

# NATURALLY HEALTHY NEWS

ISSUE 44

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COPY

## A MUST-READ

*Keep Yourself Trim  
Without The Gym*

## EXPERT ANSWERS

*To This Season's Most  
Asked Health Questions*

## COMBAT STRESS

*& Build Resilience*

## HAIR TODAY, GONE TOMORROW

*How To Minimise Hair Loss*

## WE NEED A HEART-TO-HEART

*Simple Steps To Support Your Heart*

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# 35

## Years of Good Health



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**Hello and welcome to Issue 44 of Naturally Healthy News.**

As we move through the first year without Robert at the helm, we are naturally coming together, growing stronger as a family. Even though it still doesn't feel real without him here with us, life moves on, all be it up and down.

Spring and Summer is the perfect time to appreciate all that nature has to offer us. Along with longer days, we experience a full display of colours, from blossoming city trees to vibrant shades of green across fields and hedgerows - a reminder of how nurturing ourselves with healthy food, regular exercise and plenty of rest can allow us to live life to the fullest.

As a family, we have been focusing on our mental health more than ever, and we recommend getting outdoors whenever possible. Activities like walking, cycling or even open-water swimming can keep you energised, reduce anxiety levels and provide a break from the pressures of daily life. I was actually gifted a wetsuit for Christmas, so no excuses!

**eBooks:** Robert's library of eBooks are continually being updated by his team of qualified Nutritionists, who he worked with for years. These contain all the steps needed for various health challenges and can be downloaded free at: [www.naturallyhealthynews.info](http://www.naturallyhealthynews.info)

**Products:** We're proud to announce that some of Robert's new 'Good Health Naturally' products have recently won awards! 'Ionic Iron' was Highly Commended by Natural Lifestyle magazine, and 'Lysine Lip Balm' won Best Beauty/Bodycare Product from Health Food Business magazine. An accolade warmly accepted by all of us on Robert's behalf. The big launch for this year is the 'Revitalising Moisturiser with COQ10 and Bakuchiol' which we are really excited to finally have our hands on ourselves!

**Success stories:** We would love to hear your success stories - please email: [testimonials@naturallyhealthynews.info](mailto:testimonials@naturallyhealthynews.info)

**Let your story help to inspire others.**

*From Anne & family*



## 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 - find advice on many health conditions, essential nutrients, tasty recipes and the latest health news - go for what you most want to know about.
- 3** Use as a reference guide to natural health. Keep it safe so you can help family and friends with their health when they need it.

### NEWS AND VIEWS

- 15 HEALTH NEWS** The latest news and research from the world of natural health.
- 50 HEALTH NEWS** More news and research.
- 75 HEALTH NEWS** More news and research.

### NATURAL HEALTH FEATURES

- 6 HAPPY HOLIDAYS** *How to Plan for a Healthy Summer Vacation*
- 8 HAIR TODAY, GONE TOMORROW** *How to minimise the impact of hair loss*
- 10 NAVIGATING THE MENOPAUSE** *With a Gentle Holistic Approach*
- 13 MORE THAN SKIN DEEP: Natural Ingredients to Supercharge Your Skincare**
- 16 LOVE YOUR LIVER – As Your Liver Looks After You**
- 18 IT IS ALL IN THE EYES**
- 20 THE POWER OF BERGAMOT** *Why is this Italian Citrus Fruit Becoming a Popular Choice for Cardiovascular Health?*
- 23 POLLEN PROTECTION PLAN - How to Enjoy a Sneeze-Free Summer**
- 24 KEEPING YOURSELF TRIM WITHOUT GOING TO THE GYM**
- 26 STAYING HEALTHY AND WELL** *Our Top 6 Tips for Strengthening Immunity Naturally*
- 28 IS ORAL HYGIENE THE MISSING KEY TO YOUR GOOD HEALTH?**
- 31 NATURALLY HEALTHY PUBLICATIONS BOOKS** *Essential natural health reads.*
- 32 MEN'S HEALTH AND THE IMPORTANCE OF ASKING FOR HELP**
- 34 HEALTH COACH Q&A**
- 37 SUPERCHARGE YOUR IMMUNE SYSTEM WITH BETA-GLUCANS**
- 38 BRUSH UP ON YOUR PET'S HEALTH**
- 44 6 STEPS TO STRONGER JOINTS** *Start your journey to happier joints today!*
- 48 INTERMITTENT FASTING** *The Quick Way to Supercharge Your Health*
- 51 WE NEED A HEART-TO-HEART** *Simple Steps to Support Your Heart*





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### REALLY HEALTHY RECIPES

25 MUCHROOM BRUNCH

64 ONE-POT COCONUT FISH CURRY

82 ANNE'S EASY OAT BISCUITS

### SPECIAL NUTRIENTS & SUPPLEMENTS

5 SODIUM BUTYRATE

22 VITAMIN B12

30 ALPHA LIPOIC ACID

40 SERRAPEPTASE

46 ANCIENT MAGNESIUM

52 ACTIVELIFE™

60 VITAMIN E



51

66



58

54 HARNESS THE POWER OF  
ELECTRO-ACUPRESSURE – *For You and  
Your Pets*

56 IBS UNDER THE SPOTLIGHT

58 CHILDREN, FOOD AND MOOD *Why  
are children's diets at a crisis point?*

62 BEAUTY FROM WITHIN *Give Your  
Skin a Golden Glow with Curcumin*

66 FEELING STRESSED? *Our Tips to  
Combat Stress and Build Resilience*

68 PLUGGING THE NUTRIENT GAP  
*Are vitamin and mineral supplements  
really necessary?*

72 PARKINSON'S DISEASE - *A New  
Epidemic*

74 HELP ME LIVE LUNG-ER *The Art of  
Breathing Right*

79 BEYOND A SHADOW OF GOUT *How  
to reduce the risk of a painful attack*

81 VARICOSE VEINS – *Prevention is Not  
in Vain*

83 THE SILENT DISEASE *Why we need  
to look after our bones before it's too  
late*

84 HOW TO STAY ON TOP OF YOUR  
SUGAR CRAVINGS

86 LUTEIN & ZEAXANTHIN – *Vision and  
Beyond*

88 WHOSE LIFE IS IT ANYWAY? *A brief  
history of health through the ages*



32



16





# Ingredient Spotlight:

Unleash the Healing Powers of Sodium Butyrate

**T**his remarkable little molecule is increasingly being recognised for its huge potential health benefits. Butyric acid is a short-chain fatty acid produced when our gut bacteria break down fibre. We also get a small amount in our diet from animal fats and plant oils.

Here are three reasons why you need more butyrate in your life.

## 1. Digestive Wellness

Butyrate may play several crucial roles in supporting digestive health. It's the main energy source for the cells which line the gut. Without it, they would be unable to perform their important tasks of breaking down food, absorbing nutrients, and protecting the body from microbial infections.

It may also help repair damage to the gut lining caused by all kinds of

things, from pesticides, toxins, processed foods and drugs. Increased intestinal permeability, also known as "leaky gut," seems an increasingly common problem. To help seal and heal a leaky gut, butyrate is proving to be an excellent therapeutic option.

## 2. Immune Health

The gastrointestinal system contains many different types of immune cells, which are primed to deal with pathogens by maintaining a low level of inflammation. It's tightly controlled, but if disrupted can lead to problems like dysbiosis and oxidative damage. Butyrate can help dampen excess inflammation and reduce free radical damage.

## 3. Brain Power

Although butyrate is present mainly in the gut, a growing understanding of the links between the gut and the brain has prompted researchers to

consider its role in cognitive health. Studies show its benefits may include reducing brain fog and improving memory. It may also help increase levels of an important molecule called Brain-Derived Neurotrophic Factor, which supports the growth of healthy neurons in the brain.

## How to Increase Butyrate

The best way to encourage your gut microbiome to produce butyrate is to eat a high-fibre diet with whole grains, vegetables, fruits, nuts/seeds and legumes. Including good sources of resistant starch and pectin is especially useful, which will help fuel a diverse number of butyrate-producing bacteria. There is also the option to supplement with butyrate for additional support.

### Recommended Products

#### SODIUM BUTYRATE

Butyric acid is a short-chain fatty acid (SCFA). A Sodium Butyrate supplement is a good option for gut and total body wellness. 60 Capsules. Vegetarian and vegan.



### Sources

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)

# HAPPY HOLIDAYS

## *How to Plan for a Healthy Summer Vacation*

**J**etting off for a sunshine holiday is the stuff of dreams. A time for adventure, exploring or relaxing on the beach. Unfortunately, these precious weeks can sometimes be marred by illnesses like summer colds, urinary tract infections, sunburn or upset tummies. It is important to start prepping our bodies as early as possible so we are in peak condition to enjoy our trip.

### **Boost Immunity**

Ensure your immune system is in tip-top condition by eating plenty of foods rich in vitamin C, like citrus fruits, red bell peppers, broccoli and spinach. A deficiency can result in impaired immunity and a higher susceptibility to infections. It cannot be stored in the body, so we must eat these foods daily.

Minerals zinc and selenium are essential, too, for the proper functioning of immune cells. Zinc is found in seafood, red meat, egg yolk, pumpkin and sunflower seeds, and

whole grains. Sources of selenium include fish, alfalfa, Brazil nuts, whole grains and broccoli.

Add plenty of garlic to cooking. It has been used since ancient times for its antibacterial and antiviral properties. It contains allicin, which gives it a distinct smell, plus other compounds that studies show have the potential to improve immunity against viruses.

### **Build A Strong Stomach**

One of the joys of foreign holidays is trying new things to eat and drink, but changes in diet with different, and perhaps more indulgent foods can lead to upset tummies and traveller's diarrhoea. When abroad, we can become exposed to bacteria we're not used to. Research shows probiotics can reduce the risk of traveller's diarrhoea by 15% and help with constipation and bloating. Start taking at least a week before travel and while you are away.

To avoid food poisoning, keep an

eye on what you are eating, and stick with freshly cooked dishes. Avoid leaving food out in the heat, which creates the perfect atmosphere for bacteria to grow.

### **Manage Stress**

There often seems to come a point in the run-up to a holiday where we have so much to do we start wondering if it's even worth it. In the last 12 months, we have faced additional fears about flight cancellations. It all takes its toll and could make us more susceptible to holiday illness. Start planning well in advance, make lists and avoid last-minute frenzies. The less stressed you are before you go, the better it is for your immune system.

### **Flying and Jet Lag**

Stay hydrated and avoid excess alcohol when flying, as it can depress the immune system. Travelling between different time zones can disrupt our natural circadian rhythm, causing sleep disruption and fa-







tigue. To help promote a good night's sleep and get yourself back on track, consider using a calming, relaxing magnesium oil at bedtime.

## Hydration and Hot Weather

Often summer holiday destinations are hotter than we are used to, so adapting to warmer climates can be a problem. Soaring temperatures can cause excessive sweating, cramping, dehydration, sunburn and heat stroke. Puffy feet and ankles are another common problem, as heat can trigger fluid retention, especially if you are a little dehydrated. Make sure you drink water throughout the day and evening.

## Protect Your Skin

On hot days wear sunglasses to protect your eyes from the sun's rays. Cover up before your skin starts to burn, and wear a hat. If you suffer in the heat, avoid being out too long in direct sunlight between 11 AM and 4 PM, when temperatures peak.

Supplementing with astaxanthin could be a good option if you are particularly prone to sunburn. This powerful antioxidant is believed to protect the skin from UV damage. Mineral sunscreen is also vital.

Don't forget your lips! A lipbalm with zinc oxide and other nourishing ingredients can help protect the lips from the sun.

## Protect Against Insect Bites

Watch out for midges and mosquitoes, which can both cause itchy misery. If you get bitten, keep them clean, and apply topical silver to help prevent infection, which is more likely in the heat. If you are prone to insect bites, consider supplementing with B1 thiamine, starting a few weeks before travel. It is thought to be eliminated through the skin, with an odour not detectable to humans but so disagreeable to insects it will keep them away!

### Recommended Products

#### PRESCRIPT-BIOTICS™

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



#### ASTAXANTIN 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.



#### HYDROSOL™ SILVER GEL

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



#### ANCIENT MAGNESIUM® OIL

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



#### LYSINE LIP BALM

Lysine Lip Balm is a unique formula of organic ingredients to support and nourish the health of your lips. 5g. Vegetarian.



#### Sources

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)

# Hair Today, Gone Tomorrow

## How to minimise the impact of hair loss

**H**air loss can be highly distressing. It can affect the scalp or the whole body, be temporary or permanent and appear gradually or suddenly. It can also affect anyone, although it is more common in men.

Just as the types of hair loss are many and varied, so are the reasons. Common causes include genetics, hormonal changes, medical conditions or treatment, stress, emotional and physical shock, nutritional deficiencies, hair treatments, such as bleaching or dying, or even fungal infections.

### *What can be done to improve hair loss?*

Despite the wide-ranging potential causes of hair loss, a natural health approach can help make a difference. Supplementation can be an effective option, as we may not be able to get all the required nutrients through food alone. Vitamins, minerals and other nutrients can be used to plug some of the gaps that may be contributing to hair loss. Helpful nutrients include B vitamins, iodine, iron and a broad-spectrum multi-vitamin/mineral.

Protein provides the building blocks for hair growth, so ensure the diet includes plenty of protein-rich foods such as meat, eggs,

fish, tofu, beans, and nuts. Plus, plenty of healthy fats, such as avocados, nuts, seeds, chia seeds, hemp oil, olive oil, oily fish, grass-fed meat etc. If dietary sources are low, then opt for an omega-3 rich supplement. Ensure you are including plenty of iron-rich foods too.

There are also important emotional issues to consider. For example, Traditional Chinese Medicine (TCM) considers the liver to be the organ where the emotions of anger and frustration are held. The liver's associated meridian, or energy channel, runs up the side of the body across the top of the head and down the other side. Consequently, TCM concludes that excess energy running through that channel 'burns off' hair on the head. Therefore, good liver support and emotional clearing techniques to release pent-up anger and frustration can be helpful.

Stress can also factor in hair loss because of its role in unbalancing hormones. Therefore, a common area to explore is thyroid health, which may require further testing via a GP to rule out any imbalances there.

It is also essential to consider if there are any underlying absorption issues, so a digestive enzyme supplement can help ensure that food and nutrients are properly broken down and absorbed into the body.

### Recommended Products

#### IONIC IRON

Ionic Iron is a rich, concentrated liquid dietary supplement that provides iron in an ionic, bio-available form and is the form most recognised by the body. 56ml. Vegetarian and vegan.



#### LIPOSOMAL B4HEALTH

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.



#### 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.



#### ESSENTIAL DIGESTIVE PLUS™

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



### Sources

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)



  
Good Health Naturally  
*Because it Works!*<sup>®</sup>

## Fight Fatigue

with Ionic Iron and Ionic Vitamin B12



**HIGHLY BIO-AVAILABLE FORM**



**FLEXIBLE DOSING**



**SUITABLE FOR VEGANS**

Iron and B12 are vital nutrients for energy production and may assist in the reduction of tiredness and fatigue. They are also vegan essentials as dietary sources may be low.

Ionic vitamins and minerals offer fast and effective absorption, with metered droppers and flexible dosing to suit individual requirements.

*Available at all good independent health food stores*

# *Navigating the Menopause*

## With a Gentle Holistic Approach

**O**nce a time of fear, shame, denial and stigma. Women are now talking more openly about menopause and reaching out for help and advice on how to deal with symptoms spanning changes in mood, emotions and physical well-being. As hormones fluctuate and oestrogen and progesterone decline, simple diet and lifestyle changes can help ease women through the transition.

A survey of more than 4,000 British women published in May 2022 found 77% reported suffering from at least one menopause symptom, which they considered 'very difficult', with 44% experiencing three or more symptoms described as severe. These included insomnia (84%), brain fog (73%), and anxiety or depression (69%). Other symptoms included mood swings, palpitations, declining libido, vaginal dryness, sleep disturbances, lack of energy, joint pains, dry eyes, weight gain, and changes in hair quality.

### ***Look to the East***

It certainly seems more common

for women in the western world to experience a "worse menopause" compared to others, especially in some Asian countries. Perception of menopause and mindset could be a key reason for this. In the West, menopause is often dreaded, whereas, in some Eastern cultures, it is embraced as an important stage of life. For example, the Japanese word for menopause means "renewal," and the Chinese word means "rebirth."

If we look at Japan, women seem to have minimal or no symptoms, and research suggests diet can play a huge role. Japanese women consume high amounts of soybeans containing phytoestrogens and isoflavones, which are associated with better hormone balance. Lifestyle may play a part, too, as Japanese women are considered some of the healthiest in the world. Traditionally slimmer and fitter, they tend to eat a nourishing diet rich in omega-rich fish and light carbs, with plenty of green vegetables. Of course, genetics may also play a role.

### ***Eat to Balance Hormones***

Take a tip from Japanese women and make sure the diet contains plenty of phytoestrogen-rich foods. There are two main forms: isoflavones and lignans. Soy is the richest source of isoflavones. Popular food choices include edamame, miso, tempeh, tofu, soya milk and red clover. It is also found in lesser amounts in chickpeas and green peas. Lignans can be found in berries, flaxseeds, grains, nuts, and fruits. These plant molecules have a similar chemical structure to oestrogen and bind to oestrogen receptors on cells. Research shows they may help lessen hormonal imbalances and reduce menopausal symptoms, including hot flashes and night sweats. The great thing is foods rich in phytoestrogens usually contain other powerful plant nutrients, like omega-3 fatty acids, fibre, and antioxidants.

### ***Choose Healthy Fats***

Include plenty of healthy fats in the diet, like oily fish, avocados, nuts, and flax seeds. Omega-3 is an essential fatty acid our bodies can't make, so we need to ensure we get it from food or supplementation. They can help





# menopause

with menopausal symptoms such as dry skin, lifeless hair, cracked nails, and dry eyes and even help increase bone mineral content, reducing the risk of osteoporosis. The best source is oily fish containing 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, with only a small percentage becoming EPA and DHA. Most people who eat a Western diet are deficient.

## ***Increase Fruit and Vegetables***

Aim to eat a rainbow of colour every day. This will help ensure you get plenty of vitamins, minerals and phytonutrients. A good tip is to fill half your plate with vegetables at mealtimes. Always opt for organic where possible to re-

duce pesticide exposure, known endocrine disruptors which can negatively affect how hormones function.

## ***Maintain a Healthy Weight***

This is essential as overweight women are more likely to suffer from frequent hot flashes and night sweats, with more severe symptoms compared to women with lower BMIs or percentage body fat.

An American trial in 2012 followed more than 17,000 menopausal women aged 50 to 79 as they introduced dietary changes: reducing fat intake and increasing fruit, vegetable, and whole grains. It found weight loss could help to eliminate hot flashes and night sweats, with 74% of women in the study reporting no hot flashes and 73%

reporting no night sweats.

## ***Keep Moving***

Weight gain is a common problem during menopause as there is a tendency for muscle mass to reduce, meaning the need for calories declines. Exercise, especially resistance training, can help preserve and build muscle mass. It has other benefits, such as boosting mood, improving circulation, regulating blood sugar levels and improving cardiovascular function.

## ***Manage Stress***

Modern life is busy. Many women struggle with work-life balance and simply do not get enough sleep or time to relax or exercise. But it is time to slow down. As oestrogen levels drop, it becomes harder for the body to regulate cortisol levels as effec-



tively as before, causing women to experience stress more readily. It is vital to build resilience with deep breathing, meditation, yoga, Pilates, and tai chi, alongside plenty of restful sleep.

## ***Look After Your Bones***

Oestrogen is involved in maintaining strong bones, so when it starts to decline, it can lead to decreased bone mass and reduced bone strength. It is essential to ensure the diet is rich in nutrients that help keep bones healthy, especially calcium, magnesium, boron and vitamin K. So, eat plenty of leafy green vegetables, nuts, seeds and whole grains. Vitamin D is also essential for bone health and usually needs to be taken as a supplement, especially in the winter.

