

NATURALLY HEALTHY NEWS



ISSUE 40

**FREE
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IT'S THAT EASY?

Healthy (and tasty!)
3-ingredient smoothie recipes

ATTENTION PET OWNERS

Top tips to help dogs, cats, and horses live longer and pain-free

BEWARE OF FILLERS

Look out for these harmful multivitamin ingredients

QUALIFIED NUTRITIONISTS SPEAK UP

Your most pressing questions answered here

THE KEY TO IMMUNITY

How to keep your immune system strong all year long

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Years of Good Health



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Dear Reader,

Welcome to Issue 40, **Naturally Healthy News**. It's **September 2020**, we are still in and out of lockdowns. The good news is that nutritional supplements are still available, being classed as an essential business supplying pharmacies and Independent Health Stores.

I am always writing on the benefits of a strong immune system, this edition is no exception as we explore and build on immunity and nutrition, whether you are a healthy person wanting to stay healthy, or an 'at risk' person requiring extra powerful protection. I have also included articles on general health and specific issues. If you have read any of my previous articles or blogs you will know I'm a firm believer in nutrition going hand in hand with diet and lifestyle, so you will also find an array of healthy lifestyle tips and Really Healthy recipes packed inside.

All articles I include in my magazine have been thoroughly researched, to bring you the most up to date natural health information. I research both the causes of your health problems and the nutritional solutions. Doctors call them diseases, but I call them the effects of an unhealthy lifestyle.

eBooks: Don't forget you can also access my library of free eBooks, these contain all the steps needed for various health challenges, available at www.naturallyhealthynews.com/ebooks

Products: My liposomal range continues to receive amazing feedback from customers, especially CureC with Quercetin, which has been the number 1 immune choice during this time. The importance of Vitamin D3 and immunity has also been raised to the top of the health agenda, as low D3 status and poorer Coronavirus outcomes have been reported in the media. Please remember, my products are only sold through Independent Quality Health Stores.

Success Stories: I would love to hear your success stories – please get in touch with me via email: robert@goodhealth.nu. Let your story help to inspire others.

Take good care,

Robert Redfern

Robert Redfern
'Nutritionalist,' author, and broadcaster



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.

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Does vitamin D work for COVID recovery?

Find out why scientists strongly suggest we start supplementing

Should we contract the coronavirus, our vitamin levels may majorly influence the severity of our infection. Specifically, our levels of vitamin D3.

New 2020 research from Ireland found that in countries in the northern hemisphere where vitamin D deficiency is common, patients with COVID-19 may have weaker immunity. This can present as an inability to suppress the inflammatory response caused by the coronavirus, which increases the risk of severe illness and fatality.

What researchers found: Sunnier countries see lower COVID mortality

Compared to countries in the southern hemisphere with more sun exposure, like Australia, those in the northern hemisphere are experiencing higher rates of COVID-related deaths.

The study authors cite insufficient sunlight — required by our body to synthesize vitamin D3.

COVID-19 mortality rates may increase with latitude. Countries at 35 degrees north and above, like Italy and Spain, with confirmed population-wide vitamin D deficiency, have more severe and potentially fatal cases of the virus compared to countries below 35 degrees north, who receive added sunlight in the winter and spring. The only exception is Nordic countries, where vitamin D is typically supplemented.

More research is needed, but at this time, study authors strongly advise that governments of deficient countries advocate for supplementing vitamin D.



Before the pandemic, vitamin D deficiency was already considered a global health problem. Now we can see why. Entering a health crisis already lacking vitamin D leaves us vulnerable; vitamin D regulates immunity, triggering the production of an antimicrobial peptide that boosts innate immune function.

This is the reason we see a surge of viral infections in the winter. As researchers observed in those northern hemisphere countries, little sunlight in cold weather depletes our vitamin D levels and compromises our immune defence against viruses.

COVID survival also hinges on lung health, and vitamin D is one of the most lung-protective nutrients available. Supplementing it has helped reduce COPD flare-ups by over 40 percent and asthma flare-ups by 27 percent among those with deficiency.

What to do next: Get moderate sun exposure & top up on vitamin D

We can start by spending short bouts in the sun whenever possible. This is the healthiest and most natural way to increase levels of vitamin D. Oily fish, eggs, and enriched mushrooms are also some nourishing food sources of vitamin D3.

But in northern countries, and in colder months, vitamin D is still likely to be lacking. As researchers suggested, it can help to supplement at least 1,000 IU to 2,000 IU of vitamin D3 a day.

Don't wait until symptoms of deficiency appear or, worse, a COVID test comes back positive. Chronic fatigue, bone mineral loss, depression, lower back pain, and, of course, recurrent sickness are a few of the most common signs of low vitamin D.

Recommended Products

VITAMIND3™
Professional strength for ultimate D3 support. Delivers 4000IUs of D3 per capsule, plus 100mg of Calcium from coral. Suitable for vegetarians and dairy/gluten-free.



VITAMIN D3 & K2 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.



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

Take heart: Over a dozen ways to naturally improve cardiovascular health

Researchers have answers for the number one killer

What's the greatest threat to our global health? Heart disease. Cardiovascular disease (CVD) is the number one cause of death around the world. It claims roughly 17.9 million lives annually, is the leading killer of both women and men, and causes more deaths than cancer and chronic lower respiratory disease combined.

True or false? Good circulation keeps a healthy heart beating

Circulation is the foundation of heart health, and it's often glossed over by the medical community.

Many physicians fail to mention that when blood flow is severely restricted, or cut off to part of the heart, a heart attack is sure to follow.

High blood pressure is a familiar form of compromised circulation. A risk factor for stroke, heart attack, and congestive heart failure, the ongoing strain of high blood pressure, or hypertension, can cause narrowing of the coronary arteries, called atherosclerosis.

Circulation is worsened by other CVD risk factors, like smoking, physical inactivity, obesity, and poor nutrition and diet. The best way to support heart health is by improving circulation, and the best way to improve circulation is by looking at the bigger picture. For

most of us, this comes down to lifestyle.

How to mend a broken heart: 14 natural ways to prevent heart disease

Taking simple steps can keep the heart healthy — and keep blood flowing:

- 1. Avoid processed foods.** Ultra-processed foods make up over half the calories in the typical Western diet and have been linked to poor cardiovascular health, according to preliminary research presented by the American Heart Association in 2019.
- 2. Cut out unnatural sugars.** Many processed foods contain high levels of sugar (often from hidden sources), and sugar is the primary cause of inflammation. Intaking a quarter or more of our daily calories from sugar may make us twice as likely to die from heart disease.
- 3. Eat more plants.** An easy way to eliminate ultra-processed foods and added sugars? Include more plant foods at every meal. Consuming plants profoundly affects the heart, supplying critical nutrients and healthy fats that help to balance cholesterol.
- 4. Increase magnesium.** Magnesium is a critical mineral that plays a key role in preventing CVD. It protects against angina by keeping the coronary arteries from spasming, and it also relaxes the muscles that control the blood vessels, allowing blood to flow more freely.
- 5. Look for work-life balance.** A heavy workload is a common source of stress that can heighten risk of heart disease. Some jobs may impact the heart more than others; managers in any industry, as well as social workers, could see heart health decline.
- 6. Make a beetroot smoothie.** Dietary nitrate, which is found in beetroot, dilates blood vessels and lowers blood pressure. Drinking beetroot may decrease nerve activity, similar to the effects of exercise, and can calm the sympathetic nervous system and help sufferers of heart disease.
- 7. Move daily.** Even gentle physical activity, like rebounding or brisk walking, can improve circulation and heart function. If you have poor circulation, you can work up to longer bouts of exercise, starting with lying on your back and cycling your legs





in the air.

8. **Prioritise sleep.** It may be counter to our culture, but correcting sleep debt can pay off in big dividends – by reducing risk of heart disease. This protection stands regardless of age and other healthy lifestyle habits. Applying magnesium and melatonin lotion to the skin before bed can speed up absorption, supporting both heart health and sounder sleep.
9. **Quit smoking.** Smoking is one of the main contributors to poor blood flow, ultimately damaging the heart and increasing risk of stroke, heart attack, coronary heart disease, and more. Smokers with a higher fruit and vegetable intake have been better able to quit and remain smoke-free.
10. **Relax often.** More peace and quiet may be one of our most effective natural remedies. High cortisol levels caused by stress can increase blood pressure and cholesterol. Deep breathing, yoga, and tai chi are all mindful exercises that

can manage risk factors for heart disease.

11. **Replace missing enzymes.** Enzymes that boost circulatory health can be a helpful alternative to prescription medicine. Pro-circulatory enzymes like serrapeptase and nattokinase, along with digestive enzymes, antioxidants, and proanthocyanidins, are a powerful combination that may improve arterial/cardiovascular function and regulate blood pressure.
12. **Spend time with a pet.** Not only does taking the dog for a walk enhance circulation but connecting with a pet may strengthen heart and lung function. Dog ownership may have special benefits – like cutting the risk of premature death for heart attack patients by 33 percent, confirmed in a 2019 *Circulation* study.
13. **Stay hydrated.** Like any other organ, our heart needs ample amounts of water to function. Drinking six to eight 8 oz. glasses of reverse osmosis (RO) filtered or distilled water a day with one third of a teaspoon of bak-

ing soda in each glass can improve blood flow and prevent blockages.

14. **Supplement bergamot.** Bergamot is the potent citrus fruit extract used in Italian folk medicine, and has recently been proven to protect the heart by lowering cholesterol. Super BERGAVIT® Bergamot 45% is the form of the extract backed by 11 pre-clinical and four clinical studies, shown within six months to decrease LDL cholesterol while helping HDL increase.

Even if it's not a heart attack, our heart function has a whole-body impact. Having a heart attack could increase our cancer risk more than sevenfold, and that's just one example.

Recommended Products

ANCIENT MAGNESIUM OIL ULTRA

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



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.



BLOCKBUSTER® ALL CLEAR

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



Sources

All references can be found at www.NaturallyHealthyNews.com



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!

3 INGREDIENT SMOOTHIE RECIPES

TO MAKE IN UNDER 3 MINUTES



- 1 1 avocado
- 2 2 tbsp. chia seeds
- 3 2 cups diluted coconut milk

Beneficial for: Immunity + heart protection + energy

- 1 1 cup frozen berries
- 2 3 drops vanilla
- 3 3/4 cup coconut cream

Beneficial for: Blood sugar + mood + muscle growth

- 1 1/2 cup sprouted oats
- 2 1 cup chopped banana
- 3 1/2 cup coconut milk

Beneficial for: Weight maintenance + blood pressure + digestion

- 1 1 1/2 cup frozen strawberries
- 2 1/2 cup shredded coconut (unsweetened)
- 3 1/2 cup kefir

Beneficial for: Vision + bone protection + gut health

- 1 1/2 avocado
- 2 1 tbsp. flax meal
- 3 1/2 cup almond milk

Beneficial for: Healthy skin + healthy cell support + muscle repair

- 1 1 cup kale
- 2 1 cup blueberries
- 3 1 cup coconut milk

Beneficial for: Memory + healthy ageing + workout performance

- 1 1 orange
- 2 1 small square ginger
- 3 1 cup fresh carrot juice

Beneficial for: Immunity + inflammation + healthy hair

- 1 1 cup chopped banana
- 2 2 tbsp. almond butter
- 3 1/3 cup water

Beneficial for: Kidney health + brain health + joint mobility

- 1 2 cups fresh pineapple
- 2 1/3 cup mint leaves
- 3 1/2 cup water

Beneficial for: Joint health + digestion + blood pressure

- 1 1 + 1/2 cups frozen berries
- 2 1 cup chopped banana
- 3 1 cup pomegranate juice (unsweetened)

Beneficial for: Arterial health + sleep + kidney health

- 1 1 beetroot
- 2 1 cup frozen berries
- 3 1/2 cup water

Beneficial for: Blood sugar + cognitive function + detoxification

- 1 1 cup spinach
- 2 1 cup diced cucumber
- 3 1 cup coconut water

Beneficial for: Respiratory health + blood sugar + exercise recovery

A FEW THINGS TO REMEMBER

- Add water or another suggested liquid to adjust flavour and consistency.
- Throw in a handful of ice cubes for a frostier texture.
- Blend with a natural sweetener like stevia or xylitol; these don't impact blood sugar.
- Use fresh, organic produce wherever possible (and where frozen fruit isn't recommended).
- "Upgrade" any smoothie by adding in protein powder or a supplement; mix in a plant-based vitamin C powder, which dissolves completely or break open a probiotic cap and stir into a smoothie once blended.
- Get creative – swap out different ingredients based on their flavour and unique health benefits.



An apple a day keeps hot flashes away?

6 easy ways to manage menopause symptoms and find relief

Almost half of medical professionals say they've never received adequate training on menopause management.

With advice and treatment for menopause so hard to come by, the best health solution through this time of reproductive hormone decline may lie in natural remedies. Sometimes it's as simple as increasing fruit intake.

The struggle is real: Menopause may worsen migraines and arthritis

Menopause usually begins in the forties or fifties, at an average age of 51.

It's characterised by:

- Decreased production of the female hormones oestrogen and progesterone.
- Ovaries no longer making eggs.
- Stopping the menstrual cycle.

Perimenopause is the transition into menopause. At this time, levels of hormones produced by the ovaries start to decrease. An irregular menstrual cycle is common. When a woman's period has stopped for 12 months, she has officially reached menopause. Post-menopause can also describe this stage that follows.

During perimenopause and into menopause, several symptoms might appear:

- Fatigue
- Hot flashes
- Insomnia
- Lower libido
- Mood changes, i.e., feelings of depression/anxiety
- Night sweats
- Slowed metabolism
- Vaginal dryness

All in all, this transition can last from five to 13 years. This time of change isn't easy and its effects aren't imaginary - as any menopausal woman will tell you, they're very real.

Migraine sufferers may see their headache frequency increase, by up to 60 percent in middle-aged women in perimenopause. Women with rheumatoid arthritis (RA) may also have symptoms spike, with RA in postmenopausal women progressing more rapidly.

6 all-too-common menopause symptoms — and how to handle them

Many women use alternative remedies to minimise menopause symptoms, alongside or instead of HRT:

1. Fatigue.

During both peri- and post-menopause, low energy is expected. That nagging mental and physical exhaustion so many women experience may be caused by shifting hormone levels. Other menopause symptoms like insomnia can make daytime ex-

haustion even worse. Menopause-related fatigue may also trigger mood swings and anxiety.

What helps: Think about cutting out all processed foods, especially sugar, to help the body regulate its own natural energy. Limiting alcohol and drinking more water is also essential; dehydration related to hot flashes and night sweats can deplete energy and tank your mood.

2. Hot flashes.

Called both hot flashes and hot flushes, these temperature changes are considered the most common symptom of menopause. Hot flashes affect about 85 percent of menopausal women as changes in progesterone and oestrogen disrupt internal temperature control. A spike in temperature, a flushed face, and sweating are considered a hot flash in the daytime and a night sweat at night.

What helps: Try supplementing liquid maca, a traditional adaptogen and modern-day superfood known for its rich nutritional content. Maca may help improve oestrogen levels and hormonal balance, calming hot flashes and regulating sleep.



3. Insomnia.

When progesterone levels dip low enough, it can be difficult to get to sleep. Sleep might also be disrupted by night sweats and frequent urination that may cause night waking. Some indicators of menopause-triggered insomnia may be taking a half hour or longer to fall asleep, waking up earlier than necessary, and not feeling rested after waking.

What helps: A little more on maca – as mentioned, maca's ability to decrease the frequency and intensity of menopause symptoms can have big benefits for broken sleep. Multiple studies show maca may improve hot flashes, depression, anxiety, and insomnia.

4. Mood swings.

Those hormone fluctuations at the onset of perimenopause can also disrupt our emotional stability. It's normal to see an increase in feelings of irritability, anxiety, and depression. Getting more sleep, if possible, can help bring mood back into balance. Caffeine, alcohol, and processed foods may disrupt sleep and exacerbate depression and anxiety.

What helps: Exercising regularly, eating more plant foods, and using practices like meditation to reduce stress can all help cut down on mood swing severity. Applying a plant-derived progesterone cream to the skin – transdermally – may work as a natural antidepressant, while also strengthening bone density.

5. Sexual discomfort.

Sexual changes during menopause are likely. For some women, this may be an increase in libido. Other women may experience less interest in sex, especially if it's uncomfortable. Declining oestrogen can cause vaginal tissue to thin and lose moisture so that sex feels painful. Fear and anxiety might also develop around having painful sex, causing more discomfort if vaginal muscles tighten.

What helps: A menopause-friendly plant like maca can help to naturally boost libido, as can therapeutic practices like CBT. Cognitive behavioural therapy, or CBT, teaches emotional and behavioural coping strategies and has recently been shown to improve menopausal depression, hot flashes, and sleep and sexual issues for at least 3 months after treatment.

6. Weight gain.

Oestrogen influences body weight, and as levels drop, so does metabolism. While low oestrogen doesn't directly lead to weight gain, it can encourage body fat storage, especially around the stomach. Other factors that might contribute to sudden weight gain include exercising less frequently and losing lean muscle mass with age.

What helps: Getting more active with moderate movement, like tennis, swimming, and yoga, can help maintain a healthy weight. Gentle exercises like these also provide added benefits to reduce the risk of postmenopausal health problems like osteoporosis, heart disease, and diabetes.

In 2020, the North American Menopause Society (NAMS) found that eating more fruits and veggies could help to lessen the effects of menopause. Dietary factors influence metabolism and oestrogen production; most fruits and vegetables are shown to be inversely related to menopause symptoms.

Recommended Products

MACAPRO® XP® BLACK 18:1 LIQUID

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



Sources

All references can be found at www.NaturallyHealthyNews.com

Health problems crop up when levels of this amino acid get too high

The unexpected reason why hearts, brains & reproductive organs are failing



Low levels of vitamin B-complex have been linked to higher instances of cardiovascular disease. The reason? Our bodies need daily vitamin B-complex to counterbalance toxic amounts of homocysteine in the blood. High homocysteine can also increase risk of dementia, stroke, and infertility.

Homocysteine is an amino acid produced by methionine, another amino acid, in our body. We intake methionine through protein-rich foods like meat, seafood, dairy, and eggs.

Normally, homocysteine is converted into two substances: SAMe (S-adenosylmethionine) and glutathione, both of which have health benefits. SAMe helps prevent depression, arthritis, and liver damage, while glutathione is a powerful antioxidant that helps slow ageing and protect mitochondria in cases of autoimmune disease.

To convert homocysteine into SAMe, our body requires:

- Folate (vitamin B9)
- Magnesium
- Trimethylglycine (betaine)
- Vitamin B2
- Vitamin B12
- Zinc

To convert homocysteine into glutathione, our body requires:

- Vitamin B2

- Vitamin B6
- Zinc

When these conversions don't occur – because of factors like diet, smoking, alcohol, and genetics which can all contribute to a B vitamin deficiency – the homocysteine in our blood increases.

Abnormally high homocysteine (called hyperhomocysteinemia) that isn't broken down by B vitamins causes our blood levels to become toxic and elevated.

Controlling homocysteine holds the key to at least 3 kinds of disease

Let's take a look at the evidence:

1. Cardiovascular disease (CVD).

High homocysteine has been identified as an independent risk factor for heart disease.

This is because:

- Elevated blood homocysteine is thought to damage the arteries, leading to atherosclerosis (hardening).
- High homocysteine can also cause blood to have a higher-than-normal tendency to clot, increasing risk of developing a dangerous clot that could result in a stroke.
- And, high homocysteine is known to significantly lower the levels of

nitric oxide (NO) in the blood; nitric oxide is essential for the maintenance of healthy and flexible arterial walls.

In the 1960s, doctors learned that inherited genetic mutations causing high homocysteine were behind the fatal heart conditions seen in some children. Discovering this link, researchers began to analyse the relationship between excess homocysteine and heart disease in adults.

2. Dementia and Alzheimer's disease.

Along with burdening the heart, excessive homocysteine contributes to illness of the brain.

This is because:

- Homocysteine is normally converted into the brain chemical acetylcholine, used for memory.
- High levels of homocysteine have been linked with brain diseases, such as Alzheimer's disease and dementia; studies have shown that Alzheimer's patients have unusually high levels of homocysteine and low levels of acetylcholine in their bloodstream.
- Elevated homocysteine blood levels are confirmed to be an independen-



When supplementing, two proven delivery systems offer optimal sources of vitamin B-complex:

1. Capsule. A daily multivitamin should contain a range of B vitamins, supported by other plant-derived nutrients. Biologically active Quatrefolic® 5-MTHF is the preferred folate to look for in a multi as it's able to pass through the gut barrier and ensure higher uptake during pregnancy.
2. Sublingual. Taking B complex vitamins in a sublingual drops can help maintain healthy homocysteine levels and support immune, brain, and heart function and fertility. Vitamin B-complex absorbed through the mouth is the most efficient way to uptake this essential vitamin complex.

Vitamins B6, B12, and folic acid, as well as betaine, have been shown to effectively lower homocysteine. Supplementing folic acid could decrease homocysteine levels by as much as 25 percent. When folic acid is combined with vitamin B12, homocysteine may drop by another 7 percent.

dent risk factor for dementia and Alzheimer's disease.

Risk of Alzheimer's disease may nearly double in those who have blood levels of homocysteine greater than 14 µl per litre. An International consensus statement, published in the *Journal of Alzheimer's Disease* in 2018, identified homocysteine as significant to public health, stating that raised levels are "easy, inexpensive, and safe to treat with B vitamins" in older people.

3. Infertility.

Women experiencing continued pregnancy loss and infertility have been observed to have over two times the typical amount of homocysteine.

As a result:

- Since homocysteine can produce harmful amounts of free radicals, high levels may damage unborn embryos and impact the health of a pregnancy.
- Hyperhomocysteinemia can lead to adverse outcomes for mother and baby; these include neural tube defects related to low myelin production, occurring when homocysteine isn't converted back to methionine (remethylation) effectively.
- Lowering homocysteine can favourably affect fertility, particularly where unexplained infertility is present.

Supplementing active folate (5-me-

thyltetrahydrofolate or 5-MTHF), as patented Quatrefolic® 5-MTHF, has recently been shown to benefit couples experiencing long periods of infertility. Quatrefolic® 5-MTHF helped to decrease homocysteine better than a high-dose of conventional folic acid. Its ability to normalise homocysteine in over 55 percent of people makes this methylated, reduced, and non-synthetic form of folate especially important for the 25 percent who can't absorb folic acid.

Studies have also found homocysteine to be toxic to the immune system, opening the door to many more types of disease.

What happens when our body doesn't get enough B vitamins?

Some signs of vitamin B-complex deficiency include dizziness, weakness, fatigue, pale complexion, tingling in extremities, and mouth or tongue sores. B vitamins – B1, B2, B3, B5, B6, B7, B9, and B12 – are all water-soluble. This means our body can't store these precious nutrients, so we have to replenish them daily.

We can increase our levels of vitamin B-complex by eating foods like:

- Avocados
- Beans
- Citrus fruits
- Leafy greens
- Lentils
- Nuts
- Seeds

Recommended Products

B4HEALTH™ SUBLINGUAL DROPS

Unique, powerful B vitamin formula, containing all of the essential B vitamins, including: B1, B2, B3, B6, folate, and B12.



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.



SAM-E PLUS+™

(S-adenosyl-L-methionine) helps to repair and maintain cell membrane health. Supports joint health, optimal moods and stress relief. 60 veg capsules.



Sources

All references can be found at www.NaturallyHealthyNews.com



Changing Seasons? Get Good Health Support All Year

During the autumn and winter season, taking care of your immune system is essential to avoid catching colds and the flu. Studies also show that a lack of sunlight can affect mood balance, contributing to anxiety, sleep problems and even depression. The falling temperatures during this time can affect your joints, causing stiffness, aches and pains. Cold weather can even cause arteries to constrict, potentially causing heart problems.

As the seasons change, it's important to give your body the right nutrients...

Help your body keep fit and healthy with these top products...

1 Blockbuster® AllClear

Support your arterial and cardiovascular health with our powerful blend of Serrapeptase, Nattokinase, Digestive Enzymes, antioxidants and proanthocyanidins (Grape Seed Extract and Pine Bark Extract 95%). Nattokinase is a potent fibrinolytic enzyme that can accelerate the body's healing process.

Supports balanced cholesterol levels and overall circulation. Safe for long-term maintenance. Suitable for vegans.

3 AncientMagnesium Body Butter Ultra

Soothe and relax skin with our luxurious Ancient Magnesium Body Butter lotion with OptiMSM® for enhanced skin absorption. This daily body moisturiser contains shea butter and sweet almond oil, providing rich skin hydration benefits.

Magnesium can relieve sore muscles, leg cramps and various aches and pains. May also reduce the appearance of fine lines, leaving healthier-looking skin.

5 LithiumBalance™

Balance your moods and support healthy brain chemical responses with Lithium Balance™. As a 100% natural, safe and effective supplement, Lithium Balance™ provides Lithium Orotate, that transports the natural lithium to the brain creating a safe potential mood stabiliser.

May be a possible more natural alternative to anti-depressants. Suitable for vegans.

2 Serranol®

Boost your body's total health support with our super-supplement of nutrients that studies show can target dozens of health and ageing-related issues. Our powerful combination formula provides 160,000IU Serrapeptase, 250mg Meriva® Curcumin, 50mg Ecklonia Cava Extract and 1000IU Vitamin D3.

