disease management" model. Since serrapeptase has a proven ability to provide actual health care, addressing the root cause of a chronic health problem, it can't be prescribed for profit. But in Japan and Germany, doctors regularly prescribe serrapeptase because of its effect on internal healing.

6. Who should not take it?

Since serrapeptase works as a natural anti-inflammatory, and a helpful alternative to over-the-counter or prescription pain relievers, it can be used by people of all ages. Men, women, children, the elderly, pets, and those with a medical diagnosis or disability can all benefit from taking serrapeptase to clear inflammation.

7. Is it safe to take during pregnancy?

Yes. Serrapeptase can be taken before, during, and after pregnancy to manage inflammation, pain, and discomfort. Having the support of serrapeptase may be invaluable for many new mothers who struggle to breastfeed, helping to allevi-

ate painful inflammatory conditions like mastitis. Scientists have used serrapeptase in the clinical setting for the "safe and effective" treatment of breast engorgement.

8. Can it be combined with other medications?

Serrapeptase is routinely used alongside many types of medication, as long as there are no contraindications or adverse drug side effects. It's suggested to consult a doctor when taking anticoagulant meds or herbs with serrapeptase, though no side effects have been reported. Serrapeptase should be taken on an empty stomach, an hour away from all other supplements and medicines.

9. What's the difference between capsules and tablets?

Delayed-release serrapeptase enzyme capsules are free from phthalates and manufactured under strict guidelines; taken without food, these capsules offer a safe and effective form of delivery. Also phthalate-free and manufactured to stringent standards, enteric-coated tablets are another option, often preferred because of their viability. Enteric coating

of serrapeptase allows for more secure oral delivery, preventing the enzyme from being released – and potentially destroyed – in stomach acid before arriving at the small intestine for digestion.

10. Is it vegan?

Yes. While the serrapeptase enzyme was originally derived from the intestine of the silkworm, it's now manufactured in a laboratory with natural state ingredients. Formed on a fungal base and grown with nutrient extracts, serrapeptase is cultivated without any animals or animal products.

11. What's the maximum amount that's safe to take?

There's no set limit to how much serrapeptase can be taken daily. It helps to build up gradually. With serious health problems, supplementing more serrapeptase is suggested. Once a high-dose begins to provide relief — for chronic pain, excess inflammation, arterial blockages, recurring sinus infections, and more — lower-dose serrapeptase can be used for daily maintenance.

12. What do the reviews say?





Thousands of testimonials support serrapeptase, giving extra understanding of its wide application and unique ability to encourage natural healing:

- **Arthritis** – “I’m a massive fan of serrapeptase! I have vulnerable knee joints (plus mild osteoarthritis) that injure easily. My knee gets so swollen that I have only a very, very small range of movement. I take 3 x 3 caps of serrapeptase daily for a 10-day period. Usually, within a few days, most of the inflammation has gone. I take a maintenance dose of 3 capsules daily.” – Sooze
- **Circulation** – “I think it’s a wonder drug. My family uses serrapeptase; some have stopped blood-thinning tablets, and some take it for overall wellbeing.” – Kelly
- **Healthy ageing** – “I’ve been taking it for years. Haven’t been to a doctor in 30 years. Am 79, work 11 hours a day, 7 days a week, and I feel great!” – Gerry
- **Mobility** – “Years ago, I couldn’t walk — started taking serrapeptase (up to 9 a day to eliminate the pain). With time, I started walking short distances, then around the block, and then 1 to 2

miles a day. It’s a magic enzyme with no side effects!” – Norma

- **Scarring** – “Just after 2 weeks of taking 3 x Serrapeptase, I can finally get the end joint of my finger moving! This has potentially saved me another surgery.” – Stu

Other users report positive changes when taking serrapeptase for angina, arterial blockage, back pain, blocked fallopian tubes, COPD, diverticulitis, endometriosis, headaches, heart disease, Morton’s neuroma, and MS, among other chronic health issues.

Bonus Q: Does serrapeptase work better alone, with MSM, or with vitamin D?

It depends. For pressing health concerns and accelerated healing related to pain, swelling, blockages, and frozen joints, serrapeptase can be taken on its own, at a three-times higher concentration of 250,000 IU per capsule. Other serrapeptase formulations contain carefully selected ingredients that help specific health issues.

Serrapeptase combined with trace minerals and the organosulphur compound MSM can strengthen skin, lungs, joints, and connective tissue. Serrapeptase taken alongside curcumin, as Meriva® curcumin able to greatly reduce key inflammatory markers; ecklonia cava, a phloroglucinol-rich seaweed extract; and vitamin D3, needed to modulate inflammatory cytokines, could work as a low-cost alternative to pain medication for many sufferers of fibromyalgia and other pain disorders.

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.



SERRANOL®

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



SERRAPLUS+®

High-dosage formula provides a balanced strength of 80,000IU serrapeptase in delayed-release capsules for the best absorption, as well as the inclusion of trace minerals (50mg) to ensure better enzyme utilisation and the addition of 350mg of MSM. Phthalate-free.



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.



Sources

All references can be found at www.NaturallyHealthyNews.com

CAN YOU GET HEALTHY AGAIN? ABSOLUTELY.

Get your free book & get started

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

Download eBooks here: www.NaturallyHealthyNews.com

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.



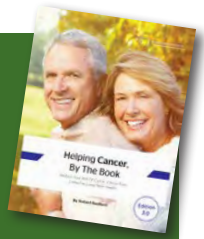
• Helping Autoimmune Disease, By The Book

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.



HEALTH news

WHY RELAXATION COULD BE KEY TO PROTECTING YOUR HEART HEALTH

Your heart health plays an essential role in your general wellbeing. New research from the University of Southern California in Los Angeles has found a definite link between mental burnout and atrial fibrillation from tracking more than 11,000 people, along with monitoring them for signs of exhaustion, anger, irritability, and antidepressant use for 25 years.

They discovered that those who registered the highest scores for burnout were also 20 percent more likely to develop atrial fibrillation. It was also discovered that people with anger problems didn't run a higher risk of developing the condition.

Burnout is different than feelings of depression as it's characterised by low moods, guilt, and poor self-esteem, according to researcher Parveen Garg.

What is atrial fibrillation?

Atrial fibrillation is a heart condition that's characterised by an irregular or abnormally fast heart rate.

There are various possible causes of atrial fibrillation, including the following: high blood pressure; heart attack; abnormal heart valves; coronary artery disease; congenital heart defects (you're born with); an overactive thyroid gland; metabolic imbalance; lung diseases; viral infections; sleep apnoea; stress due to surgery, pneumonia, or other illnesses; lung diseases; exposure to stimulants such as medications, caffeine, tobacco, or alcohol; and sick sinus syndrome – improper functioning of the heart's natural pacemaker.

Symptoms of atrial fibrillation include weakness, fatigue, dizziness, shortness of breath, and chest pain.

Will stress affect heart health?

Being stressed and anxious can be especially damaging to individuals with existing cardiac disease. Anxiety is also associated with heart disease and cardiac risk factors, such as increased blood pressure, rapid heart rate, and decreased heart rate variability.

Reducing your stress levels may help to reduce inflammation, and as a result, this may encourage the production of "good" HDL cholesterol.

Recent studies have also shown that stress-related disorders are robustly associated with multiple types of cardiovascular disease, independently of familial background, history of somatic/psychiatric diseases, and psychiatric comorbidity.

IS ACTIVE FOLATE THE NATURAL SOLUTION TO YOUR INFERTILITY ISSUES?

Couples experiencing infertility issues may benefit from taking **MTHFR (Methylenetetrahydrofolate Reductase)**. Known as **Quatrefolic®**, this new form of methylfolate uses glucosamine instead of calcium to bind the L-methylfolate.

A very recent publication of Clement et al. has recommended that couples should be analysed for Methylenetetrahydrofolate Reductase (MTHFR) polymorphism and homocysteine. As a group, they had their blood homocysteine level tested before and after treatment with Quatrefolic® to control the efficacy of the treatment before starting Assisted Reproductive Technology (ART) attempts.

The 89 couples included 50 who were heterozygous for the MTHFR polymorphism, 39 homozygous. The Quatrefolic® reduced rapidly the Hcy level of 42.7 percent in the homozygous and 20.1 percent in heterozygous subjects, with no significant difference ($p = 0.12$) between the normalised Hcy level of homozygous and heterozygous (10.5 mmol/L vs. 9.8 mmol/L).

What is Quatrefolic®?

Quatrefolic® acts as a nutrient where folic acid and folate supplements are recommended. As a glucosamine salt of (6S)-5-methyltetrahydrofolate, Quatrefolic® is structurally analogous to the reduced and active form of folic acid.

What makes Quatrefolic® (400 µg plus B6 and B12) have such a powerful effect on lowering and normalising homocysteine is how it's been evaluated versus conventional supplementation of high-dose folic acid (5 mg/day) in hypertensive subjects at low cardiovascular risk.

Quatrefolic® treatment was more effective in reducing homocysteine serum level than folic acid, normalising homocysteine in 55.8 percent of cases – significantly higher than

Source: www.NaturallyHealthyNews.com

Footballers 3x as likely to die from dementia, 5x from Alzheimer's disease

4 evidence-based options to support better brain health in athletes

In the largest study ever conducted on professional football players, Scottish researchers from Glasgow University examined the connection between dementia and head trauma. The research commissioned by the Football Association and the Professional Footballers' Association was published in *The New England Journal of Medicine* in late 2019.

Confirmed: Sport injury shows strong link to deadly brain disease

Here are the study's outcomes:

- Medical records from 7,676 Scottish professional footballers were examined and compared to 23,028 people in the population.
- The pro football players, born from 1900 to 1973, had a three-and-a-half times higher risk of dying from neurodegenerative disease.
- The footballers also had a five-times higher risk of death from Alzheimer's and a two-times higher risk of death from Parkinson's disease.
- The football players were less likely to die from other chronic diseases, including lung cancer and heart disease.

The investigation began after Jeff Astle, a former England striker, died of persistent head trauma in 2002. The

condition, known as chronic traumatic encephalopathy (CTE), was previously called dementia pugilistica and thought to be a "boxer's disease."

"This is the largest study to date looking in this detail at the incidence of neurodegenerative disease in any sport, not just professional footballers," Dr. Willie Stewart, neuropathologist and lead researcher, explained.

Solutions: 4 brain-boosting nutrients may help at-risk adults at any age

Athletes are vulnerable to dementia, along with millions of adults who might be diagnosed as early as their thirties to their fifties. The younger symptoms start, the greater chance it is that there are genetic factors contributing.

Even with genetic predisposition, lifestyle holds more weight in advancing the disease. Some determining risk factors include eating a high-carb/high-sugar (typical Western) diet, smoking, drinking alcohol, diabetes, poor thyroid function, difficulty sleeping, undetected fungal infection, pathogenic gut bacteria, and even vitamin deficiency.

Changing diet is critical. Several compounds and nutrients have also proven promising in the fight against dementia and Alzheimer's disease:

1. Astaxanthin. Considered "nature's favourite antioxidant," astaxanthin is

the red-orange carotenoid pigment found naturally in algae eaten by shrimp, lobster, and salmon. Astaxanthin has recently gained popularity as a top-performing antioxidant, known to be 40 times stronger than beta-carotene, 100 times stronger than vitamin E, and 6,000 times stronger than Vitamin C. Since astaxanthin positively impacts the brain and central nervous system, supplementing it could help improve learning and memory.

AstaReal® astaxanthin is the most-studied form of the antioxidant worldwide, providing special benefits for age-related cognitive dysfunction. Clinical studies show that supplementing 12 mg of pure astaxanthin a day for three months may help sharpen memory and mental quickness. AstaReal® astaxanthin taken with added DHA could increase blood flow to the brain and offer extra help for loss of memory.

2. Curcumin. A highly concentrated extract of the turmeric spice studied for more than 250 years and used for millennia in Ayurvedic medicine, curcumin can pass through the blood-brain barrier. This could help decrease dangerous inflammation. But curcumin taken in its ordinary form is expelled quickly.





Encapsulating curcumin in nano-sized liposomes mimics our body's own liposomal delivery system to better boost curcumin levels in the bloodstream.

Having a reliable concentration of curcumin could help stop neuronal stress damage, inflammation that exacerbates depression, and beta-amyloid accumulation that leads to loss of memory. Supplementing curcumin just twice a day for 18 months may be enough to improve mood and memory, American researchers learned in 2018. Adding in resveratrol, the potent polyphenol in red wine, could lengthen lifespan, while also strengthening the blood-brain barrier in patients with Alzheimer's disease.

3. Soil-based probiotics. Probiotics, or good bacteria, sustain a healthy gut and may also promote clearer thinking. When optimal levels of beneficial gut bacteria start to wane, potentially caused by processed foods, lack of prebiotics (plant fibres), alcohol, smoking, antibiotics, and too little sleep, memory loss may soon follow.

A 2018 *Nature Neuroscience* study gives a helpful example of how gut dysfunction can impact brain health: Mice

eating a high-sodium diet experienced decreased blood flow to the brain, and eventually dementia. Most processed foods are notoriously high in sodium; protective gut bacteria are sensitive to sodium intake. Supplementing a diverse blend of soil-based organisms (SBOs), those cultivated in their native prebiotic plant matter, containing *L. acidophilus* and *B. bifidum* strains can repair gut damage and may support "significant" improvements in memory.

4. Vinpocetine. A natural periwinkle plant extract, vinpocetine has been used for years in Europe to enhance mental function and memory. Vinpocetine improves the brain's neuronal firing rate and influences ATP (adenosine triphosphate) production, increasing brain cell energy. Like astaxanthin and curcumin, vinpocetine also functions as a super-antioxidant, guarding the brain's high fat content from free radical oxidation/injury.

Called a nootropic, or cognition-improving substance, BioVinca® Vinpocetine is the only brand of vinpocetine backed by clinical research. When taken up to twice a day, BioVinca® Vinpocetine can effectively cross the blood-brain barrier, where it's observed to interact

with the brain more than other parts of the body.

Using proven nutrients to decrease oxidative stress and neuroinflammation could reverse symptoms of Alzheimer's disease. This reversal has been observed in mice genetically programmed to Alzheimer's after just three months of eating a diet containing protective plant compounds. "You don't have to wait 10 to 12 years for a designer drug to make it to market; you can make these dietary changes today," Terrence Town, senior author of the *Journal of Biological Chemistry* study, said in 2019.

Recommended Products

BRAINPOWER™

New liposomal formula combining curcumin and resveratrol for powerful health benefits. Liposomes are a highly absorbable delivery method: Simply take off spoon or mix in juice.



ASTAXANTHIN WITH DHA

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



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



Good Health Naturally®
Because it Works!

Keep Your Family Safe With **QuantoGram Technology**

Quantomgram Technology can protect you and your family against radiation received and emitted from electrical equipment and digital devices.



4G

Quantomgram SafeHouse

A simple plug in device that once switched on, provides protection for your whole house or office. May provide protection against various electrical smogs, including Electro Magnetic Frequencies (EMF) from a range of electrical equipment and digital devices.



5G

QuantoGram HoloGuard

HoloGuard Phone Radiation Harmonizer, rather than blocking signals, resonates at a healthy frequency that may neutralize the potentially harmful, positive charge field around a portable wireless device.



EMF



Skipping a trip to the dentist = A bigger chance of periodontitis

3 ways to calm inflammation and clear gum disease, according to science

Cancelling one or more cleanings could increase numbers of oral pathogens known to cause periodontal and even heart disease.

This danger is particularly high in adults, who typically visit the dentist less often than children and teens.

Dental appointments determine gum disease risk, and so does flossing

In the 2020 study, published in *Scientific Reports*, American researchers from Colorado State University examined the oral microbiome — the collection of bacteria and fungi living in the mouth.

The researchers learned that:

- Our oral hygiene habits influence the bacterial communities in our mouth.
- Good oral health also significantly impacts the health of our whole body.
- The cheek swabs of 366 children and adults showed that those who flossed had lower levels of inflammatory, disease-causing bacteria, most likely from manual removal.
- Adults who visited the dentist in the past three months had fewer harmful bacteria compared to those who went to the dentist 12 months ago or longer.

The study authors also found it interesting that families, or people living together, had comparable oral microbiomes.

3 proven steps can keep gums healthy — and cut down costly dental bills

Habits help:

1. Brush, floss, and rinse twice a day. Brushing with a spiral brush, flossing, and rinsing with mouthwash in the morning and at night can help control the bacterial infection causing gum inflammation and periodontitis.

Look for natural toothpaste and mouthwash made with plant-based ingredients and nano silver, also called "Nature's Antibiotic." Patented nano silver particles can fight pathogens 10-times better than regular silver; they're also non-toxic, backed by 32 safety studies.

2. Mix in beneficial bugs. An easy way to populate the gums with protective bacteria is to break open a soil-based probiotic capsule and mix it into food, at least twice a day. This is especially convenient for young children and older people.

SBOs, or soil-based organisms, offer nearly an exact match to the robust bacteria residing in the human gut hundreds of years ago. SBOs are also the same bacteria living in nature. Soil-based organisms like *Bacillus* are spore-forming, meaning they can infiltrate more effectively than non-spore-forming strains.

3. Restore gum health with enzymes. Sufferers of periodontal disease may have low levels of coQ10 in the gums. A critical cofactor in the production of ATP, coenzymeQ10 may also reduce the risk of a serious cardiovascular event by 50 percent in cases of heart failure. Kaneka Ubiquinol™, the active antioxidant form of coenzymeQ10, is up to eight times more absorbable than conventional coQ10.

Serrapeptase can also be used as a potent anti-inflammatory. The naturally occurring proteolytic enzyme is powerful enough to dissolve and clear high levels of inflammation. Supplementing serrapeptase has been shown to considerably decrease mouth pain after wisdom teeth extraction.

Recommended Products

CORAL NANOSILVER MINT MOUTHWASH

Nano silver xylitol mouthwash with aloe barbadensis leaf juice and melaleuca alternifolia (tea tree) leaf oil mint. Naturally cleans teeth, fights bad breath and dry mouth.



CORAL NANOSILVER MINT TOOTHPASTE

The world's first remineralising toothpaste with ECOSAFE Coral Calcium and Nano Silver. Naturally whitens teeth. Natural SLS, glycerin, paraben, and fluoride-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.



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.



Sources

All references can be found at www.NaturallyHealthyNews.com

4 ways to unlock the power of Japan's legendary longevity enzyme

Upping nattokinase intake could be life-changing for anyone at risk of CardioVascular Disease

Nattokinase is a lesser-known enzyme, and for many people, this lack of information can be a damaging, and even deadly, thing. Derived from a Japanese food called natto, the nattokinase enzyme is recognised for its anti-clotting abilities. The latest research shows it may also provide a promising alternative treatment for heart disease.

What is nattokinase, and what does it do? 3 facts to remember

Compared to other active enzymes, three important factors make nattokinase distinct:

1. Nattokinase comes from boiled soybeans fermented with the bacteria *Bacillus natto*.
2. The nattokinase enzyme is produced through this fermentation process, a by-product created by the bacteria as they break down and digest soybeans.
3. Nattokinase isn't found in other soy foods; it's a natural component of the soy food natto, routinely consumed in Japanese cultures for hundreds of years.

The biological structure of nattokinase is actually a serine protease, not a "kinase" enzyme like its name suggests. Serine

proteases take control of processes like blood coagulation in our body, as well as immune and digestive function. And since only soy proteins are thought to cause allergies, and nattokinase is an enzyme extract, the enzyme itself isn't classed as a soy allergen.

Nattokinase is believed to work by inactivating plasminogen activator inhibitor 1 (PAI-1). Because of this, nattokinase may have fibrinolytic activity four-times more potent than plasmin, the anti-clotting enzyme in the blood. This fibrinolytic activity can occur at the blood vessel wall.

Essentially, this looks like nattokinase breaking down fibrin, a protein involved in blood clotting. In the heart, blood clots can block blood flow to the muscle tissue, which could lead to oxygen supply being cut off to cause angina and heart attacks. Clots in the chambers of the heart can move to the brain where they can also block blood and oxygen from reaching their destination, resulting in a stroke.

Why take nattokinase, and who should use it? 4 research-backed benefits

Nattokinase may be most helpful when supplemented by people with:

1. **Cardiovascular disease (CVD).** As Chinese researchers noted in their

2018 study, nattokinase could work well as an alternative therapy for CVD. While the leading cause of global death most often requires rigorous medical treatment, nattokinase also has pharmacological properties that help sufferers or patients at risk for heart disease.

These include the enzyme's anti-thrombotic, anti-atherosclerotic, anticoagulant, antihypertensive, neuroprotective, and lipid-lowering effects. By suppressing ACE, the angiotensin-converting enzyme, nattokinase can help lower blood pressure and manage CVD risk; supplementing nattokinase may reduce blood pressure in only 8 weeks.

2. **Dementia-related conditions.** In a 2013 study published in *Human and Experimental Toxicology*, nattokinase, when used in combination with another potent proteolytic enzyme called serrapeptase, helped modulate certain factors that characterise Alzheimer's disease. Male rats with Alzheimer's-like pathology given nattokinase and serrapeptase for 45 days saw significant improvements in brain activity.

Heart health is linked to brain health, the Chinese researchers also reported. This can explain why intaking nattokinase may protect against CVD risk factors while also offering help for cognitive dysfunc-



tion and Alzheimer's disease.

3. Poor circulation. Preliminary evidence suggests a natto extract containing nattokinase may contribute to a reduction in vessel wall thickening following endothelial injury. And, nattokinase may help to disintegrate the thrombi (blood clots) that form at a vessel wall. Nattokinase's antithrombotic activity — supporting the body's natural ability to dissolve blood clots — can maintain or restore circulation.

When compared to aspirin, used as an over-the-counter anticoagulant to prevent stroke and heart attack, nattokinase demonstrates "excellent" antithrombotic and antiplatelet activity. Unlike aspirin, nattokinase is virtually side effect free.

4. Weak lungs. Along with fewer blood clots and longer lives, Japan also sees lower rates of lung disease. Much of this may be attributed to lifestyle and diet; enzyme-rich foods like natto can support lung health with powerful anti-inflammatory and antithrombotic benefits.

Taking nattokinase along with serrapeptase, digestive enzymes, antioxidants, and proanthocyanidins (including grape seed and pine bark

extracts) can help prevent and control symptoms, reduce medication use, and improve quality of life in cases ranging from pulmonary fibrosis to asthma to chronic airway disease. Because it can degrade fibrin, Japanese researchers have also shown that nattokinase may be used to shrink nasal polyps and reduce sputum/discharge for asthma patients.

Now it makes sense why nattokinase is often called "Japan's secret" for health and vitality. Eating more natto is a simple (and delicious) way to live longer and better. The pure form of the enzyme, enhanced by its supporting ingredients, may be even more effective when it's supplemented.

Nattokinase casts a wide net with its proven benefits for heart disease. In addition to preventing CVD, increasing nattokinase enzyme levels may also help to address varicose veins, arterial hardening, deep vein thrombosis (DVT), peripheral artery disease (PAD), high cholesterol, weak immunity, and loss of bone mineral density.

Then there's its impact on longevity. As mentioned, the Japanese are known for having the longest average lifespan. Natto (containing nattokinase) is one identifiable component in the Japanese lifestyle with direct ties to

anti-ageing and a longer life. People in Japan eat up to a quarter cup of soy products that include natto each day, strengthening heart health, reducing blood clots, and keeping brains sharp and blood pressure stable.

No wonder researchers are starting to supplement: Dr. Kevin Wang, Northeastern State University associate professor of molecular biology in the U.S., takes nattokinase capsules twice daily.

Recommended Products

BLOCKBUSTER® ALL CLEAR

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



NATTOKINASE™ CAPSULES

Well-researched enzyme with over 50 studies and papers on PubMed. This delivers 2000fu of nattokinase per cap.



Sources

All references can be found at www.NaturallyHealthyNews.com

Bones keep getting weaker — what are we missing?

For really healthy bones, do 3 things

Elderly, frail women are the only ones who should worry about brittle bones that increase risk of falls and fractures. Right? Not necessarily.

‘Breaking’ news: Osteoporosis isn’t just a woman’s disease

There’s an osteoporotic fracture every three seconds. The condition, characterised by weak bones prone to breaking, impacts 200 million women worldwide. Up to 25 percent of hip fractures happen in men.

Putting it in perspective, a man over 50 has a 27-percent lifetime risk of experiencing a fracture related to osteoporosis. In comparison, a man only has an 11.3-percent lifetime risk of being diagnosed with prostate cancer.

By 2025, it’s estimated that the number of global hip fractures in men will match the number seen in women in 1990. The first 12 months after a hip fracture, men have a higher mortality rate than women.