## ***Herbal Help***

Maca is derived from the root of a cruciferous vegetable native to Peru and has a long history of use for managing stress and

lowering cortisol. Some studies suggest it may benefit women during menopause by helping alleviate some symptoms, including hot flashes and interrupted sleep.

## ***Magnesium***

As well as supporting bone health, magnesium is a well-known natural relaxant, helping relieve anxiety, tension and nervousness. Most people are deficient in this essential mineral, so supplementing is a great idea. Topical magnesium lotions and oils are an effective way to support your daily levels. Applying them to the skin at bedtime can also help promote sleep and relaxation. For extra support, try magnesium blended with melatonin, as this is the key sleep hormone which tells your brain when it's time to relax and head to bed.

## ***B vitamins***

B vitamins can also be helpful—especially B3, B5 and B6, which are well-known for stress relief. A deficiency has been linked to

low energy, stress, anxiety, tension, irritability and poor concentration.

### *Recommended Products*

#### **THE KRILL MIRACLE™**

Krill are a super-rich source of omega-3 fatty acids (DHA/EPA), phospholipids, choline and astaxanthin. Supports heart, liver, brain, skin, joint and eye health. 60 Fish Licaps™ Capsules.



#### **MACAPRO® XP PURPLE**

A natural extract of selected purple Maca roots with notable benefits for female hormonal balance, energy levels, mood and stress relief. 90ml. Vegetarian and vegan.



#### **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 LOTION WITH MELATONIN**

Magnesium chloride lotion with OptiMSM® and Melatonin, to support relaxation and sleep. 200ml. Vegetarian and vegan.



### *Sources*

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)





# More Than Skin Deep:

*Natural Ingredients to Supercharge Your Skincare*

**W**hen choosing facial skincare, there are certain failsafe, powerhouse ingredients to look out for that guarantee a glowing complexion. Let nature be your guide and seek out a feast of skin-loving ingredients such as aloe or oat and sweet almond, rosehip and avocado oils. Formulations containing micronutrients, such as biotin, are also great for supporting optimum skin health.

As the skin is exposed to environmental stressors on a near-constant basis, a good skincare regimen should always include antioxidants, such as Co-enzyme Q10. As a naturally occurring enzyme produced by the body, CoQ10 is one of the essential building blocks for healthy skin. It uses the same pathway as Vitamin C to neutralise free radicals.

## ***Bakuchiol – A plant Based Retinol Alternative***

Another potent antioxidant, yet one which also has a profoundly soothing effect on the skin, is bakuchiol, a powerful plant-based retinol alternative. Bakuchiol oil is derived from the seeds of the *Psoralea corylifolia* plant, known as bakuchi in Sanskrit. The use of bakuchiol has its origins in Ayurvedic medicine, and this long history of traditional application is a testament to its efficacy in treating conditions such as eczema and minor skin ailments. It rivals retinol in its anti-ageing capabilities, with studies demonstrating that bakuchiol is comparable with retinol in its ability to improve photoaging. Unlike retinol, bakuchiol is exceptionally well-tolerated, suitable even for sensitive skin types, and safe for use during pregnancy

and breastfeeding.

Those with sensitive skin who cannot use retinol may also wish to try retinyl palmitate, a gentle retinoid known to stimulate collagen production by binding to specific receptors within the skin's cells. Working in synergy with antioxidants, it accelerates cell turnover, lessens the appearance of fine lines and wrinkles, and minimises pores for smooth, radiant skin. Its exfoliating aspect can also help to achieve a more even skin tone and brighter appearance, whilst its reinforcing effect on the dermis can help prevent the formation of new wrinkles over time. Found in nature as the most abundant form of Vitamin A storage in animals, this mild retinoid is often handpicked to harmonise with other ingredients for maximum results.

### *Recommended Products*

#### **REVITALISING MOISTURISER**

It contains Co-enzyme Q10, the powerful plant-based retinol alternative bakuchiol oil, and other natural skin-loving ingredients such as aloe, sweet almond oil, oat oil, and avocado oil. Suitable for all skin types. Vegetarian and vegan.



#### *Sources*

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)



# Good Health Starts in the Gut

Make sure yours gets the best start possible

Our all-natural range of premium quality probiotic and digestive enzyme supplements provide all the support you need to promote and maintain good digestion for optimal health and overall wellbeing.



Digestive and immune system support



Highest-quality ingredients



Dairy-Free, Gluten-Free, Soy-Free and Non-GMO,



Vegetarian and vegan options

Available at all good independent health food stores

  
Good Health Naturally  
Because it Works!®



# Health News

## Why Taking Selenium and COQ10 May Protect Against Aging and Reduce Heart Health Risks

Taking Selenium and Coenzyme Q10 (CoQ10) supplements over the long term may preserve telomere length – a key marker of aging associated with reduced cardiovascular mortality, according to a new Scandinavian study.

Participants recorded 42 months of taking a supplement with 200mg of CoQ10 plus 200 micrograms per day of Selenium, compared to a placebo group. The analysis published in the journal *Nutrients* involved data from a randomised, placebo-controlled study of 118 elderly Swedish people with low selenium levels.

After the trial ended, participants were followed for six years. Researchers found that people who died from cardiovascular-related causes had shorter telomere levels.

During the follow-up period, less telomere shortening was associated with significantly longer survival.

Data shows that those taking a Selenium and CoQ10 supplement for 42 months experienced significantly less telomere shortening than the placebo group.

When telomeres were extended, there was an association with prolonged survival, according to researchers who concluded that taking Selenium and Coenzyme Q10 provides anti-inflammatory benefits that may help to protect us as we age.

## DID YOU KNOW?

Polyphenols found in fruit such as apples and grapes may help boost physical endurance and support recovery times.

## Could Fruit Polyphenols Be the Secret to Improve Athletic Endurance?

Marathon runners and triathletes should stock up on fruit as new research suggests that, along with supporting overall recovery, polyphenols from apples and grapes may boost endurance.

The double-blind study published in the journal *Nutrients* recruited 48 active men aged 25 to 37 to perform three high-intensity cycling tests. In the first test, men cycled at 70% of their predetermined maximum aerobic power for as long as possible until exhaustion.

In the second test, men were given a 500mg supplement with a polyphenol profile similar to apples and grapes the evening before and just one hour before a cycling test.

The men cycled for three tests until exhaustion, at 70% power. During these three tests, researchers timed how long it took men to reach exhaustion, along with physical parameters such as blood pressure, heart rate, breathing rate, and oxygen use.

Researchers found that compared with the placebo, men cycled for an average of 9.7% longer after receiving the polyphenol supplement. Those taking a polyphenol supplement saw a 12.8% average increase in time to reach their maximum perceived level of exertion. Taking a supplement was associated with an enhanced capacity to maintain intensive efforts and delayed exertion.

## SOURCE:

All study references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)

# Love Your Liver – As Your Liver Looks After You

**I**n Traditional Chinese Medicine (TCM), the liver is vitally important. It is considered so important it is labelled as the 'General' of the body's 'Army' of organs. This is because the liver carries out so many critical processes for good health. It detoxes and purifies the blood converting the toxins into harmless substances or enabling them to be safely removed from the body. The liver also converts the nutrients from food into substances the body can use and then stores them ready to supply the cells with them when needed. It also plays a vital role in the body's metabolic processes, such as breaking down fats, proteins, and carbohydrates. In addition, the liver performs hundreds of other critical functions needed to keep all the 'soldiers' in the body working well by letting them know what to do and where to go.

In short, a healthy, happy liver is vital to a healthy, happy body. Whereas a sluggish, overworked, and malfunctioning liver will affect every other organ in the body and overall blood quality. Therefore, ensuring the liver has all the support it needs is critical in keeping healthy and having vibrant energy.

## Easy ways to support the liver

One simple way to support your liver function is to have a cup of warm water with freshly squeezed

lemon juice first thing in the morning. This will wake the liver up and help to both stimulate it and flush it out. Then, throughout the day, drink plenty of pure water. The liver needs water to cleanse and purify the blood, and dehydration can adversely affect this process.

Certain teas can also give additional support. For example, peppermint tea helps with digestion and detoxing the liver, whilst green tea, which is high in antioxidants, can help reduce lipid accumulation.

The milk thistle herb is renowned for general liver support and can be beneficial for inflammation and damage. Whilst it won't protect against excessive drinking, a few drops of the tincture in a glass of water before and after a 'party night' can give added liver protection and may even help with that morning-after feeling.

## Boost your glutathione levels

Glutathione is considered the master antioxidant in the body and is produced in the liver. It is so significant that many natural health practitioners now consider glutathione levels in the body to be a better indication of general health than many currently used and more popular markers. Therefore, anything that increases glutathione levels will benefit the liver and overall health. Several studies have shown that

curcumin has liver-protecting benefits and can enhance the body's natural antioxidant system. This, in turn, increases glutathione levels, thereby contributing to liver detoxification and inhibiting damaging nitrosamine formation.

Several human and animal studies have found that eating sulphur-rich vegetables such as broccoli, Brussels sprouts, cauliflower, kale, and watercress may increase glutathione levels. Allium vegetables, including garlic, shallots and onions, can also boost glutathione levels. Foods naturally high in glutathione, such as avocados, spinach, pears, and okra, are also beneficial.

## An apple a day keeps the doctor away





Apples are a fruit that the liver loves. The malic acid opens the liver ducts allowing the liver to flush toxins more efficiently. In addition, the pectin in apples helps the digestive system release toxins and reduce the liver's toxic load.

Other foods which support the liver and help improve bile flow include beets, artichokes and dandelion leaves.

Carrots contain beta-carotene, which is converted into the powerful antioxidant Vitamin A by the liver and where it is stored, ready to be used to support cell growth, immune function, foetal development, and vision. Ginger can also help repair liver damage, so a carrot and ginger juice would be a good combination for a liver support drink.

Alpha-Lipoic Acid is also believed to help support the liver. Some studies have even shown Alpha-Lipoic Acid to affect liver fibrosis positively.

A good quality broad spectrum multi-vitamin and mineral supplement is also an excellent choice to help give the body, including the liver, the nutrients it needs, especially when access to fresh vegetables and fruit is limited for any reason.

### And finally...

The liver will also benefit from not being overloaded by alcoholic consumption, unhealthy fats, processed foods and sugars. Also, getting plenty of fresh air, exercise, and quality sleep keeps glutathione levels high and helps the liver sustain a healthy body and mind.

### Recommended Products

#### **CURCUMINX4000™ ORIGINAL**

Contains the clinically studied Meriva® Curcumin. Provides anti-inflammatory and antioxidant benefits. 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.



#### **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](http://www.NaturallyHealthyNews.com)

# It Is All In The Eyes

**Y**ou're probably familiar with the old saying, "the eyes are the windows to the soul." But did you know if we look deep into them, we may also find clues about our general health and even longevity?

## *What can the eyes tell us?*

The retina is the thin layer of tissue lining the back of the eye, and scientists have discovered it could offer a unique 'window' into our general health. A study published in the British Journal of Ophthalmology tracked more than 47,000 adults for 11 years. Their retinas were scanned, and the retina's "biological age" was compared to their actual age. Many participants had a "retinal age gap." Every one-year increase in the gap was associated with a 3% increase in the risk of death. This suggests retinal age gap has the potential to be used as a screening tool for identifying risks and interventions.

The retina is one of the most metabolically active tissues in the body, with a constant demand for oxygen and an almost continuous exposure to light. It shares similar anatomic characteristics with our vital organs like the brain and heart. Cells in the retina deteriorate as we age and can lead to disorders like floaters, macular degeneration, glaucoma, optic neuropathies and diabetic retinopathy.

It has been known for some time that older people with eye diseases like age-related macular degeneration or cataracts may live shorter lives. But a paper published in 2021 discovered the risk of mortality is 29% higher for people with mild vision impairment compared to normal vision, increasing to 89% for those with severe vision impairment. This could be because eye disorders may reflect other underlying health problems like heart disease or diabetes, which cause a shorter life span.

## *Nutrients can protect*

The Age-Related Eye Disease Study (AREDS) and follow-up AREDS2 are major clinical trials designed to examine the risk factors for age-related macular degeneration and how the disease progresses. They trialed a specific combination of vitamins and minerals: the antioxidant plant pigments Lutein and Zeaxanthin, vitamins C & E and the minerals zinc and copper and found that when high-risk patients take these supplements, the risk of developing macular degeneration is reduced by 25%.

## *Astaxanthin*

Astaxanthin is a natural red carotenoid pigment typically found in microalgae and seafood such as shrimps and lobsters. It acts as a powerful antioxidant and anti-inflammatory. A growing body of evidence suggests it may help prevent

several eye conditions, including retinal diseases, ocular disorders, uveitis, and cataracts. It is likely because these conditions are characterised by oxidative stress, inflammation and ischemia.

It can also benefit people with glaucoma, as oxidative stress may play a part in the pathogenesis of glaucomatous damage.

Astaxanthin might relieve eyestrain in people using computer monitors. A trial found computer screen workers receiving astaxanthin experienced significant relief from eyestrain. This could be because astaxanthin may increase blood flow in the retinal capillaries.

## *Intermittent fasting could help*

Intermittent fasting may help improve the eyes' local microenvironment, helping prevent the







development of some eye illnesses. Limited nutrient intake drives the glucose-ketogenic metabolic switch in the body, which means ketone bodies replace glucose as an energy source for the brain, muscles, eyes, and other organs. This can help mitigate retinal damage from sustained high glucose and help reduce inflammation and oxidative stress in the eyes.

### *Minimise blue light exposure, especially at night*

It has long been known that staring at a computer or phone screen late into the night may disturb our circadian rhythm and disrupt sleep. But did you know it could be damaging our bodies and brain? For the first time, researchers from the Buck Institute in California have demonstrated a link between diet, circadian rhythms, eye health

and lifespan in fruit flies. Previous studies in humans show an association between eye disorders and poor health. But this new research suggests that eye dysfunction can drive problems elsewhere in the body and even influence longevity.

The explanation lies in the circadian “clocks” present in every cell of the body. They have evolved to adapt to daily stresses, such as changes in light and temperature caused by the sun’s rising and setting. As well as affecting our sleep/wake cycle, this circadian clock also seems to regulate critical genetic processes needed for growth and repair. When it is disrupted by blue light exposure, cellular processes may be affected.

Additionally, light in itself can cause photoreceptor degeneration, triggering inflammation and leading to chronic disease.

### *Recommended Products*

#### **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.



#### **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.



#### **SERRAENZYM® 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.



### *Sources*

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)

# The Power of Bergamot

*Why is this Italian Citrus Fruit Becoming a Popular Choice for Cardiovascular Health?*

**C**itrus bergamia, commonly known as bergamot, is a citrus fruit native to Southern Italy and grown primarily in the Calabria region. Essential oils from the peel and the juice extract have a long history of use as medicine. Bergamot has antioxidant and anti-inflammatory properties and abundant nutraceutical benefits. In the Mediterranean therapeutic use dates to the 1800s. More recently, research has focused on its potential for helping with cholesterol balance and blood glucose levels. Bergamot is also a familiar ingredient in Earl Grey Tea.

## Supports Healthy Cholesterol Balance

Bergamot fruit has been investigated in clinical studies for improving cholesterol balance. However, cholesterol itself is not the problem. It is necessary for many vital bodily functions, but we need it in the proper ratio. Unlike medication, bergamot extract does not block production but naturally helps to balance cholesterol levels. Studies show when taken as an encapsulated powder for six months, bergamot extract can help increase 'good' HDL cholesterol and significantly lower elevated levels of 'bad' LDL cholesterol.

## Antioxidant Benefits

Bergamot extract may also help protect cholesterol from oxidation. When low-density lipoprotein particles, also known as 'bad' LDL cholesterol, oxidise due to free radical damage, they can become more harmful to the body. This form of oxidative damage, along with inflammation, is associated with atherosclerosis, ultimately affecting healthy blood flow. Bergamot extract has several constituents, including naringin, neorocitrin and rutin, that studies show have antioxidant activity and help lower the oxidation of LDL particles.

## Reduces Blood Glucose Levels

Numerous studies have explored bergamot's potential in helping to manage blood glucose levels as well as cholesterol. A 2019 study of 60 participants with Type 2 Diabetes and hyperlipidemia showed that supplementing with bergamot resulted in a considerable reduction

in fasting plasma glucose, serum LDL cholesterol, and triglycerides and an increase in the more beneficial HDL cholesterol. Studies have also shown that as well as positively impacting blood glucose and blood lipids, it may also be helpful for blood pressure, which are all symptoms of metabolic syndrome.

Based on current findings, many people are turning to bergamot extract as a natural option for cholesterol balance and metabolic wellness, alongside an appropriate diet and lifestyle.

### Recommended Products

**HEARTPOWER+™**  
BERGAVIT Bergamot 40% fruit extract with magnesium. Benefits overall cholesterol balance and heart health. 60 capsules. Vegetarian and vegan.



### Sources

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)







## Unlock The Power Of Curcumin

CurcuminX4000® uses Meriva® (root) Curcuma longa extract, the most clinically studied Curcumin on the market which boasts specific studies relating to both effectiveness and safety.

As a powerful and natural anti-inflammatory, CurcuminX4000® makes the perfect addition to any health and wellness regime with benefits in joint, brain, heart, and eye health, alongside anti-aging support. The Meriva® technology provides advanced bioavailability and absorption, being up to 45x better utilised by the body than ordinary forms of Curcumin on the market.

Guaranteed to reach the cells for improved benefit.

### CurcuminX4000® Original

- Most studied Curcumin on the market
- Key support for Lung, Joint & Brain health
- Powerful anti-inflammatory & antioxidant benefits
- Cost effective

### CurcuminX4000® with Fenugreek Seed Extract

Offers all of the benefits of CurcuminX4000® Original, and more...

- Increased bioavailability
- Supports healthy cholesterol levels
- Reduces heartburn symptoms

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# VITAMIN B12

## Vitamin B12: What You Need to Know

**T**here are many reasons why we can end up deficient in this crucial nutrient, including difficulties absorbing it from food, prolonged use of certain medications, or following a vegan diet.

### *Why is B12 so important?*

The best-known function of B12 is its role in forming red blood cells, which carry oxygen around the body. But it also has another critical blood-related function: helping lower harmful levels of homocysteine. This amino acid is produced in the body when it breaks down dietary proteins. It needs to be recycled and removed from the blood by B12 and B6, and folate. If there is a deficiency in any of these vitamins, levels of homocysteine can become elevated. This can lead to

health problems, including cardiovascular disease, macular degeneration and cognitive decline.

B12 plays another major role in the nervous system, helping produce myelin, a fatty substance found in the sheaths covering the nerves. This material acts as an insulating cover, sending signals from the brain and spinal cord to the rest of the body, enabling us to experience movement and touch.

Every cell in the body needs B12 for DNA synthesis, so new tissues can be built. It also creates essential messenger substances, such as neurotransmitters and hormones, that control brain function. Therefore, if levels of B12 are low, it can affect mood and state of mind.

### *Deficiency signs*

As B12 plays so many vital roles in

the body, it should come as no surprise a deficiency can have serious consequences. In severe cases, it can lead to pernicious anaemia and nerve damage. Symptoms can come on slowly and have even been known to take around five years to occur in an adult with no dietary B12 source. That's because the liver stores comparatively large amounts of B12. Signs of a deficiency can often seem non-specific but include fatigue, heart palpitations, blurred vision, memory loss, numbness, tingling of hands or feet, poor coordination, and a sore and red tongue. Supplementation is usually recommended to correct any deficiencies or if dietary sources are low.

### *Recommended Products*

#### **IONIC VITAMIN B12**

A concentrated liquid dietary supplement that provides B12 in an ionic, bio-available form. 59ml. Vegetarian and vegan.



