NATURALLY HEALTHY NEWS

ISSUE 51



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Welcome to

ISSUE 51 OF

NATURALLY HEALTHY NEWS

Hello and welcome to this Autumn/Winter issue of Naturally Healthy News. As the mornings turn crisper and the leaves begin to turn, very welcome after a particularly long, hot summer in the UK, there's something rather lovely about this time of year that encourages us to slow down and notice the world around us a little more.

We've had some exciting news in our own extended family recently, as my daughter has welcomed a new puppy, Daphne, into her home!

Dogs bring so many benefits to our lives beyond the obvious companionship and unconditional love. They also get us outdoors and moving, whatever the weather and whether we feel like it or not. That daily walk, rain or shine, does wonders not just for our physical health, but for our mood and mental wellbeing too. And, inspired in part by our newest family member, you'll find a feature on healthy ageing for our pets later in this issue.

There's plenty for us humans too! We ask whether we really need to walk 10,000 steps a day, uncover the surprising connection between the soil beneath our feet and the food on our plates, and explore whether the choices we make every day could help protect our brains as we age. We also look back at a fascinating chapter in medical history to discover how natural medicine came to be separated from mainstream healthcare more than a century ago.

We've also been busy improving two of our flagship curcumin formulas. CurcuminX4000® with Fenugreek now contains more fenugreek alongside Meriva® curcumin, while BrainPower™ has been reformulated and renamed Liposomal Curcumin & Resveratrol™, with more than double the amount of trans-resveratrol.

As always, we hope you find plenty in these pages to inform and inspire you, and perhaps a few ideas to put into practice too.

Thank you for continuing to read and support Naturally Healthy News. We hope you enjoy this issue as much as we've enjoyed putting it together.

Anne & Lucy



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.

IN THIS ISSUE

05 Why Am I Hungry After Eating?

06 Beyond Beauty - Collagen and Joint Health

10 Is Stress Taking a Toll on Your Gut?

13 Do You Need a Digital Detox?

16 10 Science-Backed Ways to Boost Winter Wellness

18 Botanicals and the Ageing Brain

20 Your Everyday Vitamin D Questions Answered

23 Top Picks - Autumn & Winter Essentials

28 Ground Truth

30 The Four Rs for Recovery

32 Menopause Made Easier

37 Are You Making These Exercise Mistakes?

38 10 Science-Backed Reasons to Include Chlorella & Spirulina in Your Daily Routine

40 Is Your Heart Missing Something?

44 The Ancient Spice Capturing Modern Science

46 Ancient Magnesium

48 Feed Your Smile

50 The Hidden Power of B Vitamins

53 Research Roundup

54 Protecting Your Eyes as You Age

56 An Apple a Day

58 Nattokinase The Japanese Enzyme

ISSUE

51 | CONTENTS

Autumn / Winter 2026

60 What Makes Resveratrol So Interesting?
62 Clean Conscience
68 Natural Relief for Asthma
72 Is Poor Sleep Making Men Age Faster?
76 Living with Fibromyalgia
79 Your Everyday Nutrition Questions Answered
81 Healthy Ageing for Your Pets
83 How Many Steps Do You Really Need?
84 What Happened to Natural Medicine?
86 What's in Your Cup?
88 Could Your Lifestyle Help Protect Your Brain?

SPECIAL NUTRIENTS & SUPPLEMENTS

08 NAC 600mg - The Power of NAC
15 Creatine Monohydrate - The Creatine Revolution
22 Prostate Plus+™ - Saw Palmetto
24 The Krill Miracle™ - Krill Oil vs Fish Oil
26 Ionic Selenium - Why Selenium Matters for Your Thyroid

GUEST ARTICLES

34 My Fertility Journey
66 The Connection Between Your Breath, Anxiety and Sleep During Menopause?

RECIPES

25 Winter Warmer Veg & Bean Soup
64 Turkey Lasagne
82 Roasted Butternut Squash, Harissa & Garlic Hummus



Do You Need a Digital Detox? 13



76 Living with Fibromyalgia



10 Science-Backed Reasons to Include Chlorella... 38



30 The Four Rs for Recovery

Naturally Healthy Publication
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Northwich,
Cheshire,
CW9 9EF

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2026 © Naturally Healthy Publication

Printed By:
The Magazine Printing Company
Goat Mill Road, Dowlais,
Merthyr Tydfil, CF48 3TD



Why Am I Hungry After Eating?

Discover what really influences how full you feel.

Have you ever finished a meal only to find yourself reaching for a snack an hour later? It is easy to assume you simply did not eat enough, but hunger is about much more than calories. In reality, your appetite is regulated by a sophisticated network of hormones, digestive processes and signals travelling between your gut and your brain.

It's Not Just About Calories

Before a meal, levels of the hormone ghrelin rise, signalling that it is time to eat. Once food reaches the digestive system, the gut responds by releasing hormones that help switch hunger off and promote feelings of fullness.

One of these hormones is GLP-1 (glucagon-like peptide-1). While it has become widely known because of GLP-1 weight-loss medications, it is actually a hormone your body naturally produces after eating. Along with other hormones, including peptide YY (PYY), it helps signal to the brain that you have eaten and slows the rate at which food leaves the stomach.

"GLP-1 isn't just associated with weight-loss medicines. It's a hormone your body naturally produces every time you eat."

Why Some Meals Keep You Fuller

Not all meals trigger the same response. Foods that are high in refined carbohydrates and low in protein or fibre are generally digested more quickly, which means that feelings of fullness may fade sooner.

Protein is particularly important here because it takes longer to digest and has been shown to stimulate the release of hormones involved in satiety, including GLP-1 and PYY. Fibre also plays an essential role by slowing digestion and helping nutrients enter the bloodstream more gradually.

The structure of food matters too. Meals based on minimally processed, whole foods generally take longer to digest than highly processed foods, helping to keep you satisfied for longer.

Your Gut Has a Say Too

The gut microbiome is also becoming recognised as an important part of appetite regulation. When beneficial gut bacteria ferment dietary fibre, they produce compounds called short-chain fatty acids, like butyrate. Early research suggests these may help stimulate the release of appetite-regulating hormones, providing another example of the close relationship between gut health and feelings of fullness.

More Than Just Food

Appetite is influenced by more than what is on your plate. Poor sleep, stress, dehydration and eating habits can all affect hunger signals. For example, lack of sleep has been linked to hormonal changes that increase appetite, while stress may encourage cravings for energy-dense foods.

Understanding these factors helps explain why some meals leave you satisfied for hours while others barely keep hunger at bay. Rather than simply eating more, choosing meals rich in protein, fibre and whole foods can help support your body's natural appetite-regulating systems and keep you feeling fuller for longer.

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

Beyond Beauty

Why Type II Collagen Matters for Cartilage, Joint Health and Mobility as We Age.

Collagen has become a huge buzzword. A quick internet search and you will find countless claims about its ability to smooth wrinkles, support joint health, and strengthen hair and nails. Social media is flooded with adverts promoting its benefits, with endorsements from influencers and celebrities such as Davina McCall and Yasmin Le Bon.

Yet beyond the beauty hype, collagen, specifically type II collagen, is attracting growing scientific attention not for wrinkles, but for something arguably even more important: keeping our joints healthy and mobile.

Type II collagen is the primary structural protein in cartilage, the tough, flexible tissue that cushions our joints. As researchers search for new ways to support healthy ageing and reduce the burden of osteoarthritis, this specialised collagen is emerging as a promising nutritional ingredient for joint health.

'Beyond the beauty hype, type II collagen is attracting growing scientific interest for its role in supporting cartilage, the tissue that keeps our joints moving smoothly.'

The Body's Natural Scaffolding

Collagen is the most abundant protein in the human body, accounting for around one-quarter of our total protein content. It provides strength, flexibility and structure to the skin, bones, tendons, ligaments and cartilage.

Scientists have identified at least 28 different types of collagen, each designed for a specific role. Types I, II and III account for the vast majority found in the body.

Type I collagen is best known for supporting skin, bones and tendons, while type III is abundant in muscles and blood vessels. Type II collagen is found in cartilage, where it provides the strength and resilience needed for smooth joint movement. In fact, between 70 and 95 per cent of the collagen within healthy joint cartilage is type II collagen.

Why Cartilage Matters

Every step we take places force through our joints, and cartilage protects against this constant mechanical stress by acting as a natural shock absorber.

Healthy cartilage is made up of two major components. The first is a network of type II collagen fibres, which gives cartilage its strength and ability to withstand compression. The second is glycosaminoglycans like chondroitin sulphate and hyaluronic acid, which attract water into the tissue to keep it hydrated, lubricated and resilient.



Together, these components create the remarkably smooth surface that allows bones to glide over one another with minimal friction.

Building Collagen From the Inside

Collagen is continuously produced throughout life by specialised cells known as fibroblasts and chondrocytes. These cells assemble amino acids glycine, proline and lysine into



long protein chains that are twisted into strong collagen fibres before being incorporated into connective tissues.

Vitamin C plays an especially important role in this process. Without adequate vitamin C, collagen synthesis is impaired. This explains why a severe deficiency leads to fragile connective tissue, poor wound healing, and the classic symptoms of scurvy.

Unfortunately, collagen production naturally slows with age. Decades of movement, repetitive loading, sporting injuries and everyday wear gradually alter the structure of cartilage, making joints less resilient over time.

The Challenge of Osteoarthritis

Unlike inflammatory forms of arthritis, osteoarthritis develops gradually as cartilage becomes thinner, rougher and less able to cushion the ends of bones. The result can be pain, stiffness, swelling and reduced mobility, particularly in the knees, hips, hands and spine.

Ageing remains the strongest risk factor, but excess body weight, previous joint injuries, repetitive movements, genetics and high-impact sports can all increase the likelihood of developing the condition.

Current management focuses on exercise, weight control, physiotherapy and pain-relieving medications. However, researchers have become increasingly interested in nutritional strategies which may help support joint health, including collagen supplements.

Why the Type of Collagen Matters

The form of collagen in a product and how it has been processed will determine how it behaves in the body.

Hydrolysed collagen, often called collagen peptides, has been broken down into much smaller fragments that are readily digested and absorbed. Rather than simply supplying protein, these bioactive peptides appear capable of reaching connective tissues, where laboratory studies suggest they may stimulate cartilage cells to produce collagen and other components of the extracellular matrix.

Beyond Arthritis

The benefits of collagen may extend beyond ageing joints. Researchers have investigated whether collagen supplementation can also support connective tissues exposed to intense physical activity.

