

NATURALLY HEALTHY NEWS

ISSUE 41

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Dear Reader,

Hello and welcome to Issue 41 of Naturally Healthy News.

I trust that you are reading this to further your plan on getting (or better still staying) healthy, especially as we move into the autumn/winter months. Over the past 30 years, I have been helping people get and stay healthy with my 10 step plan, and this year has been no exception.

This edition builds on the topic of immunity and covers areas such as cardiovascular health, digestive health, lung health, PCOS, sleep, and many more. I also take a closer look into essential nutrients such as magnesium, CoEnzyme Q10, omega-3 fatty acids and trace minerals, and why many of us may not be getting enough.

All articles 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, which are continually being updated. These contain all the steps needed for various health challenges and are entirely free for download at www.naturally-healthynews.com.

Products: My liposomal range of products continues to receive good feedback, with CureC Liposomal C with Quercetin, Brainpower Liposomal Curcumin and Maxifocus being customer favourites. While my serrapeptase products, SerraEnzyme, Serranol and Blockbuster, continue to lead the way forward in cutting edge enzyme therapy.

Success stories: I would love to hear your success stories – please get in touch with me via email: robert@good-health.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 strengthen your family's immune system, 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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Editor: Robert Redfern

Writer: Heather Dowling

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*RECIPE SOURCES FOUND AT
REALLYHEALTHYFOODS.COM.

Allergies: Are They Avoidable?

Asthma is a condition that targets the lungs, making it difficult to breathe. Around 339 million people worldwide suffer from Asthma, and it's on the increase. Allergies can exacerbate the symptoms and severity of Asthma. When the immune system mistakenly identifies a harmless substance, such as pollen, as an invader, it triggers an allergic reaction. The chemicals released by your immune system can have a number of effects on the body, including nasal congestion, a runny nose, itchy eyes or skin reactions, including rashes. For some people, this also affects the lungs and airways, leading to asthma symptoms. By using natural health solutions, it's possible to relieve the signs and symptoms of an allergic response and reduce the risk of an asthma attack.

Serrapeptase

Taking the Serrapeptase enzyme can support lung health by dissolving inflammation in the lungs and help you to breathe more easily. When Serrapeptase is combined with other nutrients such as Curcumin, it can clear mucus and dead scar tissue more effectively, ridding the body of blockages and allowing it to heal.

Oxygen

Boost oxygen levels by taking a natural solution such as a sublingual liquid enzyme, extracted from Norwegian seaweed.. Norwegian seaweed can produce oxygen from CO₂, and when taken as a liquid enzyme, may also increase your body's ability to absorb more oxygen and improve lung and respiratory health. It can help target symptoms such as shortness of breath and mucus congestion.

Magnesium

A magnesium deficiency has been linked to impaired respiratory function. Magnesium has similar properties to an antihistamine, while also working as a bronchodilator, that helps dilate the lungs and reduce airway inflammation. This may help to ease symptoms of tightness in the chest, wheezing and difficulty breathing.

Immune Health

Taking the right vitamins and minerals is crucial for immune protection. Evidence and clinical trials support that taking selenium can be beneficial for increasing lung function. This includes a reduced risk of chronic obstructive disease (COPD). Both selenium and vitamin C act as powerful antioxidants, preventing cell damage caused by free radicals. As asthma has been associated with increased levels of oxidative stress and inflammation in the body, this could be incredibly beneficial. A deficiency in vitamin D3 has also been linked to an increase in allergies and respiratory symptoms. Research also shows that vitamin D3 can reduce the risk of respiratory infections, especially amongst those with pre-existing lung conditions.

Recommended Products

SERRANOL®

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



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.



DAILY IMMUNE PROTECTION™

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



Sources

All references can be found at www.NaturallyHealthyNews.com

The Cornerstone of Good Health: Boost Your Immunity

Highlighting the key nutrients to help you through the cold and flu season and beyond

If there's one thing 2020 taught us, it's that the immune system needs protecting, not just during the winter months. Nutrition is an excellent place to start when you're trying to boost your immunity. These are nine top natural ingredients found to support the immune system and keep you fit and healthy.

Epicor®

EpiCor® is a dietary supplement derived from the dry fermentation of *Saccharomyces cerevisiae* - a type of yeast. It is a potent and powerful antioxidant with an ORAC (Oxygen Radical Absorption Capacity) value of 52,500/100g. ORAC scores denote the particular power of an antioxidant, so this high value demonstrates that EpiCor® is particularly good for neutralising free radical damage. EpiCor® has been shown to modulate the immune system and influence antioxidant levels in the blood. One particular study demonstrated its ability to reduce flu-like symptoms in individuals who hadn't had a flu vaccine.

Selenium

Selenium is an essential trace mineral which is needed for the proper functioning of neutrophils, macrophages, natural killer cells, T lymphocytes and other immune mechanisms. Its antioxidant properties enable it to protect healthy cells from free radical damage and support immune function, and an increased intake of selenium may alleviate pathological conditions such as oxidative stress and inflammation.

Vitamin D3

Vitamin D is vital for maintaining a strong immune system. The cells that make up the immune system contain vitamin D receptors, meaning that without adequate levels of this important vitamin the immune cells become weak, leaving us susceptible to sickness and infection. Our primary source of it is made when the skin is exposed to UVB sun rays, however it's very common that even people who spend a lot of time outdoors aren't getting enough - particularly in colder climates and

over winter. Vitamin D3 (cholecalciferol) is the natural form that we make from sunshine or ingest from foods. It's then converted in the liver and kidneys into calcitriol, which is a powerful hormone that can trigger over 200 genes including ones that are involved in the immune system.

Vitamin C

Vitamin C is essential for the proper functioning of the immune system. Unfortunately our body struggles to hold onto this vitamin, and levels can be especially depleted during times of stress and when we have infections. Vitamin C supplementation has been shown to improve various parts of the immune system such as antimicrobial and natural killer cell activities, lymphocyte proliferation, chemotaxis, and delayed-type hypersensitivity. Research shows that it can reduce 'the risk, severity, and





duration of infectious diseases’ as well as ‘ameliorate symptoms and shorten the duration of respiratory tract infections including the common cold’.

Zinc

Zinc is a mineral that’s essential to the functioning of the immune system, and is necessary for normal T-cell and natural killer cell function as well as normal lymphocyte activity. It may also be directly involved in antibody production, which helps the body to fight infection. A lot of research has been carried out into the relationship between zinc and immunity. One review found that, when taken within 24 hours of the first symptoms of a cold, zinc can reduce its duration and significantly reduce the severity of symptoms. Recent research from Ohio State University showed that zinc plays an important role in controlling the body’s response to infections

by modulating the immune response in a way that helps to stop excessive inflammation.

Dimethylglycine HCL

Dimethylglycine HCL, also known as dimethylglycine, is a component of every cell in the body. Derived from amino acids, which are the building blocks for proteins, dimethylglycine helps to enhance the immune response and fight infection.

Elderberry Fruit Extract

Elderberries have been used medicinally for hundreds of years to treat colds, flu and sinus infections. The elderberry is packed with powerful antioxidants known as anthocyanins and has powerful immune-stimulating, anti-viral and anti-inflammatory properties. Research has shown that this bountiful berry can help to fight the flu: a 2004 study of 60 people suffering with flu found that those who took elderberry extract for five days saw their symptoms reduce four days earlier than those taking a placebo.

Larch Arabinogalactan

Larch arabinogalactan is an excellent source of dietary fibre which has been found to help increase levels of beneficial gut bacteria, such as Bifidobacteria and Lactobacillus. According to experimental studies, larch arabinogalactan can help to stimulate the cytotoxic abilities of natural killer (NK) cells and enhance other functional aspects of the immune system. As a result, it has been suggested that larch arabinogalactan may be useful as a ‘therapeutic agent in conditions associated with lowered

immune function, decreased NK activity, or chronic viral infection’.

Beta Glucans

Beta glucans are naturally occurring polysaccharides found in the cell walls of pathogens such as fungi, yeasts and their moulds. They are believed to be immune modulators, meaning that they help to regulate the immune system, increasing its efficiency. Beta glucans stimulate the activity of macrophages which are immune cells that destroy invading pathogens and stimulate other immune cells to attack. They also stimulate natural killer cells which bind to tumours or viruses and release chemicals to destroy them.

Recommended

CURE™ 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.



DAILY IMMUNE PROTECTION™

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



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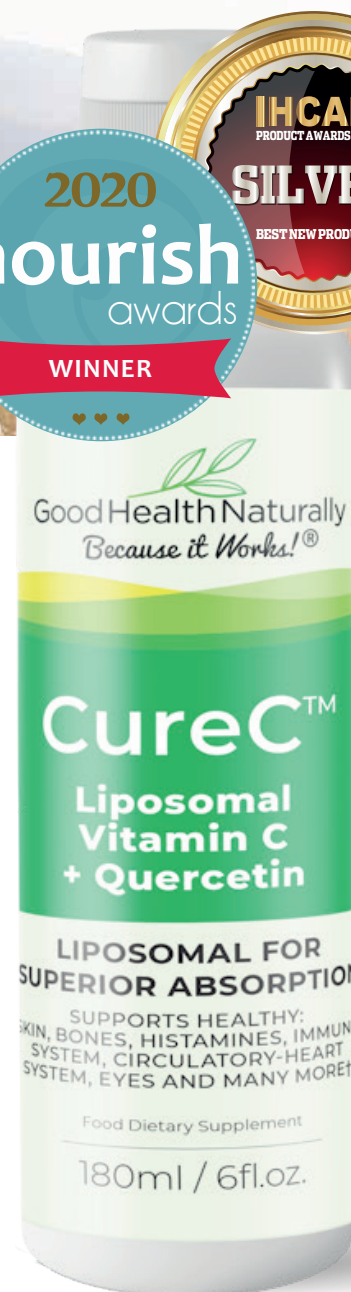
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Get Immune Strength

During the winter months, our bodies are subjected to many more issues than in the warmer parts of the year. Shorter days, colder weather, and the proliferation of viruses all add up, putting our bodies under intense strain. It's more important than ever to find natural health solutions to keep ourselves healthy and happy when the long nights draw in.

Nutritionists Recommend

The Blues (winter depression) - Liposomal GABA™

Seasonal Affective Disorder is a type of depression that comes and goes in a seasonal pattern. It's also known as "winter depression" because it's usually much more common and severe during the winter months. Liposomal GABA™ is a natural and powerful solution that offers effective nervous system support and encourages a balanced state during periods of anxiety, stress and mental strain. Our brain naturally produces GABA, the premier 'calm' neurotransmitter. It inhibits or slows down nerve impulses, helping support rest and relaxation, and our liposomal delivery gets the ingredients into cells faster and more efficiently, than capsules or tablets. Suitable for vegans and vegetarians. 100ml.

Arthritis - Serranol®

Cold weather can exacerbate arthritis pain, so combatting joint stiffness and maintaining bone health during winter is more important than ever, particularly as you get older. Reduce inflammation and find anti-ageing relief with Serranol® - a powerful combination formula of four key ingredients in one capsule: Serranol® contains 160,000IU Serrapeptase, 250mg Meriva Curcumin, 50mg Ecklonia Cava



and 1000IU Vitamin D3. Serrapeptase is a natural enzyme for dissolving inflammation, while Curcumin provides extra anti-inflammatory pain relief support. Recommended for boosting your body's total health. Suitable for vegetarians. 90 caps.

The Flu - CureC™

Did you know that vitamin C may have a preventative effect against the flu? Unfortunately, we don't produce vitamin C in our bodies, and those with a deficiency tend to have impaired immunity and are more susceptible to infection - particularly respiratory infections - so it's important to find the correct supplementation to achieve all of the potential health benefits. CureC™ - Liposomal Vitamin C with Quercetin provides 1000mg of liposomal vitamin C and 175mg of quercetin per serving, using its expedited liposomal delivery system to reach cells up to 10 hours faster than over-the-counter tablets. Suitable for vegetarians. 180ml.

Energy Depletion - UB8Q10

It's common to feel more sluggish during the winter. As the days get shorter, it can disrupt our circadian rhythm, and the lack of sunlight encourages our brains to produce more melatonin - which makes us sleepy. One way to combat flagging energy levels is by using UB8Q10 Ubiquinol, which provides up to 8x more energy, 8x more absorption, and 8x more health benefits compared to ordinary CoQ10. Coenzyme Q10 fuels each cell and every process in the body. CoQ10 depletes with age, so it's essential to supplement where possible. Suitable for vegetarians. 60 caps.

Recommended Products



LIPOSOMAL GABA™ WITH L-THEANINE AND ASHWAGANDHA

Powerful and fast acting Liposomal GABA with L-Theanine and Ashwagandha provides effective support during times of anxiety and stress. Recommended for calm and balanced moods, along with supporting a better night's sleep.

SERRANOL®

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

CUREC™ LIPOSOMAL VITAMIN C + QUERCETIN

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

UB8Q10™ UBIQUINOL

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

Sources

All references can be found at www.NaturallyHealthyNews.com

Centenarian: The Health Habits of 100-Year Olds

Eating a healthy, anti-inflammatory diet lays a critical foundation for good health, but it's possible to be starving for nutrients, even when we think we're doing everything right. A healthy diet can fall foul of societal norms: did you know that by meticulously washing your fruits and vegetables, you could be getting rid of the bad and the good?

American scientists observed in 2013 that when washing our fruit and veg, we're also removing the beneficial soil-based bugs that our guts require to sustain health through bacterial diversity. The good news is, taking a daily probiotic can replace what's missing and could be the key to longevity.

4 Benefits of Having a Gut That Doesn't Act Its Age

At their most fundamental level, probiotics can be taken to regulate digestion. This could be particularly crucial in the modern era, when our diet is more in need of supplementation. In previous generations, not only was our food supply rich and filled with more nutrients, it was also teeming with beneficial, oxygen-respiring bacteria, a.k.a. the probiotics our digestive tracts need to thrive.

These good bugs help us to absorb nutrients, manage populations of pathogenic bacteria, and maintain a healthy intestinal lining. Their job is to repair and heal, and they're essential in slowing down or stopping unnatural signs of age.

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

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

Good gut flora can fundamentally change gut health, offering several other advantages as we age:

1. 50% fewer fractures.

In a 2018 Swedish study, older women taking probiotics experienced half the bone loss compared to women supple-

menting a placebo. Medications can manage osteoporosis once it develops, the researchers explained, but prevention is preferred since early bone loss is rarely detected.

2. Decrease in hospitalisations.

Routine probiotic use in a country like the U.S. may ease \$1.4 billion in unnecessary expenses, a 2019 *Frontiers in Pharmacology* study found. Taking a probiotic could cut down on doctors' visits and productivity loss related to acute respiratory tract infections.

3. Sharper mind.

In 2013, American researchers explored the link between the gut and the brain, comparing a probiotic to a placebo group. The UCLA researchers proved through brain fMRI (Functional Magnetic Resonance Imaging) scans that, in areas of judgment, thinking, and reasoning, the probiotic users performed with more clarity.





4. Smaller BMI.

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

These are just four of the many advantages studies have shown we can benefit from by taking probiotics before and into the later stages of life. For some at-risk groups, this gentle approach of repopulating the gut with the beneficial bacteria we're born with could soon replace more invasive medical procedures.

"The fact that we have been able to show that treatment with probiotics can affect bone loss represents a paradigm shift," Mattias Lorentzon, professor of geriatrics at the University

of Gothenburg, Sweden, said in 2018. "Treatment with probiotics can be an effective and safe way to prevent the onset of osteoporosis in many older people in the future."

Simplified SBOs can make good gut health great

Deciding to take a daily probiotic is a great first step, but knowing which to choose can be more difficult. Georgetown University Medical Center researchers in the U.S. learned in 2019 that up to 65% of commercial probiotics may not provide enough clinical evidence on their packaging to support product claims.

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

strains came with more scientific support, and often at an affordable price.

Soil-based organisms, or SBOs, like *Lactobacilli*, *Bifidobacteria*, and *Bacillus*, are isolated from healthy soil samples, making them simple and stable. These are the microbes that can help guts withstand the effects of age. Supplementing soil-based organisms as a "Bio-identical" SBO Probiotics Consortium™ supplies eight scientifically-sound strains, able to provide 22 proven health benefits.

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

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

Mental Health: Heal your gut, heal your brain

Thanks to the widespread efforts of mental health awareness campaigns, the consistent work of advocates and activists, and the bravery of those who suffer from mental health conditions, there is now a much greater level of societal understanding surrounding mental health and those that suffer with it. And yet, with as many studies as there are on mental health, and with the millions of people who suffer from depressive disorders around the world, depression still isn't a comfortable topic of conversation. This reluctance to discuss depression may be one of the reasons that, despite the progress we've made in recent years, there are still too many misconceptions surrounding mental health. Depression is common enough that it now affects an estimated 2.6 out of 100 people in the UK. According to the Mental Health Foundation, a mixture of anxiety and depression is the most prevalent mental disorder in Britain – making it very likely that you or a loved one may be struggling with your mental health. As we see all too often, both in our daily lives and in the news, we often don't find out about these personal struggles until it is too late.

One of the most effective ways to address poor mental health is to simply start talking about it. Research and nutritional therapy are available to support depression recovery, but many times these invaluable tools are never given to those who need them the most - not least of all due to the lack of availability, continued cuts to funding, or social stigma. Talking freely about depression and exploring the brain-changing nutritional research could help to save a life.

Strengthening the second brain

Most depression therapies and medications are focused on regulating mood in the brain, and for good reason. It makes sense to try to correct chemical imbalances in the brain that could lead to depression, especially if you don't understand where the true problem lies. But within the past few years, researchers have started to dig a little deeper.

What they've discovered about depression and gut health has changed the way we view rehabilitation for depressive disorders.

Far below the brain lies the 'second brain' in the gut. The second brain is a mechanism in the body you may already be familiar with if you've ever had a stomach ache related to stress or felt 'butterflies' before a big event. The second brain is connected to the main brain and plays a pivotal role in mental health, while influencing the risk of some disease. As Johns Hopkins Medicine confirms, the second brain, also called the enteric nervous system (ENS), is powerful enough to affect the health of the entire body – containing two layers of over 100 million nerve cells that line the gastrointestinal tract from the oesophagus to the rectum.

When it comes to regulating mental health, the health of the second brain matters just as much as the health of the first brain. The second brain works hard in its primary role as the gut, aiding in digestion, nutrient absorption, and elimination. Dr Jay Pasricha, Director of the Johns Hopkins Center for Neurogastroenterology, explains that this enteric nervous system also has a direct line of communication with our main control centre: 'The enteric nervous system doesn't seem capable of thought as we know it, but it communicates back and forth with our big brain – with profound results.'



University College Cork researchers uncovered the importance of this big brain-little brain connection as they examined serotonin, the chemical known to regulate mood and emotion in the brain. Scientists discovered that brain levels of this 'happy hormone' are regulated by the amount of good gut bacteria that develop early in life. These findings came only a year after researchers from Ireland and Canada confirmed that probiotics, or the friendly bacteria found in the gut, can alter brain neurochemistry to treat anxiety and depression. And in 2015, Society for Neuroscience researchers explained that probiotics could help to improve behavioural symptoms of chronic inflammatory disease by changing the communication between the immune system and the brain, with the potential to remedy behavioural symptoms like fatigue, social withdrawal and depression.

Heal your gut, heal your brain

Understanding this gut-brain connection can be life-changing for the millions of adults who take antidepressants and still can't find relief. As Dr Des Spence, a Glasgow GP, explains in his British Medical Journal review, antidepressant prescriptions in the UK rose by 9.6% in 2011



(totalling 46 million prescriptions), with an estimated 75% of these prescriptions linked to drug companies. Only one in seven people taking antidepressants may actually experience benefits. These major scientific breakthroughs within the past decade have a special meaning for sufferers of depression and other mood disorders. We can now rehabilitate the brain without drugs, by strengthening the gut with friendly probiotics and essential nutrients:

1. Ashwagandha

The Indian herb Ashwagandha is known for its stress-relieving properties, with potential applications for anxiety and depression that rival prescription drug use. In a recent study published in the Public Library of Science, Ashwagandha was able to increase levels of glutathione – the body's most powerful antioxidant – in the brain, to improve brain function and memory, while protecting against degenerative brain disorders like Alzheimer's and Parkinson's disease.

2. B vitamins

B vitamins are known to buffer the stress response and stabilise fluctuating cortisol levels. Taking B vitamins has long been considered a natural antidepressant since vitamins B3 and B6 help to convert the amino acid tryptophan into

serotonin. Vitamin B6 deficiency has also been linked to clinical depression.

3. Lithium orotate

Not to be confused with pharmaceutical lithium, the mineral lithium orotate is another safe alternative to antidepressant drugs. Lithium orotate taken as a supplement is rapidly absorbed by the body and delivered to the brain in an organic carrier to target chemical imbalances. Lithium orotate can support mental and emotional health, with benefits for bipolar disorder, PMS, ADHD, headaches, Alzheimer's and Parkinson's diseases as well as depression.

4. L-Tryptophan

Taking L-tryptophan with B vitamins can help the body to manufacture serotonin in ample amounts. Lower tryptophan levels in the body can lower serotonin production in the brain, with observed effects on mood and memory and increased instances of aggression. Tryptophan depletion has been known to cause a relapse in symptoms of depression and panic disorder.

5. Soil-based probiotics

A healthy brain needs support from a healthy gut, strengthened by friendly probiotics – but not just any probiotic

will do. Compared to over-the-counter probiotic supplements that may not reach the gut intact, a soil-based probiotic can have an immediate impact on both gut and brain health, made with the same beneficial microflora found residing along a healthy human G.I. tract. For sufferers of a 'hopeless' condition like depression, this groundbreaking research on the balance between the two brains is news worth celebrating. Nourishing the gut has the power to change your mind.

Recommended Products

LIPOSOMAL GABA™ WITH L-THEANINE AND ASHWAGANDHA

Powerful and fast acting Liposomal GABA with L-Theanine and Ashwagandha provides effective support during times of anxiety and stress. Recommended for calm and balanced moods, along with supporting a better night's sleep.



LITHIUM BALANCE™

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



SAM-E PLUS+™

SAM-e plays a central role in repairing and maintaining cell membrane health. Recommended for healthy joints and optimal mood balance.



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

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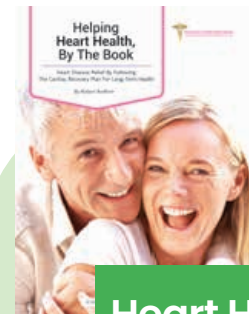
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REALLY HEALTHY RECIPES

Serves: 2

Cook:
30 mins

Eggs Baked in Avocado

A protein-rich egg breakfast combining healthy fats from the avocado for a great energy boost to start your day.

Ingredients

- 1 Avocado
- 2 Eggs
- Sea Salt
- Black Pepper
- Spring Onion (Optional)
- Fresh Chilli (Optional)

Directions

1. Slice the avocado in half and remove the stone. Keep the skin on, as you will be baking it in the skin.
2. Scoop out some of the flesh of each half, to make room for the egg.
3. Crack an egg into each half and sprinkle over a little salt and pepper.
4. Put in an oven that is preheated to 200°C and bake for around 15 minutes - the whites should be set and the yolk a little runny.
5. Serve with some buckwheat or almond bread toast and a sprinkle of spring onions and red chilli (optional).



Diet Fad or Medical Miracle?

The Truth About Charcoal

If you're a frequent visitor to the health aisle (or, for that matter, the drinks aisle) you might have noticed a sudden uptick in charcoal products. Activated charcoal has been the subject of much buzz lately, and for good reason - it has some serious health benefits.

What is activated charcoal?

Activated charcoal is produced by superheating natural sources of carbon (like wood); it's super absorbent and perfect for binding to the toxins in our digestive system. Since charcoal passes through the body without being absorbed, it prevents the bound toxins from ever settling into our system.

It's charcoal's toxin-clearing properties that make it so powerful, and it's been found to be potentially beneficial for a number of health issues.

Charcoal uses

The medicinal uses for charcoal date back much further than we might expect. We know that charcoal was used as early as 400 B.C. as a treatment for epilepsy and anthrax. Even before the development of the activation process in the late 19th century, it's been used as an antidote

for poisons and a potential cure for a number of intestinal disorders.

