

NATURALLY HEALTHY NEWS

ISSUE 48

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• Embrace Summer and Look After Your Skin •

Beat the Blood Sugar Rollercoaster • Nutrition for Longevity

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Vitamin D3 and Vitamin K2 are designed to work together for your health.

 **Bone Health:** D3 enhances calcium absorption, while K2 directs calcium to your bones where it's needed most.

 **Cardiovascular Support:** K2 ensures calcium doesn't accumulate in soft tissues, supporting heart health.

 **Overall Wellness:** Together, they promote vitality and a balanced calcium metabolism for long-term well-being.

Available at Independent Health Food Stores



Hello and welcome to Issue 48 of Naturally Healthy News.

It's hard to believe we're already in 2025—quarter of a century into what once felt like the “new millennium” for those of us of a certain age! Time is precious, and life moves on all too quickly. So make the most of every day, and try to enjoy every sunrise and sunset you can with those you love.

From our article on page 28, ‘Eating for two? Give your Baby a Great Start’ through to a fascinating article on ‘Longevity and Increasing your Lifespan’ on page 10, we explore ways to live as healthy a life as possible. Enabling you to discover ways to take your health into your own hands, of course, always with a foundation of good nutrition, which is essential through all stages of life. However, sometimes extra support is required from natural health supplements, and you can read more on this topic in our article on page 56.

Products:

Good Health Naturally is delighted with the success of its Pumpkin Seed Extract, which was launched last year as a real solution for bladder health. Kicking off 2025, the range now includes High-Strength Vitamin K2, a premium daily essential. Plus, the refreshed Ionic Iron has arrived in upgraded glass packaging for an enhanced user experience. As we go to print we also have news of our own Magnesium Glycinate and Organic Chlorophyll & Spirulina capsules due very soon!

Success Stories:

We love hearing your success stories! Each month, we randomly select one reader to receive a surprise gift from Good Health Naturally. Share yours by emailing testimonials@naturallyhealthynews.info.

We'd also love to see your posts on social media! Tag us @naturallyhealthynews and @goodhealthnaturally for a chance to win free products.

Take very good care,

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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Vitamin K2:

Essential for Heart, Bones, and More

While vitamins like D, C, and A often take centre stage, Vitamin K2 is equally vital, especially for long-term health. This lesser-known nutrient supports heart health, strengthens bones, and optimises calcium metabolism. Unlike Vitamin K1, which aids blood clotting, Vitamin K2 specifically directs calcium to the bones and teeth, preventing harmful deposits in arteries and soft tissues. Given the modern diet, low in fermented foods and organ meats, many people miss out on adequate Vitamin K2, making supplementation a key consideration.

Why Vitamin K2 is Essential

Vitamin K2 ensures calcium is utilised efficiently by activating matrix Gla-protein (MGP), which prevents calcium from accumulating in arteries. This process is essential for cardiovascular health, as excessive calcium buildup in blood vessels can lead to atherosclerosis. In fact, a study in the *Journal of Nutrition* found that individuals with higher Vitamin K2 intake had a 57% reduced risk of cardiovascular disease-related mortality.

Vitamin K2 also plays a significant role in bone health by activating osteocalcin, a protein that binds calcium to the bone matrix. This function helps maintain bone density and strength, significantly reducing the risk of fractures and osteoporosis. Research from *Osteoporosis International* showed

that Vitamin K2 supplementation improved bone mineral density in postmenopausal women—a group at high risk for osteoporosis. These findings make Vitamin K2 essential for those looking to support strong bones throughout life.

The Synergy of Vitamin K2 and Vitamin D

While Vitamin D assists in calcium absorption, Vitamin K2 ensures calcium is deposited in the right places. This pairing is crucial for both bone and cardiovascular health, as it minimises the risk of calcium accumulating in arteries. A review in *Advances in Nutrition* emphasises the synergistic effects of these vitamins, suggesting that together, they offer more comprehensive benefits than when taken separately.

Why Supplementing is Often Necessary

Foods high in Vitamin K2, like natto (fermented soy), hard cheeses, and organ meats, are not common in many diets, making supplementa-

tion a practical solution. The MK-7 form of Vitamin K2 is particularly effective as it remains active in the body longer.

Incorporating Vitamin K2 through diet or high-quality supplements can offer substantial benefits, from heart health to strong bones. Making Vitamin K2 a part of your daily routine can contribute to a healthier, more resilient body for years to come.

Recommended Products

HIGH STRENGTH VITAMIN K2

A high-strength formula delivering 200mcg of highly bioavailable Vitamin K2 (MK-7) to support bone and cardiovascular health. 90 Capsules. Vegan.



VITAMIN D3/K2 SPRAY™

Sublingual spray with vitamins D3 and K2. Flexible dosing, with 200iu of D3 per spray. Suitable for all ages. 30ml (220 sprays per bottle). Vegan.



Sources

All references can be found at www.NaturallyHealthyNews.info



Beat the Blood Sugar Rollercoaster

Diet and Lifestyle Tips for Lasting Balance

Do you experience energy slumps, sugar cravings, and mood swings? These could be signs you need to work on your blood sugar balance. While Type 2 Diabetes is becoming more prevalent, it's worth remembering high blood sugar can contribute to a range of health issues, including heart disease. Fortunately, with the right diet and lifestyle adjustments, it is possible to manage blood sugar levels and improve health.

Understanding Blood Sugar

After we eat, our blood glucose levels rise, prompting the pancreas to release the hormone insulin. It literally sweeps out any excess glucose from the blood into our cells, where it is stored. Then, when energy is needed, the pancreas sends out another hormone called glucagon, which triggers the release of the stored glucose. This system has worked effectively for thousands of years but is becoming unstuck because of our modern excessively

sugary diets and lack of exercise. If we constantly eat sugary or starchy foods, our cells may struggle to take up all the glucose. The pancreas will then release more and more insulin. Cells can start to become insulin resistant, which means blood sugar will remain dangerously high.

Balancing Blood Sugars

Opt for Whole Foods

Replace refined carbohydrates with whole grains. Foods like quinoa, brown rice and whole grain bread are all rich in fibre and will help slow the absorption of sugar into the bloodstream. Choose non-starchy vegetables like leafy greens, broccoli, and peppers, which have a low glycemic index. Low-sugar fruits, especially berries, apples, and pears, are also great choices. Include healthy proteins like chicken, fish, and legumes, as well as 'good' fats, such as avocados, nuts, and olive oil, which help with feelings of

satiety and prevent spikes in blood sugar levels.

Portion Control

Overeating can lead to excessive blood sugar spikes. Being mindful of portion sizes can help regulate blood sugar. Consider using smaller plates or bowls and pay attention to hunger cues.

Stay Hydrated

Dehydration can lead to higher blood sugar concentrations. Aim for eight glasses of water a day. Herbal teas or infused water with lemon or cucumber can be refreshing alternatives that also count toward your hydration goals.





Incorporate Regular Physical Activity

Exercise can be an effective way to lower insulin resistance. Aim for at least 150 minutes of moderate-intensity aerobic activity each week, such as brisk walking, cycling, or swimming. Incorporating strength training exercises can further enhance your body's insulin sensitivity. Building muscles means more storage, so glucose can be taken out of the bloodstream rapidly, avoiding fluctuations in blood sugar and spikes in insulin.

Manage Stress Levels

Chronic stress can lead to hormonal imbalances, which can affect

blood sugar levels. Practices such as yoga, meditation, or even simple deep-breathing exercises can help reduce stress. L-Theanine, an amino acid found in green tea, is known for its calming effects and can help alleviate both the mental and physical symptoms of stress.

Get A Good Night's Sleep

Sleep is often an overlooked factor in blood sugar regulation. Aim for 7-9 hours of quality sleep each night. Poor sleep can lead to insulin resistance and increased cravings for sugary foods. Establish a calming bedtime routine and create a sleep-friendly environment to improve your sleep quality. The amino acid L-Tryptophan, which is found in meat, tofu and nuts, is a precursor to the 'feel good' neurotransmitter serotonin and 'sleep inducing' melatonin. It can help calm the mind and improve mood and sleep.

Try Fasting

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

The Microbiome is Everything

Look after your gut bacteria too, as we now know their health is critical in determining your health. Studies show that an imbalance in the microbiota is linked to obesity and Type 2 diabetes. To support a healthy gut, ensure there is plenty

of vegetables and fibre in the diet. Fermented foods like kefir and sauerkraut can be beneficial too.

Beneficial Bergamot

This Italian citrus fruit is rich in flavonoids and prized for its many health benefits. Studies suggest it can help regulate blood sugar levels and promote insulin sensitivity. It may also lower LDL cholesterol and triglycerides while raising HDL cholesterol—important because high cholesterol and triglycerides often accompany insulin resistance.

Conclusion

Remember that small changes can lead to significant improvements over time, so start with manageable steps and gradually build upon them.

Recommended Products

HEARTPOWER+™

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



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

EMBRACE SUMMER AND LOOK AFTER YOUR SKIN

While we all look forward to summer with its warmer days and outdoor adventures, these changes can pose challenges for our complexion. Heat, humidity and sun exposure can increase oil production, leading to breakouts, sunburn and premature ageing.

Vitamin C: The Skin Brightener

This is a potent antioxidant which helps protect the skin from environmental stressors like UV rays and pollution. It works by neutralising free radicals and supporting the skin's natural healing process, aiding in the repair of sun damage. During the summer, heat and humidity can also lead to dehydration, which affects your skin's moisture levels. Vitamin C helps maintain hydration. Since our bodies cannot produce vitamin C on their own, it's essential to include vitamin C-rich foods in your diet. Try adding peppers, citrus fruits, berries and broccoli to your meals, or consider a supplement for an extra boost.

Astaxanthin: A Summer Shield

This naturally occurring red carotenoid pigment is found in sea-

food such as salmon, shrimp, and lobster, as well as in microalgae. A powerful antioxidant and anti-inflammatory, it is particularly beneficial in summer when your skin is more exposed to UV radiation. Research suggests that astaxanthin can protect the skin from UV damage, improve elasticity, and enhance overall skin texture. It may also help with moisture retention, keeping your skin plump and radiant. Plus, it supports eye health by protecting against UV damage, which is especially important on those sunny days spent outdoors.

Bakuchiol: A Natural alternative to Retinol

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. It also has anti-inflammatory properties, making it effective for calming irritated skin. Unlike retinol, which can make skin more sensitive to the sun, bakuchiol is safe for daytime use, making it an excellent choice for a summer skincare routine.

With just a little extra care and some thoughtful choices, you can keep your skin looking healthy and radiant all summer long.

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.



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.



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



Discover Year-Round Radiance

Revitalising Moisturiser is a unique blend of powerful ingredients. It harnesses the antioxidant protection of CoQ10, the potent benefits of plant-based retinol alternative Bakuchiol Oil, and the nourishing natural ingredients of aloe, sweet almond, oat, and avocado oils. Biotin helps promote optimal skin health, and panthenol (vitamin B5) locks in moisture effectively, ensuring your skin stays healthy and hydrated.

Experience the perfect blend of nature and science.



No Artificial Ingredients



Not Tested on Animals



Suitable for All Skin Types




GoodHealthNaturally
Because it Works!®

Available at all good independent health stores

Nutrition for Longevity

We all want to live a long, healthy life, but what if the secret to slowing ageing isn't just in our genes but in what we eat and how we live? Scientists have been fascinated by this question for years. While genetics seem to play a role, studies have shown 'good' nutrition, calorie restriction and looking after gut health may all help delay the onset of diseases, preserve cognitive capacity and even increase longevity. While we may not be able to turn the clock back, we may be able to make changes which can slow the ageing process.

What is Ageing?

It is a complicated process that can start in our twenties. Ageing involves genes, metabolism, inflammation, oxidative damage and the accumulation of free radicals throughout the body. As we age, our organs gradually become less efficient and digestion may slow down. Parts of our brain may start to shrink, and communication between neurons can become less effective, which can affect memory and learning.

What is Biological Age and Why Does It Matter?

Because of the variability of ageing rates, scientists have started differentiating between chronological and biological age. Chronological age is our calendar age, while biological age measures how well our body functions. It is calculated by measuring cellular and molecular signs of ageing, like DNA methylation patterns, metabolic markers and immune function. These measurements offer a deeper insight into a person's overall health and risk for age-related diseases than simply counting the years. So, it is perfectly possible to be 60 years old with a biological age of 55, or vice versa.

Non-Linear Ageing

If you have ever felt everything in your body started breaking down all at once, it may not be all in your imagination. A new Stanford Medicine Study shows our bodies don't appear to age at the same gradual rate over time. The researchers tracked changes in more than

135,000 different molecules and microbes associated with ageing and found ageing seems to occur more dramatically in our mid-40s and early 60s. For example, molecules related to cardiovascular disease, skin and muscles showed significant changes at both time points. During their 40s, significant changes were seen in molecules related to alcohol, caffeine and lipid metabolism. For people in their 60s, changes were related to carbohydrate metabolism, immune regulation and kidney function. The existence of these clusters suggests people should pay particular attention to their health during these two ages. Reducing alcohol and caffeine consumption in their 40s as their ability to metabolise alcohol slows. While exercise should be increased during both their 40s





and 60s to maintain heart health and muscle strength.

DNA Telomeres and Biological Age

These are biological markers which contribute to our understanding of ageing. Each strand of our DNA is made up of chromosomes, which carry our genetic information. They are X-shaped, apart from the one which determines male sex characteristics, which looks like a Y. At the tip of each point of the X or Y is a small structure called a telomere. It acts as a buffer, protecting our genes from damage during cell division. With each cell cycle, telomeres get slightly shorter but can be repaired or even extended by

the enzyme telomerase.

Telomere length is a strong indication of ageing. Slowing telomere shortening and increasing telomerase activation may help maintain longevity. Research suggests that a healthy lifestyle can help lengthen telomeres. In particular, the consumption of fruits and vegetables, antioxidants and the Mediterranean diet have been associated with longer telomeres.

Antioxidants

Toxins, environmental pollutants and UV radiation can all cause oxidative damage in our cells and over time, this can gradually accumulate, causing ageing. In particular,

the DNA can become damaged, and the cell cycle may not work effectively. If the cell can no longer divide, it becomes senescent, reducing its ability to function. Tissues and organ systems will function sub-optimally, and there is an increased risk of uncontrolled cell division, which can be a cornerstone of cancer development.

Antioxidants can help counteract free radicals, unstable molecules that cause oxidative damage. They are found in brightly coloured fruits and vegetables like berries, kale, and bell peppers, antioxidants Vitamins C and E, as well as polyphenols found in dark chocolate, green tea, and resveratrol found in red wine.

Research suggests the amino acid taurine, which is found in meat and seafood, has powerful antioxidant properties that may help decrease the number of senescent cells. It has also been shown to increase the number of stem cells present in some tissues, which may aid tissue repair, support recovery from injury and reduce DNA damage.

Inflammation

Chronic inflammation is a known accelerator of biological ageing and plays a key role in diseases such as diabetes, cardiovascular disease, and neurodegeneration. Adopting an anti-inflammatory diet rich in whole foods can mitigate this risk. Omega-3 fatty acids have been shown to have inflammatory properties and promote cardiovascular and brain health.

The best source is oily fish, but they are also found in nuts and seeds. Spices like curcumin in turmeric, gingerol in ginger, and other spices offer potent anti-inflammatory and anti-ageing effects.

Plant-Based and Mediterranean Diets for Longevity

Two dietary patterns—the Mediterranean diet and the plant-based diet—have been extensively studied for their longevity benefits. The Mediterranean diet, rich in fruits, vegetables, whole grains, olive oil, and fish, has been linked to reduced inflammation, improved cardiovascular health, and extended lifespan. A team of Harvard scientists discovered substituting olive oil for margarine and mayonnaise was associated with a lower risk of

dementia-related mortality regardless of overall diet quality. Similarly, predominantly plant-based diets have been shown to reduce the risk of chronic diseases, promote weight management, and improve markers of biological ageing.

Calorie Restriction and Intermittent Fasting

Research consistently shows reducing calories can improve markers of biological ageing and may even expand lifespan. It has been linked to a reduction in oxidative stress, improved metabolic efficiency, and delayed onset of age-related conditions like cardiovascular disease and cancer. One study found cutting calories by 12% for two years in lean or slightly overweight adults slowed the pace of ageing by 2-3%. Although this effect may seem small, it adds up over time.

Intermittent fasting has also been shown to be beneficial. It helps activate autophagy, a process where cells remove damaged components, effectively “cleaning” the body at a cellular level. Approaches like the 16:8 method (16 hours fasting, 8 hours eating) or alternate-day fasting have been shown to improve insulin sensitivity, reduce inflammation, and potentially slow biological ageing.

Gut Health and the Microbiome

As we age, gut microbiome diversity tends to decline, which is associated with increased inflammation, weakened immunity, and faster biological ageing. Therefore, sup-

porting gut health through diet can play a crucial role in maintaining youthfulness. Foods like yoghurt, kefir, kimchi, and sauerkraut are rich in probiotics, which help replenish beneficial bacteria in the gut. Prebiotics are important, too; they are fibres that feed good bacteria and help them thrive. Prebiotic-rich foods include onions, garlic, bananas, and asparagus.

Final word

While ageing is inevitable, embracing these lifestyle changes can help us age gracefully and live longer, healthier lives.

Recommended Products

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.



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.



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.



PRESCRIPT-BIOTICS™

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



Sources

All references can be found at www.NaturallyHealthyNews.info



The AREDS Studies:

AMD, Eye Health and Nutrition

Age-related eye diseases are some of the leading causes of vision loss. To better understand how nutrition could impact their progression, the National Eye Institute (NEI) conducted two groundbreaking studies known as the Age-Related Eye Disease Studies (AREDS). These studies have profoundly affected how eye health is approached in the realm of natural health.

Understanding the AREDS Study

The original AREDS study, initiated in the 1990s, was a large-scale clinical trial designed to explore the effects of specific nutritional supplements on the progression of AMD. AMD is a common condition in older adults that affects the macula, the central part of the retina responsible for sharp vision. Over time, AMD can lead to significant vision loss, impacting an individual's ability to read, drive, and recognise faces.

The AREDS Formula

The study evaluated the impact of a specific blend of vitamins and minerals on the progression of AMD. This formulation, which included vitamin C, vitamin E, beta-carotene, zinc, and copper, became known as the AREDS formula. These nutrients were chosen for their antioxidant properties and role in maintaining healthy tissues, including the retina. Antioxidants help combat oxidative stress, which is one contributor to cellular damage in AMD.

The results of the first AREDS study were promising. The research demonstrated that the specific combination of antioxidants and zinc could reduce the risk of progression to advanced AMD by about 25% in individuals at high risk of developing the condition.

The second study refined the recommendations by including the powerful antioxidants zeaxanthin

and lutein, which are also well-known for their eye health support. The study also decided to remove beta-carotene. Formulas including Vitamin A are preferred.

How to Support Eye Health Naturally

In addition to considering AREDS-based supplements, maintaining a nutrient-rich diet is a key factor in promoting overall eye health. Foods that are rich in vitamins C (such as citrus), Vitamin E (such as nuts and seeds), lutein and zeaxanthin (such as spinach and kale), and zinc (seafood, red meat, and oysters) can be beneficial.

While AREDS supplements cannot replace a healthy lifestyle, they offer a valuable tool in the fight against age-related vision loss.

Recommended Products

MAXIFOCUS®

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



Sources

All references can be found at www.NaturallyHealthyNews.info

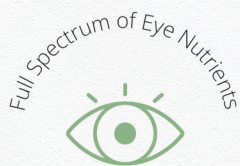
MaxiFocus®:

The Ultimate Eye Health Supplement

MaxiFocus® is a liquid supplement designed with the latest nutritional science and features liposomal delivery for optimal absorption.

Packed with essential carotenoids like lutein, zeaxanthin, and astaxanthin, MaxiFocus® is designed to support lens and macular health. Its potent formula also features riboflavin for vision maintenance and key vitamins A, C, E, zinc, and copper, as recommended in the AREDS study.

Beyond eye care, MaxiFocus® includes a comprehensive blend of antioxidants beneficial for overall health, including brain and skin health.



Five Surprising Benefits of Meditation

We live in a fast-paced world, and finding moments of peace can be a challenge. Meditation offers a simple, yet powerful solution. An ancient practice once associated with monks and mystics, it has grown popular in recent years as a tool for relaxation. And many of the benefits are now being backed by science.

1 Stress Reduction

Chronic stress can feel overwhelming and is linked to a range of health problems. By focusing on the breath and quieting the mind, meditation helps lower stress hormones. Numerous studies confirm that it can reduce symptoms of anxiety, depression, and stress. MRI scans show that it reduces activity in the amygdala, the part of the brain responsible for the “fight-or-flight” response. This leads to more measured reactions to stressors, resulting in greater calmness and clarity.

2 Mood-Booster

Many people who meditate regularly report increased feelings of happiness, inner peace, and overall well-being. These are not just subjective feelings; scientific studies show that meditation can help rewire the brain in ways that improve mood. A study found people who took part in an eight-week meditation program showed an increase in

grey matter in areas of the brain associated with emotional regulation and self-awareness.

3 Sharpen the Mind

Maintaining focus in today’s world can be difficult, but meditation trains the mind to stay present. This can help improve focus on tasks and even raise productivity. One study showed meditation helped cognitive performance on tasks requiring sustained focus. Other research found that just two weeks of meditation improved working memory capacity, with participants experiencing better reading comprehension, improved memory, and fewer distracting thoughts.

4 Improve Sleep

For those struggling with insomnia or restless nights, meditation can be a game-changer. A 2015 study found that participants who meditated experienced less difficulty sleeping and fewer symptoms of insomnia. It has shown great promise in helping people fall asleep faster and may improve overall sleep quality.

5 Heart health

Stress, poor lifestyle choices, and high blood pressure all contribute to heart disease. A 2012 study published in the American Journal of Cardiology found that regular meditation practice was associated with a significant reduction in blood pressure and a lower risk of heart attack

and stroke. This is thought to occur due to meditation’s ability to promote relaxation, reduce inflammation, and improve autonomic nervous system function.

Conclusion

Why not incorporate meditation into your daily life? Sign up for an online programme, download a meditation App or buy a CD. It is an easily accessible way to nurture the mind and body.

Recommended Products

RELAXWELL®

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



ANCIENT MAGNESIUM® LOTION WITH MELATONIN

A moisturising body lotion with Zechstein magnesium chloride and melatonin to support relaxation and your daily magnesium intake. 200ml. Vegan.