One pilot study examined BioCell Collagen®, a patented hydrolysed chicken sternal cartilage extract containing collagen type II peptides alongside naturally occurring glycosaminoglycans, including chondroitin sulphate and hyaluronic acid. A small group of healthy adults who took 3 grams daily for six weeks experienced lower blood markers associated with muscle damage following strenuous resistance exercise. Participants also maintained their exercise performance more effectively during repeated training sessions and appeared to recover more quickly.

'Maintaining joint health is about more than managing discomfort, it is about preserving mobility, independence and quality of life as we age.'

A Role in Healthy Ageing

Maintaining mobility is one of the cornerstones of healthy ageing. Strong muscles, resilient cartilage and flexible connective tissues allow people to remain active, independent and engaged throughout later life.

While collagen supplementation is unlikely to replace the benefits of regular physical activity, maintaining a healthy body weight or eating a balanced diet, there is growing evidence suggesting specific forms of type II collagen may provide additional support for joints.

Recommended Products

JOINT & SKIN MATRIX™



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

PUREC™



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

CAMU CAMU



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

Sources

All references can be found at www.NaturallyHealthyNews.info



The Power of NAC

Why This Remarkable Nutrient Is Attracting Scientific Interest

N-acetyl cysteine (NAC) may not be a familiar name, but it is one of the most extensively researched nutritional supplements. Originally used to treat paracetamol overdose and help clear excess mucus from the lungs, NAC is now recognised for its ability to support the body's natural antioxidant defences.

It is a form of the amino acid cysteine, a precursor to glutathione, often called the body's 'master antioxidant'. Glutathione helps protect cells from damage caused by pollution, smoking, infections, UV radiation and the natural ageing process. As we age, glutathione levels naturally decline, making cells more vulnerable to oxidative stress. For this reason, researchers have become increasingly interested in ways to help maintain healthy glutathione levels throughout life.

Clearing the Airways

NAC has long been used to support respiratory health by thinning thick, sticky mucus, making it easier to clear from the lungs. Studies suggest that regular NAC supplementation may help reduce flare-ups in people with chronic bronchitis and chronic obstructive pulmonary disease (COPD). Because glutathione plays an important role in normal immune function, researchers are also investigating whether NAC may help support the lungs' natural defences against oxidative stress and environmental pollutants.

Brain Health

Interest in NAC's effects on brain health is growing. Evidence suggests it can cross the blood-brain barrier, where it may help restore glutathione levels and influence glutamate, a neurotransmitter involved in learning, memory and mood. Researchers believe these actions may help protect brain cells from oxidative stress and support healthy brain function.

Liver Health

NAC is best known as the emergency treatment for paracetamol overdose, where it can prevent serious liver damage by restoring glutathione levels. It also supports the liver's natural detoxification processes by helping neutralise harmful substances and reduce oxidative stress.

Researchers are also investigating whether NAC may benefit people with non-alcoholic fatty liver disease (NAFLD). Although it has shown promise, larger clinical trials are needed before it can be routinely recommended.

Heart Health

Oxidative stress can damage blood vessels and contribute to the gradual build-up of plaque in the arteries. By helping to restore glutathione levels, NAC may help reduce oxidative stress and support healthy blood vessel function.

Healthy Ageing

Scientists are studying NAC as part of healthy ageing strategies. Early research suggests it may help support healthy ageing by restoring glutathione levels and reducing oxidative stress. While promising, further research is needed.

To Conclude

While research into several of its potential applications continues to evolve, decades of study have established NAC as one of the most versatile and extensively studied nutritional supplements. As scientists continue to learn more about its role in supporting glutathione and protecting cells from oxidative stress, interest in NAC is likely to continue growing.

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 precursor to glutathione. 60 Capsules. Vegan.



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Sources

All references can be found at www.NaturallyHealthyNews.info

Good Health Naturally®

Inspired By Nature, Enhanced By Science



ReFocus®

Botanical Nutrition for Everyday Focus

A unique formula combining Nutricog®, a distinctive blend of Boswellia and Haritaki extracts, with KSM-66® Ashwagandha root extract.

Two premium branded botanical ingredients brought together in a clean, minimal, one-a-day formula designed to fit easily into your daily routine.

Available at Independent Health Food Stores

Is Stress Taking a Toll on Your Gut?



Stress affects far more than your mood. Discover why your digestive system is often one of the first places to feel the effects of modern life.

Stress is now an unavoidable part of modern life. With demanding work schedules, home responsibilities and constant digital notifications, many of us are under almost continuous strain. While we tend to notice how stress affects our mood, sleep or energy levels, its effects on the digestive system often go unnoticed.

The gut is far more than an organ that simply digests food. It is a complex system in constant communication with the brain through what is known as the gut–brain axis. When stress levels rise, this dialogue can become disrupted, directly influencing how we digest and absorb food.

Modern Life and the Gut

Modern stress is often chronic rather than short-lived. When combined with processed diets, insufficient sleep and inadequate downtime, it creates ideal conditions for digestive issues. Everyday habits like eating on the go, skipping meals or multitasking during meals can make things worse, preventing the body from entering the 'rest and digest' state. This can place significant strain on gut function.

The Gut–Brain Axis

The gut–brain axis is a two-way communication network linking the brain and digestive system through nerves, hormones and chemical messengers. A key part of this system is the vagus nerve, which carries messages between the two.

When we are relaxed, our digestion runs efficiently. But when we are stressed, the body shifts into 'fight or flight' mode. It starts prioritising survival. Blood flow is redirected away from the gut, digestive secretions are altered and intestinal movement can become irregular. In simple terms, the body temporarily treats digestion as non-essential when it perceives a threat.

> *"The gut is far more than an organ that simply digests food. It's a complex system in constant communication with the brain through the gut–brain axis."*

Short-Term vs Long-Term Stress

Short-term stress, such as feeling nervous before a job interview, triggers the body's 'fight or flight' response, temporarily putting digestion on hold. This can lead to sensations like butterflies in the stomach, nausea or a sudden urge to go to the bathroom, but these effects usually pass once the stressful situation has ended.

Long-term, or chronic, stress is more problematic. When the body remains in a constant state of alert, it doesn't get the chance to fully reset. This ongoing strain can lead to ongoing digestive symptoms and dysfunction.

7 Ways Stress Disrupts Digestion

1. Irregular Gut Movement

Stress can make digestion unpredictable. For some, it slows down, leading to bloating or constipation. For others, it speeds up, causing



diarrhoea. This happens because stress disrupts peristalsis, the gut's natural wave-like contractions, making them irregular.

2. Reduced Digestive Enzymes

Stress can interfere with the release of stomach acid and digestive enzymes, which are essential for breaking down food. When enzyme production drops, digestion becomes less efficient, often causing heaviness, gas and poorer nutrient absorption.

3. Heightened Gut Sensitivity

Under stress, the digestive system can become more sensitive. Even normal processes may feel uncomfortable or painful. This is commonly seen in conditions such as irritable bowel syndrome (IBS).

4. Appetite Changes

Stress affects appetite in different ways. Some people lose interest in food, while others crave high-fat or sugary 'comfort' foods. These changes are thought to be influenced by stress hormones such as cortisol, which can alter appetite and food preferences, potentially disrupting digestive balance and overall dietary quality.

5. Weakened Gut Lining

The intestinal lining acts as a barrier, allowing nutrients in while keeping potentially harmful substances out. Chronic stress can disrupt this barrier by affecting the tight junctions between intestinal cells, leading to increased intestinal permeability, commonly referred to as 'leaky gut'. Although research is ongoing, increased intestinal permeability has been associated with inflammation and may contribute to a range of health conditions.

6. Increased Inflammation

Stress can activate immune pathways, increasing inflammatory activity in the gut. If this low-grade inflammation becomes long-term, it may contribute to ongoing digestive discomfort and has been linked to several gut disorders.

7. Disrupted Gut Microbiome

The gut is home to trillions of bacteria that support digestion, immunity and even mood.

Chronic stress can disrupt this balance, a state known as dysbiosis. When stress hormones like cortisol stay high, beneficial bacteria may decline, harmful microbes can increase and overall diversity may

drop. The relationship works both ways: stress can alter the microbiome, and an imbalanced microbiome may also increase how strongly we feel stress.

Conditions Linked to Long-Term Stress

Long-term stress has been associated with a number of digestive disorders, including IBS, inflammatory bowel disease and gastro-oesophageal reflux disease (GORD). While stress is rarely the sole cause, it can influence symptoms by affecting gut movement, inflammation, barrier function and the gut microbiome.

Supporting Your Gut

Probiotics can help support a healthier balance of gut bacteria, particularly during periods of stress or dietary disruption. Fermented foods or targeted supplements may contribute beneficial strains that support digestion and gut resilience.

Butyrate, a short-chain fatty acid produced when gut bacteria ferment dietary fibre, plays an important role in maintaining the health of the gut lining. It helps support intestinal barrier integrity and has been linked with reduced inflammation and improved gut function.

B vitamins, particularly B1, B6 and B12, are also important, especially during periods of prolonged stress. They support energy metabolism, nervous system function and the body's stress response.

Final Words

Stress can affect the entire body, and the digestive system is particularly sensitive to its effects. From altering gut motility to influencing the microbiome and inflammation levels, its impact is wide-ranging.

But it is important to remember the gut is also highly adaptable. With supportive nutrition alongside restorative habits and effective stress management, balance can often be regained.

Sometimes, the most powerful step we can take is simply to slow down, giving the body time to digest, recover and function as it was designed to.

6 Ways to Support Your Gut During Stress

Small, consistent changes can help restore balance and resilience.

1. Eat in a Relaxed State

Pause before eating, breathe deeply and focus on the food. This can help activate the parasympathetic nervous system, which supports digestion.

2. Prioritise Whole Foods

A diet rich in fibre, vegetables, fruits and fermented foods can support a healthy microbiome. These foods provide the building blocks for beneficial bacteria to thrive.

3. Practise Daily Stress Management

Mindfulness, yoga or walking in nature can all help regulate the stress response. Just a few moments of daily deep breathing can make a huge difference.

4. Support Sleep

Essential for both stress regulation and gut health. Poor sleep can disrupt the microbiome and increase stress hormones, creating a cycle that affects digestion.

5. Stay Hydrated

Adequate hydration supports digestive processes and helps maintain the gut's mucosal lining.