3 sure signs bone health is in need of some TLC

As the most abundant mineral in the body, calcium plays a critical role in building bone strength.

But the calcium myth, likely spread by the dairy industry, tells us that consuming more dairy or popping a calcium pill can make brittle bones stronger. In truth, calcium depletion is a bigger concern than calcium intake. Animal protein, excess salt, soda and alcohol consumption, and too much caffeine can all cause rapid calcium loss and bone weakening.

Here’s more on the factors that will only compromise bone density:

1. Eating an un-natural diet. Calcium strengthens bones and also neutralises blood acidity. Health depends on keeping the body in an alkaline, versus an acidic, state. Our bones are the main supplier of alkali; our body maintains its alkaline state by pulling calcium phosphate from bone.

A highly acidic (Western) diet leaches calcium from bones due to acid-forming foods like animal protein, modern grain, and commercial dairy. As American researchers learned in 2018 when comparing both diet and exercise’s effect on bone strength, nutritional choices have more impact.

Try: It sounds counterintuitive because of the “calcium myth” but consider moving toward a vegan ketogenic diet and away from acidic animal protein and dairy. Include vegan-keto-friendly foods rich in calcium like alkalising lentils, Brazil nuts, and leafy greens.

Also, look out for whole-food sources

of vitamin C, such as broccoli, oranges, Brussels sprouts, and strawberries. The bone matrix is made up of 90 percent collagen protein, with vitamin C being a key collagen cofactor. Taking up to double the vitamin C dose has been shown to improve fracture healing; supplementing liposomal vitamin C along with vitamin C foods can help elevate blood nutrient serum levels quicker.

2. Staying sedentary. Weight-bearing exercise builds healthy bone, while a





Type 2 diabetes and obesity decreased bone formation and mass, while exercise prevented diabetes and weight gain and improved bone strength.

Try: Sitting for more than three hours a day has a negative effect on future health, but a gentle, 12-minute yoga practice may benefit bone strength. A 2015 paper entitled, "Twelve-Minute Daily Yoga Routine Reverses Osteoporotic Bone Loss," suggested that practicing several yoga poses every other day might noticeably increase spinal density, with more research needed.

Walking briskly for 3 to 5 miles a day and including 30 minutes of full-body weight-bearing exercise on most days of the week can also help build better bone density. Supplementing sublingual vitamin D3 and K2 together can greatly enhance calcium absorption, while providing up to a 12-percent increase in heart strength during endurance activity.

3. Neglecting to replenish nutrients.

Dietary patterns and preferences have changed over the past 50 years, and so has the nutrient content of our produce. Dairy products are pasteurised for public safety, destroying vitamins, minerals, and beneficial enzymes too. As of 2020, highly processed foods have been directly linked to the widespread, bone-weakening obesity epidemic.

So-called "healthy" food groups, like starchy carbohydrates and commercial dairy, are also endorsed by the food industry. Eating a diet high in starchy carbs not only causes inflammation, it creates insulin spikes that can weaken bone density.

Try: For stronger bones, vitamins C, D3, and K2 are among the "must-have" missing nutrients that must be replaced daily. In a healthy diet, ample amounts of fat-soluble enzymes, like coenzyme Q10 found in legumes, strawberries, spinach, fatty fish, and some organ meats, may also be hard to find. Besides ensuring heart muscle function, coenzyme Q10 may influence osteoblastic proliferation and differentiation, helping create

brand-new bone materials.

Kaneka Ubiquinol™ is the reduced form of coenzyme Q10 that's up to eight times better absorbed than ordinary coQ10 supplements. Derived from the world's most studied coQ10 with 30 years of research behind it, Kaneka Ubiquinol™ is able to improve energy production and correct age-related coQ10 deficiency, offering added benefits to adults over 40.

Making matters worse, many osteoporosis drugs may only appear to be working. Findings from a 2016 *Current Geriatrics Reports* review showed that while bisphosphonates, osteoporosis medications prescribed to strengthen bone density, could decrease risk of fractures by over 40 percent, the drugs can also raise abnormal femur fracture risk with little-to-no outside trauma.

Recommended

CUREC™ LIPOSOMAL VITAMIN C + QUERCETIN

1,000mg of high quality liposomal Vitamin C, 1000mg PC, plus 175mg of Quercetin per serving. The product is gluten-free, non-GMO, and non-soy.



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.



VITAMIN D3 & K2 SUBLINGUAL SPRAY™

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



Sources

All references can be found at www.NaturallyHealthyNews.com

lack thereof can decrease density. The effects of a sedentary lifestyle can also be seen at a young age. In 2017, Canadian researchers observed that teens who are inactive have weaker bones.

Chronic health conditions linked to sedentary living can contribute to bone decline. In an animal study conducted in 2015, American researchers investigated how insulin resistance and obesity may influence the risk of bone fracture.

ANCIENT MAGNESIUM® GIVEAWAY!

One winner will be selected
every month!



WORTH
£59.12

WIN AN ANCIENT MAGNESIUM® SPA PACK

Good Health Naturally's Ancient Magnesium® Spa Pack promotes a range of relaxing solutions to relieve stress, soothe distressed skin and support your general wellbeing.

To be in with a chance of winning, simply subscribe to our Naturally Healthy Newsletter at:

<https://win.naturallyhealthynews.com>

We will draw a winner every month.

Good Luck!

This Amazing Pack Includes:

- Lotion Ultra 200ml
- Oil Ultra 30ml
- Body Butter Ultra 200ml
- Ultra with CBD Oil, 100ml
- The Magnesium Manual



Scan me with your
camera phone to enter



*Please note, we will be drawing the competition prize once a month for the next 6 months.
One subscriber will win the prize each month.



Ditch the doggy diets and do this to get a handle on pet health

A simple way to lower an obese dog's triglycerides in just 8 weeks

In the last decade, we've seen a 158-percent spike in canine obesity. One in three dogs may be overweight. A 2019 study from the University of Liverpool confirmed that being overweight could rob a dog of two-and-a-half years of living.

Obese dogs are better off taking astaxanthin, new study finds

Where obesity occurs, a marker of accumulated fat tissue, called plasma non-esterified fatty acids (NEFA), will increase. An oxidative stress biomarker, known as plasma malondialdehyde (MDA), will also rise. Both markers indicate inflammation.

This chronic inflammation can be why metabolic and degenerative disorders develop in dogs carrying excess weight.

In a 2019 *Veterinary Medicine* study, 10 healthy beagles were assessed for blood lipids, oxidative stress, and inflammation. Five dogs considered clinically obese, with body weight 20-percent above average, were also examined. While no changes were seen in the control group, dogs given 0.3 mg/kg of AstaReal® Astaxanthin in their feed saw plasma triglycerides (TG), MDA, and another inflammatory indicator called lactate dehydrogenase (LDH) decrease.

After just six weeks, markers of TG, MDA, and LDH were significantly lower in the dogs consuming AstaReal® Astaxanthin. The obese dogs saw TG levels drop within eight weeks of supplementing AstaReal®, as well as alanine aminotransferase that signalled unhealthy cholesterol. Greater changes were seen in obese dogs versus dogs that were healthy.

AstaReal® Astaxanthin is the most clinically studied form of the strongest natural antioxidant. With its ability to neutralise free radicals, AstaReal® Astaxanthin offers multiple benefits for humans, improving

sperm motility, insulin resistance, skin and eye health, fatigue, cognitive function, and endurance and fat-burning during activity.

AstaREAL® Astaxanthin now appears to be an important micronutrient to help pets fight off obesity.

Does diet matter? Take a look at what really healthy dogs eat

Because of the canine obesity epidemic, demand for boutique dog foods has also increased. But despite the higher price tag and flashy packaging, many "diet" pet foods aren't fully tested. Like processed foods for humans, standard pet foods also contain large amounts of starchy carbs – not to mention problematic ingredients, like the active herbicide that's

been found in some retail brands.

Dogs and their owners respond better to eating a fresh, unprocessed, whole-food diet: Healthy fats, lean protein, and some fibre from fruits and vegetables are ideal, bearing in mind that foods like grapes and onions aren't safe for pets to eat.

Along with handpicking organic ingredients, breaking open and mixing an astaxanthin capsule into a dog's food may be enough to reduce risk of obesity. Probiotic, charcoal, and enzyme capsules can also be hidden in spoonfuls of organic nut butter. Giving a dog a daily dose of AstaREAL® Astaxanthin with the essential fatty acid DHA may offer extra support for ageing pups, reducing up to 50-percent of the pain associated with arthritis.

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.



PRESCRIPT-BIOTIC™

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



SERRAPET®

The number one serrapeptase for animals, delivering 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.



HAPPY TUMMY™

Naturally active aid for normal digestion support. Absorbs unwanted substances. Reduces gas and bloating and supports toxin elimination. 100 vegetable capsules.



Sources: All references can be found at www.NaturallyHealthyNews.com

It's not just a cold-buster. Vitamin C has 458 benefits to fight disease.

Large doses of vitamin C liposomes may save lives

Vitamin C is one of the few nutrients we can — and should — absorb in high doses. Most commercial products advertise vitamin C's ability to combat colds and build immune strength. These uses are important: Vitamin C is considered the foundation of immunity. Studies also show more than 400 other reasons to start supplementing vitamin C.

Stroke, cancer & high blood pressure respond to daily vitamin C

An essential immune-boosting nutrient, a recent research database search turns up at least 458 studies examining vitamin C's impact on disease.

Here are just a few examples:

- **Blood pressure.** Johns Hopkins scientists in the U.S. concluded in 2012 that vitamin C may help manage hypertension, or high blood pressure, when it's administered in large doses.
- **Cancer.** As a 2017 *Redox Biology* study showed, tumour cells with low catalase enzyme levels are more susceptible to damage — and especially vulnerable to death when exposed to a high dose of vitamin C.
- **Cognitive decline.** By examining the blood nutrient concentrations from about 400 New Zealanders over the age of 50, with findings published in *Nutrients* in 2017, researchers noted

that higher vitamin C levels helped decrease risk of age-related cognitive impairment.

- **Foetal development.** In 2012, Danish researchers discovered that irreversible brain damage can occur to an infant during pregnancy when a mother is lacking vitamin C.
- **Heart disease.** High vitamin C levels may reduce risk of heart disease and early death, according to 2015 findings from the University of Copenhagen based on elevated blood concentrations from fruit and vegetable intake.
- **Osteoporosis.** Increasing vitamin C could decrease risk of osteoporosis by 33 percent and also lower hip fracture risk, a *British Journal of Nutrition* study confirmed in 2018.
- **Stroke.** In a 2008 British study following over 20,000 men and women from ages 40 to 79, those with the highest levels of vitamin C had a 42-percent lower stroke risk.

Additional research-backed applications for vitamin C include autism, upper respiratory tract infections, glaucoma, lung cancer, infertility, and obesity, among many others.

It's worth noting that our vitamin C stores are easily depleted, especially during times of stress and infection. Supplementing vitamin C has been shown to improve various parts of the immune system, including antimicrobial and natural killer cell activities, lymphocyte proliferation, chemotaxis, and



delayed-type hypersensitivity.

Keeping blood levels high, studies indicate, can not only reduce "risk, severity, and duration" of contagious diseases — it may also "ameliorate symptoms and shorten the duration" of colds and infections.

Nowadays, vitamin C is mostly taken at times we're feeling under the weather. But there's nothing new about its use in emergency and clinical medicine. Searching specifically for intravenous (high-dose) vitamin C research shows numerous studies dating back to the forties and fifties, with application for sepsis, cancer, polio, pneumonia, encephalitis, herpes simplex, mononucleosis, arthritis, and more.

Drug manufacturers tend to bury this information for the purpose of making profit, once they learn that IV vitamin C costs just a few pennies.

***Natural liposomes vs. synthetic vitamins?
There's no contest***



Up to 95 percent of over-the-counter vitamin C supplements are manufactured by pharmaceutical companies and made with synthetic ingredients. Isolated ascorbic acid, found in low-cost tablets, is not true vitamin C. This synthetic C is unnatural, hard on our system, and likely a waste of money.

But there is a type of vitamin C that's 100-percent natural and safe to supplement.

Created with the same liposome delivery system — tiny fat bubbles — used by our body, liposomal vitamin C is fast-acting. Liposomal vitamin C can raise blood concentrations to nearly twice the amount of eating vitamin C-rich foods or taking synthetic tablets.

High-dose vitamin C is also available in non-liposomal formulations, taken as oral raw food concentrates from the whole fruit. This ultra-pure vitamin C is derived from the Camu Camu plant in the Peruvian Amazon rainforest and comes in capsules or powder. Camu Camu is distinct in that it's one of the few plant-derived (non-synthetic) sources of vitamin C, making it highly absorbable.

Vitamin C may also work well when combined with quercetin.

Over-the-counter vitamin C products often advertise antioxidant "blends," but quercetin is a standalone ingredient that supports vitamin C. Quercetin's proven properties — like its capacity to neutralise free radicals, calm inflammation, fight allergies, help chelate heavy metals, balance blood pressure, and more — only add to vitamin C's effects.

Quercetin is the phytonutrient found in bright fruits and vegetables and dark leafy greens. Like vitamin C, it's hard, and often impossible, to absorb enough through diet. Quercetin is a known antihistamine and supplementing it may help relieve asthma and bronchitis. Increasing levels of this flavanol also shows great promise for aggressive cancers. Quercetin could inhibit prostate cancer growth and may prevent neurodegenerative decline related to Parkinson's and Alzheimer's disease.

Only a few years ago, researchers recommended eating more onions — containing one of the highest concentrations of quercetin — as an effective cancer-killer.

Onions and vitamin C-rich oranges are still critical parts of a healthy diet, but new liposomal technology makes quercetin and vitamin C more successfully absorbed when supplemented.

Quercetin and vitamin C work together to quickly stop the progression of disease. For instance, getting an injection of quercetin every 48 hours for three months is powerful enough to reverse the characteristics of Alzheimer's. Giving septic patients a vitamin C infusion (IV) has cut down hospital stays by as much as one week. Liposomal delivery allows us to reach high levels of absorption outside of a clinic.

Recommended Products

CUREC™ LIPOSOMAL VITAMIN C + QUERCETIN
1,000mg of high quality liposomal Vitamin C, 1000mg PC, plus 175mg of Quercetin 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.



CAMU CAMU - VITAMIN C POWDER
Provides the highest recorded amounts of natural Vitamin C, with vitamins and minerals. ORAC Tested. 2700mg of Vitamin C per 100 grams of fruit.



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



GLUTEN-FREE VEGAN CAULIFLOWER HASH BROWNS

These gluten-free vegan cauliflower hash browns are a great choice for anyone looking for a healthy low-carb option that's also low in calories.

Prep time: 5 min.
Cook time: 10 min.
Total time: 15 min.
Serves: 6 patties

INGREDIENTS

1/2 head of cauliflower, broken into florets
 1 tbsp. coconut oil
 1/2 onion, chopped
 1/4 cup besan flour, or chickpea flour
 1 tbsp. arrowroot starch, or corn starch
 1/2 tsp. garlic powder
 1/2 tsp. sea salt
 2 tbsp. water (optional)

DIRECTIONS

1. Preheat oven 400°F/204°C. Line baking sheet with parchment paper; brush parchment paper with oil or lightly spray with cooking oil.
2. Process cauliflower and onion in a food processor or grate with a box grater until crumbly. Transfer riced cauliflower mixture into a large bowl.
3. Add besan flour/chickpea flour, arrowroot starch, garlic powder, salt, water, and stir to combine.
4. Divide batter into six equal portions; shape into patties, about 3 x 2".
5. Place patties on prepared baking sheet and bake for 40 minutes, turning halfway. Enjoy.

VEGAN KETO ZUCCHINI NO-OATMEAL BREAKFAST BARS

Hearty and nutrient-dense breakfast bars that are low-carb, paleo, low-FODMAP, gluten-free, soy-free, nut-free, coconut-free, and peanut-free.

Prep time: 5 min.
Cook time: 35 min.
Total time: 40 min.
Serves: 6 slices

INGREDIENTS

1 cup (170 g) shredded/grated zucchini
 1/4 cup (64 g) sunflower seed butter
 2 tbsp. granulated sweetener, such as erythritol
 1/2 cup (80 g) hulled hemp seeds (hemp hearts)
 1 tbsp. chia seeds
 1-2 tsp. cinnamon or pumpkin pie spice
 Pinch of salt

DIRECTIONS

1. Preheat your oven to 375°F/190°C and line a standard loaf pan with parchment paper.
2. Stir together zucchini, sunflower seed butter, and sweetener in a bowl until thoroughly combined.
3. Add in the seeds, cinnamon, and salt and stir until completely incorporated. Let the mixture sit for about five minutes so the chia seeds have time to form a bit of a gel. The batter should thicken a bit but still resemble a standard cake batter.
4. Pour the batter into the pan and spread it around evenly.
5. Bake for around 35 minutes, until the bars are golden brown and firm to the touch. Let cool for about 30 minutes before removing from the pan. Slice and enjoy.





Up to 9x better absorbed than tablets, capsules, and powders

CureC™ is a high-performance nutritional supplement that uses an advanced liposomal delivery system to maximise vitamin absorption. Helps naturally promote and support immune health and aids collagen formation for healthy, radiant-looking skin. **No mixing required - delicious taken straight from the spoon!**

High-Quality Liposomal Vitamin C - Each serving provides 1000mg Liposomal Vitamin C, 1000mg natural (non-hydrogenated) Phosphatidylcholine + 175mg Quercetin for cardio health and immune system response.

Protects Healthy Cells - When held in the mouth Liposomal Vitamin C goes straight to the source, protecting healthy cells from damage as a potent antioxidant.

Various Benefits For Optimal Health - Supports immune function, brain health, blood sugar, heart health, and more. Vitamin C may help to maintain healthy bones, cartilage, and connective tissues. It's also needed by the body to protect against stress and injury.

• **Gluten-Free** • **Non-GMO** • **Non-Soy** • **Suitable for Vegetarians and Vegans, Children and Elderly People**




Good Health Naturally
Because it Works!

Available at all good independent health food stores

6 new-and-improved benefits of supplementing CBD

Experts say: The popularity of CBD is only going to increase

CBD is taking over. Along with more plant-based meals, CBD, or cannabidiol, has been named among the top food and beverage trends predicted for 2020.

And, market research shows that today's consumers are looking to avoid the side effects and addictive potential of opioids and are instead seeking natural pain relief. Chronic pain is a growing problem that may also be remedied by CBD.

Scientists make 6 surprising discoveries about CBD's effect on disease

CBD oil is derived from one of 113 natural hemp compounds within the cannabinoid group. In contrast to the more well-known cannabis compound THC, CBD doesn't create a "high." It's safe, proven, and legal.

Although the sale of CBD oil was first met with controversy, science continues to confirm its health benefits. Support for seizures, stress, sleep, anxiety, pain, and cancer symptoms are just some examples. The research is rapidly expanding.

Six newly published studies provide more strong reasons to use CBD:

1. Benefit children with ASD. One of

the most famous uses of medical cannabis is for treating children with epilepsy. Now, 2019 Israeli research suggests that CBD could play a role in alleviating behaviours associated with autism spectrum disorder, or ASD. A group of 53 children (median age 11) who were administered oral CBD for 66 days (median) experienced up to a 71.4-percent improvement in sleep, 68.4-percent in hyperactivity, and 67.6-percent in self-injury. Parent reports supported the use of CBD.

2. Improve pain and mental balance.

Multiple studies demonstrate CBD's anxiolytic (anti-anxiety), antipsychotic, and neuroprotective effects, though scientists have said more research is needed. The latest clinical evidence, conducted on 400 patients in New Zealand in 2020, found prescribed CBD to be well-tolerated and generally safe to supplement for cancer symptoms, mental health, and non-cancer chronic pain. Positive effects included better appetite and sleep.

3. Manage rare neurodevelopmental disorders.

Angelman syndrome (AS), a genetic condition primarily affecting the nervous system, may also respond to CBD. American researchers discovered in 2019 that CBD may help to regulate brain rhythms and relieve seizures in children and adults with the disorder, who can experience epilepsy that doesn't respond to prescription medicine. The researchers noted a potential boost in quality of life for children in particular.

4. Reduce chemo and support cancer recovery.

In a 2019 *Frontiers of Pharmacology* study, an Israeli research team showed how using CBD alongside chemotherapy drugs could lead to better outcomes. CBD helped doxorubicin (a chemotherapy compound) kill cancer cells more successfully, while requiring a lower dose of the drug for treatment. Decreasing chemotherapy strength could protect patients from pain and possible side effects.





5. Soothe peripheral neuropathy. Applying CBD transdermally — through the skin — may significantly ease pain and other symptoms caused by peripheral neuropathy. Patients with peripheral neuropathy, or nerve damage, in a 2019 *Current Pharmaceutical Biotechnology* study saw great relief in sharp/intense pain and itchy/cold sensations compared to those taking the placebo. Transdermal CBD, the researchers concluded, may be more effective than current peripheral neuropathy treatments.

6. Stop the formation of traumatic memories. CBD shows some application in preventing dementia, Alzheimer's, and traumatic brain injury. In 2019, Brazilian researchers also proved that protecting the hippocampus with CBD might disrupt the formation of fearful memories. Supplying CBD in a short window — up to one hour after a stressful event takes place — may inhibit the development of PTSD. The same benefit wasn't seen three hours later.

CBD can be taken on its own: Broad-spectrum CBD extract combined with coconut-based MCT oil and natural flavours can provide a palatable, vegan-friendly source that's safe to supplement. Many people begin by taking a low dose of oral CBD at a 10-percent concentration and increasing, as needed, every 2 to 4 weeks.

Concentrated CBD can also be blended with transdermal magnesium and OptiMSM®, the world's purest form of the organosulphur MSM compound, to help correct mineral deficiency. Able to greatly increase absorption through the skin, this unique formulation may ease persistent pain and safely reduce anxiety and sleep disruptions in most people.

And, CBD can be applied with hyaluronic acid, coconut oil, vitamin E, and SilverSol®, a next-gen colloidal silver and critical product preservative that can kill deadly bacteria in minutes, to calm skin inflammation, soothe scars, and promote wound healing. Transdermal CBD, as noted above, may be especially beneficial for peripheral neuropathy.

With more CBD products hitting the market, selecting based on safety is key

While CBD is legal and provides confirmed health support, it's currently restricted on major sites like Amazon — though some suppliers squeak by before their product listings are flagged for removal. This is a product people are looking for: Demand for CBD is already high, and it's expected to increase.

An influx of competition makes purchasing from a reputable supplier even more important. Nearly 70 percent of online CBD supplements are labelled inaccurately.

Safety comes from superior processing. Many mislabelled CBD products are produced with an inferior isolate,

which can make sublingual strength misleading. But products confirmed to contain organically-sourced, locally-made, whole-plant, broad-spectrum CBD ensure high cannabinoid concentrations without the contamination.

Proper labelling can also verify that a product is free from THC. Oral broad-spectrum CBD that's independently tested can provide peace of mind by ensuring a product meets strict standards for compliance, containing no more than 1 mg of THC. This minute amount won't create a "high" and is negligible enough to be considered THC-free.

Recommended Products

ANCIENT MAGNESIUM CREAM ULTRA + CBD OIL

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



CANNA10 CBD OIL

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



SILVERBIOTICS® CBD SKIN CREAM

Soothe and protect skin with 300mg full spectrum hemp extract, infused with SilverSol and hyaluronic acid to moisturise and promote natural healing. 28.35g tube.



Sources

All references can be found at www.NaturallyHealthyNews.com

What are the ‘ridiculously healthy’ people who live to 100 doing right?

Gut health matters just as much as cholesterol as we age

Eating healthy, anti-inflammatory foods lays a critical foundation for good health. But it's possible to be starving for nutrients, even when we're doing everything right.

We can't forget about the effects of our cultural conditioning: Today, we meticulously wash our fruits and vegetables to prevent the spread of disease. Still, this practice has only been embraced in recent decades.

Scrubbing down fresh fruits and vegetables can get rid of the bad *and* the good, American scientists observed in 2013 — namely, those beneficial soil-based bugs our guts require to sustain health through bacterial diversity.

Now another modern-day practice, taking a probiotic, makes more sense as it could keep guts from becoming sick and sterile. A daily probiotic can replace what's missing. It could also be the key to lengthening our lives without compromising their quality.

4 benefits of having a gut that doesn't act its age

At their most fundamental level, probiotics can be taken to regulate digestion. But several hundred years ago, this may never have crossed our ancestors' minds.

Back then, not only was our food supply rich and filled with more nutrients. It was also teeming with beneficial, oxygen-respiring bacteria, a.k.a. the probiotics our digestive tracts need to thrive.