REFOCUS®

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



Sources

All references can be found at www.NaturallyHealthyNews.info

How to Strengthen Your Bones For Life

Strong bones are crucial! They provide structure to our body and protect our vital organs. However, as we grow older, bone density tends to decrease, which can put us at risk of conditions like osteoporosis. Our bodies are continuously breaking down old bone tissue and creating new to replace it. The good news is that the diet and lifestyle choices we make can support this process and help build stronger bones. Here are our top ten tips for building better bone health.

1 Get Plenty of Calcium

When we think about bone health, calcium is usually the first thing that comes to mind. It's the most abundant mineral in bones, so it is essential people get enough in their diets. It is found in leafy green vegetables, soybeans, tofu, nuts, sardines and dairy products.

2 Boost Bone Health with Vitamin D

The sunshine vitamin is important, too, because it helps the body absorb calcium efficiently. Without enough vitamin D, even a calcium-rich diet won't be fully effective for bone health. Research shows people who are deficient in vita-

min D have a higher risk of losing bone mass. The best source is sunlight, but it is also found in oily fish, mushrooms and egg yolks. For most people, supplements may be necessary, especially during the winter months.

3 Top up on Vitamin K

Another vitamin which plays an essential role in bone health is vitamin K. It helps reduce calcium loss and assists in binding minerals to the bones. It is found in green veg like asparagus and cabbage, sauerkraut, cheese and natto. It can also be synthesised by bacteria in the gut.

4 Don't Forget Magnesium, Boron and Zinc

Minerals are crucial, too. Magnesium helps convert vitamin D into its active form, which aids calcium absorption. Zinc is essential for bone tissue formation and mineralisation. The trace mineral boron helps prevent calcium loss and demineralisation. Foods rich in magnesium include spinach, almonds, and whole grains, while zinc is found in meat, shellfish, and pumpkin seeds. Boron can be sourced from fruits, beans, and other plant-based foods.

5 Vitamin C

Studies suggest low vitamin C may be associated with the development of osteoporosis and increased risk of fracture. The vitamin found in citrus fruit, bell peppers, and berries seems to have a beneficial effect on bone growth and reabsorption. It may also help stimulate collagen, leading to increased bone mineral density.

6 Eat Enough Protein

About 50% of bone structure is made from protein. A diet low in protein can weaken bones and hinder calcium absorption. Good sources include lean meats, fish, eggs, beans, legumes, and dairy products. For vegetarians, nuts, seeds, and plant-based protein like lentils and chickpeas are excellent choices.

7 Maintain a Healthy Body Weight

Being either underweight or overweight can negatively impact bone health. Low body weight increases the risk of bone loss and fractures, particularly in postmenopausal women. While being overweight can put excess strain on bones and joints, especially in weight-bearing areas like the hips, knees, and lower back.



8 Get Active

Weight-bearing exercises and resistance training help stimulate bone formation by putting stress on bones. This stress encourages bones to rebuild and maintain density. Aim for at least 30 minutes of moderate-intensity exercise most days of the week to improve bone strength. Strength training should also be part of your routine too. Lifting weights or using resistance bands helps to increase bone density by challenging your muscles and bones to grow stronger and enhances balance and flexibility, reducing the risk of falls.

9 Avoid Smoking and Limit Alcohol

Smoking and excessive alcohol consumption are both linked to weaker bones and an increased risk of fractures. Smoking reduces the body's ability to absorb calcium, possibly leading to lower bone density. Alcohol can disrupt calcium balance and excessive drinking may hinder bone formation and repair. Quitting smoking and limiting

alcohol intake can have significant benefits for bone health.

10 Reduce Caffeine and Fizzy Drinks

Excessive caffeine and carbonated drink consumption can have a negative impact on bone health. Caffeine can interfere with calcium absorption, and fizzy drinks, especially those high in phosphoric acid, may deplete calcium from bones. Limit coffee and tea to moderate amounts and consider swapping fizzy drinks for water or healthier alternatives to protect your bones.

Conclusion

There's a lot you can do to improve your bone health, so start taking action today. Incorporate bone-nourishing foods into your diet, get regular exercise, and consider a vitamin D supplement. Your bones will thank you for it!

Recommended Products

VITAMIN D3/K2 SPRAY™

Sublingual spray with vitamins D3 and K2. Flexible dosing, with 200iu of D3 per spray. Suitable for all ages. 30ml (220 sprays per bottle). 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.



ANCIENT MAGNESIUM® LOTION ULTRA

A light moisturising lotion with Zechstein magnesium chloride and OptiMSM® to nourish the skin and support your daily magnesium intake. 200ml. Vegan.



HIGH STRENGTH VITAMIN K2

A high-strength formula delivering 200mcg of highly bioavailable Vitamin K2 (MK-7) to support bone and cardiovascular health. 90 Capsules. Vegan.



Sources

All references can be found at www.NaturallyHealthyNews.info

Understanding Homocysteine Its Impact on Health

Homocysteine is an amino acid produced naturally when proteins are broken down in the body. However, when its levels become too high, it can be a significant risk factor for heart disease and cognitive decline. The good news is that through diet, lifestyle changes, and natural supplements, you can help lower homocysteine levels and protect your health.

Homocysteine and Methylation

Methylation is a crucial chemical process that occurs billions of times per second in every single cell of the body. It is involved in essential functions such as activating genes and synthesising neurotransmitters, hormones, and immune cells. Homocysteine is produced during this process. Under normal circumstances, it gets recycled into the amino acids methionine and cysteine, with the help of B vitamins—specifically B6, B12, folate, and choline.

If homocysteine levels build up in the body, it often signals a failure in this cycle, typically due to a deficiency in B vitamins. High homocysteine has also been linked to

poor diet and lifestyle habits, such as smoking, excessive alcohol consumption, use of certain prescription drugs, poor thyroid function, and, in some cases, rare genetic conditions.

High Homocysteine

Elevated levels are being recognised as a risk factor for a number of conditions such as cardiovascular disease, dementia and declining memory, poor concentration, fatigue, migraines and lower mood. In addition, women with high homocysteine levels may find it harder to conceive and are at risk of early miscarriage. Conditions such as diabetes and osteoporosis have also been associated with raised homocysteine levels. Given all these potential risks, you can see why finding ways to help lower homocysteine levels naturally is crucial for long-term health.

The Importance of B Vitamins

The complex metabolism of homocysteine is highly dependent on vitamins B12, folate and vitamin B6.



Folate is abundant in green, leafy vegetables such as spinach, broccoli, asparagus, Brussels sprouts and legumes like chickpeas and lentils. Vitamin B6 can be found in meat, pistachio nuts, pinto beans, avocado, sunflower and sesame seeds. Vitamin B12 is primarily found in animal products like meat, fish, eggs, and dairy. For vegans and vegetarians, supplementation may be necessary to meet their needs.

Furthermore, gut health plays a key role in the absorption of B vitamins. Low stomach acid or malabsorption can contribute to deficiencies. One study found that supplementing with folate, vitamin B6, and methylcobalamin (a form of B12) helped improve the homocysteine remethylation process and lowered homocysteine levels.

Healthy Fats and Choline



Omega-3 fatty acids, found in oily fish like salmon and mackerel, flaxseeds, and walnuts, have anti-inflammatory properties, which may help reduce the risk of cardiovascular disease, especially in those with elevated homocysteine levels. Interestingly, combining omega-3 fatty acids with B vitamins may enhance the homocysteine-lowering effects.

Choline an essential nutrient for brain development and memory, also plays a crucial role in methylation. It is found in foods like eggs, liver, and fish. While the body can synthesise small amounts of choline, it's usually not enough to meet daily needs, so it's important to get enough through diet or supplementation.

Cut back on Coffee, Avoid Smoking and Excessive Alcohol Consumption

Excessive coffee intake has been associated with higher homocysteine levels. Studies suggest that drinking more than four cups of coffee a day can raise these levels. Limiting coffee consumption to two or three cups daily is generally recommended.

Both smoking and excessive alcohol intake can deplete B vitamins, contributing to higher homocysteine levels. Smoking, in particular, contains harmful chemicals that can deplete folate, while alcohol interferes with B vitamin absorption, especially folate and B6. To help lower homocysteine, it's advisable to limit alcohol consumption to no more than one drink per day for women and up to two drinks per day for men.

Manage Stress

Chronic stress leads to elevated cortisol levels, which can interfere with the metabolism of B vita-

mins. To mitigate this, stress management is crucial. Practices like mindfulness, meditation, and deep breathing exercises can help reduce cortisol levels and may lower homocysteine. Poor sleep often accompanies stress, and insufficient rest can exacerbate the problem. Aim for 7-9 hours of quality sleep each night.

Monitoring Homocysteine Levels

Homocysteine levels can be easily measured with a blood test. Along with a diet rich in B vitamins, choline, and omega-3 fatty acids, managing stress and making lifestyle changes can help lower homocysteine levels. However, always consult with a healthcare professional before making significant changes to your diet or supplementation regimen to ensure it's appropriate for your individual needs.

Recommended Products

B4LIFE

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



ESSENTIAL DIGESTIVE PLUS™

A complete digestive enzyme complex with all essential enzymes for digesting every food group, plus inulin, a natural prebiotic fibre. 90 Capsules. Vegetarian.



Sources

All references can be found at www.NaturallyHealthyNews.info



Naturally Activated Charcoal:

A Gentle Approach to Digestive Health and Detoxification

Charcoal has been valued for its absorbent qualities for centuries, traditionally used as a natural filter and detoxifier. Today, it's widely recognised for supporting digestive health, but not all charcoal is the same. Naturally activated charcoal, made from pure natural hardwood, offers unique advantages over conventional activated charcoal, making it an ideal choice for balanced detoxification and digestive wellness.

What Sets Naturally Activated Charcoal Apart?

Unlike activated charcoal, which undergoes chemical treatment to amplify its absorption capacity, naturally activated charcoal is made through traditional, simple methods. This natural process maintains charcoal's structure and preserves valuable compounds, like Carbon 60 (C60). C60 is a potent antioxidant known to support cellular health, aid detoxification, and help protect the body from oxidative stress. Therefore, it is valued for its role in supporting the immune system and combating the effects of ageing.

Digestive Health Benefits

Naturally activated charcoal offers significant benefits for digestive comfort. Acting like a gentle, selective sponge, it absorbs unwanted substances, helping to alleviate issues like gas and bloating while allowing essential nutrients to be absorbed. This selective absorption helps maintain digestive health without depleting beneficial nutrients, which can occur with standard activated charcoal. Naturally activated charcoal provides a balanced approach to digestive well-being and nutrient absorption by supporting a healthy intestinal environment.

A Safe, Gentle Detox Solution

The absorbent qualities of naturally activated charcoal make it ideal for natural detoxification. It captures and binds to toxins in the body, allowing them to be safely eliminated without the harshness of processed forms. Because it's unprocessed, naturally activated charcoal is also less likely to interfere with nutrient absorption, making it suitable for regular use and an excellent choice for gentle, ongoing detoxification support.

An Ancient Practice Revitalised

Historically, charcoal has been used by various cultures for thousands of years as a natural remedy for clearing unwanted toxins and supporting digestive health. Naturally activated charcoal continues this tradition, delivering the same benefits in a natural, unrefined form that aligns with the body's needs.

In summary, naturally activated charcoal offers a pure, balanced approach to digestive support and detoxification. Its unique inclusion of C60 enhances its antioxidant power, making it an exceptional option for those looking to support overall wellness naturally.

Recommended Products

HAPPY TUMMY™ CHARCOAL CAPSULES

It contains naturally active charcoal made from pure natural hardwood, known for its detoxification benefits. 100 Capsules. Vegan.



Sources

All references can be found at www.NaturallyHealthyNews.info



B4Life

BioActive Vitamin B Complex

B4Life offers a complete range of essential B vitamins in both active and inactive forms for a broader range of benefits.

Active forms are ready for immediate use by your body, ensuring efficient absorption and quick benefits, while inactive forms support metabolic pathways and sustained vitamin release.

Our formula includes L-5-methyltetrahydrofolate, the active form of folic acid, ideal for those with folate-related genetic variations.

This dual approach caters to varying metabolic needs and supports energy production, nervous system health, and overall well-being.

Discover the benefits of B4Life today!



Good Health Naturally
Because it Works!®

Available at all good independent health stores



Elevate Your Energy with D-Ribose

D-ribose is well known in the athletic and sporting community for its potential to improve energy, performance and recovery. But could its benefits extend further?

What is D-Ribose?

D-ribose is a naturally occurring sugar found in the body. It plays a key role in the synthesis of the molecule ATP adenosine triphosphate, the 'energy currency' of the cell. ATP stores and releases the energy required for nearly every cellular function. Without adequate levels of ATP, cells cannot function efficiently, leading to fatigue, impaired recovery, and decreased vitality.

Under normal conditions, the body produces ATP fairly efficiently. However, this production can become compromised during periods of high demand, such as intense physical exercise, or when the body is under stress due to illness or chronic conditions like fibromyalgia or chronic fatigue syndrome.

The Energy Enhancer

For people with chronic fatigue or fibromyalgia, maintaining adequate ATP levels is crucial. D-ribose may help by supporting ATP production, potentially helping individuals regain

some of their lost energy. A study involving people with chronic fatigue syndrome (CFS) found that, after three weeks of supplementation with D-Ribose, 61.3% reported increased energy, 30% experienced improved mental clarity, and 37% reported enhanced overall well-being.

Athletes and fitness enthusiasts may also benefit. Studies have shown that people who supplemented with D-ribose performed better and reported less perceived exertion than the control group.

A Reduction of Pain and Stiffness

Strenuous exercise or chronic conditions like fibromyalgia can lead to sore muscles and stiffness. D-ribose may help because it accelerates the replenishment of ATP in muscle cells, allowing for quicker repair. One study found people with fibromyalgia who took D-ribose experienced significant reductions in pain, stiffness, fatigue and even improvements in sleep. It is thought the anti-inflammatory properties of D-ribose may also help alleviate muscle discomfort.

Its Role in Cardiovascular Health

The heart is one of the most metabolically active organs in the body,

constantly demanding ATP. Conditions such as coronary artery disease or congestive heart failure may mean the heart's ability to produce ATP can become impaired. D-ribose supplementation may support the production of ATP in cardiac cells, improving the heart's energy levels and potentially enhancing its ability to pump blood. This may help reduce symptoms such as shortness of breath and fatigue. A study found people with congestive heart disease who took D-ribose supplements experienced improved heart function and a better quality of life.

To Conclude

D-ribose is a promising option for people who want to elevate their energy levels, whether due to physical activity, chronic conditions, or recovery from illness.

Recommended Products

D-RIBOSE - LIFE EXTENSION

D-Ribose powder supports cellular energy and is convenient to take in water, juice or food. 150g. Vegan.



Sources

All references can be found at www.NaturallyHealthyNews.info

Brighten Your Smile Naturally

Maintaining a healthy mouth is not only essential for a confident smile but also for overall well-being. While brushing and flossing are essential to oral hygiene, natural ingredients can provide additional support for gum health, cavity prevention, and fresh breath. Here's how some natural options can enhance your oral care routine.

Silver: Nature's Antibacterial Agent

Silver has long been used for its antimicrobial properties, which can help combat harmful bacteria in the mouth. A study published in the Journal of Clinical Dentistry found that silver-based dental products significantly reduced the growth of oral bacteria, helping to prevent plaque formation and the development of cavities. Silver ions work by disrupting the bacterial cell walls, making it harder for bacteria to thrive and cause oral issues like gingivitis or bad breath.

Xylitol: Sweet Yet Beneficial

Xylitol, a natural sugar alcohol, is more than just a sweetener. Studies have shown that it helps reduce the

formation of cavities by inhibiting the growth of cavity-causing bacteria like Streptococcus mutans. Research published in the Journal of the American Dental Association suggests that regular use of xylitol can decrease plaque buildup and even help remineralise tooth enamel. By substituting xylitol for sugar in toothpaste or chewing gum, you can enjoy the sweetness without the harmful effects on your teeth.

CoQ10: Supporting Gum Health

Coenzyme Q10 (CoQ10) is a powerful antioxidant known for its benefits to heart and cellular health, but it also plays a crucial role in gum health. A study in the Journal of Clinical Periodontology showed that CoQ10 supplementation helped reduce gum inflammation and bleeding, common signs of gum disease. CoQ10 promotes healing by improving blood flow to the gums and supporting the regeneration of healthy tissue. It can be beneficial for those with gingivitis or more severe gum conditions.

Conclusion

Natural ingredients like silver, xylitol, and CoQ10 offer excellent ways to boost oral health. They work together to reduce bacteria, promote

healthier gums, and strengthen teeth. Incorporating these into your daily routine alongside regular brushing can help you naturally achieve a cleaner, healthier smile.

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.



SILVER BIOTICS® TOOTH GEL

This triple-action formula, which contains SilverSol®, xylitol, and therapeutic-grade peppermint oil, promotes healthy gums and teeth. Fluoride-free. 114g. Vegan.



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



The Role of Iron in Optimal Well-Being

Iron is a vital mineral essential for many physiological processes, including oxygen transport, energy production, and immune function. It is a key component of haemoglobin, which carries oxygen through the blood and is involved in collagen production and neurotransmitter synthesis, helping to maintain mood and cognitive function. Despite its importance, iron deficiency remains common, affecting around 2 billion people worldwide.

Causes of Iron Deficiency

Iron deficiency can result from inadequate dietary intake, poor absorption due to gastrointestinal conditions, increased iron requirements (e.g., pregnancy), or blood loss like heavy menstrual bleeding. People with these risk factors may struggle to maintain optimal iron levels.

Ionic Iron and Its Benefits

In its most bioavailable form, Ionic iron can be more readily absorbed and utilised by the body than traditional iron supplements. Research published in the *Journal of Clinical*

Pharmacology suggests that ionic iron supplements demonstrate higher absorption rates, leading to quicker improvements in iron levels. The ionic form of iron allows it to be absorbed more efficiently in the gastrointestinal tract, providing faster results with minimal disruption.

Ionic iron's liquid form also offers a gentler alternative to conventional supplements, minimising common side effects like constipation, nausea, or stomach upset. This makes it a suitable option for individuals who experience digestive discomfort with traditional iron supplements. Additionally, ionic iron can be easily mixed into water or juice, making it convenient to incorporate into your daily routine.

Natural Ways to Enhance Iron Absorption

Vitamin C, whether from foods or supplements, helps convert iron into a more absorbable form, enhancing the body's ability to utilise it. To optimise absorption, include plenty of vitamin C-rich foods in the diet or consider supplementing with

forms like liposomal vitamin C. Conversely, avoid consuming iron with substances that can inhibit absorption, such as tannins in tea or calcium in dairy, as these can reduce the body's ability to absorb and utilise iron effectively.

Conclusion

Ionic iron is a convenient and effective option for individuals looking to maintain healthy iron levels. It can be especially beneficial for those who struggle with the side effects of traditional iron pills, as the liquid form promotes quick and gentle absorption. However, it is important to consult with a healthcare provider before starting any supplement regimen, particularly for those with pre-existing conditions. By addressing iron needs with the right approach, individuals can support their energy, immune, and cognitive health naturally.

Recommended Products

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

REALLY HEALTHY RECIPES

Citrus & Ginger Quinoa Salad with Edamame

This vibrant quinoa salad is packed with fresh flavours and nourishing ingredients. The combination of citrus and ginger creates a zesty, refreshing dressing that complements the crisp texture of red cabbage and radish. Protein-rich edamame and quinoa make it a satisfying, wholesome dish perfect for any meal.

Ingredients

- ½ cup (85g) quinoa, rinsed and cooked
- ½ cup (75g) shelled edamame (fresh or frozen)
- ½ cucumber (5oz / 150g), diced
- ½ cup (2oz / 60g) thinly sliced red cabbage
- 4-5 radishes, thinly sliced
- 1 spring onion, finely chopped
- Zest and juice of 1 lemon (2 tbsp / 30ml juice)
- 1 tsp (5g) fresh ginger, grated
- 1 tbsp (15ml) extra virgin olive oil
- ½ tbsp (7ml) tamari (or soy sauce)
- 1 tbsp (9g) sesame seeds (black or white)
- 1 tbsp (3g) chopped fresh coriander

Serves: 4

Prep: 10 mins

Cook: 15 mins

Directions

1. **Cook the quinoa:** Rinse quinoa thoroughly, then cook according to package instructions. Let it cool slightly.
2. **Prepare the dressing:** In a small bowl, whisk together the lemon juice, ginger, olive oil, and tamari.
3. **Assemble the salad:** In a large bowl, combine the quinoa, edamame, cucumber, red cabbage, radish, and spring onion. Pour over the dressing and toss to combine.
4. **Garnish and serve:** Sprinkle with sesame seeds and fresh coriander. Enjoy immediately or chill for an even more refreshing taste.

Variations: Add avocado for creaminess, swap quinoa for brown rice, or toss in pumpkin seeds for extra crunch. You can get creative with what you have available.





Curcumin:

The Golden Key to Liver Health

Chronic liver diseases, such as fatty liver, cirrhosis, and hepatitis, affect millions of people worldwide. In response, researchers are increasingly exploring natural compounds like curcumin for their potential therapeutic benefits. Turmeric has a long history of use in both Ayurvedic and Traditional Chinese Medicine. Curcumin is the active compound responsible for turmeric's vibrant golden colour and is now recognised as one of its key bioactive components.

1 Anti-Inflammatory and Antioxidant Effects

The liver is the body's primary detoxifying organ and is vulnerable to damage from free radicals and oxidative stress. Curcumin has been shown to reduce oxidative stress in liver cells, promoting cellular repair and helping to reduce the risk of chronic liver diseases. Additionally, curcumin can inhibit pro-inflammatory cytokines and enzymes, which helps alleviate the chronic inflammation often associated with liver damage.

2 Liver Fibrosis and Cirrhosis Protection

Curcumin has also been studied for its potential in preventing liver fibrosis, a condition marked by excessive

scar tissue formation in response to liver damage. If left untreated, fibrosis can progress to cirrhosis, which may eventually lead to liver failure. Early research suggests that curcumin could play a role in halting or even reversing liver fibrosis. Its ability to modulate various cellular signalling pathways may help prevent the excessive build-up of fibrotic tissue.