6. Listen to Your Body

Simply noticing how stress affects your body, including your digestion, can be a powerful first step towards making positive changes.



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.



GOODHEALTH BIOTIC 14

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.



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.



B4LIFE

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



Sources

All references can be found at www.NaturallyHealthyNews.info

Do You Need a Digital Detox?



How Less Screen Time Can Protect Your Eyes and Boost Your Wellbeing

Smartphones, laptops and tablets are a huge part of our modern lives. Whether we're working, browsing the internet or catching up on social media, much of our day can be spent looking at a screen. While technology offers undeniable convenience, too much screen time can affect both our physical and mental wellbeing, particularly our eye health.

A digital detox doesn't have to mean switching off completely. Instead, it's about taking regular breaks and creating healthier habits, which give your eyes and mind the chance to recharge.

The Impact of Screens on our Eyes

Spending long periods looking at digital devices can lead to eye strain. Symptoms may include tired, dry or watery eyes, blurred vision, headaches, neck and shoulder pain and difficulty concentrating.

One reason this happens is that we blink less often when looking at screens. Blinking helps keep the eyes lubricated, so reduced blinking can leave them feeling dry and irritated.

One simple way to help reduce the effects is the 20-20-20 rule. Once every 20 minutes, look at something around 20 feet away for at least 20 seconds.

Positioning your screen at eye level, reducing glare, adjusting brightness and maintaining good posture can also help improve comfort throughout the day.

More than Just Eye Health

Many people find that spending less time on digital devices improves sleep, reduces stress and increases productivity.

Using smartphones or tablets late into the evening may also interfere with sleep because blue light may suppress the body's natural production of melatonin, the hormone that regulates the sleep-wake cycle.

Creating a screen-free bedtime routine, like reading a book, listening to calming music, or practising relaxation techniques, can help improve sleep quality and support more consistent sleep patterns.

Nutrition for Healthy Vision

Eating a balanced diet rich in vitamins, minerals and antioxidants is also important for maintaining healthy eyes. Leafy green vegetables, peppers, citrus fruits and oily fish provide nutrients which support normal vision. Lutein and zeaxanthin, found naturally in spinach and kale, are concentrated in the retina, where they help protect the eyes from oxidative stress and filter harmful light.

Omega-3 fatty acids, particularly DHA, contribute to the normal function of the retina, while vitamins C and E, together with zinc, help protect cells from oxidative damage and support overall eye health.

Small Changes, Lasting Benefits

A digital detox doesn't mean giving up technology altogether. It simply means using it more mindfully. Regular screen breaks, healthy eating, staying hydrated and prioritising sleep can all help reduce eye strain and support comfortable, healthy vision over time.

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

Good Health Naturally®

Inspired By Nature, Enhanced By Science



MaxiFocus® – Every Day Eye Health

A targeted blend providing **lutein, zeaxanthin and AstaREAL® astaxanthin**, alongside bilberry and ginkgo extracts, vitamins and minerals.

A comprehensive liposomal liquid formula including **vitamin A, riboflavin and zinc, which contribute to the maintenance of normal vision**, designed for convenient daily use.

Doubles up as your daily multivitamin too!

Available at Independent Health Food Stores



The Creatine Revolution:

Benefits Beyond the Gym

Once associated almost exclusively with sport, creatine is now attracting attention for its potential role in brain health and healthy ageing.

What is Creatine?

Creatine is a naturally occurring compound synthesised by the body from the amino acids glycine, arginine and methionine. It is also found in foods such as red meat and fish. People following vegetarian or vegan diets may have lower creatine stores because they consume little or no dietary creatine, making supplementation a common consideration.

Around 95% of the body's creatine is stored in skeletal muscles, where it plays a vital role in producing adenosine triphosphate (ATP), the body's primary source of cellular energy. Whenever you exercise, climb the stairs or even concentrate on a difficult task, your body relies on ATP. Creatine helps replenish these energy stores quickly, allowing muscles and other tissues to perform more efficiently.

More Than a Muscle Supplement

Creatine has earned its reputation for helping people build strength, improve exercise performance and recover more quickly after physical activity. It also helps support lean muscle mass, which becomes increasingly important as we age. This matters because strong muscles contribute to balance, mobility and joint support.

Boosting Brain Power

The brain is one of the body's biggest users of energy. Studies suggest that creatine may support memory and aspects of cognitive performance by increasing the energy available to brain cells. Research also indicates that it may help reduce mental fatigue during periods of stress or sleep deprivation. Although more studies are needed, the findings are encouraging.

Supporting Women's Health

Creatine may be particularly valuable for women. Hormonal changes throughout life, including those during the menstrual cycle and menopause, can affect energy levels, muscle strength and cognitive function. Emerging evidence suggests that creatine may support physical performance and brain health during these life stages.

Strong muscles and healthy bones go hand in hand. By supporting muscle strength, creatine also supports weight-bearing activity, which helps keep bones strong. Some studies suggest that postmenopausal women who combine creatine with resistance exercise experience greater gains in muscle strength and may also experience slower bone loss. While creatine is not a treatment for osteoporosis, it may help support bone health as part of an active lifestyle.

Helping You Age Well

As we get older, we naturally lose muscle and our metabolism slows, making it easier to gain weight and increasing the risk of conditions such as type 2 diabetes and heart disease. Creatine helps maintain lean muscle, which supports a healthy metabolism. Maintaining muscle mass also helps the body use glucose effectively and supports physical function as we age.

Final Words

Whether your goal is to stay active, keep your mind sharp or simply support healthy ageing, creatine could be a valuable addition to a healthy lifestyle.

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

10 Science-Backed Ways to Boost Winter Wellness

Winter places extra demands on the body, from shorter days and colder temperatures to seasonal bugs. Fortunately, small daily habits can make a real difference. Here are 10 science-backed ways to support your wellbeing throughout the colder months.

1 Maintain Healthy Vitamin D Levels

Vitamin D is often called the 'sunshine vitamin' because the body synthesises it when the skin is exposed to sunlight. However, during the winter months, reduced sunlight exposure can make it harder to maintain adequate levels.

Vitamin D is important because it contributes to the normal function of the immune system and helps maintain normal bones and muscle function. Dietary sources include oily fish, eggs and fortified foods. However, it is recommended that most people in the UK should take a supplement during winter.

2 Support Your Immune System with Vitamin C

Vitamin C is an essential nutrient that plays an important role in normal immune function. It helps support the activity of immune cells and contributes to protecting cells from oxidative stress.

Eating a variety of colourful fruits and vegetables provides vitamin C and a wide range of other nutrients that support overall health. Include plenty of vitamin C-rich foods such as citrus fruits, kiwi, peppers, broccoli and leafy green vegetables in the diet. If necessary, consider a supplement, as maintaining adequate vitamin C levels is crucial for supporting the body's natural defences.

3 Consider Olive Leaf Extract

Derived from the leaves of the olive tree, olive leaf extract contains naturally occurring polyphenols, particularly oleuropein, which is known for its antioxidant properties. Antioxidants help protect the body's cells from oxidative stress, which can impair normal immune function.

Laboratory and clinical studies suggest that olive leaf extract may support the body's natural immune response by modulating inflammatory pathways and protecting cells from damage. Some research has also suggested it may have antiviral and antimicrobial properties, although larger, high-quality studies are needed before firm conclusions can be drawn.

4 Don't Overlook Zinc

Zinc is an essential mineral involved in hundreds of biological processes and plays a vital role in maintaining a healthy immune system. It helps support the development and function of immune cells and contributes to wound healing, DNA synthesis and normal cell growth. Foods naturally rich in zinc include lean meat, shellfish, dairy products, beans, lentils, nuts, seeds, and whole grains.

Some research suggests that zinc supplements may help shorten the duration of the common cold if taken within 24 hours of symptom onset. However, the evidence is mixed on whether zinc prevents colds in healthy people.

5 Eat a Balanced, Nutrient-Rich Diet

Winter is often a time when comfort foods become more appealing, but the body still needs a wide range of nutrients to function effectively.

A balanced diet should include protein for muscle maintenance, fibre for digestive health, healthy fats for brain and heart health, and a variety of fruits and vegetables for essential vitamins and minerals. Seasonal foods such as root vegetables, soups, beans, and whole grains can provide nourishing meals that support energy levels during the colder months.

6 Stay Hydrated

Although dehydration is often associated with summer, maintaining fluid levels is important throughout the year. Cold weather, indoor heating, and reduced awareness of thirst can mean people drink less than they need to.

Water supports digestion, circulation, temperature regulation, and normal bodily function. Warm drinks, such as herbal teas, can also contribute to daily fluid intake. Staying hydrated can help maintain energy levels and concentration.

7 Prioritise Quality Sleep

Sleep is one of the body's most important recovery processes. During sleep, the body performs essential repair and maintenance, while the brain processes information and



regulates mood. Poor sleep can affect energy, concentration and immune function.

To support better sleep in winter, aim for a consistent bedtime routine, reduce screen time before bed, and create a comfortable sleeping environment. Getting exposure to natural daylight in the morning can also help regulate the body's internal clock, particularly in the darker winter months.

8 Keep Moving Throughout Winter

Cold weather can make it tempting to be less active, but regular movement remains essential for physical and mental health.

Exercise supports cardiovascular health, muscle strength, flexibility, and circulation. It can also improve mood by encouraging the release of brain chemicals associated with wellbeing. Walking, cycling, swimming, yoga and strength exercises are all great winter options.

9 Look After Your Skin Barrier

Cold air outdoors and dry indoor heating can strip moisture from the skin, leaving it dry and uncomfortable. The skin acts as the body's first line of defence against the outside environment, making it important to support its natural barrier throughout winter.

Moisturising regularly, avoiding very hot showers and protecting exposed skin from harsh weather can all help reduce moisture loss. Good hydration, a balanced diet and adequate sleep also contribute to maintaining healthy skin.

10 Reduce the Spread of Winter Illnesses

Good hygiene habits remain one of the simplest ways to reduce exposure to seasonal infections. Regular handwashing and avoiding close contact with others when unwell can help protect you and those around you.

No single habit can guarantee you will stay well throughout winter, but together these simple steps can help support your health, resilience and wellbeing throughout the colder months.

Recommended Products

VITAMIN D3™ 4000IU



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

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.

OLIVE LEAF EXTRACT WITH ZINC



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

REVITALISING MOISTURISER



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

Sources

All references can be found at www.NaturallyHealthyNews.info



Botanicals and the Ageing Brain

What does the latest research tell us about the role of herbal ingredients in supporting cognitive health as we grow older?