### *Sources*

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)



# Pollen Protection Plan -

## How to Enjoy a Sneeze-Free Summer

If you suffer from hay fever and seasonal allergies, you're not alone. Recent research has revealed around 49% of people in the UK have experienced hay fever symptoms. The good news is there is so much you can do to support your body during the pollen season.

### Why do you react?

Hay fever is a temporary and seasonal form of "allergic rhinitis." It's triggered by tree or grass pollen which irritates the nose causing unpleasant cold-like symptoms. The severity of the symptoms varies and includes a runny or blocked nose; sneezing; red, itchy, or watery eyes; scratchy throat; inflamed airways; coughing and wheezing, especially in people with asthma.

### Why are more people suffering?

Nobody knows for sure, but interesting theories include climate change and pollution. Changing weather patterns, higher temperatures and rising carbon dioxide levels seem to have made allergenic pollens more abundant and widespread. Wet summers keep pollen down, whereas long, dry summers prolong the amount of pollen circulating.

### Dietary changes can help

Hay fever triggers the release of histamine, the chemical responsible for the miserable symptoms. Therefore, avoiding food and drinks containing histamine is helpful, as they are likely to make it worse. These include cheese, red wine, sugar and chocolate.

Reducing mucus-producing foods, such as dairy products, can also make a considerable difference in nasal congestion. Instead, opt for nut milk, coconut or oat yoghurts and non-dairy spreads.

### Essential nutrients

Natural antihistamines like vitamin C and quercetin can help calm down allergic reactions. Good sources of vitamin C include berries, kiwi fruit, oranges, peppers, and blackcurrants. Quercetin is found in onions, apples, blueberries and parsley. Supplementation with vitamin C and quercetin can also be beneficial during the hay fever season. Anti-inflammatory omega-3 fatty acids can be helpful too. Make sure you include plenty of oily fish, nuts and seeds in the diet, or supplement with omega-3s if dietary sources are low. Probiotics may also help ease symptoms of hay fever during allergy season.

### Pollen checklist

Monitor pollen counts and, if possible, minimise exposure: avoid drying clothes outside, wear wrap-around sunglasses, and apply allergen barrier balms to the rim of your nose.

#### 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.



##### 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.



##### 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 Licaps™ Capsules.



#### Sources

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)

# Keeping Yourself Trim Without Going to the Gym



**G**oing to the gym is very often equated with being fit. It can also seem intimidating, with all those different machines and mirrors, not to say expensive. But is it necessary to have a gym membership to be fit?

Balance is critical when considering exercise. For example, take the TCM approach of yin and yang, where yang is positive, active, logical, hot, hard and yin is negative, passive, intuitive, cold and soft. Yet, within the symbol, there is yin within yang and yang within yin. In other words, they are deeply intertwined and demonstrate balance instead of extremes.

To pursue only the yang (active) without the balance of yin (passive) will cause problems. For example, a balloon being blown up becomes more and more yang until it reaches the point of extreme yang, bursts and becomes extreme yin. This is why athletes can suddenly tear a muscle and go from yang to yin in seconds. Consequently, an excess of gym-type activity, for example, needs to be balanced with something softer such as tai chi or yoga.

An excess of yin, such as lying on the couch, must be balanced with purposeful physical activity.

## *Find Your Balance*

Exercise is critical for health, our bodies are designed to move, but there are many ways to achieve that all-important balance. Good exercise can help keep weight under control, improve balance and the range of motion, strengthen bones, protect joints, and possibly even fend off memory loss.

Walking is a great place to start, especially good strides taken at a purposeful pace, arms swinging. Swimming is another good choice. Tai chi can help strengthen the internal organs and assist in balancing the body and mind. Both stretching and a good weight programme can build muscle tone. Finally, many everyday activities will also give exercise, such as dancing in the kitchen, playing with children, and even cleaning the house and raking the lawn. The most important thing is to enjoy your exercise and not see it as a punishment. Find something you love to do and get stuck in.

## *Recommended Products*

### **ANCIENT MAGNESIUM® COOL RELIEF**

All the benefits of the original topical magnesium lotion with therapeutic menthol, for an instant cooling sensation. Recommended for post-workout recovery and faster relief from tired achy muscles. 200ml. Vegetarian and vegan.



### **ANCIENT MAGNESIUM BATH FLAKES ULTRA WITH OPTI MSM**

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



### **JOINT & SKIN MATRIX™**

Is made with BioCell Collagen and uses a patented bio-optimised process, which ensures increased bioavailability and rapid absorption of the collagen. 120 capsules.



Not vegetarian/vegan-friendly.

## *Sources*

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)



# REALLY HEALTHY RECIPES

## Mushroom Brunch



Serves: 1

Total:  
35 mins

This one-pan dish consists of mushrooms, kale and eggs, for a delicious keto-friendly lunch.

### Ingredients

- 250 g Mushrooms
- 1 Garlic Clove
- 1 tbsp Olive Oil
- 160 g Bag of Kale
- 4 Eggs

### Directions

1. Slice mushrooms and crush garlic clove. Heat olive oil in a frying pan, then fry the garlic over low heat for 1 min.
2. Add mushrooms and cook until soft. Add kale. Add half and stir until wilted, then add the rest. Once the kale is wilted, season.
3. Now crack in the eggs and gently cook for 2-3 mins. Cover with the lid for a further 2-3 mins until the eggs are cooked to your liking. Serve with regular or keto bread..





# Staying Healthy and Well

## Our Top 6 Tips for Strengthening Immunity Naturally

**O**ur immune system has a lot of jobs to do. From skin acting as a natural barrier, immune cells fighting unwanted invaders, and antibodies managing infections and allergies. We need to take good care of this sophisticated network so it can protect us.

**1 Eat a nourishing diet** - Pile your plate high with a rainbow of vegetables, low-sugar fruits like berries, and healthy fats from nuts, seeds, olives, and avocados. This will ensure you're getting a steady supply of vitamins, minerals, phytonutrients and antioxidants needed to support your immune system.

**2 Vital vitamins** - We know vitamin C is good for immunity, but it cannot be stored in the body, so we must take some in every day. Smoking and excessive alcohol consumption can deplete the body of this crucial nutrient. Vitamin D became a shining star for immunity. But there is a concern most people are not getting enough, supplementing may be the best option.

**3 Essential minerals** - Zinc and selenium are two of the most important minerals. Zinc is crucial for

developing vital cells, antibodies, enzymes and hormones that influence the immune response. Selenium is present in immune tissues around the body, like the spleen and lymph nodes, and a deficiency can make us more susceptible to infections.

**4 Support your gut** - Don't forget 70 per cent of our immune cells are in the gastrointestinal tract, so any issues like unbalanced bacterial flora, inflammation, or barrier defects, can disrupt immunity. Fibre and fermented foods such as kefir, kombucha and sauerkraut will help keep our gut happy.

**5 Manage stress** - Daily stress can overwork the immune system making you more susceptible to illnesses and viruses like the common cold. It's essential to relax, "refill your tank", and lower all those stress hormones. Try yoga, tai chi, deep breathing, meditation, or even a gentle walk.

**6 Make time for sleep** - While asleep, the immune system releases proteins called cytokines, some help promote sleep, and others are needed to fight infections. Sleep deprivation may decrease the production of these protective cyto-

kines and can lead to a reduction in infection-fighting antibodies and other immune cells.

### 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.



#### 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.



#### 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.



### Sources

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)



# HydroSol™ Silver Spray and Gel

HydroSol™ Silver uses SilverSol® Technology, a next-generation silver superior to other ordinary colloidal silvers on the market due to its exceptional bioavailability.

After years of development and testing, American Biotech Labs patented the manufacturing process to create this highly stable and effective silver product. This new technology uses silver nanoparticles, proven to be one of the most potent silver products ever known. Because of this, you need fewer nano-silver particles to accomplish the same thing as you would with other ionic or colloidal silver particles (this results in much less silver ingested comparatively).



Gel and Spray available  
Gel = 24ppm Silver  
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Anti-microbial properties act as the first line of defence for your immune system



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Suitable for the whole family and vegan friendly

## What Makes HydroSol™ Silver Better?

### SilverSol® Technology

- ✓ Undergone years of research & appears in over 400 independent studies
- ✓ FDA-cleared double-blind human safety ingestion study
- ✓ SilverSol particles leave the body within 24 hours
- ✓ Each SilverSol nanoparticle can steal multiple electrons. Studies show it to be up to 10x more powerful than other silver products.
- ✓ More Bioavailable: Continuous particle function and particles are not neutralised
- ✓ Probiotic friendly

### Other Colloidal Silvers

- ✗ No known similar research
- ✗ Ionic silver is metabolised and can bind in the body. It could cause the skin condition Argyria
- ✗ Ionic silver particles can only steal one electron per particle
- ✗ Only one mode of action shortens the duration of effectiveness in the body
- ✗ Others can harm good probiotic bacteria with as little as 3ppm

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A close-up photograph of a person's hand holding a white and blue toothbrush, positioned as if about to brush their teeth. The background is a blurred bathroom setting with a mirror and a sink.

# Is Oral Hygiene the Missing Key to Your Good Health?

**T**he health of our mouth is integral to our overall health and well-being. Our mouths provide the structure that enables us to carry out essential functions like eating, breathing and speaking. Oral health also influences our psychosocial well-being, self-confidence, communication and socialisation.

Oral diseases include a range of conditions such as tooth decay, tooth loss and periodontal (gum) disease. They are among the most common noninfectious disorders worldwide, affecting around 3.5 billion people. Oral diseases share modifiable risk factors with other common noninfectious conditions like diabetes, cardiovascular disease and chronic respiratory diseases. Risk factors include smoking, alcohol consumption and unhealthy diets high in ultra-processed foods and sugars.

## ***Why Does Oral Health Matter?***

There is a proven connection between oral health and general health. For example, diabetes is linked to the development of gum disease. At the same time, heart disease and heart attacks are as-

sociated with periodontal disease. In 2006, doctors Ryan T. Demmer and Moise Desvarieux wrote on behalf of the American Dental Association, "After two decades of research, it has been firmly established that an association exists between periodontal disease and cardiovascular disease (CVD)."

A decade later, clinical evidence published in *Trends in Endocrinology and Metabolism* confirmed the same connection. Oral bacteria can cause infections stemming from cavities, gingivitis and periodontitis, which can spread to the heart. Forsyth institute researchers in the U.S. said inflammation is behind all these issues.

Recent studies have shown that outcomes for patients with diabetes, cardiovascular disease, or strokes could be significantly better if their gum disease were treated earlier and more thoroughly. This is an excellent reason to ensure that the health of your gums and teeth

is a priority and that you make regular visits to the dentist.

## **Four Ways to Calm Inflammation and Protect your Oral Health**

- 1. Commit to better dental hygiene.** Brush your teeth for 2 minutes, at least twice daily, to help control bacteria. Encourage each family member to use a spiral toothbrush or floss to clean in between the teeth. Food left between the teeth encourages the growth of bacteria and inflames the gums. Try using a natural toothpaste formulated with coral minerals, hydrogen peroxide, tea tree oil and echinacea to help neutralise an acidic pH, buffer harmful bacterial acids and help remineralise teeth. You can also use silver as a natural antimicrobial to help manage oral bacteria and protect the teeth and gums.
- 2. Make changes to your diet.** This means eliminating high-sugar,





high-carb foods and drinks. A combination of a high-sugar diet and poor oral hygiene causes gum disease. Inflamed, red and bleeding gums can indicate eating too many sugary foods or suggest daily dental hygiene needs improving. Since gum health affects the rest of the body, treating gum disease and making dietary changes can also benefit other health conditions such as diabetes. Chewing naturally sugar-free gum, with xylitol, after eating may help to curb sugar cravings and reduce tooth decay at the same time.

**3. Incorporate beneficial bacteria.** We do not often consider how our gut is linked to our mouths, yet imbalances in the types of bacteria in our digestive tracts may adversely affect our oral health. An imbalance in good and bad bacteria can affect our immune system and create inflammation, which may contribute to tooth decay and gum disease. Research is now looking towards probiot-

ics as a potential treatment for cavities and periodontal disease, alongside oral hygiene, diet, etc.

**4. Calm inflammation.** The more we understand inflammation, the more dangerous we know it to be when it starts in the mouth. As the University of Illinois researchers learned in 2018, long-term exposure to mouth bacteria can create inflammation that can begin to infiltrate the body and brain. The good news is that we can use certain nutrients to help target inflammation and aid healing. Serrapeptase is a proteolytic enzyme shown to have anti-inflammatory benefits. It can help target painful gum inflammation and manage the symptoms of gum disease. Low levels of CoEnzyme Q10 have also been found in those with periodontal disease. Research published in the *Indian Journal of Pharmacology* explored the role of COQ10 in periodontal disease. It concluded that its antioxidant properties help clear inflammation in the affected gums and may be an effective treatment.

## Recommended Products



### CORAL WHITE® TOOTHPASTE MINT

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).

### CORAL KIDS

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

Contains silver at 22ppm, xylitol and natural peppermint oil for dental and mouth care. Fluoride-free. 114g. Vegetarian and vegan.

### XYLITOL CHEWING GUM

Xylitol gum is sugar-free and available in Cinnamon, Cranberry, Fresh Fruits, Green Tea, Peppermint and Spearmint flavours. Xylitol can reduce plaque-forming bacteria and promote fresh breath. Vegetarian and vegan.

### Sources

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)



# Alpha Lipoic Acid – The Unsung Hero

**A**lpha-lipoic acid (ALA) is found in every cell of the body and has two main functions. First, it turns food into energy; second, it is an antioxidant.

Antioxidants are essential because they scavenge free radicals, the damaging by-products created when the body turns food into energy. We usually think of oxygen as critical to life, but it can also be highly reactive and cause problems. An example of oxidative damage in the environment is a cut apple going brown or an iron gate exposed to the air going rusty. When oxidative reactions happen in the body, it is known as oxidative stress, whereby free radicals create damaged cells, making it harder to fight off infections.

## *Why is Alpha-Lipoic Acid a hero?*

Some antioxidants, like Vitamin C, only work in water. Others, such as Vitamin E, only work in fatty tissues. But ALA can be active in water and fat, meaning it can work throughout the body. In addition, ALA helps create, recycle and regenerate other essential antioxidants, including vitamin C, vitamin E, Co-enzyme Q10 and glutathione.

## *The Benefits*

Several studies suggest alpha-lipoic acid can support pancreatic function and normal blood sugar balance. It can also help support peripheral nerve and endocrine function. In addition, its ability to kill free radicals may be helpful for people with diabetic peripheral neuropathy and other diabetic complications such as erectile dysfunction.

ALA passes easily into the brain, which means it may help protect

the brain and nerve tissue. ALA can also help reduce levels of inflammatory proteins called cytokines and increase levels of nitric oxide, which widens blood vessels and so can be beneficial in helping lower blood pressure. It may also be helpful for skin ageing, memory, heart health, and weight loss.

There is some evidence that ALA acts as a heavy metal chelator. It does this by binding to metals in the body, such as mercury, arsenic, and iron, that can make their way into the bloodstream from the environment and the food supply.

## *Recommended Products*

**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](http://www.NaturallyHealthyNews.com)



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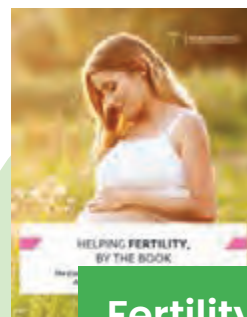
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all good independent health stores.*

# Men's Health and the Importance of Asking for Help

**T**here can be little doubt that, as a society, we are failing our men concerning their health and wellbeing.

In September 2021, the Office of National Statistics in the UK announced a fall in the life expectancy of men for the first time since the 1980s. 1 in 5 men in the UK dies before 65. Men are at greater risk of heart disease, more likely to have diabetes and were disproportionately affected by the recent pandemic. In 2020 the biggest cause of death of those under 50 was suicide. Alarming, 75% of all suicides are men.

Knowing this, the Men's Health Forum and over 300 concerned professionals and men's charities recently wrote to the Secretary of State for Health asking for gender-specific issues in men's health care to be addressed.

Generally, the differences in men's health have historically been attributed to factors such as poor health-seeking behaviours, mental health issues, and violence. However, there are other factors. For example, research comparing the lives of men in the most and the least deprived 10% of areas of England uncovered a difference of 19 years for healthy life expectancy.



## ***Health provision, either public or private, assumes that those with needs will seek help***

Practice contradicts that those in need will seek help. Health practitioners will attest to women asking for advice on behalf of their men, even though they know they may be reluctant to take action. Have we brought men up to believe that self-care and taking responsibility for health is either not worth their attention, or perhaps even as 'women's work' and not appropriate for them to be involved in? Other reasons could include fear about what might be found or even not wanting to waste the time of an already overstretched health system, which ultimately comes down to self-value.

There is a stereotype that men should be strong and self-reliant and that seeking help is a sign of weakness. This can be particular-

ly significant for mental health issues. Additionally, some men may be uncomfortable discussing their health concerns with a healthcare professional or not know where to seek help. They may also not understand the importance of preventative health care or not be aware of available health services.

If any of these factors are present, it is up to us as a society to help change those beliefs because they are not serving our men or the people who love and care about them. We need to make it acceptable to ask for help, be vulnerable, and be aware of all aspects of health and wellbeing. We need to have those conversations.

Particular gender-related concerns for men's health include heart health, prostate and testicular issues, sexual health, including infertility and erectile dysfunction, workplace stress and injury, mental health, and a greater propensity to both obesity and substance





abuse, including alcohol, drugs and tobacco.

A sound support system is critical for mental health and wellbeing and can be the glue that holds all other aspects of overall health care together. Caring for physical health with a good exercise regime, healthy diet, and lifestyle choices will always be beneficial in optimising prevention and good health. Work-life balance is crucial for the under 65's. Finding ways to manage stress whilst also being able to maintain a healthy diet and sleep schedule and engage in physical activity are significant for both mental and physical health.

### **Asking about intimate issues can be sensitive**

Sometimes seeking help for the more intimate aspects of men's health can be the most sensitive.

Erectile dysfunction, for example, can significantly benefit from cer-

tain enzymes and nutrients such as serrapeptase, nattokinase and protease to help clear the blood vessels. L-arginine and citrulline malate are also helpful to help relax the vessels and improve circulation. Peyronies, where fibrous scar tissue develops on the penis, causing it to curve painfully, can also benefit from the same supplements.

Saw palmetto is well known to support prostate health. The benefits of this supplement can be greatly improved with the addition of other nutrients such as nettle root extract, uva ursi extract, and vitamins A, B2, B6, D3, E, copper, pomegranate powder extract, selenium, and zinc. These nutrients can also aid a stronger ejaculation, and a low sperm count can be assisted with ubiquinol which helps restore cellular energy. Black maca extract is helpful for male hormonal balance and also has notable benefits for men's reproductive health, including sperm count and motility, and libido.

## *Recommended Products*

### **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.



### **HEALTHYFLOW™**

Prostate Plus+ contains a unique blend of vitamins, minerals, amino acids and herbs, including saw palmetto, for men's health. 120 capsules. Suitable for vegetarians.



### **HEALTHYFLOW™**

Includes the amino acids L-arginine, L-Lysine and citrulline malate. Available in single serve sachets. 30 x 11g per box. Vegetarian and vegan.



### **MACAPRO® XP BLACK 18:1 LIQUID**

Maca is well documented as being used to assist with the issues such as normal energy levels, hormonal balance, mental clarity, reflexes, vigour, bone health, and immune system function. With this highly concentrated, certified liquid you can obtain the many known benefits from continuous use of maca, all supporting a normal healthy and balanced system. 90ml. 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 vegetarian softgels.



## *Sources*

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)

# Health Coach Q&A

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



***I've put on extra pounds over the winter, as it's been so cold. Is there a healthy way to get back to my pre-winter weight?***

Fortunately, there is some natural help to lose weight as spring and summer approach. Mood is often brighter, meaning you may be less hungry and less likely to crave heavier, more comfort-type foods. In addition, there is evidence you burn more calories in hotter weather. A link between a lack of Vitamin D and obesity has been identified, so more natural sunlight will increase D3 levels.