3 Non-Alcoholic Fatty Liver Disease (NAFLD)

There is accumulating evidence supporting curcumin's beneficial effects on non-alcoholic fatty liver disease (NAFLD), a condition often associated with obesity and insulin resistance. The anti-inflammatory properties of curcumin may help improve insulin sensitivity and reduce lipid peroxidation — both of which are critical factors in the progression of fatty liver disease.

While more clinical trials are needed to fully understand curcumin's effects, existing research points to it as a promising agent for protecting the liver from inflammation, fibrosis, fatty liver disease, and oxidative damage. With its low toxicity profile and wide availability, curcumin holds significant potential as a complementary treatment for liver disorders.

Recommended Products

CURCUMINX4000® ORIGINAL

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



CURCUMINX4000® WITH FENUGREEK

It contains the clinically studied Meriva® curcumin, which uses phytosome technology for enhanced absorption. Fenugreek enhances absorption and offers additional metabolic benefits. 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



Power Up with Ionic Minerals

Discover the benefits of these two essential minerals.

Delivered in their pure, bioavailable form, the Ionic Mineral range ensures superior absorption for maximum effectiveness.



Ionic Iron Vital Support for Energy and Fatigue

Iron is essential for oxygen transport, supporting healthy energy levels and reducing fatigue*. Ionic Iron is formulated in its most bioavailable ionic form, ensuring optimal absorption with no digestive upset.

**Iron contributes to the reduction of tiredness and fatigue.*



Ionic Selenium Powerful Antioxidant Support

Selenium is a potent antioxidant that supports cellular health, immune function, and thyroid health**. The ionic formula ensures superior absorption, offering natural protection against oxidative stress and bolstering overall immunity.

***Selenium contributes to the protection of cells from oxidative stress, normal thyroid and immune function.*

Available at Independent Health Food Stores

Eating for Two?

Give Your Baby a Great Start

In an ideal world, preparing for a healthy pregnancy begins with a well-balanced diet even before conception and continues through all three trimesters.

Eating well during pregnancy can feel daunting as your focus shifts to include the health of the life growing inside. This responsibility can be especially unsettling if you're feeling nauseous and unwell in the early stages. While a healthy diet will always be important, there can be some relief in knowing the baby's nutritional peak requirements are in the third trimester, the time of the most rapid growth.

Setting the Foundation in the First Trimester

During the first trimester, the baby's neural tube, which will become the spinal cord, spine, brain, and skull, begins forming. B vitamins, especially folate (B9) and B12 play an essential role in this process. Foods rich in folate are beneficial, such as leafy greens like spinach and romaine lettuce, asparagus, Brussels sprouts, broccoli, citrus fruits, lentils, legumes, eggs, and liver from grass-fed sources. Many women find it challenging to eat a balanced diet during this period due to nausea or food aversions, so a supplement containing natural folate may be beneficial. Rather than synthetic folic acid, folate is generally better

absorbed and utilised by the body. Vitamin C is a significant nutrient throughout pregnancy. It supports immunity, which is vital during this first trimester when substantial hormone changes can be challenging. It also helps the absorption of iron.

Supporting Growth in the Second Trimester

As the pregnancy progresses into the second trimester, blood volume increases by nearly 50% to support both you and your growing baby. And with this comes an increased need for iron to transport oxygen efficiently.

Good sources of iron include beans (such as red kidney beans and chickpeas), nuts, dried fruit, pumpkin seeds, and quinoa. Spinach and broccoli also contain natural vitamin C, which helps with iron absorption. Ensuring sufficient iron and vitamin C intake can prevent fatigue and help both you and your baby stay energised. Look for a liquid ionic iron supplement to help avoid constipation and the low absorption issues often associated with the tablet form.

Fuelling Rapid Development in the Third Trimester

By the third trimester, the baby's growth and nutritional needs accelerate. Iron remains crucial

during this time, but the need for protein also rises to support cellular growth and placenta development. Calcium becomes particularly important as the baby's bones continue to develop. For proper calcium absorption, look for foods that contain vitamins D3 and K2 and magnesium. Leafy greens, broccoli, kale, almonds, sesame seeds, brazil nuts, sardines, and salmon are excellent sources of calcium.

Healthy fats, especially omega-3 fatty acids, play a vital role in brain development during this trimester. A baby's brain is composed of about 60% fat, and omega-3 fats provide the building blocks for healthy brain function. Good sources of omega-3s include fatty fish, such as salmon and sardines, as well as marine algae or krill supplements. These healthy fats





also help build up the baby's energy stores for birth and the first few days after delivery when they often initially lose a little weight.

Foods to Avoid for a Safe and Healthy Pregnancy

Understanding what to avoid can be as important as knowing what to include in your diet. Certain foods carry risks of contamination or may negatively impact foetal development. To minimise risk, avoid the following:

Undercooked or raw fish, meats, and poultry: These foods can carry harmful bacteria and viruses that can be dangerous during pregnancy.

Raw eggs: The risk of salmonella is higher with raw eggs, so avoid foods like homemade mayonnaise.

Unpasteurised milk and cheeses: Certain soft cheeses, especially those with a white rind (like brie and camembert) or blue veining (like Roquefort and gorgonzola), are best avoided unless they're cooked until steaming hot.

Unwashed produce: Thoroughly wash all vegetables and salads. Bacteria on unwashed produce can pose risks.

Ready meals that aren't thoroughly reheated: Always thoroughly cook through any pre-prepared boxed meals.

Paté (even vegetable paté): Patés may contain listeria, which poses a risk to pregnancy.

Alcohol: It's safest to avoid alcohol entirely, as it can interfere with the

baby's development.

Achieving Balance for a Happy Pregnancy

Limiting processed foods and refined sugars supports a healthier pregnancy, and nutrient-dense foods are undoubtedly important for both you and your baby. However, balance is key here. It's also important not to worry about occasional treats, and it's OK to have something different if you feel you want to. Whilst healthy eating is a way to give your baby a great start, nurturing yourself emotionally and mentally, and trusting your intuition as you look forward to your future together is equally important.

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.



VITAMIN D3/K2 SPRAY™

Sublingual spray with vitamins D3 and K2. Flexible dosing, with 200iu of D3 per spray. Suitable for all ages. 30ml (220 sprays per bottle). 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.



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

6 Natural Ways to Support Healthy Brain Ageing

As we age, maintaining brain health becomes more important than ever. Cognitive function—encompassing memory, focus, and mental clarity—can naturally decline with age, but adopting certain natural strategies can help slow or even prevent this process. By incorporating specific nutrients and botanicals, you can support long-term brain health and cognitive vitality.

Here are six natural strategies to help support cognitive function:

1. Omega-3 Fatty Acids

Omega-3s, particularly EPA and DHA found in fatty fish, protect brain cells from oxidative stress and inflammation. These essential fats are linked to improved memory, learning, and cognitive function, potentially slowing cognitive decline in older adults.

2. Iron

Iron is vital for brain function, as it helps carry oxygen to brain cells. Low iron levels can impair cognitive performance. Ensuring sufficient iron intake can improve mental clarity, focus, and memory, especially in ageing individuals.

3. B Vitamins

B vitamins, such as B12, B6, and fo-

late, are crucial for neurotransmitter production and nerve health. They help reduce homocysteine, a compound associated with cognitive decline, and support memory, focus, and overall brain health.

4. Boswellia

Boswellia, or frankincense, is known for its anti-inflammatory properties. Chronic inflammation contributes to neurodegenerative diseases, and Boswellia's active compounds help reduce this inflammation, supporting cognitive clarity and mental well-being.

5. Haritaki

Rich in antioxidants, Haritaki helps combat oxidative stress, a key factor in cognitive decline. It has been shown to improve memory and learning, making it a powerful botanical for maintaining brain health as we age.

6. Curcumin

Curcumin, the active compound in turmeric, is renowned for its anti-inflammatory and antioxidant properties. It can help protect the brain from age-related damage, improve memory, and support cognitive function, particularly by reducing neuroinflammation.

By incorporating these six natural strategies, you can give your brain

the nutrients it needs to thrive as you age. Whether through diet, supplementation, or lifestyle choices, a holistic approach to brain health can promote long-term cognitive vitality.

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.



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.



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



Stay Sharp Through Every Life Stage

For Students

From exams to study sessions, ReFocus® helps keep your mind clear and sharp so you can stay on top of your academic game.



For Esports Enthusiasts

Gaming requires intense focus and quick decision-making. ReFocus® provides the mental clarity and stamina you need to perform at your best during high-stakes gaming sessions.

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Juggling the needs of family and home can be overwhelming. ReFocus® supports you with the mental resilience to stay balanced during your daily routines.



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In demanding jobs or fast-paced careers, ReFocus® helps you maintain concentration and stay productive, even when the pressure is on.

For Retired Minds

Keeping your brain active and sharp as you age is key to long-term mental well-being. ReFocus® offers support to help you stay engaged and focused throughout your golden years.



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**Natural
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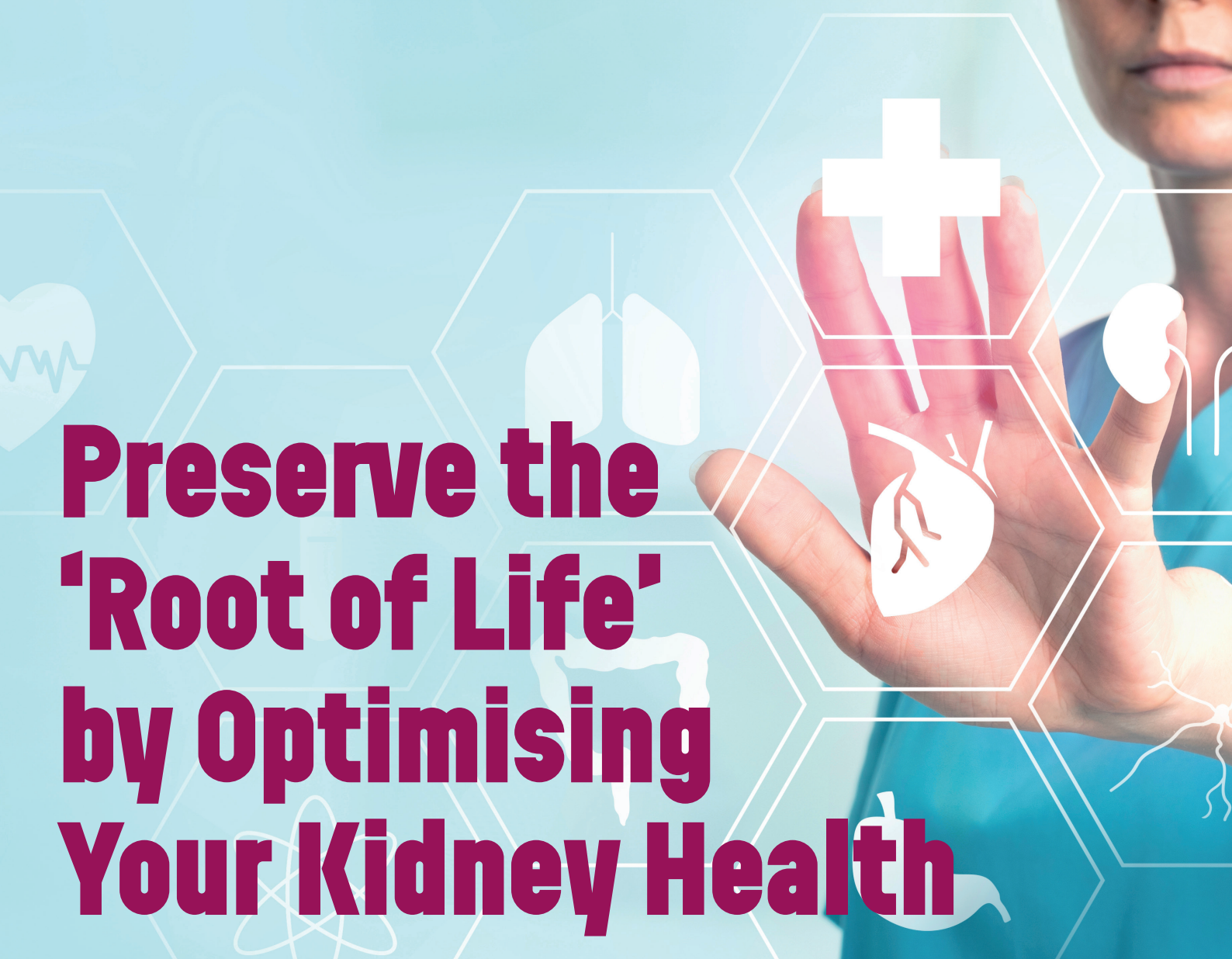


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Preserve the 'Root of Life' by Optimising Your Kidney Health

If you have a nagging, aching lower back, frequent urination, period pains, prostate problems, anxiety, low self-esteem, cold hands and feet, and/or stiff knees and hips, then it may be that your kidneys are asking for some help.

The kidneys are two bean-shaped organs, about the size of a fist, located on either side of the spine, just below the ribcage. They play a crucial role in regulating the body's water content, salt balance and the acid/alkali balance in the blood. They help maintain overall health by filtering blood and removing waste through urine. The kidneys also produce hormones such as erythropoietin (which stimulates red blood cell production) and renin (which helps regulate blood pressure), highlighting their vital role in endocrine function and fluid balance.

In Traditional Chinese Medicine

(TCM), the kidneys are known as the 'root of life', storing the vital force, or Jing energy, that we are born with. Modern diets, fear and anxiety, drugs, smoking and unhealthy lifestyle choices can deplete this inherited energy. Other factors such as pesticides in food, chlorinated water, alcohol, coffee and tea, GMO food, food additives, refined sugar and heavy metals also play their part. However, healthy choices can provide 'acquired' Jing and strengthen the inherited Jing. If the kidneys are strong, then vitality flourishes. Their strength also impacts the quality of hair, teeth and bones, memory, concentration and intelligence, and physical and mental strength.

The kidneys play a crucial role in maintaining the body's balance of Yin and Yang. When the kidneys are out of balance, it disrupts this equilibrium, affecting the other organs' balance and function. Therefore, proper kidney health is essential for

maintaining homeostasis.

Stay Hydrated with Clean, Pure Water

Proper hydration is essential for kidney health, as water aids in flushing out toxins and preventing the formation of kidney stones. Drinking enough water helps dilute urine and ensures that waste is efficiently filtered. However, balance is key—excessive water intake can stress your kidneys, while too little can lead to dehydration and kidney damage.

Eat a Kidney-Friendly Diet

Your diet plays a crucial role in maintaining kidney health. A nutrient-rich, plant-based diet that limits processed foods, salt, and added sugars supports kidney function and reduces the risk of kidney disease.



Consuming leafy greens, berries, apples, and peppers provides antioxidants and vitamins that help reduce inflammation and protect kidney cells from damage. High amounts of salt in your diet can lead to high blood pressure, a leading cause of kidney damage. Opt for herbs and spices instead of reaching for the salt shaker to flavour food.

Diets heavy in red meat can strain your kidneys, as animal proteins produce more waste products that your kidneys need to process. Swapping animal proteins for plant-based alternatives like legumes, nuts, and tofu can ease the kidneys' work.

Incorporate Herbs and Supplements

Certain herbs and natural supplements have been traditionally used to promote kidney health, and many

can be easily incorporated into your wellness routine.

- **Cinnamon** can benefit the kidneys due to its antioxidant, anti-inflammatory, cardioprotective, and antidiabetic properties and ability to help with weight management.
- **Basil** contains acetic acid, which aids in breaking down kidney stones. It also helps reduce uric acid levels, a critical factor in stone formation. Additionally, basil is rich in antioxidants and has anti-inflammatory properties, contributing to maintaining healthy kidneys.
- **Lemons, limes and apple cider vinegar** can also help to inhibit formation and help dissolve kidney stones
- **Cayenne** has long been used for its health benefits for digestion and metabolism. Research has now shown a link between regular use and a lower incidence of chronic kidney disease.
- **Fenugreek** can be particularly beneficial when the body experiences coldness due to kidney weakness, such as abdominal discomfort and cold hands and feet.
- **Omega-3 fatty acids**, found in fish and krill oil, flaxseeds and walnuts, can help reduce inflammation and may lower the risk of kidney disease by improving overall cardiovascular health.

Nutritional compounds in pumpkin seeds and soy have also been shown to support urinary health, including kidney function. Pumpkin seeds are rich in zinc and essential

fatty acids, helping to reduce the risk of developing kidney stones and improve bladder health. Soy flavonoids have also been linked to improved urinary and overall kidney health.

High blood pressure and diabetes are leading causes of chronic kidney disease. Keeping your blood pressure and blood sugar levels in check can significantly reduce the risk of kidney damage. You can help by exercising regularly, managing stress levels, and monitoring processed sugar.

In summary, supporting the kidneys or the 'root of life' with good nutrition and hydration can help keep us healthy and balanced amidst the challenges of modern life.

Recommended Products

KIDNEY RESCUE

Kidney Rescue™ is a proprietary blend of powerful herbs that support the kidneys. 90 Tablets. Vegan.



PUMPKIN SEED EXTRACT WITH SOY ISOFLAVONES

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



CURCUMINX4000® WITH FENUGREEK

It contains the clinically studied Meriva® curcumin, which uses phytosome technology for enhanced absorption. Fenugreek enhances absorption and offers additional metabolic benefits. 180 Capsules. Vegan.



Sources

All references can be found at www.NaturallyHealthyNews.info

Health Coach

Q&A

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



Sara Gibbons

What are natural ways to keep your feet healthy during sandal season?

Sandal season exposes your feet to dirt, dryness, and potential damage, making keeping them healthy and comfortable challenging. Regular exfoliation using a natural scrub made from sugar or salt mixed with coconut oil can help to remove dead skin. Moisturise daily with a rich cream with intensely nourishing ingredients such as shea butter and sweet almond oil. Perhaps choose one with magnesium, which can be especially useful for its antimicrobial and anti-fungal properties. Protect against cracks by soaking your feet in warm water with magnesium flakes and applying a rich, natural moisturiser afterwards. Keep your nails trimmed, use non-toxic polish, and consider 'barefoot' shoes for long-term foot health.

Why do some people get cold hands and feet even in warm environments?

Cold hands and feet, even in warm environments, can be caused by several factors. Poor circulation is a common reason, often linked to conditions like Raynaud's, where blood vessels overreact to temperature changes or stress. Cold extremities may also indicate an underactive thyroid (hypothyroidism), as this slows metabolism and reduces heat production. Low iron levels (anaemia) can impair oxygen delivery to tissues, resulting in cold sensations. Stress and anxiety may also constrict blood vessels, leading to cooler hands and feet. Staying active, managing stress, and consuming a nutrient-rich diet with plenty of iron rich leafy greens can be helpful here.

Why do some people experience tinnitus (ringing in the ears), and are there natural ways to manage it?

Tinnitus can result from various factors, such as prolonged exposure to loud noise, ear infections, age-related hearing loss, stress, or conditions like Meniere's disease. It may also be linked to poor circulation or temporomandibular joint (TMJ) issues. Helpful strategies include reducing stress through mindfulness or yoga, improving blood flow with regular exercise and CoQ10, and curcumin for inflammation. Acupressure can also be beneficial.

A finger drumming technique can also be useful. Place the palms of your hands over your ears with fingers resting gently on the back of your head. Your middle fingers should point toward one another just above the base of your skull. Place your index fingers on top of your middle fingers and snap them (the index fingers) onto the skull, making a loud drumming noise. Repeat 40-50 times. Some people experience immediate relief with this method. Repeat several times a day for as long as necessary to reduce tinnitus.



Lindsay Powers

What are some natural remedies for insect bites and stings?

Insect bites and stings can be painful and itchy, but several natural remedies can provide relief. Aloe vera is a soothing option; its gel helps cool the skin and reduce inflammation. The antimicrobial properties of a topical nano-silver gel not only soothe but also help prevent infection. Lavender essential oil, known for its calming and pain-relieving effects, can also be helpful. For immediate cooling, apply a cold compress. The adage 'vinegar for wasps, bicarbonate for bees' can help decide how best to neutralise a sting. Cucumber slices can also reduce itching and swelling. Always test remedies on a small skin area first.

How can I improve my sleep naturally on hot summer nights?

Sleeping on warm nights can be challenging, but natural solutions can help. Closing curtains or blinds during the heat of the day whilst opening windows for ventilation will help keep your bedroom cool for the evening. Use breathable, lightweight natural fabrics like cotton for sheets and nightwear to help prevent overheating. Before bed, try taking a lukewarm shower (or, even better, a cold shower) to lower your body temperature, or place a damp, cool washcloth on your wrists and neck. Applying magnesium oil or lotion to the skin can also help to relax and improve sleep quality. Avoid heavy meals, caffeine, and alcohol in the evening, as they can disrupt sleep.

How can I keep my digestion healthy while eating more raw, summer-friendly foods?

Raw fruits and vegetables are refreshing in summer but can challenge digestion and cause bloating, gas and stomach discomfort if not well assimilated. Start by chewing thoroughly—this helps your body break down fibre and absorb nutrients. Pair raw foods with digestive aids like ginger, lemon, or apple cider vinegar to support stomach acid production. Incorporate fermented foods like sauerkraut, kimchi, and kefir to introduce probiotics that enhance gut health. Drink plenty of water, but not immediately before or after meals, to prevent diluting your natural digestive enzymes. Supplementing with digestive enzymes at each meal can also ease digestive issues.



Catherine Gorman

What are the best supplements to pack for a holiday?

We're often asked this question, and a good place to start is with a multi-vitamin and mineral supplement, as it will help ensure you're getting adequate amounts of these essential micronutrients during your trip. Travelling can sometimes disrupt digestion, especially if there is a big change in diet, so probiotics can help support gut health. Magnesium is another great option. It can be applied topically to help ease aching muscles, stress and support sleep, and it is particularly beneficial after long flights or busy days out. If you're heading to sunny destinations, then astaxanthin is something to consider. Research shows this powerful antioxidant may offer protective benefits for the skin and eyes against UV damage.

How can I make salads more interesting this summer?

Salads really don't have to be dull. With a few simple tweaks, you can transform a basic bowl of greens into something delicious. Include different leafy greens like spinach, kale or even chopped broccoli for extra texture and taste. Add a variety of colourful veggies such as carrots, shredded red cabbage, bell peppers, radishes or tomatoes. Sprouted seeds like alfalfa, chopped nuts or a sprinkle of seeds can add extra flavour and crunch. For a touch of sweetness toss in chopped apples, berries or pomegranate seeds. To make the salad more satisfying, add avocado, chickpeas or Beluga lentils. Finally, a dressing can make all the difference. Create homemade vinaigrettes or creamy yoghurt-based sauces to elevate the dish.