We are all living longer. Maintaining memory, focus and mental sharpness has become one of the biggest challenges of healthy ageing. Many people notice subtle changes in concentration or recall long before any medical condition develops, prompting growing interest in strategies to support cognitive function in later life.

While diet, exercise and mental stimulation are crucial for supporting brain health, researchers are investigating whether certain botanical compounds may offer additional support for cognitive function.

Among the botanicals attracting attention are ashwagandha (*Withania somnifera*), boswellia (*Boswellia serrata*) and haritaki (*Terminalia chebula*). Although evidence is still emerging, these traditional medicinal plants have shown promising neuroprotective, anti-inflammatory and antioxidant properties in laboratory and human studies.

Ashwagandha: Stress Reduction and Cognitive Performance

Ashwagandha is an adaptogenic herb that has been used in Ayurvedic medicine for centuries. Adaptogens are thought to support the body's response to stress. Since chronic stress can raise cortisol levels and affect memory, attention and mental clarity, ashwagandha has attracted growing interest for its potential role in supporting cognitive health.

Several clinical trials suggest ashwagandha may improve memory, attention and processing speed. In one 2024 placebo-controlled study, participants showed better word recall, reaction time, picture recognition and awareness, while another trial reported improvements in memory, mood and fatigue.

Researchers believe these effects may be due to naturally occurring compounds called withanolides, which may help lower cortisol, protect brain cells from oxidative stress and support pathways involved in learning, memory and brain plasticity. Most clinical studies have used doses of 300–600mg per day for four to eight weeks.

Boswellia: Targeting Neuroinflammation

Better known as Indian frankincense, Boswellia serrata contains natural compounds called boswellic acids that have strong anti-inflammatory properties. One of these compounds, known as AKBA, blocks an enzyme involved in inflammatory pathways thought to contribute to brain ageing and neurodegenerative diseases.

Although research in humans is still limited, early clinical studies suggest that boswellia may improve cognitive function in people with traumatic brain injury and may also have potential benefits for Alzheimer's disease. Studies also suggest that reducing chronic inflammation in the brain may help protect nerve cells and support cognitive function as we age.

Haritaki: Antioxidant Protection for the Ageing Brain

A fruit used extensively in Ayurvedic medicine, Haritaki is naturally rich in polyphenols, including gallic acid, ellagic acid and chebulagic acid. These plant compounds have antioxidant properties, helping protect cells from oxidative stress, a process thought to contribute to age-related cognitive decline.

The brain is particularly vulnerable to oxidative stress because it has high energy demands and consumes large amounts of oxygen. Over time, oxidative damage may contribute to changes in brain cells associated with normal ageing, making antioxidants an important area of research.

Preclinical research suggests Haritaki may help protect nerve cells from oxidative damage and support healthy circulation, both of which are important for maintaining normal brain function.



Combining Haritaki and Boswellia

A patented combination of haritaki and boswellia, Nutricog®, was evaluated in a 120-day placebo-controlled study involving healthy adults aged 40–65. Participants taking the botanical blend showed improvements in memory, learning, visual processing and focus compared with those receiving a placebo.

The researchers used a series of validated computerised cognitive assessments designed to measure different aspects of memory, attention and information processing. Improvements were observed across several domains, suggesting the botanical combination supported multiple aspects of cognitive performance rather than a single measure alone.

Some benefits appeared within just two weeks, while further gains in memory and processing speed developed over the course of the four-month study. Researchers also observed higher circulating levels of BDNF, a protein involved in brain plasticity.

Participants also reported better sleep quality. Although these findings are encouraging, further studies are needed to confirm the underlying mechanisms and long-term benefits.

How Might These Botanicals Support Brain Health?

The potential cognitive benefits observed with these botanicals are likely due to several complementary mechanisms rather than a single action. Research suggests they may:

- Help reduce inflammation in the brain.
- Help protect brain cells from oxidative damage.
- Support the body's response to stress and help regulate cortisol.
- Support chemical signalling involved in learning and memory
- Promote brain plasticity through factors such as brain-derived neurotrophic factor (BDNF).
- Support healthy blood flow to the brain.

Final Word

Ashwagandha, boswellia and haritaki are attracting growing scientific interest for their potential to support brain health. Early clinical studies suggest they may help with memory, attention and mental performance, particularly in middle-aged and older adults.

While the early findings are encouraging, these botanicals are best viewed as one part of a broader approach to healthy ageing rather than a replacement for it. Regular exercise, a nutritious diet, good sleep, managing cardiovascular risk factors and staying mentally active remain the cornerstones of maintaining cognitive health.

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.



Sources

All references can be found at www.NaturallyHealthyNews.info

Your Everyday Vitamin D Questions Answered

Nutritional Therapist Catherine Gorman answers some of the most common questions about vitamin D and how to maintain healthy levels throughout the year.



Why is vitamin D especially important during the winter months?

Often referred to as the 'sunshine vitamin', vitamin D is produced in the skin when it is exposed to sunlight. During the autumn and winter months in the UK, daylight hours are shorter, we spend more time indoors and if the sun does actually come out, the UVB rays are too weak for our skin to produce adequate amounts of vitamin D.

Yet vitamin D remains essential for healthy bones, teeth and muscles. It also supports the normal functioning of the immune system, and emerging research suggests that low levels may be linked to low mood in some people, making it particularly important during the darker months.

Do some people need vitamin D all year round, and what's the best way to maintain healthy levels?

Yes. Those at higher risk of deficiency include people who spend very little time outdoors, regularly cover up when outside, have darker skin, work night shifts, or are older or housebound.

Although vitamin D is found in foods such as oily fish, egg yolks and fortified products, it is difficult to obtain enough from diet alone. The NHS recommends that everyone aged four and over considers taking a daily supplement containing 10 micrograms (400IU) during autumn and winter, while those at higher risk may need to supplement throughout the year. Vitamin D3 is available in tablets, capsules, oral sprays and vegan formulations made from lichen.

Can you take too much vitamin D?

Yes. Although vitamin D is essential, taking excessive amounts over a prolonged period can be harmful. Too much vitamin D can cause calcium levels in the blood to become too high, potentially leading to nausea, vomiting, constipation, weakness, confusion and even kidney problems.

Unless advised otherwise by a healthcare professional, adults should not routinely exceed 100 micrograms (4,000IU) per day, which is the UK safe upper limit for long-term supplementation.

Should I have my vitamin D levels tested?

Symptoms of low vitamin D can be quite subtle and may include fatigue, muscle weakness, bone pain and frequent infections. Some people also experience low mood, poor concentration, hair loss or inflammatory skin conditions. However, these symptoms are non-specific and can have many different causes.

A simple blood test is the most reliable way to determine your vitamin D status. Testing may be particularly worthwhile if you have persistent symptoms, belong to a higher-risk group, or have a medical condition that affects vitamin D absorption. This allows any supplementation programme to be tailored to your individual needs, helping to restore vitamin D levels safely and effectively.

Good Health Naturally®

Inspired By Nature, Enhanced By Science



Daily Support for Men's Health

Key vitamins, botanicals, and minerals to support male vitality, including:

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

Nettle Root Extract & Uva Ursi
Traditionally used for urinary health.

Selenium
A powerful antioxidant that protects cells from oxidative stress.

Pomegranate Extract & Lycopene
Source of plant compounds.

Zinc
Essential for immune function and maintaining healthy testosterone levels.

Available at Independent Health Food Stores



Saw Palmetto:

An Ancient Botanical for Modern Men

For more than a century, saw palmetto has been one of the world's best-known herbal remedies for men's health. Extracted from the dark purple berries of the small American palm *Serenoa repens*, it is widely used to support prostate health and urinary function and has also attracted interest for its potential role in male pattern hair loss.

Researchers have spent decades investigating this traditional botanical to better understand how it works and whether its traditional uses are supported by modern research.

An Ancient Remedy

For centuries, Native American communities have used saw palmetto berries as a traditional remedy for urinary and reproductive health. Today, scientists believe many of its effects may stem from its rich blend of fatty acids and plant sterols, which appear to influence hormone metabolism.

One of the main areas of interest is the enzyme 5α-reductase. This enzyme converts testosterone into dihydrotestosterone (DHT). Excess DHT activity is thought to contribute to benign prostatic enlargement and male pattern baldness.

Laboratory studies suggest that compounds in saw palmetto may partially inhibit 5α-reductase, thereby reducing DHT activity in target tissues without significantly affecting circulating testosterone levels. Although this effect appears to be much milder than that of prescription medications, it provides a plausible scientific explanation for the herb's long-standing use.

Supporting Prostate Health

The prostate naturally enlarges with age. Although it is not life-threatening, it can significantly affect quality of life. Symptoms often include frequent urination, particularly during the night, difficulty starting urination, a weak urine stream or feeling that the bladder never completely empties.

Because DHT is thought to influence prostate growth, researchers have investigated whether reducing its activity could help ease urinary symptoms associated with benign prostate enlargement.

Early clinical studies suggested saw palmetto could improve urinary flow and reduce urinary frequency, leading to its popularity. Although results have not been consistent across all clinical studies, saw palmetto remains one of the most widely researched botanicals for men's urinary health and continues to be included in many prostate support formulations.

Could It Help Hair Loss?

The same hormone involved in prostate enlargement also affects the scalp. In genetically susceptible men, DHT gradually shrinks hair follicles, producing thinner hairs until growth eventually stops, a process known as androgenetic alopecia, or male pattern baldness.

Because of its potential to reduce DHT activity, saw palmetto has become an increasingly popular ingredient in hair-support supplements.

Although research remains relatively limited, early findings are encouraging. Several small clinical studies have reported improvements in hair density, thickness and overall hair growth after several months of supplementation. In one two-year study, around 38% of men taking saw palmetto experienced increased hair growth, compared with 68% of those taking the prescription medication finasteride. While saw palmetto was less effective than the drug, it was generally associated with fewer side effects.

Using Saw Palmetto Safely

Most people tolerate saw palmetto well. The most commonly reported side effects are mild digestive upset, headache and dizziness. However, because it may interact with blood-thinning medication and other medicines, it is advisable to seek medical advice before starting supplementation.

For men experiencing troublesome urinary symptoms or rapid hair loss, it is important to seek a medical assessment. Saw palmetto should be viewed as a complementary approach rather than a substitute for appropriate medical care.

