

NATURALLY HEALTHY NEWS

ISSUE 50

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Welcome to Issue 50 of Naturally Healthy News. The magazine started by my father, Robert Redfern, to help spread the word about natural health and give tips on how to live a holistic lifestyle. Sharing the latest research, news, family recipes and more, always given out for free.

We now continue to publish it twice a year, written by our Nutritionists, Lindsay Powers and Cath Gorman, and featuring guest writers, still filling 92 pages and covering a vast range of topics.

To proudly celebrate our 50th edition, we are holding a monthly prize draw between April and September, giving away £50 store credit at the end of each month to spend at goodhealthnaturally.com! (See page 20 for more details)

In this edition, we explore cholesterol beyond the headlines and why vitamin C is so important for heart health. We also look at how to support energy levels with essential nutrients and maintain muscle strength as we age. Alongside this, we take a closer look at mindfulness and walking, as well as the surprising benefits of purple foods. Plus, we round up this special edition with a feature on '50 Ways to Celebrate Your Health' on page 89.

Since our last issue, we've introduced our own creatine monohydrate, as interest continues to grow around its benefits beyond just sports nutrition. And the new pure L-Carnitine is proving to be full of energy!

Thank you to each and every one of you who have read and followed 'Naturally Healthy News' over the years. And a massive thank you to our small, but hardworking team, who always manage to somehow pull each issue together!

Anne & Lucy



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.

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Creatine:

Rethinking a Misunderstood Supplement

Few supplements are as widely recognised yet as narrowly defined as creatine. For decades, it has been linked almost exclusively with competitive sport and muscle building, yet this familiar compound plays a far more fundamental role in human health than its reputation suggests. At its core, creatine is about energy, and energy underpins everything.

Creatine is naturally found in foods such as red meat and fish, and is also produced in small amounts by the liver and kidneys. Its primary function is to help generate adenosine triphosphate (ATP), the molecule that fuels cellular activity. Every movement we make, from standing up to concentrating on a task, depends on this energy system working efficiently.

Tissues with high energy demands, including skeletal muscle and the brain, rely heavily on creatine. As we age, natural stores can gradually decline. At the same time, muscle mass and strength tend to decrease, a process that often begins earlier than people expect and accelerates in later decades.

Loss of muscle is not simply about

appearance or athletic performance. It influences balance, metabolic health, bone strength and the ability to move through life with confidence and independence. For this reason, creatine has become an area of growing interest in research on healthy ageing.

Studies suggest that creatine supplementation, particularly when combined with resistance exercise, may support muscle strength and lean mass in older adults. Rather than acting as a stimulant, creatine works by supporting the body's natural energy recycling system, helping cells regenerate fuel more efficiently. This process becomes particularly important during short, repeated bursts of effort, whether during structured exercise or simply as we move through the physical demands of everyday life.

Emerging research has also explored creatine's potential role in cognitive performance, reflecting the brain's significant energy requirements. The brain is one of the body's most energy-demanding organs, and maintaining efficient energy availability becomes increasingly important as we age. While this area continues to develop, it

reinforces the idea that creatine is not solely about physical strength, but about cellular energy more broadly.

Creatine is not a shortcut, nor does it replace movement, adequate protein intake or overall lifestyle. Strength training, nourishment and regular activity remain foundational. However, as part of a broader approach to maintaining muscle and vitality, creatine may offer a simple and well-researched addition.

Creatine may once have been confined to the world of sport, but its relevance is far broader. In the context of healthy ageing, it represents something fundamental: the ability to maintain strength, energy and resilience as the years move forward.

Recommended Products

CREATINE MONOHYDRATE

Each serving provides 5g pure Creatine Monohydrate powder, completely unsweetened and free from fillers or additives. 200g. Vegan.



Sources

All references can be found at www.NaturallyHealthyNews.info



Step Into Wellness Through Walking

Walking is one of the simplest yet most powerful ways to enhance your health and well-being. With just 30 minutes of brisk walking a day, you can boost your cardiovascular fitness, strengthen your bones, reduce body fat and improve muscle power. But beyond the physical benefits, walking enhances mental well-being, sharpens the mind and can even lift your mood. The best part? It's free, doesn't require special equipment and is easy to incorporate into your daily life. So, lace up your shoes and start enjoying one of the most powerful, yet underrated, forms of exercise.

Walking Increases Longevity

If you want to live a longer, healthier life, walking could be the key. A large-scale analysis from the University of Cambridge found that just 11 minutes of moderate physical activity, such as brisk walking, can significantly reduce the risk of premature

death. Researchers analysed data from more than 196 studies involving more than 30 million people, and concluded regular walking lowers the likelihood of heart disease, cancer, and other chronic illnesses.

Strengthens Heart Health

Walking at least 30 minutes a day can help improve circulation, lower blood pressure and may even reduce LDL 'bad' cholesterol, thus reducing the risk of heart disease and stroke.

A study published in *The Lancet* found moderate walking can reduce the risk of cardiovascular diseases by up to 31%.

Supports Joint and Bone Health

Walking is a weight-bearing activity that can help strengthen bones and slow bone density loss, which is crucial for preventing osteoporosis. Moreover, walking can ease joint pain by lubricating joints and strengthening the surrounding muscles, reducing symptoms of arthritis.

Reduces Stress and Improves Mood

It is not just your body which benefits, it's good for your mind too. A review of 17 studies conducted by the University of Edinburgh suggests that walking in nature significantly improves mood and reduces anxiety. The rhythmic movement, fresh air, and connection to the environment help clear the mind, release feel-good endorphins, and combat stress.

Better Sleep and Cognitive Function

Walking can help regulate your sleep cycle. A study published in *Sleep Health* found that people who took more steps per day reported better sleep quality and longer sleep duration. Walking also increases blood flow to the brain, which can help improve memory, focus and cognitive function. One study found that older adults who walked three times a week for 40 minutes experienced a 2% increase in the size of their hippocampus, the brain region associ-



ated with memory.

Strengthens The Immune System

Walking may help boost immune function by increasing the production of white blood cells, which help fight infections. A study published in the *British Journal of Sports Medicine* found that people who walked regularly had 43% fewer sick days and recovered faster when they did fall ill.

Make Walking Part of Your Daily Routine

Incorporating walking into your lifestyle is easier than you think. If finding a full 30-minute block feels overwhelming, try breaking it into three 10-minute sessions throughout the day. Try building some extra walking into your day by climbing the stairs instead of the elevator.

Get off public transport one stop early and walk the rest of the way. If you are making some local errands, why not walk instead of driving to nearby destinations. Schedule a daily walk

with family, friends, or even your dog.

Join the Walking Movement

For those who thrive in social settings, walking groups and clubs offer the perfect opportunity to stay active while meeting new people. Whether it's a hiking group, a charity walking event, or simply walking with a buddy, community support can make the experience more enjoyable and keep you motivated.

Supercharge Your Walks

If you want to challenge yourself and maximise the benefits, try walking uphill to engage your legs and glutes more deeply. Adding short bursts of speed can improve endurance, while gradually extending your distance helps build stamina over time. For an added challenge, light hand weights can increase intensity.

After a brisk or longer walk, recovery matters too. Gentle stretching, elevating the legs and applying a cooling magnesium-based lotion or oil containing ingredients such

as menthol or arnica can feel particularly refreshing and soothing for tired muscles.

Keep it Fresh and Engaging

To stop boredom creeping in, why not start changing your route to explore new neighbourhoods or parks. Take nature walks to appreciate the beauty around you.

Walk at different times of the day to enjoy varied scenery.

Final Step: Lace Up and Get Moving

Walking is a lifestyle choice that offers endless health benefits. Whether you're strolling through your neighbourhood, power walking through a park, or hiking in the great outdoors, each step brings you closer to a healthier and happier you. So, step outside, breathe in the fresh air, and start walking your way to a better life!

Recommended Products

ANCIENT MAGNESIUM® COOL RELIEF

A moisturising body lotion with Zechstein magnesium chloride and menthol, arnica and ginger to provide a cooling sensation while supporting magnesium intake. 200ml. Vegan.



ANCIENT MAGNESIUM® OIL ULTRA

A high-potency topical Zechstein magnesium chloride solution with OptiMSM® for transdermal use, supporting your daily magnesium intake. 200ml/100ml. Vegan.



Sources

All references can be found at www.NaturallyHealthyNews.info



What's Really in Your Supplements?

When you look at the label on a supplement jar, there are usually two categories of ingredients: the active ingredients, such as vitamins, minerals or nutrients, and the 'other ingredients', also known as excipients. While excipients do not provide direct nutritional value, they play an essential role in ensuring that supplements are safe, stable and effective. Without them, tablets and capsules would fall apart, spoil too quickly, or fail to deliver the correct dose.

Capsule Shells

Capsules need a protective shell to hold the powdered ingredients in place and make them easy to swallow. Plant-based compounds, such as cellulose from wood pulp, are often used to make vegetarian capsule shells. Other substances, such as the polysaccharide gellan gum, are also used to create delayed-release coatings or help with structural support.

Bulking Agents and Fillers

Because some nutrients are required in extremely small amounts, fillers are added to ensure that each capsule is evenly filled and consistent. Natural bulking agents such as microcrystalline cellulose, again made from wood pulp, organic gluten-free brown rice flour and alfalfa powder help give supplements structure while maintaining a natural profile.

Flow Agents and Lubricants

When powders are blended and put into capsules, they can stick to the manufacturing equipment. To prevent this, small amounts of flow agents like magnesium stearate, the amino acid L-leucine, or silicon dioxide are sometimes used. These also ensure each capsule contains the correct dose. Although they may sound like chemical substances, they are found in everyday food. Silicon dioxide is naturally present in bananas and green beans. Mag-

nesium stearate is found in olive and palm oil, as well as in some meat and fish.

Stability and Shelf Life

Nutrients can degrade when exposed to light, air or moisture. Excipients such as silica keep capsules dry, while oils and emulsifiers like MCT oil, canola oil or soya lecithin protect delicate fat-soluble vitamins A, D, E and K. These ingredients are often found in soft gels, and help keep the nutrients active for up to 2 years, plus improve absorption in the body.

The Role of Excipients

These 'other ingredients' are not added to 'pad out' supplements or deceive consumers. They are carefully selected functional ingredients that help keep nutrients stable and active. They make capsules and tablets safe, consistent and easy to swallow, and ensure every dose delivers exactly what the label promises.



Ancient Spice Meets Modern Wisdom

Gentle, natural support for mood, balance, and restful sleep.

Traditionally
used, widely
researched.

- ✓ Standardised to 3.5% Lepticrosalides[®], for quality and potency.
- ✓ Featuring clinically studied Affron[®] saffron extract.
- ✓ Cultivated in Spain to rigorous standards.
- ✓ Clean-label, vegan, non-GMO, one-a-day formula.

Available at Independent Health Food Stores



Sciatica SOS

Supporting the sciatic nerve through nutrition

It can start as a dull ache in the lower back or hip. Then it shoots down the leg like a streak of lightning, sometimes sharp enough to take your breath away. If you've ever experienced sciatica, you know this is no ordinary back pain; it's a nerve pain and can literally stop you in your tracks. Stretching, physiotherapy, and medical treatments all play an important role, but nutrition is often an overlooked piece of the puzzle that can help calm inflammation, support nerve healing, and get you moving again.

When Nerve Pain Strikes

It happens when the sciatic nerve, the body's longest nerve, is compressed or irritated. This nerve runs from your lower spine, through your hips and buttocks and down each

leg. The most common culprits include herniated discs, which press on the nerve, or spinal stenosis, a narrowing of the spinal canal. Piriformis syndrome is another cause when a tight muscle in the buttocks traps the nerve. It can also result from injury or pelvic misalignment. But, no matter what the cause is, the result is the same: pain, tingling, numbness or weakness, usually on one side of the body. The pain can range from mildly annoying to completely debilitating.

Nutrition and Nerve Healing

The body is constantly repairing itself. To heal, it requires the right raw materials. Recent studies have explored the role of food and nutrient-rich diets in supporting nerve regeneration. In the case of sciatica,

there are three key ways diet may help. The first is reducing inflammation and calming nerve irritation. The second is supporting nerve repair and helping restore normal function. The third is maintaining healthy muscles and connective tissues to help prevent further injury.

Omega-3 for Nerve Relief

Omega-3 fatty acids, found in foods like oily fish, flaxseeds, chia seeds and nuts, are known for their anti-inflammatory benefits. As inflammation often drives the pain associated with an irritated sciatic nerve, eating plenty of omega-3-rich foods can help. Research suggests they could also play a key role in speeding up recovery from nerve injuries. A study found that omega-3 fatty acids helped protect peripheral nerve cells and reduce cell death. In ani-



mal studies of sciatic nerve injury, those given omega-3s recovered more quickly, with less muscle wasting and improved nerve healing.

Antioxidant Healers

A powerful antioxidant, alpha-lipoic acid, has been shown to help reduce nerve pain, particularly in conditions such as diabetic neuropathy. It protects nerves from oxidative stress, reduces inflammation and supports regeneration. While small amounts occur naturally in foods like spinach, broccoli, and organ meats, therapeutic benefits usually require supplementation. Studies suggest it may help protect the sciatic nerve after injury, speed healing and improve overall nerve function.

Vitamin E is a potent antioxidant too, which helps protect nerve membranes from oxidative stress. Nuts,

seeds, olive oil, and avocados are rich sources.

B Vitamins for Nerve Recovery

All B vitamins, but particularly B1, B6 and B12, are vital for nerve health. A deficiency in any of them can slow recovery or worsen nerve damage.

Thiamine (B1) helps convert carbohydrates and amino acids into energy, which supplies nerve cells with the fuel they need. A deficiency can cause weakness, tingling, and numbness. Supplementation has been shown to improve these symptoms. Sunflower seeds, lentils, and whole grains are rich food sources.

Pyridoxine (B6) supports the production of neurotransmitters, which

carry nerve signals. Low B6 has been linked to conditions like carpal tunnel syndrome, and supplementation is shown to help ease related symptoms. Good sources include chicken, turkey, bananas and chickpeas.

Vitamin B12 is essential for maintaining the myelin sheath, which is the protective coating around nerves. It also supports repair and regeneration. Depletion can cause numbness and tingling and may even contribute to sciatica. Studies show that B12 may support recovery after a sciatic nerve injury. It is mostly found in animal foods such as meat, fish, eggs and dairy, so vegetarians and vegans may need supplements.

Vitamin D and Your Spine

Low vitamin D levels are linked to a higher risk of chronic pain, including back pain. Deficiencies can weaken muscles and bones, which may put more pressure on the sciatic nerve and trigger pain. Research suggests that maintaining healthy vitamin D levels may help reduce nerve inflammation, slow nerve fibre degeneration near injury sites, and support peripheral nerve regeneration.

Vitamin D also works synergistically with B12 to promote stronger nerve repair. Since sunlight is the best natural source of vitamin D, supplementation is often recommended, especially in the winter months.

The Role of Vitamin C

Vitamin C is essential for the growth, development and repair of all tissues. It helps produce neurotransmitters, regulate gene expression, form collagen, absorb iron, support the immune system, heal wounds, and maintain healthy cartilage, bones, and teeth.

Studies have shown that taking ascorbic acid can help injured nerves recover both structure and function. In animal studies, it improved movement and sensation, as well as electrical activity in muscles after nerve injuries. Vitamin C also helped increase the size and number of regenerated nerve fibres and strengthened the protective coating around the nerves.

Magnesium for Your Nerves

The fourth most abundant mineral in the body, magnesium, is essential for energy production and DNA repair. It also plays a critical role in maintaining overall nerve health. Often referred to as nature's relaxant, magnesium helps calm overactive nerve signals and reduce muscle tension, effects that can be especially beneficial if spasms are contributing to sciatic pain. Research also suggests magnesium can support peripheral nerve regeneration, including the sciatic nerve. Good dietary sources of magnesium include nuts, seeds, and leafy green vegetables. Topical applications, such as magnesium oils and lotions, may also help relieve muscle tension.

Botanical Allies for Sciatica Relief

Curcumin is a compound extracted from turmeric and is well known for its anti-inflammatory, antioxidant, and neuroprotective properties. Studies highlight multiple benefits, including the potential to reduce tissue damage, aid the repair of nerve and muscle tissues, provide pain relief, and support sensory-motor

recovery. All of these will help support recovery from sciatica.

Bromelain, an enzyme derived from pineapple, has also shown strong neuroprotective properties. One animal study found that bromelain significantly reduced sensitivity to heat and touch, while supporting the structure and function of nerves. Its benefits are thought to come from stimulating and boosting antioxidant enzymes, which help protect nerve cells from stress and damage.

Strengthening the Surrounding Tissues for Lasting Relief

The sciatic nerve does not function in isolation; it is supported and cushioned by muscles, ligaments, and connective tissue. Keeping these surrounding structures healthy can help reduce irritation and support recovery.

Vitamin C is essential for collagen production, which helps maintain strong, resilient connective tissues. As a powerful antioxidant, it also helps reduce oxidative stress in injured areas. Good dietary sources include citrus fruits, berries, bell peppers, and broccoli.

Protein is equally important, as it helps preserve muscle mass, supports tissue repair, and reduces strain on the lower back.

Zinc plays a critical role in wound healing and tissue regeneration, making it an important nutrient for recovery from nerve injury. Rich sources include seafood, nuts, and seeds.

The Bottom Line for Recovery

Recovering from sciatica can be a long road, often requiring physical therapies and lifestyle changes. But the right nutrients can help calm inflammation, support nerve healing, and strengthen the tissues that keep your spine stable. Giving your body the best building blocks may help make the journey back to pain-free movement smoother and faster.

Recommended Products

ALPHA LIPOIC ACID 'R'

It contains Bio-Enhanced® Na R-Lipoic acid, which is significantly more bio-available and effective than the 'free acid' form of R-Lipoic Acid (RLA). 60 Capsules. Vegan.



PUREC™

This liposomal liquid solution provides 1000mg of vitamin C and 175mg of C Support (citrus bioflavonoids and quercetin) per serving for optimal absorption. 180ml. Vegan.



SERRANOL®

A unique formula with plant-based enzymes, nutrients, and botanicals in one capsule: bromelain (85mg), papain (20mg), Meriva® curcumin (250mg), ecklonia cava extract (50mg), and vitamin D3 (1000iu). 90 Capsules. Vegetarian.



THE KRILL MIRACLE™

It contains sustainably sourced Superba Boost™ krill, rich in omega-3s (DHA/EPA), phospholipids, choline, and astaxanthin. 60 Fish Licaps™ Capsules.



Sources

All references can be found at www.NaturallyHealthyNews.info



Saffron and the Midlife Mood Shift

Many women are prepared for hot flushes when menopause approaches. Fewer are prepared for the emotional changes that can quietly reshape everyday life. A shorter fuse. Unexpected tears. Waking in the early hours with a mind that will not settle. A loss of confidence in situations that once felt manageable. A subtle but persistent feeling of being slightly out of step with yourself.

These shifts are often dismissed as stress or simply part of getting older, yet for many women they feel unfamiliar and unsettling. Irritability, low mood, broken sleep and a loss of emotional steadiness can appear gradually, sometimes years before periods stop altogether. Because they develop slowly, they are easy to normalise, even when they affect relationships, work and day-to-day enjoyment.

Hormones are part of the picture, but the story is more layered than falling oestrogen alone. Oestrogen interacts closely with neurotransmitters such as serotonin and dopamine, chemical messengers that

influence mood, motivation and emotional resilience. As hormone levels fluctuate during peri-menopause and menopause, these signalling systems can shift too, which may help explain why midlife mood changes can feel so pronounced.

“Menopause is not a condition to be fixed. But women should not have to feel unlike themselves.”

In recent years, saffron has attracted growing interest in this area. Long valued as a culinary spice, saffron is now being studied for its potential role in supporting emotional wellbeing. Affron®, a standardised extract of *Crocus sativus*, has been explored in clinical trials involving otherwise healthy adults. Some of this research has included peri-menopausal and menopausal women.

In these studies, women taking saffron extract reported improvements in mood balance and reductions in irritability compared to placebo, with some trials observing changes within four to six

weeks. Participants also described feeling calmer, more emotionally steady and better able to cope with daily stressors. Researchers suggest that naturally occurring compounds in saffron, including crocins and safranal, may influence pathways linked to serotonin activity, which may help explain the effects seen in research.

For those looking for gentle, research-informed support during midlife, saffron may represent one possible addition to a broader wellbeing approach that includes sleep, nourishment and stress support. Sometimes, small and thoughtful choices can help restore a sense of steadiness. And in a season of change, feeling more like yourself again can make all the difference.

Recommended Products

SAFFRON BALANCE

Saffron Balance delivers 30mg of clinically studied Affron® saffron extract to naturally support mood and emotional wellbeing. 60 Capsules. Vegan.



Sources

All references can be found at www.NaturallyHealthyNews.info



Omega-3 in its Naturally Occurring Form

Made with krill oil sustainably sourced from cold Antarctic waters.

- ✓ Sourced from Superba Boost[®] krill - fully traceable and MSC certified.
- ✓ Eco-Harvesting[®] technology leaves minimal environmental impact.

The Krill Miracle[™] provides EPA and DHA alongside phospholipids, choline and the antioxidant astaxanthin.

Available at Independent Health Food Stores

Krill Oil and Ageing Muscle

Understanding Sarcopenia and the Science of Omega-3s

Age-related muscle loss, known as sarcopenia, develops gradually over decades and can significantly affect strength, balance and independence. Unlike short-term muscle loss linked to illness or dieting, sarcopenia reflects deeper biological changes that make muscle harder to maintain as we age.

It can begin in midlife and typically accelerates after 60. Sarcopenia is now recognised as a major contributor to frailty and falls, placing muscle health at the centre of healthy ageing discussions.

What Changes Inside Ageing Muscle?

As we grow older, muscle becomes less responsive to the signals that stimulate growth and repair. This is often described as anabolic resistance. In practical terms, the same protein intake or exercise routine that once maintained muscle may no longer be enough.

Several biological shifts contribute to this. Low-grade inflammation increases. Mitochondria, the energy centres within cells, become less efficient. Muscle cell membranes lose flexibility, affecting nutrient transport and cellular signalling. Communication between nerves and muscle fibres also declines.

Together, these changes reduce the muscle's ability to repair, regenerate and respond to movement.

Where Omega-3s Fit In

Long-chain omega-3 fatty acids, particularly EPA and DHA, have been studied for their influence on muscle metabolism. Research in older adults suggests omega-3 supplementation may enhance muscle protein synthesis and support improvements in strength and physical function.

Interestingly, gains in grip strength and walking speed have been observed even when changes in muscle mass were modest. This suggests omega-3s may influence muscle quality and responsiveness, not just size.

