

NATURALLY HEALTHY NEWS

ISSUE 49

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• HOW TO TACKLE THE 'SILENT KILLER' •
SAFFRON'S GOLDEN PROMISE • IS OUR FOCUS FADING?:

NEW from Good Health Naturally

Saffron Balance

Gentle, natural support for mood, balance, and restful sleep.
Featuring clinically studied Affron® saffron extract.



Why Saffron Balance?

- ✓ Standardised to 3.5% Lepticrosalides®, for consistent quality and potency
- ✓ Supports emotional well-being and everyday calm
- ✓ Clean-label, vegan, non-GMO, one-a-day formula

Used for centuries, now backed by science.

Saffron Balance helps you nurture emotional harmony and find calm in your busy life. No drowsiness. No habit-forming ingredients. Just pure plant power.



Available at Independent Health Food Stores



Hello and welcome to Issue 49 of Naturally Healthy News.

As I write this, the days are suddenly growing shorter and the nights longer. Any positive lifestyle habits you've managed to build into your daily or weekly routines over the summer months are well worth carrying forward now. We all know how much harder it can feel in winter, especially here in the UK, when it's dark before the workday ends, to keep up momentum and resist the urge to hibernate or cocoon in our homes.

That's exactly when endorphins become even more valuable, particularly as so many people struggle with Seasonal Affective Disorder (SAD). One simple way to lift them naturally is through exercising with others, which is just one of the many 'Health Benefits of Dance' you'll discover on page 6.

In this issue, you'll also find a wide variety of articles tackling health concerns from blood pressure to eczema to sleep, all with our usual holistic approach to supporting your wellbeing.

Products:

Good Health Naturally is excited to unveil its latest innovations for 2025. Our new Chlorella & Spirulina blend brings together two powerhouse superfoods in one remarkable formula. Magnesium Glycinate continues to prove popular, offering highly absorbable support for relaxation, muscles, and energy. And our golden launch of the year, Saffron Balance, shines as a natural choice for mood balance and wellbeing.

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@naturally-healthynews.info.

We'd also love to see your posts on social media! Tag us @naturally-healthynews 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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Saffron's Golden Promise:

Nature's Answer for Mood, Hormonal Balance, and Sleep



Saffron, derived from the vibrant red stigmas of the *Crocus sativus* flower, is a prized spice valued for its culinary and medicinal properties. Hand-harvested in regions like Iran and Spain, it has been used in traditional medicine for centuries. Today, saffron is gaining prominence as a natural supplement, particularly through standardised extracts such as Affron, which are backed by rigorous clinical research. This article explores the growing popularity of saffron and its evidence-based benefits for mental health conditions such as anxiety and depression, as well as for supporting well-being during hormonal changes like PMS and menopause.

Saffron's active compounds, including crocins, safranal, and picrocrocin, influence neurotransmitters like serotonin and dopamine, and help promote emotional balance. A 2017 double-blind, randomised, placebo-controlled trial showed that Affron saffron extract, at 28mg daily for four weeks, significantly reduced anxiety, stress, and depression in healthy adults with low mood. Participants reported improved vigour and reduced fatigue

with no notable side effects, making saffron a safe alternative to conventional treatments.

For women experiencing PMS, saffron offers compelling relief. A 2024 review highlighted its ability to alleviate physical and emotional symptoms, with a clinical trial showing 30mg of saffron extract daily reduced PMS-related pain and mood disturbances more effectively than a placebo. Similarly, a 2021 study in perimenopausal women found that 28mg of Affron daily for 12 weeks reduced anxiety and depression scores by 33% and 32%, respectively. These findings highlight saffron's potential as a natural, well-tolerated option for easing emotional and physical symptoms across different stages of a woman's hormonal life.

Saffron's antidepressant properties are also well-documented. A 2025 study with 202 participants showed that 28mg of Affron daily for 12 weeks reduced depressive symptoms by 72% in adults with subclinical depression, compared to 54% with placebo. A 2016 trial comparing saffron to citalopram in patients with major depressive disorder and anxious distress found equivalent reductions in symptoms

over six weeks, with saffron showing fewer side effects.

Saffron also enhances sleep quality. A 2020 trial demonstrated that 28mg of Affron daily improved sleep in adults with poor sleep, a benefit particularly relevant for menopausal women experiencing disturbances. These findings highlight the multifaceted role of saffron in supporting both emotional and physical health.

As holistic wellness gains traction, Affron's standardised saffron extract stands out for its purity and clinically validated efficacy. For those navigating anxiety, PMS, or menopausal mood challenges, saffron offers a natural, evidence-based approach to fostering resilience and restful sleep.

Recommended Products

SAFFRON BALANCE

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



Sources

All references can be found at www.NaturallyHealthyNews.info

More Than Just Fun

10 Reasons Dance is Great for Your Health

From ancient rituals to modern-day raves, dance has been an integral part of human culture for centuries. It is a form of celebration and a way to connect with people. But beyond its social and cultural significance, dancing is a full-body workout with huge physical, mental and emotional benefits. Here are ten reasons why you should turn up the music and get moving.

1 Cardiovascular Health

Dance is one of the most enjoyable forms of cardiovascular exercise. Styles like salsa, hip-hop, jazz and ballroom involve continuous movement, which raises the heart rate and helps improve circulation. When practised regularly, dance can help improve cardiovascular endurance. Unlike other forms of exercise, which can feel monotonous, dancing can be fun and engaging, making fitness feel like a celebration rather than a chore.

2 Weight Management and Muscle Tone

Dancing engages multiple muscle groups, making it an excellent workout for toning and strengthening the

body. The constant shifting of weight, jumping and stretching helps build muscle definition, particularly in the legs, arms and core. Unlike traditional strength training, dancing offers a well-rounded workout which can also burn significant calories, helping with weight management.

3 Flexibility and Coordination

Dancing requires the body to bend, stretch and move in a variety of ways, which can help improve flexibility in the muscles and tendons. It also enhances coordination, as different dance rhythms require synchronised movements. Whether performing intricate footwork or transitioning between movements, dancers develop better balance, hand-eye coordination, and spatial awareness, all of which contribute to overall wellness.

4 Bone Health

Weight-bearing activities like dance are essential for maintaining strong bones. Regular participation in dance will place controlled stress on the bones, stimulating bone formation and increasing bone density. This helps prevent conditions such as osteoporosis and reduces

the risk of fractures as we age.

5 Brain Health and Cognitive Function

Dance is a workout for the brain, too. Studies have shown that dancing can enhance cognitive function and promote neuroplasticity, the brain's ability to form new neural connections. Learning complex choreography stimulates multiple brain regions, improving memory, concentration and problem-solving skills. Research suggests that structured dance programs can be as effective as other physical activities in boosting psychological and cognitive well-being.

6 Stress Relief

Dance provides a creative outlet for releasing pent-up emotions and tension. Moving rhythmically to music helps trigger the release of endorphins, the brain's 'feel-good' chemicals, which promote feelings of joy and well-being. Additionally, studies have shown that dancing can also help reduce levels of cortisol, the stress hormone, helping combat feelings of anxiety and depression. The focus on movement and rhythm serves as a mindful distraction from negative thoughts, promoting relaxation and emotional balance.



7 Boosts Self-Esteem and Confidence

Learning and mastering dance moves can significantly boost self-esteem and confidence.

The process of practising, improving and eventually succeeding at a challenging dance routine fosters a great sense of accomplishment and boosts self-worth. Many people feel empowered by their newfound abilities, whether they're nailing a difficult routine in class or simply expressing themselves in a group setting. This confidence often extends beyond the dance floor, leading to greater self-assurance in everyday life.

8 Social Connection

Dance is a social activity that fosters connections with others. Whether you're taking a dance class, attending a party, or simply enjoying a night out with friends, dancing provides a unique way to

bond with others. The social aspect of dance is especially important for mental health. It can help reduce feelings of loneliness and isolation, providing a sense of belonging. For older adults, engaging in social dances like ballroom dancing or swing can be a wonderful way to stay connected with their community and avoid social isolation.

9 Suitable for All Ages and Abilities

One of the greatest things about dance is that it is accessible to people of all ages and abilities. From young children to seniors, anyone can enjoy the benefits of dance. It is often recommended for older adults because it improves balance, coordination and cognitive function, helping to reduce the risk of falls and injury. Adaptive dance programs also exist for individuals with physical disabilities, proving that dance is a universal activity that can be tailored to suit any ability level.

10 Can Be Practised Anywhere

Unlike many other forms of exercise, dance requires no special equipment or venue. Whether at home, in a dance studio, or outdoors, you can dance anywhere. This makes it an affordable and convenient fitness option for individuals and families, regardless of their financial situation or geographic location.

Final Word

Dance is a holistic form of exercise that offers numerous physical, mental, and emotional benefits. It improves cardiovascular health, enhances flexibility and brain function, reduces stress, and fosters social connections. Beyond its health benefits, dancing cultivates joy, self-expression, and a sense of togetherness. So, put on your favourite song, move to the beat, and experience all the benefits dance has to offer.



Gut Instincts

Restoring Balance the Natural Way with Soil-based Organisms

Gut health isn't just important, it's absolutely essential for our overall well-being. Our digestive system does much more than break down food. It also plays a crucial role in immunity, mood regulation and even brain function.

The Microbiome

Our digestive system is home to more than 100 trillion bacteria, which work around the clock to help digest food, absorb nutrients and produce essential B vitamins and enzymes. These microbes are vital partners in maintaining our health, and we must respect them as such.

Modern life has taken its toll on our gut microbiomes. Processed foods, antibiotics, environmental toxins and chronic stress all wreaked havoc on this delicate ecosystem. Over time, for many of us, the diversity and strength of our microbiome have become weakened, making many of us more vulnerable to is-

sues like bloating, fatigue, compromised immunity, and brain fog.

Back to the Soil

Before the rise of industrial food production, we consumed a variety of beneficial bacteria just by eating fresh produce straight from the earth. Soil-based organisms thrived in healthy, organic soil, and we naturally ingested them by eating raw or minimally washed fruits and vegetables.

Products containing soil-based organisms help bring that microbial diversity back. Each capsule contains a proprietary blend of soil-based organisms, which are naturally cultured in their original plant matter just as nature intended.

These microbes are tough, spore-forming survivors, wrapped in a resilient outer shell and can withstand heat, stomach acid and other digestive challenges. Unlike conventional probiotics, which require refrigeration, these soil-based organisms remain dormant until they

arrive in the intestines, where they awaken, multiply and get to work.

Rewild Your Gut

Reintroducing soil-based organisms can revitalise your gut from the inside out. They are adaptive. Because they only activate in response to your body's unique internal environment, they offer a personalised approach to gut health. If you're struggling with digestive discomfort, low energy, or simply wanting to build good health, they provide a powerful, natural way to realign with nature and take control of your well-being. Look after your gut, and it will look after you.

Recommended Products

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



Good Health Starts in the Gut

Make sure yours gets the best start possible

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



Digestive and
immune system
support



Highest-quality
ingredients



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



Vegetarian and
vegan options

Available at all good independent health food stores.

Good
Health
Naturally®

Essential Health Tips for Every Phase of a Woman's Life

Women's bodies are constantly evolving. From teenage years to pregnancy and menopause, each phase comes with unique health challenges. Whether it's navigating hormonal changes during adolescence, supporting fertility and a healthy pregnancy, or preserving vitality in later years, it's essential to understand the demands these key stages place on the body so you can make smart diet and lifestyle choices.

Adolescence and Early Adulthood (10-25 years)

Hormonal changes bring menstruation, rapid growth and mood swings. Common health concerns include irregular periods, heavy bleeding, premenstrual syndrome and anxiety. Societal pressures around body image can heighten the risk of anxiety and even eating disorders. Young women are also prone to acne and other skin conditions.

At this stage, the body's nutrient de-

mands are elevated due to growth spurts. PMS symptoms, in particular, may be worse if there is a lack of essential nutrients. Research suggests that women who experience PMS often have lower levels of Vitamin D, Calcium, Magnesium, iron, zinc, and key vitamins such as A, C, E, B-6, and other B vitamins.

Therefore, it is essential to eat a variety of colourful vegetables, fruits, whole foods, good fats such as avocado and olive oil, and a range of protein sources, including fish, meat, eggs, nuts, and seeds. Consuming iron-rich foods like leafy greens, lean meats, and legumes can help prevent anaemia. Reducing processed foods and sugar can also stabilise blood sugar levels, improve mood and help manage acne.

Regular physical activity is vital too. Weight-bearing exercises, such as jogging and dancing, promote fitness and also strengthen bones, thereby reducing the risk of osteoporosis later in life. It is also a great time for developing healthy habits like getting sufficient sleep and staying hydrated. Quality sleep improves mood and concentration,

while adequate water intake enhances skin health and digestion.

Reproductive Years (25-45 years)

During these years, women start navigating major life events such as pregnancy and childbirth. Others are managing conditions like polycystic ovary syndrome (PCOS), uterine fibroids and endometriosis. Life can be busy, as we balance careers and family responsibilities. Hectic lifestyles can lead to poor dietary choices, lack of exercise and chronic stress.

A well-balanced diet, therefore, is crucial for women in this age group. If pregnancy is a possibility, ensuring adequate intake of nutrients like folate, iron, iodine, and DHA-rich foods supports both foetal development and maternal health.

Prioritise whole foods like fibre-rich grains, lean proteins, oily fish, vegetables and healthy fats like avocados, nuts and seeds. Limit caffeine and alcohol consumption as both can disrupt hormone balance and fertility. Regular physical activity is also essential for maintaining



a healthy weight and supporting heart health.

Chronic stress can be a significant concern during these years, and it can disrupt hormone balance and negatively affect mental and physical well-being. Activities like yoga and meditation can help manage stress and encourage relaxation. Supplements can also play a supportive role in replenishing depleted nutrients during times of heightened stress. The adrenal and nervous systems can benefit from B vitamins, along with magnesium and vitamin C.

Two amino acids which may also provide stress relief are L-tryptophan and L-theanine. L-tryptophan, found in white meat and oats, is a precursor to serotonin and melatonin. Studies suggest it can help improve mood, ease anxiety, and promote better sleep. L-theanine is a naturally occurring amino acid found in green tea and has been shown to help reduce stress-relat-

ed symptoms and promote calmness.

Perimenopause and Menopause (45-55 years)

As women approach menopause, declining oestrogen levels can lead to a range of physical and emotional changes, including hot flashes, mood swings, anxiety and weight gain. Hormonal shifts accelerate bone loss, increasing the risk of osteoporosis, while metabolic changes often cause fat accumulation, particularly around the abdomen, increasing the risk of cardiovascular disease.

Adapting diet and lifestyle habits is essential to manage these changes effectively. Ensure a diet rich in calcium, magnesium, and vitamin K to support bone density. Foods high in omega-3 fatty acids, such as oily fish, chia seeds and walnuts, can promote heart and brain health

while helping to manage inflammation. To manage metabolism and prevent weight gain, it's helpful to reduce sugar and refined carbohydrates.

Phytoestrogen-rich foods can play a key role in easing menopausal symptoms. These plant compounds mimic oestrogen by binding to oestrogen receptors in the body, potentially helping to balance hormones. There are two types of phytoestrogens: isoflavones and lignans. Isoflavones are primarily found in soy products, including edamame, miso, tempeh, tofu, and soy milk, as well as in red clover. Lignans are found in flaxseeds, berries, grains, nuts, and certain fruits. An added benefit of these foods is that they are often rich in other essential nutrients, such as fibre, antioxidants, and omega-3 fatty acids, which support overall health.

Regular physical activity remains crucial. Strength training helps preserve muscle mass, while

weight-bearing exercises like walking or dancing promote bone health.

Sleep disturbances can also be common during this stage; therefore, establishing a good bedtime routine is crucial. Aim to get to bed at the same time every night. Practising deep breathing and journaling can also improve sleep.

Post-Menopause and Senior Years (55+ years)

As women age, they face an increased risk of osteoporosis, arthritis and mobility challenges. Chronic diseases like diabetes and hypertension become more prevalent. Cognitive decline, including dementia and neurodegenerative conditions, also becomes a concern as women move towards their sixties.

Most women at this life stage benefit from increasing their intake of omega-3 fatty acids, which are found in oily fish, flaxseeds, and walnuts. These healthy fats support heart and brain health, can help prevent dry skin, brittle nails, and dry eyes, and also aid in joint lubrication. Anti-inflammatory foods like turmeric and ginger can also be a great addition to help reduce joint pain and improve mobility.

Vitamin C and collagen supplemen-

tation can also be valuable. They support joint and cartilage health, support skin elasticity and help alleviate vaginal dryness. It may also improve urinary tract elasticity, reducing the likelihood of stress incontinence.

Many women have urinary and pelvic health concerns, such as incontinence, pelvic organ prolapse or other urogenital issues. Supplementing with pumpkin seed extract can help support bladder health and ease urinary concerns.

Low-impact exercises such as swimming, walking, and yoga enhance joint health, improve flexibility, and make everyday movements easier. Strength training helps preserve muscle mass, a key factor in maintaining independence.

Mental stimulation is equally important for preventing cognitive decline. Activities like reading, solving puzzles and learning new skills keep the brain engaged. Social connection also plays a significant role, regular interaction through friendships, hobbies, and group activities provides emotional support and helps reduce the risk of depression and loneliness.

Conclusion

Every woman deserves to feel her best at every stage of life. By recognising the unique challenges faced throughout the different phases,

women can take charge of their health by making informed dietary and lifestyle choices.

Recommended Products

RELAXWELL®

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



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.



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



The Silver Secret

Ancient Wisdom Meets Modern Science

For centuries, silver has been revered for its remarkable health benefits. From the opulent courts of ancient Greece and Rome to the medical kits of 19th-century doctors, this precious metal has long been prized for its ability to protect against infection and promote healing. Today, thanks to modern advancements, silver is making a powerful comeback as one of the safest and most effective natural immune-supporting solutions.

A Rich History of Healing

The use of silver in medicine dates back thousands of years. Ancient civilisations recognised its antimicrobial properties, using silver vessels to store water and keep it fresh. In medieval times, European royalty dined with silver utensils, leading to the term “blue bloods”. This was a reference to the slight skin discolouration that occurred with prolonged exposure, but also a sign of their superior resistance to illness. Before antibiotics, silver was widely used in wound care and even to prevent infections in newborns’ eyes.

A Natural Defender Against Pathogens

Scientific research has confirmed what our ancestors instinctively

knew: that silver is a potent natural antimicrobial. It has been shown to be antibacterial, antifungal, and even antiviral, working by disrupting the cellular processes of harmful microorganisms without damaging human cells. This makes silver an effective tool for supporting the immune system and maintaining overall health.

The Modern Silver Revolution

While historical silver preparations were beneficial, technology today has transformed silver into an incredibly safe and powerful health product. Advanced production methods have led to highly refined forms, such as colloidal and ionic silver, which deliver enhanced bioavailability and effectiveness. These modern formulations ensure that silver works harmoniously with the body, supporting immune function without the risks associated with older, less controlled methods.

The Power of Hydrosol Silver

One of the most advanced forms of silver available today is hydrosol silver. This ultra-pure solution contains positively charged silver ions in pharmaceutical-grade water, making it highly bioavailable and effective. Unlike traditional colloidal silver, hydro-

sol silver features nanoparticles that are small enough to be readily absorbed and utilised by the body. This enhanced formulation maximises silver’s immune-supporting benefits while ensuring safety and stability.

A Safe and Effective Immune Ally

Whether used as a liquid supplement, topical gel, or even infused into medical dressings, silver continues to demonstrate its remarkable ability to support the body’s immune defences safely and effectively.

Recommended Products

HYDROSOL™ SILVER SPRAY/GEL

With SilverSol® Technology, a next-generation silver known for its superior bioavailability and safety. The spray delivers 10ppm (120ml), while the gel provides 24ppm (44ml). Vegan.



ACS SILVER ACS SILVER 200 EXTRA STRENGTH

Provides a 200ppm 99.99% pure silver colloid solution. 60ml. Vegan.



Sources

All references can be found at www.NaturallyHealthyNews.info



Essential Immune Support

Formulated with care using well-researched ingredients, these daily supplements help maintain healthy immune function all year round.



The sunshine vitamin for everyday vitality.



A natural fruit source of vitamin C.



A traditional botanical for natural balance.



Friendly bacteria blend for everyday harmony.

Clean. Potent. Trusted.

No unnecessary fillers. No artificial additives. Just carefully selected ingredients for daily support.



Available at Independent Health Food Stores

8 Natural Solutions for Fungal Infections

Infections like ringworm, candida and fungal nails are common. They are usually caused by opportunistic fungi, which thrive in warm, moist environments. While fungi are a natural part of our world, problems arise when conditions allow them to multiply unchecked. For example, candida can live in the mouth and gastrointestinal tract without causing harm, but factors like antibiotic use, poor diet, stress or low immunity can trigger overgrowth. While prevention is ideal, these eight natural remedies can support healing.

1. Coconut Oil

Soothing and antimicrobial. It contains lauric acid and caprylic acid, which have strong antifungal properties. Especially useful for yeast infections and candida overgrowth. Apply directly to affected skin or use in cooking for internal benefits.