Provides anti-inflammatory benefits that may support and relieve stiff joints, along with high-level support for healthy lungs. Suitable for vegetarians.

4 CureC™ + Quercetin

A high-performance nutritional supplement that's up to 9x better absorbed than capsules, tablets and powders. Vitamin C can support healthy immune function, lower histamine levels, support brain health, blood sugar levels, heart health and energy production. Contributes to normal collagen formation for healthy, radiant-looking skin. By combining CureC™ with Quercetin, it enhances antioxidant enzymes and acts as a powerful anti-inflammatory in the body.

Can be enjoyed by all ages at varying doses. No mixing required - delicious taken straight from the spoon! Suitable for vegans.

6 D.I.P. Daily Immune Protection™

Boost your immune system with a unique formulation of 10 immune-supporting nutrients including EpiCor® and eXselen™ Selenium, along with Zinc, Vitamin C, Vitamin D3 and Elderberry Fruit Extract. Provides 39mg of Immudyne Beta Glucan 1,3 and 1,6 for optimal immune response.

May protect against infections, allergens and support healthy cell growth. Suitable for vegetarians.



3.



4.



5.



6.



Available from all good independent health stores

Really Healthy[®] recipes

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

KETO BREAKFAST CHOCOLATE "OATS"

This healthy vegan keto breakfast recipe is easy to prepare, low in carbs, low in sugar, and makes for a delicious start to the day.

Prep time: 10 min.

Cook time: 12 hrs.

Serves: 4

INGREDIENTS

- 1/3 cup (38g) walnut pieces, chopped
- 1/4 cup (38g) chia seeds
- 1/4 cup (24g) MCT oil powder or 1/4 cup (60ml) MCT oil (optional)
- 2 tbsp. cacao nibs
- 2 tbsp. cacao powder
- 2 tbsp. erythritol or 4 drops liquid stevia
- 1/2 tsp. ground cinnamon
- 1/4 tsp. finely ground sea salt
- 2 cups (475ml) milk (non-dairy or regular)
- 1 tsp. vanilla extract

DIRECTIONS

1. Place the chopped walnuts, chia seeds, MCT oil powder (if using), cacao nibs, cacao powder, sweetener of choice, ground cinnamon, and sea salt into a larger airtight container at least 4 cups (950 ml) in size.
2. Mix the ingredients until everything is fully coated.
3. Add the milk and vanilla extract, stirring until everything is incorporated.
4. Cover and place in the fridge overnight, for at least 12 hours. When ready to serve, stir well and then divide evenly between four bowls and enjoy.



HOT QUINOA "CEREAL" WITH APPLE

This quinoa "cereal" with apple is a delicious low-carb breakfast option to start the day with.

Prep time: 5 min.

Cook time: 3 min.

Serves: 1-2 bowls

INGREDIENTS

- 2 cups diced apple
- 1/4 cup water
- 1/2 tsp. ground cinnamon
- 1/8 tsp. ground nutmeg
- Dash of ground cloves
- 1 cup water
- 1 cup coconut milk
- 2/3 cup quinoa flakes
- 1/8 tsp. sea salt
- 3 tbsp. raw honey
- 1 tsp. vanilla extract

DIRECTIONS

1. Combine apple and 1/4 cup water in a small skillet; bring to a boil.
2. Stir in cinnamon, nutmeg, and cloves; cover, reduce heat, and simmer for 4 minutes or just until crisp-tender. Remove from heat; uncover and let stand.
3. Bring 1 cup of water and 1 cup of coconut milk to a boil in a large saucepan over a high heat; stir in the quinoa flakes and sea salt.
4. Cook for 3 minutes, stirring frequently. Remove from heat and let stand until slightly thickened.
5. While the quinoa stands, return the apple mixture to a medium heat; add the raw honey and vanilla, stirring well. Serve apple mixture over cereal. Enjoy.



NOTES

- This will keep in the fridge for up to 5 days.
- Make it nut-free: Omit the walnut pieces and use coconut or chocolate.
- If the chia seeds don't gel after 12 hours, it could be because of the brand. This doesn't happen often, but if it does, just add 2 tablespoons more of the chia. Or, let the mixture sit out on the counter for 4 hours or so.

Man vs. food: Why the prostate is losing the battle against the modern diet

There's an easier way to maintain prostate health (for life)

We need healthy fats, like the ones found in avocados and coconut, hemp, olive, and krill oils, to repair and heal. But it's the trans fats — artificial and industrially made — in processed foods that aren't doing us any favours. For men, trans fats are a healthy prostate's enemy.

Fried foods have high levels of trans fats: doughnuts, French fries, and fried chicken have been linked to a higher risk of prostate cancer, with a slightly stronger connection to more aggressive cases. Eating fried foods just once a week could make prostate cancer risk 37 percent higher.

After a diagnosis has been made, a man's chance of survival often comes down to his plate:

- Red and processed meats, high-fat dairy, and refined grains, i.e., some of the most consumed Western foods, are among the main offenders.
- Eating this Western diet can increase the chance of death following a diagnosis of prostate cancer, American researchers confirmed in 2015.
- But consuming a Mediterranean-

style diet, rich in healthy fats, vegetables, fruits, and legumes, can decrease aggressive prostate cancer risk compared to those following Western or even Prudent (healthier Western) diets, a 2018 *Journal of Urology* study noted.

"Our results show that a diet oriented towards the prevention of aggressive tumours in the prostate should probably include important elements of the Mediterranean diet such as fish, legumes, and olive oil," Beatriz Perez-Gomez, PhD, lead investigator of the *Journal of Urology* study from Spain's National Center for Epidemiology, Instituto de Salud Carlos III, said in 2018. "A high intake of fruits, vegetables, and whole grains might not be enough."

Healthy plant fats, preferably coming from a vegan ketogenic-style diet, protect the prostate. Plant-based foods have been proven to positively impact prostate health and reduce risk, and progression, of prostate cancer. Eliminating eggs, dairy and processed meat, and incorporating vegan keto foods like vegetables, berries, nuts, and avocados may drop prostate cancer risk by 35 percent.

This even supersedes eating semi-vegetarian, pesco-vegetarian, and lacto-ovo-vegetarian diets. When it comes to preventing cancer, a review of nearly 50 publications conducted in 2019 showed that avoiding animal products makes the difference.

Where to begin: 3 prostate-protective nutrients promoting internal healing

The prostate tends to enlarge over time, bringing discomfort and potential health issues. Poor dietary and lifestyle choices can trigger enlargement, starting as early as a man's mid-twenties. Benign prostatic hyperplasia, or BPH, is the most frequent cause of enlarged prostate.

A healthy prostate should be walnut-sized, located between the penis and bladder and surrounding the urethra. Modern junk foods create chronic inflammation that soon begins to affect all glands and organs, including the prostate. We see evidence in Western countries where sperm counts are on the decline. Prostate cancer is prevalent. And many more men may see





symptoms of BPH, like weak or frequent urination, leaking or urgency, and erectile dysfunction.

The science shows that a typical processed (and high-fat) Western diet may encourage BPH, prostate cancer, and other related health issues. Studies also support several pro-prostate nutrients:

1. Krill oil. Switching from a high-fat Western diet and supplementing fish oil for as few as four weeks could notably slow down human prostate cancer cell growth, according to 2011 American research. While ordinary fish oil has great potential for rancidity, pure and concentrated krill oil offers a safer – and more powerful – alternative.

Superba Boost™ Krill Oil contains 100-percent natural omega-3, 6, and 9 fatty acids, along with the potent antioxidant astaxanthin, both of which calm inflammation. The krill in Superba Boost™ are also sustainably sourced from the Southern Oceans, the world's only oceans that remain unpolluted by the dioxins, toxic metals, and PCBs found in many

commercial fish oils.

2. Saw palmetto. A multipurpose plant extract, saw palmetto is known for its ability to relieve BPH and its many symptoms. In Europe and New Zealand, saw palmetto oil is frequently used for prostate-related treatment. A 2019 *Archives of Italian Urology and Andrology* study listed *Serenoa repens* (saw palmetto) as one of the “most studied and used medicinal plants” for prostate diseases.

The extract helps to address frequent, difficult, and weak urination, while also supporting prostate shrinkage. Some studies show that taking 160 mg of saw palmetto twice a day for just six months may be enough to enhance quality of life, support urine flow, and manage urinary tract symptoms.

3. Zinc. Many men miss out on the message that zinc is the essential mineral the prostate requires in large quantities. Zinc levels may plummet by up to 68 percent as prostate cancer progresses. Zinc can be taken along with saw palmetto and other naturally preventative nutrients, like selenium, nettle root, fenugreek seed, cayenne powder, and vitamins A, B2, B6, and D3.

These compounds can be supplemented alone or in a daily multivitamin to help correct deficiency caused by Western eating; a multivitamin rich in vitamin D3, for example, could address low vitamin D levels linked to aggressive prostate cancer. Fenugreek and curcumin can also be taken together to help shut down the acute inflammatory response, inhibit prostate cancer cell growth, and help reg-

ulate testosterone levels.

“We know that inflammation has different phases,” Professor Robert Richards, project leader at the University of Adelaide School of Biological Sciences, said in 2018. “Early on, it can be protective against a threat by actively degrading it, but if the threat is not removed, then persistent inflammation actually causes cell death.” And even cancer.

Recommended Products

THE KRILL MIRACLE™

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



OLIVE LEAF WITH ZINC

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



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.



ACTIVE LIFE™ CAPSULES

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



Sources

All references can be found at www.NaturallyHealthyNews.com

ASK THE *Experts*

HEALTH COACHES ANSWER THE TOP 10 HEALTH QUESTIONS IN THEIR INBOXES



General Health

I struggle to swallow tablets and capsules. I've seen sublingual and liposomal products, but I'm not sure what they are?

Expert answer: Many tablets and capsules can be opened or crushed and sprinkled onto food. But it may be more convenient to choose a liquid form.

Sublinguals are sprayed directly into the mouth; the nutrients absorb quickly under the tongue. Liposomal liquids are easily taken off a spoon. They use advanced technology encapsulating vitamins and minerals in tiny fat bubbles, efficiently absorbed directly into the cells.

Both options avoid problems with swallowing or digestive upset and offer a great way to achieve higher nutritional intakes.

I'm healthy and want to stay that way. What can I do to support myself as I get older?

Expert answer: Eating well is always a good place to start. Avoid unhealthy, processed carbohydrates, sugars, and trans fats. Eat the rainbow – lots of different coloured vegetables, especially dark leafy greens. Include healthy fats like avocados and olive and coconut oil. Keep hydrated with several glasses of pure water a day with a pinch of alkalising bicarbonate of soda. Don't forget to move: A brisk daily walk is excellent, plus stretching for flexibility. You could consider an all-purpose multivitamin and mineral like Active Life™, a probiotic, such as PrescriptBiotics™, to support a healthy gut, and serrapeptase to reduce any inflammation.

I know inflammation in the body is a major cause of illness. What are the best foods to help keep this to a minimum?

Expert answer: Eat plenty of fresh vegetables and fruit every day. Especially spinach, kale, dark-skinned berries, or citrus fruit. If possible, opt for organic. Aim to have at least 50 percent raw fruit and veg by juicing or making smoothies and salads. Avoid processed carbohydrates and sugars. Include lots of healthy fats, such as: good quality extra virgin olive oil, avocados, coconut oil, and flaxseeds. Choose organic grass-fed meat and line-caught oily fish to avoid hormones and pesticides in farmed products. In more serious cases, follow a vegan keto diet to quickly reduce inflammation in the body – you can find lots of great recipes on at:

www.ReallyHealthyFoods.com.

Good Health Naturally

Good Health Naturally was founded in 1986 by Robert Redfern after the premature death of both his parents in their early sixties, with the principle of improving the health and wellbeing of people's lives through nutrition, supplements, vitamins, and minerals, as well as raising awareness about the benefits of using natural solutions. As a leading health solution provider, Good Health Naturally only uses the highest-grade, certified ingredients of the purest quality and never uses low quality ingredients or unnecessary, harmful additives, as many other suppliers do. GHN ingredients are clinically proven, supported by studies, extensively researched, and manufactured to the highest-quality standards.

To help customers make the right product choices, GHN have a team of qualified nutritionists and coaches on a dedicated phone line offering health and technical advice. These are a few frequently asked questions received by the health coaching team at Good Health Naturally...

Women's Health

What diet and lifestyle advice would you give to women approaching menopause?

Expert answer: A well-balanced diet with plenty of fruit, vegetables, good fats, oily fish, nuts, and seeds is essential to enable the body to adjust to hormonal changes.

Phytoestrogens found in soya, red clover, sage, alfalfa, flaxseeds, beans, and lentils mimic oestrogen in the body and can be beneficial during menopause. A study of more than 17,000 menopausal women reported those eating more vegetables, fruit, fibre, and soy experienced a 19-percent reduction in hot flashes.

Heart Health

I have high blood pressure and want to avoid long-term use of medication. What do you recommend?

Expert answer: A Mediterranean-style diet, rich in vegetables, pulses, and fish, will provide plenty of potassium and magnesium, essential for reducing high blood pressure. Make beneficial lifestyle changes; increase daily exercise, reduce stress, and spend more time in nature. High blood pressure can sometimes be a sign of chronic dehydration, so drinking 6 to 8 glasses of water a day is recommended. Consider targeted supplements, HeartPower45™ such as Blockbuster® All Clear, Serranol®, UB8Q10, and transdermal magnesium.

Immune Health

Every year I suffer from seasonal allergies. What can I do?

Expert answer: Hay fever is caused by our immune system "attacking" airborne pollen, triggering the release of histamine and inducing sneezing, irritation, etc. More than 70 percent of the immune system lies in the digestive tract. So, we need to ensure we keep our guts happy.

Eat plenty of fibre, fruit, vegetables, and fermented foods. Get a good night's sleep, exercise regularly, and improve stress management. Take a good quality probiotic to help build up strong immune defences and high-dose vitamin C as a natural antihistamine. I would recommend taking Good Health Naturally's CureC™ with Quercetin liposomal formula alongside Moducare™ and a good quality probiotic such as PrescriptBiotics™.



Meet The Health Coaches



Lindsay Powers heads up the Good Health Coaching team and is highly valued by our customers and clients for her patience and compassion. She is an experienced health coach with particular expertise in cardiovascular conditions and gut disorders.



Hannah Sharpe da Rosa is an experienced health coach passionate about helping people to heal naturally. She has worked with hundreds of clients and has a particular expertise for female health conditions.

Pet Health

My old dog has arthritis. Is there anything natural I can give him?

Expert answer: Many pet owners are turning to natural products to support their dog's health. Our number one choice for dogs with musculoskeletal issues is SerraPet®. It contains the anti-inflammatory enzyme serrapeptase – safe for animals, as well as humans. It can make a big difference in the quality of your pet's life, helping improve stiffness and reducing pain.

Eye Health

My eyes always feel so dry and tired, especially after a day working on the computer. What can I do?

Expert answer: It may sound obvious but remember to blink! Eyes can easily become dry after staring at a computer for long periods of time. Remember to take regular breaks as well. Ensure you eat plenty of omega-3 rich foods like oily fish, nuts, and seeds, which help moisturise the eyes.

Gently massaging your closed eyelids, rolling your little finger in a circular motion, will help increase blood flow to the area. Consider supplementing with key carotenoids lutein and zeaxanthin, both important for macular health.



Mood & Mental Health

I often feel anxious. What can I do to help manage this on a daily basis?

Expert answer: Find time for exercise and relaxation every single day. Walk in the fresh air. Join a yoga, Tai Chi, or Pilates class. Make sure your diet contains plenty of stress-relieving B vitamins, found in whole grains, avocados, oily fish, and green leafy vegetables.

The amino acid L-theanine, in green tea, may help reduce anxiety. Magnesium flake baths before bed can also help calm the mind and promote sleep.

Men's Health

Have you got any recommendations for erectile dysfunction as my doctor could only prescribe me Viagra?

Expert answer: Doctors sometimes fail to look for the underlying causes of erectile dysfunction. There can be emotional or physical issues, or a combination of the two. The enzyme formula Blockbuster® All Clear is a top choice for improving blood flow and clearing any potential arterial blockages, which may contribute to erectile dysfunction.

Another great product we recommend is Healthy Flow™, a powder which contains L-arginine that supports the production of nitric oxide, a key molecule involved in getting and maintaining erections. Often, emotional support is needed too: We recommend counselling or other talking therapies to get to the root of the problem.



Catherine Gorman is an experienced health coach, with a special interest in Alzheimer's disease and brain health. An avid researcher, Cath is passionate about interpreting complex science into practical steps.



Sara Gibbons has over 20 years' experience working in the natural health world. She has a proven track record of client transformation and specialises in getting to the root cause of a problem, whilst making the steps towards optimum health simple and manageable.



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!



NEW
Eco-friendly
packaging

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!

4 natural remedies anyone with endometriosis can use to feel better

Put an end to pelvic pain? It's possible.

Celebrities like Daisy Ridley, Padma Lakshmi, and Dolly Parton have all opened up about their struggles with endometriosis. For an estimated one in 10 women of reproductive age, usually from ages 15 to 49, endometriosis is a debilitating and chronic disease.

Up to 176 million women worldwide are affected.

Some of the most common symptoms include:

- Heavy bleeding
- Infertility
- Pain during sex
- Painful periods (called dysmenorrhea)
- Pelvic pain, especially during menstruation
- Stomach/digestive issues

A woman with endometriosis is more likely to:

- Be tall and thin with a low BMI
- Delay pregnancy until an older age/never give birth
- Have early menstruation and/or late menopause

A 2020 *Annals of Human Biology* study, collecting data from over 170,000 girls ages 7 to 13 in a period of 66 years, found that being lean and tall increases odds of endometriosis. A girl who's just 5.2 centimetres (2

inches) taller than average may have up to a 9 percent higher risk.

Inflammation begins on the plate: 2 anti-endometriosis eating habits

Eating a Western diet high in sugar and unhealthy fats can endanger our organs by elevating inflammation. This kind of inflammatory diet, also including starchy carbs and red/processed meats, is linked to colorectal cancer, Spanish researchers confirmed in 2019.

In cases of endometriosis, the connection is no different. Inflammatory foods invite disease. But consuming more vegetables, fruits, and healthy fats has been proven promising for prevention and treatment. "Food and nutrients influence both the pathogenesis and progression of the disease, leading to the possibility of alternative, adjuvant treatments," a 2015 Brazilian study on endometriosis reported.

Try two diet adjustments to help:

1. Consider cutting out meat. Red meat intake is a major contributor to endometriosis. So:

- Changing how we eat can help reduce internal inflammation, ease pain, and improve oestrogen excretion.

- It's important for women with endometriosis to limit or, ideally, avoid foods containing unhealthy fats, like red meat and dairy products.
- These foods may be high in PCBs and dioxins (estrogenic pesticides); dioxins have been linked to increased oestrogen levels that contribute to endometriosis.

Processed and red meats are carcinogenic, and they come with a known risk of disease. In a 2013 observational study, Italian researchers noted that women who ate less ham and meat had a lower endometriosis risk compared to women eating more ham and meat. Uterine fibroids have also been associated with the consumption of ham and beef.

2. Steer clear of sugar. Sugar can be found in a growing number of foods, namely those that are processed. So:

- In addition to cookies and cakes, cutting out high fructose corn syrup, white or brown sugar, bread, white rice, breakfast cereals, potatoes, pastas, and high-sugar fruits can help.
- Staying under 25 on the Glycaemic Index is suggested; foods high in sugar feed inflammation.
- Eating refined sugar triggers the production of insulin from the pancreas and may result in increased fat cells and added weight. Extra fat cells create extra oestrogen.

Sugar is inflammatory, and inflammation is the root cause of chronic diseases, including endometriosis. High-sugar foods can also over-activate the immune system, causing long-term damage. Endometriosis can occur in women with weakened immune systems who aren't able to fight off abnormal endometrial cell growth.

Help reproductive organs heal faster: 2 clinically-proven alternatives



Women with endometriosis report relief by:

1. Practicing self-care. #SelfCare is trending on social media, and it has its merits, with proven benefits for women with inflammatory reproductive disorders. So:

- Integrate heat – in the form of heating pads and hot baths – to relieve pain and encourage pelvic muscle relaxation.
- Move daily at whatever intensity feels comfortable; a 2019 Reproductive Science study found moderate to high activity might be most helpful in reducing the size of endometriotic lesions.
- Get a massage to reduce stress and relieve symptoms, with potential to significantly decrease pelvic pain in as few as six weeks of treatment.

Stomach/pelvic massage can be done at home in a pinch and for long-term maintenance: Massaging the belly clockwise up to 10 times nightly can reduce bloating by encouraging healthy digestion. It can also be used to lessen adhesions and scarring that result in pelvic pain and distention. These nurturing self-care practices work well to reduce pain and inflam-

mation when coupled with an anti-inflammatory diet.

2. Use natural anti-inflammatories. Pain meds like NSAIDs and ibuprofen are frequently prescribed to ease menstrual pain, but several natural compounds may be more effective. So:

- Try serrapeptase, a powerful anti-inflammatory enzyme prescribed in Europe and Asia that's able to clear inflammation, dissolve scar tissue, and promote healing.
- Curcumin is another potent anti-inflammatory compound, derived from turmeric; curcumin is shown to have strong anti-endometriosis properties to curb inflammation at the cellular level.
- Anti-inflammatory drugs are only capable of managing symptoms and aren't a long-term solution.

Curcumin can be taken alongside serrapeptase in concentrated capsules. Or, it can be supplemented with resveratrol in liposomes that mimic the innate delivery system in our human body. In animal studies, supplementing the plant-based polyphenol resveratrol brought a 60 percent reduction in both the size and number of endometrial lesions.

Genetic predisposition may be a factor – with a first-degree relative with endometriosis raising risk – but it's not as influential as we've been led to believe. The extensive evidence shows that our lifestyle has much more sway over when a disease is activated.

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.



BLOCKBUSTER® ALL CLEAR

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



Sources

All references can be found at www.NaturallyHealthyNews.com

6 reasons why magnesium is critical for the immune system

Magnesium is vital for fending off viruses: Are we getting enough?

Even a slight lack of magnesium can compromise health. But raising magnesium levels may have a fast-acting impact on immunity. In such unprecedented times, it's more important than ever to understand why our body requires magnesium to fight off attacks and maintain a strong immune system.

Correcting low magnesium improves immune function in 6 different ways

Magnesium is an essential element with special benefits for immunity, like:

- 1. Decreasing inflammation.** Experiencing magnesium deprivation for just three weeks may lead to high levels of pro-inflammatory cytokines. Pro-inflammatory cytokines are produced as an immune response that worsens disease, compared to anti-inflammatory cytokines that calm inflammation and encourage healing.
- 2. Ensuring cellular turnover.** Apoptosis, or the healthy process of cell death needed for growth and development, is how the body eradicates virus- and cancer-infected cells. Cells producing a high number of anti-Fas antibodies appear to have a greater need for magnesium, signifying the mineral's role in apoptosis.
- 3. Improving breathing.** Magnesium has antihistamine-like properties, so it can work as a bronchodilator to ease airway inflammation. Some doctors have deemed magnesium safe and

beneficial to treat moderate to severe childhood asthma. Magnesium plays a positive part in the pathophysiological responses that relate to asthma, also influenced by immune reactions.

- 4. Protecting the elderly.** Older adults may already have compromised immunity. Magnesium levels are also likely to be low, both because of altered magnesium metabolism with age and subpar intake. Ample magnesium supports a healthy ageing process and can preserve cell membrane function, while also lessening immune dysfunction, inflammation, and risk of chronic illness.
- 5. Reducing immunosuppression from exercise.** Intense exercise can suppress the immune system, unlike moderate exercise that stimulates healthy immune activity. Low blood levels of trace elements have been detected after sport and competition. Increasing magnesium may boost NK-cell activity, cell-mediated humoral immunity, and T- and B-cell (nonspecific) immune functions.
- 6. Stopping fever.** Administering magnesium in labour has helped reduce maternal fever, decreasing complications in newborn infants that include cerebral palsy, seizures, and difficulty breathing. Magnesium's ability to suppress immune-signalling molecules known as interleukin-6 may help a labouring mother regulate her temperature.

The research is clear: Magnesium and immune health are strongly related.



Highly soluble magnesium may strengthen immunity in a matter of days

Naturally found in seawater, magnesium chloride (MgCl₂) that passes through the skin also bypasses the digestive tract. Cells can absorb it directly. Absorbing magnesium chloride in a 20-minute foot soak, for example, has shown a 75-percent increase in cellular magnesium within only four weeks.

This benefits the whole family: Children, pregnant women, adults, and immunocompromised and older people may see immune health improve in a shorter time frame when transdermal magnesium chloride is applied to the skin daily.

Recommended Product

ANCIENT MAGNESIUM RANGE

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



Sources

All references can be found at www.NaturallyHealthyNews.com

HEALTH news

Could Curcumin Naturally Reduce Your Stroke Risk?

Taking curcumin may reduce your risk of a stroke according to one recent study that highlighted how it may improve vascular endothelial function.

Researchers believe that taking curcumin may help to limit your stroke risk by delaying the onset of stroke, improving endothelial relaxation of carotid arteries and allowing blood to flow freely, according to a study published in the *BMC Cardiovascular Disorders* journal.