Which supplements would you recommend for hay fever sufferers?

Supplements which support the immune system and gut health are good choices. Vitamin C, for example, is a natural antihistamine and may help alleviate allergic reactions. The flavonoid quercetin is believed to help modulate the immune response, and studies show it may be effective for managing allergic rhinitis. Supporting the microbiome with prebiotics and probiotics, and butyrate can be hugely beneficial. If nasal congestion is an issue, consider N-acetylcysteine (NAC). This modified form of the amino acid cysteine is known for its respiratory benefits. It has mucolytic properties, meaning it can help thin and break down mucus.

HealthPoint™ Offers Amazing Benefits...

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

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

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



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



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



Restores function to healing and regenerative system

Available at all good independent health food stores
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Good Health Naturally
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Merging Tradition with Technology

Electroacupressure combines the ancient art of acupressure with modern technology, offering a non-invasive and highly effective way to support health and well-being. This innovative technique uses gentle electrical stimulation on traditional acupressure points, amplifying the benefits of manual pressure.

Rooted in Traditional Chinese Medicine (TCM), acupressure stimulates specific points along the body's meridians to promote the free flow of qi (energy) and restore balance. By incorporating low-frequency electrical pulses, electroacupressure

enhances this stimulation, reaching deeper into the tissue and delivering more consistent results than manual techniques alone.

One of the key advantages of electroacupressure is its versatility. It's used to address a wide range of health concerns, from managing chronic pain and reducing stress to improving sleep quality and supporting digestive health. Studies suggest that electrical stimulation can increase the release of endorphins—your body's natural painkillers—while calming the nervous system.

Unlike traditional acupuncture, electroacupressure requires no needles,

making it an appealing alternative for those uncomfortable with invasive treatments. Small, handheld devices allow individuals to target specific acupressure points at home or in clinical settings, offering a convenient and accessible way to integrate this therapy into daily routines.

Practitioners often recommend electroacupressure for stress management, as it can help regulate cortisol levels and promote relaxation. It's also gaining attention in sports recovery, as athletes find it helpful in easing muscle tension and accelerating recovery times. Research highlights its ability to boost circulation, improve lymphatic drainage, and support the body's natural healing mechanisms.

Electroacupressure can also be applied to animals, such as dogs and horses, making it a versatile therapy across species. It is often used to support recovery from trauma, injury, or surgery, promoting relaxation and pain relief. This gentle technique can enhance mobility, improve circulation, and aid in the healing process for pets and performance animals.

As interest in holistic health grows, electroacupressure represents a bridge between traditional practices and modern advancements, offering a powerful tool for achieving balance and wellness. Whether you're seeking stress relief or pain management, this innovative technique could be a valuable addition to your health regimen.

Recommended Products

HEALTHPOINT™ KIT

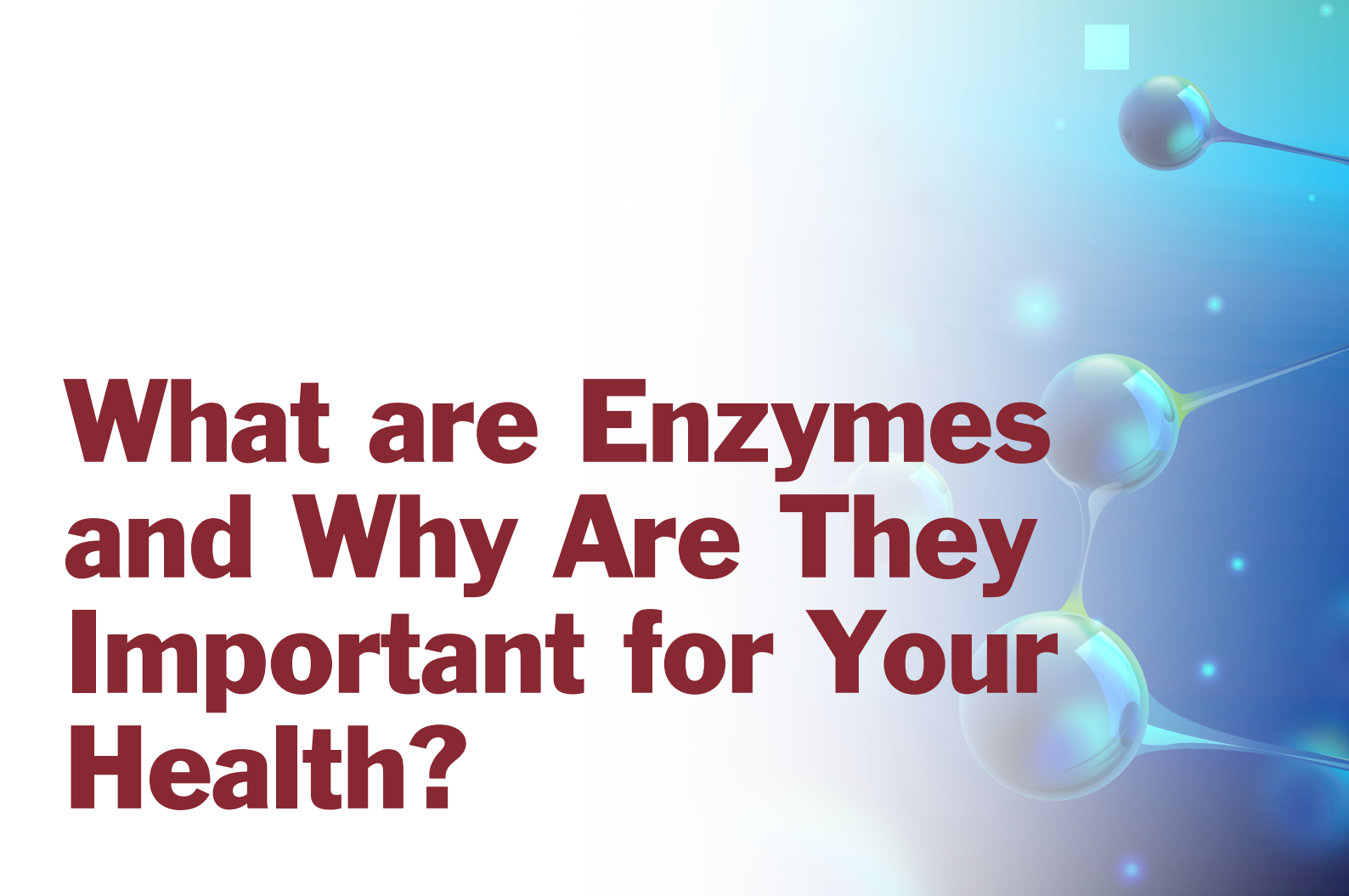
The HealthPoint™ device offers effective home electro-acupressure, enabling users to target specific points for relief without needles. The complete kit includes accessories and a manual.



Sources

All references can be found at www.NaturallyHealthyNews.info





What are Enzymes and Why Are They Important for Your Health?

Enzymes are proteins that act as catalysts for trillions of chemical reactions within our bodies. They work by building up some substances while breaking down others and are present in all living organisms.

There are three classes of enzymes. Firstly, there are metabolic enzymes which operate our bodies. For example, they play an important role in blood clotting, muscle and nerve function, and growth. Secondly, digestive enzymes digest our food by breaking down macromolecules – carbohydrates, proteins, and fats – into smaller molecules that help the body produce energy. Finally, food enzymes, not naturally found in the body, are obtained from raw food and supplements. They can help start the digestive process or assist other enzyme activity.

Our bodies constantly make and use enzymes. As long as we continue to produce or consume the enzymes we need, the body will continue to function well. However, when enzyme levels drop below what is necessary for the essential chemical reactions required, cells

start to be deprived of nutrients, which can cause dysfunction, inflammation, and ageing.

In his book *Enzyme Nutrition*, Dr Edward Howell famously says,

“The length of life is inversely proportional to the rate of exhaustion of the enzyme potential of an organism.”

In other words, the more enzymes we have, the healthier we will likely be. By eating well, including an enzyme-rich diet, we can free up resources for the body to use elsewhere. Eating highly processed and sugary foods can deplete our ‘enzyme bank account’.

How to Keep Your Enzyme Bank Account Out of the Red

To improve your digestive systems’ enzyme reserves, include in your diet raw or lightly cooked vegetables, fruit, fermented foods (such as kefir or sauerkraut) and Apple Cider Vinegar, ideally with ‘the mother’. To help optimise the enzymes in their work, also include in the diet whole

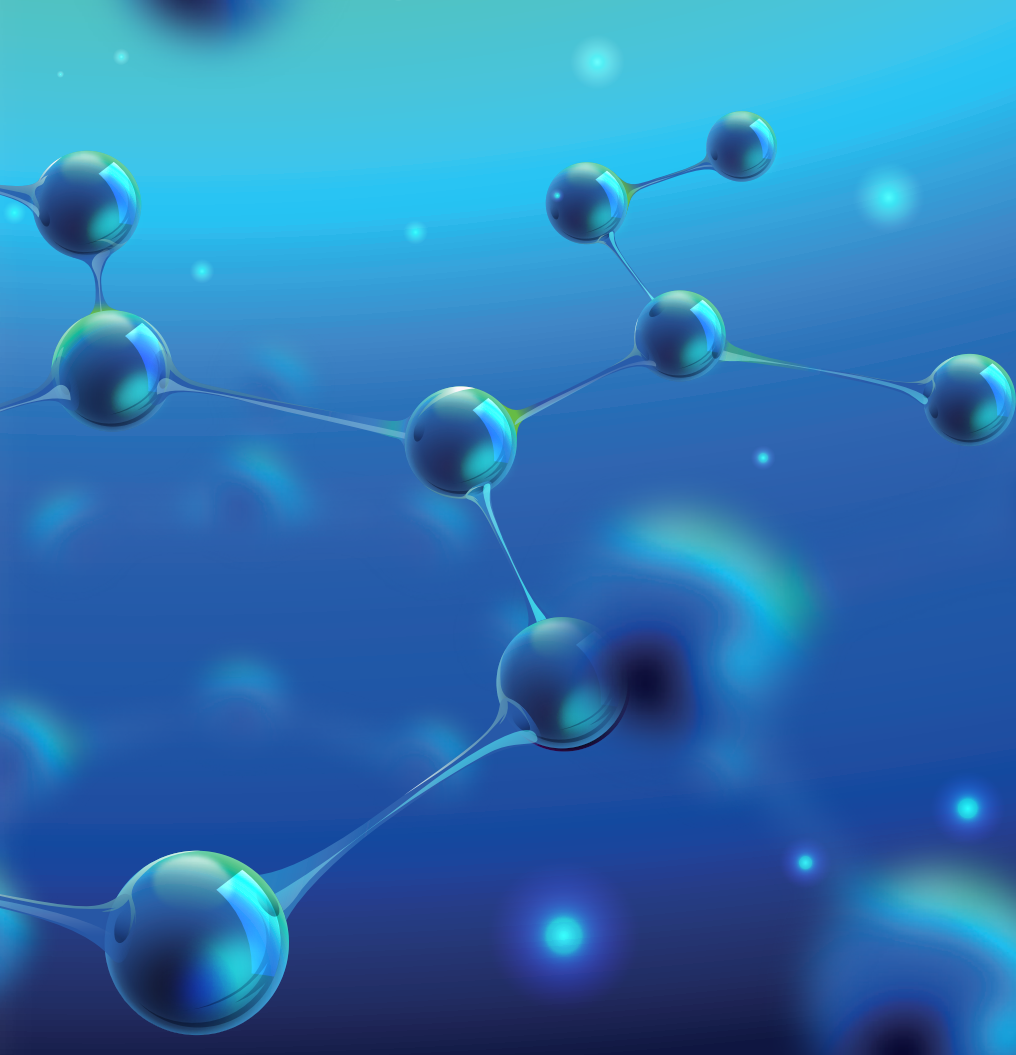
grains, organic grass-fed meat, organic chicken, line-caught fish, organic eggs, beans and pulses, and healthy fats such as avocado, coconut oil, and cold pressed olive oil. Other ways to avoid losing enzymes are to get plenty of sleep, reduce stress levels, and exercise regularly.

However, sometimes we need a little help, and that is where supplementing with enzymes can be a useful addition.

The Significance of Supplementing with Enzymes

Many factors make it challenging to rely solely on dietary sources. Enzymes found in foods, especially fruits and vegetables, are often delicate and sensitive to heat. Cooking, pasteurising, or even processing foods at high temperatures destroys a large portion of these enzymes, significantly reducing their effectiveness. Even if we eat raw foods, our bodies might still struggle to produce or utilise enough enzymes to meet all our needs.

Supplementing with enzymes pro-



vides a consistent and concentrated source of these powerful proteins. Supplements can be especially valuable for people with enzyme deficiencies or conditions impairing enzyme production, such as digestive disorders, food intolerances, or age-related decline in enzyme function. Additionally, environmental stressors, processed foods, and lifestyle factors can increase our body's demand for enzymes, which may not always be met through diet alone.

Enzyme supplements can fill this gap and offer targeted support, ensuring our bodies have a steady supply of the specific enzymes they need to support critical metabolic processes.

For example, bromelain, derived from pineapples, has been used for centuries in traditional medicine for its anti-inflammatory and digestive benefits. Bromelain works by breaking down protein molecules into smaller fragments, which the body can more easily absorb. In addition, it can reduce inflammation, making it potentially useful for conditions like arthritis, asthma, and allergies.

Papain is an enzyme derived from papayas. Like bromelain, papain has been used in traditional medicine for its digestive and anti-inflammatory properties for centuries. It can help with conditions like osteoarthritis and rheumatoid arthritis.

Nattokinase is an enzyme known for its ability to break down fibrin, a protein that plays a role in blood clotting. This means that nattokinase may have the ability to dissolve blood clots and thus is potentially useful for a wide range of different areas of application, such as helping to reduce the risk of heart attack, stroke, and other cardiovascular events.

Digestive enzyme supplements, which often contain a blend of enzymes like amylase, protease, and lipase, can be particularly valuable for those who experience digestive discomfort. These enzymes target different macronutrients—carbohydrates, proteins, and fats—making them more digestible and allowing for better nutrient absorption. Even individuals with healthy diets can benefit from digestive enzymes, as cooking often destroys the natural enzymes present in food. By sup-

plementing with enzymes, individuals may experience improved energy levels, reduced gastrointestinal discomfort, reduced inflammation, and enhanced overall well-being.

Enzyme supplements can, in essence, complement a natural health regime, bridging the gaps left by diet, sleep, and exercise alone.

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.



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.



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.



ESSENTIAL DIGESTIVE PLUS™

A complete digestive enzyme complex with all essential enzymes for digesting every food group, plus inulin, a natural prebiotic fibre. 90 Capsules. Vegetarian.



Sources

All references can be found at www.NaturallyHealthyNews.info

Exploring Autism and Nutrition

Autism Spectrum Disorder (ASD) is a complex condition which affects individuals in various ways. The number of diagnoses has also risen dramatically over the past few decades. According to the World Health Organisation, about one in every 100 children is now diagnosed with autism. While no single cause has been identified, both genetic and environmental factors are believed to play a role.

Increasingly, autism is being seen as a difference and part of neurodiversity, rather than a disorder. It is primarily defined by challenges in social and communication skills, as well as the presence of restricted or repetitive behaviours. It often co-exists with other conditions, such as anxiety, depression, and gastrointestinal problems.

Research suggests that dietary interventions may play a significant role in managing symptoms and improving overall well-being.

Common Signs of Autism

Autism is a spectrum disorder, meaning it can manifest in a variety of forms and levels of severity. Symptoms can include delayed speech or difficulty communicating, poor eye contact, little or no imaginative play, poor attention span, limited interest in others, and highly emotional responses to

changes in routine. Restricted interests and repetitive behaviours are also common.

Some struggle lifelong with social and behavioural differences. Others may have challenges in communication, sensory sensitivities and behavioural issues, such as excessive tantrums, repetitive behaviours, aggression and even self-harm.

Harmonising the Gut

It is now well-established that there is bidirectional communication between the gastrointestinal tract and the brain, often referred to as the 'gut-brain axis.' Research suggests that the gut microbiome—the community of microorganisms living in the digestive tract—plays a crucial role in this interaction. An imbalance in gut bacteria has been linked to various neurological and psychological disorders, including autism. Therefore, focusing on gut health through nutrition may offer a pathway to improving symptoms.

Many people with autism also experience gastrointestinal issues. Discomfort from constipation or diarrhoea can contribute to irritability and poor concentration. Increasing the intake of fruits and vegetables can boost fibre, which in turn helps improve digestion.

Studies have shown that children with autism often have reduced

levels of Bifidobacteria, a beneficial gut bacteria. Fermented foods like sauerkraut, kombucha, and kimchi can help increase probiotics through food. If necessary, a probiotic supplement may also be beneficial.

Balancing Blood Sugar

There is often an overlap between autism and attention deficit hyperactivity disorder. Dietary studies consistently show that people with hyperactivity tend to eat more sugary foods. Snacking on refined carbohydrates, sweets, chocolate, and fizzy drinks causes blood glucose levels to fluctuate, which can lead to issues with concentration, focus,





and behaviour.

To help balance blood sugar levels, it's important to reduce the consumption of these foods. Replace with wholegrains like millet, oats and wild rice. Include protein with every meal, things like fish, lean meats, beans or pulses. Snack on nuts and seeds. This will help improve blood sugar balance.

Identifying Food Allergies and Intolerances

An elimination diet can be a helpful way to explore whether specific foods are exacerbating autism-related issues. Keeping a food diary and noting any behaviours or symp-

toms alongside meals can help identify problematic foods.

Common culprits include gluten and dairy. Some studies have reported improvements in behaviour and gastrointestinal symptoms when these are removed from the diet. The proteins in gluten and casein may be difficult to digest and can mimic the body's natural opioids, leading to symptoms associated with autism. Elevated levels of these proteins have been found in the blood and urine of individuals with autism, and reducing these levels may alleviate some symptoms.

A good option is to substitute wheat-based products like pasta

with gluten-free alternatives like rice, corn or quinoa. Dairy can be replaced with things like almond, coconut or soy milk. Other potential culprits include citrus fruits, chocolate, artificial food colourings, salicylates, eggs, tomatoes, avocados, aubergine, red peppers, soya and corn. It's a good idea to consult a nutritionist to ensure that suitable replacement foods are included to avoid nutritional deficiencies.

Optimising Omega-3

Deficiencies in essential fats are common in people with autism. Some may have an enzymatic defect which removes essential fats from brain cell membranes more

quickly than it should, necessitating a higher intake of these fats.

Increasing omega-3 fatty acids has been shown to improve behaviour, mood, imagination, spontaneous speech, sleep patterns, and focus. Omega-3s are found in oily fish such as salmon, mackerel, and sardines, as well as in seeds like flaxseeds and chia seeds. Supplements, such as fish, krill, or vegan alternatives, can also be beneficial. Some studies suggest that omega-3 supplementation may improve social interaction and communication skills in individuals with autism.

Addressing Nutrient Deficiencies

Many people with autism are picky eaters, and this can lead to nutrient deficiencies. Studies suggest that they often consume fewer fruits and vegetables compared to their peers. Common deficiencies include vitamins B6, B12, C, and folate, as well as calcium, magnesium, and zinc. These nutrients are essential for neurological functions, and deficiencies can negatively impact mood, behaviour and cognitive performance.

To help address these deficiencies, aim to include plenty of whole foods such as wild rice, quinoa, millet, lean meats, oily fish, green leafy vegetables, berries, bell peppers, and citrus fruits. Vitamin B12, primarily found in animal products, is especially important. If someone is not consuming enough meat, fish, or dairy, a supplement may be necessary.

People with autism also tend to have lower levels of zinc and magnesium, both of which play key roles in behaviour and cognitive function. Good sources of zinc include meat, shellfish, nuts, and seeds, while magnesium can be found in leafy greens, nuts, seeds, and whole grains.

Additionally, research has shown that people with autism often have lower levels of vitamin D, and supplementation with vitamin D3 has been found to improve symptoms like attention span and eye contact.

Coping with Food Selectivity

Making dietary changes can be especially challenging for people with autism, who very often have specific food preferences or aversions. Gradually introducing new foods

in small amounts can help reduce resistance. Offering new foods alongside familiar favourites may encourage acceptance. Establishing a consistent meal schedule can also be beneficial, particularly for individuals with autism who thrive on routine.

Final Words

There is growing evidence that nutritional strategies can play a key role in managing the symptoms of autism. Addressing gastrointestinal issues, supporting cognitive function, and ensuring a balanced diet can help improve well-being and quality of life for individuals with autism. However, any significant dietary changes should be made in consultation with a healthcare provider to ensure they are safe and effective.

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.



PRESCRIPT-BIOTICS™

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



ACTIVE LIFE™ CAPSULES

A comprehensive multi-nutrient supplement providing a broad spectrum of essential vitamins and minerals to support overall health and well-being. 180 Capsules. Vegan.



Sources

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Mindful Eating:

Improving Digestion and Nourishing Your Mind, Body and Soul

It's easy to overlook the importance of fully experiencing the act of eating. We eat on the go, multitask during meals, or consume food out of stress or boredom. This disconnect from our eating habits can lead to overeating, poor digestion, and a lack of enjoyment in the food we consume. It can even affect our mental health. Mindful eating offers a solution, inviting us to slow down, savour each bite, and develop a healthier relationship with food.

What is Mindful Eating?

Mindful eating is a practice that encourages awareness of our eating experiences without judgement. It involves paying close attention to the sensory aspects of eating—the taste, texture, aroma, and visual appeal of our food. It also includes recognising our hunger and fullness cues and the emotional triggers that might prompt us to eat.

The Benefits of Mindful Eating

Bringing mindfulness into our eating habits can transform mealtimes into a more satisfying and nourishing experience. Mindful eating helps us become more attuned to our body's needs and can contribute to better digestion, improved mental well-being, and healthier eating patterns.

When we eat mindfully, we tend to chew our food more thoroughly. This process reduces the risk of gastrointestinal issues such as bloating and indigestion. Thorough chewing allows the food to mix well and soften with the saliva, which also contains a digestive enzyme to break down starches.

In Traditional Chinese Medicine understanding, chewing our food well also gives the spleen a chance to receive messages about what the digestive system needs for optimal processing of the food into chi, or energy. Conversely, eating too fast drains the spleen as it struggles to determine what is required. When the spleen is drained, it can exacerbate its associated emotions of worry and overthinking, which in turn lead to less mindful eating!