2. Garlic

A powerful natural antimicrobial thanks to the active compound allicin. Eating it regularly can help support the body's natural defences, or crushed raw garlic can be used topically in a carrier oil.

3. Probiotics

Beneficial bacteria live in the gut and on the skin. They help maintain a healthy microbiome and keep fungal overgrowth in check. Eat plenty of fermented foods like kefir, kimchi, and sauerkraut, or consider a probiotic supplement.

4. Turmeric

It contains curcumin, a compound known for its potent anti-inflammatory, antioxidant and antifungal properties. Make a paste with turmeric and coconut oil to apply to affected areas. Drink turmeric tea, golden milk or try curcumin supplements.

5. Olive Leaf Extract

Traditionally used in Mediterranean medicine, olive leaf extract has demonstrated strong antimicrobial activity. It may also offer antioxidant and anti-inflammatory support, which helps reduce oxidative stress and tissue damage associated with chronic fungal infections.

6. Butyrate

Beneficial gut bacteria produce this short-chain fatty acid during the fermentation of dietary fibre. It plays a crucial role in gut health, which is central to immune defence and the prevention of fungal overgrowth. It is also present in some foods like cheese and ghee or can be obtained through supplementation.

7. Magnesium

Essential for more than 300 enzymatic processes in the body, including those involved in skin repair and immune response. Topical magnesium helps normalise skin pH, discourag-

ing fungal growth. Oral magnesium offers systemic support.

8. Silver

Known for its potent antimicrobial properties, topical silver may help inhibit the growth of fungi and bacteria while also supporting tissue repair with minimal toxicity. Apply silver gel or spray the affected skin.

Recommended Products

ANCIENT MAGNESIUM® OIL ULTRA

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



HYDROSOL™ SILVER GEL

With SilverSol® Technology, a next-generation silver known for its superior bioavailability and safety. The gel provides 24ppm (44ml). Vegan.



OLIVE LEAF EXTRACT WITH ZINC

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



SODIUM BUTYRATE

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



Sources

All references can be found at www.NaturallyHealthyNews.info

Tingling Troubles?

Ease Nerve Pain Naturally

Neuropathy is a common condition caused by nerve damage. It can affect a single nerve, multiple nerves or a widespread network throughout the body. Symptoms can develop gradually or appear suddenly. Depending on which nerves are involved, it can lead to numbness, tingling, burning sensations or muscle weakness.

While diabetes is a leading cause, neuropathy can also result from autoimmune conditions, infections, vitamin deficiencies or exposure to toxins. In the UK, peripheral neuropathy affects an estimated 10% of the population. While some cases are mild and temporary, others can be severe and long-lasting, significantly impacting quality of life.

Managing this condition can be challenging, but emerging research suggests certain nutrients may help support nerve health and alleviate symptoms.

Understanding the Role of Nutrition in Nerve Health

Nerve cells rely on essential vitamins, minerals and healthy fats to function efficiently and repair damage. While poor dietary habits can worsen nerve dysfunction, a nutrient-rich diet may help support nerve health and ease symptoms.

Chronic inflammation and oxidative stress are both significant contributors to nerve deterioration. Therefore, it is essential to include antioxidant-rich foods in the diet to

help neutralise harmful free radicals and shield nerve cells from further damage. Great sources include citrus fruits, berries, spinach, nuts, and seeds.

On the other hand, unhealthy fats, such as trans fats and excessive amounts of saturated fats, can worsen inflammation and nerve damage. Swapping them for heart-healthy fats like olive oil, avocados, and nuts can help reduce inflammation and support healing.

Certain spices, including turmeric, ginger, and cinnamon, are known for their powerful anti-inflammatory properties. Adding them to daily meals not only enhances flavour but also promotes nerve health.

B Vitamins

In particular, B1, B6 and B12 may help ease neuropathy symptoms, as they play an essential role in nerve health, metabolism and sensory perception. A lack of B12 can lead to damage to the myelin sheath, which surrounds and protects nerves. Without this protection, nerves cease to function properly, and conditions such as peripheral neuropathy can occur. Even a mild deficiency may affect the nervous system and the proper functioning of the brain.

Food sources of vitamin B12 include fish, meat, poultry, eggs, milk, and other types of dairy. Anyone following a vegan diet should consider supplementing with this vitamin, as it is only found in animal products.

It is also important to get the balance right with vitamin B6. While a deficiency can contribute to neurop-

athy, too much can, too. This may occur when supplementing with high doses or using the supplement for an extended period. However, it is not associated with normal dietary intake of vitamin B6.

Alpha-Lipoic Acid

This naturally occurring compound reduces oxidative stress and limits free radical damage, which is a major contributor to neuropathy. Studies suggest alpha-lipoic acid can alleviate symptoms such as burning pain and tingling. Good sources include spinach, broccoli, potatoes, and organ meats, as well as supplementation.

Omega-3 Fatty Acids

Omega-3 fatty acids, found in oily fish, flaxseeds, chia seeds, and walnuts, reduce inflammation and promote nerve regeneration. These healthy fats are particularly beneficial in reducing neuropathy associated with chronic conditions, such as diabetes or autoimmune diseases. Additional intake can be achieved with supplements, such as krill oil, which are rich in naturally occurring healthy omega-3 fatty acids.





Vitamin D

The sunshine vitamin plays a role in maintaining healthy nerves and reducing inflammation. Deficiency in this vitamin has been associated with an increased risk of neuropathy, particularly in people with diabetes. It is advised that most people take supplements during the winter months to ensure they get an adequate amount of vitamin D.

Magnesium

Magnesium helps regulate nerve signals and muscle function. It can reduce nerve excitability and alleviate cramps or spasms often associated with neuropathy. It is found in leafy greens, nuts, seeds, whole grains, and legumes and can be applied to the skin with topical products or taken orally as a supplement.

Curcumin

Curcumin is the main constituent of turmeric, which has a long history of use for its antioxidant and anti-inflammatory activities. Studies suggest that curcumin may help reduce inflammation and prevent chronic pain associated with neuropathy.

Supplementing with curcumin during the early stages of peripheral neuropathy is beneficial in preventing the development of chronic pain.

Supporting Nerve Health Through Exercise and Relaxation

Exercise can help reduce pain and numbness and even increase mobility. It is theorised that this is because it may help promote nerve regeneration and help retrain neural pathways.

Relaxation techniques such as deep breathing and meditation may help manage pain. Stretching exercises, such as yoga and tai chi, can help improve posture and may also ease some of the associated pain.

A Holistic Path to Relief

Adopting a nutrient-rich, anti-inflammatory diet can be an effective way to find relief from nerve pain. Making mindful dietary choices may help reduce symptoms and enhance overall well-being, allowing you to enjoy a more comfortable and active life.

Recommended Products

B4LIFE

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



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.



SERRANOL®

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



THE KRILL MIRACLE™

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



Sources

All references can be found at www.NaturallyHealthyNews.info

Understanding Dry Eye Syndrome and How to Find Relief

Dry Eye Syndrome (DES) is a common condition characterised by insufficient lubrication of the eye's surface, leading to discomfort, visual disturbances, and potential damage to the ocular surface. Factors contributing to DES include prolonged screen time, environmental conditions, ageing, and certain medical treatments. While artificial tears and medications are standard treatments, emerging research highlights the role of specific nutrients, such as lutein and omega-3 fatty acids, in alleviating DES symptoms.

How Lutein Supports Healthy Eyes

Lutein is a carotenoid predominantly found in leafy green vegetables like spinach and kale, as well as in corn, eggs, and pistachios. This antioxidant is well known for its ability to filter harmful blue light and protect the eyes from oxidative stress.

According to research published in *EatingWell*, lutein not only protects against age-related macular degeneration but also provides relief for dry eye syndrome and reduces eye strain associated with prolonged screen exposure.

How Omega-3 Fatty Acids Support Eye Hydration and Comfort

Omega-3 fatty acids, particularly eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) have been extensively studied for their anti-inflammatory properties and potential benefits in eye health. These essential fats are abundant in oily fish such as sardines, mackerel, and salmon. While some large-scale studies have questioned the efficacy of omega-3 supplements in treating DES, a closer look at the research reveals important nuances.

One of the key benefits of omega-3s is their ability to improve tear composition rather than just tear quantity. The meibomian glands in the eyelids produce an oily layer of tears, which helps prevent tear evaporation. Some studies suggest that omega-3s can enhance the quality of this oil layer, leading to better tear stability and reduced dryness.

Additionally, omega-3s are recognised for their anti-inflammatory properties, which may help alleviate inflammation in the eyes and promote overall ocular surface health. A 2022 systematic review in *Nutrients* highlighted that while the effects of omega-3s on DES symptoms vary, many individuals report improvements in tear stability and ocular surface comfort. The variability in study results suggests that some people may benefit more than others, possibly due to differences in underlying causes of dry eye or individual omega-3 metabolism.

Dietary Sources and Recommendations

Incorporating lutein-rich foods into your diet is a natural way to support eye health and may help ease symptoms of dry eye syndrome (DES). Leafy green vegetables like spinach and kale are among the best sources of lutein. Eggs, particularly those from hens fed nutrient-enriched diets, are also rich in lutein and zeaxanthin, another eye-protective carotenoid.

As lutein is fat-soluble, pairing it with healthy fats like olive oil, avocado, or nuts helps improve absorption. Adding these foods to meals, snacks, or smoothies can help shield the eyes from oxidative stress and support long-term vision health.

Omega-3s are equally important in managing dry eye discomfort. Fatty fish such as sardines, mackerel, and wild-caught salmon provide the most bioavailable forms. Plant-based sources like flaxseeds, chia seeds, and walnuts also contribute omega-3s, although in a different form (ALA). For those supplementing, a product with a high EPA-to-DHA ratio in phospholipid form, such as krill oil, may offer better absorption and effectiveness.

Lifestyle Modifications for DES

In addition to dietary support, sever-



al lifestyle strategies can help manage or prevent dry eye symptoms:

1. **Reduce Screen Time:** Prolonged exposure to digital screens can exacerbate DES symptoms. Implementing the 20-20-20 rule, taking a 20-second break every 20 minutes to look at something 20 feet away, can help reduce eye strain.
2. **Maintain Hydration:** Adequate water intake is essential for overall health and helps maintain tear production.
3. **Use Humidifiers:** Adding moisture to the air can help prevent the eyes from drying out, especially in arid environments or during winter.
4. **Practice Good Eyelid Hygiene:** Regularly cleaning the eyelids can remove debris and re-

duce inflammation, supporting healthy tear production.

Conclusion

Dry Eye Syndrome is a multifaceted condition influenced by both internal and external factors. While medical treatments may be necessary in some cases, nutrition and lifestyle changes offer promising complementary support. Lutein-rich foods can help protect the eyes from oxidative stress, and omega-3s may enhance tear quality and reduce inflammation. By focusing on whole foods and supportive daily habits, many people can find natural relief from dry eye discomfort. For persistent symptoms, it's always best to consult an eye care professional for personalised advice and treatment.

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.



MAXIFOCUS®

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

The Hidden Health Benefits of Garnishes

More Than Just a Decoration

A sprig of parsley or a sprinkle of coriander, these seemingly small additions not only enhance the presentation and flavour of a dish but can also pack a nutritional punch.

Parsley – A Nutrient Powerhouse

One of the most commonly used garnishes, this vibrant green herb is rich in vitamins A, C, and K. Vitamin A supports healthy vision, while vitamin C boosts the immune system and helps with collagen production for healthy skin. Meanwhile, vitamin K plays a crucial role in blood clotting and bone health. Additionally, parsley contains flavonoids with antioxidant and anti-inflammatory properties. Just a small handful of fresh parsley can significantly contribute to your daily nutrient intake.

Coriander – A Fresh Boost of Nutrients

Also known as cilantro, coriander is more than just a garnish. It is rich in antioxidants and key nutrients like folate, vitamin C, and vitamin K. Folate supports DNA synthesis and cell growth, while vitamins C and K aid immunity and bone health. Some research also suggests coriander may help lower blood sugar levels, making it a useful herb for

those managing diabetes.

Rosemary – An Aromatic Health Booster

This aromatic herb is not only perfect for flavouring roasts and stews, it is also a rich source of iron, calcium and vitamin B6. Plus, it contains rosmarinic acid and carnosic acid, both of which have been shown to have anti-inflammatory and brain-boosting properties. Some studies suggest rosemary may help improve memory and cognitive function, making it a great addition to any diet.

Thyme – A Tiny Herb with Big Benefits

This is another herb with significant nutritional benefits. It is packed with vitamin C and also contains thymol, a natural antiseptic compound which may help fight infections and

support respiratory health. Thyme is also a good source of manganese, a mineral that plays a role in bone health and metabolism.

Pea Shoots – A Nutrient-Dense Green

These delicate young leaves from pea plants are packed with nutrients. Rich in vitamins A, C, and K, as well as folate and fibre, pea shoots also contain antioxidants like carotenoids and flavonoids that help protect the body from cellular damage. Additionally, they provide a good source of plant-based protein, making them an excellent choice for vegetarians and vegans.

Conclusion

Garnishes are much more than just decorative finishing touches. The next time you prepare a meal, try adding an extra sprinkle of these nutrient-packed herbs to boost both flavour and health benefits.





Taurine Spray

Support for Heart, Brain, Eyes and More - Fast!

Why choose a Taurine spray?

Fast Absorption - Absorbed under the tongue for quicker, more efficient uptake into the bloodstream.

Easy to Use - Simple spray format - no pills, no water, suitable for all ages.

Great Value - Around 200 servings per bottle for long-lasting, cost-effective support.



Could You Benefit From a Daily Dose of Bergamot?



Have you heard of bergamot, a superfruit grown in Calabria, Italy? It's long been revered in traditional Italian medicine for its unique health-boosting properties. These benefits have largely been attributed to its antioxidant, anti-inflammatory and cholesterol-lowering effects.

What Is Citrus Bergamot?

Citrus bergamot (*Citrus bergamia*) is a unique citrus fruit. It is a hybrid between an orange and a lemon with a rich profile of phytochemicals, including flavonoids like brutieridin and melitidin, and polyphenols such as naringin, neoeriocitrin and rutin. These compounds work together to deliver a wide range of health benefits, from supporting cardiovascular wellness to promoting cellular repair.

Supports Cholesterol Balance

Heart health is where bergamot shines. Its polyphenols help maintain a healthy balance between HDL (good cholesterol) and LDL (bad cholesterol). Clinical studies show that bergamot's antioxidant and cholesterol-lowering properties can reduce the risk of cardiovascular disease.

A 2019 review discovered people experienced significant decreases in total cholesterol, LDL cholesterol and triglycerides with doses of 500-1,500 mg of bergamot extract. Additionally, HDL levels improved in eight out of 12 of the studies reviewed.

For people who cannot tolerate statins due to side effects like muscle pain and fatigue, bergamot offers a promising alternative. In 2018, the American Journal of Cardiology endorsed the use of nutraceuticals like bergamot for managing cholesterol levels in statin-intolerant patients.

Regulates Blood Sugar Levels

Bergamot's polyphenols have been shown to improve insulin sensitivity and regulate blood sugar levels, making it a valuable tool for managing metabolic health. A study involving 60 participants revealed that those who were supplemented with a bergamot formulation experienced improved fasting blood glucose levels, as well as benefits for cholesterol. This suggests bergamot may be especially beneficial for individuals managing conditions like metabolic syndrome or type 2 diabetes.

Promotes Cellular Cleaning (Autophagy)

Citrus bergamot activates autophagy, your body's cellular self-cleaning process. Autophagy plays a crucial role in removing damaged cells, repairing tissues, and promoting overall cellular health. The compound limonene, found abundantly in bergamot's peel, is responsible for triggering this vital process.

Conclusion

Scientific evidence increasingly supports the potential of bergamot to benefit heart health, improve cholesterol levels, and enhance metabolic function. Incorporating bergamot into your daily routine can be a natural way to support your journey toward better health and longevity.

Recommended Products

HEARTPOWER+™

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



Sources

All references can be found at www.NaturallyHealthyNews.info

What's Really In Your Mouthwash?

Rethinking the Chemicals in Oral Care

For decades, we've been sold the idea that a burning, minty mouthwash equals a cleaner, healthier mouth. However, mounting evidence suggests that many conventional oral care products may be doing more harm than good by disrupting the delicate balance of the oral microbiome and introducing harsh chemicals into daily routines.

The Oral Microbiome Matters

Just like the gut, your mouth is home to a complex microbial ecosystem. A healthy oral microbiome helps control harmful bacteria, supports gum health, and even influences digestion and immunity. But when we bombard it with aggressive antiseptics, like those found in many high-street mouthwashes, we risk wiping out the good along with the bad.

One widely used ingredient, chlorhexidine, has been shown to significantly reduce beneficial nitrate-reducing bacteria in the mouth. A 2020 study published in *Scientific Reports* found that using chlorhexidine mouthwash for just seven days increased blood pressure in healthy individuals by interfering with nitric oxide production, a vital molecule essential for main-

taining cardiovascular health.

Alcohol is another concern. While it gives mouthwash that familiar sting, it also dries out the mouth, reducing saliva flow and creating a more hospitable environment for harmful bacteria. Long-term use has been linked to increased oral sensitivity, ulcers, and damage to the soft tissues of the mouth.

A Natural Approach to Oral Health

The good news? There are gentler, effective alternatives that support oral health without disrupting its natural balance.

- **Xylitol** - A plant-derived sugar alcohol that can reduce cavity-causing bacteria without harming beneficial microbes.
- **Essential Oils** - Tea tree, peppermint, and clove offer antimicrobial benefits with a lighter touch.
- **Aloe Vera** - Helps soothe gums and reduce plaque without the harsh side effects of chlorhexidine.
- **Silver** - A natural antimicrobial which may help combat oral pathogens while being gentle on tissues and preserving microbial balance.

- **Saltwater rinses** - An age-old remedy that remains a safe and effective way to reduce inflammation and support healing.

As science continues to highlight the importance of the oral microbiome, choosing clean, natural products is no longer just a preference; it's a health investment worth making.

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 TOOTH PASTE

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.



Sources

All references can be found at www.NaturallyHealthyNews.info



Why Krill Oil is Making Waves

Krill oil is extracted from tiny, shrimp-like crustaceans that inhabit the cold, pristine waters of the Antarctic. What sets it apart from traditional fish oil is its natural combination of four key nutrients: omega-3 fatty acids, astaxanthin, phospholipids, and choline. Together, these components support the heart, brain, liver, and overall well-being. Clinical studies have even shown that krill oil may be more effective than fish oil at increasing levels of the omega-3 fatty acids EPA and DHA in the body.

Omega-3 Fatty Acids

These essential fats play a vital role in maintaining the health of the heart, brain, eyes and liver. Yet research shows that approximately 97% of people around the world aren't getting enough, especially in Western countries. A deficiency in omega-3 fatty acids has been linked to increased inflammation, dry skin, fatigue, poor cardiovascular function, mood disorders, and cognitive decline. A clinical trial published in *Nutrition Research* (2014) found that krill oil supplementation resulted in a 10% reduction in triglycerides, a key marker of cardiovascular disease.

Astaxanthin

Krill oil's rich red hue comes from astaxanthin, a powerful natural antioxidant. It helps protect cells from oxidative stress, which contributes to ageing and chronic disease. Beyond its striking appearance, astaxanthin helps protect the krill oil from oxidation, ensuring it remains fresh and stable without the need for synthetic preservatives.

Phospholipids

Naturally present in krill oil, these phospholipids improve the bioavailability of the omega-3s. They help transport these fatty acids into cells, especially across the blood-brain barrier, where DHA plays a crucial role in supporting the brain and cognitive function. In fact, DHA makes up about 40% of long-chain fats in the brain. Studies have shown the phospholipid-bound omega-3s in krill oil are more efficiently delivered to key organs compared to those in standard fish oils.

Choline

Often-overlooked choline is an essential nutrient which supports nerve function, liver health and fluid balance in cells. It's also vital for

producing neurotransmitters and is a structural component of brain tissue. Alarming, around 90% of Americans fail to meet the recommended intake. Choline deficiency is strongly linked to fat accumulation in the liver, making adequate intake crucial for liver and metabolic health. Krill Oil naturally provides choline in the highly bioavailable form of phosphatidylcholine.

In Summary

Krill oil offers a superior alternative to standard fish oils, thanks to its highly absorbable phospholipid-bound omega-3s, natural antioxidant protection from astaxanthin, and added benefits of choline. This potent combination makes it more effective at supporting heart, brain, and liver health, delivering more where your body needs it most.

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

REALLY HEALTHY RECIPES

Spinach & Ginger Soup

A simple dish to make, however very rewarding for its fresh tasting flavours. This Thai style soup is packed with nutrient rich ingredients, which can be easily altered to suit dietary preferences by adding some fresh chillies or some creamed coconut milk to give the soup a more creamy texture. We have decided to serve this with some slices of freshly baked sourdough bread, to enjoy with the soup, and to make sure the bowl is wiped clean afterward.

