

NATURALLY HEALTHY NEWS

ISSUE 42

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Hello and welcome to Issue 42 of Naturally Healthy News.

It is over 30 years since I started on my personal journey to good health, and since then, I've been helping people get and stay healthy with my 10 step plan and health solutions. I study both the causes and nutritional solutions to your health problems. Doctors call them diseases, but I call them the effects of an unhealthy lifestyle. At 76, my health is better than ever.

This edition explores various health topics such as heart health, skin health, diabetes, seasonal allergies, fertility, lung health, brain health, digestive health, inflammation, the thyroid and many more. I also take a closer look into essential nutrients such as magnesium, CoQ10, omega-3 fatty acids, B vitamins and probiotics. Plus, the benefits of electro-acupressure are explored in the Healthpoint article. This issue also includes an article on how to protect you and your family from harmful 5G radiation with Quantogram Technology.

Ebooks: Don't forget you can also access my library of free eBooks. These contain all the steps needed for various health challenges and are entirely free for download at www.naturallyhealthynews.info.

Products: My liposomal range of products continues to expand, with Liposomal B4 Health and Liposomal CoQ10 new for this year. While my serrapeptase products, SerraEnzyme, Serranol and Blockbuster, continue to lead the way in cutting edge enzyme therapy.

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

Take good care,

Robert Redfern

Robert Redfern
'Nutritionalist,' author, and
broadcaster



3 WAYS TO READ THIS MAGAZINE

1

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

2

Dip in and out by subject matter: advice on How to 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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© 2022 Naturally Healthy Publications

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



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*RECIPE SOURCES FOUND AT
[REALLYHEALTHYFOODS.COM](https://www.reallyhealthyfoods.com).



WHAT'S LONG CV?

This article provides updated solutions for those who have had CV and those who have not. I also include a condition called Long CV which can affect people before or after they have had 'it'.

I had previously written that I would leave this subject alone as it is becoming so divisive and I was getting censored. On the other hand, I am getting many questions from those who have had "it" as well as those who have not had "it". This subject is not going away, as even for those who had 'it' we are starting to hear of the side effects and being asked for advice.

1. FOR THOSE WHO HAVE HAD "IT"

This is not advice on whether to have or not have "it". It is simply the same recommendation for anyone who has been contaminated by any toxins and wants to mediate any long-term effects. Your body will always try to detox such things in any case, as unnatural toxins always cause damage eventually.

Healthy foods and drinks – This is the critical time to only eat really healthy foods and to drink water. See the link later on to my newsletters for more advice on this.

Supplements for detox support – Take Serranol® for inflammation. We also recommend Zeolite Spray. Charcoal capsules or powder mixed with foods. Other recommendations include BrainPower™, Pure Concentrated Organic Minerals™ Liquid Drops, PrescriptBiotics™, and ActiveLife™, all available from Good Health Naturally.

2. FOR THOSE PLANNING TO HAVE "IT"

This (Or the Booster Jabs)

The reported side effects that are mentioned on the UK Government Yellow Card and the USA VAERS pages for some people, as well as teenagers, can include: Heart Inflammation (Myocarditis and pericarditis), Bleeding, Clotting and Ischaemia, Immune System Problems, 'Pain', Neurological Issues, Loss of Sight, Hearing, Speech or Smell, Pregnancy Complications.

The recommended supplements to start taking 7 days before for preventative support include: BlockBusterAllClear®, ActiveLife™, Pure Concentrated Organic Minerals™ Liquid Drops, Zeolite Spray, BrainPower™, CureC™, Magnesium OIL ULTRA, and 10,000IU OF Vitamin D3.

3. LONG CV

This is a condition we have helped for nearly 30 years and it's sometimes called Post Viral Syndrome. Its latest name is called Long-CV but other names include ME, Chronic Fatigue, and many others. There is no single cause and imperfect lifestyle as with most disease is the likely cause. Shedding is also thought to be a possible cause.

Long-CV (or ME) is not a disease but a syndrome (a set of symptoms). It is almost always multifactorial, that is, there is no one single cause but many, and usually several are operating simultaneously in any one person. There is no one magic bullet.

Nevertheless, there are common factors, and in most cases, there is some malfunction of the compromised endocrine system and/or compromised immune system. The immune system includes the gut, spleen, bone marrow, thymus, liver, lymph glands, blood, and (perhaps surprisingly) the nervous system.

There is a continuous daily interaction between the mind, digestive system, and immune system. These diseases are not all in the mind, but the mind/immune interaction can be upset by a polluted body. Factors that may affect this include vehicle exhaust fumes, processed factory food, medicinal drugs, and even emotions.

The symptoms include extreme tiredness, brain fog, along with an aching body and muscles.

Many people say there is nothing you can do about Long-CV except wait and suffer, but in reality, the body simply needs its own great reset.

Most disease and premature deaths could be prevented in a much safer way – by everyone taking 10,000 -20,000IU of Vitamin D3 and other critical missing nutrients such as Magnesium Oil.

THE LIFESTYLE TO FOLLOW TO GET HEALTHIER

Visit www.naturallyhealthynews.info for more details.

On this website, you can search for more information on the recommended health solutions that I mention in my many newsletters. For example, you can type in 'Fasting', into the SEARCH BOX in the top right-hand corner of the website for more results. It will return detailed information on this topic so you can learn more about how it supports your good health.

A NEW EPIDEMIC:

Are you getting enough sleep?

We seem to be in the middle of a sleep-loss epidemic, and the health consequences may be far graver than any of us could imagine. Here's why you should start making sleep a priority.

Adults need between seven and nine hours every night, yet figures show nearly half of Brits are often managing just six or less, with more than a quarter experiencing poor sleep on a regular basis. Life is busy, many of us are burning the candle at both ends or tossing and turning, unable to get a good night's sleep, and the situation is feared to have become even worse during the ongoing COVID-19 pandemic.

Far from being passive activity, it's a crucial time for complex maintenance, processing memories and replenishing energy. At some points, the brain is just as active as when awake. So, it should come as no surprise if we don't get enough sleep, it can have a massive impact on our health. It's linked to all kinds of chronic conditions, including obesity, depression, cardiovascular disease, high blood pressure, diabetes, impaired memory and mood.

What happens if we don't get enough sleep?

Even one night of poor sleep can make you feel less alert, irritable and forgetful. Sleep deprivation can actually have the same impact as excessive alcohol consumption on reaction speeds. Tiredness increases the risk of a car crash; one in six road accidents resulting in death and injury were fatigue-related.

Sleeping less than seven hours a night regularly has been linked to anxiety, depression, memory loss and even dementia. In 2012, researchers identified the glymphatic system, which removes cellular waste from the brain while sleeping. Without adequate sleep, our brain cells may become so polluted with by-products that they begin to malfunction.

You are more likely to get sick, as sleep deprivation interferes with the normal functioning of the immune system. Studies have found that insufficient sleep increases the risk of catching colds or flu.

Tiredness can lead to comfort eating, poor dietary choices and obesity. This may be because appetite hormones become

disturbed. A study found participants with short sleep had reduced leptin, the hormone which signals to the brain we're full, and elevated ghrelin, which tells our body we are hungry. This is likely to increase appetite.

Diet and lifestyle choices can have a huge impact on how well we sleep.

Getting outside in the natural light, especially in the mornings, will help keep your circadian rhythm, or sleep-wake cycle, healthy. Aim to go to bed and wake up at the same time every day. While daily exercise is important, performing it too late in the day may cause sleep problems.

Eat your final meal at least three hours before bedtime, as eating too late may affect the sleep hormone melatonin production. Include sleep-inducing foods such as nuts, especially almonds and walnuts, oily fish and kiwi fruit.





A bedtime routine involving relaxation techniques like listening to relaxing music, reading a book, taking a hot bath, meditating can help improve sleep quality.

Beware of sleep disruptors...

Electronic gadgets, such as television and computers, are consistently linked to poor and shorter sleep patterns. Their bright display lights counteract the natural effect of darkness and are associated with decreased secretion of the sleep hormone melatonin. Content on these devices may also stimulate a stress response by evoking excitement, fear, and other emotions, which disrupt sleep.

Avoid caffeine in the afternoon and evening. It can stimulate the central nervous system making it harder to fall asleep. Don't be tempted to use

alcohol as a sedative, as generally, it causes a more fragmented sleep.

It's one thing to understand you need sleep to thrive. But what if your body won't cooperate? Here are some natural aids to help you get a good night of restorative sleep

If you have difficulty dropping off, nature's natural relaxant magnesium can be a great option. Add flakes to your evening bath, or apply it topically as a lotion before bed. Try it blended with melatonin, the key sleep hormone, for extra support.

Gamma-aminobutyric acid, or GABA, could help you "power down." This "calming neurotransmitter" helps ease anxiousness, promoting calmness and inducing sleep. One study found people with chronic sleep problems had 30% lower levels of GABA.

Supplementing with the amino acid L-Tryptophan has been shown to

increase drowsiness, decreasing the time it takes to fall asleep.

Several studies have suggested that L-theanine could help improve sleep quality. It helps boost GABA and alpha brain waves which are associated with relaxation.

If stress is an issue, you may find high cortisol levels are keeping you awake. B vitamins, especially B3, B6 and B12, may help buffer cortisol's effects, allowing you a good night's sleep. Vitamin B3 and B12 also play a role in your sleep/wake cycle.

Recommended Products

LIPOSOMAL GABA™ WITH L-THEANINE AND ASHWAGANDHA

Provides fast and effective support during times of anxiety and stress. Recommended for calm and balanced moods, along with supporting a better night's sleep. 100ml. Vegetarian and vegan.



RELAXWELL™

A unique combination of L-Tryptophan, L-Theanine, plus vitamins B6 and B3, each selected for their known role supporting stress, relaxation and sleep. 90 capsules. Vegetarian and vegan.



ANCIENT MAGNESIUM® WITH MELATONIN

A pure, high-potency, topical magnesium chloride lotion with OptiMSM® and Melatonin, to support relaxation and sleep. Vegetarian and vegan.



Sources

All references can be found at www.NaturallyHealthyNews.com



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

High-Quality Liposomal Vitamin C - Each serving provides 1000mg of Liposomal Vitamin C, 400mg natural (non-hydrogenated) Phosphatidylcholine + 100mg Quercetin for cardio health and immune system response.

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

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Good Health Naturally
Because it Works!®

Discover The Simple Citrus Fruit That Boosts Your Heart Health...

Bergamot supports your heart health and cholesterol balance in three easy ways



As a famous Italian superfood, Bergamot Fruit Extract has been used for centuries to increase good cholesterol levels and support heart health. It contains natural polyphenolic antioxidants linked to improving cardiovascular health, fighting inflammation, and weight management.

Several constituents, including naringin, neoeriocitrin, and rutin from bergamot, have been reported to lower the oxidation of LDL particles. This is a groundbreaking revelation for many looking for healthier ways to improve their cardiovascular health.

Traditionally grown in Southern Italy, Italian researchers discovered Citrus bergamia's powerful impact on cholesterol over a decade ago. Multiple studies have since highlighted its natural health-promoting benefits, without any of the unwanted side effects of statins.

Why Take Bergamot Fruit Extract?

High-potency BERGAVIT™ is a standardised extract containing the main active flavonoids of bergamot juice.

Supported by 11 pre-clinical and 4

clinical studies, Super BERGAVIT has been shown to make it easier to maintain a healthy weight. It can also support metabolic wellness more effectively than changing diet alone. It's proven by clinical trials to improve CVD risk factors, controlling 'bad' and increasing 'good' cholesterol at the same time.

One comprehensive analysis of nearly 400,000 people, published in The Lancet in 2019, linked imbalanced cholesterol before age 45 with an up to 29-percent higher heart disease risk by age 75.

Cholesterol Is Important For Good Health

The problem isn't cholesterol itself. We need a healthy amount to balance hormones, protect arteries, and support brain function. However, high cholesterol may be the warning of an unhealthy lifestyle. When cholesterol hardens, when inflammation and oxidation occur, problems arise. Bergamot Fruit Extract may protect cholesterol from hardening.

Super BERGAVIT Bergamot 45% is unique in that it can regulate cholesterol levels while helping to control inflammation. Recently, 80 study participants were treated with 150mg of pure Bergamot flavonoids a

day for six months, equivalent to 550 to 600mg of the Bergavit™ ingredient.

The results showed that Super BERGAVIT Bergamot 45% might protect heart health because of its impact on cholesterol, preventing any medication from being needed.

Some people may prefer to avoid cholesterol-lowering drugs due to potential side effects. Research also suggests that diabetes risk increases by 60 per cent from taking statins. Therefore, anyone taking cholesterol-lowering drugs can benefit from taking a Bergamot supplement as it's allowed some statin users to halve their medication dose. More importantly, however, it gives people another option to balance cholesterol using a different method than medication.

Recommended Products

HEARTPOWER45™

High-potency super BERGAVIT Bergamot 45% fruit extract. Benefits overall cholesterol balance and heart health. Supported by clinical trials to improve CVD risk factors. 60 capsules. Vegetarian and vegan.



Sources

All references can be found at www.NaturallyHealthyNews.com

Q&A

Discover how to step into good health as our team of expert health coaches answer your most important seasonal health questions.



Q

I always feel sluggish coming out of the winter months. Is there anything I can do?

Answer:

When feeling sluggish or out of sorts, the liver is often a good place to start. In Traditional Chinese Medicine, it is considered normal to focus on supporting the liver twice a year. This is done in the spring to clear the impact of the heavier foods of winter and the autumn to prepare the liver for the colder season. Liver supporting foods include sour and bitter ones like chicory, ginger, grapefruit and coriander. Apples, in particular, are wonderful for the liver, and

turmeric, onions, garlic, radishes, dates and chives are good choices too. Starting the day with warm water with freshly squeezed fresh lemon helps wake the liver and digestive system up. Consider supplements such as curcumin for inflammation and as an antioxidant, vitamin C, nascent iodine and selenium to help improve the metabolism, zeolite to help clear heavy metals, milk thistle tincture, and dandelion tea. Dry skin brushing helps the lymphatic system and can also be beneficial.

- Sara

Q

Does stress make a difference to my immunity?

Answer:

In addition to a good diet and ample hydration, a healthy mindset is integral to an effective immune system. In particular, it is essential to minimise the stress response. Stress puts the body into fight or flight mode. When in this mode, the body is preparing to run from danger or stay to fight it. In turn, this means that energy and resources are pulled from the internal organs, diverted from essential repairs and other functions, to prioritise sending energy to the muscles of the arms and legs. In other words, stress shuts

down the immune system. We are currently going through times that many are finding incredibly stressful. If you can switch off the news, keep away from the scare stories on the internet, and instead find positive ways to support your wellbeing and those you love, then you will reduce your stress levels and thus improve your immunity. You could also try listening to meditation and calming recordings. Deep breathing to help bring your energy down to the belly is another powerful way of calming the system.

- Sara

Q

Every year I suffer from terrible hayfever. Do you have any suggestions?

Answer:

Allergens, like pollens, trigger an immune response, releasing histamine, which causes symptoms such as runny noses, itchy eyes and wheezing. So, strengthening immunity is an excellent place to start. Around 70% of our immune system is located in the digestive tract. Research shows increasing the diversity of "good" gut bacteria may help lessen the impact of seasonal allergies.

Eat a nutritious diet packed full of fibre and antioxidants, lots of colourful fruit and vegetables, legumes, oily fish, nuts and seeds. Artichokes, onion and garlic are all excellent prebiotics, which feeds our friendly bacteria. Keep processed meals and sugary snacks that are

inflammatory to a minimum. Avoid substances containing histamines that can make symptoms worse, such as cheese, red wine, and chocolate. Cutting out mucus producing foods like dairy during the hay fever season can make a huge difference to nasal congestion. Supplements to consider include probiotics, natural antihistamines such as Vitamin C and the flavonoid quercetin. Serrapeptase can help clear inflammation and excess mucus. Minimise exposure to allergens, stay indoors if possible on high pollen count days, wear wraparound sunglasses, or try a pollen barrier balm.

- Cath

SPRING EDITION

Q I like to picnic in the summer but often find the food choices heavily focused on unhealthy convenience foods, such as bread, pastries and salty snacks. What suggestions do you have for some healthy picnic ideas?

Answer: Picnics are all about sharing and are a great way to socialise in the great outdoors during the warmer months. But that doesn't have to mean we can't also enjoy some delicious healthy foods as well. A simple starting point is to prepare lots of brightly coloured vegetable crudites, including peppers, cucumber, celery, carrots, radishes etc., for dipping into some homemade hummus, guacamole or salsa. Chicken skewers and courgette tortillas can also be cooked in advance and shared out. Olives, boiled eggs, cherry tomatoes and falafels make great picky food. Plus, quinoa salads and homemade coleslaws make some great sides. For that sweet treat, make a big fruit platter with lots of seasonal berries and summer ripe fruits, such as melon, pineapple, and mango. Check out www.reallyhealthyfoods.com for some recipe ideas.

- Lindsay

Q My feet and ankles tend to puff up more in the summer. What can I do?

Answer: This is a common problem in the summer as heat can trigger fluid retention, resulting in puffiness around our ankles. Things we need to focus on to improve this issue include hydration and movement. Ironically when we are a little dehydrated, our bodies will attempt to hold on to more fluids, and oedema in the ankles can signify we need to be drinking more. Climate and levels of exercise will all affect our fluid requirements, but as a general rule, we need to aim for around 1.5-2 litres of water per day. Movement is also essential to keep the swelling down, as this can stimulate blood flow and the excretion of fluids. Be aware of your salt intake, especially in foods such as processed meats and salty snacks, as excess salt in the body can also lead to more fluid retention. If symptoms do persist, however, it is vital to get them checked by a doctor.

- Lindsay

Q Other than using a good natural sunscreen and being careful about sun exposure, how can I protect my skin from sun damage?

Answer: What we eat can play a part in protecting our skin from sun damage and keep it looking younger. Eating a plant-based diet rich in fruits, vegetables, nuts, and seeds can improve our skin's natural sun protection. The antioxidants, vitamins and polyphenols in plant foods offer a variety of skin health benefits helping to prevent UV damage from sun exposure and to heal the skin afterwards. Try to eat the rainbow, incorporating a wide variety of colourful fruits and vegetables daily. Tomatoes and watermelon provide plenty of lycopene which can mitigate the harmful effects of UV light. Red grapes contain resveratrol, a beneficial antioxidant polyphenol that protects the skin. Ellagic acid found in raspberries, strawberries, cranberries, and pomegranates has been found to repair skin damage following sun exposure. Carrots, red peppers, and sweet potatoes are rich sources of beta carotene which defends against oxidative stress. Dark leafy greens provide plenty of lutein and zeaxanthin, additional essential nutrients for the skin. Green tea contains polyphenols that research has shown benefits against UV induced skin damage, so try to drink a cup or two daily during the summer months. Our recommendation: Consider Good Health Naturally's Astaxanthin with DHA. Astaxanthin is a powerful antioxidant proven in various human trials to offer effective and safe UV protection.

- Hannah

DID YOU KNOW?

Walking just 7000 steps a day is enough to reduce your risk of premature death between 50 and 70 percent according to new research.

How To Breathe Easy Again...

Discover the nutrients that can help you to achieve healthy lungs

Every breath we take provides us with oxygen - vital for sustaining our life force. The lungs control respiration by exchanging air, allowing oxygen to be absorbed and waste gases to be pulled from the bloodstream. Oxygen is then transported to tissues and organs, allowing them to function efficiently.

Our lungs function best when we breathe clean air. The lungs are the only way through which the body can absorb oxygen and then deliver it to all the organs. Unfortunately, modern living and environmental pollution can contribute to lung diseases. With age, the lungs also shrink, often related to inflammation, poor nutrition, lack of use, and improper breathing patterns.

The British Lung Foundation reports that someone in the UK dies from lung disease every five minutes. And approximately one in five people has developed asthma, COPD, or another serious respiratory illness. Half of these people are currently receiving treatment, i.e. inhalers for asthma. Making lifestyle changes and taking an enzyme known as serrapeptase (derived from

the silkworm), along with other critical nutrients, can make a significant difference in supporting lung rehabilitation.

Here we explore several nutrients that can help your lung function, supporting you to achieve good health...

1. Serrapeptase

As an anti-inflammatory proteolytic enzyme, Serrapeptase is supported by various studies and is shown to improve lung conditions such as chronic cough, chronic obstructive pulmonary disease, bronchitis, emphysema, bronchiectasis, bronchial asthma, pneumoconiosis, cystic fibrosis, asbestosis, and dust allergies.

Serrapeptase assists the lungs by clearing inflammation, dead scar tissue, and mucus. Once the inflammation is removed, the body's natural healing can occur. This results in better lung function and easier breathing.

Recent research also shows that Serrapeptase has potential benefits for viral infections and is promising for reducing Covid-19 symptoms and similar respiratory conditions. [1] One recent study from 2021 found that taking

Serrapeptase can improve pulmonary fibrosis symptoms in patients with the disease. Another Indian study found that Serrapeptase has been shown to reduce inflammation significantly. It does this by clearing the non-living tissue that may impede clear breathing, resulting in better lung function.

2. Curcumin

Naturally occurring polyphenols in Curcumin have shown to be a highly effective treatment for chronic lung diseases. By directly scavenging free radicals, the anti-inflammatory, anti-viral, anti-bacterial, and anti-cancer properties of Curcumin have demonstrated its effectiveness as a potential therapeutic agent for treating lung conditions and lung cancer.

The growing amount of data from pharmacological and animal studies also support the notion that curcumin is protective in various conditions. This includes chronic obstructive pulmonary disease, acute lung injury, acute respiratory distress syndrome, and allergic asthma - its therapeutic action being on the prevention or modulation of inflammation and oxidative stress.

According to studies, as a phytochemical, Curcumin has also been shown to potentially prevent lung damage from progressing into cancer while



supporting the body's normal inflammatory response.

3. Ecklonia Cava Extract

Ecklonia Cava Extract is one of many brown seaweed species shown to contain more potent free radical-scavenging properties when compared to commercial antioxidants. Grown initially off the coast of Korea or Japan, Ecklonia Cava is a powerful antioxidant and anti-inflammatory that provides many health benefits. In isolation, it's been found to reduce oxidative stress-induced cell damage in lung fibroblast cells. By enhancing cellular antioxidant activity and modulating the cellular signal pathway, Ecklonia Cava can protect cells against oxidative damage. One particular study also found that extracts of Ecklonia Cava may prove helpful as an adjunct therapy for allergic airway reactions.

4. Vitamin D3

Studies show that Vitamin D3

can reduce inflammation caused by T-cells. A study from Purdue University and the National Institute of Health published in 2021, found that it may be beneficial for Covid. In the lungs of people with COVID, part of the immune response was going into overdrive, exacerbating lung inflammation. Vitamin D3 was found to speed up the transition from pro-inflammatory to anti-inflammatory T-cells, helping recovery from lung infections.

Targeting inflammation is essential because this is the underlying factor behind many lung conditions, including chronic obstructive pulmonary disease, emphysema, and chronic bronchitis.