One study published in *The Journal of Medicinal Food* back in 2012 found that turmeric has also been shown to help relax and widen blood vessels, allowing for blood to flow more easily. This may potentially help with lowering your blood pressure.

Other research indicates it's possible to potentially limit stroke damage by adding curcumin into your lifestyle. This is because curcumin allows blood and oxygen to return to your brain tissues after a stroke, according to another study published in the *Microcirculation* journal in August 2013.

All of these studies show that taking curcumin – derived from the ancient Indian spice turmeric – may be beneficial for improving stroke recovery and helping to potentially reduce your risk of stroke.

Pregnant? Why You Need Choline For Your Baby's Brain Development

Pregnant women should consider taking Choline, a vital B nutrient to support their baby's fetal brain development according to University of Colorado research. Choline supplements were also suggested to mitigate the impact of viral respiratory infections.

The new study, published in the *Journal of Psychiatric Research* found a higher prenatal choline level can help to protect a fetus's developing brain, even if the mother contracts a viral respiratory infection in early pregnancy.

Researchers analysed the effects on infant behaviour, attention span and self-regulatory behaviours.

When infants reached three months of age, mothers completed an Infant Behavior Questionnaire-Revised (IBQ-R) to assess their infants' level of activity, negativity (fearfulness and sadness), attention levels and ability to form social bonds with parents/caretakers.

A lower IBQ-R regulation at age one was associated with attention problems and poor/anti-social behaviour in later childhood. Poor reading ability and concentration were also found in children from four to seven years of age.

The study discovered that infants of mothers who had higher choline levels also had significantly better IBQ-R scores and attention spans, compared to the infants of mothers with viral infections who had low choline levels during pregnancy.

Why Vitamin K Supplementation Is Being Urged By COVID Researchers

Vitamin K supplementation is being recommended by Dutch researchers for protection against COVID-19 as they are discovering a link between deficiency and worst coronavirus case outcomes.

Researchers made this discovery after studying data on patients admitted to the Canisius Wilhelmina hospital in the Dutch city of Nijmegen.

Taking vitamin K can combat two elements of COVID-19 – **blood clotting** and **degradation of elastic fibres in the lungs**. When vitamin K is ingested through food or in supplement form, it's then absorbed into the gastrointestinal tract where it plays a vital role in the production of proteins that regulate clotting and can even protect against lung disease.

Dutch researchers, in partnership with the **Cardiovascular Research Institute Maastricht**, studied 134 patients hospitalised for COVID-19 between 12 March and 11 April, alongside a control group of 184 age-matched patients who did not have the disease.

Researchers now want to secure funding for a clinical trial in which very sick COVID-19 patients will be randomised to receive either a placebo or a vitamin K supplement at a sufficient dose to activate the protective protein.

Health experts are acknowledging that we're in a terrible situation in the world and that vitamin K supplementation could act as an intervention that does not have any side effects, even less than a placebo. Vitamin K is safe to take for most people, however, those on anti-coagulant medications are advised to consult a health care practitioner before considering supplementation.

Even if it doesn't directly help against COVID-19, health researchers are recommending that the general population take vitamin K supplements as this nutrient is good for your blood vessels, bones, and possibly lungs.

Source: www.NaturallyHealthyNews.com

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Because it Works!



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Since introducing the Serrapeptase enzyme to the market back in the year 2000, this naturally occurring enzyme has gained worldwide popularity. Our bestselling range of serrapeptase products helps safely and effectively break down unwanted proteins and helps clear inflammation in the body. **Available in capsules and tablets.**



Powerful anti-inflammatory



Suitable for all ages, incl pets



Available in 80,000IU and 250,000IU



Suitable for vegans

Available at all good independent health food stores

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10 COMPELLING REASONS TO START USING IT

1

BETTER SLEEP

Works as an anti-anxiolytic to combat anxiety and decrease insomnia.

2

BRAIN HEALTH

Has helped prevent cognitive decline in mice with genetic risk for Alzheimer's.

CLEAR SKIN

Used as an anti-inflammatory, with potential to treat acne safely and efficiently.

3

FASTER CONCEPTION

May support ovulation and is better used before implantation.

4

5

HEART HEALTH

Reduces high blood pressure compared to a placebo, preventing heart damage.

6

MENTAL BALANCE

Potential to reverse psychosis and may have anti-anxiety/antidepressant effects.

PAIN MANAGEMENT

Used to naturally ease pain, with help for neuropathic pain and inflammation.

7

PARKINSON'S RELIEF

May minimise Parkinson's symptoms, improving sleep and quality of life.

8

9

SUPPORT FOR CANCER

Can support those undergoing cancer treatment and may help to reduce side-effects such as nausea and poor appetite.

SMOKING CESSATION

Has helped 42% of smokers abstain within one month of consistent use.

10

It's possible to achieve a therapeutic dose with a guaranteed level of CBD. The reliability of the dose depends on the amount extracted.

Choosing gold-level CBD with guaranteed cannabinoid levels, processed for potency and purity, can protect against mislabelling and the potential contaminants found in most online CBD.

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



7 astonishing reasons to start taking nature's super-spice

Is this the world's healthiest herb?

A typical turmeric root contains as little as 2 percent curcumin. We'd have to eat powdered turmeric in incredibly large amounts – probably enough to make us sick – to receive the same benefits from the isolated form of curcumin.

Curcumin is not turmeric: It's critical to know the difference

Curcumin can only be found in turmeric. Compared to turmeric, curcumin is thousands of times more powerful.

This means:

- It's the compound curcumin in turmeric, and not the spice itself, that has the power to transform our health.
- Because of common misinformation circulated in the health community, the two are easily and often confused.
- Turmeric root is ground down to create the yellow spice used to flavour food for millennia and treat ailments in ancient Ayurvedic medicine; curcumin is the most active compound in turmeric and gives the spice its yellow colour.

In summary: Turmeric is a mild medicinal herb, while curcumin is a

powerful healing compound with decades of research to back it.

Another way to understand curcumin's abilities is to take the effects of turmeric – traditionally used to relieve ailments like asthma, allergies, anorexia, diabetic wounds, rheumatism, and sinusitis – and amplify them by thousands.

Can curcumin reverse heart failure and restore function? 7 proven benefits

There are thousands of studies supporting the use of curcumin. Here is just a sample:

1. Alzheimer's disease.

- Curcumin can enter the brain, bind to, and destroy beta-amyloid plaques, reducing toxicity in cases of Alzheimer's.
- Unlike other anti-inflammatory compounds, curcumin can pass through the blood-brain barrier and protect against dementia-causing inflammation.
- Taking curcumin twice a day for over 18 months has recently been shown to improve memory by up to 28 percent, as well as mood, in older people; supplementing fast-acting liposomes containing curcumin and resveratrol may cut an added 10 years off cognitive ageing.



2. Arthritis.

- A known cancer protector, curcumin can induce apoptosis, or programmed cell death; this special property has direct application in the treatment of an inflammatory disease like arthritis.
- Curcumin can trigger apoptotic cell death of activated human CD4+ T cells, inhibiting the expression of pro-inflammatory cytokines and chemokines.
- According to clinical studies, curcumin may work just as well as the drug Diclofenac prescribed for rheumatoid arthritis, without the harmful side effects.

3. Cancer.

- Not only does curcumin have apoptotic ability, but it can inhibit angiogenesis, halting the spread of cancer; curcumin also improves immunity to naturally



resist cancer development.

- By stopping the expression of CXCL1 and CXL2 cytokines, curcumin may play a protective role in fighting prostate cancer and arresting metastasis in vivo, with similar application to diminish metastasis in breast cancer cells.
- A 2019 *Nutrients* analysis on close to 5,000 studies confirmed curcumin can stop the growth of eight different types of cancer – including lung, stomach, and bone – and may destroy tumours.

4. Exercise.

- As mentioned, curcumin could support a healthy lifestyle by preventing angiogenesis, or new blood vessel growth, which the body needs to build fat tissue.
- Supplementing Meriva® curcumin, the most studied form of curcumin containing up to 22

percent total curcuminoids, has been shown to reduce DOMS, or delayed onset muscle soreness.

- Meriva® curcumin is supported by over 30 human trials and may also improve strength/performance and prevent lean body mass loss in older people.

5. Heart failure.

- Curcumin can improve the lining of the blood vessels, regulate blood pressure, and reduce clotting.
- Oral curcumin given to mouse models with enlarged hearts has stopped and reversed hypertrophy; curcumin also restored heart function and minimised scar formation.
- A 2019 *Phytotherapy Research* review of 10 randomised controlled trials associated curcumin supplements with increased FMD, or flow-mediated dilation, measuring a blood vessel's health and flexibility.

6. Infection.

- Curcumin's antiviral effect has been examined on the mosquito-spread Rift Valley Fever; curcumin may protect against deadly viruses by preventing infected cells from multiplying.
- Curcumin could also slow or limit the HPV virus, a cause of oral and cervical cancer growth.
- Addressing a public health issue in many Asian countries, curcumin can function as an effective antiviral impeding replication of the human enterovirus 71, the pathogen that causes hand, foot, and mouth disease in children.

7. Skin health.

- Free radicals react to and damage organic substances, like fatty acids, proteins, and DNA, triggering our body and skin to age; curcumin can boost antioxidant enzyme activity, fighting free radical damage.

- To help heal skin wounds and minimise scarring, curcumin can reduce phosphorylase kinase and calm inflammation.
- Human studies show that by suppressing phosphorylase kinase, curcumin may also help resolve painful, inflammatory skin conditions like psoriasis.

Taking curcumin in the right form – where it's fully absorbed – is how we receive these health benefits.

Meriva® curcumin is one option, backed by GLP preclinical safety studies and supplying curcumin phytosomes in the only 100-percent food grade formulation of botanical derivatives in the world. Meriva® curcumin combined with the medicinal plant fenugreek can help the heart, regulating blood pressure and cholesterol.

Curcumin can also be taken with resveratrol in liquid liposomes. This liposomal technology mimics our body's intuitive delivery system and offers up to 100-times better bioavailability, bypassing the gut membrane to reach cells and organs directly.

Recommended Products

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.



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.



Sources

All references can be found at www.NaturallyHealthyNews.com

To improve heart health, take a curcumin + fenugreek combo

Curcumin/fenugreek balance cholesterol and CV markers better than a placebo

Curcumin has exceptional power on its own. But combining the turmeric-derived compound with fenugreek, another medicinal plant, may prove even more potent.

A 2019 *Nutrition* study found that supplementing curcumin and fenugreek helped regulate cholesterol and metabolic markers in obese men over taking a placebo.

High homocysteine? Curcumin + fenugreek lower toxic levels in 12 weeks

The obese men in the study supplemented 500 mg of curcumin and fenugreek for 12 weeks, causing high levels of homocysteine – a toxic amino acid identified as an independent risk factor for cardiovascular disease (CVD) – to decrease.

This drop in homocysteine was more than in the group who took the placebo, containing only fenugreek.

Study authors concluded that for young, obese men, a simple curcumin and fenugreek combination could be used to lower homocysteine and improve HDL, or “good,” cholesterol levels, promoting heart health.

Researchers also took care to point out that these results came from supplementing curcumin with enhanced bioavailability.

Ordinary turmeric is notoriously hard to absorb and may contain as little as 2 to 3 percent curcumin. But curcumin can be effectively delivered as either fast-acting liposomes or concentrated caps combined with fenugreek offering up to 45-times better absorption.

Not just heart health: Curcumin + fenugreek have a long list of benefits



Curcumin, a polyphenol, is one of three curcuminoid compounds found in turmeric with the highest proven anti-inflammatory, antioxidant, and antimicrobial ability. When the curcumin compound is extracted from turmeric, its benefits exponentially increase.

Curcumin is gaining a reputation as a scientifically-sound supplement, able to help:

- Age-related eye disease
- Blood flow, circulation, and cardiovascular health
- Brain function
- Cancer prevention and recovery
- Detoxification
- Immune response
- Joint comfort and mobility
- Longevity and healthy aging
- Lung strength
- Mental health
- Nerve sheaths
- Reproductive health
- Skin health and skin disease relief

Turmeric and fenugreek are both fragrant spices used in Indian cuisine, and they’re also among the oldest medicinal plants recorded. Fenugreek can be consumed as seeds, leaves, or spice; like curcumin, fenugreek is likely to be even more effective when it’s supplemented.

Combining curcumin with fenugreek could provide added health benefits for:

- Blood cholesterol
- Blood sugar
- Digestive function
- Dysmenorrhea (painful menstruation)
- Heart health

- Immune health
- Joint and skin inflammation
- Menopause symptoms
- Pain relief
- Testosterone and male libido

Seeing how effectively the two phytonutrients work together, we can only expect the research on curcumin and fenugreek to grow. A 2016 *Journal of Clinical Psychopharmacology* study also showed that taking a combination of curcumin + fenugreek may help alleviate work-related illnesses that include neurodegenerative and cardiovascular disease.

Workers who supplemented curcumin and fenugreek for 30 days saw profoundly elevated antioxidant activity, as well as great reductions in anxiety, stress, and fatigue.

Recommended Products

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.



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.



Sources

All references can be found at www.NaturallyHealthyNews.com

Ingredient Focus: **Curcumin**

GoodHealthNaturally®
Because it Works!

Curcumin is the active compound in Turmeric, a bright yellow pigment that has been extensively used in traditional medicine for centuries. To this day, we appreciate the countless health benefits of Curcumin, including its natural anti-inflammatory and antioxidant properties. Curcumin can be used as a regular, everyday dietary addition to support normal bodily functioning and digestive health; it can also be used to support more complex conditions such as arthritis, due to its ability to reduce inflammation and stiffness.

CurcuminX4000® with Fenugreek

CurcuminX4000® contains Meriva® curcumin, the most studied form of curcumin containing up to 22% total curcuminoids. It is up to 45x better utilized than ordinary Curcumin, making it cost-effective and the most powerful Curcumin supplement available.

Now with added Fenugreek Seed Extract to enhance bioavailability and anti-inflammatory benefits even further.



BrainPower™

BrainPower™ delivers curcumin and resveratrol via a powerful liposomal delivery system to increase nutrient blood serum levels significantly at a higher concentration and for a longer period of time.

BrainPower™ offers all the anti-inflammatory and anti-oxidant benefits of curcumin alongside resveratrol which studies show may protect the brain, lower blood pressure, improve insulin sensitivity, relieve joint pain and lengthen lifespan.



Vegan
Friendly



Powerful
Anti-Inflammatory



Immune
System Support



High
Bioavailability

Want to learn more about the wonders of Curcumin?

Visit www.naturallyhealthynews.com/CurcuminNews

Available at all good independent health stores



Do try this at home

*All the health benefits of
acupuncture (without the needles)*

TCM, aiding the movement of our body's life force called *qi*. Everybody may have unique imbalances, and unblocking the flow of *qi* through internal meridians, or channels, can bring back health and equilibrium.

- Acupuncture was first introduced to Western medicine in the 17th century, with recorded use in Europe in 1810. The National Institutes of Health (NIH) in the U.S. recognised acupuncture as an effective therapy in 1997.
- Today, advancements in electro-acupressure make it possible to achieve the same results at home for over 160 conditions. At-home electro-acupressure can be a safer and more powerful alternative to surgery or lifelong medication.

Relief from chronic pain, heart and circulatory issues, digestive distress, skin disorders and wrinkles, diseases of the chest, sport and on-the-job injuries, and ear, nose, and throat problems can all come from one therapeutic device.

It's based on the ancient practice of acupuncture, and it can now be used at home to provide the same proven benefits without needles.

Electro-acupressure applies ancient medicine to modern maladies

New therapies are constantly being introduced for a wide range of modern-day health problems.

And yet, we can't overlook what Traditional Chinese Medicine (TCM) has taught us about restoring balance:

- The earliest recorded use of acupuncture was documented in 6,000 B.C. before the Common Era in China. But scholars believe this traditional healing modality may have been used during the Stone Age, predating recorded human history.
- Acupuncture is a healing system based on the principles of

Researchers consider electro-acupressure to be a derivative of manual, or traditional, acupuncture practiced in Chinese medicine. The key difference? An electro-acupressure device pulses a low-intensity current to activate any one of the 400-plus acupoints identified in TCM. Unlike traditional acupuncture, no manual (needle) stimulation is necessary.

6 clinical benefits of using electro-acupressure at home

Here are just some of the ways it can help:

1. Chronic pain.

British researchers learned in 2017 that integrating acupuncture may make routine medical care more effective. After analysing the results of 29 clinical trials, researchers reported significant evidence proving acupuncture works better than a placebo to decrease the severity of chronic pain.

A new clinical trial conducted by the research team also showed that acupuncture combined with counselling could pull a patient out of a depressive episode – preventing recurrence for up to 12 months after.

2. Herniated disc.

One electro-acupressure user describes trying everything – going to a chiropractor, bed rest, and no activity – only to exhaust his treatment options. Suffering from his herniated ruptured disc totalled 16 years. “After getting my back realigned, I was still in pain.”

But after using an electro-acupressure device, he says he felt relief right away. “I used it and went to bed and slept as if I had never had back trouble. Now, I use it to help back pain, foot pain, sinusitis, and bursitis. I get immediate relief every time I use it.”

3. Knee osteoarthritis.

A literature review published in 2017, examining 11 randomised controlled trials conducted on electroacupuncture treatments for osteoarthritis of the knee, showed both pain and movement improvements.

The data indicated that for optimal results in relieving pain and improving mobility, at least four weeks of treatment would be needed.

Chinese researchers stated that electroacupuncture is a “great opportunity to remarkably alleviate the pain and improve the physical function” of knee osteoarthritis patients, with low risk of side effects.

4. Migraine headaches.

In 2018, Brazilian researchers examined how acupuncture might be used as an auxiliary analgesic treatment to reduce chronic headaches. After dividing 34 chronic pain patients into two groups, the first group was treated with traditional acupuncture, while the second group received sham acupuncture treatments. Acupuncture was shown to effectively alleviate pain in the first group and could help decrease chronic headache intensity and frequency, as well as the amount of medications needed.

After using electro-acupressure, migraine sufferers have reported, “Within five minutes, my head was feeling much better, and I was able to eat lunch. I had put up with nausea and pain for 10 years.”

5. Neck injury.

Another user who “tried everything” says she suffered for three years following a car accident. Compounding on the accident injuries, she also developed fibromyalgia, back pain, and a shoulder injury. “I tried chiropractic, massage, hot and cold compresses, and all kinds of topical rubbing ointments.”

Using an electro-acupressure device for three months began to bring results and encourage her body to start healing. She says, “I used it

many times a day until the results came. I was healed. That’s all I can say. I never use it much anymore, but I have it near if I do need it.”

6. Recovery from addiction.

In 2019, Chinese researchers explored how electroacupuncture may be used to manage the side effects of methadone maintenance therapy (MMT) for those withdrawing from opioids. Receiving 15-minute electroacupuncture treatments twice a week for four weeks helped patients improve quality of life and mental balance.

Researchers suggested that reducing methadone dosage while continuing electroacupuncture could support both life quality and better sleep.

At-home electro-acupressure can also help anyone who struggles with a commonly misdiagnosed condition, like chronic fatigue or lupus, to become an expert in their own health and an active participant in their pain management.

Encouragingly, a growing number of hospital practice nurses, physiotherapists, and general practitioners throughout the UK have begun to use electroacupuncture on their patients.

Recommended Products

HEALTHPOINT™ KIT

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



Sources

All references can be found at www.NaturallyHealthyNews.com

Less vitamin D, more ADHD?

How low vitamin D levels – and lack of sun – affect the whole family

Getting vitamin D seems easy enough: Just drink more fortified dairy. Unfortunately, food, even when enriched, is one of the least reliable sources of vitamin D. Add to that the fact that it can be difficult to absorb vitamin D from the sun during the winter, and it makes sense why more studies are examining the dangers of insufficient vitamin D.

The latest? Finnish researchers detected a strong connection between low maternal vitamin D and a diagnosis of attention-deficit/hyperactivity disorder (ADHD).

Vitamin D deficiency during pregnancy tied to 34% higher risk of ADHD

In the first population-level study to find an association between subpar vitamin D levels among pregnant mothers and a heightened risk of ADHD, researchers from the University of Turku, Finland, examined 1,067 children with ADHD born from 1998 to 1999. The research was published in the *Journal of the American Academy of Child & Adolescent Psychiatry* in 2019 and pub-

lished in early 2020.

As primary study investigators pointed out, vitamin D deficiency remains a global health problem. The research provided “strong evidence” that low vitamin D levels during pregnancy is linked to ADHD, one of the most prevalent chronic diseases among children.

Children born to vitamin-D-deficient mothers may be 34-percent more likely to develop ADHD, compared to mothers intaking sufficient vitamin D in their first and second trimesters.

Previous research shows the many ways vitamin D influences the health of a family:

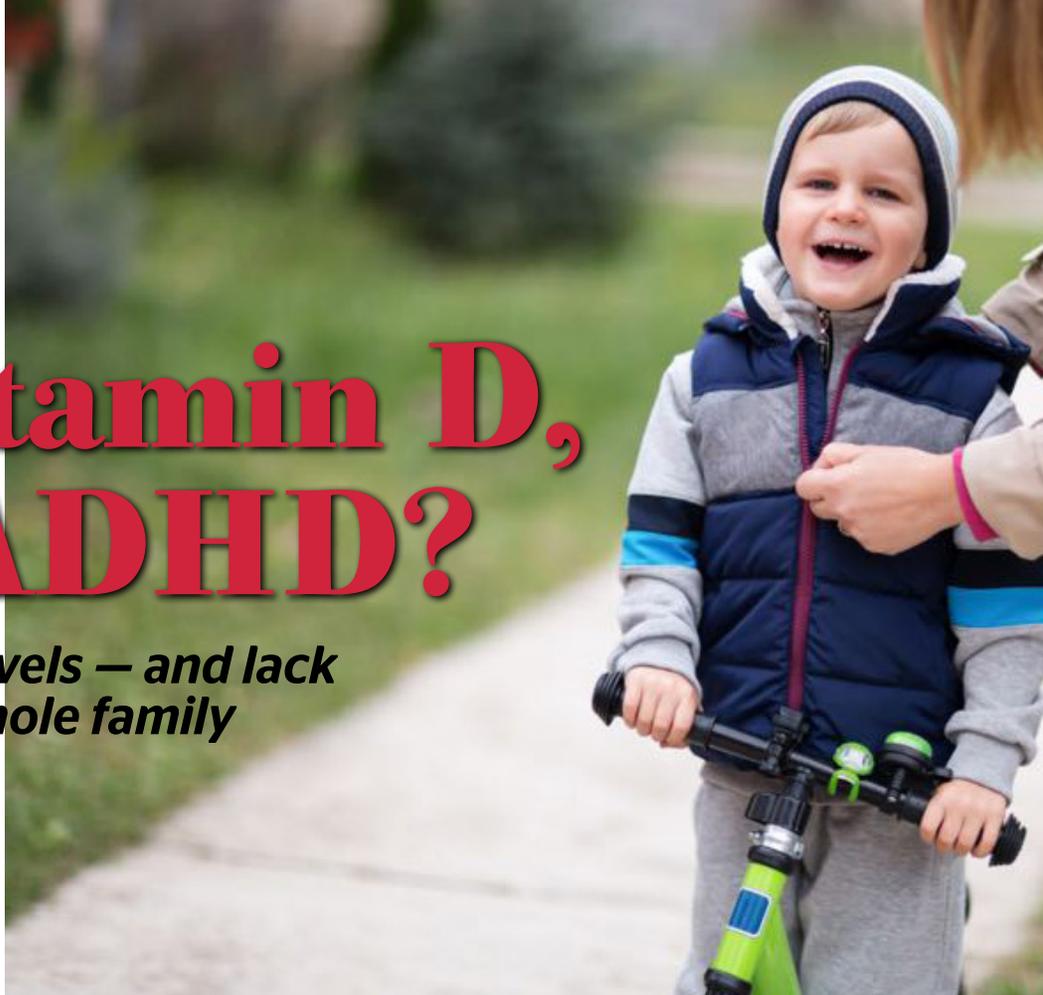
- Could curb aggressive and depressive teen behaviour when supplemented in childhood.
- Improves language, motor skills, and weight gain in malnourished children when a high dose is taken.
- Maintains healthy muscle function when supplemented by

adults 60 and older.

- May decrease instances of depression when taken by healthy young women.
- Reduces high blood pressure in children when supplemented in pregnancy and early childhood.
- Supports a child’s healthy weight and height when taken by a father before conception.

In countries like the U.S., there currently aren’t any screening guidelines for young children and pregnant women who may be lacking vitamin D. But multiple studies suggest – and researchers confirm – that supplementing vitamin D throughout pregnancy and early childhood can be effective.

Children born with low vitamin D may have a 60-percent greater risk of high blood pressure from the ages of 6 to 18. A child with continued vitamin D deficiency may be almost twice as likely to have behavioural problems in adoles-





cence. Vitamin D deficiency among children ages 6 to 12 is considered “very common,” with risk and the need for a supplement rising in the winter and spring.

More than a quarter of adults over 50 are also estimated to be deficient.

Good morning, sunshine: 3 family-friendly ways to top up vitamin D

Now it’s not a question of *why* but what kind and how much vitamin D we need. And, where can we get it?

Start with several safe and effective sources of vitamin D:

1. Sun exposure. Vital for growth, development, and cognitive function, vitamin D is also critical for immunity. Our immune cells contain vitamin D receptors. Without adequate vitamin D, immune cells become weak, leaving us vulnerable to sickness and infection. When our skin is in the sun, we naturally synthesise vitamin D.