These good bugs help us absorb nutrients, manage populations of pathogenic bacteria, and maintain a healthy intestinal lining. Summed up, this can be described as repair and healing, essential to slow down or stop un-natural signs of age.

One of the biggest studies on gut bacteria was conducted by Canadian and Chinese researchers in 2017. In the human research, scientists confirmed an undeniable connection between having a healthy gut and a healthy old age. Called “ridiculously healthy,” the healthy-gut adults who lived up to age 100 had similar populations of gut bacteria compared to adults at age 30.

“This demonstrates that maintaining diversity of your gut as you age is a biomarker of healthy ageing, just like low-cholesterol is a biomarker of a healthy circulatory system,” Greg Gloor, a principal study investigator and Lawson Health Research Institute scientist in Canada, said.

Getting more good bugs can reset a gut to be 70 years younger, while also offering several other advantages as we age:

- 1. 50-percent fewer fractures.** In a 2018 Swedish study, older women taking probiotics experienced half the bone loss compared to women supplementing a placebo. Medications can manage osteoporosis once it develops, the researchers explained, but prevention is preferred since early bone loss is rarely detected.
- 2. Decrease in hospitalisations.** Routine probiotic use in a country like the U.S. may ease \$1.4 billion in unnecessary expenses, a 2019 *Frontiers in Pharmacology* study found. Taking a probiotic could cut down on doctors' visits and productivity loss related to acute respiratory tract infections; older adults have a higher risk of complications from flu-like illness.
- 3. Sharper mind.** In 2013, American researchers explored the link between the gut and the brain, comparing a probiotic to a placebo group. The UCLA researchers proved through brain fMRI (Functional Magnetic Resonance Imaging) scans that, in areas of judgment, thinking, and reasoning, the probiotic users performed with more clarity.



4. Smaller BMI. Certain probiotic strains may be more useful than others in addressing age-related weight gain and obesity. The soil-based organism *Bifidobacterium* is one strain that could help to effectively decrease body mass index (BMI), a 2019 *Nutrients* review noted. Gut microbes of those at a healthy weight and those with obesity are also known to be different.

These are just a few of the many studies showing how much better off we may be by taking probiotics before and into the later stages of life. For some at-risk groups, this gentle approach of repopulating the gut with the beneficial bacteria we're born with could soon replace more invasive medical procedures.

"The fact that we have been able to show that treatment with probiotics can affect bone loss represents a paradigm shift," Mattias Lorentzon, professor of geriatrics at the University of Gothenburg, Sweden, said in 2018. "Treatment with probiotics can be an effective and safe way to prevent the onset of osteoporosis in many older people in the future."

Simplified SBOs can make good gut health great

Deciding to take a daily probiotic is an important step but reading product labels might not be so easy. Georgetown University Medical Center researchers in the U.S. learned in 2019 that up to 65 percent of commercial probiotics may not provide enough clinical evidence on their packaging to support product claims.

What this means is that it's not always possible to choose the most potent probiotic based on dose, strains, or price. Customers may have to do more digging, the researchers explained; surprisingly, the probiotic products with fewer strains came with more scientific support, and at an affordable price.

Soil-based organisms, or SBOs, like *Lactobacilli*, *Bifidobacteria*, and *Bacillus*, are isolated from healthy soil samples, making them simple and stable. These are the microbes that can help guts withstand the effects of age. Supplementing soil-based organisms as a "Bio-Identical" SBO Probiotics Consor-

tia™ supplies eight scientifically-sound strains, able to provide 22 proven health benefits.

Lactobacilli may manage cold and flu symptoms and lower cholesterol levels, *Bifidobacteria* may help aid in weight loss and keep moods stable, and *Bacillus* may bind to mycotoxins found in contaminated food and increase anti-ageing/DNA-protecting antioxidant activity.

Recommended Products

PRESCRIPT-BIOTICS™

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



ESSENTIAL DIGESTIVE PLUS™

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



Sources

All references can be found at www.NaturallyHealthyNews.com

HOW (AND WHEN) TO USE MAGNESIUM AS AN AT-HOME WELLNESS THERAPY

6 clinically-proven ways more magnesium makes life better

The recent recognition of low magnesium intake across all industrialised nations has led to a boom in magnesium research. The mineral's potent activities as a healing agent are part of a diverse history in traditional medicine around the world, studied by medical practitioners as early as the 1600s.

Today's 'typical' diet robs us of two-thirds of the magnesium we need

With poor health on the rise, and dietary magnesium levels at an all-time low, scientists are investigating its importance.

Magnesium is:

- Essential to more than 300 cellular reactions.
- Important for normal bone structure.
- Involved in protein synthesis and carbohydrate metabolism.
- Required for the formation of cyclic AMP (cAMP) and ion movements across cell membranes.

Magnesium is an essential element that's crucial to hundreds of physiological processes in our body. Not surprisingly, inadequate magnesium intake has been linked to various adverse health problems.

Our global deficiency has far-reaching impacts on health and wellbeing:

- Despite its prevalence, magnesium deficiency often goes undiagnosed and unnoticed.
- The average Western diet provides less than 66 percent of the daily magnesium our body needs.
- Reasons for magnesium depletion can include dietary, environmental, and drug-related factors.
- While some signs and signals of low magnesium are more obvious, a wide range of mild symptoms may indicate a subclinical (and easily missed) deficiency.

Evidence has linked insufficient intake to multiple conditions and symptoms, from simple irritability to chronic pain to life-threatening disease.

Low magnesium may contribute to:

- Asthma/chronic obstructive airway disease.
- Cardiovascular disease.
- Diabetes.
- Disrupted sleep.
- Fatigue.
- Headaches.
- Hypertension.
- Low-grade chronic inflammation.
- Postmenopausal osteoporosis.
- Some psychological disorders.

By expediting glucose flow to muscles, magnesium helps rid our body of lactic acid, which causes post-workout soreness, more quickly.

Chinese researchers proved this in 2014 when they demonstrated that magnesium-treated rats had better exercise performance with two-times the blood, muscle, and brain glucose increase.

Can magnesium replace antidepressants?

Sufferers see changes in 2 weeks

Magnesium's effect on mental health is one of the main reasons the mineral is gaining popularity. Magnesium helps by promoting GABA levels, the neurotransmitter our nervous system uses to communicate. GABA is essential for relieving excitement and bringing our body back into a restful state.

Altered GABA function has been observed in individuals with major depressive disorder, as has low magnesium. Taking up to 300 mg of magnesium at each meal and before bedtime has helped those with depression to rapidly recover, in less than a week.

In 2017, American researchers noted that magnesium may provide sufferers of depression with two benefits: The mineral works more safely than antidepressants, relieving many symptoms of depression and anxiety within as little as two weeks, and it's also cheaper than prescriptions.

Topical, or transdermal, magnesium has been proven to be a superior option for at-home treatment. Magnesium in the diet, in tablets, and in powders goes through the gastrointestinal tract and is only absorbed in small amounts. Average absorption of over-the-counter supplements is 38 percent and largely depends on the type of magnesium; lower-quality magnesium oxide powders may have absorption rates as low as 4 percent.

In addition to preventing disease, transdermal magnesium is used as a daily or on-the-spot therapy, helping:

- 1. Anxiety/stress:** Magnesium deficiency can be caused by continued stress responses, triggering cortisol



release. But magnesium's relaxation effect can bring our body out of fight-or-flight to relieve nervousness and unease. Topical magnesium applied with CBD may specifically help those with social anxiety and PTSD.

2. Asthma: Low magnesium levels can lead to an asthma flareup, while supplementing magnesium could alleviate moderate to severe asthma, even in children. Using a nightly lotion is a soothing and family-friendly way to restore magnesium, with added melatonin to promote restful sleep.

3. Depression: As noted in the study above, magnesium has a direct effect on mental health and may prove fast-acting as an alternative depression treatment. Sufferers of depression may also benefit from a magnesium cream enhanced with CBD; CBD works rapidly and similarly to sustained use of antidepressants.

4. Headaches: Magnesium may play a role in migraine headache. Low levels are thought to contribute to cerebral arterial vasoconstriction, increased platelet aggregation, and promoted serotonin release. But increasing mineral levels with magne-

sium oil could interrupt the vasoactive activity of serotonin that causes the brain's blood vessels to narrow.

5. Hypoglycaemia: Circling back to magnesium's glucose-fuelling ability, supplementing the mineral may help address low glucose levels, also called low blood sugar or hypoglycaemia. Symptoms include dizziness, palpitations, and anxiety. Magnesium oil or lotion applied with OptiMSM®, the only GRAS-designated/gluten-free/allergen-free/non-shellfish-derived/vegan form of the organosulphur compound MSM backed by 30 years of dedicated research, may offer extra support for blood sugar spikes related to diabetes.

6. Poor sleep: Magnesium is used by many in a nightly bath or foot soak to induce relaxation and sleep. Magnesium also helps regulate melatonin levels, while activating neurotransmitters that calm the mind and body. Applying magnesium in a nighttime lotion with melatonin could decrease time to fall asleep and night waking in adults and children.

Magnesium chloride is the type of magnesium that's better taken trans-

dermally. Naturally found in seawater, pure magnesium chloride passes through the skin (and bypasses the digestive tract) so it can be absorbed by cells directly. Supplementing magnesium chloride through a 20-minute foot soak, for example, has shown a 75-percent increase in cellular magnesium within just four weeks.

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

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.



6 smart ways to boost mental health naturally

Exactly what to do to offset depression & anxiety

It can look like mental illness is on the rise. Almost half of adults may be affected, with three-quarters of mental disorders developing by age 24. While these numbers seem high, the outlook isn't entirely bleak.

Mental health awareness is soaring — which means that, compared to 40 or 50 years ago, the high numbers might indicate that more people are getting help. Even so, more access to resources is needed. With new drugs and behavioural techniques being regularly introduced, fellow sufferers want to know: Which methods are working?

It's probably not prescription medicine. Antidepressants and anti-anxiety medications are frequently prescribed, as well as overprescribed, but studies find many to be ineffective. Not only that, but psychiatric drugs may cause a whole new set of health issues.

Is lifestyle the new go-to for mental health treatment?

People in dire need of support or with severe mental illness may benefit from medication. But, either in lieu of or alongside prescription drugs, other research-backed options are worth exploring before agreeing to take some of the world's most-prescribed medicines.



Antidepressants administered for anxiety and depression may come with a 33-percent higher death risk. When taken during pregnancy, a 2020 Johns Hopkins, U.S., study showed the drugs could harm neurons in a baby's developing brain.

Chronic inflammation in the brain has been linked to instances of depression. Inflammation is a risk factor we can control, normally exacerbated by an inflammatory diet and other lifestyle choices.

Could this be why researchers are digging deeper into which lifestyle factors can most effectively manage mental illness — and potentially prevent it?

In a longitudinal study conducted on German and Chinese students and published in *BMC Public Health* in 2018, researchers found that certain healthy habits, like exercise, quitting smoking, and social activity, helped improve mental health within a year's time. Changing diet may significantly reduce depressive symptoms, even for those who haven't been diagnosed, British researchers learned in 2019.

This is because once inflammation is removed — by making lifestyle changes —

our body and our mind can start healing.

6 surprisingly simple steps to support better mental balance

The most successful way to address mental health is to simply start talking about it. Therapies are available to support recovery, but many times, these tools are missed by those who most need them.

One of these proven remedies may help:

1. Eat anti-inflammatory foods.

Just like any other organ, the brain responds to what we feed it. Cut out the processed, sugary foods that not only contribute to weight gain but have been tied to moderate and severe psychological distress. Switching to nutrient-dense vegetables and fruits can effectively boost mood, potentially by addressing fatigue and inflammation. When it comes to healthy food, every small change matters.

2. Move more often.

Daily movement is another building



block of mental wellness. Even one hour of exercise at any intensity – whether it's running, walking, swimming, or a class at the gym – is enough to prevent depression, a landmark 2017 Black Dog Institute, AU, study reported. Start walking in the morning or evening, as time allows, and build up to three to five miles of brisk walking per day. Yoga may also help minimise symptoms of GAD (Generalised Anxiety Disorder).

3. Schedule shorter, frequent holidays.

It's common knowledge that taking a holiday from work can be good for us, promoting work-life balance. In a 2013 study, Swedish researchers studied monthly antidepressant prescription use among the population from 1993 to 2005. The team observed that during the time periods when people took more holidays — men, women, and retirees included — antidepressant use dropped significantly.

4. Store up on sleep.

In our busy world where we all feel the pressure to compete, it takes a commitment to rest to get more sleep. Resting

regularly and sleeping better can pay off in long-term dividends. Dubbed the “fountain of youth,” deep sleep is restorative enough to prevent mental and physical illness. Supplementing L-tryptophan, L-theanine, and vitamins B3 and B6 a half hour before bed can help induce sleep as an alternative to sedatives, even in children.

5. Take time to meditate.

This can be done by learning and practicing proper breathing. Relaxed breathing through the diaphragm or stomach, as opposed to anxious breathing in the chest, can help our body to clear harmful levels of carbon dioxide and the stress hormone cortisol. Committing to a meditation practice, for as few as 15 minutes a day, may support sleep, memory, attention, and emotional balance; large studies show that many different meditation styles can decrease anxiety.

6. Top up missing nutrients.

Because of mass soil depletion, many essential nutrients are lacking from our modern diet. Special compounds known to support mental health, like the minerals magnesium and lithium, omega-3 fatty acids, and soil-based probiotics, may be more efficiently supplemented. Not to be confused with pharmaceutical lithium, the mineral lithium orotate is a safe alternative to antidepressants and can cross the blood-brain barrier.

It's also a great idea to enjoy the sun in moderation. Our skin needs regular exposure to the sun to supply our body with its daily dose of vitamin D. Spend time in the sun in short periods and build up tolerance to prevent a burn. Then wear comfortable, loose clothing to cover-up for the rest of the day.

Sunshine plays a big part in promoting mental and emotional wellness. Low vitamin D has been linked to a 75-per-

Recommended Products

LITHIUM BALANCE™

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



RELAXWELL™

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



ANCIENT MAGNESIUM 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.



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.



PRESCRIPT-BIOTIC™

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



Supercharge cellular energy

UB8Q10 contains natural Kaneka Ubiquinol, an active form of CoEnzyme Q10 that is **up to 8 times better absorbed compared to ordinary CoQ10**. Known as the body's powerhouse enhancer and antioxidant, CoEnzyme Q10 fuels every cell and process in the body and plays a critical role in energy production (ATP). **Essential for over 50s.**

Available at all good independent health food stores



Good Health Naturally®
Because it Works!

Coenzyme Q10, best utilised by the body in its ubiquinol form, can:

- Decrease the risk of heart failure. In 2013, coenzyme Q10 was deemed the "first drug to significantly improve heart failure mortality" in more than a decade. Danish researchers who conducted a study on 420 patients with severe heart failure found that coQ10 could reduce risk of a major cardiovascular event by 50 percent.
- Increase exercise performance. In a double-blind, placebo-controlled study conducted on 100 German Olympians in 2013, those taking a daily ubiquinol supplement for six weeks saw significant improvements in maximum power output and overall exercise performance. This noticeable change was compared to taking a placebo.
- Lower high blood pressure. In a 2007 review of 12 clinical trials, researchers concluded that hypertensive patients who take coenzyme Q10 may lower systolic blood pressure by up to 17 mm Hg and diastolic blood pressure by up to 10 mm Hg without any side effects.
- Protect against Parkinson's disease. Several studies have found coQ10 to provide neuroprotective benefits for patients with early to mid-stage Parkinson's. A 2002 clinical trial conducted on 80 patients, receiving either a placebo or coQ10, showed that the coQ10 group developed less disability and experienced slowed deterioration.
- Restore loss depleted with age. Low coQ10 becomes serious enough to impair organ function when levels fall by just 25 percent. A 75-percent drop could cause irreparable tissue damage or death. CoQ10 levels start to decline at age 20. Some studies suggest that increasing levels of the coQ10 antioxidant could add nine years to our lifespan.

Taking Kaneka Ubiquinol instead of conventional coenzyme Q10 for just four weeks can lead to substantially higher absorption rates and maintain those levels.

The stroke-stopping enzyme every over-worker and insomniac needs

People who work 10-hour days and have trouble sleeping share this risk

What does someone working long days have in common with someone who can't get to sleep? Two newer studies show these both to be prevalent factors that contribute to a higher stroke risk.

Experiencing insomnia at least three days a week is linked to a greater likelihood of stroke, heart attack, or other cardiovascular/cerebrovascular diseases, according to a *Neurology* study conducted on 487,200 Chinese participants in 2019. Similarly, a 2019 study published in *Stroke* showed that overwork, or working days longer than 10 hours, could raise stroke risk within 10 years.

Increasing coenzyme levels could help to decrease stroke risk in all people — giving extra help to anyone feeling the pressures of overwork or a lack of sleep.

When to start taking coQ10: In our 30s, coenzyme levels start to crash

The fat-soluble antioxidant coenzyme Q10 is essential to the health of every cell in our body. Supplementing coQ10 can decrease CRP, or C-reactive protein; elevated CRP may raise stroke and heart attack risk, indicating high-level inflammation.

Coenzyme Q10 is produced naturally by

our body. Without enough, our organs may be impaired by up to 25 percent.

CoQ10 plays a critical role in stroke prevention and recovery. Coenzyme Q10 has been shown to prevent plaque blockage in the arteries, improve the health of heart patients and extend lifespan, lower blood pressure, reduce blood stickiness, and stop blood clots from blocking oxygen to the brain.

CoQ10 levels drop dramatically with age, beginning as early as our thirties. By 80, our body will produce 65-percent less coQ10 than normal. A dangerous 75-percent drop can prove fatal. Making matters worse, cholesterol-lowering medications used to treat heart disease can block our coQ10 production since it shares the same synthetic pathway as cholesterol.

To protect against stroke, many of us need to replenish low coenzyme levels right away.

Where to begin: Supplementing active coQ10 beats eating 60 avocados a day

It's possible to absorb some coenzyme Q10 through diet. But it may not be feasible or affordable for most people to eat the 120 cans of sardines, 3.5 kg (7.7 lbs)

of beef, 33 tablespoons of olive oil, or 60 avocados needed to meet our desired 100 mg of coQ10 each day.

Ubiquinol is the antioxidant form of coQ10 that bypasses this absorption problem. Ubiquinol is eight times better absorbed than ordinary coQ10. Kaneka Ubiquinol™ is the world's most advanced — and most recognised — form of active coQ10 that is absorbed by the body immediately.

A 2019 *Nutrition Neuroscience* study found that even oxidised or "ordinary" coQ10, called ubiquinone, could improve stroke outcomes in those who've taken statins. Kaneka Ubiquinol™ is proven to provide a much higher uptake than ubiquinone — offering more protective benefits.

Recommended Products

UB8Q10™ UBIQUINOL

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



Sources

All references can be found at www.NaturallyHealthyNews.com

2 nutrients partner up to solve global health crisis

‘Once a woman’s pregnant, it’s too late’

Iodine deficiency has officially become a worldwide health concern, and there are several reasons why. Iodine, a critical mineral, is almost entirely depleted from our food supply. We’re not supplementing nearly enough to make up for it. Doctors and medical groups also place little emphasis on the need to correct this deficiency, so the iodine epidemic continues growing.

If iodine stores are already empty, risk of foetal brain damage is high

As researchers from Vienna proved in 2015, iodine is much more than a micronutrient. It functions as an essential trace element that our body relies on to grow, develop, and thrive.

We need iodine to:

- Boost brain alertness and IQ.
- Encourage the growth of hair, nails, and teeth.
- Ensure foetal development during pregnancy and breastfeeding.
- Help prevent fibrocystic breast and heart disease.
- Improve immune system function.
- Keep energy levels high.
- Regulate the thyroid to maintain metabolism and weight.
- Support brain function throughout childhood.
- Synthesise thyroid hormones to re-

duce hypo- and hyperthyroidism risk. It’s not uncommon for a pregnant woman to have undiagnosed iodine deficiency. Even a moderate dip in mineral levels can compromise an unborn baby’s developing brain.

Austrian researchers found that supplementing iodine after conception won’t provide enough protection to prevent foetal brain damage, if a woman is deficient. Once pregnant, it’s already too late, researchers stated. A woman needs approximately 50-percent more iodine while carrying a child. When iodine storages are depleted, they can’t be adequately filled after becoming pregnant.

Only a third of the 246 women interviewed for the study said they took a prenatal vitamin containing iodine. A third didn’t use any nutritional support during pregnancy. To ensure healthy brain development in utero, researchers said that it’s critical to begin supplementing a higher dose of iodine before planning to become pregnant.

Thirty percent of people around the world are still at risk for iodine deficiency. Beneficial as it seems, table salt may harm more than it’s said to help.

Iodised table salt, or junk salt, was supposed to end global iodine deficiency. The World Health Organization (WHO) went so far as to claim that we may be on the verge of eliminating the iodine epidemic, attributed to our now-universal use of iodised salt.

Iodised table salt is made with *potassium iodide* and not *consumable iodine*,

a small but important distinction that frequently causes confusion. Potassium iodide is an inorganic potassium and iodine compound known to cause thyroid and liver toxicity at high doses.

Our body needs natural sea or rock salt, and our body needs iodine — but not from processed table salt. Besides being toxic in large quantities, table salt is mixed with potentially carcinogenic anti-caking additives, has over 97 percent sodium chloride compared to the 84 percent found in natural salt, and offers a minimal amount of iodine in a form that’s difficult for our body to process.

Is it that simple? Supplementing iodine + selenium stops learning delays

Iodine deficiency in pregnancy can impair foetal brain development, as researchers have noted. Iodine intake is also associated with protection against thyroid dysfunction, infertility, breast and stomach cancer, stroke, and heart disease.

So, mothers with low iodine may give birth to children with low IQ. In a 2018 *Nutrients* study, British and Spanish researchers found iodine deficiency to have major consequences in learning and development, spanning from pregnancy to age 2. Iodine, the researchers said, is critical to a child’s first 1,000 days.

Irreversible problems can occur when we’re not absorbing it. In many cases, this may be why:



- **Relying on table salt.** Iodised table salt isn't doing pregnant women – or anyone – any favours. Up to 53 per cent of iodised salt may have less of the nutrient than is recommended by the FDA. And, as mentioned, using processed salt as a source of iodine isn't likely to get us close to our baseline RDA (Recommended Daily Allowance) of 150 µg, with higher and lower levels advised for pregnant women and children.
- **Supplying iodine without selenium.** Even when taken in its highly absorbable atomic form, iodine can't perform without selenium. An essential cofactor, selenium partners with iodine to uphold immune and thyroid function and maintain hair, nail, and sperm health. Selenium also influences the brain, improving speech and mental capacity in adults with mild cognitive impairment. The RDA is 55 µg a day, with more selenium required while pregnant or breastfeeding.

Over-the-counter potassium iodide is

what's sold in tablets, table salt, and mineral-enriched farm feed. But potassium iodide is elemental — not organic — iodine that has been bound to potassium in the hopes of making it more absorbable. As such, potassium iodide isn't food state iodine and shouldn't be used as a daily supplement.

Taking atomic iodine and ionic selenium ensures absorption, and it's an easy way for pregnant women, and all people, to meet their RDA. Iodine is essential for healthy reproduction and development, and selenium is required to activate it; low selenium has also been linked to infertility, miscarriage, pregnancy complications, and low birth weight. Supplementing atomic iodine and ionic selenium drops in this safe, flexible liquid state helps the body better recognise and assimilate both nutrients.

Thyroid tissue actually has a higher concentration of selenium than any other organ. Low, as well as high, thyroid hormone levels during pregnancy could cause a child's IQ to significantly

decrease. For pregnant women, pairing atomic iodine with ionic selenium can protect a baby's brain by keeping thyroid hormones balanced.

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



GOODBYE PLASTIC HELLO **ECO-FRIENDLY** PRODUCT PACKAGING

Introducing Good Health Naturally's new product packaging range - healthy for you and the planet.

Plastic pollution is projected to double by 2030 unless significant strides are made. That's according to the World Wildlife Fund, a conservation organisation that conducted the global plastic study in 2019, who have now been calling for greater accountability.

As the world becomes ever more conscious of its eco-footprint, it's the responsibility of companies to play their part by reducing their use of plastic packaging.

In 2020, Good Health Naturally has made an environmental pledge to only use glass and biobased recyclable plastic packaging across their product lines – including their best-selling serrapeptase enzyme.

Founded in 1987, Good Health Naturally has dedicated the last 30 years to improving the health of individuals by providing high-quality health solutions, health plans, recipes and advice.

Robert Redfern, CEO of Good Health Naturally, believes that companies need to take responsibility for reducing product plastic and we must now all become more conscious of our footprint and the choices we make.