Contemporary charcoal use has confirmed and expanded on the early applications. Charcoal is well-known for its use in hospitals as a universal antidote; it can be crucial for purging and cleansing the body of drugs, chemicals and toxins - whether for general detoxification or for more serious poisoning and toxin ingestion. In both serious and mild cases, activated charcoal is a powerful natural solution for purging the digestive system of toxins and alleviating intestinal complaints. This can have massive repercussions that stretch beyond the gut.

Digestion and Immunity - the hidden link

Gut health is an important factor when it comes to immunity and it can be vital for protecting us against the toxins and pathogens we unknowingly consume. Over 100 trillion bacteria from 1,000 different species can be found in our digestive

tract, and these friendly bacteria have a very specific purpose. They help to digest, absorb, and produce B vitamins and enzymes that support the health of the whole body. They are crucial for our immunity.

So, when gut diversity is compromised, so is your general health.

Activated Charcoal and Digestion/Immunity

Activated charcoal may promote a healthy digestive tract by removing the toxins that cause allergic reactions, oxidative damage and poor immune system function. By removing the toxins from your system, you can reduce joint pain, increase energy and increase mental function. There are so many environmental factors that put our bodies at risk - even the food we eat and the water we drink may contain harmful pesticides and chemicals, and our homes may harbour dangerous mold. Our





bodies could be suffering from these toxins without us knowing about it; the health impacts brushed off as being as the result of something else, when the real culprit is hiding in our gut. That's why it's so important to routinely cleanse the digestive tract, even when you think you're perfectly healthy, to support overall health and wellness.

Activated charcoal has numerous potential benefits for gut health. It can alleviate uncomfortable gas and bloating by binding the gas-causing byproducts in foods that cause discomfort. A study in the *American Journal of Gastroenterology* found that activated charcoal prevents intestinal gas following a typical gas-producing meal.

It can also remove toxic mold from our bodies. Toxic mold isn't something that most people are aware of, but it can cause depression, kidney and liver issues, decreased brain function, heart disease, eye irrita-

tion, headaches, vomiting, impaired immune system function, and severe respiratory distress. Damp homes, particularly those with poor ventilation, can create an environment where mold can thrive; problem areas include bathrooms, basements and utility rooms. Even if mold isn't visible, it can thrive behind drywall, under floors and in ventilation ducts, so it's important to ensure you're taking the right measures to detox your body - including taking activated charcoal.

Activated charcoal is used in water filtration systems throughout the world, as it's able to trap impurities in water including solvents, pesticides, industrial waste and other chemicals. According to a study published in the *Journal of the Canadian Dental Association*, activated carbon filters (activated charcoal), removes some fluoride, which is important for immune and oral health. Tap water is laden with chemicals, toxins and fluoride. Activated charcoal water filters are available for whole-home systems, as well as counter top models.

The potential of activated charcoal when it comes to gut health and immunity is vast. It could even extend to the way we get our food.

Antibiotics - Is Charcoal the Way Forward?

Antibiotics have been used for treating bacterial infections in humans for some time; they have also been used in animal feed as a way to decrease the animal's susceptibility to infectious agents. Unfortunately, the overuse of antibiotics risks the emergence of drug-resistant bacteria, which could have serious ramifications on health. The diversity of the gut flora in the digestive tract can also be severely decreased by antibiotics, which further weak-

ens our ability to fend off sickness. Some animal studies have investigated the potential of charcoal as an alternative to antibiotics, particularly as an antibacterial and antiviral solution in animals that have grown resistant to antibiotics.

Since activated charcoal is an absorbent, it can help alleviate gastrointestinal issues by absorbing toxins, helping to eliminate excess moisture and slowing gastrointestinal transit.

Activated charcoal may be the best natural solution for gut health, and may even take the place of harmful antibiotics in the future.

Options

HappyTummy® Charcoal is a vegan-friendly option that does not absorb vitamins and minerals from the digestive system. Happy Tummy Charcoal™ absorbs unwanted substances and can provide the foundation for a healthier diet and life.

Other options for keeping our guts healthy include eating more organic fruits and vegetables, grass-fed meat, and wild fish. Consuming less gluten and dairy while cutting back on processed foods, sugars and beverages. It's also important to stay hydrated, particularly during a charcoal cleanse.

Recommended Products

HAPPY TUMMY®

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



Sources

All references can be found at www.NaturallyHealthyNews.com

EXPOSED: The Three Medical Myths of Heart Health

What's the greatest threat to our global health? Heart disease remains the number one cause of death worldwide. More people die from cardiovascular disease each year than from any other cause, the World Health Organization confirmed in 2017.

What is heart disease and why is it so lethal?

Cardiovascular disease refers to a collection of disorders of the blood vessels and heart, including:

- **Cerebrovascular disease** – Affecting the blood vessels that supply the brain.
- **Congenital heart disease** – Defects in the heart structure found at birth.
- **Coronary heart disease** – Affecting the blood vessels that supply the heart muscle.
- **Deep vein thrombosis and pulmonary embolism** – Blood clots in the legs that may break free to reach the heart and lungs.
- **Peripheral arterial disease** – Affecting the blood vessels that supply the arms and legs.
- **Rheumatic heart disease** – Damaged heart muscle and heart valves caused by rheumatic fever, related to the streptococcal bacteria.

In 2015, 31% of global deaths were caused by one of these heart diseases, taking the lives of an estimated 17.7 million people. Roughly 7.4 million deaths resulted from coronary heart disease and 6.7 million from stroke. Heart attack and stroke occur most often as acute events when blood flow is blocked to the heart or the brain. Death tolls re-

main high, but doctors and researchers agree that heart disease can easily be prevented – if we're willing to make the necessary lifestyle changes related to diet, exercise, and alcohol and tobacco use. Escaping Western cultural norms and changing lifestyle doesn't come easy. In 2017, European Society of Cardiology researchers reported that obesity levels in the UK are among some of the worst in Europe. Cardiovascular disease has dropped from its top spot as a leading cause of death in some high-income countries, only to be threatened again by the obesity epidemic. Making lifestyle changes, and giving the body the nutrients it needs to repair from the damaging effects of a Western diet, could help to prevent diabetes and obesity leading to heart disease. "These deaths are largely preventable through lifestyle changes," according to Dr Adam Timmis, lead author of the European Society of Cardiology study.

Three medical myths that keep hearts unhealthy

Knowing what makes our hearts tick can do the world of good for our health. It can put us on the road to recovery and, often, lengthen our lives. What does the heart need to continue beating strong? We'll see the biggest changes in our heart health when we cut inflammatory foods from our diets. It sounds simple, but the effects of eliminating processed foods to protect the heart can't be underestimated. Starchy carbohydrates, sugary treats, processed foods and dairy

products are all enemies of a healthy heart. As we learned in the polarising article published in *Progress in Cardiovascular Diseases* in 2016, it's been sugar all along that's to blame for our heart disease epidemic, not fat.

This isn't the only misconception that's been circulated about heart health in the medical community:

Myth #1: Early signs of heart disease are no reason to panic. Countless studies have proven this common misunderstanding to be false. A doctor may not be alarmed at the preliminary signs of a failing heart, but our heart function has a bigger impact on our health than we realise. In a prostate drug trial performed on 6,390 men in 2012, Duke Cancer Institute researchers in the US learned that:

- Coronary artery disease and prostate cancer are closely related.
- Having coronary artery disease can increase the risk of prostate cancer by 35%, with risk growing over time.

Myth #2: Medication matters more than nutrition. Doctors often suggest to patients experiencing heart problems to begin cleaning up their diets, while medication is dispensed at-the-ready. Not only does heart disease medication



make millions of dollars annually for the pharmaceutical industry, but it works as a stopgap for a larger, unmanaged problem. Heart disease is caused by inflammation, created by lifestyle. It's made worse when the heart is lacking support from critical nutrients:

- Some doctors in Europe and Asia have begun prescribing alternatives to anti-inflammatory drugs and prescription medications to their heart patients. Specifically, the well-researched anti-inflammatory enzyme serrapeptase is being used more frequently in clinical settings, alongside the potent anti-clotting enzyme nattokinase, to improve blood flow to the heart. As of 2017, nattokinase is being studied for its role in preventing heart disease and cardiac death.
- Magnesium is the fourth most abundant mineral in the body, required for hundreds of biochemical reactions and especially for protecting the heart. Getting some magnesium from a healthy diet is encouraged, but the best source of magnesium comes from a transdermal supplement – where ample amounts of the mineral are absorbed rapidly through the skin.

Taking magnesium may help to regulate heart arrhythmia by coordinating heart muscle activity with the nerves that help it beat.

Myth #3: High cholesterol causes heart attacks. We saved one of the biggest myths about heart health for last – because it's among the most important. Many physicians have confessed that close to half of heart attack patients have low levels of cholesterol, contradicting the commonly accepted medical wisdom. Our bodies need cholesterol; heart attacks occur when inflammation and oxidation cause cholesterol to harden in the arteries. Inflammation can be reduced by making changes to diet and lifestyle and by supplementing heart-protective nutrients. Overprescribed statin drugs used to lower cholesterol only make matters worse:

- These risky drugs block the absorption of coenzyme Q10, needed in large amounts in the body to support heart muscle energy.
- Taking highly absorbable ubiquinol, the form of CoQ10 that is eight times better absorbed than the ordinary form of the coenzyme, can undo much of the damage statins have done.

- The elderly may be the group most vulnerable to coenzyme Q10 deficiency caused by statin use, affecting the heart.

When we're not getting the nutrients we need, our heart health suffers. Not all doctors agree that heart problems stem from inflammation, but most will admit that prescription drugs only provide a temporary solution. After examining the heart disease epidemic in the US in 2017, the American Heart Association found that more than 400,000 deaths could be traced back to unhealthy foods and a lack of nutrients.

Recommended Products

HEARTPOWER45™

High-potency super BERGAVIT Bergamot 45% featuring bergamot fruit extract. Benefits overall cholesterol balance and heart health. Supported by clinical trials to improve CVD risk factors. Controls "bad" and increases "good" cholesterol at the same time.



Sources

All references can be found at www.NaturallyHealthyNews.com



Stay Young and Healthy at Heart

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.



Maintains healthy heart function



Lowers and manages "bad" cholesterol



Supports metabolic wellness



Suitable for vegans

Available at all good independent health food stores


GoodHealthNaturally
Because it Works!®

Want Good Skin? Try Magnesium

When it comes to skincare, it's important to get the balance right.

Did you know that the average person applies between nine and twelve products to their skin daily? That's way too many.

It's no secret that a lot of "skincare" products actually harm the skin, and even the ones without hazardous materials could have negative implications for your skin health. Most skincare products simply sit on the surface of your skin and this damages your skin's delicate microbiome. This microbiome consists of billions of friendly living microorganisms called the skin flora. They work together like an invisible eco-system to keep your skin healthy, youthful and in perfect balance. Some of the products you use end up taking over these functions and your skin becomes dependent on them, in a process called tachyphylaxis.

I know what you're thinking: does that mean it's better to use no products? Not necessarily. Most skin types can benefit from some form of skincare, particularly as the weather changes and skin becomes exposed to cold weather or bright sunlight, and your skin still needs a layer of protection against the effects of aging and environmental harm.

My suggestion is to go on a skincare "diet", cutting down your skincare routine (and your costs!) to the barest essentials that do the most for your skin.

Choosing natural support for skin function and eliminating the overuse of products — especially those with dangerous and damaging ingredients — helps your skin to develop a more diverse microbiome. This, in turn, will allow your skin to become more self-rejuvenating and allow it to detox and heal.

So what skincare should you use? The answer is topical magnesium.

By combining all of the benefits of magnesium with skincare staples like shea butter and almond oil, transdermal magnesium has everything you need for great skin health - and a great foundation for overall health.

A strong body of research suggests that transdermal Magnesium - that is, Magnesium that's absorbed through the skin in forms like sprays, lotions, creams or bath flakes - is more effective and works better than oral supplements. It's a natural solution that

can help you to get a better night's sleep, relax muscles, relieve cramps and even improve conditions like restless leg syndrome.

So ditch the fads and diet like a pro with topical magnesium.

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

Fitness Fiend? How to get the most out of exercise

It's widely accepted that with a good diet and regular exercise, people can reach optimal health. Unfortunately, physical activity (particularly when it's prolonged or high-intensity) can lead to problems of its own.

While regular and moderate exercise can improve the ability of the immune system to protect the body from infection, prolonged or intense sessions can lead to a higher incidence of health problems. This puts many sportspeople and athletes at risk of injury and illness.

Exercise increases the body's requirements for key nutrients, so it's crucial that athletes maintain a balanced diet and supplement vitamins and minerals wherever needed.

Magnesium

Magnesium is an essential mineral that can influence the body and a number of studies have been done into the relationship between magnesium and exercise. Animal studies have demonstrated that magnesium might boost exercise performance by enhancing glucose availability in the brain, muscle and blood, and by reducing lactate accumulation in the muscle. Meanwhile some cross-sectional surveys have indicated that there may be a positive association between magnesium status and muscle performance, including grip strength, lower-leg power, knee extension torque, ankle extension strength, maximal isometric trunk flexion, rotation, and jumping performance. [1] Unfortunately, surveys of athletes reveal that they often fail to consume a diet that contains adequate amounts of nutrients, including magnesium. Strenuous exercise could increase the body's magnesium requirement to 10 - 20% higher than the average sedentary person, due to increased losses through sweat and urine.

Magnesium may also influence the body

in a number of ways during or after exercise, from cellular health to oxygen intake to recovery time.

- 1. Membrane Stability:** Magnesium can stabilize cell membranes, regulating movement by reducing fluidity and permeability. A deficiency can lead to an increase in calcium and sodium and a decrease in potassium and phosphorus, creating a depolarization effect on the cell.
- 2. Cellular Hydration:** The ionic interior of a cell influences cellular hydration, which has a knock-on effect on a number of areas, including membrane stretch and protein phosphorylation. Therefore it can cause severe consequences in the performance of athletes. One study observed that magnesium supplementation may induce beneficial changes in cellular hydration.
- 3. Oxidative Stress:** During strenuous exercise, there is a dramatic increase in oxygen uptake in various organs, particularly the skeletal muscle. The oxygen consumption rate may increase twenty fold, and cells continuously produce free radicals and reactive oxygen species (ROS) as part of metabolic processes. Exercise, though generally recognised as healthy and advantageous, can also produce an imbalance between ROS and antioxidants, which is referred to as oxidative stress. This can cause lipid peroxidation and protein oxidation. [7] Strenuous exercise can also induce trauma, which leads to the extravasation of blood and consequently to the introduction of free iron and copper into tissues. Inflammatory injury, with the infiltration and activation of monocytes, also produces a spectrum of free radicals. Several studies have found that magnesium deficiency may amplify the oxidative damage caused in these circumstances.



- 4. Immune Function:** High-intensity and prolonged exercise leads to stress in the body, which triggers a proportional response including the production of stress hormones and certain changes in the immune system. Several papers have described that regular and moderate exercise improves the ability of the immune system to protect the host from infection, and that intense exercise, as well as prolonged exercise sessions, tends to favor a higher incidence of health problems in athletes. This also varies by the type of sport. Nutritional deficiencies modify immunocompetence and increase the risk of infection. Together, heavy exercise and poor nutrition have a synergistic and largely negative influence on the immune system. One animal study found that magnesium deficiency led to increased inflammation. [4] Prolonged, exhaustive exercise has been shown to be associated with temporary immunosuppression, and a magnesium deficiency may amplify the decreased immune responses induced by strenuous exercise.

It's essential that athletes get enough magnesium to prevent the adverse effects of a nutritional deficiency. The best way to take magnesium is transdermally. Topical skin products like lotions, oils, body butter and bath flakes that contain super-concentrated forms of magnesium chloride are easily absorbed by the body and put to use quickly in the areas where it's needed most.



in their bodies until it's too late, leading to the unfortunate and preventable outcome of chronic pain and disability later in life. Preventing scar tissue from building up is tantamount to recovery, and inflammation can be a sign that these areas haven't been fully healed - particularly when they become inflamed and painful and lead to lower performance.

Originally derived from the friendly bacteria living within the gut of the silkworm, Serrapeptase is a naturally occurring proteolytic enzyme that can provide natural relief for a wide range of health conditions. It works by dissolving inflammation and breaking down fibrin - a tough protein that accumulates in scar tissue - and can work quickly, safely and efficiently to break down dead scar tissue wherever it is present in the body.

Astaxanthin

Astaxanthin is a lipid-soluble antioxidant carotenoid that, like other powerful antioxidants, can reduce the cellular oxidative damage caused by excess free radicals produced during intense exercise.

Astaxanthin has been reported to possess a significantly greater antioxidant function in comparison to other popular phytochemicals, with its antioxidant activities quantified as 10-fold greater than other carotenoids, such as β -carotene, and 100-fold greater than α -tocopherol (vitamin E). Athletes swear by astaxanthin's effects, finding that it improves endurance and speeds up muscle recovery after exercise. It's been suggested that athletes performing endurance exercise may benefit either in terms of athletic performance or protection from muscle damage by taking astaxanthin.

L-Carnitine and CoQ10

L-Carnitine with CoQ10 can also benefit your health by sparking energy within the cells. Without sufficient amounts of both essential components you will be less likely to burn fat efficiently, and will likely have much less energy. CoQ10 can function as an energy transfer module and support cell health while fighting free radical damage. Deficiencies in L-Carnitine are manifested as low energy levels and muscular weakness, and can also appear as mental confusion or cloudiness, angina (heart pain) and weight gain.

In addition to the above, products like Oxy-

sorb™ - which increases the body's ability to absorb more oxygen - are recommended for athletes. So, too, are powerful multivitamins like Active Life™, which can help to combat the ill-effects associated with poor nutrition by supplying the body with a unique and powerful formula of 130 nutrients.

Recommended Products

CURECT™ 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.



SERRAENZYME® 250,000IU

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



ANCIENT MAGNESIUM® COOL RELIEF

Our award-winning Ancient Magnesium Cool Relief provides Genuine Zechstein Magnesium Lotion with 100% natural Therapeutic Menthol, for an instant cooling sensation. Recommended for fast relief of inflammation, acute pain, and stretched muscles.



ASTAXANTHIN WITH DHA™

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



OXYSORB™

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



Sources

All references can be found at www.NaturallyHealthyNews.com

Other Products for Sports Health

Vitamin C & Quercetin

A large number of athletes turn to vitamin C, claiming that it keeps the immune system functioning optimally and decreases recovery time between workouts. Vitamin C is important for connective tissue repair, which is especially important in sports where there's a higher risk of this kind of damage (e.g. strength athletes like weightlifters and bodybuilders). It's also an antioxidant, which can reduce the levels of oxidative damage incurred during intense workout sessions.

Quercetin is a phytonutrient with antioxidant and anti-inflammatory properties that may help to prevent some of the adverse effects of strenuous exercise and to enhance aerobic endurance and exercise performance. Quercetin is a powerful *in vitro* antioxidant and free radical scavenger, and Loke (2008) showed in an *in vitro* study that free quercetin provides greater protection from oxidative stress than its conjugated metabolites found in the plasma.

Serrapeptase

Regular exercise, particularly at the elite level, can cause injuries - often in the same area due to repetitive strain or the overuse of specific tissues. Too many athletes don't realize how much scar tissue forms



Vitamin E:

Everything You Need To Know

Possibly one of the most underrated vitamins of all time, vitamin E packs a punch as a powerhouse vitamin with an impressive range of research-backed benefits. Unfortunately, not everyone is able to properly absorb this potent antioxidant - even those of us who get enough, either from our diet or supplements.

Why?

Researchers have been puzzling over this question for almost a century. It wasn't until 2018 that a team of German scientists found the answer. Vitamin E's effect on our body doesn't just depend on the vitamin itself, but the metabolism of the liver - specifically the production of an anti-inflammatory metabolite called Alpha-carboxychromanol.

Alpha-carboxychromanol determines how well vitamin E is utilised by the body. If you produce more of this bio-active liver metabolite, you may see more of a benefit from vitamin E. For this reason, researchers have concluded that understanding our individual metabolism could be the first and most important step in getting more out of this vital vitamin - a good thing, too, as the results could be life-changing.

Not everyone can access a metabolic test to determine how well they naturally absorb vitamin E - that's why it's crucial to take the most bioavailable forms possible.

The top 8 benefits of absorbable vitamin E

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

Taking vitamin E that is well-utilised can support:

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

By taking the more absorbable form of vitamin E, you're supporting your body's ability to utilize it. In the largest tocotrienols study to date, researchers learned that taking a naturally-occur-

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

Recommended Product

VITAMIN E TOCOTRIENOLS

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



ACTIVE LIFE™ CAPSULES

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



Sources

All references can be found at www.NaturallyHealthyNews.com



Good Health Starts in the Gut

Make sure yours gets the best start possible

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

Our all-natural digestive health products offer:

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



Available at all good independent health food stores

GoodHealthNaturally
Because it Works!®

The Omega-3 Super Supplement

Why You Should Try Krill Oil

Often overlooked, krill are the hidden gem when it comes to omega-3s. Krill are full of the same omega-3s found in fish oil (EPA and DHA), but beyond that they contain one important distinction. Fish oil contains triglyceride omega-3s, while krill oil contains double-chain phospholipid omega-3s. These double-chain phospholipid fats match the fats in human cell walls.

Compared to ordinary fish oil, krill oil has:

- **Extra absorption:** Krill oil phospholipids containing EPA and DHA are highly absorbable by our body. Considered superior to fish oil's triglyceride omega-3, it takes fewer of krill oil's phospholipid omega-3s to reach an equal level of bioavailability in our cells and organs.
- **Special sourcing:** Krill are tiny shrimp-like crustaceans found in the Southern Ocean, which happens to be one of the only places in the world left unpolluted by toxic heavy metals, which are often found in many fish oils.
- **Super nutrition:** Krill are packed full of nutrients - omega 3 fatty acids EPA and DHA, phospholipids, choline and astaxanthin.

It's krill's rich nutrient profile - with its healthy fats, choline, and antioxidants - paired with the much lower risk of carrying heavy metal contamination, that makes it so effective compared to fish oil.

Stop inflaming and start healing: 4 reasons to supplement krill

Superba Boost™ is a superior form of krill oil, exclusively extracted from the *Euphausia superba* Antarctic krill that feed on microalgae rich in omega-3s. A diet lacking beneficial omega-3 fatty acids with an overabundance of omega-6 fats can disturb our body's delicate balance and increase the risk of disease. Superba Boost™ can increase the body's omega-3 index an enormous 70% more than ordinary fish oil in just eight weeks.

Supplementing a safe and 100% traceable source of omega-3 fatty acids can correct any imbalances and provide proven benefits:

- **Krill for the brain:** Krill oil's phospholipids are absorbable enough to cross the blood-brain barrier, and may play an instrumental role in alleviating neurological dysfunction. This includes learning disabilities, ADHD, brain aging, and memory loss. Superba Boost™ Krill Oil is also high in

choline, an essential nutrient our body produces in limited quantities. A 2019 *Molecular Psychiatry* study showed that supplementing large amounts of choline could have incredible multi-generational benefits, which included protecting mice and their offspring from Alzheimer's symptoms.

- **Krill for the eyes:** When it comes to tackling eye issues like dry eye disease, krill oil has been found to be much more effective than fish oil. In 2017 Australian researchers found that a moderate daily dose of either oil for three months could reduce osmolarity and increase tear stability, however krill offered additional improvements. With the body's highest DHA concentration being in the retinas, Superba Boost™ Krill Oil supplied more omega-3s to replenish the eyes.
- **Krill for the heart:** For cardiovascular risk prevention, American researchers recommended krill oil as a safe alternative for those who were "unwilling or unable" to tolerate fish oil in 2014. When reviewing randomised trials, the researchers found that krill oil may





be “at least equivalent to and perhaps better than fish oil” in increasing DHA and EPA blood levels. The high choline/omega-3 content in Superba Boost™ Krill Oil also works synergistically to inhibit inflammation and actually lessen cardiovascular damage.

- **Krill for the joints:** Osteoarthritis patients who supplemented krill oil for seven days saw their inflammatory markers reduced by over 15% compared to the placebo group. After 30 days, inflammatory markers decreased by more than 30 percent. The astaxanthin in Superba Boost™ Krill Oil not only keeps it unoxidised and stable, but supplementing with astaxanthin has also been found to lessen the pain associated with carpal tunnel syndrome.