Why Krill Oil Is of Particular Interest

Most research has focused on EPA and DHA in general. Krill oil provides these fatty acids in a phospholipid-bound form, rather than the triglyceride form found in most standard fish oils.

Phospholipids are the primary structural components of human cell membranes, including those of muscle cells. Because ageing muscle is partly characterised by reduced membrane flexibility and impaired cellular signalling, the

form in which omega-3s are delivered may be relevant.

Delivering EPA and DHA attached to phospholipids means they are incorporated directly into membrane structures. This may support membrane fluidity, nutrient transport and intracellular signalling — processes central to how muscle cells respond to protein and resistance exercise.

Krill oil also naturally contains small amounts of choline, which contributes to membrane integrity and neuromuscular communication.

The Bigger Picture

Muscle preservation requires resistance-based movement, adequate protein and overall nutrient quality. Within that wider strategy, omega-3 fatty acids, including those provided in phospholipid form by krill oil, are being explored as one supportive component in maintaining muscle function as we age.

Recommended Products

THE KRILL MIRACLE™

It contains sustainably sourced Superba Boost™ krill, rich in omega-3s (DHA/EPA), phospholipids, choline, and astaxanthin. 60 Fish Licaps™ Capsules.



Sources

All references can be found at www.NaturallyHealthyNews.info

Strong, Pain-Free Steps:

10 nutrients that support foot health

Our feet carry us through all of life's journeys, whether it's a morning jog, a busy day in the office, or standing at a bus queue. Yet we often overlook our foot health until there is pain or discomfort. Our feet are intricate parts of the body, consisting of 26 bones, 33 joints, 107 ligaments and 19 muscles. While proper footwear and hygiene are essential, nutrition plays a significant role in maintaining strong, resilient feet. The right nutrients can strengthen bones, promote blood circulation and may help prevent common conditions like plantar fasciitis, brittle nails or slow-healing wounds.

1. Calcium

The Foundation for Bone Strength

The tiny bones in the feet are particularly susceptible to stress fractures, especially as we age or engage in high-impact activities. Calcium is a cornerstone mineral for maintaining bone density. Dairy products like milk, yoghurt, and cheese are rich in calcium. Non-dairy options include leafy greens, almonds and tofu.

2. Vitamin D

Calcium's Best Friend

The sunshine vitamin is essential for calcium absorption. Without it, even the most calcium-rich diet will fall

short. Additionally, vitamin D plays a role in muscle function, crucial for maintaining balance and reducing the likelihood of falls. Sunlight is the most natural source, while small amounts are found in oily fish, egg yolks, mushrooms and fortified cereals. Supplements can be beneficial for those with limited sun exposure.

3. Vitamin K

The Bone and Blood Booster

Another vitamin crucial for bone metabolism, vitamin K, helps direct calcium into bones. It also supports proper blood clotting, which is essential for wound healing and reducing the risk of bruising on your feet. It comes in two main forms: K1 (phylloquinone), found in plant-based foods like leafy greens and broccoli, and K2 (menaquinone), found in animal products like dairy and egg yolks, as well as fermented foods.

4. Magnesium

Supporting Nerve and Muscle Function

Magnesium is involved in over 300 biochemical reactions in the body, including those involved in nerve function and muscle contraction. Foot cramps, a common issue for many, can often be linked to magnesium deficiency. Sources of magnesium include nuts and seeds, whole

grains, leafy greens, legumes and dark chocolate. It can also be helpful to rub a topical magnesium oil directly onto the feet.

5. Omega 3 Fatty Acids

Easing Inflammation

Inflammation can lead to chronic foot pain and conditions such as plantar fasciitis and arthritis. Omega-3s help reduce inflammation, potentially easing foot pain and promoting faster recovery from injuries. Ensure there is plenty of oily fish, such as salmon, sardines, and mackerel, in the diet. Plant-based sources include flaxseeds, chia seeds, walnuts, or algae-based supplements.

5. Vitamin C

Collagen Production and Wound Healing

Our feet are constantly subjected to wear and tear. Vitamin C is vital for collagen synthesis, a key structural protein which supports skin integrity, tendons and ligaments. It also helps accelerate wound healing, like blisters or ulcers. Citrus fruits, bell peppers, strawberries, kiwi, and broccoli are excellent sources.

6. Zinc

Enhancing Tissue Repair

Another unsung hero when it comes to foot health is zinc. It aids tissue



repair, supports immune function and also helps prevent and heal ulcers and blisters. It is found in meat, shellfish, legumes, seeds, and nuts. Vegetarians may need to monitor intake closely due to reduced bioavailability from plant sources.

7. B Vitamins

Nerve Health and Energy

The B vitamins are crucial for nerve function and energy metabolism. Deficiencies can lead to peripheral neuropathy, a condition causing tingling, numbness, or pain in the feet. Whole grains, meat, eggs, dairy, and leafy greens are all good sources. B12 is primarily found in animal products, so anyone following a vegetarian or vegan diet should consider supplementation.

9. Collagen

Strengthening Tendons and Ligaments

The most abundant protein in the body, collagen, is a major component of tendons and ligaments. Collagen supports the strength and elasticity of connective tissues, including those in your feet and may

improve foot flexibility, reducing injury risk. Good sources include bone broth or collagen supplements, which are widely available.

10. Iron

Preventing Fatigue and Improving Circulation

Healthy circulation is vital for foot health, as it enables oxygen and nutrients to be delivered to the extremities of the body. Iron plays a key role in the formation of red blood cells, which transport oxygen throughout the body. Good sources of iron include red meat, poultry, seafood, legumes and dark leafy greens. Pairing plant-based iron sources with vitamin C enhances absorption.

Put your best foot forward

Healthy feet will carry you comfortably through your daily life, so start prioritising nutrient-rich foods and targeted supplements to help bolster bone strength and ease inflammation so that you can skip happily through your day.

Recommended Products

ACTIVE LIFE™ CAPSULES

A comprehensive multi-nutrient supplement providing a broad spectrum of essential vitamins and minerals to support overall health and well-being. 120 Capsules. Vegan.



IONIC IRON

A highly bioavailable liquid dietary supplement that provides iron in its ionic form. 56ml. Vegan.



JOINT & SKIN MATRIX™

BioCell Collagen® is a clinically studied ingredient composed of naturally occurring hydrolysed collagen type II peptides, chondroitin sulfate, and hyaluronic acid. A patented bio-optimised process ensures increased bioavailability and rapid absorption. 120 Capsules.



ANCIENT MAGNESIUM® OIL ULTRA

A high-potency topical Zechstein magnesium chloride solution with OptiMSM® for transdermal use, supporting your daily magnesium intake. 200ml/100ml. Vegan.



Sources

All references can be found at www.NaturallyHealthyNews.info

Finding Peace in the Present

We live in a fast-paced world with constant demands, distractions and noise. Often, we are so busy that the idea of pausing for a few minutes can feel counterintuitive. Yet allowing time for stillness, and taking a moment to return our minds to the present can offer profound benefits for our bodies and our minds.

Mindfulness encourages us to tune into the present, the rhythm of our breath, sensations in our body and our passing thoughts and emotions. It doesn't have to be about emptying the mind or achieving a zen-like stillness. Rather, it offers us a moment for clarity, a chance to step back, observe and soften our grip on stress, pain, and negativity.

Research shows it can help reduce physical pain, quiet negative thinking and encourage a more optimistic view of the future. It's not just a feel-good fad, it's backed by neuroscience and increasingly being recommended, especially for patients dealing with chronic pain, anxiety or burnout.

Untangling Pain

There are multiple layers to pain. Primary pain is the direct physical

experience, such as an injury or chronic condition. Secondary pain is the emotional reaction to physical sensation, the frustration, fear, anxiety or hopelessness which can spiral. The brain can start labelling the experience with thoughts like 'this will never go away' or 'I'll never feel better.' It's often this secondary pain which causes the most suffering.

Mindfulness helps us reinterpret pain, creating acknowledgement without immediately reacting. By cultivating awareness of what we are experiencing, whether it is a dull ache or a wave of sadness, it helps us respond to our suffering more skilfully.

Studies suggest mindfulness and meditation may significantly improve pain, depression and overall quality of life. The benefits are especially noted in conditions such as back pain, fibromyalgia, osteoarthritis, migraines, IBS, musculoskeletal pain and neuropathy.

What the Research Shows

Mindfulness creates measurable changes in brain structure and function. These changes can improve focus, emotional control and thought patterns. Practising mindfulness may help strengthen areas of the brain which help with atten-

tion and self-awareness.

It can also reduce negative self-talk by calming brain regions linked to sadness and self-focused thinking. This may explain why mindfulness helps with depression.

Mindfulness also supports emotional balance by affecting areas of the brain involved in emotions, like the frontal lobes and amygdala.

The Vagus Nerve Connection

One of 12 cranial nerves connecting our brain and body, the vagus nerve extends from the brainstem to the gut. It is a critical part of the parasympathetic nervous system, the body's relaxation response, which helps us rest, digest and recover.

Researchers have also found that vagal activity is linked to the body's inflammatory response, which plays a role in many chronic conditions. Like muscles, nerves work best when they are regularly activated. Mindfulness and meditation stimulate the vagus nerve, lowering heart rate and blood pressure while improving emotional balance. Even short breaks to pause, notice the surroundings and breathe can help reset the nervous system.



How to Practice Mindfulness

This simple three-step process can help begin your journey into mindfulness.

1. Sit still and settle into the present moment.
2. Consider what's happening inside your body and around you.
3. Take stock of all the sensations and emotions you are feeling.

If you have negative thoughts, sit down, take a deep breath and close your eyes. Focus on your breath as it moves in and out of your body. Sitting and breathing like this for even just a minute can help.

Everyday Mindfulness

Mindfulness doesn't require long hours of meditation. It can be gently woven into everyday life. Try to take the time to experience your environment with all of your senses: touch, sound, sight, smell and taste. For example, when you eat a favourite

food, take the time to smell, taste and truly enjoy it. Watch the clouds and notice how the light shifts. Lose yourself in a piece of music. When out walking, enjoy the sensation of movement and look at the scenery.

Keep tuning into your body throughout the day, notice where there is physical tension, and take action to release it. Relax your shoulders, adjust your posture. If you need to, take three deep mindful breaths.

Moving with Awareness

Movement-based practices like yoga, Qigong and Tai Chi bring a mindful dimension to the body by uniting gentle movement with focused attention. These practices encourage awareness of posture and breath. The flowing and intentional nature of these movements can help people feel grounded and attuned to the present moment. People who practice regularly report that it can help reduce stress, ease tension and restore balance. For many, mindful movement provides an accessible entry point into the world of mindfulness.

Supporting the Calm Response

While mindfulness forms the foundation of nervous system balance, certain nutrients may also support the body's stress response. Amino acids such as L-theanine and L-tryptophan are involved in pathways linked to relaxation and mood regulation, while B vitamins contribute to normal psychological function and the normal functioning of the nervous system. '

Combining mindful practice with nutritional support may help create a steadier foundation during periods of ongoing stress.

A Quiet Revolution

When we feel overwhelmed or caught in cycles of pain, mindfulness reminds us that while we cannot always change what happens, we can change how we relate to it.

Recommended Products

RELAXWELL®

A unique blend of L-Tryptophan, L-Theanine, and vitamins B6 and B3, selected for nervous system support. 90 Capsules. Vegan.



Sources

All references can be found at www.NaturallyHealthyNews.info

NATURALLY HEALTHY NEWS

Celebrating 50 Editions of Naturally Healthy News

Naturally Healthy News was founded by husband-and-wife Robert and Anne Redfern, driven by a shared mission to empower people with informed content and scientifically grounded health insight.

Built on Robert's belief in "helping people to help themselves," as reflected in his books and lifestyle approach, Naturally Healthy News has supported hundreds of thousands of readers over the years.

Today, that legacy continues through the team at Naturally Healthy News, with twice-yearly editions of the magazine, alongside weekly blogs and newsletters, offering clear, thoughtful guidance to help you make informed choices about your health.

A Special Thank You to Our Readers

To celebrate our 50th edition, we're giving something back.

From April to September 2026, we'll be running a monthly prize draw, with one reader each month winning £50 store credit to use online at: goodhealthnaturally.com

How to Enter



Visit: prizedraw.naturallyhealthynews.info

Or scan the QR code to enter.

One entry per person. A new winner will be selected each month.

Thank you for being part of the Naturally Healthy News journey.



Natural Support Through Life's Changes

Address bladder control and promote urinary health.

Naturally
formulated
support.

Many individuals experience the inconvenience of bladder weakness and frequent urination, common as we age or undergo hormonal changes.

Harness the power of pumpkin seed extract and soy isoflavones to help regain bladder control and strengthen your pelvic floor, promoting a reduction in leaks and frequent urination.

Available at Independent Health Food Stores



Small Mineral Big Impact

The overlooked role of iodine in everyday health

When we think about essential minerals, iron, calcium and magnesium usually come to mind. Iodine is rarely included in that list, yet it plays a vital role in everyday health. This trace mineral supports everything from hair, skin and nails to nerve function, bones and reproductive health. Despite this, iodine deficiency remains a global public health concern.

How the Thyroid Uses Iodine

Iodine's most important role is in the thyroid gland, a small organ in the neck with a big job.

The thyroid uses iodine, alongside selenium, to produce the hormones thyroxine and triiodothyronine. These hormones regulate the metabolic rate of every cell in the body. They influence our energy levels, temperature, heart rate and even growth. Without enough iodine, the thyroid cannot function properly.

Signs of Low Iodine

Iodine-depleted soils are common, affecting the food supply in many regions. Low iodine intake can lead to hypothyroidism or goitre, an enlarged thyroid gland. Symptoms of an underactive thyroid may include

fatigue, weight gain, puffy skin, slow heart rate, dry skin and hair loss. While a deficiency can develop gradually, its impact can be significant.

Iodine and Pregnancy

Folate is well known in pregnancy. Iodine should be too. Thyroid hormones are essential for a baby's brain development. Severe iodine deficiency during pregnancy can lead to intellectual disability, deafness, stunted growth, miscarriage or stillbirth. Even mild deficiency has been associated with poorer cognitive outcomes and a possible increased risk of attention deficit hyperactivity disorder in children, though research is ongoing.

Beyond the Thyroid

Iodine is well known as a topical antiseptic, but it also supports immune function from within by contributing to thyroid hormone production.

Breast tissue naturally concentrates iodine, particularly during pregnancy and breastfeeding. Some small studies suggest supplementation may help reduce pain and tenderness in women with fibrocystic breast changes, although the evidence remains mixed.

Iodine also plays a role in brain health. In iodine-deficient children, supplementation has been shown to improve information processing and problem-solving skills. In older adults, low

iodine status has been associated with poorer cognitive performance, although evidence linking it directly to structural brain changes remains limited.

Food Sources of Iodine

Seafood, eggs, milk and dairy products are among the richest dietary sources of iodine. Those following a vegan diet, or consuming only small amounts of these foods, may have a lower intake and may wish to consider supplementation.

It is also important to note that excessive iodine intake, particularly from seaweed or high-dose supplements, can disrupt thyroid function. The aim is to maintain adequate, rather than excessive, intake.

Recommended Products

NASCENT IODINE

Nascent Iodine is a highly effective supplement for overall health, offering superior absorption compared to other iodine forms. 30ml. Vegan.



IONIC SELENIUM

A highly bioavailable liquid dietary supplement that provides selenium in its ionic form. 59ml. Vegan.



Sources

All references can be found at www.NaturallyHealthyNews.info



Constipation

Keep Things Moving Naturally

Most of us experience bloating or constipation at some point. It is generally defined as having fewer than three bowel movements per week, passing hard stools, straining, or feeling unable to fully empty the bowels.

Constipation can stem from different causes. One type involves slow movement through the digestive tract, often linked to diet and lifestyle. Another relates to difficulty passing stools due to pelvic muscle issues and may require medical assessment.

For many people, however, simple dietary and lifestyle adjustments can make a meaningful difference.

Hydrate First

One of the first things to check is whether you are drinking enough water. Water helps soften stools, making them easier to pass. Drink regularly throughout the day, especially in the morning and between meals. Herbal teas like peppermint or ginger may also help.

Boost Fibre Intake

Fibre comes in two forms: soluble and insoluble. Soluble fibre, found in oats, nuts, seeds, beans and lentils, helps soften stools. Insoluble fibre, present in whole grains and vegetables, adds

bulk and supports regular movement through the bowel. Increase fibre gradually and drink plenty of fluids to minimise bloating.

Try Kiwi Fruit

Research published in the American Journal of Gastroenterology found kiwi fruit improved chronic constipation just as effectively as prunes or psyllium, with fewer side effects. Participants also found kiwi fruit more palatable than prunes or psyllium.

Support Your Gut Bacteria

Increasing 'good' bacteria through probiotic-rich foods like yoghurt, kefir, sauerkraut, or kimchi, or through supplementation, may help promote regular bowel movements. Strains like *Bifidobacterium longum* have shown particular promise.

Don't Overlook Butyrate

Butyrate is a short-chain fatty acid produced when gut bacteria ferment fibre. It helps nourish the cells lining the colon, supports a healthy microbiome and may promote regular bowel movements. Eating a fibre-rich diet is one of the most effective ways to encourage its natural production.

Lifestyle Matters

Chronic stress can slow digestion, so finding ways to relax is crucial. Try

yoga, Tai Chi or meditation. Regular movement like walking, jogging or cycling can also effectively promote digestion and alleviate constipation.

Our bodies like routine, so try to follow a consistent bathroom pattern. Set aside time each day for bowel movements, preferably after meals when the body's natural rhythm is at its peak.

*If constipation persists or is accompanied by pain, bleeding or unexplained weight loss, always seek medical advice.

Recommended Products

GOODHEALTH BIOTIC14™

A blend of 14 strains of friendly bacteria, with over 10 billion CFUs per serving (2 capsules) plus fructooligosaccharides, a prebiotic fibre. 120 Capsules. Vegan.



PRESCRIPT-BIOTICS™

It contains a custom-cultured blend of 8 x soil-based organisms, naturally cultivated in their ancestral plant matter. 90 Capsules. Vegan.



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. Vegan.



Sources

All references can be found at www.NaturallyHealthyNews.info



Curcumin:

Nature's Golden Remedy

Turmeric has been used for thousands of years in India and across the Far East, both as a culinary spice and a traditional medicinal herb. Modern research has begun to explore many of these uses, with studies suggesting it may offer a range of potential health benefits, from joint support to cognitive health. Its key active compound, curcumin, is thought to be responsible for many of these effects.

Chronic low-level inflammation is now recognised as a hidden driver of many modern illnesses, and finding ways to tackle it has become a major health priority. Studies show curcumin can influence inflammatory pathways, helping reduce inflammation and pain. Some clinical trials suggest that curcumin may provide modest anti-inflammatory effects comparable to those of certain over-the-counter medications in specific conditions, though more large-scale studies are needed.

Oxidative stress is another culprit behind ageing and chronic disease. Curcumin has been shown to be a potent antioxidant in laboratory and animal studies. Research suggests it may help neutralise free radicals, reduce their production and support the body's natural antioxidant defences.

Brain and Joint Health

Curcumin's anti-inflammatory and antioxidant properties offer great potential benefits for brain health. Re-

search suggests it may provide modest improvements in memory and mood and may influence biological processes involved in neurodegenerative conditions like Alzheimer's disease. By supporting brain-derived neurotrophic factor, curcumin may help support neuron function, which plays an important role in cognitive and emotional health.

Joints benefit too. Osteoarthritis and rheumatoid arthritis have been linked to systemic inflammation. Studies show curcumin can reduce pain, improve mobility and support overall joint function, particularly in osteoarthritis, where several randomised controlled trials have shown meaningful improvements. Evidence for rheumatoid arthritis is also promising.

Liver, Heart and Blood Sugar Support

Curcumin may support liver health, particularly in people with non-alcoholic fatty liver disease, where some clinical studies have shown modest reductions in liver fat and inflammatory markers. It is not, however, a substitute for lifestyle changes or medical treatment.

Blood sugar regulation is another plus. Curcumin has been shown in some studies to improve markers of insulin sensitivity and blood glucose control. It may also help reduce oxidative stress associated with diabetes. Preliminary evidence suggests it may prevent complications such as neuropathy and retinopathy.

Cardiovascular health may benefit too. Curcumin has been associated with modest reductions in LDL 'bad' cholesterol and triglycerides in some studies, along with improvements in blood vessel function.

Final Words

Whether added to meals or taken as a supplement, turmeric remains a valued part of both traditional practice and modern nutrition. With ongoing research into curcumin, interest in this golden spice shows no sign of slowing.

Recommended Products

CURCUMINX4000® ORIGINAL

It contains the clinically studied Meriva® curcumin, which uses phytosome technology for enhanced absorption. 180 Capsules. Vegan.



BRAINPOWER™

A combination of curcumin and resveratrol in a liposomal solution for effective absorption. It is easy to take off the spoon for flexible dosing. Made with non-GMO ingredients. 180ml. Vegan.



SERRANOL®

A unique formula with plant-based enzymes, nutrients, and botanicals in one capsule: bromelain (85mg), papain (20mg), Meriva® curcumin (250mg), ecklonia cava extract (50mg), and vitamin D3 (1000iu). 90 Capsules. Vegetarian.



Sources

All references can be found at www.NaturallyHealthyNews.info

REALLY HEALTHY RECIPES

‘Healthy’ Pancakes

Lottie’s healthy, high protein pancakes ideal for breakfast, a snack or even a sweet treat depending on your toppings. These can be eaten hot or cold, so ideal even for a snack out on the go!

Ingredients

- 2 ripe bananas
- 2 eggs
- 100gm of buckwheat flour (or other flour of your choice, but if using self-raising then no bicarbonate of soda needed)
- 1/8 tsp of bicarbonate of soda (a big pinch)
- 1 tsp vanilla extract
- Butter or oil for frying

Topping ideas:

- Greek yoghurt, honey, fruit compote made by simmering frozen fruit gently in a pan until defrosted and slightly thickened in it’s own juices (or fresh fruit), chopped nuts, ground cinnamon
- Peanut Butter, sugar free fruit spread/jam
- Chocolate hazelnut spread (look for one of the many healthier versions now available)

6-8
pancakes

Prep. 5 mins
Cook: 5 mins

Directions

1. Blend (or mash and whisk in a bowl) all of the ingredients together. Don’t worry about the consistency of the batter as it will vary every time you make them, depending on the size of your bananas and eggs.
2. Heat the butter or oil in a frying pan, then use a serving spoon to put similar amounts of the batter into the frying pan. In a medium sized frying pan you can probably fit 3 pancakes.
3. Fry over a medium heat for a few minutes til lightly brown, then turn the pancakes to cook the same on the other side.
4. Serve with your choice of toppings from the suggestions or experiment with your own. We have used the breakfast style topping of Greek yoghurt, honey, fruit compote, chopped hazelnuts, then dusted with ground cinnamon.