Vitamin D3 (cholecalciferol) is the

natural form we make from sunshine or ingest in small amounts from foods like fatty fish and egg yolks. Vitamin D2 is the cheaper version found in fortified foods that’s less likely to raise blood levels than vitamin D3.

Our liver and kidneys convert vitamin D3 into calcitriol, a powerful hormone that can activate over 200 genes. For more D3, try to get at least 20 minutes of unprotected sun exposure a day; multiple studies prove sunlight offers disease protection and does not cause skin cancer.

2. Supplement. Daily sun exposure is important to boost immunity and prevent disease. But because of busy lifestyles and little sunlight in colder seasons, families can consider supplementation as an option to support optimal Vitamin D3 intake. Something as simple as taking vitamin D3 each day can have a myriad of benefits – like those listed above, along with improving exercise performance and reducing risk of heart disease.

Try supplementing coral calcium with natural cholecalciferol, or vitamin D3. Many people make the mistake of taking calcium to improve bone health, not realising, or not being told, that calcium supplements can come with a potential risk for cardiovascular health.

Calcium requires vitamin D3 to protect the heart from damage. Coral calcium contains both calcium and magnesium; recent studies also show that we can’t metabolise vitamin D without ample magnesium.

3. Supported with vitamin K2. Like vitamin D3, vitamin K2 is essential. It also plays a pivotal part in en-

hancing vitamin D3. Taking vitamins D and K together can better maintain healthy arterial elasticity, compared to taking a vitamin D/mineral supplement or a placebo.

The two vitamins can clear calcium build-up in the arteries, strengthen immunity, support joint health, and even reverse osteoporosis. We can lose out on vitamin D’s benefits when vitamin K2 is missing.

Vitamin K2 – as MenaQ7® (MK-7), the first and most clinically-confirmed fat-soluble menaquinone (K2) – and vitamin D3 – in its recommended form of cholecalciferol – can be supplemented sublingually. Try this rapid, through-the-mouth delivery as a more effective and convenient way to supplement combined D3 and K2 instead of taking standalone supplements.

Simply put, it isn’t hard to correct a deficiency. But most of us still aren’t intaking nearly enough vitamin D.

Recommended Products

VITAMIN D3 & K2 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.



VITAMIND3™

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



Sources

All references can be found at www.NaturallyHealthyNews.com

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!

Why should we care about carotenoids?

Our eyes need more support than ever (and screen time is to blame)

We really can't avoid them. Screens are everywhere and, in an era of social distancing, might be required to conduct business and interact in daily life. Because of this surge in screen use, affecting virtually everyone, we might benefit from increasing our carotenoid intake at an even younger age.

Myopia, or near-sightedness, is now considered a worldwide epidemic, nearly doubling since 1971. An estimated 90 percent of Asian teens and adults are near-sighted.

Researchers don't have clear-cut answers – yet. But they agree that more time indoors contributes to the problem. The effects of digital eyestrain seen in adults are also often overlooked in children.

Look out for lutein: Eyes and brains depend on it to fight off age

Lutein is one of the two major carotenoids found in the macula and retina. Zeaxanthin is the other. We normally find the two carotenoids together: in leafy greens, green and yellow vegetables, and egg yolks.

For anyone regularly using screens, these carotenoids are the missing link. Consuming more now may prevent irreversible vision loss later.

Lutein can:

- Have an antioxidant and anti-inflammatory effect to protect retinal cells from damage.
- Help preserve the macula, the central point of the retina needed for close work like reading and driving.
- Offer over 40 percent decreased risk of AMD when consumed with zeaxanthin.

Zeaxanthin can:

- Significantly increase macular pigment density when taken with its co-nutrient lutein.
- Support good vision for the whole family, protecting against blue light emitted from screens and sharpening visual contrast.
- Work alongside lutein to help slow cataract formation, decreasing the need for surgery.

Lutein and zeaxanthin can also cross the blood-brain barrier to boost cognitive function, with similar protective benefits seen for skin and heart health. In a 2017 study, American researchers observed that middle-aged participants who consumed high levels of lutein exhibited neural responses that matched younger people.

Supplementing carotenoids to offset screens: An easy way to get them

A healthy diet is a must, but even when eating leafy greens, we may only consume a fraction of the vital lutein and zeaxanthin we need.

Not only that, but due to mass soil depletion, adequate amounts of critical nutrients like vitamins A, B, D, and E and zinc, magnesium, iodine, and taurine, which function alongside lutein and zeaxanthin to sharpen vision, might also be missing. Sublingual (through the mouth) delivery of these nutrients can offer at least 900-percent better absorption than tablets, ensuring they reach the eyes in two minutes.

Delivery is important, and nutrient quality also matters. Optisharp® zeaxanthin, for example, is free-form and naturally derived from marigold flowers. Free-form zeaxanthin is directly absorbed into our bloodstream, unlike meso-zeaxanthin that is poorly researched and is not found in the human diet.

Recommended Products

MAXIFOCUS® SUBLINGUAL DROPS

A unique, powerful formula that blends 25 important nutrients, including lutein, zeaxanthin, and riboflavin, which contributes to the maintenance of normal vision.



Sources

All references can be found at www.NaturallyHealthyNews.com

The 6 most common pet health conditions (with 6 natural solutions)

Improving a pet's health benefits kids and older adults with health issues

We're prioritising our family's health more than ever due to the global threat of a spreading virus. But in times of crisis, it's easy to let our pets' pressing health problems go unnoticed.

Kids who care for pets may manage their health 2.5-times better

Giving a child responsibility for a pet could change their perspective on their own health and wellness.

In a 2016 *PLOS One* study conducted on children with type I diabetes, from ages 9 to 19, those who took care of family pets were 2.5-times as likely to have balanced blood sugar. Other paediatric diabetic studies have similarly found that including pet maintenance in a child's self-care routine may result in decreased blood glucose levels.

These health benefits may also extend to older people. In a 2019 survey conducted by the National Poll on Healthy Aging in the U.S., 75 percent of owners from ages 50 to 80 said their pets helped decrease their stress and provided them with purpose.

Pets boost mental and physical health too. Seventy-eight percent of dog owners reported that their pet kept them physically active.

6 ways to help dogs, cats, and horses live longer and pain-free

These are some of the most common pet health problems that may be helped by holistic remedies:

1. Allergies. A pet sneezing may not indicate a problem. But symptoms like wheezing, coughing, difficulty breathing, yellow or green mucus, fever, and appetite loss could be signs of allergies. An animal like a horse may also experience itching or hives when having an allergic reaction. Allergies to fleas, food, and airborne irritants are some potential causes.

Try: Switch from a plastic to a glass or metal food bowl to help reduce facial irritation. Dogs can also benefit from practices that help humans, like using an air purifier and replacing carpeting with tile or wood flooring to prevent the collection of dander.

2. Cancer. With age, pets can also develop cancers that might include breast, prostate, or melanoma. Skin tumours are frequently seen in horses, with equine squamous cell carcinoma (skin cancer) being the second most common type of cancer among horses. A 2020 *Scientific Reports* study noted a link between equine penile squamous cell carcinoma growth, papilloma-

virus, and chronic inflammation.

Try: In cases of cancer, a vet visit is necessary. Pet owners have also found help in administering a serrapeptase tablet to the back of an animal's throat, encouraging them to swallow; serrapeptase is a proven anti-inflammatory enzyme able to fight inflammation and help dissolve cysts and tumour tissue.

3. Digestive problems. New medication, diet changes, an allergic reaction, and intestinal parasites might all cause digestive distress in animals. Colic can also be a typical source of abdominal pain in horses, ranging from mild aches to gut displacement that can require surgery. Loss of appetite, constipation, diarrhoea, vomiting, blood or mucous in the stool, and excessive gas may all be warning signs of poor digestion.

Try: For horses, colic can be minimised by placing feed off the ground to reduce how much sand is accidentally eaten. A daily soil-based probiotic capsule, opened and mixed into food, may also significantly improve digestion, stool, mental state, and appetite in pets with diarrhoea.

4. Infection. When dust or dirt becomes lodged in a pet's ear, it can cause irritation, swelling, and infection. Likewise, getting a cut or scrape when playing outside can



Try: Aim to brush a pet's teeth at home daily, or twice a week at a minimum. While it requires more of a time commitment, many veterinarians and dog owners swear by a raw food diet. Chewing raw bones supplies natural enzymes that help to reduce bacterial plaque.

What's really interesting is that, based on what we know, animals don't have an imagination. This means there is no placebo effect. When we give our pets the natural support they're missing, their bodies are likely to respond and start healing.

Recommended Products

SERRAPET®

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



HYDOSOL™ 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.



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

lead to infection at the site where the skin is broken. Fungal infections like aspergillosis, caused by mould, can also spread through the body and may be more likely to affect pets with weak immune function.

Try: Sick pets experiencing infection, inflammation, and pain can find relief with medicinal silver. A modern-day antimicrobial, silver has proven powerful enough to kill deadly strains of MRSA staph infection. Spray silver sol into a water dish or apply gel to a pet's skin as a potential antibiotic alternative.

5. Joint pain/arthritis. Ageing pets or pets with obesity might be at risk for multiple health conditions that include arthritis. Degenerative Joint Disease, where cartilage slowly wears down, can also affect horses. Animals instinctively mask their pain, but some of the prevalent symptoms

include reluctance to walk or climb, difficulty playing or jumping, and limping or lameness. Up to one out of four dogs is diagnosed with a form of arthritis.

Try: Supplementing serrapeptase can help clear internal debris and calm joint inflammation in pets with pain and stiffness. Electroacupuncture has also been used to decrease pain, increase relaxation, and speed up healing for horses recovering from surgery.

6. Periodontal disease. "Puppy breath" is one thing. But when dental disease progresses, hospitalisation may be required to pull teeth and clean root infection. Regular dental visits can help treat gingivitis, considered stage I of periodontal disease before tooth loss takes place. It's a good idea to schedule a pet once a year for a professional cleaning.



For ironclad immunity, do polyphenols hold the key?

Science says: What we don't know about polyphenols can hurt our immunity

When viruses spread at the global level, it's no longer optional to tend to our immunity. Having a strong immune system, better able to resist viruses and infection, compared to a weak immune system, characterised by frequent sickness, exhaustion, and slow wound healing, is now a matter of life and death for many people.

Immune health 101: Increase polyphenol intake for optimal immunity

Polyphenols are a class of phytochemicals, or plant chemicals, needed to combat harmful organisms and viruses that can cause disease. We know it's important to eat our fruits and veggies. But it's not often explained why.

Studies show that:

- Eating more vegetarian foods like nuts and vegetables can de-

crease stroke risk versus eating fish and meat. (*Neurology, 2020*)

- Vegetables like broccoli, cabbage, and kale can improve gut health and could prevent colon cancer. (*Immunity, 2018*)
- Consuming up to 10 servings of fruit and vegetables a day may greatly decrease risk of cancer, heart attack, stroke, and premature death, saving millions of lives. (*International Journal of Epidemiology, 2017*)
- Green vegetables are considered critical for a fully functioning immune system. (*Cell, 2011*)

This is because:

- Plant chemicals (that include polyphenols) influence the gut and, as a result, immune health; gut-associated lymphoid tissue (GALT) makes up nearly 70 percent of our immune system.
- Polyphenols are micronutrient compounds found in plant foods like vegetables, fruits, seeds, and nuts, as well as wine, coffee, tea,

and nutraceutical supplements.

- Polyphenols have confirmed anti-oxidant, anti-inflammatory, antimicrobial, anticoagulant, anti-allergenic, anti-ulcer, anti-carcinogenic, and antithrombotic effects.

Nourishing our gut microbiota can nourish the rest of our body. This has everything to do with our gut's relationship with our immunity.

The diversity of our gut microbiome is impacted by our diet. What we eat can affect the communities of beneficial bacteria in our gut, either improving or worsening our metabolic and immune health. Eating green vegetables like broccoli and pak choi enables intraepithelial lymphocytes (IELs), gut and skin immune cells, to function. Not eating vegetables for just two weeks could cause an 80-percent drop in protective IELs.

Polyphenols are broken down into four sub-categories:

- Flavonoids
- Lignans
- Phenolic acids
- Stilbenes

To sustain healthy immunity, we need our levels of anti-inflammatory and pro-inflammatory cytokines to be in balance. Cytokines, or mediator proteins, play a part in our immune

system's communication. Polyphenols like flavonoids influence the expression of pro-inflammatory cytokines, working as an anti-inflammatory. By regulating inflammatory cytokines in this way, polyphenols modulate our immunity.

Our immune cells have various polyphenol receptors that enable cellular uptake to activate immunity. Polyphenols support a healthy intestinal mucosal immune response — strengthening our resistance to different types of pathogens and allergens, while also promoting anti-tumour activity.

'Side effects' of eating plant foods and supplementing plant compounds

Having a weak or compromised immune system can usually be traced back to a lack of protective nutrients, particularly plant chemicals like polyphenols that work as antioxidants and even stimulate our body's own antioxidant production. Poor immunity impairs our first line of defence against the outside world, raising risk of infection, imbalance, and disease.

What happens when we increase our plant intake and get more than our five-a-day? Polyphenols are associated with health benefits like:

- **Balanced blood pressure.** Polyphenols provide antioxidant protection for our blood vessels, decreasing oxidative damage and helping lower high blood pressure levels.
- **Better cognitive function.** Intaking more polyphenols has been linked to improvements in brain output and reductions in age-related cognitive decline, with help for dementia.
- **Cancer protection.** Plant foods can help reduce our risk of cancer, pinpointed in part to polyphenols' anti-inflammatory, antioxidant, and anticarcinogenic properties.

- **Fewer blood clots.** Polyphenols have been shown to interrupt the platelet aggregation process, potentially protecting against conditions like pulmonary embolism and stroke.
- **Heart disease prevention.** Fruits and vegetables preserve heart health; pomegranate's high polyphenol content may stop the oxidation of LDL cholesterol, inhibiting atherosclerosis.
- **Improved digestion.** Polyphenol activity primarily begins in the gut, increasing our immunity; sources of polyphenols are also prebiotics, promoting growth of beneficial gut bacteria.
- **Longer lifespan.** A high polyphenol intake is linked to longevity, decreasing risk of mortality by as much as 30 percent in older people.
- **Lower levels of inflammation.** The polyphenols in green tea have been shown to decrease post-exercise inflammation, potentially protecting against tissue damage and fatigue.
- **Stable blood sugar.** Polyphenols may trigger insulin production, expediting sugar in the bloodstream into cells to keep blood sugar levels in balance.

Fruits and vegetables are a given. Some of the top polyphenol food sources include berries, pomegranates, apples, spinach, red onions, artichokes, black beans, almonds, walnuts, green tea, coffee, red wine, olive oil and dark chocolate.

Polyphenols can also be supplemented. A fulvic mineral complex supplies concentrated polyphenols derived from ancient plant matter containing an estimated 20-percent fulvic acid content. A 20-percent fulvic mineral complex can also be combined with the proteolytic enzyme serrapeptase, providing added anti-inflammatory benefits for chronic diseases affecting the joints, lungs, and heart.

An all-in-one multivitamin can provide polyphenols from fulvic trace minerals, bilberry, and aloe vera, along with vitamins A, B, C, D, E, and K and iodine, selenium, and zinc, to correct deficiencies and strengthen immunity. Bilberry is one of the richest sources of anthocyanins, flavonoids able to boost cytokine production and prevent or reverse cellular damage.

Ideally, we'd consume more plant foods *and* supplements. Research confirms that factors like modern food processing and even preserving or peeling produce can all limit the quantity of polyphenols we actually eat.

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.



PURE CONCENTRATED ORGANIC MINERALS WITH FULVIC ACID

A unique blend of 77 trace minerals and elements, electrolytes and 18 amino acids, from the world's richest source of fulvic minerals, including magnesium, selenium, copper, chromium, silver and more. Highest fulvic content per serving available and completely of plant origin.



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.



Sources

All references can be found at www.NaturallyHealthyNews.com

When children do this, they'll grow up to have a lower risk of heart disease

Scientists discover a new heart-healthy intervention

A 26-year study from Finland proves that the battle to get our kids to eat their veggies may be worth fighting. The 2020 research examined 1,116 children starting at seven months of age with a follow-up over two decades later. The infants of families who received dietary counselling around the time solids were introduced saw a positive impact on cholesterol, blood pressure, and insulin sensitivity.

Eating a healthy diet from a young age benefited heart health compared to the control group.

3 helpful ways to 'start them young' and protect against cardiovascular disease

"Progress, not perfection" is a good motto when trying to introduce healthy foods to kids inundated by modern treats and processed food advertising. Our kids may not always respond how we'd like, but studies show that direct and active parental involvement yields much better outcomes when establishing healthy habits.

Here are some ideas to get started:

1. Prepare plant-based dinners. Every effort counts, even if kids are already accustomed to junk food, soft drinks, and sweets. Include more whole, plant-based foods at each

meal – avoiding sugar and starchy carbs wherever possible – and follow up dinner with activity. Cases of obesity starting as young as age 8 have shown documented signs of cardiovascular disease (CVD).

2. Set aside time to connect. New research published in the *Journal of the American Heart Association* in 2020 confirms that childhood trauma or dysfunction may bring a 50-percent higher risk of a later-life CVD event, like stroke or heart attack. Researchers suggest interventions like making sure a child is heard and cared for; seeking professional help can provide more guidance.

3. Take family walks. It's a common – but counterintuitive practice to slather kids up with sunscreen before stepping foot outside. Both children and adults need moderate daily sun exposure, ideally on an afternoon walk to incorporate some activity. The vitamin D3 our skin synthesises from the sun can restore or prevent heart damage.

There are other ways to come together as a family and make supporting heart health fun for everybody. Dancing, laughing, stretching, and playing with a pet can all improve cardiac function.

Serrapeptase saves hearts – and is safe for children

Natural enzymes can boost circulatory

health before prescription meds are needed. The potent anti-inflammatory enzyme serrapeptase is typically used to alleviate pain, arterial blockages, and inflammation. Combined with nattokinase, another fermented enzyme, serrapeptase may "thin the blood," or help prevent heart attack and stroke by decreasing blood clotting.

Serrapeptase is also safe for pregnant women, babies, kids, and pets when taken at the appropriate dosage. Parents can break open 1 to 2 capsules of serrapeptase a day and mix into water or a non-protein food to help counter heart-damaging inflammation.

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.



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



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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.

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<https://win.naturallyhealthynews.com>

We will draw a winner every month.

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- Oil Ultra 30ml
- Body Butter Ultra 200ml
- Lotion Ultra + Melatonin
- The Magnesium Manual



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*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.

Back to health: Drugs aren't the answer

*Stretching calms sciatica nerve pain,
but steroids may be ineffective*

Up to 80 percent of people suffer with back problems. It's one of the most common causes of missed workdays, adding up to billions in lost income. Back pain sufferers who've sought medical help don't often find permanent relief; some who take the surgery route end up worse than when they started.

Even a prevalent condition like sciatica – widely misunderstood nerve pain affecting as many as 40 percent of people – doesn't have a universal treatment. This may be because sciatica, or lumbar radiculopathy, isn't a medical disorder. It's a symptom.

Several spinal nerves running from the lower back to the knee, splitting off into the foot, make up the sciatic nerve, the largest nerve in our body. Leg pain, tingling, numbness, and weakness might be symptoms of an issue like a herniated lumbar disc, the leading cause of sciatica, which pinches a nerve in the lower spine.

Sciatica risk rises with age. Those who have chronic back pain are also more likely to develop sciatica.

***4 surgical alternatives:
Find out which
sciatica-soothers are
working***

These natural interventions have been shown to help some sciatica sufferers recover:

1. Correct dysfunctional body mechanics.

Body mechanics involve the way we conduct everyday activities. How we do these activities of daily living (ADLs), e.g., putting dishes away, is a key factor in preventing back and leg pain.

Here are some effective, non-harmful ADL examples:

- Alternate our body position so that all weight and load are not on the smaller muscles and joints but are also distributed to the larger muscles.
- Whenever possible, place one foot slightly ahead of the other, either moving front to back or laterally (side to side).
- Glide the rear foot back while reaching forward, up, or to the side; though the rear foot barely engages with the ground, this takes the load off the back.

To avoid placing unnecessary strain and force on the back, never pull an object that can be pushed instead.

2. Sit smart and stand often.

At work, the most important factors to consider are where (the type of



chair) and what position we're sitting in, in relation to how our arms reach the keyboard.

Ideally:

Knees should be a little lower than our hips when our buttocks are pressed against the back of a chair.

- When typing and looking at a computer, the first line of words on the screen need to be at eye level; avoid looking down and acquiring a forward head, causing a rounded lower back.
- Keep the screen at arm's length and the arms, from elbow to wrist, parallel to the floor.

Using a sit-stand desk has been shown to decrease lower back pain by as much as 50 percent. Frequent standing breaks can be used for a similar effect without impacting productivity.

3. Stretch and use gentle movement.

Bursts of movement may cause more pain during a flare-up of sciatica. But stretching and intuitive movement practices like yoga can help relieve pressure after hours spent sitting.

Set aside 20 or more minutes several times a day to try:

- **Hip hinge:** Stand with feet hip-distance apart and knees bent



slightly. Tighten the core and bend forward at the hips until parallel with the floor, if possible. Repeat.

- **Pigeon pose:** Sit on the ground with the right leg in front of the body, bent horizontally; stretch the left leg straight behind. Lean forward over the right leg as far as is comfortable, then switch legs and repeat.
- **Seated stretch:** Begin seated in a chair and cross one leg over the knee of the other. Bend forward with a straight back and hold; switch legs to repeat.

Both yoga and physical therapy have been used to remedy back pain and subsequent sleep disturbances, while tapering down the use of medication, with sleep improvements lasting up to 52 weeks.

4. Supplement to stop inflammation.

When the source of inflammation is never removed, our body remains in a chronic inflammatory state, even when associated symptoms like pain are masked by drugs.

It's important to:

- **Eat an anti-inflammatory diet rich in plant foods;** the Western diet has been linked to a myriad of inflammatory disorders, in-

cluding chronic pain.

- **Explore alternatives to painkillers and NSAIDs.** Studies find concentrated curcumin helps to reduce pain severity safely and effectively, often used alongside fenugreek to ease muscle pain and painful menstruation symptoms.
- **Topical magnesium can also relieve muscle cramps, pain, and soreness;** magnesium combined with CBD may provide more anti-inflammatory effects, decreasing swelling and pain.

Alpha lipoic acid (ALA) and B vitamins can also help. Alpha lipoic acid, described as one of the most versatile and powerful antioxidants, in its bioavailable "free acid" form, called R-Lipoic Acid, can preserve nerve health and could improve sciatic pain within six weeks. Supplementing B-complex vitamins, better absorbed sublingually, can correct B12 deficiency which compromises the health of the myelin sheath.

Even doctors admit: Drugs only provide a temporary solution

NSAIDs are some of the most frequently used drugs for back pain. Others include acetaminophen, synthetic corticosteroids, antidepressants, and opioids that come

with a high risk of addiction.

None of these drugs address the root cause of sciatica, a fact which doctors are well-aware of.

It's all the more frustrating when costly drugs cause side effects or don't live up to their claims. In a 2015 JAMA study, sciatica patients prescribed an oral steroid for 15 days didn't see any noticeable pain improvements compared to those taking a placebo.

Recommended Products

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



B4HEALTH™ SUBLINGUAL DROPS Unique, powerful B vitamin formula, containing all of the essential B vitamins, including: B1, B2, B3, B6, folate, and B12.



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®.



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

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 you 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.



MAGNESIUM LOTION

Ultra

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



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. Menthol, ginger, and arnica 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 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 magn

Original/ 750 g, 2000 g
100 g flakes contains approx. 11.75 g magnesium.



Not a fan of meditating? Get max benefits at just 15 minutes a day

Plus 5 more simple-but-scientific ways to promote mental balance

Not all stress is bad. In small doses, it can be a great motivator. But in our modern world, stress levels are high. Add to that the recent events that have led to a global health crisis, and people are seeking tools to manage mental health more than ever.

Should meditation be one of them? According to the latest research, yes.

Long-term meditation makes the mind stronger, with benefits at every age

Continued commitment to a meditation practice is powerful enough to strengthen the brain.

American researchers from UCLA learned in 2012 that those who meditated long-term showed more cortex “folding,” or gyrification, which helps our brain process faster. This gyrification was linked to the number of years a person had been meditating; the 49 participants in the study group had practiced an average of 20 years.

Besides better brain processing, science shows there are age-specific benefits to be had from meditation:

- **Children:** Kids who are taught mindfulness, a type of meditation where attention stays in the present moment, may find it easier to focus and ignore outside distractions.

- **Young adult:** University students who practice basic meditation before a class have earned higher grades and retained more information.
- **Middle-age:** Open Monitoring meditation, where we observe thoughts that arise, can promote creativity, while mindfulness in the workplace can support efficiency and group connections.
- **Older age:** Meditating more often could prevent age-related atrophy in the brain; by preserving the brain’s grey matter, meditation may slow or stop the loss of neurons.
- **Any age:** Consistent, daily meditation can decrease inflammation and increase our body’s stress resilience; meditating also balances mental health and can positively impact relationships.