Krill Oil can also:

- Balance cholesterol and blood lipids.
- Ease symptoms of PMS/painful menstruation.
- Improve liver function

- Regulate blood sugar levels.
- Renew skin health.
- Strengthen the immune system.
- Slow signs of premature ageing.

Upping omega-3 intake is a great way to support heart health, brain health, and reduce disease-causing inflammation, but it's important to know which product to go for. Although omega-3s can be found in any regular fish oil supplement, many are of poor quality, have a short shelf life and are prone to oxidation. Krill Oil, however, is naturally rich in antioxidants, which not only helps protect the oil from oxidative damage, but provides another powerful health benefit of choosing this oil.

Increasing omega-3s: does our happiness depend on it?

Omega-3 fatty acids have been widely studied for their benefits on our mental health. The brain is 60% fat, and DHA makes up more than 15% of its fatty acid - making it the most common fat in the brain. Phospholipids are a critical transporter of DHA to the brain.

Omega-3s can influence mood and personality, and in some cases have been found to work just as effectively as antidepressant drugs like Prozac. Omega-3s may also offer therapeutic benefits to even the most serious psychiatric disorders and for patients being treated for substance abuse. With higher levels of certified sustainable omega-3s, Superba Boost™ Krill Oil may provide more noticeable mood-boosting benefits, when compared to ordinary fish oil supplements, due to its superior levels of absorption and cellular uptake.

Recommended Products

THE KRILL MIRACLE™

The Krill Miracle™ is a dietary supplement of ultra-pure Omega 3 fatty acids. Krill are a super rich source of Omega 3 fatty acids (DHA/EPA), phospholipids, choline and astaxanthin. Supports heart, liver, brain, skin, joint and eye health. 60 Fish Softgels



Sources

All references can be found at www.NaturallyHealthyNews.com

Left Behind:

How Women's Health Has Been Sacrificed

For a long time, women's health has been neglected by the medical community, but things may be changing: celebrities are speaking out, and countries like Australia are setting international guidelines. For women in the "cyster-hood," as the PCOS Awareness Association calls it, these steps could be enough to increase dismally low levels of government funding, improve health outcomes, and supply much-needed resources to the research and treatment of PCOS - or Polycystic Ovary Syndrome.

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

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

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

Since PCOS has been linked to a higher risk of diabetes, metabolic syndrome,

depression, and anxiety, early detection matters. PCOS can make conception difficult, if not impossible. And, the condition comes with a 2.7-times higher endometrial cancer risk.

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

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

The 14 natural methods PCOS sufferers are using to get relief

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

1. Acupuncture - Acupuncture and physical activity can help balance hormones and irregular periods for women with PCOS, Swedish researchers learned in 2011. Electro-acupressure can be safely and effectively practised at home to relieve pain and chronic symptoms.



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

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

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

5. Cooking - Avoiding high-heat cooking methods like grilling, as well as processed foods, can reduce advanced glycation end products, or AGEs, known to contribute to chronic disease and ageing. Greek researchers found in 2014 that modifying dietary AGEs may lower PCOS insulin levels.

6. Curcumin - Taking the powerful anti-inflammatory compound curcumin helps target internal inflammation that could cause cysts; Meriva® is the patented phytosome delivery form of curcumin offering up to 45x better absorption.



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

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

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

10. Progesterone - Applying plant-derived progesterone as a daily cream can help reset the

hormonal system, potentially lowering oestrogen dominance when paired with exercise and diet.

11. Resveratrol - Women with PCOS who supplement resveratrol, another

potent anti-inflammatory compound that can be rapidly transported with curcumin in a liposome, may see a 23.1% drop in testosterone and a 31.8% drop in fasting insulin levels.

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

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

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

PCOS may be common, but doctors have yet to introduce a universal treatment. This is because there's really no cookie-cutter approach to correcting

hormonal imbalance. Getting an accurate diagnosis is important, but many women only see their health improve through a more well-rounded approach – by trying one or more natural alternatives until they find the right fit.

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.



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.



SERRANOL®

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



CINNAMON27™

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



Sources

All references can be found at www.NaturallyHealthyNews.com

Health News

How To Stay Calm And Migraine-Free Thanks To Natural CBD Oil

A new review published in the journal *Current Opinion in Neurology* has found that Cannabidiol (CBD Oil) could alleviate the pain associated with migraines.

CBD does this by influencing the function and activity of signalling pathways, targeting the receptors that play a role in pain control. The review also discovered that CBD suppresses the release of certain proteins linked to inflammatory pain.

Another study compared the effects of using CBD with Amitriptyline - a Pharmaceutical drug for treating migraines. In this study, researchers treated the 48 patients with CBD and the results indicated an oral dose of 200mg reduced migraine pain by 55%. The participants' only reported side effect was drowsiness.

There's a natural cannabinoid in your body known as anandamide or the "bliss molecule" that can reduce pain and inflammation. When anandamide is deficient, painful migraines can occur.

CBD also plays a powerful role in inhibiting an enzyme in the body's natural endocannabinoid system called fatty acid amide hydrolase, or FAAH. This enzyme keeps the ECS in balance by destroying excess endocannabinoids.

CBD's role is to stop FAAH from functioning and this allows anandamide to stay active for longer. The longer it remains active, the longer it eliminates migraine pain.

By acting on a cannabinoid in your body called anandamide or the "bliss molecule" this natural cannabinoid in the brain can reduce inflammation, preventing or even stopping migraine pain. Other studies show that CBD may reduce chronic pain by reducing the inflammation, along with interacting with the neurotransmitters. By combining CBD with THC, this may be a highly effective method of reducing pain associated with diseases like multiple sclerosis and rheumatoid arthritis.

DID YOU KNOW?

There's a natural cannabinoid in your body known as anandamide or the "bliss molecule" that can reduce pain and inflammation

Why Menopausal Women Need Vitamin D To Reduce Bone Fracture Risk

Women going through the menopause may benefit from taking higher levels of Vitamin D to reduce the risk of bone fractures according to the latest research. At a recent meeting of the American Society for Bone and Mineral Research, scientists presented findings showing that women with higher Vitamin D levels had significantly less risk of non-traumatic bone fracture during menopause.

By studying the relationship between Vitamin D, menopause and bone fracture, researchers were able to examine and determine their connection and correlation. From examining the data of 1,620 women with an average age of 48 and a half years, researchers looked to see which women suffered non-traumatic fractures (from falling from a standing height or less) around nine years after the original data was collected.

The study showed that the risk of fracture reduced by as much as 45% in women with Vitamin D levels above 20ng/ml, compared to those with lower Vitamin D levels. The women not yet post-menopausal in the study also saw a 10ng/ml increase in Vitamin D levels, correlating to a 25% reduced fracture risk - even after adjusting for bone mineral density and body mass index.

From their discovery, researchers looked at Vitamin D and fracture risk and found that menopausal women are at highest risk for bone loss. This research is among the first to take a specific look at Vitamin D and fracture risk in menopausal women.

Upon reviewing this research, one doctor stated that the results emphasized a need for supplementing Vitamin D during the menopause.

The latest study into bone fractures and Vitamin D deficiency is just one of many, another previous study had indicated that post-menopausal women who suffered wrist fractures were also deficient in Vitamin D.

SOURCE:

All study 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. Delivering D3 200iu per spray (approx. 220 sprays per bottle), allows flexible dosing, offering a convenient and practical solution for the whole family's daily intake.



Supports healthy heart function



Promotes better calcium absorption



Boosts immune system response



Suitable for vegans

Available at all good independent health food stores


Good Health Naturally
Because it Works!®

Respiratory Risks:

How You Can Protect Your Lungs

Lung health has been dominating the news recently, and it's not hard to see why. Even without the threat of coronaviruses like Covid-19, research suggests that some form of lung disease is likely to affect us or a loved one at some point in our lifetimes.

In their report for the *European Lung White Book*, the European Respiratory Society found that respiratory diseases are ranked among the leading causes of death in all countries. The most common lung diseases, like lung cancer, COPD and lung infections that include pneumonia and tuberculosis, account for as many as 9.5 million deaths worldwide, making up one-sixth of the global numbers. Together, lung diseases account for a shocking number of deaths and disabilities over the past two decades.

Risk factors for respiratory disease are common

The outside world poses a number of risks to the lungs. Respiration requires the intake of oxygen and the exhalation of waste gases from the bloodstream. Breathing patterns are controlled by the nervous system, which itself is guided by hormone levels, so patterns in breathing can change quickly from relaxed and deep to rapid and shallow

as we experience stress and anxiety.

Lung capacity is, to some extent, innate - it depends on several factors including sex and height - but it can also be influenced by environmental factors like:

- Early life events, such as premature birth, low birth weight, smoking during pregnancy and viral infections during infancy.
- Smoking.
- Second- or third-hand smoke exposure.
- Environmental toxins and air pollution.
- Indoor chemicals and air pollutants.
- Occupational hazards, such as particle, fume, or gas exposure.
- Poor diet and nutrition.

Research shows the massive damage pollutants can have on our lung health. In 2016, the European Society of Cardiology conducted the first human study on how air pollution can influence pulmonary vascular function. After examining the effects of pollution on 16,295 patients, researchers learned that outside pollutants can impair blood vessel function in the lungs. Air pollution exposure, researchers noted, increased pulmonary vascular tone, making it harder for blood to flow

to the lungs. Longer pollution exposure also burdened lung function enough to affect heart function.

Diet and nutrition can also play a major role in lung health, to the extent that it could be the deciding factor when it comes to lung disease. Progressive and chronic lung conditions like COPD are triggered by inflammation. An inflammatory, processed-food diet is particularly harmful as it can exacerbate the kind of damage that leads to lung disease. Researchers for the *BMJ Specialty Journals* learned that making critical changes to the diet can impact lung health. Analysing an American study conducted on the lifestyles of almost 43,000 men, researchers found that men who ate a Western diet were more than four times more likely to develop COPD. Conversely, eating a Mediterranean-style diet rich in vegetables, fruits, legumes, oily fish, and healthy oil, cut the risk of COPD by half. In 2016, the American Thoracic Society also discovered that eating more of these whole foods rich in fibre could protect against diabetes, heart disease, and lung disease.

Both studies found the same connection: that the foods we eat can completely change our health, and that a high-fibre diet in particular can reduce the dangerous levels of inflammation that lead to chronic lung disease.



How Lifestyle Factors Cause Lung Disease

As we've just seen, leaving inflammation unchecked can cause massive damage to our lungs. A cascade of lung dysfunction may then develop, ranging from mild to life-threatening:

- **Asthma:** Asthma is a chronic disease that occurs when the airways become inflamed, swollen, and narrow, which makes it difficult to breathe. Symptoms include coughing, wheezing, tightness in the chest, and shortness of breath. It may also be exacerbated by physical activity. Asthma can range from mild to severe and is more likely to develop when there is a family history of asthma or allergies.
- **Bronchitis:** Bronchitis occurs when the mucus membranes in the bronchial tubes (main airways) become inflamed, and can range from acute to chronic. Viruses are responsible for an estimated 90% of acute bronchitis cases, compared to bacterial bronchitis at less than 10%. Chronic bronchitis, most often caused by smoking, is a cough that lasts for three months or more per year for a minimum of two years and is considered a type of COPD.
- **Collapsed lung:** A collapsed lung, or pneumothorax, occurs when air escapes the lungs and fills the space outside of the lung in the chest cavity. A partially collapsed lung, or atelectasis, occurs when air passages are blocked or when air sacs in the lung become deflated. A pneumothorax normally develops after a chest injury and can be life-threatening if it isn't treated. An atelectasis can often develop as a complication of surgery or other lung dysfunction, i.e., from cystic fibrosis, after inhaling a foreign object, or due to pressure from a lung tumour.
- **COPD:** Chronic Obstructive Pulmonary Disease, or COPD, is an umbrella condition that includes the progressive lung diseases emphysema,

bronchitis, irreversible asthma and some types of bronchiectasis. COPD may be aggravated by inflammatory lifestyle factors, including diet, poor nutrition, pollution and tobacco use. COPD is common and can be easily mistaken for breathlessness caused by the aging process.

- **Cystic fibrosis:** Cystic fibrosis is a genetic disorder of the cells that line the lungs, pancreas, small intestines and sweat glands. Mucus can build up in the lungs, which houses infection and destroys lung tissue. Cystic fibrosis is the most common hereditary disease that may develop as a result of a mineral deficiency. While there is no present cure for the genetic disease, it progresses more rapidly in cases of malnutrition and poor diet.
- **Lung cancer:** Lung cancer is characterised by shortness of breath, wheezing, coughing, and bloody mucus, and is most often attributed to smoking. About 90% of lung cancers are related to tobacco use. Lung cancer may also be caused by exposure to second-hand smoke, asbestos fibres, radon gas and air pollution. In some cases, lung cancer can develop because of a genetic predisposition or when triggered by other lung diseases, especially COPD.
- **Pneumonia:** Pneumonia occurs when the air sacs in one or both of the lungs become inflamed and infected. These air sacs may fill with pus or fluid, resulting in a phlegmy cough, fever, chills, and difficulty breathing. Pneumonia can range from mild to severe and may be caused by viruses, fungi, or bacteria. Infants, the elderly and the immu-

nocompromised are more susceptible to this kind of lung infection.

- **Pulmonary oedema:** Pulmonary oedema occurs when the lungs fill with fluid and the body is no longer able to get enough oxygen. Heart failure and heart problems can increase the risk of pulmonary oedema. Symptoms include shortness of breath, wheezing, rapid weight gain and swelling. Pulmonary oedema can also develop at high altitudes and, when it comes on suddenly, requires emergency treatment.
- **Pulmonary embolism:** Also called PE, a pulmonary embolism occurs when one or more lung arteries are blocked by a blood clot. Blood clots can travel from the legs to the lungs or, more rarely, from other areas of the body. Medical conditions like heart disease and cancer, smoking, being overweight, immobility and pregnancy can increase risk, with symptoms that include chest pain, a cough, and shortness of breath. Since the condition can be fatal, emergency treatment is needed.
- **Pulmonary tuberculosis:** Tuberculosis occurs when the lungs are infected by the contagious TB bacterium. This infection may be spread in the air from person-to-person and can spread in the body to other organs. A healthy person with a strong immune system may have TB germs without carrying the infection. When the body becomes infected with tuberculosis, there are normally few symptoms but these may include a bloody cough, night sweats, weight loss, and fever.

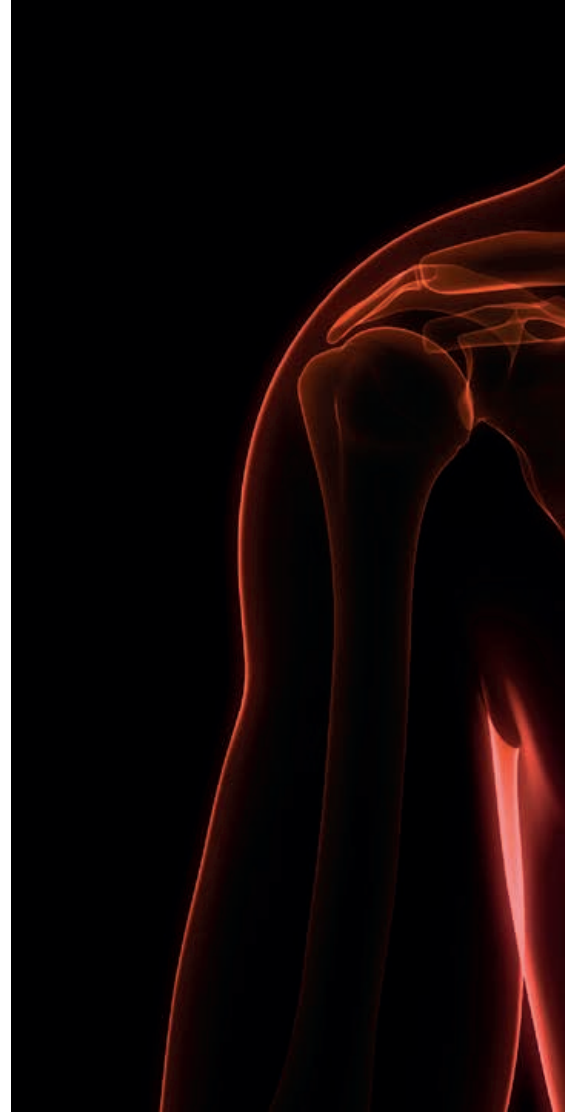
When it comes to lung disease, it's not very often you come across the word 'cure', since most lung diseases stem from lifestyle - with the exception of those rooted in genetic dysfunction. All health problems as we know them have a cause. When we take away the cause and take on pulmonary rehabilitation through nutritional intervention, the body can't help but to repair itself with this outside help. The trick is knowing what to avoid and what to take. Chronic inflammation, which causes chronic lung disease, is most often caused by outside factors, like inflammatory foods that include mucus-forming dairy and starchy carbohydrates, a deficiency in critical nutrients, infection, smoking, pollution and industrial chemical exposure. Eliminate the cause, and most symptoms of lung disease will be cleared or, at the very least, contained.

Lung Disease Recovery

There's a direct link between the health of the lungs and a healthy diet. Inflammatory, processed foods are a primary contributor to lung disease. As researchers discovered in a 2005 study published in the *International Journal of Tuberculosis and Lung Disease*, diet and key nutrients play a potential protective role in neutralising oxidative damage from air pollution, infection, and cigarette smoke. Diet and nutrients also reduce the inflammatory response implicated in the development of lung disease. Eating daily fruits and vegetables can benefit lung health, researchers confirm, as can supplementing vitamins and antioxidants where lung disease risk factors are high.

Here are all the right nutrients to improve lung health, calm inflammation and prevent disease:

- **Magnesium:** Magnesium is missing from most Western diets, not least of all due to overfarming. Bioavailable magnesium chloride that is easily absorbed through the skin can help to correct this deficiency, benefitting the immune system and lung health in the process. In a 2008 *Medical Science Monitor* study, researchers found that giving COPD patients magnesium helped to improve respiratory muscle strength and reduce lung hyperinflation.
- **Oxygen-promoting enzymes:** One clear symptom of poor lung health is poor breathing, which can often make things worse as oxygen can't circulate through the body. By taking an oxygen-boosting seaweed extract, you can help the body to better circulate oxygen and clear carbon dioxide from your system. Norwegian seaweed extract has been found to be so effective for lung health that pharmaceutical companies have tried to market it as a drug to improve cystic fibrosis life expectancy.





- **Serrapeptase:** Supplementing this multifunctional proteolytic enzyme can help to dissolve non-living tissue, including the scarring, inflammation, cysts and blood clots that can harm the lungs. All the while, healthy lung tissue is preserved. Serrapeptase has been effectively used to dissolve sputum in asthma patients.
- **Vitamin D3:** Vitamin D is one of the most lung-protective nutrients available and may be even more effective when taken in a complete vitamin and mineral supplement. In 2014, University of London researchers discovered that a vitamin D supplement can help to reduce flare-ups of COPD by over 40 per cent among patients with deficiency. Supplementing more vitamin D can help to preserve lung function in smokers and may predict lung cancer survival.

Dietary and nutritional habits play a big part in lung health, for better or worse. Eating inflammatory foods can increase

risk for common diseases like lung cancer, asthma and COPD. Eating nutritious foods can protect against these diseases and make poor lung health better. Even serious illnesses like end-stage COPD and cystic fibrosis will benefit

from nutritional therapy. Supplementing the missing nutrients, *Proceedings of the Nutrition Society* researchers say, can improve the prognosis of even our most deadly lung diseases.

Recommended Products

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



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.



OXYSORB™

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



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

Q&A



Lindsay



Hannah



Sara



Cath

The expert team of health coaches from Good Health Naturally answers your most pressing questions on keeping fit and healthy during the colder winter months. Delving into topics such as the flu through to Arthritis - we've got you covered this winter.

Q

How can I stop myself from suffering seasonal affective disorder (SAD) during the winter months?

Answer: While the exact cause of SAD is not fully understood, it seems to be linked to reduced exposure to daylight during the winter months. One of the best things you can do is get outside as much as possible; a brisk morning or lunchtime walk can be really helpful. House plants can be beneficial too, they help purify the air and connect us to the natural world. Keep your vitamin D levels topped up, as low levels of the sunshine vitamin are associated with SAD. If your mood is persistently low, consider supplementing with the mood-boosting neurotransmitter GABA, a natural antidote to depression and anxiety.

- Cath

Q

Every winter I suffer with strep throat repeatedly and am put on antibiotics. Is there anything I can take to prevent this?

Answer: Recurring throat infections are a sign the immune system needs some support. We recommend vitamin D for this purpose, taken daily, either as Good Health Naturally Vitamin D capsules or Vitamin D3/K2 spray. For further support, our Daily Immune Protection capsules effectively keep infections at bay and be taken throughout winter. For an active infection, hydrosol silver spray is very effective at reducing symptoms quickly.

- Hannah

Q

My skin always gets so dry and cracked in winter. How can I prevent this from happening?

Answer: Good skin health begins on the inside, and particularly with ample hydration. We often remember to drink plenty of water in the summer but forget that the body needs plenty in the winter too. The stark contrast between the cold outdoors and indoor heating can also be tough on skin. A humidifier can help here by adding moisture to the inside air and preventing the skin from drying out. It is also vital to ensure the diet is rich in healthy fats such as avocado, extra virgin olive oil, and coconut oil (which you can also use topically). The Krill Miracle is a good source of

healthy omegas to support elasticity, plus our friends, the dark green leafy vegetables, contain folates that help hydrate the skin. Ancient Magnesium Body Butter is a rich moisturiser with the added benefit of lifting magnesium levels, so crucial for optimising mood, sleep and easing anxiety. Derma Q helps moisturise the face and neck while improving cellular energy and regeneration with its CoQ10 formula. Hydrosol Silver spray has an antimicrobial action if there is a breakout or infection.

- Sara

Email your questions to: admin@mygoodhealthclub.com or visit: MyGoodHealthClub.com for a consultation

WINTER EDITION

Q

Is there anything I can do to avoid cold sores?

Answer: Cold sores originate from the herpes simplex virus, which, once contracted, stays in the body. An outbreak can then be triggered by an imbalance of amino acids and show up when stressed, when immunity levels dip with a cold or other illness, cold winds or hot sun, or even by eating certain foods such as peanuts. As with any virus, the key is to keep the immune system in balance so the virus cannot break out. The diet needs to be low in processed carbohydrates and sugars and include a wide rainbow-coloured range of fresh fruit and vegetables, especially dark greens and raw juices and smoothies. Supplements like Daily Immune Protection, D3, Cure C vitamin C, and Olive leaf with zinc can also help boost the immune system. If an outbreak occurs, then Releev™ can help speed the healing and is good to have on standby.

- Sara

Q

I often feel like resorting to unhealthy comfort foods during the winter months. What do you suggest?

Answer: Comfort foods don't need to be unhealthy, and winter can be a great time to indulge in something warming and hearty, so you don't need to feel like you are missing out. You can make soups, stews, curries and casseroles packed full of your favourite veggies, beans, pulses, meat or fish, plus lots of flavoursome herbs and spices. Another advantage is that they can be batch cooked and frozen ahead, so you've always got something warm and satisfying on hand. If you want a comforting and filling accompaniment, then you can make chunky keto bread out of almond flour or buckwheat flour, which are great for dipping into your stews and soups. You can find more recipe ideas at www.reallyhealthyfoods.com

- Lindsay

Q

My Arthritis tends to get much worse in the winter months. How can I combat these flare-ups?

Answer: Winter can be especially tough for those who suffer from arthritis, but there is so much you can do to manage the condition. Keep active; improving strength and flexibility helps ease aching and stiffness. Make smart food choices. Avoid inflammatory processed and sugary foods, which can make the pain worse. Instead, opt for berries, cabbage, kale, and spinach, plus omega-3 rich foods like fish and nuts, which help decrease swelling. Consider a natural anti-inflammatory like serrapeptase or curcumin. Supplement with vitamin D, as low levels can lead to pain in muscles and joints. Vitamin C may also be helpful; studies show it can increase collagen production, a critical component of cartilage.

- Cath

DID YOU KNOW?

Probiotics can help reduce your risk of catching the common cold. And, if you are unlucky enough to come down with one, they may lessen the severity of symptoms.



Liposomal GABA™ with L-Theanine and Ashwagandha

A unique combination of GABA, L Theanine and Ashwagandha, offering effective support during times of anxiety, stress and insomnia. Perfect during exam season!