CHOLESTEROL BEYOND THE HEADLINES

Why the story may not be as simple as we are told



For decades, cholesterol has been framed as a primary driver of heart disease. It is often reduced to a number on a blood test, with the assumption that lower is better. But this familiar narrative is increasingly being questioned.

Cholesterol is not a toxin to be eliminated. It is a vital substance produced by the liver and used throughout the body. It forms part of every cell membrane, supports hormone production and plays a role in vitamin D synthesis. The body does not manufacture it without reason.

What Cholesterol Really Does

Rather than being inherently harmful, cholesterol is fundamental to normal physiology. It helps maintain cell structure and supports processes linked to brain function, metabolism and repair.

This raises an important question. If cholesterol is so essential, is the problem really the cholesterol itself, or the conditions within the body in which it is being used?

Why the Focus Is Shifting

Research is now moving beyond total cholesterol. Increasing attention is being given to inflammation, oxidative stress and the quality and behaviour of cholesterol in the bloodstream.

This helps explain why cholesterol levels alone are often poor predictors of individual outcomes. Two people

with similar numbers can have very different cardiovascular risk profiles. The wider metabolic context appears to matter far more than a single measurement.

Nutrients Under Investigation

This shift in thinking has led to growing interest in nutrients that support cardiovascular balance more broadly.

Bergamot extract, rich in plant compounds called polyphenols, has been studied for its role in supporting healthy cholesterol balance.

Plant sterols are naturally occurring compounds that have been shown to help maintain normal cholesterol levels by influencing how cholesterol is absorbed in the gut.

Nattokinase, derived from fermented soy, has been studied for its role in supporting healthy circulation, offering a broader perspective on cardiovascular health beyond cholesterol alone.

Looking at the Bigger Picture

Focusing solely on lowering cholesterol risks oversimplifying a far more complex system. Cardiovascular health is influenced by inflammation, blood flow, metabolic health and nutrient status, all interacting over time.

Cholesterol management is also a major focus of modern medicine, with widely prescribed interventions such as statins forming a significant part of cardiovascular care worldwide. The scale of this approach has inevitably

influenced how cholesterol is framed, often placing it at the centre of the narrative.

Cholesterol may be part of the story, but it is unlikely to be the whole story. Understanding this opens the door to a more nuanced and balanced approach to cardiovascular health over time.

Recommended Products

BLOCKBUSTER® ALL CLEAR

A powerful formula with enzymes and botanicals including nattokinase, digestive enzymes, grapeseed extract, pine bark extract 95%, acerola extract, olive leaf extract and much more. 120 Capsules. Vegan.



NATTOKINASE™

Nattokinase is a fibrinolytic enzyme that has been studied for cardiovascular benefits. Each capsule delivers 2000FU Nattokinase (non-GMO) and 25mg Rutin. 90 Capsules. Vegan.



HEARTPOWER+™

Bergamot extract offers a natural solution to support cholesterol balance and cardiovascular health. 60 Capsules. Vegan.



MODUCARE™

It combines plant sterols and sterolins (beta-sitosterol and beta-sitosterolin-d-glucoside), known for immune-balancing properties and immune system activation. 90 Veg Capsules. Vegan.



Sources

All references can be found at www.NaturallyHealthyNews.info



A Traditional Enzyme, Refined for Today

Derived from fermented soy through a carefully controlled process.

2,000 FU per capsule, with rutin, a plant-based bioflavonoid, in a clean, delayed-release formula thoughtfully designed for everyday use.

Available at Independent Health Food Stores

Eat Smart, Stay Sharp

We often think of brain health as something determined by genetics or age. Yet what we eat may strongly influence how well our brain performs and how it ages.

Western eating patterns, now high in ultra-processed foods, added sugars and unhealthy fats, have been linked to faster cognitive decline. Chronic inflammation and oxidative stress are thought to be key drivers of this effect. Diets rich in these processed foods are also associated with an increased risk of dementia.

One long-term study found that replacing just 10% of processed foods with minimally processed alternatives was linked to a lower dementia risk. Small, consistent dietary changes can make a real difference.

“Replacing just 10% of ultra-processed foods with whole alternatives has been linked to a lower dementia risk.”

Eating for a Sharper Mind

One of the most well-researched eating patterns for brain health is the Mediterranean diet. It emphasises vegetables, fruits, legumes, whole grains, nuts, olive oil and fish. All

foods rich in antioxidants and healthy fats. The DASH diet, originally designed to help lower blood pressure, shares many of the same principles. In large observational studies, both approaches have been linked to lower rates of Alzheimer’s disease and slower cognitive decline.

Researchers have combined the most brain-supportive elements of these plans to create the MIND diet (Mediterranean–DASH Intervention for Neurodegenerative Delay). It encourages eating whole grains, nuts, berries, and green leafy vegetables regularly, aiming for at least two servings of vegetables per day and one fish meal per week.

In an observational study of nearly 1,000 adults, those who closely followed the MIND diet had up to a 53% lower risk of developing Alzheimer’s disease. Even those who followed it moderately reduced their risk by about 35%.

These benefits are thought to stem from the diet’s high levels of antioxidants, healthy fats and anti-inflammatory nutrients. Consistently eating whole, anti-inflammatory foods appears to significantly influence long-term cognitive health.

The Nutrients That Make the Difference

So what is it within these diets that



seems to make the difference? Beyond the general emphasis on whole foods, certain nutrients repeatedly stand out in research for their role in protecting brain cells, supporting communication between neurons and moderating inflammation. Including these key nutrients consistently may help support cognitive resilience over time.

Omega-3 Fatty Acids for Brain Power

Omega-3 fatty acids, particularly DHA and EPA, are central to cognitive health. These long-chain fats are structural components of brain cell membranes, helping keep them flexible and responsive. They support communication between neurons and help regulate inflammatory processes that may contribute to cognitive decline.

Higher omega-3 intake has been associated with better memory and slower age-related decline in observational studies. Oily fish such as salmon, sardines and mackerel are among the richest sources. Plant-based options including flaxseeds, chia seeds and walnuts provide alpha-linolenic acid (ALA), a precursor to DHA and EPA, although conversion into the active forms is limited.



Fighting Brain Ageing with Antioxidants

Because the brain uses so much oxygen, it's especially vulnerable to oxidative stress, which is damage caused by unstable molecules known as free radicals. Over time, this damage can affect memory and cognitive performance.

Antioxidants help neutralise these molecules and limit cellular damage. Fruits and vegetables rich in vitamins C and E, beta-carotene and polyphenols appear particularly supportive. Berries such as blueberries and strawberries contain flavonoids linked to improved memory and slower cognitive ageing. Dark leafy greens, including spinach and kale, provide additional antioxidant protection. Regularly including a variety of colourful plant foods may help support brain resilience.

B Vitamins for Focus and Memory

Vitamins B6, B12 and folate are essential for the production of neurotransmitters, such as serotonin, dopamine and GABA. These are chemical messengers which regulate mood, motivation and concentration. They also help control homocysteine, an amino

acid that, when elevated, is associated with an increased risk of dementia.

These vitamins are found in leafy greens, legumes, eggs, dairy products and whole grains. Vitamin B12 warrants particular attention, especially for those following plant-based diets, as it is naturally present mainly in animal-derived foods. Absorption may also decline with age, as reduced stomach acid production can make it more difficult for the body to utilise B12 effectively.

The Memory-Boosting Nutrient

Choline is less talked about but critically important. It's a precursor to acetylcholine, a neurotransmitter central to learning and memory.

Eggs are one of the richest sources, particularly the yolk. Soybeans, poultry, fish and cruciferous vegetables also contribute. Adequate intake of choline will help support cognitive performance throughout adulthood. Emerging research highlights choline's importance also during pregnancy, where it contributes to foetal brain development.

Minerals for Mental Clarity

Several minerals play essential roles in maintaining cognitive perfor-

mance. Magnesium supports synaptic plasticity, the brain's ability to adapt and form new connections, which underpins learning and memory. Zinc contributes to healthy neurotransmitter activity, while iron is necessary for delivering oxygen to brain tissue. When iron levels are low, fatigue and reduced concentration may follow. Including nuts, seeds, legumes, eggs, lean meats and leafy green vegetables regularly can help support adequate mineral intake.

“Brain health is shaped by consistent dietary patterns, not a single super-food.”

Final Thoughts

Brain health is not determined by a single 'superfood' or nutrient. It is shaped by consistent dietary patterns built around whole, minimally processed foods rich in antioxidants, healthy fats, vitamins and minerals. Small, sustainable changes can help protect cognitive function and support mental clarity for years to come.

Recommended Products

THE KRILL MIRACLE™

It contains sustainably sourced Superba Boost™ krill, rich in omega-3s (DHA/EPA), phospholipids, choline, and astaxanthin. 60 Fish Licaps™ Capsules.



B4LIFE

A complete Bioactive Vitamin B complex with active and inactive forms for broader benefits. 60 Capsules. Vegan.



BRAINPOWER™

A combination of curcumin and resveratrol in a liposomal solution for effective absorption. It is easy to take off the spoon for flexible dosing. Made with non-GMO ingredients. 180ml. Vegan.



IONIC IRON

A highly bioavailable liquid dietary supplement that provides iron in its ionic form. 56ml. Vegan.



Sources

All references can be found at www.NaturallyHealthyNews.info

Magnesium Made Simple

Understanding the different forms and how they are used

Magnesium is involved in hundreds of processes in the body, yet it remains one of the most misunderstood minerals in nutrition. Many people know it is important, but feel unsure when faced with the wide range of magnesium products available.

This confusion is understandable. Magnesium does not exist on its own in supplements. It is always bound to another compound, and that form influences how it behaves in the body.

Why Magnesium Matters

Magnesium plays a role in energy production, nerve signalling, muscle function, protein synthesis and electrolyte balance. It also contributes to normal psychological function and the maintenance of bones and teeth.

Despite this, intake is often lower than recommended. Stress, exercise, modern diets and increased physiological demand can all contribute to lower levels. The effects are often subtle, appearing as reduced resilience, slower recovery or increased sensitivity to physical and mental stress.

Different Forms Explained

Magnesium must be bound to a carrier to be used in supplements. This is why it appears in forms such as citrate, glycinate, malate or oxide.

The carrier influences how magnesium is absorbed, how it behaves in the digestive system and how well it is tolerated. Some forms dissolve more easily, while others release magnesium more gradually. This does not make one form universally

better, but rather suited to different needs and situations.

Absorption and Comfort

Magnesium absorption varies depending on the form, digestive function and whether it is taken with food. Tolerance is also important. Magnesium can draw water into the bowel, which is why some forms, like citrate, are associated with digestive effects.

For some people, this can be helpful, while for others it influences how much they choose to take and when. Forms such as magnesium glycinate are often selected for their gentle nature and good tolerability, which has contributed to their growing popularity in recent years.

Oral and Topical Use

Magnesium is most commonly taken orally in capsules, tablets or powders, but it is also available in topical forms such as sprays, oils and lotions. Magnesium flakes also have a long history of use in baths and foot soaks.

Topical magnesium is often used as part of personal care routines, particularly around massage or post-exercise use. It is typically used in a targeted and complementary way alongside dietary intake. Some formulations also include additional ingredients, such as menthol, to enhance the overall application experience.

A Flexible Approach

There is no single “best” form of magnesium. Individual needs vary

depending on lifestyle, digestion and daily routine.

Magnesium is best viewed as a foundational mineral that supports normal processes in the background. Choosing a form is less about chasing results and more about finding one that is well tolerated and easy to maintain over time.

Recommended Products

MAGNESIUM GLYCINATE

Each capsule delivers 100mg of elemental magnesium in a pure, filler-free form for optimal support. 120 Capsules. Vegan.



ANCIENT MAGNESIUM® OIL ULTRA

A high-potency topical Zechstein magnesium chloride solution with OptiMSM® for transdermal use, supporting your daily magnesium intake. 200ml/100ml. Vegan.



ANCIENT MAGNESIUM® COOL RELIEF

A moisturising body lotion with Zechstein magnesium chloride and menthol, arnica and ginger to provide a cooling sensation while supporting magnesium intake. 200ml. Vegan.



ANCIENT MAGNESIUM® BATH FLAKES ULTRA

They are suitable for a bath or foot bath and contain ultra-pure Zechstein magnesium chloride with OptiMSM®. 1000mg. Vegan.



Sources

All references can be found at www.NaturallyHealthyNews.info





Magnesium, Made Simple

A gentle form of magnesium for everyday balance.

100 mg elemental magnesium per capsule, contributing to normal nervous system function, thoughtfully presented in a clean, focused formula.

Available at Independent Health Food Stores

The Power of Purple Foods



When it comes to choosing fruits and vegetables, purple foods often take a backseat. How often have you heard phrases like “Eat your greens” or “An apple a day keeps the doctor away”? But what about purple? This vibrant colour, often overlooked in the produce aisle, offers a wealth of health benefits.

From vibrant berries to hearty root vegetables, their striking colour comes from natural compounds called anthocyanins, which are part of the flavonoid family. These natural pigments not only give foods their striking hue but may also deliver anti-inflammatory, antioxidant and even anti-cancer properties. So why not start getting more purple on your plate?

Crunchy Purple Cabbage

As beautiful as it is beneficial. Purple cabbage is rich in fibre, vitamins C and K, minerals and powerful antioxidants like anthocyanins. Histor-

ically, purple cabbage was used as a remedy for swelling and healing skin. Modern research confirms its ability to ease inflammation. For anyone struggling with joint pain or arthritis, this cruciferous vegetable could be a natural helper. Beyond its health benefits, it adds a crunchy texture and gorgeous colour to salads and slaws, making it both nutritious and eye-catching.

Mighty Blueberries

Proof that big benefits can come in small packages, blueberries are not only delicious, but they are also known for their ability to support brain and heart health. A study published in the *American Journal of Clinical Nutrition* found that eating a handful of wild blueberries every day can lower blood pressure, improve memory, sharpen focus and support brain health in older adults. Their anthocyanins act as powerful antioxidants, fighting oxidative stress and slowing the ageing process. Toss them

in smoothies, oatmeal or even a leafy salad. You can't go wrong.

Precious Pomegranates

Few fruits are as striking as the ruby-red pomegranate. Inside its tough outer shell lie hundreds of jewel-like seeds packed with health-promoting compounds such as punicalagin, ellagic acid, and gallic acid. These give pomegranates impressive antioxidant, anti-inflammatory and antimicrobial powers. Research links pomegranate consumption to a lower risk of heart disease, diabetes, and obesity, as well as protection for the liver, kidneys and brain. Whether sipped as juice, sprinkled over salads, or eaten by the handful, pomegranate is both delicious and has great potential for disease prevention and healthy ageing.

Powerful Purple Grapes

Not just a tasty snack, purple grapes are also a heart-healthy power-



house. Rich in resveratrol, they can support cardiovascular health, protect the brain and may even help lower blood pressure. Studies comparing grape varieties found that purple grapes contain far more antioxidants than their red or green cousins, especially in the skin. This means that munching on a bunch of dark grapes or sipping a glass of purple grape juice could give your body an antioxidant boost.

Beautiful Beetroot

With its deep red-purple colour, beetroot is more than just a salad ingredient. It's rich in folate, manganese, potassium and antioxidants, plus it has a unique ability to boost blood flow. That's thanks to its high nitrate content, which the body converts into nitric oxide, a molecule which relaxes blood vessels, lowers blood pressure and enhances circulation. Athletes often use beetroot juice to improve endurance, but

recent studies suggest that older adults may benefit too, showing improvements in blood pressure and nitric oxide levels. With its betalains and flavonoids offering additional anti-inflammatory and anti-cancer effects, beetroot is a nutritional powerhouse from root to leafy top.

Versatile Aubergines

Low in calories and high in fibre, aubergines are a perfect addition to almost any meal. They also contain a flavonoid called nasunin, which is particularly prevalent in the peel. It is a powerful antioxidant flavonoid which may protect brain cells from damage. A 2016 study in the *Journal of Functional Foods* found that nasunin can reduce oxidative stress, potentially helping protect against age-related damage. Whether roasted, grilled, or blended into dips like baba ganoush, aubergines are a versatile way to add both nutrition and flavour to your diet.

Bringing More Purple to Your Plate

- Smoothies: Blend blueberries, blackberries, or pomegranate seeds for a vibrant, nutrient-packed start to the day.
- Salads: Toss in some shredded purple cabbage or grated beets for crunch and colour.
- Sides and Mains: Roast aubergine or beetroot with olive oil and herbs, then sprinkle on some feta cheese for a delicious salty kick.
- Dips: Blend aubergines into creamy dips, or use beetroot to flavour hummus.
- Soups and stews: Add beetroot for an earthy depth of flavour.
- Snacks: Keep grapes or dried blueberries handy for a quick energy boost.
- Desserts: Swap sugar-heavy treats for yoghurt or sorbets topped with berries or a slice of pomegranate.

One thing to note: anthocyanins are sensitive to heat and can break down when overcooked, so try to enjoy purple foods raw or lightly cooked when possible.

Choose Purple

More than just pretty, purple foods are potent allies for your health, from fighting inflammation and improving circulation to protecting the brain and heart. Next time you're in the grocery store, remember it's not just about eating your greens. Adding a splash of purple to your plate is a smart step toward a healthier lifestyle.

Is Stress Impacting Your Health & Wellbeing?

How the Integration of Nutritional Therapy, Creativity and Holistic Therapies Support a Healthier Nervous System and Builds Resilience to Stress

In today's busy, fast-paced society, stress has become the norm as we juggle the overwhelming demands of work and family life, leaving little time to prioritise ourselves or allow space for our self-care needs, which is crucial for maintaining our mental, physical and emotional health.

Throughout my 30 years of practice in the field of natural health and wellness, stress management has been a key component in helping my clients to feel more energised, to gain mental clarity, to feel hormonally balanced, and have better quality sleep.

In my clinic, I continue to support women to recover from stress, overwhelm and burnout through my integrated modalities of nutritional therapy, creativity and energy balancing holistic therapies.

What is Stress and How Does the Body Respond to it?

Stress is the body's natural response when we feel pressured, overwhelmed or threatened by demanding situations, creating physiological and psychological changes that affect almost every system of the body, primarily our nervous system.

When we feel stress, our sympathetic nervous system is activated, this is our 'fight or flight' response, releasing the stress hormones adrenaline, noradrenaline and cortisol to increase our heart rate, blood pressure and blood sugar, keeping us alert and ready for action, enabling the body to respond to a perceived threat.

Short-term stress can positively enhance mental and physical performance, boosting energy and motivation. However, persistent, long-term stress triggers the dysregulation of our nervous system, generally favouring a constant 'fight or flight' state over the 'rest and digest' mode activated by the parasympathetic nervous system, which promotes a sense of calm and relaxation, aids digestion and nutrient absorption, and allows our body to recover, heal and repair itself.

The constant activation of the 'fight or flight' response and prolonged release of stress hormones may lead to chronic health issues such as cardiovascular disease, cancer, autoimmune conditions, hormonal imbalances, mood disorders and digestive health issues.

The perpetual cycle of stress and overwhelm can eventually lead to burnout, a state of mental, physical and emotional exhaustion that affects every aspect of our health and wellbeing. I often hear my clients say, 'I've no energy and feel tired all the time', 'I feel disconnected from myself', 'I don't feel motivated or enthusiastic about the things I once enjoyed'.

"I've been there and most of the women I help have too!"

Burnout Does Not Happen Overnight

Our body is constantly sending subtle messages, but all too often, we are too busy to listen. Slowly, feelings of anxiety, low energy, fatigue, lack of motivation, brain fog and mood swings creep in and become our daily reality. This creates

a vicious cycle leading to unhealthy eating habits, poor sleep, reliance on stimulants such as caffeine, sugar and alcohol, all of which can contribute to the stress-related health issues that I observe in my clinic.

Nutritional Support to Keep Stress and Burnout at Bay

Chronic stress has a negative effect on our eating habits. It can diminish or increase our appetite and significantly influence unhealthy food choices high in sugar, fat and salt,

leading to blood sugar fluctuations, cravings, mood swings, weight gain and nutritional deficiencies. When we are in a state of stress, there is an increased demand for nutrients as the body utilises them very quickly, particularly magnesium, B vitamins, vitamin C, omega-3 fatty acids and zinc. Eating healthy nutritious food is one of the foundational elements to support our health and wellbeing, especially during times of stress.

As a registered nutritional therapist, I offer a bespoke solution to my clients to help identify potential nutritional imbalances, discover triggers, drivers and root cause of their issues to create a personalised nutrition and wellbeing plan, including recommendations for quality supplements and functional testing where necessary.

To Nourish Ourselves is Not Just About the Food We Eat

Give yourself permission to pause, take a deep breath and rest, to engage in simple, habitual self-care practices such as deep breathing, spending time in nature, journaling, gentle exercise, mindfulness,

and meditation to nourish your nervous system and strengthen your resilience to stress. To assist my clients, I offer holistic energy-balancing therapies and creative activities to support their stress management and wellbeing.

My synergistic fusion of holistic therapies, based on aromatherapy, reiki, chromotherapy, reflexology and crystal therapy, alongside mindfulness creativity workshops, is designed to promote relaxation, restore inner balance and create energetic harmony.

My mission is to help stressed, overwhelmed and burnt-out women to RECONNECT with themselves, RECLAIM their energy, RESTORE balance and REDISCOVER their joy.

Holistic therapies are not a substitute for medical diagnosis, treatment or advice. If you are experiencing symptoms, consult a qualified medical professional.

BIO

Lynda Humphreys is a registered Nutritional Therapy Practitioner with the British Association of Nutrition and Lifestyle Medicine (BANT) and the Complementary and Natural Healthcare Council (CNHC), with over 30 years of experience

working as a complementary therapist, holding qualifications in a range of modalities including aromatherapy, reiki, crystal therapy, chromotherapy and reflexology. She specialises in women's natural health and wellness, and supports women in recovering from stress, overwhelm, and burnout. Appointments are available online or at her clinic in the heart of Davenham village, Northwich, Cheshire.



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L-Carnitine plays a role in the body's transport of fatty acids involved in normal energy-producing processes.

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Five Ways L-Carnitine Can Power Your Body, Brain and Heart

L-Carnitine has long been a popular supplement in the sport and fitness world. It is naturally found in foods like red meat and fish, and it is also produced by the body. It plays a key role in energy metabolism and is concentrated in high-energy tissues, such as muscles and the heart. Researchers are now exploring its broader potential, from brain health to joint support.

1. Helping turn fat into usable energy

One of L-carnitine's main jobs is helping the body turn fat into fuel. It supports the process that moves fatty acids into your cells' energy centres, where they're converted into usable energy. This process is fundamental for efficient metabolism and becomes increasingly important with age, as natural L-carnitine synthesis can decline.