Research also shows that taking Vitamin D3 can reduce lung disease flare-ups by 40% in patients with a Vitamin D deficiency.

Have you been struggling with a health condition? Taking these supplements can help you to breathe easily again.

Recommended Products

SERRANOL®

A unique formula with Serrapeptase (160,000iu), Curcuminx4000 (250mg), ecklonia cava extract (50mg), and vitamin D3 (1000iu). Offers powerful anti-inflammatory and antioxidant benefits for a range of health conditions. 90 capsules. Vegetarian.



OXYSORB™

A powerful intra-oral liquid enzyme extracted from deep water seaweed, recommended for sport/fitness, when flying or at a high altitude, or during any heavy exertion. 60ml. Vegetarian and vegan.



DAILY IMMUNE PROTECTION

A unique combination of 10 powerful ingredients to help maintain the function of the immune system, including EpiCor®, eXselen™, L-OptiZinc, dimethylglycine, elderberry fruit extract, Immune Assist Powder, immudyne Nutritional, and larch arabinogalactan. 90 capsules. Vegetarian.



Sources

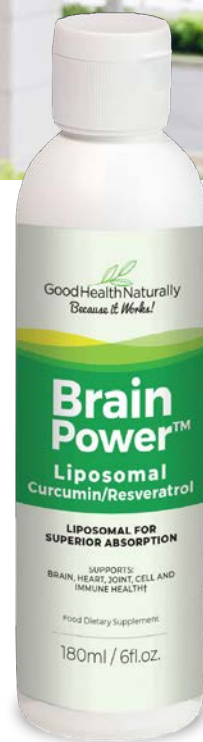
All references can be found at www.NaturallyHealthyNews.com



Good Brain Health Starts Here

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.



Powerful
anti-inflammatory



Immune system
support



High
bioavailability



Suitable for
vegans

Available at all good independent health food stores


Good Health Naturally
Because it Works!®

Health News

How Your 'Inflammation Age' Is What Really Matters When It Comes To Your Health

Your inflammation age could be more important than your real age when it comes to gauging the state of your overall health according to scientists from Stanford University and the Buck Institute for Research and Aging.

Researchers have developed a blood test to measure inflammatory age or iAge - a measure of chronic inflammation. They did this by analysing blood samples of more than 1000 people for levels of 50 cytokines and immune system proteins.

Half of the participants in the iAge test were aged between 50 and 79 and in normal health. While others in good health lived to an iAge 100 or more. By using more blood samples, researchers calculated the Age of 37 people from one area of Italy.

The centenarians were found to have an iAge that was 40 years lower than their actual age. In contrast, most of the younger group had an iAge higher than their chronological age.

Individually, the results even found that one 105 year old man had an immune system of a 25 year old!

Health and immunology experts claim it should be checked regularly to provide an early warning of inflammation-related conditions associated with aging - on everything from heart disease to dementia.

DID YOU KNOW?

Research shows that a keto diet with occasional fasting can help to slow and reverse the growth of brain tumors

Could a Keto Diet Help You Achieve Good Brain Health?

A keto diet could help to slow and even reverse brain tumors, according to recent research. Over an eight week study, researchers from the Wake Forest School of Medicine put 25 people with astrocytomas - a type of brain tumor - on a ketogenic diet. All of the participants had completed their conventional treatment which included radiotherapy and chemotherapy.

The ketogenic diet emphasises eating fats to fuel the body and stay fuller for longer. In this study followers of the diet ate bacon, eggs, heavy cream, butter, leafy, green vegetables and fish - interrupting this with a fast two days a week.

After completing the course, participants who follow the diet completely were revealed in brain scans to have an increase in ketones - the replacement fuel for glucose - that can slow the growth of tumors given time.

Even those who were less strict on the diet received benefits. This is because they had changed their body's metabolism to use fats, or protein, for their fuel. Brain tumours are tough to treat and have a very low survival rate. Yet this research provides exciting evidence that following a keto diet with occasional fasting, can help to slow and reverse their growth.

SOURCE:

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

Boost Your Brain's Anti-Ageing Routine

Giving your brain the right nutrients can support your grey matter as you get older

Our brain controls everything we do. Traditionally, the brain was seen as a static hub that powers everything in the body, unable to grow or develop its capacity beyond the teenage years. More recently, however, we now understand that our brain does grow and change and will continue to make new neural connections under certain conditions.

Brain plasticity is a relatively new concept. It gives us more understanding of how lifestyle is one of the most significant factors within our control of the brain ageing process.

The discovery of neural plasticity has changed how much control we have over how we age. Our lifestyle is one of the biggest factors that we can change. In 2018, the most extensive brain study conducted to date examined over 60,000 brain scans in over 30,000 people, aged from 9 months to 105 years. American scientists found that certain lifestyle choices and mental health disorders can cause considerable brain ageing.

Making changes to our lifestyle choices and getting the proper mental health support can help

us the most when it comes to how we think and act our age. Lifestyle factors play the most significant role in our brain health. Taking supplements can also support your brain and provide it with the nutritional foundation to stay sharp as you age. In brain injury cases, lifestyle improvements are even more critical.

Here are four lifestyle factors that can help to support a more youthful brain as you get older...

- 1. Eat Healthy Foods.** Avoiding sugars and starchy carbs can help protect you from inflammation that can be harmful to brain health.
- 2. Exercise Regularly.** Physical activity can help with improving your circulation and deliver more oxygen to the brain.
- 3. Brain Games** - Crosswords and Sudoku puzzles can keep your brain active and support cognitive function.
- 4. Take the right nutrients.** By taking supplements, you can safeguard an ageing brain and even regenerate brain cells.

Nutrients To Nourish Your Brain Health



Giving your brain the correct nutrition can help to protect against unnatural ageing. Nutrients should be considered the foundational step to better brain health.

These three proven nutrients are highly recommended to support your brain's anti-ageing process.

- 1. Curcumin.** The Curcumin compound has been shown to provide neuroprotective benefits, especially for Alzheimer's disease. Curcumin plays a protective role against β -amyloid peptides (which can trigger Alzheimer's progression). One Japanese study found that when taking Curcumin daily over 12 weeks, three patients with Alzheimer's disease experienced "remarkable" improvements in their behaviour. The 2012 study published in the journal *Ayu* reported that patients took 100mg of Curcumin. Afterwards, researchers concluded that taking a Curcumin supplement increased both the life quality and the activities of the patients, making it easier for



their caretakers too. Along with playing a protective role against Alzheimer's, Curcumin has been shown to promote stem cell growth in the brain, benefiting other conditions such as stroke and other neurological disorders. Researchers have also found that using liposomes can be a successful vehicle for delivering higher doses of the phytochemical Curcumin and having more staying power in the blood and tissues. Liposomal Curcumin, in particular, is beneficial for increasing the antioxidant levels and anti-cancer properties in the body - especially when combined with resveratrol. As the research shows, a high dose of Liposomal Curcumin and Resveratrol can help to support better brain health. When taken as part of your overall health and anti-ageing routine, it may even slow the cognitive ageing process.

2. Resveratrol. As a plant polyphenol commonly found in red wine, Resveratrol

has antioxidant and anti-inflammatory properties that benefit brain and nervous system health. Clinical evidence shows that Resveratrol can improve cerebral blood flow by crossing the blood-brain barrier, and studies show it has benefits for reducing cognitive decline in Alzheimer's patients. Researchers wrote that these findings suggest Resveratrol decreases swelling that results from inflammation in a 2015 study. Along with helping to improve Alzheimer's symptoms, there's also evidence that Resveratrol can be used as a potential treatment for Parkinson's Disease.

3. B-Vitamins. As a group of micronutrients, B-Vitamins play an essential role in brain health. One 2016 study published in the journal *Nutrients* found that B-Vitamins can help with numerous aspects of brain function, including energy production, DNA/RNA synthesis/repair and the synthesis of numerous neurochemicals and signalling

molecules. As the body doesn't store B-Vitamins, it's essential to receive a steady supply of these nutrients to avoid the risk of cognitive decline, including memory loss and neurodegenerative diseases such as Alzheimer's.

Recommended Products

BRAINPOWER™

Combines liposomal Curcumin and Resveratrol for maximum absorption. This sublingual formula reaches the brain within minutes. Provides antioxidant and anti-inflammatory protection. Made with natural, non-GMO ingredients. 180ml. Vegetarian and vegan.



LITHIUM BALANCE™

The trace mineral organic lithium when paired with organic orotate, creates a safe potential mood stabilizer. 200 capsules. Vegetarian and vegan.



B4HEALTH™

Is a liquid B vitamin product using liposomal delivery for fast and effective absorption. Provides B vitamins alongside D3, C and Selenium and B Support. 120ml. Vegetarian and vegan.



ANCIENT MAGNESIUM® OIL ULTRA

A pure, high-potency, topical magnesium chloride solution derived from the Ancient Zechstein Seabed with OptiMSM® for rapid absorption into the skin. Supports your daily magnesium requirements. Available in various sizes. Vegetarian and vegan.



Sources

All references can be found at www.NaturallyHealthyNews.com

Can Changing Your Diet Improve Fertility?

For any woman who has difficulty conceiving, difficulty staying pregnant, or is experiencing health issues during pregnancy, this plan can help. This protocol can also support pregnant or breastfeeding women, encouraging the healthy development of their growing baby before and after birth.

Fertility is a complex issue, and each body is different. Medical intervention is expensive and often the last resort for couples wishing to conceive. However, focusing on natural remedies is of growing interest, often lower cost, and has encouraging outcomes.

10 NUTRITION AND LIFESTYLE CHANGES TO SUPPORT FERTILITY

Infertility involves a reduced ability to have a child. For many of the 50 million couples affected worldwide, this can be helped by nutrition and lifestyle changes. Unfortunately, doctors are not trained in nutrition, and in many cases, seem to have been brainwashed against any

idea that the food most people are eating can be a significant factor in fertility issues.

But making simple changes will protect a mother's health and encourage foetal development:

- 1. Cut out all GMO foods, including meats fed GMO feed.** Studies link genetically modified foods with a host of reproductive problems.
- 2. Stop using the microwave.** Eat fresh, Really Healthy Foods instead.
- 3. Eliminate high-sugar foods, starchy carbs, chemical drinks and processed foods.**
- 4. Eat 9 to 14 portions of fresh or frozen vegetables daily.** Organic is preferred. Notably, men who eat more fruits and vegetables ingest more antioxidants and may have higher quality sperm, according to Spanish research in 2009.
- 5. Eat 5 portions of dark-skinned fruits daily.** Two avocados a day are recommended.
- 6. Eat 5 portions of beans, nuts and seeds.** Opt for soaked, mashed nuts and seeds. Walnuts have been found to improve sperm vitality and motility in men.
- 7. Eat 3-4 portions of oily fish a week.** Choose salmon, sardines, mackerel, etc.
- 8. Enjoy healthy oils liberally.** Examples include hemp, omega-3, krill, olive and coconut oil.
- 9. Drink eight glasses of distilled or filtered water a day.** Include a pinch of bicarbonate of soda.
- 10. Take 3-5 tablespoons of sea or rock salt a day along with the critical mineral iodine.** Medical





University of Vienna researchers discovered in 2015 that an iodine deficiency during pregnancy could impair an unborn baby's brain development.

These critical lifestyle changes, supported by research, may help women experiencing fertility issues like:

- Embryo implantation difficulties.
- Emotional issues/stress.
- Failure of the fallopian tubes to carry eggs from the ovary to the uterus.
- Irregular ovulation and poor cervical mucous that damages or impede sperm activity.

- Lack of ovulation due to hormonal imbalance or cysts in the ovary.
- Uterine fibroids.
- Scarring of the fallopian tubes resulting from infections, such as gonorrhoea and chlamydia, endometriosis, or prior surgery.

Common infertility issues are likely to be helped by clearing out the starchy carbs, sugars and processed foods, coupled with increasing the essential nutrients needed for hormone balance. In some cases, structural problems may also need intervention.

Likewise, these proven lifestyle changes may help men suffering

from fertility issues like:

- Blockage of the sperm ducts.
- Emotional issues/stress.
- Low sperm count.
- Malformed or improperly formed sperm.
- Poor sperm motility.
- Sexual dysfunction (erectile problems or impotence).

Again, these male infertility issues may result from a diet high in starchy carbs and sugary, processed foods, coupled with a lack of essential enzymes and nutrients needed for healthy blood flow and healthy sperm formation.

FOUR RESEARCH-BACKED NUTRIENTS TO PREPARE THE BODY FOR PREGNANCY

Let's not forget the importance of prenatal nutrients for women and for men too.

Four nutrients can help to support a healthy pregnancy, providing antioxidant protection, anti-inflammatory healing properties and nourishment for hormone regulation:

1. Astaxanthin – This is a carotenoid found naturally in algae consumed by marine life such as lobster, shrimp and salmon and gives them their reddish colour. It works by improving blood flow, and it also has anti-inflammatory abilities. For men, astaxanthin can help improve sperm count and motility. For women, astaxanthin offers hope as a protective antioxidant that can keep healthy eggs from being damaged before they are fertilised and implanted.

2. L-Carnitine – A natural body substance and amino acid produced by the liver and kidneys, L-Carnitine turns body fat into energy. L-Carnitine can help to prevent fatty build-ups in the heart and liver. Interestingly, low L-Carnitine levels are linked to infertility in men and may also help to address age-related infertility in women. The addition of CoQ10 with L-Carnitine has been shown to improve egg quality, sperm quality, and pregnancy rates.

3. Iodine – Iodine is a vital micronutrient, and its importance in thyroid function is well known. However, low iodine intake may also have other effects. Iodine is taken up avidly by the ovary and endometrium, and

iodine deficiency is associated with reduced fertility. Iodine supplementation has improved conception rates in couples with unexplained infertility. Iodine is also essential for the developing fetus. The WHO recommends iodine supplementation to women of childbearing age, before and during pregnancy, and when lactating.

4. Serrapeptase – Serrapeptase users report astonishing results in clearing blocked fallopian tubes, even after unsuccessful surgeries. A high-dose serrapeptase formulation can help combat inflammation and scarring for women suffering from fallopian tube problems. Further benefits are conferred with the addition of MSM and trace minerals, helping to soften and clear scar tissue.

Prescribed commonly by doctors in Europe, serrapeptase is safe enough to use during pregnancy and while breastfeeding.

A significant problem contributing to infertility issues is that most doctors don't consider that poor nutrition and lifestyle choices could reduce fertility. Fortunately, changes in diet and nutrition can positively impact these issues. Plus, a good multivitamin/mineral supplement will also ensure all the nutritional foundations are covered before and during pregnancy.

After examining the research, there's little doubt that processed food, fast food, alcohol consumption, smoking, enzyme depleted foods and delaying conception are all getting in the way of creating our families.

Recommended Products

NASCENT IODINE

is a liquid atomic form of this crucial mineral, which is well absorbed by the body, especially the thyroid. One drop = 350mcg of iodine. 30ml. Vegetarian and vegan.



ACTIVE LIFE™ CAPSULES

The complete multivitamin for all the family with 130 nutrients, vitamins, and minerals, including lutein, zeaxanthin, folate MTFH, Vitamin C, and D3. 180 capsules. Vegetarian.



ASTAXANTHIN WITH DHA

Astaxanthin is a naturally occurring carotenoid pigment and powerful antioxidant. It contains AstaReal® astaxanthin, the most-studied astaxanthin in the world. Includes plant source DHA. 90 capsules. Vegetarian and vegan.



SERRAPLUS+®

Serrapeptase formula with serrapeptase (80,000iu), trace minerals (50mg) and MSM (350mg) for enhanced absorption. Phthalate-free. Available in delayed release capsules and tablets. Vegetarian and vegan.



L-CARNITINE PLUS COQ10

Combined, L-carnitine and CoQ10 help support organ and cardio health, energy levels, fat burning and help fight free radical damage. 60 Capsules. Vegetarian and vegan.



HELPING FERTILITY, BY THE BOOK

Available to download on NaturallyHealthyNews.info



Sources

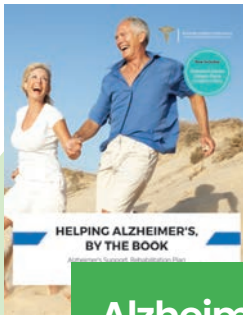
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Changing the World: One Plate at a Time

Research is clear that following a vegan diet may be one of the best ways to support your health and take care of the wellbeing of the planet

Going vegan has increased in popularity over the years. According to The Vegan Society, in 2018, there were 600,000 vegans in the UK alone. Two of its main driving factors include boosting your health and being more beneficial for the environment.

While a vegetarian diet is good for your general health, a vegan diet has proven evidence showing that it can be more ethical and sustainable than eating a diet that includes meat and animal products such as eggs and dairy.

This is supported by recent research published by the Journal of Ecological Society which found that animal agriculture is responsible for at least 87% of greenhouse gas emissions.

Humans worldwide drink 5.2 billion gallons of water and eat 21 billion pounds of food each day. Meanwhile, cows worldwide drink 45 billion gallons of water

and eat 135 billion pounds of food each day - nine times as much water and seven times as much food as humans.

What Is A Vegan Diet?

A vegan diet consists of everything except meat and animal products. Vegan-friendly foods include vegetables, fruits, nuts, seeds and legumes. There are also many alternative plant-based protein products for those who may miss the taste or texture of meat.

Why Vegan Keto?

For even better health results, a vegan ketogenic diet is highly recommended. Following a ketogenic diet consists of eating high-fat foods with low amounts of carbohydrates. Combining a keto and a vegan diet makes it possible to enjoy the benefits of ketosis, a process where the body starts burning fat for fuel. This is a great appetite suppressant because when healthy fat is

metabolised into ketones by your liver, this suppresses hunger via several metabolic pathways and may help you lose weight and reduce your risk of diabetes.

Vegan keto is ideal for supporting heart health and reducing cardiovascular risk factors. Studies also show that eating 'Eco-Atkins' style, similar to vegan keto, may reduce the risk of coronary heart disease. The Eco Atkins Diet is a healthy, low-carb approach that centres around a high intake of vegetables and plant-based proteins. It's a low-carb, vegan diet that encourages an intake of 31% protein, 43% fat and 26% carbohydrates.

An Eco-Atkins diet can improve both LDL (bad) and HDL (good) cholesterol levels along with lowering the risk of heart disease, according to new research published in the *British Medical Journal Open*. For six months, 23 obese men and women ate just 60% of their daily estimated





caloric requirements - 26% of which came from carbs, 31% from plant proteins, and 43% from fat (mostly vegetable oils).

After six months, researchers noted a significant difference between the diets. Not only did participants lose weight, but they also kept off an average of four more pounds when on the Eco-Atkins diet. Reducing cholesterol levels by 10% also made them 10% less likely to suffer a cardiovascular event in the next ten years.

Eating Meat and Climate Change

Beef production creates the most greenhouse gasses, which include methane. Every year, a global average of 110lb (50kg) of greenhouse gasses is released per 3.5oz of protein. Lamb has the next highest environmental footprint, but 50% less than beef emissions.

Rising Carbon Dioxide (CO2) Levels

A recent study published in Nature Food has found that meat and livestock production accounts for at least 32,000 million tons of Carbon Dioxide per year – twice the pollution production of plant-based foods and 51% of all worldwide greenhouse gas emissions. CO2 is essential for the ecology of the whole planet. Yet, when emissions of greenhouse gases such as carbon dioxide steadily increase and kick the greenhouse effect out of balance, the earth slowly warms up, leading to climate change.

Vegan For Human Health

According to the British Dietetic Association, a vegan diet has been shown to support healthy living in people of all ages. Yet, as with any diet, it's essential to do your own research, to plan and prepare healthy ingredients to ensure you are getting the most nutrition from your meals. While vegans can obtain protein from various plant sources, it's also possible to blend a vitamin-enriched protein powder in with your favourite fruits, vegetables, and coconut milk to create a delicious breakfast smoothie.

Vegans also need to ensure they get enough Vitamin D3, an essential nutrient that keeps muscles and bones healthy while boosting the immune system. There's minimal naturally occurring Vitamin D3 in the food supply, and we can

only make this vitamin when our skin is exposed to sunlight. Therefore, it can be challenging to get enough in colder climes.

Many Vitamin D3 supplements use Vitamin D3 derived from sheep's wool. However, the sublingual Vitamin D3/K2 Spray from Good Health Naturally (see recommended examples below) uses Vitamin D3 from a plant-based source called Lichen, so it is suitable for vegans.

As the research above shows, from helping the animals to saving the environment, a vegan diet isn't just better for the planet. It's also good for your health too.

Recommended Products

THAT PROTEIN SUPER PROTEIN RANGE

A versatile range of vegan-friendly powders in different flavours including Nutty Nutty Peanut Butter, Blissful Brown Rice and Raw Cacao, Chirpy Chirpy Choca Mocha and I Heart Pumpkin and Chia Seed. Free from added sugars, sweeteners, flavourings, dairy and gluten. Suitable for vegetarians and vegans.



VITAMIN D3/K2 SUBLINGUAL SPRAY

Sublingual spray with vitamins D3 and K2. Supports immune, heart and bone health. Flexible dosing with D3 200iu per spray. Suitable for all the family. 30ml (220 sprays per bottle). Vegetarian and vegan.



Sources

All references can be found at www.NaturallyHealthyNews.com

Feeling Fatigue?

How To Superboost Your Energy Levels With Ionic Iron



Always feeling tired? Experiencing low energy levels? These are all symptoms that you may be iron deficient. As a worldwide problem, iron deficiency anaemia is estimated to affect two billion people globally.

The consequences of iron deficiency are especially alarming for women of childbearing years. That's because women in particular are prone to struggle with iron deficiency due to losing more iron during their periods, and also while pregnant or breastfeeding. One in four women in the UK becomes anaemic during pregnancy, while in lower countries, it's one in two.

Vegetarians and vegans may also be more at risk of iron deficiency. Studies show that vegans tend to have lower iron stores. This tends to be because the iron found in plant based foods is not as easily absorbed as that derived from animal sources.

What Is Iron?

As an essential mineral, Iron contributes to normal energy production, better focus, along with promoting a normal functioning immune system. Iron also plays a role in supporting brain and cognitive health.

There are two types of iron - heme iron that's found in animal products and is generally easier to absorb. While non-heme iron is found in

vegan or plant based foods and is not so easily absorbed.

To overcome this issue, consuming an Iron supplement is recommended. Taking Iron as Ferrous Sulphate can help with anaemia, while replenishing iron stores. Ferrous sulphate absorbs better in the body than ferric forms and is considered the best choice for iron supplements, along with helping to maintain normal iron levels in the body. For this reason we recommend Ionic Iron from Good Health Naturally.

Why Ionic Iron?

As a highly bioavailable liquid form of Iron, Ionic Iron is the form most recognised by the body, for its maximum absorption benefits. Liquid Iron is recommended for all ages, and is especially important when it comes to those who have difficulty swallowing capsules or tablets.

Liquid Iron contributes to the formation of red blood cells and this can help to transport oxygen around the body, while assisting with reducing tiredness and fatigue.