Recommended Products

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

Top Picks

Autumn & Winter Essentials

Five carefully selected supplements to support your daily nutrition and wellbeing through the colder months.

Olive Leaf Extract with Zinc

A clean, two-ingredient formula combining standardised olive leaf extract, providing 20% oleuropein, with essential zinc. Olive leaf has a long history of traditional use, while zinc contributes to the normal function of the immune system and helps protect cells from oxidative stress. Additive-free and suitable for daily use.



PureC+ Liposomal Vitamin C

A high-strength liquid formula providing 1,000mg of liposomal vitamin C with quercetin and citrus bioflavonoids. Vitamin C contributes to the normal function of the immune system and helps protect cells from oxidative stress. Naturally citrus flavoured and designed for convenient, flexible daily use.



Vitamin D3 and K2 Spray™

A convenient daily spray combining vegan vitamin D3 from lichen with vitamin K2 (MK-7). Each daily serving provides 25µg (1,000IU) vitamin D3 and 100µg vitamin K2. Vitamin D contributes to normal immune function and the maintenance of normal bones and muscles. Suitable for adults and children.



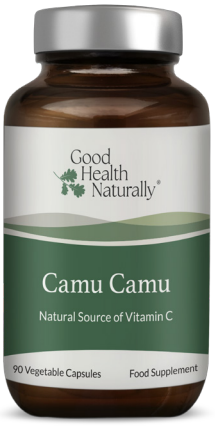
Good Health Biotic14™

A broad-spectrum friendly bacteria formula combining 14 carefully selected strains with prebiotic FOS fibre. Each daily serving provides over 10 billion CFUs, bringing together a diverse mix of friendly bacteria in one convenient vegetable capsule. An easy way to add a multi-strain formula to your everyday routine.



Camu Camu Vitamin C

A naturally rich source of vitamin C from wildcrafted, hand-picked camu camu fruit, with naturally occurring bioflavonoids and phytonutrients. Vitamin C contributes to normal immune function and helps protect cells from oxidative stress. Made using pure whole-fruit camu camu powder, with no additives or fillers.





Krill Oil vs Fish Oil:

Does the Form of Omega-3 Matter?

New research suggests the way omega-3 fatty acids are carried may influence how effectively they raise EPA and DHA levels in the body.

Omega-3 fatty acids have long been linked to heart and brain health, with EPA and DHA among the most widely studied. Oily fish is one of our richest dietary sources, and fish oil remains a popular supplement. But increasingly, researchers are looking beyond how much omega-3 we consume and asking whether the form it comes in matters too.

A new clinical study published in *The American Journal of Clinical Nutrition* has added an interesting piece to the puzzle by directly comparing krill oil with traditional fish oil.

Putting Krill and Fish Oil Head-to-Head

The 12-week, double-blind randomised controlled trial involved 72 healthy adults who received approximately 1.1g of omega-3 fatty acids each day from either krill oil or fish oil.

Importantly, both groups received similar amounts of omega-3, allowing them to investigate whether the different forms in which EPA and DHA are carried might influence the results.

After 12 weeks, both supplements had increased circulating omega-3 levels, but the increases were significantly greater in the krill oil group. The rise from baseline in plasma EPA was around 1.4 times greater with krill oil, while the increase in DHA was around 1.5 times greater.

What's Different About Krill Oil?

The answer may lie in phospholipids.

Unlike conventional fish oil, where omega-3s are typically carried as triglycerides, much of the EPA and DHA in krill oil is naturally present in phospholipid form.

Phospholipids are unusual molecules because one part is attracted to water while the other is attracted to fat. They are the major structural components of cell membranes throughout the body, helping to provide structure and regulate what moves in and out of cells. Researchers have therefore been interested in whether carrying omega-3 fatty acids in phospholipid form could influence how they are digested, transported and incorporated into the body.

Does This Mean Krill Oil Is Better Absorbed?

It's tempting to interpret the findings that way, but the distinction is important. This study measured levels of EPA and DHA circulating in the blood; it did not directly measure absorption from the digestive tract.

What it does show is that when participants consumed similar daily amounts of omega-3, the phospholipid-rich krill oil produced greater increases in circulating EPA and DHA over the 12-week period.

Previous studies comparing krill and fish oils have not always produced consistent results, partly because the amounts and forms of omega-3 used have varied considerably. This new research strengthens the case for considering not only the quantity of EPA and DHA in a supplement but also the form in which they are delivered.

Looking Beyond the Milligrams

For consumers, this raises an interesting point. Supplement labels tend to encourage us to compare products by milligrams alone, but nutrition is rarely that simple.

The source, chemical form and overall composition of a supplement can all influence how nutrients behave in the body. Krill oil also naturally contains other components, including phosphatidylcholine and the carotenoid astaxanthin, making its composition quite different from that of standard fish oil.

Fish oil remains a well-established and extensively researched source of EPA and DHA, so one study doesn't settle the debate. However, these latest findings offer another fascinating insight into why, when it comes to omega-3s, the form may matter as much as the number on the label.

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

Winter Warmer Veg & Bean Soup

A nutritious and filling soup that can be made with whatever vegetables and beans you have in the fridge/cupboard, so don't feel that you have to stick to the ingredients listed. Can be kept for a few days in the fridge so great to batch cook for the week ahead.

6 Servings
Prep. 25 mins
Cook: 20 mins

Ingredients

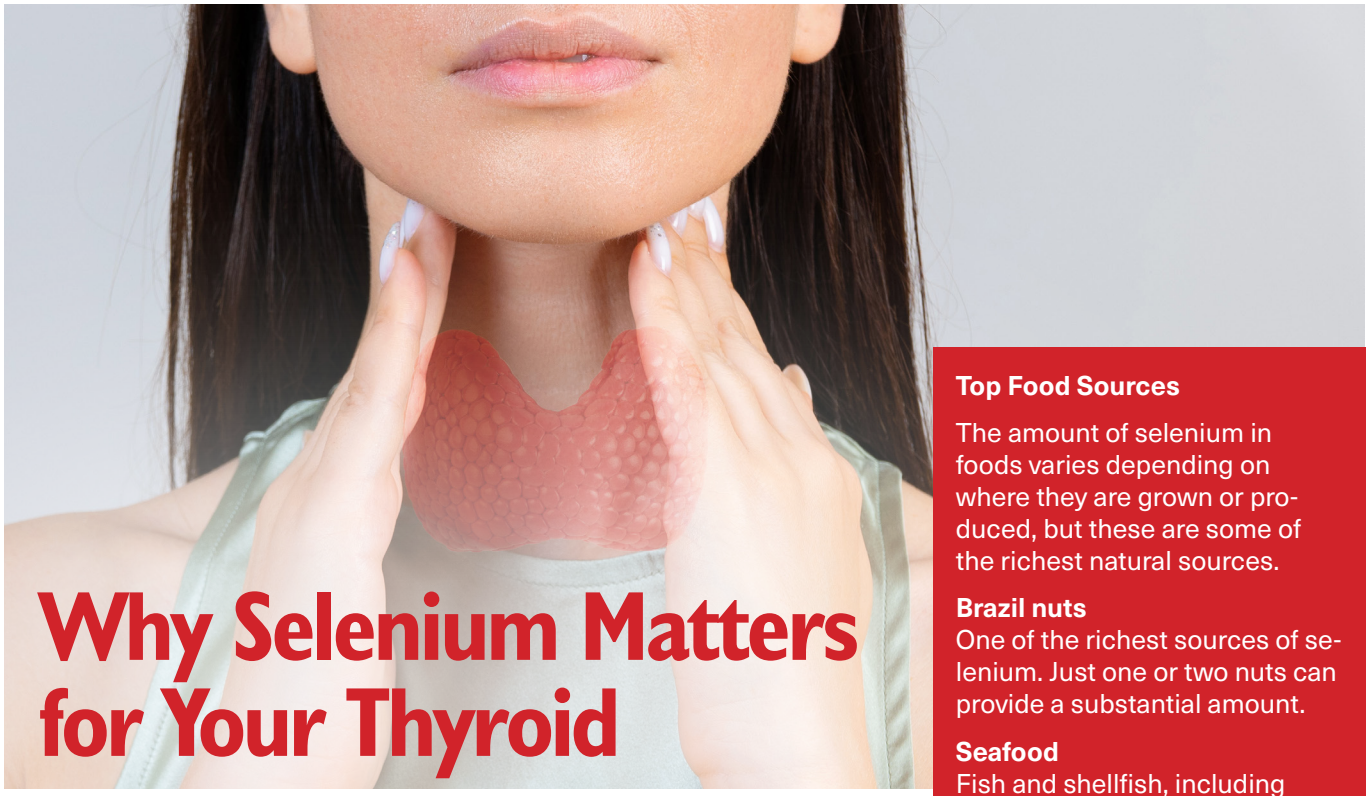
1 onion, diced
2 celery sticks, finely diced
2-4 garlic cloves, diced and salted
2-4 carrots, diced
Half a cauliflower, chopped into small florets
Peas (frozen or fresh)
1 courgette
400g tin/jar of Borlotti beans (or any beans/pulses)
200g Bulgar wheat (cooked as per packet instructions)
Handful of fresh parsley, finely chopped
1 tbsp of olive oil or butter
Organic veg stock cube mixed with 600ml boiling water
Sea salt
Black pepper
Chicken stock or Umami paste
Grated cheese



Directions

1. Heat the olive oil or butter in a large pan for a few minutes. Then add the onion and celery. Fry over a medium heat for 5 mins until the veg is soft, then add the garlic and fry for a few more minutes.
2. Next add the carrots and fry for another 5 mins being careful that nothing is sticking to the bottom of the pan. If this is the case, turn the heat down and keep stirring every so often.
3. Then add the cauliflower and courgettes and fry for a few mins, then add the stock mixture.
4. Drain and rinse the beans/pulses; add to the pan. Then add the pre-cooked bulgar wheat and peas. Season well with sea salt and black pepper.
5. Whilst everything is simmering you can add either some chicken stock for extra protein (frozen portions are so easy to have in ready) or add Umami paste for extra depth of flavour.
6. Serve with the chopped parsley and grated cheese on top.

Alternatives: Once you have made the basis of your soup (stage 1), you can then use whatever ingredients you like. Pretty much any veg will work! Instead of bulgar wheat you could use orzo, broken spaghetti etc.