2. A role in healthy weight management

L-carnitine isn't about dramatic weight loss, but it may support healthy weight management as part of an active lifestyle. Studies suggest that L-carnitine supplementation can lead to modest reductions in body weight, body mass index (BMI), blood glucose levels and

cholesterol. Effects appear more pronounced in people with type 2 diabetes or metabolic disorders, though results remain modest.

3. Brain health and mental clarity

Feeling mentally sharp is just as important as feeling physically strong. Certain forms of L-carnitine have been studied for their role in supporting brain energy and protecting brain cells from stress.

4. Fuel for a healthy heart

The heart works around the clock, and L-carnitine helps keep it fuelled. L-carnitine has been explored for its potential role in supporting heart and metabolic health, including cholesterol balance and inflammation, with mixed but promising results.

5. Staying active and comfortable

Emerging research suggests L-carnitine may help reduce joint discomfort and stiffness, particularly in people with osteoarthritis. That makes it appealing for anyone who wants to stay active, flexible and comfortable in everyday life.

Final words

When used as part of a balanced lifestyle, L-carnitine may help support energy production and healthy ageing. It is generally considered safe at commonly used supplemental levels, with intakes of up to 2,000mg per day reported in research.

L-carnitine is metabolised by certain gut bacteria into a compound called TMAO. Some studies have explored associations between elevated TMAO levels and cardiovascular risk, particularly in individuals with existing risk factors. Researchers are still studying what this means in practice, and overall diet and gut health are likely to play a role.

As with any supplement, individual needs should be considered within the wider context of diet and lifestyle.

Recommended Products

L-CARNITINE

Each capsule provides 500mg of L-carnitine fumarate, free from unnecessary fillers. 60 Capsules.



Sources

All references can be found at www.NaturallyHealthyNews.info

Vitamin C at the Heart of Cardiovascular Health

Vitamin C is well known as one of the immune system's best friends. But this bright little nutrient has a much bigger story to tell. Emerging research shows it also plays a vital role in protecting the heart and blood vessels. And in today's world, where heart disease is one of the leading causes of death, it is a story worth hearing. Getting enough vitamin C each day can help keep the heart and blood vessels in peak condition. Studies have consistently linked higher vitamin C intake to lower rates of heart disease and stroke.

From Scurvy to Strong Arteries

Long sea voyages and scurvy claimed countless sailors' lives. Symptoms of this brutal disease include fatigue, bleeding gums, anaemia and tissue breakdown. In the 18th century, it was discovered that eating vitamin C-containing citrus fruit could prevent it. The reason it helped is because it is essential for making collagen. Collagen isn't just about youthful skin; it is the structural protein which literally holds the body together. This includes keeping blood vessel walls strong yet flexible. Without enough vita-

min C, these vessels may weaken, making them more prone to injury, inflammation and disease.

Stronger Arteries, Less Plaque

If the cells lining blood vessels become overly stressed by oxidation or disturbed blood flow, their DNA can change how they behave. It is theorised that these changes may trigger the build-up of plaque inside the arteries, which can lead to atherosclerosis. Research suggests vitamin C may help stop this harmful process by supporting stronger, healthier arteries.

The Antioxidant Shield

Free radicals are unstable molecules produced by stress, pollution, smoking and even normal metabolism. They cause oxidative stress, a known key factor in the development of heart disease. One way this happens is by damaging LDL, or 'bad' cholesterol, making it sticky and more likely to lodge in artery walls. When immune cells try to clean up the damaged cholesterol, they can create fatty deposits known as foam cells, the earliest stage of plaque build-up. Vitamin C helps neutralise free radicals before they can cause this

damage. It also works in partnership with vitamin E, extending antioxidant protection within blood vessel walls.

Vitamin C and Blood Pressure

Around one in four adults worldwide has high blood pressure. Even mild hypertension strains the heart and increases the risk of heart attack and stroke. A key factor is endothelial function, the ability of blood vessels to expand and contract. In hypertension, endothelial cells can become damaged, releasing harmful molecules that stiffen vessels and restrict blood flow.

Vitamin C may help neutralise these molecules and prevent further damage. It also appears to support healthier endothelial function by boosting nitric oxide, a compound that helps blood vessels relax.

While studies have shown mixed results, a meta-analysis suggests that vitamin C can modestly lower both systolic and diastolic pressure. Re-





search also shows that people with a family history of hypertension may already have blood vessel problems before their blood pressure rises. This suggests vessel damage could begin early, and vitamin C may help protect against it.

The Nitric Oxide Connection

A gas molecule made in the body, nitric oxide, plays a crucial role in many processes, especially in the cardiovascular system. Nitric oxide relaxes blood vessels, improving blood flow. It also lowers blood pressure by keeping vessels flexible. Better blood flow means more oxygen and nutrients reach all the organs and muscles. It also prevents stiffness and reduces the risk of atherosclerosis.

The body makes nitric oxide from the amino acid arginine with the help of compounds like tetrahydrobiopterin (BH4) and dietary nitrates found in foods like beetroot, spinach, and other leafy greens.

Vitamin C helps regenerate BH4. Research also suggests that combining dietary nitrate with vitamin C could boost nitric oxide production more effectively than nitrate alone.

Are You Getting Enough?

While severe deficiency is rare, suboptimal levels are surprisingly common, particularly among smokers, as tobacco smoke rapidly depletes vitamin C. People experiencing chronic stress can often end up deficient in vitamin C, too.

The body doesn't store large amounts of vitamin C, so regular intake is essential. Top vitamin C-rich foods include citrus fruits, berries, Kiwi fruit, bell peppers, broccoli, Brussels sprouts, tomatoes and papaya. Cooking can reduce vitamin C content, so aim to include some raw produce in your daily diet. Supplements can also help fill gaps.

The Bottom Line

The heart and blood vessels work tirelessly, and vitamin C can help keep them running smoothly. We may not fear scurvy anymore, but with all our modern challenges like processed diets, stress and pollution, the need for vitamin C remains as relevant as ever.

Recommended Products

PUREC™

This liposomal liquid solution provides 1000mg of vitamin C and 175mg of C Support (citrus bioflavonoids and quercetin) per serving for optimal absorption. 180ml. Vegan.



CAMU CAMU

Wholefood vitamin C with bioflavonoids. Camu camu berries are handpicked and wildcrafted to ensure quality and stability. 90 Capsules. Vegan.



Sources

All references can be found at www.NaturallyHealthyNews.info

Candida Overgrowth

How Diet and Lifestyle Can Help Restore Balance

The human body is home to trillions of microbes, like bacteria, fungi and viruses, which influence everything from digestion to immunity. One of these microbes is Candida, a yeast-like fungus, most commonly the species *Candida albicans*. Normally, it coexists peacefully with the body. But if it grows unchecked, it can cause problems. Candida overgrowth has been linked to chronic fatigue, brain fog, digestive issues and recurring infections. The good news is that, with the right diet and supportive lifestyle changes, it may be possible to restore balance.

Spotting the Signs: Recognising Candida Overgrowth

In healthy people, the immune system and beneficial bacteria usually keep Candida under control. But if defences are weakened, such as after antibiotic use, during periods of significant stress, or in people with compromised immunity, Candida can multiply more readily. This may lead to localised infections such as oral thrush, skin rashes, or fungal nail infections. In more serious cases, particularly in immunocompromised individuals, it can enter the bloodstream and even affect internal organs.

Because Candida can affect different parts of the body, the symptoms associated with overgrowth are wide-ranging. Some people experience digestive issues like bloating, constipation, diarrhoea or gas. Others notice recurring vaginal yeast infections or persistent oral thrush. It can also present as fatigue, brain fog, mood shifts or even strong sugar cravings.

Many of these symptoms overlap with other conditions, which makes candida overgrowth difficult to diagnose with certainty. Although laboratory tests can sometimes detect fungal infections, many individuals begin to suspect Candida overgrowth through a process of elimination and careful observation of their symptoms.

“Candida normally coexists peacefully in the body. Problems arise when the balance of microbes is disrupted.”

Diet and Candida: What to Eat and What to Avoid

Eating the right food can be a powerful tool for managing Candida. Yeast thrives on sugar, so cutting back on sugary foods and refined

carbohydrates is a great first step. Even sweeteners like honey, maple syrup or agave can fuel an overgrowth. Alcohol, especially beer and wine, has a similar effect, as do processed foods and refined grains. Some people find limiting certain dairy products, aged cheeses, peanuts and processed meats helpful.

Instead, focusing on whole, nutrient-dense foods helps support the body's natural defences.

Non-starchy vegetables, such as leafy greens, cabbage and broccoli, provide fibre, vitamins and minerals without feeding yeast. Quality protein like lean meats, fish, eggs and legumes help stabilise blood sugar levels and support tissue repair.

Healthy fats, including olive oil, avocados, nuts and coconut oil, can also form part of a balanced approach. Fruit can still be included, particularly lower-sugar options such as berries, green apples, and citrus, which are often better toler-





ated in moderation.

Nature's Antifungals: Foods That Help

Certain foods naturally fight *Candida* with antifungal compounds. These include garlic, cinnamon, lemongrass, coconut oil, ginger, seaweed, thyme, olive oil, fermented vegetables and apple cider vinegar. Adding these to your diet can provide gentle support.

Probiotics and Prebiotics: Rebuilding the Microbiome

While diet and lifestyle changes often help, some benefit from targeted supplements. Probiotics replenish good bacteria and may limit yeast growth by competing for space and nutrients. Strains like *Lactobacillus* and *Bifidobacterium* support the gut lining, maintain microbial balance, and reduce inflammation.

Prebiotics found in foods like garlic,

onions and artichokes feed these beneficial bacteria, helping them thrive and outcompete harmful microbes. Supplements often combine probiotics and prebiotics to support gut health and help manage *Candida*.

*“The goal isn’t to eliminate *Candida* entirely, but to restore balance within the microbiome.”*

Short-Chain Fatty Acids: Small But Mighty

When we consume fibre, gut bacteria ferment it into short-chain fatty acids such as acetate, propionate and butyrate. These small but powerful compounds nourish the cells lining the colon, provide anti-inflammatory benefits and help maintain a balanced gut environment.

Emerging research suggests supplementing with butyrate might inhibit *Candida* growth by blocking

its invasive capabilities. Though promising, more studies are needed.

Olive Leaf Extract: An Ancient Remedy

Long treasured in traditional medicine, olive leaf contains natural compounds like oleuropein, hydroxytyrosol and tyrosol, which fight bacteria, viruses and fungi. Traditionally, olive leaf extracts have been used to support health, especially against infections in the digestive and respiratory systems.

Lab studies have demonstrated water-based extracts from fresh olive leaves slowed the growth of *Candida albicans* and, at higher doses, killed it. While further research is required, olive leaf extract holds promise as a natural antifungal agent.

Vitamins D and E: Supporting Immune Function

Beyond its role in bone health, vita-

min D3 supports immune function. Research suggests it may regulate inflammatory responses and enhance the body's defences against infections, including Candida. Some research suggests it could disrupt fungal cell integrity, potentially

inhibiting the growth of Candida.

Vitamin E, known for its antioxidant and anti-inflammatory properties, may help combat fungal infections. When paired with vitamin C, it can boost the effectiveness of anti-fungal treatment while protecting blood cells. Nuts, seeds, vegetable oils and leafy greens are excellent sources.

Omega-3 and Selenium: Tiny Nutrients, Big Impact

Found in oily fish, nuts, seeds and some plant oils, omega-3 fatty acids are well known for playing a role in reducing inflammation. Studies suggest that omega-3s may also help fight harmful microbes such as Candida.

The trace mineral selenium is crucial for immune function. It has been shown to disrupt Candida's protective biofilms and damage its cell structure, one of the key ways to prevent overgrowth.

Lifestyle Matters: Stress, Sleep and Movement

Chronic stress increases cortisol levels, disrupting gut flora and immune function, allowing Candida the opportunity to grow uncontrollably. Research shows stress can alter gut bacteria balance, making it easier for fungi to proliferate. Relax-

ation techniques such as mindfulness, meditation or spending time in nature can help restore balance.

Regular exercise improves circulation, strengthens the immune system and supports digestion. For those struggling with fatigue, gentle activities like walking, yoga, and swimming can be especially helpful in combating Candida overgrowth.

Poor sleep weakens the immune system, making it harder for the body to control Candida. Aim for 7–9 hours of restorative sleep each night to help manage Candida levels and maintain a healthy immune response.

“Chronic stress, poor sleep and disrupted gut flora create the perfect environment for imbalance.”

Navigating the Die-Off Reaction

It's common for symptoms to temporarily worsen when beginning an anti-Candida protocol. This 'die-off' reaction occurs when yeast cells die rapidly and release toxins into the system. Headaches, fatigue, and digestive upset are common during this period. Drinking plenty of water, resting and easing into changes gradually can make the process easier to tolerate.

How Long Does It Take to See Results?

Some people notice improvements within weeks, while others require several months of consistent effort. The key is patience and per-

sistence. Restoring your microbiome takes time, especially when addressing underlying causes like chronic stress or repeated antibiotic use.

Final Thoughts: It's About Balance

Candida overgrowth can be disruptive and debilitating. But harmony in the gut can be restored, with a holistic approach involving dietary changes, stress reduction, improved sleep and targeted supplementation. The goal isn't to fight Candida into extinction, it's about managing the relationship and cultivating balance in the microbiome.

Recommended Products

VITAMIN E HEALTHY ORIGINS

Tocomin SupraBio® contains mixed tocotrienols and tocopherols for greater antioxidant activity and comprehensive coverage. 60 Capsules.



THE KRILL MIRACLE™

It contains sustainably sourced Superba Boost™ krill, rich in omega-3s (DHA/EPA), phospholipids, choline, and astaxanthin. 60 Fish Licaps™ Capsules.



VITAMIN D3™ 4000IU

High-strength D3 support with 4000IU Vitamin D3 and 100mg coral calcium per capsule. Dairy and gluten-free. 100 Capsules. Vegetarian.



OLIVE LEAF EXTRACT WITH ZINC

It contains high-strength olive leaf extract with zinc to benefit the immune system and more. 90 Capsules. Vegan.



Sources

All references can be found at www.NaturallyHealthyNews.info



PureC+ - Vitamin C, Done With Intention

Where thoughtful formulation makes the difference.

1,000mg vitamin C per daily serving, with quercetin and citrus bioflavonoids,
in a smooth, easy-to-use liposomal formula.

Available at Independent Health Food Stores



Get Your Skin Summer Ready

Supporting healthy, radiant skin from within

We all look forward to summer, the longer days, sunshine and spending more time outdoors. While warmer weather may lift our mood, it can be challenging for our skin. Heat, humidity and sun exposure increase sweat and oil production, cause sunburn and may even contribute to premature ageing.

But a few smart tweaks can help keep your skin glowing and healthy all season long.

Why Nutrition Matters

Our skin is the body's largest organ and, like any other organ, it relies on a steady supply of nutrients to function optimally. The sun's ultraviolet rays accelerate skin ageing by creating oxidative stress, which damages skin cells and breaks down collagen. Heat can also worsen inflammation and sensitivity, plus during warmer months, we naturally lose more water through perspiration.

Strategic nutrition can help counteract these seasonal stressors. Antioxi-

dants neutralise free radicals generated by UV exposure, while healthy fats help maintain the skin barrier, keeping it supple and resilient. Hydration also becomes increasingly important in warmer weather, supporting moisture balance and overall skin function. Certain vitamins further support collagen production, helping to maintain elasticity and repair.

Hydration and Skin Health

Hydrated skin appears plump, smooth, and radiant. Because we lose more fluids through perspiration in warmer weather, increasing our fluid intake during summer is essential.

Aim to drink plenty of water throughout the day; adding lemon or cucumber can make it more refreshing and help you stay consistent.

Hydration can also be boosted through water-rich fruits and vegetables such as watermelon, cucumber, strawberries, tomatoes, celery, and courgette. Coconut water is another useful option, naturally containing electrolytes that help replen-

ish minerals lost through sweat.

Antioxidants and UV Support

While sunscreen protects from the outside, antioxidants work from within to reduce the impact of sun exposure. They neutralise free radicals, helping to prevent inflammation and collagen breakdown.

Vitamin C, found in citrus fruits, kiwi, berries, bell peppers, and broccoli, is particularly important. Not only is it a powerful antioxidant, but it is also essential for collagen production. The body cannot produce it on its own, so it must be consumed daily.

Vitamin E, present in almonds, sunflower seeds, spinach and avocados, helps protect cell membranes. Beta-carotene from carrots, sweet potatoes and kale converts to vitamin A, supporting skin repair. Lycopene, abundant in tomatoes, watermelon, and pink grapefruit, may help reduce sensitivity to sunburn.

Interestingly, cooked tomatoes provide more bioavailable lycopene than raw ones, making tomato sauc-



es and roasted tomatoes excellent summer food.

Astaxanthin and Skin Resilience

This naturally occurring red carotenoid is found in seafood such as salmon, shrimp and lobster, as well as in certain microalgae, and deserves a special mention. Astaxanthin is a potent antioxidant and anti-inflammatory compound which has been shown to support skin resilience during sun exposure.

Research suggests it may help protect against UV-induced damage, improve elasticity and overall skin texture and enhance moisture retention for a plumper appearance. It may also support eye health by helping protect against UV-related damage, especially during long, sunny days outdoors.

While dietary antioxidants and nutrients support skin health, they are not a replacement for sunscreen or sun protective clothing.

Healthy Fats and the Skin Barrier

Essential fatty acids, particularly omega-3s, help maintain the skin's lipid barrier. This barrier locks in moisture and protects against environmental irritants. Omega-3 fats also help regulate inflammation, supporting calmer skin and reducing redness triggered by heat or sun exposure.

Including oily fish such as salmon, mackerel and sardines, along with avocados, walnuts, chia seeds, flaxseeds and extra virgin olive oil, can help support and nourish the skin.

Bakuchiol and Skin Renewal

Derived from the seeds and leaves of the *Psoralea corylifolia* plant, bakuchiol is gaining popularity as a natural alternative to retinol. This plant-based ingredient stimulates collagen production, reduces fine lines, and improves skin elasticity.

Unlike retinol, which can make skin more sensitive to the sun, bakuchiol rarely increases sunlight sensitivity, making it suitable for daytime use. It also has anti-inflammatory properties, making it helpful for calming irritated skin.

Lip Care in the Sun

Sunshine can be particularly harsh on lips, leaving them dry and chapped. A nourishing lip balm helps protect and soothe delicate skin, keeping lips soft and moisturised throughout the day. Helpful ingredients to look for include zinc oxide for physical protection, along with natural plant oils that support hydration and barrier repair.

Freshness the Natural Way

As well as caring for the skin on the face and lips, it is worth considering how we support the rest of the body during warmer weather.

Keep sweat odours in check with

mineral salt deodorants. Unlike antiperspirants, they do not block natural sweating, instead they help neutralise odours. Most mineral deodorants avoid aluminium salts used in antiperspirants, relying instead on natural mineral salts as the active ingredient.

A Simple Approach to Summer Skin

From antioxidant-rich nutrients to plant-based skincare, these natural ingredients provide protection, nourishment and radiance. Focus on making memories under the sun, while giving your skin the support it needs to glow.

Recommended Products

REVITALISING MOISTURISER

This nourishing moisturiser contains CoQ10, bakuchiol oil, biotin and natural skin-loving ingredients like aloe, almond, oat, and avocado. Suitable for all skin types. 100ml. Vegan.



LYSINE LIP BALM

A naturally formulated lip balm with organic ingredients to support and nourish your lips. 5g. Vegetarian.



CRYSTAL DEODORANT

Mineral-enriched roll-on deodorant that is fragrance-free and rapidly dries to provide an invisible, protective barrier.



CAMU CAMU

Wholefood vitamin C with bioflavonoids. Camu camu berries are handpicked and wildcrafted to ensure quality and stability. 90 Capsules. Vegan.



ASTAXANTHIN WITH DHA™

It contains the clinically studied AstaReal® astaxanthin, a powerful antioxidant and plant-source DHA. 90 capsules. Vegan.



Sources

All references can be found at www.NaturallyHealthyNews.info

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.



MAGNESIUM OIL

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 396mg OptiMSM®

MAGNESIUM BATH FLAKES ULTRA

Ultra / 1000g

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. 105mg elemental magnesium, 325mg OptiMSM®

Melatonin 5ml contains approx. 105mg elemental magnesium, 325mg OptiMSM® and 1.5mg melatonin.

Cool Relief 5ml contains approx. 60mg elemental magnesium, Menthol, ginger and arnica oil.

Instructions: Apply the desired amount to body as required. 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. 106mg elemental magnesium, 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.



A reduction of tiredness and fatigue




Energy-yeilding metabolism



Supports immune health



Soothes tired & aching muscles



Break Up WITH SUGAR

No Cravings Attached

From birthday cakes to mid-afternoon pick-me-ups, sugar is woven into the way we reward, comfort and celebrate. But while sweet treats may lift us for a moment, the average person now consumes far more sugar than the body was ever designed to handle. This can result in a cascade of effects that disrupts everything from metabolism to mood. Research suggests cutting back on sugar is not just about waistlines, it can help steady energy, support gut health, brighten mood and may even slow down the ageing process.

When we eat sugary foods, blood glucose levels spike, then crash,

leaving us tired, irritable and craving more sweet stuff. In time, this roller-coaster can contribute to insulin resistance and type 2 diabetes. High blood sugar also speeds up the breakdown of collagen and elastin, leading to wrinkles and dull skin. In the gut, sugar disrupts the microbiome and weakens immunity.

Here are eight smart and sustainable ways to reduce sugar in your diet without feeling deprived:

1. START SAVOURY IN THE MORNING

Eating pastries or sugary cereals for breakfast causes blood sugar to

spike, which can lead to mid-morning crashes and cravings for sugary snacks. Instead, try savoury options like scrambled eggs, avocado on toast or oatmeal topped with nuts and seeds. If you choose yoghurt, opt for plain Greek and sweeten it naturally with berries or cinnamon. These choices will help stabilise your energy and reduce cravings before lunch.

2. Become a Label Detective

Sugar hides behind names like glucose, maltose, syrups, honey and fruit juice concentrate. Reading ingredient labels helps you spot hid-



den sugar in foods. And it's not just sweet foods; they creep into savoury dishes, like condiments, sauces, and even healthy snack bars. As a general rule, avoid products which list sugar in the top three ingredients. Instead, opt for products labelled 'no added sugar' or 'unsweetened.'

3. HYDRATE THE SMART Way

One of the biggest sources of hidden sugar isn't food at all, it's beverages. Fizzy colas, energy drinks and flavoured waters can pack in huge amounts of sugar. Even concentrated fruit juices can flood the body with sugar without the balancing

fibre of whole fruit. Switch to sparkling water with lemon or lime, herbal teas or plain water infused with cucumber or mint. If you miss fizz, kombucha can be a fun swap, but always check the labels, as some brands contain added sugar.