Mindful eating encourages us to listen to our body's hunger and fullness signals, which can prevent overeating and help us maintain a healthy weight. By paying attention to these cues, we are more likely to stop eating when we are satisfied rather than stuffed. Furthermore, being relaxed and present during meals can help the body more effectively absorb nutrients.

Taking the time to savour each bite can enhance our appreciation of the flavours and textures of our food. Appreciation makes eating more enjoyable and can lead to

more thoughtful food choices.

By being mindful of our emotional state, we can identify whether we are eating out of hunger or as a response to emotions such as stress, sadness, or boredom. This awareness can help us develop healthier coping mechanisms for dealing with emotions.

For those with existing digestive issues and discomforts, supplementing with digestive enzymes can be helpful in easing discomfort when eating, until the digestive process has been brought back into balance. A good quality probiotic supplement





can also be beneficial to help support a balanced gut microbiome, essential for a comfortable and well-functioning digestive system.

Tips for Practicing Mindful Eating

Try to eat in a quiet, comfortable space where you can focus on your meal without distractions. Turn off the TV, put away your phone, and take a moment to breathe and relax before starting your meal.

Pay attention to the colours, smells, textures, and flavours of your food. Take small bites and chew slowly,

fully experiencing each mouthful. Notice how the food feels in your mouth and how the flavours evolve as you chew.

Before eating, check in with your body to determine your level of hunger. Throughout your meal, periodically assess your fullness. Aim to stop eating when you feel satisfied but not overly full.

Practice self-compassion and avoid labelling foods as “good” or “bad.” Instead, focus on how different foods make you feel and the nourishment they provide. Allowing yourself to enjoy all types of food

without guilt can be liberating, and when eating them mindfully, you will know whether they are what you want for your body or not.

After your meal, take a moment to reflect on the experience. How did the food taste? How do you feel physically and emotionally? Again, this reflection can help you make more mindful choices in the future.

Conclusion

Mindful eating is a powerful practice that can transform our relationship with food and enhance our overall well-being. By slowing down and paying attention to the act of eating, we can enjoy our meals more fully, improve our digestion, and make healthier choices. If you start incorporating mindful eating into your daily routine, you can discover the profound benefits it can bring to your body and soul, as well as your relationship with food.

Recommended Products

GASTRO™ WITH ENZYMES

A gentle blend of soothing herbs and digestive enzymes designed to support digestive tract health. 90 Capsules. Vegan.



ESSENTIAL DIGESTIVE PLUS™

A complete digestive enzyme complex with all essential enzymes for digesting every food group, plus inulin, a natural prebiotic fibre. 90 Capsules. Vegetarian.



PROBIOTIC14™

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.



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

A woman in a white and red athletic top and black shorts is running towards the left. She has a ponytail. Overlaid on her joints (shoulders, elbows, knees, and ankles) are futuristic, glowing digital interfaces with concentric circles and data-like patterns. The background is a light blue-grey gradient with a grid of small white dots. A large, stylized white waveform, resembling a heart rate or pulse line, is visible behind the woman. In the top right corner, there is a small red heart icon. The overall theme is health, fitness, and anti-ageing technology.

Collagen is the most abundant protein in the body, and it plays a vital role in providing structural support to skin, joints, hair, nails, and connective tissues. As we age, the body's natural collagen production slows down, leading to visible signs of ageing, such as wrinkles and sagging skin, joint stiffness and reduced mobility.

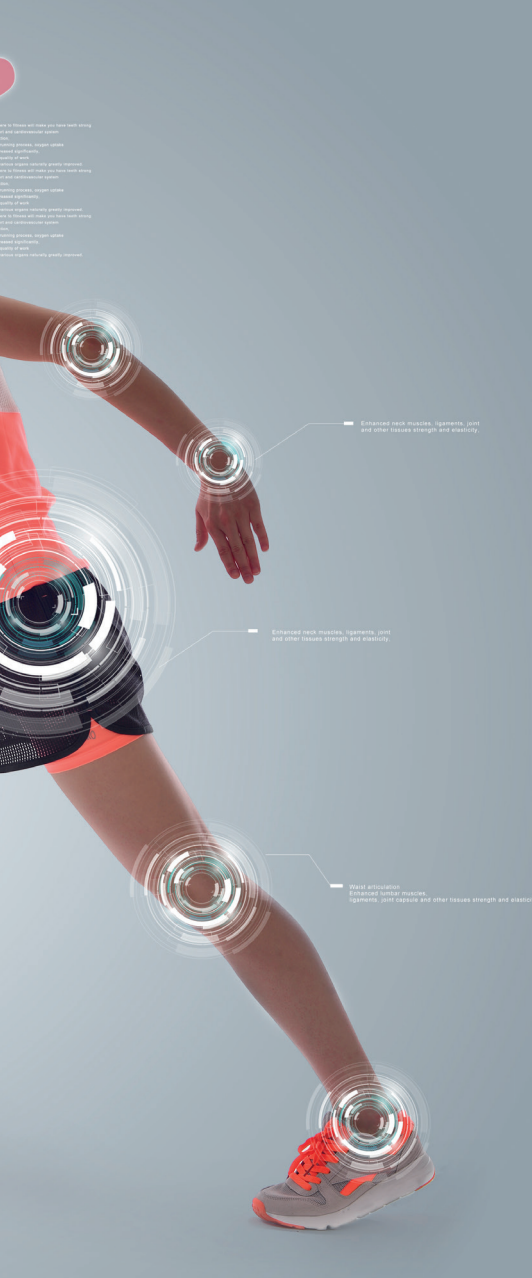
There are various types of collagen,

The body absorbs a hydrolysed form of collagen more easily because it has been broken down into smaller peptides. In this form, it more effectively targets the tissues that need it the most.

Collagen is critical for maintaining joint health and mobility. It is essential in the structure of cartilage, the flexible tissue that cushions joints and allows for smooth movement.

Type II collagen plays a significant role in articular cartilage, found at the end of bones in the joints. Collagen also works synergistically with other compounds, such as hyaluronic acid and chondroitin sulphate, to promote joint lubrication and reduce inflammation. These elements are crucial for shock absorption in the joints and help prevent wear and tear on the cartilage.

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of hydrolysed collagen II, hyaluronic acid and chondroitin sulphate.

Collagen in Sports and Recovery

Athletes and individuals who engage in regular physical activity can also benefit from collagen. Collagen supplements can reduce recovery time and protect against tissue damage for those undergoing rehabilitation or experiencing wear and tear from an active lifestyle.

Collagen for Skin, Hair and Nails

One of collagen's most well-known benefits is its positive effect on the skin. Collagen and hyaluronic acid help maintain the skin's structure, keeping it hydrated and elastic. Hyaluronic acid, in particular, is known for its ability to retain water,

helping to maintain skin hydration and plumpness.

As we age, the body's production of hyaluronic acid and collagen declines, leading to signs of ageing, such as wrinkles, dryness, and sagging skin. Supplementing with collagen can support the skin's natural structure, increase moisture retention, and reduce the appearance of fine lines.

Healthy hair and nails also depend on collagen. Hair and nails are primarily composed of keratin. Collagen peptides support keratin production and help maintain the structural integrity of the hair and nail bed. In addition, the amino acids in collagen encourage healthy hair growth and nail strength. Ensuring the body has plenty of collagen can reduce brittleness and promote faster, stronger hair and nail growth.

The Importance of Purity and Processing

Manufacturers often derive collagen supplements from the entire carcasses of animals. Therefore, when choosing a collagen supplement, it's crucial to consider the source and ensure it is free from impurities such as hormones and antibiotics. Also, look for supplements that use cleaner sources of collagen, such as chicken sternal cartilage, which is free from contaminants like lymph, blood vessels and nerves.

The manufacturing process of collagen is another crucial factor. High-quality collagen supplements undergo rigorous filtration, purification, and hydrolysis to ensure the peptides are small enough to

be easily absorbed by the body. In addition to boosting bioavailability, this process eliminates potential impurities, ensuring that the collagen is both effective and safe for consumption.

Conclusion

With its ability to aid tissue regeneration, improve hydration, and promote mobility, collagen is essential to any natural health regimen.

By choosing a high-quality, bio-available collagen supplement, you can enhance your body's ability to maintain healthy joints, vibrant skin, and strong hair and nails.

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.



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



Why and How to Support Your Lymphatic System, an Overlooked Secret to Vitality

A healthy lymphatic system comprises a network of vessels, nodes, lymph fluid, and organs, including the spleen, thymus, and tonsils, all working harmoniously. This network transports lymph—a clear, nutrient-rich fluid—throughout the body.

The lymphatic system is one of the body's most critical components for maintaining health and wellness, yet its significance is often overlooked. While functioning as a second circulatory network, a well-supported lymphatic system is vital to strong immunity, healthy circulation, and optimal detoxification.

Why is the Lymphatic System Important?

Lymph carries white blood cells that detect and respond to pathogens, including bacteria, viruses, and fungi. Lymph nodes act as filters, capturing these invaders to prevent infections from spreading.

Lymph also collects waste products, toxins, and other unwanted materials to be filtered out. When this process

becomes congested or overloaded, it can lead to toxic build-up, poor circulation, swelling, and chronic fatigue.

The lymphatic network absorbs fats and fat-soluble vitamins from the digestive system and transports them to the bloodstream. The lymphatics also help maintain tissue fluid balance, preventing issues like oedema.

Unlike the cardiovascular system, which uses the heart to pump blood, the lymphatic function relies on body movement, deep breathing, and manual stimulation to move the all-important lymph fluid.

How You Can Support Your Lymphatic System

Supporting a healthy lymphatic function doesn't have to be complex. There are some simple and effective ways to keep lymph flowing and ensure the system works efficiently.

It's essential to keep hydrated to keep lymph fluid moving, as lymph

is primarily water. Drinking enough water helps keep the lymph fluid thin and enables it to flow easily through lymphatic vessels.

Physical activity is essential for lymphatic health in order to help to move lymph fluid. Consider walking regularly as a low-impact way to stimulate lymph movement. Rebounding on a mini-trampoline is another excellent way to encourage lymph flow, as the up-and-down movement acts as a natural pump. Yoga, fascia manoeuvres, and stretching poses like twists and inversions help stimulate lymphatic flow. Swimming is another great lymph-supporting exercise. Dancing in the kitchen is another option!

Deep breathing is also helpful. Diaphragmatic breathing (or belly breathing) helps ease stress, one of the known causes of lymphatic issues, and stimulates lymph flow in the chest and around the lungs.

Dry brushing is excellent for stimulating lymphatic flow and exfoliating the



skin. Using a natural bristle brush, start from your feet and brush upwards toward the heart in short, firm strokes. This practice helps direct lymph fluid back to the chest area for filtering and encourages detoxification. Dry brushing also promotes blood circulation and can improve skin texture over time.

Manual lymphatic drainage is a specialised massage technique that targets lymph flow by generally massaging towards the heart. This gentle massage helps clear lymphatic congestion, making it especially useful for those experiencing oedema, sluggish lymph flow, or swelling. You can also do a gentle self-massage. Much of the lymph system is just below and attached to the skin, so you don't need a lot of pressure; you only need a gentle stretch. You can also focus on areas where lymph nodes are concentrated, such as the neck, armpits, and groin.

Utilising gravity is another way to help lymph flow and move around the

body. For example, elevating swollen ankles and legs above the heart after a long day may be all that is needed to reduce swelling and puffiness.

Diet also plays a role in lymphatic health. Processed foods, sugar, and unhealthy fats can clog the lymphatic system, whereas fresh, whole foods can support it. Important foods for lymph health include leafy greens, citrus fruits, garlic, ginger, and berries. Carrying excess weight also puts more demands on the lymphatic system.

Helpful Supplements for Lymphatic Health

While a balanced diet and lifestyle practices are essential for lymphatic support, certain supplements can further benefit the system.

Known for its immune-boosting properties, vitamin C supports lymphatic health by enhancing white blood cell activity and protecting lymphatic tissues from oxidative damage.

Curcumin, the active compound in turmeric, is a powerful anti-inflammatory and antioxidant. It can help reduce inflammation in lymphatic tissues and improve lymph flow.

In Conclusion

The lymphatic system is your body's built-in detox and immune-support system, giving you a strong line of defence. With balanced lifestyle practices and natural supplements, you can support this essential network of vessels and nodes to keep your body functioning optimally. Practicing lymph-supporting habits not only boosts immunity but also helps detoxify, thereby enhancing overall well-being naturally.

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.



CURCUMINX4000® WITH FENUGREEK

It contains the clinically studied Meriva® curcumin, which uses phytosome technology for enhanced absorption. Fenugreek enhances absorption and offers additional metabolic benefits. 180 Capsules. 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



Discover UB8Q10 with Kaneka Ubiquinol™

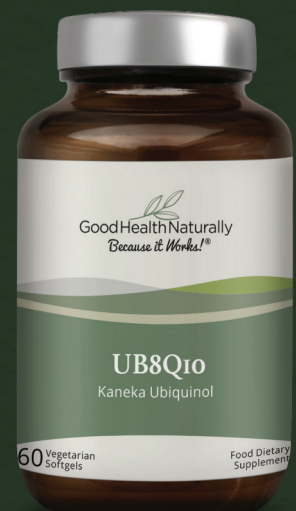
Ubiquinol is the active and non-oxidised form of CoQ10 (Coenzyme Q10) readily usable by the body. It is one of the body's most powerful fat-soluble antioxidants.

Backed by Scientific Research

The efficacy of Kaneka Ubiquinol™ is rooted in a wealth of scientific validation. It has been extensively researched, substantiating its profound impact on energy metabolism, antioxidant defence, and cellular resilience.

Rigorous testing supports its exceptional bioavailability and purity, ensuring consistent and dependable clinical results.

- ✓ Helps maintain and promote healthy heart and cardiovascular health
- ✓ Provides sustained and healthy energy production
- ✓ Helps protect against free radical damage and oxidative stress




Good Health Naturally
Because it Works!®

Available at all good independent health stores

Research Roundup

Calorie Restriction and Exercise: The Best Combination for Maintaining a Healthy Weight

It is well-established that both exercise and diet play crucial roles in maintaining a healthy weight and reducing fat accumulation. Evidence suggests combining both offers the greatest benefits. Popular diets include calorie restriction, 5/2 intermittent fasting, time-restricted eating, and the ketogenic diet. A recent study published in *Nutrients Journal* used network meta-analysis to evaluate the impact of various combined interventions on body composition. This systematic review and meta-analysis analysed data from 78 randomised controlled trials involving more than 5,000 participants. The authors concluded that combining calorie restriction with exercise produced the most significant effects on weight loss, body fat percentage reduction, and the preservation of lean body mass. For women, combining exercise with time-restricted eating was found to be particularly effective in preserving muscle mass. While exercise with a ketogenic diet also leads to weight loss, it is less effective at reducing body fat percentage and maintaining lean body mass.

<https://pubmed.ncbi.nlm.nih.gov/39275322/>

Can Probiotics and Vitamin D Reduce Migraine Frequency and Severity?

A randomised, triple-blind, placebo-controlled study explored the effects of co-supplementing probiotics and vitamin D on migraine symptoms, mental health, and inflammation in adults. Over 12 weeks, 72 participants with migraines took either vitamin D (50,000 IU biweekly) and probiotics (4.5×10^{11} CFU daily) or a placebo. Results showed a significant increase in vitamin D levels and notable reductions in both the frequency and severity of migraines in the supplemented group compared to placebo. However, no significant changes were observed in headache duration, inflammatory marker hs-CRP, or mental health and daily functioning scores. Further studies are encouraged.

<https://bmcmmedicine.biomedcentral.com/articles/10.1186/s12916-024-03684-6>

Could Omega-3 Fatty Acids Be Helpful in the Prevention and Management of Type 2 Diabetes?

Type 2 diabetes is fast becoming a global health concern. As the condition continues to rise, lifestyle modifications and dietary interventions are emerging as promising strategies for both its prevention and management. This is especially important as type 2 diabetes can lead to various vascular complications. A recent analysis of data from the UK Biobank suggests a potential role of omega-3 fatty acids in preventing type 2 diabetes. Researchers found that lower plasma levels of omega-3 polyunsaturated fatty acids, particularly docosahexaenoic acid (DHA), were linked to a higher prevalence of prediabetes. The study revealed people with the lowest DHA levels had a prediabetes prevalence of 17.4%, compared to just 10.6% in those with the highest DHA levels. These findings, which were published in the *Nutrition Research Journal*, suggest that DHA may play a protective role against the onset of prediabetes, which is a major risk factor for developing type 2 diabetes.

<https://www.sciencedirect.com/science/article/pii/S0271531724001234>



The Power of CoQ10 and Ubiquinol:

Your Allies in Health and Ageing

Coenzyme Q10, commonly known as CoQ10, is a powerhouse molecule that plays a critical role in energy production, cellular health, and overall vitality. Naturally found in almost every cell of the body, it is essential for the functioning of mitochondria, the “powerhouses” of cells, where it facilitates energy production.

Here, we explore the scientific evidence behind the benefits of CoQ10, focusing on why ubiquinol is the preferred form, especially for older individuals.

Understanding CoQ10's Role in Mitochondrial Health

CoQ10's primary function lies in the mitochondria, which play a key role in the electron transport chain, a process that generates adenosine triphosphate (ATP), the cell's primary energy currency. As both an electron carrier and an antioxidant, CoQ10 stabilises cellular energy production. It protects mitochondria from oxidative damage, which is particularly important as mitochondrial efficiency decreases with age.

Declining CoQ10 Levels with Age

As early as our 40s, natural CoQ10 production begins to decline. This decline not only impacts energy levels but also affects the body's ability to neutralise free radicals, which contribute to ageing and disease progression. By the time individuals reach their 70s, CoQ10 levels can be almost half what they were in their youth. This reduction may have significant health implications, affecting everything from cardiovascular health and energy levels to skin vitality and even reproductive health.

Ubiquinol: The Superior Form of CoQ10 for Older Adults

For younger individuals, ubiquinone (the oxidised form of CoQ10) is generally well absorbed and converted to ubiquinol. However, the body's ability to convert ubiquinone into ubiquinol diminishes as we age. Ubiquinol, in its reduced form, is more bioavailable and can be absorbed directly into the bloodstream.

In clinical studies, ubiquinol has shown greater efficacy in increasing

blood CoQ10 levels in older adults than ubiquinone. A 2018 study published in *Frontiers in Physiology* noted that ubiquinol supplements significantly increased cellular energy production, enhanced antioxidant capacity, and improved overall mitochondrial function in older individuals.

Health Benefits of CoQ10 and Ubiquinol

Cardiovascular Health

CoQ10 is crucial for heart health. The





heart, as one of the most energy-demanding organs, has high concentrations of CoQ10 to support its continuous, powerful contractions. Research has shown that CoQ10 supplementation, particularly in the form of ubiquinol, can support heart function in individuals with declining CoQ10 levels. A 2014 study published in *The European Journal of Heart Failure* found that patients who supplemented with CoQ10 saw a 42% reduction in major cardiovascular events. Additionally, ubiquinol has been shown to reduce markers of oxidative stress and im-

prove blood vessel function, helping to manage blood pressure and support healthy circulation.

Energy and Vitality

For many, declining CoQ10 levels are synonymous with reduced energy and fatigue, particularly as they enter middle age and beyond. CoQ10 supports cellular energy production, vital for maintaining physical endurance and cognitive performance.

Skin Health

CoQ10's antioxidant properties extend to skin health. As a powerful antioxidant, it protects skin cells from oxidative stress, a major contributor to skin ageing. By neutralising free radicals, CoQ10 helps preserve collagen and elastin fibres, contributing to improved skin elasticity and firmness. Studies have shown that CoQ10, applied topically or taken as a supplement, can reduce wrinkles and fine lines, giving skin a more youthful appearance.

Fertility and Reproductive Health

CoQ10's role in reproductive health is an emerging area of research, particularly concerning fertility. Studies indicate that CoQ10 may improve egg quality in women by protecting against oxidative damage, which is crucial as maternal age advances. For men, CoQ10 supports sperm motility and overall sperm quality. These reproductive benefits are especially relevant for couples trying to conceive later in life.

Support for Women and Menopause

As women transition through menopause, they experience physiological shifts that impact everything from metabolism to heart health, making CoQ10 a useful ally. CoQ10 can also help alleviate certain menopausal symptoms involving fatigue and energy fluctuations.

The Future of CoQ10 Research

Ongoing research continues to explore new health benefits of CoQ10 and ubiquinol supplementation. Current studies are examining its impact on neurodegenerative diseases and immune function, as well as its potential in personalised anti-ageing therapies.

Conclusion

As a cornerstone of mitochondrial health, CoQ10 is fundamental in energy production and cellular protection. Ubiquinol, the preferred form for older adults, offers enhanced absorption, making it an excellent choice for supporting cardiovascular health, vitality, and healthy ageing. By supplementing with ubiquinol, especially as CoQ10 levels decline, individuals can continue to enjoy the benefits of this vital nutrient, ensuring they stay active, energised, and vibrant as they age.

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 PLUS CoQ10

L-carnitine and CoQ10 work together in this unique formulation to support energy metabolism. 60 Capsules. Vegan.



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.



Sources

All references can be found at www.NaturallyHealthyNews.info

Do we really need to supplement?

A 'good' diet should, in theory, provide all the necessary vitamins, minerals and other nutrients we need. But for all kinds of reasons many people are falling short and failing to meet the recommended dietary allowances for key nutrients.

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

It has been suggested that even a modest deficiency in just one nutrient can trigger a built-in "rationing" mechanism in the body. This mechanism prioritises the proteins necessary for immediate survival while impairing the production of proteins required for long-term health. Over time, this can lead to insidious damage to systems like DNA, accelerating age-related diseases such as macular degeneration, heart disease, and even some cancers.

Why aren't we getting the nutrients we need?

We have a plentiful supply of fruit and vegetables all year round. But fresh food isn't what it used to be! The food industry has become a global business, and produce often travels on long journeys, across continents.



Nutrient levels begin to decline as soon as the food is harvested. So inevitably, food which has been transported will have far lower vitamin and mineral content than local food.

Soils are depleted

Intensive farming has led to a reduction in the mineral content of the soil, which directly affects the nutrient density of crops. During the past few decades, the levels of essential minerals such as magnesium, zinc, and calcium in fruits, vegetables and grains have significantly decreased. Food processing and storage methods further reduce nutrient content, which means even whole foods may not provide the same vitamin and mineral levels they once did.