Some of the benefits of 'Ionic' minerals are that they can provide the 'correct electrical charge' that allows them to easily bond with water for effective distribution throughout the body. The Ionic form of Iron is also suitable for all ages, including vegetarians and vegans.

Ionic Iron from Good Health Naturally

provides superior absorption and includes a metred dropper for accurate and flexible dosing. It's also non-GMO and gluten-free. The recommended dosage is to take 1.2ml daily, or as directed by a healthcare professional. It can be taken with juice or food to mask the concentrated mineral flavour. Take on a full stomach. Each bottle provides 56ml/1.9 fl.oz Liquid.

Modern living means more of us are working longer hours and feeling more stressed due to demanding lifestyles juggling both work and family life. If you're looking to improve your energy levels and reduce tiredness, taking an Iron supplement should be an essential part of your health and wellness regime.

Recommended Products

IONIC IRON

A highly bioavailable liquid form of Iron as ferrous sulphate. Ionic iron is the form most recognised by the body. Supports normal energy production, immune function along with brain and cognitive health. Assists with reducing tiredness and fatigue. Includes a metred dropper for accurate and flexible dosing. A convenient alternative to tablets or capsules. Non-GMO and gluten-free. Suitable for all ages. Vegan and vegetarian friendly. Provides 22mg per serving. 56ml/1.9 fl.oz.



Sources

All references can be found at www.NaturallyHealthyNews.com

REALLY HEALTHY RECIPES

Nut-Free Keto Cereal

Serves: 4
Cook:
25 mins

This delicious Nut-Free Keto Cereal recipe is nutritious and makes for a healthy breakfast.

Directions

1. Preheat oven to 150 degrees C/300 degrees F. Line a baking sheet with parchment paper.
2. In a large mixing bowl, mix together the pumpkin seeds, sunflower seeds, chia seeds, shredded coconut, sesame seeds, coconut flakes, and salt. Mix in coconut oil and vanilla extract. If adding a sweetener, add now, and mix until all ingredients are fully combined.
3. In an even layer, spread the mixture onto a prepared baking sheet and transfer the baking sheet to the oven. Bake until golden, about 15-20 mins, stir halfway through.
4. Remove from oven, allow cereal to cool slightly, and serve with yoghurt.
5. This cereal can be stored in a sealed glass jar or airtight container at room temperature.

Ingredients

- ½ cup (60g) Raw Pumpkin Seeds
- ½ cup (60g) Sunflower Seeds
- ¼ cup (40g) Chia Seeds
- ⅓ cup (33g) Unsweetened Shredded Coconut
- 1 tbsp Sesame Seeds
- ¾ cup (45g) Unsweetened Coconut Flakes
- A Pinch of Sea Salt
- ¼ cup (60ml) Coconut Oil
- 1 ½ tsp Vanilla Extract
- 12 tbsp (12-14g) Erythritol

Optional Ingredients

- Greek Yoghurt or Coconut Yoghurt
- Coconut Milk (from a container)
- 12 tbsp Classic Monk Fruit Sweetener
- Fresh Berries, like raspberries or blueberries



Ingredient Focus: **Curcumin**

GoodHealthNaturally
Because it Works!®

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

CurcuminX4000®

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.



Powerful
anti-inflammatory



Immune system
support



High
bio-availability



Suitable for
vegans

Want to learn more about the wonders of Curcumin?
visit www.naturallyhealthynews.com/CurcuminNews

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FAMILY FAVOURITES

In this fast-paced modern world, families are looking for convenient and straightforward solutions for their supplement needs. Several nutrients are essential for all the family, so choosing products that can be used for everyone makes sense. Whether capsules or liquids, many products offer variable dosing to suit all ages, offering a budget-friendly and practical solution to support all the family's wellbeing. Keep your family healthy with these natural health top picks...

PureC+™ - Liposomal Vitamin C with Quercetin

Vitamin C is a vital nutrient at all stages of life. It helps form and maintain healthy bones, skin and blood vessels. It's also an antioxidant that helps reduce inflammation and protects the cells from oxidative stress. It helps absorb iron, supports the immune system and helps reduce tiredness and fatigue. It is essential that everyone gets enough Vitamin C. 180ml per bottle.



ActiveLife™

Active Life is a full-spectrum multivitamin/mineral complex, formulated to provide comprehensive nutritional support for the whole family. Each capsule contains 130 nutrients, including vitamins, minerals, trace minerals from fulvic acid, amino acids, antioxidants and much more. The capsules can be opened and added to smoothies, with flexible dosing for all age requirements. 180 Capsules per bottle.



Vitamin D3 + K2 Spray™

Silver award winner in the Best Baby/Child Product in the 2022 Your Healthy Living Awards, this Vitamin D3 & K2 sublingual spray provides essential support for all ages. D3 and K2 aid calcium balance, vital for developing healthy bones and teeth, and protecting the blood vessels from calcification. D3 is essential for the immune system at all stages of life. 30ml per bottle (approx 220 sprays).



Ancient Magnesium® Bath Flakes Ultra

Magnesium Bath Flakes Ultra with OptiMSM®, can be used to relieve aches and pains while aiding relaxation. A Magnesium bath is ideal for calming children before bed. For children, add 60g (1-2 scoops) and adults 150-200g (3-4 scoops) of flakes in a warm bath and relax for around 20 minutes. 750g per pouch.



Hydrosol™ Silver Spray

HydroSol™ Silver Spray contains SilverSol® Technology. Silver nanoparticles make it the most stable and effective silver product ever known. The anti-microbial properties of HydroSol™ Silver act as the first line of defence for your family's immune system. The spray offers convenient and flexible dosing for all age requirements. 10ppm Hydrosol™ Silver (113ml/4 fl.oz.).



Available at Good Health Naturally

How can I avoid Type 2 Diabetes naturally?

Have you been diagnosed or told you're at risk of type 2 diabetes? Read on to find out what you can do to start reversing the effects today.

Diabetes is now the ninth leading cause of death around the world. It is estimated 537 million adults are living with the condition. Worryingly, that number is expected to rise to 643 million by 2030 and 783 million by 2045.

It is a chronic condition involving the hormone insulin, which helps deliver glucose into the cells. Either the pancreas is not producing enough, or the body isn't effectively using the insulin it makes. Both result in high blood sugar, which can cause serious damage, especially to the nerves and blood vessels. It's a major cause of sight loss and lower limb amputation and increases the risk of heart attacks, strokes and kidney failure. Currently, diabetes and its complications cost more than £10 billion a year to treat in the UK and at least \$966 billion in the USA. It was seen only in adults until recently but is occurring increasingly frequently in children.

Type 1 diabetes is considered a genetic and autoimmune condition. In contrast, Type 2 diabetes is primarily seen as diet and lifestyle-related. Ninety per cent of cases are type 2, which may be wholly reversed with lifestyle and dietary changes.

Research consistently shows diet, weight loss, and lifestyle changes can effectively reduce the risk of type 2 diabetes, and in some

cases, even reverse the condition. Addressing food choices is a good place to start.

The Western diet has become increasingly full of sugary, processed, starchy foods and unhealthy fats. It lacks many basic nutrients and fibre, so it is no surprise we have seen a steady rise in chronic diseases, including diabetes and obesity. Eating too many of these refined carbohydrates will elevate insulin levels for long periods, and the cells will start to become resistant to the effects of insulin, so your body will need to produce more and more. Too much insulin is toxic and can contribute to health problems, including furring of the arteries and high blood pressure. So, cutting out as many of these foods as possible, like cakes, biscuits, pizzas, pasta, and cereals, will help reduce the insulin response required.

Replace with vegetables, good quality proteins such as organic meat, oily fish, tofu, beans and pulses, and healthy fats, including olive oil, coconut oil, avocados, nuts, seeds. Include protein and fat with every meal to help stabilise blood sugar and promote fullness. Snack on olives, nuts or hummus. Beware of fruit, as many are packed with carbohydrates, so stick to rhubarb, watermelon, and dark coloured berries, which are all low in sugar.

Aim for a healthy weight. A clinical

trial at Newcastle University has shown that intensive weight loss programs can help reverse type 2 diabetes without medication. Professor Roy Taylor, who led the trial, suggests that people with type 2 diabetes have become too heavy for their bodies. If they accumulate more fat than they can cope with, it can't be stored under the skin, so it will go elsewhere, including the liver and pancreas, causing insulin resistance and increased blood sugar.

Intermittent fasting or time-restricted feeding can be a great way to reduce body weight, decrease fasting glucose and insulin, and improve insulin resistance. It takes around 8-10 hours to use up stored glucose, so even a 12 hour overnight fast can be beneficial.

Look after your gut bacteria too. We know their health is critical in determining your health. Studies show links between poor microbiota and obesity and type 2 diabetes. So, ensure there is plenty of vegetables and fibre in the diet. Fermented foods like kefir and sauerkraut can be beneficial too.

Make time for exercise, rest and play.

Exercise is an effective way to lower insulin resistance. Strength training and building muscle will help the body become more efficient at



transporting glucose from the bloodstream into the muscles. After exercising, the muscles continue to use glucose, lowering blood sugar for several hours. This is also beneficial for weight loss.

Take steps to manage stress. Cortisol, the hormone we produce when stressed, directly opposes the action of insulin, leading to raised blood glucose levels. Introducing calming activities like deep breathing can help reverse this and improve insulin sensitivity.

Get a good night's sleep. It is recognised that sleeping less than seven hours a night is a significant contributor to type 2 diabetes. Not only can a lack of sleep cause insulin resistance, but it also increases the hunger hormone ghrelin leading to poor diet choices, which contributes to high blood sugar and obesity.

Nutritional supplements to help you get back on track

Cinnamon, this wonderfully aromatic spice, has been used for centuries to help keep blood sugar stable. Research shows it contains compounds that can mimic insulin's

effects and increase glucose uptake into the cells. It can also slow down glucose absorption in the digestive tract by inhibiting certain digestive enzymes.

A three-month study found people with type 2 diabetes who took a cinnamon supplement before breakfast experienced up to a 14% decrease in fasting blood sugar.

Alpha Lipoic Acid, this potent antioxidant, is found in foods such as spinach, broccoli and red meat and is also produced in smaller amounts in the body. It can help improve insulin sensitivity and blood sugar uptake into the cells. It may also protect against damage caused by high blood sugar, offering protection for nerves, eyes, heart, kidneys, and pancreas. Studies have also discovered it can help with neuropathy reducing symptoms like pain, tingling, and prickling in the feet and legs.

Curcumin is the compound that gives turmeric its wonderful golden colour. It has a long history of use for diabetics in Ayurvedic and traditional Chinese medicine. Recent scientific research has confirmed it could play an important role in preventing and treating diabetes and its associated disorders, including

insulin resistance, hyperglycemia, pancreatic damage, and help prevent the harmful complications of diabetes.

Recommended Products

CINNAMON27™

Has seven powerful ingredients in one incredible product, including cinnamon powder and Chromax Chromium. Supports healthy blood sugar balance. 180 capsules. Vegetarian and vegan.



CURCUMINX4000™ WITH FENUGREEK

Provides all the benefits of Meriva® Curcuma longa extract (600mg) with 150mg Fenugreek extract per serving for enhanced bioavailability. 180 capsules. Vegetarian and vegan.



ALPHA LIPOIC ACID 'R'

Alpha Lipoic Acid 'R' is significantly more bioavailable than ordinary ALA. This powerful antioxidant helps support blood sugar balance, neurological issues and healthy ageing. 60 capsules. Vegetarian and vegan.



Sources

All references can be found at www.NaturallyHealthyNews.com

5G is Taking Over

Are You Protected?



5G networks are being rolled out around the world:

How worried should we be about the health risks?

You've probably noticed all the new 5G masts going up in our towns and cities, transmitting radio wave signals for this new generation of wireless technology so that we can send information between our appliances like mobile phones and blue tooth devices. It uses a higher electromagnetic frequency than ever before, making it faster and supporting all our modern inventions such as smart motorways, self-driving cars, virtual reality appliances, and remote surveillance.

Why is this a problem?

Health concerns have been associated with wireless technology for some time now. It's been linked to all kinds of things like headaches, poor sleep, anxiety, nausea and fatigue and even some cancers. Some scientists are worried the new 5G could potentially cause

more harm to health because it uses higher frequencies of radiation and are even calling for a cautionary approach.

Electromagnetic fields (EMFs)

Our modern lives are now full of electrical gadgets, like microwave ovens, computers, LED lighting, smart meters, wireless routers. The list is endless. Anything powered by electricity sends out a stream of invisible energy waves, creating an electromagnetic field (EMF). This includes pylons, phone masts and power cables. Concerns persist about adverse health effects of EMFs, including headaches, brain fog and insomnia. When we use devices like mobile phones in such close proximity to our bodies, it has been shown that electromagnetic energy is absorbed through the skin and can cause a rise in temperature in both the brain and body. This effect may worsen as we get older because we tend to have reduced skin thickness and blood flow as we age.

Preventative measures like Quantogram technology are essential.

Discover the groundbreaking Quantogram technology and its powerful protection against 5G, 4G, EMFs and WIFI radiation.

Recommended Product

QUANTOGRAM HOLOGUARD

A handy keyfob containing a unique geometrical pattern that can alter the structure and form of the EMFs, so they resonate at a healthier frequency, thus neutralising potentially harmful fields around things like mobile phones, laptops or WiFi routers. While its effects cannot be measured with an EMF meter, physiological tests of health can show the benefits of using it. Ideal for mobile phones, smart watches, laptops, tablets, portable Wi/Fi Hotspot devices and Wi/Fi modems.



QUANTOGRAM SAFEHOUSE

Safehouse is a simple plug-in device which provides ongoing protection against EMFs and radiation around the entire home. Once switched on, it uses the wiring circuit to harmonise the whole house or office. Only one SafeHouse is required per household.



Sources

All references can be found at www.NaturallyHealthyNews.com



GoodHealthNaturally
Because it Works!®

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

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



4G



5G



EMF

Quantogram® SafeHouse

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

QuantoGram® HoloGuard

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

Seven Ways To Uncover Curcumin's Healing Potential

As a proven anti-inflammatory and antioxidant, Curcumin has many healing properties.

Recent evidence shows that Curcumin has a natural ability to support cell health. In 2019, American researchers learned that Curcumin - the active compound and potent phytochemical in turmeric, has the potential to support cellular health, especially in regard to children's bones.

Curcumin has been found to stop the proliferation of unhealthy bone cell growth, enabling the generation of healthy bone cells. It's also been shown to strengthen bones and decrease osteosarcoma growth by 96 percent.

Seven studies that prove Curcumin's powerful healing properties

There are over 1800 online studies to support Curcumin's

use and healing potential. Here are just seven of the most important...

- 1. Supports Cell Health.** In 2012, German scientists found that Curcumin can stop prostate cell metastasis and that this has related benefits for other conditions such as breast, colorectal, liver, and lung cell health problems.
- 2. Alzheimer's Disease.** One Curcumin study from 2015, published in the *Journal of Alzheimer's Disease*, found that Curcumin can destroy beta-amyloid plaques when it enters the brain. In the cases of Alzheimer's, it can then reduce toxicity.
- 3. Diabetes.** A study from 2019 published in *Phytotherapy Research* found that Curcumin shows promise for treating Diabetes Type 2. It does this by decreasing any complications due to lowering patient triglycerides.

- 4. Muscle Recovery.** Curcumin has been documented in reducing post-workout soreness and muscle damage in one 2014 European study, where 19 healthy men took Curcumin for 28 days.
- 5. Bacteria.** In 2016, a *Respirology* study found that it can stimulate macrophages - these are human immune cells that may be useful in overcoming drug-resistant tuberculosis.
- 6. Weight Loss.** Curcumin has been observed to help reduce body weight gain and body fat. The 2009 study was tested in mice over 12 weeks



- without changing their food intake.

7. Other Cancers. In 2012, German researchers found that Curcumin can stop the spread of prostate cell metastasis, and this has other cellular health benefits for the breast, the colorectal area, liver, and lungs.

Curcumin has been proven in various studies to be beneficial for inflammatory conditions including Crohn's, Heart Disease, IBS, Osteoarthritis, and Obesity-related Disease.

Curcumin: Not The Same as Turmeric?

Curcumin is the most potent of over 100 components found in the Turmeric spice. The trouble is that it's not well absorbed. Researchers have overcome this by replicating the body's carrier mechanism into a liposome. This is a highly absorbable delivery system that can supply the body with Liposomal Curcumin and Resveratrol.

As the most clinically studied Curcumin extract, Meriva® Curcumin uses this technology in capsule form to increase total Curcuminoid content by up to 22 percent. This ensures a nearly 30x better absorbability when compared to ordinary Curcumin.

Recommended Products

CURCUMINX4000™ WITH FENUGREEK

Provides all the benefits of Meriva® Curcuma longa extract (600mg) with 150mg Fenugreek extract per serving for enhanced bioavailability. 180 capsules. Vegetarian and vegan.



BRAINPOWER™

Combines liposomal Curcumin and Resveratrol for maximum absorption. This sublingual formula reaches the brain within minutes. Provides antioxidant and anti-inflammatory protection. Made with natural, non-GMO ingredients. 180ml. Vegetarian and vegan.



Sources

All references can be found at www.NaturallyHealthyNews.com

Unlock the Power of Vitamin D3 with Magnesium

Anyone looking to improve their nutrient intake should consider taking Vitamin D3 and Magnesium together as they provide many optimal health benefits when combined.

As a vital mineral in over 300 biochemical reactions in the body, Magnesium is highly recommended for best health. Vitamin D3 also provides many potential benefits, from boosting your immune health to reducing your risk of certain diseases.

Read on to discover why Magnesium and Vitamin D3 are inextricably linked when it comes to achieving good health...

What is Vitamin D3?

Known as the “sunshine vitamin”, Vitamin D3 is an essential fat-soluble nutrient that can support your body in various ways. Studies show that Vitamin D3 can improve your body's calcium absorption while helping your immune system function properly.

Along with supporting the growth and development of bones and teeth, Vitamin D3 can help to keep your muscles healthy. Symptoms of Vitamin D3 deficiency include aching and weakened bones, weak muscles, feeling depressed, increased coughs and colds, and gut problems.

Magnesium's Many Health Benefits

Your body needs Magnesium to stay healthy and function at its best. Magnesium can benefit your body in a variety of ways. Some of its most notable benefits include relieving muscle tension and muscle spasms, reducing tiredness and fatigue, improving sleep quality, helping your tissues to recover after sports and exercise, supporting skin health, helping blood pressure, along with reducing stress and anxiety levels.

In particular, Magnesium plays an essential role in how much Vitamin D3 your body can make. Research shows that people with a high magnesium intake are also less likely to have a Vitamin D3 deficiency than those whose magnesium levels are low.

Why You Need Both Magnesium and Vitamin D3

Taking a Magnesium supplement has been demonstrated to increase Vitamin D levels in those deficient in this vitamin while reducing it in people whose intake is too high.



What makes Magnesium so beneficial is its ability to boost Vitamin D's bioavailability. Enzymes found in the liver and kidneys can enable Vitamin D metabolism by converting it into its active form of calcitriol. If the body doesn't have enough Magnesium, then Vitamin D can't be converted to its active form.

If Vitamin D is unconverted, calcium levels aren't regulated as they should be, which can negatively impact the body. For example, when the recommended dietary allowance of Calcium is exceeded, this can cause other health issues - such as stimulating the hormones into drawing the mineral out of the bones where it's needed. Instead, the calcium is then deposited into soft tissues like the arteries. Ultimately, this can lead to cardiovascular disease, so it's essential to take steps to reduce excess calcium in your body where possible.



The Problem with Magnesium

Many sources of Magnesium can be found in food, but it's not the best way to absorb it. It needs to go through the digestive system and is mainly absorbed in the small intestine when consumed orally. Much of this magnesium will pass through the system without being absorbed into the bloodstream.

Studies also show that around 50% of the Western population do not get enough Magnesium daily. Transdermal Magnesium is one solution that can increase its bioavailability and can help to fulfil this requirement. A growing number of trials show transdermal magnesium has superior absorption compared to supplementing with tablets or capsules.

One pilot study published in the *European Journal for Nutraceutical Research* found that after 12 weeks of treatment with transdermal

magnesium, 89% of subjects raised their cellular magnesium levels by an average increase of 59.7%, while those taking the oral supplement reported these equivalent results over 9-24 months.

Applying transdermal Magnesium onto the skin via an oil or lotion are good ways to boost Magnesium levels. Soaking in a warm bath with Magnesium flakes is also a great way to relax and ensure you meet your daily requirements of this essential mineral.

The Problem with Vitamin D3

It's estimated that 1 in 5 people in the UK has low Vitamin D levels. Vitamin D3 can be derived from direct exposure to sunlight, but many of us may find we're simply not getting enough, especially during the autumn and winter months. When we go outside, we may also wear sunscreen that blocks the sun's UV rays from

touching the skin, allowing it to synthesise Vitamin D3.

That's why taking a Vitamin D3 supplement is crucial to ensure we're meeting our daily requirements. Taking D3 and K2 together further promotes calcium balance, supporting bone health and slowing arterial calcification. A sublingual product is a good option for fast and efficient absorption.

As the studies show, anyone looking to unlock the benefits of Vitamin D3 and Magnesium is recommended to take the two daily to achieve the best health as they provide a nutrient powerhouse when combined.

Recommended Products

VITAMIN D3

Professional strength for ultimate D3 support. Essential for immune health. Delivers D3 4000IU plus 100mg coral calcium per capsule. Dairy and gluten-free. 100 capsules. Vegetarian.



VITAMIN D3 & K2 SUBLINGUAL SPRAY™

Sublingual spray with vitamins D3 and K2. Supports immune, heart and bone health. Flexible dosing with D3 200iu per spray. Suitable for all the family. 30ml (220 sprays per bottle). Vegetarian and vegan.



ANCIENT MAGNESIUM OIL ULTRA

A pure, high-potency, topical magnesium chloride solution derived from the Ancient Zechstein Seabed with OptiMSM® for rapid absorption into the skin. Supports your daily magnesium requirements. Various sizes available. Vegetarian and vegan.



Sources

All references can be found at www.NaturallyHealthyNews.com



Enjoy The Health Benefits Of Sunshine All Year Round



Vitamin D3™ 4,000IU

Combines Vitamin D3
4,000IU and Calcium

Helps support mood and
reduces depression

Provides immune system
support

Supports overall health when
sunlight is scarce

Vitamin D3™ 4,000IU Pouch

Vitamin D3 4,000IU in a fully
compostable pouch

Essential immune support

Support for respiratory
health

Suitable for vegetarians

Vitamin D3 and K2 Spray™

'All in one' vegan-friendly
sublingual spray

Provides Vitamin D3 and K2
in their most active forms

Unique 'no taste' formula

Flexible dosage to suit
the whole family

Available at all good independent health food stores


GoodHealthNaturally
Because it Works!®

Could you benefit from a daily dose of Krill Oil?



“Omega-3” has been a buzzword in health for many years now, and there's mounting evidence about its huge benefits for our hearts, brains, eyes, joints, skin, and even reducing inflammation. It's a group of essential fatty acids that our bodies can't make, so we need to get them from food. But did you know most people who eat a Western diet are deficient?