4. SNACK WITHOUT THE SUGAR SPIKE

Instead of reaching for biscuits or cake, consider options which satisfy without overloading on sugar. Dark chocolate, 70% cacao or higher, delivers rich flavour with a lot less sugar than milk chocolate. A handful of dates stuffed with almond butter makes for a decadent treat. A small pot of nuts and seeds or vegetable sticks with hummus is a filling, balanced option.

5. CHOOSE NATURE'S SWEETNESS

If sugar cravings strike, fresh fruit like berries, apples, pears and oranges can satisfy the desire for something sweet, while delivering fibre, vitamins and antioxidants. Fibre slows sugar absorption, helping prevent the energy crash that follows eating chocolate bars or other sweets high in refined sugar. For a healthy dessert, try baked apples with cinnamon, or banana and oat pancakes. Taste buds quickly adapt, and fruit will become sweet enough on its own.

6. SPICE IT UP

Cinnamon, vanilla, nutmeg, ginger, and cardamom can all make food taste naturally sweeter without a single gram of sugar. Sprinkle cinnamon on coffee and oatmeal. Add vanilla extract to smoothies or even plain yoghurt. Ginger and nutmeg can elevate baked goods or warm drinks, reducing the need for added sugar.

7. USE NATURAL ALTERNATIVES (SPARINGLY)

Honey, maple syrup, and coconut sugar contain small amounts of minerals and may have a gentler impact on blood sugar than regular sugar. However, they should still be used in moderation. Remember, the goal isn't to replace sugar with endless alternatives, but to gradually reset your palate to need less sweetness overall.

8. BALANCE STRESS AND SLEEP

Sometimes sugar cravings are not about food at all, they are about coping. Stress increases cortisol, which drives appetite for quick energy sources like sugar. Similarly, lack of sleep disrupts hunger hormones, making high-sugar foods more appealing. Instead of reaching for sweets when stress hits, go for a walk, practice deep breathing, or drink a calming herbal tea. Prioritise seven to nine hours of quality sleep each night. Cravings become less intense when the body feels balanced and rested.

AND FINALLY, TRANSITION GRADUALLY

One of the biggest mistakes people make when cutting sugar is going cold turkey. This can lead to intense cravings, frustration and eventually giving up. Instead, focus on gradual changes like swapping sugary drinks for sparkling water, sweetened yoghurt for plain or sweets for fresh fruit. Remember, every small shift reduces your sugar load and helps retrain your taste buds. In time, foods you once considered 'normal' may start to taste overly sweet, and you'll naturally crave them less.

Histamine Havoc

Calming the Chaos Naturally

If you have ever developed a runny nose after drinking wine or itchy skin after eating certain foods, histamine may be to blame. For most people, histamine is a protective chemical messenger that helps the body respond to allergens and potential threats. But for some, histamine turns into a daily source of discomfort, triggering headaches, digestive issues, hives, fatigue or brain fog. The good news is that with targeted lifestyle changes and natural strategies, many people can bring histamine back under control.

What Exactly Is Histamine?

Histamine is a compound stored in immune cells and released when the body detects an allergen. It widens blood vessels, speeds up heart rate, and stimulates secretions that help the body expel the trigger. It can also activate other inflammatory molecules, which may prolong symptoms. Normally, enzymes in the gut and liver break histamine down before it accumulates. When this process slows, or

when histamine-rich foods are eaten in excess, levels may rise and cause what is known as 'histamine intolerance.'

Histamine Intolerance Explained

Unlike allergies, which involve an immune reaction, histamine intolerance results from the body's inability to clear histamine effectively. As histamine builds up, it can cause wide-ranging symptoms which vary from person to person. Common complaints include migraines, nasal congestion, hives or itchy skin, digestive upset such as bloating or cramps, rapid heartbeat, fatigue, and brain fog. Because histamine acts in many parts of the body, symptoms can be confusing and often mimic other conditions.

Why Histamine Builds Up

Several factors may interfere with histamine breakdown. Reduced activity of the DAO enzyme, which is responsible for degrading histamine, has been linked to genetic factors, gut inflammation or the use

of certain medications. Conditions like leaky gut or coeliac disease can also impair this process. Hormones play a role too; oestrogen tends to raise histamine levels, which is why some women notice symptom flare-ups around their menstrual cycle. Stress adds to the burden, as it increases histamine release while simultaneously hindering its breakdown.

Dietary Strategies

Adopting a low-histamine diet is one of the most effective first steps. Foods that commonly cause problems include aged cheeses, processed or cured meats, fermented products such as sauerkraut and soy sauce, alcohol and heavily processed foods with additives or preservatives. Even leftovers can trigger symptoms, as histamine levels rise the longer food is stored. Focusing on fresh, simply prepared meals can help minimise exposure and support symptom control. The aim is not to eliminate these foods forever, but to reduce overall histamine load until balance is restored.





Support DAO Enzyme Activity

The DAO enzyme plays a central role in clearing excess histamine, and certain nutrients can support its activity. Vitamin C, found in citrus fruits, berries, and bell peppers, helps degrade histamine and also acts as a natural antihistamine. Vitamin B6, copper, and zinc are co-factors for DAO and are required for its proper function.

Some people also choose DAO-containing supplements before meals that are naturally higher in histamine. Magnesium, found in pumpkin seeds, leafy greens and dark chocolate, supports normal muscle and nervous system function, which may be helpful where histamine-related sensitivity is present.

Because much of histamine clearance takes place in the gut, digestive health is critical. Research shows that some probiotic strains, such as *Lactobacillus rhamnosus* GG and *Bifidobacterium longum*, may help degrade histamine, while others may worsen symptoms.

Alongside carefully chosen probiotics, gut-healing foods like bone broth, aloe vera juice and omega-3-rich foods can reduce inflammation. Addressing underlying imbalances, such as leaky gut or dysbiosis, is essential to restore tolerance.

Stress, Sleep and Lifestyle

Histamine also regulates the sleep-wake cycle, so excess levels may lead to insomnia or restlessness. Stress compounds the problem by both triggering histamine release and slowing its clearance. Stress-management techniques such as meditation, yoga, deep breathing or gentle exercise can make a meaningful difference. Maintaining consistent sleep routines and practising good sleep hygiene further support recovery.

Natural Antihistamines

Several nutrients and plant compounds have been studied for their natural antihistamine properties. Vitamin C, in addition to supporting DAO activity, reduces oxidative stress and helps break down histamine, easing symptoms like sneezing and watery eyes. Quercetin, found in apples, berries, onions, broccoli and green tea, has antioxidant and anti-inflammatory effects. It may block histamine release and help calm inflamed tissues such as irritated nasal passages.

Natural anti-inflammatories

Curcumin, from turmeric, has been extensively studied for its ability to modulate inflammatory responses. It may help dampen inflammation associated with high histamine. Spirulina, a nutrient-dense blue-green algae, has demonstrated

benefits in reducing nasal inflammation, lowering histamine levels and relieving symptoms such as sneezing, congestion, and itching. In fact, one study suggested spirulina may be more effective than common antihistamine medications for hay fever relief. Bromelain, an enzyme from pineapple stems, can help reduce swelling and mucus while improving absorption of compounds like quercetin.

Final Thoughts

Histamine intolerance is not always permanent. For many people, it is a temporary condition linked to gut imbalances, stress or even medication. By identifying triggers, supporting enzyme activity, improving gut health and making thoughtful lifestyle adjustments, it is often possible to reduce symptoms and restore balance.

Recommended Products

PUREC™

This liposomal liquid solution provides 1000mg of vitamin C and 175mg of C Support (citrus bioflavonoids and quercetin) per serving for optimal absorption. 180ml. Vegan.



SERRANOL®

A unique formula with plant-based enzymes, nutrients, and botanicals in one capsule: bromelain (85mg), papain (20mg), Meriva® curcumin (250mg), ecklonia cava extract (50mg), and vitamin D3 (1000iu). 90 Capsules. Vegetarian.



CHLORELLA & SPIRULINA

Each capsule provides 250mg Chlorella and 250mg Spirulina, nutrient-dense algae rich in protein, vitamins, and minerals. 90 Capsules. Vegan.



Sources

All references can be found at www.NaturallyHealthyNews.info



Two Superfoods, One Simple Solution

Two of nature's most nutrient-rich superfoods to support daily well-being.

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Each capsule contains:

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250mg Organic Spirulina**

Available at Independent Health Food Stores

Research Roundup

Study Identifies Early Warning Signs of Alzheimer's and Parkinson's disease

The study, published in the journal *Science Advances*, analysed health data from more than 20,000 people, focusing on 155 medical conditions and tracking which people developed neurodegenerative disease. Researchers found that chronic gastrointestinal disorders, vitamin deficiencies and metabolic problems were associated with a higher likelihood of Alzheimer's or Parkinson's and occurred up to 15 years before diagnosis.

Scientists are particularly interested in the gut-brain axis, which connects the digestive system and brain through neural, hormonal and immune pathways. People with conditions such as IBS and gastritis had greater odds of developing these diseases. Low vitamin D levels, certain B-vitamin deficiencies, and disorders such as diabetes were also linked to an increased risk. The researchers say these findings could open avenues for earlier diagnosis and new therapeutic targets.

<https://www.science.org/doi/full/10.1126/sciadv.adu2937>

Exercise Confirmed as Powerful Treatment for Depression and Anxiety, Major Review Finds

A sweeping meta-analysis has confirmed that exercise can significantly reduce symptoms of depression and anxiety, supporting what many clinicians have long suspected: physical activity benefits mental health. Scientists analysed 63 published reviews exploring the effects of exercise on depression and anxiety in nearly 80,000 people. They found that aerobic exercise, such as walking, running or cycling, had the largest impact on reducing depressive symptoms. More modest effects were seen for resistance training and mind-body practices like yoga and tai chi. Some of the strongest benefits for depression were seen in young adults and postnatal women. While improvements for anxiety were also observed, the overall effect was smaller than for depression.

Published in the *British Journal of Sports Medicine*, the findings highlight that exercise is a versatile, accessible and cost-effective intervention which health professionals can offer for meaningful mental health gains.

<https://bjsm.bmj.com/content/early/2026/02/02/>

Nutrition and Lung Health: Insights from the Ansan-Ansung Study

A review in the *Journal of Nutrients* confirms that diet, lifestyle, and environmental factors influence lung health. Data from the Ansan-Ansung cohort of 5,880 healthy adults showed that higher protein and 'good' fat intake were associated with better lung function, while higher carbohydrate intake was associated with poorer function. Age and obesity also influenced these relationships.

Micronutrients also play a role in respiratory health. Data indicates that higher dietary intakes of vitamins A and K are linked to better lung function. Evidence from systematic reviews and meta-analyses on vitamin D supplementation in COPD and asthma is promising, with some analyses finding improvements in certain lung function measures. Some trials suggest Vitamin C supplementation may improve lung

function and antioxidant status in COPD patients. Omega-3 fatty acids have anti-inflammatory properties that may support lung immunity and help mitigate inflammation, but large, long-term trials in humans are limited.

The review suggests that clinicians should assess nutrition, correct deficiencies, encourage physical activity and reduce pollutant exposure to support lung function.

<https://www.mdpi.com/2072-6643/17/6/954>

Cellulite:

Can Nutrition Smooth Things Over?

Cellulite is a topic which sparks curiosity, misconceptions and lots of frustration. Characterised by a dimpled skin resembling cottage cheese or orange peel, it most commonly appears on the thighs, hips and buttocks. It affects an estimated 80–90% of women, regardless of weight, fitness or lifestyle. And while medically harmless, its stubborn presence has fuelled a global industry of creams and treatments promising smoother skin. But what does science actually say about cellulite, and can nutrition help?

What Is Cellulite?

Under the skin are layers of fat and connective tissue. They are held together by fibrous bands called septa. The fat cells sit in little clusters, like a honeycomb. Those closer to the skin are smaller and more numerous compared to the deeper fat cells. Cellulite appears when the septa bands cannot hold the fat in place properly. This creates the uneven, dimpled look we see as cellulite.

Men are far less likely to develop cellulite because their skin and fat layers are structured differently.

They have smaller fat lobules and stronger connective tissue with more supporting bands, making their skin less prone to dimpling, even if they carry extra weight.

Why Cellulite Happens

Cellulite arises from a combination of factors. Lifestyle plays a part, as diets high in refined carbs, lack of exercise and excess alcohol can promote fat accumulation, making dimples more noticeable.

Hormones, especially oestrogen, are also key players. High oestrogen levels, or if the body struggles to metabolise oestrogen efficiently, can affect fat storage, circulation and skin strength. Many women notice cellulite worsens during pregnancy or breastfeeding. In contrast, menopause brings lower oestrogen levels, which can reduce blood flow, weaken connective tissue and decrease collagen and elastin production, all of which make cellulite more visible.

Genetics also contributes, as cellulite tends to run in families. With age, skin naturally loses collagen and elastin, becoming thinner and less elastic. Fat cells can then push upward, while weaker connective



tissue struggles to keep them in place, leading to the familiar dimpled look.

The Role of Diet and Exercise

Diet and physical activity may influence cellulite more than we think. A 2023 study looked at women aged 30–45 who followed a Mediterranean-style diet combined with Zumba twice a week for 12 weeks, gradually increasing in intensity. The diet, rich in unsaturated fats and nutrient-dense foods, significantly reduced cellulite on the thighs, hips and abdomen. Combin-



ing with Zumba further improved results by reducing fat, water retention and waste build-up, all factors which contribute to cellulite.

Strengthen Collagen and Connective Tissue

Collagen integrity is central to how cellulite looks. Weak collagen allows fat to push through connective tissue more easily. Vitamin C is essential for collagen synthesis. It supports collagen synthesis, stabilises fibres and protects skin cells from oxidative stress. Citrus fruits,

kiwi, bell peppers, broccoli, and berries are all excellent sources.

Zinc is another key nutrient for tissue repair and collagen formation. It also supports enzymes that maintain the structure and strength of the skin. Without enough zinc, skin may heal more slowly, and collagen fibres may lose strength. Good sources include shellfish, seeds, peanuts, salmon, and beef.

In addition, oral collagen peptide supplements have shown promise in improving skin elasticity and dermal thickness, with studies suggesting visible improvements in cellulite after several months of use.

Fight Cellulite with Omega-3s and L-Carnitine

Omega-3 fatty acids reduce inflammation, support cell membrane health and improve circulation and lymphatic flow, all of which may smooth the skin. They also help balance out high levels of omega-6 fatty acids, which can worsen tissue inflammation. Rich sources include salmon, sardines, mackerel, flaxseeds, chia seeds, and walnuts.

L-carnitine, often called the body's "fat shuttle," transports fatty acids into cells to be utilised for energy. This can help fat metabolism and overall energy balance. It is naturally found in red meat, poultry, and dairy, but is also available in supplement form. Research shows L-carnitine supplementation can lead to modest reductions in body weight, BMI, and fat mass, particularly in overweight or obese people. It has antioxidant properties and may help protect collagen and elastin fibres against free radical damage.

Promote Circulation and Lymphatic Flow

Poor circulation and sluggish lymphatic drainage are closely linked to cellulite. Massage is one of the oldest techniques for stimulating lymphatic flow, temporarily improving the appearance of the skin by reducing fluid build-up. Regular exercise, including both strength training and aerobic activity, can also help by building muscle and enhancing circulation.

To Conclude

While you can't completely eliminate cellulite, you can influence how it looks. A nutrient-rich diet, regular exercise, good circulation and targeted support for collagen can all work together to improve skin's tone and texture. Cellulite may be stubborn, but lifestyle and nutrition can make a real difference.

Recommended Products

PUREC™

This liposomal liquid solution provides 1000mg of vitamin C and 175mg of C Support (citrus bioflavonoids and quercetin) per serving for optimal absorption. 180ml. Vegan.



THE KRILL MIRACLE™

It contains sustainably sourced Superba Boost™ krill, rich in omega-3s (DHA/EPA), phospholipids, choline, and astaxanthin. 60 Fish Licaps™ Capsules.



L-CARNITINE

Each capsule provides 500mg of l-carnitine fumarate, free from unnecessary fillers. 60 Capsules.



Sources

All references can be found at www.NaturallyHealthyNews.info

Fuchs' Dystrophy:

What Is Happening to the Cornea as We Age?

Blurred vision first thing in the morning. Increased glare when driving at night. A sensation that the eyes feel misty or slow to clear. These changes are often dismissed as “just ageing.” In some cases, they are. But for others, they may reflect a gradual condition known as Fuchs' dystrophy, a disorder affecting the inner layer of the cornea. Understanding what is happening at a cellular level helps make sense of the symptoms.

The Cornea's Fluid Balance System

The cornea is the clear, dome-shaped surface at the front of the eye. Its transparency depends on tightly regulated hydration. Too much fluid and the cornea swells, scattering light and blurring vision. This balance is maintained by a thin layer of endothelial cells lining the inner surface of the cornea. These cells act as microscopic pumps, continuously moving fluid out of the tissue to keep it clear.

We are born with a finite number of these cells, and they do not regenerate efficiently. With age, numbers decline naturally. In Fuchs' dystrophy, this process accelerates. As cell density falls, the pumping mechanism becomes less effec-

tive. Fluid accumulates, swelling follows, and vision becomes hazy. Symptoms are often worse in the morning, when the eyes have been closed for several hours and fluid builds up more easily.

Why Do These Cells Decline?

Ageing is a central factor. Endothelial cells are metabolically active and rely heavily on mitochondria, the energy-producing structures within cells, to generate the energy required for constant fluid transport.

Oxidative stress, which increases with age, is also thought to play a role. Over time, cumulative exposure to environmental factors, metabolic strain and genetic predisposition may increase cellular vulnerability. Because these cells are not easily replaced, their resilience becomes increasingly important.

Taurine and Ocular Fluid Balance

Taurine is one of the most abundant amino acids found in eye tissue. While it is often discussed in relation to the retina, it is present throughout the eye and involved in processes directly relevant to cellular stability.

One of taurine's key roles is in osmotic regulation, helping to control the movement of fluid across cell membranes. Given that Fuchs' dystrophy involves impaired fluid balance within the cornea, this function is particularly relevant.

Taurine is also involved in maintaining membrane stability and supporting antioxidant defences. Endothelial cells must sustain their structure while continuously regulating fluid exchange, and oxidative stress can disrupt both membrane integrity and mitochondrial efficiency.

Taurine has also been studied for its role in supporting mitochondrial function and calcium balance within cells, both of which are important for maintaining normal cellular activity in energy-demanding tissues.

Research in broader ocular health has shown that taurine depletion can compromise the stability of eye tissues. While this is not specific to Fuchs' dystrophy, it highlights the importance of maintaining adequate levels as part of overall eye support.

Supporting Nutrients for Eye Health

Alongside taurine, several nutrients contribute to the wider environ-



ment that supports eye and cellular function.

Omega-3 fatty acids play a role in maintaining healthy cell membrane structure and in regulating inflammatory pathways. As endothelial cells rely on efficient membrane transport, this structural support is important.

Vitamin C is present in high concentrations within the eye and contributes to antioxidant protection. It helps defend delicate tissues against oxidative stress, which is thought to be involved in age-related cellular decline.

Magnesium supports normal cellular energy processes, which are essential for metabolically active cells such as those in the cornea. Nutrients involved in mitochondrial function, including coenzyme Q10, are also often discussed in the context of supporting ageing tissues.

Together, these nutrients contribute to a more supportive internal environment, even though they are not treatments for the condition itself.

Supporting the Ageing Eye

Lifestyle factors also influence eye health. Maintaining stable blood sugar levels supports microvascular function, while protecting the eyes from excessive ultraviolet exposure may help reduce cumulative oxidative strain.

A diet rich in whole foods, colourful vegetables and healthy fats provides a broad spectrum of nutrients that support both systemic and ocular health.

Regular eye examinations remain essential, particularly if symptoms such as persistent blur, glare sensitivity or visual discomfort develop.

A Cellular Perspective on Ageing Vision

Fuchs' dystrophy is, at its core, a condition of ageing cells and disrupted fluid balance within one of the most delicate tissues in the body.

While genetics and time cannot be changed, the internal environment surrounding our cells can be influenced. Supporting mitochondrial function, antioxidant defences and

membrane stability may help promote resilience in tissues such as the cornea, particularly as these systems naturally become more vulnerable with age.

Clarity of vision begins with clarity at the cellular level.

Recommended Products

MAXIFOCUS®

A liposomal liquid supplement with lutein, zeaxanthin, astaxanthin, vitamins, and minerals to support eye health and more. 120ml. Vegan.



TAURINE™ SPRAY

This sublingual spray delivers taurine with fast and effective absorption. 200ml. Vegan.



THE KRILL MIRACLE™

It contains sustainably sourced Superba Boost™ krill, rich in omega-3s (DHA/EPA), phospholipids, choline, and astaxanthin. 60 Fish Licaps™ Capsules.



UB8Q10 UBIQUINOL

It contains the clinically studied Kaneka Ubiquinol™, the active form of CoQ10, known for superior absorption. 60 Vegetarian Softgels.



Sources

All references can be found at www.NaturallyHealthyNews.info



Astaxanthin

Under the Spotlight

After years of relative obscurity, astaxanthin is now moving centre stage and catching attention for its potential health benefits. It is a naturally occurring pigment which gives salmon, shrimp, krill and even flamingos their vibrant pink-red colour. But it's more than just a pretty hue, it is now being considered one of the most powerful antioxidants in nature.

It is produced primarily by the microalga *Haematococcus pluvialis* when it is exposed to environmental stress like intense sunlight or nutrient deprivation. The algae synthesise astaxanthin as a protective compound. Marine animals consume the algae and it accumulates in their skin, which is why the pigment appears in seafood. Unlike beta-carotene, astaxanthin does not convert to vitamin A in the body. Instead, it functions directly as a powerful antioxidant.

What Makes Astaxanthin Special?

Our bodies constantly produce unstable molecules called free radicals. When they build up, they can

damage cells, accelerate ageing, and contribute to chronic diseases. Antioxidants neutralise these harmful molecules.

Astaxanthin is unique because it can attach to cell membranes, the protective walls around our cells and shield both the inside and outside from damage. Laboratory research suggests that astaxanthin is significantly more potent than many well-known antioxidants, including vitamin C, vitamin E, and other carotenoids, in neutralising certain unstable free radicals.

In addition to its antioxidant properties, astaxanthin also exhibits anti-inflammatory effects. Inflammation is a natural response to stress or injury, but when it becomes chronic, it can harm tissues and organs. Some studies indicate that astaxanthin may help lower markers of inflammation, supporting overall cellular health.