Our plate has changed

The typical Western diet is now largely composed of high-carbohydrate, processed and nutrient-poor foods, with a lot fewer vegetables. Eating a diet like this means most people will be lacking some essen-

tial nutrients. Of particular concern are micronutrients like iron, selenium, zinc, copper, vitamins A, C, E, B-6 and folic acid. Trace minerals, which are needed in tiny quantities, are also often lacking.

Restricted diets and fasting

With more and more people following restricted diets like veganism or fasting for prolonged periods, it's important to recognise the potential risk of nutrient deficiencies. These diets may fall short in key macronutrients, vitamins, minerals, antioxidants, and phytonutrients. For example, not eating enough vitamin A-rich foods like organ meat, fish, dairy, leafy greens or orange-coloured fruits and vegetables may weaken your immune system and even lead to eye damage. An insufficient intake of magnesium-rich whole grains, nuts and leafy greens may cause fatigue, migraines, muscle cramps and abnormal heart rhythms. Vegan diets, in particular, can be low in vitamin B12 and vitamin D, which are mainly found in animal products.



Prescription medication

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

Vitamin D

A deficiency in Vitamin D is widespread in the UK, where many people lack this essential nutrient, particularly during the winter months, as sunlight is scarce. Vitamin D is crucial for healthy bones and teeth, but low levels have also been linked to heart disease, diabetes, autoimmune conditions, depression, and chronic pain. In the UK, it's recommended that everyone take a vitamin D supplement from October to March. For certain groups, such as people with darker skin or those who don't get enough sun exposure, this recommendation is extended year-round.

Omega-3 Fatty Acids

Most people who eat a Western diet are deficient in omega-3 fatty acids, which are found in oily fish and certain plant-based sources like nuts, seeds, and olives. However, the body must convert plant-based omega-3s into a usable form, and this conversion process is often inefficient.

Ageing and nutrient absorption

As we age, our ability to absorb nutrients can decline due to changes in digestion. For example, older adults produce less stomach acid, which is necessary for absorbing vitamin B12. Additionally, the body's ability to synthesise vitamin D from sunlight decreases with age, increasing the risk of deficiency. Vitamin and mineral supplements can counteract these age-related declines in nutrient absorption, helping older adults maintain better health and reduce the risk of age-related diseases such as osteoporosis and cognitive decline.

Finally

When choosing a multivitamin, look for a broad-spectrum high-quality product to build upon the nutrition we get from our diet. It should contain the most active and effective forms of each nutrient.

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. 180 Capsules. Vegan.



MAXIFOCUS®

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



VITAMIN D3/K2 SPRAY™

Sublingual spray with vitamins D3 and K2. Flexible dosing, with 200iu of D3 per spray. Suitable for all ages. 30ml (220 sprays per bottle). Vegan.



Sources

All references can be found at www.NaturallyHealthyNews.info

The King of Foods at a Paupers Price

Harnessing the power of a superfood you can grow at home all year round

Sprouting your own seeds gives you homegrown, organic, nutritious and tasty food at your fingertips, even if you don't have a garden. We are all being encouraged to 'buy local'. You can't get more local than something grown on your windowsill!

Why sprout seeds?

Seeds are nature's little magical powerhouses. Each contains not only all the genetic information needed to make a fully grown plant but also enough stored energy to rocket themselves on their way. We've all seen seeds survive in the most obscure places, and you may even have seen them crack pavements or tarmac as they sprout and grow!

All a seed needs to wake up this power is water, and then its nutrients are available for us as a superfood in a form ready for digestion, with high levels of protein, vitamins, minerals and enzymes. Because sprouts are still growing, they are at the peak of being able to provide us with life force. In other words, they

are full of 'toddler energy' and tasty too.

Sprouted seeds can also help balance the body's pH levels. Many modern diets are high in acidic foods, which can lead to an acidic environment in the body that promotes inflammation and increases the risk of chronic disease. Sprouted seeds, on the other hand, have an alkalising effect, helping to neutralise excess acidity, maintain an optimal pH balance, and support digestion.

How does sprouting work?

The nutrients in a seed are stored away in a hardened matrix, an unusable form to protect it from hostile environments until the time is right for growth. When set in motion by water, each seed has enough fuel within it to catapult it into life. This process has been compared to launching a rocket. The seed has to have enough fuel to produce fast and accelerated growth, like a spacecraft needs fuel to get past gravity.

Nature does this by activating enzymes as the seed begins to sprout, converting the stored inactive nutrients into a nutritional superfood for the new plant. In addition, the plant enzymes in sprouts can help digest food across a much wider range of acid/alkali environments than the enzymes we produce within our bodies, potentially easing the burden on our digestive systems. Enzymes initiate all cellular activity, so it makes sense to conserve the enzymes we produce and tap into the benefits of plant enzymes whenever we can.

How to Sprout

A convenient way to sprout seeds is to invest in a boxed set of stacking trays to grow several layers simultaneously. Soak the seeds overnight in cool water, rinse and drain and spread into the trays – not too many at a time, they expand fast. Leave on the worktop, rinsing and draining well a couple of times each day, and then move to a light window sill to green up once the sprouts are showing. For most seeds, you'll get results within 2 – 7 days when you can eat them at their peak of fresh-

ness and nutritional vitality. Pop any excess in an airtight bag, and they'll keep in the fridge for several days. Always rinse before eating.

To grow using what you likely already have in the house:

1. Place the soaked seeds in a jar with cheesecloth across the top held in place with a rubber band.
2. Tip the jar up so any excess water drains out, and lean it on its side so there is a broader base for the seeds to spread out.
3. Rinse and drain well twice daily.

Which seeds to choose

Almost any edible seed can be grown, including chia, flax, broccoli, sunflower, and pumpkin seeds. Particular favourites are mung bean (a good source of protein, vitamin C, iron and potassium), aduki (Vitamin C, iron and protein), and alfalfa (a huge list of nutrients, including calcium and B12).

How to use

The rich nutrient profile of sprouted seeds makes them an ideal snack or meal addition for maintaining energy without the crash associated with processed or sugary foods. Use the sprouts in stir-fries, sprinkle on soups, try them in salads, sandwiches, or pâtés, or just as nibbles and snacks straight from your organic kitchen supply. Since sprouted seeds are delicate, it's best to add them to dishes right before serving to preserve their nutrient content.

With sprouting seeds, you get food full of nutrition in a form that is easy to digest, with no harmful chemicals, irradiation or middlemen to tamper with it. From organic seed to your plate – a complete food chain. What could be safer or more nutritious?





A Natural Aid for Pet Health

As pet owners seek natural remedies to support their furry friends' health, serrapeptase is gaining attention for its potential benefits. This enzyme, originally derived from silkworms, is known for its ability to break down proteins that contribute to inflammation, making it an increasingly popular supplement for pets with various health concerns.

What is Serrapeptase?

Serrapeptase is a proteolytic enzyme, which means it helps break down proteins. It's particularly effective in reducing inflammation, improving circulation, and supporting tissue repair. While it has been widely used in human health for conditions like joint pain, respiratory issues, and even scars, its benefits for pets are also well-known, particularly for dogs and cats suffering from inflammation-related conditions.

Benefits for Pets

1. Joint Health and Mobility

Pets, especially senior dogs, often face joint issues such as arthritis, hip dysplasia, and stiffness. Serrapeptase's ability to reduce inflammation can help improve joint mobility, reduce pain, and promote healing in affected

tissues. Many pet owners report noticeable improvements in their pets' ability to move freely after introducing serrapeptase into their care routine.

2. Respiratory Health

Pets prone to respiratory problems, such as chronic bronchitis or seasonal allergies, can also benefit from serrapeptase's natural decongestant effects. Serrapeptase may help relieve coughing, sneezing, and nasal congestion by reducing mucus buildup in the airways, providing greater comfort for pets with breathing difficulties.

3. Wound Healing

Serrapeptase's enzyme activity supports faster tissue repair, which can be helpful for pets recovering from surgery, injury, or minor cuts. Its anti-inflammatory properties can reduce swelling, alleviate discomfort, and accelerate healing, helping pets recover more quickly and with less pain.

How to Use Serrapeptase for Pets

Serrapeptase is available in tablets and capsules, making it easy to incorporate into your pet's routine. It's crucial to consult with your veterinarian before starting any new supplement to determine the appropriate dosage for your pet's specific condition and

needs. As with any supplement, starting with a lower dose and gradually increasing it under professional guidance is recommended.

Conclusion

Serrapeptase offers a natural and effective option for addressing a range of health concerns in pets, from joint pain to respiratory issues. By reducing inflammation and supporting tissue repair, this enzyme can help improve your pet's quality of life and comfort. As always, discuss any new treatments with your vet to ensure they are safe and appropriate for your pet's health.

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



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.

Understanding IBS:

Causes, Risks, and Solutions

Irritable bowel syndrome (IBS) affects millions worldwide, yet it remains a complex and often misunderstood condition. This article explores the prevalence, causes, risks, and proactive steps individuals can take to manage and reduce the impact of IBS, with a focus on natural health solutions.

How Common Is IBS and What Causes It?

Epidemiological studies estimate that IBS affects around 11% of the global population, with approximately 30% of sufferers seeking medical assistance for their symptoms. In the UK, prevalence is even higher, with about 20% of people affected and over half consulting their GP. This high prevalence may reflect both an increase in cases and a growing awareness of available treatments.

The causes of IBS are multifaceted, often involving a combination of factors. A poor diet, especially those high in sugar, processed foods, and unhealthy fats can disrupt gut health. Chronic stress, alcohol consumption, and certain medications, like antibiotics and NSAIDs, are also contributors. Additionally, gastrointestinal infections and conditions such as celiac disease and inflammatory bowel disease (IBD) are linked to IBS, highlighting the complex nature of its pathophysiology.

Why Can IBS Take Time to Diagnose?

IBS can be challenging to diagnose due to its varied and non-specific

symptoms, which often overlap with other gastrointestinal conditions. Diagnosis typically relies on symptom patterns and the exclusion of other conditions, such as infections or IBD. This process usually requires multiple tests, as no definitive biomarker for IBS exists. Symptoms like abdominal pain, bloating, diarrhoea, or constipation may be intermittent or mild, leading individuals to delay seeking help. As a result, IBS diagnosis is often a lengthy process of elimination.

Are Certain People at Greater Risk?

Some individuals are at a higher risk of developing IBS. Women are more commonly affected, and hormonal fluctuations, especially during menstruation, seem to be a factor. A family history of IBS also increases susceptibility, as do high levels of chronic stress or anxiety, which can heighten gut sensitivity. Poor dietary habits, food intolerances, and previous gastrointestinal infections further raise the risk.

Nutrient Deficiencies in IBS: What to Watch For

People with IBS may be prone to nutrient deficiencies due to dietary restrictions or malabsorption issues. Common deficiencies include vitamin D, calcium, magnesium, and B vitamins like folate and B12. A restricted diet to avoid trigger foods or altered gut function may contribute to these gaps.

A healthcare provider may recommend testing for specific nutrients

like vitamin D or B12. Complementing these tests with a thorough dietary assessment ensures potential gaps are addressed. Working with a nutritionist can provide tailored solutions to improve nutrient intake while minimising IBS symptoms.

The Role of Probiotics in IBS Management

Probiotics are a helpful choice for supporting gut health in IBS sufferers. The gut microbiome is often imbalanced in IBS, and probiotics help restore harmony by introducing beneficial strains of bacteria.

For IBS, specific strains of probiotics have shown to be particularly effective. Strains from the *Lactobacillus* and *Bifidobacterium* families are widely recognised for improving gut motility, reducing inflammation, and supporting a balanced microbiome. Another promising area of research involves soil-based organisms (SBOs). Naturally occurring in soil, these probiotics are highly resilient, withstanding stomach acid to reach the gut and colonise effectively. SBOs have demonstrat-



ed benefits for gut health, including improved intestinal barrier function and reduced IBS symptoms.

A Growing Understanding of IBS

Advancements in diagnostic criteria, like the introduction of the Rome III criteria in 2006 and its update to Rome IV in 2016, have enhanced research and understanding of IBS. These developments have shed light on the complex and varied causes of IBS symptoms, paving the way for more personalised treatments. Awareness of factors like gut microbiota imbalances and the role of stress in gut health has helped improve care for those living with IBS.

Proactive Steps for Managing IBS

While IBS can be challenging, many strategies exist to manage it effectively. A diet tailored to individual needs, often through approaches like the low-FODMAP diet, can help minimise trigger foods and reduce symptoms. Incorporating probiotics, sodium butyrate and digestive

enzymes can support gut health and alleviate discomfort. Regular exercise, stress management techniques like mindfulness, and maintaining a sleep routine can also significantly affect overall gut health.

For those seeking additional support, working closely with healthcare professionals or nutritionists can provide a clearer path to managing IBS. Through careful monitoring and personalised interventions, many individuals find relief and regain control of their digestive health.

Conclusion

IBS is a common but complex condition influenced by a combination of diet, stress, genetics, and gut health. Although it can take time to diagnose, advancements in research and a growing understanding of its causes have paved the way for more effective management strategies. With the right tools, including dietary adjustments, supplements and stress management, individuals with IBS can significantly improve their quality of life.

Recommended Products

GASTRO™ WITH ENZYMES

A gentle blend of soothing herbs and digestive enzymes designed to support digestive tract health. 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.



ESSENTIAL DIGESTIVE PLUS™

A complete digestive enzyme complex with all essential enzymes for digesting every food group, plus inulin, a natural prebiotic fibre. 90 Capsules. Vegetarian.



PRESCRIPT-BIOTICS™

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



Sources

All references can be found at www.NaturallyHealthyNews.info



Brain Health Essentials

Discover the Ultimate Support for Your Mood, Memory and Cognition



BrainPower™

A potent combination of liposomal curcumin with resveratrol, both known for supporting brain health.



The Krill Miracle™

Rich in omega-3 and antioxidants, essential for cognitive function and reducing inflammation.



Lithium Balance™

Lithium orotate supports healthy brain function and more balanced moods.



ReFocus

Contains clinically studied botanicals to support brain function and cognitive ability.


Good Health Naturally
Because it Works!®

Available at all good independent health stores

REALLY HEALTHY RECIPES

Noodle & Veg Ramen with Pan-Fried Tuna Steak or Tofu

This delicious ramen can be adapted to whatever you have in the fridge, or to suit your dietary requirements, but the basics remain the same. A warming broth with ginger, spring onions and garlic, ramen noodles and full of nutritious vegetables. We have served ours with a pan-fried tuna steak seasoned with miso paste and sesame seeds, but this could easily be swapped for tofu.

Ingredients

- 3 spring onions, sliced
- 3 cloves of garlic, finely chopped
- 3cm knob of fresh ginger, finely chopped
- Coconut oil, 3 tablespoons
- Soy sauce, 1 tablespoon
- 1 cube of organic vegetable stock
- 400ml water
- 1 green or red fresh chilli, sliced
- Mixture of fresh vegetables such as broccoli, green beans, red/green peppers, etc.
- 2 tuna steaks (or a packet of tofu cut into chunks)
- White miso paste, 2 teaspoons
- Sesame seeds, 2 teaspoons
- Juice of 1 lime (half for the ramen, half for tuna steak)
- 2 portions of Ramen noodles, as per packet instructions
- Approx 500ml water
- Salt and pepper to season



Serves: 2

Prep. 20 mins

Cook time: 15 mins

Directions

1. **Cook the ramen:** Heat 2 tablespoons of coconut oil in a wok or deep frying pan. Once hot, add the spring onions, cook for 2 minutes until they go translucent. Then add the garlic, ginger and chilli and cook for a further 2 mins. Now add the soy sauce followed by green/red pepper and cook for a further 2-3 mins, keeping the ingredients moving by stirring well. Make the stock by dissolving the stock cube in 400ml boiling water, then carefully pour into the wok or pan. Season to personal taste with salt and pepper and add the juice of half a lime. Leave to simmer whilst preparing the tuna and noodles.
2. **Prepare the tuna:** Spread 1 teaspoon of white miso paste on one side of each tuna steak (if using tofu this may be easier to do before you chop it into chunks). Then sprinkle the sesame seeds onto the miso paste and press them gently with the back of your spoon to keep in place. Season with pepper.
3. **Add vegetables:** Place vegetables of your choosing into the ramen to cook for around 5 mins.
4. **Cook tuna and noodles simultaneously:** Heat 1 tablespoon of coconut oil in a griddle or frying pan, once hot place the tuna steaks into the pan with miso paste side facing up. Cook for around 5 mins on one side (or to personal preference) then turn the tuna so that the miso paste is face down in the pan. Now season with the other half of a lime and continue to cook for another 2 mins. Whilst the tuna is cooking, add the noodles to a pan of boiling water, as per the instructions on the packet. Then drain.
5. **To serve:** Share the noodles between 2 wide bowls, followed by the ramen and vegetables, then place your tuna steak (or tofu) on top.

Variations: This is such an easy dish to use up whatever vegetables you may have in the fridge. It is so versatile that you can serve both vegetarians/vegans and meat eaters in the family at the same time as the ramen is cooked on its own, and whatever you want to serve it with is cooked separately.

Veganism:

Don't Miss Out on These 7 Key Nutrients



More and more people are choosing to cut out meat, dairy and eggs in favour of following a vegan or plant-based diet. While many find this type of eating hugely beneficial, it is worth remembering a plant-based diet needs to be well-planned to ensure key nutrients are not being missed.

1 Vitamin B12

Vitamin B12 is naturally found in animal products like meat, dairy and eggs, so it's easy for vegans to end up deficient. The only vegan sources are fortified foods or supplements. Vitamin B12 is vital for the formation of red blood cells

and plays an essential role in the nervous system. It also helps lower harmful levels of homocysteine, an amino acid produced in the body when it breaks down dietary proteins. Elevated levels of homocysteine can lead to cardiovascular disease, macular degeneration and cognitive decline.

2 Essential Fatty Acids

Omega-3 and omega-6 are essential fatty acids crucial for heart, brain, eye and skin health. While a varied plant-based diet that includes seeds, walnuts, and soy will likely provide enough omega-6, omega-3 can be trickier to obtain. Vegan sources of omega-3 include walnuts, flaxseeds, chia seeds,

hemp seeds, edamame beans, seaweed, and algae. But it is worth noting that plant-derived omega-3s come in the alpha-linolenic acid form, which the body needs to convert into the longer chain omega-3 fatty acids, docosahexaenoic acid eicosapentaenoic acid. This process can be inefficient, so it is important to include plenty of these foods in the diet.

3 Iodine

It is estimated that 80% of vegans and a quarter of vegetarians suffer from iodine deficiency compared to 9% of people who eat animal products. Most plants do not require this mineral for growth, so contents vary and tend to be low. This miner-



al is particularly crucial for thyroid health. A deficiency can lead to all kinds of things, from fatigue to hair loss to even poor memory. Vegan sources include fortified foods like milk and yoghurt alternatives or supplements.

4 Selenium

This trace mineral is important for immunity, skin health and prostate function. Like iodine, it is generally not required by plants for growth, meaning plant-based sources of selenium tend to be low—especially if the soil in which they're grown is deficient in this mineral. Brazil nuts are often cited as a rich vegan source of selenium. Eating just two of these nuts a day might meet the needs.

5 Vitamin K

Vitamin K plays an essential role in blood clotting and wound healing. It exists in two main forms K1 and K2. The K1 form is found in fruits and vegetables, such as dark leafy green vegetables, lettuce, broccoli, blueberries and grapes. The majority of vitamin K2 is found in dairy products, eggs, meat and fish. There are some vegan sources of K2, such as fermented foods like sauerkraut, kombucha, kimchi, and plant-based kefir. The good news is gut bacteria can convert some vitamin K1 to K2. But it may be worth considering a K2 supplement.

6 Taurine

This amino acid was once overlooked because the body can produce it. However, it is now recognised that we may not produce enough. Taurine is generally found in animal products, especially meat and seafood. The best vegan source is seaweed. It is a powerful antioxidant which is particularly beneficial for the eyes as oxidative stress on the light-sensing cells in the retina can lead to age-related macular degeneration and other retinal diseases. It has also been shown to increase the number of stem cells present in some tissues, which can help with healing after injuries.

7 Vitamin D

Vegans may be at greater risk of vitamin D deficiency compared to nonvegetarians, as foods providing the highest amount of vitamin D are mainly from animal sources. Vitamin D is also produced when the skin is exposed to sunlight. In the UK, everyone, not just vegans, should take a vitamin D supplement from October to March. There are numerous products available

now containing a vegan source of D3, produced from lichen extract. Vitamin D is essential for healthy bones, teeth, and muscles, and low levels have been linked to heart disease, diabetes, autoimmune diseases, depression, and chronic pain.

Final word

There is lots of evidence suggesting a plant-based or vegan diet can be a healthy way of life, and proper planning will help you maintain optimal health while enjoying the benefits of a plant-based lifestyle.

Recommended Products

B4LIFE

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



NASCENT IODINE

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



ASTAXANTHIN WITH DHA™

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



VITAMIN D3/K2 SPRAY™

Sublingual spray with vitamins D3 and K2. Flexible dosing, with 200iu of D3 per spray. Suitable for all ages. 30ml (220 sprays per bottle). 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

Nutrition for the Older Man

A Guide to Healthy Ageing

Men are living longer than ever before, but they still tend to die younger than women. Often facing health issues in their later years, such as heart disease, type 2 diabetes, and joint or back pain. While we can't stop the clock, making wise diet and lifestyle choices can significantly improve a man's quality of life as they enter their golden years.

Unequal To Women

In the UK, the expected male life expectancy is now 79 years, while women are living on average four years longer. There are many theories as to why this gender gap exists. Traditionally, men have had unhealthier lifestyles, often with a poor diet, excess alcohol and lots of stress. They are more likely to engage in risky behaviour like driving too fast or not using protective clothing when doing DIY. As well as being less likely to acknowledge illness or seek help from a doctor or pharmacist compared to women. In fact, one survey revealed that the top three reasons men avoid seeking medical advice were: being too busy, fearing a serious diagnosis, or avoiding uncomfortable examinations like prostate checks.