The best source is oily fish, which contains the active EPA and DHA forms. Plants like nuts, seeds and olives have the ALA form, which the body needs to convert into EPA or DHA. This process is inefficient, and only a small percentage actually becomes EPA and DHA.

If you're not eating enough oily fish, you may need to consider a supplement. Krill oil is rapidly gaining in popularity. It is extracted from tiny shrimp-like crustaceans which live in the clean Antarctic waters. It packs a powerful punch of omega-3 in the important EPA and DHA forms and is considered better absorbed than fish oil. Plus, it contains other beneficial nutrients like choline and astaxanthin.

Balancing omega 3 and 6

Most people get plenty of omega-6 in their diet. It's abundant in convenience foods made from grains and seed oils. While we need a small amount, it's considered inflammatory, whereas omega-3 is anti-inflammatory. What's important is the ratio between the two. We should aim for 1:3 omega-3 to omega-6 or less. Yet many people consume as much as 1:30. To regain balance, cut out processed and unhealthy fats and increase omega-3.

Don't forget our brains are nearly 60% fat

Omega-3 fatty acids are critical for brain development and function throughout our lives. Studies show they help with depression, mood swings, bipolar symptoms, poor memory, cognitive decline, and other brain-based disorders.

Krill oil also contains choline, a vitamin-like nutrient vital for producing the neurotransmitter acetylcholine, which plays an

essential role in regulating memory and mood. A deficiency has been linked to memory loss and Alzheimer's Disease.

Look after your heart

In countries where people eat more oily fish, such as Greenland and Japan, fewer people have cardiovascular disease. Studies show EPA and DHA have many protective benefits, including helping lower “bad” LDL cholesterol and triglycerides, the fat which enters our blood after eating. They may also help raise “good” HDL cholesterol, improve circulation, lower blood pressure, and prevent blood clots.

Recommended Products

THE KRILL MIRACLE™

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

Halting Hayfever the Natural Way

How to find relief all summer long

Hay fever season is underway during the spring and summer months and is an excellent time to pay attention to your immune health.

Also called allergic rhinitis, hay fever is an allergy to proteins in airborne pollen from trees, grasses, and plants. The immune system 'attacks' these proteins in sensitive people and produces allergic antibodies. This triggers histamine release, responsible for the miserable symptoms of itching, sneezing, runny nose and sore eyes.

Statistics show more and more people are suffering from seasonal allergies.

According to the World Allergy Organisation, countries with a very high prevalence include Australia, New Zealand and the United Kingdom. For example, hay fever affects between 10-15% of children and 26% of adults in the UK.

Reduce your histamine levels

The good news is there is so much you can do to support your body during the pollen season.

Avoid food and drinks with histamine, which are likely to worsen symptoms. These include cheese, red wine, sugar, and chocolate. Local honey can contain traces of pollen. It can help your immune system become more familiar with the pollen entering your system if eaten regularly.

Clear out dairy, sugar and refined carbohydrates

These produce excess mucus in the body, create more inflammation and increase the allergic response. Dairy foods can contribute to mucus congestion, so consider plant-based alternatives.

Sugar and refined carbohydrates increase mucus production, but they can also spike blood sugar levels. Sugar creates an adrenalin rush, encouraging histamine production and exacerbating hay fever symptoms.

Follow an anti-inflammatory diet

As allergies are linked with inflammation, following an anti-inflammatory diet can help reduce symptoms. Include lots of brightly coloured antioxidant rich fruit and vegetables, legumes, healthy fats, lean protein, plus omega-3 rich foods such as oily fish (e.g. salmon, mackerel, sardines), walnuts, chia seeds and flaxseeds.

Plant sterols can also inhibit the release of certain interleukins (inflammatory substances) involved in histamine production, thereby helping to reduce symptoms associated with hay fever and allergies.



Boost your vitamin C intake

Vitamin C acts as a natural anti-histamine. You can support your immune system by eating lots of vitamin C-rich foods, such as citrus fruits and green leafy veg. Include homemade juices and smoothies, and frozen and fresh berries make helpful stand-by ingredients. You can also opt for extra vitamin C supplementation throughout the year to prepare the body for the allergy season. Quercetin is another excellent natural anti-histamine. When combined with vitamin C, they help reduce inflammation and histamine and reduce the unpleasant symptoms of hay fever.

Look after your gut health

More than 70 per cent of the immune system lies in the digestive tract. The health of the gut wall and the microbiome can significantly impact how we react to environmental allergens. To support a healthy gut, make sure the diet includes plenty of fibre-rich foods such as legumes, fruit, vegetables.

Studies also show that probiotics are a useful therapeutic remedy for hay fever. Probiotics are friendly microorganisms that can help maintain a healthy balance of gut bacteria, which is essential for a healthy immune response. Again, you can supplement throughout the year to prepare your body for the summer months.

Recommended Products

SERRANOL®

A unique formula with Serrapeptase (160,000iu), Curcuminx4000 (250mg), ecklonia cava extract (50mg), and vitamin D3 (1000iu). Offers powerful anti-inflammatory and antioxidant benefits. 90 capsules. Vegetarian.



ANCIENT MAGNESIUM® LOTION ULTRA

A pure, high-potency, topical magnesium chloride solution derived from the Ancient Zechstein Seabed in a rich moisturising lotion, with OptiMSM® for rapid cellular absorption. Essential to support your daily magnesium requirements. 200ml. Vegetarian and vegan.



DAILY IMMUNE PROTECTION™

A unique combination of 10 powerful ingredients to help maintain the function of the immune system, including EpiCor®, eXselen™, L-OptiZinc, dimethylglycine, elderberry fruit extract, Immune Assist Powder, immudyne Nutritional, and larch arabinogalactan. 90 capsules. Vegetarian.



Sources

All references can be found at www.NaturallyHealthyNews.com

Breaking the Chronic Inflammatory Cycle

We live in a world where we're constantly bombarded by triggers for inflammation: pollution, chemicals, pesticides in food, fluoridated water, electromagnetic frequencies, all of which upset the delicate balance of bodily processes. Even those on a plant-based diet with an active lifestyle often need a helping hand from enzymatic supplements when so many factors are stacked against us.

Inflammation is for you, not against you.

Inflammatory processes get a bad reputation. The truth is we need inflammation to protect ourselves from harmful invaders and repair wounds. This acute (short-term) inflammation often only lasts a few days or weeks. Problems occur when inflammatory processes cannot put on the brakes. This may be due to various lifestyle factors: processed food, environmental pollution, lack of exercise, chronic infection, poor sleep quality,

dysbiosis (gut imbalance), and urbanisation, which may be key contributors.

Throughout history, the five cardinal signs of inflammation have been characterised as redness, swelling, heat, pain, and loss of function. However, there may not be any obvious symptoms of chronic inflammation at first. For example, this can be the case in the initial stage of heart disease, also known as atherosclerosis or narrowing of the arteries. In chronic disease states, there may be many root causes and variations. However, the process often involves penetration of inflammatory cells such as macrophages, cytokines and growth factors, which in turn lead to tissue damage.

The good news is that there are many proven and effective interventions to guide the body back to a balanced immune response and halt the inflammatory cascade. Whilst anti-inflammatory enzymes and plant-powered antioxidants are essential in helping along the way.

Here are the top 3 'musts' for keeping chronic disease at bay:

1. Harness Plant-Power

A diet rich in various phytochemicals is one of the most powerful ways to protect the body from disease. They are potent antioxidants, neuroprotective, anti-cancer, anti-aging, anti-inflammatory, and incredibly protective against cardiovascular disease. There are many thousands of phytochemicals with different profiles and benefits. One notable group would be the flavonoid family, consisting of flavonols, flavones, flavanols, flavanones, anthocyanidins, and isoflavonoids.

Flavonoids can be particularly protective against cardiovascular disease due to their ability to scavenge free radicals and inhibit LDL oxidation, a key driver in atherosclerosis. A 2012 study confirmed that flavonoid consumption was correlated with a lower risk of death from cardiovascular disease, with even a relatively low intake having associated health benefits. The flavonoid proanthocyanidin is



particularly cardio-protective and may even have the ability to heal myocardial damage through its anti-inflammatory and antioxidant mechanisms. Natural substances rich in these disease-fighting molecules include tea, grapes, blackcurrant, bilberry, cranberry, pine bark and peanut skin.

2. Mind over Medicine

Having an outlet for stress is another must for fighting chronic inflammation and disease states. A 2021 research study found that a 3-day mindfulness retreat significantly reduced observed stress, decreased inflammatory cytokines, and increased anti-inflammatory interleukin 10 (IL-10). Furthermore, a single-blind, randomised controlled trial of 40

individuals diagnosed with knee osteoarthritis were prescribed 12 weeks of twice-weekly Tai Chi with positive results. This gentle form of exercise is considered a moving meditation as it requires the person to focus inwards and increase self-awareness. The outcome showed positive results physiologically and psychologically with improvements in physical function, pain level, and emotional health.

3. Sleep Matters

The body follows a natural process of changes throughout the day, known as the circadian rhythm. In some ways, it could be considered the internal alarm clock. If all is in order, humans are designed to fall asleep around 9-10pm as melatonin (also

known as the sleep hormone) production begins and wake as blood pressure increases and melatonin secretion stops. This happens between 6.30 and 7.30am. However, sleep and immune function are interconnected, and chronic disease can be highly disruptive to this delicate rhythm. When inflammatory cytokines are elevated, it negatively correlates with sleep quality and quantity. It is comparable to the chicken and egg analogy: what came first - chronic inflammation or sleep disturbance?

One way to support the body's circadian rhythm is having a healthy bedtime ritual and getting to bed one hour earlier. In a randomised control trial, the role of sleep hygiene on depressive symptoms in

adolescence was assessed. This involved implementing an earlier bedtime alongside further sleep hygiene interventions. These included: limiting social media, television, caffeine, regulating daytime naps, dimming the lights 1 hour before bed and optimising a dark environment. The study found that these interventions improved sleep quality and reduced depressive symptoms, improving overall well-being.

Proteolytic Enzymes: the secret weapon pharmaceutical companies don't want you to know about.

Managing inflammation can be challenging, but one of the simplest and most effective resolutions to many chronic diseases is the inclusion of proteolytic enzymes, also known as protein dissolving enzymes. They can interrupt this chronic cycle of inflammation and support the healing process.

Nattokinase is a serine protease enzyme extracted from the traditional Japanese food, Natto. It is recognised for its cardiovascular benefits due to its ability to break down thrombi (clots) and fibrin, a fibrous protein involved in the clotting mechanism. Therefore, it is highly protective against heart disease and stroke. One scientific journal further declares there are no other drugs with the pharmacological benefits of Nattokinase. This is due to this powerful enzyme's multifaceted ability to support the full range of common cardiovascular concerns. Sources have shown that this potent enzyme lowers



blood pressure, reduces the thickening of the arteries, dissolves clots and improves blood flow. One study further concluded that Nattokinase could even be a better alternative to statin medication.

Serrapeptase, known as the 'miracle enzyme', can be a great team-mate to Nattokinase, both possessing cardiovascular protective mechanisms. However, Serrapeptase can help in many other chronic diseases due to its unique properties.

A 2020 review analysis recognised 4 main therapeutic benefits:

1. Wound Healing: many have reported Serrapeptase as a helpful intervention post-surgically to speed up the healing process and support pain management. This is

due to its ability to dissolve dead tissue, such as scar tissue, leaving healthy tissue intact.

2. Anti-inflammatory: A 2003 clinical trial study considered the implication of Serrapeptase's effect on chronic airway diseases. The results concluded improved mucus clearance with a reduction of expectoration and decreased inflammatory first responders, neutrophils.

3. Anti-Biofilm: Biofilms are self-protective matrixes that specific bacteria produce as a barrier against anti-microbial death. They are why certain bacteria are particularly stubborn and can remain in the body for long periods. These long-term infections are sometimes at the root of chronic diseases.



Serrapeptase has the ability to break down these tenacious barriers, allowing antimicrobials to get to where they are needed.

- 4. Fibrinolytic:** Alongside Nattokinase, Serrapeptase can break down fibrin, a key component of clots and arterial plaques. A 2021 article reviewed the fibrinolytic benefits of Serrapeptase as a therapeutic in CV-19 due to its ability to lower the risk of vascular complications and improve prognosis.

Antioxidant Mediators

As in lifestyle interventions, supplemental outcomes can sometimes be better when more than one substance is implemented at a time. Proteolytic enzymes help break down existing inflammation, whilst antioxidants possess an array of

potent regulatory mechanisms to interrupt, reverse and prevent disease progression, making them a great team.

Endurance exercise can be a health-promoting practice but also has side effects. Two prime examples are muscle pain and a reduction in blood flow to the kidneys due to increased pressure on cardiac output. A 2020 study considered whether a 14-day, pre-race supplement of pine bark and grape seed extract possessed protective benefits against ibuprofen use in half-marathon runners. Supporting the notion that sometimes supplementation is better together, this antioxidant combination was shown to protect against kidney dysfunction, lowering associated inflammation and oxidative stress.

Another powerful antioxidant that is shown to be supportive against exercise-associated side-effects and significantly improves physical performance is Meriva Curcumin. This yellow pigment, extracted from the spice Turmeric, is naturally found in relatively small doses with a low rate of absorbency [24]. In comparison, Meriva Curcumin is a highly concentrated and bio-available form of the ingredient, shown to be 29 x stronger than a standard turmeric extraction and a potent anti-inflammatory.

One of Curcumin's key mechanisms is to decrease the COX-2 and 5-LOX inflammatory pathways. This mechanism shares similarities with non-steroidal anti-inflammatory medications (NSAIDs), minus the negative side effects. It also

has a diverse range of chronic disease-fighting mechanisms. It boasts neuroprotective qualities, helps lower cholesterol, suppresses tumour cell proliferation, modulates immune cells and decreases inflammation in synovial (joint) cells, making it a cooperative partner to Serrapeptase.

Recommended Products

SERRAPLUS+®

Serrapeptase formula with serrapeptase (80,000iu), trace minerals (50mg) and MSM (350mg) for enhanced absorption. Phthalate-free. Available in delayed release capsules and tablets. Vegetarian and vegan.



SERRANOL®

A unique formula with Serrapeptase (160,000iu), Curcuminx4000 (250mg), ecklonia cava extract (50mg), and vitamin D3 (1000iu). Offers powerful anti-inflammatory and antioxidant benefits. 90 capsules. Vegetarian.



SERRAENZYME® 250,000IU

The world's strongest serrapeptase delivers 250,000IU Serrapeptase for serious health support and accelerated healing. Available in tablets and delayed release capsules. Phthalate-free. 90 capsules. Vegetarian and vegan.



BLOCKBUSTER® ALL CLEAR

A powerful blend of enzymes, serrapeptase and nattokinase, plus digestive enzymes, antioxidants, and proanthocyanidins for cardiovascular and circulatory support. Phthalate-free. 120 capsules. Vegetarian and vegan.



Sources

All references can be found at www.NaturallyHealthyNews.com



Good Health Naturally *Because it Works!*®



The World's Leading Serrapeptase Range

Since introducing the Serrapeptase enzyme to the market over 20 years ago, this naturally occurring enzyme has gained worldwide popularity. Our market-leading range of serrapeptase health solutions help safely and effectively break down unwanted proteins and clear inflammation in the body, providing relief for a wide variety of health concerns.

Available in capsules and tablets.



Powerful
anti-inflammatory



Suitable for all
ages, incl. pets



Available in 80,000IU
and 250,000IU



Suitable for
vegans

Available at all good independent health food stores

That Gut Feeling:

The Brain-Gut connection

Have you ever had “a gut feeling” about something? Felt a sense of dread in the pit of your stomach or an excited flutter of butterflies? These are all signals sent from your “second brain,” which is based in the gut. It controls all the processes involved in digestion. But, research is now emerging showing that messages from the gut may also impact mental health. So, if you are suffering from stress, anxiety, depression, or any other brain-related conditions, it could be gut health that you need to focus on.

It's commonly known that strong emotions like stress, anxiety, and depression trigger chemicals in the brain that affect digestion and contribute to conditions like Irritable Bowel Syndrome (IBS), diarrhoea, bloating, and stomach upsets. But, studies now show signals can be sent in the opposite direction from the gut to the brain. So, any gastrointestinal issues, such as dysbiosis, irritation or inflammation, could trigger mood changes. This may be why people with IBS or other bowel issues are more likely to develop depression and anxiety.

We have roughly 100 trillion gut microbes, most of which are

beneficial and support digestion. They also produce substances that can affect brain health, such as neurotransmitters, like feel-good serotonin and calming gamma-aminobutyric acid (GABA).

A healthy gut needs a diverse community of microbes, and it is crucial we keep these bacteria happy by eating a wide range of vegetables, pulses, nuts and wholegrains. While avoiding highly processed and sugary foods, which can suppress ‘good’ bacteria. Probiotic and fermented foods such as live yoghurt, kefir and kimchi might encourage more microbes to grow.

Research shows enhancing the composition of our beneficial bacteria can improve symptoms of stress, insomnia, anxiety, depression and even memory. Studies show people suffering from conditions like IBS have lower levels of “good” bacteria. Taking probiotics can help reduce symptoms, including pain and bloating and associated anxiety and depression.

Toxins that accumulate in the gut from food, alcohol, mould

or fungus will also affect brain health, either directly or indirectly, by triggering inflammation. Activated charcoal has a long history as a safe remover of toxins. The charcoal particles have a huge surface area and a charge which attracts certain ions and molecules. It can bind up the toxic substances, escort them out of your body and away from your brain.

Recommended Product

PRESCRIPT-BIOTICS™

Contains a custom cultured blend of 8 x soil-based organisms. Supports digestion, immunity, and overall health. 90 capsules. Vegetarian and vegan



PROBIOTIC14™

A superior blend of 14 viable strains of friendly bacteria and 9 billion colony-forming units per serving to nourish the gut and improve digestive health. 120 capsules. Vegetarian and vegan.



HAPPY TUMMY

Is naturally active, from pure natural hardwood. It absorbs excess gas and toxins from within the intestinal tract, helping with digestive health. 100 capsules. Vegetarian and vegan.



Sources

All references can be found at www.NaturallyHealthyNews.com

Seven Top Tips For Keeping Your Pets Healthy and Happy Naturally

As most pet owners will testify in recent years, vet's bills have become "eye wateringly" expensive. But, there's so much we can do to support our animals' wellbeing and avoid costly trips to the veterinary surgery.

1. Ensure your pet gets plenty of exercise and stimulation

Daily walks will not only help our four-legged friends stay fit and trim, but they're also great for stimulation too. Plus, research shows exercising a dog can have huge benefits for the owners, as they tend to walk longer and more often than non-owners. Nine out of ten people with dogs meet the recommended target of at least 150 minutes of moderate to vigorous activity a week, compared to about six in ten without. And, don't forget, obedience work like practising recall, retrieving, and reinforcing basic commands is also a great way to exercise and stimulate your pets.

2. Keep your pet at a healthy weight

Carrying extra fat is not good for your pet as it puts additional stress on their joints and heart. It's important to remember a skinny pet is not ideal either, as it will

have no reserves if it becomes ill. Pet nutritional needs change with age and circumstance, so make sure they eat a balanced diet with appropriate protein and nutrients. Ensure they stay well hydrated, too. A healthy dog should drink 60-80 ml of water per kg of body weight, and a cat about 40-60 ml per kg per day.

3. Support their digestion

Pets can suffer from many of the same digestive issues as people, including belching or gas, vomiting undigested food, bad breath, bloating, diarrhoea, or foul-smelling stools. If your pet suffers from any of these conditions, it could be because they're lacking digestive enzymes, like protease, peptidase, amylase, lactase, cellulase, and lipase. Modern pet diets are often quite different from the food the animals would naturally eat and lack these enzymes needed to break down food. If your pet is not digesting its food properly, it won't get all the nutrients it needs. So, if your pet seems to be struggling,

consider adding in a digestive enzyme supplement or switching to a more natural raw food diet.

4. Look after their gut health

Like us, our pets have millions of microbes in their GI tract, which play a crucial role in keeping them healthy. So many things can negatively impact these "good bacteria", such as antibiotics, poor diet, environmental chemicals, and even emotional stress. If a pet's oral and gut microbiome becomes unbalanced, it will disrupt digestion and cause health issues like diarrhoea, diabetes, gum disease, skin problems, and even weakened immunity. To help maintain a healthy gut, most dogs can benefit from probiotics.

5. Ensure there are plenty of good fats in their diet

Pets' diets are often lacking in essential omega-3 fatty acids. Signs this may be the case include a dry, flaky coat, skin irritation, and joint inflammation. If your pet is suffering





from any of these symptoms, Krill oil could be the answer. This tiny crustacean with a shrimp-like appearance lives in the pure, cold waters off Antarctica. It contains beneficial omega-3 fatty acids EPA and DHA, which research shows may be more easily absorbed in the gut than fish oils. Studies show regular supplementation with Krill Oil can raise omega-3 levels, leading to lower inflammation and reduced muscle damage after strenuous exercise. Krill Oil also contains the powerful antioxidant astaxanthin, and choline which are beneficial for liver, kidney, and brain health.

6. Tackle inflammation

Arthritis and other inflammatory conditions can be just as big a problem for our pets as they are for us, and NSAIDs are commonly prescribed. While they can help with symptoms like pain and inflammation, they simply don't address the root causes and can have side effects. Two natural alternatives to consider are serrapeptase and curcumin.

Serrapeptase has a long history of use. It's a proteolytic enzyme, which

reduces inflammation by breaking down scar tissue and dead proteins, including blood clots, mucous, cysts, arterial plaque, and fibrosis, without affecting healthy tissue.

Curcumin is the main active component in the spice turmeric, which has been used for centuries in Ayurvedic and Chinese Medicine. Research shows it has a powerful anti-inflammatory effect on animals. Plus, added benefits of being a potent antioxidant, antiviral, antibacterial, and antifungal.

7. Support immunity with silver

Silver is nature's antibiotic. It has the power to kill pathogens like bacteria, viruses, and fungi. It can be applied topically or added to drinking water. It's an effective solution for all kinds of ailments, such as eye or ear infections, injuries, skin problems: including allergies, and fungal conditions like ringworm. It is perfect for cleaning wounds as an antiseptic. It helps reduce inflammation and itchiness, and this soothing effect can stimulate tissue renewal.

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.



ESSENTIAL DIGESTIVE PLUS™

A professional strength digestive enzyme complex combining all the essential digestive enzymes alongside a natural prebiotic FrutaFit® Inulin. 90 capsules. Vegetarian.



CURCUMINX4000™ WITH FENUGREEK

Provides all the benefits of Meriva® Curcuma longa extract (600mg) with 150mg Fenugreek extract per serving for enhanced bioavailability. 180 capsules. Vegetarian and vegan.



HYDROSOL™ SILVER SPRAY/GEL

The most-researched silver supplement on the market – safe for all the family. The spray delivers 10ppm (113ml), and the gel delivers 24ppm (44ml). Vegetarian and vegan.