"Customers often write to me about the upsetting headlines we're seeing circulated daily. I like to tell them that if we all commit to doing a few things differently, the outlook can be positive," says Redfern. "To keep the next 50 years from becoming worse than the last 50 years, it's imperative we get healthy and help our family and community do the same. GHN is striving for a higher standard of community impact by making this shift in our product packaging."

100% Ethical and Sustainable

Having listened to their customer's requests, Good Health Naturally will replace their previous packaging across all of their products. Major rebranding of the entire product range will occur at the same time.

Where possible, recyclable glass bottles with metal caps will replace previous packaging in all GHN products. Other GHN products like their serrapeptase enzyme product line, will be sold in biobased recyclable plastic packaging. This is a sustainable future-focused alternative to traditional packaging materials.

“ To keep the next 50 years from becoming worse than the last 50 years, it's imperative we get healthy and help our family and community do the same. GHN is striving for a higher standard of community impact by making this shift in our product packaging. ”
Says Robert Redfern

Revamping the product lines will happen in stages, with packaging updates occurring as stock is reordered throughout 2020 and into 2021.

By producing biobased HDPE and LDPE from green polyethylene – reused waste collected from the sugar cane industry that doesn't require a food resource – this makes the packaging 100 per cent ethical and sustainable.

“By making these recyclable options available it could drastically decrease CO2 emissions and dependence on fossil fuel energy. Helping raise recycling levels from lows of 21 percent, in many industrialised countries, up to 75 per cent could offer the equivalent of taking 55 million cars off the roads per year,” says Redfern.

Eco-Friendly Order Packing

Good Health Naturally's order packaging materials are also improving. Order packing materials are also improving. Bubble wrap is now replaced with Ecoflo compostable loose filling and shavings. Ecoflow, known as the original compostable loose-fill, helps better protect products during shipment. It also keeps costs low so supplements can remain affordable, and substantially reduces environmental impact.

Ecoflo product filling is 100-per cent biodegradable, odourless, and dust-free. For wrapping around glass items, GHN has also introduced die-cut brown paper and white tissue interleaf paper, which creates a 3D-honeycomb structure. This unique packing solution is fully recyclable, biodegradable, compostable – and eco-friendly.



Green Friendly Alternatives

More than ever, customers are looking for green, sustainable alternatives to product materials. This is known as the “green consumption effect”. Recent studies show that the greater sustainability of a product, the more content a customer will be.

Recent studies show that the greater sustainability of a product, the more content a customer will be. While Good Health Naturally continues the search for new advancements and more sustainable alternatives in the packaging manufacturing industry, there's also an understanding that there's still a long way to go.

Global Health Solutions For A Healthier Planet

Good Health Naturally's best-selling product range includes Serrapeptase, the clinically-backed “miracle” enzyme introduced by Redfern to the internet. This naturally occurring enzyme can help to clear inflammation and dead scar tissue in the body and provide relief for a range of health conditions.

Other products such as CurcuminX4000™ containing Meriva® provides up to 29-times better absorption than ordinary curcumin products; and MaxiFocus™, offering over 25 nutrients in a vegan-friendly liposomal formula that is 900-per cent more effective than tablets, are some of GHN's exclusive products that will soon arrive in sustainable packaging.

As a leading health solution provider, Good Health Naturally's product range uses only the highest-grade, certified ingredients of the purest quality and never uses low-quality, cheap fillers as many other suppliers do. GHN ingredients are clinically proven, supported by studies, extensively researched, and manufactured to the highest quality standards.


Good Health Naturally®
Because it Works!

'Everything' causes cancer — even chemo makes breast cancer spread

6 ways to live cancer-free and add 10 years to a life

It can feel overwhelming. With new studies being regularly released, it appears that most things, if not *all* things, cause cancer these days. What the research may not reflect is that there's something we can do about it.

Up to 40% of preventable cancers could be caused by Western diets

Within the past decade, lifestyle cancers have increased. What exactly classifies a "lifestyle" cancer?

The most thorough analysis conducted to date on cancer-related patterns and outcomes, published in *JAMA Oncology* in 2018, showed that instances of colorectal, skin, and lung cancers, linked to behavioural patterns, have risen sharply. Researchers voiced concern.

Rates of cancer and death remain elevated in countries that rank high on the Socio-Demographic Index (SDI). One in 10 women may be diagnosed with breast cancer in a high-SDI, or developed, nation, compared to one in 50 women in a low-SDI, or developing, nation. Cancer numbers rose more and faster in countries with a mid-SDI.

This adds up to 17.2 million people suffering from cancer worldwide, a 28-percent increase. Roughly 8.9 million people may die in a year from cancer.

Breast cancer is the leading cause of death for women and lung cancer for men. Countries like the U.S., UK, Ireland, New Zealand, and Australia rank in the top 10 for cancer cases. While lifestyle cancers are on the rise, researchers noted, these cancers have a significant potential for prevention. Some controllable factors include smoking, awareness, and diet.

A challenge to the argument: 'There's nothing we can do about cancer'

The lifestyle connection keeps researchers digging. Consuming an excess of unhealthy fats can cause bile and hormonal imbalance, possibly triggering colorectal cancer cell growth. Red and processed meats contain confirmed carcinogens that contribute to prostate cancer, also raising breast cancer risk 9-percent higher.

Eating anti-inflammatory, anti-cancer foods, on the other hand, can make a world of difference. More vegetables, fruits, and healthy fats — ideally on a modified Mediterranean or vegan ketogenic diet — can protect against aggressive prostate cancer.

In 2019, American researchers from Tufts University found that a healthy diet matters as much as exercise, weight, and alcohol use in prevent-





ing several types of cancer. Fang Fang Zhang, cancer researcher and first study author, explained, “Our findings underscore the opportunity to reduce cancer burden and disparities... by improving food intake.”

The majority of cancers aren’t linked to genetics. Only a small portion of cancers are non-lifestyle related, making the rest preventable. Genes may predispose some people, but lifestyle invites in all forms of cancer. “It could be that when you’re genetically prone to get colon cancer, something like a high-fat diet is the second hit,” Ruth Yu, co-author of the 2019 *Cell* study, said.

Many cancer-causing chemicals, toxins, and pollutants may be out of our control, but we can always benefit from improving our diet. Researchers agree

that the answer is prevention.

Anti-cancer living: The top 6 steps to keep our cells cancer-free

Healthy cells use an aerobic process to create energy in order to survive. The aerobic process consumes 80 percent oxygen to burn 20 percent fats, proteins, carbohydrates, or sugars — in that order. Sugar is clearly the least healthy and least efficient source of energy.

This is where insulin comes in. To prevent the damage from excess sugar in the bloodstream, the insulin hormone pumps excess sugar into healthy cells. Excess sugar diverted to cells can be dangerous. It will often lead to disease, including cancer.

Still, cancer cells are natural, or naturally found in the body. Many people are surprised to hear this. But problems occur when cancer cells grow uncontrollably.

Out of the trillions of cells in our body, some of these cells are cancer cells. They’re often there even when we don’t have cancer and normally don’t pose a threat. A strong, healthy body and immune system should destroy these cancer cells — specifically, natural killer cells (NK) that instruct cancer cells to self-destruct. Cancer growth also has a direct link to chronic inflammation.

Many cancers can be halted and turned back, depending upon the causes and what changes are made. These are six of the most effective:

1. Avoid sugar.

Sugar feeds cancer; that is to say, a cancer cell feeds on sugar 15 to 17 times faster than a healthy cell does. An anti-cancer diet is low in sugar and high in whole foods. A vegan ketogenic diet focuses on healthy fats and limits all carbohydrates that can be converted into glucose.

It makes sense to steer clear of sugar and carbs to minimise cancer risk as several studies suggest some cancers are dependent on blood glucose for survival.

2. Consider CBD.

Containing cannabidiol extracted from cannabis, CBD oil is commonly used to relieve cancer symptoms, like nausea and pain. In animal studies, CBD has offered three-times better survival rates when undergoing chemotherapy for pancreatic cancer.

Ingesting up to 30-percent gold-level CBD oil – supplying a full-spectrum of naturally occurring cannabinoids, terpenoids, and flavonoids at guaranteed minimum concentrations – may help

manage cancer and treatment side effects and also improve outcomes.

3. Eat organic.

We may not be able to eliminate environmental risk factors altogether, but we could lower cancer risk by 25 percent by taking care in the whole foods we eat. A 2018 *JAMA Internal Medicine* study assessed the diets of close to 70,000 French adults over four-and-a-half years. The study participants eating the most organic food had 25-percent less cancer risk than those who didn't.

The organic group also had a 73-percent drop in non-Hodgkin's lymphoma. Not only do organic foods have much fewer pesticides, but they also benefit the environment.

4. Shield technology.

Cell towers and devices like AirPods have been linked to concerns about cancer. 5G, or the fifth-generation wireless technology for cellular networks, began its rollout in 2019. Cell towers are soon expected to be placed every 500 feet along city streets. When new technologies like 5G are introduced, it's hard to know the associated health risks.

Affixing a QuantoGram HoloGuard on all electronics can harmonise instead of emit any EMF frequencies; inserting an EMF shield like a QuantoGram HoloGuard into an electrical outlet can help protect everyone in a home.

5. Stay active.

Like diet, smoking, and alcohol consumption, exercise is another risk factor that's easy to modify. Canadian researchers concluded in 2017 that physical activity and maintaining a healthy weight are the two biggest lifestyle choices that can protect against breast cancer recurrence and mortality.

Study results indicated it could be help-

ful to supplement vitamins C and D; other studies support both vitamins having a protective effect against cancer, especially when vitamin C is taken at a high dosage. Researchers also recommended moderate exercise at 30 minutes a day, five times a week, along with two to three strength training sessions.

6. Supplement curcumin.

Curcumin is the potent phytochemical found in the turmeric spice. Taking it at a high dose enables the active spice compound to inhibit dual-specificity tyrosine-regulated kinase 2 (DYRK2), impairing cancer cell growth and decreasing cancer burden. American scientists in the 2018 *Proceedings of the National Academy of Sciences* study noted curcumin must be able to stay in the bloodstream long enough to be effective.

Concentrated curcumin liposomes, often supplemented with the cancer-protective polyphenol resveratrol, have been proven exceptionally bioavailable and able to eradicate bone cancer.

Many of these methods can help prevent cancer and also buffer the harmful effects of treatment. A 2019 study conducted by the Swiss Institute for Experimental Cancer Research showed that some chemo drugs may cause more harm than expected. Paclitaxel and doxorubicin prescribed to treat breast cancer triggered tumour proteins to be released, spreading cancer to different parts of the body.

Chemotherapy, for many people, has the potential to make the problem worse, without providing a solution. Before cancer is ever diagnosed, it's critical to have a natural plan for improving cellular health in place. A few healthy habits, including diet and exercise, could add 10 years to a lifespan lived heart disease, diabetes, and cancer-free, according to 2020 *BMJ* research.

Recommended Products

CANNA10 CBD OIL

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



VITAMIN D3 & K2 SUBLINGUAL SPRAY™

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



CUREC™ LIPOSOMAL VITAMIN C

1,000mg of high quality liposomal Vitamin C, 1000mg PC, plus 175mg of Quercetin per serving. The product is gluten-free, non-GMO, and non-soy.



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.



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



Kidney disease sneaks up in 4 subtle ways

What does gout have to do with it? 'Largest ever study' changes everything

While scientists always supposed that an excess of uric acid in the blood — leading to gout — could harm the kidneys, they were “quite surprised” to see just how much. Gout may more than double the odds of kidney failure.

New findings on dialysis: Gout spikes risk by 200%

The 2019 *BMJ Open* study drew data from 620,000 UK participants. Gout patients had nearly a 30-percent greater risk of advanced kidney disease and over a 200-percent higher risk of kidney failure.

Besides new indicators like gout, there are several signs of kidney decline that often go unnoticed:

- 1. Appetite loss.** Toxins can accumulate as kidneys lose function, and appetite may be affected. Nausea and vomiting are also common.
- 2. Fatigue.** Weakness and low energy can go hand-in-hand with other symptoms like difficulty sleeping and concentrating. Again, exhaustion can be linked to blood toxin buildup.
- 3. Swelling.** This can appear as puffiness around the eyes and swelling of the ankles and feet. Fluid retention

occurs when the kidneys can't flush water waste.

- 4. Urine changes.** Needing to urinate more frequently, particularly at night, could indicate kidney filter damage. Blood in the urine, also related to poor filtration, should warrant a doctor's visit.

When kidneys start to weaken, they can no longer complete the tasks that only they can do. Think supporting digestive health, controlling blood pressure, producing hormones, monitoring fluid content, adjusting mineral levels, activating vitamin D, and creating urine to excrete waste.

Relieve inflammation to restore function? 3 natural alternatives

Three remedies are effective and easy on the kidneys, helping to improve health before dialysis may be needed:

- 1. Address inflammation.** Curcumin is a potent anti-inflammatory compound that's also nephroprotective, or kidney-protective. Meriva® curcumin, the most clinically studied curcumin, may prove more potent when taken with the inflammation-fighting serrapeptase enzyme or even fenugreek, offering confirmed anti-inflammatory effects as well as help for heartburn and high cholesterol.

- 2. Balance with baking soda.** Drinking six 500 mL glasses of water a day, each mixed with 1/3 teaspoon of sodium bicarbonate, can help to alkalise acidity and balance pH. Patients with advanced chronic kidney disease who've taken sodium bicarb have showed kidney function decline matching the rate of standard age-related kidney decline.

- 3. Try at-home acupuncture.** Study participants receiving acupuncture have experienced marked decreases in serum uric acid and xanthine oxidase, reducing risk of gout and kidney damage. The same benefits may be had at home with a handheld electro-acupressure device, which uses mini electrical pulses (MicroCurrent) to gently stimulate acupoints without needles.

Even more upsetting? Up to 15 percent of the population has kidney disease, and 90 percent don't know it. In a 2018 bulletin, the World Health Organization called it “the most neglected chronic disease.”

Recommended Products

BLOCKBUSTER® ALL CLEAR

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



CURCUMINX4000™

Curcuminx4000™ with Fenugreek - Provides all the benefits of 600mg of Meriva® Curcuma longa extract - now with 150mg Fenugreek extract per serving, for enhanced bioavailability.



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

Really Healthy[®] recipes

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

BUTTERNUT SQUASH, BROCCOLI, AND KALE SALAD WITH ROASTED GARLIC DRESSING

Savoury roasted vegetables, including butternut squash and red onions, make this tasty salad an excellent lunch choice.

Prep time: 10 min.

Cook time: 20 min.

Total time: 30 min.

Serves: 4

INGREDIENTS

- 1 head of broccoli, cut into small florets
- 3 cups cubed butternut squash
- 1 red onion, cut into thick slices
- 1 bulb garlic
- 1 1/2 tsp. olive oil
- 1/2 tsp. sea salt
- 1 bunch Tuscan kale
- 1/3 cup olive oil
- 2 tbsp. balsamic vinegar
- 1 egg yolk
- 1/2 tsp. black pepper
- 1/3 cup almonds (roughly chopped)

DIRECTIONS

1. Preheat the oven to 425°F/220°C. Place the cubed butternut squash, broccoli florets, and red onion on a baking tray. Cut the top off the garlic bulb and place it on the baking tray. Drizzle everything with 1 1/2 tablespoon olive oil and sprinkle with 1/2 teaspoon salt. Place in the oven to bake for 20 minutes until the butternut squash is tender.
2. To prep the kale, remove the stems and chop the leaves into bite-sized pieces. Place the chopped kale in a large salad bowl and sprinkle the leaves with a pinch of salt. With clean hands, massage the kale leaves by scrunching it between your hands for about one minute. The kale will become darker in colour.
3. Squeeze the cloves out of the roasted head of garlic and place them in a blender or NutriBullet. Add in the olive oil, balsamic, pepper, and optional egg yolk. Blend until smooth and creamy.
4. To assemble the salad, place the shredded kale in a bowl; top with the roasted butternut squash, broccoli, and red onion. Top with the chopped almonds and toss with the dressing. Enjoy.



RAINBOW "RAW-MAINE" TACO BOATS

The perfect party platter pleaser, raw romaine lettuce boats are filled with fresh hummus, veggies, sprouts, and a creamy tahini sauce.

Prep time: 15 min.

Cook time: 15 min.

Total time: 30 min.

Serves: 4 (3 taco servings)

INGREDIENTS

Lettuce:

- 1 head of romaine lettuce (organic when possible // separated into individual leaves // large bottom stems removed)

Filling:

- 1/2 cup beet or plain hummus (keep this recipe raw with sprouted hummus)
- 1 cup halved cherry tomatoes
- 1/2 cup alfalfa sprouts
- 1 cup finely shredded carrots
- 3/4 cup thinly sliced red cabbage
- 1 medium ripe avocado (cubed)
- 1 tbsp. hemp seeds

Sauce:

- 1/3 cup tahini (keep this recipe raw with raw untoasted tahini)
- 2 tbsp. lemon juice
- 1 tbsp. maple syrup
- 1 pinch sea salt (optional)
- Water (to thin)

DIRECTIONS

1. If making hummus, prepare first using either plain or roasted beet hummus. To keep this recipe raw, use a raw, sprouted hummus dip (found at most grocery stores).
2. Prepare sauce by adding tahini, lemon juice, maple syrup, and salt to a small mixing bowl and whisking to combine. Then add water 1 tablespoon (15 ml) at a time until a pourable dressing is formed. Taste and adjust flavour as needed, adding more salt for overall flavour, lemon for acidity, or maple syrup for sweetness. Transfer to a serving vessel or ramekin or set aside.
3. Arrange lettuce boats on a serving platter and begin filling with 1 to 2 tablespoons (15-30 g) hummus. Then top with tomatoes, sprouts, carrots, cabbage, avocado, and hemp seeds (optional).
4. Either drizzle with tahini sauce or serve on the side. Best when fresh. Store leftover tacos in the refrigerator up to three days. (Be sure to add lemon or lime juice to avocado to keep it from turning.) Tahini sauce will keep for four to five days. Enjoy.



Astaxanthin: Don't hit the beach without it

*Super-antioxidant buffers UV damage
& protects skin from the inside*

It's the red-orange carotenoid pigment that gives crustaceans their colour. It's also 6,000-times more powerful than the antioxidant vitamin C.

For years, the high-powered antioxidant astaxanthin has been hailed as a primary eye care nutrient; it's one of the few antioxidants that can penetrate the retinal barrier. As such, astaxanthin may help prevent retinal damage caused by strong sunlight.

New research shows that the same internal protection may extend to our skin.

Take the 'perfect summer supplement' to mount a natural defence

Recently, a 2018 *Nutrients* study proved this, confirming through cellular, animal, and human models that astaxanthin can boost natural sun protection while also decreasing UV damage and skin ageing.

When testing the concentrated antioxidant extracted from microalgae – which colourful lobster, salmon, and shrimp feed on – researchers called astaxanthin the “perfect summer supplement.” The Japanese study participants taking astaxanthin saw improvements in skin roughness and texture in just nine weeks.

Nourishing the skin from within with astaxanthin also enhanced cells' innate

ability to resist UV damage, both by neutralising free radicals and activating protective internal enzymes.

While astaxanthin isn't a substitute for taking the necessary precautions, ideally using a cover-up after short periods of sun exposure, staying out of the midday sun, and avoiding chemical sun cream, it can support the health of the largest organ in our body, working as a natural sunscreen.

When sunburn can't be helped, astaxanthin's ability to block COX 2 enzymes may ease pain and inflammation and speed up healing.

AstaReal® astaxanthin is the purified CO₂ extract of *Haematococcus pluvialis* microalgae, supplying the richest source of astaxanthin available. As the most-studied brand of astaxanthin, AstaReal® is backed by more than 60 clinical trials including over 1,400 participants, with confirmed effects on wrinkles, sagging, and photo-ageing.

Combining AstaReal® astaxanthin with the essential fatty acid DHA can offer added photoprotection to the skin, lowering proinflammatory eicosanoid production and preventing UV damage.

1 important reason not to skip out on daily sun exposure

There's no need to fear the sun. In fact, it's a good idea to get out in the sun each day – on a walk, for example — and to expose

as much of the skin as possible.

Time spent in the sun can actually lower skin cancer risk, contrary to what we've been told. Sunshine also benefits mental health, especially when we pair it with activity.

And, sun exposure is where we'll get our daily dose of another all-important nutrient that most of us are missing: vitamin D. This fat-soluble vitamin is synthesised through our skin from moderate amounts of sunshine, helping to support healthy bones, immunity, blood pressure, and muscle mass and reducing risk of chronic diseases that include cancer.

Recommended Products

ASTAXANTHIN WITH DHA

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



Sources

All references can be found at www.NaturallyHealthyNews.com

GOOD HEALTH ESSENTIALS

Here is your quick reference guide to the supplements that are essential for good health

LUNG HEALTH SUPPORT

Serranol® A Powerful Combination Formula Of Four key ingredients, including: SerraEnzyme, Curcuminx4000, Ecklonia Cava Seaweed Extract, Vitamin D3 for unique super supplement that studies show targets dozens of health and age-related issues.



IMMUNITY HEALTH SUPPORT

CureC™ Liposomal Vitamin C 1000mg of Liposomal Vitamin C + 175mg of Quercetin per teaspoon. It goes straight to the cells up to 10 hours faster. Great for infants to seniors and has countless proven health benefits.



MENTAL HEALTH SUPPORT

LithiumBalance™ Important nutrition for the brain. Safely supports 'Healthy Brain Chemical Responses', supports healthy mood balance and a possible healthy alternative to anti-depressants mood stabilizer.



CureC™ Liposomal Vitamin C 1000mg of Liposomal Vitamin C + 175mg of Quercetin per teaspoon. It goes straight to the cells up to 10 hours faster. Great for infants to seniors and has countless proven health benefits.



Vitamin D™, a 4000iu dose of Vitamin D3 helps supports immune and bone health and has found to influence over 200 genes relating to autoimmune diseases and multiple sclerosis.



SAM-e (S-adenosyl-L-methionine) a central part in almost all body processes especially as we get older. Stress, Depression, Stress Relief, Liver Disorders, Fatigue, Chronic Fatigue Syndrome, Dopamine, Serotonin, Homocysteine, Mood Balancing.

Ancient Magnesium™ Professional Strength Magnesium Oil +MSM Sub-Dermal Spray absorbs via skin, for pain, immune support, inflammation, healthy skin tissue and is highly therapeutic for all conditions.



Daily Immune Protection™ (D.I.P.) the 10 Best Natural Ingredients for Immune Response and is a unique formulation including, EpiCor® and eXselen™ selenium and D3 to protect against infections, allergens, and support for healthy cell growth.



Relaxwell™ is a formula created from quality ingredients known to support more restful and healthy sleep patterns with a combination of B-Vitamins to act as an aid against high stress, depression and unwieldy cortisol levels.



Active Life™ has 130 nutrients packed into each of the 180 capsules. This is perfect for 100% of the population. From young children to seniors, essential for any couple planning a pregnancy.



PrescriptBiotics™ the 10 Best Natural Ingredients for Immune Response and is a unique formulation including, EpiCor® and eXselen™ selenium and D3 to protect against infections, allergens, and support for healthy cell growth.



BrainPower™, Liposomal Curcumin and Resveratrol deliver anti-viral, anti-fungal and anti-inflammatory properties that support immune health and normal inflammatory response. They have natural antioxidant benefits that can support your brain health.

Important Additional Support

OxySorb, D.I.P., Nascent Iodine, PrescriptBiotics

Important Additional Support

OliveLeaf+Zinc, HydrosolSilver, CurcuminX4000, Ancient Magnesium OIL ULTRA

Important Additional Support

TheKrillMiracle, ActiveLife, PrescriptBiotics, Ancient Magnesium OIL ULTRA

INFLAMMATION/PAIN SUPPORT

SerraEnzyme® 250,000IU

Original Serrapeptase helps your body, heal, support pain relief promote wellbeing for your whole-body, inc. digestive tract, colon and anywhere blockages/ inflammation needs resolving.



CurcuminX4000 is up to 45xbetter utilized combined with Fenugreek Seed provides benefits such as cholesterol, heartburn symptoms, improving insulin function, appetite, raising testosterone levels in men and increasing breast milk production.

SAM-e (S-adenosyl-L-methionine) a central part in almost all body processes especially as we get older. Stress, Depression, Stress Relief, Liver Disorders, Fatigue, Chronic Fatigue Syndrome, Dopamine, Serotonin, Homocysteine, Mood Balancing.



Ancient Magnesium™

Professional Strength Magnesium Oil +MSM Sub-Dermal Spray absorbs via skin, for pain, immune support, inflammation, healthy skin tissue and is highly therapeutic for all conditions.