Ingredients

- 2 tbsp extra virgin olive oil
- 1 red or white onion chopped
- 3 cloves, finely chopped garlic and seasoned with sea salt
- 2-3cm piece of fresh ginger root, finely chopped
- 250gr of fresh baby spinach leaves
- 1 lemon grass stalk, finely chopped
- 1 litre of vegetable or chicken stock
- 1 potato, peeled and chopped into small cube pieces
- 1 tbsp shoaxing rice wine
- 1 tsp sesame oil
- salt & pepper to season
- 3 finely chopped baby spinach leaves to garnish



Serves: 4

Prep. 15 mins

Cook: 15 mins

Directions

1. Heat the oil in a large saucepan, add the chopped onion, ginger and garlic, and fry gently for 3-4 minutes until softened, but not browned. Stir well during to prevent the ingredients from being over cooked.
2. Placing 3 spinach leaves aside for the garnish, add the remaining spinach leaves into the saucepan stirring until the spinach has wilted. Add the stock and potato to the pan and bring to the boil. Reduce the heat, cover and simmer for about 10 mins until the potatoes have softened.
3. Pour or transfer the soup into a blender or processor and process until completely smooth.
4. Return the soup to the saucepan and add the shoaxing rice wine, then adjust the seasoning to taste with salt & pepper. Heat again to just below boiling point.
5. Once served in a bowl, scatter the finely chopped spinach leaves, and drizzle a few drops of sesame oil to the top and serve.

Variations: To make a creamy textured spinach and coconut soup, stir in approx 4-5 tablespoons of creamed coconut or replace approx 300ml of the stock with coconut milk. Again you can add fresh chillies to apply some heat to the soup.



Is Our Focus Fading?

The Truth About Attention in the Digital Age

Do you ever feel as though your ability to concentrate has vanished? You're not alone. Studies suggest the average attention span has fallen to just 47 seconds. Professor Gloria Mark, a researcher at the University of California, has tracked this trend over the past two decades. In 2004, we could focus on a screen task for around 2.5 minutes. By 2020, that window had shrunk by over 80%. But what's behind this steep decline?

A World Designed to Distract

Much of the blame lies with modern digital life. Our devices are constantly buzzing with emails, messages and notifications. These interruptions not only break our concentration in the moment but also train our brains to expect disruption, rewiring our ability to stay with one task. Multitasking has become the norm despite evidence showing it can reduce productivity by up to 40%. Add to this the dopamine-driven design of social media and the mental fatigue brought on by poor sleep and chronic stress,

and it's no wonder our minds are struggling to stay still.

The consequences go beyond lost productivity. Fragmented attention is linked to rising levels of anxiety, reduced memory, and increased burnout. But the good news is that our brains remain adaptable. With the right strategies, focus can be rebuilt.

Simple Strategies to Rebuild Focus

One proven method is the Pomodoro Technique: a simple routine of 25 minutes of focused work followed by a 5-minute break. After four rounds, take a longer rest. This approach works with the brain's natural energy cycles and can gradually increase mental stamina. Over time, you may find that you can focus for longer periods, such as 45 to 60 minutes, without strain.

Supporting the brain nutritionally also plays a key role. A diet rich in omega-3 fatty acids, antioxidants, and essential nutrients such as B vitamins helps maintain cognitive clarity. Some people also find certain adaptogenic herbs particularly helpful during times of heightened

stress or increased mental demands, such as exams.

While we can't avoid the digital world, we can learn to navigate it more mindfully. Taking regular breaks from screens and switching off digital devices at intervals reduces cognitive overload and eye strain, helping to protect our attention and mental energy. By adopting these practical steps, we're not just improving focus but reclaiming a deeper sense of mental calm and control.

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.



THE KRILL MIRACLE™

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



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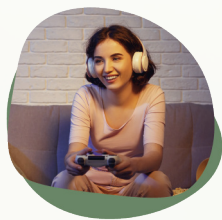
All references can be found at www.NaturallyHealthyNews.info



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For Busy Households

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



For Professionals

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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**Trusted
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Available at Independent Health Food Stores

Fuelling Fertility

The Power of Nutrition for Male Reproductive Health



Infertility is becoming an increasing problem. It is estimated that around 15% of couples experience problems getting pregnant, and in up to 50% of cases, the issue lies with the man. Many of us are aware of the impact 'poor' diets, pollution, and stress have on our health, but did you realise they may also be affecting sperm health? Research suggests there has been a deterioration in semen quality during the last 40 years. But, healthy eating and lifestyle changes have the potential to reverse this trend, improving sperm count, motility and ultimately, fertility.

How Diet and Habits Affect Sperm Health

Sedentary lifestyles and processed foods have contributed to a surge in obesity, which is now recognised as a significant factor in male infertility. Excess weight disrupts hormonal balance, impairs sperm quality and increases the risk of infertility. For any man experiencing fertility issues, weight loss can be the first

step toward improvement. Eliminating processed and fast foods can make a huge difference. In particular, trans and saturated fats are known to decrease sperm concentration and motility. Processed meats contain preservatives and unhealthy fats, which can negatively impact sperm health. Instead, consider following the Mediterranean diet, which emphasises vegetables and fruits, whole foods, seafood and good-quality fats like olive oil to help you obtain all the essential nutrients for reproductive well-being.

Key Nutrients for Fertility and Sperm Health

Understanding which nutrients are crucial for male reproductive health can help guide dietary choices to improve fertility. Key vitamins, minerals and antioxidants all play unique roles in enhancing sperm health and optimising reproductive potential.

Zinc *The Sperm Strengthenener*

Zinc is vital for testosterone production, sperm formation and overall sperm quality. A zinc deficiency is associated with a low sperm count and poor sperm motility. Foods rich in zinc include oysters, red meat, poultry, pumpkin seeds and legumes. Supplementing with zinc may be beneficial for men struggling with infertility.

Omega-3s *The Sperm Protector*

Omega-3 fatty acids play a critical role in the membrane structure of the sperm cell and may help improve motility. These essential fats also help reduce inflammation in the reproductive tract. Good sources of omega-3 fatty acids include oily fish such as salmon, mackerel, and sardines. Plant-based options include flaxseeds, chia seeds, and walnuts.

Vitamin C *The Antioxidant Shield*

Vitamin C is a powerful antioxidant that helps protect sperm from oxidative damage, supporting im-



proved motility and count. It also plays a vital role in maintaining the structural integrity of reproductive tissues. Excellent dietary sources include citrus fruits, bell peppers, strawberries, and leafy greens.

Vitamin D

The Hormone Balancer

Vitamin D plays a key role in maintaining healthy testosterone levels and supporting overall reproductive function. Low levels have been linked to reduced sperm motility, making adequate intake essential for male fertility. The body produces vitamin D through sunlight exposure, but it can also be obtained from oily fish, egg yolks, and high-quality supplements.

Folate

The DNA Protector

Folate plays a key role in DNA synthesis and cell division, which is essential for healthy sperm production. Low folate levels are linked to chromosomal abnormalities in sperm, which can increase the risk of miscarriage or developmental issues. Foods high in folate include

leafy greens, legumes, avocados, and fortified grains.

Selenium

The Quality Enhancer

Selenium helps protect sperm cells from oxidative stress and may improve sperm motility and overall quality. Rich dietary sources include Brazil nuts, seafood, eggs, and whole grains. While selenium is essential, too much can be harmful, so it's important to maintain a healthy balance.

Coenzyme Q10

The Energy Generator

CoQ10 is a powerful antioxidant that supports energy production within our cells, including sperm cells, which need high energy to reach and fertilise the egg. Studies show that CoQ10 supplementation can improve sperm motility and concentration. Ideally choose Ubiquinol, the active form of CoQ10, which may offer better absorption. Natural food sources include oily fish, organ meats, and whole grains.

L-Carnitine

The Motility Maximiser

L-carnitine is an amino acid that plays a crucial role in enhancing sperm motility, enabling sperm to move efficiently toward the egg. It's naturally found in red meat, dairy, and poultry. Supplementation may be particularly beneficial for men with reduced sperm motility.

Lifestyle Habits That Affect Fertility

While diet plays a crucial role in male fertility, lifestyle factors such as exercise and stress management are equally important. Regular physical activity helps regulate hormones and improves blood circulation to the reproductive organs.

While moderate alcohol consumption may not drastically affect sperm quality, regular heavy drinking can reduce sperm volume and quality. Similarly, while a cup of coffee here and there is unlikely to harm fertility, overindulgence in caffeinated drinks can lower sperm count and volume.

Environmental factors can also take a toll. Exposure to toxins and pollutants can impair fertility. If possible, limit exposure to solvents, plastics and pollutants.

Taking Charge of Your Fertility

By making informed dietary and lifestyle choices, men can take proactive steps to improve their reproductive health. A commitment to nutrient-rich foods and healthy habits may help reverse the decline in male fertility.

Recommended Products

L-CARNITINE PLUS CoQ10

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



UB8Q10 UBIQUINOL

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



IONIC SELENIUM

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




PROSTATE PLUS+™

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



Sources

All references can be found at www.NaturallyHealthyNews.info



Nattokinase

The Natural Enzyme Revolutionising Heart Health

Nattokinase is an enzyme derived from a traditional Japanese food called natto, a cheese-like product made out of fermented soybeans. This food has been a staple in Asia for over 2,000 years and is often credited as one of the key factors in the health and longevity of the Japanese population. In particular, high natto consumption has been associated with a lower risk of cardiovascular disease.

Researchers first identified nattokinase in the late 1980s during studies on the fermentation process of natto. What caught scientists' attention was its ability to break down fibrin, the protein involved in blood clot formation. While fibrin is essential for healing, excessive or abnormal clotting can obstruct blood flow, leading to dangerous outcomes like strokes, heart attacks and deep vein thrombosis.

A Spotlight Moment During the Pandemic

As researchers raced to understand the COVID-19 virus, they discovered its dependence on the spike protein to enter human cells.

Early lab studies showed that nattokinase could degrade this spike protein, potentially interfering with the virus's ability to infect cells.

Nattokinase has also shown potential for helping people with long COVID. It has been theorised the persistent symptoms could be partly due to abnormal blood clotting, specifically microclots. These are tiny, resistant clots formed by misfolded fibrin, which the body struggles to break down. Some studies suggest that nattokinase may be able to break down these microclots.

A Natural Ally for Heart Health

Long before the COVID-19 pandemic, nattokinase was being studied for its cardiovascular benefits. Heart disease continues to be one of the leading causes of death worldwide and is often linked to poor circulation, high blood pressure and elevated cholesterol.

Studies have found that nattokinase can potentially lower blood pressure, although the precise mechanisms aren't fully understood. In addition, research shows it may help improve lipid profiles by raising HDL cholesterol, often re-

ferred to as 'good cholesterol.' Plus, studies suggest nattokinase could have anti-atherosclerotic effects, meaning it may slow the progression of hardening and narrowing of the arteries due to plaque build-up.

So, Should You Try It?

These wide-ranging benefits make nattokinase particularly unique. If you are looking for a natural way to improve circulation and heart health, it is certainly one to consider.

Recommended Products

BLOCKBUSTER® ALL CLEAR

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



NATTOKINASE™

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



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.



10 Foods to Boost Your Mood

Have you noticed some foods can make us feel better? A few squares of chocolate, oat flapjacks or a bowl of warm soup all seem to be able to lift our spirits. While food can't solve all our problems, science suggests certain nutrients can provide more than a quick hit of happiness. They may actually help improve our mood.

Food, Mood, and the Brain

Neurotransmitters are the brain's chemical messengers, playing a crucial role in regulating mood, emotions, and mental health. Two of the most well-known are serotonin and dopamine. Around 90% of our body's serotonin is produced in the gut, which means the health of our digestive system is crucial. Our brains and gut are in constant communication with each other via a string of nerves known as the gut/brain axis. If we look after our gut, it will help look after our brain!

We also need specific nutrients to build these neurotransmitters. Especially Vitamins D, B, Magnesium, omega-3 fatty acids, and the amino acids L Tryptophan, L Theanine and L Tyrosine. Ensuring we eat plenty of foods containing these nutrients

can have a profound effect on how we feel.

1 Dark Chocolate

Rich in antioxidants, particularly flavonoids, dark chocolate can help stimulate the production of serotonin and feel-good endorphins. It also contains magnesium, which can help alleviate symptoms of irritability, fatigue and low mood. Magnesium deficiency is surprisingly common. In moderation, a small piece of dark chocolate can be a perfect way to lift spirits.

2 Oily Fish

These include salmon, sardines, and mackerel, which are rich in omega-3 fatty acids, essential for brain health. These essential fats reduce inflammation, can help improve serotonin production and promote brain cell communication. Studies show regular consumption of omega-3s can help improve mood.

3 Nuts and Seeds

Almonds, walnuts, flaxseeds, and chia seeds are other rich sources of omega-3. They also contain vitamin E, zinc and magnesium, which can further help reduce stress and promote happiness. Brazil nuts are one of the best sources of selenium, a trace mineral which may help reduce anxiety and improve mood.

4 Berries

Strawberries, blueberries and blackberries are not only delicious but also packed with antioxidants and vitamins which can support brain health. Antioxidants help combat oxidative stress, which can contribute to the development of mood disorders. Vitamin C can help manage stress by reducing the levels of the stress hormone cortisol. Snacking on a bowl of berries is a great way to feel more energised and upbeat.

5 Bananas

These are an excellent source of vitamin B6, which is essential for converting the amino acid tryptophan into serotonin. They also contain fibre and natural sugars, providing a slow and steady release of energy. This can help stabilise blood sugar levels and ease mood swings and irritability. Reaching for a banana is a great option for a quick pick-me-up.

6 Fermented Foods

Yoghurt, kefir, sauerkraut, kimchi, and kombucha are all excellent choices to support gut health and improve mood. They can help populate the gut with beneficial microbes. A healthy microbiome is crucial for producing optimal levels of serotonin and maintaining overall emotional well-being. Some studies have shown people who



consume fermented foods regularly are less likely to suffer from anxiety and depression.

7 Oats

Porridge or healthy flapjacks can be a great way to incorporate oats into your diet. They contain complex carbohydrates, which are digested slowly and help maintain stable energy levels. They also contain fibre and are a good source of iron, which may help with fatigue, another factor that can influence mood.

8 Leafy Greens

Spinach, kale and chard are rich in folate, which plays a key role in serotonin production. Low levels have been linked to depression. Leafy greens are also packed with antioxidants, anti-inflammatory compounds and magnesium. Try to incorporate greens into your daily meals.

9 Turmeric

The golden spice commonly used

in curry contains curcumin, a compound with powerful anti-inflammatory and antioxidant properties. Curcumin has been shown to increase levels of brain-derived neurotrophic factor, which is involved in mood regulation. Some research suggests that curcumin may be as effective as antidepressants in reducing symptoms of depression. Adding turmeric to your meals, smoothies, or teas can offer a natural way to boost mood, while supplements are another option.

10 Avocados

The creamy texture and nutrient density of avocados make them a nourishing addition to any meal. They are rich in healthy fats, particularly monounsaturated fats, which support brain health and reduce inflammation. They also contain folate, tryptophan and B vitamins, all of which are involved in regulating mood.

Nourish Your Mind and Mood

While no single food can instantly fix a bad day, incorporating these nutrient-rich options into your diet can have a long-term, positive impact, helping to elevate your mood naturally and allowing you to feel more balanced throughout the day.

Recommended Products

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.



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

What Cancer Taught Me About Healing

Listening to the Body's Natural Laws

by Lisa Tomlinson, Naturopathic Nutritional Therapist and Health Coach

Today, I feel equipped to be a better therapist than before my diagnosis. I am no longer fearful of this arena and instead have plenty to add to the table as a holistic therapist and psychologist.

I have always felt that the reason for my situation was to help me seek important knowledge in order to heal myself and then, heal others. I am now ready to tackle such chronic diagnoses, notwithstanding all other issues.

In autumn 2016, I was diagnosed with ER-positive, HER2-negative, left breast ductal cancer, which was tackled with a lumpectomy and holistic healing. Four years later and eighteen months after the death of my beloved father, things reignited, and I was thrown back into the NHS, a system I felt vastly uncomfortable in. In my bid for wholeness, I began throwing the proverbial kitchen sink at it. I say 'wholeness' because we are deemed ill, and I did not feel this

way, as I am sure many others do not.

I worked hard on my daily healing with nutrition, meditation, castor oil packs, energy work and coffee enemas, etc. Alas, nothing was taming the lump, and instead, it was taking on its own journey. At this time, I reconnected with an acquaintance on the subject of The Biological Laws of Nature.

The Laws are the premise of German New Medicine, founded by orthodox cancer specialist Dr Hamer. They are not a treatment to yield money but an understanding that is grounded in nature, which can help us to navigate dis-ease. They provided a reference point and comfort blanket. I refused to see myself as malfunctioning and instead as healing from emotional trauma. Having been in the system for over 8 years, I know how demoralising it can be and how good news only often comes if you follow all the rules and treatment offered.

However, our bodies are not mal-

functioning pieces of kit or dubious inherited DNA. Everything happens first in our psyche, as it cannot have an effect on the body until it has registered with the brain! It is events that catch us off guard, shock or traumatised. Depending on which tissue layer and where the concentric rings on the brain occur, as noted on a CT scan, depends on where it simultaneously plays out in the body.

For instance, lump/s in the ductal breast tissue/breast cancer may be a 'Separation Loss' conflict. This could be due to a loved one/pet, leaving or dying, an unexpected breakup, or the fear of separation. The feeling of a loved one being '*torn from the breast*' is what may start the programme, but it does not mean every animal/person who suffers upsets or trauma will initiate a programme. Depending on the severity of the loss, some/all of the milk ducts may ulcerate. The biological purpose is to widen the ducts so that milk, which is no longer

needed, can drain more easily. The ulceration goes unnoticed in the 'Conflict Active Phase', but once in the 'Healing Phase', we see signs of cell growth and replenishment. The healing symptoms are what we call our 'illness', which is actually your body acting with wisdom. I followed the science and allowed my body to do what it knew how to do.

I went through the 5 Laws and experienced lumps, swelling/water retention, water draining out, hot sweats due to microbial activity, ducts shrinking and lots of pulling of the tissues. New conflicts: what oncology terms 'metastasis' often happen when you have been given such shocking diagnoses. I developed skin, lymph and liver conflicts, all pertaining to different conflicts of disfigurement and self-devaluation. GNM says if we heal our conflicts, we heal our bodies!

As a naturopathic nutritionist, I know how to support the body, and I also made sure I worked on moving my energy by journalling, meditation, Reiki, talking therapy and exercising to include daily dog walks. I collaborated with a GNM practitioner to understand my conflicts in a bid to heal them. They reminded me that the programme I was completing was all natural, which gave genuine hope, something I now provide for my clients.

I am over eight years on from initial diagnosis, and it has not been an easy road. There have been days when I had to dig deep, yet by connecting with my inner voice, I have felt my way through. We all need a mentor or two in life when the going gets tough and there is not one way to do anything. I chose to see the experience as a spiritual one to enable growth and 'Cancer' as my teacher, guiding me to become a better therapist so I could share such knowledge. I believe it is the storms that make us stronger, and they do not last forever.



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



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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

Resveratrol:

A Potent Ally for Brain Health



Resveratrol, a compound found in red wine, grapes, and berries, has emerged as a promising natural substance for supporting brain health, particularly in Alzheimer's disease (AD). A 2015 study published in *Neurology* conducted a phase II clinical trial with 119 patients with mild to moderate AD. Patients received up to 1 gram of pharmaceutical-grade resveratrol twice daily for 52 weeks. The results showed that resveratrol reduced cerebrospinal fluid levels of matrix metalloproteinase-9 (MMP-9) by 50%, helping to restore the integrity of the blood-brain barrier. This barrier protects the brain from harmful immune molecules, potentially slowing cognitive decline. The study also found that resveratrol activated sirtuin1 (SIRT1), a protein linked to reduced inflammation and slower disease progression, offering a natural approach to managing AD symptoms.

Recent Advances in Resveratrol Research

More recent studies have built upon these findings, reinforcing the role

of resveratrol in brain health. A 2017 study in the *Journal of Neuroinflammation* confirmed that resveratrol lowered pro-inflammatory cytokines and increased anti-inflammatory markers in AD patients, further supporting its ability to reduce neuroinflammation. A 2022 study from Tufts University demonstrated that resveratrol reduced amyloid-beta plaques, a hallmark of AD, in a 3D neural tissue model, with minimal side effects. Additionally, a 2024 review in *Nutrition & Metabolism* highlighted resveratrol's ability to inhibit the accumulation of amyloid-beta and tau proteins, reduce oxidative stress, and improve cognitive functions such as memory and attention. These studies suggest that resveratrol's antioxidant and anti-inflammatory properties make it a versatile compound for protecting brain health.

Challenges and Future Potential

Resveratrol's low bioavailability, meaning the body absorbs it poorly, remains a challenge. Researchers are exploring solutions like nano-encapsulation, including liposomal

supplements, to improve brain delivery. Liposomal formulations encase resveratrol in lipid vehicles, enhancing absorption and stability. Ongoing research also investigates unexpected findings, such as the 2015 study's observation of increased brain volume loss in some patients, which is likely due to reduced inflammation rather than harm. These efforts aim to optimise resveratrol's effectiveness, making it a compelling option for supporting brain health. Including resveratrol-rich foods or liposomal supplements as part of a balanced diet may help maintain cognitive vitality naturally.