As we grow older, our internal antioxidant enzyme systems gradually weaken, reducing the body's ability to protect tissues from oxidative stress. This decline particularly af-

fects metabolically active organs such as the brain, eyes, and vascular system. Although researchers are still exploring exactly how astaxanthin works, early findings suggest it may help maintain healthy cellular function as we age.

Skin Health and Sun Protection

One of the most popular reasons people take astaxanthin is for skin health. Because it accumulates in the skin, it may help protect against sun-induced damage. Clinical studies show it can improve skin hydration, increase elasticity and reduce fine lines. It may also limit redness and irritation caused by sun exposure.

It's important to note that while astaxanthin does not replace sunscreen, it may provide an extra layer of protection against UV rays and photoaging. For people who spend a lot of time outdoors, or those prone to sunburn, it can support healthier, more resilient skin.

Eye Health and Comfort



Our eyes are constantly exposed to light, screens and environmental stress, which can contribute to eye strain and age-related changes. Astaxanthin is fat-soluble, meaning it can reach eye tissue. Human studies suggest it may help reduce eye fatigue, improve blood flow in the tiny vessels of the retina and support overall visual function. People who spend long hours in front of screens may experience less eye strain with supplementation.

Oxidative stress contributes to age-related macular degeneration and other degenerative conditions. While astaxanthin shows huge potential to protect the eyes from oxidative stress, more research is needed to confirm long-term benefits.

Brain Health and Cognitive Support

Many neurological conditions, including Alzheimer's disease, Parkinson's disease and age-related cognitive decline, are associated with oxidative stress and inflammation. Astaxanthin can cross the blood-brain barrier, allowing it to

reach neural tissue directly. Early research suggests it may help reduce oxidative stress within the brain. Some small human studies indicate that astaxanthin could support aspects of memory, processing speed and overall cognitive performance. However, evidence remains limited, and larger, well-designed clinical trials are needed to confirm these potential effects.

Heart and Circulation

The heart and blood vessels are especially vulnerable to oxidative stress. Some small trials suggest that supplementing with astaxanthin may improve lipid profiles by lowering triglycerides, reducing very-low-density lipoprotein and raising HDL, the 'good' cholesterol.

Oxidised LDL, 'bad' cholesterol, contributes to plaque formation in the arteries. By reducing oxidative stress, astaxanthin may help protect LDL from oxidation. It may also support healthy blood flow and help maintain the integrity of blood vessels.

Final Words

While astaxanthin is not a miracle cure, its broad antioxidant and anti-inflammatory effects may support our health in many different ways. Evidence shows it can help protect and improve skin health, reduce eye strain and support visual function, lower markers of oxidative stress and inflammation, and support heart and circulation. It may also have benefits for the brain and cognitive function, though more research is needed.

While astaxanthin is not a substitute for sensible sun protection or a balanced diet, it may serve as a supportive addition to an overall healthy lifestyle.

Recommended Products

ASTAXANTHIN WITH DHA™

It contains the clinically studied AstaReal® astaxanthin, a powerful antioxidant and plant-source DHA. 90 capsules. Vegan.



Sources

All references can be found at www.NaturallyHealthyNews.info

A Modern Take on an Ancient Technique

Exploring how electro-acupressure supports relaxation, recovery and everyday wellbeing

In a world where many people are looking for gentler, more natural ways to support their health, interest in non-invasive therapies continues to grow. One approach gaining attention is electro-acupressure, a modern evolution of a traditional technique that blends ancient principles with contemporary technology.

A Traditional Foundation

Acupressure has its roots in traditional Chinese medicine and is based on the idea that the body contains a network of energy pathways, often referred to as meridians. Along these pathways are specific points on the body thought to correspond to different organs and systems. Applying pressure to these points has long been used as a way to support balance and overall wellbeing.

Electro-acupressure builds on this concept by introducing gentle electrical stimulation. Using a handheld device, low-frequency impulses are applied to targeted points on the body, creating a light tingling sensation. The aim is to enhance the effects of traditional acupressure, while offering a more consistent and accessible experience.



Supporting Body and Mind

One of the main reasons people turn to electro-acupressure is for support with physical discomfort. By stimulating specific points, it may help the body's natural response to tension, making it a popular choice for those managing everyday aches or looking to support recovery after activity.

At the same time, its effects are not purely physical. Many users find the experience deeply relaxing. The gentle stimulation can help calm the nervous system, making it particularly appealing for those dealing with ongoing stress or a busy, demanding lifestyle. This sense of relaxation often carries through into improved sleep, with some people reporting a more settled wind-down in the evening.

Circulation is another area where electro-acupressure may offer support. Encouraging blood flow can help deliver oxygen and nutrients more efficiently around the body, which plays a role in general recovery and overall vitality.

A Simple, At-home Approach

What sets electro-acupressure

apart from more conventional approaches is its simplicity. It is non-invasive, does not rely on medication, and can be used at home, allowing individuals to tailor sessions to their own needs and routines.

It is sometimes compared to TENS (transcutaneous electrical nerve stimulation), but the two approaches differ. While TENS is primarily used to target nerves for pain relief, electro-acupressure focuses on stimulating specific points linked to broader patterns of balance and wellbeing.

As interest in holistic health continues to grow, electro-acupressure offers a practical way to combine traditional thinking with modern convenience, supporting both body and mind in a more integrated way.

Recommended Products

HEALTHPOINT™ KIT

The HealthPoint™ device offers effective home electro-acupressure, enabling users to target specific points for relief without needles.

The complete kit includes accessories and a manual.



Sources

All references can be found at www.NaturallyHealthyNews.info



HealthPoint™

Electro-acupressure, Made Simple.

The HealthPoint™ Kit is a handheld electro-acupressure device designed to help locate and stimulate specific points on the body. Inspired by traditional acupressure techniques, it offers a practical, non-invasive way to incorporate this approach into everyday routines.

Key features:

- ✓ Helps locate and stimulate acupressure points.
- ✓ Handheld, easy-to-use design for use at home.
- ✓ Non-invasive and suitable for regular use.

Beyond the Weight-Loss Jabs:

Can You Boost GLP-1 Naturally?

In a world of expanding waistlines, weight loss has become big business and 'weight-loss jabs' are now a cultural phenomenon. Once prescribed primarily for type 2 diabetes, GLP-1 medications such as Ozempic and Mounjaro have rapidly become household names. But as interest in these injections grows, so do questions. Is there a way to support GLP-1 naturally, without needles? And what role do food and lifestyle really play?

What is GLP1?

Glucagon-like peptide-1 is a hormone released by specialised cells in the gut when we eat. It plays a central role in regulating blood sugar, appetite and digestion. As food is broken down and blood glucose rises, GLP-1 signals fullness to the brain, slows stomach emptying, suppresses appetite-stimulating hormones such as ghrelin and enhances insulin release. These effects help stabilise blood sugar and reduce overeating.

How do 'weight-loss' jabs work?

GLP-1 medications were originally developed to treat type 2 diabetes, but clinicians soon noticed a powerful side effect, significant weight loss. These drugs are GLP-1 receptor agonists; they mimic and amplify the body's natural GLP-1 signal, reducing hunger, slowing digestion and improving glucose control. However, they are administered at doses far higher than the body would naturally produce.

While these medications can be life-changing for some people, they are not without drawbacks. Appetite suppression can unintentionally reduce overall food intake, including protein, fibre and essential micro-nutrients, which may affect muscle mass, energy levels and long-term metabolic health if not carefully managed.

Digestive symptoms such as nausea, bloating, constipation and reflux are common, reflecting the powerful effects these drugs have on stomach emptying and gut function. Some people also report low mood, though the reasons are not yet fully understood and may relate to reduced intake, nutrient status or the psychological impact of eating far less.

Research also suggests that stopping GLP-1 medications often leads to weight regain, highlighting the challenge of maintaining results without ongoing treatment.

Can GLP-1 Be Supported Naturally?

While no food or lifestyle approach can replicate the effects of pharmaceutical GLP-1 drugs, research suggests the body's own GLP-1 system can be gently supported through everyday choices.

Diet and lifestyle influence GLP-1 in three key ways: stimulating its release after meals, slowing its breakdown and improving the gut environment in which it functions. Together, these factors help shape how effectively GLP-1 regulates appetite, blood sugar and metabolism.



Polyphenols and GLP-1 Breakdown

Once released, GLP-1 is rapidly broken down by an enzyme called DPP-4. Some diabetes medications work by blocking this enzyme, allowing GLP-1 to remain active for longer.

Interestingly, certain plant compounds appear to have a mild version of this effect. Polyphenols, found in fruits, vegetables, tea, coffee, herbs and spices like turmeric, resveratrol and cinnamon, have been shown in experimental studies to modestly inhibit DPP-4 activity. While their effects are far weaker than prescription drugs, they act through a similar pathway.

Spices may also support GLP-1 through sensory stimulation. Small human studies suggest that meals rich in mixed spices can lead to slightly higher post-meal GLP-1 levels than bland meals. The effect is modest, but regular use of herbs and spices may gently enhance gut hormone signalling over time.

Protein, Fibre and Meal Composition

Protein is one of the most reliable natural stimulators of GLP-1 release. Including high-quality protein with



meals slows digestion, stabilises post-meal blood sugar and enhances satiety signalling. Adequate protein intake is also essential for preserving muscle mass and metabolic health, particularly during weight loss.

Fibre plays a complementary role. Soluble and fermentable fibres found in foods such as oats, legumes, vegetables, and wholegrains reach the colon largely undigested. There, beneficial gut bacteria ferment them into short-chain fatty acids, including butyrate and propionate. These compounds directly stimulate GLP-1 release from intestinal L-cells.

Why Butyrate Matters

Butyrate is more than just a by-product of fibre fermentation. It acts as both a fuel and a signal for cells that produce GLP-1, while also strengthening the gut barrier, reducing inflammation, and improving insulin sensitivity. Evidence from animal and mechanistic studies suggests that diets and lifestyles which increase butyrate production may enhance GLP-1 signalling and protect against insulin resistance. Human research is still emerging, but the link between fibre, gut health and metabolic regulation is becoming increasingly clear.

Healthy Fats and Satiety

Healthy fats, including extra virgin olive oil, avocados, nuts, seeds and oily fish, slow digestion and promote feelings of fullness. Omega-3 fatty acids, in particular, are associated with improved insulin sensitivity and reduced inflammation, which may indirectly support healthy appetite regulation and metabolic health.

Recent research has also explored whether omega-3 fatty acids from krill oil may help support muscle preservation during periods of rapid weight loss, with early findings showing potential.

Movement, Sleep and Stress

Diet is just part of the picture. Physical activity also plays a role in GLP-1 regulation. Both aerobic exercise and resistance training have been shown to enhance post-meal GLP-1 responses and improve insulin sensitivity.

Sleep quality and stress levels matter too. Chronic stress and poor sleep can disrupt appetite hormones, increasing hunger and undermining the body's natural satiety signals.

Final Word

No food or lifestyle approach can match the efficacy of pharmaceutical GLP-1 medications or replace medi-

cal treatment when needed. However, diet and lifestyle can meaningfully support the body's own GLP-1 system by enhancing its release, slowing its breakdown and improving gut health. While the effects are subtle rather than dramatic, they may offer a more sustainable foundation for appetite control, metabolic health and long-term wellbeing.

Recommended Products

THE KRILL MIRACLE™

It contains sustainably sourced Superba Boost™ krill, rich in omega-3s (DHA/EPA), phospholipids, choline, and astaxanthin. 60 Fish Licaps™ Capsules.



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. Vegan.



BRAINPOWER™

A combination of curcumin and resveratrol in a liposomal solution for effective absorption. It is easy to take off the spoon for flexible dosing. Made with non-GMO ingredients. 180ml. Vegan.



Sources

All references can be found at www.NaturallyHealthyNews.info

REALLY HEALTHY RECIPES

Avocado and edamame beans on toast

This is the basis for a really tasty, fresh lunch or breakfast. The great thing is you are getting good fats and protein along with fibre, which you can add to with whatever you've got in the fridge or cupboard.

Ingredients

- Bread (I've used sourdough because we buy it locally, freshly baked. The key is to try and buy real freshly baked bread whenever possible. Or bake your own!)
- Extra virgin olive oil
- 1 Avocado
- Handful of edamame beans (frozen)
- Half a lemon
- Feta cheese (or cottage cheese, halloumi, etc.)
- Pumpkin and sunflower seeds
- Broccoli sprouts or microgreens
- Seasoning – sea salt, ground black pepper, chili flakes or whatever you like!



Serves: 2

Prep: 5 mins

Cook: 15 mins

Directions

1. Defrost the edamame beans by simmering gently for about 5 minutes in a small pan of boiling water, then drain.
2. Meanwhile, mash the avocado in a bowl with a fork, season with salt and pepper and half the lemon juice.
3. Toast your bread.
4. Once the edamame beans have cooled slightly add them to the avocado in the bowl and roughly mash together.
5. Drizzle some extra virgin olive oil on the toast, then thickly spread the avocado/edamame mash onto it.
6. Top with some crumbled feta cheese, pumpkin and sunflower seeds, sprouted seeds/microgreens, and serve with a side salad.
7. Drizzle some more olive oil and the rest of the lemon juice over everything to taste.

Alternative toppings could be: sliced boiled eggs, tinned fish, ham, hummus, etc. And of course alternatives on the side could be things like sauerkraut or hummus.

Normally I grow my own broccoli sprouts, but I didn't have any ready in time for these photographs, so I had to resort to buying microgreens! However, I can't recommend growing your own enough, as you can add them to almost every meal to add a real powerhouse nutrient.



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Lightweight hydration for a smooth, well-conditioned complexion.

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Available at Independent Health Food Stores

Guest Article

Caroline Gilmartin

In this guest article, Caroline Gilmartin, Principal of Natural Healthcare College UK and experienced naturopathic practitioner and tutor, shares the core principles the college teaches in its short courses about building health from the inside out.

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Teaching Naturopathic Nutrition:

Building Health from the Inside Out

With so much conflicting advice about food and health, many people are looking for something simpler and more sustainable. Rather than chasing the latest diet trend, naturopathic nutrition takes a different approach, working with the body's natural ability to maintain and restore health.

Naturopathy is based on a simple principle: when the body is given the right conditions, it is remarkably good at repairing and healing itself. Instead of focusing only on symptoms, naturopathic nutrition looks at the whole picture, food, digestion, sleep, stress, movement, lifestyle and often a person's sense of spirituality, life force or energy.

When faced with complex health

conditions, it can feel overwhelming to know where to begin. Many people believe improving their health will require a huge effort or drastic change, but in reality, small and simple shifts often make the biggest difference.

Food is, of course, a key part of the answer, but how we digest and absorb nutrients matters just as much as what we eat. I have also found that what we digest emotionally, through relationships, social media and even the television we watch, can profoundly influence our well-being, though that may be an article for another day.

The Balanced Plate Principle

One of the key tools taught at the

college is the Balanced Plate principle. For most clients, this is the best place to start, rather than following restrictive eating patterns that are difficult to maintain.

The Balanced Plate simplifies nutrition by showing how to build meals that support blood sugar balance, energy, digestion and resilience to stress.

A balanced plate typically includes:

- Around 30% quality proteins and healthy fats
- Around 45% non-starchy vegetables and fibre-rich carbohydrates
- Up to 25% starchy carbohydrates, including some fruits

This naturally provides:

- Protein to support muscle repair, immunity and blood sugar balance
- Healthy fats for hormones, brain and satiety
- Fibre-rich plant foods to nourish gut bacteria
- Colourful vegetables and

some fruits (not too many) supplying vitamins, minerals and protective antioxidants

This balance helps reduce energy dips and sugar cravings and can improve our ability to deal with stress. When meals are balanced, appetite tends to regulate naturally, energy becomes steadier and long-term weight management also becomes easier.

Importantly, this approach is not about perfection. It is about creating consistent habits that nourish the body over time.

However, even the best diet cannot cure all if digestion is compromised.

It's Not Just What You Eat - It's What You Absorb

Many people improve their diet yet still experience digestive issues such as bloating, reflux, wind or cramps. So, is it the food or the digestive system?

Digestion actually begins before food reaches the stomach. Smelling and chewing food signal the body to release digestive juices. When meals are eaten quickly, or while stressed or distracted, digestion may become less effective.

Stomach chemistry plays a crucial role. Adequate stomach acid is needed to:

- Break down protein into absorbable amino acids
- Activate digestive enzymes
- Support absorption of minerals such as iron, calcium and zinc
- Help protect against harmful bacteria

Interestingly, many people expe-

riencing reflux or indigestion may actually have too little stomach acid rather than too much. Poor digestion can allow food to sit in the stomach longer, leading to reflux, nausea, fermentation and discomfort.

Further along the digestive tract, enzymes and bile continue breaking food down so nutrients can pass through the gut lining into the bloodstream. Stress, medication use, poor diet and gut imbalance can disrupt this process, meaning people may not absorb nutrients efficiently even when eating well.

Supporting digestion is, therefore, a key part of naturopathic nutrition.

Small Changes Create Big Results

Health improvements often come from simple, consistent habits rather than dramatic dietary overhauls. Small shifts can make a noticeable difference, such as:

- Eating meals without distractions
- Chewing food thoroughly
- Including protein and fibre at each meal
- Managing stress and prioritising sleep
- Supporting gut health with whole foods

When digestion improves, people often notice reduced bloating, more stable energy and fewer cravings. Proper nutrient absorption allows the body to repair and rebalance naturally.

Learning to Apply These Principles

Understanding how food and digestion influence health gives people greater control over their wellbeing. That is why practical nutrition education is so valuable.

My short course introduces naturopathic principles in an accessible way, helping people understand how to build balanced meals, support digestion and make realistic lifestyle adjustments that improve health without complicated rules or deprivation.

The course is suitable for both those working in wellbeing and anyone wanting clearer guidance on supporting their own health naturally.

Nutrition should not feel confusing or restrictive. When we understand how the body works, health becomes something we build daily, one meal and one habit at a time.

Learn More: Short Course in Naturopathic Nutrition

If you would like to learn how to apply these principles in everyday life, my short course offers practical guidance on balanced eating, digestive health and lifestyle strategies for long-term wellbeing.

For course details and upcoming dates:

Email: info@naturalhealthcarecollegeuk@gmail.com

Website: www.naturalhealthcarecollegeuk@gmail.com

Moving with Ease:

10 Natural Strategies for Healthier Joints

Our joints are the unsung heroes of everyday movement. They allow us to walk, climb stairs, bend, lift and move with freedom, often without a second thought. Yet for millions of people worldwide, joint stiffness and discomfort can make even simple activities more challenging. The encouraging news is that thoughtful nutrition and supportive lifestyle habits can play a meaningful role in maintaining joint strength, flexibility and long-term comfort.

Why Modern Lifestyles Challenge Joint Health

Modern lifestyles are increasingly sedentary, which means our joints are not always being regularly moved or strengthened. At the same time, many of us are falling short on key nutrients due to the rise in highly processed foods, which means our bodies may not be getting the building blocks they need to maintain healthy bones and cartilage.

Seasonal changes can also affect joint comfort. You may have noticed that joints can feel stiffer in winter. We tend to move less, and synovial fluid viscosity can change with

temperature, resulting in reduced flexibility, swelling and greater discomfort during movement.

What Happens in Osteoarthritis

One of the most common causes of joint pain is osteoarthritis. It has long been described as simple 'wear and tear', but research now shows it is far more complex, involving cartilage breakdown, low-grade inflammation and changes to the underlying bone.

Cartilage, which cushions joints, is produced by specialised cells called chondrocytes. These cells create an extracellular matrix composed of collagen and proteoglycans that acts as a natural shock absorber. Because cartilage has a limited blood supply, it relies on synovial fluid to deliver nutrients, which helps explain why repair is often slow.

Inflammatory molecules can further accelerate cartilage degradation and disrupt the balance between breakdown and repair. Supporting cartilage health, maintaining chondrocyte function and helping to regulate inflammation are therefore

central to long-term joint resilience.

10 Ways to Support Joint Health

1. Anti-Inflammatory Nutrition

Chronic low-grade inflammation is recognised as a key contributor to joint discomfort and conditions such as osteoarthritis. A dietary pattern rich in antioxidant and anti-inflammatory compounds may help support joint integrity over time. Oily fish, including salmon, mackerel and sardines, provide omega-3 fatty acids, which are associated with reduced inflammatory activity. Colourful fruits and vegetables such as berries, citrus fruits, spinach and kale supply a wide range of protective phytonutrients. Spices such as turmeric, ginger, and garlic have also been studied for their anti-inflammatory properties.

At the same time, limiting dietary factors linked to inflammation may be beneficial. Highly processed foods, refined sugars, excessive alcohol and frequent consumption of processed or high-fat red meats have been associated with increased inflammatory markers and may contribute to long-term joint strain.



2. Protein and Collagen

Cartilage, the cushioning tissue in joints, relies on collagen for strength and flexibility. Collagen-rich foods like bone broth or gelatine, along with protein sources such as lean meats, eggs, legumes and dairy, can support cartilage repair and help build muscle around the joints, providing added stability and protection.

3. Vitamin C

Vitamin C plays an essential role in collagen formation, helping maintain the strength and structure of cartilage. Good dietary sources include citrus fruits, strawberries, peppers and broccoli. In addition to supporting collagen synthesis, vitamin C acts as an antioxidant, helping protect chondrocytes from oxidative stress.

Adequate intake may help support joint integrity over time.

4. Bone Strength

Strong, resilient joints rely on more than cartilage alone, they also depend on healthy bones and proper mineral balance. Vitamin D plays a crucial role in helping the body absorb calcium, while vitamin K2 helps direct calcium into bones where it belongs. Magnesium supports bone structure and contributes to muscle relaxation, which can ease tension around the joints.

Calcium-rich foods such as dairy, leafy greens, and fortified plant milks provide the raw materials for bone strength. Vitamin D is obtained through sunlight exposure or, when necessary, through supplements. Ensuring adequate intake

of these key nutrients helps maintain joint stability, reduces stress on surrounding tissues and protects against excessive wear over time.

5. Healthy Fats

Healthy fats play a crucial role in joint function, aiding lubrication and reducing inflammation. Omega-3 fatty acids from oily fish, flaxseeds and chia seeds support synovial fluid quality and help maintain cartilage integrity. Monounsaturated fats from olive oil, avocados, and nuts also benefit joint health. Conversely, trans fats and excessive saturated fats can increase inflammation and should be limited.

6. Healthy Weight Management

Maintaining a healthy weight is an

other cornerstone of joint care. Extra body weight places additional stress on weight-bearing joints such as the knees, hips, and lower back, which can accelerate wear and increase discomfort. Even modest weight loss can relieve pressure, improve mobility, and reduce pain, particularly when paired with a balanced diet rich in whole foods and fibre.