As Their Grandfathers

A study published in the *Journal of Hand Therapy* reveals men aged 20 to 34 have weaker arms and hands compared to three decades ago. Their average 'grip strength' is now 12kg less than it was in the 1980s. This decline in strength is concerning because lower grip strength has been linked to a variety of serious health issues, including arthritis, heart disease, stroke, and neurological conditions. One reason for this diminishing strength could be the shift away from manual labour jobs, like those in manufacturing or agriculture, which tended to build strength.

Declining Testosterone

Testosterone levels naturally decline in men after the age of 40, but recent research suggests that testosterone levels today are lower than they were for men in the same age group two decades ago. Testosterone is important because it is the hormone associated with sex drive, motivation, bone health and muscle mass. Experts have offered several potential explanations for this trend, including exposure to chemicals like phthalates in plastics, as well as the effects of obesity—since higher body fat is

associated with lower testosterone levels. To support healthy testosterone levels, staying active, reducing stress, getting plenty of sleep, and maintaining a healthy weight is important.

Chronic Diseases

Heart and circulatory diseases are more likely to affect men than women. Risk factors include smoking, being overweight, high cholesterol or blood pressure and diabetes. As we age, our blood vessels naturally stiffen, and cholesterol levels tend to rise—both of which increase the





risk of heart disease. Additionally, metabolic changes can make it harder to maintain a healthy weight, further increasing the strain on the heart and the likelihood of developing type 2 diabetes.

Men's Trouble

The prostate is a walnut-sized gland that can become problematic as men age. It may naturally enlarge, causing pressure on the bladder and narrowing the urethra, which leads to issues like frequent urination, weak flow, or dribbling. It's estimated that half of all men

over the age of 50 will develop an enlarged prostate.

Prostate cancer is also a significant concern. In the UK, about 1 in 8 men will be diagnosed with prostate cancer in their lifetime. The risk increases after the age of 45, particularly for black men and those with a family history of prostate cancer. Unfortunately, many men may not notice any symptoms until the cancer is more advanced, so regular screening and exams are crucial. Symptoms can include painful or frequent urination and blood in the urine.

Eating for Prostate Health

Several nutrients and foods may help promote prostate health by reducing inflammation, dampening oxidative stress and helping balance hormone levels.

Lycopene is a powerful antioxidant found in tomatoes, watermelon, and grapefruit. Research has shown that a diet rich in lycopene may lower the risk of prostate cancer. Cooking tomatoes, such as in tomato sauce or soup, actually increases its bioavailability.

Saw palmetto is a very well-researched botanical and may help increase libido, improve impotence and ease enlarged prostate.

Selenium and zinc are both beneficial for prostate health. Zinc is found in foods like pumpkin seeds, oysters, and legumes and is essential for maintaining healthy testosterone levels. Selenium, which has been linked to a reduced risk of prostate cancer, is found in Brazil nuts, fish, eggs, garlic, onions, and broccoli.

Building Strong Muscle and Bones

As men age, muscle mass naturally declines, which can lead to weakness, balance problems, and an increased risk of falls and fractures. Maintaining muscle mass is critical. Men should ensure their diet includes adequate protein to repair and build muscle tissue, such as lean meat, fish, eggs, pulses, nuts, and seeds.

Bone density also decreases with age, so it's vital to include bone-building nutrients in the diet, like calcium, magnesium, boron, and vitamins K and D. Leafy greens, whole grains, and legumes are excellent sources of these nutrients. A Vitamin D supplement may be necessary, especially during the winter.

To help keep joints, tendons and ligaments healthy, including nutrients like glucosamine, chondroitin and collagen may help. These are all found in bone broth or can be supplemented.

Avoid Processed Foods

Diets high in processed foods, especially those rich in refined carbohydrates and unhealthy fats, are linked to poor health outcomes. These foods are typically low in nutrients and can contribute to weight gain, impaired blood sugar regulation, and an increased risk of type 2 diabetes.

Saturated and trans fats are often found in processed foods, too. They can raise 'bad' LDL cholesterol levels, increasing the risk of heart disease.

Omega-3 Fatty Acids

Omega-3 fatty acids, particularly EPA and DHA, found in oily fish like salmon, mackerel, and sardines, are well known for their heart-healthy benefits. They may also help reduce inflammation, lower triglyceride levels and support brain function. Plant-based omega-3 sources such as flaxseeds and walnuts are excellent sources, too.

Digestive Health

As men age, digestion often slows down, leading to issues like constipation and reduced nutrient absorption, particularly of vitamins like B12 and iron. To help support digestion and nutrient absorption, include plenty of fibre-rich foods, such as vegetables, fruits, and whole grains. Add cabbage slaws to lunch, and sprinkle chia and flaxseeds onto porridge. Fermented foods like kefir, sauerkraut and kimchi will support gut bacteria and help improve digestive health.

Don't Forget

While diet plays a crucial role in maintaining health, other factors like regular physical activity, restful sleep, and social engagement are also important. By taking a holistic approach to health, men can ensure they stay strong, vibrant, and active as they age.

Recommended Products

PROSTATE PLUS+™

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



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.



HEARTPOWER+™

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



Sources

All references can be found at www.NaturallyHealthyNews.info



Prostate Plus+™

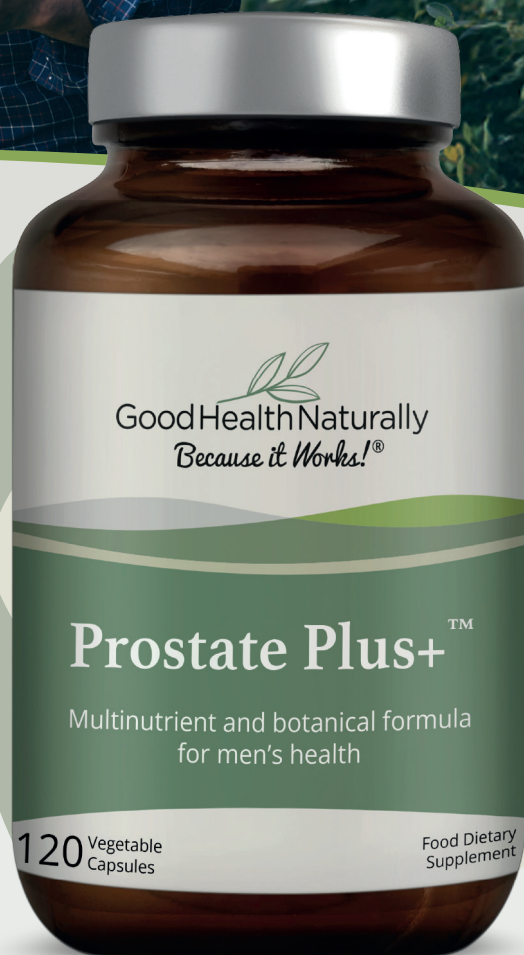
Daily Support for Men's Health

Targeted Prostate & Urinary Health Formula

Prostate Plus+™ is a powerful, research-backed supplement with key vitamins, minerals and potent botanicals designed to support prostate, urinary, and reproductive health.

More Than Just a Prostate Supplement

With a comprehensive blend of vitamins and minerals, Prostate Plus+™ goes beyond prostate health to provide daily multivitamin support, ensuring optimal wellness and vitality.



Core Ingredients for Maximum Benefits

Saw Palmetto – A natural remedy to support prostate health and hormonal balance.

Zinc – Essential for immune function and maintaining healthy testosterone levels.

Selenium – A powerful antioxidant that protects cells from oxidative stress.

Nettle Root Extract & Uva Ursi – Traditional herbs known for urinary health benefits.

Pomegranate Extract & Lycopene – Plant compounds for cellular support.

Available at Independent Health Food Stores



STRENGTH FROM WITHIN

Natural Ways to Boost Pelvic Floor Health

Pelvic floor health is a crucial aspect of overall well-being, yet it often doesn't get the attention it deserves. The pelvic floor muscles support vital organs, including the bladder, bowel, and, for women, the uterus. These muscles are essential for maintaining urinary and bowel control, sexual function, and core stability. Weakness or dysfunction in the pelvic floor can lead to various health problems, such as urinary incontinence, prolapse, and even lower back pain. Fortunately, there are ways to improve pelvic floor health without having to suffer or resort to surgery.

The Benefits of Kegels: Are They Overrated?

Kegel exercises are often the go-to recommendation for strengthening the pelvic floor muscles. Developed in the late 1940s by Dr. Arnold Kegel, they involve repeatedly contracting and relaxing the pelvic floor muscles. Kegels can be performed almost anywhere, making

them a convenient option for many people.

Regularly practising Kegels can increase the tone and strength of the pelvic floor, helping to prevent or alleviate issues like urinary incontinence and prolapse. They can also improve sexual health by enhancing muscle control and increasing blood flow to the pelvic region. Women who have recently given birth often benefit from Kegels as they can help restore the strength of pelvic muscles stretched during childbirth.

However, despite their popularity, some experts argue that Kegels are not always the most effective approach. Overdoing Kegels can lead to muscle tightness or even increase pre-existing muscle tension in the area, which may cause pain or increase dysfunction. Moreover, they primarily target the superficial muscles of the pelvic floor and might not address deeper core issues, especially for those suffering from prolapse or chronic pelvic pain.

The Hypopressive Approach: A Deeper Core Connection

In recent years, hypopressives have gained attention as an alternative to Kegels for improving pelvic floor health. Initially developed in Europe, this technique focuses on breathing exercises and postural changes to strengthen the core and pelvic floor muscles. Hypopressives include exercises that involve creating a vacuum effect in the abdominal cavity by holding the breath and drawing the abdomen inward, which naturally lifts and tones the pelvic organs.

Their main benefit is that unlike Kegels, which isolate the pelvic floor, hypopressives involve engaging the whole core, including the deeper layers of the pelvic muscles. Designed



to minimise pressure on the pelvic floor, they can be particularly beneficial for those dealing with conditions like prolapse or diastasis recti (abdominal muscle separation).

The technique emphasises the importance of good alignment and posture, which can contribute to overall pelvic health and reduce muscle strain. Hypopressives provide a low-impact option for those who may find Kegels uncomfortable or ineffective. The controlled breathing and posture-based exercises offer a gentler approach to pelvic floor rehabilitation.

Working With the Fascia: A Third Option

Another technique gaining more traction and recognition involves working with the fascia.

Fascia is a thin yet strong connective tissue that surrounds and supports every muscle, organ, and bone in the body. It consists mainly of collagen, a protein that lends strength and elasticity to the tissue. Think of fascia as a continuous web or network running throughout the body, acting as a protective sheath and a lubricant while also providing structure and support and enabling smooth movement. It also works to distribute tension during movement, contributing to coordination and flexibility. Whilst it may not currently receive as much attention as muscles or joints, fascia plays a critical role in the whole body's health, including overall physical function and flexibility.

The Recognition of Fascia Work

Although the presence of fascia

has been known for centuries, it has often been overlooked. In recent years, scientific research has shed new light on how fascia affects overall health. Because our fascia holds our muscles, bones, tendons, ligaments, organs, stress, emotions, memory, pain, and trauma, working with it can be especially beneficial in dealing with chronic pain, limited mobility, and muscle tightness. Physical practitioners now often focus on myofascial release techniques to release tension and improve flexibility through targeted manipulation of fascia. It is also possible to work with it daily yourself for longer term benefits and maintenance.

Benefits of Working with Fascia for Pelvic Floor Health

Fascia is intricately connected within the pelvic floor, supporting the bladder, uterus, rectum, and other pelvic organs. Pelvic floor dysfunction is often linked to tension or imbalance in the fascial tissues surrounding the pelvic area. However, working with the fascia involves a holistic approach, recognising its interconnectedness throughout the body. For example, a manoeuvre involving swiping the roof of the mouth can help rebalance the hips and correct a pelvic tilt or twist; that is how interconnected the body is. Fascial tension in the pelvic area can result in issues like urinary or bowel incontinence. Releasing that tension can improve the functioning of those organs, promoting better control and coordination.

Fascia care can also benefit pregnant and postpartum women. Addressing fascial restrictions can improve pelvic floor elasticity, aiding in smoother labour and postpartum recovery while reducing the risk of complications like diastasis recti (abdominal separation) or pelvic floor dysfunction.

Which to choose?

Kegels are easy to learn and widely recommended by healthcare professionals, making them accessible to a large number of people. However, they may not be the right choice for everyone, particularly those with overactive or overly tight pelvic muscles.

Hypopressives offer a broader, more integrative approach to core and pelvic health. Because they involve posture and breathing, they may benefit individuals who have not succeeded with Kegels or are dealing with specific conditions like pelvic organ prolapse. Hypopressives are also gaining popularity among fitness professionals

and physiotherapists as part of a comprehensive pelvic floor rehabilitation program.

Fascia involves working even deeper and holistically within the body, recognising the interconnectedness of our whole being, and potentially helping release trauma held within it, which can be the root cause of the issue in the first place.

Of course, there's no reason not to try them all and find the perfect combination for you.

What else can I do to support my pelvic floor health?

Certain foods and supplements can also help those looking for natural ways to support their pelvic floor health beyond exercise. Pumpkin seeds, for instance, are rich in zinc and have been shown to support bladder and prostate health and urinary function. Similarly, soy isoflavones have been studied for their potential benefits in promoting urinary health. They may help alleviate symptoms of overactive bladder and reduce the risk of urinary tract infections.

The fascia is comprised mainly of collagen, so a collagen supplement, plus plenty of vitamin C, will also help support the requirements for nutrients for this essential yet often overlooked part of our body.

Final Thoughts

When it comes to pelvic floor health, the best approach may vary from person to person. Kegels remain a tried-and-true method for many, including those dealing with urinary incontinence or postpartum recovery. However, the emerging popularity of hypopressives and fascia

work offers promising alternatives, particularly for individuals looking to improve overall health while also engaging the deeper core muscles and addressing posture-related and pain issues.

Consistency is vital whether you choose Kegels, hypopressives, fascia work, or a combination. Regular practice and attention to overall wellness, such as maintaining a healthy diet, managing stress, and staying active, can go a long way in naturally promoting long-term pelvic floor health.

Recommended Products

PUMPKIN SEED EXTRACT WITH SOY ISOFLAVONES

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



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



Pumpkin Seed Extract

With Soy Isoflavones

Naturally formulated to address **bladder control** and promote **urinary health**.

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.

Good Health Naturally
Because it Works!®

Available at all good independent health stores



Natural Tips for Relieving Spring Allergies

Most people rejoice at the first signs of Spring, with longer days and warmer weather. But for some hay fever sufferers, it's a time to dread, marked by discomfort and frustrating symptoms. It's estimated that around a quarter of adults and 20% of children experience seasonal allergies each year. While the severity of these allergies can vary, they often disrupt daily activities and diminish overall quality of life.

Why Do People React to Pollen?

Hay fever is an allergic reaction triggered by airborne pollen from trees, grasses, and weeds. When these pollens come into contact with the nasal passages, eyes, or throat of susceptible individuals, the immune system starts attacking them. The body produces allergic antibodies, triggering the release of histamine. This leads to all the unpleasant symptoms such as nasal congestion, a scratchy throat, swollen and itchy eyes, poor sleep, brain fog, fatigue, and weakness.

A season of frequent or prolonged hay fever reactions can have all kinds of health implications. It may weaken the immune system, leading to complications such as bacte-

rial or fungal infections in the sinuses, lungs or ears. Nasal congestion at night can mean poor sleep or snoring, which can cause fatigue and even anxiety and depression.

Why Are More People Suffering?

The exact cause is still unknown, but several theories suggest climate change and pollution may be contributing factors. Changing weather patterns, higher temperatures, and rising levels of carbon dioxide seem to be making allergenic pollens more abundant and widespread. For example, wet summers help reduce pollen, whereas long,



dry summers prolong the pollen season, increasing exposure.

Interestingly, some research has revealed a decreasing trend of allergic rhinitis during the pandemic lockdown period. It was theorised this could be because of a decrease in pollution due to the lockdown and increased indoor activities.

Are Some People More Susceptible?

Hay fever can be genetic, and people frequently also suffer from asthma and eczema. The three conditions are known collectively as the 'atopic triad.' Each has an underly-

ing genetic root causing hypersensitivity to certain triggers. It is well documented that people with one allergic disorder, such as atopic dermatitis, eventually develop others, such as rhinitis and asthma. This process may be driven in part by a vicious circle in which allergic inflammation diminishes the function of the epithelial barrier. This increases the immune system's exposure to the original allergens and additional allergens, and existing allergen-specific IgE contributes to the sensitisation to new allergens.

The Advice is to Be Prepared

A lot can be done to support the body before the pollen season begins. Optimising gut health is a great place to start, as around 70% of the immune system resides in the digestive tract. A healthy gut microbiome can have a significant impact on how the body reacts to environmental allergens. Poor gut health, exacerbated by food sensitivities, a diet high in processed foods, or frequent antibiotic use, can alter the microbiome and skew immune responses.

You can support gut bacteria by eating lots of colourful vegetables, plenty of fibre-rich wholefoods, nourishing bone broth and fermented products like kefir. Probiotics can also play an important role in the prevention of allergic rhinitis. Research suggests people who suffer from hay fever have a lack of diversity in the gut microbiome.

A paper published in The International Archives of Allergy and Immunology in 2021 found adults who suffered from allergic rhinitis had a reduced microbial diversity with lower levels of Oxalobacter and Clostridiales and increased levels of Bacteroidales. The researchers suggested that targeting these imbalances might help improve or prevent allergies.

Supporting the health of the gut wall is crucial, too. Sodium Butyrate is a short-chain fatty acid produced when gut bacteria break down fibre. It has an anti-inflammatory effect, which may help calm any disruption in the gastrointestinal tract and support healing.

Reduce Problem Foods

Hay fever triggers the release of histamine, the chemical responsible for the miserable symptoms of itching, sneezing, a runny nose, and sore eyes. Reducing histamine-rich foods and drinks can help lower histamine levels in the body, making it easier for the immune system to cope.

It is helpful to avoid high-histamine foods such as blue cheese, red wine, sugar, and chocolate. These foods can intensify seasonal allergy symptoms. Certain nuts, like cashews, pistachios, walnuts, and almonds, are also high in histamine. Instead, opt for hazelnuts, pecans, and macadamias, which are less likely to trigger symptoms.

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

Nutrient Support

Certain foods can be particularly helpful during hay fever season. Fruit and vegetables will help provide vitamin C, antioxidants and bioflavonoids. Vitamin C is a natural anti-histamine. It can help calm down allergic reactions, plus it is an anti-inflammatory which can support the immune system, too. Good sources include berries, kiwi fruit, oranges, peppers, and blackcurrants. The flavonoid quercetin is also another powerful anti-histamine. Rich sources include garlic, onions, blueberries, apples, and parsley.

Local honey can contain traces of pollen. If eaten regularly, it can help the immune system become more familiar with the pollen and desensitise the body, lessening the reaction.

Calm Inflammation to Relieve Symptoms

Omega-3 fatty acids can be helpful, too. The increase in allergic conditions in the Western world has been associated with the over-consumption of pro-inflammatory omega-6 fatty acids compared to anti-inflammatory omega-3 fatty acids. Helping redress the balance by increasing omega-3 fatty acids may help.

N-acetylcysteine (NAC), a modified form of the amino acid cysteine, is known for its respiratory benefits. It has mucolytic properties, meaning it can help thin and break down mucus, making it easier to expel from the respiratory system. This may be particularly useful for those with allergic rhinitis.

Sunshine Vitamin

Vitamin D plays a vital role in lung and immune health, and it is theorised it may influence the development and severity of allergic diseases. Vitamin D deficiency is widespread and may partly explain the increase in asthma and allergies observed over the last 50–60 years. The main source is sunlight on the skin, so most people living in the Northern Hemisphere need to supplement during winter to prevent a deficiency.

And Finally

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

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.



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.



NAC 600MG

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



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

Nourish Your Skin Naturally:

The Omega-3 and Krill Oil Advantage

We often hear about omega-3 fatty acids for their heart and brain benefits, but did you know they are equally vital for maintaining healthy, glowing skin? Omega-3s, specifically EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid), are essential fatty acids our bodies cannot produce naturally. They must be obtained from our diet or through supplementation. While omega-3s can be found in fish, flaxseeds, and certain plant oils, recent research suggests that krill oil may offer superior benefits for skin health.

The Role of Omega-3s in Skin Health

Omega-3s play a crucial role in the structure and function of skin cell membranes. They help regulate oil production, ensuring the skin stays hydrated while reducing inflammation. This can help prevent breakouts, redness, and irritation, making omega-3s an important addition to any skincare regimen. Furthermore, omega-3s support the production of collagen and

elastin—proteins responsible for maintaining skin's firmness and elasticity. By keeping your skin cells healthy, omega-3s not only improve the texture and appearance of your skin but may also slow down the ageing process.

Krill Oil: A New Frontier in Skincare

New research is shedding light on how krill oil, a rich source of omega-3s, can enhance skin health. Two recent studies published in the *Journal of Cosmetic Dermatology* have shown that krill oil supplementation can significantly improve skin barrier function, hydration, and elasticity in healthy adults.

In these randomised, double-blind, placebo-controlled trials, participants with normal to slightly dry skin were given either 1 or 2 grams of Superba Boost® krill oil daily. Over 12 weeks, participants experienced significant improvements in skin hydration and elasticity compared to the placebo group. Moreover, those taking higher doses of krill oil saw even greater benefits, showing a clear dose-dependent relationship.

A Unique Advantage: Phospholipids in Krill Oil

What makes krill oil particularly effective is that its omega-3s are bound to phospholipids, which are more easily absorbed by the body compared to the triglycerides found in fish oil. This enables krill oil to support the skin's lipid barrier more efficiently, locking in moisture and protecting against environmental stressors. Additionally, krill oil naturally contains astaxanthin, a potent antioxidant that helps shield the skin from oxidative stress and UV damage.

As the research suggests, adding omega-3s from krill oil to your skincare routine could be the key to achieving healthier, more radiant skin.

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



Boost Your Immunity, *Naturally*

Support your immune system and combat seasonal allergies with our expertly formulated range.



Combines **Vitamin C** and **Quercetin** to support immunity and seasonal wellness.



A natural source of **Vitamin C** to maintain immunity during seasonal shifts.



Sodium Butyrate supports gut health, the cornerstone of the immune system.



Boosts glutathione and promotes respiratory well-being, with **N-Acetyl-Cysteine**.



The sunshine vitamin, **D3**, vital for immune strength and balance.

Available at Independent Health Food Stores



Smart Study Strategies:

Boost Focus & Retention Naturally

Mastering effective study habits is crucial for academic success and long-term cognitive health. Young adults and college students often face the challenge of balancing coursework, social life, and personal well-being. However, developing strong study skills can enhance focus, reduce stress, and improve retention. Here are practical strategies to help students excel naturally.