Recommended Products

BRAINPOWER™

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



Sources

All references can be found at www.NaturallyHealthyNews.info



The Eczema Fix

A Whole-Body Approach to Calmer, Clearer Skin

Eczema, also known as atopic dermatitis, is one of the most prevalent chronic skin conditions, affecting up to one-fifth of the world's population. Characterised by dry, itchy and inflamed skin, it can lead to sleep disturbances, infections and emotional distress. The good news is that there is growing evidence suggesting that the right food and lifestyle choices may help manage symptoms and reduce flare-ups.

Understanding Eczema

While the exact cause remains unclear, it is believed to result from a combination of genetic, environmental and immunity issues. Those affected often have a compromised skin barrier and an overactive immune system, which strongly reacts to irritants and allergens, like pollen, pet dander or detergents.

Eczema typically emerges in children under five. In most cases, symptoms

improve or resolve with age. However, approximately 10% of people continue to experience symptoms into adulthood, and rates are rising, especially in the Western World.

The Hygiene Hypothesis and Leaky Gut

The increasing prevalence of eczema, particularly in the West, has been linked to the hygiene hypothesis. This theory suggests that a lack of early microbial exposure impairs the development of the immune system, thereby increasing susceptibility to conditions such as eczema. Another contributing factor may be increased gut permeability, which is often found in people with eczema. It enables antigens, toxins and bacteria to enter the bloodstream, triggering systemic inflammation.

Skin Barrier Function and Formation

The skin serves as a vital barrier between the body and the external environment, protecting against de-

hydration, chemicals and microbes. Skin barrier dysfunction is increasingly recognised as a key factor in the development of eczema. The outermost skin layer, the stratum corneum, accounts for 90% of the skin's barrier function. It depends on keratinisation, the process in which basal epidermal cells mature to form the stratum corneum. Any disruption in this process can lead to increased permeability, making the skin more susceptible to eczema and environmental triggers.

Supporting Skin with Nutrition and Lifestyle

Diet and Eczema

A nourishing anti-inflammatory diet is one of the foundations of healthy skin. Aim for six to eight portions of vegetables a day to ensure a range of vitamins and minerals. In particular, vitamin C is essential for the healthy formation and function of the skin. Good sources include pep-



pers, strawberries, kale, broccoli and kiwi. Vitamin E, found in foods like nuts and seeds, is known for its antioxidant properties. This can help reduce oxidative stress and inflammation in eczema-affected skin. The mineral zinc, found in shellfish and pumpkin seeds, is involved in both skin integrity and immune function and has also been shown to improve symptoms in people with eczema.

Omega-3 fatty acids and Vitamin D3

These essential fats are found in oily fish, flaxseeds, chia seeds, walnuts and olive oil. Increasing omega-3 fatty acids in the diet or through supplementation has been shown to reduce inflammation, which can benefit individuals with eczema.

Research shows vitamin D3 supports immune function and has been shown to have beneficial effects on eczema. Sunlight is the best source. However, supplementation during the autumn and winter months can help maintain optimal levels.

Probiotic-rich Foods

Including fermented foods like kefir, sauerkraut, kimchi, and non-dairy yoghurt helps support gut health and may help influence the skin. Additionally, prebiotics found in garlic, onions, leeks, and asparagus nourishes beneficial gut bacteria, further enhancing skin function. Probiotic supplements, especially strains like *Lactobacillus rhamnosus*, have been found to improve eczema symptoms.

Food Sensitivities

Identifying and managing food sensitivities can be crucial in controlling eczema flare-ups. Common food triggers include dairy products, eggs, wheat and gluten, soy, nuts, especially peanuts. An elimination diet, under the supervision of a healthcare professional, can help pinpoint the specific foods that exacerbate eczema symptoms.

Stress and Sleep

Stress and poor sleep are both well-known triggers for eczema. Mindfulness, meditation, yoga, tai chi, breathing exercises, or even spending time in nature can all help lower stress levels. Sleep hygiene is essential, too. Keep the bedroom cool and humidified, sleep in breathable fabrics like cotton and use fragrance-free laundry detergents to reduce irritation at night.

Natural Skincare

Always opt for mild, non-soap cleansers to prevent any irritation. Lukewarm showers and gently patting the skin dry with a towel can help further minimise skin damage. Using fragrance-free, hypoallergenic moisturisers after bathing can help lock in moisture.

Check your cleaning products as well, and always opt for natural al-

ternatives. Minimising exposure to pollution and environmental allergens may also help reduce eczema symptoms.

Conclusion: A Holistic Approach to Eczema Care

With a few simple changes, it may be possible to manage eczema symptoms and reduce flare-ups. Start nourishing your body with anti-inflammatory foods, supporting gut and skin health, identifying personal triggers, prioritising relaxation, and getting some good restful sleep.

Recommended Products

VITAMIN E HEALTHY ORIGINS

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



SERRANOL®

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



THE KRILL MIRACLE™

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



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.



Sources

All references can be found at www.NaturallyHealthyNews.info

Understanding Key Nutrients for Gallbladder and Bile Health

The gallbladder is a small yet vital organ tucked beneath the liver, playing an essential but often overlooked role in digestion. Its primary function is to store bile, a substance produced by the liver that breaks down fats, making them easier for the body to digest and absorb. Unfortunately, issues such as gallstones and bile flow problems are becoming increasingly common, affecting many people's digestive health.

The Role of the Gallbladder in Digestion

When we consume a meal, especially one high in fats, the gallbladder releases bile into the small intestine. It contains a mix of bile acids, cholesterol, and phospholipids, which help break down fats and allow the body to absorb essential fatty acids and fat-soluble vitamins like A, D, E, and K. Without bile, the body will struggle to absorb these vital nutrients, which can lead to digestive imbalances, intestinal

permeability and deficiencies in key vitamins. Over time, if bile flow becomes impaired, it can contribute to inflammation, weakened immunity, poor skin health, reduced bone density and even vision problems.

The Importance of Healthy Bile Flow

In addition to aiding fat digestion and nutrient absorption, bile helps remove waste, such as excess cholesterol, from the body. If bile becomes too thick or stagnant, it can result in gallstones, bloating, indigestion and constipation. Poor bile flow can occur if there is too much fat in the diet, not enough fibre, dehydration, or stress. Bile also acts as a natural defence against harmful bacteria. Low levels have been linked to Small Intestinal Bacterial Overgrowth (SIBO) and duodenal ulcers.

The Problem with Gallstones

When bile flow is impaired or if it becomes overly concentrated, it can lead to the formation of gallstones. These solid particles are

typically made of cholesterol, and sometimes, there are no symptoms unless the bile duct becomes blocked. When this happens, the gallstones can cause pain under the right rib cage, nausea, fever, diarrhoea, indigestion, and yellow or itchy skin. Between 10% and 15% of adults are affected by gallstones. Women, people over 40, or those who are overweight or obese are at higher risk of developing gallstones.

Simple Ways to Keep Bile Flowing

Maintaining healthy bile flow and supporting your gallbladder is easier than you might think. With a few simple dietary changes and lifestyle habits, it is possible to significantly reduce the risk of gallbladder issues and keep the digestive





system functioning optimally.

The Power of Fibre

Eating a diet rich in soluble fibre helps bind fats and cholesterol, preventing them from accumulating and forming gallstones. Good sources of soluble fibre include fruits, vegetables, oats, flaxseeds, and pulses. Milled flaxseed, in particular, is especially beneficial and can be added to smoothies, soups, or porridge.

Why Water is Key for Healthy Bile

Proper hydration is essential for maintaining the right consistency of bile. Water helps prevent bile from becoming too thick, which reduces the risk of gallstone formation. When increasing fibre intake, it's especially important to drink plenty of water to support digestion. Starting your day with a glass

of water and a squeeze of lemon can also gently stimulate liver function and support healthy bile flow.

Bitter Foods for Boosting Bile Flow

These include foods like watercress, artichokes, rocket (arugula) and lemons, which can stimulate bile flow. Herbs like milk thistle and dandelion also support liver and gallbladder health but should be introduced gradually, especially if the gallbladder has been removed.

Top Nutrients for a Happy Gallbladder

Certain vitamins and minerals are essential for smooth bile flow and gallbladder health. Here are the top nutrients you need and where to find them.

Vitamin C

This antioxidant helps the liver produce bile and protects against oxidative damage. It is found in abundance in citrus fruits like oranges, lemons, and grapefruits, as well as in strawberries, bell peppers, and leafy greens.

Magnesium

This mineral promotes smooth bile release flow by helping to relax the muscles in the bile ducts. It also helps prevent gallstones by maintaining the balance of bile components. Foods rich in magnesium include leafy greens, nuts, seeds, legumes, and whole grains.

Healthy Fats

Contrary to popular belief, 'good' fats are essential for gallbladder and bile health. Omega-3 fatty acids found in oily fish like salmon and

mackerel, or olive oil, avocados and nuts help stimulate bile production and improve bile flow.

Lecithin

Found in eggs, soybeans, and sunflower seeds, lecithin is a phospholipid crucial for the formation of bile. It helps emulsify fats, preventing them from forming solid particles and promotes smooth bile flow through the bile ducts. Lecithin also supports bile composition, reducing the risk of gallstones.

Turmeric & Curcumin

Curcumin, the active compound in turmeric, offers anti-inflammatory benefits that support bile production and may reduce the risk of gallstones. It also aids liver detoxification, helping to prevent toxin buildup and promote healthy bile flow. Turmeric can be enjoyed in foods and drinks or taken as a supplement.

Taurine

Research suggests that this amino acid may help regulate bile composition and improve bile flow, potentially reducing the risk of gallstones. Good sources include shellfish, especially scallops, mussels, and clams, as well as turkey and chicken.

Milk Thistle

Milk thistle is renowned for its liver-supporting properties and ability to aid detoxification. It may also benefit the gallbladder by stimulating bile production, which helps prevent bile congestion and reduces the risk of gallstone formation.

Artichoke Leaf

Artichoke extract has been used for a long time as a natural remedy to enhance bile production and flow. It stimulates the liver to produce bile and may help alleviate symptoms of indigestion, bloating, and nausea associated with sluggish bile flow. Artichokes are a delicious and nutritious food to include in your diet, offering fibre and antioxidants as well.

Dandelion Root

Dandelion root is a natural diuretic that may promote bile production and support liver function. It aids the detoxification process by encouraging the liver to filter out toxins and waste. Dandelion root is commonly consumed as a tea or in supplement form.

The Lifestyle Keys to Gallbladder Health

Exercise also plays a significant role in bile health. Regular physical activity encourages proper digestion, helps with weight management, and stimulates bile production. On top of that, managing stress is crucial. Chronic stress can disrupt bile flow and impair digestion, so practices like yoga, deep breathing, or meditation can make a big difference in supporting overall bile and digestive health.

To Conclude

The gallbladder and bile are essential for digestion, especially in breaking down and absorbing fats. Simple diet and lifestyle changes can help prevent gallstones, support healthy digestion, and enhance overall well-being.

Recommended Products

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.



LIVER BALANCE PLUS™

Liver Balance Plus™ by Cleanse & Purify™ combines roots, leaves, and plant extracts used in Eastern and Western traditions. 120 Tablets. Vegan.



TAURINE™ SPRAY

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



MAGNESIUM GLYCINATE

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



Available at all good independent health stores



Unlocking the Secrets for Deep, Restorative Sleep

Sleep is a fundamental pillar of health, yet many people struggle to get enough each night. Many factors can impact our sleep. Some people are kept awake by pain or an overactive mind, others simply have hectic lifestyles which leave little time for rest. However, by making the right food and lifestyle choices, you can improve sleep quality and wake up feeling refreshed and rejuvenated.

The Importance of Sleep

Sleep is far from a passive activity. It is a time for complex maintenance across the entire body and a crucial period for replenishing energy stores. At certain points in the night, the brain is as active as when we are fully awake. Sleep is essential for processing thoughts and

forming memories. Chronic sleep deprivation can have a profound impact on brain function, impairing reaction speeds comparable to excessive alcohol consumption.

The Science of Sleep

The human sleep cycle consists of several different stages, including light sleep, deep sleep and rapid eye movement (REM) sleep. These cycles last between 90 and 110 minutes and repeat throughout the night. Non-REM sleep accounts for approximately 75–80% of total sleep. The first stage lasts several minutes, during which breathing slows, and brain waves become smaller and lower in frequency. This stage bridges the transition between being awake and asleep. The second stage, the longest, makes up 45–50% of total sleep. In this phase, breathing and

heart rate slow further, body temperature drops, and brain waves are punctuated by occasional bursts of activity. Eventually, the body enters REM sleep, during which breathing rate and blood pressure rise while voluntary muscles become paralysed. This is the stage where dreaming occurs. The average person experiences three to five episodes of REM sleep each night.

What Controls Your Sleep Patterns?

Several biological processes influence sleep quality and patterns. The circadian rhythm is the body's internal clock that regulates sleep-wake cycles. Melatonin, a hormone produced by the pineal gland, signals to the body when it is time to sleep. Additionally, neurotransmitters such as



serotonin and gamma-aminobutyric acid (GABA) play critical roles in promoting relaxation and sleep.

Eat Your Way to Better Sleep

Certain foods can enhance sleep quality by supporting the production of neurotransmitters and the synthesis of melatonin. Melatonin-boosting foods like cherries, grapes, kiwi fruit, tomatoes and oats can support better sleep when eaten in the evening. Tryptophan-rich foods, like turkey, chicken, eggs, dairy, nuts, seeds and bananas, can also help support the production of serotonin and melatonin.

Magnesium is essential for sleep and is often referred to as a natural relaxant, as it helps to relax the

body and calm the mind. Good sources include leafy greens, almonds, cashews, pumpkin seeds and whole grains. Herbal teas like chamomile, valerian root and passionflower also have calming properties that can aid in falling asleep.

Sleep Supplement Guide

Supplements may offer additional support for those who experience persistent sleep difficulties. Magnesium glycinate is a well-tolerated form of magnesium associated with improved sleep quality, longer sleep duration and reduced daytime fatigue. Amino acids such as L-tryptophan and L-theanine can also be beneficial. L-tryptophan is involved in the synthesis of serotonin and melatonin and has been shown to increase sleepiness and reduce the time it takes to fall asleep. L-theanine helps increase GABA levels and promote alpha brain waves, both of which are linked to relaxation and improved sleep onset.

What to Avoid Before Bed

Certain foods and beverages can interfere with sleep by stimulating the nervous system or disrupting circadian rhythms. Caffeine is a well-known stimulant and should be avoided in the late afternoon and evening. Although alcohol may initially make you feel drowsy, it disrupts REM sleep and can lead to fragmented rest and frequent nighttime awakenings. Similarly, eating sugary or processed foods in the evening can trigger blood sugar spikes and crashes, contributing to disturbed sleep. To support better rest, avoid large meals at least two to three hours before bedtime, allowing for proper digestion.

Lifestyle Changes for Better Sleep

Sticking to a regular sleep schedule helps reinforce your natural circadian rhythm. Aim to go to bed and wake up at the same time every day, even on

weekends. A calming pre-sleep routine can also make a big difference. Try a warm bath with magnesium flakes or practice deep breathing exercises to unwind. Limit blue light exposure in the evening by using night mode on devices or wearing blue light-blocking glasses. While regular physical activity supports healthy sleep, avoid intense workouts late in the evening, as elevated adrenaline can delay sleep onset.

Prioritise Sleep, Transform Your Life

If you are struggling with sleep, a few simple dietary and lifestyle adjustments can make all the difference. Aim for plenty of physical activity during the day with a consistent sleep routine, and enjoy a night of restorative sleep.

Recommended Products

MAGNESIUM GLYCINATE

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



RELAXWELL®

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



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.



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

How to Tackle the ‘Silent Killer’

High blood pressure is often referred to as a ‘silent killer,’ because if left unchecked, it can significantly increase the risk of heart disease, stroke, and kidney problems. However, the good news is that you may be able to improve your blood pressure naturally with some simple dietary and lifestyle changes.

Understanding Blood Pressure

Blood pressure is the force of blood pushing against artery walls as the heart pumps. It’s measured with two numbers, systolic and diastolic. Systolic is the pressure when the heart beats, and diastolic is the pressure when the heart rests between the beats.

The muscular walls of the blood vessels constantly tense and relax, which can speed up or slow down blood circulation. When we are exercising or frightened, our blood vessels become narrow so that more blood can be pumped around the body. Once the exercise is completed or the fear is dealt with, they should relax. If they stay tight for too long, it will lead to high blood pressure.

It is also partly controlled by the ebb

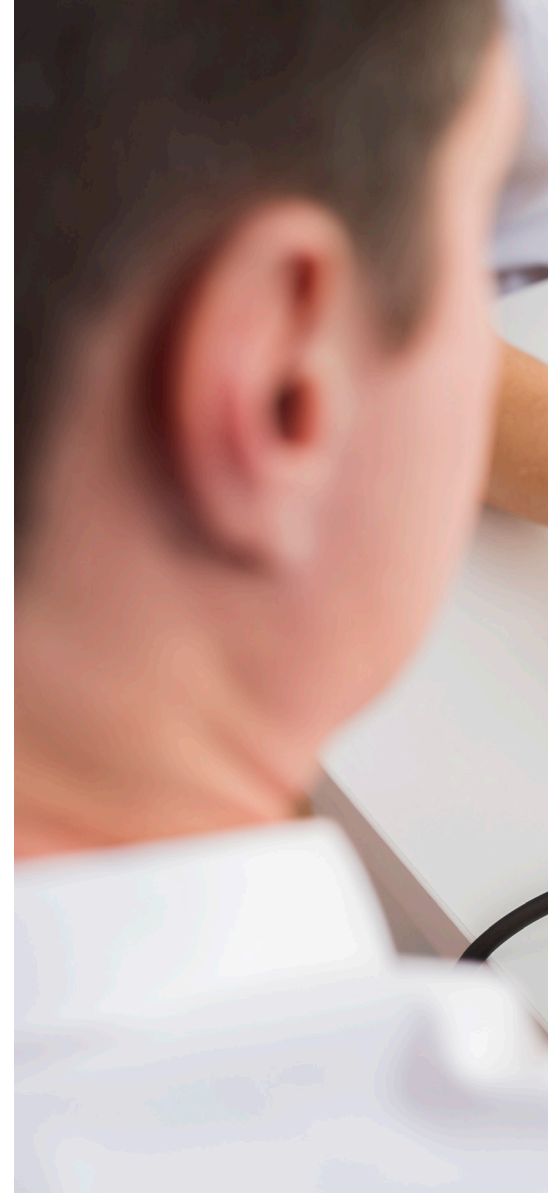
and flow of two pairs of minerals in the cells lining the blood vessel walls. Sodium raises pressure, and potassium lowers it. Calcium increases pressure, and magnesium reduces it. This is why people are often advised to limit their sodium intake, and why some blood pressure medications block calcium to relax blood vessels.

Common causes of high blood pressure include an unhealthy diet or being overweight. Smoking and consuming excessive amounts of alcohol are also risk factors. Additionally, prolonged periods of stress can lead to elevated blood pressure levels over time. Making positive changes in these areas can play a crucial role in maintaining healthy blood pressure.

Lifestyle Strategies

Cutting out cigarettes can have an immediate impact on blood pressure and overall health. Nicotine replacement therapies, or smoking cessation programs, can help make the process easier.

Reducing alcohol intake to one drink per day for women and two drinks per day for men is also highly beneficial. Plus, alcohol-free days will give your body a break and support better blood pressure regulation.



Chronic stress can lead to increased heart rate and blood pressure. Therefore, it is helpful to practice stress-relief techniques such as mindfulness, meditation or deep breathing exercises.

Getting adequate sleep is also important, as poor sleep can contribute to hypertension. Establishing a relaxing night-time routine, limiting screen time before bed and avoiding caffeine in the evening can all improve sleep quality.

Overall, try to stay physically active and aim for strength training activities at least twice a week to improve circulation and cardiovascular health. Even simple activities like gardening, taking the stairs and stretching can contribute to better blood pressure control.

Diet and Exercise

The Mediterranean diet and the Dietary Approaches to Stop Hypertension (DASH) diet have both been shown to be highly effective in lowering blood pressure. These diets



emphasise whole, nutrient-rich foods including fruits, vegetables, whole grains, lean proteins, low-fat dairy, nuts, legumes, and healthy fats like olive oil and avocados.

Certain vegetables also contain nitrates, which the body converts into nitric oxide. This helps relax blood vessels, improves blood flow, and lowers blood pressure. Beetroot, leafy greens, radishes and celery are all excellent sources of nitrates. The amino acid L-Arginine also helps produce nitric oxide and is found in poultry, dairy products, nuts, seeds and legumes.