7. Hydration

Hydration is often overlooked, yet it plays an important role in maintaining joint comfort. Cartilage is largely composed of water, and adequate fluid intake helps preserve its resilience. Synovial fluid, which lubricates the joints, also depends on sufficient hydration to function effectively. When fluid levels are low, stiffness may increase, and joints can feel less mobile. Maintaining consistent daily hydration, especially during exercise or warmer weather, helps support overall joint function.

8. Herbal and Enzyme Support

Certain plant compounds and enzymes may offer additional support for joint comfort. Bromelain, a proteolytic enzyme derived from pineapple, has been studied for its anti-inflammatory properties. It appears to influence inflammatory pathways and may help reduce swelling and discomfort associated with joint conditions. Some studies suggest that bromelain may help reduce pain and improve mobility in people with osteoarthritis.

Curcumin, the active compound in turmeric, has also been widely studied for its anti-inflammatory and antioxidant effects. Clinical trials suggest it may help improve pain and mobility in people with knee osteoarthritis. Some research indicates curcumin may offer comparable

relief to certain conventional pain medications, with a favourable safety profile in appropriate doses.

Together, bromelain and curcumin may be considered supportive additions to a joint-focused nutrition and lifestyle approach.

9. Glucosamine and Chondroitin

Glucosamine and chondroitin are popular supplements used to support joint health. Both are natural components of cartilage and synovial fluid, helping to maintain cushioning and reduce joint wear. Research suggests that glucosamine may help slow collagen breakdown, ease pain, and improve quality of life in people with osteoarthritis.

Some studies show even greater benefits when glucosamine is combined with chondroitin, possibly due to their complementary effects on inflammation and cartilage protection. While results vary and effect sizes are generally modest, current evidence suggests these supplements may provide helpful support for managing osteoarthritis symptoms.

10. Joint-Friendly Movement

Even the most carefully planned diet cannot support joint health in isolation. Nutrition works best when combined with regular, appropriate movement. Physical activity strengthens the muscles that stabilise the joints, improves flexibility and promotes circulation, which helps deliver nutrients to cartilage. Low-impact activities such as walking, cycling and swimming can support cardiovascular health without excessive strain, while strength training enhances joint stability. Gentle stretching practices, including yoga or Pilates, help maintain range of motion and mobility over time.

Final words

In conclusion, protecting joint health is a combination of smart nutrition, proper hydration, weight management, and regular exercise. Prioritising anti-inflammatory foods, essential vitamins and minerals, and healthy fats, while avoiding joint-damaging foods, can reduce pain, prevent degeneration, and improve mobility. Every meal and movement matters, as small, consistent choices help keep your joints strong and allow you to stay active and independent for years to come.

Recommended Products

JOINT & SKIN MATRIX™

BioCell Collagen® is a clinically studied ingredient composed of naturally occurring hydrolysed collagen type II peptides, chondroitin sulfate, and hyaluronic acid. A patented bio-optimised process ensures increased bioavailability and rapid absorption. 120 Capsules.



PUREC™

This liposomal liquid solution provides 1000mg of vitamin C and 175mg of C Support (citrus bioflavonoids and quercetin) per serving for optimal absorption. 180ml. Vegan.



SERRANOL®

A unique formula with plant-based enzymes, nutrients, and botanicals in one capsule: bromelain (85mg), papain (20mg), Meriva® curcumin (250mg), ecklonia cava extract (50mg), and vitamin D3 (1000iu). 90 Capsules. Vegetarian.



GLUCOSAMINE, CHONDROITIN, MSM WITH ENZYMES

It is formulated with essential nutrients to support connective tissue and musculoskeletal health, plus enzymes for optimum nutrient absorption. 60 Capsules.



Sources

All references can be found at www.NaturallyHealthyNews.info



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Breathe Easy:

How to Look After Your Lungs for Life

Our lungs work tirelessly from the moment we take our first breath, yet most of us only notice them when something goes wrong. In the UK, lung disease remains one of the nation's three biggest killers. While respiratory diseases, most commonly pneumonia, lead to nearly 700,000 hospital admissions every year. Air pollution, smoking, viral infections, sedentary lifestyles and poor nutrition can all chip away at lung health. But with the right nutrients and daily habits, we can support our respiratory system well into later life.

Inside the Lungs

Each lung contains about 480 million tiny air sacs called alveoli. These tiny, delicate structures are where oxygen enters the bloodstream and carbon dioxide is released. Spread flat, they would cover the surface of a tennis court. Our lungs also possess their own housekeeping system. They are lined with microscopic hair-like structures called cilia, which sweep away dust, microbes and mucus to keep airways clear. But this system can easily become overwhelmed by

pollution, smoke or chronic inflammation. Over time, these irritants can cause scarring on the delicate lung tissue. This means the lungs become stiffer and less efficient at delivering oxygen, which can lead to shortness of breath and fatigue.

The Gut-Lung Connection

There is a two-way communication system linking the gut and lungs. This is known as the gut-lung axis. Both organs have their own microbiomes, and disturbances in one can influence the other. When the lung microbiome becomes unbalanced, known as pulmonary dysbiosis, it can affect the onset and severity of respiratory conditions. Studies have shown that people with asthma or COPD often have higher levels of pathogenic Proteobacteria, particularly Haemophilus, and people with cystic fibrosis tend to have increased levels of Candida albicans.

On the flip side, beneficial bacteria have been studied for their potential to support lung health through the gut-lung axis. For instance, Lactobacillus species may help regulate immune responses in the respiratory system, and Bifidobacterium lactis has been linked to re-

duced lung inflammation. A review of 24 clinical studies involving nearly 7,000 people in 2022 found that those taking probiotics, often containing Lactobacillus plantarum or Lactobacillus paracasei, were less likely to catch colds, experienced fewer infections and recovered around a day sooner if they did fall ill.

Nutrients That Protect the Lungs

Vitamin C: The Lung Defender

A powerful antioxidant, vitamin C helps protect lung tissues from pollutants and smoke damage. It also supports collagen production and maintains the elasticity of lung tissue. The best sources are citrus fruits, strawberries, bell peppers, kiwi, and broccoli.



Vitamin E: The Airway Protector

This fat-soluble vitamin helps protect the lung's delicate membranes and supports immune function in the respiratory tract. Studies link vitamin E-rich diets to reduced asthma and wheezing, especially among people exposed to high levels of pollution. Good sources include nuts, seeds, avocados and spinach.

Omega-3 Fatty Acids: Anti-Inflammatory Allies

Inflammation is at the root of many chronic lung conditions. Omega-3 fatty acids can help reduce inflammatory responses in the airways. Regular consumption of omega-3 fatty acids can improve lung function in people with asthma and may even help protect against the progression of COPD. Good sources

include oily fish, nuts and seeds.

Magnesium: The Natural Relaxer

The mineral magnesium helps relax the muscles surrounding the airways, allowing for smoother breathing. Low magnesium levels are associated with increased risk of asthma and restricted airflow. It is found in leafy greens, almonds, pumpkin seeds and whole grains.

Curcumin: The Golden Protector

The active compound in turmeric has remarkable anti-inflammatory and antioxidant properties that can potentially ease conditions such as asthma and chronic bronchitis.

Add a spoonful to smoothies, soups or golden milk.

Astaxanthin: The Super Antioxidant

Astaxanthin, the red pigment found in wild salmon, krill, and algae, is one of nature's most potent antioxidants. Studies suggest it can help reduce airway inflammation, guard against oxidative stress and support tissue repair. It may be particularly helpful for people living in polluted environments.

N-acetyl cysteine (NAC): The Mucus Thinner

NAC may help thin and clear mucus while offering antioxidant protection. A 2010 study found it can break down stubborn bacterial biofilms, which are implicated in up to 80% of chronic infections. Breaking down these biofilms helps reduce the ability of pathogens to colonise and cling to mucous membranes.

Bromelain: Nature's Decongestant

This pineapple enzyme is known for easing congestion, reducing inflammation, thinning mucus and soothing irritated airways. It may help relieve sinusitis and allergy-based sinus issues, which can contribute to coughs and mucus. One study found that 85% of adults taking bromelain showed significant improvement in nasal inflammation, compared with 40% in the placebo group.

Garlic: Nature's Antibiotic

Its natural antimicrobial properties have made it a traditional remedy for respiratory infections across cultures and throughout history. Sulphur-rich oils like allicin, which give garlic its powerful smell, can help combat bacteria, viruses, fungi and moulds. Try roasting whole bulbs, making garlic-infused oil, adding it to stir-fries, soups and stews, or sautéing it with greens for quick flavour.

Manuka Honey: Liquid Gold for the Airways

This unique honey from New Zealand is renowned for its ability to soothe sore throats and fight infection. Its active compound, methylglyoxal, gives it potent antibacterial power. Research from Waikato University shows that Manuka honey can destroy *Staphylococcus aureus* and *Streptococcus pyogenes*, both commonly found when people have colds or sore throats. It may also break down bacterial biofilms, which are often resistant to antibiotics. Importantly, there are no documented cases of bacterial resistance.

Lifestyle Factors for Lung Health

Hydration and Lung Health

With the lungs made up of around 80% water, hydration is essential. It helps keep the mucosal lining in the airways thin, making it easier to clear mucus and debris. Aim for 1.5 to 2 litres of water daily. Herbal teas count towards this daily intake; options like peppermint or ginger can further soothe the airways and help ease congestion.

Start the Day in a Lung-Friendly Way

A few simple morning habits can set your lungs up for the day. Step outside for a moment of fresh air. Exhale and inhale deeply. Aim to 'eat the rainbow' by filling your plate with colourful fruits and vegetables, ensuring a wide range of antioxidants. Humming or singing naturally lengthens your exhalation and helps to strengthen the respiratory muscles. Finally, prioritise good sleep, as during deep rest, breathing slows and deepens, allowing lung tissue to repair.

Move More, Breathe Better

Exercise is one of the most effective ways to maintain strong lungs. Aerobic activity, like brisk walking, dancing, or cycling, helps make the lungs work harder to supply oxygen around the body. This helps them stay elastic and efficient. Stretching, yoga, and pilates improve posture, helping to open the chest cavity and create more room for the lungs to expand. Deep, diaphragmatic breathing enhances oxygen exchange and encourages efficient breathing patterns. Try to move every hour, as even a brief stretch or a short walk can help boost circulation and oxygen flow.

Clean Air Matters

Indoor air can be surprisingly polluted thanks to cleaning products, dust, mould spores and cooking fumes. Reducing exposure can make a huge difference. Ventilate your home, choose natural clean-

ing solutions and avoid synthetic fragrances that can irritate the airways. Air purifiers may help remove particles such as pollen and dust, while houseplants, especially spider plants and peace lilies, can improve indoor air quality. Outdoors, try to avoid busy roads at rush hour. On high-pollution days, bring your workout indoors.

Final Word

Our lungs work hard, and they deserve care long before disease strikes. Nourishing them with the right nutrients, adding in supportive daily habits and reducing exposure to irritants will help keep lungs strong, resilient and breathing easily for life.

Recommended Products

ASTAXANTHIN WITH DHA™

It contains the clinically studied AstaReal® astaxanthin, a powerful antioxidant and plant-source DHA. 90 capsules. Vegan.



VITAMIN E HEALTHY ORIGINS

Tocomin SupraBio® contains mixed tocotrienols and tocopherols for greater antioxidant activity and comprehensive coverage. 60 Capsules.



SERRANOL®

A unique formula with plant-based enzymes, nutrients, and botanicals in one capsule: bromelain (85mg), papain (20mg), Meriva® curcumin (250mg), ecklonia cava extract (50mg), and vitamin D3 (1000iu). 90 Capsules. Vegetarian.



NAC 600MG

N-acetyl cysteine (NAC) is a highly stable and bioavailable form of the amino acid cysteine. It is a potent antioxidant and a precursor to glutathione. 60 Capsules. Vegan.



Sources

All references can be found at www.NaturallyHealthyNews.info



Strength, from the Inside Out

Featuring 500 mg BERGAVIT[®] bergamot extract.

This formula offers a simple way to incorporate bergamot fruit extract into your daily routine as part of a long-term approach to heart and circulatory wellbeing.

Available at Independent Health Food Stores

It All Starts in the Mouth

Why Oral Health is Key to Whole-Body Wellness

For years, our mouths and anything to do with oral health have been treated as separate from the rest of the body. We brush and floss every day, show up for twice-yearly dental check-ups, and perhaps need the occasional filling or braces to straighten crooked teeth. But growing research suggests the mouth is not an isolated system. It is actually a critical gateway to overall health. What happens in the teeth, gums and tongue can profoundly influence everything from metabolic health and cardiovascular risk to cognitive function and even longevity.

Tooth Decay: A Huge Burden

Recent UK government data offers a stark indicator of the problem, as tooth decay was the number one reason children aged six to ten were admitted to hospital in 2021–22. The picture is just as concerning for adults. In England, the latest Adult Oral Health Survey found that 41% of adults have obvious signs of decay, up from 28% in 2009. If early decay is also included, nearly two-

thirds of adults are affected. People living in more deprived communities experience significantly higher rates of decay, echoing the same inequalities seen in heart disease, diabetes and other chronic conditions.

Gum Disease: The Silent Epidemic with Systemic Reach

From mild gingivitis to advanced periodontitis, gum disease is one of the most common health conditions worldwide. It is estimated that up to half of all adults may be living with some form of the disease. This is concerning because research shows people with gum disease are more likely to develop chronic health issues such as type 2 diabetes, rheumatoid arthritis, cardiovascular disease, certain cancers and even Alzheimer's disease, thus highlighting a powerful connection between oral health and overall systemic health.

One of the strongest and most well-studied links is between gum disease and type 2 diabetes. People with periodontal disease often

experience poorer blood-sugar control, and in turn, elevated blood sugar creates an environment promoting gum infection and inflammation. This creates a vicious cycle as infection fuels inflammation, then inflammation disrupts metabolic balance and impaired glucose control worsens gum disease. As a result, periodontal disease is now understood to be both a risk factor for and a complication of diabetes.

Oral Infections and Brain Health

One of the most talked-about bacteria in periodontal research is *Porphyromonas gingivalis*, a pathogen strongly linked with chronic gum disease. Intriguingly, scientists have



detected its DNA and the toxic enzymes it produces in the brain tissue of people with Alzheimer's disease. Laboratory studies also show that this bacterium can trigger inflammatory changes in the brain, which resemble early Alzheimer's-related damage. However, it is important to note that this research is emerging, and while it supports an association, it does not prove that gum disease causes Alzheimer's disease.

When the Mouth Sends Warning Signals

Bleeding gums, persistent bad breath, receding gum lines and loose teeth are classic early signs of periodontal distress. Another common, but often overlooked issue, is dry

mouth. Saliva plays a vital role in oral health by neutralising acids, washing away food particles and supplying antimicrobial components. When saliva flow is reduced, harmful bacteria can thrive, disrupting the oral microbiome and increasing the risk of tooth decay and gum infection.

Sugar, Acid and the Real Cause of Cavities

Most people think sugar directly causes cavities, but the real culprit is acid. The bacteria which naturally live in the mouth feed on sugar and convert it into acid, which then attacks the tooth enamel. When sugar, especially sucrose, is present, it fuels bacterial growth and acid production. Over time, this acid can erode

the enamel. If it reaches the softer dentin layer, the tooth can no longer repair itself naturally, and a filling becomes necessary. Brushing soon after eating shortens the time acid can sit on your teeth. Cutting back on sugar also limits the bacteria's food supply, lowering overall acid production. But to combat oral diseases, we need a multifaceted approach which goes beyond brushing.

Why Fluoride Isn't the Whole Answer

For decades, fluoride has been considered the standard preventive agent against tooth decay. As a naturally occurring element, it has been shown to strengthen tooth enamel and is widely incorporated

into toothpastes, mouthwashes, fluoridated water supplies and even dietary supplements. This year, however, the US Food and Drug Administration reviewed new evidence and has advised restrictions on unapproved ingestible fluoride products, particularly for children under the age of three. This follows a Cochrane review concluding that fluoride supplements do not significantly reduce cavities in primary teeth. The research also suggested that ingestible fluoride may adversely influence the gut microbiome, an important consideration for very young children, whose microbial ecosystems are still developing.

The FDA also acknowledges preliminary but potentially concerning data indicating that increased fluoride exposure may be associated with decreases in IQ. The FDA's message is clear: while fluoride still plays an important role in oral health, especially in topical products like toothpaste, ingestible fluoride products should not be given to children under the age of three, or to any child with a low or moderate risk of tooth decay.

Xylitol: The Sweetener That Protects Your Smile

Among the most encouraging developments in recent dental research is xylitol, a natural sweetener which cavity-causing bacteria cannot metabolise. Research shows that regular use of xylitol in gum, mints or oral sprays can help prevent tooth decay by increasing saliva flow and pH and by reducing harmful bacteria, plaque, dry mouth, gum inflammation and tooth erosion. Both the FDA and the American Academy of Pediatric Dentistry recognise xylitol

as safe, making it a reliable addition to daily oral care routines.

An Important Xylitol Warning

While completely safe for humans, xylitol is extremely toxic to dogs, even in small amounts. It should always be stored where pets cannot reach it.

Nutrients The Mouth Needs

Diet plays a crucial role in maintaining healthy gums and strong enamel. Vitamin C strengthens gum tissue, and deficiency is linked to periodontal disease. Vitamin D helps regulate immune responses and supports the body's defence against oral infections. Coenzyme Q10 promotes healing and oxygenation of gum tissue, contributing to healthier gums. Fermented foods such as kefir, sauerkraut, kimchi, and yoghurt provide beneficial probiotics that support a healthy oral microbiome and strengthen teeth and gums.

The Oral Health Habits That Matter Most

Consistent oral hygiene is essential. Brush twice daily, focusing on the gum line. Floss or use interdental brushes every day. Consider using a tongue scraper to reduce bacterial build-up. Chewing gum for 20 minutes after a meal stimulates saliva production, which helps wash away food debris, neutralise acids, strengthen enamel and reduce plaque build-up. A 2016 study estimated that if every 12-year-old in the UK chewed one extra piece of sugar-free gum daily, the NHS could save up to £8.2 million annually on dental care.

A Whole-Body Approach to a Healthy Smile

It's time to stop thinking of dental care as optional or cosmetic. The mouth is where whole-body wellness begins, and it's never too late to give it the attention it deserves. Combining good habits, proper nutrition and awareness of early warning signs will help protect teeth and gums for years to come.

Recommended Products

XYLITOL CHEWING GUM

Xylitol sugar-free gum is available in various flavours to support healthy gums, teeth, and fresh breath. Vegan.



SILVER BIOTICS® NATURAL WHITENING CORAL TOOTHPASTE

Naturally whiten teeth and promote healthy teeth and gums with SilverSol® and above-sea coral. 114g. Vegan.



PUREC™

This liposomal liquid solution provides 1000mg of vitamin C and 175mg of C Support (citrus bioflavonoids and quercetin) per serving for optimal absorption. 180ml. Vegan.



UB8Q10 UBIQUINOL

It contains the clinically studied Kaneka Ubiquinol™, the active form of CoQ10, known for superior absorption. 60 Vegetarian Softgels.



VITAMIN D3™ 4000IU

High-strength D3 support with 4000IU Vitamin D3 and 100mg coral calcium per capsule. Dairy and gluten-free. 100 Capsules. Vegetarian.



Sources

All references can be found at www.NaturallyHealthyNews.info

Energy In Motion

Supporting exercise, performance and recovery

Movement feels better when your energy keeps up with you. Whether it is a walk in the fresh air, a gym session, or simply keeping active through the day, having steady energy and recovering well can make all the difference to how you feel. Whether you are building strength, maintaining fitness or simply looking to stay active day to day, this becomes even more important over time.

At the centre of this is ATP, the body's energy currency. Every step, stretch and lift depends on it. When this system is working efficiently, and recovery is supported, movement can feel smoother, more comfortable and easier to maintain.

Energy at the Cellular Level

Energy production takes place within the mitochondria, often described as the body's energy centres. This is where nutrients are converted into usable energy.

Coenzyme Q10 plays a key role in this process, helping to support the production of ATP. L-carnitine also contributes by helping transport fatty acids into the mitochondria, where they can be used as a source of energy.

Supporting these pathways may help maintain steady energy levels, particularly during periods of increased physical demand.

Supporting Performance

As activity increases, so does the need for quick, accessible energy. Creatine plays a role here by helping recycle



ATP during short bursts of movement.

This can support strength, stamina and repeated effort in everyday movement, whether that is lifting weights, climbing stairs or staying active throughout the day. It is not just for athletes, but for anyone looking to maintain physical capacity over time.

Recovery and Muscle Comfort

Recovery is where the body restores and adapts. Magnesium plays an important role in normal muscle function, helping regulate contraction and relaxation, which can influence how the body feels after activity.

It also supports the nervous system, helping the body transition more easily from activity into rest.

Targeted Topical Support

Alongside internal support, topical approaches can add another layer to recovery routines. Magnesium lotions are often used after exercise and applied directly to the skin.

Some formulations include ingredients such as menthol, arnica and ginger, creating a gentle warming or cooling sensation that can help muscles feel more at ease after activity.

A Balanced Approach

When energy is supported, and recovery is prioritised, it becomes easier to stay consistent. Movement and

exercise feel more enjoyable, and the body is better able to meet the demands placed on it.

Over time, this creates a rhythm where movement, recovery and energy work together, supporting a way of staying active that feels sustainable, not forced.

Recommended Products

UB8Q10 UBIQUINOL

It contains the clinically studied Kaneka Ubiquinol™, the active form of CoQ10, known for superior absorption. 60 Vegetarian Softgels.



L-CARNITINE

Each capsule provides 500mg of L-carnitine fumarate, free from unnecessary fillers. 60 Capsules.



CREATINE MONOHYDRATE

Each serving provides 5g pure Creatine Monohydrate powder, completely unsweetened and free from fillers or additives. 200g. Vegan.



ANCIENT MAGNESIUM® COOL RELIEF

A moisturising body lotion with Zechstein magnesium chloride and menthol, arnica and ginger to provide a cooling sensation while supporting magnesium intake. 200ml. Vegan.



Sources

All references can be found at www.NaturallyHealthyNews.info



Proteolytic Enzymes for Animals

SerraPet[®] - 250,000U or 80,000U Serrapeptase.

Our market-leading serrapeptase for animal consumption helps safely and effectively break down unwanted proteins and target inflammation, to support a wide variety of pet health concerns.

Available at Independent Health Food Stores

The Itchy Pet Epidemic

Why So Many Dogs and Cats Are Scratching — and What May Help

Few things are more upsetting than watching a beloved dog or cat constantly scratch, lick or chew at their skin. The restless nights. The red ears. The irritated paws. The feeling that something simply is not right.