EYE HEALTH SUPPORT

MaxiFocus® contains 25 nutrients including Lutein and Zeaxanthin. that absorb 900% better in a sublingual formula than tablets, and in most cases, will be in the eye within 2 MINUTES.



AstaXanthin™ is the most studied Astaxanthin™ one of the most powerful antioxidants and free-radical scavengers. 1000x More Effective Than Vitamin E against lipid oxidation and 550 times more effective against singlet oxygen.

The Krill Miracle™ is a dietary supplement of ultra-pure Omega 3 fatty acids. Krill are a super rich source of Omega 3 fatty acids (DHA/EPA), phospholipids, choline and astaxanthin for your eye health.



Serranol® A Powerful Combination Formula Of Four key ingredients, including: SerraEnzyme, Curcuminx4000, Ecklonia Cava Seaweed Extract, Vitamin D3 for unique super supplement that studies show targets dozens of health and age-related issues.

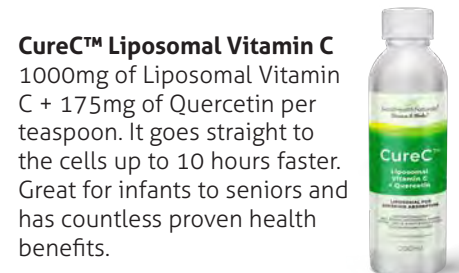
BONE HEALTH SUPPORT

Serranol® A Powerful Combination Formula Of Four key ingredients, including: SerraEnzyme, Curcuminx4000, Ecklonia Cava Seaweed Extract, Vitamin D3 for unique super supplement that studies show targets dozens of health and age-related issues.



Vitamin D3 and K2 Spray™

Plays a critical role in supporting the immune system, to fight off a wide range of infections. Protects Heart Health and blood vessels against calcification and cardiovascular disease.



CureC™ Liposomal Vitamin C 1000mg of Liposomal Vitamin C + 175mg of Quercetin per teaspoon. It goes straight to the cells up to 10 hours faster. Great for infants to seniors and has countless proven health benefits.



Ancient Magnesium™

Professional Strength Magnesium Oil +MSM Sub-Dermal Spray absorbs via skin, for pain, immune support, inflammation, healthy skin tissue and is highly therapeutic for all conditions.

Important Additional Support

ActiveLife, The Krill Miracle, HealthPoint, Joint&Skin Matrix

Important Additional Support

Taurine Spray, Alpha Lipoic Acid-R, and CureC+Quercetin

Important Additional Support

Nascent Iodine, NatraGest, ActiveLife, The Krill Miracle



Robert's Rant

We All Need Immunity!

No, I am not just talking about CV-19 or Julian Assange. Most health problems are the result of a weak/compromised immune system.

What else can I write about at the moment since we have a world in immunity crisis and Lock-down? It is my favourite topic as most health problems have a weak or compromised immune system as a factor, including missing essential nutrients, but what are issues?

What Health Problems?

As well as all of Coronavirus flu versions (including the flavour if the moment, Covid-19) the list is endless. The condition that kills many times more women in the western world compared to Covid19.

Yes, this is the condition women should be afraid of rather than Covid19, cancer, heart disease or lung disease. What is this terrible condition?

Alzheimer's/Dementia/Parkinson's.

I use all of these words as they are all caused by infected brain cells. Many doctors will tell you it is a build-up of plaque. But the fact is more people get these brain diseases without the plaque, and in any case, plaque build-up is not the cause of the disease, it is the result of infection. In the UK, it is the most common cause of death, and the

rest of the western world is catching up.

Heart/Cardiovascular Diseases such as blockages, damaged heart valves, heart failure, strokes, are all directly or at least indirectly caused by weak immune systems.

Immune Dysfunction Problems such as Multiple Sclerosis, Rheumatoid Arthritis, Lupus, ME, Chronic Fatigue, Fibromyalgia, Rheumatoid Arthritis (RA), Psoriatic Arthritis, Juvenile Arthritis, Crohn's Disease (Crohn's), Lyme Disease, Myasthenia Gravis, Psoriasis, Human Papillomavirus (HPV), and Hashimoto's, there are many more conditions caused by infection, including 27 more you can see described in my eBook: Helping Auto-immune Health, By The Book

Lung Diseases include Bronchial asthma, Bronchiectasis, Bronchitis, Chronic cough, COPD, Cystic fibrosis, Emphysema, Pneumoconiosis (asbestosis and related dust diseases), Pulmonary fibrosis, Pulmonary tuberculosis.

This list covers a vast majority of the causes of death. Covid-19 deaths are so minuscule compared to the above you may wonder why the fuss. You are not alone. This article is about the origin of most deaths caused by compromised immune systems. Let's, go through them all step by step, so you are clear how to reverse or avoid any of the consequences of lack of immunity.

10 Steps to Super Immunity

1. Inflammation is part of all infections (and ageing), and it is essential to put the fire out as well as dealing with the next nine steps. There is no more effective way than taking the Serrapeptase enzyme. There is no upper limit except your finances and up to 2million IU is reasonable for acute inflammation. Your body will recycle any excess enzymes into a different type of enzyme. To perform a different task, so they are never wasted.

2. Water is an excellent way to douse the flames of inflammation, and I recommend 6 x 500ml (16oz) glasses of water with a ¼ to 1/3rd teaspoon of sodium bicarbonate (baking soda). 30mins before and 30mins after each meal is a good plan. Inflammation is very acidic, and this will alkalise your blood and tissue. I call it the penny cure. It costs around a penny a day to get excellent health support.

3. Stress/Anxiety/Depression/Isolation is critical emotions that if not appropriately dealt with will weaken your immune system. Being in Lock-Down and maybe losing your job is hard to deal with, but there are some things you can do. Breathing in Step 3 can help resolve or supplements such as SAM-e, GABA, L-Tryptophan or L-Theanine all provide great help.

4. Breathing may seem obvious, but since oxygen is a critical part of the immune function to clean up toxins and clear any infection. It is crucial to breathing correctly in the diaphragm and especially when emotionally weak. Healthy breathing takes place in the diaphragm (the tummy) and not the chest as most doctors will say. Chest breathing is for dealing with a dangerous situation and creates fight or flight (stress) hormones. The challenge is we need tummy muscles. It is easy to breathe in and



expand the tummy like a balloon to get lots of oxygen in. But, to expel the waste carbon dioxide by pulling the stomach back underneath our rib cage takes strong muscles. Like all muscle loss, you need to exercise those muscles to restore the strength you once had. An easy way is by lying down on your back:

1. Breath into the slow count of five while expanding your tummy.
2. Hold to the slow count of five.
3. Breath out slowly pulling your tummy under your rib cage to the count of five.
4. Hold to the count of five.

Repeat these 4 steps for five minutes initial and build up to ten minutes daily.

5. Sitting Down for more than eight hours compared to sitting down for less than 3hrs hrs increases your risk of an earlier death by 40%. This risk has been identified in numerous studies. We cannot breathe as effectively when we are sitting down. It can lead to poor oxygenation of the blood and immune system. To show you how seriously I take this, I work

for up to 12hrs per day standing up at my computer for the past 20 years. At aged 74, I still do not feel tired (unlike some of my team who are in their 20s).

6. Walking fast, standing tall, pubic bone forward, with long strides is probably the best exercise for the average person. Your circulation, immunity, breathing, the structure will all get powerful benefit from this. Using Nordic Poles will improve your walking gait and stop your hands from dropping below your waist. Keep your hands above the waist and holding small weights will help upper body strength.

7. Sleep is essential for overall good health and immunity. 7 to 9 hours of restful sleep is right for your immune system as well as your mind to rejuvenate. If you have a problem getting to sleep, then melatonin and/or GABA works well. If you have a problem waking after a few hours in bed then immediately taking GABA and CBD oil when you wake up will get you back to sleep fast. After a few weeks or so, you should be back into a sleep pattern.

8. Foods such as grains, cereals and ready-made meals are inflammatory foods and will weaken your immune system. Real foods such as fresh vegetables, salads, dark-skinned fruits, nuts, seeds, pulses and wild-caught fish are essential to get strong and stay healthy. To be safe, you need to ensure proper levels of D3 20,000iu per day from the sun or supplementation. The darker your skin, the more critical supplements are even if you get some sun. Other supplements are, selenium, missing in most diets, and Vitamin C, which is all essential to supporting your immune strength.

9. Stop Pharma drugs, smoking and limit alcohol as these will all weaken your immune system.

10. Sex. Lastly, it may seem surprising, but happy sex life is an essential part of a healthy immune system.

Remember: *If you want a long Health Life, you have to live a Long Healthy Life. The sooner you start, the sooner you will begin to see this come true.*

Robert Redfern

Got interstitial cystitis? Try this before taking antibiotics

Persistent bladder pain responds to enzyme's 'miracle-working' effects

Bladder and pelvic discomfort. Pressure and tenderness. Frequent urination. Even intense pain. These are just some of the symptoms that characterise painful bladder syndrome, or interstitial cystitis.

What's interstitial cystitis, and who's affected?

A chronic condition, interstitial cystitis (IC) is diagnosed when lower urinary tract symptoms last, without a cause, for over six weeks. Women are two to three times more prone to interstitial cystitis than men. IC may be especially painful during the menstrual cycle or when having sex, impacting up to 6.5 percent of all women.

Women with IC may also have related health issues that aggravate the disorder, including IBS and fibromyalgia. An inflammatory response in one area of our body causing IBS, for example, could easily inflame the bladder and other organs.

IC presents a lot like a bacterial infection, but because it's inflammatory, it won't respond to antibiotics. Still, newer studies suggest prescribing them; a 2018 *International Urogynecology Journal* study found antibiotics to help relieve painful bladder symptoms in women with recurrent cystitis, indicating an overlooked urinary tract infection.

For many women in the study, it took over a year and multiple antibiotic cycles to resolve their chronic bladder pain. This kind of antibiotic overuse contributes to antibiotic resistance and can come with side effects. Antibiotic use has been linked to colon cancer, as well as a higher risk of stroke and heart attack in women. A 2019 *BMJ* study also showed that one in six antibiotic prescriptions aren't needed.

Serrapeptase versus antibiotics: One works better

Antibiotics can provide a quicker fix — without addressing the cause of pain and inflammation. Serrapeptase, in contrast, is a potent proteolytic and anti-inflammatory enzyme that, when used long-term, can dissolve plaque, clots, and cysts and inhibit chronic inflammation.

Here's what we know about using serrapeptase to relieve IC and reduce inflammation:

- Called a "miracle" enzyme by many, serrapeptase has been prescribed by doctors in parts of Asia and Europe as an NSAID alternative for over 40 years without adverse effects.
- Used to help treat cystitis, epididymitis, sinusitis, traumatic injury, post-operative inflammation, and much more, supplementing serrapeptase may also make antibiotics more effective.

- When compared to different drugs administered after wisdom tooth surgery, serrapeptase outperformed anti-inflammatories like corticosteroids and ibuprofen in decreasing lockjaw.
- Taking a max dose of up to 250,000 IU serrapeptase can provide greater anti-inflammatory, anti-oedemic, and anti-pain effects, helping decrease fluid retention and block inflammation.

Some patients recall visiting numerous doctors and urologists over multiple years without any pain relief. Upon supplementing serrapeptase twice a day for several months, reports came back as "virtually pain-free." Serrapeptase stops inflammation and allows our body to begin healing itself before infection can take place — and before antibiotics are needed.

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.



Sources

All references can be found at www.NaturallyHealthyNews.com

New-and-improved CurcuminX4000™ now features fenugreek: Find out why

*Combining curcumin with fenugreek
supplies dozens of added health benefits*

There's not much curcumin can't do. But supplementing high-dose curcumin with the therapeutic plant fenugreek may make its positive effects even better. Fenugreek is the newest addition to Good Health Naturally's CurcuminX4000™, now containing 600 mg of Meriva® *Curcuma longa* extract and 150 mg of Fenugreek *Trigonella foenum-graecum* extract per serving.

Brand-new curcumin formulation makes popular product more powerful

Good Health Naturally's original CurcuminX4000™ was formulated with Meriva® curcumin, providing curcumin as patented phytosomes able to increase curcuminoid absorption up to 45-times over. Increasing curcuminoid absorption to this rate makes a higher plasma profile possible, helping to improve chronic conditions like acne, Alzheimer's, arthritis, diabetes, and cancer.

Adding fenugreek to Meriva® curcumin enhances its research-backed abilities:

- Studies support fenugreek's power to control inflammation, heartburn, cholesterol, blood pressure, and even appetite.
- Fenugreek's extra-high fibre content – estimated at 48 percent – can help regulate metabolic disorders like diabetes by reducing blood sugar levels.
- Other common reasons to take fenugreek include balancing testosterone, stimulating breast milk production, and relieving chronic pain.

Practitioners of Chinese medicine traditionally used fenugreek as a medicinal herb to heal a variety of conditions, with nearly universal application for improving diabetes and sugar intolerance.

Curcumin's history is similar. The turmeric spice extract — which is thousands of times more potent than the actual spice — has been used as an antiviral, antibacterial, antioxidant, and anti-fungal for thousands of millennia in Ayurvedic medicine.

Curcumin and fenugreek's combined anti-inflammatory effects may impact all forms of modern disease. Curcumin can shut down the acute inflammatory reaction almost completely; like curcumin, fenugreek also contains high levels of antioxidants that, in animal studies, have successfully lowered inflammation.

Curry can't compare to concentrated capsules of nature's favourite spice

Curcumin and fenugreek are also the flavourful ingredients found in curry, the well-known Indian dish.

But curcumin and other cooking herbs are quickly expelled from the body. For curcumin to function as it does in scientific studies, it requires a proven and effective form of delivery. Meriva® curcumin is the encapsulated form of curcumin that's ideal to supplement. Standardised

to increase its total curcuminoid content by up to 22 percent, Meriva® curcumin is the most-researched curcumin extract available.

Athletes, exercisers, diabetics, and anyone trying to maintain a healthy weight are among those most likely to see improvements. Curcumin has helped reduce weight gain and body fat in about 12 weeks, without changing food intake. Supplementing fenugreek, known to regulate appetite, for just eight weeks might reduce body fat by 2 percent.

Taking Meriva® curcumin with fenugreek is a reliable way to deliver both extracts in a form our body can use. And as the research shows, the compounds complement each other: CurcuminX4000™ now offers more health benefits.



THIS JUST IN

Recommended Products

CURCUMINX4000™

Each capsule of CurcuminX4000 contains 200mg of highly effective curcumin phytosome, which, in a recent published study, showed an increase in utilisation of 23 times compared to ordinary curcumin.



Sources

All references can be found at
www.NaturallyHealthyNews.com

9 reasons we should all be taking a soil-based probiotic daily

Use SBOs to slow ALS and naturally treat anxiety

Today's world has broken down our gut's defence, but replenishing missing microbes is effective. While the research only continues to grow, here are two standout examples: Supplementing a probiotic could increase ALS survival by 38 days and may work as a drug alternative for anxiety.

Drinking coffee and alcohol in excess, consuming animal foods full of antibiotics, eating processed foods, and taking prescription drugs and antibiotics all weaken our gut. Soil-based organisms (SBOs) have been shown to strengthen it.

9 healing properties of probiotics that are research-backed

There's a long list of reasons to start supplementing soil-borne organisms:

- 1. Allergies.** SBOs like *Bifidobacterium* and *Lactobacillus* can help manage seasonal allergies, with special help for hay fever, and improve quality of life. The friendly bacteria strengthen the gut and the immune system, American researchers noted in 2017. Study participants taking these strains over eight weeks during allergy season experienced greater symptom relief.
- 2. ALS.** Restoring gut barriers may support survival for patients with amyotrophic lateral sclerosis, or Lou Gehrig's disease, according to 2017 *Clinical Therapeutics* research. Mice predisposed to the progressive neurodegenerative condition saw a 40-day delay in symptoms and lived roughly 38 days longer. Addressing leaky gut can decrease inflammation.
- 3. Antimicrobial resistance.** Keeping *Bifidobacteria* levels high, either through breastfeeding or supplementing, can help lower antimicrobial-resistant (AMR) gene levels. *Bifidobacteria* are SBOs, and they're also the same bacteria found in the guts of breastfed babies. Strengthening the gut with *Bifidobacteria* may decrease AMR casualties, totalling at over 23,000 deaths and 2 million illnesses in the U.S. alone.
- 4. Colic.** Giving colicky infants probiotic drops could reduce crying by over 50 percent, seen in 80 percent of babies studied after just 28 days. Italian researchers also found in the 2018 study that a daily dose of beneficial *Bifidobacterium* had positive effects on babies' sleep and stool frequency. Good gut health may be a "target of intervention" against colic, the researchers said.
- 5. IBD.** Friendly bacteria collectively improve gut health, offering support for symptoms like diarrhoea, constipation, and gas along with irritable bowel syndrome (IBS) and inflammatory bowel disease (IBD). IBD may include ulcerative colitis and Crohn's disease. Evidence shows that supplementing probiotics could help keep ulcerative colitis in remission.
- 6. Memory.** The gut communicates with the brain. So, studies show that a drop in beneficial bacteria could bring a decline in memory. In 2015, Irish researchers learned that *Bifidobacterium longum* could improve animals' memory and recall, as well as their learning ability. Friendly bacteria may restart brain cell growth.
- 7. Mental health.** Supporting the gut might improve many mental health symptoms related to OCD, depression, and anxiety. In 2019, Chinese researchers reviewed 21 studies with data collected from 1,503 people. More than half, over 52 percent, of the studies found regulating gut microbes to be a helpful method of managing anxiety. Researchers suggested presenting this option alongside prescriptions.
- 8. Osteoporosis.** In 2018, Swedish researchers discovered, in the first study testing how probiotics affect bone health, that good bacteria also influence density of our skeletons. The older women in the double-blind randomised study who took *Lactobacillus* cut bone loss by half without reporting any side effects. Women over 80 in the highest risk category may see more advantages.
- 9. Weight.** Microbial imbalance in the gut, or dysbiosis, has been associat-

ed with obesity and poor metabolic health, a 2018 *Nutrients* study noted. Only specific SBO strains like *Lactobacillus* and *Bifidobacterium* appear to help maintain body weight; people at a healthy weight typically have different gut flora than those who are obese.

All these disease-fighting benefits, and just a few modern factors can cause gut health to become dangerously weak. Taking antibiotics could interrupt our gut community of up to 1,000 protective bacteria. Routine as it may be, antibiotics can disrupt our gut microbiome down to the strain, with effects lasting for up to six months.

Focus on live bacteria from fertile soil and forget the dairy

It's normal to feel overwhelmed: The recent popularity of probiotics has oversaturated the market. Most people now know commercial dairy doesn't cut it; store-bought yoghurts have been likened to ice cream, low in live bacteria and high in sugar.

Customers, in response to these countless choices, are more selective. Searching for credibility can simplify the pick. Supported by over 37 years of research and 700 clinical trials, soil-based microflora formulated in a Bio-Identical SBO Probiotics Consortia™ can restore some or all digestive function and change the gut in over 22 different ways.

Unlike yoghurt and many over-the-counter probiotic pills, a Bio-Identical SBO Probiotics Consortia™ is an "exact or similar match." These are the same diverse bacterial species found in primitive guts thousands of years ago — now hardwired into our gut's memory.

To differentiate, it helps to remember what SBOs are not: Potent soil-based organisms are not isolated strains of friendly bacteria extracted from their

natural environment, like many other probiotic capsules. SBOs also aren't measured by CFUs. Colony Forming Units (CFUs) are often inaccurately reflected on product packaging and have been proven to have little to do with the efficacy of a probiotic.

SBOs *are* potentially infinite. Since soil-based organisms are dormant, intact, and alive in every capsule, when taken with water or juice, the organisms are activated. Then the beneficial bugs start to behave like they do in nature: surviving the harsh digestive tract, banding together in the gut, and beginning to multiply rapidly.



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






Good health starts in the gut



Make sure yours gets the best start possible

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 Micro-Flora
-  Dairy-Free, Gluten-Free, Soy-Free, and Non-GMO
-  Vegetarian and Vegan Friendly

Available at all good independent health food stores




Good Health Naturally®
Because it Works!

Really Healthy[®] recipes

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

ZUCCHINI CAULIFLOWER FRITTERS

These healthy paleo vegan zucchini cauliflower fritters are easy to prepare, meat-free, and keto-friendly. You can also make this recipe egg-free and grain-free if you choose.

Prep time: 5 min.

Cook time: 5 min.

Total time: 10 min.

Serves: 8 fritters

INGREDIENTS

1/2 head cauliflower, approximately 3 cups, chopped
2 medium zucchini
1/4 cup coconut flour
2 large eggs
1/2 tsp. sea salt
1/4 tsp. black pepper

Egg-free version:

1/2 head cauliflower, approximately 3 cups, chopped
2 medium zucchini
1/4 cup all-purpose flour (can be gluten-free, if needed)
1/2 tsp. sea salt
1/4 tsp. black pepper

DIRECTIONS

1. Grate the zucchini in a food processor or high-speed blender.
2. Steam the cauliflower for about five minutes until just fork tender. Add the cauliflower to the food processor/blender and process until broken down into small chunks. Do not over process, or it will become a mash.
3. Use a dishtowel or nut milk bag to squeeze as much moisture as possible out of the grated veggies.
4. Transfer to a bowl and add the flour of choice, egg (if using), salt, pepper, and any other seasonings you like. Mix to thoroughly combine. Shape into small patties or burgers (about eight).
5. Heat up 1 tablespoon of coconut oil in a large pan. Add four fritters/burgers to the pan and cook over medium heat for two to three minutes per side. Repeat with the second half of the fritters/burgers.
6. Serve with dipping sauce of choice or low carb burger bun. Enjoy.



GRILLED SALMON WITH MASHED BEANS AND PESTO

This easy-to-prepare dish of salmon, beans, and pesto makes for a tasty and nutritious dinner. Ideal for nourishing your health and hormones.

Prep time: 5 min.

Cook time: 30 min.

Total time: 35 min.

Serves: 2

INGREDIENTS

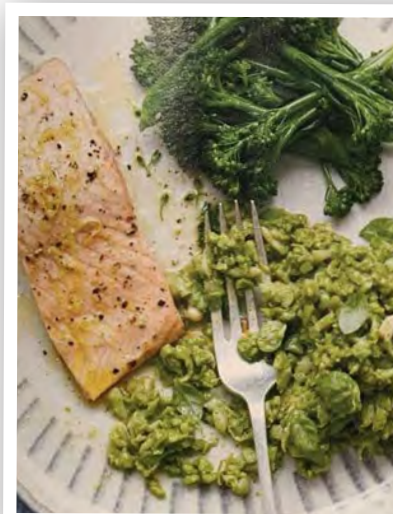
3 tbsp. extra virgin olive oil
Juice of 2 lemons and zest of 1
2 garlic cloves, crushed
2 medium-sized pieces of salmon
Pinch sea salt and cracked black pepper
Steamed vegetables, to serve

For the mashed broad beans and pesto:

350 g frozen broad beans
2 spring onions, finely chopped
A handful of fresh basil leaves
1 tbsp. coconut yoghurt
2-3 tbsp. pesto

DIRECTIONS

1. In a small bowl, mix together the oil, lemon juice and zest, garlic, and some salt and pepper to make a marinade.
2. Place the salmon in a flat glass dish and add the marinade, turning the salmon pieces over to coat. Cover the dish and let marinate in the fridge for 20 to 30 minutes. Preheat the grill to medium hot for 10 to 15 minutes. Meanwhile, start making the mashed broad beans.
3. Place the beans, spring onions, and basil leaves in a large saucepan over medium-low heat and add a splash of water. Cover and let it steam for a few minutes until cooked.
4. Transfer to a blender with the remaining ingredients and add the pesto to taste. Blend to your desired texture and season to taste. Set aside and keep warm.
5. Once the grill is hot, place the salmon on the pan and brush with the excess marinade. Season and grill for six to eight minutes on each side, brushing the marinade over the salmon when you turn them over.
6. Serve one piece of salmon on a bed of mashed beans alongside your choice of steamed green vegetables and save the other portion for lunch the next day. Enjoy.



Our skin is trying to tell us something

2 ways to reduce scarring + 3 natural

Multiple studies show our skin may be one of the first organs to send signals that something's gone wrong within. A multi-layered approach of proven topical products and supplements may be one of the most effective ways to remedy it.

Treat skin inside and out to stop damage and start healing

For scarring:

1. Rosehip oil smooths scars and discolouration.

Skin scarring may seem like a surface issue, but it can affect quality of life, literally changing the way we see ourselves. Applying a pure, unscented oil provides protection and preserves this delicate organ. Known for its anti-ageing effects, rose hip oil extracted from wild roses in the Andes can also improve skin's texture.