Additionally, studies link meditation to improvements in anxiety, depression, body image, emotional balance, cognitive function, pain levels, and sleep. Some forms, like MBCT or mindfulness-based cognitive therapy, may work as well as maintenance antidepressants.

Even so, many people have a hard time sticking to it. For those who find meditation boring, uncomfortable, or too “out there” to try, the benefits of meditation may be encouraging. While there’s no one-size-fits-all approach to mental health and stress management, we can see benefits from practicing meditation for 15 minutes each day.



A 2020 *Journal of Positive Psychology* study proved that meditating for just 15 minutes can relax us to the level we are at on vacation – decreasing negative emotions and increasing positive emotions like gratitude.

5 (more) scientifically-sound ways to stabilise mood & strengthen resilience

Even a small amount of meditation can lay the foundation, with help from several other supporting practices:

1. Chew.

The act of chewing gum has health benefits. Even better if it’s sugarless – for both adults and children, chewing gum sweetened with 100-percent xylitol, a natural sweetener extracted from plant fibres able to maintain a neutral pH in the mouth, can help to reduce dental plaque, confirmed by the European Food Safety Authority.

Decreasing risk of inflammatory gum disease may have an effect on stress, loneliness, anxiety, and depression. Gum chewing also helps lower stress.

2. Cook.

If we’re running low on essential



nutrients, our mood is going to show it. Specifically, rich omega-3 and 6 fatty acids like EPA and DHA are needed to maintain brain function. Extensive evidence supports using a healthy diet to manage both depression and anxiety; decreasing unhealthy fats, losing excess weight, and raising nutrient levels may all help to manage symptoms of depression.

Cooking at home gives us total control over the whole foods we eat, and it also has mental health benefits. Time in the kitchen serves as a creative outlet and fosters a sense of connection.

3. Move.

Movement and mental health go hand-in-hand. Instead of taking on a complicated exercise routine, gently moving in ways that feel good is much more sustainable. For many exercisers, using intuitive movement to support mental wellbeing – as opposed to exercising for weight loss or muscle gains – might be a brand-new concept.

So, have fun with it: dance, swim, walk the dog in the sunshine, stretch, or workout at home with a YouTube Pilates video.

4. Soak.

If we want to cope well with stress, we need magnesium – and plenty of it. When levels fall too low, our nervous system becomes imbalanced. Proper levels of magnesium are also needed for the efficient production of GABA, which influences levels of the neurotransmitters serotonin and dopamine that are vital for relaxation.

To increase intake, eat more green leafy vegetables and try soaking in a magnesium bath, one of the most effective ways to ensure magnesium is rapidly absorbed into the bloodstream.

5. Write.

Gratitude journaling is a great complement to a meditation practice that can instil feelings of gratitude. Many people write down three things they're thankful for in the morning or at night. It can also help to list three daily accomplishments, no matter how small, to cultivate self-love and esteem.

Being grateful is enough to increase our happiness and decrease our depression.

Sometimes, we just need to press

“reset” and start the day fresh with a good night of sleep. Unfortunately, when experiencing stress and mental health issues, sleep is one of the first areas to suffer. Taking vitamins B3 and B6, along with L-tryptophan and L-theanine, before bed can combat stress and balance cortisol levels. During times of stress, our body uses larger than normal amounts of B vitamins, making it paramount to replenish them.

Recommended Products

THE KRILL MIRACLE™

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



ANCIENT MAGNESIUM 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.



XYLITOL GUM (VARIOUS)

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



RELAXWELL™

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



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

KETO TABBOULEH

This vegan keto recipe is a delicious tabbouleh that's also a paleo, gluten-free, dairy-free, grain-free, and sugar-free option for anyone wanting a healthy lunch or dinner.

Prep time: 15 min.

Cook time: 15 min.

Serves: 6

INGREDIENTS

1/2 cup (120ml) extra virgin olive oil
1/4 cup (80ml) lemon juice
1/2 tsp. grey sea salt
2 bunches fresh parsley, chopped
1 1/3 cup (215g) hemp hearts
3 medium tomatoes, diced
8 green onions, finely diced
1/4 cup (24g) fresh mint, chopped
1 small garlic clove, minced

DIRECTIONS

1. Place the olive oil, lemon juice, and sea salt in a large bowl. Whisk to combine.
2. Add remaining ingredients, toss to coat, and serve.



EASY LOW-CARB PASTA PUTTANESCA

These zucchini (courgette) noodles served with crushed tomatoes, olives, anchovies, capers, chilli flakes, and basil are a tasty low carb option for lunch.

Prep time: 10 min.

Cook time: 30 min.

Serves: 4

INGREDIENTS

2 tbsp. ghee or extra virgin olive oil (30ml)
1 garlic clove, minced
4 anchovy fillets, chopped (16g/0.6 oz)
2 cans crushed tomatoes (800g/1.76 lb)
1/2 tsp. chilli flakes
16 pitted kalamata olives, halved (48g/1.7 oz)
2 tbsp. baby capers, drained (17g/0.6 oz)
Sea salt and black pepper, to taste
2 tbsp. chopped basil, plus more to garnish
4 tbsp. extra virgin olive oil to drizzle (60ml)
1/2 cup shaved parmesan or other Italian-style hard cheese (30g/1.1oz)
3 medium or 4 small zucchinis (courgettes), spiralised (600g/1.3 lb)

DIRECTIONS

1. Add the olive oil to a large skillet or saucepan over medium heat. Add the garlic and anchovies and cook, stirring until fragrant (around 1 minute).
2. Add the crushed tomatoes, chilli flakes, olives, and capers and a pinch of salt. Stir to combine.
3. Bring to a boil, then reduce heat and simmer for 20 to 30 minutes until the sauce has started to reduce.
4. Add basil; taste and season with more salt or extra chilli, if preferred.
5. Serve with zucchini noodles (spiralised zucchini) or other low carb noodles, such as shirataki. Use raw zucchini noodles or briefly cook them on a lightly greased pan for 1 to 3 minutes.
6. Drizzle with olive oil, top with parmesan, and optionally serve with more basil. Store the sauce in a container in the fridge up to a week or in the freezer for up to 3 months. Enjoy.



New study shows how to beat cognitive decline and frailty in 365 days

Findings: A healthy diet tells the gut not to act its age

If it sounds too good to be true, it isn't. A five-country study published in *Gut* in 2020 found that switching to a Mediterranean-style diet for one year can increase levels of beneficial gut bacteria known to promote healthy ageing. The diet also helped stop the progression of frailty and cognitive decline in older people by lowering dangerous levels of inflammation.

Eat whole foods and reprogram the gut to age better

The Mediterranean diet follows eating patterns of those living in Greece and Italy. Vegetables, fruits, beans, healthy oils, and nuts are staples; some seafood may be included, but the diet is primarily plant-based.

Researchers identified these plant foods as providing greater protection because of their high fibre, vitamin, and mineral content, including vitamins B6, B9, and C and magnesium, potassium, and iron.

When the guts of 612 people from the ages of 65 to 79 were analysed, comparing the typical diet to the Mediterranean diet, researchers saw bacterial diversity increase. More varieties of friendly bacteria in the gut helped combat age-related deterioration, improving hand grip, walking speed, and memory.

The good bacteria in the healthy guts quickly multiplied and pushed out



harmful microbes that contribute to frailty.

Increasing gut bacterial diversity may also help relieve digestive discomfort, depression, anxiety, high cholesterol, high blood pressure, eczema, allergies, fatigue, and poor immune function.

Taking cues from our ancestors: SBOs are what most ageing guts lack

In a perfect world, we're born with robust communities of beneficial bacteria in the gut, passed on from mother to baby.

But in reality, factors like a lack of prebiotics (fibre) from diets high in processed foods, smoking and drinking alcohol, too little exercise, antibiotic overuse, and not enough sleep leave our guts sorely depleted.

This doesn't mean frailty and memory loss are inevitable. Eating more plant-based foods, as the research shows, can curb inflammation and restore gut function to support a healthier old age.

Soil-based probiotic strains can also help. *L. plantarum*, a soil-based organism (SBO) found in fermented vegetables like kimchi, decreases gut leakiness, or permeability, providing automatic protection against any brain disorder. *L. plantarum* is also able to stimulate the gut-brain axis encouraging brain development and function.

That's just one example. *L. plantarum* and other SBOs like *B. bifidum*, *B. subtilis*, and *L. acidophilus* can be supplemented in a diverse "Bio-Identical" SBO Probiotics Consortia™ that is "the same or very similar" to the naturally-occurring bacteria found in ancient guts and in nature.

It's worth noting that for elderly people with dental problems or difficulty swallowing, taking capsules can pose a problem. Opening up a probiotic capsule and mixing it into soft food can simplify supplementing and make strengthening gut health easy for everyone.

Recommended Products

PRESCRIPTBIOTICS™

Custom-cultured to rebalance good gut flora, this product supports stronger digestion, immunity, and overall health.

It contains soil-born organisms (SBOs) that are missing from the modern diet.



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.



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%
<small>(equivalent to 1481 mcg .. (6S)-methyltetrahydrofolic acid glucosamine salt)</small>		
<small>(Quatrefolic®) (800 mcg Methyl Folate)***</small>		
Vitamin B-12 (from methylcobalamin).....	100 mcg	4166%
Biotin.....	300 mcg	1000%
Pantothenic Acid (Vitamin B5).....	20 mg	400%
Choline (from Choline Bitartrate).....	25 mg	5%
Calcium (from Calcium Citrate).....	120 mg	9%
Iodine (from Potassium Iodide).....	150 mcg	100%
Magnesium (from Magnesium Citrate).....	60 mg	14%
Zinc (from L-OptiZinc®)**.....	25 mg	227%
Selenium (from Selenomethionine).....	200 mcg	363%
Copper (from Copper Gluconate).....	2 mg	222%
Manganese (from Manganese Gluconate).....	4 mg	174%
Chromium (from Chromium Picolinate)****.....	120 mcg	343%
Molybdenum (from Molybdenum Citrate).....	75 mcg	166%
Chloride (from Fulvic Trace Minerals).....	16 mcg	<1%
Potassium (from Potassium Malate)	216 mg	5%
L-Taurine.....	400mg	*
Bilberry (fruit) (5:1 extract)	300 mg	*
Fulvic Trace Minerals.....	200 mg	*
Strontium (from Strontium Citrate)	60 mg	*
Inositol.....	40 mg	*
Lutein (from Marigold (flower) (ZanMax®)	20 mg	*
L-Cysteine.....	10 mg	*
L-Glycine.....	10mg	*
Zeaxanthin (from Marigold (flower) (ZanMax®).....	4 mg	*
Aloe Vera Powder (leaf) (200:1)	2 mg	*
Boron (from Boron Citrate).....	1 mg	*

*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. 7947,662. 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.

Question: Are multivitamins really worth the price?

In a perfect world, we'd be able to get all our nutrients from food



Contains 130 Nutrients!



The headlines are confusing. Multivitamins don't work. Or, maybe they do some of the time. They're also dangerous. But some formulations are actually safe.

What's the truth, and what kind of multis should we be taking?

First, the bad news: Fillers are everywhere, and kids' vitamins are lacking

Most critics claim we can get all the nutrients we need from our diet.

Make no mistake: A healthy diet is key. And yet we know that our Western food epidemic, along with burdens of stress, chronic disease, and current viral threats, is worse than ever. Vitamin and mineral levels in our soil keep dropping. Healthy foods lay the foundation but are no longer able to supply the large amounts of daily nutrients we need.

There's also truth to the fact that not all ingredients, especially those that are synthetic, are safe.

Here are some potentially harmful multivitamin ingredients to look out for:

- Artificial colouring – Frequently found in bright-coloured multis for children, ingredients like Yellow 5 and Red 40 have been investigated for causing hyperactivity and behavioural problems.
- Hydrogenated oil - This cheap filler typically comes from GMO soya bean and, like trans fat, can increase harmful LDL cholesterol levels contributing to risk of coronary heart disease.
- Potassium sorbate - Used as a synthetic food preservative, it can irritate skin and eyes and could have DNA-damaging properties.

In a 2019 *Archives of Disease in Childhood* survey of 91 different multivitamins marketed toward children in the UK, researchers found that only about a third of the products supplied the recommended amount of vitamin D.

Now, the good news: Well-researched multivitamins are effective and safe

When shopping for a family multi, it's best to seek out high quality and scientifically-backed forms of the dozens of nutrients we're lacking.

Here are just a few suggestions:

- Phosphorous - A critical mineral, it shapes the sugar-phosphate backbone of DNA and RNA and plays an

important role in the energy transfer in cells as part of ATP.

- Quatrefolic MTHFR (folic acid) - This B vitamin helps produce red blood cells and can also reduce risk of severe birth defects; it's superior to synthetic folic acid since it can cross the blood-brain barrier.
- Vitamin D3 (cholecalciferol) - This vitamin is needed by most people to correct common deficiency from lack of sun exposure, decreasing risk of mental health issues and chronic disease.

Taking a capsule containing 130 key nutrients is an easy and cost-effective way to complement a family's eating habits and nutrient intake. Depending on individual health factors, this prevention can have a widespread reach: Mothers who take multivitamins during pregnancy, for example, may lower their children's risk of autism, compared to mothers who don't supplement.

Recommended Product

ACTIVE LIFE™ CAPSULES

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



Sources

All references can be found at www.NaturallyHealthyNews.com

Bacteria cause ulcers – but stress makes them worse, new study shows

Instead of antacids, try 4 S.O.S. (Save Our Stomachs) remedies

While bacteria are the main culprit of stomach ulcers, stress and ulcers have long been linked. A 2020 study conducted by a team of American neuroscientists has given us more understanding. By following neural pathways that lead from the stomach to the brain, researchers learned that the gut-brain connection goes both ways.

Simple but effective: Stop stress to see ulcer flare ups decrease

A connection between lifestyle stress, like job loss, has already been made to higher stomach ulcer death rates. The new findings pinpoint which areas of the brain may control the stomach.

Researchers traced the “rest and digest” parasympathetic nervous system response back to the rostral insula region of the brain, regulating visceral sensations and emotions. The “fight or flight” pathway, on the other hand, is a stress response leading back to the primary motor cortex in the brain.

Peptic ulcers, or sores on the stomach lining, are most often caused by an overgrowth of *H. pylori* bacteria, as well as NSAID and aspirin overuse. Symptoms include stomach pain, burning, bloating, nausea, and heartburn.

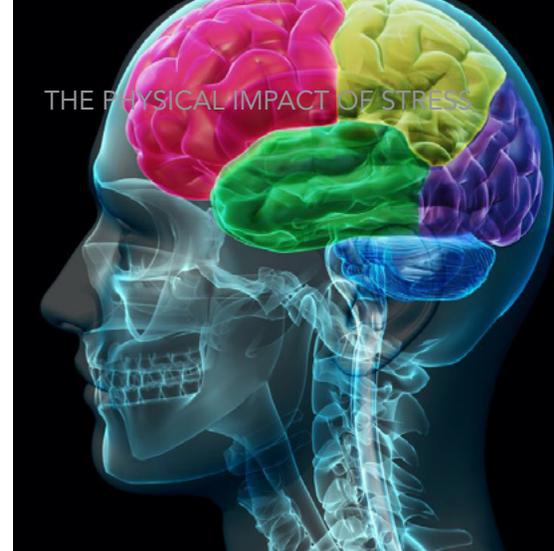
These new insights indicate that our cerebral cortex could send signals to our stomach in times of stress, altering gastric secretions to encourage the growth of ulcer-causing bacteria.

Solutions for stomach pain: 4 ways to boost digestion and beat ulcers

Restoring digestive health can help:

- 1. Address stress.** While it's not possible to eliminate all stressors completely, several wellness practices can help keep stress manageable: try yoga, progressive muscle relaxation, and meditation. Taking a daily soil-based probiotic can also improve gut health, decreasing anxiety via the gut-brain connection.
- 2. Calm inflammation.** An easy way to counteract the inflammation caused by *H. pylori* is by using healing herbs such as marshmallow root help heal the stomach and calm inflammation.
- 3. Drink liquorice tea.** A warm cup of liquorice tea can help ease stress and may stimulate mucus production to coat the stomach. Turmeric tea may also be used for the same purpose but supplementing concentrated curcumin with fenugreek is far more effective; both curcumin and fenugreek have confirmed anti-ulcer properties.
- 4. Limit problematic foods and drinks.** Experiment with elimination — see if triggers like caffeine, black pepper, wine, fried foods, and chocolate could be making stomach pain worse. Chew thoroughly and take digestive enzymes and gut-supporting herbs, like marshmallow root, around meals to protect the stomach lining from NSAID-related ulcers.

Also, try drinking half a glass of freshly juiced kale (at room temperature) before eating. Kale, known to be warm



and bitter in Chinese medicine, has traditionally been used to fortify the stomach. Antioxidant-rich foods like kale can also strengthen immunity and help fight off *H. pylori* infection.

Recommended

GASTRO ENZYME THERAPY

A gentle combination of herbs and enzymes to ease digestive tract discomfort. Marshmallow root, Papaya Leaf and Prickly Ash may calm and cleanse the system.



PRESCRIPTBIOTICS™

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



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.



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

Discover how to get sharper with age

The secret to beating dementia: Reverse brain ageing by up to 10 years

Dementia is not a normal part of ageing. And yet, a new case develops every three seconds worldwide. This adds up to an estimated 75 million people who may be suffering from dementia by 2030.

There's still not a cure. But the latest research again shows lifestyle changes may be enough to prevent dementia, even with "virtually inevitable" genetic risk.

The ageless brain: Why nourishing our grey matter matters

When examining frontotemporal dementia in 2020, the most common type of dementia for those under age 65, findings indicated that our "fate may not be set in stone," American researchers said.

Frontotemporal dementia can affect language, personality, and movement. Though up to 40 percent of sufferers have a shared family history, activities benefiting physical and mental health can help slow decline by 55 percent. The researchers said if lifestyle choices were a drug, they would prescribe it to all their patients.

Medical treatments, in contrast, offer stopgap support with minimal improvements. But without drugs,

and without medical treatment, many patients are making lifestyle changes that have led them close to "curing" various types of dementia that include Alzheimer's.

It's becoming clear that drugs aren't the solution:

- Drugs hardly manage symptoms of a damaging cognitive condition like Alzheimer's disease.
- Drugs can't provide a cure, a fact that major pharmaceutical companies have admitted.
- Drugs reinforce disease management and are unable to restore health to the brain.

The answer is not just to prevent but to regenerate. As we grow older, our hippocampus shrinks. If our brains aren't given the proper nourishment early on, from nutrition and lifestyle, our hippocampus will get smaller and may cause depression, memory loss, and dementia.

"SuperAger" brains, in those 80 and older with memories as clear as adults in their fifties, shrink much more slowly than peers of the same age. Over 18 months, researchers saw the cortex thickness of the peer group decline more than twice as fast as brains of SuperAgers. "SuperAgers are resistant to the normal rate of decline that we see in average elderly," American scientists said in 2017.



Something as simple as exercise increases BDNF (brain-derived neurotrophic factor) production and the potential for "SuperAgeing," boosting brain size and memory. Several proven compounds may also stimulate growth and buffer brain shrinkage to withstand the effects of age.

Meet 4 nutrients behind the war on Alzheimer's disease

These are the four up-and-coming nutrients clinically proven to target dementia:

1. Curcumin.

- Called "Indian solid gold," curcumin is the super-charged extract that is thousands of times more powerful than the turmeric spice.
- Analysis of the extensive research spanning the last half century confirms curcumin's role as an antioxidant, antiviral, antibacterial, antifungal, anti-inflammatory, and anticancer agent in cases of allergies, Alzheimer's, arthritis, diabetes, and various malignant diseases and chronic illnesses.
- In 2020, Australian researchers found nanoparticles, ideally supplied as rapidly absorbing lipo-



somes, to be the most effective method of curcumin delivery with potential to reverse cognitive decline.

2. Lithium.

- Lithium in its organic trace mineral – non-drug – form is a top supporter of the ageing brain; 100-percent natural lithium orotate is supplemented in an organic carrier that ensures swift transfer to the blood cells of the brain.
- Lithium orotate can promote grey matter growth, in the region made up of neuronal bodies that are more prone to shrinking than white matter, in as few as four weeks.
- Lithium microdoses, administered in a 2020 *Journal of Alzheimer's Disease* study, stopped Alzheimer's progression while also recovering lost cognitive function.

3. Resveratrol.

- Resveratrol has gained notoriety as a natural compound and protective antioxidant found in dark chocolate, grapes, and red wine.
- Resveratrol can be encapsulated with curcumin liposomes to speed up delivery and enhance

benefits; taking resveratrol may prevent harmful immune molecules from reaching and inflaming healthy brain tissue.

- Long-term resveratrol consumption could reverse as much as a decade's worth of cognitive ageing, especially among women, an Australian research team reported in 2020.

4. Serrapeptase.

- Working as a proteolytic enzyme with potent anti-inflammatory properties, serrapeptase has been restoring health for nearly 50 years.
- Applications include help for arthritis, blocked arteries, carpal tunnel syndrome, chronic pain, fibrocystic breast disease, migraines and headaches, and even the inflammation implicated in Alzheimer's disease.
- A 2013 *Human & Experimental Toxicology* study detailed the effects of daily serrapeptase and nattokinase enzyme treatment for 45 days: Researchers observed a marked decrease in brain chemical activity leading to Alzheimer's and a great increase in brain chemical activity helping to pro-

tect against Alzheimer's disease.

Reading, walking, and time with friends are examples of mental and physical engagement, evidenced in the frontotemporal dementia study, that may work better than a drug to stop the loss of cognitive ability.

Talking with friends can keep the brain agile. So can hobbies like crossword puzzles and sudoku. Speaking more than one language – and practising it – can also delay the onset of Alzheimer's disease. Exercise improves oxygen flow to the brain and has a protective effect against degeneration. And, eating more plant foods and avoiding inflammatory foods have been tied to a larger-sized brain.

Great progress is being made in the non-medicinal fight against dementia. Remove the lifestyle factors that cause inflammation and support the brain's recovery with stimulating nutrients and activities, and there's hope for reversal.

Recommended

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.



SERRANOL®

160,000IU serrapeptase plus Curcumin x4000, ecklonia cava extract, and vitamin D3, all in one capsule.



LITHIUM BALANCE™

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



Sources

All references can be found at www.NaturallyHealthyNews.com

A few minutes to feel better: 16 healthy hacks to try this weekend

Little steps can be life-altering? Positive thinking lowers dementia risk

Following a complicated diet and a rigorous exercise routine is optional. Good and even great health, according to the latest studies, comes from putting one foot in front of the other: Staying consistent. Doing what works. Taking baby steps that have a big impact.

16 surprisingly simple shortcuts to healthy living

Don't know where to begin? Let's take a closer look:

1. Breathe.

Most of us breathe anxiously through the chest and deprive our body of much-needed oxygen. Anxious breathing causes a stress response that can weaken our health by releasing excess cortisol. Relaxed breathing comes from the diaphragm or stomach, when standing or lying down. Deep, slow breathing has also been shown to reduce the intensity of chronic pain, as well as anger and other strong feelings.

2. Drink sodium bicarb + water.

This tip is simple enough to make it onto every healthy lifestyle list, but there is a catch: Aim to drink 6 to 8 glasses of water per day with a pinch of bicarbonate of soda in each glass. Sodium bicarbonate deficiency has been linked to serious conditions like chronic kidney disease; sodium bicarb can support the alkaline balance in our body and also relieve acid reflux.

3. Eat mindfully.

Along with slow breathing, slowed eating can give us time to rest, digest, and enjoy. Mindful or intuitive eating helps us tune into our internal cues so we can naturally stop eating when we experience fullness. Removing distractions is key: Turn off the TV, put smartphones on silent, and fully engage with the people around the table or sit quietly. Savour aromas, textures, bodily sensations, and flavours.

4. Have sex.

As fun as it is good for us, getting intimate also has multiple mind and body benefits. People with a healthy sex life are known to have better immunity; sex is a form of physical activity that releases endorphins and burns calories. Sex has also been linked to lower blood pressure, reduced risk of prostate cancer, and more restful sleep.

5. Fast.

Research supports intermittent fasting (IF) as a practice dating back to our ancestors' eating habits, helping to balance blood sugar and blood pressure, regulate inflammation, and maintain weight. Approaches to IF are entirely individual: Many people do 16/8, or 16 hours of fasting with 8 hours for eating. Once adapted, many intermittent fasters report feeling less hunger and more mental clarity.



6. Feel.

In 2020, British researchers linked persistent patterns of negative thinking to a higher risk of Alzheimer's disease. Finding a healthy way to process negative feelings may help prevent cognitive decline; anxiety and depression are already known risk factors for dementia. Therapy, journaling, meditating, talking with a friend, or a combination of all these methods may help us express and regulate our feelings.

7. Find a purpose.

While happiness is relative – and often fleeting – those who've identified a meaning or purpose in their life are likely to be happier. Pursuing happiness isn't going to cut it, though. Accepting life's circumstances and searching within can help us connect with our passions and reason for being. Having a sense of purpose could keep us afloat in our most trying times, as observed in the

cases of Holocaust survivors.

8. Juice.

Swapping out commercial fruit juices high in fructose with freshly juiced produce can make it easier to cut down on sugar. Sweetened beverages may contain up to 38 grams of carbs coming entirely from sugar. Excess sugar can increase our risk of insulin resistance and prediabetes. Juicing can also be used alongside a plant-based diet to increase fruit and vegetable intake and help our body release accumulated toxins.