GABA (Gamma-aminobutyric acid) is an amino acid derivative produced naturally in the body, it works as a 'calming' neurotransmitter, supporting relaxation and sleep.

L-Theanine is an amino acid found naturally in green tea, a well-known anti-anxiety nutrient, which can induce calmness, without drowsiness.

Ashwagandha has been used for thousands of years in India, research shows it may be useful for managing stress-related conditions and insomnia.

The superior liquid liposomal delivery helps support increased and faster uptake directly into the cells.

Available at all good independent health food stores


Good Health Naturally
Because it Works!®

Why Our Immunity Depends On A Good Night's Sleep



Immune health is our top priority right now and sleep should be too, as there is a strong connection between immunity and sleep quality and duration. However, when it comes to getting a good night's sleep, we don't ask ourselves how this can be affecting our immune health, as the connection between the two is often overlooked.

Sleep is an area that can become easily disrupted during periods of heightened stress and anxiety. Yet sleep plays a vital role in our protection and response to any infection. Researchers have found that sleep can improve our immune cells known as T-cells, which help our body to fight infections. Whilst in contrast, stress and a lack of sleep may make the body more susceptible to illness.

To help improve the duration and quality of our sleep, it is important to focus on good sleep hygiene. This means going to bed at the same time each night and waking at the same time each morning. Ensuring the bedroom is quiet, dark and relaxing and avoiding the use of any electronic devices 1-2 hours before bedtime. Having a soak in Ancient Magnesium Bath Flakes before bed is also a good aid to relaxation. Adults should be aiming for between 7 and 9 good quality hours sleep per night.

If you are finding it more difficult than normal to sleep then Good Health Naturally's GABA with L-theanine and Ashwa-

gandha, is a good option. This powerful combination encourages a balanced state, during periods of anxiety, stress and mental strain. Using a liposomal product such as this also helps to deliver the ingredients into cells faster and more efficiently, than capsules or tablets, making it ideal to use before bedtime.

GABA (Gamma-aminobutyric acid) can be useful, due to its 'calming' effect on the nervous system. GABA may help the body and mind to relax and fall asleep, and have better quality sleep throughout the night. A 2019 study found GABA and L-Theanine also work in synergy to improve sleep, increasing the duration and decreasing time taken to fall asleep.

L-Theanine can help quieten the mind, inducing a calm feeling of well-being without drowsiness or impaired cognition. A randomized trial in 2019 found after four weeks of L-theanine supplementation, stress-related symptoms such as depression, anxiety and sleep deprivation improved.

Ashwagandha, is a well-researched adaptogenic herb used in Ayurvedic Medicine, in India. Studies show it can help improve resilience to stress, thus improving quality of life.

Other things we can do to aid relaxation include mindfulness and meditation, alongside deep breathing exercises at regular intervals throughout the day

and night. Deep breathing as we lie in bed can also help to slow the heart rate, making it easier for us to fall asleep.

Gentle exercise, such as yoga and a daily walk in the fresh air can also improve our 'feel good' brain chemicals, and support a more restful night's sleep. Exercise has been found to improve levels of melatonin, our natural sleep hormone, but don't exercise too near to bedtime as this can be stimulating, making a morning workout ideal.

As we begin to understand more about this crucial connection between sleep and our immunity, there's even more reason to help support a calm and relaxed nervous system and encourage a good night's sleep.

Recommended Products

LIPOSOMAL GABA™ WITH L-THEANINE AND ASHWAGANDHA

Powerful and fast acting Liposomal GABA with L-Theanine and Ashwagandha provides effective support during times of anxiety and stress. Recommended for calm and balanced moods, along with supporting a better night's sleep.



Sources

All references can be found at www.NaturallyHealthyNews.com

Age-related pain?

It's not set in stone: a new approach to swollen joints and arthritis

Joint pain is a part of aging many of us have come to expect. Our joints have been keeping us moving since birth, and it seems only natural that as time goes on, they may start to deteriorate. The older we get, the more likely it is that our joints may need some support.

Ancient acupuncture offers anti-arthritis benefits

New therapies are constantly being introduced for a wide range of age-related health conditions. And yet, we can't overlook what ancient Chinese medicine has taught us about restoring balance. Dating back to the Sung Dynasty in 960AD China, a technique called Me Rong Zhen has been utilised to increase circulation and keep the body youthful. Today, advancements in electro-acupressure make it possible to achieve the same results at home, especially for the purpose of joint pain and arthritis management. At-home electro-acupressure can be a safer and more powerful alternative to surgery or lifelong medication.

Does acupuncture for arthritis work?

Researchers have found a number of benefits related to acupuncture:

- **It may help with chronic pain.** In a systematic review of almost 18,000

patients in 2012, published in JAMA, acupuncture was deemed "effective" and reasonable to treat chronic pain. The effects of acupuncture were also found to be significantly different from a placebo.

- **It may treat inflammatory disease.** The benefits of acupuncture treatment may apply to a range of inflammatory diseases, including Crohn's disease, osteoarthritis and rheumatoid arthritis.
- **It may be more effective and affordable than surgery.** In an *Acupuncture in Medicine* study published in 2012, researchers found acupuncture relieved osteoarthritis pain effectively enough to be considered an alternative for costly knee replacement surgery.

Non-invasive electro-acupressure, pioneered by Dr Julian Kenyon, MD, a leading specialist in pain management, can safely stimulate acupoints throughout the body, at home and without using needles. Our acupoints are responsive to our bioelectrical impulses. When MicroCurrent stimulation is applied to specific points, it can correct internal dysfunction, address chronic inflammation, offer pain relief and support joint healing. A HealthPoint user says, "I suffered a neck injury from a car accident, then fibromyalgia and back pain, then a shoulder injury. I got the HealthPoint electronic acupuncture plan. I had used



it for three months, and then the results began to be felt. It was amazing. I used it many times a day until the results came. I was healed."

'Miracle' Anti-Inflammatory Enzyme Provides Joint Pain Relief

Arthritis and joint pain are caused by inflammation. The only way to effectively address the condition is to soothe, manage and even eliminate the underlying inflammation that creates pain, swelling and damage in the first place. For those who suffer, doctors prescribe medicines and medical treatments. Drugs like painkillers, anti-inflammatories and antirheumatic medications, as well as surgery, may help to ease some pain and moderate how quickly the disease progresses. But this is just a temporary fix. Serrapeptase is a renowned, natural anti-inflammatory enzyme that has the power to eradicate the underlying cause of joint pain – inflammation. Without stopping inflammation at its source, arthritis medications and pain relievers will eventually stop working. Over the long-term, these medicines can make joint function worse, in many cases. Serrapeptase has been called a 'miracle'



enzyme because of its direct and rapid effect on pain and inflammation:

- Serrapeptase may help to relieve pain on the spot by blocking the body's release of its pain-inducing amines, also called bradykinin.
- Because of its proven power and potency in the face of chronic pain, serrapeptase has been prescribed by doctors in Europe and Asia for close to 30 years.
- Italian researchers discovered in the early 1990s, when examining 193 people with ear, nose and throat disorders, that taking serrapeptase could help to significantly reduce pain within only eight days – and without any side effects.
- Serrapeptase has been safely and effectively used to ease inflammatory breast engorgement, relieve carpal tunnel syndrome and minimise postoperative swelling.

As one Serrapeptase user shares, “I have received amazing results from taking Serrapeptase. I noticed that my osteo and rheumatoid arthritis, which had deformed my hands, appeared to be totally gone after only about three weeks

of taking the product, three capsules, three times a day.”

Biocell collagen reduces painful aging by up to 40%

What do active joints and youthful skin have in common? They're both supported by healthy, elastic connective tissue. While there are a great many collagen and hyaluronic acid products marketed for anti-aging, BioCell Collagen contains a patented, naturally occurring hydrolysed collagen type II formulation that has been successfully tested in multiple human clinical trials.

Taking BioCell Collagen daily can support:

- Joint cartilage
- Ligaments
- Tendons
- Synovial fluid
- Youthful skin

When 89 study participants experiencing joint pain and discomfort took just 2g of BioCell Collagen a day, they experienced its benefits almost immediately. After 45 days, 89% of the subjects saw their joint pain improve.

Another randomised study group found that, compared to taking a placebo, supplementing BioCell Collagen daily helped to reduce their joint discomfort by almost 40% within eight weeks. A BioCell Collagen user confirms, “I have been taking this supplement for the past two months, and I have noticed a significant improvement in the joint stiffness and pain that I usually wake up with. Although I bought this product for only that reason – to reduce joint pain – I have also noticed that the skin on my face looks more youthful and less blotchy.”

With these tools for recovery available to us, we no longer have to sit by and watch our joints deteriorate. Taking just one step to support our joint health to-

day can make a difference in how we feel tomorrow.

Methods like using acupuncture to target pain points and support healing, taking an anti-inflammatory enzyme to provide pain relief, and supplementing collagen to keep the joints young have clinical backing to improve our mobility – and our quality of life.

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.



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.



JOINT & SKIN MATRIX™

Is made with BioCell Collagen and uses a patented bio-optimised process, which ensures increased bioavailability and rapid absorption of the collagen. Not vegetarian/vegan-friendly.



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

Gut Health:

The Worrying Reality of Antibiotics

When it comes to health, it's always useful to start with the basics. When it comes to immunity, digestion, skin and even mental health, a good place to start is the gut. But what happens when the gut is already damaged?

New research suggests that antibiotics may have serious - and potentially permanent - effects on the gut, so choosing the right probiotic to repair this damage quickly and effectively is the best chance we have at escaping the worst of it.

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

In 2018, a collection of international researchers from China, Germany and Denmark learned that a common course of antibiotics has a much greater impact on gut health than we first thought.

The ecology of our digestive system has a big impact on our overall health. In other words, if we have a recurring or major health issue, it is often traced back to our gut health and the quality of our digestion. If the good bacteria in our guts are outnumbered by the bad, it throws our health completely out of balance.

When 12 young, healthy men in the study took three antibiotics for just four

days, it destroyed gut bacteria almost completely. Most good gut bacteria were able to bounce back within six months. But nine common and beneficial bacterial strains didn't make it. New, unhealthy gut bacteria had moved in too.

Gut bacteria are resilient, but even a "healthy" level of antibiotic exposure can compromise our gut diversity. Although useful in cases of emergency, the real danger lies in the over-prescription of antibiotics - which can have long-lasting and devastating consequences.

Taking non-steroidal anti-inflammatory drugs can also destroy friendly intestinal flora. NSAIDs may damage the gut lining enough to induce gluten sensitivity. Foods like meat, chicken, and dairy products loaded full of antibiotics can wipe out or alter good gut bacteria.

All of this is to say that taking care of our gut, and the healthy bacteria therein, is crucial to optimal health. Supporting digestion has a number of benefits, including better nutrition, weight loss, lower cholesterol, higher immunity, healthier skin, fewer digestive issues, and even protection against serious illness.

Did you know? There are

more bacteria in the body than human cells.

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

For better or worse, bacteria are a huge part of who we are. By supplying our guts with a daily dose of healthy bacteria, we can see our health improve. Conversely, if you neglect the gut - or worse, damage it - then pathogenic bacteria can multiply and symptoms of chronic illness and disease, including heart failure, may follow.

We have a long history with cleanliness and sanitation, more now than ever. The overuse of antibiotics is a natural consequence of mis-messaging about bacteria. It's time to understand the truth about bacteria, and why we should support our good bacteria and help it to overpower the unhealthy bacteria, to get our microbiomes back into balance.

When gut diversity is compromised, you can turn things around by introducing more 'friendly' or probiotic bacteria - which are naturally adapted to survive the harsh environment of the human digestive system.

Why more scientists say 'soil-based'



The first step for many of us is the dairy aisle - particularly the shelves of yoghurts claiming to rebalance your gut flora and get your digestive health back on track. Unfortunately, pasteurisation at high temperatures can destroy bacteria found in milk, wiping out the good bacteria along with the bad. Some manufacturers make up for this by adding probiotic strains after the heat treatment, but that doesn't mean yoghurts are always the best choice. Commercial probiotic yoghurts are very high in sugar, which only further compromises gut health by feeding pathogenic bacteria.

Scientists have found that soil-based organisms offer a simpler and more effective solution. There's an impressive amount of robust bacteria for these probiotics, which come from the earth. Unlike supermarket tablets and commercial dairy, soil-based organisms (SBOs) have at least 22 proven benefits. They can restore gut flora, strengthen the immune system, reduce toxic waste build-up, relieve chronic digestive symptoms, prevent harmful bacteria growth, and even communicate with our cells to

regulate metabolism. When compared to a yoghurt probiotic, the capsule delivery of live bacteria into the gut is much more reliable. By using capsules, the good bacteria can reach exactly where it's needed.

Good gut health straight from the garden

Losing nine strains of good gut bacteria to antibiotics overuse may not sound like a lot, but remember that this loss impacts our gut diversity for the rest of our lives. More than one course of antibiotics means more lasting damage. By supplying our guts with soil-based, friendly bacteria found in fertile soil, we can contribute to a higher rate of gut diversity - the same diversity found in the guts of our ancestors who spent more time outdoors.

In fact, growing up on a farm can make children healthier, yielding a range of gut-boosting benefits. These soil microbes are so important that a 2017 study in *Frontiers in Microbiology* found that a loss of soil microbes and the cor-

responding lack of gut diversity amounted to a potential public health threat.

That's why it's important to support gut health, now more than ever, with the right probiotics.

Recommended Product

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.



PROBIOTIC14™

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



Sources

All references can be found at www.NaturallyHealthyNews.com

The Silent Killer:

How Vitamin D Deficiency Could Be Shortening Our Lives

Countless studies have been done into the health benefits and immune-boosting qualities of vitamin D3, however this breadth of research hasn't translated into widespread change in healthcare. One study by the University College London (UCL) Institute of Child Health found that vitamin D3 deficiency is "largely being overlooked by our health professionals."

Unfortunately, despite this study being performed almost a decade ago, nothing much has changed today. We're still overwhelmingly deficient as a society, we're still getting sick, and it's because the mainstream medical media is sending mixed messages.

The researchers involved in the UCL study requested a more unified approach from health authorities towards vitamin D supplements in the *British Journal of Nutrition*. They called the Department of Health's advice that pregnant women get 10 micrograms of vitamin D3 daily into question, as even diet and sunshine combined can't fulfil the body's requirements.

The Vitamin D Council, an American non-profit organisation, continues to champion this cause despite it often falling on deaf ears. Pregnant women need more prenatal vitamin D screenings to protect them from the complications that arise from deficiency, including preeclampsia, gestational diabetes, and preterm labour. Deficiency carries over to the children too. The Vitamin D Council advised that, based on 2018 research, newborns have drastically high rates of vitamin D deficiency than their mothers.

It's this widespread deficiency that leads to disease.

Mount a natural defence against 11 diseases with more vitamin D

It's only very recently that we've seen the medical community begin to treat vitamin D3's health benefits and immunity-boosting capabilities with more respect.

The central issue now is unifying and promoting this message in the media.

As vitamin D3 starts to arouse more interest among researchers, even in serious conditions like cancer - where D3 may be impactful as both a preventative measure and in treatment - the hope is that more doctors will start paying attention.

Daily vitamin D3 is critical. It may protect us from at least 11 forms of disease:

- 1. Alzheimer's:** Low vitamin D was linked to an increased risk of dementia and Alzheimer's disease in 2014. This came on the heels of 2012 research published in the *Journal of Alzheimer's Disease* that showed how vitamin D3 works with the immune system to remove beta-amyloid proteins and protect against Alzheimer's disease. Vitamin D3 may help to activate our cellular signalling networks to clear the brain and prevent damage.
- 2. Bowel cancer:** The protective effect of vitamin D3 against bowel cancer was the subject of a study by researchers from Imperial College London in 2010. They discovered a 40% reduced risk of bowel cancer among people with the highest concentrations of vitamin D3 in their bloodstream. Writing in the *British Medical Journal*, the researchers concluded

that vitamin D3 may be associated with a protective effect against bowel cancer.

- 3. Breast cancer:** An American study in 2018 showed that higher levels of vitamin D come with a decreased breast cancer risk for postmenopausal women. Researchers said that this study reports the strongest association between vitamin D and reduced breast cancer risk yet.
- 4. Colds and flu:** Vitamin D3 supplements can reduce the incidence of colds and flu by 70%, according to American researchers at Winthrop University Hospital, Mineola. A group of volunteers tested the vitamin over a period of three years. The 2007 findings showed vitamin D3 stimulated natural immunity to viruses and bacteria, suggesting the occurrence of colds and flu is a direct result of the decline in the sunshine vitamin.
- 5. Diabetes:** A 2008 article published in *Diabetes Educator* concluded that adequate intake of vitamin D may prevent or delay the onset of diabetes and reduce complications for those who have already been diagnosed. The study was carried out by researchers from Loyola University Chicago Marcella Niehoff School of Nursing.
- 6. Heart disease:** Vitamin D3 doesn't work alone in doing its job to strengthen and protect the heart. A 2004 study conducted on 150 postmenopausal women found that taking vitamins D and K together was most beneficial in maintaining healthy arterial elasticity, compared to taking a vitamin D/mineral supplement or a placebo.
- 7. Infection:** The liver and kidneys turn vitamin D3 into the hormone calcitriol, which triggers over 200 genes including ones that are involved in the immune system. Vitamin D3 is therefore crucial for a strong immune system. In fact, deficiency in vitamin D is "associated with increased autoimmunity as well as an increased susceptibility to infection."
- 8. Lung disease:** Vitamin D3 is a must for essential immunity and lung health too. Cells in the immune system contain vitamin D3 receptors. Vitamin D3 deficiency can weaken the immune re-



CORRECTING D DEFICIENCY

sponse and open the door to lung infection. In 2014, University of London researchers also learned that taking a vitamin D supplement can decrease COPD flare ups by more than 40%.

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

10. Osteoporosis: The Vitamin D Council lists poor bone health among the life-long consequences of long-term sun avoidance. More natural sun exposure decreases the risk of osteoporotic hip fractures, a *Journal of Bone and Mineral Metabolism* study confirmed in 2017. Researchers recommended adequate lifetime sun exposure balanced with some sun protection, regardless of geographic location.

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

Vitamin D3 (the recommended form of vitamin D called cholecalciferol) is the only vitamin that the body can manufacture from sun exposure. But because of our modern lifestyles spent indoors, and the overuse of sunscreen, a staggering number of us are deficient.

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

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

Beat the odds with a daily dose of vitamin D

Things are starting to change for the better.

Where The Vitamin D Council once categorised 50% of our global population as deficient, that number has dropped to 15 percent - still accounting for 1 billion people who need more vitamin D.

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

But, there is a catch.

A vitamin D3 supplement works best with support from its helper nutrients. When taken with 100mg of coral calcium, composed of the trace minerals calcium and magnesium, vitamin D3 aids in calcium absorption, which better supports our bones. Vitamin D3 taken with vitamin K2 (the fat-soluble vitamin menaquinone) supports blood clotting and bone health.

Vitamin K2 can also help to remove excess calcium from arteries and soft tissues, reducing atherosclerosis risk as we saw in the postmenopausal heart disease study.

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

Recommended Products

VITAMIN D3™

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 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.



SERRANOL®

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



Sources

All references can be found at www.NaturallyHealthyNews.com



ANCIENT MAGNESIUM®

Magnesium for everybody

The award-winning Ancient Magnesium range offers a convenient yet gentle way to naturally boost cellular magnesium levels providing fast recovery from tiredness & fatigue, muscle tension, and more. Taking magnesium through the skin as a topical supplement significantly increases its absorption and maximises its benefits within the body.



Aids energy production



Promotes relaxation and natural sleep



Supports immune health



Soothes tired & aching muscles instantly

MAGNESIUM OIL & MAGNESIUM OIL ULTRA



Magnesium oil isn't actually an "oil" after all, but instead was coined as such due to 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 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 20 mins 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.

Oil Ultra 200ml, 100ml

20 sprays per day contains approx. 300mg elemental magnesium and 325mg OptiMSM®

Oil 1000ml

20 sprays per day contains approx. 335mg elemental magnesium

MAGNESIUM CREAM WITH CBD OIL



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

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

Frequency of use:

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

MAGNESIUM BATH FLAKES



Ultra / 750g, 2000g

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

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

Frequency of use: It is recommended to take 2-3 magnesium baths per week



MAGNESIUM LOTIONS



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

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

Cool Relief 5ml contains approx. 138mg 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 BODY BUTTER ULTRA

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

Instructions: This is light enough to be used as a daily moisturiser. Simply apply the desired amounts to your hands, face and body.

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.



[BREAKING]

High-dose statins make bones weaker.

Can CoEnzymeQ10 assist?

Though not considered a vitamin, Coenzyme Q10 (CoQ10) is classified as “vitamin-like”, a fat-soluble compound present in almost all cells, especially in our heart, pancreas, liver, and kidneys. Dangerously, a lot of popular cholesterol-lowering drugs, prescribed to millions with claims to protect the heart, can actually seriously deplete your levels of CoQ10.

Why do we need CoQ10?

Originally trialled in Japan, Coenzyme Q10 has been widely used as part of a plan for heart disease prevention and recovery. In 1974, CoQ10 was approved by the Japanese government to be used in the treatment of congestive heart failure, and it's now used extensively across Asia and Europe.

Coenzyme Q10's primary functions include activity as a:

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

It's also important to note that:

- CoQ10 levels are highest during the first 20 years of life and decline with age.

- At age 80, our Coenzyme Q10 levels may be lower than they were at birth.
- To make up for this age-related enzyme loss, supplementation can be a beneficial option.

CoQ10 can also be beneficial for conditions such as hypertension, periodontal disease, congestive heart failure (CHF), and certain muscular diseases. Researchers speculate that very low CoQ10 levels might be an indicator of a poor prognosis, and although this is currently just an observation, it is worthy of note.

Migraines, for instance, may have some link to low CoQ10 levels, with as many as 32.9% of patients, both children and adolescents, recording below-average levels of Coenzyme Q10. It's been suggested that CoQ10 might work by improving mitochondrial oxidative phosphorylation, which is the process of creating energy in the cells, often appearing to be impaired in migraine cases.

Coenzyme Q10 is thought to increase plasma levels of:

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

Coenzyme Q10 is thought to decrease

plasma levels of:

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

Remember what we said about certain medications having a negative impact on CoQ10 levels? This is where the potential problem with statins comes in. Widely prescribed, HMG-CoA reductase inhibitors, or statins, reduce Coenzyme Q10 levels in the body. Since CoQ10 and cholesterol share common pathways, statins block the synthesis of both. This isn't to say that supplementing CoQ10 could have adverse effects on your cholesterol levels. Taking Coenzyme Q10 does not interfere with statins' cholesterol-lowering effect.

Within the mitochondria of our cells, CoQ10 helps to produce adenosine tri-





phosphate (ATP), which is like our body's energy currency. When CoQ10 creates this energy in the oxidised form, it becomes a substance called ubiquinone. Once oxidised ubiquinone is metabolised, it then converts into ubiquinol.

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

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

7 scientific examples show how CoQ10 outperforms other compounds

Compared to many other enzymes, vitamins, and even medications, studies support CoQ10's superior effect on a range of conditions, including:

1. Chronic Fatigue

Patients with chronic fatigue syndrome (CFS) may suffer from very low plasma and muscle CoQ10 levels, with a 2009 Belgian study finding that 44% of CFS sufferers had lower plasma CoQ10 levels than those of the healthy participants. Supplementing CoQ10 in cases of CFS may be beneficial, with a 2019 *Complementary Therapies in Medicine* review finding that it could have therapeutic effects on fatigue related to fibromyalgia and statin use.

2. Gulf war illness

In 2014, American researchers found

that CoQ10 could help veterans suffering from symptoms of Gulf War illness. Thought to be caused by chemical exposure, their symptoms included muscle pain, digestive troubles, decreased cognitive function, and fatigue. 80% of the veterans who took coenzyme Q10 to treat Gulf War illness saw an improvement in physical function at only 100 mg per day.

3. Gum disease

Low levels of CoQ10 may be common in people with gum disease, and the progression of this disease can make the deficiency worse. A 2010 study published in the *Indian Journal of Pharmacology* proved that ubiquinol works as an endogenous antioxidant to increase the body's concentrated CoQ10 levels needed to suppress periodontal (gum) inflammation.