It is important to ensure the diet contains plenty of potassium and magnesium-rich foods. Potassium helps promote sodium excretion and relaxes the walls of blood vessels. Good sources include bananas, sweet potatoes, spinach, avocados, beans, oranges and yoghurt. Magnesium helps improve circulation and reduce vascular resistance. Magnesium-rich foods include almonds, cashews, pump-

kin seeds, dark leafy greens, whole grains and oily fish like salmon and mackerel.

Carrying excess weight puts additional strain on the heart, and even losing a small percentage of body weight can have a significant impact on lowering blood pressure. Therefore, be mindful of portion sizes and avoid sugary drinks and refined carbs.

Additional Nutrients and Supplements

Coenzyme Q10

This nutrient can support heart health by improving cellular energy production and reducing oxidative stress. It is found in oily fish, organ meats, nuts, spinach, broccoli and whole grains. Some studies suggest people with high blood pressure may have lower levels of CoQ10. It also naturally declines as we age, making supplementation beneficial.

Nattokinase and Pine Bark Extract

Derived from natto, nattokinase is an enzyme which has shown promise in reducing blood pressure by improving circulation and breaking down blood clots. Pine bark extract is rich in antioxidants and may help enhance blood vessel flexibility and reduce inflammation. When combined, these supplements may offer complementary benefits.

Final Word

Start taking control of your blood pressure by making mindful food choices, taking regular physical activity, working on stress reduction and avoiding harmful habits like smoking or excessive drinking. A few changes will make a huge difference.

Recommended Products

BLOCKBUSTER® ALL CLEAR

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



NATTOKINASE™

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



ANCIENT MAGNESIUM® OIL ULTRA

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



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

Greens That Go the Distance

Why chlorella and spirulina are the original superfoods for energy, detox, and lifelong vitality

When it comes to nutrient-dense superfoods, few compare to chlorella and spirulina. These microscopic freshwater algae have earned their place as nutritional powerhouses, offering a potent combination of protein, antioxidants, and detox-supporting compounds in a natural, whole-food form. Whether you're seeking more energy, better digestion, immune support, or a clean way to boost your daily nutrient intake, chlorella and spirulina deliver broad benefits for nearly every stage of life.

The Green Cleanser

Chlorella is a single-celled green algae renowned for its deep detoxifying properties. Packed with chlorophyll, iron, magnesium, and B vitamins, chlorella helps to bind and eliminate heavy metals and toxins from the body, supporting natural liver and gut cleansing. But its benefits don't stop there.

Chlorella is also a complete protein, containing all nine essential amino acids, making it ideal for plant-based diets. Its fibre content helps nourish healthy gut bacteria, while its antioxidant compounds protect cells from oxidative stress. Studies suggest it may help lower cholesterol and improve blood sugar regulation, contributing to long-term heart and metabolic health.

One challenge with chlorella is its tough cell wall, which can limit nutrient absorption. That's why many supplements use cracked-cell chlorella, ensuring the nutrients are fully bioavailable and easily absorbed by the body.

Nature's Energy Booster

Spirulina is another algae-based superfood, a vibrant blue-green variety rich in plant pigments like phycocyanin, a powerful antioxidant with anti-inflammatory effects. Like chlorella, spirulina is loaded with complete protein and essential vitamins and minerals, including B12, iron, and iodine, making it a favourite among vegans, athletes, and those recovering from illness.

Spirulina has been shown to support energy, endurance, and even mental focus, thanks to its dense nutritional profile. Its high antioxidant content also makes it a valuable ally in protecting against free radical damage and promoting cellular repair.

Research into spirulina's effects has highlighted potential benefits for immune modulation, allergy reduction, and cholesterol management, further supporting its role as a multi-tasking superfood.

A Superfood for Every Age and Stage

One of the best things about spirulina and chlorella is that they're suitable for almost everyone. Children can benefit from the immune-supporting and nutrient-boosting properties of these foods, especially when fussy eating limits their daily intake. Teens under exam pressure may find an edge with the focus-enhancing nutrients. Adults looking to maintain energy, manage stress, or support detox can all benefit. For older adults, these greens provide gentle anti-inflammatory and antioxidant support for heart, brain, joint, and immune health.

Whether you're 9 or 90, incorporating these superfoods into your daily routine can provide a simple yet powerful health boost.

Immune and Detox Support You Can Feel

Together, chlorella and spirulina provide some of the most comprehensive natural support for detoxification and immune health. Chlorella binds to environmental toxins and heavy metals, helping escort them out of the body through normal elimination. Spirulina, meanwhile, helps modulate immune responses, calming excessive inflammation while enhancing the body's ability to fight off invaders.

Regular intake of both can lead to improved energy, reduced seasonal illnesses, and a lighter, more vibrant

overall feeling. Many people report clearer skin, better digestion, and improved mental clarity after just a few weeks of consistent use.

The Sustainable Superfoods

In addition to their health benefits, chlorella and spirulina are among

the most sustainable food sources on the planet. They grow rapidly in controlled water-based environments using minimal land and water. Compared to traditional animal protein sources, they require significantly fewer resources and produce a substantially lower environmental impact, making them a responsible choice for both personal and planetary health.

Greens in a Convenient Form

While you can find chlorella and spirulina in powder form for smoothies or juices, many people prefer the convenience of capsules or tablets, especially when travelling or on a tight schedule. When choosing a supplement, look for clean sourcing, minimal additives, and, ideally, organic certification. High-quality formulations ensure maximum purity, digestibility, and nutritional content.

Some blends also combine chlorella and spirulina for a comprehensive supergreens formula, ideal for those who want the best of both worlds in one convenient dose.

Final Thoughts

Superfood trends come and go, but chlorella and spirulina have stood the test of time for good reason. With their ability to support detox, immunity, digestion, energy, and whole-body wellness, they truly live up to the name “superfood.” Their adaptability across all ages and lifestyles makes them a versatile choice for nearly anyone looking to improve their health naturally.

In a world where nutrient deficiencies, toxin exposure, and chronic stress are all too common, these humble green and blue-green algae offer a nutrient-dense, time-tested solution. Small in size but mighty in benefit, chlorella and spirulina are greens that go the distance.

Recommended Products

CHLORELLA & SPIRULINA

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



Sources

All references can be found at www.NaturallyHealthyNews.info



Two Superfoods, One Simple Solution

Chlorella and Spirulina are two of nature's most nutrient-rich superfoods, packed with essential vitamins, minerals, and phytonutrients to support your daily well-being.

Each capsule contains:

250mg Organic Chlorella + 250mg Organic Spirulina



Why Choose Chlorella & Spirulina Capsules?

- ✓ Sourced from the purest, organic ingredients to ensure potency and purity.
- ✓ Free from artificial ingredients, GMOs, and unnecessary fillers.
- ✓ Easy-to-take capsules, no messy powders or shakes - just simple, everyday wellness support.
- ✓ Cost-effective, with up to a 3-month supply per bottle.

Research Roundup

Spirulina and HIIT: A Powerful Combination for Weight and Metabolic Health

A study published in the *European Journal of Sports Science* examined the effects of spirulina and high-intensity interval training (HIIT) on insulin resistance and body composition in obese young men. Conducted in Iran, the 12-week trial involved 44 men (BMI ~32) divided into four groups: placebo, spirulina-only (6g daily), HIIT-only, and spirulina + HIIT. Participants trained three times per week, progressing to high-intensity treadmill running.

Results showed all test groups improved in weight, fat mass, insulin resistance, and cholesterol markers. However, the spirulina + HIIT group saw the most significant benefits, including increased Apo-A and reduced Apo-B and Apo-J levels, key indicators of cardiovascular health. Researchers concluded that spirulina combined with HIIT effectively supports weight management, metabolic health, and cardiovascular risk reduction, offering a promising natural intervention for obesity.

<https://onlinelibrary.wiley.com/doi/10.1002/ejsc.12285>

Beetroot, Oral Bacteria and Blood Pressure in Older Adults

A 2025 clinical trial found that drinking nitrate-rich beetroot juice lowered blood pressure in older adults (67–79), but not in younger participants. The benefit was linked to changes in the oral microbiome – the community of bacteria in the mouth. In older adults, beetroot suppressed strains like *Prevotella*, which can interfere with nitric oxide production. Nitric oxide helps blood vessels relax, improving circulation and reducing blood pressure. These results suggest that boosting dietary nitrate, such as through beetroot, may support vascular health in later life by restoring nitric oxide levels through microbiome modulation.

<https://www.sciencedirect.com/science/article/pii/S0891584925008068?via%3Dihub>

New Research into Polyphenols and Brain Health

A 2025 double-blind, placebo-controlled trial in *Nutrients* found that a polyphenol-rich fruit and vegetable concentrate significantly improved cognitive performance in 92 adults. Participants taking the supplement for 16 weeks showed better Stroop and RIST (Reynolds Intellectual Screening Test) test scores, alongside increased blood levels of BDNF and CREB – key proteins involved in brain function and synaptic plasticity. The results suggest polyphenols may support cognition by reducing oxidative stress and enhancing neuroprotective pathways. Researchers conclude that polyphenol-rich nutraceuticals may play a valuable role in maintaining brain health and reducing the risk of neurodegenerative disease.

<https://www.mdpi.com/2072-6643/17/4/601>



Brain Health Matters:

Protecting Your Mind as You Age

As we age, our brains naturally change, and cognitive function can begin to decline. However, while some deterioration is inevitable, it's not something we should simply accept. With the right diet and lifestyle choices, it is possible to maintain brain health and reduce the risk of cognitive issues.

Rethinking Alzheimer's Disease

American neurologist Professor Dale Bredeisen published a ground-breaking study in 2015, describing Alzheimer's disease as a metabolic disorder which makes the brain sick, and nutrition and lifestyle could mend it. He identified multiple underlying factors which needed addressing, including diet, nutrition, brain stimulation, exercise, sleep optimisation and some pharmaceuticals. He trialled a 'novel therapeutic programme,' focusing almost exclusively on diet and lifestyle, and participants noticed changes in just three to six months.

Lifestyle and Cognitive Health

In 2016, Finnish scientists published the results of a two-year study, further supporting the idea that nutrition, exercise, and mental stimulation are key to cognitive health.

A total of 1,260 participants, aged 60-77, participated. Half followed a plan that included high consumption of fruit and vegetables, low sugar intake, and at least two portions of fish per week or omega-3 fatty acid supplements. Additionally, exercises focus on strength, balance, and aerobic fitness, complemented by brain training and social activities. They experienced improved or maintained cognitive function, with improvements ranging from 25% to 150% better than the control group.

Cut the Junk, Protect Your Brain

Ready meals and processed snacks often contain refined carbohydrates and excessive sugar, both of which can promote insulin resistance and inflammation, which are now recognised as key contributors to cognitive decline. A large study in China, involving over

72,000 participants, found that a diet high in processed foods significantly raised the risk of dementia. However, replacing just 10% of processed foods with fresh, minimally processed alternatives could lower the risk of dementia by 19%.

The Best Diets for Brain Health

Long-term studies suggest the Mediterranean and DASH diets, which protect against chronic illnesses like heart disease and high blood pressure, are also associated with a lower risk of Alzheimer's disease. The MIND diet, which combines elements from both, emphasises natural plant-based foods, limited animal products, and low saturated fat. It promotes whole grains, nuts, berries, and green, leafy vegetables, with two servings of vegetables per day and one serving of fish per week. A study of nearly 1,000 participants





found that following the MIND diet helped lower the risk of Alzheimer's disease by 53% for those who adhered strictly to it and by 35% for those who followed it moderately.

Move More for a Healthier Brain

Regular physical activity doesn't just keep your body fit – it also helps keep your brain sharp. Exercise boosts the hippocampus, the part of the brain responsible for memory and learning. In older adults, exercise has been shown to improve cognitive function, even in people already experiencing memory issues. Whether it's a walk in the park or a brisk gym session, moving your body is essential for maintaining a healthy brain.

Challenge Your Brain Daily

'Use it or lose it' is true for your brain

as much as it is for your muscles. Activities such as reading, doing puzzles, learning new skills, or taking up hobbies can help preserve cognitive function. Socialising is equally vital, as interacting with others helps strengthen neural pathways and can slow cognitive decline.

Don't Skimp on Sleep

While we sleep, our brain processes memories, removes toxins and consolidates learning. Studies have shown that inadequate sleep can increase the risk of dementia. Consistent, restful sleep is essential for memory formation and overall cognitive health.

Supplements That Support Brain Function

A long-term study published in Alzheimer's & Dementia: The Journal of the Alzheimer's Association

found that older adults who took a daily multivitamin and mineral supplement experienced slower cognitive decline. The COSMOS-Mind study demonstrated that participants who took the supplement experienced statistically significant improvements in memory, focus, and mental skills.

Polyphenols, such as curcumin and resveratrol, have also shown promise for protecting against cognitive decline. Both are known for their antioxidant and anti-inflammatory properties. Studies suggest curcumin may help slow neuronal degeneration and support metal chelation, which could further protect the brain.

Start Now for a Healthier Brain Later

Preserving cognitive health is more than just ageing gracefully – it's about making smart choices every day. By focusing on a brain-friendly diet, staying active, and getting adequate sleep, you can significantly reduce the risk of cognitive decline. Start taking care of your most valuable asset – your brain.

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.



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

Sunlight, Strength, and the Sunshine Vitamin

Why natural vitamin D matters more than ever

Vitamin D is often called the “sunshine vitamin,” and for good reason. Unlike most nutrients, it’s one we can actually make ourselves if we get enough of the right kind of sunlight. Yet, despite this remarkable ability, vitamin D deficiency remains widespread in the UK and beyond. As science continues to uncover the vital role of this nutrient, from bone strength to immune function, there has never been a better time to revisit how we obtain it and why sunshine still matters most.

Our bodies produce vitamin D through a fascinating chain reaction in the skin. When ultraviolet B (UVB) rays from sunlight reach the skin, they trigger the conversion of cholesterol into pre-vitamin D3. This compound is then transported to the liver and kidneys, where it’s transformed into its active form. It’s an efficient system, but one that relies on variables such as the quality and quantity of sunlight we receive.

In the UK, the sun is only strong enough for vitamin D synthesis between April and September, typically from 11am to 3pm. That’s a narrow window, easily missed by those working indoors or wearing long sleeves. Sunscreen, while es-

sential for skin protection, can also block the UVB rays needed for vitamin D production. People with darker skin require more sun exposure to produce the same amount of vitamin D, while ageing reduces the skin’s ability to generate it.

Beyond Bone Health: Why Vitamin D Matters

Vitamin D’s role in bone health is well known, but it goes further. It regulates the immune system, manages inflammation, supports mood, and influences muscle strength and cardiovascular health. Sufficient levels are even linked to a longer lifespan, as vitamin D helps maintain telomere length and slows biological ageing. Studies show that people with optimal vitamin D are more resilient to infections, less likely to experience depression, and maintain better muscle tone and balance as they age.

Government Guidelines: Are They Enough?

The UK government recommends a standard intake of 10 micrograms (400 IU) per day, mainly during darker months. While this prevents severe deficiency, it may not support optimal health, especially for those

with limited sun exposure, higher needs, or a low baseline.

Testing your vitamin D levels is a sensible first step. A blood test via your GP or a home kit can reveal whether you’re in a healthy range. This allows you to tailor sun exposure and supplementation more effectively. Some individuals may require more than the official recommendation, especially during winter or when recovering from an illness.

The Crucial Role of Nutrient Co-factors

Importantly, vitamin D doesn’t act alone. It relies on a number of supporting nutrients, known as co-factors, to be properly absorbed and utilised by the body. Magnesium is one such nutrient, crucial for converting vitamin D into its active form. Without adequate magnesium, even high doses of vitamin D may remain inactive, offering limited benefit. Similarly, vitamin K2 works in harmony with vitamin D to ensure calcium is deposited in bones where needed, rather than in arteries where it can cause harm. Zinc and boron also support vitamin D metabolism, though they are often overlooked in mainstream discussions.



When Supplementation Makes Sense

Natural sunlight is ideal, but supplementation can help maintain healthy vitamin D levels, especially in autumn and winter when sunlight is scarce. Supplements provide a reliable boost to prevent deficiency and support health.

Natural Ways to Optimise Vitamin D Levels

Short, regular periods of sun exposure on the skin, without sunscreen, are generally sufficient to replenish vitamin D stores during the summer. This doesn't mean risking sunburn or excessive UV exposure, but rather aiming for a sensible balance. For individuals with darker skin or higher needs, more time may be required, and testing remains the most effective way to assess individual needs.

A diet rich in whole foods can also support vitamin D status, although few foods naturally contain significant amounts. Oily fish, egg yolks, and certain mushrooms offer small

contributions, and some foods are fortified. Still, food alone is rarely enough to meet daily needs, which is another reason why sunlight and, when necessary, supplementation are essential.

Final Thoughts: The Sunshine Vitamin's Unique Power

In an era when we spend more time indoors than ever before, and where seasonal light exposure can vary significantly, maintaining healthy vitamin D levels requires more awareness than it once did. Yet, the rewards of stronger bones, better immunity, improved energy, and long-term vitality and healthy ageing make it worth the effort.

Vitamin D is unique in that it blurs the line between nutrient and hormone, acting as a messenger for health across multiple systems in the body. By combining sensible sun exposure with appropriate supplementation and key co-factors, such as magnesium and K2, you can unlock the full benefits of this remarkable vitamin safely and effectively.

Recommended Products

MAGNESIUM GLYCINATE

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



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.



HIGH STRENGTH VITAMIN K2

Bergamot extract offers a natural soluA 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



Creatine

The Cellular Fuel You Didn't Know You Needed

Creatine has long been a staple for athletes to support performance and recovery. But this powerful compound isn't just for the gym. Research reveals creatine may also be beneficial for brain health, bone density and even aid in weight management. This means it could be a smart choice for anyone struggling with the daily demands of stress and ageing.

What Is Creatine?

A naturally occurring organic compound, creatine is found in foods like meat and fish. It is also produced in the body from the amino acids arginine, glycine and methionine. Most of it is stored in skeletal muscle as phosphocreatine until it is needed to support the regeneration of adenosine triphosphate

(ATP), the primary energy source all our cells rely on to function.

How Creatine Works

During exercise, ATP is rapidly depleted. The body's fastest method of replenishing it is through phosphocreatine. This is especially important during anaerobic bursts of exercise like sprinting or weightlifting.

Creatine may also help muscles recover, as it pulls water into muscle cells, a process known as cell volumisation. This helps activate pathways which boost protein building, reduce muscle breakdown and increase energy stores of glycogen. Some research even suggests it may help prevent cramps and injuries to muscles, bones and tendons.

That's why creatine is a popular supplement for many athletes before or after workouts. But it's not just about physical performance, by supporting ATP production, creatine may also improve mental focus, recovery and overall cellular energy.

Brain Health and Cognition

Because the brain uses a lot of energy, creatine may help support its high demands. Research shows creatine can help enhance cognitive performance and reduce mental fatigue. Studies suggest these effects are especially noticeable in people who are under stress, like sleep deprivation, ageing or low-oxygen conditions. Creatine supplementation has also shown promise in people with cog-



nitive impairments, helping sharpen mental function and memory.

Interestingly, creatine may offer unique benefits for women. Studies show they tend to experience stress differently from men, often multitasking or dealing with disrupted sleep due to pregnancy, caring for small children or menopause. Creatine has been shown to support mental performance in exactly these situations.

Menopause and Musculoskeletal Health

As oestrogen levels decline during menopause, women become more vulnerable to muscle loss and bone weakening. Creatine, particularly when combined with resistance training, has shown promise in slowing these changes. A 12-month

study of postmenopausal women found that those who did resistance training and took supplemental creatine daily experienced several key benefits. They saw a slower loss of bone mineral density, particularly in the hip, and an increase in femoral shaft width, which improves bone strength. These women also gained greater upper-body strength compared to those who didn't take creatine. Additionally, creatine may also help by reducing oxidative stress, which supports the activity of the osteoblasts, the bone-building cells, and reduces bone breakdown.

Creatine and Weight Management

With age, body fat tends to increase, raising the risk of issues like heart disease and type 2 diabetes. Creatine, especially when combined with regular exercise, has been shown to help adults over 50 build lean muscle. Muscle tissue burns more calories at rest than fat, so increasing muscle mass can help boost metabolism even when not exercising. Building muscle also improves the body's ability to store glucose, allowing sugar to be cleared from the bloodstream more efficiently. This helps prevent spikes in blood sugar and insulin levels. While research is still exploring creatine's direct impact on fat loss, early evidence suggests it may help the body use fat more effectively for energy.

Creatine and Post-Viral Fatigue

A recent double-blind, placebo-controlled, randomised trial tested creatine monohydrate versus placebo over six months in participants with post-COVID fatigue syndrome. Those taking creatine experienced significant, clinically meaningful improvements in fatigue, body aches, brain fog, headaches, and breathing difficulties. This research highlights creatine's potential as a simple and supportive option for easing long

COVID symptoms.

Hydration and Creatine Intake

Because creatine pulls water into muscle cells, hydration is essential. Inadequate fluid intake may reduce effectiveness. Creatine may also cause you to feel slightly bloated at first as your muscles absorb water, but this is usually a temporary effect that resolves quickly. A general guideline is to drink an additional glass of water for every gram of creatine consumed daily.