9. Meal prep.

Whether it's running errands or spending all day at the office, it's hard (make that impossible) to make healthy food choices without some kind of advanced prep. This may be why #mealprepsunday is trending. Set aside a day to shop for, prepare, and portion several healthy meals that'll last throughout the week;

vegan smoothie bowls and quinoa burritos are just a few popular plant-based picks.

10. Meditate.

Cultivating a regular meditation practice can help us manage our stress levels. High cortisol caused by stress can increase blood cholesterol, blood pressure, and blood sugar. Meditation and other mind-body interventions (MBIs) like tai chi and yoga may do more than promote relaxation. Studies show they could also reverse molecular DNA reactions linked to depression and chronic disease.

11. Nap.

Napping's known to be good for the heart, reducing risk of heart problems that include stroke and Cardiovascular Disease (CVD) confirmed by 2019 *Heart* research. The study showed that taking 1 to 2 naps per week could provide more heart protection than not napping. Supplementing ubiquinol, a reduced form of coenzyme Q10, may also keep sleep cycles stable, recently shown to decrease daily stress and improve nighttime sleep.

12. Puzzle.

Take on a crossword, sudoku, or jigsaw puzzle for time well-spent stimulating the brain: Any kind of activity that requires focus can help relieve stress and reinforce brain cell connections to boost memory. Puzzles can also help to improve problem-solving skills for adults and strengthen motor ability and hand-eye coordination for children. Puzzling for just 25 minutes a day could yield a four-point boost in IQ.

13. Shield devices.

Attaching a HoloGuard to a smartphone or any other device is a simple but effective way to neutralise harmful EMFs (electromagnetic fields) emitted from wireless technology. A HoloGuard on a phone can

also work as an EMF shield when out and about. EMFs are linked to numerous health problems that include infertility and cancer; harmonising Wi-Fi is even more important with the recent rollout of 5G.

14. Stand.

Sitting down all day at work is what most of us are used to. Yet some studies have likened hours of sitting to the effects of smoking. Sitting for prolonged periods can also exacerbate back problems and chronic pain. Standing desks and standing breaks can benefit people of all ages; a 2020 *Lancet Psychiatry* study linked sitting time (being sedentary) to a greater risk of depression in adolescents.

15. Take a multi.

Popping a multivitamin may only take a minute, but a formulation that contains up to 130 nutrients per capsule could bridge the gap of what most modern diets are missing. High-quality nutrition can not only support a better quality of life, through a balanced mood and more energy, but critical nutrients like vitamin B1, vitamin C, and zinc may protect against memory loss, cancer growth, and diabetes.

16. Walk.

Gentle as it seems, brisk walking, for those who are able, can bring major health improvements. Contrary to what we've been told, it's not necessary to engage in high-intensity exercise (unless we enjoy it) to see our heart, lung, brain, and mental health change. Brisk walking has been shown to work as well as running to lower the risk of diabetes, high blood pressure, and high cholesterol.

Turns out it's the choices we make each day that pull the strings to determine our future. Fight cancer, live



longer, and even grow younger? Research confirms that small, everyday habits have the greatest influence.

When we make lifestyle adjustments more complex – and more unattainable – than they need to be, we don't do ourselves any favours. Anytime we're in need of a tune-up, it can help to ask: "Is this something I can stick to for the long-term?"

New study shows: Even in middle-age, it's not too late

If there ever was a time to throw in the towel, research hasn't yet found it. It seems like no matter what stage we're at in life, our lifestyle habits can still affect positive changes.

As a 2020 *Stroke* study found, middle-aged women could still substantially decrease their risk of stroke by making lifestyle modifications. Women are at a higher risk than men and are more likely to experience death or disability from a stroke.

Just improving diet can make the biggest difference, dropping stroke

risk by 23 percent. Picking up at least three other healthy habits – like exercising more often, quitting smoking, and maintaining a healthy weight – may also help to reduce total stroke risk by 25 percent and ischemic stroke risk by 36 percent.

Recommended Product

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.



ACTIVE LIFE™ CAPSULES

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



Sources

All references can be found at www.NaturallyHealthyNews.com

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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 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.



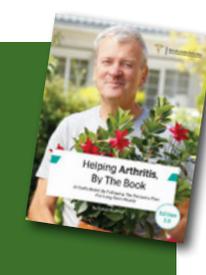
• The HealthPoint™ Facelift: The Anti-Ageing Secret

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.



• Helping Stroke, By The Book

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



• 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

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



Nature's strongest antioxidant excels at enhancing sperm health & motility

Science supports this alternative remedy used by couples trying to conceive

Men's sperm counts have dropped drastically. This is, in part, due to eating a Western processed food diet that slows sperm and makes it harder for them to travel. Now, many couples ready to start a family are facing the consequences of poor sperm motility and inability to swim. Solving this growing problem may address up to 40 percent of all infertility.

What is the 'king of antioxidants,' and why are men taking it?

Healthy sperm parameters may be categorised by:

- **Concentration:** At least 15 million per ml.
- **Morphology:** 4 percent or more.
- **Motility:** 32 percent or more.
- **pH:** 7.2 or greater.
- **Volume:** 1.5 ml or higher.

A couple might test for infertility after a year of trying to get pregnant. Once a woman reaches 35, this window for primary infertility shortens to six months. For men, issues with low sperm motility (asthenospermia) are common. Sluggish or slow sperm progression, non-progressive motility, and a lack of mobility altogether may make it difficult or

impossible to conceive.

Infertility is yet another chronic condition without a cure. It's at this point, leading up to or following a diagnosis, that many men and women begin to examine the reproductive factors they have control over – including lifestyle choices, diet, and supplements.

Astaxanthin, already known for its super-high potency and effects on ageing and disease, is one of the newer supplements aspiring fathers are taking:

- Also called the "king of antioxidants" and "Nature's favourite antioxidant," astaxanthin is among over 700 identified carotenoid compounds and the strongest known antioxidant.
- Astaxanthin's antioxidant power ranks 6,000 times higher than vitamin C, 3,000 times higher than resveratrol, and 560 times higher than green tea.
- AstaReal® astaxanthin is the most studied form of the antioxidant worldwide, used to improve eye health, skin health, muscle endurance, digestion, and ageing, as well as reproductive ability.

Fat-soluble and biologically active, rich concentrations of astaxanthin come from *Haematococcus pluvialis*, a freshwater microalga. These alga strains are consumed by marine life

like krill, salmon, lobster, and crawfish, giving them their reddish colour. A red-orange carotenoid, astaxanthin is also found in bright red, orange, and yellow fruits and vegetables.

Compared to an astaxanthin content of 0.3 mg/100 g in lobster, AstaReal® astaxanthin sourced from *Haematococcus pluvialis* provides a 6,000 mg/100 g dose on average.

With over 400 peer-reviewed studies on AstaReal® and astaxanthin combined, the AstaReal® form of astaxanthin has more than 50 human studies in its database, including 23 double-blind, placebo-controlled trials backing it. AstaReal® astaxanthin is also eco-friendly, contamination-resistant, and quality-controlled for safety.

This is a concentration of astaxanthin many men are taking to reduce unnaturally high numbers of free radicals in their semen. Free radical damage that can compromise sperm function and cause infertility may come from high-sugar and high-carb foods, environmental toxins, smoking, stress, or carrying a cell phone in a pocket. Sperm can also manufacture their own free radicals through the exertion of swimming toward the egg.

But in a double-blind, randomised, controlled trial conducted in 2005, researchers from Belgium noted astaxanthin's effect on a man's sperm and fertility:

- When 30 men diagnosed as infertile – and coupled with a female partner with confirmed fertility –

took 16 mg of astaxanthin a day for three months, sperm motility notably increased.

- The free radical production in semen among the men in the astaxanthin group also decreased compared to the placebo group.
- Most encouraging were the long-term results: Men supplementing astaxanthin saw a 54.5-percent rate of pregnancy, while only a 10.5-percent pregnancy rate was seen among men taking the placebo.

Along with improving reproductive health, astaxanthin may support better immunity, endurance, and blood sugar balance, while offering inflammation and pain relief. Astaxanthin's ability to cross the blood-brain and retinal barriers also provides protection for the brain and eyes. Two new 2020 studies show that astaxanthin's antioxidant and anti-inflammatory effects may help prevent or delay the progression of arthritis and cataracts related to diabetes.

***Astaxanthin + DHA =
More hope for couples
struggling with
infertility***

Like astaxanthin, the fatty acid DHA also has proven benefits for sperm motility:

- DHA, or docosahexaenoic acid, is an omega-3 fatty acid naturally found in krill and oily fish, able to quench inflammation and lower risk of chronic disease.
- Taken with astaxanthin, DHA may up the antioxidant's protective potential; DHA can also cross the blood-brain barrier, improving markers of inflammation and Alzheimer's disease.
- For men hoping to conceive, increasing low DHA levels may address one of the most common contributors to poor sperm motility.

Supplementing AstaReal® astaxanthin with added DHA may make sperm more mobile: A 2015 *Andrology* study confirmed that the human sperm head has a high concentration of DHA and could respond to just 4 weeks of taking a supplement. Women can also take astaxanthin with DHA to boost fertility, encourage healthy foetal eye and brain development, and decrease the risk of preterm labour.

Getting enough DHA before birth

could determine up to 33-percent of a one-year-old child's problem-solving ability, according to 2018 Norwegian research.

To support sperm motility, conception, and a healthy pregnancy, astaxanthin can be taken alongside DHA at up to 12 mg, three times daily. In the 2005 double-blind trial conducted on male fertility, AstaReal® astaxanthin was one of the recommended forms of the antioxidant, proven to be strong enough to influence sperm parameters and increase pregnancy rates to nearly 55 percent after just three months of treatment.

Recommended Product

ASTAXANTHIN WITH DHA™

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



Sources

All references can be found at www.NaturallyHealthyNews.com

HEALTH news

How Repeated Impacts Can Lead To Poor Brain Health And Depression

Repeated head impacts through involvement in contact sports such as boxing, rugby, or American football may contribute to cognitive decline later in life, including difficulty retaining information, confusion and depression.

Previous studies have however, failed to examine the possible role of having a history of exposure to repeat head impacts, including those leading to "subconcussive" injuries, in these later-life problems.

Analysing the records of 13,323 individuals aged 40 and older (with an average age of 62) in the internet-based Brain Health Registry, researchers found that 725, or 5 percent, of participants reported exposure to previous repeated head impacts through contact sports, abuse, or military service. Scientists also examined the effects of having a traumatic brain injury (TBI) with and without loss of consciousness.

Along with a self-report questionnaire on repeated head impacts and TBI history, participants have also completed measures of depressive symptoms and computerised cognitive tests.

These findings from Neurology reveal that participants with a history of both repeated head impacts and TBI, reported greater depression symptoms than those who didn't have this history.

What The New Research Shows

Most notably, a history of repeated head impacts had the strongest effect on later-life symptoms of depression – independent of age, sex, racial identity, and education level.

Scientists found there to be a dose-response like pattern between head trauma and depression symptoms. In particular, participants without any history of TBI or repeated head impacts had the fewest symptoms. Depression symptoms increased when a history of TBI was present, and depression symptoms were highest for groups who had a history of both repeated head impacts and TBI.

The group with the history of repeated head impacts and TBI with loss of consciousness reported the most depressive symptoms. Similar findings were seen amongst those exposed to repeated head impacts and TBI on tests of memory, learning, processing speed, and reaction time.

Participants with a history of repeated head impacts or TBI also had worse performance on some of the tests compared to those without any head trauma, and those with both a history of repeated head impacts and TBI with loss of consciousness had worse performance on almost all of these computerised cognitive tests.

While researchers note that not all people with a history of repeated hits to the head will develop later-life problems with cognitive functioning and depression, results from this study provide further evidence. Being exposed to repeated head impacts through routine play of tackle football can play an important role in the development of later-life cognitive and emotional problems.

Could Selenium Be The Solution To Support COVID-19 Recovery?

COVID-19's recovery rate has been linked with selenium levels in the body. That's according to an international team of researchers, led by Professor Margaret Rayman at the University of Surrey.

Publishing their findings in the American Journal of Clinical Nutrition, researchers have discovered a possible link between low selenium levels in the body and an increased death rate in those with the COVID-19 virus in China.

As an essential trace element obtained from the diet, selenium status is known to be an important factor in the progression of the COVID-19 virus, AIDS, and even death from the condition. Along with being a potent antioxidant, research shows that Selenium can support your immune system and has the potential to fight asthma symptoms.

China is known for having a population with both the lowest and highest selenium status in the world. This is due to geographical differences in the soil, which affects how much of the trace element gets into the food chain.

Health experts examined the relationship between the history of viral infections associated with selenium deficiency across the 'selenium belt deficiency' area that runs from the northeast to the southwest of China.

In the city of Enshi in Hubei Province for example, they have the highest selenium intake in China. Their recovery rate (the percentage of COVID-19 patients declared 'recovered') was almost three-times higher than the average for all the other cities in Hubei Province.

By contrast, Heilongjiang Province had the lowest selenium intake in the world and the death rate from COVID-19 was almost five times as high as the average of all the other provinces outside of Hubei.

By examining the data, researchers determined which location was more likely to recover from the virus. What they found from assessing the data is that the COVID-19 recovery rate was significantly associated with selenium status. This evidence is supported further by health experts at the University of Surrey, who state that there is a significant link between selenium status and the COVID-19 recovery rate.



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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.

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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.

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Good Health Naturally
Because it Works!

Available at all good independent health food stores

Ready to reap health benefits? 5 different-but-effective ways to fast

A new, nontoxic intervention: Fasting and vitamin C wipe out cancer

Looking at it from an evolutionary standpoint, the modern (developed nation) idea of eating three meals a day with snacks in between doesn't make much sense. The human body was made to withstand periods of famine and feast, as can be seen in ancient eating habits.

Scientists prove how fasting increases the anti-cancer effects of vitamin C

Autophagy is defined as "self-eating." It could also be called "self-cleaning." Autophagy is the natural process our body uses to remove injured cells, making way for newer, healthier cells to regenerate.

To eradicate cancer cells, autophagy is critical. As American researchers learned in 2020, enhanced autophagy from fasting could make natural and nontoxic cancer treatments more effective.

When the mice models in the study suffering from colorectal cancer, known to be particularly aggressive, were placed on a fasting-mimicking diet and treated with vitamin C, tumour progression slowed. In some

cases, the cancer regressed completely.

Separately, fasting and vitamin C have both shown promise as anti-ageing and anti-cancer therapies. Fasting may halt cancer growth, and vitamin C proves to be cytotoxic to cancer cells in high doses.

When combined, the two methods had a "dramatic effect, killing almost all cancerous cells."

Helpful fasting guidelines: 5 popular styles with multiple health benefits

Extensive human clinical trials and hundreds of animal studies link fasting to improvements in cancer, diabetes, heart disease, neurological disorders, immune dysfunction, and longevity.

Here are some prominent methods:

1. 24-hour fasting (Eat Stop Eat).

Eat Stop Eat is one of the more well-known approaches to intermittent fasting (IF), as detailed by Brad Pilon, author of the book of the same title published in 2007. Pilon's research on short-term fasting as a graduate student became the basis of his book. Potential benefits include weight loss, heart protection, and a boost in memory and learn-

ing, as fat storages are used for energy, releasing ketones into the bloodstream.

How to do it: Fast for one to two 24-hour days within a seven-day week. This can be done from one meal to the next the following day, such as breakfast to breakfast or dinner to dinner. As with all fasting styles, non-caloric beverages like water, herbal tea, and coffee are permitted.

2. 5/2 fasting.

Similarly, 5/2 is another twice-a-week style of IF that allows for regular eating five days a week, with restricted caloric intake for the remaining two days of the week. This approach is outlined in *The Fast Diet*, written by Dr. Michael Mosley in 2013. The 5/2 plan potentially provides all the benefits of fasting – like lower blood pressure – with the added cushion of eating light on fasted days.

How to do it: Aim to eat healthy foods five days a week, reducing calories to 500 per day for women and 600 per day for men on the remaining two days of the week. On the two fasting days, try to eat a small meal and/or snack that's satiating, i.e., high in plant fibre and protein.

3. Alternate day fasting (ADF).

Fasting every other day, made popular by Krista Varady, PhD, Professor of Nutrition at the University of Illinois, U.S., may be as good for our



health as it is for our wallet. Some of the first-hand benefits seen from those practicing ADF include a grocery bill reduced by 50 percent, disease protection, and added energy from fewer blood sugar increases. Recent studies find ADF to be as safe as calorie restriction.

How to do it: Limit calories to no more than 500 on fasting days, every other day of the week. Used frequently for weight loss among adults with obesity, many uncomfortable effects of fasting, like hunger, are expected to subside within about two weeks.

4. The Warrior Diet.

Created by Ori Hofmekler, *Mind and Muscle Power* magazine's editor-in-chief, *The Warrior Diet* was published as a book in 2002. This fasting style follows closely after the feeding habits of our warrior ancestors, who generally reserved their feast-time for night. The Warrior eating window is much smaller, at about 4 hours per day. Results may include improvements in weight, blood sugar, in-

flammation, and cognitive function.

How to do it: Fast for 20 hours a day, with a 4-hour eating window. Compared to other IF styles, The Warrior Diet is harder to follow. Hofmekler also advocates a paleo-style of eating that's free from processed foods and high in protein, fruits, and vegetables.

5. Time-restricted fasting (16/8).

Widely circulated on social media, 16/8 IF is typically paired with an animal-based or vegan keto diet. The approach was first publicised as *The Leangains Method* by powerlifter Martin Berkhan, ultimately published in book form in 2018. A restricted eating window of 8 to 10 hours, with 14 to 16 hours of fasting, can be used to amp up fat metabolism and growth hormone levels to build lean muscle.

How to do it: Individualise eating windows and, to make it easier, plan to fast overnight. Women, who may be more vulnerable to hormonal imbalances, should limit fasting to

14 to 15 hours. Fasting often begins after the last meal of the evening – around 7 PM, for example – and will continue until 11 AM the next day.

For pregnant women, those recovering from an eating disorder, and anyone taking medication, fasting may not be recommended.

Motive also matters. Fasting as a lifestyle – and not as a diet trend – coupled with nourishing plant foods may bring the most health benefits.

Recommended Product

CUREC™ LIPOSOMAL VITAMIN C + QUERCETIN
1,000mg of high quality liposomal Vitamin C, 1000mg PC, plus 175mg of Quercetin per serving. The product is glutenfree, non-GMO, and non-soy.



Sources

All references can be found at www.NaturallyHealthyNews.com

Your liver or your life?

Here's evidence that switching to stevia can improve fatty liver disease

Out of all our organs, our liver has the greatest capacity to regenerate. Good thing: Everyday factors affecting almost everyone – like contracting a virus, eating sugary and processed foods, drinking alcohol, carrying excess weight, and taking pain-relievers – can all damage our liver.

Who knew liver disease could be so common? 8 early indicators

A vital organ, it's our liver's primary job to digest food and absorb essential nutrients. It also cycles toxic waste out of our body.

Worldwide, liver disease results in 2 million deaths each year. Currently, cirrhosis of the liver is the eleventh leading cause of global death, and liver cancer is the sixteenth. An estimated 2 billion people drink alcohol around the world, and the 75 million who are diagnosed with alcohol-use disorders may be at higher risk for alcohol-related liver disease.

Rates of liver disease are steadily rising, ranking as high as the second leading cause of death among digestive diseases in Western countries like the U.S. Liver disease has reached the fifth leading cause of death in the UK. Liver transplantation is also the second most com-

mon type of organ transplant.

Liver disease comes in many forms and can include:

- Alcoholic liver disease
- Cancer
- Cirrhosis
- Genetic liver disorders
- Hepatitis
- Inflammation of the liver
- Non-alcoholic fatty liver disease (NAFLD)
- Primary biliary cirrhosis
- Primary sclerosing cholangitis

In some cases, liver disease can be genetic, though most liver problems are directly related to chemical exposure, viruses, and lifestyle. Some health problems of the liver may be short-term, while others can be lifelong and irreparable.

These are some of the most common early warning signs of liver dysfunction or disease:

1. Abdominal swelling and pain
2. Chronic fatigue
3. Dark urine and/or pale or bloody stool
4. Frequent bruising
5. Itchy skin
6. Loss of appetite

7. Nausea and vomiting

8. Yellowed skin and eyes (jaundice)

When our liver doesn't function properly, it can't absorb fat. Malabsorption of fat will cause a number of unique symptoms that may be chronic, painful, and unpleasant – reflux, indigestion, fat-soluble vitamin deficiency, gallstones, haemorrhoids, fatty food intolerance, alcohol intolerance, abdominal bloating, constipation, nausea, and vomiting.

Prevention is possible: 4 keys to living life free from liver disease

Unless we're paying attention, liver disease is usually hard to identify until it's too late. Caring for our liver each day is critical to aid in detoxification, to protect against inflammation, and to potentially reverse some damage.

Most importantly:

1. Cleanse with herbs and SAM-e. Detoxifying can give us a fresh start and might immediately improve energy. For most people, a herbal cleanse can be used to flush the liver, kidneys, intestines, skin, bladder, and lymphatic system. SAM-e (S-adenosyl-L-methionine), a methylating agent found in all living cells, may provide additional liver support and help destroy toxins.



Natural SAM-e and methylation levels – used for energy production, nervous system activity, detoxification, and more – drop with age and could increase risk of health problems. Restoring SAM-e keeps these vital processes running. SAM-e is needed to synthesise mood-balancing neurotransmitters, uphold cognitive function, prevent joint pain, and especially aid in hepatocellular (liver cell) regeneration.

2. Lower liver enzymes. Drinking decaf or regular coffee can improve liver health by lowering abnormal liver enzyme levels. Drinking a morning cuppa may even boost exercise performance. Physical activity can help improve liver function even after a diagnosis; a 26-year *Gastroenterology* study conducted on 117,000 people, published in 2019, showed that strength training and walking greatly reduced the risk of death by cirrhosis.

Mice fed 10-percent krill oil have also shown higher expressions of endogenous antioxidant enzymes in the liver compared to corn-fed mice, demonstrating krill oil's potential protection against oxidative damage. Along with astaxanthin (one of nature's most powerful antioxidants), and super-rich omega-3 krill oil contains choline known to contribute to the maintenance of normal liver function.

3. Repair drug and diet damage. Traditionally, the turmeric spice was

believed to strengthen and warm the entire body, with benefits to improve digestion, relieve gas, eliminate worms, ease arthritic pain, and cleanse the gallbladder and liver. Today, studies show that curcumin (derived from turmeric) could decrease drug-induced liver damage, buffering mitochondrial alterations linked to acetaminophen usage.

Sugar is believed to be as harmful as alcohol to the liver. The fatty build-up from eating too much refined sugar can result in liver disease. A 2020 *Scientific Reports* study found that replacing sugar with a natural, noncaloric sweetener like stevia may help reduce markers of NAFLD and manage the growing number of cases in children.

4. Replenish gut bacteria. In 2016 *PNAS* research, scientists uncovered an unprecedented link between probiotics and liver cancer. When manipulating gut bacteria in animal models, researchers were able to help shrink cancerous tumours located outside of the gut. The particular location of the tumours in this study is what made the research so intriguing.

For the first time, researchers proved probiotics could benefit the most common type of liver cancer: hepatocellular carcinoma (HCC), also one of the most common causes of cancer-related death. Supplementing soil-based probiotic strains, like *L. plantarum*, has also been recently

shown to improve liver function in rat models with NAFLD eating a "processed" (high in unhealthy fat/sugar) diet.

We can better love our liver when we recognise its vulnerability. Even stress and anxiety can be deadly. Perceived stress has been shown to increase rates of liver disease, with excessive stress stemming from anxiety or depression linked to a higher risk of poorer outcomes from NAFLD.

Recommended Products

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.



SAM-E PLUS+™

(S-adenosyl-L-methionine) helps to repair and maintain cell membrane health. Supports joint health, optimal moods and stress relief. 60 veg capsules.



THE KRILL MIRACLE™

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



PRESCRIPTBIOTICS™

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



Sources

All references can be found at www.NaturallyHealthyNews.com

Getting to the heart of the matter: AFib spikes stroke and heart failure

3 non-invasive ways to control an irregular heartbeat

Most of us have heard of atrial fibrillation. AFib, or atrial fibrillation, is the most common abnormal heart rhythm. This condition is expected to impact up to 12 million Americans by 2050 and nearly 18 million Europeans by 2060, heightening the risk of blood clots, stroke, heart failure, and related heart problems.

In a healthy heart, all four chambers beat in a steady rhythm. In a heart in AFib, the atria, or the upper chambers of the heart, fibrillate or quiver and cause the heart to beat erratically.

For anyone who plays sports or happens to be taller, the risk may be greater.

Genetic variants that determine height have been strongly linked to instances of AFib; a 2019 *Journal of the American Heart Association* study showed that NFL players are about six-times more prone to an irregular heartbeat, even with lower resting heart rates and blood pressure.

What happens when AFib is ignored + what to do about it

If pressing symptoms don't require a doctor's visit, it's possible an irregular heartbeat could be ignored for months, years, or until it's too late.