4. Heart failure

The European Society of Cardiology made a major discovery in 2013. When taken as a supplement, CoQ10 was proven to be the first “drug” to decrease heart failure mortality in more than a decade — by a massive 50%. Based on these results, lead study author Professor Svend Aage Mortensen recommended the coenzyme as a standard mode of heart failure treatment.

5. Osteoporosis

In 2019, Austrian researchers found the high-dose statins aggressively pushed by pharmaceutical companies actually had a higher chance of leading to an osteoporosis diagnosis than in those with little or no statin use. In comparison, CoQ10 supplements can slow down bone breakdown and control bone formation. Since osteoporosis is a progressive disease, this could be an important discovery.

6. Statin side effects

Statins are prescribed to help decrease cholesterol, but since our bodies naturally produce cholesterol, we need certain amounts for healthy hormones and basic function. Statins may cause side effects like fatigue, muscle weakness, headaches, digestive issues, and even osteoporosis risk — most often appearing when statins cause cholesterol and CoQ10 levels to plummet. Supplementing CoQ10 for as few as three months has been shown to decrease signs of statin-associated muscle pain, weakness, and tiredness.

7. Blood pressure and diabetes

It has also been found that taking 50mg of CoQ10 twice daily for 10 weeks can

have a positive impact on high blood pressure levels. Plus it may also benefit people with Type 2 Diabetes, with glycaemic control as well as blood pressure.

Watch out for synthetic CoQ10: Say no to the tobacco-borne enzymes

Synthetic CoQ10 has been touted by some in the pharmaceutical and medical community, however it's important to understand the truth. Synthetic CoQ10 is primarily made from tobacco leaves, without any known reports that can confirm its efficacy or safety. This synthetic derivative is also often costlier than CoQ10 in its natural state (including ubiquinol).

Kaneka Ubiquinol™: Say yes to the best

Kaneka Ubiquinol™ is the most recognised and studied form of ubiquinol, the reduced form of CoQ10, produced by a trusted nutritional company and verified by 70 years of research. Research shows it is up to 8x better absorbed than ordinary CoQ10 products, and when taken daily can quickly replenish low CoQ10 levels, especially in those aged 40 and up.

In addition to its many confirmed benefits, Kaneka Ubiquinol™ can also be used as an all-around anti-ageing supplement. Studies show that taking anywhere from 100 to 120 mg a day for up to a year could provide significant social, physical, mental benefits as well as supporting overall vitality, starting from as young as age 22 upwards. These numbers include people previously deficient in CoQ10 levels.

Vegetarians who can't take gelatine-

encapsulated Kaneka still have options. Supplementing HydroQsorb®, CoQ10 in its vegetable capsule offers 4x better absorption than ordinary CoQ10 products. Combining the amino acid by-product L-carnitine with HydroQsorb® can enhance its heart-fuelling benefits as L-carnitine is known to greatly improve heart health following an attack.

Recommended Products

UB8Q10 UBIQUINOL

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



HYSORBQ10™

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



L-CARNITINE PLUS COQ10

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



Sources

All references can be found at www.NaturallyHealthyNews.com

Children's Health

Poor nutrition during childhood can have major effects on long-term health and wellbeing, but it can be tough to get kids to take their vitamins. We've listed all the best supplements for children, all of which are easy-to-take – ***perfect for even the pickiest child!***



1. ActiveLife™

What is it? As a full-spectrum multivitamin containing 130 nutrients in each capsule, ActiveLife™ provides a patented form of 5-MTHF Folate and a range of essential vitamins and minerals ideal for supporting general health, regardless of age.

How can it help? ActiveLife™ has you and your child covered with a wide range of all the most important nutrients, including the minerals selenium and chromium, which support growth and development. Health benefits aside, it's also easy for children to take: just open the capsule and mix the contents with food or a smoothie.

2. The Krill Miracle™

What is it? Krill are tiny shrimp-like crustacean found in the Southern Oceans - the only oceans in the world that remain unpolluted by the heavy toxic metals that are now to be found in many fish oils. Made with Superba Boost™ Krill Oil, a next-generation krill oil concentrate with even more omega-3s with phospholipids, the Krill Miracle™ provides the best delivery form of high-strength EPA and DHA.

How can it help? Krill oil is perfect for supporting anti-inflammatory processes, containing all the ultra-pure omega fatty acids formulated to promote wellness and longevity — now using Superba Boost™ with a higher level of omega-3s with phospholipids, plus astaxanthin to support better EPA and DHA delivery and stability. Due to its strong taste, it's recommended that children should swallow the capsule whole if possible.

3. CureC™ Liposomal Vitamin C + Quercetin

What is it? A high-quality liposomal vitamin C with added quercetin for extra anti-inflammatory benefits, CureC protects healthy cells and has various benefits for optimal health and the immune system.

How can it help? Vitamin C is important for a child's general health and immunity. To give the immune system extra support supplementing vitamin C is recommended, particularly as this vital vitamin cannot be stored in the body, therefore it's important that children have a consistent daily intake. The liposomal delivery system also makes it easy to absorb and easy to take, and it tastes great straight off the spoon!

4. Vitamin D3 and K2 Spray™

What is it? A combination of vitamins D3 and K2 in a sublingual formula; perfect for providing powerful support for healthy bones and the immune system, it can help to regulate the amount of calcium and phosphate in the body and protects against conditions like rickets and bone pain.

How can it help? Vitamin D is almost impossible to get from food alone due to its scarcity - it is only found in oily fish and eggs. The best source of vitamin D is sunlight, but it's recommended that even children who spend time out in the sun take supplements to ensure they're getting enough of this vital vitamin. The Vitamin D3 and K2 Spray™ is suitable for the whole family, and the spray is tasteless so it can be sprayed directly into the mouth or onto food depending on preference. Recommended dosage: Adults and Children over the age of 12 are advised to take up to 5 sprays daily after a meal. Children under the age of 12 can take 2 sprays daily or as directed by your healthcare professional.



At Last!

An Acupuncture Kit That Provides At-Home Pain Relief

After being brutally attacked by a gang of youths, former police sergeant Sheena Parry from Wolverhampton was left in permanent pain. As the victim of an assault over thirty years ago, she suffered such severe damage to her back that she began to fear for her future.

Yet Sheena, aged 36 at the time she discovered the HealthPoint™ – was able to find natural pain relief to rebuild her life again thanks to this simple electro-acupuncture device.

What is HealthPoint™?

HealthPoint™ is an easy-to-use handheld device that provides all the benefits of acupuncture – without the needles. It works by sensing the low electrical resistance that's characteristic of an acupuncture point, thanks to its built-in detector.

Using a mild electrical impulse stimulates the acupuncture points on the corresponding areas of the body, where the user is experiencing pain.

"I had tried absolutely everything else, and nothing worked," says Sheena. "I'd had all manner of painkillers, osteopathy, and chiropractic treatment but there was constant unremitting pain."

At first, Sheena was skeptical about the acupuncture machine, but she says, "I noticed the benefits within moments. The best way to describe its effects is like imagining you've pulled a plug on the pain, and you can feel it draining out of your body. There's a slight tingling sensation when you locate the point, but no discomfort."

The History and Benefits of Acupuncture

Mapped over 2000 years ago by Chinese health practitioners, the benefits of stimulating acupoints have been widely documented – yet only recently have scientists discovered the physical mechanism involved.

The acupoints are the gateways to bio-electric channels running throughout the body. These channels are said to be the body's own, natural healing system.

When the system is working properly the body can heal itself. This is why cut fingers and broken legs get better. However, if the system is dysfunctional, injuries will struggle to mend, symptoms linger and the pain remains.

By stimulating the acupoint that relates to the specific organ or area involved, either through pressure, puncture with needles, or with electricity – the channel is then kickstarted into reactivating, resulting in pain relief and accelerated healing.

Natural Pain Relief - At Last!

At the time of the attack, Sheena had been arresting a member of a gang of youths when she was knocked to the ground and subjected to a severe kicking. Her injuries in the lower three discs in her spinal column and the surrounding facet joints were so badly damaged that doctors decided to insert titanium rods into her back.

"I was a police sergeant, but I had to re-

tire, so I'd lost my career as well as being unable to do all the things I wanted to do," says Sheena.

"When my husband Steve and I had our first baby, Kirsty, that really finished me off. I couldn't pick her up or get down on the floor to play with her and I couldn't breastfeed because it was so painful to hold her in that position."

"My second child, James, was born a few years later, and by then walking any distance was difficult and I was having trouble even getting dressed because of the bending and twisting involved. I use the machine to stimulate acupoints in the crease at the back of my knee, and inside my ear to relieve the back pain. I now take it everywhere with me."

The HealthPoint™ device also has an extension lead for reaching awkward points of the body – as designed by Dr. Julian Kenyon, founder of the British Medical Acupuncture Society. This helps improve its accuracy when detecting acupoints.





The HealthPoint™ device itself was created by Robert Redfern who has a background as an electronic engineer.

He says: "Because the skin at an acupuncture point is up to 20 times more conductive than other skin, users can sense the minute microvolt coming from the tip of the device."

HealthPoint™ users experience a tingling sensation from this tiny current but only if they find the correct point. The current is also much less powerful than the current used in TENS equipment.

"The body's channels have different voltages, depending on how ill or well a person is. A functional channel has a tiny voltage of about minus 0.05 millivolts, whereas if the body has conditions such as arthritis, this can rise to as much as plus one volt. If you can take the voltage back to what it should be, you have achieved a balance and the healing system will start to function again," says Redfern.

Successfully Used By Health Professionals For Over Three Decades

HealthPoint™ has also been successfully used in hospitals over the past three decades and is recommended by physiotherapists and GPs who are treating patients with a wide range of complaints.

Consultant microbiologist Dr. Derek Par-kin, who specializes in treating patients with ME at the Pilgrim Hospital in Lincolnshire, says it has been invaluable in his work.

"Apart from the relief of symptoms relating to ME, I have used the appliance for general pain relief and for many other conditions with great benefit to my patients and no adverse effects," he says.

Sheena Parry has since lent her HealthPoint™ device to friends and family over the years and says it has been effective in helping conditions as diverse as hay-

fever and hangovers. She has even used the machine on her horses, to help cure tendon problems and other injuries.

As Sheena explains, "To this day, people can't believe the machine is as good as I say it is...but horses can't lie and when they see the effect it has on them, they are convinced."

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.



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?

- ✓ Unique and super formulation from Good Health Naturally
- ✓ All-in-one blend of x130 important nutrients
- ✓ Covers all of the essential Vitamins & Minerals, Elements, Electrolytes and Amino Acids
- ✓ Contains 5-MTHF Folate the same found in nature and not Folic Acid, which does not absorb correctly
- ✓ Suitable for all the family, young and old
- ✓ Most powerful economical multivitamin available
- ✓ Each nutrient carefully selected by Robert Redfern, 'nutritionalist' author and broadcaster
- ✓ Now available in a fully compostable refill pouch to replenish the glass jars

Available at all good independent health food stores



Frequently Asked Questions

SUPPLEMENT FACTS

Serving Size: 6 Vegetable Capsules Servings Per Container: 30

| Amount Per Serving | | DV% |
|--|--------------|-------|
| Vitamin A (from Palmitate & 20% Beta-Carotene) (5000 IU)..... | 1500 mcg RAE | 166% |
| Vitamin C (from Ascorbic Acid) | 500 mg | 555% |
| Vitamin D (Vitamin D3) (Cholecalciferol) (600 IU)..... | 15 mcg | 75% |
| Vitamin E (Natural d-alpha Tocopherol & Mixed Tocopherols) (400IU).... | 268 mg | 1786% |
| Vitamin K (Vitamin K2) (Menaquinone)..... | 80 mcg | 66% |
| Thiamin (Vitamin B1)..... | 10mg | 833% |
| Riboflavin (Vitamin B2)..... | 10 mg | 769% |
| Niacin (Vitamin B3) (from Niacinamide) | 80 mg | 500% |
| Vitamin B6 (from Pyridoxine Hydrochloride)..... | 10 mg | 625% |
| Folate (as (6S)-5-methyltetrahydrofolic acid | 1360 mcg DFE | 340% |
| (equivalent to 1481 mcg .. (6S)-methyltetrahydrofolic acid glucosamine salt) | | |
| (Quatrefolic®) (800 mcg Methyl Folate)*** | | |
| 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. 7947662. 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.

Protect Your Grey Matter: 4 nutrients and 5 habits known to save our sanity

Meet the compounds behind the war on Alzheimer's disease

As we age, it's natural to begin to worry about losing our cognitive function. This is especially true if you've watched loved ones suffer from degenerative disorders like Alzheimer's disease. We start to fear the possibility of waking up one day and seeing the early warning signs in ourselves.

Almost half of us between the ages of 50 and 70 admit to being afraid of developing dementia. Only one in three people say their memory is as good as it used to be - that's according to a 2019 National Poll on Healthy Aging in the United States. However, despite these large numbers, only a mere 5% of people have talked about dementia prevention with their doctor.

Those who do open up are likely to find good news waiting.

Many studies prove that simple dietary changes can have a serious impact, with the latest research indicating that a healthy lifestyle may be enough to negate even the seemingly unavoidable genetic risk of dementia.

How to sharpen senior brains

In an ideal world, "older" would always

mean "wiser". Unfortunately, the lifestyle and environmental factors that cause the kind of inflammation that targets brain health can make us susceptible to cognitive decline.

What factors feed dementia?

- A high-carb, high-sugar diet
- Vitamin deficiency
- Oxidative stress
- Chronic inflammation

Addressing these risk factors through exercise, stress management, an anti-inflammatory diet, and proper nutritional support, gives us the best chance to reduce or even eliminate our possibility of developing dementia and Alzheimer's.

Nutritional Support - the four best compounds to protect your brain

1. Curcumin

An ancient solution for a timeless problem, curcumin is thousands of times more powerful than turmeric - the spice from which it's derived. Recent research suggests that curcumin is neuroprotective, with scientific circles buzzing at its massive potential as a potent natural solution for protecting the brain.

In 2008, a landmark clinical trial was

published detailing a Korean study into curcumin's effects on patients with severe loss of cognition. They found that curcumin has the ability to pass through the blood-brain barrier, which allows it to bind to plaques. By breaking these protein fragments down, curcumin could prove essential in preventing the neuron death relating to Alzheimer's disease.

What else?

- Alzheimer's patients may see "remarkable" behavioural improvements after consuming 100 mg of curcumin a day for 12 weeks. Supplementation could increase quality of life and ease caregivers' burdens.
- Curcumin has anti-inflammatory properties -- which may play a protective role against the formation





of β -amyloid peptides in the brain.

- Curcumin also shows promise to enhance activity and prolong life in cases of nervous dysfunction, with similar benefits for Alzheimer's disease.

To get the most out of your curcumin, it's recommended to increase its dose and its length of time spent in blood and tissue. For that reason the best way to take curcumin is through a liposomes, alternatively supplementing curcumin in its patented phytosome delivery system, as with the Meriva® Curcumin, which is backed by pharmacokinetic studies as having almost 30-times better oral bioavailability and absorption.

2. Lithium Orotate

Lithium is one of the most well-known minerals for supporting brain health,

and for good reason. Naturally sourced in whole foods like lean fish and vegetables, lithium is a vital component for a range of bodily systems, with a particularly strong regenerative effect on the brain. Lithium in its drug form has been found to increase grey matter in bipolar patients, just one example of the many profound impacts the mineral can have on our brains.

With applications including treatment for depression, anxiety and inflammation, a low dose of lithium may enhance brain function. This happens because lithium boosts our BDNF (or brain-derived neurotrophic factor) which is needed for healthy brain activity.

What else?

- Lithium orotate in its supplemental form can be a safe alternative

to antidepressants: Compared to chemical antidepressants, lithium orotate has zero side effects.

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

As a natural health option, lithium can be a welcome relief for those struggling with their mental health. Mental and emotional issues can develop with age as cognitive function declines, so supplementing lithium orotate (which con-



tains elemental lithium) is a safe way of guarding the brain against common risk factors, while stimulating and supporting the growth of new grey matter.

3. Resveratrol

Resveratrol, along with curcumin, can be instrumental in protecting the immune system. Both naturally occurring polyphenols, these nutrients work together to re-energise the brain. Like curcumin, resveratrol is known for its neuroprotective ability. It can be found in wine, grapes and chocolate.

On their pro-immune properties, a 2018 *Cancer Immunology Immunotherapy* study showed that combining curcumin and resveratrol may support the body's fight against tumours, by causing our immune system to naturally suppress oropharyngeal cancer tumours linked to the virus HPV.

What else?

- High-dose resveratrol administered over the long-term may improve mild to moderate markers of Alzheimer's disease. Taking the antioxidant resveratrol as directed has stabilised Alzheimer's biomarkers, without any side effects.
- As an anti-inflammatory antioxidant, resveratrol can effectively target the true cause of Alzheimer's – inflammation – with added inflammation-

fighting potential when taken with curcumin as its co-nutrient.

- Supplementing resveratrol can reduce Alzheimer's plaque pathology and may bring the extra benefit of weight loss, decreasing BMI, waist circumference, and body fat.
- Adding resveratrol to curcumin isn't just convenient, it can enhance absorbability of liposomal curcumin and significantly increase nutrient blood serum levels. This can be vital for people already experiencing age-related cognitive decline. Better bioavailability may prevent harmful immune molecules from causing inflammation in brain tissue.

4. Vinpocetine

For over 30 years, vinpocetine has been used for cerebral circulatory dysfunctions, including memory impairment, stroke, aphasia (inability to speak), apraxia (inability to recognise objects or move correctly), and other motor disorders. Extracted from the periwinkle plant, vinpocetine is popular in Europe as a natural solution for enhancing memory and mental function.

Published in 2018, American researchers found that vinpocetine has an "excellent safety profile" and demonstrates multi-actioned effects against inflammation, oxidation, thrombosis, poor circulation, and cardiac remodel-

ling. In addition, vinpocetine supports recovery from stroke and dementia.

What else?

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

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

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

Getting all of the right nutrients is key for brain support, but in addition to healthy foods and supplements, there are a range of other things we can try in our daily lives to further help our grey matter.

When it comes to protecting the brain, drugs just aren't cutting it:

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

The answer cannot only be brain protection. It needs to be brain restoration. Research confirms that there are multiple healthy habits we can adopt to give our brains a boost:

1. Diet

First of all, the basics. Eliminating starchy carbohydrates and opting for vegetables, dark-skinned fruits, nuts, seeds, and healthy plant fats can do wonders for your brain. Vegan keto foods supply plant-based energy for a healthy brain, which is why following a variation on the Mediterranean diet is advised. The reasons are clear: in addition to the various health benefits for the entire body, this method is linked to a larger brain volume compared to those who follow other dietary patterns.

2. Exercise

The positive impact of exercise on brain health is well-documented, however in 2019 American neuroscientists made a new discovery. They found that short bursts of exercise can enhance activity of the gene that improves neuron-hippocampus connections, the area of the brain controlling memory and learning. It was also found that maintain-

ing a healthy weight through exercise and diet could decrease brain aging by more than a decade.

3. Meditate

It may be viewed as a purely spiritual practice, but the science couldn't be clearer: meditation is a solid option for anybody looking to improve mental balance and brain function. Benefits include raising awareness through a form of brain training, which itself can lead to improvements in brain volume according to a 2011 Harvard study. Just eight weeks of mindfulness-style meditation may be enough to induce cortical thickening in our hippocampus, which boosts our capacity to learn and memorize.

4. Sleep

We might not think it, but the amount of sleep we get, and how good it is, has major repercussions on our health. A lack of sleep directly influences brain health and can kill brain cells, leading to irreversible brain damage. In a 2014 study published in the *Journal of Neuroscience*, it was found that mice exhibited a 25% decline in locus coeruleus (LC) neurons following just three days of sleep deprivation at four to five hours nightly. Our body relies on LC neurons to keep alert and awake.

5. Socialize

Strong social connections support us at the emotional level and they also offer brain-boosting benefits. Now more than ever people are suffering from isolation, with lockdowns, remote-working, and people living alone, and it's not something that can be fixed with a quick internet search or "social" media. British researchers learned in 2019 that being socially active in our 50s and 60s can help to lower dementia risk, with near-daily socializing at age 60 offering a 12% greater decrease compared to seeing one or two friends several times a year.

Cognitive decline begins when abnormal protein structures form in the

brain. These proteins are beta-amyloid plaques. An inflammatory diet filled with refined sugars, carbohydrates and processed fats, for example, the brain easily becomes inflamed. Brain inflammation may allow these abnormal proteins to generate on brain neurons and decrease cognitive function.

By reducing the dangerous levels of inflammation, we can "reset" our brain - leading to better overall health and a reduction in the negative effects of brain aging. Exercise and the right diet helps to put us back in tune with our body and to feel healthier and more energized, and sleep and meditation keep us emotionally and physically balanced. Together these things can sharpen our minds and help us live longer and happier lives.

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.



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.



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

Keep Your Natural Smile For Longer:

Why commercial toothpastes do more harm than good

Did you know that brushing your teeth with the wrong toothpaste could leave you exposed to disease and decay? What's worse is that dental health could have massive repercussions in areas you might not expect:

- The bacterium linked to chronic inflammatory gum disease may trigger the autoimmune response that characterises rheumatoid arthritis.
- Researchers from the University of Southampton learned in 2016 that high rates of gum disease may lead to greater rates of cognitive decline in those with early onset Alzheimer's.
- Preventing and treating gum disease may also help to reduce your risk of health problems, such as heart disease.

Can your toothpaste protect you? Toothpastes which contain toxic ingredients like triclosan, sodium lauryl sulphate, DEA, fluoride, and artificial sweeteners - which includes most commercial brands - fall short.

An ingredient like triclosan may increase the risk of allergies in young children; diethanolamine, or DEA, is a hormone disruptor that may also interfere with brain development during pregnancy; sodium lauryl sulphate can affect the health of the taste buds by breaking down phospholipids on the tongue.... And the list just goes on from there.

We've all heard that the best thing to do for our teeth, gums, and general health, is to give up sugar, but the artificial sweeteners and chemicals in commercial toothpastes aren't serving us any better. One alternative is to use Xylitol. Xylitol is a natural sweetener extracted from plant fibres which, unlike sugar, does not break down in the body and will help to maintain a neutral pH in the mouth. Xylitol inhibits

harmful bacteria from sticking to teeth, which is a primary defence in preventing tooth decay.

Xylitol approved as effective and safe

When bacteria on the teeth can't digest xylitol, its growth is thwarted and plaque will decrease. Consuming xylitol in toothpastes or even chewing gum may reduce bacterial acid production on the teeth by as much as 90%. The European Food Safety Authority has officially backed the use of xylitol, even among children. The ESFA says that chewing gum sweetened with 100% xylitol can help to reduce dental plaque. High levels of dental plaque can increase the risk of

cavities in children.

Compared to the harmful ingredients in commercial chewing gums and toothpastes, xylitol may be used both preventatively and restoratively, with evidence suggesting it may reduce plaque build-up and may also help to repair damage to the teeth. Xylitol is able to alkalise saliva and increase plaque pH, and when pH levels rise above 7 in the mouth, saliva's calcium and phosphate salts circulate to areas of enamel that have grown weak. This leads to stronger enamel and a reduction in sensitivity, discolouration and fracturing - as well as we tooth decay.

Recommended Products

XYLITOL GUM (VARIOUS)

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



CORAL WHITE TOOTHPASTE

Xylitol toothpaste combined with hydrogen peroxide, echinacea, golden seal, ginseng, ginkgo, and ionic coral minerals, with a natural mixed berry flavour. One of the cleanest toothpastes available: no fluoride, artificial flavours, colours, or preservatives, and no sodium lauryl sulfate.



SILVERBIOTICS® TOOTH GEL

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



CORAL KIDS TOOTHPASTE

Formulated with EcoSafe™ ionic coral minerals to whiten teeth and freshen breath. Provides complete natural oral care protection for children. Coral Kids toothpaste contains no harmful ingredients such as fluoride, no artificial flavours, colours, preservatives or sodium lauryl sulfate. An effective toothpaste for cavity protection and provides the mouth with a refreshing clean.



Sources

All references can be found at www.NaturallyHealthyNews.com

A whole body cleanse is simpler than you may think

Granting your body an internal rest and allowing it to recuperate and recharge the batteries is a beautiful gift to give yourself. When toxins and debris are cleared from the system, the results are brighter skin, more energy and greater mental clarity. It can also help the body to heal itself.