PRESCRIPT-BIOTICS™

Contains a custom cultured blend of 8 x soil-based organisms. Supports digestion, immunity, and overall health. 90 capsules. Vegetarian and vegan.



THE KRILL MIRACLE™

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



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

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 daily.

MAGNESIUM BATH



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. Foot or 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 daily.

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 daily.



Getting To The Bones of The Matter

Osteoporosis is a condition where the bones become weakened and vulnerable to breaking.

Not Just a Women's Issue

Historically osteoporosis is seen primarily as an issue for women, relating to hormone changes post-menopause. Osteoporosis is called a “silent disease” because it progresses without symptoms until a fracture occurs. It develops less often in men than in women because men have larger skeletons, their bone loss starts later and progresses more slowly, and they have no period of rapid hormonal change and bone loss.

However, even though osteoporosis may not be linked with men as frequently as women, male diagnosis rates are climbing. Swedish researchers estimate that the number of hip fractures in men worldwide in 2025 will match those of women in 1990. Research shows that men are under-screened for osteoporosis and are undertreated even when they have fractures. Men also have a higher estimated lifetime risk of suffering from an osteoporotic fracture than developing prostate cancer.

As men and women get older, they become more equally at risk for osteoporosis and bone fractures, but not necessarily for the same reasons. Research at Kado and

UC San Diego School of Medicine leads a nationwide study interested in learning more about fracture risk in men. Their findings indicate that in men 65 years and older, the risk is more related to the loss of bone mass caused by certain lifestyle behaviours, diseases, or medication. In contrast, women are often at risk due to hormonal changes.

However, osteoporosis isn't solely an older person's disease. Where there is an inadequate intake and absorption of nutrition for whatever reason, poor bone health can be the result, meaning osteoporosis can begin in young adulthood and even childhood, even if it does not manifest until later in life.

The Bone Myth

There is a big myth surrounding osteoporosis perpetuated by the medical community. Your doctor may tell you that osteoporosis or osteopenia (lower than normal bone density) results from low calcium in the diet. While it's true that brittle bones may result from a deficiency of calcium, adding more calcium to the diet or taking high-dose calcium pills can do more harm than good. The dairy industry

and the National Dairy Council perpetuate this myth, encouraging people to drink more milk.

When the British Medical Journal reviewed the effect that drinking milk had on the body in 2014, their discovery countered all traditional medical advice about calcium intake. Men and women who had a high milk intake did not have a lower fracture risk and may even have a higher risk of death. JAMA Pediatrics researchers confirmed that drinking more milk as a teenager - just like your mother and doctor told you - could actually increase hip fracture risk in men.

Bones are often thought of as being solid, but they need to be flexible and strong. Think of a bridge or a tall building that sways a little in the wind; its structure needs to allow some movement, or it would snap. The myth that weak bones only need more calcium doesn't consider their flexibility and strength. There needs to be a complete combination of the necessary nutrients, including magnesium, boron, zinc, manganese, and copper, and supporting vitamins D3 and K2.





Key Steps to Avoid Osteoporosis

As with any good health regime, what is avoided or reduced is just as important as what is added.

Stop the Loss of Calcium.

The normal pH of a healthy body is slightly alkaline, and it will always try to keep that balance. However, the typical Western diet is so acidifying to the body that it can contribute to the development of osteoporosis. In trying to maintain alkalinity, calcium phosphate is leached from the bones. Examples of acid-forming foods include grains, animal products and processed sugar. Processed foods, which are notoriously high in salt, can also deplete calcium levels in the body.

On the other hand, healthy fat like cold-pressed olive oil, consumed as part of a Really Healthy Foods Diet, can increase osteocalcin serum

concentrations, a marker used to assess bone mineral density, and potentially protect and strengthen bones. A diet rich in alkalising foods, like vegetables, dark-skinned fruits, and avocados, can help the body to retain calcium, along with moderate meat, oily fish, nuts, beans, seeds, healthy oils, and healthy carbohydrate alternatives.

Other factors that can lead to calcium loss, and therefore a lowered bone mineral density over time, include drinking too much alcohol, smoking, and consuming too much caffeine. High stress leads to the release of excess cortisol, the fight or flight hormone, which depletes and breaks down bone.

Nutrients to Help Build Healthy Bones

A good source of calcium in the diet is dark green leafy vegetables (such as kale, broccoli, spring greens) and nuts, tofu, peas, and squash.

However, calcium can only reach its full bone-building potential if the body has enough vitamin D3. Both vitamins D3 and K2 are needed in sufficient quantities for calcium to be absorbed and utilised.

Magnesium is also a significant mineral for bone health. Low levels are linked to a higher risk of osteoporosis. This can quickly and easily be addressed by using a topical magnesium spray.

Last of all, a daily multivitamin containing the critical mineral boron is in order. Boron has long been a safe and effective treatment for arthritis and is considered an essential nutrient for healthy bones and joints.

Changing your diet and replacing

the vitamins and minerals your body is missing can immediately impact your bones. And as is the case with any lifestyle disease, it's important to get moving. Daily exercise is just as essential to bone health as daily nutrition. Exercising regularly from a young age can have a cumulative effect, increasing bone density and size, reducing osteoporosis risk later in life.

Recommended Products

VITAMIN D3 & K2 SUBLINGUAL SPRAY™

Sublingual spray with vitamins D3 and K2. Supports immune, heart and bone health. Flexible dosing with D3 200iu per spray. Suitable for all the family. 30ml (220 sprays per bottle). Vegetarian and vegan.



ANCIENT MAGNESIUM OIL ULTRA

A pure, high-potency, topical magnesium chloride solution derived from the Ancient Zechstein Seabed with OptiMSM® for rapid absorption into the skin. Supports your daily magnesium requirements. Various sizes available. Vegetarian and vegan.



ACTIVE LIFE™ CAPSULES

The complete multivitamin for all the family with 130 nutrients, vitamins, and minerals, including lutein, zeaxanthin, folate MTFH, Vitamin C, and D3. 180 capsules. Vegetarian.



HELPING OSTEOPOROSIS RELIEF, BY THE BOOK

A natural health guide to show you how to find relief for symptoms of osteoporosis and achieve good joint health. Free download available online at NaturallyHealthyNews.info



Sources

All references can be found at www.NaturallyHealthyNews.com

Health News

Warning: Could Statins Increase Your Risk Of Diabetes Type 2?

Statins may increase your risk of Diabetes Type 2 according to recent research, showing that there are more risks than benefits when it comes to cholesterol-lowering drugs.

Doctors primarily prescribe statins as they work to block an enzyme in the liver that's responsible for making cholesterol.

In the United States of America alone, tens of millions of Americans take cholesterol-lowering drugs, thinking this is the best way to lower heart disease.

The latest study on this connection also shows that this link between statin use, diabetes risk, and heart disease may be even stronger than previously reported. One of these significant risks is an increased risk of Diabetes Type 2.

Research published in the British Journal of Clinical Pharmacology showed 8,567 men and women with an average age of 64 who were all diabetes-free and not taking statins when the study started.

Fifteen years later in a follow-up study, about 12 percent of the group had started taking statins. **Many of the people took the statins for over a year and as a result, 716 new cases of diabetes occurred in the group.** Studies show that cardiovascular disease is 70 percent higher in adults with diabetes than those without it.

DID YOU KNOW?

Research shows there is a strong link between heart disease risk and developing Diabetes Type 2

How Vitamin D and Calcium Supplements Can Cut Vegan Women's Risk Of Hip Fracture

Vegan women are less likely to have a hip fracture if they combine Vitamin D and Calcium supplements together, according to a new large-scale study.

The Adventist Health Study, a large National Cancer Institute funded by cohort study consisting of 96,000 participants in North America, examined relations between lifestyle and health outcomes between 2002 and 2007. In this study, the population was limited to both non-Hispanic white peri- and postmenopausal women and men aged 45 and older who completed a follow-up questionnaire.

At enrolment, participants completed a comprehensive lifestyle survey and this included a validated food frequency into five dietary patterns including vegan, lacto-ovo vegetarian - (people who don't eat meat or fish but do eat eggs and dairy), pesco-vegetarian (no meat but does eat fish, dairy and eggs, semi-vegetarian (eats fish and meat once a week or less) and non-vegetarian.

Among the vegans, 32% supplemented with Vitamin D and Calcium, compared with 50% in other dietary groups. In men, there was no association found between diet pattern and hip fracture risk. The results suggest that taking both Vitamin D and Calcium are important to achieve optimal health on a vegan diet.

SOURCE:

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

Brush Your Way To Better Health

There's a little-known link between good gum health and the risk of heart attacks. Many of us may not be aware of this but over two decades of research makes clear a firm connection between periodontal disease and cardiovascular disease (CVD), according to the American Dental Association in 2006.

Oral infections are some of the most common diseases, and they can increase your risk of a heart attack. Oral bacteria cause oral infections, and these come from cavities, periodontitis, and gingivitis, which can spread to the heart. According to researchers from the Forsyth Institute, inflammation is behind both forms of the disease.

Dentists recognise a systemic link between gum health and heart health. Numerous studies show a connection between poor oral health and cardiovascular disease. A University of Birmingham-led study in 2021 showed an increased risk of patients developing heart health and even mental ill-health conditions linked with a history of periodontal (gum) disease.

Common gum disease symptoms include bleeding gums, gum infections, loose teeth, and bad breath. Infections can be even more dangerous for IBS patients. However, by resolving inflammation in the mouth, it's possible to avoid infections moving around the body.

4 Ways To Calm Inflammation and Clear Gum Disease

It's possible to avoid oral inflammation spreading by committing to these methods...

Practice Dental Hygiene. Brushing your teeth should be a daily practice, and natural toothpaste and mouthwash are recommended. Toothpaste tubes

are colour-coded on the bottom to represent their ingredients. Green stripes represent natural components. Toothpaste with a blue stripe contains some medicinal ingredients, while toothpaste with a red stripe contains both natural elements and chemical ingredients. A black stripe contains only chemical ingredients.

1. Use a Natural Antibiotic. Gum infections can be remedied by taking therapeutic Silver. This is a common medicinal remedy with established antimicrobial properties that can kill a wide range of pathogenic bacteria, including more common bacterial strains in the mouth.

2. Eat a Healthy Diet. Avoiding sugar, carbohydrates, processed foods, and drinks is essential for healthy gums and teeth. A high-sugar and high-carb

diet cause gum disease. Common gum disease signs include bleeding gums due to eating these sugary foods. It's possible to curb sugar cravings and reduce tooth decay by chewing on naturally sugar-free gum made with Xylitol (sugar alcohol), along with no artificial sweeteners.

3. Try Serrapeptase. As an anti-inflammatory, Serrapeptase can help clear inflammation in the body. Serrapeptase may help move and flush harmful bacteria from the blood while breaking down plaque. The proteolytic enzyme can also interrupt the inflammatory cycle, thereby reducing the spread of oral infection.



CORAL KIDS TOOTHPASTE

Fluoride-free natural toothpaste that provides complete natural oral care protection for children. Contains no harmful ingredients, artificial flavours, colours, or preservatives. Formulated with a combination of Hydrogen Peroxide, Tea Tree, Spearmint Oils, Echinacea, Golden Seal, Cinnamon, Clove, Ginseng, and Gingko. Provides fresh breath and whiter teeth. 6oz (170g).

SILVERBIOTICS® TOOTH GEL

Fluoride-free toothpaste made using patented SilverSol technology, natural Xylitol, peppermint, and natural plant-based colouring. Formulated for ultimate dental and oral care. May prevent gum inflammation and mouth ulcers. Suitable for vegetarians and vegans.

SERRAPEPTASE® 80,000U

Delivers 80,000IU Serrapeptase per capsule. Recommended for optimal health support. Available in a delayed-release capsule. Phthalate-free. Suitable for Vegans.

XYLITOL GUM (VARIOUS)

Xylitol Chewing Gum contains all-natural Xylitol, with no sugar or artificial sweeteners. Along with reducing dental plaque and promoting fresh breath, Xylitol is recommended for use before or after a meal. A natural alternative to sugar-laden chewing gum. Available in various flavours. Suitable for vegetarians and vegans.

CORAL WHITE® ORIGINAL TOOTHPASTE

All-natural protection formulated with Ionic Calcium from Above Sea Coral. Combined with Hydrogen Peroxide, Tea Tree, Spearmint Oils, Echinacea, Golden Seal, Cinnamon, Clove, Ginseng, and Gingko. Coral White® may be the most effective, natural toothpaste for cleaning teeth. Fluoride-free, Glycerin-free. pH balanced for optimal oral care. 6oz (170g).

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.



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 InterHealth N.I.

*** This product uses Gnosis SpA's (6S)-5-methyltetrahydrofolic acid, glucosamine salt (Quatrefolic®) and is protected by U.S. Patent no. 7,947,662. Quatrefolic is a registered trademark of Gnosis SpA.

****As Chromax• (Chromium Picolinate). Chromax• including the Chromax• logo, is a registered trademark of Nutrition 21, LLC. Chromax• is patent protected.

Available at all good independent health food stores

This product is not intended to prevent, treat, cure, mitigate or diagnose any disease.

Energise Your Heart Health With CoQ10

Our bodies naturally lose this essential vitamin as we age.

Our body's energy levels rely on a specific nutrient known as Coenzyme Q10. Our body can become dangerously depleted from losing the natural ability to synthesise this important enzyme as we age.

The highest concentrations are found in the heart, where CoQ10 plays a vital role in helping to support cardiovascular health and blood pressure. Research shows that it can help to improve symptoms of congestive heart failure. People commonly take statin drugs with heart and cardiovascular issues. However, a common side effect of taking statin drugs is CoQ10 deficiency, and this may, in turn, create heart health issues as a result of falling CoQ10 levels.

An Essential Nutrient For A Healthy Body

A 2018 study published in the *Indian Heart Journal* found that Coenzyme Q10 can be used as a potential therapy for managing patients with heart failure. Another multi-centre, randomised, double-blind Danish trial from 2013 proved CoQ10 is the "first drug" in over a decade that can significantly improve heart failure mortality - decreasing mortality from all causes by half.

Any mild deficiency of CoQ10 has also been linked with muscle pain, weakness, and fatigue, along with skin issues and decreased cognitive function. Research suggests that 80 percent of study participants taking 100mg of CoQ10 daily saw improved physical function. CoQ10 deficiency has also been linked with a higher percentage of migraines in children, teens, and young adults.

Coenzyme Q10 has also been connected with reducing oxidative damage that may help slow down progressive, neurodegenerative disorders such as Huntington's disease - that would otherwise cause death within 20 years. Japanese research indicates that low CoQ10 levels are associated with multiple system atrophy (MSA), a neurodegenerative disorder affecting movement and the body's involuntary functions such as heartbeat, breathing, eye reflexes, etc.

Two Forms of CoEnzyme Q10

By producing energy, CoQ10 is found in two forms within the body: Ubiquinone and Ubiquinol. Ubiquinone is the oxidised form metabolised by the body and then becomes Ubiquinol - the antioxidant form of CoQ10.

The most commercially manufactured, all-natural CoQ10 form is Kaneka Q10®. Free of impurities, it's bioidentical to the natural CoQ10 produced in the body. To replenish natural stores of Coenzyme Q10, it's recommended to take a hydrosoluble CoQ10 supplement like this to boost Ubiquinone levels and restore the body's declining coenzyme supply.

Recommended Products

UB8Q10™ UBIQUINOL

Backed by years of research, Kaneka Ubiquinol™ provides Coenzyme Q10 in its most active form. Powerful antioxidant properties help support the heart, cell, dental and immune health, and more. 60 soft gel capsules.



LIPOSOMAL HYSORBQ10™

Powerful liposomal CoEnzyme Q10 for fast and efficient absorption. Provides antioxidant benefits while supporting energy production and optimal health. 100ml. Vegetarian and vegan.



Sources

All references can be found at www.NaturallyHealthyNews.com

Dry Lips?

Discover The Secret To Beautiful, Luscious Lip Health...

Do you suffer with dry or chapped lips? Struggling to get rid of cold sores? There is a natural solution! Just like the skin on the rest of your body, lips need hydration to stay healthy. That's why the secret to good lip health is to moisturise your lips every day.

The trouble is that many traditional lip balms may feel soothing but they contain ingredients that only leave your lips feeling drier in the long run. They also don't do anything to protect your lips or to prevent lip problems from reoccurring.

Lysine For Lip Health

Lysine is an essential amino acid that may help. When combined in a lip balm with other natural ingredients, it can provide numerous benefits to support good lip health.

Studies show that Lysine can help to block the herpes simplex virus type 1 (HSV-1) that may be triggered due to a weakened immune system or times of stress. It's also thought that Lysine blocks another amino acid called arginine, that HSV-1 needs to be able to multiply.

Another study found that in those taking a 1000mg Lysine supplement daily, this resulted in fewer cold sores in the 26 people studied who were prone to recurrent cold sores. Perhaps the most interesting finding in this study observed that when a person's blood lysine measure was kept above 165 nmol/lm it reduced the number of cold sore breakouts. When blood levels dropped below

this level, the number of cold sore breakouts increased.

Other natural ingredients that can nourish lovely lips include...

Monolaurin - As a byproduct of coconut fat, Monolaurin is a chemical derived from lauric acid and glycerin. Monolaurin helps to support the immune system and contains antiviral and anti-bacterial properties that may help against cold sores.

Zinc Oxide - This acts as an active sunscreen component that covers both the UVA and UVB rays from the sun giving broad-spectrum protection. Zinc Oxide is also good for helping to heal cuts and irritations on the lips.

Coconut Oil - Ideal for chapped lips, Coconut Oil provides properties that help to moisturise dry lips and boost blood flow to the area.

Olive Oil - Using olive oil can help to condition and protect lips from drying out or becoming chapped.

Jojoba Oil - Absorbing quickly into lips, Jojoba Oil can restore moisture to your lips therefore soothing dry and chapped lips in the process.

Introducing Lysine Lip Balm

Using a lip balm with these proven natural ingredients to support good lip health can help. We recommend NEW Lysine Lip Balm from Good

Health Naturally as it provides nourishing properties to keep your lips healthy every day.

Along with preventing cold sores and dry or chapped lips, Lysine Lip Balm can also protect lips from environmental stressors such as cold and sun damage.

By combining all of these natural ingredients with a pleasant mango flavour into this lovely lip balm, not only will you enjoy its scent and taste, you'll begin to nourish your lips from within, so you can achieve luscious lips all-year round.

Recommended Products

LYSINE LIP BALM 5MG

Good Health Naturally's Lysine Lip Balm is a unique formula containing lysine and monolaurin to heal and nourish your lips. Studies indicate that lysine benefits recovery and recurrence of cold sores.

The balm is also ideal for dry/chapped lips or protection from environmental stressors such as extreme cold or heat. Zinc oxide helps heal cuts and irritations and offers natural protection against sunburn. The Lysine Lip Balm is certified organic and includes the nourishing benefits of coconut oil, olive oil and jojoba oil with a pleasant mango flavour. Contains no artificial ingredients or preservatives. Suitable for daily use. Suitable for Vegetarians. 5g.



Sources

All references can be found at www.NaturallyHealthyNews.com

Protect Your Prostate Now

- Naturally!

When the word 'prostate' is mentioned, what do you think of? For many people, the prostate is automatically associated with illnesses, particularly cancer, as they have only ever heard it being discussed in these difficult contexts. The prostate is an important gland that is nothing to be afraid of but is often neglected until it starts causing problems.

Perhaps your prostate is starting to give you troublesome symptoms you would like to learn how to remedy. You may feel you are perfectly healthy and simply want to educate yourself to avoid problems in the future. The good news is there are lots of natural ways to safeguard prostate health, and this knowledge can be critical for those of any age, from all walks of life.

The prostate is essential to reproduction and produces most of the alkaline fluid needed to carry sperm during ejaculation. About the size of a walnut, this hard-working gland is located between the bladder and the penis, surrounding the urethra.

Younger men, who stay healthy and active with moderate alcohol intake, can expect to have a healthy flow of this alkaline fluid, especially during their early twenties. But over time, and without the proper nutrition,

sperm count can start to drop. Worryingly, a drastic decline in sperm concentration has been observed across the West in recent years. This trend is reflected in the findings of a comprehensive data meta-analysis published in 2017 by the Hebrew University of Jerusalem. Conducted over 40 years, the study found sperm concentration has dropped by more than 50% throughout Western countries. This shocking, sweeping epidemic is unlikely to stop without the necessary interventions; and can have severe implications for healthcare systems and individual quality of life.

A healthy prostate is vital to wellbeing, and many men just don't realise that the power to protect themselves lies in their own hands.

The simple action men can take is to nourish their bodies better. Healthy fats such as those found in avocados, fish, krill oil, hemp oil, and coconut oil can help repair, heal, and promote long-term prostate health. Conversely, the saturated fats found in processed foods, red meat and cheese can be the enemy of a healthy prostate. Researchers from the University of North Carolina Health Care System in 2017 emphasised that cutting out dangerous fats is

not only crucial for our overall health and heart disease prevention but may also protect against aggressive forms of prostate cancer.

Even after a diagnosis, diet strongly influences the outcomes. Cancer survival rates are intrinsically linked to good nutrition. Many foods that make up the Western diet, including refined grains, red and processed meats, and high-fat dairy foods, can increase the risk of overall mortality and mortality caused by prostate cancer. Replacing such a diet with vegetables, fruits, fish, healthy oils and complex carbohydrates, more akin to those found in the Mediterranean diet, lowers a man's overall death risk by 36%, as a 2015 Harvard T.H. Chan School of Public Health study found.

A lesser-known but painful and distressing prostate condition is prostatitis, inflammation or swelling of the prostate, which can occur at any age. Usually caused by bacterial infection, stress or nearby nerve damage, there is little doubt that poor nutrition weakens the immune system and recovery. The consumption of inflammatory foods that aggravate symptoms should be addressed to support recovery and recurrence.

Although the prostate naturally tends to grow larger with age, making the wrong lifestyle and dietary choices can cause the prostate to begin to enlarge as early as age 25. This growth is called benign prostatic hyperplasia (BPH), and it's the



most common reason for prostate enlargement. Symptoms of the condition may not appear for years, but over time, BPH can present as:

- A feeling of incomplete urination
- A weak or interrupted stream of urine
- More frequent need to urinate, particularly at night
- Urgency, dribbling, or leaking during urination
- Potential erectile dysfunction (ED)

Anyone experiencing discomfort, or any of the above symptoms, should seek professional medical advice. However, conventional medicine may not have all the answers when it comes to bringing the prostate back to health. A more holistic approach can help support the prostate gland and manage or even reverse a condition. Along with a healthy diet, research shows that supplementing the following nutrients is immensely beneficial for optimal prostate health:

1. Saw palmetto: A plant extract used to relieve benign prostatic

hyperplasia and its symptoms. Saw palmetto is a common medical treatment for BPH in New Zealand and Europe, helping to address difficult, weak and frequent urination and support prostate shrinkage.

2. Serrapeptase: A potent anti-inflammatory enzyme used to calm inflammation and clear dead tissue build-up from the body. Serrapeptase may be most helpful for pain and inflammation relief, especially related to prostatitis.