It's also easier to find and enjoy healthier foods like salads and fresh seasonal produce as the season changes. Sipping green tea can help weight loss due to containing the compound EGCG associated with increased fat burning, appetite control and weight loss.

*Sara Gibbons*



***I know winter is the usual time for coughs and colds, but I always seem to get infections in the summer. What is a good way to try to avoid this?***

It is just as important but also easier to support immunity in the summer due to the wider availability of fresh, seasonal, immunity-boosting produce such as berries, leafy greens, and various vegetables and fruits.

Other ways to support immunity include getting enough sleep, eating plenty of whole plant foods and healthy fats, limiting processed sugars, moderate exercise, keeping hydrated, and managing stress levels.

It can also be helpful to keep up with a probiotic supplement such as Prescript Biotics. However, if additional support is needed, Daily Immune Protection is a unique formulation of proven ingredients for year-round immune health.

*Lindsay Powers*



***I'd like to get fit this summer, but I am cautious about injuring myself. Is there anything I can do to support my muscles and joints?***

We tend to sweat more during the summer, and because of this, our bodies lose nutrients faster, making us more likely to suffer from muscle pain and cramps. Making sure you are well hydrated before, during and after any exercise is always a good place to start. Always stretch and warm up your whole body before beginning any activity, then cool the muscles down with more stretches at the end. To avoid cramps, consider Pure Concentrated Organic Minerals to restore missing electrolytes. Topical magnesium lotion can help soothe any aching muscles and replenish magnesium levels.

*Catherine Gorman*





***We are all looking forward to going on holiday together. In addition to an off-the-shelf first aid kit, what else should we take to keep us all healthy, naturally?***

Unfamiliar food and drink can cause constipation and diarrhoea. Make sure you have good-quality probiotics such as Prescript Biotics to help rebalance the gut microbiome. These are especially useful for travelling as they don't need to be kept in the fridge. Pure Concentrated Organic minerals can also help replenish trace minerals and electrolytes.

Vitamin C can also be helpful as a natural antihistamine. Camu Camu is a good choice for travelling as, again, there is no need to refrigerate. The natural antimicrobial Hydrosol Silver Spray is also helpful to have to hand for any cuts or minor infections.

*Sara Gibbons*

***How can I protect myself from biting and stinging insects during the summer?***

If wasps or hornets come buzzing, don't flap your arms about or try to swat them, as it will make them cross and more likely to sting. Wasps love bright colours, so wear light-coloured clothes to deter them. Gnats and midges are especially active in the evening so wear long trousers and sleeves to help avoid getting bitten. Research shows supplementing with B1 thiamine may help. It is thought to be eliminated through the skin, with an odour not detectable to humans but so disagreeable to insects that it will keep them away.

*Sara Gibbons*



***I am prone to asthma attacks in the summer. How can I minimise this?***

The increased heat and humidity of the summer months can trigger asthma symptoms. The slower air movements typical of the season can mean pollutants like dust and moulds get trapped in the airways leading to coughing and shortness of breath. So, look for cool, well-ventilated spaces.

Vitamin E is considered a powerful antioxidant, and there is some evidence that it may help protect against asthma and other respiratory problems. A good quality probiotic can also be helpful, as well as Vitamin C with quercetin, and a serrapeptase product for inflammation.

*Lindsay Powers*

***Most people like the sun, but I get hot and uncomfortable. Is there anything I can do to minimise this?***

Wear lightweight, loose clothing so air can circulate, rather than tight-fitting, heat-retaining clothing. Keep well hydrated, including hot drinks as well as water. Although it might seem counterintuitive, hot drinks have been shown to cool the body faster during hot weather than cold ones.

Know your limits, and if you notice yourself getting overly hot, keep to the shade, or seek cool shelter and hold off on any physical activities. Your body needs rest and hydration. Keep outdoor physical activities to early morning and evenings rather than during the day when the temperature is at its hottest.

*Lindsay Powers*



***My eyes are quite sensitive, especially in the brighter summer light. Is there anything I can do to help with this?***

Good-quality sunglasses will help minimise glare from the sun and protect the eyes from harmful UV rays. Look out for glasses carrying the European Standard 'CE' Mark, UV 400 or British Standard Mark to ensure that the sunglasses offer a safe level of UV protection.

Update your sunglasses regularly, maybe as often as every two or three years, because over time, exposure to UV rays damages the coating and reduces their effectiveness.

Supporting eye health with an AREDS formula multivitamin supplement is essential if your eyes are sensitive and need additional assistance. Topical drops into the eyes can also be soothing.

*Catherine Gorman*

***I'd like to get fit this summer, but I am cautious about injuring myself. Is there anything I can do to support my muscles and joints?***

We tend to sweat more during the summer, and because of this, our bodies lose nutrients faster, making us more likely to suffer from muscle pain and cramps. Making sure you are well hydrated before, during and after any exercise is always a good place to start. Always stretch and warm up your whole body before beginning any activity, then cool the muscles down with more stretches at the end. To avoid cramps, consider Pure Concentrated Organic Minerals to restore missing electrolytes. Topical magnesium lotion can help soothe any aching muscles and replenish magnesium levels.

*Catherine Gorman*



## 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 **greater than tablet alternatives.**



Liposomal  
delivery



Complete spectrum  
of eye nutrients



Ingredients backed  
by studies



Suitable for  
vegans

Available at all good independent health food stores

  
Good Health Naturally  
Because it Works!®





# Supercharge Your Immune System with Beta-Glucans

**B**eta-glucans are a group of compounds which are naturally found in cereals, mushrooms and yeast. Their amazing health benefits have been known since ancient times, and they have become a popular addition to many immune supplements in recent years.

If you are looking for immune support, it's specifically the beta 1-3, 1-6 glucans which you need. These come from a small number of foods, including oyster and shiitake mushrooms and baker's yeast.

## *Activate Immunity*

Beta 1-3, 1-6 glucans are insoluble fibres which aren't synthesised by the body. Our innate immune system recognises them as potential pathogens, although they don't possess the ability to cause an infection. This triggers the upregulation of the immune system.

Studies show they increase the production of white blood cells, which form part of our first line of defence against infections from viruses and bacteria. They also prime them to work at a higher activity level to help fight off invading organisms. If we consider the flu virus, it takes about 48 hours after the pathogen has entered the body before we feel ill. If the immune system is on alert, it will prevent the virus from replicating, which will help fight off the virus without giving the flu symptoms a chance to start.

## *Well Researched*

Studies show they can protect against upper respiratory tract infections, often common in the immuno-compromised like the elderly. One study showed daily supplementation with beta 1-3, 1-6 glucans may protect against upper respiratory tract infections and reduce the duration of symptoms in older individuals once infected.

Another study demonstrated a 20-25% reduction in common cold episodes with the supplementation of yeast beta-glucan 1-3, 1-6. It concluded that the yeast beta-glucan preparation increased the body's potential to defend against invading pathogens.

## *Supplementation*

Most beta 1-3, 1-6 glucan supplements are derived from the cell wall of baker's yeast. They have purified extraction and will not contain enough yeast protein to cause allergic reactions. They usually come in powder form in capsules or as part of a multi-formulation.

## *Recommended Products*

### **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 Beta Glucan 1,3 1,6, and larch arabinogalactan. 90 capsules. Vegetarian.



## *Sources*

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)

# Brush Up on Your Pet's Health

**O**wning a pet is one of the healthiest things we can do for ourselves and our families. During lockdown, pet ownership dramatically increased as we turned to our furry friends for companionship. In the UK, it is estimated that around 35 million people now own a pet, with cats and dogs remaining firm favourites.

Research shows that owning a pet is beneficial in several ways and is good for both our mental and physical health. In 2020, researchers published findings in the journal *Frontiers in Veterinary Science*, demonstrating a link between older adults and better health outcomes in those who owned pets. Pet ownership or regular contact with animals was linked to better cognitive health and physical function.

Children also benefit from being around pets. A 2017 study by the University of Florida found that pets, specifically dogs, provide invaluable emotional support. When children in the study experienced anxiety in social situations, they found the animal being present helped lower their stress response

and cortisol levels. Owning a pet also gives children a sense of responsibility, greater self-esteem, less loneliness, and enhanced social skills.

Even grooming our pets can help strengthen the bond and is good for them too! Brushing an animal's coat massages its skin and improves blood flow. It also helps detect fleas, removes loose fur, and keeps their coats smooth and tangle-free.

## *Natural healthcare for pets*

Why are more people turning to natural approaches to healthcare for their pets? Not only is it worrying to think about our pets getting sick, but veterinary healthcare is a significant investment. Just as it is beneficial for us and our families to follow a healthy diet and take supplements for any missing nutrients, so it is beneficial for our pets too.

Alongside love and attention, our pets also need a healthy diet, help to maintain healthy body weight and nutritional care. A lot of commercially produced animal food is

bulked out with unhealthy fillers such as grains and other starches, which are difficult for pets to digest. Dogs and cats require high-quality animal protein, not grains, which can lead to obesity, diabetes, skin issues and allergies. Always read labels carefully to ensure you get the best for your furry friends.

## *There is no such thing as a placebo effect for animals*

We can see dramatic shifts in the health of our pets and other animals when appropriate nutrients are introduced.

**Probiotics** – Many pet owners use products with friendly bacteria to support their animal's health. They help to maintain a healthy balanced gut, support the immune system and may even help to keep their coats healthy and shiny. As with hu-







mans, it is also recommended that pets take probiotics after they have been treated with antibiotics.

**Enzymes** – Vets and pet owners have used a proteolytic enzyme called serrapeptase for many years as it offers a natural source of pain relief. Serrapeptase also helps target inflammation and can be helpful for trauma, injuries, and joint conditions in animals, especially dogs and horses. It can help clear unwanted scar tissue from the body and aid healing.

**Curcumin** – Curcumin has been widely used for human health for centuries, and now the attention is turning to animals. In 2020, a study explored the addition of curcumin to dog food and its benefits to animal health. Curcumin was added for its antioxidant potential and how it can both preserve animal food and confer health benefits. The study concluded that curcum-

in increased the activity of several antioxidant enzymes in the body and showed evidence of an anti-inflammatory effect. This highlights the potential of curcumin to help animals in several areas, from joint health to immunity.

**Silver** – Pets and other animals are at constant risk of infection. This can be from cuts, grazes, or contact with pathogens like fungus. Silver has powerful antimicrobial properties which can target unwanted infections. Pet owners may benefit by adding silver spray to their animal's drinking water or rubbing silver gel on an affected area.

If you are unsure what is suitable for your animal, then many holistic vets are available to advise you on the appropriate way forward. But what is clear for many animal lovers is that we can care for our pets with natural approaches as we care for ourselves.

### 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.



#### CURCUMINX4000™ ORIGINAL

Contains the clinically studied Meriva® Curcumin. Provides anti-inflammatory and antioxidant benefits. 180 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.



#### SERRAPET®

Serrapeptase 250,000iu for animals, including horses, cats and dogs. Recommended for a host of health conditions. 90 tablets



#### Sources

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)

# Serrapeptase

## 9 Common Questions and Answers on the 'Miracle' Enzyme

Countless people have used serrapeptase to support various health issues, and many often wonder how that can possibly be. Serrapeptase is still not widely known or understood, so here are a few of the most common questions that get asked.

### 1. What is the serrapeptase enzyme, and why is it important?

The use of the serrapeptase enzyme is growing in popularity thanks to its safe and effective ability to provide natural relief for many health conditions. Despite not being a well-known product, it has been used for over 30 years in Europe and Asia to relieve pain, inflammation, and excessive mucus production. In addition, more than 40 clinical studies have concluded that it benefits human health.

Enzymes are critical for health as they play an essential role in every

function of growth and repair at the cellular level. They create crucial chemical reactions in the body without being destroyed during the process. They can also speed up the rate of these chemical reactions to help support life. Different enzymes do various jobs in the body, including digesting food and building, repairing and cleaning up cells.

Serrapeptase is a proteolytic enzyme that breaks down non-living proteins into smaller components called amino acids. These are either recycled or excreted via normal metabolic channels of waste. In other words, it's a cleaning-up enzyme that works at removing debris without harming living tissue.

### 2. What is the source of serrapeptase?

Initially discovered in Japan during the late 1960s, serrapeptase is the enzyme the silkworm uses to digest the tough mulberry leaves it feeds

on and make a hole in the cocoon to get free and fly away as a moth. Researchers realised that this enzyme is a natural anti-inflammatory, and as a result, it is now produced commercially as a dietary supplement.

### 3. Is it vegetarian or vegan?

Now naturally cultivated from a plant base, serrapeptase is produced without any animals or animal products and is suitable for both vegetarians and vegans.

### 4. How can serrapeptase help so many different health issues?

Research in the 1950s showed that other proteolytic enzymes like trypsin and bromelain have anti-inflammatory effects. However, follow-





ing the discovery of serrapeptase, some European and Japanese researchers considered this proteolytic enzyme the most effective for reducing inflammation.

Serrapeptase has been shown to work on inflammation via several mechanisms, including reducing the swelling in mucus membranes and dissolving unwanted blood clots and fibrin deposits.

Inflammation is well known as a factor in infectious diseases and is critical for dealing with physical injury and infections. However, research over the last two decades has concluded that certain social, environmental, and lifestyle factors can trigger what is known as chronic systemic inflammation. This chronic inflammation, in turn, is involved in many non-infectious

diseases. Some researchers have even suggested chronic inflammation could be intimately linked to all chronic, non-infectious diseases.

Moreover, it has also been reckoned that more than 50% of all deaths can be attributed to chronic inflammation-related diseases. This includes ischemic heart disease, stroke, cancer, diabetes, chronic kidney disease, non-alcoholic fatty liver disease, and autoimmune and neurodegenerative conditions.

Therefore, putting the significance of the role of inflammation concerning chronic illnesses together with the fact that serrapeptase is considered effective for inflammation is a key reason so many people are experiencing improvements across a whole raft of health conditions.

## **5. Can serrapeptase help in other ways?**

Serrapeptase can break down non-living scar tissue, thereby increasing flexibility and motility whilst leaving living tissue intact. Therefore, serrapeptase can be helpful for post-operative situations, internal adhesions such as in the uterus, lungs and bowels, and other scar tissue issues such as scarring in fallopian tubes, which can help fertility. Serrapeptase can also be used for pain relief because it can inhibit the release of pain-inducing amines called bradykinin. Therefore, it is a good choice for arthritis and other painful conditions. It is even considered helpful for anti-ageing.

## **6. How long will it take to work?**

How long serrapeptase will take to work is a very commonly asked question, and while it's impossible to answer definitively, it is viable to give some pointers.

Serrapeptase is a natural supplement that works best as part of a healthy lifestyle. A good diet with good hydration will complement the work of serrapeptase. In addition, stress is often a significant factor in health issues, so deep breathing and meditation can be beneficial, together with good quality sleep and a balanced exercise regime.

Natural supplements support the body's healing process. However, it's important not to expect a quick fix, especially if the issue has been happening for some time. Bear in mind even clinical trials are typically at least three months.

Also, the body has its own intelligence. We may take a supplement for a particular reason. Still, the body may have a different priority for where support is needed. So, in the early days, it's essential to be patient and keep an eye out for changes in overall health as much as the central issue in question.

To conclude, the length of time before a difference is noticed will depend on overall health and how that is maintained alongside taking the supplement and what else is happening in the body that needs attention.

## 7. How much serrapeptase should I take and when?

Serrapeptase is measured in IU or U rather than mg because enzyme activity is measured by potency rather than weight.

Ultimately there is no set limit on how much serrapeptase should

be taken daily. With serious health conditions, more serrapeptase is often suggested. Once a high dose relieves chronic pain, inflammation, or arterial blockages, for example, a lower amount can be taken for maintenance.

In the early days of its production, the dosage was 10,000iu, but now supplements contain up to 250,000iu. Higher doses are dramatically improving many health conditions without any side effects. Some prefer to start slowly and build up to a higher amount gradually. If unsure, it's best to speak to a qualified health professional about your situation.

Delayed-release capsules and tablets are designed to break down slowly when ingested and release the serrapeptase enzyme at full strength in the small intestine. For best results, always take on an empty stomach, while stomach acid is low and there is no food to distract it from its work. A guide for this is at least 30 minutes before or 2 hours after eating.

## 8. Who can take it?

Serrapeptase is suitable for adults, children, animals and pets, including dogs, cats, horses and even chickens.

## 9. Can it be combined with medication?

Serrapeptase is routinely used alongside many types of medication if no contraindications are present. It is suggested to consult a doctor when taking anti-coagulant medication or herbs with serrapeptase, though no side effects have been reported.

Serrapeptase should be taken at least an hour apart from any prescription medication.

## Recommended Products

### 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.



### SERRAENZYME® 80,000IU

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



### SERRAPET®

Serrapeptase 250,000iu for animals, including horses, cats and dogs. Recommended for a host of health conditions. 90 tablets.



## Sources

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)



# Superior Immune Support

## All-Year Long

Formulated to help naturally promote and support stronger immune response, energy production and more!



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*Excellent product, easy to take, pleasant flavour, delighted with the product.*  
- Christine Walton  
”



Advanced liposomal delivery for maximum nutrient absorption



Supports immune system response



Suitable for the whole family



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Available at all good independent health food stores

  
Good Health Naturally  
*Because it Works!*<sup>®</sup>

# 6 Steps to Stronger Joints

*Start your journey to happier joints today!*

**O**ver the past few decades, the number of people experiencing joint issues has steadily increased, and it is estimated that around 350 million people globally have a chronic condition. This is partly due to longer life expectancy, a greater prevalence of obesity and a more sedentary lifestyle.

Inflammatory joint conditions such as osteoarthritis and rheumatoid arthritis are the most common. Whilst osteoarthritis relates more to the 'wear and tear' of joint tissue, RA is an autoimmune-related condition. However, they both share severe joint pain and inflammation characteristics, resulting in subsequent damage and degeneration of the connective tissue.

Chronic joint-related issues can begin as early as the mid-40s, but more severe cases of arthritis tend to affect older people from the mid-60s upwards. Some problems can affect children, as in the case of juvenile arthritis. Injuries or problems such as gout or autoimmune conditions can affect any age group and create ongoing issues with joint health.

Age is a significant risk factor for joint problems, especially osteoar-

thritis. However, this doesn't necessarily have to be the case, as there are several modifiable risk factors, such as diet and lifestyle, and the good news is you can start making changes at any age.

**Here are 6 ways to keep your joints happy and healthy.**

## 1. Keep Active

Inactivity and a lack of weight-bearing exercise can impact joint health. Exercise is vital to keep your bones and muscles strong, which in turn helps support your joints. Following a regular activity program helps you maintain strength, flexibility and balance. Exercise also helps improve joint pain and stiffness should issues arise. Therefore, it is essential to have a daily routine, such as walking, running or swimming. Pilates and yoga are also great ways to exercise gently, improving flexibility and strength while easing joint pain and discomfort.

## 2. Maintain a Healthy Weight

Being overweight or obese presents another risk factor for joint problems. Firstly, excess weight can stress the joints, especially the knees. Secondly, carrying extra weight, especially adipose tissue, is linked to inflammation, which may worsen inflammation in the joints and increase tissue damage.

## 3. Focus on an Anti-inflammatory Diet

Clear all inflammatory sugars, refined carbohydrates and ultra-processed foods from the diet and substitute them with whole foods. Aim to include lots of healthy fats, legumes, wholegrains, nuts and seeds and brightly coloured fruits and vegetables. If you eat meat and fish, keep red meat to a minimum and choose oily fish for its anti-inflammatory omega-3 fatty acids. Try to keep alcohol consumption within healthy recommended ranges. Alcohol may increase inflammation in the body, and some research







suggests that alcohol may worsen joint pain.