All health begins at the cellular level as cells are the building blocks of the body. We have around 75 trillion cells, and inside them trillions of activities take place in nanoseconds, all working together in an astonishing process of signalling and coordination for your optimal health. In essence, there are only two reasons why the cells of the body cannot fully perform this incredible magic. The first is due to a shortage of the nutritional raw materials the cells need. The other is due to some form of toxicity, where the damaging elements interfere with cells ability to function at full effectiveness.

When you give your body pure nutrition, the additional resources available enable a detox effect to occur, so both toxicity and deficiency can be addressed simultaneously. This is why undertaking a diet comprising a wide range of fresh, organic vegetables and fruit juices and smoothies can be so effective. Flooding the body with nutrients in this way enables the cells to move out debris and toxic matter.

This process can be assisted by tak-

ing magnesium chloride flake baths or footbaths, which help release and pull out more toxins, and many people find them to be a soothing and nurturing part of cleansing. Absorbing plenty of magnesium into the cells has also been shown to protect them from toxicity.

Bentonite clay baths or footbaths are also an excellent way of pulling out harmful substances such as heavy metals and other environmental pollutants. In addition, supplementing with a good glutathione product is also useful as this master antioxidant is a significant resource for the liver in its functions as the critical detox organ.

When doing any cleanse programme, it is always important to drink plenty of pure water throughout the day to help flush any released toxins out of the system as quickly as possible. Finally, taking time to rest to allow the body to fully use the extra resources to do what it needs to do is also beneficial.

If you have not done a detox programme before, it is best to begin gradually and seek professional advice if you have any health concerns.



Recommended Products

ANCIENT MAGNESIUM® BATH FLAKES ULTRA WITH OPTI MSM

Bath or foot-bath flakes, made with an ultra-pure magnesium chloride from the Ancient Zechstein seabed, plus OptiMSM for superior absorption.



BENTONITE CLAY BATH NATURAL DETOX KIT

Raw and untreated Bentonite clay powder for use in a bath or foot-bath, for at home use.



ADVANCED CELLULAR GLUTATHIONE®

ACG Glutathione® Extra Strength Spray, quickly increases intracellular GSH. Pure and high quality, with no preservatives, alcohol, artificial colouring or flavouring.



Sources

All references can be found at www.NaturallyHealthyNews.com

Setting Your Sights on Simple, Superior Eye Health

Contrary to the well-known saying, it might actually be an orange a day that keeps the doctor away. That's according to a 15-year study conducted on about 2,000 adults over 50, which found that just one daily serving of oranges may reduce risk of late-stage macular degeneration after more than a decade. The researchers concluded that the high flavonoid content in oranges gives them their protective benefits when it comes to preventing eye disease..

Age-related macular degeneration (AMD) is one of many degenerative eye diseases that don't currently have a cure, with symptoms affecting one in seven adults over the age of 50. Unfortunately, like many other eye diseases, it's starting to occur at a younger age.

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

Flavonoids can also be found in red wine, tea, and apples, but besides oranges, other food sources didn't offer

the same eye care benefits. This underscores the importance of eating and supplementing the right nutrients.

Lutein and zeaxanthin thicken macular pigment and protect against AMD

Lutein and zeaxanthin are carotenoid antioxidants naturally found in dark green and orange fruits and vegetables. Similar to the flavonoid compounds in oranges, lutein and zeaxanthin have a major impact on eye disease, and these carotenoids may offer even greater protection when supplemented.

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

Macular pigment, the researchers explained, is primarily made up of two carotenoids: lutein and zeaxanthin. Older subjects with higher macular pigment density had the same visual sensitivity as the younger subjects. They found that increasing macular pigment density by increasing blood levels of lutein

and zeaxanthin could protect against retinal disease that occurs with age.

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

Supplementing lutein and zeaxanthin can help to ensure the eyes receive a steady supply of anti-AMD nutrients. OPTISHARP™ ZeaONE® is free-form zeaxanthin and identical to what can naturally be found in colourful vegetables and fruits.

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

Curcumin is another protective compound, known for its bright hue. It's responsible for giving the turmeric spice, popular in Indian cuisine with its deep golden-yellow colour. Curcumin is isolated from the turmeric spice as a phytochemical (belonging to a class of compounds known as curcuminoids) and is thousands of times more powerful.

When diet and nutrition are poor, the risk of cataracts increases. But high-dose

curcumin, with its antioxidant properties, may counter some of these negative effects and offer protective benefits.

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

Glutathione, our body's most powerful antioxidant, is found in "unusually high concentrations" in the lens of the eye, a 2000 Journal of Ocular Pharmacology and Therapeutics study confirmed. To slow or delay cataract onset, it's critical to increase antioxidant activity. Curcumin is an anti-inflammatory compound able to stimulate glutathione production naturally.

Taking curcumin may improve eye health by offering direct protection against cataracts and glaucoma. The isolated form of Meriva® Curcumin is even more powerful than ordinary curcumin or turmeric extract. Meriva® Curcumin is the most studied form of curcumin on the market, proven to have 45x higher absorption and better bioavailability.

MSM repairs membranes and blocks inflammation leading to eye tissue death

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

Like curcumin, MSM helps improve glutathione production and neutralise free radical damage. And like curcumin, lutein, and zeaxanthin, MSM is also anti-inflammatory, with the potential to strengthen the immune system, reduce eye pain and irritation.

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

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

Replace missing nutrients and prevent 'inevitable' loss of sight

As much as or more than any other organ, our eyes are what we eat. Understanding this simple truth gives us more control

over our quality of vision as we age and makes sight loss and especially blindness less likely. Making the switch to a healthier diet, supported by protective nutrients, may start to show results almost right away. Mice given a low-glycaemic instead of a high-glycaemic diet in a 2017 PNAS study saw speedy retinal repairs, gaining extra protection against AMD.

Recommended Products

MAXIFOCUS®

A unique, powerful formula that blends 26 important nutrients, including lutein, zeaxanthin, and riboflavin, which contributes to the maintenance of normal vision.



MSM+ SILVER™ DROPS

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



SERRANOL®

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



Sources

All references can be found at www.NaturallyHealthyNews.com

Health News

Could Chronic Stress Be Silently Killing Your Good Health?

Chronic stress can have devastating effects on your long-term health. While it's natural to experience stress as a daily part of life when dealing with family, school or work related pressures, it's when stress becomes chronic that it can cause a range of symptoms and increase the risk of developing certain illnesses.

Over a long period of time, chronic stress can contribute to the development of various health problems. Being chronically stressed has long been associated with the six leading causes of death including heart disease, cancer, lung ailments, accidents, liver cirrhosis and even suicide.

Research by the Mayo Clinic also suggests that long-term activation of the stress response system, being chronically exposed to cortisol and other stress hormones can all disrupt your body's processes.

Being chronically stressed may lead to various other health problems including anxiety, depression, headaches, heart disease, sleep problems, weight gain, memory and difficulty concentrating.

When you encounter a threat, your hypothalamus, a tiny region at your brain's base, sets off an alarm system in your body. Through a combination of nerve and hormonal signals, this system prompts your adrenal glands on top of your kidneys to release a surge of hormones, including adrenaline and cortisol.

Adrenaline increases your heart rate, elevating your blood pressure. Cortisol is the main stress hormone released by the adrenal glands and this plays a role in the fight or flight situation. It may also alter your immune system response and suppress the digestive system, reproductive system and growth processes. This creates a complex natural alarm system that communicates with the brain regions controlling mood, motivation and fear.

When this stress-response system is activated it affects the entire body's processes. This puts you at risk of various health problems in the long-term.

DID YOU KNOW?

Those with the highest amounts of Vitamin C in their diet or blood have the greatest skeletal muscle mass, compared to those with the lowest amounts, according to a recent study.

How Vitamin C Keeps You Healthy As You Get Older

Vitamin C is renowned for its various anti-ageing health benefits and providing support for optimal health and longevity. A recent study has now shown it may even help to prevent muscle loss as people age.

The study, published in the Journal of Nutrition found that "People over 50 lose up to one per cent of their skeletal muscle mass each year, and this loss is thought to affect more than 50 million people worldwide."

By evaluating the data from more than 13,000 people aged between 42-82 years old, scientists were able to determine if people consuming Vitamin C had more muscle mass compared to those who didn't.

First, they calculated their skeletal mass and analysed their Vitamin C intakes from a seven-day food diary. They also measured the amount of Vitamin C in their blood.

From this particular study, researchers concluded that older people who eat plenty of Vitamin C in their diet had the best skeletal muscle mass. Those with the highest amounts of Vitamin C in their diet or blood had the greatest skeletal muscle mass, compared to those with the lowest amounts.

Vitamin C deficiency is a serious issue as it can lead to frailty, and other poor outcomes such as sarcopenia, physical disability, Type-2 diabetes, reduced quality of life and even death.

Taking Vitamin C as part of your anti-ageing regime is important for numerous reasons. As a powerful antioxidant, Vitamin C neutralises free radicals that may cause oxidative stress and which can otherwise lead to premature skin ageing. Vitamin C is also essential for skin collagen production and may also help to delay the signs of ageing while supporting the skins' structure.

Along with supporting good skin health, research shows that Vitamin C has the ability to reduce the risk of hip fractures. This is because Vitamin C intake is related to bone mineral density and is also associated with a lower risk of osteoporosis.

SOURCE:

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

HealthPoint™ Offers Amazing Benefits...

... Not Just Pain Relief!



My HealthPoint™ Kit is an electro-acupressure device that allows you to accurately locate and stimulate the acupuncture points, safely stimulating the body's natural healing system.

Providing natural relief for over 160 health conditions, My HealthPoint™ Kit is recommended for a wide range of health concerns including treating joint pain, back pain, treating eye conditions, as well as ear, nose and throat problems.

Electro-acupressure is also beneficial for allergies, heart and circulatory problems, leg problems, along with providing general relief for stress and anxiety. My HealthPoint™ Kit can even be used to provide safe and effective relief for your pet's injuries.



Locates the 'Entry'
points to the body's
healing system



Enables stimulation of
healing system to
relieve both acute
and chronic conditions



*Restores function
to healing and
regenerative system*

Available at all good independent health food stores


Good Health Naturally
Because it Works!®



What Are Healthy Babies Made Out Of?

Fertility Q&A with Robert Redfern

Should I be following a special diet if I am trying to conceive?

Following a healthy diet should be a priority. After all, babies are made out of everything you put into your mouth. Whether it is junk food, factory processed meals or chemically adulterated foods stopping them preconception, during pregnancy and when breast feeding, avoiding them as much as possible is the best solution for healthy babies..

Eat good fresh foods and organic as much as possible, and avoid pre-packaged or convenience foods. Clear all sugars and refined carbohydrates from the diet. Instead, focus on many leafy greens and other brightly coloured fruits and vegetables, nuts and seeds, complex carbs, pasture/grass fed quality meat and plant proteins.

Healthy fats rich in omega-3 fatty acids are essential for fertility, as they can help both female hormone health and sperm quality in men. Good food choices include mercury-free wild caught fish, walnuts and chia seeds. If dietary sources are low, you can opt for an additional supplement such as Krill Oil, rich in omega-3 fatty acids.

Avocados are also an excellent food for fertility. This is because they are nutrient-dense, rich in healthy monounsaturated fats and vitamin E, folate, vitamins C, K, additional B vitamins, potassium and other minerals and fibre. Healthy fats (monounsaturated and omega-3 and low omega-6 polyunsaturated fats) play a role in estrogen production and reproductive hormonal balance.

How can I start planning for a healthy pregnancy?

You can do many essential things to help fertility and plan for a healthy pregnancy. First of all, it's critical to follow a healthy diet to feel well and help you keep to a healthy weight. If you plan to start a family soon, practice safe sex to help protect you from STDs. You and your Partner should take a full spectrum of vitamins and minerals to help prevent complications, such as neural tube defects. Take a multi-vitamin/mineral complex to cover all the essential nutrients and look for a product that includes methylated folate, not synthetic folic acid, as not everyone can absorb this. You can also begin to keep track of your fertility periods, which will help you understand when your high fertility times are.

Can I drink coffee and alcohol when trying to conceive?

The link between caffeine and fertility isn't very conclusive, and the evidence to show caffeine affects fertility is sparse. However, some studies have shown a negative association between pregnancy outcomes and caffeine consumption, in which a high intake of caffeine is concerned. Current recommendations, therefore, are to have no more than 1-2 caffeinated drinks per day during pregnancy. If you plan to conceive, you can explore lots of caffeine-free options, such as rooibos tea, herbal and fruit teas.

It is recommended to limit alcohol when

trying to conceive, as it may negatively affect conception, although it is unclear how much alcohol is needed to cause this effect. However, research shows mixed results regarding moderate consumption and fertility, so it is best to be more cautious and limit alcohol intake.

What is the best form of exercise to take pre-conception?

There is good evidence to suggest that exercise has many benefits for your health, including increased fertility. Even a moderate increase in physical activity has positive effects on fertility for women and men, especially for those who are overweight or obese. However, excessive exercise may negatively affect reproductive health. The very best is brisk walking 2-3 miles per day, and swimming, yoga and pilates can also add to the benefits of walking.

Pre-conception is also an excellent time to focus on relaxation and stress management. When trying to conceive, stress may increase, which can have a knock-on effect on hormonal balance and fertility. Focus on good relaxation techniques such as meditation and mindfulness, and explore Self Hypnosis for a pain free delivery. Remember to make time for yourself and unwind in a magnesium flake bath at the end of a busy day.

What supplements should me and my partner take to support fertility?



You can see my recommended plan here for women:

- Serrapeptase
- Curcumin
- Nascent Iodine
- Maca
- Astaxanthin
- Active Life Multivitamin/mineral
- D3
- CoQ10
- Rhodiola Extract
- Krill oil

You can see my recommended plan here for men:

- CoQ10
- Active Life Multivitamin/mineral
- Nascent Iodine
- Astaxanthin
- Maca
- B-complex
- D3

Visit www.NaturallyHealthyNews.info to download my eBook health plans for free.

How can I improve my sperm quality?

Men can do a lot to improve their sperm quality, and being active is one of them. Research shows that exercise can help improve testosterone levels, improve semen quality and help with fertility. However, brisk walking 2-3 miles per day is best. Too strenuous exercise may have the opposite effect. It is also essential to manage stress, as too much cortisol can have a negative impact on testosterone. Walking in nature, meditation, and gentle exercise are all excellent ways to improve relaxation.

Supplement the essential vitamins and minerals, such as D3, zinc and selenium, for healthy testosterone levels and sperm quality. Get a good intake of vitamin C and astaxanthin as well, as these are high in antioxidants which help with sperm count and motility. Maca, fenugreek, and ashwagandha are also helpful in supporting healthy testosterone levels, libido, and improved fertility in men.

Lastly for men (and women) it is recommended not to put mobile phones in pants pockets. Some studies show fertility is effected and dark field blood imaging show a negative effect on blood flow.

The safest way is to add protection to your mobile phone using a QuantoGram Hologuard. This protects your whole body.

Why do you recommend serrapeptase for fertility?

Serrapeptase helps clear scar tissue and inflammation from the fallopian tubes, which is a common problem with fertility issues. It also helps to improve circulation in the blood, which is an essential issue for reproductive health. Using MSM and high fulvic acid content, containing more than 70 trace minerals, trace elements, electrolytes, amino acids and additional organic acids alongside serrapeptase has added benefits for clearing scar tissue as well, as the MSM helps to soften scar tissue making it easier for removal. Using MSM and high fulvic acid content, containing more than 70 trace minerals, trace elements, electrolytes, amino acids and additional organic acids provides all of the minerals essential for healing. I have helped many women over the years use serrapeptase and the other products in my plan to go on to conceive and have healthy babies.

References

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6 Key Nutrients for Animals: Is Your Pet Missing Out?

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

If you've ever owned a pet, you know that vets are expensive. While a veterinarian's job is important and necessary to keep our animals safe, healthy, and sound, veterinary medicine is experiencing a breakdown in its price structure, a lot like our modern healthcare system. Nine out of 10 vets have reported feeling intimidated, often because a client grew angry over the cost of treatment, and according to a survey taken by the British Veterinary Association, this anger at rising vet bills can happen daily.

Neither individual vets nor pet owners can do much to change the extortionate prices of treatment, but we can control how we care for our animals, potentially adding years to their lives and cutting the need for frequent trips to the vet - and the associated costs.

Preventative pet care may be the best option, both for our animals and for our wallets.

Even the vets agree. The American Veterinary Medical Association found that all veterinarians they've consulted with strongly support regular preventative care. They also recommend annual exams to stop problems before they start, which may sound counterintuitive for those trying to save money, but the

truth is that it drastically reduces the risk of a massive upfront bill after an emergency veterinary visit.

That being said, the American Animal Hospital Association (AAHA) has stated that nutrition is the "first step in preventative care" - even before a trip to the vet. Although 90% of pet owners like getting nutritional recommendations from their vet, the AAHA posits that only 15% of owners remember the information they're given.

Whether it's a communication breakdown or a lack of understanding, too many pet owners become confused about nutrition, but they don't need to be. Daily pet care can be easy. Like us, they can really benefit from the right protective nutrients.

6 daily nutrients keep pets healthy (and cut vet bills)

1. Curcumin: The main active component in turmeric, curcumin is a potent anti-inflammatory and antibacterial agent that's shown real promise in the prevention and treatment of cancer and Alzheimer's disease, among other conditions. For pets, curcumin's anti-inflammatory properties can help reduce arthritis and associated joint pain. A 2018 *Medical Science Monitor* study also showed that curcumin successfully

modulated inflammation caused by severe, acute pancreatitis in animals.

- 2. Digestive enzymes:** A pet is not digesting if they can't break down the food they eat. Modern pet diets are very different from what they'd eat in the wild, and often lack the natural enzymes pets need. Acid reflux, belching and gas, vomiting undigested food four or five hours after eating, bad breath, bloating, diarrhoea, and foul-smelling stools are all clues that digestive enzymes like protease, peptidase, amylase, lactase, cellulase, and lipase are lacking. In 2016, University of California San Diego researchers in the U.S. noted that pets can suffer from many of the same digestive diseases as people.
- 3. Krill oil:** Pets both young and old can benefit from a boost of omega-3 fatty acids for growth, disease prevention, and immunity. This essential fatty acid isn't made by an animal's body, so must be supplied through supplement or diet. Increasing omega-3s can help to relieve a dry, flaky coat, skin irritation, and joint inflammation and may also serve as an alternative therapy for canine





epilepsy. Superba™ Krill Oil is 100% sustainable and proven to increase the heart-protective Omega-3 Index by a whopping 70% more than fish oil, within as little as eight weeks.

4. **Serrapeptase:** Serrapeptase is a proteolytic enzyme, meaning that its primary task is to break down proteins. This exceptional enzyme has been successfully used on humans without side effects for 40 years. Now it's being used for fast-acting pain relief in animals. A serrapeptase supplement can help manage joint pain and arthritis before costly pet medications are prescribed, most often for aging dogs and horses.
5. **Silver sol:** Silver is nature's antibiotic. It's used against viral, bacterial, and fungal infections and is claimed to be effective against more than 650 disease-causing organisms, including ringworm, mange, salmonella, E. coli, Candida Albicans, and other yeast infections. Where infection has already set in, help is available. Patented silver nanoparticles work with a pet's natural healing process, while charging the immune system to fight infection. Spraying silver sol, proven

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

6. **Soil-based probiotics:** As with humans, the role of the gut is vital for the health of our pets. A delicate balance exists within the gut between good and bad bacteria, and when this balance is upset, it can lead to a range of health problems, including digestive issues and a weakened immune system. This balance can be disturbed by a lack of access to chemical-free grassland, diet and antibiotics. Mixing pet food with an occasional soil-based probiotic - which supplies all the diverse, good bugs missing from over-processed pet food - can reset immunity and restore equilibrium with numerous proven health benefits.

What's man's best friend missing?

We may be more similar to our pets than we realize. Pets need rest, love, and encouragement. They also need a healthy diet, regular access to the right nutrients, and help maintaining their body weight in order to live long and happy lives.

Recommended Products

SERRAPET®

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



CURCUMINX4000®

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



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.



HYDROSOL™ SILVER SPRAY/ GEL

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



THE KRILL MIRACLE™

The Krill Miracle™ is a dietary supplement of ultra-pure Omega 3 fatty acids. Krill are a super rich source of Omega 3 fatty acids (DHA/EPA), phospholipids, choline and astaxanthin. Supports heart, liver, brain, skin, joint and eye health. 60 Fish Softgels



Sources

All references can be found at www.NaturallyHealthyNews.com

The 6 Diseases Diet Could Reverse

Exactly what to eat to get better

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

Nutrition is the cornerstone for good health. Beyond helping you look and feel better, scientists have found that the right diet can actually reverse some of the deadliest forms of disease.

The 6 diseases diet could cure

The connection between diet and disease isn't new, the link is well-researched and the conclusions are positive. It's thought that even by making small changes to our diet, we can completely change our health, and scientists are uncovering the potentially revolutionary health benefits of switching (even in part) to a ketogenic diet -- high in fat, low in carbs, moderate in protein.

1. Alzheimer's Disease

Healthy fats feed a healthy brain, and researchers confirmed this once again in a pilot study conducted in 2013. A Journal of Alzheimer's Disease study investigated the effects of coconut oil supplementation on live rat neurons

cultured in the lab and treated with β -amyloid peptides. Medium Chain Triglycerides, or MCTs, are the primary source of fat found within coconut oil, and they're also a primary source of ketone bodies that provide an alternative energy source for the brain.

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

2. Cancer

Many physicians now consider a ketogenic diet for the first course of treatment after a cancer diagnosis, over the potentially harmful and ineffective

chemical therapies. The link between the ketogenic diet and cancer is this — our body converts carbohydrates into glucose for energy, and cancer cells feed on glucose to thrive.

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

Bringing a nine-year joint research project to an end in 2017, Belgium scientists confirmed the cancer-sugar connection, called the Warburg effect, that causes cancer cells to consume sugars and stimulate tumour growth. A decade earlier, American researchers from the University of California, San Francisco, also





learned that men with early stage prostate cancer who made major diet and lifestyle changes might stop or reverse the disease altogether.

3. Diabetes

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

Eating medicinal food could offer complete protection against type 1 diabetes. Medicinal foods include nutrient-rich fruits and vegetables that strengthen the immune system and can mount a defence against autoimmune type 1.

Along with anti-inflammatory foods, cinnamon is a well-known spice that may help to regulate blood sugar, and a high-potency cinnamon extract may be even more powerful. Supplementing cinnamon can help the body better utilise insulin to support type 2 diabetes recovery, while also reversing cellular brain changes occurring in patients suffering from Parkinson's disease.

4. Epilepsy

The ketogenic diet is most often associated with epilepsy. Children who don't respond to antiepileptic medications or with seizures caused by Lennox-Gastaut syndrome have found significant relief. Scientists have proven that the ketogenic diet alters energy metabolism in the brain and can affect "brain excitability" as a by-product. Specifically, the ketogenic diet can change cell properties in the brain to decrease excitability and calm epileptic discharges. Findings presented at the 64th American Epilepsy Society annual meeting in 2010 shed light on how ketogenic foods may control seizures. When Johns Hopkins University researchers followed 27 patients who switched from the Modified Atkins Diet to the ketogenic diet, 37 percent of ketogenic patients saw an additional 10 percent seizure reduction. Five ketogenic patients were considered seizure-free.

5. Heart Disease

Foods high in monounsaturated fat (such as olive oil) and polyunsaturated fat (like nuts and vegetables), are good for our brain and our heart too. Nuts protect against heart disease as they're high in alpha-linolenic acid, often found in walnuts, as well as oleic acid, magnesium, arginine, fibre, and vitamin E. Oily fish and fish oil supplements offer another great way to support heart health daily. Sardines, black cod/sablefish, and wild Alaskan salmon are all high in heart and brain-healthy omega-3 fatty acids,

which, along with plant-based foods, could improve or reverse aspects of atherosclerosis (hardening of the arteries).