3. Zinc: An essential mineral required by the prostate gland in large amounts. The prostate contains up to 15 times as much zinc as other bodily tissue; zinc levels have also been observed to drop significantly when prostate cancer develops.

Doctors and researchers agree that diet is one of the most important controllable risk factors to prevent prostate inflammation and disease. The right prostate care plan, including changing diet and supplementing missing nutrients, can go a long way towards avoiding

issues before they arise. However, even for those who have received a diagnosis, there is still time – and hope – to correct and protect.

Recommended Products

ProstatePlus+

Contains 22 specially selected vitamins, minerals, amino acids and herbs. Supports male reproductive health, urinary health, a healthy prostate, and overall male health. 120 capsules. Vegetarian.



SERRANOL®

A unique formula with Serrapeptase (160,000iu), Curcuminx4000 (250mg), ecklonia cava extract (50mg), and vitamin D3 (1000iu). Offers powerful anti-inflammatory and antioxidant benefits. 90 capsules. Vegetarian.



ACTIVE LIFE™ CAPSULES

The complete multivitamin for all the family with 130 nutrients, vitamins, and minerals, including lutein, zeaxanthin, folate MTFH, Vitamin C, and D3. 180 capsules. Vegetarian.



Sources

All references can be found at www.NaturallyHealthyNews.com

Healthy Detoxification All-Year Long

The Gut-Liver Connection

Many of us don't find ourselves considering liver health until the Christmas holidays are ending and we can no longer fit into our favourite jeans. However, supporting the liver isn't just for the new year but all year round, and daily interventions could make a big difference. One way to support the liver is through digestive health, where both are dependent on each other to function optimally. Here we look closely at the gut/liver connection and explore nutritional approaches to support healthy detoxification all year long.

So, what is the gut?

The 'gut' consists of the entire digestive tract from the mouth to the anus. It is a fascinating and complex journey, requiring near-perfect PH levels, countless enzymatic reactions, messenger hormones and an orchestrated number of processes taking place every step of the way. However, the digestive process could be compared to a domino chain reaction. If just one piece doesn't fall, it can prevent other pieces

from falling. The effectiveness of this chain reaction also impacts upon the 'accessory organs' to the gut, consisting of the liver, pancreas and gallbladder, as these organs rely on accurate messaging from the gut to work efficiently.

The Liver & Detoxification

The Liver has over 500 functions and comprises specific cells known as hepatocytes. As the 'in-house' detoxification system, it is easy to understand why supporting the liver is so essential to optimum human health. However, its role extends way beyond - supporting immune health, hormone health and producing the bile needed for fat digestion. The truth is that both the gut and the liver need each other as the gut plays a crucial role in supporting the liver and vice versa.

If you can imagine, nutrients are extracted from food throughout the digestive tract but are waiting to be put to work by the liver. This nutrient-rich blood from the gut goes through the portal vein before entering the liver for activation or storage. This channel from

the gut to the liver is also known as 'the hepatic first pass'. Once inside the liver, a complex chain of processes takes place to best use the nutrition provided with toxins excreted through an important two-step process, also known as phase 1 and 2 detoxification.

Detoxification is now a popular buzzword in the media. However, biologically, detoxification involves liver cells converting toxic waste into a safer form ready for excretion. The body is exposed to many pollutants daily, and minimising this 'toxic load' is one key way of supporting this process. This two-step process involves 'activating' the toxins ready for stage two and preparing the toxins for safe excretion. However, the effectiveness of this process will be dependent on a variety of factors. Whether a person has a nutrient-dense diet with a plentiful array of antioxidant-rich fruits and vegetables is arguably the most essential factor.

The Missing Link in Women's Health

One lesser-known role of the liver is



to 'deactivate' hormones which are no longer required. This process enables the body to stay in balance and prevents a build-up of one hormone or another. However, if this process isn't executed effectively due to insufficient detoxification pathways and poor elimination, this can lead to an imbalance. This is particularly relevant in sex hormones and often a prime culprit in female health issues. In fact, a 2019 review outlines a strong correlation between hormonal imbalance and certain female cancers.

However, a fibre-rich plant-based diet alongside supplementation will support this 2-step detoxification process and allow the bowel to eliminate what it doesn't need, supporting hormone modulation. Polycystic Ovary Syndrome (PCOS) is another common condition strongly correlated with hormone dysregulation. A population study indicated that diet matters, showing a clear link between certain dietary patterns and PCOS development.

How to support the Gut-Liver connection every day

Chew, Chew and Chew

As mentioned, the digestive system is comparable to a domino chain reaction. The first part of this chain is where the process commonly goes wrong. Start this process by focusing on the meal at hand and chewing thoroughly, allowing salivary enzymes to work on the food. This process also supports the stomach by minimising the amount of mechanical churning required. Problems often arise when partially chewed food is sent down the oesophagus, putting additional pressure on the stomach. Sometimes, undigested food particles and toxins can get through what should be an acid-rich barrier of juice. It will then be the liver's job to mop up any microbes that made it through to the blood. Therefore, something as simple as chewing

food thoroughly will defend the body against potential invaders, maximise nutrient extraction and let the liver get on with other jobs.

Antioxidants

Antioxidants are needed to counteract daily toxin exposure. The more you consume, the better your defences against disease. Plants are an abundant source, so 'eating the rainbow' matters to ensure a wide variety of antioxidants. One study reviewed their role in Non-Alcoholic Fatty Liver Disease. As oxidative stress and poor gut health are key contributors to the development of this disease, antioxidant interventions such as vitamin E therapy alongside probiotics have been supportive.

Drink more water

One of the cheapest interventions for the gut-liver connection is to stay well hydrated. This will keep the digestive mucous membranes healthy, allowing effective 'wave

contractions' throughout the gut (also known as peristalsis) and allowing complete bowel elimination. It will also enable toxin release through other mechanisms, including via the kidneys and the skin as sweat. Anything not excreted has the ability to be re-absorbed.

Herbal Heroes

Herbs are a rich, dense source of plant chemicals, with some possessing a powerful cleansing ability. This is particularly important for optimal liver health as excretion should occur in a timely manner. A lack of bowel movement can result in reabsorption of wastes, resulting in hormone dysregulation, skin issues, fatigue, migraines, irritable bowel syndromes, to name a few. To put it simply, if the gut is eliminating regularly – you will feel much better for it. This is where herbs come in. Leaves, roots and barks have a variety of health-giving properties to support this process. They can encourage bowel movements, but some also possess potent anti-microbial, cell-protective and liver strengthening properties.

Milk thistle is a common liver tonic with a 2,000-year history of medicinal use. Its protective mechanism comes from possessing anti-inflammatory, antioxidant and antifibrotic activity. One study reviewed its use alongside a restrictive diet in Non-Alcoholic Fatty Liver

Disease, also described as a process of fat accumulation in the liver. The findings showed that the antioxidant effect of the Milk Thistle appears to protect the liver against toxins with a significant reduction in liver enzymes at the end of the trial.

Another powerhouse tonic is Barberry, also called *Berberis Vulgaris*. It is known for its gut, liver and gallbladder cleansing ability and contains a diverse range of plant chemicals, rich in vitamin C and other liver-protective antioxidants. As an active constituent in barberry, Berberine also has gut modulating properties and protects the intestinal epithelial barrier. One review study found that Berberine can improve Ulcerative Colitis by regulating T helper cells.

Feed the gut, help the Liver

Probiotics are considered a safe and well-tolerated tool with many benefits in Liver health, including reducing toxicity, oxidative stress, fat deposits and modulating immune cells. Soil-based probiotics are a new generation of probiotics, with some people finding them well-tolerated compared to conventional probiotics. A 2017 literature review concluded that they have outstanding health benefits and can maintain microbial balance in the gut.

We can also draw out toxins to combat bloating and gas with naturally activated charcoal. Charcoal is naturally active and absorbent and has a long history of use as a filter and as an antidote to poisons. Charcoal absorbs unwanted substances and can provide the foundation for a healthier diet and life.

Recommended Product

PRESCRIPT-BIOTICS™

Prescript Biotics™ contains a custom cultured blend of 8 x soil-based organisms. Supports digestion, immunity, and overall health. 90 capsules. Vegetarian and vegan.



WHOLE BODY AND COLON CLEANSE

Two bottles of herbs to cleanse and detox the body. Designed to clear excess toxins from the colon and intestines. Whole Body Programme 300 tablets/ Colon Programme 90 tablets. Vegetarian and vegan.



LIVER BALANCE

Liver Balance Plus is an original Chinese formula with a combination of digestible ingredients and herbal blends, to support liver health. 120 tablets. Vegetarian and vegan.



HAPPY TUMMY

HappyTummy® Charcoal is naturally active, from pure natural hardwood. It absorbs excess gas and toxins from within the intestinal tract, helping with digestive health. 100



Sources

All references can be found at www.NaturallyHealthyNews.com



Good Health Starts in the Gut...

...Give yours the best start possible with our range of premium-quality digestive health solutions

Essential Digestive Plus™

Professional strength digestive enzyme formula
Supports digestive health
Suitable for vegetarians

PrescriptBiotics™

Combines 8x soil-based organisms
Supports digestion and immune health
Suitable for vegetarians and vegans

Probiotic14™

Maintains a healthy digestive tract
Strengthens immune Response
Suitable for vegetarians and vegans

HappyTummy®

Aids normal digestion
Reduces gas and bloating
Suitable for vegetarians and vegans

Available at all good independent health food stores


Good Health Naturally
Because it Works!®

Electro-Acupressure

The Gift of Acupuncture But Without the Needles

How chronic pain sufferers are taking matters into their own hands.

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

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

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

Today the popularity of electro-acupressure is increasing, offering the benefits of acupuncture but without the needles.

MicroCurrent stimulation or

electronic acupressure are simply different terms for the same technique used in Europe by the medical profession and natural health practitioners for the past 50 years. The general public in the UK, Europe, and the USA have used them for the past 30 years, often with remarkable results.

Electronic Acupressure is being used daily in Europe and the USA for such diverse treatments as arthritis, sinusitis, asthma, age-related macular degeneration and stroke recovery. It is famous for its good results with eye diseases, thanks to the pioneering work by doctors in the USA, who spotted its potential and got very excited when they experienced quite remarkable results.

How can I do this at home myself? 4 chronic pain sufferers explain.

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

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

Back injury.

"I suffered from a herniated ruptured disc for 16 years. I tried going to a chiropractor, bed rest, and no activity. After getting my back realigned, I was still in pain until I used electro-acupressure at home. I felt relief immediately. I was in awful pain. I used it, went to bed, and slept as if I had never had back trouble. I get immediate relief every time I use it."

Chronic fatigue.

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

Fibromyalgia and headaches.

"Within five minutes, my head was



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

Foot pain.

"For at least three months, I had been suffering from what I was told is a condition known as plantar fasciitis, commonly known as a 'heel spur.' This might sound trivial, but I assure you that to me, it was not. Because of the pain, I grew accustomed to walking on the toes of my right foot. What happened amazed me. After only about ten minutes of playing with the machine, I put my foot down and stood up. To my amazement, the pain had nearly gone."

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

Any condition that responds to acupuncture can also respond to

an electro-acupressure device. While electro-acupressure isn't recommended for anyone with seizures, epilepsy, or a pacemaker, it is shown to be safe and painless for all other home uses.

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

Chronic pain.

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

Pet pain management.

The University of Pennsylvania in Philadelphia in the U.S. looked at helping horses with short-term and long-term chronic back pain in the late 1980s. The horses had suffered from two months to nine years.

Different forms of acupuncture proved equally successful in alleviating the horses' back pain. The horses responded to each treatment and were able to resume regular activity.

Tension-type headaches.

A randomised, multi-centre-controlled trial, published in the British Medical Journal in 2005, indicated acupuncture could help patients with tension headaches. The findings were clear: acupuncture decreased headaches significantly—resulting in no pain for weeks at a time.

At-home electro-acupressure is a gentle, non-invasive alternative to acupuncture. Just apply to a directed point, press a button, and feel full or partial relief. Severe pain conditions may see improvements after regular at-home electro-acupressure treatments. When disease or injury occurs, electrical changes occur and can be detected at the skin's surface. Find these subtle changes, and we can intercept their pain signals.

Recommended Products

HEALTHPOINT™ KIT

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



Sources

All references can be found at www.NaturallyHealthyNews.com

REALLY HEALTHY RECIPES

Serves: 4
Total:
10 mins

Artichoke Hearts and Avocado Salad

Heart-healthy avocado and walnuts, along with mineral-rich artichoke hearts make this a delicious, healthy lunch

Ingredients

- 14oz (396g) Artichoke Hearts, tinned, chopped
- 1 Avocado, pitted and chopped
- 8 Cherry Tomatoes, halved
- ¼ cup Walnuts (29g), chopped
- 1 cup Microgreens (14.2g), or small salad leaves

Dressing

- 2 Garlic Cloves, minced
- 2 tbsp Lemon Juice
- 3 tbsp Olive Oil
- 1 tbsp Basil, fresh, chopped

Directions

1. In a small bowl whisk the dressing ingredients together.
2. Arrange the artichoke hearts, avocado, microgreens, and cherry tomatoes on a serving plate or dish.
3. Scatter the walnuts on top, then drizzle the dressing over the salad. Serve immediately.



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!®

SPRING INTO NEW HEALTH

Taking care of your skin, getting the right nutrition and keeping inflammation levels low are all recommended to avoid common health concerns that can arise during warmer months as we transition into spring and summer.

Here is a list of the most commonly reported health issues during spring and summer, along with recommendations so you can feel your best.



SKIN HEALTH

1 AstaXanthin with DHA™

AstaREAL® Astaxanthin™ with DHA is recommended for good skin health. As a carotenoid pigment, it's known to be one of the most powerful antioxidants that may help to protect skin from UV radiation. AstaREAL® Astaxanthin is the most studied Astaxanthin in the world. Studies show it's 1000x more effective than Vitamin E. Suitable for vegetarians and vegans.

ENERGY LEVELS

3 UB8Q10™

Flagging energy levels? UB8Q10™ Ubiquinol by Good Health Naturally provides you with 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. As the body's powerhouse enhancer and antioxidant, CoQ10 gets depleted with age. Therefore it's essential to supplement where possible with UB8Q10™ Ubiquinol.

ALLERGIES

2 PureC™ Liposomal Vitamin C with Quercetin

Support your immune system and skin health with our double award-winning PureC+™ Liposomal Vitamin C with Quercetin. Provides High-quality Liposomal Vitamin C 100mg with 175mg of Quercetin plus 1000mg Phosphatidylcholine (PC) per serving. Vitamin C can support collagen production, helping skin look youthful. Vitamin C can also support the immune system against allergies amongst other health benefits. Suitable for vegetarians and vegans.

INFLAMMATION

4 Serranol®

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.

ATHLETE'S FOOT

5 Ancient Magnesium Flakes Ultra

Soothe and relax tired, aching feet with Good Health Naturally's Ancient Magnesium Bath Flakes Ultra with OptiMSM. Magnesium detoxes, relaxes and promotes healthy skin. Contains superior Genuine Zechstein Magnesium Minerals with OptiMSM, the world's purest MSM for enhanced skin absorption. Ancient Magnesium Bath Flakes can even be used in a bath or foot soak to relieve conditions like athlete's foot. Suitable for vegans.



Rewind Time And Stay Youthful

B-Vitamins can boost your cell health and support the anti-ageing process

Did you know...? We stay alive because our body's cells regenerate themselves every twenty four hours. This natural cycle of regeneration is essential for healthy skin and keeping every part of you alive. Your body, therefore, also has a powerful ability to fight premature ageing and disease. Better than any anti-ageing cream, taking care of your cell health can help you to stay looking youthful.

Good Cell Health Begins With Telomeres

Various external factors can damage DNA, including chronic stress, radiation, toxins, and an inflammatory diet. Each DNA strand is called a telomere, and it counts down every time a healthy cell regenerates. Cells also divide a certain amount of times before they can die. When a healthy cell divides, some of the protective cap material is lost.

Long and healthy telomeres are needed for a long and healthy life as they protect DNA chromosomes throughout each cellular division. From this process, the telomere cap can also be shorter or longer, depending upon the damage

already done to the DNA strand. Short telomeres, for example, have been found not fully to regenerate, which can cause problems in the body, leading to premature ageing and disease.

Research also shows that abnormally short telomeres can be linked to osteoarthritis and joint damage. A number of shortened telomeres is associated with an increased ageing process. In particular, it's connected with diabetes, heart disease, higher cancer risk and osteoporosis.

Telomere lengthening can also support the body's anti-ageing process and can potentially treat human diseases, according to one study from 2015 published in the *Stanford University School of Medicine*.

Recent research on telomere lengthening brings exciting news that it can reset the body's clock and may be a potential new anti-ageing treatment. As lifestyle factors influence the length of our life, it makes sense that avoiding inflammatory foods and taking the right nutrients can protect healthy telomeres from shortening or

becoming dysfunctional. A lack of folate can damage telomere caps, leaving chromosomal materials vulnerable to ageing and disease.

Certain nutrients such as B-Vitamins, especially Vitamin B12, have been shown to lengthen telomeres. Taking a daily B-vitamin with natural folate ensures you receive the nutrients needed that play a crucial role in cell growth and DNA formation. The concept is straightforward. Lengthen your telomeres, and you can increase your life's longevity.

Recommended Products

B4HEALTH SUBLINGUAL SPRAY

Is a liquid B vitamin product using liposomal delivery for fast and effective absorption. Provides B vitamins alongside D3, C and Selenium and B Support. 120ml. Vegetarian and vegan.



ACTIVE LIFE™ CAPSULES

The complete multivitamin for all the family with 130 nutrients, vitamins, and minerals, including lutein, zeaxanthin, folate MTFH, Vitamin C, and D3. 180 capsules. Vegetarian.



Sources

All references can be found at www.NaturallyHealthyNews.com

The Truth On Liposomal?

Liposomal technology represents a sophisticated, safe, and natural supplementation method, delivering maximum absorption and unrivalled bioavailability.

An upsurge in popularity has sadly given rise to fraudulent claims by certain supplement manufacturers about the presence of liposomes within their products. The topic has recently garnered significant attention within the wellness space due to an upheld complaint against one brand. The ASA concluded that the manufacturer's claims surrounding the liposomal content of their product 'were misleading and had not been substantiated'. False claims are ultimately unfair to consumers, leaving them out of pocket and disappointed and missing out on the powerful health benefits of true liposomal formulas.

Here we cut through the misinformation currently surrounding liposomes and talk you through the basics – what they are, how they work and how you can be sure you are choosing genuine, trusted and clinically proven liposomal formulas that will

positively enhance your health.

What is Liposomal Technology?

The science behind liposomes is truly fascinating. The technology has been refined over decades, having first emerged in the 1960s. They are part of a wider family of lipid-based delivery systems, including simple oil-in-water emulsions, such as those commonly found in skincare products. But what sets liposomes apart is their structure, which is the key to their success.

Instead of using a surfactant (a molecule that has a dual nature, enabling it to interact with both water and oil to merely stabilise a drop of oil-in-water), a liposome is composed of a very special arrangement of phospholipids. Phospholipids are unique in that they have a water-loving phosphate 'head' and two fat-loving 'tails' made from fatty acids. These arrange themselves into bi-layer structures to form a spherical membrane, remarkably similar to a human cell. This acts as a protective pocket around the active ingredient, with the desired vitamin, mineral or supplement at its core. The liposome's unique properties mean

it can be modified to hold either fat-soluble or water-soluble molecules and acts as an impenetrable bubble around these molecules during the liposome's journey towards the cells. This also protects the nutrients from the harsh environment of the digestive tract.

The liposomes' striking resemblance to the body's cell membranes, their 'molecular mimicry,' enables them to deposit their precious contents directly into the destination cells by physically merging with them. This degree of absolute absorption ensures that all of the desired vitamins, minerals or nutrients can reach the bloodstream effectively and, crucially, remain in the blood for longer.

Liposomes are small enough to bypass 'first-pass' metabolism, which occurs in the liver. They offer superior bioavailability, meaning they are used much more efficiently by the body.

Another advantage is that liposomal, liquid formulas are often easier and more pleasant to take than their tablet or capsule counterparts. It is



more effectively in liposomes.

However, when purchasing liposomal products, it is important to ensure that they come from a reputable brand whose liposomal formulations have undergone rigorous testing and use only the most biologically active nutrient forms to enhance utilisation further.

Liposomal Solutions You Can Trust

Many brands sadly cut corners when it comes to testing or manufacturing methods, ultimately compromise the efficacy of their products; and it is the consumer who loses out. Some alleged 'liposomal' formulas are just emulsions or liquid suspensions which, despite containing phospholipids alongside the nutrient itself and any other ingredients, have not been through the scientific process required to turn them into liposomes. Equally, a liposomal formula that has been through this process but does not make optimum use of nanotechnology can result in a particle size that is too large and is poorly absorbed by the body. Tested and proven liposomal formulas use state-of-the-art encapsulation methods to significantly increase bioavailability. They deliver the proven, trusted results consumers expect and ingredients, such as nature-identical trans CoQ10, which respect the body's integrity.

an ideal, gentle option for those with digestive difficulties or problems swallowing. They can also be more cost-effective for consumers thanks to their high potency, which is protected during digestion, allowing for smaller doses that deliver powerful results – with no reported side effects. Liposomal Vitamin C products, for example, can rapidly raise blood concentrations and, using its expedited delivery system, can reach cells much faster than tablet equivalents. Vitamin C taken at high doses has countless health benefits, with the potential to support immune function, brain health, blood sugar, and heart health.

Liposomes can be adapted to hold different types of molecules and deliver a wide variety of nutrients to support the body. Liposomal products are effective for many areas, including eye health and age-related macular degeneration (AMD), brain health and cognitive abilities, joint health, blood pressure, and support healthy ageing. You can also deliver ingredients such as curcumin and resveratrol that can be notoriously difficult to absorb,

The ever-expanding world of liposomal technology continues to present exciting possibilities, allowing vital nutrients to improve the efficiency of an array of processes within the body. It offers consumers choice, convenience, flexible dosing, and an enjoyable new way to meet their nutritional needs. As consumers become more knowledgeable about the benefits

of these brilliant bubbles and better able to 'sort the wheat from the chaff' when selecting the right product, the future looks bright for liposomes.

Recommended Products

PUREC™ LIPOSOMAL VITAMIN C + QUERCETIN

Advanced liposome technology ensures faster and superior absorption than capsules, tablets and powders. Contains 1000mg vitamin C and 175mg of C Support (citrus bioflavonoids, quercetin) per serving. 180ml. Vegetarian and vegan.



MAXIFOCUS®

A unique and powerful liposomal formula with 26 essential eye supporting nutrients, including lutein, zeaxanthin, and riboflavin, which contributes to the maintenance of normal vision. 120ml. Vegetarian and vegan.



LIPOSOMAL HYSORBQ10™

Powerful liposomal CoEnzyme Q10 for fast and efficient absorption. Provides antioxidant benefits while supporting energy production and optimal health. 100ml. Vegetarian and vegan.