Since it's naturally rich in unsaturated essential fatty acids, rose hip oil is frequently used to diminish scarring.

A 2015 *Journal of Cosmetics, Dermatological Sciences, and Applications* study found that applying rose hip oil to post-surgical scars twice a day for 12 weeks brought substantial changes to scar

colouring, as well as inflammation. Using rose hip oil topically may decrease acne and burn scars, hyperpigmentation, uneven skin tone, and crow's feet.

2. Serrapeptase dissolves scar tissue under the skin.

Topical treatments might be more successful with support from a substance working underneath the surface of the skin. Serrapeptase is a natural anti-inflammatory enzyme that's mainly used to eradicate painful inflammation. Chronic conditions like arterial blockage, arthritis, COPD, carpal tunnel, and sinusitis all respond well to the enzyme.

Serrapeptase's ability to clean, clear, and remove dead and non-living tissue supports disease recovery and may also minimise scarring.

One user described decreased scar tissue and pain as a "wonderful" side effect of taking serrapeptase. She first started supplementing serrapeptase for a year to calm chronic joint pain and inflammation. In that time, she noticed a great change in scar tissue caused by childhood sporotrichosis. "Some of the bigger ones seem entirely gone," she said.

For wrinkles:

3. Collagen capsules hydrate and repair damage.

Called "the glue that holds the body together," collagen is our main structural

protein in various connective tissue. It accounts for about 30 percent of our body's total protein content. Collagen can be found in fibrous tissues like tendons, ligaments, and skin, as well as in the gut, bones, blood vessels, and corneas.

Some collagen – needed to support skin elasticity – declines with age. A bigger breakdown may be caused by eating high-sugar foods and drinks, getting too much or not enough sun, being sedentary, and smoking.

Supplementing BioCell Collagen® with hydrolysed collagen type II, hyaluronic acid, and chondroitin sulfate supports joint and skin health, with potential to visibly diminish fine lines and wrinkles in 12 weeks. Authors of the 2019 *Alternative Therapies in Health and Medicine* clinical trial called it "landmark research" for women who want a safe and effective option for improving skin health and appearance. BioCell Collagen® also increased the skin's collagen content by 12 percent.

4. Japanese superfood feeds skin from the inside.

People in Japan are envied for their youthful skin as much as their longevity. The Japanese diet helps: Vegetables,





seaweed, fish, and fermented foods give the skin a steady supply of antioxidants and nutrients that support cell protection and renewal. Natto is a low-calorie, high-protein fermented soybean dish that's been a staple of Japanese cuisine for more than 1,000 years.

A renowned health food, natto contains the potent probiotic *Bacillus subtilis 1* required for fermentation, providing benefits for the gut, the heart, and the skin.

Eating more natto is always recommended, but for cost and convenience, the fibrinolytic enzyme nattokinase, derived from traditional natto, can be supplemented with serrapeptase, antioxidants, proanthocyanidins, and digestive enzymes. Natto contains a rich concentration of PQQ, the vitamin-like molecule pyrroloquinoline quinone, offering essential skin health support with extra help for dryness. Hydrating skin can help to reduce wrinkles.

5. Silver serum keeps skin soft and wrinkle-free.

Inflammation triggers free radical damage and can destroy healthy skin. Some common symptoms include tightness, roughness, and spots of discoloration.

Sagging and puffiness can occur when low-intensity inflammation continues. Applying a safe topical anti-inflammatory, like SilverSol®, can hydrate and firm skin, while reducing some or all signs of premature age.

Silver has typically been used in medicine and folklore as an antimicrobial. Today's SilverSol® technology, a new generation of colloidal silver in an advanced nano-silver formulation, can deliver benefits of wound healing and tissue repair to damaged skin.

Supported by more than 400 independent studies from over 60 leading universities and laboratories, SilverSol® has 30 safety reports to back its use. Unlike over-the-counter beauty products that contain harsh and often irritating chemical ingredients, SilverSol® blended with hyaluronic acid is light and soothing; a user with sensitive skin who normally reacts to personal care products said it "left my skin feeling smooth."

Another reason to nourish tired skin? Avoid a 10x-higher death risk

Besides feeling good about our ap-

pearance, paying attention to the signs of ageing might tip us off to a hidden health problem. Having more than the usual amount of deep forehead lines, French researchers learned in 2018, may come with a greater risk of death from heart disease.

A low wrinkle score among the 3,200 healthy adults studied showed some elevated risk of cardiovascular disease (CVD) death. A high wrinkle score had nearly 10 times the risk of CVD death, with a potential connection between wrinkles, atherosclerosis, oxidative stress, and collagen loss.

Recommended Products

ANCIENT MAGNESIUM LOTION ULTRA

A next generation formula of MSM and magnesium to enhance cell membrane permeability and facilitate a more efficient uptake of magnesium ions into the body. Magnesium supports a healthy immune system, regulates blood pressure, and metabolises energy.



BLOCKBUSTER® ALL CLEAR

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



SilverBiotics® Anti-Aging Facial Serum

Provides SilverSol® technology and 2% hyaluronic acid for healing skin support. Helps reduce fine lines, wrinkles, blemishes, and signs of ageing. 2 fl. oz. (57g)



Sources

All references can be found at www.NaturallyHealthyNews.com

No one proved 5G was safe

A harmonised home is a healthy home: 4 ways to get one

Concerns about 5G technology have been mounting. 5G, or the fifth-generation wireless technology for cellular networks, began its rollout in 2019. Cell towers are soon expected to be placed every 500 feet along city streets.

The problem with 5G: We don't know the exact risks of this technology

Also called electric and magnetic fields, EMFs create invisible energy spheres of microwave radiation, occurring inside and outside of a home. This new radiation is emitted to our environment through man-made electrical wireless and power devices.

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

Low-to-mid frequency EMFs are familiar and may include baby monitors, Bluetooth devices, cell phones, computers, LED/fluorescent lighting, microwaves, power lines, smart meters, and Wi-Fi. UV light, x-rays, and some gamma rays are examples of riskier mid-to-high EMF frequencies.

The mobile/tech industry insists on 5G's safety, but the preliminary results of a \$25 million National Toxicology Program (NTP), U.S., study disagree. Add to that the fact that there will be many thousands of 5G satellite systems in

the sky, supporting an influx of 5G stations on the ground, and no person will be able to escape exposure.

5G functions as short-length microwaves that send signals through clusters of hundreds of small antennas. The antenna cluster emits a targeted energy wave strong enough to permeate walls and human bodies. These high-powered emissions will be transmitted and received through computers, cars, and household appliances, affecting the environment, animals, and people of all ages.

There's much more research to be done. Yet we have clear evidence linking just two years of cell phone radiation exposure to cancer and damaged DNA in the NTP's animal study. A 2018 *International Journal of Hygiene and Environmental Health* article noted that 5G's high-frequency MMW (millimetre waves) can heat the skin, alter genetic expression, and synthesise inflammatory proteins that may cause neuromuscular and ocular injury.

To date, 324 doctors and scientists have signed the "5G Appeal," submitted to the European Commission in 2017, to call for the immediate halt to 5G until the necessary research can be funded and conducted to determine its guidelines for safety. A growing number of Europeans have health symptoms tied to Wi-Fi/EMFs, supported by scientific findings.

How much is 5G affecting our health? 4 habits to help the whole family

Corporate and government organisations currently downplay any danger associated with EMFs at low-to-mid range. But thousands of studies link 3G and 4G technology with a cascade of health problems that include single and double DNA strand breaks, disruption of cellular and brain glucose metabolism, oxidative damage, melatonin reduction, increased permeability of the blood-brain barrier, and production of stress proteins.

New 5G potentially poses more harm as it's estimated to be 10-times more powerful than 4G. Fulfilling the promise of 10 to 50-times faster speed of connection requires a multitude of new towers.

Effects may extend to the development of childhood and occupational cancer, brain tumours, memory impairment, lung dysfunction and asthma, miscarriage, and a lower sperm count in men.

The American Academy of Environmental Medicine went so far as to suggest that doctors consider a patient's EMF load as a contributor to disease. More than 40 illnesses and health conditions could be helped by reducing EMF exposure, the Academy estimated.

While EMFs are everywhere, there are solutions:

1. Guard devices. A radiation harmoniser like the QuantoGram HoloGuard can be placed on all electronics. This includes mobile/cordless phones, laptops, tablets, Wi-Fi routers, and Bluetooth devices. The QuantoGram HoloGuard can also be carried on a



card in a pocket, harmonising any electronic EMF frequency.

2. Purchase indoor plants. Houseplants aren't just beautiful to look at; they can purify air, relieve stress, and help sharpen focus. Having up to 10 plants per 1,000 square feet may clean air most efficiently, NASA's many studies have indicated. Aloe vera, areca palm, cactus, peace lilies, and sunflower plants may all absorb radiation.

3. Shield a household. An EMF shield inserted into a wall outlet will harmonise with any potentially dangerous electrical smog produced. Instead of blocking a phone tower, microwave, smart meter, or other EMF source's signal, a QuantoGram HoloGuard plug-in neutralises and protects.

4. Spend time in nature. Taking device breaks can benefit adults and children, especially when taken in nature. Families can designate a time to turn off all technology and get outdoors once a day or for a full day

on the weekend. Outdoor activities like hiking, meditation, and yoga can restore mental balance; spending at least two hours a week in nature is considered critical.

There's no reason to try to avoid technology, and it's not even possible today. But practicing caution can prevent damage to our body from EMF and Wi-Fi radiation. One of the most practical ways is using devices with specific embedded mathematical equations that produce quantum energy fields, able to harmonise Wi-Fi/EMFs.

Without the help of a device designed to harmonise harmful frequencies, any of us going about our day or even sitting at home are exposed to continual EMF stress.

Individual medical infrared imaging (thermography) scans have indicated that cells can "cook" when they're not guarded. By harmonising the unhealthy frequencies, EMF shields render everyday wireless devices harmless, without

affecting signal, function, or speed. A personal electronic is no longer a public health risk, even with the added power of 5G.

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

Superfood for thought: Can powering up with plants prevent heart disease?

Rare fruit extract lowers bad, increases good cholesterol at the same time



Natives swear by bergamot, a citrus plant famous in Southern Italy. Those who consume it claim they don't have to worry about cholesterol, no matter what they eat. For many, this carefree cholesterol balance could be life-altering, considering that the most comprehensive analysis to date linked having imbalanced cholesterol before age 45 with up to a 29-percent higher heart disease risk by 75.

The 2019 observational study on nearly 400,000 people, published in *The Lancet*, provides more risk data than typical 10-year follow-ups. An increased risk of cardiovascular disease (CVD) and stroke was detected in younger people, researchers said, because of "longer exposure to harmful lipids in the blood."

Non-HDL cholesterol that reached 3.7-4.8 mmol/litre among women under 45 with two or more CVD risk factors showed a 16-percent higher chance of a heart disease event by 75. For men, estimated risk rose to 29 percent by 75, compared to a 21-percent CVD event risk among men fitting the same profile ages 60 and older.

Italy's 'funny yellow fruit' helps hearts by keeping cholesterol contained

Known as *Citrus bergamia*, the berga-

mot plant's powerful impact on cholesterol was discovered by Italian researchers just a decade ago. Also an up-and-coming superfood, bergamot fruit contains a heart-protective extract that may be more effective when it's supplemented.

Super BERGAVIT Bergamot 45%, taken as an encapsulated powder, has a high bergamot flavonoid concentration that can't be found in any other extract. Rich in nutraceutical compounds used in Italian folk medicine, Super BERGAVIT Bergamot 45% is supported by 11 pre-clinical and 4 clinical studies.

Super BERGAVIT Bergamot 45% can help raise "good" HDL cholesterol and greatly lower high levels of "bad" LDL cholesterol when supplemented for six months daily. Those with the highest cholesterol levels may see the biggest change.

Along with promoting cholesterol balance, supplementing Super BERGAVIT Bergamot 45% may also make it easier to maintain a healthy weight. Super BERGAVIT Bergamot 45% is shown to support metabolic wellness more effectively than only changing diet.

Steer clear of side effects: Swapping statins for nature's medicine

Contrary to mainstream medical messages, our body still needs a healthy amount

of cholesterol to balance hormones, protect arteries, and support brain function. Problems start when inflammation and oxidation cause cholesterol to harden.

Super BERGAVIT Bergamot 45% regulates cholesterol and also helps control inflammation. So, hardening can be prevented before medication is ever needed.

Cholesterol-lowering meds, like statins, don't come without side effects. A 60-percent higher risk of diabetes may even result from taking this most prescribed class of drug. But bergamot balances cholesterol so well that supplementing it at a high concentration for a month has allowed some statin users to cut their medication dose by half.

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.



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!

4 'dos' to improve lung health and breathe easier

Lung disease is the killer, not COVID-19

This is a time when our world's health hangs in the balance. COVID concerns are circulating as rapidly as the virus. Yet epidemiology experts say COVID-19 doesn't pose a threat to anyone with healthy lungs.

Supporting the lungs has never been more critical, not just for daily function, but to withstand the effects of spreading respiratory disease.

A simple explanation for why our lung health is declining

Collectively, our lung health isn't as good as it used to be. Around the world, lung dysfunction and disease are rising. A 2020 *BMJ* study, conducted by researchers in Wuhan, China, showed that chronic lung disease deaths have spiked 18 percent, affecting up to 3.9 million people, within the past three decades.

This may be why:

- Regions low on the socio-demographic index have the highest disease burden.
- Smoking, pollution, and obesity are all important global risk factors.
- Lung conditions have been widely overlooked in the Western medical community.
- Chronic inflammation is common in

our modern world and is the primary cause of lung disease.

Diet directly affects lung function; according to 2020 German research, eating a ketogenic diet may significantly decrease respiratory tract inflammation and benefit sufferers of asthma. A plant-based version of this diet, i.e., a vegan ketogenic diet, may be healthier and more sustainable for the long-term.

A virus can trigger lung inflammation, with potential to activate hidden genetic abnormalities that could quickly compromise lung function. Chronic inflammation has been observed to "hit the switch" for a fatal form of high blood pressure in the lungs, called pulmonary hypertension. For those with a mutation, blood vessel damage in the lungs might progress, even after a virus dies.

Without some kind of intervention, symptoms signifying lung decline — including chest pain, coughing, wheezing, difficulty breathing, and mucus build-up — are only going to progress over time.

Do this: 4 love-the-lungs lifestyle changes that make it easier to breathe

Using natural solutions to protect or restore lung health can help to effectively combat a spreading virus:

1. Avoid inflammatory foods.

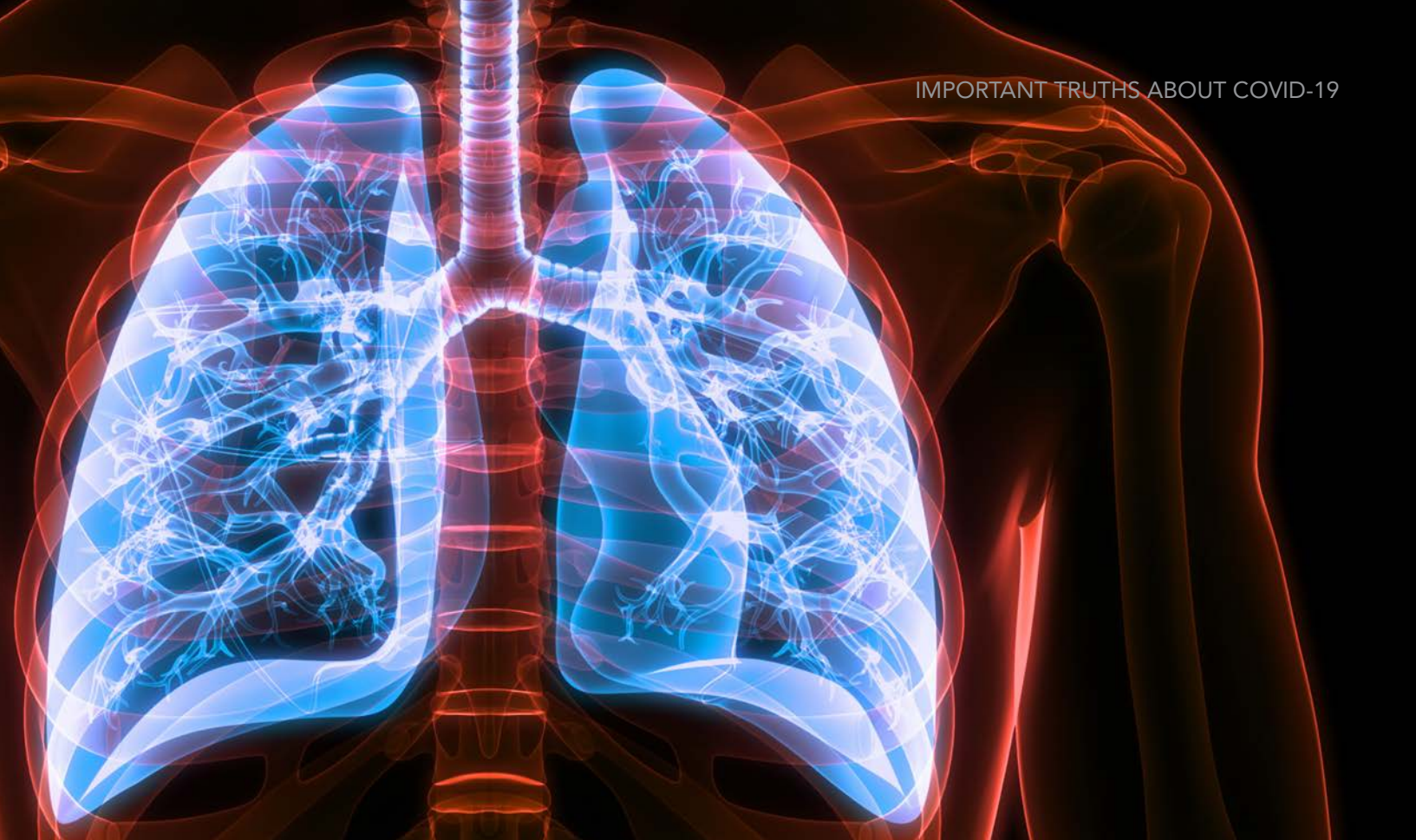
Chronic inflammation is linked to chronic disease. Eating sugary and starchy foods in a nutritionally deficient diet can cause an inflammatory cascade throughout the body. Common conditions like asthma and pneumonia can occur secondary to inflammation. Remarkably, blocking the lungs' sugar receptors has been shown to relieve conditions like allergies and asthma by reducing inflammation.

It can't be overstated how important it is to cut starchy (or junk) carbohydrates out of the diet, like cookies, breads, pastries, cereals, pasta, and potatoes, if we want lung health to improve. Not only may asthma respond well to a ketogenic diet that controls inflammation but eating keto can equip the body to fight influenza and related viral infections.

2. Decrease exposure to pollution.

Pollutants aren't visible in our indoor and outdoor environments, but these hidden invaders have a profound effect on our lungs. Outside pollutants impair the lungs' blood vessel function. Air pollution exposure may increase pulmonary vascular tone, making it harder for blood to flow to the lungs. Longer pollution exposure may also burden lung function enough to affect the heart. It can help to cut down on car trips, stay away from polluted urban ar-





eas, and exercise outside of rush hour.

As a 2020 study from the UK showed, DEP (diesel exhaust particle) exposure can make our lungs more vulnerable to pneumococcal disease, including meningitis and pneumonia. This air pollutant exposure may be especially dangerous to the lungs of the elderly and small children.

3. Dissolve scar tissue and inflammation.

Diet and key nutrients play a protective role in neutralising oxidative damage from air pollution, infection, and cigarette smoke. Once lung damage has occurred, some compounds can be supplemented to support healing. Serrapeptase is a multifunctional proteolytic enzyme able to break down non-living tissue, including scarring, inflammation, cysts, and blood clots in the lungs. Serrapeptase has been effectively used to dissolve sputum in asthma patients.

Other helper nutrients include vitamin D3, shown to preserve lung function in smokers; oxygen-promoting enzymes extracted from seaweed that help effectively clear carbon dioxide; and eX-selen™ Selenium and EpiCor®, a whole food yeast fermentate, which may better protect against infection when combined with vitamin D.

4. Practice proper breathing.

Relaxed breathing in the diaphragm can boost immune function and reduce the risk of lung infection. Asthma patients taught breathing exercises have seen quality of life improvements. To learn relaxed breathing, start by lying flat on the back with a small object on the navel, like a book: Breathe deeply through the nose and fill the stomach with air. Hold the in-breath for a count of four. Exhale through the nose and watch the stomach deflate.

Using an object on the stomach helps track breathing, in and out through the diaphragm; the chest should not move. Try this new breathing technique as often as possible until it becomes a habit. Physical exercise pairs well with breathing exercise and can have an anti-inflammatory effect, also improving lung capacity.

It can be comforting to have tools to strengthen the lungs at times when there's a global health threat looming. While there is no cure for a virus, there is solid science supporting the impact diet and lifestyle have on our lung function and immunity.

Weak lungs are said to be a COVID risk factor, when in truth, they're the real danger.

Recommended Products

OXYSORB™

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



SERRANOL®

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



DAILY IMMUNE PROTECTION

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



Sources

All references can be found at www.NaturallyHealthyNews.com

HEALTH news

CAN TAKING VITAMIN D3 PREVENT BREAST CANCER IN WOMEN?

Women who have low levels of vitamin D3 may be twice as likely to develop breast cancer, a major study review has concluded. Researchers from Zhejiang University in Hangzhou, China, have found that only a small amount of what we need comes from food – we have to get out into the sun to top up our levels.

The research is the closest yet to real life, encompassing so many previously published studies. They took another look at 20 studies involving more than 35,000 breast cancer patients whose levels of vitamin D3 in their blood were compared to those from healthy women.

Researchers reckon that women with the **lowest vitamin D3 levels were 97 percent more likely to develop breast cancer compared to those with the highest levels of the vitamin**. Every additional 5 nmol/l of the vitamin in the blood was associated with a 6 percent drop in breast cancer risk.

What is vitamin D3?

Vitamin D3 is a fat-soluble vitamin that can help your body to absorb calcium and phosphorus. Known as the “sunshine” vitamin, it's produced naturally in the skin when it's exposed to sunlight. You can get it from certain foods, such as salmon, oysters, mackerel, or sardines – but it's most readily absorbed by getting out into the sunshine.

Vitamin D3 transforms into a hormone in the body that circulates in the bloodstream and may help in the absorption of calcium and phosphorus. Calcium is essential for building strong teeth and bone mass, along with bone development and growth. Additionally, calcium also plays a vital role in hormone production in the body by transmitting nerve impulses to the brain.

As the study above suggests, vitamin D3 isn't just good for regulating calcium and phosphorus; it also plays an essential role in your overall health and wellbeing. Recent research as outlined above suggests it may now play a preventive role in stopping breast cancer cell development.

Vitamin D and breast cancer – the connection

There are a number of other observational studies indicating that breast cancer and vitamin D3 deficiency are linked – suggesting a possible association. More than one study has found that up to 77 percent of women are deficient in vitamin D at the time of their breast cancer diagnosis.

One small study in Nebraska divided post-menopausal women into groups. One took calcium, another vitamin D supplements, one took only calcium, and one took a placebo. The study found that both groups who took calcium – whether in combination or with vitamin D or alone – had fewer breast cancer diagnoses than the placebo group.

Pre-clinical studies also suggest that vitamin D3 regulates a great number of genes that control cell growth and development. These are the same cellular activities that cancer affects.

CAN CURCUMIN PREVENT CANCER? STUDIES SHOW IT CAN DESTROY TUMOURS

Taking curcumin can prevent cancer and potentially destroy tumours, according to new research. Scientists argue that taking curcumin as found in the popular spice turmeric can potentially destroy tumours and stop the development of cancer.

This evidence is based on the analysis of nearly 5,000 studies, which concluded it blocked the growth of eight types of cancer in laboratory conditions. Results from this also showed that the element is effective in the potential treatment of a range of cancers, including the breast, lung, blood, stomach, pancreas, intestine, bone marrow, and prostate.

Curcumin's many health benefits

Analysis of the studies suggests what we here at Naturally Healthy News have been reporting on for years – that curcumin's anti-inflammatory benefits potentially have the ability to stop nutrients getting into the tumour and prevent the death of healthy cells.

Findings suggest that when curcumin is either used alone or in combination with other agents, it can have anti-inflammatory and antiseptic action within the body. However, doctors and those in the medical industry do not advocate for using curcumin, in spite of many studies showing its proven benefits. For example, studies show curcumin could prevent colon and lung cancer, and it has even been shown to “cure” a woman's myeloma cancer.