A Word of Caution

While creatine is considered safe for most people, those with kidney disease or other pre-existing health conditions should consult a health-care provider before starting supplementation.

A Metabolic Multitasker

Creatine monohydrate is the most studied and widely used form of creatine, with benefits that extend well beyond athletic performance. It supports nearly every energy-dependent process in the body. Supplementation may be especially helpful for vegetarians and vegans, who typically consume less creatine through diet. Older adults at risk of muscle loss or cognitive decline may also benefit. Women navigating hormonal changes, as well as individuals under chronic stress, recovering from illness, or experiencing fatigue, may find creatine useful for supporting energy, strength, and mental clarity.

Recommended Products

CREATINE MONOHYDRATE

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



Sources

All references can be found at www.NaturallyHealthyNews.info

Strong Bones, Smooth Joints

The Unsung Power of Vitamin K

When it comes to bone health, calcium and vitamin D often steal the spotlight. However, vitamin K is an often-overlooked nutrient that plays a crucial role in maintaining strong bones and flexible joints. It's truly an unsung hero for anyone aiming to stay active and pain-free as they age.

What Is Vitamin K?

Vitamin K is actually a group of compounds, the most important of which are vitamin K1 (phylloquinone) and vitamin K2 (menaquinone). K1 is found primarily in leafy green vegetables like kale, spinach, and broccoli. At the same time, K2 is found in fermented foods such as natto, cheese and some meats.

When it comes to bone and joint health, K2 in particular, stands out. It activates proteins that regulate calcium, ensuring it gets to the bones and teeth where it's needed, and stays out of soft tissues like arteries and joints, where it can cause harm.

Bone Health is More Than Just Calcium

Strong bones aren't built on calci-

um alone. It requires the right co-factors, such as Vitamin K2, which activates a protein called osteocalcin that helps bind calcium to the bone matrix, thereby enhancing bone mineral density and strength. Without enough vitamin K2, calcium may not be properly integrated into the bone, increasing the risk of fractures and osteoporosis over time. Several studies have shown a direct correlation between vitamin K2 intake and reduced risk of bone fractures.

Protecting Joints from the Inside Out

When it comes to looking after our joints, we often focus on cartilage, the tissue which cushions the bones. But joints also need healthy subchondral bone, which is the layer of bone just beneath the cartilage. If this bone becomes weak, it can contribute to joint pain and degenerative conditions like osteoarthritis. Vitamin K may help protect joints by supporting the integrity of both cartilage and subchondral bone. Research suggests that low levels of vitamin K are associated with a higher risk of osteoarthritis progression, particularly in the knees and hands. Vitamin K2 may

also help reduce inflammation, a key driver of joint degeneration. By inhibiting inflammatory markers, vitamin K supports a healthier joint environment and may slow the progression of arthritis.

Are You Getting Enough?

Many people, especially those eating Western diets, don't get enough vitamin K2. Supplementation is becoming increasingly popular, particularly among individuals concerned with maintaining bone density or improving joint health.

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.



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

HealthPoint™ Offers Amazing Benefits...

... Not Just Pain Relief!



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

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

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



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



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



Restores function to healing and regenerative system

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Natural Relief for Back Pain

Back pain is one of the most common health complaints in the world, affecting millions of people at every stage of life. Whether it's a dull ache from sitting too long or a sharp, debilitating pain after an injury, it can have a major impact on your ability to move, work and rest. But the good news is that there are many natural, holistic ways to ease back pain, without relying on long-term medication.

The spine is a complex system of bones, discs, muscles, ligaments and nerves. Disruptions in any part of this structure can trigger pain, whether acute or chronic. Some of the most common causes include poor posture, muscle strain from lifting or twisting, herniated discs pressing on nerves, or joint problems like osteoarthritis. Emotional stress can also contribute, with tension often settling in the neck, shoulders and lower back.

Realign, Move and Stretch

One of the simplest and most effective ways to protect your spine is by improving your posture. Whether you're standing, sitting, or lying down, maintaining proper body alignment can help relieve pressure on the muscles and ligaments that support

the spine. Try using an ergonomic chair that supports the natural curve of your back, and keep your feet flat on the floor with your shoulders relaxed. Avoid slouching or crossing your legs for extended periods when sitting. When it comes to sleep, use a supportive mattress and pillow that help maintain a neutral spine position throughout the night.

Movement also plays a vital role in spinal health. Regular low-impact exercise, such as walking or swimming, helps keep the joints mobile and muscles strong. Stretching daily can release tightness, especially in the lower back and hips. Mind-body exercises like yoga and Pilates are also particularly beneficial. Yoga improves flexibility, posture and relaxation, while Pilates focuses on strengthening the core, a key muscle group that stabilises the spine and helps prevent injury.

Eat Well to Ease Pain

Your diet can also influence how your back feels. Inflammation plays a role in many types of pain, so adopting an anti-inflammatory diet may help. A Mediterranean-style diet, rich in fruits, vegetables, whole grains, olive oil, oily fish and legumes, has been shown to reduce inflammation markers and improve outcomes in

musculoskeletal conditions. Staying well-hydrated is also essential, as your spinal discs rely on water to stay supple and absorb shock.

Several nutrients are particularly supportive for back and joint health. Omega-3 fatty acids, found in oily fish, walnuts and flaxseeds, are known for their anti-inflammatory properties. Vitamin D is essential for muscle and bone health, and while sunlight is the best source, you'll also find small amounts in mushrooms and egg yolks. Magnesium helps with muscle relaxation and can be found in leafy greens, seeds and legumes. Vitamin K2, present in fermented foods and aged cheese, plays a key role in bone and cartilage health. Vitamin B12 is vital for nerve repair and function, which is particularly important if your back pain involves nerve irritation. Collagen, found in bone broth and available as a supplement, supports connective tissues, joints and discs.

Some people also find food supplements helpful for additional support. Turmeric, rich in the active compound curcumin, is well known for its anti-inflammatory effects and may help reduce stiffness and pain. Bromelain, an enzyme extracted from pineapple, may help ease swelling and improve mobility, espe-



cially following injury. Glucosamine and chondroitin are often used to support cartilage and ease joint discomfort, particularly in cases of osteoarthritis. MSM (methylsulfonylmethane) is another supplement that may help reduce inflammation and promote joint flexibility.

Support Your Back Naturally, Every Day

Complementary therapies can offer further relief, particularly for those dealing with chronic pain. Applying cold packs can help reduce inflammation, while heat pads soothe muscle tension. Massage therapy, particularly deep tissue or trigger point massage, can help alleviate tightness and enhance circulation. Acupuncture is another option; it stimulates natural pain relief and may improve blood flow to affected areas. Hand-held tools, such as electroacupressure devices, can also be helpful for regular home use without the use of needles.

Examining your daily habits also makes a significant difference. Mindfulness practices such as meditation and deep breathing help calm the

nervous system and release physical tension. Getting quality sleep is also essential, not only for healing, but for pain perception. Avoid screens for at least an hour before bed and stick to a consistent bedtime routine.

If you sit for long periods, take regular breaks to move and stretch your muscles. Even small bursts of movement throughout the day can help prevent stiffness from setting in.

In most cases, back pain will improve with time, gentle care and lifestyle adjustments. However, it's important to seek medical advice if you experience symptoms such as persistent pain lasting more than six weeks, numbness or tingling in your limbs, or any signs of weakness or loss of bladder or bowel control.

Taking a holistic approach to back care, by focusing on posture, movement, nutrition, and stress relief, can bring real, lasting improvement. Small, consistent changes to your lifestyle, including how you live, move, and eat, can help you manage or even prevent back pain naturally and effectively.

Recommended Products

SERRANOL®

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



GLUCOSAMINE, CHONDROITIN, MSM WITH ENZYMES

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



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.



ANCIENT MAGNESIUM® OIL ULTRA

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



Sources

All references can be found at www.NaturallyHealthyNews.info

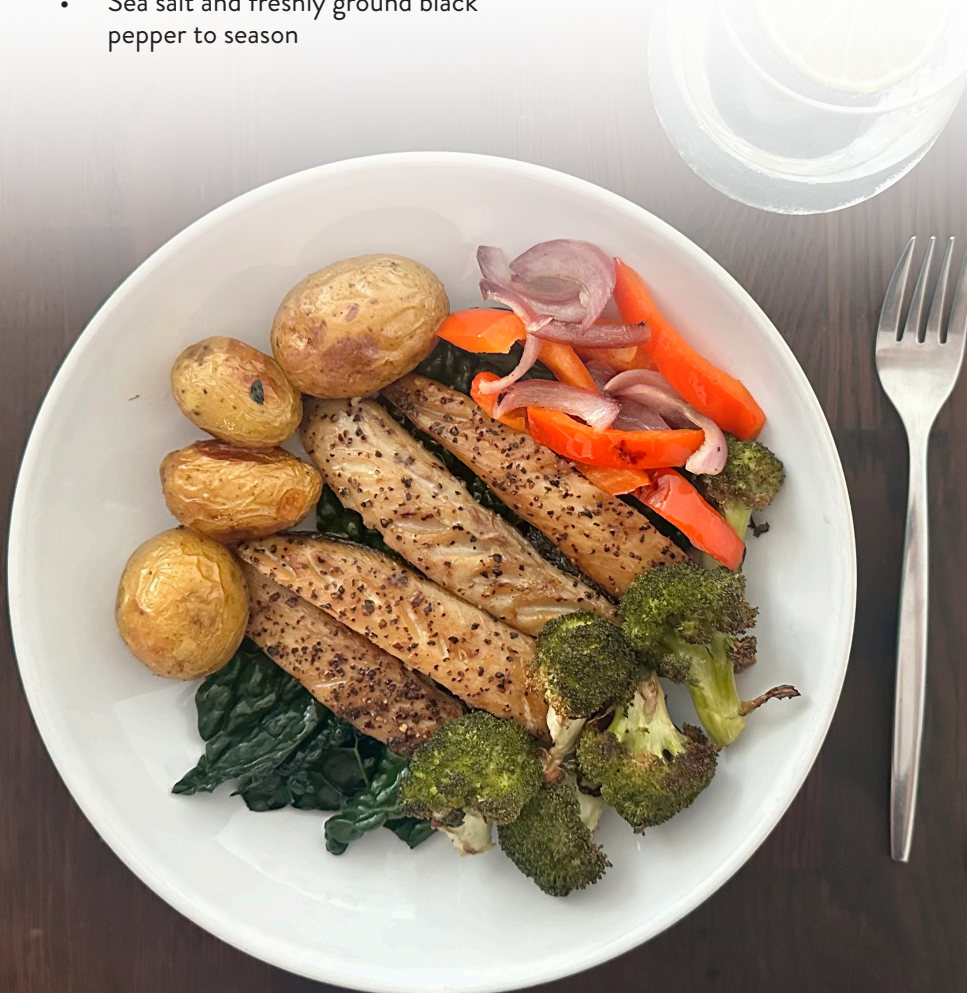
REALLY HEALTHY RECIPES

Grilled Smoked Mackerel & Roasted Mediterranean Vegetables.

Enjoy these grilled smoked mackerel fillets, on a bed of cavolo nero leaves with Mediterranean oven roasted vegetables. A dish bursting with flavour, with the vegetables pairing beautifully with this oily fish. Mackerel is rich in healthy fats, protein and selenium. Making it a great meal packed with lots of nutritional benefits.

Ingredients

- 4 tbsp extra virgin olive oil
- 2 cloves of garlic finely sliced and seasoned with sea salt
- 10 cavolo nero leaves, cut away from their stalks.
- Sea salt and freshly ground black pepper to season
- 1 small red onion sliced
- half a red pepper sliced
- 250g smoked mackerel fillets
- 300g new potatoes
- 10-12 florets of broccoli



Serves: 2

Prep. 20 mins

Cook: 40 mins

Directions

1. Clean the skins of the new potatoes under cold water, dry them off with either kitchen paper or a tea towel and then place into a mixing bowl, with 2 tablespoons of extra virgin olive oil, sea salt & freshly ground black pepper to season. Toss the ingredients with your hands, and once the potatoes have a good covering of oil, pepper and salt, then place them onto a baking tray in a fan oven at 180 degrees on the top shelf, spread out with a little space between each one on the baking tray to allow the skins to go nice and crispy. Set the timer for 40 minutes.
2. Using the same mixing bowl which you used to toss the potatoes in, add another tablespoon of extra virgin olive oil, along with the sliced red pepper, broccoli and red onion. Once tossed again put everything on a separate baking tray and place on a shelf in the middle of the oven, after the potatoes have baked for 15-20 minutes.
3. With approx 8-10 minutes left for the new potatoes to finish cooking, season your smoked mackerel fillets with sea salt and freshly ground black pepper. Heat a grill pan with a sprinkling of extra virgin olive oil and place the mackerel fillets skin side down to cook and warm through.
4. With 6-8 minutes to go, heat a saucepan up with a tablespoon of olive oil in it. Once hot add your cavolo nero leaves and finely sliced garlic, stirring well to prevent the garlic or leaves from burning. Turn down the heat slightly if needed. Once cooked, then everything should be ready to serve. Seasoning further to taste.



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 support daily wellness and vitality.

Core Ingredients for Maximum Benefits

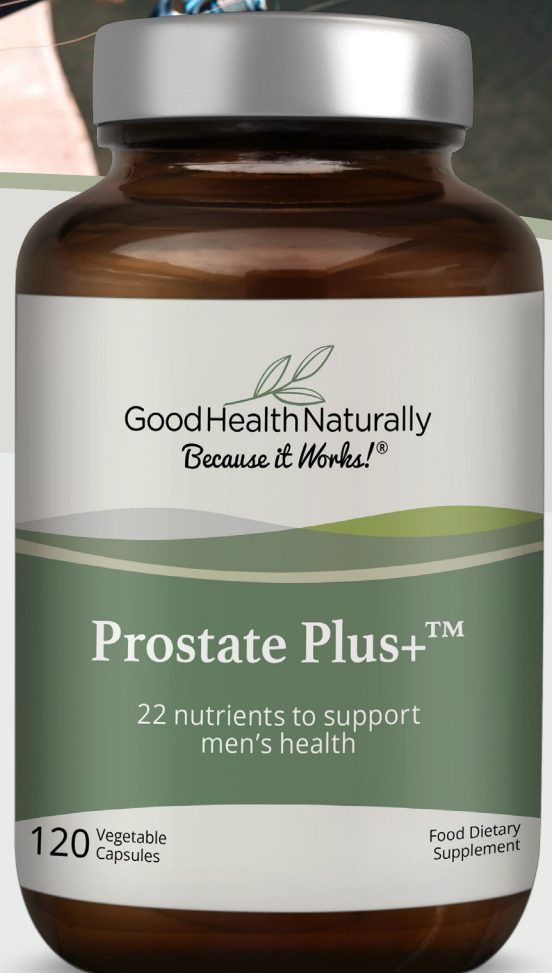
Saw Palmetto – A natural remedy to support prostate health and hormonal balance.

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 – Traditionally used to support urinary health.

Pomegranate Extract & Lycopene – Source of plant compounds.



Available at Independent Health Food Stores



Men's Health: Time for a Reset

by Olivier Sanchez, Naturopath and Nutritional Therapist

Over the years in clinical practice, I've seen a consistent pattern when it comes to men's health: men often wait far too long to seek help. They power through discomfort, dismiss symptoms, and prioritise everything else before their wellbeing. But when they do come through the door, the issues are real, but often preventable.

In this piece, I want to speak directly to the men reading, or to the women who love them. Because small, proactive changes now can transform long-term health outcomes.

The Silent Decline

We live in an era of advanced medicine, yet many men continue to face higher rates of preventable disease and early death. In the UK, more than 100,000 men die prematurely each year, and a huge proportion of these deaths are avoidable.

One of the key issues is delay. Men are far less likely to attend routine check-ups or screening appointments. In fact, they visit their GP only half as often as women. When problems are caught late, treatment options are usually more limited.

I often say in clinic: prevention doesn't mean perfection, it means participation.

What I See in Practice

Some of the most common health issues I see in men include high blood pressure, poor digestion, disturbed sleep, low mood, fatigue and reduced libido. Many are already on medication, but few have addressed the root cause.

Heart disease continues to be the leading cause of death in men. One in eight UK men will die from coronary heart disease, and many more are living with it, often undiagnosed.

Cancer is another key concern, particularly prostate, bowel, and lung cancer. One in four cancers in men is prostate-related, and yet screening is still underutilised. Lifestyle plays a major role here: smoking, poor diet, low fibre, and sedentary habits all raise the risk significantly.

What I Encourage Men to Do

My advice is always practical and achievable. Here's where I suggest men start:

Get checked regularly. You don't need to be unwell to visit your doctor. A simple check of your blood pressure, cholesterol, blood glucose and

PSA levels can give you a baseline and peace of mind.

Eat for prevention, not just energy. I guide my clients toward a Mediterranean-style diet. Plenty of vegetables, fibre-rich whole grains, oily fish, legumes, olive oil, and modest portions of animal protein. Try to reduce processed meats and refined carbs, as they have a direct link to bowel disease and cardiovascular risk.

Move your body daily. Whether it's a brisk walk, cycle ride, strength workout, or weekend hike, movement supports mood, circulation, metabolism, and more. I recommend at least 150 minutes of moderate activity per week, with two sessions of resistance or weight-bearing exercise.

Sleep like it matters, because it does. Poor sleep increases your risk of obesity, diabetes, depression, and heart disease. Aim for 7–8 hours of sleep per night in a cool, dark room, with no screens for at least 30 minutes before bed.

Don't ignore your mood. Mental health has a significant impact on physical health, and vice versa. If you're feeling overwhelmed, low, or disconnected, please talk to someone. Seeking help is a strength, not a weakness.

Nutritional Support That Can Make a Difference

As a practitioner, I often use targeted supplements to support men's health. Some of the most useful include:

- Zinc – essential for prostate function, immunity, and testosterone production
- Vitamin D – crucial for bone health, mood, and immune balance
- Omega-3 fatty acids – support the heart, brain, and reduce inflammation
- Lycopene – found in tomatoes; excellent for prostate protection
- Lignans – plant compounds from flaxseed that help regulate hormone levels

Supporting the Prostate Naturally

For men experiencing early signs of prostate enlargement or urinary issues, there are gentle yet effective options.

- Saw palmetto – helps reduce the size of the prostate and ease symptoms
- Stinging nettle root – used traditionally to support urinary flow
- Pumpkin seed extract – rich in zinc and phytosterols
- Green tea extract – provides antioxidant support for the prostate
- Quercetin – excellent for inflammation and allergy-prone men
- Beetroot – supports nitric oxide production for heart and prostate health

These remedies are most effective when used as part of a wider lifestyle approach.

Final Reflections

In clinic, I remind every client: your body will talk to you, are you listening?

You don't need to wait for something to go wrong before you take action. Prevention, early intervention, and a few smart lifestyle upgrades can go a long way. So, whether it's booking that long-overdue check-up, adding more vegetables to your plate, or taking the first step towards better sleep, let this be your nudge.

You only get one body. It's time to look after it with care, curiosity, and commitment.

Olivier Sanchez

Is a registered Naturopath, Nutritional Therapist, Iridologist, and founder of Nutrunity. Certified in Sports and Exercise Nutrition, Mental health disorders in adults, children and young people.

He is an internationally published author and expert. His best-selling books, "Energise – 30 Days to Vitality" and "Detox before Energise", have helped countless individuals reclaim their health and vitality. His upcoming book, "Managing Symptoms and Overcoming IBS," promises to empower even more people to live symptom-free, vibrant lives.

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The Gut Rhythm You Shouldn't Ignore

How the Migrating Motor Complex Keeps Your Digestion on Track and Why Timing Your Meals Matters

Our digestive system operates like a well-orchestrated symphony, with numerous processes working in harmony to keep things functioning smoothly. One of the most vital yet often overlooked players in this process is the Migrating Motor Complex (MMC). This fascinating mechanism helps maintain gut health by “cleaning up” between meals, sweeping away leftover food, bacteria, and waste to prepare the digestive tract for the next round of digestion. However, in our modern world of frequent snacking, the MMC’s role can easily be disrupted, leading to digestive issues. This article examines the significance of the MMC, the impact of constant snacking on its function, and how adopting balanced eating habits can support optimal digestive health.

What Is the Migrating Motor Complex?

The Migrating Motor Complex (MMC) is a cyclical, wave-like pattern of muscle contractions in the stomach and small intestine that occurs between meals, typically

every 1.5 to 3 hours. Its primary role is to “clean house” in the gut when you’re not eating. Essentially, the MMC acts as a broom, sweeping away undigested food particles, bacteria, and other debris that may accumulate during the digestive process. This not only keeps the digestive tract clear and ready for the next meal but also helps prevent bacterial overgrowth in the small intestine, a condition known as Small Intestinal Bacterial Overgrowth (SIBO).

The MMC has four phases, with phase III being the most powerful. During this phase, the strongest contractions move through the digestive tract, cleaning out any residual debris and ensuring the stomach and intestines are prepared for future meals. This cleaning cycle is essential for maintaining gut health, reducing bloating, and preventing imbalances in gut bacteria.