Why Selenium Matters for Your Thyroid

When people think about nutrients and the thyroid, iodine usually steals the spotlight. Yet growing research suggests another mineral deserves attention, too. Selenium plays several essential roles in thyroid hormone production, antioxidant defence and normal thyroid function.

A Delicate Balance

The thyroid is a small butterfly-shaped gland located at the base of the neck. It regulates metabolism, energy production, body temperature and even mood. It contains more selenium per gram of tissue than almost any other organ in the body, which scientists have concluded may reflect how heavily the gland depends on this essential mineral.

Why Selenium Matters

One of selenium's most important jobs is helping convert the thyroid hormone thyroxine (T4) into its active form, triiodothyronine (T3). This conversion is carried out by selenium-dependent enzymes called deiodinases. Without enough selenium, the body may struggle to produce adequate amounts of active thyroid hormone, potentially leading to symptoms such as fatigue, sluggishness, weight gain and brain fog.

Protecting the Thyroid

During hormone production, the thyroid naturally generates hydrogen peroxide, which can damage cells if it accumulates. Selenium forms part of antioxidant enzymes, including glutathione peroxidase, which help protect thyroid tissue by reducing oxidative stress.

Autoimmune Thyroid Disease

Scientists are particularly interested in selenium because of its potential role in autoimmune thyroid conditions such as Hashimoto's thyroiditis and Graves' disease. Some studies have shown that selenium supplementation may help reduce thyroid antibody levels, particularly in people with Hashimoto's, possibly through its antioxidant and anti-inflammatory effects.

However, the evidence remains mixed, with not all studies reporting the same benefits. While selenium is not a treatment for autoimmune thyroid disease, maintaining adequate selenium intake may help support healthy thyroid function as part of an overall balanced diet.

Getting Enough Selenium

The amount of selenium in food varies depending on the selenium content of the soil where crops are grown or animals are raised. Eating a varied diet is one of the best ways to support adequate intake.

Top Food Sources

The amount of selenium in foods varies depending on where they are grown or produced, but these are some of the richest natural sources.

Brazil nuts
One of the richest sources of selenium. Just one or two nuts can provide a substantial amount.

Seafood
Fish and shellfish, including tuna, sardines, salmon and prawns, are naturally rich sources.

Eggs
An easy everyday source that can help contribute to selenium intake.

Poultry and meat
Chicken, turkey and beef all provide selenium.

Wholegrains
Wholemeal bread, oats and brown rice can contribute to daily intake.

Sunflower seeds
A convenient plant-based source to add to meals or snacks.

Too Much of a Good Thing?

Too much selenium can be harmful, causing symptoms such as nausea, brittle hair and nails, skin rashes and nerve problems. As with many nutrients, balance is key.

Recommended Products

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



Sources

All references can be found at www.NaturallyHealthyNews.info

Good Health Naturally®

Inspired By Nature, Enhanced By Science



Nascent Iodine and Ionic Selenium

Two essential minerals. One natural pairing.

Iodine and selenium both contribute to normal thyroid function, making them a natural pairing for daily nutritional support.

Two convenient liquid formulas, designed for easy everyday use.

Available at Independent Health Food Stores

Ground Truth:

The Hidden Link Between Soil and Human Health

Supermarkets and greengrocers may be stocked with more colourful fruits and vegetables than ever before, but scientists are increasingly concerned that soil health may affect their nutritional quality.

Soil is far more than something that anchors plant roots, it is a living ecosystem containing minerals, organic matter, fungi, bacteria, insects and countless microorganisms. Together, these components support plant growth and nutrient uptake. When soil health declines, the availability of these nutrients can be affected, potentially reducing the nutritional value of the foods on our plates.

What Is Soil Depletion?

Every harvest removes essential nutrients from the soil, including nitrogen, phosphorus, potassium, zinc, iron, magnesium and selenium. Unless these nutrients are replenished through natural processes or careful soil management, soil fertility gradually declines.

Modern intensive farming practices, such as repeated cultivation, heavy tillage, monocropping and imbalanced fertiliser use, may deplete soil organic matter and disrupt the complex biological systems, which can impair nutrient cycling and plant nutrient uptake.

Does Soil Depletion Make Food Less Nutritious?

It's a highly debated topic. Some studies have reported declines in certain nutrients in crops over time, while others suggest the evidence is not clear-cut and is influenced by multiple factors.

A review published in the Journal of Food Composition and Analysis concluded that changes in nutrient composition are influenced by multiple factors, including plant breeding and higher yields, rather than simply declining soil minerals. However, the authors acknowledged that soil health remains an important factor in food quality.

At the same time, a review in Frontiers in Sustainable Food Systems concluded that farming practices that affect soil biology, organic matter and nutrient cycling can influence both mineral uptake and phytochemical production in crops. The authors argued that soil health should be viewed not only as a driver of crop yield but also as a key determinant of nutritional quality.

Climate change may add further complications. Emerging research suggests that rising atmospheric carbon dioxide levels can increase plant growth while reducing concentrations of protein, iron, zinc and other nutrients in some staple crops. These changes have been observed in experimental studies and may contribute to reduced nutrient density in some food systems.

Can Soil Health Be Restored?

The good news is that soil degradation can be reversed. A growing body of research suggests that regenerative and conservation-oriented farming practices can improve soil health and nutrient availability. These approaches include reduced tillage, cover cropping, crop rotation, compost application and increasing soil organic matter. These practices can support microbial activity, improve nutrient cycling and reduce erosion.

A study published in Geoderma found that soil-focused conservation farming significantly improved the availability of several macro- and micronutrients. Researchers observed gains in both surface soils and deeper soil layers, suggesting that long-term management changes can enhance nutrient reserves throughout the soil profile.

Why this Matters for Human Health

Most nutrition experts continue to emphasise the importance of a varied diet rich in fruits, vegetables, legumes, whole grains, nuts and seeds. At the same time, growing awareness of soil health highlights that human health begins long before food reaches the dinner table.

Micronutrient deficiencies already affect billions of people worldwide, contributing to impaired immunity, anaemia, developmental problems and increased risk of disease. While scientists continue to debate the extent to which soil depletion affects nutrient density, evidence suggests that degraded soils can reduce nutrient availability to crops and contribute to broader challenges in food quality.



Phytochemicals & Plant Chemistry

Soil biodiversity may also influence the production of phytochemicals, the natural compounds plants produce in response to their environment. Some researchers believe that healthier soils may encourage greater phytochemical production, although many factors influence this process.

This has also prompted interest in whether farming methods might ultimately influence human health. Some observational studies have linked higher organic food consumption with favourable health outcomes, although the evidence remains limited. Research in European children has reported associations with lower allergic sensitisation, while a large French study involving almost 69,000 adults found that those reporting the highest organic food consumption had a lower overall risk of cancer than those consuming the least. However, these findings cannot establish cause and effect and may be influenced by other lifestyle factors, including diet quality, income, education and physical activity.

To Conclude

As global population growth and climate pressures intensify, protecting soil health may become one of the most important public health priorities of the twenty-first century. After all, every nutrient in our diet begins its journey in the soil beneath our feet.

Fact Box

- Soil is a living ecosystem, not just 'dirt'
- Every harvest removes essential nutrients
- Healthy soils support nutrient cycling and plant growth
- Soil health may influence the nutritional quality of crops
- Micronutrient deficiencies still affect billions of people worldwide

Recommended Products

ACTIVE LIFE™CAPSULES

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



PURE CONCENTRATED ORGANIC MINERALS™

Liquid drops with a high fulvic acid content, containing more than 70 trace minerals, trace elements, electrolytes, amino acids and additional organic acids. 60ml. Vegan.



PRESCRIPT-BIOTICS™

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



Sources

All references can be found at www.NaturallyHealthyNews.info



The Four Rs for Recovery

Rest, Relaxation, Reconnect & Recharge

Whether you've had a demanding day at work, completed a tough workout or simply been juggling the demands of everyday life, recovery is essential. Giving your body and brain time to recover supports physical health, emotional wellbeing and mental performance. Research also suggests it plays an important role in immune function, cardiovascular health and resilience to stress.

A simple way to think about recovery is through the four Rs: rest, relaxation, reconnect and recharge. Together, they remind us that true recovery involves more than simply getting enough sleep.

Rest

Rest is the foundation of recovery. During sleep, the body repairs tissues, supports the immune system, regulates hormones and consolidates memories. The brain also clears waste products that build up during the day.

Most adults should aim for seven to nine hours of quality sleep each night. Maintaining a regular sleep schedule, limiting screen time before bed and keeping the bedroom cool, dark and quiet can all help. But rest isn't only about sleep. Taking regular breaks during the day can also help reduce mental fatigue and give the brain a chance to reset.

Relaxation

Relaxation helps regulate the body's stress response. When we're under pressure, the sympathetic nervous system triggers the 'fight-or-flight' response, releasing hormones such as adrenaline and cortisol. While this is useful in short bursts, remaining in this heightened state for prolonged periods can affect sleep, mood and overall wellbeing.

Relaxation techniques can help activate the parasympathetic nervous system, slowing the heart rate and helping the body return to a calmer state. Slow breathing, mindfulness, yoga and gentle exercise can all help, but relaxation doesn't have to mean meditation. A warm bath with magnesium flakes, listening to music, reading or simply spending ten quiet minutes away from screens can become useful signals that it's time to slow down.

Nutrients and compounds, such as L-theanine, an amino acid naturally found in green tea, have also been studied for their potential role in supporting relaxation and the stress response.

Reconnect

Recovery isn't just about physical rest. Spending time with friends and family, enjoying meaningful activities and reconnecting with nature can all help restore emotional wellbeing. Research consistently links strong social connections to better physical and mental health, while social isolation has been associated with poorer health outcomes.

Time outdoors matters too. Exposure to green spaces has been associated with lower stress levels, improved mood and better concentration. Whether it's a walk in the countryside, gardening or simply sitting outside with a cup of tea, reconnecting with people and the world around us can provide a valuable mental reset.

Recharge

Recharge is about recognising when your physical or mental battery is running low and responding before you reach empty. The signs can be surprisingly easy to overlook, from difficulty concentrating and increased irritability to losing motivation or feeling overwhelmed by things you would normally manage easily.

Rather than waiting until you feel exhausted, build small pauses into your day and pay attention to what your body is telling you. Sometimes recharging means saying no, reducing your commitments or simply accepting that you cannot operate at full capacity all the time.

Think of your energy as something to manage, rather than something you should expect to have an endless supply of.