Most of our diets are lacking in beneficial omega-3s, especially for those of us recovering from the fat-free food craze. Eating a moderate amount of fish each week to minimise environmental contamination and taking a daily omega-3 fatty acid supplement can help. In 2014, Hospital Pharmacy researchers noted that krill oil may be "at least equivalent to and perhaps better than fish oil" in increasing blood levels of omega-3 fatty acids DHA and EPA. Superba™ Krill Oil is extracted from *Euphausia superba* Antarctic krill that feed on algae, providing a pure, direct source of EPA, DHA, and the antioxidant astaxanthin.

6. Autism

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

A 2017 Physiology & Behavior study solidified these findings, proving the ketogenic diet can improve autism-associated behaviours in male mice.

Did you know that it's easier to switch to keto than many people think?

Eating ketogenic foods supports a long-term healing lifestyle, and as research shows, offers us a greater chance of disease reversal.



Here are our top tips for keto beginners:

1. Fresh or frozen veggies enjoyed daily.
2. Antioxidant-rich, dark-skinned fruits.
3. Avocados, a superfood with close to a full spectrum of nutrients.
4. Beans, nuts, and seeds.
5. Oily fish, including salmon, sardines, and mackerel; wild-caught fish are recommended.
6. Pasture-fed meats or chicken in moderation; grass-fed is preferred over grain-fed.
7. Ample healthy oils, like hemp, omega-3, krill, olive, and coconut oil.
8. Eight glasses of distilled or filtered water per day with a pinch of sodium bicarbonate.
9. 3-5 teaspoons of sea or rock salt per day in food or a little water.

The ketogenic diet works best with a fat to carbohydrate and protein ratio of 3:1:1 or 4:1:1, especially if you want full benefits for disease prevention and recovery. The goal is for 87-90% of calories to come from healthy fats.

When undertaken with the support of a physician, the ketogenic diet may require initial observation and fine-tuning before the perfect balance is found - especially in children - and most patients are recommended to try the diet for at least a month to see the effects.

The ideal situation would be to commit to the ketogenic diet for a lifetime, but it is encouraging to see that even small and short-term changes can have big repercussions on health. In the 2003 Journal of Child Neurology study mentioned above, all of the children with autism maintained their behaviour, speech and learning progress even after returning to their former diet. Based on preliminary evidence, the researchers concluded that a ketogenic diet could help to manage autistic behaviour as an alternative or additional therapy, and many parents are in agreement.

The key to optimum health could very well lie in our diet. Even very serious medical conditions, from cancer and diabetes to heart disease and epilepsy, could benefit from a ketogenic diet.

Recommended Products

THE KRILL MIRACLE™

The Krill Miracle™ is a dietary supplement of ultra-pure Omega 3 fatty acids. Krill are a super rich source of Omega 3 fatty acids (DHA/EPA), phospholipids, choline and astaxanthin. Supports heart, liver, brain, skin, joint and eye health. 60 Fish Softgels



CINNAMON27™

Cinnamon27™ has x7 powerful ingredients in one incredible product: cinnamon powder, Chromax Chromium, American ginseng, gymnema sylvestre extract, bitter melon extract, fenugreek seed extract, and Cacti-Nea™ Nopal cactus



CANNA10 CBD OIL

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



Sources

All references can be found at www.NaturallyHealthyNews.com

REALLY HEALTHY RECIPES

Italian Garbanzo Bean Soup

Serves: 4

Cook:
37 mins

This delicious tomato-based garbanzo bean soup is full of vegetables along with fennel seed for enhanced flavour. Vegan friendly and gluten-free, this tasty soup makes for a healthy lunch option.

Directions

1. Soak the Garbanzo Beans in cool water overnight.
2. Rinse beans and discard water. Place 2 cups of water in a large pot, bring to the boil and add the garbanzo beans.
3. Reduce heat to a slow boil for 45 minutes, making sure they are always covered with water.
4. Rinse garbanzo beans under cold water until cool.
5. Spread on a baking sheet and remove skins.
6. Heat olive oil in a large pot and sauté the onion for approximately 3 minutes. Add garlic, carrots, celery and fennel seed. Cook for approximately 4 minutes.
7. Stir in diced tomatoes, garbanzo beans, and vegetable broth and gently boil for approximately 15 minutes. Add grape tomatoes and spinach. Continue cooking for approximately 2 minutes.
8. Season with oregano, thyme, parsley, sea salt and pepper. Stir well, remove from heat, place lid on the pot, and let sit for 10 minutes before serving.

Ingredients

- 1/2 cup dried garbanzo beans (chickpeas)
- 1 tablespoon virgin olive oil (extra)
- 1 onion (finely chopped)
- 3 garlic cloves (minced)
- 2 carrots (medium sliced)
- 3 celery stalks (medium sliced)
- 1 teaspoon fennel seed
- 14.5 ounces diced tomatoes (organic is best)
- 3 cups vegetable broth
- 20 grape tomatoes (sliced in half, lengthwise)
- 2 handfuls baby spinach (fresh)
- 1 teaspoon fresh oregano (or dried)
- 1/2 teaspoon fresh thyme (or dried)
- 1 tablespoon fresh parsley (chopped, or dried)
- Sea salt





Recommended
for all ages



B4HEALTH™ IS BACK

Delivers a full Vitamin B Complex up to **9x more** absorbent than capsule equivalents

B Vitamins play an essential role in thousands of enzymatic reactions in the body including the release of energy from food and maintaining healthy homocysteine levels, which in turn leads to better maintenance and support for:

Brain, heart, cardiovascular and nervous system health.

Recent studies show¹ that sublingual absorption appears superior to even intramuscular administration for maintaining daily levels of Vitamin B12.

Good Health Naturally's B4Health™ has been specifically formulated to deliver a full spectrum of B Vitamins via a superior system - through use of convenient sublingual drops, to maximise vitamin absorption.



Vegan
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Superior Delivery
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Optimum
Health



Maintains Healthy
Homocysteine
Levels


Good Health Naturally
Because it Works!®

Available online or at all good independent health stores

¹<https://www.mastcelldisease.org/2020/03/04/sublingual-appears-superior-to-intramuscular-administration-of-vitamin-b12/>

Ingredient Focus: **Curcumin**

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.

Good Health Naturally
Because it Works!®

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

How you can 'B' Healthier

Vitamin B - once thought to be a single nutrient! Now more commonly understood to be the B-complex, an essential group of water-soluble vitamins that work together in the body.

In 1926, two Dutch chemists, Barend Jansen and Willem Donath, began working to expand our knowledge of nutrition and vitamin-related disease. Jansen and Donath isolated crystals from rice polishing extract and used the compound to cure a disease in birds. The vitamin behind the 'beriberi cure' was the first B vitamin discovered in the complex: thiamine, also known as vitamin B1.

All the essential 'B's in one complex vitamin

Since we broke ground in the early 1900s, there have been many more discoveries and a greater level of understanding of our bodies' needs for a good vitamin B-complex. As a supplement, this should include all known essential water-soluble vitamins, with the exception of vitamin C. This includes: vitamin B1, or thiamine; vitamin B2, or riboflavin; vitamin B3, or niacin; vitamin B5, or pantothenic acid; vitamin B6, or pyridoxine; vitamin B8, or biotin; vitamin B9, or folic acid; and vitamin B12, or the cobalamins.

Every vitamin within the B-complex has its own distinct structure and function. For example:

The body uses vitamins B1-B3 and biotin to support different needs for daily energy production.

- Without enough pantothenic acid, the adrenal glands suffer, and sugar, starch and fat breakdown is inhibited.
- Vitamin B6 is fundamental to our amino acid metabolism.
- Healthy cells rely on vitamin B12 and folic acid for division and red blood cell production.
- Vitamin B12 is especially important for the maintenance of nerve cells; it also helps the body manufacture RNA and DNA, its genetic material.

Understanding just how many functions B-complex vitamins help with makes it easy to see how devastating a deficiency could be.

Harvard Health Publications referred to a vitamin B12 deficiency as "sneaky" and "harmful".

Starting from birth, a deficiency in thiamine, or B1, can cause severe delays in children's growth. A developmental delay in motor function was observed in a group of Israeli pre-schoolers in 2017, who were fed B1-deficient baby formula during the first year of their lives.

For the elderly, B12 deficiency can cause a host of health problems, as Canadian researchers confirmed in a study pub-

lished in 2016. Researchers found that an additional 4% of older adults became vitamin B12-deficient within their first year of nursing care, adding to the 14% of residents who were deficient when first admitted. Taking a B12 supplement helped to improve deficiency levels among study participants, linked to anaemia, depression, dementia, osteoporosis and neurological complications that included paralysis.

Vitamin B and homocysteine

Symptoms of a deficiency in any one of the B vitamins can vary widely and may be difficult to detect. Vitamin B deficiencies are often confused with symptoms of other diseases. Fatigue, irritability and depression could indicate a B1 deficiency; diarrhoea or dementia may mean the body isn't getting enough vitamin B3; a lack of vitamin B6 has been linked to anaemia, seizures and nerve damage; low levels of folic acid can cause diarrhoea, confusion, depression and brain defects in unborn children.

Those who aren't getting enough B vitamins may not know it. Even worse, patients may spend time and money seeking out costly treatment for their chronic symptoms, only to be dismissed or misdiagnosed with another disorder. A 2017 study from the University of Manchester, for example, found high doses of vitamins B6, B8 and B12 to reduce symptoms of schizophrenia was actually better than medical treatment.

For the many who don't fall into the category of infancy or the elderly, one



of the greatest benefits of taking a daily B-complex is its ability to lower homocysteine. Homocysteine is considered a critical marker of health, more so than many numbers seen on standard lab tests. A toxic amino acid, homocysteine is formed in the blood when other amino acids are broken down for normal functions. When homocysteine levels rise, it can indicate the presence of female infertility, mood imbalance, stroke, dementia and Alzheimer's, or heart disease. Even moderately high homocysteine blood levels may increase stroke risk more than five-fold and almost triple the risk of Alzheimer's disease. High homocysteine may also contribute to retinal damage and vision loss over time.

Making simple changes to the diet and supplementing with B vitamins can put an end to the cascade of health problems caused by elevated homocysteine. Using one of two vitamin delivery systems will improve the body's absorption of its essential vitamins and keep homocysteine stable.

Two convenient ways to get a daily dose of Bs

What's the easiest way to supply the body with the B vitamins it needs each day?

- Taking B-complex vitamins in a sublingual dropper can help to maintain healthy homocysteine and support brain and heart function. B vitamins absorbed through the mouth is the most efficient way to intake the essential vitamin complex the body requires – filling in the missing nutrients in a healthy diet.
- B vitamins can also be readily used by the body when taken in capsule form. As part of a daily multivitamin, bolstered by other essential vitamins and plant-derived minerals, B vitamins can help to maintain immune function and support overall health. Easily absorbable multivitamin capsules have become imperative today to supplement the many nutrients depleted from our food supply.

Regardless of which delivery system is used, recognising our daily need for B vitamins is an important first step. Eating a healthy diet that's rich in vitamins and minerals and supplementing with good B-complex or multivitamin can get our nutritional needs met. In cases of

illness or chronic fatigue where vitamin B12 injections have been recommended, a sublingual B-complex can help to correct any deficiencies and stabilise energy. AAPS PharmSciTech researchers found both sublingual and oral vitamin formulations to be equally effective in correcting a vitamin B12 deficiency.

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.



B4HEALTH™ SUBLINGUAL DROPPER

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



Sources

All references can be found at www.NaturallyHealthyNews.com

Precious Metal:

The Surprising Health Benefits of Silver

Highlighting the many and versatile health benefits of microbial silver

When it comes to keeping your health in balance, silver might not be the first thing that comes to mind.

It turns out that Silver Sol comes recommended by doctors, with benefits backed by extensive scientific research, having been used by tens of thousands of people as an immune support.

Unfortunately, the health benefits of silver often go unappreciated, with people being more familiar with the shiny metal than the pH balanced supplement. This pH balanced Silver Sol is an antimicrobial solution made of 0.001% elemental silver and 99.999% pure water.

In this form, Silver Sol is powerful. It's been proven to kill drug-resistant bacterial strains, stop the replication of pathogenic viruses and restore health. Specially engineered Silver Sol can change the way your body fights infection. Silver Sol can be taken topically or orally without any side effects.

The Modern Antimicrobial Solution

Silver is a common medicinal remedy. Therapeutic silver has been around for centuries, and it became popular because of its antimicrobial benefits when used in silverware, silver milk

pails, silver coins in wells, and silver to disinfect newborn's eyes.

Silver has established antimicrobial properties. Compared to these age-old therapies, today's use of antimicrobial Silver Sol is more potent than anyone could have imagined.

The pH balanced Silver Sol is the next level of antimicrobial silver, with the ability to inhibit and even kill a wide range of pathogenic bacteria, like the dangerous, drug-resistant strain MRSA. Silver Sol has been proven to kill *Shigella boydii*, *Escheria coli*, *Haemophilus influenzae*, *Klebsiella pneumoniae*, *Enterobacter aerogenes*, *Pseudomonas aeruginosa* and *Streptococcus pneumoniae* bacteria.

Silver Sol passes each new clinical test with flying colours. Researchers now consider this silver a 'broad-spectrum antimicrobial agent'. Dr Ron Leavitt, Professor of Molecular Biology and Microbiology at Brigham Young University, has confirmed that there are no potentially pathogenic bacteria that Silver Sol has not killed to date.

8 Amazing Health Benefits of Silver Sol

Some of the many natural health benefits of Silver Sol include:

1. Anti-fungal: Silver Sol can be ap-

plied directly to yeast infections on the body, such as in the underarms or vagina. Silver Sol can be taken internally to treat muscle pain, digestive issues and symptoms like attention deficit disorder, depression, headaches and autoimmune dysfunction caused by yeast and fungal infections.

2. Antibiotic alternative: Disease-causing viruses cannot be cured by pharmaceutical drugs. Viruses are often mistreated with antibiotics; pH balanced Silver Sol has been patented to reverse transcriptase and DNA polymerase viruses to interrupt replication.

3. Bladder infection: Silver Sol taken orally with cranberry juice or juniper berries can treat bladder infection within 12 to 24 hours.

4. Blood cleansing: Silver Sol is a known detoxifier and blood cleanser. It can enter red blood cells to cleanse viruses, yeast, parasites, bacteria and other toxins at the cellular level.

5. Bronchitis: Bronchitis may be bacterial or viral; Silver Sol can clear bronchitis when taken orally, through a nebuliser, or as a nasal spray. Silver Sol spray is recommended for chronic bronchitis prevention.

6. Colds: The common cold is a virus



that can quickly replicate and produce excessive mucus. Silver Sol taken orally or as a spray can reduce inflammation and congestion to halt the spread of the virus.

7. **Kidney disease:** Silver Sol passes through the bloodstream, intestines, and kidney unchanged to provide antibacterial and antiviral benefits. Silver Sol can be used for kidney disease to disinfect and control infection.
8. **Wound-healing:** Silver Sol has widespread clinical application in topical wound-healing. It can improve healing and reduce infection when applied to bruises, lacerations, cuts, burns and even broken bones.

The health benefits of Silver Sol are impossible to ignore. Following years of research, doctors have begun to embrace this potent product to treat often devastating infectious disease. What's more, Silver Sol has been used in clinical

settings to treat abscesses, acne, age spots, athlete's foot, bacterial infection, bad breath, bedsores, black mould, heart disease, cavities, irritable bowel syndrome and more.

Silver Sol has been created with a new molecular structure, unlike any silver product available to date. This new silver structure allows silver particles to be effectively transported throughout the body and excreted within just 24 hours.

Silver Sol taken as a patented supplement can be ingested daily without the risk of build-up in the body.

To see the greatest benefit to your health, silver must be quickly absorbed within the bloodstream. New Silver Sol delivery helps particles reach peak bloodstream absorption within just two hours. This patented formula provides all the benefits of medicinal silver – with maximum effectiveness and no known side effects. What can silver do for your health?

Recommended Products

HYDROSOL™ SILVER SPRAY/ GEL

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



SILVERBIOTICS® TOOTH GEL

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



MSM+SILVER™ DROPS

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



Sources

All references can be found at www.NaturallyHealthyNews.com

Supercharge Your Immune System With Our Hydrosol™ Silver Range

As a stable and effective Silver product, Hydrosol™ Silver can act as your family's first line of defence and provide effective immune system support.

Silver has been shown to exhibit broad-spectrum anti-microbial activity and may help target unwanted pathogens in the body such as bacteria, viruses and fungi.

It's recommended for use at the first sign of a sore throat or cold, or more intensively for serious viral infections.

Hydrosol™ Silver Spray provides 10ppm Silver. (113ml/4 fl.oz.)

Hydrosol™ Silver Gel provides 24ppm Silver. (44ml/1.5 fl oz)



Powerful immune protection



Suitable for all ages



Backed by Scientific Evidence and Proven Safe



Suitable for vegans

Available at all good independent health food stores

GoodHealthNaturally
Because it Works!®

The Naked Truth Behind Good Sleep

We all know the importance of sleep, but did you know that the difference between a restful night and restless one could come down to what we wear?

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

It's one thing to acknowledge the benefits of getting a good night's sleep, but finding that perfect formula is easier said than done. Sleep can repair, replenish and protect us from a range of health issues, but there are seemingly thousands of tiny things that can throw our sleep out of balance.

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

We've known for some time that the length and quality of sleep have a big impact, but it's only recently that research has been done into the effects of sleep style. Temperature, for example, can transform the

way you sleep - by lowering skin temperature, sleep depth can be increased and the frequency of night waking can be reduced.

Sleeping nude is one of the best ways of naturally lowering the body's temperature, and it has a range of other benefits.

For men, sleeping nude could support higher sperm concentration. The lower temperature could also have a rejuvenating effect on the body by stimulating the release of anti-aging hormones, including melatonin and growth hormones relating to hair and skin health.

According to a 2019 Mattress Advisor survey, over half of both men and women in the US sleep without clothing, upping their potential to reap the benefits, from emotional balance and better mental health, to a lower risk of catching the common cold, all the way to potential protection against Alzheimer's-related brain damage.

What to do before bed to sleep safe and sound?

In addition to practicing good sleep hygiene, ensuring you're getting the right nutrients is also key to a great night's sleep.

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

Another small change that could induce

deeper sleep is lotion - using a topical magnesium lotion before bed could provide a range of benefits. Magnesium deficiency has been linked to anxiety and compromised sleep, so by applying the magnesium with OptiMSM® to the skin, you can greatly increase absorption and ensure the mineral's getting where it needs to go. OptiMSM® is the world's purest form of organosulfur MSM compound; add soothing CBD oil to the mix, and a simple nightly lotion could safely reduce stress and sleep disturbance. That's all according to a 2019 *Permanente Journal* case study series.

Recommended Products

RELAXWELL®

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



ANCIENT MAGNESIUM® CREAM ULTRA + CBD OIL

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



Sources

All references can be found at www.NaturallyHealthyNews.com

Have You Heard The Good News? The most important nutrient discovery in the past century.

Mineral Magic: Why fulvic minerals could be the key to cellular health and longevity

Fulvic minerals are now considered to be the most important nutrient discovery of the past 100 years. Due to their many nutritional components, including antioxidant and electrolytic power, ounce for ounce, they are believed to be more therapeutic, revitalising and restorative than other nutrients according to scientists. Fulvic minerals are thought to 'dramatically increase permeability of bio-membranes' meaning that they can sensitise cell membranes, allowing

for better absorption of nutrients and improved energy levels. Many of the minerals' other benefits include a more sound and restful sleep, improved general health and vitality, along with relief for aches and pains.

Scientists have studied fulvic minerals in depth and found that they contain all the antioxidant minerals organic selenium, zinc, manganese and copper, amongst others. These minerals also have a range of 18 amino acids that have been formed over the course of 38 million years.

What are fulvic mineral complexes?

Fulvic acid and mineral complexes were formed from plant and root systems that reached deep into the earth over 38 million years ago. These root systems tapped into rich sources of inorganic minerals that the plants would then convert into organic and friendly minerals via photosynthesis.

After these plants died, the organic minerals within their structures were deposited onto the surface of the earth. From here they were combined with fulvic acids that were created by the local soil microbes. This botanical life and death cycle then continued for millions of years, forming rare fulvic mineral deposits gradually over time.

How fulvic minerals benefit the body

The health benefits of fulvic minerals are vast and varied and this is because of their bio-electrolytic power. When they are used regularly in supplements, fulvic

minerals can stimulate the metabolism, act as a catalyst in respiration, increase the metabolism of proteins and increase the activity of multiple enzymes. Internally this can result in increased energy, reduced blood pressure, alleviated anaemia, restored electrochemical balance and other potential benefits that include rebuilding the immune system.

Externally, bio-electrically charged fulvic/humic minerals are beneficial in treating open wounds, healing burns with minimum pain or scarring, eliminating discolouration due to skin bruises and helping to heal cuts and abrasions. Other benefits include healing insect and spider bites, treating rashes





and skin irritations, neutralising poison ivy and oak, killing pathogens responsible for athlete's foot, as well as acting as a wide spectrum anti-microbial and fungicide.

Fulvic minerals have other benefits, the most interesting of which is enabling a clearer mind and better brain function. This is because the brain and its cells require 12 times more oxygen than other cells in the body and trace minerals bound to fulvic acid supply a trickle charge of bio-electrical energy that is vital for healthy cell function. Each of these minerals or trace elements carries a unique frequency of bio-electrical energy.

Unique and potent electrolyte properties

Fulvic minerals are particularly powerful because they contain over 70 electrolytes. These can act as either an acceptor or donor in creating electrochemical balance, working to neutralise the bad effects of free radicals when they find unpaired positive electrons, supplying an equal as well as opposite negative charge. If the free radicals carry a negative charge, the fulvic acid molecule can also supply any positive unpaired electrons, nullifying any charge.

This extra electrolyte energy can have

a powerful impact on athletic performance, increasing stamina and endurance by supplying your muscles, ligaments and tendon cells with more than 70 electrolytes in their most effective form.

Fulvic trace minerals also have a soothing effect on arthritis and can relieve aches and pains more readily by ensuring that the body is able to manufacture anti-inflammatory enzymes to reduce the pain and swelling, associated with arthritic conditions.

It has been proven that it's essential for the body's cells to retain their electrical potential by remaining 'charged'. High quality electrolytes are vital for proper cellular functioning, because in molecular processes it enables the electrons to be set loose and transfers electrical current, therefore enabling the flow of ions.

The conductivity of fulvic/humic minerals has been measured in a laboratory and it has been shown to have an electric potential of 132,000 us/cm at 25°C! This means that there is a powerful trickle charge available to all the cells, meaning that all cells will benefit from and be able to maintain cellular health and longevity.

Recommended Product

PURE CONCENTRATED ORGANIC MINERALS™ CAPS/LIQUID

Available as capsules or liquid, containing more than 70 trace minerals, elements, electrolytes and amino acids with a high fulvic acid content.



Sources

All references can be found at www.NaturallyHealthyNews.com

Treating Crohn's Disease: Let's Target the Source

Crohn's disease occurs when the digestive tract gets inflamed. This long pathway

of inflammation may start at the mouth and end at the rectum – including the oesophagus, stomach, small intestine, and large intestine. Crohn's disease has the potential to affect the entire digestive process, though most of the painful digestive attacks take place in the lower small intestine.

In a flare-up of Crohn's disease, the affected area swells. Unpleasant, chronic symptoms will result – like pain and diarrhoea.

Crohn's disease symptoms are difficult to live with and can compromise quality of life.

Symptoms can range from mild to severe and may include:

- Stomach pain (most common)
- Diarrhoea (most common)
- Fever
- Weight loss
- Rectal bleeding
- Skin irritation
- Eye irritation
- Arthritis

Instances of Crohn's disease are on the rise, especially among young people,

with over 8000 new cases diagnosed each year. Crohn's disease affects roughly one in 1000 people, and is likely to run in the family. Up to 20% of people diagnosed with Crohn's also have a blood relative with inflammatory bowel disease.

People of all ages can develop Crohn's disease. However, the condition is most often diagnosed between the ages of 20 to 30. As Crohn's disease progresses, it affects the health of the colon. This greatly increases the risk of colon cancer.

One in 20 Crohn's disease sufferers will develop colon cancer within 10 years after the condition is diagnosed.

Invasive Medical Treatment For Digestive Distress

Crohn's disease is hard to treat. The digestive disorder is marked by widespread inflammation that is difficult to control. With medical intervention, Crohn's can be managed in the short-term. More invasive long-term treatment is often recommended.

Up to 80% of Crohn's disease sufferers will undergo surgery to control symptoms, repair the digestive system, and treat complications of the disorder.