It helps to know that:

- AFib isn't technically life-threatening. But as the condition progresses, atrial fibrillation can lead to heart failure, stroke, and other complications.
- Some people with AFib can have symptoms that impact quality of life, like heart palpitations, fatigue, chest or stomach pain, and dizziness. For others, no symptoms are apparent.
- Many times, heart conditions can cause an irregular heartbeat, including coronary heart disease and high blood pressure.
- An overactive thyroid, metabolic imbalance, viral infection, sleep apnoea, stress, or stimulant use may also trigger AFib. Other cases like lone atrial fibrillation appear not to have a cause.
- AFib risk can rise with age and may be tied to chronic inflammation — endangering anyone who eats a processed Western diet. Men also have a significantly higher risk of death than women.

When a heart is in AFib, it may beat at 100 to 175 bpm, compared to a regular resting heartbeat at 60 to 100 bpm.

Because this quivering is so subtle, it can be hard to detect. If there aren't any symptoms, atrial fibrillation may only be diagnosed after a doctor listens to the heart during a check-up. Left untreated, arrhythmia can damage the heart. Along with increasing instances of blood clots, stroke, and heart failure, AFib also raises long-term risk of dementia and cognitive decline, 2018 American Heart Association research noted.

Doctors may offer a Band-Aid in the form of drugs or electrical stimulation. "Quick fix" solutions can provide temporary relief but may come with their own side effects.

In 2019, Danish researchers found that medications used to control heart rhythm can greatly increase fall risk in older people, especially within the first two weeks of use.

Remember, an irregular heartbeat may be helped by controlling risk factors like high blood pressure, obesity, poor nutrition, smoking, and a lack of exercise. Addressing the cause and managing the symptoms can keep heart health from getting worse.

A simple 3-step plan to help regulate an abnormal heartbeat

Take too many toxic heart medications for too long, and heart health may still be damaged. Taking key



nutrients each day can have the opposite effect — strengthening the heart and normalising its rhythm.

Here's where to start:

1. Apply transdermal magnesium.

Convenient and soothing, supplementing highly absorbable magnesium chloride through the skin, or transdermally, may help AFib sufferers correct underlying deficiency. Low magnesium is an AFib risk factor; magnesium directly participates in cardiac contractility.

Using transdermal magnesium oil, lotion, or bath flakes, combined with the organosulfur compound OptiMSM® to reduce aches and pains and calm inflammation, may help modulate cholesterol, metabolism, and heart arrhythmias, especially in women.

2. Stop eating inflammation. A known trigger of chronic disease, inflammation sets the stage for stroke and heart attack. Most of our modern-day inflammation comes from diet. We can calm inflammation by cutting off its source: processed foods, sugary drinks, starchy carbohydrates, and commercial dairy products.

Eating vegan ketogenic foods instead — like vegetables, dark-

skinned fruits and avocados, healthy oils, nuts, and seeds — is critical to decrease risk of AFib and cerebrovascular incidents. Any physical activity helps, with yoga reducing AFib by nearly 24 percent. Drinking distilled or filtered water with a pinch of sodium bicarb throughout the day can also help improve the heart's oxygen transport.

3. Try sublingual taurine. Taurine, making up 50 percent of the free amino acid in the heart, can help strengthen the heart muscle and control arrhythmia. It's been suggested that cardiac arrhythmias without a known cause are merely symptoms of taurine and arginine deficiency.

Taking taurine daily benefits the heart, promoting electrolyte balance and offering up to an 80-percent reduction in heart failure mortality. Supplementing taurine sublingually, or under the tongue, expedites its absorption into the bloodstream. Rapidly absorbing taurine and magnesium work well together; high taurine and magnesium levels have been linked to lower cardiovascular risks in middle-aged men and women.

Love songs aside, it isn't healthy to have a fluttering heart that skips a beat. Atrial fibrillation is a major warning sign our heart health needs attention. We shouldn't ignore it. We also shouldn't lose heart: Multiple studies show that prevention and recovery are possible.

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.



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

Is 5G really safe for families? EMF experts weigh in.

The quantum device that shields our DNA from damage

Global 5G installations are expected to pick up speed throughout 2020. Those aware of the countless dangers that have been linked to Wi-Fi since its introduction in 1997 continue to ask: Can we trust 5G?

What experts have to say: 'The 5G rollout is absolutely insane'

5G is using millimetre waves for the first time to increase speed, making it up to five-times faster than LTE and 4G. This adds high-frequency electromagnetic radiation (EMR) to our environment, while also raising levels of low-frequency microwaves.

"Since 5G is a new technology, there is no research on health effects, so we are 'flying blind' to quote a U.S. senator," Dr. Joel Moskowitz, director of the University of California's Center for Family and Community Health, U.S., said in 2019. "However, we have considerable evidence about the harmful effects of 2G and 3G."

Tesla CEO Elon Musk, meanwhile, has launched hundreds of satellites, through his company SpaceX, to create a new network providing low-orbit high-speed broadband in-

ternet service to areas with little or no 5G access. SpaceX plans to expand to thousands more satellites, operating at 12 GHz and contributing to an electromagnetic field (EMF) increase.

Adding intense frequencies to an already toxic wireless environment can only make health worse. When addressing the NIH, Dr. Martin Pall, professor emeritus of Biochemistry and Basic Medical Sciences at Washington State University, U.S., said, "The 5G rollout is absolutely insane."

In his 2018 paper entitled, "5G: Great risk for EU, U.S., and International Health!" Pall identified at least eight "distinct types of great harm," including cellular DNA attacks, lowered fertility, neurological and neuropsychiatric effects, and cancer causation.

What's hiding in our homes? EMFs impact health in 6 invisible ways

Over the last two decades, research has detected multiple EMF dangers, including:

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



linked to tumour formation in rats.

If cell phone radiation potentially puts us at risk for cancer, imagine how it can affect our growing children. EMFs have been linked to paediatric leukaemia. Leukaemia risk also rises in adults exposed to high EMF levels for multiple years.

2. Dementia. EMFs also decrease brain activity, with observed alterations in brain glucose metabolism. Wireless radiation can affect our blood-brain barrier by making it more permeable. This could allow in foreign and toxic substances.

Just 24 hours of cell phone radiation can damage DNA, leading to cancer, while also injuring healthy neurons to create symptoms of dementia. Even mid-level EMF exposure on-the-job – compared to low levels – could double risk of dementia.

3. Infertility and miscarriage. Both short-term and long-term Wi-Fi exposure show a decrease in male sperm concentration. This radiation exposure creates oxidative stress that can result in the overproduction of free radicals to also affect female fertility.



A 2017 *Scientific Reports* study that examined pregnant women's real-world exposure to forms of non-ionising radiation detected notable numbers of miscarriage. For 24 hours, pregnant women were asked to wear a small magnetic monitoring device; women with greater levels of exposure had nearly three times the miscarriage risk.

4. Insomnia. We know looking at phones and other screens before bed, which emit blue light, can make it harder to fall asleep. Likewise, people exposed to EMRs from cell phones or in a home with or near Wi-Fi signals may show changes in brainwave patterns and have trouble sleeping.

While a foetus may not be directly exposed to blue light, a pregnant mother who is exposed can see a drop in melatonin, a sleep-regulating hormone and powerful antioxidant needed for healthy foetal development. Low maternal melatonin may also be tied to autism.

5. Mood disturbances. EMFs might not only cause neuronal damage and brain inflammation. Exposure has been associated with a slew of

neuropsychiatric issues, including insomnia, depressive symptoms, anxiety, headaches, irritability, fatigue, and difficulty concentrating.

A 2016 *Scientific Reports* study found that EMF exposure can alter our nerve function, potentially impacting mood and sleep. Working long-term in an environment with low-frequency EMFs could cause stress, depression, anxiety, and disrupted sleep patterns.

6. Thyroid dysfunction. When low-frequency EMFs interrupt our voltage-gated calcium channels, the release of thyroid hormones is also disrupted. Our thyroid gland lies in close proximity to our brain and can be similarly affected.

Rodent studies show that cell phone and Wi-Fi frequencies can cause imbalances in T3, T4, and TSH hormone levels. Every cell relies on thyroid hormones to support metabolism. Changes in T3/T4 in the study were also associated with behavioural changes like hyperactivity and aggression.

Utilising the science of quantum mechanics, as mathematical equations embedded into quantum ho-

lograms, can help us minimise risk in our modern environment.

Here are some potential options:

- **HoloGuard.** Uses QuantoGram technology to guard against EMFs from portable/Wi-Fi devices. Rather than blocking signals, a HoloGuard resonates at a healthy frequency that neutralises a potentially harmful charge field from a mobile phone, Bluetooth headset, laptop, or iPad.
- **SafeHouse.** Uses QuantoGram technology to protect the whole house from various EMFs. Plugging a SafeHouse into any power point provides protection from: Wi-Fi, smart meters, microwaves, TVs, fluorescent/LED lights, computers, Bluetooth devices, and others.

Really, one device is all that's needed. A HoloGuard can last forever. To keep family members safe, simply transfer it to a new phone or tablet when making an upgrade.

Recommended Products

QUANTOGRAM HOLOGUARD

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



QUANTOGRAM SAFEHOUSE

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



Sources

All references can be found at www.NaturallyHealthyNews.com



Good Health Naturally®
Because it Works!

Keep Your Family Safe With **QuantoGram® Technology**

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



4G



5G



EMF

QuantoGram® 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.

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.

Really Healthy[®] recipes

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

HARISSA PORTOBELLO MUSHROOM "TACOS"

This is a healthy, gluten-free, and vegan dinner option that uses collard greens instead of tortillas.

Prep time: 20 min.

Cook time: 10 min.

Serves: 6 tcos

INGREDIENTS

Portobello mushrooms:

- 1 lb (450g) portobello mushrooms
- 1/4 cup (60g) mild or spicy harissa
- 3 tbsp. olive oil, divided
- 1 tsp. ground cumin
- 1 tsp. onion powder
- 6 collard green leaves

Guacamole:

- 2 medium ripe avocados
- 2 tbsp. tomatoes, chopped
- 2 tbsp. red onion, chopped
- 1 tbsp. lemon or lime juice
- Pinch of sea salt
- 1 tbsp. cilantro (coriander), chopped

Optional toppings:

- Cashew cream
- Chopped tomatoes
- Chopped cilantro (coriander)

DIRECTIONS

1. Remove the stem of the portobellos. Rinse mushrooms and pat dry.
2. Mix harissa, 1 1/2 tablespoons olive oil, cumin, and onion powder in a bowl. Brush each mushroom with the harissa mixture, making sure to cover the edges of the mushroom as well. Let mushrooms marinate for 15 minutes.
3. While the mushrooms are marinating, prepare guacamole. Halve and pit the avocados and scoop out the flesh. Mash avocados and mix in chopped tomatoes, red onion, lemon (or lime) juice, salt, and cilantro. Set aside.
4. Rinse collard greens. Chop off the tough stems and set aside.
5. When the mushrooms are done marinating, heat 1 1/2 tablespoons of olive oil in a skillet or sauté pan over medium-high heat. Place the portobello mushrooms in the pan and cook for 3 minutes. Flip over and cook for another 2 to 3 minutes. Each side should be browned.
6. Turn off the heat and let the mushrooms rest for 2 to 3 minutes before slicing.
7. Take a collard green leaf and fill it with a few slices of portobello. Add guacamole, chopped tomatoes, cashew cream, and cilantro as desired. Enjoy.



KETO CRAB CAKES

These keto crab cakes are gluten-free and make a delicious appetizer or main dish or can even be served as a burger.

Prep time: 5 min.

Cook time: 10 min.

Serves: 2

INGREDIENTS

- 8 oz. lump crab meat
- 1/4 onion, diced
- 1/4 cup red bell pepper, diced
- 1/4 cup almond flour
- 1 egg
- 2 tbsp. mayonnaise
- 1 tsp. Old Bay seasoning
- 1/4 tsp. pepper
- 2 tbsp. unsalted butter for frying
- Greens, for serving

Tartar sauce:

- 1/4 cup mayonnaise
- 1 tbsp. lemon juice
- 1/2 tbsp. dill pickle, chopped
- 1/2 tbsp. minced onion
- 1 tsp. natural sweetener, such as erythritol
- 1/2 tsp. yellow mustard
- 1/2 tsp. paprika

DIRECTIONS

1. In a medium bowl, mix together the crab cake ingredients; form into six patties.
2. Place all the sauce ingredients in a small jar with a lid; shake to combine.
3. In a cast-iron skillet, heat the butter over a medium heat. Fry each crab cake for 2 to 3 minutes per side until golden brown. Serve with tartar sauce, greens, and a wedge of lemon. Enjoy.



More than Meatless Monday: 4 reasons to consider going vegan in 2020

*Eat plants for a 32% lower risk of
dying from any disease*

Going vegan has gone trendy, mainly because of its health impact. But before we ditch the animal products, it's important to dig deeper and find out what's so special about a plant-based diet – and if it's the change our body needs.

Move over, meat: 4 research-backed ben- efits of becoming vegan

Studies show that:

1. Avoiding animal products preserves trees.

At a time when the health of our planet hangs in the balance, more people are turning to plant-based foods for ethical and environmental purposes.

Animal advocates appreciate being able to protect our earth's creatures by refraining from using animal products. Likewise, the vegan lifestyle has environmental benefits, protecting animals' habitats and our natural resources.

Carbon fuels are usually cited as the prime cause of climate change. Though this is a factor, the reality is that its effect is minor. Today's environmental downslide is really caused by too many herbivores (cows, sheep, and goats), along with too much cereal and grain-growing,

resulting in fewer trees.

Over 80 percent of our farmland is currently used for the rearing of animals. To counterbalance this amount of livestock, we desperately need more trees. Planting and protecting trees help produce more oxygen and reduce CO₂; no longer eating animals can prevent further deforestation and cut down on roughly 18 percent of global GHG (livestock-induced) emissions.

2. Plant foods protect the heart.

While interpretations of the vegan diet vary, typical staple foods tend to be nutritious and plant-based. Whole, plant foods are the healthiest we have available, with known blood pressure, cholesterol, and heart-health benefits.

As 2019 *Journal of the American Heart Association* research shows, reducing animal foods and consuming more plants has been linked to improved heart health and a lower risk of death from heart attack, stroke, and additional cardiovascular diseases. Much of this has to do with eliminating processed foods and red meats. Eating just two servings of red/processed meat or poultry a week could bring up to a 7-percent higher risk of heart disease.

Nutrient-rich plants promote inter-

nal healing. Meaning, a vegan diet may encourage healthy weight loss, lower cholesterol, balance blood sugar, and decrease blood pressure.

High blood pressure is a silent killer that's among our world's top risk factors for heart disease and death. Animal flesh consumption has been positively associated with hypertension, whereas vegans have been shown to have the lowest prevalence of high blood pressure compared to meat-eaters, fish-eaters, and vegetarians.

3. Switching to a vegan diet could help current health problems.

Eating plant foods can have health benefits for anyone of any age – including children, pregnant women, the elderly, and those experiencing chronic health issues.

As mentioned, a vegan diet can help to decrease blood glucose and increase insulin sensitivity, with potential to help manage health conditions like pre- and type 2 diabetes. A 2009 *American Journal of Clinical Nutrition* study is a good example: In it, 43 percent of people on a vegan diet decreased the amount of blood sugar medication they were taking, compared to 26 percent on the "conventional diabetes" diet.

Plant foods may also ease pain associated with inflammatory conditions like arthritis, while helping to enhance kidney function. High in fibre, a vegan diet can also regulate digestive problems.

Other probable benefits include relief from migraines, allergies, PMS, inflammatory skin disorders, and



recurrent sickness and infection. American researchers learned in 2019, that just four months of eating vegan foods can increase levels of beneficial gut microbes that support healthy blood sugar, body weight, and body composition.

4. Vegans will probably live longer.

Decreasing the amount of processed foods, meat, and dairy products we eat, which are high in unhealthy saturated fats, could not only improve our health but could help boost our longevity too.

A well-rounded vegan diet can protect against a long list of potentially fatal health problems, including prostate, colon, and breast cancers; osteoporosis; cardiovascular disease; type 2 diabetes; and obesity. The 2019 *Journal of the American Heart Association* study also showed that eating mostly plant-based may result in a 32-percent lower risk of death by heart disease.

Not only that, but plant-based eating could decrease risk of death from any cause by 25-percent compared to eating fewer non-plant foods.

Scientists believe this has to do with both lifestyle and diet. Plant foods have a high vitamin, mineral, and antioxidant content. As a generality, vegans are also less likely to drink alcohol and smoke and more likely to exercise.

There's also the fact that vegan athletes might perform better, demonstrating that plant foods are powerful enough to provide fuel *and* increase strength. Scott Jurek, a renowned American ultrarunner, is just one example. As a 2019 *Nutrients* review confirmed, a plant-based diet may provide a performance advantage in endurance sports, adequately supplying fuel and supporting recovery.

Sounds great. But what do vegans actually eat?

Ideally, a plant-based plate will be packed with fresh vegetables, fruits, nuts, seeds, and legumes, as well as coconut or almond milk, buckwheat or legume pastas, and tofu.

Vegans also need to permanently supplement vitamin B-complex. Although animal products are some of the best

sources of vitamin B12, needed to maintain bone and nerve health and mental function, sublingual B vitamins can offer up to nine-times better absorption than vitamin B-complex capsules.

Several drops in the mouth once a day can protect almost every vegan – with estimates ranging from 20 to 92 percent – at risk for B12 deficiency.

Recommended Products

B4HEALTH™ SUBLINGUAL DROPS

Unique, powerful B-complex vitamin formula, containing all of the essential B vitamins, including: B1, B2, B3, B6, folate, and B12.



SAM-E PLUS+™

(S-adenosyl-L-methionine) helps to repair and maintain cell membrane health. Supports joint health, optimal moods and stress relief. 60 veg capsules.



Sources

All references can be found at www.NaturallyHealthyNews.com

An approved list of ways to stay immune-strong all year long

8 natural immune-boosting methods most of us aren't practicing

Our immune system is our protection against exposure to foreign invaders. Even a slight dip in immune function can make us vulnerable to viruses, illness, and possibly death.

The health crisis that rapidly swept the globe this year has only reinforced the importance of having robust immunity. With daily care, everyone in the family can benefit.

Media frenzy has created fear in the hearts of many. But as a takeaway, it helps to remember that spread and survival really hinge on immunity. Immune-strengthening practices can establish a lifelong foundation, weathering annual flu seasons and future pandemics.

The 8 health 'tricks' that can have a long-term impact on immunity

Who knew boosting immunity could be as simple as adopting a few new habits? Try:

1. Fermenting vegetables. Good gut health is one of the biggest predictors of our immunity. Fermenting

veggies – typically, cabbage and other cruciferous types – is easy enough to do at home and can provide a reliable source of gut-strengthening probiotics. If that sounds like too much work, hardy strains of soil-based probiotics (SBOs) can also be taken in a daily capsule.

2. Forest bathing. Our ability to modulate our stress levels also has a major effect on immunity. Shinrin yoku, or the Japanese art of forest bathing, gives us a refreshing way to do this. For those who don't live in rural regions, finding a small green space, like a park or wooded area close by, may almost immediately decrease stress and blood pressure and also reduce risk of diabetes, heart disease, and premature death.

3. Growing plants. Eating a plant-based diet, particularly green vegetables like broccoli and pak choi, can supply us with the essential vitamins and minerals we need each day to bolster our immunity. Even better if they're grown in a backyard garden, reducing or eliminating pesticide use; gardening also gives us direct contact with soil containing beneficial bacteria that may help to reduce

sickness and improve immunity.

4. Saying "no." Another way to reduce stress right away? Cut out unnecessary engagements. Cancelling a commitment or declining a request can help to relieve pressure and decrease anxiety. It'll also free up room in a schedule for rest and unstructured activity, invaluable blocks of time that can help us recharge and better respond to future stressors. Doing this regularly creates a healthy cycle that strengthens immunity.

5. Skipping sunscreen. A vital vitamin for maintaining immune function is vitamin D. Our immune cells contain vitamin D receptors. So, when we're running low on vitamin D, we can count on the fact that our immune cells are growing weak, inviting in illness and infection. Moderate sun exposure is an optimal way to intake vitamin D; our skin synthesizes vitamin D3 (cholecalciferol) from the sun. We can also ingest smaller amounts from foods like kale, mushrooms, and salmon.

6. Sleeping in. Tempting as it sounds to hit snooze, skimping on sleep is a common way we undercut our immunity. Sleep and





response and used by terminally ill patients; and elderberry extract, known to fortify immunity and significantly improve flu symptoms.

Combining these ingredients with vitamin D3 can ensure proper immune cell function, making us less susceptible to sickness and infection.

Olive leaf, taken with zinc, and vitamin C, taken as quick-absorbing liposomes, are other proven immune-boosting options. Working as an antiviral and antimicrobial, olive leaf extract may block a virus's movement – tested on the herpes virus – so that it can't spread to healthy cells nearby.

Recommended Products

PRESCRIPTBIOTICS™

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



D.I.P. DAILY IMMUNE PROTECTION™

x10 powerful ingredients to help maintain the function of the immune system, including: EpiCor®, selenium, vitamin D3, vitamin C, L-OptiZinc, dimethylglycine, elderberry fruit extract, immune assist powder, beta glucans, and larch arabinogalactan powder.



OLIVE LEAF WITH ZINC

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



CURE™ LIPOSOMAL VITAMIN C + QUERCETIN

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



Sources

All references can be found at www.NaturallyHealthyNews.com

immune function are linked, with sleep deprivation tied to higher rates of illness. But when we get enough, sleep can be a natural medicine. Ample sleep fights infection by enabling immune cells to attach to targets, German researchers proved in 2019.

7. Walking and talking. Like diet, exercise is one of the most effective tools we have for bolstering immunity. Schedule a hike with a friend to compound these benefits (and walk six feet apart where precautions are needed). Strong social connections are another well-known stress-reliever. Studies have shown that loneliness is linked to immune dysfunction; our production of inflammatory proteins may be heightened following times of social distancing.

8. Watching stand-up comedy. With its ability to improve mood, ease pain, and boost immunity, it's not a stretch to say that laughter might be the best medicine. Some scientists call it therapeutic. Laughter lowers stress hormones, along with blood pressure, while simultaneously increasing levels of B-cells and T-cells manufactured by our immune system to fight disease and infection.

Many people may find themselves getting sick more often in the winter because diseases related to chronic inflammation are at a higher risk in colder, darker months, often because we're sorely lacking in immune-supporting nutrients. This includes the essential sun-manufactured vitamin D.

Are immune-strengthening supplements a waste of money?

The short answer: Some, but not all of them. It also depends on the dosage and delivery.

The long answer: Several compounds have been shown to impact immunity, so it's worth taking the time to read product labels before purchasing and to cross-check the research.

Good examples include EpiCor®, a dry fermentation of the yeast *Saccharomyces cerevisiae*, able to reduce cold and flu-like symptoms in non-vaccinated people; eXselen, a highly absorbable organic selenium required for the proper functioning of neutrophils, macrophages, natural killer cells, and T lymphocytes; ImmuDyne Nutritional beta glucans, confirmed to modulate the immune

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

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Because it Works!

We are what we digest

Cruciferous veggies ward off fatty liver disease – with a catch

Healthy foods, like vegetables and fruits, can naturally fight off serious illness, according to 2020 findings from American researchers. That is, if our guts are equipped to use them. Cruciferous vegetables like broccoli, cabbage and pak choi contain a protective compound called indole that could defend against non-alcoholic fatty liver disease (NAFLD).

Healthy foods are ‘essential’ to improving liver health, preventing cancer

Eating foods that produce high levels of indole, also found in friendly gut bacteria, may be key in battling NAFLD. Altering the diet in this way could buffer the effects of a liver developing dangerous fat deposits, potentially related to a high-fat modern diet. Fatty liver is up to 10 times more likely to develop in cases of obesity.

Gut health also matters. Beneficial bacteria manufacture helpful compounds like indole with anti-inflammatory and anticancer properties, decreasing risk of fatty liver disease.

Untreated NAFLD can be fatal, causing liver cirrhosis or cancer.

Still, digestive discomfort is common. Symptoms like belching, heartburn, nausea, bloating, constipation, diarrhoea, and stomach pain affect about 25 percent of people. Even minor complaints can be signs our gut isn't processing what we eat.

Most often, there aren't enough digestive enzymes available to

break down food into vital nutrients needed for growth, repair, and prevention of disease. Digestive enzymes convert food into colloidal particles, the smallest particles existing in a free state, that are absorbed through the gut lining.

Digestive enzymes decrease with age. With this gradual slowdown, it's possible to find it harder to digest protein, fat, and carbohydrates than it was just a few years ago. This includes cruciferous vegetables.

Get gut support and boost digestion up to 3 times a day

Each enzyme released in the digestive process has its own unique job. Supplementing several digestive enzymes before a meal could mean the difference between processing and completely absorbing the nutrients we eat.

These may be:

- **Amylase** - Used to convert starch into sugar. May also aid in metabolism, with low levels linked to moderate or severe NAFLD.
- **Cellulase** - Helps break down cellulose fibre from the interior and exterior of plant cell walls. Known to provide fast digestive relief.
- **Lactase** - Required to digest the sugar lactose found in milk. Can address lactose intolerance, potentially associated with liver disease.

- **Maltase** – Needed to digest carbohydrates, including grains. Helps ease the burden on the pancreas and small intestine.

This list isn't exhaustive. These enzymes can be taken in a blend with others, like lipase, protease, peptidase, pectinase, and invertase. Digestive enzymes are different from probiotics, though the two can work together. Probiotics populate the gut, and digestive enzymes move through it. This makes it critical to have a steady intake of essential enzymes with any food we eat.