Source: www.NaturallyHealthyNews.com

5 questions everyone needs to ask before picking a multivitamin

Not all multivitamins are helpful – or even safe

If only all multivitamins were created equal. But they're not. In a recent survey of 91 different multis in the UK, only one product contained enough vitamin D to support a child's growth starting from birth.

Asking the right questions can make it easier to find a family-friendly multi that lives up to its claims:

1. Q. Can't we get all our vitamins from healthy food?

A. Ideally, yes. But nowadays, it's unlikely. Modern agriculture has robbed conventional foods of essential trace minerals with practices like over-farming and chemical fertiliser use. Nutrients can also be leached by the rain. Once soil has become mineral-deficient, even organic farming practices cannot offset the poor nutrient value in depleted soil.

2. Q. Who needs to take a multivitamin?

A. Until scientists and farmers come up with a long-lasting solution, we *all* need to supplement what's missing. Surveys show most children may be lacking vitamin D, needed for functions like bone growth, mental balance, and infection prevention. Taking a multi long-term can

decrease cataract risk in older people. Young, healthy people can use a multi to decrease stress and improve mood and performance.

3. Q. Are over-the-counter multis safe?

A. Mass-marketed multivitamins are cheaply made and sold at prices set to turn a profit. Out of the thousands of supplement health claims submitted, the EFSA denies over 90 percent. It's a good idea to select a multivitamin made with strict safety standards and formulated with verified ingredients. Variety is also key; an all-in-one multi that supplies up to 130 vitamins, trace minerals, electrolytes, and amino acids can be used by 100-percent of people.

4. Q. What's the best way to take it?

A. Capsules make it convenient for kids and adults to get essential daily nutrients. Adults and children over 12 can take up to 3 capsules, twice a day, after each meal. Children under 12 who are able can take 1 to 2 capsules a day, or as directed by their doctor. Supplementing such concentrated capsules is an economical way to improve nutrition, when comparing the nutrient content per cap.

5. Q. What are the most important nutrients to supplement?

A. For the millions of children who are deficient, iodine and selenium can support brain growth and may decrease autism risk. For pregnant women, Quatrefolic MTHFR, a non-synthetic, fourth-gen folate, is vital for foetal development and easily processed by the 25-percent of the population who can't absorb it. For older people, ZanoMax® lutein and zeaxanthin may protect against AMD. For exercisers and athletes, vitamin D3 can help improve stamina by up to 30 percent.

Choosing a safe and effective multivitamin can meet our family's daily nutritional needs, while protecting against the toxic effects of synthetic ingredients.

Recommended Products

ACTIVE LIFE™ CAPSULES

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



Sources

All references can be found at www.NaturallyHealthyNews.com


Good Health Naturally®
Because it Works!

Active Life™

**An all-in-one blend of 130 important nutrients,
the most complete Multivitamin.**

Active Life™ capsules have been specially formulated with your health and wellbeing in mind. Exactly as the name suggests, Active Life™ capsules work to support a busy modern lifestyle where stress, high demands and a poor diet are an unfortunate reality. Active Life™ allows you to prioritise your health, even through the most demanding and challenging times. This complete all-in-one nutritional supplement offers a powerful blend of vitamins, minerals and other nutrients in a convenient capsule form! Get the everyday essentials your body needs, either on the go or at home.

Why is Active Life™ the most complete Multivitamin?

1. Unique and super formulation from Good Health Naturally
2. All-in-one blend of x130 important nutrients
3. Covers all of the essential Vitamins & Minerals, Elements, Electrolytes and Amino Acids
4. Contains 5-MTHF Folate the same found in nature and not Folic Acid, which does not absorb correctly
5. Suitable for all the family, young and old
6. Most powerful economical multivitamin available
7. Each nutrient carefully selected by Robert Redfern, 'nutritionalist' author and broadcaster



Frequently Asked Questions

SUPPLEMENT FACTS

Serving Size: 6 Vegetable Capsules Servings Per Container: 30

Amount Per Serving		DV%
Vitamin A (from Palmitate & 20% Beta-Carotene) (5000 IU).....	1500 mcg RAE	166%
Vitamin C (from Ascorbic Acid)	500 mg	555%
Vitamin D (Vitamin D3) (Cholecalciferol) (600 IU).....	15 mcg	75%
Vitamin E (Natural d-alpha Tocopherol & Mixed Tocopherols) (400IU)....	268 mg	1786%
Vitamin K (Vitamin K2) (Menaquinone).....	80 mcg	66%
Thiamin (Vitamin B1).....	10mg	833%
Riboflavin (Vitamin B2).....	10 mg	769%
Niacin (Vitamin B3) (from Niacinamide)	80 mg	500%
Vitamin B6 (from Pyridoxine Hydrochloride).....	10 mg	625%
Folate (as (6S)-5-methyltetrahydrofolic acid	1360 mcg DFE	340%
(equivalent to 1481 mcg .. (6S)-methyltetrahydrofolic acid glucosamine salt) (Quatrefolic®) (800 mcg Methyl Folate)***	100 mcg	4166%
Vitamin B-12 (from methylcobalamin).....	300 mcg	1000%
Biotin.....	20 mg	400%
Pantothenic Acid (Vitamin B5).....	25 mg	5%
Choline (from Choline Bitartrate).....	120 mg	9%
Calcium (from Calcium Citrate).....	150 mcg	100%
Iodine (from Potassium Iodide).....	60 mg	14%
Magnesium (from Magnesium Citrate).....	25 mg	227%
Zinc (from L-OptiZinc®)**.....	200 mcg	363%
Selenium (from Selenomethionine).....	2 mg	222%
Copper (from Copper Gluconate).....	4 mg	174%
Manganese (from Manganese Gluconate).....	120 mcg	343%
Chromium (from Chromium Picolinate)****.....	75 mcg	166%
Molybdenum (from Molybdenum Citrate).....	16 mcg	<1%
Chloride (from Fulvic Trace Minerals).....	216 mg	5%
Potassium (from Potassium Malate).....	400mg	*
L-Taurine.....	300 mg	*
Bilberry (fruit) (5:1 extract)	200 mg	*
Fulvic Trace Minerals.....	60 mg	*
Strontium (from Strontium Citrate)	40 mg	*
Inositol.....	20 mg	*
Lutein (from Marigold (flower) (ZanMax®).....	10 mg	*
L-Cysteine.....	10mg	*
L-Glycine.....	4 mg	*
Zeaxanthin (from Marigold (flower) (ZanMax®).....	2 mg	*
Aloe Vera Powder (leaf) (200:1)	1 mg	*
Boron (from Boron Citrate).....		

*Daily Value (DV) not established

Question: Why should I take Active Life™?

Answer: Sadly, today it may be more difficult to get all of our nutrition from food alone. Active Life™ is a broad-spectrum multi-vitamin & mineral and trace mineral supplement. It also contains electrolytes and amino acids, providing a good nutritional foundation for overall health.

Question: What is the best dose to take?

Answer: For maximum support, 6 capsules a day for adults is advised. For good dietary support between 2 to 4 capsules. Children under 12 can take 1 to 2 capsules per day.

Question: When is the best time to take Active Life™?

Answer: Spread doses throughout the day with meals.

Question: I can't swallow capsules easily - can I open them?

Answer: Yes, Active Life™ capsules can be opened and mixed with food or smoothies.

Question: Is Active Life™ safe during pregnancy?

Answer: Active Life™ contains a balance of nutrients that can support a healthy pregnancy. The Vitamin A content is at safe levels (up to 6 caps) as recommended by medical professionals. Always check with your healthcare provider before taking supplements during pregnancy.

Other Ingredients: Vegetable cellulose (capsule), microcrystalline cellulose and medium chain triglycerides.

**L-OptiZinc® brand of zinc mono-L-methionine sulfate.

L-OptiZinc® is a registered trademark of Inter-Health N.I.

*** This product uses Gnosis SpA's (6S)-5-methyltetrahydrofolic acid, glucosamine salt (Quatrefolic®) and is protected by U.S. Patent no. 7,947,662. Quatrefolic is a registered trademark of Gnosis SpA.

****As Chromax® (Chromium Picolinate). Chromax®, including the Chromax® logo, is a registered trademark of Nutrition 21, LLC. Chromax® is patent protected.

Available at all good independent health food stores

This product is not intended to prevent, treat, cure, mitigate or diagnose any disease.

We are what we eat: Permanent vision loss linked to a processed food plate

Surprising findings from the first study to examine diet and AMD

Are our eyes starving for nutrients? The short answer: Most likely. The long answer: An almost two-decade study, one of the first of its kind to assess how food intake may impact the progression of age-related macular degeneration (AMD), may make us three times more prone to developing late-stage AMD.

The study results, published in the *British Journal of Ophthalmology* in 2019, named popular Western foods like refined grains, high-fat dairy, fried foods, and red and processed meats for increasing risk three times over. AMD, the leading cause of permanent visual impairment, is irreversible and can cause blurring and damaged central vision.

Diet officially tied to vision loss: Does this change everything?

For adults over 50, AMD is the most common reason for sight deterioration that comes with age. This visual decline may appear more frequently in smokers, as well as anyone eating a Standard American (or Western) diet.

As of 2020, the number of AMD patients is estimated to be 60 percent higher. Other risk factors might include being female, family history, a light eye colour, unhealthy cholesterol levels, and heart disease.

The *British Journal of Ophthalmology* research explains why:

- Using data from the Atherosclerosis Risk in Communities (ARIC) Study in the U.S., researchers tracked instances of early and late AMD over 18 years.
- Study participants reported on eating 66 different foods and were grouped by either Western or Prudent (healthier) diets.
- The participants without AMD or with early AMD at the start of the study eating un-natural foods had a significantly greater chance of developing late AMD nearly 20 years later.

Before now, multiple studies have suggested we could eat our way out of eye disease. In an *Ophthalmology* study also published in 2019, European Union researchers proved that a Mediterranean diet may bring a 41-percent

lower risk of late-stage AMD.

Little-to-no meat, vegetables, fruits, and healthy fats appear to be the key. A vegan ketogenic diet may provide even higher levels of the protective fats and antioxidants needed to interrupt early-onset AMD.

Early AMD doesn't present with any symptoms, making it notoriously difficult to catch and nearly impossible to treat. Most often, we won't know we have AMD until our vision starts to deteriorate – when AMD is already advanced, irreparable, or “late.”

AMD is then broken down into two categories:

- 1. Dry:** The most common form of AMD progresses slowly, contributing to 90 percent of all diagnoses, and eventually leads to central vision loss for most people. Dry AMD is easier to manage with nutrition and lifestyle; some sight damage could be reversed by supplementing restorative nutrients and eating anti-inflammatory foods.
- 2. Wet:** Weak and deteriorating blood vessels behind the retina may be diagnosed as wet AMD. While this form





is less common, occurring in just 10 percent of cases, blood vessels leaking into the macula can result in 90 percent of legal blindness; damage can be prevented or minimised but is harder to reverse completely.

Normally, early AMD develops after free radicals have continually attacked healthy eyes. This causes the macula to become damaged. Small but critical for daily function, the macula controls central vision in the eye. It allows us to see bright colours and sharp details. With AMD, macular deterioration can often start in one eye and eventually move to the other.

3 quick ways to stop sight loss, according to studies on AMD

What can we do to slow down damage and start seeing clearly? Several scientifically-sound strategies may encourage the repair process to prevent or manage AMD:

1. Eat really healthy foods. It's simple but not always easy. Yet cutting out processed, inflammatory foods may have the most profound effect on eye health, particularly for those

who are concerned about the rapid progression of AMD. Eating more vegetables makes a difference; broccoli contains compounds that shield the human retina from stress while also protecting against light damage. Tofu, nuts, berries, kale, zucchini, and cauliflower are examples of other vegan ketogenic foods that can round out a nourishing diet and replace processed items.

2. Take liposomal antioxidants. Large amounts of potent antioxidants, also called carotenoids, are what most people eating the Western diet are missing. Everyday antioxidants found in over-the-counter multivitamins aren't likely to improve vision loss related to AMD. Lutein and zeaxanthin are the two carotenoids found to be lacking in the eyes of sufferers of AMD. Supplementing liposomal lutein, ideally consumed in its natural form as FloraGLO Lutein and clinically backed by the foundational Age-Related Eye Disease Study 2 (AREDS2) of 2012, and liposomal zeaxanthin, effectively taken as naturally-sourced ZeaONE Zeaxanthin and able to filter harmful blue light and enhance vision, offers better bioavailability.

3. Try adding taurine. Found in high concentrations in the retina, taurine is an amino acid derived from the animal foods that may increase risk of AMD. So, supplementing L-taurine may be necessary: either sublingually or in a liposomal formulation alongside lutein, zeaxanthin, selenium, magnesium, iodine, zinc, chromium, and other essential eye care nutrients to ensure all compounds absorb rapidly. Taurine has been listed alongside lutein as a critical nutrient needed for AMD lifestyle intervention; upping taurine for six months may positively change visual parameters and acuity.

Until now, mainstream eye doctors have had minimal education in nutrition. But with a major study showing how modern-day malnutrition leads to vision loss, medical professionals may start spreading the news more freely.

Recommended Products

MAXIFOCUS®

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



TAURINE™ SPRAY

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



Sources

All references can be found at www.NaturallyHealthyNews.com

Really Healthy[®] recipes

Give your body a treat with these delightfully healthy desserts

KETO CHOCOLATE CAKE

A deliciously decadent chocolate cake worth celebrating. Sugar and gluten-free, this is sure to be a hit with family and friends.

Prep time: 15 min.

Cook time: 1 hr. 30 min.

Total time: 1 hr. 45 min.

Serves: Makes 1 round chocolate cake

INGREDIENTS

For the cake:

Cooking spray

1 1/2 cup almond flour

2/3 cup unsweetened cocoa powder

3/4 cup coconut flour

1/4 cup flaxseed meal

2 tsp. baking powder

2 tsp. baking soda

1 tsp. kosher salt

1/2 cup (1 stick) butter, softened

3/4 cup keto-friendly sweetener, such as stevia or erythritol

4 large eggs

1 tsp. pure vanilla extract

1 cup almond milk

1/3 cup strong brewed coffee

For the buttercream:

2 8 oz. blocks of cream cheese, softened

1/2 cup (1 stick) butter, softened

3/4 cup keto-friendly sweetener, such as erythritol

1/2 cup unsweetened cocoa powder

1/2 cup coconut flour

1/4 tsp. instant coffee powder

3/4 cup heavy cream

Pinch kosher salt

DIRECTIONS

1. Preheat oven to 350°F/175°C, line two 8" pans with parchment, and grease with cooking spray. In a large bowl, whisk together almond flour, cocoa powder, coconut flour, flaxseed meal, baking powder, baking soda, and salt.
2. In another large bowl, using a hand mixer, beat butter and erythritol together until light and fluffy. Add eggs, one at a time, then add vanilla. Add dry ingredients and mix until just combined, then stir in milk and coffee.
3. Divide batter between prepared pans and bake until a toothpick inserted into the middle comes out clean, 28 minutes. Let cool completely.
4. Make frosting: In a large bowl, with a hand mixer, beat cream cheese and butter together until smooth. Add erythritol, cocoa powder, coconut flour, and instant coffee and beat until no lumps remain. Add cream and a pinch of salt and beat until combined.
5. Place one cake layer on serving platter or cake stand, then spread a thick layer of buttercream on top. Repeat with remaining layers, then frost sides of cake.
6. Keep refrigerated until ready to serve. Enjoy.



HEALTHY NO-BAKE RED VELVET PROTEIN BARS

No-bake red velvet protein bars are extra-chewy, easy to make, and really healthy for you. Naturally gluten-free, dairy-free, vegan, and sugar-free.

Prep time: 5 min.

Cook time: 5 min.

Total time: 10 min.

Serves: 9 bars

INGREDIENTS

1 cup coconut flour, sifted (can substitute for almond or more oat flour)

1/2 cup vanilla protein powder (optional)

1-2 tbsp. cocoa powder, adjust depending on chocolate flavour you want

1 tbsp. beet powder, optional

2 tbsp. granulated sweetener of choice

1/2 cup almond butter (can substitute for any nut butter)

1/2 cup sticky sweetener of choice (can substitute for maple

syrup or agave nectar)

1/4 cup milk of choice*

1-2 tbsp. chocolate chips of choice (optional)

DIRECTIONS

1. Line a large baking dish with greased paper and set aside.
2. In large mixing bowl, combine the flour, protein powder if using it, granulated sweetener, cocoa powder, beetroot powder, and mix well.
3. In a microwave-safe bowl or stovetop, combine the almond butter and liquid sweetener and heat until melted. Pour the wet mixture into the dry and mix well — it should be crumbly.
4. Using a tablespoon, add the dairy-free milk of choice one spoonful at a time until a thick, firm batter is formed.
5. Transfer to the lined pan and top with chocolate chips, if using them. Refrigerate until firm. Enjoy.

Recipe notes:

*Depending on the flour/protein powder combination, you may need more or less milk.

These red velvet protein bars are soft at room temperature but taste delicious eaten from the fridge or thawed from the freezer.

Does activated charcoal really boost immunity?

3 reasons to detoxify naturally (#1 is stronger immunity)

Our gut runs much smoother without toxins burdening its digestive system. Our gut is the hub, influencing the health of all other organs and cells in our body. A well-functioning gut “talks to” the brain and the immune system.

With this in mind, keeping the gut free from impurities is critically important. Every other part of our body can benefit.

Quick read: At-home detox improves health in 3 powerful ways

There are several approaches to detoxing at home, with activated charcoal

being one of the most popular — and convenient.

Safely detoxing at home can support health by:

- 1. Bolstering immunity.** Charcoal is a natural filter, and activated charcoal absorbs unneeded substances, supporting gut health. Up to 80 percent of our immune cells are found in our gut.
- 2. Settling digestion.** Active charcoal filtration cleans and purges potentially harmful pollutants, helping soothe gas, pain, and bloating.
- 3. Strengthening the kidneys.** By binding to toxins and waste products like urea, activated charcoal may enhance kidney function, especially

for sufferers of CKD (chronic kidney disease).

Flush contaminants with active charcoal & start feeling better

Charcoal has long been used for this purpose — to expel toxic build-up and ease stomach issues. Taking natural charcoal in a capsule provides fast relief for ongoing digestive distress, simultaneously ridding the gut of environmental toxins that compromise our immune function.

Recommended Products

HAPPY TUMMY™

Naturally active aid for normal digestion support. Absorbs unwanted substances. Reduces gas and bloating and supports toxin elimination. 100 vegetable capsules.



Sources

All references can be found at www.NaturallyHealthyNews.com



Good Health
Coaching centers

Join My Good Health Club Today!

Our team of highly qualified Health Coaches offer personal consultations from the comfort of your own home. Find the solution to your health concern, at a time that suits you.



Flexible Hours
to fit your schedule



Personal 1 to 1
Tailored advice to fit your lifestyle



Remote Consultation
from the comfort of your own home



Highly Qualified
Nutritionists



FREE initial consultation followed by £10 per additional session or 5 for £40

The go-to list of super-sleep supplements

Catch more Zzzs: Good sleep rewires the brain to resist anxiety

We might be feeling more anxious than we were a year ago, according to a poll conducted by the American Psychiatric Association in 2018.

Relatable reasons why 78% of people are anxious (and probably losing sleep)

When 1,000 adults in the U.S. were surveyed about their levels and sources of anxiety, 39 percent were found to have higher anxiety than they did the previous year, 39 percent maintained their anxiety levels, and just 19 percent said they felt less anxious. Some of the biggest anxiety aggravators included health, safety, and finances.

Genetics, trauma, stress, illness, and medication side effects are other factors that can cause anxiety. While there's no "cure-all" for this complex mental health issue that affects us individually, one of the most effective anxiety inhibitors may be a sound night of sleep.

Bad sleep can elevate emotional stress levels by up to 30 percent, American researchers learned in 2019. But deep sleep, or non-rapid eye movement (NREM) slow-wave sleep where blood

pressure and heart rate slow down, can work as a "natural anxiolytic," or anxiety reliever. This kind of restful sleep reprograms the brain.

7 soothing sleep supplements with scientific benefits

Whether it's caused by or causing anxiety, these proven compounds are naturally designed to remedy restless sleep:

- 1. 5-HTP** - 5-hydroxytryptophan, or 5-HTP, is the chemical our body produces when it breaks down L-tryptophan, an essential amino acid. When produced through this process or taken as a supplement, 5-HTP causes serotonin to increase. Altering brain levels of serotonin, the "happiness" hormone, can improve mood and may address depression, anxiety, and insomnia. 5-HTP also promotes melatonin production and may benefit specific sleep disturbances, like night terrors and sleepwalking.
- 2. L-tryptophan** - As mentioned, L-tryptophan is an essential amino acid that influences the brain; it functions as a precursor for neurochemicals and neurotransmitters that include melatonin and serotonin. Low L-tryptophan can immediately impact be-

haviour and mood. L-tryptophan can be supplemented alongside the anti-anxiety amino acid L-theanine, both of which aren't manufactured by our body, as well as B vitamins to support sounder sleep. Japanese researchers proved in 2014 that increasing L-tryptophan levels in the morning and getting natural light exposure could significantly improve melatonin secretion and quality of sleep.

- 3. Magnesium** - A critical mineral that most people are missing, replenishing low magnesium may help to rapidly rebalance mental health, energy, and sleep. Magnesium is better applied transdermally, or through the skin. Most over-the-counter magnesium powders and tablets have a laxative effect, causing much of the mineral to be lost through digestion. A nightly magnesium lotion with CBD can increase mineral absorption, while promoting up to 80-percent lower anxiety levels and up to 67-percent better sleep. Transdermal magnesium and plant-derived melatonin can also be applied together before bed to correct low mineral levels and sleep-





onset insomnia.

4. Melatonin - Melatonin is a hormone produced by our pineal gland, and it helps regulate our sleep-wake cycle. Maybe one of the most well-known natural sleep aids, melatonin can be taken alongside supporting substances, like magnesium or 5-HTP. Taking melatonin with 5-HTP, for example, could help address anxiety-related insomnia, jet lag, depression symptoms, and melatonin deficiency. A 2013 *PLOS One* meta-analysis showed that supplementing melatonin can shorten time to fall asleep and lengthen sleep duration versus taking a placebo.

5. Omega-3s - With recent studies showing that omega-3-deficient teens can grow into anxious adults, it makes sense that higher omega-3 levels have been associated with more restful sleep. Supplementing algal sources of the long chain omega-3 fatty acid DHA, the primary omega-3 in the brain, has helped alleviate parasomnias, sleep disturbance, and bedtime resistance in children. Upping omega-3s is one approach

to alleviating depression and anxiety. Evidence also shows that subpar DHA has been tied to low output of melatonin, further compromising the quality of our nightly sleep.

6. Soil-based probiotics - Prebiotics feed good gut bacteria, helping them to multiply. Primarily found in plant fibres, a prebiotic-rich diet has been shown to positively impact REM (rapid-eye movement) and NREM sleep. Friendly bacteria that digest prebiotic fibre produce a metabolite that supports a healthy brain, increasing time spent in restorative NREM sleep. Getting prebiotics from plant foods is important, as is supplementing with beneficial soil-based organisms (SBOs) custom cultured in a proprietary prebiotic. In 2019, Italian researchers found that SBOs like *Bifidobacterium* and *Lactobacillus* may also improve mood, energy, and sleep.

7. Vitamins B3 and B6 - Correcting a B-vitamin deficiency can help to relieve stress and regulate timing of sleep. Vitamins B3 and B6 are com-

monly taken with the amino acids L-tryptophan and L-theanine for this purpose. B vitamins play a pivotal part in maintaining optimal cell metabolism, brain function, and energy. Boosting B6 can ensure our body creates GABA, dopamine, and serotonin, neurotransmitters needed to balance emotions. Interestingly, a 2019 *Behavioral Medicine* study showed that optimistic people are more likely to enjoy longer and better sleep.

Most of us aren't getting enough - a possible explanation for why anxiety levels continue to increase. Less than half of school-aged children sleep for the recommended nine hours a night. Then there's the matter of stress, trauma, anxiety, and PTSD disrupting sleep and contributing to the cycle.

But thankfully, several natural substances can safely support sleep patterns and help the brain recalibrate.

Recommended Products

RELAXWELL™

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



ANCIENT MAGNESIUM LOTION ULTRA WITH MELATONIN

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



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

Cinnamon: Should diabetics eat more of it? Definitely.

6 ways cinnamon can support great health (if it's the right kind)

Cinnamon isn't just comforting. Eating cinnamon can offer a long list of health benefits any time of year, with considerable potential to reverse diabetes. That's so long as we're intaking the preferred form of the spice.