BRAINPOWER™

combines liposomal Curcumin and Resveratrol for maximum absorption. This sublingual formula reaches the brain within minutes. Provides antioxidant and anti-inflammatory protection. Made with natural, non-GMO ingredients. 180ml. Vegetarian and vegan.



LIPOSOMAL GABA™ WITH L-THEANINE AND ASHWAGANDHA

Provides fast and effective support during times of anxiety and stress. Recommended for calm and balanced moods, along with supporting a better night's sleep. 100ml. Vegetarian and vegan.



Sources

All references can be found at www.NaturallyHealthyNews.com

Are We Falling Out of Love with Our Hearts?

Why heart disease is the leading cause of death globally and natural steps we can take to protect our heart health.

According to the World Health Organisation (WHO), cardiovascular diseases (CVDs) are the leading cause of death globally. An estimated 17.9 million people died from CVDs in 2019, representing 32% of all global deaths. Of these deaths, 85% were due to heart attack and stroke. Out of the 17 million premature deaths (under age 70) due to noncommunicable diseases in 2019, 38% were caused by CVDs. However, most cardiovascular diseases can be prevented by addressing behavioural risk factors such as tobacco use, unhealthy diet and obesity, physical inactivity and harmful use of alcohol.

What are the most commonly seen heart issues?

Coronary heart disease (CHD) is the most common heart and circulatory disease diagnosed in the UK. It occurs when coronary arteries narrow due to a build-up of fatty deposits and other debris, leading to potential blockages and heart attacks. CHD is the leading cause of death in the UK and worldwide. Having CHD or a heart attack is also

likely to increase the risk of stroke.

Another common heart health issue is Atrial Fibrillation (AFib), associated with an abnormal heart rhythm (arrhythmia) and often fast heartbeat. AFib has become a growing epidemic, affecting more than one million people in the UK. When someone has AFib, electrical impulses usually produced by the heart's pacemaker fire from different locations in the atria, causing chaos in the heart. If left untreated, this arrhythmia can damage the heart and open the door to several heart-related complications.

High blood pressure is another common issue affecting heart health, and according to Blood Pressure UK, one in three adults has high blood pressure. They estimate that 31% of men and around 26% of women have high blood pressure. However, many more cases are undiagnosed or not receiving any treatment, so the numbers are estimated to be much higher.

Are certain people more susceptible to CVD?

People of a certain age, gender, ethnicity, or family history of cardiovascular disease tend to be



more susceptible than others. For example, death from heart disease affects more men than women, with the BHF figures stating that it affects one in seven men and one in twelve women. If you smoke, are overweight or obese, have a poor diet, sedentary or stressful lifestyle, it can also make you more susceptible, and many people have a combination of these which add to the risk.

Those with other diseases such as diabetes are also at a higher risk of developing heart disease, with one-third of adults with diabetes dying from heart disease or stroke.

According to conventional medicine, having high blood cholesterol is also a significant risk factor for developing heart disease. Although in some research fields, there has been a substantial shift in our understanding of the role of cholesterol as a risk factor in more recent years, and it may not be the predictor of heart disease as was once thought.

What are the foundations for a heart-healthy diet and lifestyle?

1. Reduce inflammation

Inflammation can set the stage for heart attack and stroke. You can calm inflammation by cutting



off its source: an inflammatory diet. Research shows a strong link between poor cardiovascular health and a high dietary intake of ultra-processed foods, sugars and unhealthy fats.

The good news is that eating more plant foods is beneficial to heart health. Include more vegetables at every meal and snack, alongside dark-skinned fruits and avocados, healthy oils, oily fish, moderate pasture-fed meats, beans, nuts, and seeds. Omega 3 fatty acids are very heart-friendly. Aim for 2-3 portions of oily fish a week, and add walnuts, chia seeds, flaxseeds, and hemp seeds for vegan options. Drinking a minimum of six glasses of filtered water per day with a pinch of bicarbonate of soda can help to improve oxygen transport to and from the heart.

2. Supply essential heart health nutrients

Two critical nutrients directly relate to the rhythm of your heart - taurine and magnesium. When taken daily, taurine can strengthen the heart and help with arrhythmias. Magnesium can increase ATP or cellular energy and protein molecules needed by the heart to contract and relax in a regular rhythm. For magnesium supplementation, using transdermal or topical products is an effective option. Taurine is recommended in an oral spray form as this absorbs

must faster than tablet equivalents.

Nattokinase is a proteolytic enzyme with a long history of use for cardiovascular health. Research shows that it has fibrinolytic activity, which supports the body in breaking up and dissolving unhealthy blood coagulation. Because it closely resembles plasmin, it dissolves fibrin directly, leading to smoother blood circulation and healthy blood pressure.

Ubiquinol is produced naturally in the body. It's converted from CoEnzymeQ10 (CoQ10) into a substance essential for energy production, with one of the highest concentrations found in the heart. CoQ10 has been shown to improve symptoms of congestive heart failure and might help reduce blood pressure. Some research also suggests CoQ10 might aid recovery in people who've had bypass and heart valve surgeries. CoQ10 converts to the active form of ubiquinol in the body, but taking ubiquinol avoids the conversion process and quickly supplies the cells with this essential heart nutrient.

Bergamot fruit contains natural polyphenolic antioxidants linked to improving cardiovascular health, fighting inflammation, and weight management. This extract provides clinically documented natural support for healthy cholesterol levels, showing it can reduce and control plasmatic "bad lipid" levels (total cholesterol, LDL and triglycerides) and increase "good" HDL levels. Bergamot flavonoids are exceptional metabolic regulators, potentially improving blood glucose metabolism, weight loss and metabolic syndrome.

3. Repair and recovery

We can all agree that exercise is essential to maintain heart health. American College of Cardiology researchers discovered that obese

atrial fibrillation patients could reduce the risk of arrhythmia by improving their cardiorespiratory fitness. You can strengthen heart health by exercising for 60 minutes over the day and reducing sitting to no more than three hours a day.

Recommended Products

HEARTPOWER45™

High-potency super BERGAVIT Bergamot 45% fruit extract. Benefits overall cholesterol balance and heart health. Supported by clinical trials to improve CVD risk factors. 60 capsules. Vegetarian and vegan.



TAURINE™ SPRAY

In a liquid form provides fast and superior absorption compared to tablet or capsule equivalents. Supports heart and eye health. 200ml. Vegetarian and vegan.



UB8Q10™ UBIQUINOL

Backed by years of research, Kaneka Ubiquinol™ provides Coenzyme Q10 in its most active form. Powerful antioxidant properties help support the heart, cell, dental and immune health, and more. 60 soft gel capsules.



NATTOKINASE™

Is a well-researched enzyme with over 50 studies and papers on PubMed. This product delivers 2000FU Nattokinase and 25mg Rutin per capsule. 90 capsules. Vegetarian and vegan.



ANCIENT MAGNESIUM OIL ULTRA

A pure, high-potency, topical magnesium chloride solution derived from the Ancient Zechstein Seabed with OptiMSM® for rapid absorption into the skin. Supports your daily magnesium requirements. Various sizes available. Vegetarian and vegan.



Sources

All references can be found at www.NaturallyHealthyNews.com

Is Health Coaching the Answer?

How to get your health on track and keep it that way

Whilst we all know that 'health is wealth' and that taking responsibility for your health is critically important, taking action to make that reality can be a challenge.

It's all very well to have the desire to get healthier, but motivation can soon be lost when you're not sure what to do for the best or wonder if the effort needed is going to be worth it.

You may be wondering where to start, or maybe you find you can ease and improve health issues to a certain extent but can't fully resolve them. Perhaps you feel confused by lots of different advice and don't know what to do for the best. You may even find yourself going from one course of action to another, trying lots of different things, but are then not sure what's working and what isn't, feel overwhelmed and frustrated and then give up in despair.

This is when Health Coaching can be the answer. It aims to make the seemingly complex question of looking after your health more manageable and

straightforward. Getting help from a qualified health coach can help you restore and maintain your health. It offers you a personalised approach so you can live your best life possible.

So, what is health coaching?

Most doctors agree that many chronic conditions can be improved with simple lifestyle changes, such as exercising, eating better, managing stress/anxiety, losing weight and stopping smoking.

With a qualified natural healthcare practitioner, health coaching aims to help you create healthier lifestyle habits and follow a plan of action to reach your goals. It is ideal for those in need of help with a pre-existing chronic condition and those wishing to take control of their wellbeing and introduce healthier lifestyle habits.

Health coaching works with you to create a manageable plan you can stick to, so you know what to do to improve your quality of life now and how to continue to build on that into the future. Don't

worry if you feel you have a lot of work to do, your coach will help you take it step by doable step so that it doesn't feel overwhelming.

It's important to say here what you do not get is medical or disease care. That is the domain of doctors. What you do get is help to establish a healthy lifestyle that will enable you to improve your health and well-being naturally.

The aim is to get to the point where you can see this is not just a 'plan', but a normal way of life where you feel healthy and full of energy and positivity.

Health Coaching support can include:

- **Enzyme Advice** - providing you with information about the critical enzymes, without which there can never be good health.
- **Nutritional Advice** - essential to enable adequate healing and complete recovery. Includes step by step healthy eating advice, with tips and easy meal plans to keep you on track.
- **Effective Supplementation** - supports healthy nutrient intake. Know what to take, when and how to maximise their benefits.

- **Liquid Intake** - to ensure you are getting the correct amount of pure fluid intake over the day, every day.
- **Activity Advice** - to ensure your body does not stagnate. Even if exercise feels out of your reach, it will match you with a type of movement that is easy to achieve at any level of ability.
- **Relaxation Advice** - to teach your body and mind how to focus, de-stress normal body processes, and create a positive recovery environment.
- **Healthy Breathing Advice** - to ensure optimal oxygen/carbon dioxide to create healthy cells and achieve maximum oxygen transition.
- **And, of course, that all-important Emotional and Psychological Support** to help you experience a strong and positive mindset for good health.

Health coaching helps you make the transition to healthy living easy and hassle-free. So you get to the point where you can see this is not just a 'plan', this is a normal way of life!

How is the Health Coaching carried out?

The power of technology means that health coaching can be accessed from the comfort of your own home, with services available via video and telephone calls.

The initial consultation involves personalising your plan and giving focused advice relating



to your circumstances. Advice will include the first few key steps to focus on for your health improvement journey. You won't be expected to make all the changes at once. The aim is to build a good foundation for health and then continue to improve it over time.

As you continue on your health coaching journey, follow up appointments will review your progress, discuss any concerns, answer your questions and give any extra support and guidance needed. They will also help you keep up the momentum for your healthier life.

New habits can take a little while to be well established,

which is why many people who start a new regime themselves find it's too much in one go and can't maintain it. Smaller but consistent steps are key here, and the accountability of coaching can really help with that.

Disclaimer

Health coaches are not doctors and cannot and do not give medical advice, diagnose or treat. Health coaching is not medical care. If you need medical care, please consult with an appropriate medical practitioner. Results vary from person to person and depend on their own efforts in applying the information given.

Visit:

MyGoodHealthClub.com
for more information



Natural Support For A Healthy Heart

HeartPower45™ exclusively contains High Potency Super BERGAVIT Bergamot 45% to support heart and cardiovascular health. Bergamot Fruit Extract is supported by clinical trials to improve CVD risk factors, controlling 'bad' and increasing 'good' cholesterol at the same time along with supporting metabolic wellness. 60 vegetable capsules.



Maintains healthy heart function



Lowers and manages "bad" cholesterol



Supports metabolic wellness



Suitable for vegans

Available at all good independent health food stores


Good Health Naturally
Because it Works!®

Health News

Love To Exercise? Here's How It May Help You Live For Longer

Exercise may help you to live for longer, according to a study published in the European Journal of Preventive Cardiology. This study included 792 men who were followed for 45 years. The research confirms that daily exercise may help to boost your longevity.

Each of the men in the study underwent a clinical exam including a medical history evaluation, a physical exam, and an exercise test when they were 54 years old, being pushed to the limit.

Researchers measured their heart rates and peak oxygen uptakes to determine their physical fitness level. Along with the correlation between health markers such as smoking, cholesterol levels, blood pressure, and physical fitness.

Men who had the highest and intermediate peak oxygen uptake at their initial exam had a respective 42% and 21% reduced risk of death, compared with those with the lowest peak oxygen uptakes.

Poor physical fitness was also seen as a risk of death that's higher in men who had the lowest peak oxygen uptakes when compared to men with high cholesterol and high blood pressure. **All of this means that poor physical fitness was a better predictor of dying than any well-known cardiovascular risk factors.**

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.

Why You Should Take Carotenoids To Protect Your Future Brain Health

Young people between 25 and 45 years old should consider taking carotenoids to protect their brain health. That's according to research from a new study published in Frontiers in Aging Neuroscience.

Lutein is a carotenoid usually found in green vegetables such as kale and spinach. Along with being a powerful carotenoid, it acts as an antioxidant and anti-inflammatory agent that may help to decrease the risk of eye disease.

New research is now suggesting that taking carotenoids such as Lutein can help protect brain function against the effects of ageing, especially for those in young and middle adulthood. Eating a diet high in leafy greens may also increase carotenoid concentrations and this has been shown to be correlated with better neural responses to, and performance on certain tests of attention control.

Findings suggest that middle aged participants had lower peak neural activity during cognitive testing, compared with younger participants. Participants with higher retinal carotenoid concentrations also had neural response peaks similar to those of younger participants - suggesting that Lutein has an anti-aging effect on the brain.

These findings indicate that greater concentrations of lutein in the brain may help to protect cognitive function against aging's effects during young and middle adulthood.

SOURCE:

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

Eyes Right:

Sight-Saving Supplements to Safeguard Your Vision

Although we all know how important it is to look after our eyes, many of us don't know how close our eyes' health and the quality of our sight is linked with what we put into our bodies. Eye disease is emerging as a problem in many developed nations due to poor nutrition from the typical Western diet and a lack of information on eye health. The number-one cause of visual impairment is a condition known as age-related macular degeneration (AMD), and sadly, it can lead to blindness.

There are two forms of AMD, 'Wet' AMD and 'Dry' AMD, with Dry AMD being the most common. Although it progresses slowly, it eventually causes up to a 95-percent loss of central vision. The rarer form, Wet AMD, can result in more rapid vision loss. Although this sounds frightening, there is hope for sufferers of both forms of the condition. Making positive nutrition and lifestyle changes can potentially halt or even reverse Dry AMD, dependent on severity. Achieving full recovery from Wet AMD can be more challenging. However, with dedication to daily nutrition, sufferers can minimise the risk of long-term damage and still aspire towards full or partial reversal.

Nutrients to Super-Boost Your Eye Health

1. Lutein. A naturally occurring carotenoid, synthesised only by plants, lutein plays a powerfully protective role in the eye's health by preventing damage to the macula - the central point of the retina needed for close work like reading and driving. A 2012 Finnish study found that increasing levels of lutein and zeaxanthin may reduce the risk of cataract formation by 40 percent. To protect against eye disease altogether, or stop an existing condition in its tracks, start by eating these vegetables high in lutein several times a day:

Vegetable	How Much Lutein Does it Contain?
Kale	21,900mcg
Collard greens	16,300mcg
Spinach, cooked	12,600mcg
Spinach, raw	10,200mcg
Mustard greens	9,900mcg
Okra	6,800mcg
Red pepper	6,800mcg
Romaine lettuce	5,700mcg
Endive	4,000mcg
Cooked broccoli	1,800mcg
Green peas	1,700mcg
Pumpkin	1,500mcg
Brussel sprouts	1,300mcg
Summer squash	1,200mcg

2. Zeaxanthin. Zeaxanthin, also a carotenoid, can preserve eye health and actively reduce the risk of AMD. You can increase levels of zeaxanthin in the diet by eating many of the lutein-rich foods listed above. Other good sources include sweet peppers, corn, tangerines, oranges, and eggs. The eyes need 10mg of lutein and 2mg of zeaxanthin daily for the best protection. Still, although zeaxanthin and lutein are in many of the same foods, zeaxanthin is much harder than lutein to derive from diet alone in adequate amounts. Even healthy, high-quality foods may only provide a fraction (10 percent, to be exact) of the lutein and zeaxanthin we need each day.

3. Taurine. The retina has a higher concentration of taurine, an amino acid, than any other organ. Taurine governs the electrical charge across cell membranes and is essential for the function of nerve impulses, and this nerve transmission is significant in the eye. Good dietary sources of taurine include eggs, raw dairy products, fish, and red meat; the body can also manufacture it by synthesising two other amino acids - methionine and cysteine. However, levels of taurine decline dramatically with age. Symptoms of taurine deficiency include visual deterioration and retinal



lesions. Though less common, deficiency in children can manifest as retinal problems, such as retinal ganglion cell degeneration and retinal dysfunction. The retinal degeneration characteristic of taurine deficiency has even been observed in animals, with a 1975 study finding a diet low in taurine caused problems in cats.

Getting enough eye-protective nutrients from food alone may prove challenging. However, the Age-Related Eye Disease Studies, conducted in 2001 and 2013, indicate that we can lend our vision some extra support – and reduce our risk of developing AMD – through daily supplementation. When selecting a supplement to preserve the health of our eyes, we must consider the source of the ingredients and the delivery system it uses to ensure that we are flooding our bodies with high-quality nutrients that can be easily absorbed and used. For example, taking taurine as an oral spray allows for faster absorption into the bloodstream than when taken in a capsule form, enabling it to get straight to work, protecting our vision. Liposomal formulas are also an excellent option, as they mimic our bodies' natural cell membranes for the best possible

bioavailability and nutrient absorption. This delivery system is particularly well-suited to carotenoids such as lutein and zeaxanthin. Another good ingredient to look out for alongside these is astaxanthin, which, as well as being a carotenoid, is known to be one of the most powerful antioxidants and free-radical scavengers found anywhere in nature.

If you are unsure, look out for certain trusted sources of lutein and zeaxanthin that have been used in and endorsed by clinical research. The second of the Age-Related Eye Disease Studies used FloraGLO® Lutein, proven to protect against AMD; whilst a 2017 study by Frost & Sullivan demonstrated that supplementing 10 mg of FloraGLO® Lutein a day with 2 mg of OPTISHARP® Zeaxanthin (a type of free form zeaxanthin, the only form that can be absorbed directly into the bloodstream) could save €6.20 billion (\$7.33 billion) in EU healthcare costs by protecting against advanced AMD.

As more optometrists begin to see the value of discussing nutrition with their patients, it is becoming clear that our eyes need nutrients – and that as long as we provide them, blindness isn't inevitable.

Recommended Products

MAXIFOCUS®

A unique, powerful formula that blends 24 important nutrients, including lutein, zeaxanthin, and riboflavin, which contributes to the maintenance of normal vision.



TAURINE™ SPRAY

The best way to boost taurine levels. Each serving delivers 50mg L-taurine, which is the tablet equivalent of 500mg! Approximately 60 servings per bottle.



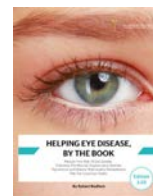
ASTAXANTHIN WITH DHA

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.



HELPING EYE DISEASE, BY THE BOOK

Discover how to naturally improve your eye disease and overall eye health. Available free online at NaturallyHealthyNews.info



Sources

All references can be found at www.NaturallyHealthyNews.com

FREE YOUR MIND:

How Natural Therapies Can Help You Change Your Mood and Your Life

One in four of us suffer some form of mental illness. We have come a long way in raising awareness and breaking the stigma and sense of taboo surrounding mental health conditions. The irony of the pandemic is that although it has compounded the suffering of those with pre-existing conditions and sparked symptoms amongst people with no previous history of mental health difficulties, it has also further opened up the dialogue around mental wellbeing. It has opened our eyes to hidden disabilities and reinforced the need for all of us to 'always be a little kinder than is necessary because everyone you meet is fighting some sort of battle'.

Unfortunately, those seeking help and ultimately recovery via the traditional route often face limited options and ineffective treatments. Frequently prescribed medications for depression and anxiety can worsen symptoms or cause side-effects, particularly in the case of SSRIs, or selective serotonin reuptake inhibitors, which include Citalopram, Fluoxetine (Prozac) and Sertraline. These well-known antidepressants work by increasing serotonin levels, a neurochemical, in the brain. Still, frustratingly, they are found only to be effective in a third of patients who have depression. Even in the best-

case scenario, where these drugs successfully relieve symptoms and help the patient feel better, they have a cumulative effect. The benefits can take a long time – sometimes months – to be felt. This time-lapse can be catastrophic for patients struggling with severe depression who desperately need fast, effective relief. Many of the side-effects experienced during the agonising first few months on a new medication go unreported. This was demonstrated by a 2010 Rhode Island Hospital study indicating that rates of occurrence of side-effects from taking antidepressant medication may be 20 times higher than the figures recorded by psychiatrists.

Equally unsettling are the findings of a 2014 study published in the journal *Zeitschrift Fur Psychologie*, which suggest the 'serotonin theory' is false and indicates that certain commonly prescribed antidepressants can make people more biologically vulnerable to depression instead of providing a cure. Linking many of the drugs' purported benefits to a placebo effect, they conclude there is little statistical difference between the effects of antidepressants and placebos.

Other studies support the widely held view that the cause of depression has been oversimplified and that SSRIs aim at the wrong target. Eva Redei, seasoned depression researcher,

and David Lawrence Stein, Professor of Psychiatry at Northwestern's Feinberg School, assert in their 2009 study that the typical antidepressant model, focusing on decreased serotonin and neurotransmitter levels, is 'wrong'. The actual cause of depression, Redei says, can be traced to an earlier chain of events in the brain, where neurons begin to develop and function.

Disconcertingly, a study published in *Molecular Brain* in 2011 revealed that taking an SSRI to treat anxiety or depression can physically alter the brain's plasticity, resulting in behavioural changes and increased anxiety. Similar brain-altering effects, causing developmental delays and autism, have been seen in children whose mothers have continued to take SSRIs during pregnancy.

For individuals suffering from severe long-term psychiatric illness or distress, medication may be necessary for those in crisis, both for their safety and those around them. Antidepressants and other psychiatric medications should never be stopped suddenly or without the advice/supervision of a doctor. But, ideally, mental





health treatment – especially for mild to moderate illness - should be a choice.

Natural solutions for mental health

Thankfully, there is an alternative approach. Many natural solutions are available for those who have exhausted all options or want to harness their mental wellness in a more holistic, safe, and affordable way.

Nutritional therapies are a valid, safe, and effective form of therapy for mental illness. The brain responds to what you feed it. Just as drugs such as SSRIs can negatively change the brain's plasticity, specific nutrients can have a positive impact and be used to nourish and heal. For many people, adding certain nutrients is enough to manage symptoms, restore balance and even reverse mental illness altogether.

Produced naturally by the body, SAM-e (S-adenosyl-L-methionine) is one such mood-balancing nutrient that can benefit brain health. Our levels of SAM-e drastically drop year by year, but

when supplemented, SAM-e has the potential to help major depressive disorders. It is important not to take SAM-e alongside prescribed antidepressants as this can cause Serotonin Syndrome. This uncommon but potentially severe condition can be fatal. Still, SAM-e is perhaps the safest and most effective supplemental ingredient for anyone not already on medication, showing positive natural anti-depressant actions.