It should go without saying that surgery should always be a last resort option for

a health issue. Since Crohn's disease is related to digestive inflammation, digestive health must be addressed first, before surgery is agreed upon.

The most common medical "prescription" for Crohn's disease is a combination of nutritional supplements, drugs, and surgery. This medical protocol attempts to offer long periods of remission from the digestive condition with no guarantee of long-term recovery.

Medication for Crohn's disease should not be taken lightly. Nutritional supplements are highly recommended, but typical Crohn's medication will suppress the immune system in an attempt to calm inflammation. Suppressing inflammation may help to suppress pain, fever, and diarrhoea to allow the digestive system to heal – temporarily.

Crohn's disease medications are complex and can come with an even longer list of side effects. Aminosalicylates, corticosteroids, immunomodulators,





biological therapies, and antibiotics are recommended by medical professionals. For many patients, these aggressive meds further compromise health with mild to severe side effects – corticosteroids to control inflammation can only be taken in the short-term as they cause facial swelling, acne, hair growth, and excessive weight gain.

It would be an understatement to say that long-term, aggressive medication use is a burden for patients of Crohn's disease. Doctors are quick to prescribe drugs to control symptoms, and diet is often overlooked at the root of the disorder.

Target The Inflammation

Recovery and rehabilitation for Crohn's disease hinges on one simple principle: Control inflammation through diet. Inflammatory bowel disease may run in the family for some sufferers of Crohn's, but lifestyle is a much more important factor to take into account. Lifestyle

choices can impact health and are always within your control. Genes load the gun, and lifestyle pulls the trigger.

Many sufferers of Crohn's disease are simply unaware that the majority of foods they eat each day are highly inflammatory. Starchy carbs like breads, pastries, cookies, cereals, potatoes, and pastas are all inflammatory triggers. Processed foods and milk products add to the burden. Inflammatory foods sabotage digestive health and worsen a condition like Crohn's. Healing will be next to impossible if you don't cut inflammatory foods out of your diet. Really healthy foods and grain alternatives are recommended to nourish a wounded body and heal the gut: fresh or frozen vegetables; beans, nuts, and seeds; dark-skinned fruits; hemp, krill, and olive oil; and quinoa, millet, and buckwheat instead of processed carbs.

There's more. Cutting inflammatory triggers out of the diet is the first step. Healing the gut with an anti-inflammatory en-

zyme offers hope for true recovery. The Serrapeptase enzyme, derived from the intestine of the silkworm, is renowned for its ability to digest inflammation and offer pain relief. Serrapeptase has been supported in a clinical setting for over 25 years as a safe, effective alternative to over-the-counter and prescription drugs – like ibuprofen and NSAIDs.

Pain relief and rehabilitation are possible. A non-inflammatory lifestyle is the first and most important step to allow your body to repair itself. You can support tissue regeneration and recovery with critical nutrients, like the anti-inflammatory enzyme Serrapeptase, to regain your digestive health.

Recommended Products

SERRANOL®

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



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.



DAILY IMMUNE PROTECTION™

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



Sources

All references can be found at www.NaturallyHealthyNews.com

Health News

Are You A Runner? Here's How Taking Probiotics Can Improve Your Lung Health

Taking Probiotics for at least thirty days before running a marathon may help to protect runners from upper respiratory tract infections (URTIs) following a race, says a new study from Brazil.

The small study from the University of Sao Paulo included 14 healthy male marathon runners who were randomly assigned to take a probiotic combination or placebo for 30 days before a marathon. Researchers measured the plasma cytokines, salivary parameters, glucose, and glutamine before the study, 24 hours before the race, immediately after the race, and again, one hour after the race.

Researchers noticed that for a week after a race, 100% of the runners in a placebo group had one lung respiratory health symptom compared to only 71% in the probiotic group.

The results of the study showed that taking a multi-strain probiotic supplement containing 1 billion each of CFU *Lactobacillus acidophilus*, *Lactococcus* and *Bifidobacterium* helped to **significantly decrease the incidence and severity in the upper respiratory tracts of athletes taking part in a marathon race.**

Need a Healthy Eye Boost? Here's Why Bilberry Could Be The Answer...

A newly published clinical trial has confirmed that when Bilberry extract is combined with Astaxanthin and Lutein, it is associated with significant improvements to both eye health and vision following a six-week supplementation period.

The randomized double-blind, placebo-controlled study involved 44 healthy people who were experiencing eye fatigue while working at visual display terminal operations, i.e., computer displays.

Eye fatigue can involve a range of symptoms including dry eyes, inability to maintain near focus, along with headaches, and stiff shoulders.

By combining 200mg of standardized Bilberry extract which contains 36% anthocyanins, 6mg of natural Astaxanthin, and 10mg of Lutein, the subjects experienced significant improvements in their visual acuity – i.e., their ability to see fine print and details. They also experienced less difficulty focussing their eyes and reduced pupillary response (where the pupil may constrict or narrow because of different stimuli).

Another two-year study in people with glaucoma found that taking 120mg of Bilberry anthocyanins daily improved visual function by around 30%, whereas those in the placebo group experienced worse visual function.

DID YOU KNOW?

Taking a probiotic supplement can improve immune health in athletes, reducing the severity or duration of respiratory infections that may result from exercise sessions.

SOURCE:

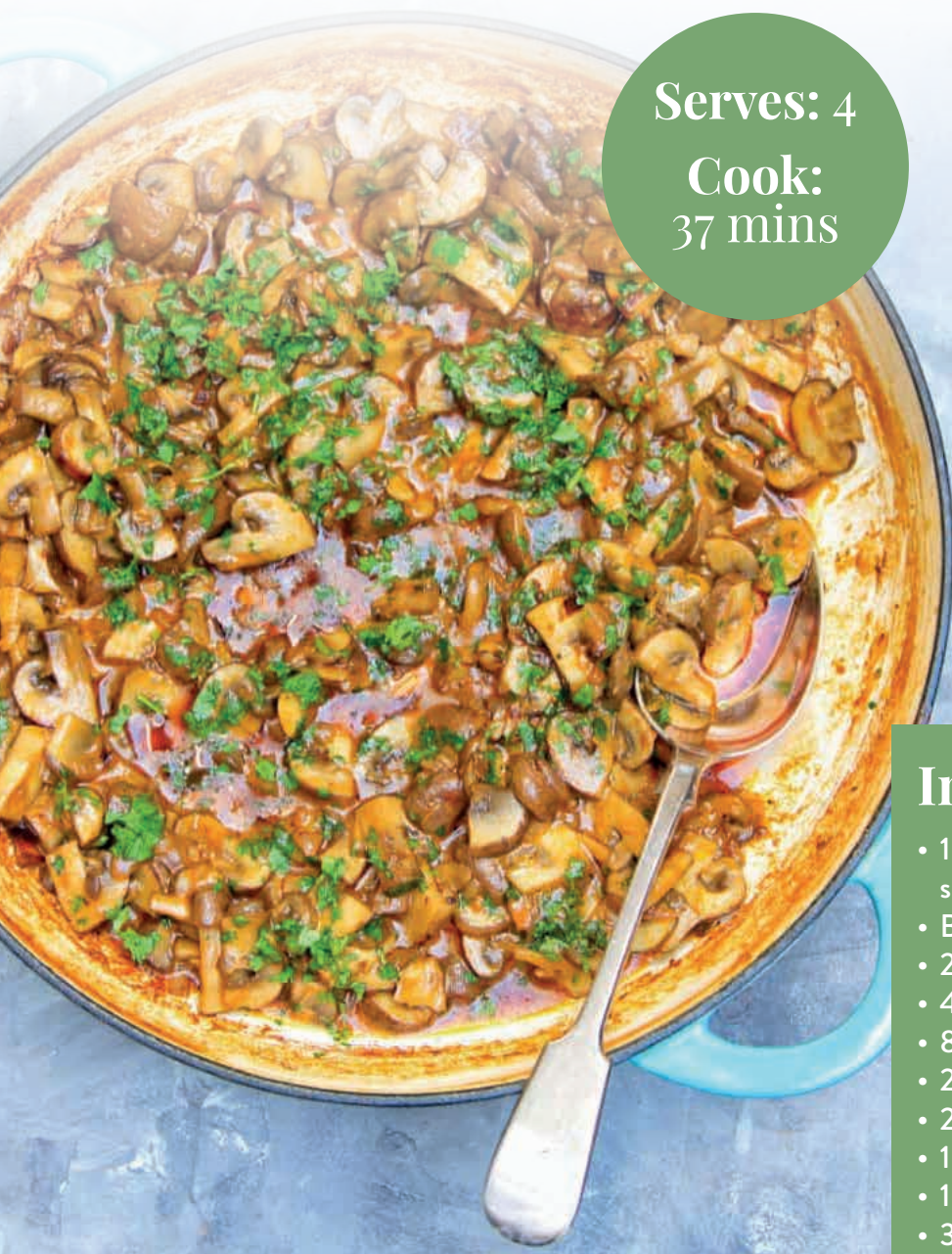
All study references can be found at www.NaturallyHealthyNews.com

REALLY HEALTHY RECIPES

One-Pot Vegan Mushroom Stroganoff

Serves: 4

Cook:
37 mins



A winter warming dish filled with chestnuts, garlic and fresh herbs for a satisfying vegan, gluten-free one-pot dinner.

Directions

1. Firstly, dice the red onions and roughly slice the mushrooms. Crush the garlic cloves.
2. Heat a large shallow pan with oil. Once hot, add the garlic, onion and mushrooms along with a decent pinch of salt and pepper. Simmer for 5 minutes, stirring frequently.
3. Once the mushrooms are soft, add the coconut milk, mustard, paprika and lemon juice and stir well.
4. Cook on a high heat (this helps the sauce to thicken nicely) for 20-25 minutes or until the desired consistency. Keep stirring every 5-10 minutes.
5. Finally add freshly chopped parsley and stir it into the stroganoff, leaving some to garnish for serving. Serve with cooked quinoa as a healthier alternative to brown rice.

Ingredients

- 1-kilogram chestnut mushrooms (roughly sliced)
- Brown Rice or Quinoa (optional side)
- 2 red onions (diced)
- 4 garlic cloves (crushed)
- 800 millilitres coconut milk
- 2 teaspoons Dijon mustard (good quality)
- 2 teaspoons paprika
- 1 lemon
- 1 handful of fresh parsley, chopped
- 3 tablespoons olive (coconut oil)
- Black Pepper

Seven Ways Inflammation Can Hurt The Body, and the Natural Ways to Stop It

Inflammation is a process where the body's white blood cells protect us from infection and foreign organisms, such as bacteria and viruses. The problem happens when inflammation becomes chronic and becomes continuous, preventing the body's natural healing processes from occurring and often causing pain.

What inflammation does to the body

Inflammation might not sound like a serious health issue, but it's potential impacts on the body are wide-ranging and can be severe, even debilitating, often having massive consequences on quality of life. Symptoms of inflammation include redness, swollen joints, stiffness, pain and even loss of organ function. Inflammation can also cause fever, chills, fatigue and loss of energy, headaches, loss of appetite, and muscle stiffness.

Here are some of the main ways in which chronic inflammation can damage your health:

1. JOINT PAIN

Joint pain is a very common health complaint, often affecting the shoulder, elbow, wrist, hand, knee, foot and ankle. This kind of inflammatory pain can be caused by synovitis – where the thin membrane lining the joints becomes inflamed and releases chemicals that irritate nerves and increases fluid in the joint.

In active, healthy people synovitis can usually come as the result of a sports injury or

chronic frictional trauma (the overuse of certain connective tissue, which may be the consequence of a job which involves repetitive stress movement - e.g. lifting).

It can also occur in those with inflammatory arthritis, when the body has an abnormal immune response, misidentifying its own natural cartilage as a foreign substance that must be attacked.

This inflammation can lead to cartilage loss and, eventually, damage to the actual joints.

Unsurprisingly, these conditions can be very painful and significantly impact our daily lives. It can also be difficult to diagnose, as synovitis doesn't always prompt an external reaction - there may be no visible evidence, like swelling or redness, despite consistent, targeted pain.

2. HEADACHES AND MIGRAINES

Inflammation in the head can lead to acute headaches, sinusitis (inflammation of the sinuses), pharyngitis (inflammation or infection of the throat), or otitis (ear infection or inflammation). Chronic headaches or migraines can be debilitating, making it difficult to focus. Around 4 million people have chronic daily migraines – at least 15 migraines per month, making it the third most prevalent illness in the world. Migraines can be difficult to diagnose, and the cause can be even harder to determine, but research suggests there may be some link between migraines and inflammation.

A study presented at the 2016 Annual Meeting of the American Headache So-

ciety in America found that a migraine diagnosis is associated with elevated high sensitivity C-reactive protein (hsCRP), a marker of inflammation, in young adults. After analyzing data from analyzed data from 9269 adults aged 24-32 years, they found that the relationship is particularly apparent in young women and may play a role in migraine pathogenesis.

3. BREATHING DIFFICULTIES

Inflammation can have startling effects on the lungs. Lung conditions such as Bronchial Asthma, COPD, Emphysema, Pulmonary Fibrosis and more are, at their core, caused by inflammation. Lung health isn't something to ignore; in the UK, approximately 1 in 5 people have a history of respiratory illness, and someone dies from lung disease every 5 minutes.

Breathing difficulties can prevent us from getting enough oxygen, which makes it difficult for the body to naturally heal itself. To improve lung health, it's essential to begin by removing inflammation and dead scar tissue from the lungs which may be making it difficult to breathe. A New Zealand study found that reduced lung function is associated with systemic inflammation in young adults. Worryingly, there was no association related to smoking, asthma, or obesity and the findings indicated that the association between lower lung function and increased inflammation predated the development of either chronic lung disease, poor lung function and cardiovascular disease.

4. CARDIOVASCULAR ISSUES

Blocked arteries, heart health issues and more can all be attributed to inflammation. Chronic inflammation plays a pivotal role in the development of atherosclerosis and heart disease, for example. Over the past 20 years or so, researchers have discovered that inflammation is a major risk factor for heart disease. As with lung health and migraines, a study published in The New England Journal of Medicine found that increased levels of the inflammatory biomarker high-sensitivity C-reactive protein (hsCRP) can predict car-

diovascular events.

“Just like we’re targeting blood pressure, cholesterol and blood glucose, we also need to target inflammation,” says Erin Michos, M.D., M.H.S., associate director of preventive cardiology for the Ciccarone Center for the Prevention of Heart Disease. “We all should be making an effort to reduce chronic inflammation in our bodies.”

Inflammation, particularly if it’s chronic, can irritate blood vessels and may promote the growth of plaque - vastly increasing the risk of a blood clot, which is the primary cause of heart attacks and strokes.

5. AUTOIMMUNE CONDITIONS

Autoimmune diseases are a diverse and often mystifying set of conditions that vary in severity from the annoying to life-threatening. Anyone with an autoimmune condition may find that their immune system attacks healthy cells in the body by mistake. The classic sign of an autoimmune disease is inflammation – causing redness, heat, pain and swelling. There are a wide variety of autoimmune conditions with no exact known cause; some of the most common autoimmune conditions include Rheumatoid Arthritis, Osteoarthritis, Multiple Sclerosis, Hashimoto’s Thyroiditis, Celiac Disease, Inflammatory Bowel Disease, Graves’ Disease and more. All of them have chronic inflammation at their core.

6. ORAL HEALTH DISEASE

Gum inflammation known as gingivitis, often comes before periodontitis (gum disease). During the early stages of gingivitis, the bacteria in the plaque build-up and this causes the gums to become inflamed. The body can overreact to the presence of bacteria in the gums and cause massive inflammation, which can then gradually affect the bloodstream and lead to damage in the heart and brain.

Gum disease may increase your risk of

all kinds of other health complications, including stroke, diabetes and heart disease. It’s even been linked with problems in pregnancy and dementia.

Chief Executive of the British Dental Health Foundation, Dr Nigel Carter, explains: “The link between oral health and overall body health is well documented and backed by robust scientific evidence. Despite this, only 1 in 6 people realises that people with gum disease may have an increased risk of stroke or diabetes. And only 1 in 3 is aware of the heart disease link.”

7. SKIN HEALTH PROBLEMS

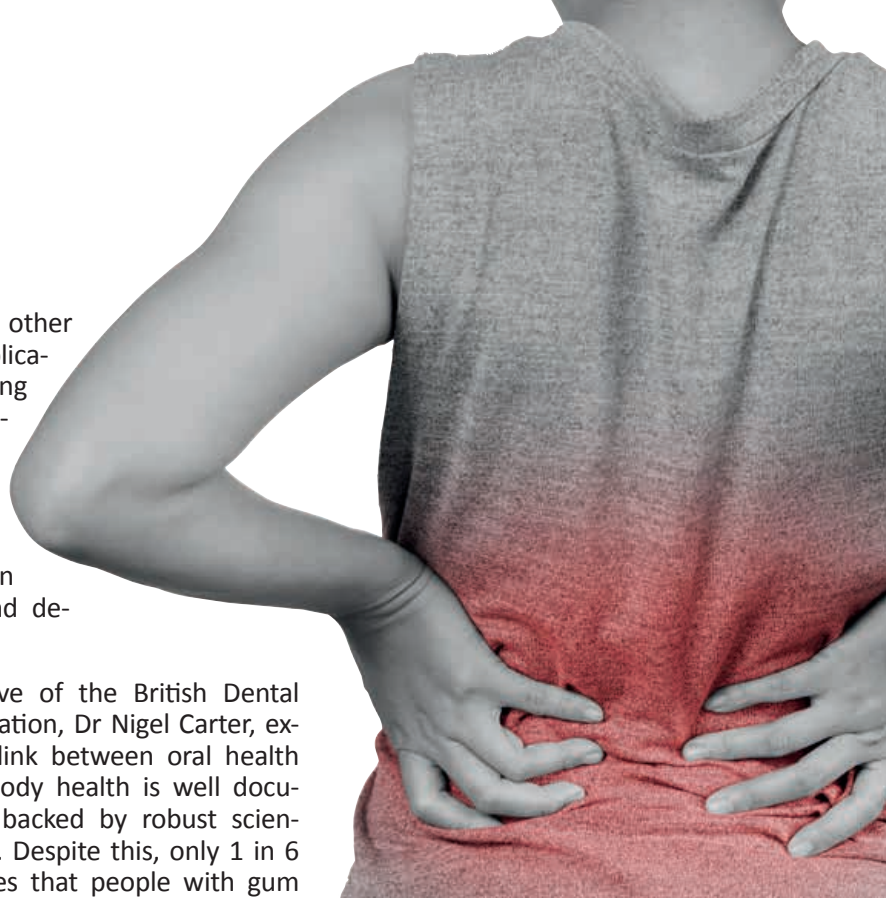
When there is immune system dysfunction, skin inflammation is a common symptom. This can result in various skin disorders such as acne, psoriasis, eczema, swelling, ringworm and shingles amongst other problems.

A natural solution to inflammation

Serrapeptase is a naturally occurring enzyme that can safely ease inflammation in the body.

There are a wide range of health conditions that Serrapeptase can provide support and natural relief for because it works on dissolving inflammation and breaking down fibrin - a tough protein that accumulates in scar tissue. Therefore, it can work quickly, safely and efficiently to break down dead scar tissue wherever it is present in the body.

Relieved from inflammation, the body can then begin healing itself. That’s why stopping chronic inflammation can also stop persistent symptoms such as pain, swelling, redness and general discomfort.



Recommended Products

SERRAENZYME® 250,000IU

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



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® CREAM ULTRA + CBD OIL

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



Sources

All references can be found at www.NaturallyHealthyNews.com

A Non-Surgical Solution to Male Pattern Hair Loss

Male pattern hair loss (MPHL), also known as androgenetic alopecia, is the most common type of hair loss in men; affecting about 50% of men over the age of 50.

How to know if you have hair loss

MPHL is caused by a combination of genetic and hormonal factors. It usually becomes clear after puberty, manifesting as a receding frontal hairline and loss of hair from the top of the head. A hormone called dihydrotestosterone (DHT) causes a change in the follicles on the scalp, with hair in the affected areas initially appearing lighter, thinner and shorter. Eventually the follicles shrink completely and the hair will disappear altogether, although the duration of time this takes varies from person-to-person. Sometimes it can take years, sometimes it can occur in a very short amount of time.

MPHL tends to progress very slowly, from several years to decades, however an earlier age of onset may lead to quicker progression. Baldness is a part of ageing, but the psychological effects can be devastating, particularly if it occurs early in life or progresses very quickly. Some men have a genuine fear of going bald and it can cause high stress levels, low self-esteem, reduced sex drive and even depression.



What can I do?

There are options available for men who want to slow or reverse hair loss. Unfortunately, many aren't provided on the NHS and can be expensive or unsuitable for some people; these include minoxidil and finasteride, wigs and hairpieces, tattooing and skin camouflage, or surgery.

One option is PRP. Otherwise known as Platelet Rich Plasma Therapy, this is a powerful anti-hair loss solution that provides nutrition to the scalp to help bring about healthy, safe and authentic regrowth.

A non-invasive and non-surgical solution that uses the platelets from your own blood to cleanse the scalp and stimulate hair growth, PRP revives your scalp's natural ability to produce healthy hair, resulting in a natural look that other options simply can't offer.

Nutritional support is another natural, healthy way to look after your hair and scalp. Magnesium may prevent hair loss caused by scalp calcification, which can be caused by exposure to hard water (e.g. through showering) [3][4]. Selenium has been found to prevent loss of hair and pigmentation. One clinical trial in patients

undergoing chemotherapy showed a significant decrease in hair loss in patients receiving selenium supplementation, as compared with controls.

Recommended Product

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.



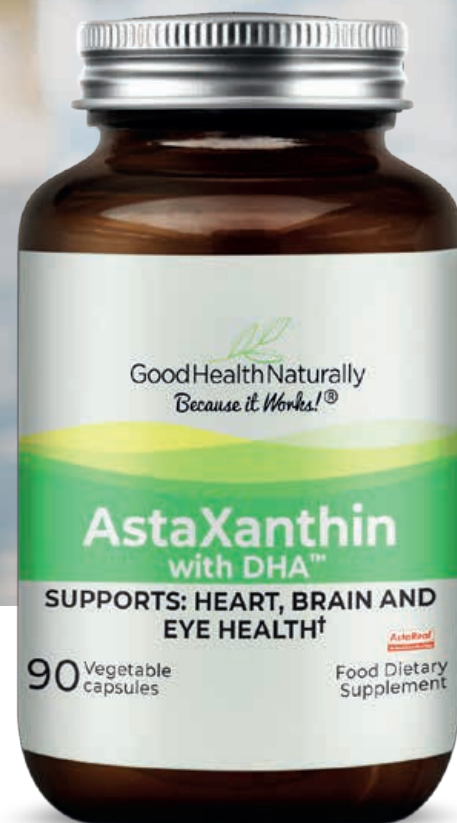
ANCIENT MAGNESIUM® RANGE

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



Provides The Richest And Most Natural Source of Astaxanthin With Pure DHA

Astaxanthin, a red-orange carotenoid pigment, is known to be one of the most powerful antioxidants and free radical scavengers found anywhere in nature.

Studies have demonstrated its antioxidant activity to be 1000x more effective than vitamin E. It offers highly effective anti-oxidant support for areas such as eye and brain health.

Astaxanthin is also renowned for its anti-inflammatory effects and ability to fight pain and discomfort in the body.

Astaxanthin can play a powerful role in skin health and seems protective again UV-induced skin damage and deterioration.

AstaXanthin with DHA™ includes AstaReal® AstaXanthin, the world's most studied astaxanthin, which is cultivated in a state of the art and fully enclosed biosystem for maximum control and purity.

Derived from algae and with DHA from a pure plant source, AstaXanthin with DHA™ is suitable for vegetarians and vegans. Each AstaXanthin with DHA™ bottle contains 90 vegetable capsules.



The Most Studied
Astaxanthin in
the World



The Richest and Most
Natural Source of
Astaxanthin



Pure DHA from
a Plant Source



Suitable for Vegetarians
and Vegans

Available at all good independent health food stores


GoodHealthNaturally
Because it Works!®



Good Health Naturally *Because it Works!*®



The Original Serrapeptase With The Most Powerful Formulations

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 help safely and effectively break down unwanted proteins and help clear inflammation in the body. Available in capsules and tablets.