Type 2 diabetes is a lifestyle disease that develops when levels of sugar in the blood rise too high. Since type 2 diabetes is confirmed to be caused, at least in part, by lifestyle factors like eating the Western diet, it's unsurprising to hear numbers are on the rise. As of 2019, 463 million adults worldwide from ages 20 to 79 had diabetes; this figure is projected to increase to 700 million by 2045.

Worse, one in two adults with diabetes are undiagnosed — estimated at 232 million people. Living with undiagnosed diabetes leaves us susceptible to continuously high blood sugar levels, and the risk of heart disease, neuropathy (nerve damage), poor circulation, retinopathy (eye damage), and kidney failure begin to rise.

The #1 benefit of quitting sugar. (Hint: Kiss diabetes goodbye.)

High blood sugar that goes unchecked for too long desensitises our body. Eventually, we'll no longer be able to use insulin, a hormone produced by the pancreas.

Insulin is important. This hormone helps deliver glucose to the cells after sugar and starch are broken down, a process essential to cellular energy. Insulin also

helps move glucose from the blood.

Once our body becomes insulin-resistant, glucose will remain in the bloodstream instead of being transported into the cells. In an attempt to move sugar out of the bloodstream, the pancreas will release more insulin to compensate. It's a vicious cycle, and hormonal and thyroid imbalance can soon take place.

Sugar-flooded cells that resist insulin characterise type 2 diabetes, making up to 95 percent of all cases. Type 1 diabetes, also known as insulin-dependent or juvenile diabetes, differs: It occurs when the pancreas doesn't produce enough insulin and remains one of the most common metabolic and endocrine conditions among children. Gestational diabetes can also develop as a state of impaired glucose tolerance during pregnancy.

Several critical lifestyle factors increase the risk of type 2 diabetes, including:

- Being sedentary.
- Carrying excess belly fat.
- Eating a processed diet high in sugar and starchy carbohydrates.
- Having a family history of a poor diet.
- Having a history of gestational diabetes.
- Having high blood pressure and high cholesterol.

This insulin resistance that contributes to type 2 diabetes is created by diet. Obese people who cut out starchy carbohydrates may reverse metabolic syndrome and decrease diabetes risk, often without needing to lose weight, according to 2019 American research.

"Even a modest restriction in carbs is enough to reverse metabolic syndrome in some people, but others need to restrict even more," Parker Hyde, the scientist leading the *Journal of Clinical Investigation Insight* research, said. Some study participants saw the reversal within a month of changing their diet.

This is great news for over one-third of adults who may have prediabetes. Risk factors are within our control.

Eating large amounts of sugar keeps blood sugar levels high, contributing to insulin resistance. Sugar and starchy carbohydrates are both converted into glucose. Sugar is found in many of the obvious foods, like sweets and cake, as well as so-called "healthy" foods, like granola and yogurt. Actual healthy carbohydrates like grapes, pears, bananas, and dates also have a high sugar content that can elevate blood sugar levels.

Avoiding sugar and picking whole foods whenever possible — ideally vegan ketogenic foods like leafy greens, cauliflower, avocados, berries, nuts, and seeds — can directly improve health and may reverse the effects of type 2 diabetes. The National Obesity Forum (NOF), a non-profit, advocated a variant of the vegan ketogenic diet in their 2016 paper entitled, "Eat Fat, Cut the Carbs and Avoid Snacking To Reverse Obesity and Type 2 Diabetes."

The UK's Labour Deputy Leader Tom Watson is a famous example: By eliminating all refined sugar and starchy carbs (junk food) and starting to run and cycle, Watson lost 44.5 kg (98 lbs) and was able to stop taking his diabetes medication.

Tasty spice controls blood sugar, cancer & cognitive decline

Cinnamon is a popular spice with well-known anti-diabetes benefits; it helps our body better utilise insulin produced by the pancreas. As a 2016 *Journal of Intercultural Ethnopharmacology* study noted, consuming 1 gram (1/4 teaspoon) of cinnamon for three months could lead to a 17-percent drop in fasting blood glucose levels.

Along with diabetes, cinnamon influences multiple forms of disease. Here are five worth noting:

- 1. Cancer:** Cinnamon helps inhibit cancer cell growth and blood vessel formation in tumours and may be toxic to cancer cells, causing their death. Cinnamaldehyde, cinnamon's active component supplying its fragrance and flavour, has been proven to protect against notoriously aggressive colorectal cancer in animals.
- 2. Heart disease:** Just a gram of cinnamon may address the most common cause of early death, improving blood markers and reducing risk of heart disease. Cinnamon may lower triglycerides and "bad" LDL cholesterol while maintaining "good" HDL levels. As little as 120 mg of cinnamon a day could cause HDL cholesterol to increase. Cinnamon may also stabilise blood pressure.
- 3. Multiple sclerosis.** Proven to be a powerful anti-inflammatory, cinnamon may help calm inflammation in the central nervous system and some regions of the brain. American researchers demonstrated this in 2015 in MS-induced mice: The mice given the higher dose of cinnamon showed a marked suppression in symptoms, as well as decreased risk of MS.
- 4. Neurodegenerative disease.** Cinnamon has been shown to improve learning by supporting memory and brain function. The spice's potent compounds also have an impact on Alzheimer's and Parkinson's disease. Cinnamon may block tau protein build-up, a characteristic of Alzheimer's disease, while also reversing cellular and biomechanical changes in the brain to stop Parkinson's from progressing.
- 5. Viral infection.** Confirming its antimicrobial, antiviral, and immune-boosting abilities, a 2000 Japanese study conducted on 69 medicinal plant extracts found cinnamon to be the most successful in treating cells infected

with HIV. Cinnamaldehyde can also block growth of different influenza viruses, increasing survival rates by up to 100 percent compared to 20 percent seen in control groups.

Beyond its support for diabetes, scientists are only beginning to uncover cinnamon's impact. "Given cinnamon's important status as the third-most-consumed spice in the world... we would like to leverage this opportunity to potentially improve the health of people around the globe," Georg Wondrak, Ph.D., co-author of the 2015 *Cancer Prevention Research* study, said.

What cinnamon, chromium & cactus have in common

Cinnamon's good for cooking. But like the highly potent curcumin compound found in the turmeric spice, the amount of cinnamon sprinkled on food can't come close to giving us the health benefits we seek.

On top of that, cinnamon sold in supermarkets is normally made with cheaper cassia cinnamon. Cassia is considered the lower-quality form of cinnamon bark because it contains coumarin. As a fat-soluble compound, coumarin can build up in tissue and potentially damage the liver.

Ceylon cinnamon, on the other hand, is low in coumarin and provides powerful benefits without side effects when taken at a high dose. Ceylon is the "true" cinnamon that we're after.

It's also possible to enhance ceylon cinnamon's effect on blood sugar with the help of a few added nutrients. High-quality ceylon cinnamon supplemented with

chromium can improve both glucose metabolism and insulin resistance. Chromax Chromium is the form of the mineral that's clinically backed for safety and efficacy, evidenced by more than 35 human clinical trials. Chromax Chromium can significantly decrease appetite, carbohydrate cravings, and caloric intake.

Ceylon cinnamon and chromium combined with prickly pear cactus, or nopal, may further help to lower blood sugar levels. Prickly pear is a superfruit and supercharged antioxidant. Cactinea™ Nopal is the proven prickly pear extract able to reduce water retention and improve body shape, with its efficacy backed by 87 percent of women.

Supplementing simplifies things. And depending on the concentration of ceylon cinnamon, results may come pretty quick. In diabetic rat models, ceylon cinnamon has been shown to benefit blood glucose and lipid parameters, while decreasing food intake, in roughly 30 days.

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.



Sources

All references can be found at www.NaturallyHealthyNews.com





Helps maintain stress-relieving nutrient levels

Combat stress and anxiety with **Relaxwell™**. Combines L-Tryptophan, L-Theanine, Vitamin B6, and Vitamin B3 to naturally help relieve high levels of stress and anxiety, and supports healthy sleep patterns for a much better rested you. **Suitable for vegetarians and vegans.**

Available at all good independent health food stores



Good Health Naturally®
Because it Works!



Now is the time to build up your skin protection

This powerful antioxidant formula delivers a combination of plant-based DHA oil and natural AstaReal® astaxanthin which studies show is **1000x more effective than Vitamin E** at protecting skin from harmful UV radiation. **Suitable for vegetarians and vegans.**

Available at all good independent health food stores



Good Health Naturally®
Because it Works!

HEALTH news

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

Curcumin nanocapsules could provide a new antibiotic-free approach to preventing and treating 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.

A natural antibiotic-free approach

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 way 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 miniscule 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.

Curcumin's many potent health benefits

Curcumin is renowned for its many health properties, including its potential benefits for relieving joint pain, improving lung health, improving cell health, and more. Recent studies show that curcumin could be particularly effective against osteosarcoma – the second most lethal cancer among children. It does this by stopping cancer growing and promoting healthy bone cells. This could be a real alternative to chemotherapy, especially for small children.

New research from Washington State University also reveals that curcumin has powerful anti-inflammatory and bone-building qualities. Laboratory tests discovered that curcumin inhibits osteosarcoma cell growth by 96 percent, while promoting healthy cells at the same time.

COULD HIGH-DOSE VITAMIN C BE THE SOLUTION TO TREATING COVID-19?

COVID-19 patients in New York are seeing **significant improvements in their health conditions from being treated with high-doses of intravenous vitamin C**. More than 700 patients have received vitamin C, and health experts claim they are doing "significantly better than those who didn't get vitamin C."

Dr. Andrew G. Weber, a pulmonologist and critical care specialist with Northwell Health, has 23 hospitals in New York state. He claims his patients are being given 1,500 milligrams, at least 3 to 4 times a day – which is **16 times the recommended daily allowance (RDA)** of 90 mg for men and 75 mg for women.

The positive results coming from China, where doctors have been administering vitamin C intravenously, inspired Dr. Weber to try it on his patients. Researchers at the Zhongnan Hospital of Wuhan University gave those infected daily infusions of 24 g of vitamin C for seven days.

Vitamin C – a natural solution for COVID-19?

Dr. Weber says the vitamin C "helps a tremendous amount, but it is not highlighted because it's not a sexy drug." Dr. En ian Mao, Chief of Emergency Medicine at Ruijin Hospital in Shanghai, has also successfully treated 350 COVID-19 patients in critical care units with high-doses of vitamin C.

Dr. Mao administered patients in critical care with 10,000 to 20,000 mg a day for 7 to 10 days to treat a range of health problems – including sepsis, pancreatitis, and surgical wound healing. None of his patients died.

Vitamin C has also been found to shorten the length of mechanical ventilation in critically ill patients, according to a review recently published in the *Journal of Intensive Care*. Researchers from the University of Helsinki and the University of Sydney conducted a systematic literature search to identify controlled trials that analysed vitamin C's effects on ventilation time among patients in the intensive care unit.

Based on eight studies of 685 patients included in the meta-analysis, researchers found that vitamin C shortened the length of mechanical ventilation on average by 14 percent. Among 471 patients (in five trials) requiring ventilation for more than 10 hours, a dosage of 1 to 6 g/day of vitamin C shortened ventilation time on average by 25 percent.

Source: www.NaturallyHealthyNews.com

DIY treatments for chronic back pain: Here's what researchers just found

At-home acupressure is 'low risk, low cost, and easy to administer'



Turns out that it works, both inside and outside of a hospital setting. Scientists have already proven — in the largest randomised controlled trial worldwide — that acupuncture can be as effective as painkillers in emergency medicine. Now, a newer study shows that using the same techniques at home may improve chronic lower back pain and fatigue. Is it finally time to ditch the prescription?

Why try DIY? Pain meds are expensive, addictive, and ineffective

The devastation of the opioid epidemic is well-documented. Pain medications are frequently over-prescribed; lack of oversight leaves many chronic pain patients vulnerable to misusing them.

Run-of-the-mill painkiller side effects include drowsiness, constipation, and nausea, with potential for slowed breathing, chest or abdominal pain, cardiac arrest, addiction, and death. Some drugs prescribed to treat chronic and severe pain have also been shown

to lower the body's defence, increasing risk of fatal conditions like sepsis.

For those with back pain *and* a pre-existing health condition, risks may be even higher. As British researchers learned in 2018, commonly dispensed opioid pain medications could cause three-times the side effects — including dangerous symptoms like confusion and personality changes — in adults with dementia.

Traditional Chinese Medicine techniques are among the natural pain solutions making headlines. Acupressure has been studied for pain related to cancer and arthritis, American researchers explained while conducting their 2019 *Pain Medicine* study. But until then, acupressure's effect on back pain hadn't been thoroughly examined.

Study participants in the acupressure group self-administered acupressure for about 30 minutes a day. In contrast to the "usual care" group, who continued their normal back pain treatments, those applying stimulating self-acupressure saw their pain and fatigue levels drop in just six weeks. Researchers were excited to see positive results

from a user-friendly, non-pharmacological pain treatment.

4 drug-free back pain remedies (and at-home acupressure is one)

Several alternative options make it possible to prevent, manage, and even end pain with little-to-no use of prescription medicine:

1. CBD. Professional rugby players in England have begun relying on CBD oil to expedite recovery, instead of using prescription pain meds. Containing cannabidiol (CBD) extracted from the cannabis plant, CBD oil offers health benefits without the "high" coming from THC. CBD oil regulates inflammation, while also easing tension and anxiety that can contribute to chronic back pain.

A *Frontiers in Pharmacology* review, covering data from 1975 to 2018, reported that CBD can successfully manage multiple types of chronic pain without any adverse side effects. Supplementing up to 10-percent CBD can provide a quick-



er uptake, ideally from a safe, legal, and scientifically-verified extract with guaranteed cannabidiol levels. Topical magnesium can be applied with CBD, addressing back muscle cramps and tremors that may be signs of a magnesium deficiency.

2. Electro-acupressure. Tens of thousands of back pain sufferers have used at-home acupressure. Electro-acupressure can help manage mild to severe back and pain issues, including sciatica, scoliosis, herniated discs, fibromyalgia, and arthritis. Acupuncture was deemed a safe alternative to painkillers in emergency rooms; self-administered acupressure may decrease pain in as few as six weeks.

Examples of acupressure points for lower back pain include G30, located on the upper, outer part of the glute; B40, found directly behind the knee in the centre of the crease; and G34, which lies in a slight depression just below and in front of the fibula. Applying self-acupressure at these points can address acute or chronic lower back pain. Or, a handheld electro-acupressure device can be used to eliminate the guesswork and make it easier

to find and stimulate each acupoint at its precise location.

3. Serrapeptase. The anti-inflammatory enzyme serrapeptase helps alleviate one of the most common causes of back pain – narrowing disks in the lower lumbar spine with radiating pain that reaches the leg. The renowned proteolytic enzyme, first isolated in the intestine of the silkworm and now laboratory-produced using the friendly *Serratia E15* enterobacteria in a plant medium, soothes inflammation and reduces on-site pain without the risks associated with NSAIDs and pain medicine.

Serrapeptase's ability to remove non-living tissue and inflammatory debris can calm high-level inflammation. The enzyme inhibits the release of pain-producing amines from inflamed or injured tissues, notably decreasing pain intensity (as well as radiating pain) compared to a placebo.

4. Tai chi. Good for the mind and body, 2020 research suggests that gentle exercise, like tai chi, could help ease the low back pain experienced by up to 80 percent of people. When comparing qigong, yoga, and tai chi, American researchers found tai chi to be especially useful in reducing acute lower back pain in younger men.

Study authors endorsed all three forms of exercise as alternatives to pain meds, injections, and surgery. The child's pose in yoga is especially useful for stretching the lower back and hips and stabilising the spine. Pairing this gentle exercise with regular walks helps strengthen the muscles supporting the spine, reducing pain and maintaining mobility.

For such a prevalent problem as chronic back pain, hospital visits may no longer be needed. After a hospital stay, many people go home sicker. As a 2020 pilot study noted, published in the *Annals of Internal Medicine*, even critically ill patients could receive better care at

a much lower price when undergoing hospital-quality home treatments.

Home care might reduce hospital readmission rates by a whopping 70 percent, mainly by providing patients with extra opportunity for mobility and more personalised medicine. Several studies suggest chronic pain might not be so different.

Recommended

CANNA10 CBD OIL

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



SERRAENZYME® 250,000IU

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



ANCIENT MAGNESIUM CREAM ULTRA + CBD OIL

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



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

For frustrated parents: Sneaky ways to convince kids to try healthy habits

Use 7 kid-friendly tips to balance out the effects of modern living

Conflict, pollution, and disease are just a few examples of the threats our kids are facing. In a perfect world, teaching healthy habits could help combat many of these dangers. But most parents know, it's never that easy.

Kids gravitate to the same temptations we do: processed foods, screen time, and skipping out on activity. Recognizing the issues we're facing helps, but it doesn't guarantee our kids will embrace healthy habits. A subtle introduction may make new concepts less threatening and can get us farther than negotiating.

Does junk food make junk kids? 7 modern foods causing kids problems

Most dangers lie on the plate. If eating processed food during pregnancy doesn't predispose a child to junk food addiction — as it's shown to — TV ads will seal their fate. A 2018 Australian study found that junk food commercials are aired 2.3-times more than healthy food advertisements during times of peak viewing for children.

No wonder some of the most damaging foods are among our kids' favourites. Steer clear of:

1. Breakfast cereal.

As easy as it is to pour a bowl of cereal in the morning, don't. A commercial cereal may advertise vitamins and minerals — and even whole grains — but it also contains large quantities of sugar and processed ingredients. High levels of food colouring in cereals may also affect a child's mood and behaviour.

2. Crackers.

Crackers make for a handy snack, but they're on the list of starchy carbs to be avoided. Other examples include rice, potatoes, refined and wheat pastas, pastries, cookies, breads, and breakfast cereals. Crackers are produced from processed white flour and contain an excess of inflammatory oils and preservatives.

3. Deli meat.

Another big no-no: While making a sandwich to pack in a lunch is simple, we now know that deli meat contains dangerous levels of nitrates that can

increase cancer risk. A 2020 U.S. study showed that processed meat intake, officially classified as carcinogenic, spikes heart disease and overall death risk.

4. Fruit juice.

Contrary to what the colourful food packaging may tell us, most commercial fruit juices are high in sugar and low in fibre and vitamins. They don't resemble real juice whatsoever. Kids are drawn to apple juice, and parents may see it as a healthier option — one which is almost completely made up of fructose.

5. Granola bars.

Call granola bars "nature's deception." Almost all granola bars are advertised as healthy, when the opposite is true. Most granola bars are nutrient-poor with an ingredient label that reads like a candy bar — full of sugar, marshmal-





lows, chocolate chips, high fructose corn syrup, and artificial dyes. Some contain close to 4 teaspoons of sugar.

6. Soft drinks.

It's hard to justify giving kids a sugary soft drink that can contribute to obesity or even a diet soda laden with chemical sweeteners. Large amounts of high fructose corn syrup in soda can increase diabetes risk in children; a major 2019 European study also linked regular and diet soft drink consumption with a greater risk of all-cause death.

7. Pizza.

Takeout pizza is convenient but far from healthy. A better alternative to refined carbohydrates, commercial dairy, and processed meat on a pizza is a baked pizza made with a cauliflower crust. Or, bake a personal pizza on a portobello mushroom, topped with grilled veggies

and garnished with herbs and vegan cashew or almond cheese.

In the Western diet where processed foods are king, looks can be deceiving. Misconceptions spread by the food industry, coupled with skilful advertising, have produced countless un-natural foods disguised as "healthy."

Stick with whole plant foods instead and begin introducing them as a baby starts solids. Eat fresh or frozen veggies (preferably organic), dark-skinned fruits and avocados, beans, nuts, seeds, healthy oils, and healthy grain alternatives, like buckwheat and quinoa. Read more on incorporating nutritious foods in the next section.

It's not too late: 7 healthy hacks most kids can get on board with

Try:

1. Clever swaps.

A healthy diet supports better reading skills within the first three years of school. But the difficulty is getting kids to eat it. Swapping, and even disguising, healthy foods can help soften the blow for pickier palates. Use sprouted bread in lieu of whole-wheat bread for sandwiches. Substitute chickpea pasta for refined noodles. Serve baked sweet potato fries. Blend up an all-in-one smoothie that includes avocado and kale.

And instead of juice boxes and soft drinks, offer fruit-infused water. Keep fruity water on hand – made with chopped limes, strawberries, or cucumbers – in individual water bottles or a pitcher in the fridge.

2. Family dinners outside.

Turn family dinner into a device-free hour and take the opportunity to get outdoors. Boredom – i.e., time spent without a device in hand – is said to breed brilliance and creativity. Science also shows that eating dinner together as a family has mental, physical, and emotional benefits that include higher self-esteem and lower risk of obesity and depression.

Eating outside in the warmer months gives kids and adults the chance to absorb vitamin D. It helps to expose the skin to the sun whenever possible, wearing clothing as a cover-up during peak daylight.

3. Help with shopping/cooking.

Getting kids involved in healthy activities like grocery shopping and meal prep can get them interested – and invested – in eating better. Take younger children to the store and let them read and cross off items on the grocery list. Ask older kids to pick, help shop for, and cook their own healthy meal to serve at family dinner.

Kids might also enjoy watching cooking channels for inspiration; children who watch kid-friendly cooking shows featuring nutritious meals may be 2.7-times more likely to eat healthy, a 2020 Dutch study noted.

4. “Quiet” hours.

As another way to unplug, consider blocking off an hour each day, or at least on the weekend, for quiet time that can be spent thinking, drawing, playing outside, or reading. A fully quiet hour can be a challenge for both grown-ups and kids. For younger children, it can help to start with a quiet 15 minutes and then work up from there, adding 15-minute increments.

Quiet time can help kids identify the difference between solitude and loneli-

ness. Adolescents given blocks of alone time have reported positive emotional payoffs, as well as increased alertness.

5. Super-fun supplements.

Taking a full-spectrum multivitamin each day can benefit every member of the family – as long as kids don’t refuse it. To avoid turning a child off, test different formulations. An all-in-one multi or soil-based probiotic capsule can be opened and broken over food for young children, and quick-absorbing vitamin C liquid liposomes are tasty off the spoon for kids of any age.

Sublingual vitamins like D3 and K2 can also be sprayed into the mouth, offering direct delivery to support mood and behaviour in adolescent children.

6. Vegetable-eating challenges.

Viral social challenges are all the rage, so why not put a healthy spin on it? Younger kids might appreciate a playful veggie-eating chart, where gold stars can be awarded until a larger prize is earned. Older kids could compete to see who can eat the most vegetables in 24 hours. Reward the nightly winner with non-food treats like an extra hour of TV or special weekend privileges.

Incentivizing school-age kids with raffle tickets or a small amount of money has helped increase vegetable and fruit intake by 80 percent and decrease lunchroom produce waste by as much as 33 percent.

7. YouTube yoga.

On the days kids don’t feel like playing outside, or the weather isn’t cooperating, turn on a YouTube class for the family. Family-friendly yoga options are everywhere, as are family dance videos, shake breaks, and more traditional workouts. Yoga improves flexibility and strength, while also increasing kids’

calmness and body awareness.

Some schools have started implementing simple yoga and mindfulness practices to successfully help regulate stress and anxiety in young children.

Instead of looking at it as an obstacle, it could be an opportunity. Whether our kids are toddlers or teens, we have options to start doing things differently. Simple changes can have the biggest impact.

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.



CUREC™ LIPOSOMAL VITAMIN C + QUERCETIN

1,000mg of high quality liposomal Vitamin C, 1000mg PC, plus 175mg of Quercetin per serving. The product is gluten-free, non-GMO, and non-soy.



VITAMIN D3 & K2 SUBLINGUAL SPRAY™

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



PROBIOTIC14™

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



Sources

All references can be found at www.NaturallyHealthyNews.com

The Original Vegan-Friendly Vitamin D3 & K2 Sublingual Spray



Combines all-natural Vitamin D3 with MenaQ7 Vitamin K2 MK7 in a powerful sublingual spray for maximum vitamin absorption. When combined these essential vitamins support optimal calcium metabolism and distribution in the body.



Supports healthy
heart function



Promotes better
calcium absorption



Boosts immune
system response



Suitable for
vegetarians and vegans

Available at all good independent health food stores


Good Health Naturally®
Because it Works!

GoodHealthNaturally®
Because it Works!

35

Years of Good Health



For 35 years Good Health Naturally have been pioneers in providing cutting-edge natural health solutions, scientifically formulated with the principle of improving the health and well-being of people's lives through nutritional supplements, vitamins, and minerals.



Fast delivery
+ easy returns



Talk to qualified
nutritionists



Highest quality
ingredients



Rated 5*
on TrustPilot

Available at all good independent health food stores