#### 4. Harness the Power of Electro-Acupressure

Electro-acupressure works on acupuncture points around the body but without needles. It is non-invasive and uses a gentle microcurrent to stimulate the points accurately. You can harness the power of electro-acupuncture from home with a convenient handheld device. Acupuncture has a long history of use for benefiting inflammatory joint conditions and relieving painful symptoms.

#### 5. Get Enough Sleep

Poor sleep is associated with markers of inflammation and higher levels of inflammatory cytokines, interleukin-6 and C-reactive protein. A good night's sleep is essential to reduce inflammation and ease pressure on your joints. It can be a vicious circle, however, as those with existing joint conditions may also find it difficult to sleep at night.

Therefore, it is vital to establish a good sleep routine by going to bed and getting up at the same time each night. Being active during the day can also help encourage more restful sleep.

#### 6. Supplement Beneficial Nutrients

Many beneficial nutrients can support joint health. Some of the most popular and well-researched nutrients for joint health include collagen, glucosamine, omega-3 fatty acids, curcumin and serrapeptase. Collagen is a key structural protein in connective tissue and is vital in building joint tissue. Glucosamine is also used by the body to help make connective tissue, such as joint cartilage, and the fluid surrounding the joints to help cushion them. Curcumin, the active ingredient of turmeric root, has been well-researched for its anti-inflammatory properties and benefits for arthritic joint conditions, including osteoarthritis and rheumatoid arthritis. Serrapeptase may also exhibit anti-inflammatory properties

to support painful joint conditions. Plus, it is helpful to include an omega-3 supplement, such as krill oil, into your joint health protocol, as they help to increase the production of anti-inflammatory cytokines in the body.

### 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.



#### THE KRILL MIRACLE™

Krill are a super-rich source of omega-3 fatty acids (DHA/EPA), phospholipids, choline and astaxanthin. Supports heart, liver, brain, skin, joint and eye health. 60 Fish Licaps™ Capsules.



#### GLUCOSAMINE, CHOINDRIOTIN, MSM WITH ENZYMES

Formulated with essential nutrients to support connective tissue and musculoskeletal health, plus enzymes for optimum nutrient absorption. 60 capsules.



#### JOINT & SKIN MATRIX™

Is made with BioCell Collagen and uses a patented bio-optimised process, which ensures increased bioavailability and rapid absorption of the 120 capsules collagen. Not vegetarian/vegan-friendly.



#### 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](http://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®



## MAGNESIUM CREAM WITH CBD



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,

## 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.



# Intermittent Fasting

## *The Quick Way to Supercharge Your Health*

**F**asting seems to have been a buzzword for the last few years. It actually has a long tradition of use for spiritual and health benefits. The great news is that it doesn't have to be extreme water or juice fasting to reap amazing health benefits. Intermittent fasting is growing in popularity. There are several different ways to do this, including alternate day fasting, 5:2 (two days of restricted calories a week), or time-restricted eating (fasting for 18 or 16 hours and eating during a six or eight-hour window).

Although all these methods tend to involve reduced calorie consumption, weight loss is not the main driver, and it is something called "metabolic switching". This is what happens when we deprive our bodies of food. We use up our sugar stores and switch to using fats or ketones for fuel. The benefits can range from improved glucose regulation, protection against oxidative damage, and even lessening inflammation.

### ***Autophagy***

The word literally means "self-eating!" This terrifying-sounding process has enormous health benefits and can be induced by intermittent

fasting. It's a natural cleaning-out process which begins when our cells are stressed or deprived of nutrients. Cells contain multiple parts to keep them functioning, and these parts can become defective or stop working. They become "junk", inside an otherwise healthy cell. Autophagy is the body's recycling system. It allows a cell to sift through the "junk" and salvage bits for repurposing, then discard the bits it doesn't need.

### ***Brain Health***

Studies suggest enhancing autophagy could be especially useful for the brain, where most cells cannot be replaced in adulthood and, therefore, must keep themselves tidy and healthy. There is promising research showing it may help with neuroplasticity, the brain's ability to change, re-wire or re-route itself to recover from damage. Growing evidence suggests autophagy becomes impaired in the brain with ageing and in the progression of Alzheimer's Disease and other neurodegenerative conditions.

### ***Osteoarthritis***

It is well known getting older is the main risk factor for osteoarthritis. Recent research has centred

around age-related changes in chondrocytes, the cells responsible for cartilage formation. This includes damaged proteins and abnormal accumulation of fats and free radicals, which all contribute to cartilage damage. It is hypothesised autophagy may help clear all this away and reduce cell death in the early stage of degenerative arthritis.

Scientists are now looking at ways to enhance autophagy in the hope of reducing the risk of age-related diseases like osteoarthritis.

### ***Anti-Ageing***

If we want glowing skin, then we definitely need to optimise autophagy. Studies show a reduction in autophagy is associated with accelerated skin ageing. Our skin is exposed to damage every single day from bacteria, air pollution, light, heat and cold. If skin cells accumulate toxins, they will become damaged and age. By activating autophagy, we are helping the body to clear out these toxic, damaged cells.







## ***Non-Alcoholic Fatty Liver Disease***

A 12-week study investigated the effects of 16 hours a day of fasting combined with a low-sugar diet on non-alcoholic fatty liver disease versus a control diet based on traditional meal distribution. Changes in body composition, inflammatory markers and liver and cardiometabolic markers were investigated. Researchers found the combination of time-restricted eating with a low-sugar diet reduced body fat and improved liver, lipid, and inflammatory markers.

### ***Following a Plan***

If you are eating a reduced amount, it is vital to make sure the food you eat counts nutritionally. Include a variety of coloured vegetables, low-sugar fruit, healthy fats like avocados and olive oil, good quality proteins, such as beans, pulses, wild fish, and organic meats. A multivitamin and mineral supplement can be helpful to ensure you are getting all the nutrients you need

on a daily basis. It is also beneficial to include foods known to help stimulate autophagy, such as blueberries, red grapes, green tea, cacao and cinnamon.

Astaxanthin is a natural red carotenoid pigment typically found in microalgae and seafood such as shrimps and lobsters. It is a highly potent antioxidant and can be taken in supplement form. Studies show it can induce autophagy by helping modulate immunity and inflammation.

Bergamot is a citrus fruit native to Southern Italy. Essential oils from the peel and the juice extract have a long history of use as medicine. Research has shown that due to its incredible concentration of polyphenols, supplementing with citrus bergamot activated specific proteins associated with the upregulation of autophagy.

*If you are suffering from any serious health conditions or taking medication, always discuss any new dietary regimes or supplements with your healthcare provider.*

### ***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.



#### **HEARTPOWER+™**

BERGAVIT Bergamot 40% fruit extract with magnesium. Benefits overall cholesterol balance and heart health. 60 capsules. Vegetarian and vegan.



#### **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.



### ***Sources***

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)

# Health News

## How to Stay Heart Healthy Thanks to Magnesium

According to a study, older heart patients with a history of myocardial infarction (MI) could reduce cardiovascular disease (CVD) complications and all-cause mortality by ensuring they get enough magnesium in their diet.

The study involved over 4,365 patients whose magnesium intake was investigated over 12 years. Researchers found an inverse association between mineral levels and CVD mortality. Consuming high levels of magnesium – an intake of 322mg daily was linked to a lower risk of CVD and all-cause mortality. This was true in the case of participants taking diuretics.

Based on these current results and previous evidence, the authors suggest that magnesium intake could be more strongly related to mortality risk in CVD patients than in the general population.

These findings emphasise the importance of cardiovascular patients having an adequate magnesium intake alongside traditional cardiovascular treatment.

Magnesium is essential for more than 300 biochemical reactions in the body. It can support a healthy immune system and maintain normal muscle and nerve function.

For heart health, it has specific benefits that can keep your heart rhythm steady. The mineral is also required to help control blood glucose levels, blood pressure and myocardial metabolism.

### DID YOU KNOW?

**A daily multivitamin and mineral supplement may help slow cognitive decline by about 60% - or nearly two years, according to a recent trial.**

## Why Taking a Daily Multivitamin May Protect Against Cognitive Decline

A new study has found that taking a daily multivitamin and mineral supplement may help to prevent cognitive decline in older people.

The trial took place over three years and involved 2,200 participants aged 65 and older randomly assigned to take a daily multivitamin or a cocoa flavonol supplement as a placebo. The study published in *Alzheimer's and Dementia*, The Journal of the Alzheimer's Association, is the first positive, large-scale, long-term study to show that taking a multivitamin/mineral supplement may slow cognitive ageing.

Significant benefits were observed in those taking the multivitamin supplement, with results suggesting that daily multivitamin supplements may slow cognitive decline by about 60% – or nearly two years, with the most substantial effects seen in older people with a history of cardiovascular disease.

The cocoa extract was chosen for the placebo because past research has suggested it is rich in flavonols and may have some benefits for brain function. However, the latest trial found that daily cocoa supplements did not affect people's cognitive performance.

Therefore, taking a daily multivitamin may help improve cognitive scores, especially for cardiovascular disease patients.

### SOURCE:

All study references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)



# We Need a Heart-to-Heart

## Simple Steps to Support Your Heart



**D**uring the past couple of years, there has been widespread concern over the rise in myocarditis. Myocarditis involves inflammation of the heart muscle, which can both become weakened and affect the electrical system that keeps the heart pumping normally. It can also be a precursor to other heart issues. Some people are suggesting there could be a link between the rise in myocarditis and the pandemic, but more research is needed to see if the virus or vaccination programme have played a part.

### What causes myocarditis?

It is well known that the ultimate cause of myocarditis is chronic inflammation, and the good news is that steps can be taken naturally and go a long way to prevention.

Inflammation happens when the body encounters a virus, bacteria, toxin, or injury. Then inflammatory cells are sent out to deal with the situation. Chronic inflammation results when the body cannot send out enough of these cells.

### Ways you can help ease chronic inflammation naturally

Common contributors to chronic inflammation include excessive use of alcohol, smoking, stress, an inflammatory diet, lack of exercise and even over-exercising. Therefore, reducing inflammation-producing foods in the diet, such as processed carbs and sugars, while increasing inflammation-busting foods, such as ginger, garlic, cayenne, plus a wide variety of vegetables is an excellent place to start.

A serrapeptase product will always be a good choice where inflammation is involved, especially when combined with other enzymes and antioxidants. NAC can also be an excellent preventative with its significant role as a precursor to the formation of glutathione, a master antioxidant for the body. Co-Enzyme Q10 has been shown to reduce inflammation and improve the severity of the condition, while supporting overall heart and cardiovascular health. A good option is Ubiquinol, which is more absorbable than conventional CoQ10, and helps restore levels quickly and efficiently. And like CoQ10, D-ribose can help restore cellular energy in the heart muscle and aid recovery from heart issues.

### 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.



#### 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.



#### NAC 600MG

N-Acetyl Cysteine is a highly stable and bioavailable form of the amino acid cysteine and a potent antioxidant. Benefits include liver, lung and immune health and much more. 60 capsules. 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 vegetarian softgel.



### Sources

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)

Good Health Naturally  
Because it Works!®

## Active Life™

An all-in-one blend of 130 important nutrients,  
the most complete Multivitamin.

Active Life™ capsules have been specially formulated with your health and wellbeing in mind. Exactly as the name suggests, Active Life™ capsules work to support a busy modern lifestyle where stress, high demands and a poor diet are an unfortunate reality. Active Life™ allows you to prioritise your health, even through the most demanding and challenging times. This complete all-in-one nutritional supplement offers a powerful blend of vitamins, minerals and other nutrients in a convenient capsule form! Get the everyday essentials your body needs, either on the go or at home.

### Why is Active Life™ the most complete Multivitamin?

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

Available at all good independent health food stores





# Frequently Asked Questions

## SUPPLEMENT FACTS

Serving Size: 6 Vegetable Capsules Servings Per Container: 30

| Amount Per Serving  |              | DV%   |
|---|--------------|-------|
| Vitamin A (from Palmitate & 20% Beta-Carotene) (5000 IU).....               | 1500 mcg RAE | 166%  |
| Vitamin C (from Ascorbic Acid) .....  | 500 mg       | 555%  |
| Vitamin D (Vitamin D3) (Cholecalciferol) (600 IU).....                      | 15 mcg       | 75%   |
| Vitamin E (Natural d-alpha Tocopherol & Mixed Tocopherols) (400IU)....      | 268 mg       | 1786% |
| Vitamin K (Vitamin K2) (Menaquinone).....                                   | 80 mcg       | 66%   |
| Thiamin (Vitamin B1).....   | 10mg         | 833%  |
| Riboflavin (Vitamin B2).....  | 10 mg        | 769%  |
| Niacin (Vitamin B3) (from Niacinamide) .....                                | 80 mg        | 500%  |
| Vitamin B6 (from Pyridoxine Hydrochloride).....                             | 10 mg        | 625%  |
| Folate (as (6S)-5-methyltetrahydrofolic acid .....                          | 1360 mcg DFE | 340%  |
| (equivalent to 1481 mcg . (6S)-methyltetrahydrofolic acid glucosamine salt) |              |       |
| (Quatrefolic®) (800 mcg Methyl Folate)***                                   |              |       |
| Vitamin B-12 (from methylcobalamin).....                                    | 100 mcg      | 4166% |
| Biotin.....   | 300 mcg      | 1000% |
| Pantothenic Acid (Vitamin B5).....  | 20 mg        | 400%  |
| Choline (from Choline Bitartrate).....                                      | 25 mg        | 5%    |
| Calcium (from Calcium Citrate).....   | 120 mg       | 9%    |
| Iodine (from Potassium Iodide).....   | 150 mcg      | 100%  |
| Magnesium (from Magnesium Citrate).....                                     | 60 mg        | 14%   |
| Zinc (from L-OptiZinc®)**.....  | 25 mg        | 227%  |
| Selenium (from Selenomethionine).....                                       | 200 mcg      | 363%  |
| Copper (from Copper Gluconate).....   | 2 mg         | 222%  |
| Manganese (from Manganese Gluconate).....                                   | 4 mg         | 174%  |
| Chromium (from Chromium Picolinate)****.....                                | 120 mcg      | 343%  |
| Molybdenum (from Molybdenum Citrate).....                                   | 75 mcg       | 166%  |
| Chloride (from Fulvic Trace Minerals).....                                  | 16 mcg       | <1%   |
| Potassium (from Potassium Malate) .....                                     | 216 mg       | 5%    |
| L-Taurine.....  | 400mg        | *     |
| Bilberry (fruit) (5:1 extract) .....  | 300 mg       | *     |
| Fulvic Trace Minerals.....  | 200 mg       | *     |
| Strontium (from Strontium Citrate) .....                                    | 60 mg        | *     |
| Inositol.....   | 40 mg        | *     |
| Lutein (from Marigold (flower) (ZanMax®) .....                              | 20 mg        | *     |
| L-Cysteine.....   | 10 mg        | *     |
| L-Glycine.....  | 10mg         | *     |
| Zeaxanthin (from Marigold (flower) (ZanMax®).....                           | 4 mg         | *     |
| Aloe Vera Powder (leaf) (200:1) .....                                       | 2 mg         | *     |
| Boron (from Boron Citrate).....   | 1 mg         | *     |

\*Daily Value (DV) not established

**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.

**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: 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.

**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.

Available at all good independent health food stores

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

# Harness the Power of Electro-Acupressure – For You and Your Pets

**T**oday's medical community has become increasingly aware of the gift of acupuncture.

Of all the traditional healing methods, acupuncture is the most widely accepted in the West. It is hard to argue with Eastern medicine and this ancient practice with over 2000 years of history and significant scientific evidence to prove that it is highly effective.

Anyone who has not tried acupuncture may not know where to begin. Using an at-home electro-acupressure device makes harnessing the power of acupuncture super easy. Electro-acupressure provides all the benefits of traditional acupuncture but without needles. It is suitable not only for you but for your pets as well!

## What is electro-acupressure?

- **A highly specialised, non-invasive form of acupuncture.** Mini electrical pulses (microcurrents) stimulate each acupuncture point for a short period.
- **Targeted and precise.** Using advanced photographic technology,

points can be seen as 'electrical pores' on the skin. Once 100% accuracy is achieved in locating the point, the electro-acupressure device will create a gentle physical sensation, and the treatment can begin.

- **User-friendly and safe for home users.** Electro-acupressure can help safely support over 160 health conditions by balancing the health of the body. It has notable benefits for pain conditions related to the back, neck and joints, which can apply to humans and animals.

## *At-home electro-acupressure can be used daily*

Any condition that responds to acupuncture can also respond to an electro-acupressure device. While electro-acupressure is not recommended for anyone with seizures, epilepsy, or a pacemaker, it is safe and painless for all other home users.

## **How electro-acupressure targets chronic pain and other**



## human and animal illnesses.

1. **Alternative pain relief.** Several studies have explored the mechanisms of electro-acupressure in relation to inflammatory and neuropathic pain. Electro-acupressure does two things. 1) It activates sympathetic nerve fibres to increase opioid-containing cells at the site of inflammation. 2) It helps decrease inflammatory COX-2 enzymes, thus lowering PGE2 and alleviating pain.
2. **Chronic pain.** In 2017, electro-acupressure was again examined for its pain-minimising





potential. Through a series of tests conducted on rodents, horses and humans, American and South Korean researchers learned that its use triggered the release of mesenchymal stem cells into the bloodstream. These stem cells, found in bone marrow, have incredible applications for pain relief, regeneration and healing.

**3. Pets pain management.** In most cases, electro-acupressure is helpful for arthritis, lameness, and back pain. Multiple animal studies have been conducted to demonstrate the efficacy of

acupuncture in relieving chronic pain. In animals, it has been shown to block pain sensory neurons and has extended lasting benefits.

**4. Treatment for horses.** The University of Pennsylvania in Philadelphia looked at helping horses with short-term and long-term chronic back pain in the late 1980s. The horses involved had been suffering from two months to nine years. Different forms of acupuncture proved equally effective in alleviating the horses' back pain. The horses responded to each treatment and were able to resume regular activity. Today many horse owners use a handheld electro-acupressure device for regular and convenient treatments.

**5. Younger-looking skin.** Centuries ago, acupuncture was used in Eastern cultures for facial rejuvenation. In the same way, microcurrent stimulation can be applied to specific acupoints to help renew the skin. Electro-acupressure can help target fine lines and wrinkles in just a few home treatments.

**6. Mental health and mood balance.** Health specialists at the University of York discovered that adding acupuncture to routine medical treatments helped reduce headaches, migraines, and neck and lower back pain. In a secondary clinical trial, they also learned that acupuncture could help end a depressive episode and improve longer-term mood balance.

**7. Sharper vision and improved AMD.** Acupuncture relieves strained, tired or irritated eyes by encouraging better blood flow to the entire eye region. It has been used traditionally to help with blurred vision, eyestrain and eye injuries for thousands of years. A 2003 Medical Acupuncture study examined the effectiveness of acupuncture on AMD and found that 69% of patients improved in near vision. The research concluded that visual acuity in AMD may be improved by acupuncture. With a handheld electro-acupressure device, patients can work around the eyes on specific acupoints themselves.

Having an electro-acupressure device at home is convenient and cost-effective compared to regular trips to get acupuncture treatments. Stress reduction, pain relief, eye care and skin health, and care for your pets and other animals are just a few of the many positive results of regular at-home use.

### 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](http://www.NaturallyHealthyNews.com)

# IBS Under the Spotlight

**W**hile Irritable Bowel Syndrome is not life-threatening, symptoms like abdominal pain, cramps, diarrhoea, bloating, and excess gas can be debilitating and affect your quality of life. It seems to be getting more and more common. An estimated one in 10 people have IBS, and many live with symptoms without a formal diagnosis. It tends to affect women more than men and often begins in young adulthood.