The Disruptive Effects of Constant Snacking

While the MMC works beautifully when left undisturbed, its function is interrupted every time we eat.

When food enters the digestive tract, the MMC pauses to allow digestion to take place. If you’re constantly grazing throughout the day, the MMC doesn’t get a chance to complete its cleaning cycle, leaving the gut vulnerable to waste build-up, bacterial overgrowth, and incomplete digestion.

Frequent snacking can also trigger a vicious cycle. Small or nutrient-poor meals may fail to satisfy, leading to an increased urge to snack. But each snack resets the MMC, further disrupting digestion and contributing to bloating, sluggishness, and poor nutrient





absorption. Over time, this disruption can even reduce the secretion of enzymes and bile, both of which are essential for breaking down food properly.

The Link Between Snacking and Digestive Issues

Constant snacking is often a sign that main meals aren't providing enough nourishment. If your meals aren't balanced or substantial enough, you might find yourself reaching for snacks to fill in the gaps. Unfortunately, this can lead to a pattern of undereating at meals and compensating with snacks, which only perpetuates the

problem. Undereating during main meals can eventually lead to binge eating when the body demands more calories, creating a cycle that stresses the digestive system and contributes to erratic eating patterns.

Additionally, frequent snacking without allowing time for the MMC to do its job can lead to an overgrowth of bacteria in the small intestine, contributing to bloating, gas, and other gastrointestinal discomforts. Over time, this can even increase the risk of conditions like SIBO, which is often linked to improper digestion and bacterial im-

balances.

Optimising MMC Function with Balanced Meals

The good news is that you can support optimal MMC function by spacing out meals and focusing on balanced eating. Aim to have meals spaced 3 to 5 hours apart to give the MMC enough time to complete its cycle and prepare your digestive system for the next meal. This strategy enables your gut to perform its essential housekeeping duties, ensuring that food is properly digested and that bacteria and waste are not allowed to linger for too long.

A key factor in supporting MMC function is also ensuring that your meals are satisfying and balanced. Meals should contain a good balance of macronutrients, proteins, healthy fats, and complex carbohydrates, to help you feel full and energised without the need for constant snacking. Protein is especially important for keeping you satiated, while healthy fats and complex carbs provide sustained energy, helping you avoid blood sugar crashes that might otherwise tempt you to snack.

Supporting Digestion with Digestive Enzyme Supplements

In addition to spacing meals appropriately and maintaining balanced eating habits, digestive enzyme supplements can offer valuable support for optimal digestion. Digestive enzymes, such as protease, lipase, and amylase, help break down proteins, fats, and carbohydrates, ensuring that food is properly digested and nutrients are efficiently absorbed. For individuals with compromised digestion, due to age, stress, or medical conditions, enzyme supplements can enhance the body's natural digestive processes, reducing bloating, gas, and discomfort. They also help lighten the load on the Migrating Motor Complex (MMC) by improving the breakdown of food, allowing the MMC to focus on its cleansing role between meals. When used in conjunction with a balanced diet and mindful eating practices, digestive enzyme supplements can play a helpful role in supporting long-term gut health and enhancing nutrient absorption.

Why Extreme Fasting Isn't the Solution

While constant snacking disrupts the MMC, extreme fasting or prolonged periods without eating are not the solution either. While intermittent fasting can be beneficial for some people, taking it too far can lead to a slower metabolic rate and negatively impact your digestive system. Prolonged fasting deprives your body of the nutrients it needs to function optimally, which can result in decreased enzyme and bile production, impairing your ability to digest food when you do eat. This, in turn, can lead to nutrient deficiencies and a weakened digestive system over time.

Moreover, extreme fasting can place unnecessary stress on the body, which may trigger other digestive issues, such as constipation or indigestion. Instead of relying on extreme measures, it's better to maintain a balanced approach to eating, with regular, nourishing meals that support overall digestive health.

Finding the Right Balance for Digestive Health

The key to maintaining optimal digestive health and supporting the MMC is balance. Rather than snacking constantly or fasting for prolonged periods, aim for regular meals that provide a steady supply of nutrients. Give your gut the space it needs between meals to complete its natural cleaning cycle and focus on nourishing your body with whole, unprocessed foods that provide a balanced mix of macronutrients.

In addition to balanced eating, stress management plays a crucial

role in digestive health. Chronic stress can interfere with the MMC and overall digestion, so finding ways to manage stress, whether through mindfulness, exercise, or relaxation techniques, is essential for maintaining a healthy gut.

By adopting balanced eating habits, spacing out meals, and supporting your body's natural digestive processes, you can maintain optimal gut health, prevent digestive discomfort, and promote long-term well-being.

Final Thoughts

The Migrating Motor Complex is a crucial component of digestive health that we often overlook. In today's fast-paced world, where snacking has become the norm, it's more important than ever to be mindful of how we eat. By prioritising substantial, balanced meals and allowing the MMC to function as intended, we can support our digestive system, reduce the risk of bacterial imbalances, and maintain overall well-being.

Recommended Products

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.



GASTRO™ WITH ENZYMES

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



Sources

All references can be found at www.NaturallyHealthyNews.info






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Harness the Synergy of Vitamin K2 and Vitamin D3 for Optimal Wellness






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-  Each capsule contains **200ug** of highly absorbable **MK7**.
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-  Clean, simple, and effective with **no artificial additives**.



Vitamin D3 4000IU

-  Delivers a potent **4000IU** of Vitamin **D3** in every capsule.
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Why They're the Perfect Pair

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.

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Can Food Help Fight Autoimmunity?

How Nutrition Supports Immunity, Inflammation and Healing

Autoimmune diseases like rheumatoid arthritis, Hashimoto's thyroiditis, lupus and multiple sclerosis are becoming increasingly common. These conditions arise when the immune system mistakenly turns against the body, triggering chronic inflammation, pain and dysfunction. However, growing research is shedding light on how nutrition can be a game-changer. By restoring balance, soothing inflammation and boosting overall well-being, the right foods may offer a natural and effective way to support heal-

ing and resilience in the face of autoimmune challenges.

Why Are Autoimmune Diseases on the Rise?

A 2023 study published in *The Lancet* found that autoimmune disorders now affect about one in ten people. The research, involving 22 million people, revealed that certain autoimmune conditions often occur together, suggesting that there could be common risk factors, such as genetics, environmental triggers, and modern lifestyle changes. While the exact

causes remain unclear, the study highlighted disparities that go beyond genetics, pointing to modifiable risk factors. The research also confirmed that some autoimmune diseases tend to cluster together, so a person with one autoimmune disease is more likely to develop a second autoimmune condition, compared to someone without an autoimmune disease.

The study also highlighted how diet, pollution, and stress may contribute to the increasing prevalence of these diseases.



Chemical Triggers

Pesticides, industrial chemicals, and heavy metals are foreign substances that can enter the body through food, water, and even the air we breathe. Our body's immune system is designed to fight harmful invaders like bacteria or viruses, but when exposed to these toxins, it can become confused and start attacking its own cells. Research suggests exposure to specific pesticides and herbicides can trigger rheumatoid arthritis.

The Pollution Problem

In urban areas, where air pollution is more concentrated, the prevalence of autoimmune diseases tends to be higher, suggesting that air quality may play a significant role in the development of these conditions. It is theorised that air pollution may trigger the production of pro-inflammatory cytokines, which activate the immune system and may lead to self-reactivity. In particular, pollutants such as nitrogen dioxide and ozone are known to be harmful to the respiratory system and may also impact immune function. Long-term exposure has been associated with an increased risk of systemic lupus erythematosus and rheumatoid arthritis.

Stress and Inflammation

Stress is a key player in the development of autoimmune diseases. When the body is stressed, it produces more cortisol. If stress becomes chronic and cortisol levels remain elevated, it can lead to increased inflammation, which may trigger or worsen autoimmune conditions. On top of that, stress often leads to unhealthy habits like smoking, overeating, or skipping exercise, all of which can further increase inflammation. Therefore, it is important to find ways to manage stress, like mindful breathing, yoga or tai chi.

The Processed Food Effect

The rise in autoimmune diseases, especially in Westernised societies, has been linked to dietary changes over the last few decades, particularly the consumption of processed foods, sugar, and trans fats. A key issue is a 'leaky gut,' which can occur when food additives and processed ingredients weaken the gut lining. This allows harmful substances, such as toxins, food antigens, and bacteria, to

enter the bloodstream, potentially triggering immune reactions that may eventually lead to autoimmune conditions. Another contributor is an imbalance in the gut microbiome, and if the diet lacks fibre, our gut bacteria will struggle. Additionally, diets high in sugar and unhealthy fats can contribute to chronic inflammation.

The Mediterranean Advantage

Rich in fruits, vegetables, whole grains, legumes, nuts, seeds, and olive oil with moderate amounts of fish and meat, the Mediterranean diet has long been associated with many health benefits. This includes the potential to protect against autoimmune conditions. All the antioxidant-rich foods like berries, tomatoes and leafy greens help neutralise harmful free radicals involved in autoimmune disease pathways. Plus, healthy omega-3 fatty acids from oily fish, olive oil and nuts can help modulate the immune system and reduce systemic inflammation.

Gut Health Matters

Probiotics and prebiotics can help restore microbial balance, reduce inflammation, and improve immune tolerance. Butyrate, a key short-chain fatty acid, is a primary energy source for the cells that line the gut, supporting digestion, nutrient absorption, and gut repair. Some studies suggest that individuals with autoimmune conditions, such as multiple sclerosis, may have lower levels of butyrate-producing bacteria.

Key Nutrients for Autoimmune Support

Maintaining a well-balanced immune system is essential for man-

aging autoimmune diseases. Certain nutrients play a crucial role in regulating immune responses, reducing inflammation, and supporting overall health.

Vitamin D

A deficiency in vitamin D has been associated with an increased risk of autoimmunity. Research suggests that supplementation may help modulate immune responses, reduce inflammation and lower disease severity. It interacts with immune cells, influences cytokine production and regulates inflammation-related genes.

Glutathione

Often called the 'master antioxidant,' glutathione is essential for detoxification and immune regulation. Low levels have been associated with increased oxidative stress and inflammation, both of which are linked to autoimmune conditions. By neutralising free radicals and supporting cellular defence, glutathione helps manage inflammation and tissue damage.

Curcumin

Curcumin, the active compound in turmeric, is recognised for its potent anti-inflammatory and antioxidant properties. It helps reduce inflammation by blocking a key protein called 'nuclear factor-kappa B', which drives inflammation in the body and lowers harmful molecules linked to conditions like rheumatoid arthritis, lupus and inflammatory bowel disease. Curcumin also supports the immune system

by influencing certain immune cells to help protect the body.

Bromelain

An enzyme derived from pineapple, bromelain has powerful anti-inflammatory properties. It may help lower pro-inflammatory prostaglandins and cytokines, making it especially useful for autoimmune conditions affecting joints and tissues, such as rheumatoid arthritis and lupus. Bromelain also enhances the absorption of curcumin and other nutrients, further contributing to its immune-supportive effects.

Omega-3 Fatty Acids

These essential fats are found in high concentrations in oily fish, such as salmon, mackerel, and sardines, as well as in plant sources like flaxseeds, chia seeds, and walnuts. Omega-3 fatty acids play a crucial role in brain health and are recognised for their potent anti-inflammatory properties. As key components of neuronal cell membranes, they help maintain the structure and function of brain and nerve cells. Abundant in both the brain and retina, they may also offer protection against neurodegeneration.

Research suggests omega-3s are particularly beneficial in autoimmune conditions marked by chronic inflammation, such as rheumatoid arthritis and multiple sclerosis. They also help support the integrity of the myelin sheath, the protective layer around nerves, making them especially valuable for people with MS.

A Holistic Path Forward

Autoimmune diseases are complex, but nutrition offers a powerful tool for reducing inflammation, improving gut health and supporting immune balance. Focusing on a nutrition-based approach, people with autoimmune conditions can take proactive steps toward greater vitality, resilience and well-being.

Recommended Products

SERRANOL®

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



THE KRILL MIRACLE™

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



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.



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



NEW from Good Health Naturally

Creatine Monohydrate

Clean. Simple. Effective.

- ✓ 100% Pure Creatine Monohydrate
- ✓ 200 mesh – finely milled for easy mixing
- ✓ Unflavoured – blend into water, juice or shakes
- ✓ No fillers, no additives
- ✓ Vegan-friendly

More Than a Fitness Supplement

It's not just for athletes. It's for anyone wanting to stay strong, sharp, and energised at any age.



Available at Independent Health Food Stores

The Hidden Dangers of Food Additives:

What Are We Really Eating?

Take a look at the ingredient labels on the food in your fridge or store cupboard, and the chances are you'll find at least one food additive. Some are natural and others are synthetic.

These substances are frequently used in processed foods, including snacks, beverages, canned goods and baked products. They are used to enhance flavour, texture and appearance or to extend shelf life.

While food safety authorities regulate their use, many are considered harmless in moderation, but others have been associated with negative health effects. Understanding what goes into your food and how it may potentially impact your health can help you make more informed choices.

Here are eight food additives you should be aware of:

1 Monosodium Glutamate (MSG)

Commonly used to intensify the flavour of savoury dishes, MSG is the sodium salt of glutamic acid. It

is often added to processed foods or sprinkled on food during preparation, especially in Asian cuisine. While MSG consumption is generally considered safe, some studies have raised concerns.

For example, a study in China found that MSG intake was linked to an increase in BMI, even when accounting for physical activity and total calorie intake. Another study conducted in Thailand found a correlation between MSG consumption and metabolic syndrome, with the people who consumed the highest MSG showing a greater risk of developing conditions like obesity.

Additionally, some individuals may be sensitive to MSG, experiencing headaches, sweating, or numbness after consuming large amounts. Though the exact cause of these reactions is unclear, they are not considered to be allergic in nature. Once called 'Chinese restaurant syndrome,' they have now been reclassified as 'MSG symptom complex.'

2 Artificial Food Colourings

These are used to brighten and improve the appearance of products like sweets, condiments and even drinks. But in recent years, there have been growing concerns about the impact some may have on our health. Specific colourings, such as Blue 1, Red 40, Yellow 5, and Yellow 6, have been linked to allergic reactions.

Additionally, one review of food colourings reported that some may promote hyperactivity in children, with some children more sensitive than others. Although the mechanism behind this is not fully understood, it's believed that artificial food dyes may interfere with brain chemistry or exacerbate conditions like Attention Deficit Hyperactivity Disorder.

Some studies have raised questions about the potential cancer-causing effects of certain food colourings, though more research is needed to confirm these risks.

3 Sodium Nitrite

This is a common preservative found in processed meats like bacon, sausage, and hot dogs. It



helps prevent bacterial growth and also gives these foods their distinctive pink colour. However, when exposed to high heat, sodium nitrite can convert into nitrosamines, which have been linked to various health issues. Several studies suggest that a high intake of nitrites and nitrosamines may increase the risk of cancers, particularly stomach and colorectal. There's also evidence to suggest a potential link to type 1 diabetes, although the findings are inconsistent. To reduce your exposure, consider replacing processed meats with healthier

protein sources like chicken, fish, legumes, and eggs.

4 Artificial Sweeteners

These include aspartame, saccharin, and sucralose. They are commonly found in 'diet' foods and drinks. They sweeten foods without adding calories and are marketed as a healthier option for weight management or diabetes control. However, evidence suggests these sweeteners may have unintended consequences on metabolism and body weight. Research shows they

can alter gut microbiota, potentially leading to glucose intolerance and weight gain, even though they don't contain calories.

Aspartame, which is made of two amino acids, phenylalanine and aspartic acid, has been linked to a variety of symptoms, like headaches and anxiety in some people.

If you experience any adverse effects, it's best to avoid these sweeteners. Instead, try adding sweetness with natural fruit.

5 Emulsifiers, Stabilisers, and Thickeners

These additives are used to improve the texture and consistency of foods, preventing ingredients from separating. Common examples include carrageenan, lecithin, and xanthan gum. Though generally regarded as safe, some emulsifiers have been shown to disrupt gut bacteria, potentially contributing to inflammatory bowel diseases and other digestive issues.

Carrageenan is derived from red seaweed and is commonly used as a thickener in foods like almond milk, cottage cheese, and ice cream. Some animal studies suggest it may increase fasting blood sugar levels and contribute to glucose intolerance, especially when combined with a high-fat diet. Though human studies are limited, the potential risks of carrageenan have prompted some health advocates to call for its removal from food products.

6 Sodium Benzoate

Sodium benzoate is a preservative used in acidic foods and beverages like soda, fruit juices, and pickles. It helps prevent the growth of fungi and bacteria, but it has raised concerns about its potential effects on children's health. Some studies suggest that sodium benzoate may increase hyperactivity and exacerbate symptoms of ADHD, particu-

larly when combined with artificial food colourings.

When combined with vitamin C, sodium benzoate can also form benzene, a chemical compound that has been linked to cancer. A study found that beverages containing sodium benzoate had dangerously high levels of benzene, far exceeding the safe limits set by health authorities. To minimise your exposure, try avoiding products that contain both sodium benzoate and vitamin C, especially in sugary sodas or processed foods.

7 Sodium Sulphite (E221)

This is a preservative used in products like wine, dried fruit and processed foods. While it is generally recognised as safe for most people, about one in 100 individuals is sensitive to sulphites, particularly those with asthma. Symptoms of sulphite sensitivity can range from mild rashes to severe asthma attacks. They are generally best avoided in people with sensitivities.

8 High-Fructose Corn Syrup (HFCS)

Also known as isoglucose or glucose-fructose syrup, it is a sweetener made from corn, commonly found in processed foods like sodas, breakfast cereals, and snack foods. Rich in fructose, HFCS can contribute to obesity, insulin resistance, and other metabolic issues

when consumed in excess.

Studies have shown that high-fructose intake can lead to increased belly fat, higher blood sugar levels, and reduced insulin sensitivity. It may also trigger inflammation in cells, a key factor in chronic conditions like heart disease, cancer, and diabetes. To avoid HFCS, choose whole, unprocessed foods, and opt for natural sweeteners like stevia or fresh fruit.

How to Minimise Exposure to Harmful Additives

Given the potential risks associated with many food additives, here are some practical steps you can take to reduce your exposure:

- **Read Labels Carefully** – Familiarise yourself with common additives and their potential health risks.
- **Choose Whole Foods** – Focus on fresh, unprocessed foods like fruits, vegetables, lean proteins, and whole grains. These are naturally free from artificial chemicals and preservatives.
- **Opt for Organic** – These are less likely to contain synthetic additives. While they can still contain natural additives, they are generally considered safer.

By being mindful of what we eat and understanding the hidden dangers of food additives, we can make more informed choices for better health.



Vitamin E for Period Pain:

A Natural Option for Teen Girls and Young Women

For many teenage girls and young women, period pain is more than just a nuisance. It can be debilitating. Known medically as dysmenorrhoea, menstrual cramps affect up to 90% of women of reproductive age, with around 20% experiencing pain severe enough to interfere with school, work or everyday activities.

While over-the-counter painkillers are often the first port of call, more young women are seeking natural solutions. One promising option is Vitamin E, best known for its skin benefits and antioxidant effects. However, new research suggests that it could also help ease monthly period cramps.

What the Research Says

A study published in the *Pakistan Journal of Medical & Health Sciences* explored the effect of Vitamin E on period pain in young women aged 16 to 28. In this randomised controlled trial, women suffering moderate to severe menstrual cramps were given either Vitamin E supplements or a placebo. The group receiving Vitamin E experienced a significant reduction in both the intensity and duration of their cramps.

The researchers concluded that Vitamin E could be a safe, natural and effective option for managing primary dysmenorrhoea, especially in younger women looking for long-term solutions without side effects.

How It Works

Vitamin E is a fat-soluble antioxidant with powerful anti-inflammatory properties. It may help reduce period pain by acting on the body's prostaglandins, hormone-like substances that trigger uterine contractions. During menstruation, high levels of prostaglandin F2 α can cause cramping. Vitamin E appears to modulate this by inhibiting the metabolism of arachidonic acid, a key player in prostaglandin production.

In simpler terms, less inflammation means less pain.

More Than Just Pain Relief

Vitamin E may also support hormone balance by regulating oestrogen levels, potentially easing symptoms like mood swings and breast tenderness. That's why it's often included in natural PMS and hormone support formulas.

And let's not forget the skin benefits.

As a beauty ally, Vitamin E helps protect against free radicals, supports skin healing and promotes a healthy glow. This can be especially helpful for those dealing with hormonal breakouts.

The Bottom Line

For young women navigating the ups and downs of their cycle, Vitamin E offers more than just a cramp cure. It is a natural, gentle nutrient that supports hormone balance, skin health and immunity, making it a smart addition to a well-rounded supplement routine.

Recommended Products

VITAMIN E HEALTHY ORIGINS

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



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

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.



Healthy Happy Pets

Naturally

As interest in natural health grows, many people are beginning to ask the same questions about their pets as they do about themselves. Could poor diet, chemical overload, and lack of movement be affecting our animals' wellbeing too? Increasingly, vets and holistic practitioners say yes, prompting a shift toward more natural, preventative care for the animals we love.