Recommended Product

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.



PRESCRIPTBIOTICS™

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



Sources

All references can be found at www.NaturallyHealthyNews.com

HEALTH news

Sports Fatigue? Why You Need Ubiquinol To Stay Energised

Taking ubiquinol may improve sports fatigue and promote better exercise performance, according to a recent study. Test subjects took ubiquinol supplements, a reduced form of coenzyme Q10, for four weeks.

The results suggested that **taking ubiquinol enhances gluconeogenesis in the liver and in the muscle, from the breakdown of lipids (triglycerides)**. Gluconeogenesis is the metabolic process by which organisms produce sugars (namely glucose) for use as energy by the brain and other organs in the body.

Overall, the study published in *Nutrients* journal suggests that ubiquinol, when combined with strength training, **increases muscle mass and grip strength capacity**.

What The Study Shows

The aim of the study was to assess the potential beneficial effects of taking ubiquinol for reducing fatigue. After being split into four groups, the anti-fatigue activity and exercise performance of each were studied using the forelimb grip strength experiment and exhaustive weight-loaded swimming time, as well as levels of serum lactate, ammonia, glucose, BUN (blood urea nitrogen), creatine kinase (CK), and free fatty acids (FFA) after an acute exercise challenge.

Forelimb grip strength and exhaustive weight-loaded swimming time of those taking six-times the dose of ubiquinol, or 615mg/kg, daily were considered to be significantly higher than those of the other groups.

It was also found that ubiquinol increased the liver and muscle glycogen content, an important energy source during exercise. Therefore, the results suggest that taking ubiquinol supplements is highly effective for reducing fatigue and enhancing exercise performance.

Could Flavonoid Rich Foods Reduce Your Alzheimer's Risk?

Consuming flavonoid-rich foods, such as berries and tea, may potentially avoid the risk of Alzheimer's disease. A new study from the *American Journal of Clinical Nutrition* suggests that a high long-term intake of flavonoid-rich foods – such as berries, apples, and tea – is associated with a reduced risk of developing Alzheimer's disease.

This is an important finding indicating that Alzheimer's risk can be prevented by a healthy diet and/or lifestyle. By 2025, it's estimated that over 1 million people will have dementia in the UK alone, according to Alzheimer's Research UK.

As June celebrated Alzheimer's & Brain Awareness Month, it's essential to take lifestyle factors, such as the above, into consideration for best prevention.

There are several studies indicating that the Mediterranean diet, in particular, is associated with a reduced risk of cognitive issues, including Alzheimer's.

Astaxanthin: The Visual Support You've Been Looking For?

Eye strain has been reported as the number one complaint in video game players, according to research from 65 collegiate eSport players from nine universities across the USA and Canada. This is no surprise given that young people are spending more time playing video games and viewing screens at a close range. This causes an increase in stress on the eye muscles, resulting in eye strain and fatigue.

During gameplay, ciliary muscles in the front of the eye stay contracted and do not release. These ciliary muscles, which frame the lens, must contract in order to facilitate near focus. If this doesn't happen, visual problems can occur.

For good eye health, the 20-20-20 rule is intended to give these overworked eye muscles a rest. This can be done by having digital device users look up from their screen every 20 minutes to focus on an object 20 feet away for 20 seconds.

Astaxanthin Benefits For Eyes

In competitive gameplay, however, the 20-20-20 rule may not always be achievable. One natural solution that may support game players' eye health is Astaxanthin. As a carotenoid pigment, it provides antioxidant benefits that may support eye health, amongst other benefits. AstaReal® Astaxanthin has been shown in clinical studies to curb symptoms of visual strain.

In the AstaReal® Astaxanthin study, the antioxidant was tested in one double-blind placebo-controlled (DBPC) trial involving 48 computer workers aged 30 to 45. The AstaReal® group took 6 mg/day and had a 16 per cent increase in achieving clear focused vision after four weeks, compared to the placebo group ($p < 0.05$).

Another DBPC study of 30 computer workers aged 20 to 60 showed a significant increase was observed in the speed of achieving improved vision in the 6 mg/day AstaReal® group after four weeks, compared to the baseline ($p < 0.05$) - but this wasn't seen in the placebo group.

Participants in the AstaReal® group also reported improvements in symptoms of eye pain and blurriness after four weeks, while members of the placebo group did not. This suggests that AstaReal® Astaxanthin can alleviate subjective symptoms of eye strain afflicting gamers and may also support visual performance.

Source: www.NaturallyHealthyNews.com

6 ways to improve or reverse osteoporosis — without using medicine

Simple strategies to support the best bone health ever.

Bone is a living tissue. Inside each bone are blood vessels and cells that support growth, repair, and regeneration. Bone, like other living tissue in our body, is at the mercy of our habits, our food, and our environment.

When osteoporosis develops, classified as a metabolic bone disease, our body can no longer utilise the thousands of enzymes that participate in the metabolic process. This hinders healthy cells from doing their job of converting macronutrients, proteins, carbohydrates, and lipids into energy.

Bone mass is lost. Or more specifically, the bone matrix and cortex become dangerously thin. An osteoporotic fracture occurs every three seconds. To look at it another way, nearly 200 million women world-

wide may be affected. By 2025, men's hip fractures are expected to match those in women.

These are some notable symptoms:

- Bone or joint pain
- Frequent fractures
- Height loss
- Receding gums
- Stooped posture
- Weakening grip

A woman or man with osteoporosis may:

- Be older; risk increases with age.
- Drink in excess, smoke, or live a sedentary lifestyle.
- Have a low body mass or history of abnormal/disordered eating.
- Have low oestrogen in women or low testosterone in men.
- Suffer (often unknowingly) from

vitamin/mineral deficiencies.

Usually, it's pretty hard to detect early signs of osteoporosis, until a bone fractures or breaks. Where there's one or more risk factors, it's a good idea to visit a naturopathic doctor and request a bone density scan. For a more precise diagnosis, ask for a complete blood count (CBC) and blood work for: thyroid support, 25-hydroxyl vitamin D, serum protein electrophoresis, urine calcium, and a comprehensive metabolic panel.

Is osteoporosis tied to our eating? 3 changes worth considering

Of all the risk factors for osteoporosis, those that can be modified are probably the most effective in reversing it. A 2018 British study found that people with osteoporosis who make the switch to Medi-



terranean-style eating, essentially anti-inflammatory, could see quick drops in bone loss, within about 12 months.

A few diet improvements have been shown to help:

1. Limit dry cooking.

When some foods are cooked improperly, sugars bind non-enzymatically to proteins, resulting in glycotoxins.

AGEs (advanced glycation end products) are one type of glycotxin associated with bone loss. Research shows: The more AGEs, the fewer osteoblasts. Osteoblasts are the cells that help create new bone.

AGE toxins flourish in blood with elevated sugar levels. So, keeping blood sugar stable may minimise bone loss. Liquid cooking methods, like steaming, braising, and poaching, can also decrease the formation of glycotoxins; dry cooking foods high in protein, fat, or fructose with methods like baking, grilling, and frying can increase glycotxin levels.

Pasteurised orange juice and soft drinks containing high fructose corn syrup (which virtually all do) are also prime sources of glycotoxins.

2. Swap dairy for leafy greens.

The push to eat calcium-rich dairy products might be the greatest health myth that's been circulated. Calcium is the most abundant mineral in our body. Almost all (99 percent) of our calcium is stored in the bones and teeth. Calcium, along with the mineral phosphorus, gives bones and teeth strength.

Notably, there's more osteoporosis in Western parts of the world where we consume large quantities of commercial dairy. One 2014 study conducted on men and women in three counties in central Sweden discovered that high milk intake was associated with higher mortality in one group of women and another group of men, as well as a higher incidence of fractures in women.

Dark, leafy greens are a much more bioavailable source of calcium compared to commercial dairy. Dark, leafy vegetables are also a good source of vitamin K, required to build new bone by activating osteocalcin.

High (animal) protein diets are also a no-go as they can cause an excess of calcium to be excreted through urine.

3. Try to eliminate refined sugar.

Sugar, like dairy, is inflammatory and can increase urinary calcium and magnesium excretion, according to a *Missouri Medicine* journal review published in 2018. American researchers noted that "we have blamed the wrong crystal," saying that it's not salt but sugar that raises osteoporosis risk and impairs bone formation.

Along with sugary soft drinks supplying glycotoxins, un-natural, high-sugar foods – like breads, pastries, cookies, and cereals containing starchy carbohydrates – should be avoided.

Refined sugar dramatically spikes blood sugar, which, as mentioned, leeches calcium from bones. Sugar also interrupts calcium transport and absorption. And, sugar increases the bones' production of lactic acid, disrupting healthy, bone-building osteoblast activity.

Under- and overnutrition are some of the biggest risk factors for osteoporosis, with a strong link to "overnourishment" from refined carbs and added sugar. Alcoholic drinks are also a significant source of sugar and can affect how well our body absorbs calcium.

Stop bone loss and restore density: 3 scientific remedies

Women and men with osteoporosis have seen positive changes when they:

1. Jump and lift weights.

As important as nutrition is to the health of the bones, exercise matters just as much.

Unlike other parts of the body, bones respond well to stress. Stress on the bones equates to weight on the bones. This can be accomplished through weight-bearing exercises, i.e., strength training and running.

A 2015 U.S. study was the first of its kind to show that exercise – weight-lifting and jumping – could be enough to reverse age-related bone loss in healthy, middle-aged men. Anywhere from 60 to 120 minutes a week was effective. The men also supplemented vitamin D and calcium. Increasing vitamin D3 levels, whether through supplement or sun, can help maintain blood calcium and phosphorus levels.

The researchers said the exercises were beneficial enough that they could be “prescribed to reverse bone loss associated with ageing.” As another option, weighted vests can also be worn while walking or during daily activity.

2. Spend more time outside.

The sun is not the enemy – especially when bone health is on the decline. Avoiding the sun because of supposed skin cancer risk has led many of us to miss out on our number one source of vitamin D, causing widespread deficiency.

Evidence has actually shown that building up tolerance with regular sun exposure can help to lower the risk of skin cancer.

Too little sun and too much sun are harmful but getting a minimum of 20 minutes of direct sun exposure a day is protective. Supplementing vitamin

D3 with K2 – its natural partner needed to properly utilise calcium – or coral calcium can also help keep levels high in colder or cloudy weather.

New 2020 research published in *The American Journal of Clinical Nutrition* found that seniors who aren’t lacking vitamin D are more likely to walk again after undergoing hip fracture surgery. In addition to increasing bone density, vitamin D can also decrease calcium excretion and hip fractures.

3. Start supplementing curcumin.

Curcumin is well-known as the primary curcuminoid in turmeric, as well as being one of India’s most popular spices.

Extracted for its potency, curcumin is thousands of times more powerful than ordinary turmeric. Curcumin plays an important role in bone health by inhibiting osteoclastogenesis, or the development of osteoclasts, and inducing apoptosis, or the programmed cell death, of osteoclasts.

When a group of healthy, older men were given Meriva® curcumin, the most clinically studied form of curcumin on the market, in 2017, they saw close to a 7-percent improvement in bone density at 12 and 24 weeks. Supplementing curcumin capsules that also contain the medicinal plant fenugreek can help to further stimulate bone healing.

Other nutrients to supplement may include vitamin C and magnesium. Insufficient magnesium interferes with calcium metabolism but supplementing it – through the skin for a quicker uptake – could help prevent 44 percent of fractures. Consuming up to 400 mg of liquid vitamin C (as fast-acting liposomes) could also reduce hip fractures by 40 percent.

Finding a bone-building plan that works might be the biggest predictor of long-term mobility: While bisphosphonates,

the most frequently prescribed drugs for osteoporosis, may offer some short-term protection, women taking the meds for 10 years or more have seen higher rates of fractures.

Recommended Products

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.



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.



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.



VITAMIND3™

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



Sources

All references can be found at www.NaturallyHealthyNews.com

Aunts and uncles on the spectrum may increase autism risk for children

A must-read for parents: 3 fresh findings on autism

A new familial link has been found for children with autism, according to a 2020 *Biological Psychiatry* study conducted on nearly 850,000 Swedish families. Of children who have an aunt or uncle with Autism Spectrum Disorder (ASD), 3 to 5 per cent could receive a diagnosis.

Compared to the 1.5 per cent of children with autism in the general population, the risk for children of parents who have a sibling with autism may be two to three times higher.

Numbers are rising: Over 2% of adults now estimated to have ASD

Another 2020 study – the first in the U.S. conducted on adults with autism – found that up to 2.2 per cent of American adults may have Autism Spectrum Disorder (ASD).

This Centers for Disease Control and Prevention (CDC) study projected the prevalence of autism in adults to affect one in 45 people.

Since researchers started tracking autism diagnoses 20 years ago, rates have continued rising. Many have referred to ASD's growing numbers as an epidemic. Some of this increase has to do with added awareness, as well as broadened criteria for diagnosis.

Low iodine levels before and during pregnancy linked to ASD

Numerous countries with increased cases of child autism have shown a prevalence of iodine deficiency in findings. Iodine is an essential mineral used by the thyroid gland to make thyroid hormones which control bodily functions such as growth and development.

Low iodine status in pregnant women may also lead to an increased risk of autism, according to a study published in the *Annals of Neurology*. Research suggests that deficiency of thyroid hormones in the first trimester of pregnancy is 'a significant factor in the causation of autism in the child'. Taking iodine prior to conception is most beneficial to help prevent this deficiency.

Other studies indicate that ASD may result from a selenium deficiency. Selenium dependent enzymes (selenoenzymes) are important for maintaining intercellular conditions in the brain. When these are diminished, it may impair brain development and contribute to autism spectrum disorder.

3 new insights into autism: 'It's a whole new way of thinking about it'

Chronic inflammation, most often caused by modern lifestyle factors, has also recently been identified as a prime contributor to autism.

Current research shows:

- **ASD has a gut-brain connection.** Up to 90 per cent of individuals with autism have digestive issues, and in 2019, Australian researchers discovered why. "The brain and gut share many of the same neurons, and now, for the first time, we've confirmed that they also share autism-related gene mutations," Elisa Hill-Yardin, chief investigative associate professor at RMIT University, AU, said. "It's a whole new way of thinking about it."
- **BPA brings transgenerational problems.** Results from a mouse study published in *Endocrinology* in 2019 showed that BPA, an endocrine-disrupting industrial plastic chemical, may interrupt the healthy formation of nerve cell connections in the brain. Descending from a great-

grandmother exposed to BPA – even without other relatives encountering the chemical – may still cause autism-like behaviours.

- **Function improves by changing lifestyle factors.** Eating an anti-inflammatory diet is critical. The brain can't heal without relieving this source of chronic inflammation. A 2020 *Research in Developmental Disabilities* study also found that children with autism who learned mindfulness in school saw improvements in attention. "The wonderful thing about mindfulness is... it is not a medication with side effects, and it's free." Regina Peter, co-executive director of an American private school for children with special needs, said.

Recommended Products

PRESCRIPTBIOTIC™

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.



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.



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

Really Healthy[®] recipes

Give your body a treat with these delightfully healthy desserts

COCONUT TURMERIC CREAM CUPS

Turmeric has many healing benefits, and these delicious dairy-free, keto mini vegan desserts are the perfect way to nourish our body.

Prep time: 10 min.

Cook time: 20 min.

Serves: 10 cream cups

INGREDIENTS

1 1/2 cups shredded coconut
1/2 cup coconut butter
1 tsp. lemon juice
1/2 tsp. turmeric
1/2 cup grass-fed butter
Pinch of black pepper
20-25 stevia drops



DIRECTIONS

1. Melt butter or ghee on low and mix in the turmeric and black pepper — stir until well-combined. This makes a turmeric liquid.
2. Place shredded coconut, coconut butter, lemon juice, and stevia into a food processor and blend until well-mixed.
3. Use a spoon to scoop out about 2 tablespoons worth of coconut mixture and place into silicone or regular muffin liners.
4. Use a spoon again to scoop out about 1 tablespoon of turmeric liquid and pour onto coconut cups until the coconut is completely covered. Repeat on all coconut cups.
5. Place in freezer for about 20 minutes or until coconut is frozen. Keep in the fridge and enjoy.

AVOCADO COCONUT AND SWEET POTATO BROWNIES

These grain-free avocado brownies are wheat-free, refined-sugar-free, and dairy-free. Easy to make, they are ready to eat within 30 minutes.

Prep time: 10 min.

Cook time: 20 min.

Serves: 4

INGREDIENTS

1/2 cup creamy nut butter (almond, cashew, tahini, etc.)
1/2 cup dairy-free chocolate chips
1/2 cup mashed avocado (about 1/2 an avocado)
1/2 cup cooked sweet potato
1/4 cup coconut milk
2 tbsp. maple syrup
3 tbsp. cacao powder



DIRECTIONS

1. Preheat the oven to 325°F/160°C.
2. Grease a regular-size loaf pan with coconut oil or line with parchment paper.
3. In a food processor or blender, combine all ingredients, except chocolate chips, and mix until well-combined.
4. Stir in the chocolate chips and transfer to the loaf pan.
5. The batter will be very thick and sticky, so, with the back of a spoon, level out the batter across the pan as evenly as possible, edging it into the corners and smoothing the surface.
6. Bake for 20 minutes, then remove and allow to cool before slicing. Enjoy.

RASPBERRY CHIA PUDDING WITH CREAMY CACAO OATS

A refined sugar-free, gluten-free, vegan creamy chia pudding recipe with raspberries, cacao and oats. Can be served as breakfast or as a delicious dessert.

Prep time: 10 min.

Cook time: 20 min.

Serves: 1

INGREDIENTS

Chia Pudding
10 Raspberries
1/2 cup Almond Milk
2 tbsp Chia Seeds

Creamy Oats

1/4 cup Oats
1/2 cup Almond Milk
1 tbsp Cacao
1 tbsp Coconut Yogurt

DIRECTIONS

1. Add the raspberries and almond milk to a highspeed blender and blend until smooth. Add to a bowl or airtight container, along with the chia seeds and stir. Cover then pop into the fridge.
2. Rinse the blender then add all of the oat ingredients to it. Blend until combined then transfer to a separate bowl/airtight container. Cover then leave in the fridge overnight.
3. In the morning, serve together along with a selection of your favourite toppings. Enjoy





Athletes are running on empty. Can magnesium combat fatigue?

6 ways transdermal magnesium could pump up performance

Magnesium is one of the most important minerals for helping our body cope with stress. Exercise can be a form of “good” stress that teaches our body to respond better physically. The problem is that when mineral levels run low, our ability to recover from even healthy stressors is affected.

High-intensity exercisers may need 20% more magnesium

Along with pregnant women, the elderly, and those with chronic illness, athletes and exercisers are another group most likely to be at risk for low magnesium. It's worth noting that all of these groups ex-

perience excess stress on the body.

After each training session, athletes are estimated to have lost up to 20 percent of their magnesium through fluids produced in vigorous activity. Added stressors from calorie cutting and dietary malnutrition may only add to the amount of magnesium lost.

Here's where it helps to remember that moderate exercise creates a healthy stress that can strengthen our body. But when post-exercise stress and inflammation continues, it can affect mental health, muscle repair, and energy. Magnesium is a key player in interrupting our innate inflammatory response and ensuring adequate recovery.

When magnesium is low, our nervous system gets out of balance, and

muscles become tight. This can elevate mental stress. Sufficient magnesium is also required for efficient GABA production, and it's GABA that influences our levels of the neurotransmitters' dopamine and serotonin, which induce relaxation.

In fact, the many exercisers who work out to manage conditions like depression and anxiety may see more relief when supplementing magnesium. Magnesium's anti-anxiety effects, an 18-study review conducted in 2017 found, can be attributed to how the mineral impacts our neurotransmitters and brain function.

Our body doesn't just depend on magnesium for its complete nervous system support. Magnesium also regulates heart function, blood pressure, blood sugar, mood, sleep, lung health, and muscle and bone

integrity. Issues with even one of these factors can immediately delay exercise recovery.

Better, faster, stronger? 6 sports-friendly benefits of magnesium

Magnesium contributes to:

1. A reduction of tiredness and fatigue.

Some exercisers have gone so far as to call magnesium the most important mineral for energy. While training, and when living an active lifestyle, fatigue is a given. But by increasing the availability of glucose in the blood, muscles, and brain, magnesium has been shown to boost performance during activity.

Supplementing magnesium may also help move lactate from the muscles faster, preventing soreness and fatigue.

2. Electrolyte balance.

When we sweat, we lose key electrolytes that include magnesium. This can explain why athletes and exercisers tend to have up to 20-percent lower magnesium levels. Maintaining electrolyte balance is frequently discussed in sports communities, with emphasis placed on sodium and potassium. Magnesium is an electrolyte that's frequently overlooked.

A 2019 study entitled "Magnesium: The Forgotten Electrolyte" explained that as many as three-fourths of people may not meet their daily RDA for magnesium, with lower levels observed after endurance exercise.

3. Energy-yielding metabolism.

We know magnesium increases glucose availability to supply a steady source of energy. It's also a critical facilitator of cell health and numerous energy-requiring processes, including our metabolism. As a driver of ATP – our body's "energy currency" found in all cells – magnesium supplies cel-

lular fuel, supports cell maintenance, and ensures a healthy mineral ratio inside and outside of each cell.

According to a 2013 *Journal of Sports Sciences* study, volleyball players who supplemented magnesium daily for four weeks saw output improvements in the form of better jumps and arm swings.

4. Maintain normal bones and teeth.

Magnesium has also been recently discovered to amplify the benefits of vitamin D, which we can ideally get from a moderate amount of sun exposure when exercising outside. A 2018 *Journal of the American Osteopathic Association* review found that vitamin D can't be fully utilised without its mineral helper magnesium. Magnesium activates the hundreds of enzymes needed to metabolise vitamin D.

A long-term vitamin D deficiency can increase risk of tooth decay, gum disease, muscle pain, and bone fractures (also making it riskier to exercise at an older age).

5. Normal muscle function.

Magnesium is responsible for over 300 biochemical reactions in our body, one of which is promoting normal protein synthesis to support optimal muscle function. Magnesium's effects on our muscles range from aiding in repair after a sports injury and soothing sore muscles following a workout to easing cramps caused by PMS. Cramps, twitches, and tremors are some common signs of low magnesium.

Recent studies support magnesium's positive impact on muscle function in young athletes. The mineral has been successfully used to mitigate muscle damage in basketball players over a full season.

6. Normal psychological function.

Mental health problems may be an

indicator of low magnesium; sub-par magnesium has been linked to a higher depression risk. As mentioned, magnesium's relationship to our neurotransmitters may also influence our levels of anxiety. While staying active can help manage many mental health conditions, some psychological issues may only be helped by replenishing magnesium.

To look at it another way, supplementing magnesium could be used to enhance exercise's mental health benefits. Both regular exercise and magnesium are considered low-cost options for treating depression.

It's important to gain minerals from food sources when we can. Magnesium is found in nuts, seeds, avocados, tofu, and leafy greens.

But sadly, today's modern farming practices have robbed even our healthiest foods of the essential nutrients needed to ward off disease. This also includes magnesium. Current estimates show that in the past 50 years, we've seen a 60-percent reduction in magnesium in our food supply.

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



Will transdermal magnesium help? 4 fitness fans explain

Magnesium powders are easy enough to find. But powders are known to cause digestive distress and can have some of the lowest potency. Magnesium oxide, used in most over-the-counter powders and tablets, has around a 4-percent rate of absorption.

Tablets may take up to two years to increase our magnesium levels. When using transdermal magnesium – absorbed through the largest organ in our body, the skin – we could see the same results in six weeks. A magnesium oil or lotion can also be used for on-the-spot relief for muscle pain and soreness and applied post-workout to expedite recovery.

Here's what athletes and exercisers have to say about supplementing topical magnesium:

1. Muscle repair & cramping.

"I bike a great deal and train for long distance... After a 60- or 80- or 100-mile [160 km] hard ride, I put this on my legs. It not only helps with muscle tension, it reduces cramps."

2. Sore muscles & sleep.

"My family loves this. I use it for headaches. My husband uses it to sleep better, and my son uses it for sore muscles after his sports."

3. Stamina & recovery.

"This stuff is amazing! I am able to continue working out longer without the usual soreness that I was getting before the use of the mag [magnesium] oil. It really works on sore muscles for faster recovery from HIIT workouts."

4. Weight loss & pain relief.

"Within a week, [shoulder and neck pain] symptoms had improved immensely, and I no longer had to lie down in the morning to wait for painkillers to kick in.

I have been nursing my husband

for 26 years now and was getting exhausted and depressed. After the magnesium, I am going to the gym three days a week, am no longer depressed, and the most surprising thing of all is that I am losing weight. I have dieted many times before but have never lost as much weight and so consistently before. All this improvement can only be down to the magnesium because it is the only thing that I have changed."

For even the fittest athlete, magnesium also provides long-term protection for the heart – strengthening our most important muscle to prevent Cardiovascular Disease. As a 2018 Canadian study found, middle-aged athletes in great shape were still at risk and couldn't "out-run" heart disease.

Along with its confirmed effects on endurance, electrolyte balance, and fatigue, multiple peer-reviewed studies show that correcting magnesium deficiency could prevent cardiac events, as well as death from Cardiovascular Disease.

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

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Because it Works!



CureC™ + Quercetin

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