## ***What is IBS?***

IBS is actually a collection of symptoms affecting the digestive system. It's divided into three categories based on the type of bowel movement experienced: constipation, diarrhoea, or mixed bowel habits. While the exact cause is unknown, it's been linked to bacterial infections, dysbiosis, food intolerances or sensitivities, oversensitive nerves in the gut and even a genetic predisposition. Research also shows strong emotions like stress, anxiety, and depression can trigger chemicals in the brain which affect digestion and contribute to IBS symptoms like diarrhoea and bloating.

## ***Getting a Diagnosis***

Assessments usually identify IBS based on the presenting symp-

toms, such as changes in bowel movements, pain, duration of symptoms, and stress. Depending on symptoms, your doctor may request tests to rule out other diseases which mimic IBS.

## ***5 Natural Ways to Ease IBS Symptoms***

### **1. Identify Triggers**

Keep a food diary and identify anything that could worsen symptoms. Common culprits include red wine, wheat, gluten, cow's milk, eggs, soy, red peppers, and green onions. If possible, reduce or even eliminate them from the diet completely. Gluten is often problematic as it can damage the gut mucosal barrier and increase intestinal permeability, known as leaky gut. The prevalence of gluten sensitivity has increased significantly over the past 50 years. This is partly due to how wheat is now produced, as a much faster growing 'hybridised' crop with "new proteins" not found in the original plants. These "new proteins" may create widespread inflammation, increased gluten intolerance and coeliac disease.

Foods high in lectins can also cause digestive disruption in some people. They occur naturally in plants to protect them as they grow, but can bind to the gut wall and cause damage. Foods high in lectins in-

clude beans, peanuts, tomatoes, potatoes, aubergines, wheat and other grains. These can also be removed from the diet whilst healing takes place.

### **2. Manage Stress**

Sustained stress can wreak havoc on our digestion. A connection known as the gut/brain axis links emotional and cognitive parts of the brain with intestinal functions. Stress puts our bodies into a heightened state, diverting energy away from digestion and slowing it down. This can affect how we absorb nutrients, cause imbalances between good and bad bacteria, or even contribute to gut mucosal barrier problems. Including activities like deep breathing, meditation or yoga can help lower stress hormones and improve digestion. In fact, relaxation training has been shown to improve symptoms in people with IBS.





### 3. Replace Missing Nutrients

Research shows people suffering from IBS can become depleted of certain nutrients. Deficiencies in vitamin B12 and iron are common. Both require enough stomach acid to be present to be absorbed, and low levels of stomach acid can be associated with IBS. A link has also been found between low vitamin D and IBS, as there seems to be a significant number of IBS sufferers with low vitamin D worldwide. The exact connection isn't fully understood, but vitamin D helps maintain the intestinal barrier and can help increase the microbiome's diversity. Studies show deficiencies in zinc are also fairly common with IBS. It's an essential mineral which helps repair and protect our intestinal barrier.

### 4. Support the Gut

Probiotics and prebiotics will help enhance the composition of beneficial bacteria. Studies show people suffering from conditions like IBS have lower levels of "good" bacteria. Probiotics can help reduce symptoms, including pain, bloating, and associated anxiety and depression. A broad-spectrum digestive enzyme supplement is also recommended to help break down food and aid nutrient absorption.

### 5. Supplement with the Golden Spice

Curcumin, extracted from the Indian spice turmeric, is well known for its anti-inflammatory and antioxidant actions around the body. Studies show it can help calm the digestive tract and heal the gut barrier. It may also help modulate and support the microbiota. It also appears safe and well-tolerated, with no adverse events reported in trials.

### Recommended Products

#### PRESCRIPT-BIOTICS™

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



#### CURCUMINX4000™ ORIGINAL

Contains the clinically studied Meriva® Curcumin. Provides anti-inflammatory and antioxidant benefits. 180 capsules. Vegetarian and vegan.



#### ESSENTIAL DIGESTIVE PLUS™

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



### Sources

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)

# Children, Food and Mood

*Why are children's diets at a crisis point?*

**G**lobally we are seeing an epidemic of childhood obesity. In 2017, the World Health Organisation (WHO) and Imperial College London published results from a study which showed a tenfold increase in obesity among children and adolescents over the past four decades. This rise in obesity also fuels an increase in other health problems, such as type 2 Diabetes. This was once known as 'adult onset' diabetes but is increasingly found among adolescents.

As well as weight gain, a poor diet significantly affects children's behaviour, concentration and mood. Children whose diets lack adequate vitamins, minerals and essential fatty acids tend to perform worse academically, have poorer concentration and are more prone to aggressive behaviours. Jamie Oliver, a British chef, first campaigned to improve school meals in the UK almost 20 years ago. He demonstrated how changes in school lunches contributed towards better behaviour and educational outcomes.



Children's brains and bodies develop rapidly, and giving them the correct nutrients is essential to help them thrive. If your child struggles with concentration, mood and behaviour, then looking at their diet is an excellent place to start. A diet high in sugar (such as sweets, cakes, chocolate, biscuits and sugary drinks) and refined carbohydrates (such as white bread and pasta) can contribute to hyperactivity and poor concentration. Excess sugar in the blood also gets dumped into storage as abdominal fat if not burned off as energy, so clear these foods from the diet.

Children need a good intake of vitamins and minerals from fruit, vegetables, and whole foods, not processed foods. Aim for at least five portions of fruit and vegetables daily and choose whole foods such as wholegrains, nuts, seeds, beans and lentils, unprocessed meat and fish.

**Here are 4 essential nutrients to support children's development and behaviour:**

**1. Essential Fatty Acids.** The brain is made up of 60% fat and needs a good intake of essential fatty acids to keep it working at its best. Research has found that Omega-3 essential fatty acids have a beneficial effect on the brain and can even help those with conditions such as ADHD. Oily fish, such as salmon, sardines and mackerel, have good amounts of Omega-3 fats, and it is recommended to have around two portions per week. If dietary intake is low, supplementing omega-3 fats is a good option. You can also sprinkle ground nuts and seeds onto cereals, soups and salads to increase their intake of essential fats.

**2. Magnesium.** Magnesium is the





fourth most abundant mineral in the body for children and adults. However, many of us may be low in this critical mineral due to modern food processing methods and fail to get enough through diet alone. Low magnesium levels may contribute to behavioural issues, including low mood, anxiety and poor concentration. To help support magnesium levels, you can massage a topical lotion into your child's skin. A relaxing bath in magnesium flakes can also help them to wind down before bed and support their daily intake of this critical mineral.

**3. Vitamin D3.** Vitamin D is essential to support children's healthy brain development, immune health and musculoskeletal development. Aim to get around 20 minutes of sun exposure each day to support intake via the

skin. In the winter months, the government recommends children supplement with vitamin D3 to reach optimal levels.

**4. Probiotics.** Probiotics are strains of healthy bacteria that help support the balance of microorganisms in our guts. An increasing body of research shows how our gut bacteria interact with our immune system and brain. They are thought to play a massive role in a child's development and can influence cognition, mood and behaviour. They may even help maintain a healthy weight and support children with digestive issues.

We can see, therefore, that diet not only affects weight and the associated health risks but can influence children's mood and behaviour as well. This can be the case throughout a child's life and into adolescence. En-

couraging healthy eating habits at an early age will also hopefully stay with them into adulthood and lead to a healthy and happy life. It is also helpful to supplement missing nutrients in the diet and to plug any gaps.

### Recommended Products

#### THE KRILL MIRACLE™

Krill are a super-rich source of omega-3 fatty acids (DHA/EPA), phospholipids, choline and astaxanthin. Supports heart, liver, brain, skin, joint and eye health. 60 Fish Licaps™ Capsules.



#### KIDS - VITAMIN D3/K2 SUB-LINGUAL 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.



#### 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.



#### ANCIENT MAGNESIUM BATH FLAKES ULTRA WITH OPTI MSM

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



#### ANCIENT MAGNESIUM BODY BUTTER

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



### Sources

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)

# Are you getting enough Vitamin E?



**V**itamin E is a fat-soluble nutrient most often associated with eye, skin and immune health. But it plays many other roles in the body. It is a collection of eight compounds split into two groups - tocopherols and tocotrienols. The most predominant form in the body is alpha-tocopherol, but emerging research shows even though the other forms are present in lower amounts, they may play important roles too.

## Antioxidant Power

Oxidative stress occurs when there is an imbalance between the body's antioxidant defences and an accumulation of waste metabolic compounds called reactive oxygen species. If left unchecked, they can wreak havoc, causing cellular damage and DNA malfunctions, increasing the risk of disease. Vitamin E acts as a powerful antioxidant protecting your cells from damage by neutralizing harmful free radicals in the body and boosting oxidative defences.

## Brain Function

The brain is highly susceptible to oxidative stress, which increases as we age. It is considered a major contributor to neurodegeneration. Therefore, adequate vitamin E intake may support healthy brain

function in the elderly. Studies have repeatedly associated high levels of vitamin E with improved cognitive performance and even a reduced risk of developing Alzheimer's Disease. While the exact benefits of vitamin E for neurodegenerative disorders are still under debate, it seems to have great potential for promoting healthy brain ageing and delaying Alzheimer's Disease-related functional decline.

## Heart Health

It is now well-known that hypertension and high LDL 'bad' cholesterol levels may increase the risk of developing heart disease. Studies show vitamin E may help reduce blood pressure, specifically systolic, which is the top figure on blood pressure readings. It has also been demonstrated that taking vitamin E alongside omega-3 supplements may reduce LDL and triglyceride levels in people with metabolic syndrome. This is a cluster of symptoms that increase the risk of heart

disease and other conditions, including diabetes.

## Vitamin E Foods

You can increase your vitamin E by eating nuts, especially almonds, pumpkin and sunflower seeds, avocado, olives, and green vegetables such as swiss chard, spinach, kale and broccoli. If supplementing, choose mixed tocopherols and tocotrienols to ensure you get the full benefits of all the different compounds.

## Recommended Products

### VITAMIN E

Provides mixed tocotrienols and tocopherols for greater antioxidant activity and comprehensive coverage than when used individually. 60 capsules. Vegetarian and vegan.



## Sources

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)





## the Benefits of Vitamin D3 - Your Way



### Vitamin D3™ 4,000IU

Combines Vitamin D3  
4,000IU and Calcium

Helps support mood and  
reduces depression

Provides immune system  
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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  
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Provides Vitamin D3 and K2  
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Unique 'no taste' formula

Flexible dosage to suit  
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Available at all good independent health food stores

  
Good Health Naturally  
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# Beauty From Within

## Give Your Skin a Golden Glow with Curcumin

**C**urcumin has a long history of being used as a culinary spice and medicinal herb. As a botanical, it has an array of beneficial properties. In more recent years, curcumin has gained popularity as a nutritional supplement, commonly recommended by nutritionists to support many health conditions such as joint, liver, digestive and cardiovascular health. Curcumin for skin health is also very promising due to its antioxidant, anti-inflammatory and anti-microbial properties.

### What is curcumin, and where does it come from?

Turmeric (*Curcuma longa*) is a culinary spice commonly used worldwide and is well known for adding a golden yellow colour to food. Turmeric is a popular addition to curries and Middle Eastern dishes and is used in 'golden milk', a traditional Indian drink with its roots in Ayurveda. It is also one of the earliest recorded medicinal plants. The turmeric spice extract has been studied for over 250 years and used for thousands of millennia in Ayurvedic medicine.

Turmeric has many active constituents, but the yellow pigment, curcumin, is considered the most im-

portant active ingredient. Curcumin is extracted from the turmeric root and harnessed in natural medicine for its therapeutic benefits. Curcumin is a potent polyphenol that exhibits antioxidant, anti-microbial and anti-inflammatory properties. Curcumin has become one of the most well-researched nutrients, with its powerful properties proving beneficial to many areas of health.

### 3 Top Benefits for Curcumin and Skin Health

#### 1. Anti-inflammatory Properties -

Inflammation can be a driving force behind many common skin diseases such as eczema, psoriasis, dermatitis and acne. Inflammation can be responsible for itching, redness, breakouts and the overall worsening of skin issues. Tackling inflammation is a crucial part of any treatment protocol, and we

can do this through diet and lifestyle and by using nutrients such as curcumin.

Studies on curcumin and its anti-inflammatory effects have been ongoing for decades. Research shows that curcumin modulates the inflammatory response by down-regulating cyclooxygenase-2 (COX-2) and inhibiting inflammatory cytokine production. These anti-inflammatory properties have been the subject of much research into skin health.

A recent review of the clinical evidence of curcumin and skin health showed good evidence that it may have therapeutic benefits. The review examined the evidence from studies using both ingested Turmeric/Curcumin and topical application. The review examined 234 articles and 18 studies on various skin conditions, including acne, alopecia, atopic dermatitis, facial







photoaging, oral lichen planus, pruritus, psoriasis, radiodermatitis, and vitiligo. The review concluded that curcumin and its anti-inflammatory benefits offer potential as a therapeutic agent for tackling chronic skin conditions.

## 2. Anti-Microbial Benefits

As well as helping to reduce inflammation, curcumin exhibits powerful anti-microbial benefits. Another review looked at this potential benefit and curcumin's use in treating skin infections.

Our skin is host to a balance of micro-organisms that contribute to skin homeostasis. However, this balance can sometimes become disrupted, and the skin can experience bacterial or fungal infections. Evidence shows that curcumin can be a potential and promising option in tackling bacterial and fungal skin diseases whilst overcoming the problem of drug resistance to

pathogens. Curcumin also has the potential to inhibit the growth of acne-causing bacteria in acne vulgaris.

## 3. Natural Antioxidant

The antioxidant benefits of curcumin can play a role in healthy skin ageing. By quenching free radicals, curcumin can help protect the skin from environmental pollutants and UV-induced damage. It can help preserve the collagen structure of the skin and protect against premature ageing. It may also help to improve acne-scarring and post-inflammatory hyperpigmentation. Even more reasons to add curcumin to your daily beauty regime and get that glow!

## Curcumin and Bioavailability

Many reviews on curcumin and skin health raised the question of absorption, as curcumin may have

low oral bioavailability. However, to overcome this issue, it is essential to look for a curcumin supplement with a phospholipid (fat) as a carrier to improve the absorption rate of the curcumin itself. Curcumin capsules with phytosome technology or liposomal liquid curcumin offer an effective solution to overcome this issue with poor absorption and, in fact, are much better than standard turmeric extract.

All reviews concluded that curcumin is a safe and effective option for many skin conditions, either in conjunction with conventional medicine or as a stand-alone treatment.

### Recommended Products

#### CURCUMINX4000™ ORIGINAL

Contains the clinically studied Meriva® Curcumin. Provides anti-inflammatory and antioxidant benefits. 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.



#### BRAINPOWER™

Combination of 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](http://www.NaturallyHealthyNews.com)

# REALLY HEALTHY RECIPES

## One-Pot Coconut Fish Curry

Serves: 2

Cook:  
60 mins

This one-pot fish curry is easy to prepare, along with being a delicious and warming way to stay nourished during the winter months. Fish is a rich source of Omega-3s and it can be served with cauliflower rice for a keto-friendly meal.

### Ingredients

- 1 tbsp Olive Oil
- 1 Onion, chopped
- 1 Large Garlic Clove, crushed
- 1 tbsp Turmeric
- 1 tsp Garam Masala
- 1 tsp Chilli Flakes
- 400 ml can Coconut Milk
- Two pieces of fish such as Cod or Salmon, chopped into pieces
- 200 g Frozen Peas
- 1 Lime, cut into wedges

### Directions

1. Heat the oil in a large saucepan over medium heat. Add the onion and a big pinch of salt. Gently fry for 10 mins. Add garlic and spices.
2. Stir and cook for another minute. Add a splash of water to prevent sticking. Tip in the coconut milk and stir well, then simmer for 10 mins.
3. Tip the chopped cod or salmon pieces and the frozen peas into the pan. Cook for around 3 minutes until the peas are bright green and the fish starts to flake. Season and add lime juice to taste. Ladle into bowls. Serve with yogurt and cauliflower rice.







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Revitalising Moisturiser combines CoQ10 with bakuchiol oil, a plant-based retinol alternative. Combining sweet almond, oat, and avocado oils, plus micronutrients; whilst retinyl palmitate, a very gentle retinoid, harmonises with the antioxidant ingredients to stimulate collagen production and cell turnover for radiant, glowing skin.



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# Feeling Stressed?

## *Our Tips to Combat Stress and Build Resilience*

**A**fter a global pandemic, the war in Ukraine and a cost-of-living crisis, it is no wonder our stress levels are at an all-time high. The danger chronic stress poses to our health has been well documented, with studies showing it can be just as harmful as smoking, obesity or lack of exercise.

### *Long-term Stress is the Problem*

We are built to cope with short bursts of stress. Our ancestors wouldn't have survived without a stress response when facing the threat of wild animals like lions and tigers. Today, we still respond to danger with the same automatic reaction known as "fight-or-flight." Even though our modern stresses tend not to be physical threats, our bodies still prepare to "attack" or "escape." Hormones like adrenaline and cortisol increase heart and breathing rates while digestion and repair slow down. Once the threat is dealt with, the body quickly returns to normal.

If stress becomes long-term, our bodies stay in this heightened state. Imagine constantly push-

ing your foot on the accelerator, it would wear out the car, and persistent stress will do the same to our bodies. If there is no signal to stand down, we can end up with hormone imbalances, high blood pressure, digestive issues and poor immunity.

### *What can we do to combat stress?*

**Stress can be a bad influence** - When busy, we often reach out for things which will give us a quick energy boost, such as sugary snacks, crisps, coffee, or fizzy drinks. This brief lift is followed by a crashing drop in blood sugar levels, making us feel irritable and even worse. Studies show a correlation between diets high in refined, processed carbohydrates and worsening symptoms of mood disorders, such as stress and anxiety. Instead, it is better to snack on nourishing nuts and seeds, vegetable sticks and hummus.

It is helpful to reduce caffeinated drinks as they act as stimulants, causing the adrenal glands to release even more stress hormones. This can lead to insomnia or nervousness and deplete magnesium

and B vitamins from the body. Many people also turn to alcohol to help relax. While it may have an instant calming effect, in the long term, it can disrupt sleep and increase anxiety.

**Eat to beat stress** - Easily digestible, nutritionally dense foods like smoothies, soups and stews can be beneficial, as stress can disrupt gastric secretions making it harder for the body to break down food and absorb nutrients. Include a portion of protein, like beans, pulses, nuts, seeds, wild fish, and organic meat, with every meal. It will help balance blood sugars, stopping crashes in energy. It is also important to keep well hydrated, as dehydration is a common side-effect of adrenal fatigue and is often overlooked.

**B vitamins** - Ensure you get plenty of B vitamins by including wholegrain foods, nuts, seeds, avocados, bananas and sweet pota-





toes. Chronic stress also increases the need for B vitamins, especially B5, B6, and B12. They support our nervous systems and help the body absorb energy from our food. They are water-soluble, so you need a daily supply.

**Vitamin C** - Increase vitamin C-rich foods like citrus fruits, bell peppers, green leafy vegetables and tomatoes as Vitamin C can also become depleted. The largest store is in the adrenal glands, where stress hormones are made. Research shows people with higher levels of vitamin C tend to be more resilient and able to cope with stress.

**Nature's relaxant** - Magnesium can have a calming effect, relaxing muscles and reducing anxiety. Most of us are low in magnesium, which can become very depleted during times of stress as our bodies utilise it and excrete it in greater amounts.

**Find ways to relax** - Try mindfulness, meditation, yoga, Tai Chi or Pilates. Regular physical activity can help clear your mind, but do not overdo it during stressful periods. Vigorous exercise may be counterproductive and further increase stress levels. A thirty-minute walk, especially in nature, is a great option.

**Get a good night's sleep** - Aim for seven to nine hours of sleep. A naturally relaxing magnesium bath before bed can help relieve tension in the body and mind. Stress can affect our sleep if our brains are too wired at night. This can become a vicious cycle because inadequate sleep may increase stress and anxiety. The knock-on effect is low energy, irritability, mood swings and an inability to think clearly.