Skin irritation is now one of the most common reasons for veterinary visits. While fleas and parasites can play a role, many modern cases are driven by chronic, low-grade inflammation and immune imbalance.

Today's pets are living in a very different environment from previous generations. Processed diets, environmental pollutants, and repeated immune triggers can all strain the body's natural balance. For many animals, the skin becomes the first visible sign that something deeper may need support.

The Gut–Skin Connection

We now understand far more about the relationship between the gut and the immune system. A significant proportion of immune activity takes place in the digestive tract. When the gut microbiome is disrupted, inflammatory signals can increase throughout the body, including in the skin.

Supporting digestive balance may

therefore help calm external symptoms. Choosing pet foods that include added probiotics or prebiotic fibres can help nourish beneficial bacteria. A more balanced microbiome supports appropriate immune responses and a stronger skin barrier.

The Role of Omega-3

Omega-3 fatty acids are among the most researched nutrients for maintaining healthy skin and coat condition in animals. These essential fats help regulate inflammatory pathways and support the structure of the skin.

When omega-3 intake is low, the skin may become dry, reactive and prone to irritation. Including a quality marine source in the diet may help support comfort and skin resilience.

Where Serrapeptase May Help

Serrapeptase is a proteolytic enzyme that helps break down excess proteins associated with inflammation. Traditionally used to support tissue health, it is gaining interest in animal care.

Assisting natural clearance processes and supporting normal tissue repair may offer additional support for pets experiencing ongoing irritation.

Looking Beneath the Surface

Itchy skin is rarely just a surface problem. Gut health, dietary fats, immune balance and tissue recovery all interact.

Taking a whole-body approach may offer a gentler and more sustainable path toward calmer skin and a happier companion. Always consult your veterinary professional before introducing new supplements.

Recommended Products

SERRAPET®

A serrapeptase enzyme dietary supplement for animals, including horses, cats, and dogs. It is available in 250,000U Tablets/Capsules and 80,000U Capsules. Vegan.



Sources

All references can be found at www.NaturallyHealthyNews.info

REALLY HEALTHY RECIPES

Thai Inspired Tom Kha Prawn Soup

This lovely refreshing soup is well known for its rich creamy and fragrant flavours, which can be enjoyed by adding either prawns, chicken or tofu. With this particular recipe we decided to use tiger prawns, which poach in the sauce to soak up all the aromas and spice whilst remaining very tender to eat. A personal favourite in our household.

Ingredients

- 1 tablespoon of coconut oil.
- Half an onion finely chopped, either white or red.
- 1 stalk of lemongrass. Peel the fibre-some outer layers to reveal a soft inner and finely chop.
- 2 cloves of garlic finely chopped.
- 1 red or green chilli, of your preferred choice for heat.
- 1 inch of fresh ginger root, finely chopped.
- 1 tablespoon of fish sauce.
- 2 teaspoons of either red or green Thai curry paste.
- 300ml of vegetable stock.
- 300ml of thick coconut cream.
- Tiger Prawns, 4-5 per serving.
- Half a punnet of closed cup mushrooms. Cut into quarters.
- 1 fresh lime.
- Fresh coriander finely chopped to garnish.



Serves: 4

Prep. 15 mins

Cook: 35 mins

Directions

1. In a medium sized saucepan, heat the coconut oil over a medium heat. Once hot then add the onion for 5 minutes until softened and translucent. Then add the garlic, ginger, lemongrass, chilli and continue to cook for 1 minute. Add the fish sauce and Thai curry paste and cook for a further 1 minute stirring everything well before pouring the vegetable stock into the saucepan. Letting it simmer for 20 minutes.
2. Some prefer to now strain all the aromatics out of the saucepan by passing the sauce through a sieve, however i prefer to either keep the ingredients in whole to maximise the flavour or blend the sauce to bring it to a smooth consistency.
3. Pour in the coconut cream and stir well, for a couple of minutes bringing the sauce to the boil and then add the lime juice, mushrooms and prawns to poach for between 3-4 minutes before serving.
4. Once served, then garnish each bowl with a pinch of coriander.

Study Smarter

Supporting Young Minds Through Exam Season

If someone in your family is facing exams this year, you will know how quickly the atmosphere can shift. Long evenings, rising pressure and disrupted sleep can affect the whole household. Social comparison and constant online chatter can amplify anxiety, making exams feel even bigger than they are. While revision matters, how young people study can be just as important as how long they study.

Smarter Study Habits

Small adjustments to routine can make a noticeable difference.

One helpful approach is the Pomodoro technique. Encourage them to study for 25 minutes, followed by a five-minute break. After four rounds, take a longer pause. Short, focused bursts help maintain concentration and reduce mental fatigue far better than hours of continuous reading.

Active recall is another powerful tool. Instead of repeatedly going over notes, suggest they close the book and write down everything they remember about a topic. Testing the brain in this way strengthens memory pathways and improves long-term retention.

Environment matters too. A clear desk, good lighting and reduced phone use can significantly improve focus. Sim-

ple habits such as staying hydrated, eating balanced meals to maintain steady blood sugar, and getting fresh air between sessions can all support alertness and mental clarity.

Rest and Nutritional Support

Revision is only one side of the equation. Sleep is when the brain consolidates what has been learned, processing information and strengthening memory overnight. Without adequate rest, both concentration and recall suffer.

If stress is interfering with sleep, gentle relaxation strategies can help. Magnesium, whether used topically or taken orally in a gentle form such as glycinate, is often chosen to support relaxation and more settled sleep. A warm bath with magnesium flakes can also be a simple additional way to ease physical tension after hours at a desk and encourage a calmer transition into sleep.

Nutritional support may also play a role during periods of mental demand. Botanical ingredients traditionally used to support resilience, alongside nutrients such as omega-3 fatty acids and taurine, are commonly included in formulas designed to help maintain focus and calm energy.

Ultimately, exam season should not

be about pushing harder and harder. Helping young people work in focused blocks, prioritise sleep and use supportive nutrition can make the experience more balanced and far less overwhelming. Sometimes studying smarter, not longer, is the real key to success.

Recommended Products

REFOCUS®

It contains the clinically studied botanical Nutricog® ingredient with Ashwagandha KSM-66® to support brain function and cognitive ability. 30 Capsules. Vegan.



THE KRILL MIRACLE™

It contains sustainably sourced Superba Boost™ krill, rich in omega-3s (DHA/EPA), phospholipids, choline, and astaxanthin. 60 Fish Licaps™ Capsules.



ANCIENT MAGNESIUM® BATH FLAKES ULTRA

They are suitable for a bath or foot bath and contain ultra-pure Zechstein magnesium chloride with OptiMSM®. 1000mg. Vegan.



TAURINE™ SPRAY

This sublingual spray delivers taurine with fast and effective absorption. 200ml. Vegan.



Sources

All references can be found at www.NaturallyHealthyNews.info

Serrapeptase:

From Silkworm Enzyme to Targeted Support for Inflammation and Recovery

Serrapeptase is an enzyme with an unusual origin and a growing reputation in the natural health space. While it was first identified in the silkworm, it is now widely used in supplements across the USA, particularly by those looking for support with inflammation, recovery and tissue health.

A Natural Origin

The story begins with the silkworm, *Bombyx mori*. During its transformation into a moth, the silkworm produces a cocoon made of tightly bound silk proteins. To break free, it relies on serrapeptase, an enzyme produced by bacteria in its digestive system. This enzyme dissolves the cocoon, allowing the moth to emerge without damaging itself.

What drew scientific attention was the enzyme's ability to break down protein structures efficiently. In the 1960s, researchers in Japan isolated serrapeptase and began studying its effects more closely. Early findings suggested that it could break down certain protein-based materials involved in inflammation and tissue repair, leading to its use in enzyme-based therapies in parts of Europe and Asia.

Today, serrapeptase is produced through fermentation using specific strains of *Serratia* bacteria. This allows for a consistent, high-quality enzyme without the need for animal sourcing, making it suitable for modern supplement production.

How Serrapeptase Works

Serrapeptase belongs to a class of enzymes known as proteolytic enzymes, which break down proteins into smaller components. This function is central to many of its proposed benefits.

In practical terms, this means serrapeptase may help the body deal with the build-up of non-living protein material that can accumulate during normal processes such as inflammation, injury or tissue turnover. By helping to break this material down, the enzyme is thought to support the body's natural clean-up and repair mechanisms.

Joint Health and Recovery

One of the most common uses of serrapeptase is in supporting joint comfort and mobility. During periods of physical stress, whether from exercise, repetitive movement or ageing, the body produces inflammatory compounds as part of its repair response. While this is a normal process, prolonged or excessive inflammation can contribute to stiffness and discomfort.

Serrapeptase has been studied for its ability to help regulate this process by breaking down protein-based by-products associated with inflammation. This may support a more balanced inflammatory response and help reduce feelings

of tightness or restricted movement.

For those with active lifestyles, serrapeptase is often used as part of a recovery routine. It may help the body clear damaged tissue more efficiently, supporting a quicker return to normal function after physical exertion. This is one of the reasons it is commonly included alongside other recovery-focused nutrients, like magnesium and curcumin.

Respiratory and Mucus Support

Another well-known application of serrapeptase is in supporting respiratory health. The enzyme has the ability to break down protein structures found in mucus, which can become thick and difficult to clear during periods of congestion.

By helping to reduce the viscosity of mucus, serrapeptase may support the body's natural clearance mechanisms, making it easier to maintain open and comfortable airways. This is particularly relevant during seasonal changes or in environments where air quality may impact breathing comfort.

For individuals prone to sinus congestion or chesty symptoms, serrapeptase is often included as part of a broader approach to supporting respiratory wellbeing.

Circulation and Tissue Health



Serrapeptase is also of interest for its interaction with fibrin, a protein involved in blood clotting and tissue repair. While fibrin plays an essential role in healing, excess fibrin can accumulate in tissues and may affect normal circulation.

Research has explored serrapeptase's ability to break down excess fibrin, which may help support healthy blood flow and tissue function. This has contributed to its use in protocols aimed at maintaining cardiovascular and circulatory health.

Scar Tissue and Long-Term Repair

Another area where serrapeptase is gaining attention is in the management of scar tissue. Scar tissue forms as part of the body's natural healing process, but over time, it can become dense and less flexible than surrounding tissue.

Because scar tissue is largely composed of protein fibres, enzymes like serrapeptase are thought to help gradually break down or re-

model these structures. This may improve flexibility and comfort in the affected areas. While this is still an emerging area of research, it reflects a growing interest in how proteolytic enzymes can support long-term tissue health.

A Growing Role in Modern Wellness

In the USA, serrapeptase is now widely available as a standalone supplement or in combination with other enzymes. Its appeal lies in its targeted activity and the way it works alongside the body's natural processes.

That said, it is important to recognise that research into serrapeptase is still developing. While there are promising findings and a long history of use, not all applications are fully established in large-scale clinical trials. As with many ingredients in the natural health space, it is best viewed as part of a wider approach to health rather than a standalone solution.

Serrapeptase's journey from a silk-

worm enzyme to a modern supplement highlights how natural biological processes can inform nutritional science. Today, it is valued for its ability to break down unwanted protein material, support the body's inflammatory response and assist with recovery.

For those looking to support joint comfort, respiratory function or post-exercise recovery, serrapeptase offers a targeted option grounded in both tradition and ongoing research.

Recommended Products

SERRAENZYM[®]

The world's purest serrapeptase delivers 80,000U or 250,000U Serrapeptase in tablets and delayed release capsules. Phthalate-free. 90 capsules. Vegan.



Sources

All references can be found at www.NaturallyHealthyNews.info

The Quiet Signs Men Shouldn't Ignore

Supporting prostate health naturally, at every stage of life

It often starts subtly.

A slightly weaker flow. Getting up once in the night, then twice. That nagging sense that the bladder never quite empties properly. For many men, these changes creep in gradually, easy to dismiss, easy to adapt to. Life carries on.

But behind these small shifts is something far more common than most realise. Changes in prostate health affect a significant proportion of men as they age, yet it remains one of the least talked about areas of wellbeing.

Awareness has grown in recent years, prompting more open conversations. Even so, many men still wait until symptoms become disruptive before taking action.

The prostate itself is a small gland, but its influence is anything but minor. As it enlarges, it can press against the urethra, affecting urine flow. This is why prostate changes and urinary symptoms are so closely linked. Frequent urination, especially at night, difficulty starting or stopping, or a feeling of incomplete emptying are often the first signs.

While common, these changes are not something to simply accept.

Lifestyle, nutrition and targeted plant compounds can all play a role

in supporting prostate health and helping men feel more comfortable and in control again.

A modern lifestyle challenge

One of the less obvious contributors is the way many men now live and work.

Long hours sitting, limited movement, and ongoing low-level stress can influence circulation and inflammation. Over time, this may have a knock-on effect on the prostate. Add to that a diet low in whole foods, and the body may be missing key nutrients it relies on for balance.

Encouragingly, small, consistent changes can make a meaningful difference.

Regular movement, even something as simple as brisk walking, supports overall circulation and helps deliver oxygen and nutrients to tissues, including the prostate.

Exercise also supports a healthy weight and hormonal balance, particularly relevant for men over 50.

Alongside movement, diet forms the foundation.

A plate rich in colourful vegetables, berries and healthy fats provides

antioxidants that help the body manage oxidative stress. Tomatoes, especially when cooked, are a well-known source of lycopene, while omega-3 fatty acids, found in oily fish and certain plant foods, are valued for their role in helping to regulate inflammation.

These are simple steps, but they help create the conditions for better overall function.

“It is often the quiet symptoms that appear first, long before they begin to disrupt daily life.”

Where herbs can help

Alongside lifestyle measures, certain traditional plant extracts have been used for generations to support men's urinary and prostate health.

Saw palmetto, derived from the berries of a small palm tree, is one of the most widely used. It has been studied for its role in supporting normal prostate function, particularly in men experiencing age-related changes. Many turn to it when urinary flow feels less steady or more effortful.



Nettle root is another well-established botanical that contains naturally occurring compounds, such as phytosterols, which are thought to interact with pathways linked to prostate function and hormonal balance.

Alongside these, pumpkin seed extract is increasingly recognised for its role in supporting bladder function. Rich in phytosterols and essential fatty acids, it is often used when urinary frequency and urgency become more noticeable, particularly at night. Supporting bladder comfort and control can make a meaningful difference to both sleep and daily routine.

Together, these ingredients are often used to support a more comfortable urinary experience, helping men feel less preoccupied and more able to go about their day with confidence.

For more targeted urinary support, uva ursi has a long history of traditional use. Sometimes called bearberry, it has been used in herbal medicine to support bladder health. It contains arbutin, a compound studied for its interaction with bac-

teria within the urinary tract.

This makes it particularly relevant where discomfort is centred more around the bladder itself.

Pomegranate extract adds another dimension. Rich in polyphenols, it provides antioxidant support, helping to protect cells from oxidative stress. This can be valuable, as inflammatory and oxidative processes influence both the prostate and urinary tract over time.

Rather than acting in isolation, these plant compounds are often combined to create a more rounded approach, supporting the system as a whole.

A more proactive approach

What is perhaps most important is the shift in mindset.

For many men, prostate health only becomes a focus when symptoms are already affecting daily life. Yet there is value in taking a more proactive approach earlier on.

That might mean paying attention to subtle changes, prioritising movement, or making small but consistent improvements to diet. It may also include considering well-formulated supplements that bring together traditional botanicals in a convenient way.

Equally, it is about recognising that these changes are common, and that support is available.

Because often, it is not the dramatic symptoms that matter most.

It is the quiet ones that appear first.

Recommended Products

PROSTATE PLUS+™

A unique formulation of beneficial vitamins, minerals and botanicals for men's health. 120 Capsules. Vegetarian.



PUMPKIN SEED EXTRACT WITH SOY ISOFLAVONES

Natural botanical extracts to support urinary and bladder health. 60 Capsules. Vegan.



Sources

All references can be found at www.NaturallyHealthyNews.info

50 Ways to Celebrate Your Health

As we celebrate our golden milestone, the 50th edition of *Naturally Healthy News*, we wanted to leave you with a vibrant collection of 50 of our favourite and most practical tips, drawn from the themes we return to time and again.

Whether you are seeking to eat better, improve energy, sharpen your mind or simply looking for a daily boost of joy, these tips are here to support, inspire and cheer you on every step of the way. Consider this your golden toolkit to dip into whenever you need a little reset, a little motivation or a gentle nudge back towards balance.

- 1.** Eliminate processed foods. Return to pure, uncomplicated, nourishing foods. Inflammation will start to ease, energy improves and digestion will thrive.
- 2.** Eat the full rainbow daily. Vibrant fruits and vegetables deliver the broadest spectrum of nutrients and antioxidants for long-term health and vitality.
- 3.** Choose organic whenever you can. Cleaner food means exposure to fewer harmful chemicals and provides deeper nourishment.

4. Include seasonal produce. Eating fruits and vegetables in season provides peak nutrients and supports local ecosystems.

5. Reduce artificial additives. Minimising synthetic flavours, colours and preservatives will help lighten the toxic load, supporting the liver, gut and immune function.

6. Eat cruciferous vegetables every day. Their natural compounds help balance hormones and protect cells from the constant stressors of modern living.

7. Add whole grains like brown rice, oats and quinoa to the diet. They provide fibre, help steady energy, and support beneficial gut bacteria.

8. Cut back on processed oils. Instead, choose olive, avocado or coconut oil to help nourish cells and reduce inflammation.

9. Prioritise omega-3 fats. They support the heart, brain, mood and inflammatory response. Include oily fish, nuts, seeds or a high-quality supplement.

10. Enjoy a small daily portion of nuts and seeds. Almonds, walnuts, chia, and flax provide nutrients to support brain function and heart

health, and help balance energy levels naturally.

11. Include fermented foods. Yoghurt, kefir, sauerkraut and kimchi help support gut bacteria, digestion and immune function.

12. Limit refined sugar. It fuels inflammation, disrupts metabolism and drains energy. Choose natural sweeteners like xylitol or whole fruits in moderation.

13. Load up on fibre from vegetables, legumes and whole plant foods to support digestion, stabilise blood sugar and nourish gut microbes.

14. Season your meals with mineral-rich sea or rock salt. As well as enhancing flavour, it provides essential trace minerals and electrolytes.

15. Flavour meals with natural spices liberally. Ginger, turmeric and cinnamon offer anti-inflammatory and digestive support.

16. Use herbs for a gentle detox. Parsley, coriander, basil, rosemary and thyme all provide antioxidants, aid digestion, and elevate flavour naturally.



17. Avoid late-night eating. Finish meals at least 2–3 hours before bed to support sleep, digestion and natural metabolic rhythms.

18. Pay attention to hunger cues. Pacing meals and eating with awareness improves digestion, reduces overeating and helps restore natural fullness signals.

19. Eat slowly and mindfully. Focus on each bite, chew and savour. This helps improve digestion, nutrient

absorption and satisfaction.

20. Boost digestion with natural enzymes. Pineapple and papaya help break down food, enhance nutrient absorption, and keep the gut feeling light and comfortable.

21. Hydrate wisely. Drink plenty of water, but don't overdo it, as too much can dilute essential electrolytes. Aim for balanced, mineral-rich hydration.

22. Add a tiny pinch of bicarbonate to water. This 'penny cure' is a cheap and easy daily ritual which may help restore the body's natural acid–alkaline balance.

23. Morning hydration. Start your day with a glass of filtered water with a squeeze of lemon to kick-start detoxification.

24. Practice slow diaphragmatic breathing. This simple habit helps reduce stress, improve circulation

and can even help restore clear, calmer thinking.

25. Spend time in natural sunlight. Gentle exposure boosts vitamin D, uplifts mood, regulates sleep rhythms, strengthens immunity and helps reconnect with the natural world.

26. Walk daily. It can help strengthen the heart and lungs, clear the mind, boost circulation and it's great for the soul.

27. Include short bursts of high-intensity exercise. It can help naturally boost metabolism, improve cardiovascular resilience, build strength, and encourage fat burning.

28. Combine aerobic training with strength training and weight-bearing exercise. This combination helps build muscle, protect bones and enhance heart health.

29. Stretch gently each day. This helps improve circulation, flexibility, and posture, and supports relaxation by naturally reducing tension.

30. Practice stress-reducing techniques daily. Breathing exercises, meditation, or gentle yoga help calm the nervous system and balance emotional health.

31. Daily digital detox. Limit exposure to EMF sources, such as phones and Wi-Fi, when possible. Take regular breaks when using computers.

32. Make restful sleep a priority. Deep sleep repairs the body, strengthens immunity, and supports mood and hormone balance.

33. Keep a consistent sleep schedule. Getting to bed and waking at the same time every day helps reg-

ulate natural rhythms and sharpen focus and energy.

34. Incorporate mindful relaxation rituals. Warm baths, gentle stretching, or listening to calming music help reduce stress and balance nervous system function.

35. Limit exposure to blue light before bedtime. Reducing screen time in the evening supports melatonin production, circadian rhythm and sleep quality.

36. Reduce toxins in your home. Choose natural cleaning options, cleaner cosmetics and improve indoor air for hormonal and overall wellness.

37. Reduce exposure to plastics and chemicals. Choose glass or stainless steel for food storage, avoid heating plastics, and minimise synthetic household products.

38. Check air quality. Open windows for a short period when outdoor air quality is good, or use an air purifier in the bedroom and living areas.

39. Cultivate houseplants. Spider plants, peace lilies and snake plants naturally filter toxins from the air, improve oxygen levels and improve indoor air quality.

40. Take regular nature breaks. Spending time outdoors, even briefly, lowers stress, improves mood, and supports mental clarity.

41. Practice good posture daily. Sitting and standing with proper alignment reduces strain on muscles and joints, supports circulation and helps prevent chronic pain

42. Practice grounding or earthing. Walking barefoot on grass, sand or

soil can help reduce stress, inflammation and reconnect you with nature.

43. Maintain a positive mindset. Daily affirmations or mindfulness practices help manage stress and enhance overall resilience.

44. Include regular self-massage or dry skin brushing. These techniques stimulate circulation, support lymphatic detoxification and relax tight muscles.

45. Practice gratitude daily. Journaling or reflecting on positive moments supports mental well-being, reduces stress and encourages a healthy outlook.

46. Keep your living space tidy and clutter-free. A clean, organised environment reduces stress, improves focus and promotes mental clarity

47. Engage in mental challenges. Reading, puzzles, or learning new skills keeps the brain active, improves cognition, and supports long-term memory.

48. Enjoy creative expression. Drawing, writing, music or crafting boosts mental health, reduces stress and encourages problem-solving and joy.

49. Laugh and socialise every day. Joyful interaction and laughter reduce stress hormones, uplift mood, and support natural immunity and emotional well-being.

50. For an occasional gentle pleasure, savour a small glass of red wine like a Shiraz alongside a nourishing meal.



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