Recovery isn't a luxury. By making time to rest, relax, reconnect and recharge, you're giving both body and mind the opportunity to recover, adapt and build resilience for whatever comes next.

Recommended Products

RELAXWELL®

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



ANCIENT MAGNESIUM® BATH FLAKES ULTRA

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



Sources

All references can be found at www.NaturallyHealthyNews.info

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Menopause Made Easier:

Nutrients That Matter Most

Menopause brings changes that can affect everything from sleep and mood to bone strength, muscle mass and bladder health. Discover which nutrients may offer targeted support during this important stage of life.

Hot flushes in the middle of a meeting. Restless nights causing daytime exhaustion. Sudden mood swings, stubborn weight gain and energy levels which seem to vanish overnight. For many women, menopause arrives with a whole host of unwelcome surprises.

Although it is a natural life stage, its symptoms can significantly affect quality of life. As oestrogen levels decline, the body must adapt. This key hormone influences everything from bone strength and heart health to sleep, mood and metabolism, so its gradual reduction can have far-reaching effects.

Bone density naturally starts to decrease, muscle mass can diminish and a slower metabolism may make maintaining a healthy weight more difficult. Sleep disruption, often triggered by night sweats, can leave women feeling drained.

While a balanced diet is crucial, menopause can place additional nutritional demands on the body. Different nutrients support different aspects of health during menopause, from maintaining strong bones and muscles to supporting mood, sleep and bladder function.

Phytoestrogens

Good nutrition plays an important role in helping the body navigate menopause. Particular attention has been given to phytoestrogens, which are naturally occurring plant compounds found in foods such as soy, flaxseeds, red clover, sage and hops. These compounds can interact with oestrogen receptors, producing mild oestrogen-like effects in the body.

Some research suggests that phytoestrogen-rich foods, particularly soy foods, may help reduce the frequency of hot flushes in some women and support healthy cholesterol levels, potentially benefiting heart health.

Although they do not replace oestrogen, including phytoestrogen-rich foods as part of a balanced diet may offer additional support during menopause.

Mood, Stress & Mental Clarity

Hormonal fluctuations during menopause can influence mood and emotional wellbeing. It is not uncommon for women to experience irritability, anxiety, low mood or difficulty concentrating, often described as “brain fog”.

Certain nutrients can support the nervous system during this time. B vitamins play an important role in energy metabolism and in normal nervous system function, while magnesium contributes to normal psychological function and may help promote relaxation.

Saffron, a spice used for centuries in traditional medicine, is also attracting growing scientific interest. Studies suggest it may support mood, reduce feelings of stress and anxiety, and improve sleep quality. Research in menopausal women has also reported improvements in hot flushes and night sweats, alongside benefits for overall wellbeing.

Because sleep disruption is one of the most common symptoms of menopause, improving sleep quality can often have wider benefits for mood, energy and mental clarity. Managing night sweats, maintaining good sleep habits and ensuring adequate magnesium intake may all help promote more restful sleep.

As oestrogen continues to decline, other body systems can also be affected, including the urinary tract.

Bladder & Urinary Changes

Bladder changes are another common but often overlooked aspect of menopause. As oestrogen levels decline, some women experience changes in bladder control, including increased urgency, frequency or occasional leakage. Pumpkin seed extract is one supplement that has attracted growing interest for supporting urinary health during this stage of life.

Some studies suggest that pumpkin seed extract may support bladder function and urinary comfort in women during menopause. Although research is still evolving, it has become an increasingly popular supplement for women looking to support urinary



health naturally.

Including pumpkin seeds as part of a balanced diet also provides nutrients such as zinc and healthy fats, making them a nutritious addition to an overall menopause-friendly eating pattern.

Bone Health During Menopause

Oestrogen plays a protective role in maintaining bone density, so its decline can increase the risk of osteoporosis. Some women also notice increased joint stiffness and discomfort during menopause, potentially due to hormonal changes that affect joint tissues and inflammation.

Bone health depends on a combination of nutrients working together. Calcium provides the mineral framework of bone, while vitamin D supports calcium absorption. Vitamin K helps direct calcium into bones, magnesium contributes to normal bone maintenance, and vitamin C supports the production of collagen, an important structural component of bone. Adequate protein intake also provides the building blocks needed for ongoing repair and renewal.

Magnesium and omega-3 fatty acids may also help support joint comfort. Alongside nutrition, weight-bearing exercise such as walking, resistance training or even dancing is one of the most effective ways to maintain bone strength.

Collagen for Skin & Joints

As oestrogen levels fall during menopause, the body gradually produces less collagen. This is significant because collagen is a structural protein found throughout the skin, joints, bones and connective tissue, where it helps provide structure, strength and flexibility.

Supplementing with collagen may support joint mobility, skin hydration and elasticity, and may offer benefits for bone health when combined with adequate nutrition and exercise. It is often used as part of a wider approach to maintaining physical resilience during menopause and beyond.

Final Thoughts

Menopause marks a significant transition, but it is also an opportunity to invest in long-term health and wellbeing. A balanced diet, regular exercise, quality sleep and stress management remain the foundations of healthy ageing. Supplements can complement these lifestyle measures where appropriate, helping to fill nutritional gaps and provide targeted nutritional support where individual needs arise.

Recommended Products

PUMPKIN SEED EXTRACT WITH SOY ISOFLAVONES



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

JOINT & SKIN MATRIX™



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

SAFFRON BALANCE



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

VITAMIN D3/K2 SPRAY™



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

Sources

All references can be found at www.NaturallyHealthyNews.info

Guest Article



My Fertility Journey

Since my first period at 13, I never really knew what "normal" was meant to feel like. No one tells you, because no one really knows. Mine were always heavy, and my moods were all over the place, easily written off as a grumpy teenager at the time. Then came the oral contraceptive pill, and if anything, my moods got worse. It affected my relationships for years. My cycles were never regular, just years of heavy, unpredictable periods. Eventually I came off the pill and moved onto the contraceptive implant instead, which, for a while, felt like a relief: no periods at all.

Then COVID hit.

During one of our online pub quizzes in April 2020, a close friend announced her pregnancy through a cleverly worded quiz round. I felt two things at once: real joy and pride for her, and a deep, quiet sadness. It had been over three months since my last period. My contraceptive implant had expired, and with appointments impossible to get during lockdown, I couldn't have it removed and replaced. I shared in the group's delight on the call, and then sat in tears on the stairs afterwards, alone with the nagging knowledge that something had never been right, and I still had no answers.

A few months later, I finally saw my GP. No answers there either, so I went private. On a Zoom appointment with a new gynaecologist, after describing my symptoms, he gently suggested I had the hallmark signs of PCOS. I was stunned, how could he know just from that? I'd heard of PCOS before, but my only understanding of it was that it meant infertility.

At my first scan, he confirmed PCOS and suspected adenomyosis too. I was devastated. All I'd ever wanted was children, and in my mind, that door had just closed. Following that scan, I went through multiple operations, and it was eventually confirmed I had all three: PCOS, adenomyosis and endometriosis. It was an incredibly heavy time, three diagnoses to process at once, each carrying its own fears about what it meant for our future. I remember googling everything late at night, trying to make sense of conflicting information, and feeling like no one could give me a straight answer about what any of it actually meant for having children. Looking back, that period of feeling lost in my own diagnosis is exactly what shapes how I now support my own clients.

After a year of trying naturally, we decided to try IVF. It was tough, but it also brought my husband and I closer, including through some genuinely funny moments neither of us expected. My husband is not good with blood or needles, so when the clinic asked him to roll up his sleeve for a blood test, the poor man had to lie down. There was also the small matter of him missing the semen sample pot entirely during his fertility test. Let's just say his results weren't the strongest that day.

After egg collection, during a period when anaesthetist shortages meant I was only on gas and air, I had my first (and hopefully last) sleepwalking experience. I woke up mid way through opening a bedside drawer, convinced it was the toilet. Mortifying at the time; hilarious in hindsight.

That first round of IVF gave us our daughter.

I already had a nutrition degree from years earlier, but going through my diagnosis during COVID reignited something in me. I wanted to understand my own body properly, and find ways to support myself naturally alongside the clinical treatment. So I went back to studying, qualifying as a registered nutritional therapist.

That decision changed the direction of my career. I set up my own practice to help women navigate exactly what I went through: the years of unanswered symptoms, the confusion around diagnosis, and the search for support that actually makes sense of it all. My work now focuses on women's hormone health and fertility, supporting clients through PCOS, endometriosis, adenomyosis and unexplained fertility struggles, using nutrition and lifestyle approaches alongside their medical care. This often means untangling confusing test results, building sustainable nutrition foundations around a cycle rather than against it, and simply having someone in their corner who has actually lived through the uncertainty, not just studied it. I've supported a number of clients through to successful, full term pregnancies, and there's nothing I find more rewarding than helping someone else feel less alone in a process that can be so isolating.

This year, we're going through it all again for a sibling round, grateful to still have seven embryos in the freezer from that first cycle. And as I write this, I've just found out I'm pregnant again. It's very early days, but for the first time in a long time, I'm letting myself hold onto hope.

If you're in the thick of your own fertility journey right now, whatever stage you're at, please know you're not alone, and support is out there.

My practice is currently reopening, with a small number of spaces available for new clients. You can find out more, join the waitlist, or get in touch at www.francescachetham.com, by email at francesca@francescachetham.com, or over on Instagram at @francescachetham.



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Are You Making These Exercise Mistakes?

Most exercise injuries aren't caused by exercise itself. They're often the result of small mistakes that place unnecessary strain on muscles, tendons and joints. The good news is that many of these injuries are preventable.

Here are common mistakes to avoid if you want to stay active and keep progressing.

Skipping Your Warm-Up

This is one of the easiest ways to reduce your risk of injury. Spend five to ten minutes gradually raising your heart rate with gentle movement, such as a brisk walk or marching on the spot. Follow this with a few gentle mobility exercises, such as arm circles, hip circles or leg swings, to prepare your muscles and joints for exercise.

Cooling down afterwards is just as important. Gentle stretching can help maintain flexibility, ease muscle tightness and allow your body to recover more comfortably.

Focusing on Effort Instead of Technique

Good form is essential, whether you're lifting weights, running, swimming or in a fitness class. Poor technique places unnecessary stress on muscles and joints, increasing the likelihood of strains, sprains and overuse injuries.

If you're unsure, always ask a qualified fitness instructor for guidance. Learning the correct technique early can help prevent problems later on.