**Amino help** - L-Tryptophan is an essential amino acid found in white meat and oats. It is a precursor to the "feel good" neurotransmitter

serotonin. A study showed it can help calm the mind and improve mood and sleep. Also consider L-theanine, a naturally occurring non-protein amino acid in green tea. Studies show it can help reduce stress-related symptoms and anxiety and help promote relaxation.

### Recommended Products

#### 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.



#### LIPOSOMAL B4HEALTH

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.



#### 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.



#### 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](http://www.NaturallyHealthyNews.com)





# Plugging the Nutrient Gap

## *Are vitamin and mineral supplements really necessary?*

**W**hile full-blown nutrient deficiencies which cause diseases like rickets, pellagra, and scurvy are relatively rare these days, we are all at risk of suffering from “nutrient inadequacies.” Tiredness, hair loss, muscle fatigue, and poor night vision could all be a sign your body is telling you that you are missing out on vital nutrients. Modern life has many challenges, making it almost impossible to get all the nutrients we need from food alone.

### *What happens if we don't meet our nutritional needs?*

If we want to optimise our health in the short term and live a long, disease-free life, we need to maximise our intake of all the micronutrients our bodies need. If we don't get enough of even just a few of these, there could be

enormous consequences for our long-term health.

Dr Bruce Ames, a Biochemistry and Molecular Biology professor, has developed a hypothesis called the Triage theory. He suggests if there is a modest deficiency of even just one single nutrient, it will trigger a built-in rationing mechanism. This involves making the proteins needed for immediate short-term survival and impairing the production of proteins required for long-term health. This can result in insidious damage to things like our DNA which can, over time, accelerate age-associated diseases like macular degeneration, heart disease and even some cancers.

### *Why aren't we getting the nutrients we need?*

Supermarkets may be bigger than ever, with a plentiful supply of fruit

and vegetables on the shelves all year around. But fresh food isn't what it used to be! The food industry has become a global business, and produce often travels on long journeys across continents. Nutrient levels begin to decline as soon as food is harvested. So inevitably food which has travelled will have far lower vitamin and mineral content than local food.

### *Soils are depleted*

Intensive farming, deep ploughing, and not allowing fallow periods have all led to changes in soil quality and reduced nutrients in our food. Some research suggests freshly grown vegetables today contain 60% fewer minerals than the same foods a century ago. On top of this, the increased use of pesticides means traces of toxins like heavy metals and glyphosate are getting into the food supply, which can bind to nutrients and de-





crease their availability to the body.

### ***Our plate has changed***

Our ancestors would barely recognise the food we pile on our plates these days. The Victorians ate more portions of vegetables than most of us eat today. The typical Western diet is now composed mainly of high-carbohydrate, high-calorie, processed, and nutrient-poor foods, with a lot fewer vegetables, so it is fair to say most people will be lacking in some essential nutrients. Of particular concern are micronutrients like iron, selenium, zinc, copper, vitamins A, C, E, B-6, folic acid, and all the trace minerals we need in tiny quantities.

### ***We are all so stressed***

Our lives are busier than ever, and many people are burning the candle at both ends, leaving little time for relaxation. The World Health Organisation classifies stress as “the health epidemic of the 21st century”. With occasional stress, the body quickly returns to normal. But long-term stress keeps us in

a heightened state pumped full of stress hormones. It diverts energy away from the gut, often slowing it down, resulting in bloating, pain or constipation. It can also speed it up it causing diarrhoea. In either instance, people won’t be properly digesting and absorbing food. On top of this, stress can deplete us of magnesium, zinc, iron and vitamin C.

### ***Restricted diets and fasting***

It is obvious, really, the less you eat, the more likely you are to suffer from nutrient deficiencies. With more and more people following restricted diets like intermittent fasting or veganism, it could mean they are at risk of deficiencies in macronutrients like protein and good quality fats and micronutrients such as vitamins, minerals, antioxidants and phytonutrients. This could have consequences. Not eating enough vitamin A-rich foods like organ meat, fish, dairy, leafy greens, or orange-coloured fruits and vegetables may weaken your immune system and even lead to eye damage. An insufficient intake of magnesium-rich whole grains,

nuts and leafy greens may cause fatigue, migraines, muscle cramps and abnormal heart rhythms. Vegan diets can be low in B12 and Vitamin D, which are mainly found in meat and animal produce. So while these dietary approaches can offer health benefits, it is important to plug any gaps.

### ***Prescription medication***

More and more people are being prescribed medication like statins, blood pressure tablets, metformin, and proton pump inhibitors. Long-term use can affect the way the body absorbs nutrients like iron and vitamin B12 and can deplete it of nutrients like folate, CoQ10, magnesium and B vitamins.

### ***Recommended Dietary Allowances may be out of date***

These values were established during the second world war as the amounts needed each day to achieve adequate nutrient intake. For example, the current RDA for



magnesium is 320 mg for women and 420 mg for men. They were last updated in the 1990s and were based on average body weights of 9 stone 5 lbs for women and 11 stone 8 lbs for men. These days people are often bigger than that, so the RDAs need to be adjusted. Even if you meet the recommended daily amounts, you may still not get enough.

### ***What can we do?***

A whole food diet should always form the foundation for our nutrient intake. Avoid nutrient-poor foods like processed meals, sugary drinks and snacks. Include plenty of different coloured vegetables and fruit, legumes, nuts and seeds. Try to eat organic produce, pasture-raised animal products, and wild-caught seafood. These generally have a higher nutrient content.

### ***When to consider supplementing***

If following a restricted diet like vegan, or intermittent fasting, you will need to consider supplementation to ensure you are getting all the micronutrients you need. In particular, vegans should, as a minimum, consider a Vitamin B12 supplement.

Widespread vitamin D deficiency has been recognised in recent years, and supplementation is recommended, especially during the winter months.

Most people who eat a Western diet are low in Omega 3 fats. This essential fatty acid is found in oily fish. Plants like nuts, seeds and olives contain it too, but the body has to convert it into a usable form which is often inefficient. Therefore, supplementation with fish or

krill oil, or a vegan omega 3 is beneficial.

A multivitamin can act a good foundation for our nutrient base, even if we are following a healthy dietary regime. When choosing a multivitamin, look for the most active and effective forms of each nutrient. If digestion is an issue, sublingual or liposomal can be better absorbed.

### ***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.



#### **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.



#### **VITAMIN B12**

A concentrated liquid dietary supplement that provides B12 in an ionic, bio-available form. 59ml. Vegetarian and vegan.



#### **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.



#### **THE KRILL MIRACLE™**

Krill are a super-rich source of omega-3 fatty acids (DHA/EPA), phospholipids, choline and astaxanthin. Supports heart, liver, brain, skin, joint and eye health. 60 Fish Licaps™ Capsules.



### ***Sources***

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)





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Restores function to healing and regenerative system

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# Parkinson's Disease - A New Epidemic

**N**eurological disorders are now one of the leading causes of disability worldwide, and the fastest growing seems to be Parkinson's disease. It is a neurodegenerative disorder that affects how a person walks, talks, and moves. It can also cause other symptoms such as tremors, depression, anxiety, memory problems and insomnia.

It was once considered a rare disorder, but the number of people worldwide diagnosed with Parkinson's doubled between 1990 and 2015 to more than 6 million. It is projected to double yet again to more than 12 million by 2040. The incidence rises sharply at around the age of 65, but many under 50 develop the disease. Although the cause is unknown, genetics and environmental factors are considered contributing factors.

## Dopamine

While the underlying causes may be unknown, the symptoms start appearing because of a lack of dopamine in the brain. Dopamine is a neurotransmitter which carries messages from one nerve cell to another. It is manufactured by cells in the substantia nigra part of the

brain, along with serotonin. This area of the brain becomes damaged with Parkinson's disease. The cells start deteriorating and dying, losing the ability to manufacture these neurochemicals.

Dopamine plays a role in movement, motivation, memory, pleasure and sleep. Symptoms can be imperceptible in the early stages. Medical treatment aims to restore dopaminergic function in the brain. Commonly prescribed drugs include Levodopa and Carbidopa. Several processes have been implicated in the progression of Parkinson's disease, including mitochondrial dysfunction and neuroinflammation, but how these factors interact is still not fully understood.

## Genetics

Several genes are associated with Parkinson's disease but are only responsible for a small number of cases. About 10 to 15% of people diagnosed have a family history of the disease. People with early-onset Parkinson's are more likely to have inherited it. However, if you have a genetic mutation associated with Parkinson's, it does not necessarily mean you will get the disease. Some mutations carry greater risk, but none mean a 100%

chance of developing the disease. Many of the Parkinson's risk genes represent minimal increased risk.

## Environment

It has been known for some time that exposure to environmental toxins, such as pollution, solvents, heavy metals and pesticides, can harm our bodies in many ways. There is now growing evidence some of them may increase the risk of Parkinson's disease. It is theorised toxins can increase oxidative stress, which can harm cells in the brain, leading to degenerative diseases like Parkinson's or make symptoms worse.

Countries with the most rapid industrialisation have seen the greatest rise in Parkinson's. For example, in China, between 1990 to 2016,





the rates increased more than in any other country.

Toxins which may pose a risk include long-term exposure to industrial solvents like trichloroethylene used for industrial metal degreasing and in paint thinners and detergents. As does exposure to heavy metals like high-dose manganese from occupations like welding, which can potentially cause a form of Parkinson's called manganism.

## Nutrition

The Western diet has been associated with the worse Parkinson's Disease symptoms. It is high in calories, saturated and omega-6 fats, and refined sugars, with low consumption of vegetables and fibre. Therefore, improving diet and nutrition can help. While there is no

one-size-fits-all, following the principles of the Mediterranean diet is considered beneficial for most people. It is rich in vegetables, fruits, nuts, seeds, legumes, good-quality meats and fish, and beneficial fats like olive and coconut oil. This helps to nourish the body with adequate vitamins, minerals, polyphenols, antioxidants, fibre and healthy fats, which are beneficial for Parkinson's and, indeed, other neurodegenerative diseases.

Ensuring enough vegetables and fibre in the diet every day will help support the microbiome, which is often disrupted in people with Parkinson's disease and may also help ease often-present constipation.

## Mucuna Pruriens

The seed powder of the legumi-

nous plant *mucuna pruriens* has long been used in traditional Ayurvedic Indian medicine for diseases including Parkinson's. The plant grows spontaneously in tropical areas around the world. The seeds contain high concentrations of levodopa, a precursor to dopamine. It also includes some Co-enzyme Q10, which can help with energy production in the cell's mitochondria. This could be important because evidence suggests mitochondrial dysfunction may play a role in the progression of Parkinson's.

A growing body of research shows *mucuna pruriens* could offer a natural alternative to carbidopa/levodopa. Studies have shown it can be effective in reducing symptoms. But more research needs to be done. Due to it having a similar



effect as levodopa, it is not recommended that these two are taken together. If you are taking levodopa, it is important to discuss taking any supplementation with a doctor or health practitioner.

## Homocysteine

Homocysteine is an amino acid produced in the body when it breaks down dietary proteins. It is recycled by folate and vitamins B6 and B12, but if the body is depleted in these nutrients, it won't be recycled, and levels will build up. Homocysteine may also become elevated in people who are taking Levodopa. Some studies show high levels of homocysteine in people with Parkinson's increase the risks of cognitive decline, worsening mood and depression.

## Antioxidants

Although the direct cause of Parkinson's can vary, it will invariably lead to oxidative stress and damage in the brain. Dopaminergic neurons are more prone to oxidation due to a combination of factors like the metabolism of dopamine, decrease in glutathione levels and excessive formation of free radicals. While the full effects of oxidative stress have not been completely elucidated, antioxidants like vitamins C, E, beta-carotene, selenium, Co-Enzyme

Q10, N-Acetyl-Cysteine and glutathione could be beneficial in reducing free radical damage. They may even help slow down the progression of symptoms.

As well as being an antioxidant Co-Enzyme Q10 helps our cells make energy. It could be particularly helpful because mitochondrial dysfunction and impaired energy metabolism have been implicated in the development of Parkinson's disease.

### Lifestyle Tips

- Swallowing can be improved by taking a little sip of iced water at the start of a meal.
- Wear clothes with zippers rather than buttons and elastic belts. Choose velcro shoes which are easier to put on than laces.
- Try and exercise or stretch every day. This helps muscles maintain flexibility and tone. Walking is one of the best exercises, especially out in the fresh air.
- Relaxation is essential, too. Try yoga or meditation.
- Stimulate your dopaminergic system by listening to music and singing along.

### Recommended Products

#### LIPOSOMAL B4HEALTH

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.



#### VITAMIN B12

A concentrated liquid dietary supplement that provides B12 in an ionic, bio-available form. 59ml. 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.



#### 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.



#### VITAMIN E

Provides mixed tocotrienols and tocopherols for greater antioxidant activity and comprehensive coverage than when used individually. 60 capsules. Vegetarian and vegan.



### Sources

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)



# Health News

## How Ashwagandha Could Reduce Your Stress Levels and Improve Sleep Quality

According to recent research published in The Journal of Medicinal Food, college students who take an Ashwagandha supplement may improve their psychological well-being and overall academic success.

Ashwagandha and other natural remedies have grown in popularity in the USA due to the after-effects of the pandemic and people wishing to boost their mood and ease stress. USA due to the aftereffects of the pandemic and people wishing to boost their mood and ease stress.

Ashwagandha has traditionally been used as an adaptogen to reduce cortisol levels and regulate neurotransmitters such as serotonin, dopamine, and GABA, improving concentration, increasing energy levels, and relieving stress.

The study recruited 60 healthy college students between 18 and 50, randomly assigning them to either an intervention group that consumed a moderate dose of 350mg full spectrum Ashwagandha Root extract twice daily or a placebo group that took glycerol capsules.

As a study, it was designed to combine experiential data with existing evidence from survey and biometric data. This approach yielded two separate publications – the first study conducted mixed methods that included a qualitative analysis of Ashwagandha.

Qualitative data was then used to evaluate participants' lived experiences, including daily check-ins to record mood changes, along with focus groups at the end of the trial.

### DID YOU KNOW?

Research shows that babies born during winter months may have better bone health if their mothers take Vitamin D3.

## Why Taking Vitamin D3 Can Improve Your Baby's Bone Health

Research has found that babies born during winter have improved bone health markers if their mothers take Vitamin D3.

The study, published in Lancet Diabetes & Endocrinology, included 737 pregnant women aged 18 or older who had Vitamin D blood concentrations between 25 nmol/L and 100 nmol/L when enrolled.

The women were randomly assigned to receive either 1000IU per day of cholecalciferol (Vitamin D3) or a placebo from the time of enrollment (before the 17th week of pregnancy) until delivery.

Researchers ran tests on newborns within two weeks of birth and then a second analysis when the babies were born. It revealed that winter babies born to mothers receiving Vitamin D3 had higher bone mineral content, bone density and body fat mass than the placebo group.

Mothers who took a Vitamin D3 supplement were also less likely to have a Vitamin D3 insufficiency at 34 weeks than mothers taking a placebo.

While other research provides conflicting data about the significance of Vitamin D3 levels on their child's bone development, these results suggest that maintaining enough Vitamin D3 in pregnancy may result in higher bone mineral content in winter babies.

### SOURCE:

All study references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)

# Help Me Live Lung-er

## *The Art of Breathing Right*

**I**t is well known the lungs are essential for the gas exchange known as respiration, whereby oxygen is taken into the blood and carbon dioxide, waste gas from metabolism, leaves the blood.

What is less well known is the very recent discovery that the lungs are also a key partner in the formation of crucial aspects of the blood. More specifically, the lungs are now considered a significant site for platelet production. Activated platelets play an important role in controlling and limiting the formation of thrombi or clots. Therefore, caring for the lungs has become more critical than ever.

### **Amazing Lung Facts**

The lungs hold approximately 1500 miles (2400 km) of airways, containing 300-500 million alveoli (air sacs). Alveoli in the lungs have a total surface area the equivalent of half a tennis court. If you were to unwind all the capillaries surrounding the alveoli, laying them end to end, they would measure 620 miles long (992 km). The lungs weigh around 5 pounds (2.3kg) and are the only organs in the human body to float on water.

However, the lungs shrink with age, often related to inflammation, poor nutrition, lack of use, and improper

breathing patterns. To improve lung health and, thereby, overall health too, here are some pointers.

### ***Avoid Anxious Breathing***

An excellent way to improve lung function is to focus on healthy breathing techniques. Breathing patterns can be influenced by relaxation and anxiety. A person with lung disease may often breathe anxiously, aggravating symptoms and further adding to their lung dysfunction.

**Breathing correctly is critical since oxygen is the foundation of overall health. There are two types of breathing:**

1. Anxious Breathing: In the chest.
2. Relaxed Breathing: In the diaphragm or stomach area.

The first type of breathing in the chest is related to a stress response and includes hormones like cortisol. This stressful breathing should only be temporary since it is associated with a fight-or-flight response that causes the release of hormones. The body will retain carbon dioxide and cortisol if stressful breathing grows chronic, affecting healthy functioning systems. Stress breathing will also cause the immune system to weaken, leaving it

susceptible to infection.

Retraining your body to breathe in a relaxed, healthy manner will clear out carbon dioxide and cortisol. When carbon dioxide builds up in your bloodstream, it destroys a substance called haemoglobin that the blood uses to transport oxygen throughout the body. This is why it's vital to focus on relaxed breathing that comes from the diaphragm.

### ***How to Breathe Correctly***

The easiest way to relearn correct breathing is to lie flat on your back







on the floor on a mat or blanket or on a firm bed. Place a small, weighted object on your belly button, like a heavyish book. Take a deep breath through your nose so the book rises on your stomach as the diaphragm area expands with air. Hold this deep breath for a count of 4 and then release through your nose so your stomach deflates. Use this process to release any tension as you exhale and repeat. In the exercise, your chest should not move, indicating relaxed, stress-free breathing.

Practice this low stress breathing exercise again and again as you lie

down. Once you have mastered the rhythm of the calming breath, you can start to try the exercise while standing. Initially, if you're not used to it, you may feel dizzy as you intake more and more fresh oxygen, but it's still important to practice the exercise whenever you can.

The goal is to reduce breaths to roughly six breaths per minute in a relaxed state. The average person will breathe in 11,000 L of air, made up of 21 per cent oxygen, each day.

### ***The Importance of Exercise***

Exercise is another way lung function can be improved. Walking is one simple way to build up your activity level. Walk with a brisk, purposeful gait in a long, comfortable stride. Pump your hands from chest to waist level with each stride you take. Aim to build up to 3-5 miles a day.

Another recommended way to strengthen your lungs is to add some high-intensity exercise. Even a tiny amount can noticeably improve lung capacity. Build up to a maximum of two minutes six times a day. You can choose any cardiovascular exercise you prefer, like

running on the spot, jumping jacks, or skipping, as long as it works your lungs and heart at maximum capacity. When you exercise at maximum exertion, your heart, lungs, and connected muscles will naturally grow stronger to improve lung health.

Whatever you choose, physical activity is essential for healthy lungs, but remember to build up at a comfortable rate if you are new to exercise.

## ***Essential Nutrients***

It is crucial to clear inflammation to facilitate improvements where there are lung health issues.

Serrapeptase can be beneficial for conditions involving lung scarring and addressing any underlying inflammation, whilst curcumin has anti-inflammatory properties that can help conditions such as asthma, chronic obstructive pulmonary disease, and pulmonary fibrosis. Curcumin, serrapeptase, D3 and Ecklonia Cava Extract are frequently mentioned alongside each other for lung rehabilitation.

Probiotics are essential as they help balance the gut microbiome, improving immunity and resilience to infections. In Traditional Chinese Medicine (TCM), the colon and lungs are paired organs, which perhaps explains why probiotics can help reduce the duration and severity of upper respiratory tract infections.

Magnesium is helpful for lung health, including asthma, because it is a bronchodilator and an antihis-

tamine and has a calming effect on the muscles of the bronchial tubes and the whole body. Applying topically to the skin is an excellent way of taking in this essential mineral. Choose one with MSM for even greater absorption.