What's Really in Pet Food?

Just like ultra-processed food has harmed human health, many commercial pet foods are highly refined and filled with additives, low-quality protein, and synthetic vitamins. These may sustain life, but not necessarily health. As a result, many pet owners are turning to whole-food-based diets, raw or gently cooked meals, or at least grain-free, additive-free options.

Gut Health, Detox and Joint Support

We're learning that pets also benefit from good gut health. Probiotics and prebiotic-rich foods can support their microbiome just as they

do ours, helping digestion, immunity, and even behaviour. It's also wise to consider environmental exposures, including flea treatments and wormers, as well as household sprays, which often expose pets to a cocktail of chemicals. Natural alternatives, such as diatomaceous earth for fleas or herbal wormers, are available and may reduce the toxic load.

Joint health is another growing concern, especially in older animals. As with humans, inflammation is often at the root of stiffness, pain, or limited mobility. Some pet owners and integrative veterinarians have found that gentle, enzyme-based supplements, such as serrapeptase, can help support healthy inflammatory responses and ease joint discomfort. This natural option avoids the side effects of long-term medications.

Reducing Stress, Enhancing Life

Daily walks, play, routine, and affection all support an animal's nervous system and hormonal balance. Chronic stress can manifest as behaviour issues, digestive upset, or skin conditions, so creating a calm, enriching environment is vital. Just

like us, animals need emotional care as much as physical nourishment.

Final Thoughts

Holistic pet care isn't about rejecting conventional veterinary treatment. It's about complementing it with natural, supportive strategies that work harmoniously with an animal's biology. As we care for our own health, it makes sense to extend the same principles of clean nutrition, reduced toxins, and emotional wellbeing to the furry (or feathered) companions who share our lives.

Recommended Products

SERRAPET®

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



Sources

All references can be found at www.NaturallyHealthyNews.info

REALLY HEALTHY RECIPES

Keto Cloud Cake

There are many variations of recipes for Keto Cloud Cake online, and this is my take on them. A proven favourite amongst the family, and it's a 'fairly' healthy treat!

Ingredients

- 1 cup of Greek or coconut yoghurt
- 3/4 cup of coconut sugar or 1 cup of monk fruit sugar
- 240g butter
- 1/2 cup of almond flour
- 1 1/4 cup of coconut flour
- 1 tsp vanilla extract
- Pinch of salt
- 16g baking powder
- 5 large eggs



Serves: 12

Prep. 20 mins

Cook: 40 mins

Directions

1. Heat the oven to 180C.
2. Grease a 22cm cake tin.
3. In a large bowl add your sugar of choice with the softened butter chopped into small pieces.
4. Beat together until light and fluffy.
5. In a separate bowl break all the eggs and whisk together.
6. Then slowly add the eggs to the butter mixture, beating constantly.
7. In another bowl add the coconut flour, almond flour, baking powder and a pinch of salt, then mix together.
8. Gradually add the dry ingredients in with the wet mixture, followed by the yoghurt and stir until well combined.
9. Finally, add the vanilla extract and give the mixture a final stir.
10. Tip the mixture into the cake tin and smooth the top.
11. Bake in the centre of the oven for 35-40 mins until firm in the middle.

Cool the cake at room temperature, then serve with some fruit compote or fresh berries of your choice, with a dollop of yoghurt or fresh cream.

Should be stored in an airtight container in the fridge, and it will keep for up to a week.



What Is a Postbiotic?

And Why It Matters in Midlife

When it comes to gut health, most of us have heard about probiotics, the beneficial bacteria that populate the digestive tract, and prebiotics, the fibre that helps them thrive. However, a third group is now gaining attention in scientific circles: postbiotics. These are the bioactive compounds produced when gut bacteria ferment dietary fibre. One in particular, butyric acid (or butyrate), is emerging as a key player in maintaining health and resilience, especially during and after menopause.

A Small Molecule with Big Potential

Butyric acid is a short-chain fatty acid naturally produced in the colon. It's known for its anti-inflammatory properties and ability to fuel the cells that line the gut wall, which help strengthen the gut barrier, support metabolic and immune health, and reduce inflammation throughout the body.

Exciting new research, published in the *European Journal of Nutrition*, sheds light on how butyrate may help counteract some of the physical declines associated with menopause. In a randomised controlled trial, postmenopausal women were given 570 mg of sodium butyrate daily for 12 weeks. The results were striking. Compared to the placebo group, those taking butyrate showed improvements in handgrip strength, walking speed, and overall physical performance.

Additionally, markers of gut barrier function, including zonulin and lipopolysaccharide-binding protein (LBP), were significantly decreased. These proteins are associated with intestinal permeability ("leaky gut") and systemic inflammation. The women also reported better respiratory muscle strength and lower oxidative stress, factors closely tied to energy levels and long-term vitality.

Supporting Butyrate Naturally

You can increase your body's butyrate production by eating a diet

rich in fibre and resistant starch. This includes foods such as oats, legumes, green bananas, and cooked potatoes that are then cooled. Fermented foods such as kefir, sauerkraut, and kimchi also help support a healthy gut microbiome. For those needing additional support, particularly after antibiotics or during midlife transitions, butyrate supplements are another option to consider.

As research continues to highlight the gut's central role in overall health, butyrate is proving to be more than just a by-product. It may be a powerful tool for preserving strength, supporting digestion, and maintaining vitality through every stage of life.

Recommended Products

SODIUM BUTYRATE

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



Sources

All references can be found at www.NaturallyHealthyNews.info

ENERGISE YOUR BODY

How Ubiquinol Fuels Mitochondria and Exercise Performance

Mitochondria are tiny structures inside our cells, often referred to as the powerhouses of the body. They produce adenosine triphosphate (ATP), the primary energy source that fuels everything from muscle contractions to brain activity. For those who exercise, mitochondria play a vital role in keeping muscles strong and endurance high. However, as we age, mitochondrial function can decline, leading to reduced energy and weaker performance during physical activity. This is where Ubiquinol, the active form of Coenzyme Q10 (CoQ10), comes in. Research, particularly on Kaneka Ubiquinol, indicates that it supports mitochondrial health, enhances exercise performance, and may be especially beneficial for older adults whose natural Ubiquinol levels decline over time.

Mitochondria: The Key to Muscle Power

Every muscle movement, whether lifting weights or running a marathon, relies on ATP produced by mitochondria. These organelles use nutrients from food to create energy

through a process called the electron transport chain. Mitochondria are abundant in muscle cells because of the high energy demands during exercise. However, intense workouts increase oxidative stress, which can damage mitochondria and reduce their efficiency. This can lead to fatigue, muscle soreness, and slower recovery. Therefore, supporting mitochondrial health is critical for anyone looking to improve their exercise performance, and Ubiquinol has emerged as a key player in this process. By enhancing ATP production and protecting mitochondria, ubiquinol helps muscles perform better and recover faster.

Ubiquinol's Role in Energy and Recovery

Ubiquinol is a fat-soluble antioxidant that supports the electron transport chain, helping mitochondria produce ATP efficiently. It also protects cells from oxidative stress, which is especially important during exercise when reactive oxygen species (ROS) spike. A 2013 study with 100 young German elite athletes (average age 19.2 years) showed that 300mg of Kaneka Ubiquinol daily for six weeks increased peak power output by 0.38

watts per kilogram of body weight compared to 0.30 in the placebo group. This suggests that Ubiquinol enhances energy production, thereby aiding in strength and endurance. Another 2023 study involving well-trained firefighters found that 200mg taken daily before intense exercise reduced muscle damage, improved recovery by supporting oxygen supply, and reduced inflammation. A 2018 study involving 21 male athletes further demonstrated that 200mg of CoQ10 daily for one month prevented exercise-induced CoQ10 depletion, thereby preserving antioxidant defences. These findings highlight Ubiquinol's ability to enhance performance and aid in muscle recovery.

Why Older Adults Benefit Most

As we age, our bodies produce less Ubiquinol, and mitochondrial function naturally declines. This can lead to lower energy levels, reduced





muscle strength, and longer recovery times after exercise. For older adults, staying active is crucial for maintaining health, but declining Ubiquinol levels can make it harder to keep up. Research shows that supplementation can help. A 2019 study involving adults aged 60 to 75 found that 200mg of daily Ubiquinol for 12 weeks improved mitochondrial ATP production and reduced fatigue during exercise, thereby enhancing muscle strength. Similarly, a 2016 study on older adults with sarcopenia showed that 300mg daily for six months increased mitochondrial density and improved walking endurance. Therefore, for older individuals, doses of 100 to 300mg daily can help restore Ubiquinol levels, supporting energy production and reducing exercise-related fatigue. This makes Ubiquinol a valuable tool for older adults seeking to maintain an active lifestyle, whether they're working out at the gym or simply staying mobile.

Practical Tips for Using Ubiquinol

Incorporating Ubiquinol into your routine is straightforward and can noticeably boost energy and exercise performance. Studies typically use doses of 100 to 300mg per day, often taken with meals to enhance absorption, as ubiquinol is fat-soluble. Kaneka Ubiquinol, a high-quality form, has been widely studied and shown to be safe, with no significant side effects reported at doses up to 1200mg daily for short periods. A 2015 study with middle-aged adults (aged 50–65) found that 150mg daily for 8 weeks improved daily energy levels and stamina during light exercise, such as brisk walking. Pairing Ubiquinol with a diet rich in healthy fats and regular exercise can amplify its benefits, supporting stronger muscles and faster recovery.

In Summary

Ubiquinol offers a promising way to support your mitochondria, exercise performance and muscle recovery. Its ability to enhance ATP production and fight oxidative stress makes it a powerful ally for anyone looking to stay active, especially older adults facing natural declines in energy and Ubiquinol levels. By incorporating this supplement into a healthy lifestyle, you can enhance your muscle power and continue to move with confidence.

Recommended Products

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

Do You Need a Detox?

In today's world, we are exposed to more toxic compounds than ever before. These toxins are coming at us from all directions, including pollutants such as car exhaust fumes, chemical cleaning products, pesticides, and even some food additives. Additionally, our bodies produce toxic waste products too, like ammonia and urea. Detoxification is a natural process to get rid of all these waste and harmful substances. It is carried out by the liver, kidneys, skin and digestive system. Our bodies work hard to remove all the toxins, but sometimes it can be a struggle, and they become overloaded. By adopting a nourishing diet and making simple lifestyle changes, you can support these detox organs and enhance your body's ability to cleanse itself.

Signs Your Body Needs a Detox

When toxins accumulate faster than the body can eliminate them, it can lead to inflammation and oxidative damage. Symptoms such as low energy, brain fog, bloating and digestive discomfort, skin problems, or impaired immunity can all be signs that your body is overwhelmed by toxins.

Your Body's Detox Powerhouse

The liver is the body's master detox organ, responsible for filtering out toxins in two key phases. In the first phase, toxins are broken down into intermediates, which can sometimes be even more toxic than the original toxins. So, it is essential that the second phase, when protective compounds bind to these intermediates, works effectively so they can be neutralised and excreted.

To support the liver, include plenty of cruciferous vegetables and leafy greens in the diet. These foods are rich in chlorophyll and antioxidants, which are beneficial for supporting liver function. Onions, garlic, leeks, carrots, asparagus, avocado, walnuts, legumes and beans are also excellent choices. Artichokes and turmeric can help stimulate bile production, which helps eliminate the neutralised toxins.

Lemons, limes, oranges, grapefruits and red peppers are all high in vitamin C, an essential antioxidant that supports detoxification. Vitamin C helps the liver produce glutathione, a key antioxidant. Drinking warm lemon water each morning is an easy way to kickstart digestion and support your detoxification efforts.

A Detox Pathway

A healthy gut is also crucial, as it serves as a major pathway for eliminating waste and toxins. Fibre is particularly important for detoxification, as it helps bind to toxins in the digestive tract, promoting their excretion through regular bowel movements. To support this process, ensure there is plenty of whole grains, fruits and vegetables in the diet. Fermented foods, such as kimchi, sauerkraut, and kefir, can help support a healthy gut microbiome. This can help prevent constipation and ensure waste is expelled regularly.

Powerful Detox Support

Chlorella and Spirulina

These nutrient-dense algae are rich in chlorophyll, which supports the body's natural detoxification processes. Research suggests they can bind to heavy metals and other toxins, aiding their removal while providing essential vitamins and antioxidants.

N-Acetyl Cysteine (NAC)

NAC is a powerful antioxidant that also supports the body's natural detoxification processes. It plays a key role in phase II detoxification, helping the body process and eliminate toxins. As a precursor to glutathione, the "master antioxidant",



it helps neutralise free radicals and protect cells from oxidative stress.

Activated Charcoal

This helps by binding to toxins in the digestive system, preventing their absorption. It can be especially useful after consuming alcohol, processed foods or being exposed to environmental pollutants. Activated charcoal may also alleviate bloating, gas, and digestive discomfort.

Turmeric

The golden spice contains curcumin, a potent anti-inflammatory compound, which can help support liver function and reduce oxidative stress. Add it to your meals or take it in supplemental form.

Hydrate, Move, and Rest

Drink Plenty of Water

This is essential for flushing toxins from the body. Aim to drink at least 1.5 litres of water a day. Herbal teas, such as dandelion or green tea, can also support liver function and digestion.

Exercise Regularly

Physical activity improves circulation, enhances lymphatic drainage and promotes sweating. All of

these are essential for detoxification. Combine cardiovascular exercise, strength training, and yoga for the best results.

Prioritise Sleep

Aim for 7-9 hours of restful sleep per night. Quality sleep is vital for the body's repair processes and toxin elimination.

De-Stress & Detox Your Skin

Manage Stress

Chronic stress impairs detoxification by increasing inflammation. Practice stress-relief techniques such as meditation, deep breathing, and spending time in nature.

Dry Skin Brushing

Stimulate lymphatic flow and promote toxin removal through the skin by dry brushing before taking a bath or shower. Use a natural-bristle brush, moving in gentle, circular motions toward the heart.

Final Word

Start with small changes like drinking more water, incorporating more whole foods into your diet and prioritising exercise and sleep. A ho-

listic approach to detoxification can lead to increased energy, improved digestion, enhanced mental clarity and greater overall vitality.

Recommended Products

NAC 600MG

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



HAPPY TUMMY™ CHARCOAL CAPSULES

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



CURCUMINX4000® ORIGINAL

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



CHLORELLA & SPIRULINA

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



Sources

All references can be found at www.NaturallyHealthyNews.info

Insulin Resistance

A Silent Epidemic

Insulin resistance is a complex condition in which the body doesn't respond properly to insulin. It can lead to high blood sugar and an increased risk of type 2 diabetes. While genetics plays a role, lifestyle and especially diet, are key factors in how our bodies use insulin. Insulin resistance can develop gradually without any obvious symptoms. If left unchecked, high blood sugar can begin to damage cells throughout the body. The good news is that it is largely preventable and may even be reversible with smart dietary choices and increased exercise.

What is Insulin and Why Does it Matter?

After we eat, blood glucose levels rise, prompting the pancreas to release insulin, which literally sweeps out excess glucose from the blood into the cells where it is stored. When energy is needed, the pancreas sends out another hormone called glucagon, which triggers the cells to release the stored glucose. This system has worked effectively for thousands of years, but is start-

ing to come unstuck because of our modern, excessively sugary diets and sedentary lifestyles. If we constantly consume sugary foods, cells can begin to struggle to take up all the glucose. The pancreas responds by releasing more insulin, and if the cells still don't respond, it will send out even more. The cells can then become insulin-resistant, and blood sugar will remain dangerously high.

If blood sugar levels remain high for an extended period, it can lead to brain fog, poor memory, tired muscles, hardening of the arteries, and even the development of age spots on the skin. Then, when the cells finally start responding to insulin, all the excess glucose in the blood may end up being stored as fat, leading to weight gain. Eventually, if people become so insulin resistant and their body is unable to bring blood sugar levels down, they may develop type 2 diabetes.

Can You Reverse It? Yes, You Can

Diet is a great place to start when it comes to managing insulin resis-

tance. What we eat directly affects how our body processes insulin and glucose. Diets high in processed foods, refined sugars and unhealthy fats have been linked to the development and progression of insulin resistance. Whereas a nutrient-rich diet with a balance of healthy fats, lean proteins and complex carbohydrates can improve insulin sensitivity and may even help reverse insulin resistance over time.

Smart Swaps: Cut Sugar and Refined Carbs

Refined carbohydrates like white bread, pasta, cereals and pastries all have a high glycemic index, which means they can cause rapid spikes in blood sugar levels. If you eat them in large quantities, it will force the pancreas to release large amounts of insulin to handle the sudden surge in glucose. If this continues, the excessive demand on the pancreas can lead to insulin resistance.

Instead, opt for complex carbohydrates such as oats, quinoa, or brown rice. These whole grains are rich in fibre and digested more



slowly, helping to keep blood sugar levels stable. This helps slow the release of sugars into the blood, allowing the body to maintain more stable blood sugar levels. There are plenty of whole-grain versions of products like bread, pasta, cereals and tortilla wraps to choose from.

Rye-based products are a particularly good choice. It has been discovered that rye may help lower insulin and glucose levels after meals compared to wheat-based products. Studies suggest that this effect is due to slower glucose absorption in the intestine, which is attributed to the structure of rye.

Load Up on Fibre-Rich Veggies and Fruit

Prioritise fresh, whole vegetables that you prepare yourself, as these

are free from hidden sugars and added salt. Excellent insulin-supporting options include leafy greens like kale and spinach, as well as cruciferous vegetables such as broccoli and Brussels sprouts. Additionally, colourful choices like peppers, tomatoes, asparagus, carrots, and green beans are also beneficial.

While vegetable juices might seem convenient, whole vegetables provide far more fibre, an essential nutrient for blood sugar balance. The same applies to fruit: opt for low-sugar options like berries, oranges, melons, grapes, and apples, and enjoy them whole rather than juiced. Fruit juice often lacks fibre and can be surprisingly high in sugar.

Balance Your Meals with Protein and Healthy Fats

To keep blood sugar levels balanced, it is important to include a small portion of protein with every meal and snack to help lessen surges in blood sugar. Healthy options include eggs, lean meats, tofu, beans and legumes. Start your day with a protein-rich breakfast like eggs, or muesli with yoghurt, nuts and seeds. Including plenty of healthy fats like oily fish, avocados, olive oil, nuts, and seeds can also help regulate blood sugar. But, don't forget nuts are energy-dense, so stick to a palm-sized portion.

Hydrate for Blood Sugar Balance

Even mild dehydration can raise blood sugar levels by concentrating glucose in the bloodstream. Aim to drink around eight glasses of water daily to stay well hydrated. Herbal

teas or water infused with lemon, cucumber, or mint make refreshing alternatives, and they all count towards your daily fluid intake.

Get Moving to Boost Insulin Sensitivity

Aim for at least 150 minutes of moderate-intensity aerobic activity each week, such as brisk walking, cycling, or swimming. Adding in strength training can further improve your body's insulin response. Building muscle increases your capacity to store glucose, helping to remove excess sugar from the bloodstream more efficiently and preventing spikes in blood sugar and insulin levels.

Even light movement after meals can make a big difference. A brisk 10-minute walk, for example, helps shuttle glucose from the blood into the cells that need it, particularly your brain and muscles.

Don't Overlook the Power of 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. Finish eating at least 2-3 hours before bedtime to allow your body to digest the food properly and prevent overnight insulin resistance.

Supplements That Can Help

Bergamot Extract

This unique Italian citrus fruit is rich in powerful flavonoids and has been prized for its wide-ranging health benefits. Research suggests that bergamot extract can help regulate blood sugar levels and improve insulin sensitivity. It may also lower LDL cholesterol and triglycerides while increasing HDL cholesterol, a valuable combination, as high cholesterol and triglycerides often go hand in hand with insulin resistance. Bergamot is most effective when taken in supplement form, as it delivers a concentrated dose of the active compounds.

Alpha Lipoic Acid

This potent antioxidant is found in foods such as spinach, broccoli, and red meat, and is also produced in small amounts by the body. However, to achieve therapeutic levels, supplements are often recommended. Alpha lipoic acid can help improve insulin sensitivity and support the uptake of glucose into cells. Research also suggests it may protect against the damage caused by high blood sugar, offering support for the nerves, eyes, heart, kidneys, and pancreas.

Curcumin

Curcumin is the compound which gives turmeric its wonderful golden colour. It has a long history of use in Ayurvedic and traditional Chinese medicine for individuals with diabetes. Recent scientific research has confirmed it could play an important role in the prevention and treatment of diabetes and its associated disorders, including insulin resistance and hyperglycemia.

In Summary: Prevention Is Possible

Insulin resistance may be a silent epidemic, but it's one we can actively guard against. Limit processed and sugary foods, and focus on increasing your intake of whole foods, fibre, healthy fats, and lean proteins. Prioritise regular exercise and quality sleep. By taking simple, consistent steps to support your health, you can improve your metabolic function and significantly reduce your risk of insulin resistance and type 2 diabetes.

Recommended Products

HEARTPOWER+™

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



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.



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.



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

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.



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