A nutrient that is rapidly gaining popularity is GABA (Gamma-aminobutyric acid), an amino acid derivative produced naturally in the body, which works as a 'calming' neurotransmitter, supporting relaxation and sleep. Another amino acid, L-Theanine, found naturally in green tea, acts as an anti-anxiety nutrient, imparting a sense of calm without causing drowsiness. Time-honoured methods for managing mental health also exist; research shows that Ashwagandha, an adaptogenic herb used traditionally in India, can alleviate stress-related conditions and insomnia. Other brain-protective supplements include L-Tryptophan, vitamin B6 and vitamin B3, which can be taken to promote healthy sleep patterns

and daytime relaxation.

How we look after our mental wellbeing is up to us – which is a testament to how far societal attitudes towards mental health have moved on. Supporting the brain with vital missing nutrients holds the key to helping us all feel better and enjoy happier times ahead.

Recommended Products

LIPOSOMAL GABA™ WITH L-THEANINE AND ASHWAGANDHA

Provides fast and effective support during times of anxiety and stress. Recommended for calm and balanced moods, along with supporting a better night's sleep. 100ml. Vegetarian and vegan.



SAM-E PLUS™

Is made from the amino acid methionine and helps regulate critical functions in living cells. It has well-researched benefits for depression, osteoarthritis, and liver disease. 60 capsules. Vegetarian and vegan.



RELAXWELL™

A unique combination of L-Tryptophan, L-Theanine, plus vitamins B6 and B3, each selected for their known role supporting stress, relaxation and sleep. 90 capsules. Vegetarian and vegan.



MAXIFOCUS®

A unique and powerful liposomal formula with 26 essential eye supporting nutrients, including lutein, zeaxanthin, and riboflavin, which contributes to the maintenance of normal vision. 120ml. Vegetarian and vegan.



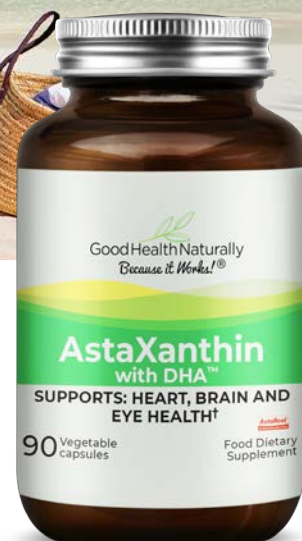
Sources

All references can be found at www.NaturallyHealthyNews.com



Now Is The Time To Build Up Your Skin Protection

This powerful antioxidant formula delivers a combination of plant-based DHA oil and natural AstaReal® astaxanthin which studies show is **1000x more effective than Vitamin E** at protecting skin from harmful UV radiation. **Suitable for vegetarians and vegans.**



Available at all good independent health food stores

Good Health Naturally
Because it Works!®



Supercharge Cellular Energy

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



Available at all good independent health food stores

Good Health Naturally
Because it Works!®

Train Harder, Recover Faster



Exercise can improve your quality of life, but it can also be hard on your body. While no one will dispute the importance of exercise and competitive sport, how you care for your body now will determine how well it functions later.

Here are two ways you can support your performance and endurance and bounce back faster after exercise or competition:

1. Increase your nutrient intake for optimal performance

During intense and prolonged exercise, the demand for nutrients increases. For example, athletes lose more electrolytes, such as magnesium, potassium, and sodium, through sweat and must replace them. Certain nutrients can also improve performance and endurance. Aside from being used in energy production, magnesium might reduce the accumulation of lactic acid and decrease muscular fatigue.

Norwegian seaweed extract is a powerful liquid enzyme that helps oxygenate the body and may improve endurance during heavy exercise. Oximeter tests have demonstrated that the amount of oxygen in the bloodstream can be increased in less than a minute after a liquid seaweed extract is taken. Oxygen is crucial in supporting muscle performance during your workout, but it also aids in the muscle recovery process.

2. Restore and repair quickly with the right nutrients

Muscle soreness is something that many exercise enthusiasts experience. Yet a recent study at the Beijing Sports University found that taking a D-Ribose supplement reduced muscle soreness after exercise. As a naturally occurring monosaccharide found in cells and mitochondria, D'ribose is essential for energy production. Along with supporting energy reserves, it can promote muscle recovery after work-outs. When combined with Magnesium, D-Ribose can form the ideal sports supplement to prevent muscle spasms and aid muscle recovery.

As a natural calcium blocker, magnesium plays a vital role in helping you recover from exercise by helping your muscles relax, preventing cramps and spasms. Rubbing magnesium on topically quickly replenishes stores of this essential mineral and targets the muscles directly. Research has also found that topical menthol can positively influence exercise-induced muscle damage. Using menthol showed a significant difference in muscle soreness compared to a placebo. Sports enthusiasts can use transdermal or topical magnesium with menthol to directly target the muscles before and after exercise.

Magnesium is also a remedy for safe pain management. Exercise-induced aches and pains, joint stiffness and inflammation can all be alleviated with the regular use of 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.

OXYSORB™

A powerful intra-oral liquid enzyme extracted from deep water seaweed, recommended for sport/fitness, when flying or at a high altitude, or during any heavy exertion. 60ml. Vegetarian and vegan.

D-RIBOSE

Ribose is an essential adenosine triphosphate (ATP) component, which supplies energy to our cells. D-RibosePlus™ combines d-ribose with magnesium and malic acid to support cellular energy. 320grams. Vegetarian and vegan.

Sources

All references can be found at www.NaturallyHealthyNews.com

REALLY HEALTHY RECIPES

Black Bean Quinoa Chilli

Serves: 8

Cook:
55 mins

This delicious vegan Black Bean Quinoa recipe is made in a stockpot and makes for a healthy dinner.

Directions

1. Place all ingredients in a stockpot or dutch oven.
2. Turn heat to medium/high and bring to a rolling boil. Then, cover and let simmer on low for 20-30 minutes or until quinoa is cooked.
3. Serve with favorite toppings and enjoy!

Ingredients

- 15oz (400g) x 2 cans of Black Beans, rinsed
- 1 cup (180g) White Quinoa
- 4 cups (1.1 Litre) Vegetable Stock
- 1 cup (285ml) Water
- 1 x 12oz can (340g) of Yellow Sweetcorn
- 1 x 15oz can (400g) of Diced Tomatoes
- 1 x 15oz can (400g) of Tomato Sauce
- 2 tbsp Fresh Cilantro, chopped
- 1 tbsp Minced Garlic
- 1 Poblano Pepper, chopped
- 1 Green Pepper, chopped
- ½ 1 Medium Yellow Onion, chopped
- 2 Cinnamon Sticks
- 3 tbsp Chili Powder
- 1 tsp Cumin Powder
- 1 tsp Onion Powder
- 1 tsp Paprika
- ½ tsp Ground Pepper
- ½ tsp Sea Salt
- Sea Salt



Understanding your Thyroid



Thyroid diseases are commonly underdiagnosed, with reports indicating that up to 60% of those with a thyroid disorder are unaware of their condition. Also, patients are frequently dismissed as having subclinical hypothyroidism, even whilst displaying a myriad of troubling symptoms. Fortunately, the research shows that good nutrition and targeted supplementation can make a real difference in reducing the symptoms of thyroid disorders.

What is the Thyroid?

This small butterfly-shaped gland located at the front of the neck secretes important hormones, thyroxine (T4) and triiodothyronine (T3), which help regulate the body's metabolism. Thyroid hormones are released when the thyroid gland is stimulated by thyroid-stimulating hormone (TSH), a hormone released by the pituitary gland.

What is Thyroid Disease?

Distinct types of thyroid disorders can affect either its structure or function. The most common thyroid disorders are hypothyroidism and hyperthyroidism. Thyroid disease

is more prevalent in women, and it's now recognised that 1 in 8 women will suffer from thyroid disease during their lifetime. Thyroid disease can strike at any age, but it is most common after pregnancy or menopause. The autoimmune conditions Hashimoto's and Grave's disease can also cause hypothyroidism and hyperthyroidism, respectively.

Hypothyroidism

Hypothyroidism (underactive thyroid) is the most common type of thyroid disease, and it occurs when the thyroid does not produce enough thyroxine. Signs and symptoms include fatigue, weight gain, dry skin, thinning hair, sensitivity to the cold, constipation, low libido, menstrual irregularities, and low mood.

Hyperthyroidism

Hyperthyroidism (overactive thyroid) occurs when the thyroid produces too much thyroxine. Signs and symptoms include weight loss, increased or decreased appetite, irritability, tremor, excessive sweating, anxiety, heat intolerance and diarrhoea.

Lumps or swelling of the neck, also known as nodules or goitre, can indicate either hypo or

hyperthyroidism.

Vitamins for optimal thyroid function

Vitamin D

There is a strong association between vitamin D deficiency, hypothyroidism, and autoimmune thyroid disease. Women are more susceptible to vitamin D deficiency and its effects on thyroid function. Vitamin D is needed for modulating the immune system in autoimmune thyroid disease, yet it is a widespread vitamin deficiency.

Vitamin D is found in oily fish, egg yolks, mushrooms, and certain fortified drinks such as orange juice or plant-based milk. However, it is difficult to obtain our complete vitamin D requirements from food alone, and the best source of vitamin D is sunlight or, particularly in winter, vitamin D supplements.

Vitamin B12

Vitamin B12 is essential for good thyroid function, and the symptoms of vitamin B12 deficiency can mirror

the symptoms of low thyroid function. Studies show that rates of pernicious anaemia are twenty times higher amongst hypothyroid patients partly due to low circulating thyroid hormones, which are needed for B12 absorption. There is also an association between low vitamin B12 levels and elevated thyroid antibodies in autoimmune thyroid disorders. Vitamin B12 is necessary to obtain energy from food, make red blood cells, and support cognitive function.

Dietary sources include meat, fish and seafood, dairy, and nutritional yeast. However, vitamin B12 injections or a supplement in the active form methylcobalamin are needed when levels are very low.

Vitamin A

The fat-soluble Vitamin A as retinol is supportive of good thyroid function. Pre-formed vitamin A is found in oily fish, liver, dairy and eggs, and one of its most important roles in the body is to support the thyroid. Research has shown that supplemental vitamin A reduces elevated TSH in subclinical hypothyroidism in women and normalises thyroid hormone secretion in hyperthyroidism.

Minerals for optimal thyroid function



Selenium

The thyroid gland contains a high amount of the mineral selenium. Selenium has various thyroid supporting roles. It acts as an antioxidant protecting the thyroid and is essential for converting thyroxine (T4) into the active thyroid hormone triiodothyronine (T3). Selenium also reduces thyroid antibodies and prevents the progression of autoimmune thyroid disease.

Food sources rich in selenium include Brazil nuts, cashew nuts, lentils, meat, fish, shellfish, eggs, and mushrooms. These foods are also rich in zinc, an essential mineral for synthesising and absorbing both thyroid hormones and fat-soluble vitamins A and D.

Iodine

The mineral iodine is necessary for producing T4 and T3 thyroid hormones, making it essential for good thyroid function. Whilst the UK RDA for iodine is 140mcg per day, this level was established

as the minimum necessary to prevent goitre. There is a compelling case for a higher daily RDA for optimal thyroid function and good overall health.

Cereals, grains, potatoes, kale, watercress, courgettes, and strawberries all contain iodine. However, iodine content varies depending on the iodine content of the soil on which they were grown, and modern farming practices have left our soil and, therefore, our foods depleted. Iodine is found in meat, chicken, eggs, and dairy products, with the varying amounts found in these foods a reflection of the iodine content of the animal feed used. Fish and seafood rich in iodine include cod, haddock, kombu and kelp.

Toxic halogens prevalent in our environments such as fluorine, chlorine and bromine displace iodine at the cellular level, directly promoting iodine deficiency. Studies have shown that fluoride in our water supplies directly



impairs thyroid function even at low fluoride concentrations. Our best method of defence against this is to use home water purification systems and ensure a regular daily intake of iodine. The polyphenol curcumin also protects the thyroid against the toxic effects of fluoride. Curcumin also has protective benefits against thyroid cancer, and it is shown to be safe and beneficial used alongside conventional cancer treatment.

Taking a high-quality multivitamin and additional supportive nutrients can be a proactive step towards good thyroid health.

Top tip for hyperthyroidism

Those struggling with hyperthyroid symptoms such as insomnia, palpitations and anxiety might find relief with taking L-carnitine, an amino acid that lowers elevated thyroid hormones. Lemon balm tea drunk daily is also beneficial for hyperthyroid patients as it

inhibits the stimulation of thyroid hormones.

Q. Should I avoid goitrogens in foods?

A. *Goitrogens are compounds found in food that may interfere with thyroid function. These can be found in cabbage, cauliflower, kale, and soy-based foods. However, cooking these foods can reduce goitrogen levels. Consuming goitrogens is often only an issue when eaten in very high amounts or when an iodine deficiency is present.*

Q. Can I take iron with my thyroid medication?

A. *Iron is needed for thyroid hormone metabolism. However, if you are taking levothyroxine, keeping a 4-hour gap between this and your iron supplement is recommended. This is also true for calcium supplements and thyroid medication.*

Recommended Products

ACTIVE LIFE™ CAPSULES

The complete multivitamin for all the family with 130 nutrients, vitamins, and minerals, including lutein, zeaxanthin, folate MTFH, Vitamin C, and D3. 180 capsules. Vegetarian.



NASCENT IODINE

Nascent Iodine is a liquid atomic form of this crucial mineral, which is well absorbed by the body, especially the thyroid. One drop = 350mcg of iodine. 30ml. Vegetarian and vegan.



IONIC SELENIUM

A highly bioavailable liquid dietary supplement that provides selenium in its ionic form, the form most recognised by the body. 300mcg ionic selenium per serving. 59ml (48 servings). Vegetarian and vegan.



SERRANOL®

A unique formula with Serrapeptase (160,000iu), Curcuminx4000 (250mg), ecklonia cava extract (50mg), and vitamin D3 (1000iu). Offers powerful anti-inflammatory and antioxidant benefits. 90 capsules. Vegetarian.



L-CARNITINE PLUS COQ10

Combined, L-carnitine and CoQ10 help support organ and cardio health, energy levels, fat burning and help fight free radical damage. 60 Capsules. Vegetarian and vegan.



Sources

All references can be found at www.NaturallyHealthyNews.com

REALLY HEALTHY RECIPES

Low Carb Green Smoothie

Serves: 2

Cook:
5 mins

This sweet and low-carb green smoothie is protein rich and filled with healthy fats and fiber meaning it will keep you feeling full for longer.

Directions

1. Add all of the ingredients into a blender and puree for about 30 seconds.
2. Taste to adjust the flavour and serve immediately.
3. For extra nutritional benefits, add 5 sprays of the Vitamin D3/K2 Sublingual Spray onto the smoothie.

Ingredients

- 1 medium avocado - peeled and pitted
- 1 cup spinach
- 1 ½ cups unsweetened coconut milk
- 1 scoop of sugar-free vanilla protein powder
- 1 tbsp of That Protein Powder – Nutty Nutty Peanut Butter
- 1 tbsp freshly squeezed lemon juice

Optional Recommended Product: Vitamin D3/K2 Sublingual Spray from Good Health Naturally

For additional nutritional benefits consider adding the following ingredients to your smoothie:

- Blueberries – Provide antioxidant benefits for optimal health
- Chopped Almonds – A good source of fiber, Vitamin E, magnesium and phytonutrients
- Chia Seeds – Rich in Omega-3 fat, antioxidants, minerals and fiber

Nutrition:

Serving: ½ a glass, Calories: 168kcal, Carbohydrates: 7g, Protein: 6g, Fat: 14g, Saturated Fat: 4g, Polyunsaturated Fat: 1g, Monounsaturated Fat: 8g, Cholesterol: 1mg, Sodium: 84mg, Potassium: 480mg, Fiber: 7g, Sugar: 1g

'B is for Brain' (B vitamins, that is)

How B Vitamins can ward off early cognitive decline

Did you know that while the brain represents only 2% of body weight, it accounts for over 20% of the body's total energy expenditure? This makes it the most metabolically active organ in the body and highlights how important nutrition is for optimum cognitive benefits.

However, supplementing with the right nutrients is also essential because the blood/brain barrier is highly selective in what is allowed to cross it to protect this vital organ. The significance of B vitamins for brain health and function is shown by the fact that each one is actively carried across this barrier by its dedicated transport mechanisms.

How do we know that B vitamins are important?

Thiamine is a precursor to a range of neurotransmitters and other bioactive compounds essential for brain function. A vast array of processes and enzymes involved in every aspect of peripheral and brain cell function are dependent on niacin (B3), whilst the primary symptoms of vitamin B6 deficiency are neurological, including depression, cognitive decline, and dementia.

The importance of keeping homocysteine levels down

Just one of the many consequences of a deficiency in any of the range of B vitamins is a potential hampering of the natural breakdown, recycling and balancing of homocysteine levels.

Homocysteine is a toxic amino acid the body produces from methionine found in meats, eggs, seafood and dairy. It has been linked to an increased risk of losing cognitive function, Alzheimer's disease and dementia when it occurs in excess.

Vitamins B12, B6 and B9 (folate) break down homocysteine to generate other chemicals your body needs. Furthermore, B12 is essential for DNA synthesis, regenerating methionine for protein synthesis and methylation, as well as preventing homocysteine accumulation.

Within the Oxford study, 168 volunteers aged 70 or older with mild memory impairments took a high dose of B vitamins for two years. The other group took a placebo. Over two years, the researchers used MRI scans to assess disease development and brain atrophy. Participants with the highest homocysteine levels had the most significant benefit from taking B vitamins.

Columbia University scientists in the US also discovered in 2017 that a daily high-dose B-complex vitamin could "completely offset" DNA

damage caused by air pollution, which over the long-term can damage brain structure and impair cognitive function.

An effective way to supplement B vitamins is with a sublingual liquid product, which absorbs quickly and efficiently under the tongue. You can also often find a complete B-complex in high-quality multivitamin/mineral capsules. What is clear, therefore, is that the B vitamins play a vital role in the majority of cellular functions and, when taken together, have potential benefits for brain function throughout all stages of life.

Recommended Products

B4HEALTH™

Is a liquid B vitamin product using liposomal delivery for fast and effective absorption. Provides B vitamins alongside D3, C and Selenium and B Support. 120ml. Vegetarian and vegan.



ACTIVE LIFE™ CAPSULES

The complete multivitamin for all the family with 130 nutrients, vitamins, and minerals, including lutein, zeaxanthin, folate MTFH, Vitamin C, and D3. 180 capsules. Vegetarian.



Sources

All references can be found at www.NaturallyHealthyNews.com

Going for Silver

The Next-Generation Antimicrobial

It may be called silver, but silver nano-particles have a gold-standard action for your immune health. It turns out that next-generation Silver Sol technology comes recommended by doctors, with benefits backed by extensive scientific research, and is now being used by tens of thousands of people for immune support.

Silver has an impressive history of use as a powerful infection-fighting agent. Medical textbooks and historical records have countless references to silver's role in medicine:

1. The Romans reportedly used silver nitrate for medicinal purposes, dating back to 69 B.C
2. In 1884, Franz Crede, a German obstetrician, successfully treated blindness in the eyes of newborns caused by venereal disease with silver nitrate drops.
3. Silver was used to dress wounds and sutures for the first half of the twentieth century, preventing infection.
4. During World War II, silver was used to preserve water and food.
5. Today, we see silver used as an antimicrobial agent on supermarket shopping trolleys and door handles to curb the spread of viral infections.

Unfortunately, the health benefits of silver often go unappreciated, with people being more familiar with the shiny metal than the balanced pH supplement. 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 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.

The Modern Antimicrobial Solution

Today we are facing an epidemic of antibiotic resistance. Should we be turning to silver as a solution to this crisis?

In cases where antibiotics are being overprescribed, wiping out the good bacteria that reside in a healthy gut and increasing the risk of harmful superbug infections, silver poses little risk. Though antibiotics have saved millions of lives, they are often overprescribed. Silver could help us solve modern-day bacterial resistance by offering an effective option.

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

The problem of antibiotic resistance is bringing modern medicine full circle. Medical scaffolds holding stem cells coated in silver ions have been shown to slow the growth of osteomyelitis infection while rebuilding new bone tissue. British scientists are also now exploring bioactive glass, laced with silver for hospital equipment like catheters.

Silver Sol is the next level of antimicrobial silver, which can 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*, *Escherichia 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.

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

1. **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.
2. **Anti-fungal:** Silver Sol can be applied directly to fungal infections on the body, such as in the underarms or toes and taken internally to tackle yeast and fungal infections.
3. **Bronchitis:** Bronchitis may be bacterial or viral; Silver Sol can clear bronchitis when taken orally, through a nebuliser, or spray. Silver Sol spray is helpful to deter chronic bronchitis infection reoccurrence.
4. **Bladder infection:** Silver Sol, alongside cranberry extract or juniper berries can treat bladder

infection within 12 to 24 hours.

5. **Colds:** The common cold is a virus that can quickly replicate and produce excessive mucus. Silver Sol taken as a spray can target any infection, reducing inflammation and congestion to improve symptoms.
6. **Blood cleansing:** Silver Sol is a known detoxifier and blood cleanser. It can enter the bloodstream to cleanse viruses, yeast, parasites, bacteria and other toxins at the cellular level.

The health benefits of Silver Sol are impossible to ignore. Following years of research, doctors have begun to embrace this potent product to treat many infectious diseases. 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, created with a new molecular structure, is unlike any

silver product available to date. This unique silver structure allows silver particles to be effectively transported throughout the body and excreted within 24 hours, without the risk of build-up in the body. It can be found in various forms, such as a spray, gel and drops for different uses. This patented silver technology provides maximum effectiveness and no known side effects.

Recommended Products

HYDROSOL™ SILVER SPRAY/GEL

The most-researched silver supplement on the market – safe for all the family. The spray delivers 10ppm (113ml), and the gel delivers 24ppm (44ml). Vegetarian and vegan.



MSM+ SILVER DROPS™

A proprietary blend of OptiMSM® hydrosol silver (10ppm), N-Acetyl-L-Carnosine, and colloidal zinc (10ppm). 30ml. Vegetarian and vegan.



Sources

All references can be found at www.NaturallyHealthyNews.com

Complete Nutrition For Eye Health

MaxiFocus® now contains Astaxanthin from AstaReal®, alongside Lutein and Zeaxanthin – all incredibly powerful ‘carotenoids’ that have been identified as vital nutrients for lens and macular health. This super formula contains 26 nutrients to help maintain normal vision, and all ingredients are delivered using an advanced liposomal delivery system, with absorption **up to 9x greater than tablet alternatives**.



Liposomal
delivery



Complete spectrum
of eye nutrients



Ingredients backed
by studies



Suitable for
vegans


GoodHealthNaturally
Because it Works!®

Available at all good independent
health food stores