5 Effective Study Strategies

1. Create a Structured Study Schedule: Consistency is key. Designate specific times for studying each day to build a routine. Use planners, apps, or digital calendars to stay organised and track deadlines.

2. Utilise Active Learning Techniques: Rather than passively reading, engage with the material through summarising, teaching concepts to a friend, or using flashcards. Mind mapping and colour-coding notes can also enhance memory retention.

3. Optimise Your Study Environment: Choose a quiet, well-lit space with minimal distractions. Keep essentials like water, healthy snacks, and stationery nearby. Background instrumental music or white noise can aid concentration for some students.

4. Practice the Pomodoro Technique: Work in focused bursts—typically 25-minute study sessions followed by a 5-minute break. After four cycles, take a longer 15–30-minute break. This method prevents burnout and maintains productivity.

5. Prioritise Sleep and Nutrition: Lack of sleep impairs concentration and memory. Aim for 7–9 hours of quality sleep per night. Nutrient-dense foods like leafy greens, nuts, and fish provide essential brain-boosting compounds.

Botanical Support for Focus and Mental Clarity

Natural supplements can support cognitive function alongside these practical habits. Nutricog®, a blend of Ayurvedic botanicals,

has been shown to enhance focus, processing speed, and memory. Combined with Omega-3 fatty acids, particularly DHA from fish oil or algae-based sources, it provides essential nutrients for brain health and cognitive resilience.

Final Thoughts

Developing effective study habits is about consistency and balance. Students can optimise their learning potential by integrating structured study techniques with natural support like Nutricog® and Omega-3s while maintaining overall well-being. Whether preparing for exams or lifelong learning, these strategies can help young adults thrive academically and beyond.

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.



Sources

All references can be found at www.NaturallyHealthyNews.info

REALLY HEALTHY RECIPES

Anne's Lemon Mousse

Light, zesty, and naturally refreshing, this mousse is the perfect guilt-free treat. It is packed with protein and free from refined sugars, and it can easily be adapted for dairy-free and vegan lifestyles. Chia seeds provide a natural thickening effect while adding fibre and omega-3s, making it both nourishing and delicious.

Ingredients

- 1 cup (240g) Greek yoghurt (or coconut/almond yoghurt for dairy-free/vegan)
- ¼ cup (60ml) fresh lemon juice
- Zest of 1 lemon
- 2 tbsp (30ml) honey or maple syrup (or stevia/monk fruit for sugar-free)
- ½ tsp (2.5ml) vanilla extract
- 1 tbsp (10g) chia seeds (for natural thickening)
- 1 egg white (or 3 tbsp (45ml) aquafaba for *vegan version*)



Serves: 2

Prep. 10 mins

Chill time:

1–2 hours

Directions

1. Blend or whisk together the yoghurt, lemon juice, zest, honey (or alternative), vanilla, and chia seeds until smooth. Let sit for 5 minutes to allow the chia to begin thickening.
2. Whip the egg white or aquafaba:
 - If using egg white, beat until soft peaks form.
 - If using aquafaba, beat with a hand mixer until fluffy and forms soft peaks (about 3–5 minutes).
3. Gently fold the whipped egg white or aquafaba into the lemon mixture until combined.
4. Chill in serving glasses for at least 1–2 hours (or overnight for a thicker consistency).
5. Garnish with fresh berries, extra lemon zest, or a sprinkle of coconut before serving.





Five Nutrients for Easing Period Pains

Menstrual pain, also known as dysmenorrhea, is common. Symptoms can range from mild discomfort to severe cramping, which can affect daily activities. As interest in natural remedies grows, certain nutrients have shown promise in providing relief. Here are five that may help.

1 Omega-3 Fatty Acids - Anti-inflammatory

Incorporating omega-3-rich foods like salmon, flaxseeds, chia seeds, and walnuts into the diet may help manage period pain. Omega-3s are well-known for their anti-inflammatory properties. Prostaglandins, compounds that trigger uterine contractions and pain, are produced in response to inflammation. Omega-3s can help balance the body's inflammatory response, which potentially reduces the intensity of cramps.

2 Vitamin E - Antioxidant Power

This is another nutrient which may help reduce the intensity and duration of menstrual cramps by lowering the production of prostaglandins. By reducing prostaglandin levels, vitamin E can help relax uterine muscles and alleviate pain. Good sources of vitamin E include nuts, seeds, and olive oil.

3 Vitamin D - Hormonal Balance

A deficiency in vitamin D has been

linked to increased menstrual pain and more severe symptoms of dysmenorrhea. This may be because vitamin D plays a crucial role in regulating the immune system and inflammation, and both of these are thought to impact the severity of period pain. While sunlight is the most natural source of vitamin D, many people struggle to get enough sun exposure, so supplementation may be necessary.

4 Magnesium - Relaxing Mineral

Magnesium is often recommended for period pain because it helps relax muscles, including the smooth muscles of the uterus, which are responsible for cramping. Additionally, magnesium has been shown to improve mood, reduce bloating and alleviate headaches. Magnesium-rich foods include leafy greens, nuts, seeds, whole grains, and legumes.

5 Maca Root - Hormonal Adaptogen

This Peruvian herb is popular as a natural remedy for hormonal imbalances. Maca is thought to work by supporting the endocrine system, which regulates the body's hormones. By balancing estrogen and progesterone levels, it may help reduce the severity of menstrual cramps, as well as alleviate mood swings, fatigue and irritability.

Recommended Products

VITAMIN E HEALTHY ORIGINS

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



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® OIL

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



MACAPRO® XP PURPLE

A natural extract of selected organic purple Maca roots, known for its adaptogenic properties and use in female wellbeing. 90ml. Vegan.



Sources

All references can be found at www.NaturallyHealthyNews.info

Taurine:

The Powerhouse Amino Acid for Health and Longevity

Recent research has made headlines linking taurine to healthy ageing and longevity.

In an animal study, researchers found that higher taurine levels later in life may contribute to increased lifespan, improved life expectancy, and better overall health. Taurine supplementation also showed positive effects on several ageing hallmarks, including reduced DNA damage, lower inflammation, and decreased cellular deterioration. Additionally, the study noted that lower taurine levels are associated with obesity, high blood pressure, inflammation, and Type 2 diabetes.

Dr. Vijay Yadav, who led the research team, cautioned that while these findings are promising, it remains unclear whether humans would experience the same benefits. He emphasised the need for large-scale trials to further investigate taurine's potential role in human longevity.

Taurine has long been a popular ingredient in energy drinks, so it was no surprise to see the drinks industry jump on the back of this research. Headlines such as "Amino acid in energy drinks makes mice

live longer and healthier" quickly appeared. While we're not convinced that energy drinks are the key to health and longevity, it's certainly a clever marketing strategy!

Benefits of Taurine

While new research continues to emerge, showing promise for long-term well-being, we already understand how taurine supports health.

Taurine is an organic compound often referred to as an amino acid. However, unlike other amino acids, it does not contribute to protein synthesis. Instead, it plays a crucial role in several physiological processes within the body.

Because of this, taurine has been linked to a range of health benefits.

Heart Health: Taurine has been shown to support cardiovascular function by helping regulate blood pressure, improve cardiac performance, and ensure heart muscle function.

Antioxidant Properties: Taurine acts as an antioxidant, protecting cells from oxidative stress and free radical damage. This may contrib-

ute to its protective effects on vital organs, including the eyes, liver, and brain.

Eye Health: Found in high concentrations in the retina, taurine plays a key role in maintaining vision and protecting against retinal degeneration.

Brain Function: Taurine serves as a neurotransmitter and has been linked to improved memory, cognition, and learning. It also exhibits neuroprotective effects, potentially offering defence against neurodegenerative diseases.

Exercise Performance & Muscle Function: Research suggests taurine may enhance exercise performance by reducing oxidative stress, improving muscle contractility, and supporting post-workout recovery.

Metabolic Health: Taurine helps regulate glucose metabolism and insulin sensitivity, which may benefit individuals with diabetes or metabolic syndrome.

Anti-Inflammatory Effects: With its natural anti-inflammatory properties, taurine may help reduce inflammation and alleviate related symptoms.



Taurine Declines as We Age

As we grow older, taurine levels in the body naturally decline, which may explain the potential benefits of supplementation later in life, as recent research suggests. This decline can result from reduced production, lower dietary intake, impaired absorption, and increased excretion.

Taurine is naturally present in various animal-derived foods, including meat, fish, and dairy. In a well-balanced diet, these sources typically provide adequate amounts for most individuals. However, with age, changes in dietary habits and nutrient absorption can affect taurine levels.

One factor influencing taurine intake is the growing shift toward plant-based diets or dietary restrictions due to health conditions. As a result, older individuals following plant-based diets may have lower taurine levels than their younger counterparts.

Additionally, age-related changes in the digestive system can impact nutrient absorption and utilisation. Even with a nutrient-rich diet, the body's ability to absorb taurine may decrease over time. Certain medications and health conditions can further contribute to reduced taurine levels.

Given this potential decline, supplementation or dietary adjustments may be necessary to maintain optimal taurine levels in older adults.

At Naturally Healthy News, we have long recognised taurine's importance and continue to monitor emerging research closely. However, based on existing studies, taurine plays a crucial role in numerous bodily functions. Maintaining healthy taurine levels may well be a key factor in supporting longevity and overall well-being for all.

Recommended Products

TAURINE™ SPRAY

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



Sources

All references can be found at www.NaturallyHealthyNews.info

IRRITABLE BOWEL AND LEAKY GUT SYNDROME

At my naturopathic practice over the last 25 years, I have encountered numerous clients with Irritable Bowel Syndrome (IBS), which has often been left untreated. Or, they have been treated with P.P. I's (protein pump inhibitors), which invariably makes matters worse, leading to very often a "Leaky Gut".

This means that food not fully broken down in the stomach enters the small intestine and is absorbed into the bloodstream, circulates around and poisons the body over a short/long period, causing inflammation in different organs.

Eventually, an autoimmune disease occurs. If inflammation develops in a joint, autoimmune arthritis develops. If it happens in the blood vessels, autoimmune vasculitis develops, asthma in the lungs/Chronic fatigue syndrome and so on. Over the years, the prevalence of 'leaky gut' has rapidly increased, especially for those frequently on antibiotics due to recurring infections.

Good News:-

This condition is helped very successfully with some minor changes and good advice. We have helped hundreds of people with this condition, and in the following article, we will explain how.

Symptoms of Leaky Gut

Some of the more common symptoms are bloating, gas, reflux, constipation, diarrhoea - leading to other complaints such as memory loss, irritability, tiredness all the time...and feeling generally unwell.

We have seen many clients over the years who are eating 2/3 meals daily but are malnourished, suffering from a lack of magnesium (disturbed sleep and muscle cramping), weak muscles (protein deficiencies), joint issues (mineral deficiencies), hair loss (low zinc, iron), etc, etc.

Most of the time, folks eat ok but are not absorbing the nutrients from their diet - a condition known as malabsorption syndrome. They very often end up berating themselves, while the real culprit is a malfunctioning digestive system, i.e. a stomach not working properly.

Causes of Leaky Gut

This syndrome occurs when lesions form on the lining of the intestines, making it more permeable or 'leaky' than normal. Bacteria, fungi, parasites, toxins, undigested protein, fat and waste material enter into the bloodstream. In a properly functioning system, these substances are not absorbed into the bloodstream but pass out with the faeces.

The resulting inflammation is caused by these "foreign bodies" as the immune system produces antibodies to fight them. The result of this antibody action is a "Food Allergy", and when the enemy food is eaten, the antibodies get into various tissues and trigger an inflammatory reaction.

The good news is when we fix your tummy and food is no longer fermenting (rotting) in the stomach, the gut wall will cease to be inflamed, and the healing process beginsSIMPLE

Nutrition for Gut Health

Ok, we first have to accept that we are what we eat, so to reverse a Leaky Gut, we must make some changes to our diet. Junk food has to go.

Introduce anti-inflammatory foods into your diet, such as cold-water fish like salmon, trout and sardines, which contain a high concentration of Omega-3 fatty acids. These should be consumed alongside foods high in bioflavonoids. Many fruits, herbs, vegetables and beverages contain bioflavonoids, including citrus fruits, leafy greens, green tea, onions, dark chocolate and RED WINE! (all is not lost). Bioflavonoids work together with omega-3 and vitamin C to protect body cells.



Avoid over-processed refined foods as much as possible. Reduce white flour products, aged and cured meat, mushrooms, cheese, leftover food, and products with ridiculously high sugar content, as they all feed fungi and parasites in your body, and we have to STARVE them.

Nutritional Supplements

Help is at hand in the form of FOOD SUPPLEMENTS, which will support and assist you over the first 3 months. I always request this from my clients so that success can be practically guaranteed.

Here is where you will need speciality advice pertinent to whichever organ is under attack.

However, there are a number of suggestions that I highly recommend:

(1) **Tonic** - From the article to date, we have learned that you are not receiving enough substance from your diet, and when the body is trying to heal, it requires FOOD. You

will get this from a good tonic that is not dependent on your body to digest (it's not working!), such as B4Life (a B-complex).

(2) **Digestive Enzymes** - One of the greatest tools I carry in my arsenal. A good digestive enzyme will stop food fermenting in your stomach, so no more rotten food gets into your bloodstream. If you haven't taken the amazing "Blockbuster All-Clear", you should, which contains enzymes to clean up the system.

(3) **Probiotic** - Rotting food in the gut will encourage pus to grow, causing irritability, and a good probiotic will halt this. This is an absolute essential. Check out Probiotic 14.

(4) **Anti-inflammatory** - Some of my favourites include Krill oil, a highly absorbable omega-3, alongside many other products like vitamin C with bioflavonoids, Camu Camu vitamin C and Curcumin.

(5) **Anti-fungal** - Again, one that never leaves my arsenal is silver,

which will decimate fungi in the body, alongside other anti-fungals like garlic, tea tree, olive leaf extract, etc, while drinking a pinch of baking soda in water will prevent them growing.

Finally and Importantly

Once you see an improvement, you will need to vary your supplements, e.g. the product Sodium Butyrate is critical in repairing gut lining when gas, bloating, etc., is finito, while UB8Q10 Ubiquinol will support cellular energy production.

Pat Coffey
Naturopath

The Honey Pot



Rekindling Love for Our Hearts

Understanding Why Heart Disease is the Leading Global Killer and How to Naturally Protect Cardiovascular Health

Hearth disease remains a formidable health challenge worldwide despite advances in medicine and growing public awareness. According to the World Health Organization (WHO), cardiovascular diseases (CVDs) accounted for 17.9 million deaths globally in 2019, representing nearly a third of all deaths. Alarmingly, 85% of these fatalities were caused by heart attacks and strokes. Yet, the majority of these cases could be prevented by addressing risk factors such as smoking, unhealthy diets, physical inactivity, and harmful alcohol consumption.

With heart disease claiming more lives than any other condition, it's crucial to revisit the common issues, identify those most at risk,

and explore natural and effective ways to protect our heart health.

Common Heart Conditions and Their Impacts

Coronary Heart Disease (CHD)

Coronary Heart Disease is the most prevalent cardiovascular condition worldwide. It occurs when fatty deposits accumulate in the coronary arteries, narrowing them and restricting blood flow to the heart. This can lead to angina, heart attacks, and even sudden cardiac arrest. In the UK, CHD is the leading cause of death and contributes significantly to disability and healthcare costs globally.

Atrial Fibrillation (AFib)

Another widespread issue is atrial fibrillation, a condition where the heart beats irregularly or too quickly. This arrhythmia is caused by chaotic electrical signals in the upper chambers of the heart. AFib not only affects quality of life but also increases the risk of stroke and heart failure if left untreated. In the UK alone, more than a million people live with AFib, and the numbers are rising.

Hypertension: The Silent Killer

High blood pressure, often termed the "silent killer," affects approximately one in three adults. Many people with hypertension remain undiagnosed, putting them at risk of heart attacks, strokes, and kidney damage. Managing blood pressure effectively is a cornerstone of heart disease prevention.



Who Is Most at Risk?

Certain populations are more susceptible to developing cardiovascular diseases due to a combination of genetic, lifestyle, and environmental factors. Men tend to have a higher risk of heart disease than women, although post-menopausal women experience a significant increase in risk. People with a family history of CVD, particularly those with relatives who suffered heart attacks at a young age, are also more likely to develop heart problems.

Lifestyle factors play a critical role. Smoking, excessive alcohol consumption, and poor dietary habits, combined with obesity and physical inactivity, contribute significantly to heart disease. Additionally, individuals with diabetes are at a heightened risk, as one-third of adults with diabetes die from heart

disease or stroke.

While high cholesterol has long been seen as a primary risk factor, recent research challenges its traditional role. Instead, systemic inflammation, insulin resistance, and other metabolic factors are gaining recognition as more accurate predictors of cardiovascular health.

The Role of Inflammation in Heart Health

Chronic inflammation is increasingly understood as a key contributor to heart disease. Diets high in ultra-processed foods, sugary snacks, and trans fats drive inflammation and damage blood vessels over time. To counteract this, adopting an anti-inflammatory diet can be transformative.

A heart-friendly diet should emphasise nutrient-dense whole foods like fresh vegetables, fruits, and legumes. Healthy fats from olive oil, avocados, oily fish, nuts and seeds can help combat inflammation. Staying hydrated is equally important, as adequate water intake supports circulation and oxygen transport.

Essential Nutrients for Heart Health

Certain nutrients are indispensable for maintaining a healthy heart, particularly magnesium and taurine. Magnesium supports proper muscle function and energy production in heart cells, while taurine helps regulate heart rhythms. Incorporating these nutrients into daily routines through diet or supplements can significantly enhance cardiovascular function.

Nattokinase, a natural enzyme derived from fermented soybeans, offers another layer of protection. It helps break down fibrin, a protein involved in blood clot formation, improving circulation and reducing the risk of hypertension. Similarly, ubiquinol, the active form of CoQ10, plays a crucial role in cellular energy production, with one of the highest concentrations found in heart tissues. Ubiquinol supplementation has been shown to support heart recovery after surgery and reduce symptoms of heart failure.

Bergamot extract, derived from a citrus fruit, has gained attention for its ability to regulate cholesterol levels naturally. Rich in polyphenols, bergamot helps lower “bad” LDL cholesterol while increasing “good” HDL cholesterol. It also supports weight management and glucose metabolism, making it a versatile ally in combating metabolic syndrome.

The Importance of Exercise and Recovery

Physical activity is a cornerstone of heart health. Regular exercise strengthens the heart muscle, improves circulation, and reduces the risk of arrhythmias and high blood pressure. Studies show that moderate physical activity, such as brisk walking for 30 minutes most days, can significantly lower the risk of heart disease.

Equally important is minimising sedentary behaviour. Reducing daily sitting time to fewer than three hours has been linked to better cardiovascular outcomes. Incorporating movement breaks into your day, such as standing during phone calls or stretching every hour, can

make a significant difference.

Exploring Holistic Approaches

While traditional methods like exercise and diet are critical, holistic practices also offer valuable support. Stress significantly contributes to heart disease, and managing it effectively is vital. Techniques such as meditation, yoga, and tai chi not only reduce stress levels but also improve heart rate variability, an important marker of cardiovascular health.

Sleep quality is another often overlooked factor. Chronic sleep deprivation increases the risk of hypertension, obesity, and diabetes, all of which contribute to heart disease. Prioritising restful sleep through good sleep hygiene and relaxation techniques is essential for long-term heart health.

Emerging Trends in Cardiovascular Health

Recent research highlights the growing role of gut health in heart disease prevention. Imbalances in gut microbiota can lead to systemic inflammation and metabolic disturbances, both of which are linked to cardiovascular issues. Probiotics and prebiotic-rich foods like garlic, onions, and fermented vegetables may help restore balance and reduce inflammation.

Advances in testing are also providing new insights into heart disease risk. Beyond traditional cholesterol measurements, advanced lipid profiling and markers of inflammation offer a more comprehensive picture of cardiovascular health.

Rekindling Our Commitment to Heart Health

Protecting our hearts requires a multifaceted approach that integrates diet, exercise, stress management, and evidence-based supplementation. While the statistics on heart disease remain sobering, the good news is that most cases are preventable. By addressing inflammation, embracing nutrient-rich foods, and making time for physical activity, we can take meaningful steps toward a healthier future.

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.



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.



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.



ESSENTIAL DIGESTIVE PLUS™

A complete digestive enzyme complex with all essential enzymes for digesting every food group, plus inulin, a natural prebiotic fibre. 90 Capsules. Vegetarian.



Sources

All references can be found at www.NaturallyHealthyNews.info

Elevate Your Health with Enzymes

Proteolytic enzymes, such as Bromelain, Papain and Nattokinase, help promote more balanced and efficient bodily systems by aiding in the breakdown of unwanted proteins.

Introducing our enzyme formulations: Serranol®, Blockbuster® All Clear and Nattokinase™.



Serranol®

Plant-based formulation with enzymes found in Papaya (Papain) and Pineapple (Bromelain), plus Curcumin, Vitamin D3, and marine algae extract, to support the body's normal inflammatory response.

Contains: 85mg Bromelain, 20mg Papain, 250mg CurcuminX4000™, 1000iu vitamin D3 and 50mg full-strength Ecklonia cava extract in one capsule.

Blockbuster® All Clear

This proteolytic enzyme and botanical formula is popular for those wanting to support circulation and overall cardiovascular health.

Contains: 2000FU Nattokinase per serving, Plus Digestive Enzymes, Grapeseed Extract, Pine Park Extract 95%, Policosanol, Acerola Extract, Amla Extract, Olive Leaf Citrus Blend, Fulvic Minerals, Bacillus Coagulans, Protease S.

Nattokinase™

Extracted and highly purified from a food called Natto, a traditional Japanese dish made using fermented whole soybeans, this potent fibrinolytic enzyme Nattokinase and the added flavonoid Rutin possess various favourable cardiovascular effects.

Contains: 2000FU Nattokinase and 25mg Rutin per capsule.

Available at all good independent health food stores.

Inspired By Nature Enhanced By Science

For over 30 years, Good Health Naturally has been developing high-quality natural health supplements and products.

Today, they have something for everyone, from unique enzyme formulations to everyday essentials.



Excellent ★★★★★ 3,561 reviews on ★ Trustpilot | Spring 2025

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