Vitamin D3 is an essential vitamin to support immune health. Cells in the immune system are made up of vitamin D3 receptors. If there is a deficiency in vitamin D3, it will weaken the immune system and leave the body susceptible to infection. Unfortunately, vitamin D3 deficiency is becoming common amongst all age groups since our culture spends far less time in the sun. The body cannot store this valuable vitamin, so daily supplementation is necessary for immune health.

NAC (N-Acetyl Cysteine) replenishes glutathione, a master antioxidant. It can relieve respiratory issues, loosen mucus in air passageways and reduce inflammation in bronchial tubes and lung tissue.

For help with breathlessness during times of exertion Norwegian seaweed extract can be dropped under the tongue to increase oxygenation.

## ***Finally***

Diet and hydration play a big part in overall health and vitality. Minimising inflammatory starchy carbs and processed sugars and having plenty of fresh vegetables, fruit, juices, and smoothies is an excellent principle to follow. Adding healthy plant fats is also beneficial to lung function.

## *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.



### **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.



### **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.



### **NAC 600MG**

N-Acetyl Cysteine is a highly stable and bioavailable form of the amino acid cysteine and a potent antioxidant. Benefits include liver, lung and immune health and much more. 60 capsules. 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](http://www.NaturallyHealthyNews.com)



# Beyond a Shadow of Gout

*How to reduce the risk of a painful attack*

**G**out is a form of inflammatory arthritis caused when high levels of uric acid in the blood create sharp crystals in the joints. These crystals cause redness, swelling, tenderness to the touch, and extreme pain. Gout usually starts in the big toe but can affect other joints. It can be helped by lowering the uric acid level and reducing inflammation.

Statistically, men are more likely to suffer than women. Certain health conditions also increase the likelihood of gout, such as obesity, congestive heart failure, high blood pressure, insulin resistance, metabolic syndrome, diabetes and poor kidney function. Diuretics can also have an effect, as well as alcohol and sugary foods.

## The importance of avoiding purines

Uric acid waste is a by-product of the digestive process, particularly when the body breaks down purines in food. Purine-rich foods include red meat, organ meat, and some kinds of seafood, such as anchovies, sardines, mussels, scal-

lops, trout, and tuna.

The UK Gout Society confirms, “If you already suffer from gout, eating a diet rich in purines can result in a five-fold increase in gout attacks.”

It is essential to drink plenty of water to support kidney health, especially when experiencing an attack of gout, because kidneys excrete uric acid via the urine. Adding a pinch of bicarbonate of soda can also help increase alkalinity. Aim for around 6-8 glasses of pure water daily.

Lots of vegetables and fruit are also beneficial. Most are low in purines, but even the ones higher have not been shown to affect gout symptoms. Cherries are often recommended as a gout treatment as they are high in anthocyanins. Several herbs, such as celery seed, nettle and ginger, can also assist in the elimination of uric acid. Adding healthy oils to the diet, such as hemp, krill, and olive oil, is recommended. It's also a good idea to vary protein sources, perhaps by adding beans, nuts and pulses, for example, and keeping away from the main problem, animal proteins.

Other gout-fighting allies are vitamin B with folate and serrapeptase for its pain relief and anti-inflammatory action.

## 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.



### LIPOSOMAL B4HEALTH

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.



### 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.



## Sources

All references can be found at [www.NaturallyHealthyNews.com](http://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





# Varicose veins

## – Prevention is Not in Vain

**V**aricose veins are twisted, enlarged veins that usually occur on the legs and feet because of the effect of gravity.

When veins are healthy, the blood flows smoothly to the heart and is prevented from flowing backwards by a series of tiny valves, similar to the locks in a canal. However, if those valves become damaged or weakened, blood can flow back again and collect at the lower valve, leading to a build-up of blood, causing the vein to swell.

Any vein close to the skin's surface can become varicose, resulting in aching, heavy and uncomfortable legs, swollen feet and ankles, and burning or throbbing. There can be cramping, especially at night, and the skin over the veins can become dry, thin and itchy.

Risk factors for developing varicose veins include pregnancy and obesity, which put added pressure on veins, wear and tear from ageing, and standing or sitting for long periods. Women tend to develop varicose veins more than men, which may be because female hormones tend to relax vein walls.

Whilst complications with varicose veins are rare, there is a chance of

inflammation and ulcers or blood clots forming, so it makes sense to minimise that risk by improving blood flow and muscle tone.

### Ways to Improve Vein Health

Eating a healthy diet, exercising and avoiding weight gain are helpful. Consider regularly changing your sitting or standing position to keep the blood flow moving better. Tight hosiery and high heels can also be a factor in varicose veins developing. Elevation of the legs whenever possible and compression socks or stockings can also help alleviate symptoms.

Vitamin C is the building block of veins and blood vessels, and a healthy daily dose may help restore those stubborn veins. One containing bioflavonoids is a good choice, as these are known to help strengthen vein integrity.

Serrapeptase may help veins shrink and diminish, whilst other enzymes can also help support healthy blood flow.

Curcumin is a valuable anti-inflammatory and antioxidant, whilst the amino acids L-arginine and L-lysine, when taken together, increase nitric oxide and improve circulation.

### Recommended Products

#### 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.



#### 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.



#### HEALTHYFLOW™

Includes the amino acids L-arginine, L-Lysine and citrulline malate. Available in single serve sachets. 30 x 11g per box. Vegetarian and vegan



#### CAMU CAMU VITAMIN C

Camu Camu berries are rich in 100% natural vitamin C, with whole-food bioflavonoids, anthocyanins, vitamins, minerals, and complex amino acids. Available in capsules (90 capsules) and powder (100g).



### Sources

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)

# REALLY HEALTHY RECIPES

## Anne's Easy Oat Biscuits

Serves: 8

Cook:  
55 mins



Enjoy these tasty and vegan-friendly oat biscuits. Made with coconut sugar, they make for a sweet yet healthy snack or dessert. A Redfern family favourite.

### Ingredients

- 4oz butter
- ½ cup of coconut sugar
- 2 cups of porridge oats
- 1 cup of spelt flour

### Directions

1. Set the oven at 180 degrees.
2. In a bowl, cream the sugar and butter until light and fluffy.
3. Add oats and flour and mix until all combined.
4. Make the dough into a round biscuit size of your choice and place on a greased oven tray (We like to make between 12 to 16 biscuits).
5. Place in the heated oven for approximately 15 minutes, then turn the oven off.
6. Open the oven and leave the tray inside for 5 minutes with the door slightly open (this makes the biscuits crunchier).  
  
Remove the biscuits, allow to cool, and enjoy.
7.   
  
The biscuits will keep for about a week in an airtight container.
- 8.





# The Silent Disease

## Why we need to look after our bones before it's too late

**B**one is a living tissue made mostly of collagen. Collagen provides a soft framework for bones, while calcium hardens and strengthens the framework. This combination makes bones strong but also allows them some flexibility to withstand stress.

Our bones are constantly being renewed. During childhood and adolescence, new bone is added to the skeleton faster than old bone is removed. As a result, bones become stronger, larger and denser, supporting our bodies as we grow into adulthood. For most of us, bone formation exceeds bone loss as we enter our 20s.

After age 20, the pattern of bone loss and deposits can alter, and we can begin to lose more than we build if we are not careful. Around 200 million people globally have osteoporosis, although many people are unaware of any issue until they experience a fracture.

Lifestyle factors, such as a lack of

exercise, smoking and excess alcohol, can affect how well our bones remodel. Modern diets may also lack critical nutrients to help keep our bones strong. Calcium absorption into the bones relies on essential co-factors. Vitamin K2 activates the calcium-binding actions of two proteins — matrix GLA protein and osteocalcin, which help build and maintain bones. Vitamin D helps the body absorb calcium and phosphorus from our food to support bone health. Magnesium is also essential for bone synthesis and stabilising the bone-building processes. Where osteoporosis is present, this isn't usually an indication of a lack of calcium, just that it may not reach the bones effectively.

Generally, we get plenty of calcium through our diets, with calcium-rich foods including green leafy veg, cheese, tofu and sesame seeds and tahini, and fish such as sardines where you eat the bones. However, there may be a need to consider supporting the diet with vitamins and minerals if dietary sources are low. Plus, we get most of our vita-

min D3 through sunlight, so at certain times of the year, supplementation is recommended to support optimal levels. And, of course, we must exercise into older age as this encourages our bone-forming cells to be more active.

### *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.



#### **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.



#### *Sources*

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)

# How to Stay on Top of Your Sugar Cravings

**W**e live in a world full of sugar, and it is hard to resist. We are all guilty of rewarding ourselves with sweet treats or reaching out for those sugary pick-me-ups. Eaten occasionally in tiny quantities, our bodies can cope. Still, many people consume far too much daily, and the potential health impacts go way beyond diabetes and dental cavities.

## Why do we crave sugar?

There is no doubt about it sugar addiction is real. When we eat sugar, our brain releases opioids and dopamine, which are associated with pleasure and reward. Every time we consume something sweet, we reinforce those neuro-pathways, making the brain likely to crave more sugar so we can repeat the pleasurable high.

Sugary snacks also help perk us up if we are tired. Glucose is a quickly absorbed fuel, but the effect is only temporary. It unbalances blood sugar levels, causing a drop in energy or a "sugar crash." If levels

spike or dip too quickly, it can lead to sleepiness, mood swings and more sugar cravings.

## What happens when we eat sugar?

Sugar and carbohydrates are broken down into glucose during digestion. Once it enters the bloodstream, the pancreas releases a hormone called insulin which keeps blood sugar levels in check. It sweeps out any excess glucose so it can be stored in our cells. Some may be converted to glycogen and kept in the liver or saved in the body's fat cells. If we need energy, the pancreas releases a hormone called glucagon, which releases stored glucose. This system has worked effectively for thousands of years but is now coming unstuck because of our modern sugary diet.

If we constantly eat sugary foods, cells may start struggling to take up all the glucose. The pancreas will release more insulin, and if the cells don't respond, it will send out even more. The cells can start to become insulin resistant, which means blood sugar can remain

dangerously high and lead to Type 2 diabetes and life-threatening complications, such as damage to the eyes, kidneys and nerves.

## How to Balance Blood Sugar

The good news is it is possible to help improve blood sugar levels with relatively simple diet and lifestyle changes. Start by reducing the amount of sugar you are consuming. Cut back on things like sweets, cakes, pastries, and fizzy drinks. Beware of hidden sugar, too, as it can be found in all kinds of things like ketchup and salad dressings.

## Slow down glucose absorption

Increasing the amount of fibre in the diet can be a great way to help slow down the rate glucose enters the bloodstream. Most people don't get enough in their diet. Try to include more beans, lentils, oats, sweet potatoes, flax, seeds, avocados, apples, and artichokes etc.

Ensure you're eating plenty of protein, too, as this helps keep





blood sugar balanced. Add protein to every meal, like eggs, fish, meat, pulses, seeds, and nuts.

## Get moving

Inactivity is closely linked to an increased risk of type 2 diabetes. Exercise is an effective way to lower insulin resistance. In particular, strength training and building muscle will help the body more efficiently transport glucose from the bloodstream into the muscles. Also, after exercising, the muscles continue to use glucose, lowering blood sugar for several hours.

## Prioritise sleep

Aim for seven to eight hours each night. It is now recognised sleeping less than seven hours a night is a major contributor to type 2 diabetes. It increases the hunger hormone ghrelin leading to poor diet choices, which contributes to high blood sugar, insulin resis-

tance and obesity.

## Nutrient help

Cinnamon has been used for centuries to help keep blood sugar stable. It contains compounds that mimic insulin's effects and increase glucose uptake into the cells. It may also slow down the absorption of glucose.

Curcumin also has a long history of use for diabetics in Ayurvedic and traditional Chinese medicine. Recent research confirms it could help with type 2 diabetes and its associated disorders, including insulin resistance, hyperglycemia, and pancreatic damage.

Alpha Lipoic Acid is a powerful antioxidant found in foods such as spinach, broccoli and red meat. It is also produced in smaller amounts in the body and can be taken in supplement. It can help improve insulin sensitivity and blood sugar uptake into the cells. It

may also protect against damage caused by high blood sugar for nerves, eyes, heart, kidneys, and pancreas.

### Recommended Products

#### 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.



#### 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.



### Sources

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)

# Lutein & Zeaxanthin

## - Vision and Beyond

**L**utein and zeaxanthin are two powerful carotenoids found in brightly coloured fruits and vegetables. Both are potent antioxidants which have various health benefits. They are best known as essential nutrients for eye health. However, their potential benefits go much further and are linked to areas such as skin, heart and brain health.

### 4 Health Benefits of Lutein & Zeaxanthin

- 1. Eye health** - Lutein and zeaxanthin are potent antioxidants which can help scavenge free radicals and protect the eyes from oxidative damage. The lens, retina and macula have a high concentration of these powerful carotenoids, essential to protect against macular degeneration and cataracts. They can also help protect against UV damage to the eyes, and dietary intake is linked to better vision, especially in dim light. One study showed that people who ate a lot of vegetables high in zeaxanthin, like kale, spinach and broccoli, are less likely to develop cataracts.
- 2. Skin health** - The antioxidant potential of lutein and zeaxanthin stretches far beyond the eyes, and their benefits are closely associated with skin health. Studies show that their antioxidant properties help protect the skin from UV damage and premature ageing.
- 3. Heart health** - A review published in *The Journal of Clinical Nutrition* in 2016 concluded that a high intake of lutein is associated with better cardiometabolic health. A lower risk of heart disease and stroke was observed in those with a higher blood concentration of lutein.
- 4. Brain health** - There are high concentrations of these fat-soluble nutrients in brain tissue. A study published in *Frontiers in Nutrition* in 2022 showed that six months of supplementation with lutein and zeaxanthin improved visual learning and memory in adults with mild cognitive impairment.

To get more lutein and zeaxanthin into your diet, include lots of vegetables like kale, spinach, broccoli, peas, lettuce, asparagus, squash, pumpkin and peppers. Egg yolks are also a good source of both lutein and zeaxanthin. You can also find them in multi-vitamin and mineral supplements, especially ones aimed at eye or skin health, to support your daily intake.

### Recommended Products

#### 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.



#### 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](http://www.NaturallyHealthyNews.com)



# 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 all good independent health food stores

# Whose Life is it Anyway?

*A brief history of health through the ages*

**O**ur health is our wealth. Life becomes limited when we are unwell, even with something as simple as a nasty cold or stiff neck. Such limitations are even more pronounced with a longer-term or chronic illness. Because health is a form of wealth to society as well as us, it is a subject of debate and controversy. Taking responsibility for our health is empowering, but there are elements in society that would prefer that not to happen. Some would like us to hand over that responsibility to them.

People are encouraged to delegate health decisions to an authority on the grounds that others know better. Some prefer the offer of a quick fix so they can get on with life. As a result, confidence in what we feel is best for our bodies is being steadily undermined and lost.

## ***Are we throwing the baby out with the bathwater?***

Ideas about what is best practice change over time, and not always for the better. Modern medicine has made great strides, but it is not always better. There is a high risk of 'throwing the baby out with the bathwater' while thinking we have made progress.

Allopathic medicine sees the body as a machine with separate individual parts. This view has led to the development of an array of specialists for the different aspects and organs. However, specialists may look no further than their area. Anyone with complex health issues who has been sent from one consultant to another, getting different advice, will understand the flaws and frustration in such a system. Holistic approaches favour looking at the body as a whole, recognising that everything is interlinked and that the body is nature and nature can help heal.

## ***Are we being empowered or disempowered?***

There will always be debate. For example, in the 4th century B.C. Hippocrates, considered the father of medicine, stressed the healing power of nature and the need to support the body's healing processes. However, other early physicians were more interested in taking action to correct illness. As a result, the support and prevention approach versus intervention has been debated for centuries.

That changed in the 19th century when germs came to be considered the cause of disease, and Western medicine's focus became intervention and destruction of the attackers of good health. As a result, less

attention is paid to healthy lifestyle choices and more to symptoms and diagnoses of an ever-increasing number of named diseases. Therefore, people become increasingly disempowered by being told that modern medicine can provide a fix rather than being empowered and encouraged to be actively involved in prevention.

## ***Age old practices can still make a contribution***

The practice of natural health care is likely as old as man himself. For example, human use of honey is traced to some 8000 years ago, as depicted by Stone Age paintings. Ancient Egyptian writings from 2600BC show they also used honey







in many remedies for its antibacterial properties. More recently, honey was used in World War I to help prevent wound infection and to accelerate wound healing.

The Romans are reputed to have used silver cutlery as they recognised its benefits in keeping germs away. Today nano silver is recognised as a potent antimicrobial.

The Ancient Egyptians also understood the use of herbs and plants for health care, including turmeric for closing wounds and aloe vera to destroy worms, relieve headaches, and for skin disease and allergies. They were also aware of the concept of cleanliness and its importance to medical care. By contrast,

the importance of washing hands between patients was only rediscovered by Ignaz Semmelweis in the 19th century. His claims caused much controversy within the establishment because 'a gentleman already has clean hands'!

Physicians in Ancient Egypt in 2600 BC could be both female and male. In modern medicine, the first female practitioner in Britain was Elizabeth Garrett Anderson in the mid-19th century. She qualified in 1865 after discovering a loophole in the Worshipful Society of Apothecaries' admissions process. However, no hospitals would employ her, so she set up her own practice. It took another 11 years before the British Medical Register would accept women doctors. Even then, some

hospitals would not allow women until well into the 1940s.

Traditional Chinese Medicine (TCM) goes back some 5000 years. Founded on the understanding that the life force in the body, known as chi, flows through channels known as meridians, these flows are balanced when the body is healthy. However, when some become blocked, sluggish or overactive, issues arise, and acupuncture can help achieve balance again. Traditionally very fine needles are inserted at key points. However, rebalancing the qi by electrical current stimulation is possible, thereby avoiding using needles.

Ayurveda is an ancient Indian system of natural healing that has





incorporated turmeric as a significant medicinal element since at least 500 BC and is still used today. Many cultures worldwide, including Africans and Native Americans, frequently used various herbs in their healing practices. Interestingly, research shows that many used the same or similar plants for the same medicinal purposes.

### ***Our bodies are nature and nature can help heal***

As traditional cultures are replaced by influences from modern society across the globe, many of these ancient remedies are being lost. For example, as early as the 16th century, witch hunts, because of a political and religious power struggle initiated by fear, resulted in the loss of generations of ancient wisdom to help health naturally.

Even in the ranks of doctors, we can find that those who are prepared to push the boundaries of convention by thinking more broadly can be persecuted by their peers. And some doctors, by the time they realise the system they have spent years training within is flawed, have personal commitments making it very difficult to challenge the system in which they have become a part.

It can be a confusing process to sift through all the advice. It is made even more complex now by the volume of online information, much of which is conflicting and incomplete. In addition, there can be fake information in all areas. However, remembering that our bodies are nature and recognising that nature brings many gifts to help us find wellbeing is an excellent place to start.

As Hippocrates famously said, 'first do no harm,' yet alongside having made incredible advances, many modern treatments can have extensive side effects. Some drug leaflets even say death is a potential side effect, despite not necessarily being prescribed for extreme health conditions. On the other hand, many natural products, including vitamins and minerals, have a long history of benefits and relief.

The key to self-responsibility is an open mind. Beliefs hold us fixed, whereas an open mind allows new ideas to be filtered and assessed. Health is wealth, and that wealth is in your own hands.

### *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.



#### **CURCUMINX4000® ORIGINAL**

Contains high-quality bioavailable Meriva® Curcumin, backed by clinical studies. Provides anti-inflammatory and antioxidant benefits. Recommended for lung, joint, and brain health. Suitable for vegans. 180 capsules.



#### **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.



#### **HYDROSOL™ SILVER SPRAY**

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



### *Sources*

All references can be found at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)



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