Doing Too Much Too Soon

One of the most common causes of injury is trying to do too much too quickly. Increasing the intensity of your workouts too rapidly can overload your muscles, tendons and ligaments.

A gradual approach allows your body to adapt safely. Aim to increase your training by small amounts each week rather than making dramatic jumps.

Ignoring Pain and Skipping Recovery

Rest days are an important part of training. If needed, take extra time to recover before returning to more demanding exercise. Some people also apply a topical magnesium lotion containing menthol after exercise. The cooling sensation may help soothe tired muscles and provide additional comfort during their recovery routine.

There's an important difference between muscle soreness and pain. Mild soreness after a workout is perfectly normal, but sharp, persistent or worsening pain is a warning sign that shouldn't be ignored. If pain persists or swelling develops, seek advice from a healthcare professional before resuming more demanding exercise.

Overlooking Nutrition, Hydration and Sleep

Eating a balanced diet rich in protein, whole grains, fruit and vegetables provides your body with the nutrients it needs to repair muscles. Drinking plenty of water before, during and after exercise also helps regulate body temperature and supports muscle function.

Quality sleep is important, too. Most adults need seven to nine hours each night to allow the body to recover fully and perform at its best.

The Bottom Line

Staying active isn't about pushing yourself to the limit every day. It's about building strength, fitness and resilience in a way your body can sustain. By avoiding these common mistakes, you can reduce your risk of injury, exercise more consistently and enjoy the long-term benefits of an active lifestyle.

Recommended Products

ANCIENT MAGNESIUM® COOL RELIEF



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

Sources

All references can be found at www.NaturallyHealthyNews.info

10 Science-Backed Reasons to Include Chlorella & Spirulina in Your Daily Routine

These tiny green superfoods are packed with nutrients and research suggests they could do more for your health than you might think.

Chlorella is a freshwater green algae, best known for its high chlorophyll content, while spirulina is a blue-green alga rich in phycocyanin, an antioxidant pigment. Both are naturally rich in plant protein, vitamins, minerals and beneficial plant compounds that help support overall health.

Here are 10 science-backed reasons to consider adding chlorella and spirulina to your daily routine.

1. Support Healthy Weight Goals

If you're trying to manage your weight, chlorella and spirulina may provide extra support.

Studies have found that chlorella supplementation was associated with modest reductions in body weight, body fat percentage, body mass index and waist-to-hip ratio. Spirulina has also been linked with modest reductions in body weight.

Researchers believe these effects may be related to improvements in fat metabolism, insulin sensitivity and inflammation. While neither supplement replaces healthy eating or regular exercise, they may help support your efforts.

2. Give Your Heart a Helping Hand

One of the strongest findings from the research was the ability of both algae to improve cholesterol levels. Studies consistently found reductions in total cholesterol, LDL 'bad' cholesterol and triglycerides, while spirulina also increased HDL 'good' cholesterol.

Spirulina also demonstrated modest reductions in both systolic and diastolic blood pressure, another important marker linked to long-term heart health.

Although the improvements were relatively small, even modest reductions in cardiovascular risk factors can have meaningful benefits over time.

3. Help Keep Blood Sugar Steady

Healthy blood sugar is essential for maintaining energy levels and reducing the risk of metabolic diseases like type 2 diabetes. Both chlorella and spirulina improved several markers associated with glucose metabolism, including fasting blood glucose, fasting insulin and insulin resistance. Researchers found participants' bodies became more efficient at using insulin, suggesting improved metabolic function.

While these findings are encouraging for people who are overweight or living with metabolic syndrome, experts stress that supplements should complement, not replace, medical advice and lifestyle changes.

4. Calm Everyday Inflammation

Chronic, low-grade inflammation is increasingly recognised as a common factor in conditions ranging from heart disease to type 2 diabetes. Clinical trials found that both chlorella and spirulina reduced important inflammatory markers, including high-sensitivity C-reactive protein (hs-CRP), interleukin-6 (IL-6) and tumour necrosis factor-alpha (TNF-α).

By helping to regulate inflammatory processes, these nutrient-rich algae may contribute to healthier ageing and improved overall wellbeing.

5. Boost Antioxidant Defences

Every day our bodies produce unstable molecules known as free radicals, which can damage cells through a process called oxidative stress. Over time, this damage is linked to ageing and many chronic diseases. Chlorella showed particularly impressive antioxidant effects, increasing the body's natural protec-



tive enzymes such as catalase and superoxide dismutase while reducing markers of oxidative damage.

Its rich supply of chlorophyll, carotenoids and other antioxidant compounds appears to strengthen the body's own defence systems, helping protect cells from everyday environmental stress.

6. Show Your Liver Some Love

The liver performs hundreds of vital functions every day. Several studies found chlorella improved liver enzyme markers such as ALT and AST, suggesting it may help support healthy liver function.

Researchers believe this could be linked to its effects on fat metabolism and oxidative stress, although more long-term research is needed.

7. Nourish Your Body Naturally

Beyond their potential health benefits, both chlorella and spirulina offer exceptional nutritional value. They are naturally rich in plant protein, chlorophyll, carotenoids, essential amino acids, iron, magnesium and B vitamins, along with a wide range of phytonutrients.

This impressive nutrient density makes them an easy way to increase your intake of beneficial micronutrients.

8. Support Your Whole Body

One of the most fascinating findings from the research is the sheer breadth of benefits associated with these tiny algae. Rather than targeting a single body system, chlorella and spirulina appear to influence numerous biological pathways simultaneously. Studies found improvements in body composition, blood sugar regulation, cholesterol levels, inflammatory markers, antioxidant activity and in the case of chlorella, liver health.

This broad spectrum of activity has led many researchers to describe them as functional superfoods which may offer health benefits beyond basic nutrition.

9. Get Even More From Exercise

One recent meta-analysis looked not only at spirulina supplementation alone but also at its effects when combined with exercise. The results were particularly encouraging. Participants who combined spirulina with regular physical activity experienced even greater improvements in cholesterol levels than those taking the supplement alone.

This suggests that these algae work best as part of a healthy lifestyle.

10. Benefit From Growing Scientific Evidence

Perhaps the most compelling reason to include chlorella and spirulina is that the evidence continues to grow. Recent systematic reviews and meta-analyses have pooled data from more than 50 randomised controlled trials involving thousands of adults. Across these studies, both supplements consistently improved markers linked to cardiometabolic health, including cholesterol, blood sugar control, inflammation and body weight.

While these findings are encouraging, researchers stress more large, long-term studies are needed. For now, chlorella and spirulina are best viewed as valuable additions to a healthy lifestyle.

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

Is Your Heart Missing Something?

Modern diets often provide plenty of calories but not always enough essential nutrients. Researchers are increasingly exploring whether these nutritional gaps could play a role in long-term cardiovascular health.

For years, the conversation around diet and heart health has focused on restriction, cutting back on saturated fat, reducing sugar and lowering cholesterol.

But not all cardiovascular problems stem from obvious excess. Increasingly, researchers are asking a different question: what nutrients might we be missing?

Nutritional gaps are usually silent, with no immediate symptoms. But over time, they may contribute to rising blood pressure, unfavourable cholesterol changes and increased inflammation.

The Hidden Problem in Modern Diets

Modern diets are often calorie-rich but nutrient-poor. Supermarket shelves are filled with processed foods, white bread and refined grains. Many of these products have lost much of their original nutritional value during processing.

Even with a reasonable intake of fresh foods, nutrient gaps can still occur. Intensive farming practices and soil depletion may reduce the nutrient content of crops, meaning foods may not always deliver the same levels of vitamins and minerals as in the past.

This creates the modern nutritional paradox that it is entirely possible for people to be simultaneously overfed and undernourished.

What a Nine-Year Study Revealed

A 2024 study published in the *BMC Public Health journal* followed 6,924 adults aged 60 and over with high blood pressure for around nine years, comparing different dietary patterns ranging from nutrient-rich to nutrient-poor.

The findings revealed a clear pattern. The poorer the overall diet, the higher the risk of death, especially from heart-related causes. Those with the most nutrient-deprived diets had the highest risk, but even moderate deficiencies were linked to worse outcomes.

In particular, three nutrients stood out: fibre, magnesium and vitamin E. Low intake of these was linked to a higher risk of heart disease. Fibre supports gut health and metabolism, and helps reduce inflammation. Magnesium plays a key role in heart function and blood pressure regulation. Vitamin E acts as an antioxidant, helping protect cells from damage. Notably, fewer than 10% of participants met the recommended daily intake for these key nutrients.

Certain groups were more vulnerable to poor nutrition. These included older adults, people with higher body weight, those with existing heart disease and people with lower income or education levels.

The study also highlighted that it is not a single deficiency which drives risk, but the combined effect of multiple nutritional gaps. Small gaps, over time, can add up, and addressing them may improve long-term health outcomes.

'The key insight is that it's not one deficiency, but the cumulative effect of many small nutritional gaps that matters most.'

The Nutrient Gaps That Matter Most

No single nutrient holds all the answers, but several are consistently found to be lacking in modern diets. Together, they support many of the processes involved in maintaining a healthy heart, blood vessels and circulation.

The Fibre Deficit

Despite its well-established benefits, most people consume far below recommended levels. Highly processed foods tend to strip away the fibre-rich components of grains, fruits and legumes. It is easy to fall short if the diet is based on refined bread, pasta and snack foods rather than oats, beans, lentils, vegetables and whole fruits.

Fibre, especially soluble fibre, helps reduce LDL cholesterol by binding to cholesterol in the digestive



tract and supporting its removal. It also slows glucose absorption and nourishes beneficial gut bacteria, helping to regulate inflammation and support cardiovascular health.

If fibre intake is low, the effects can add up, including higher cholesterol levels, reduced gut microbiome diversity and increased inflammation. All of these factors are associated with a greater cardiovascular risk.

The Sodium–Potassium Imbalance

Modern diets are often defined not just by high sodium intake, but by an imbalance between sodium and potassium. Processed and convenience foods tend to be high in salt, while potassium-rich foods like leafy greens, beans, bananas and potatoes are often under-consumed.

This imbalance is important. Potassium helps regulate blood pressure by counteracting the effects of sodium. When intake is low, blood vessels may remain more constricted and the body retains more fluid, which can increase pressure on arterial walls.

The issue is subtle. Many people focus on reducing salt, but without enough potassium, blood pressure regulation may still be impaired.

The Omega-3 Shortfall

Another common deficiency in modern diets is omega-3 fatty acids. They have been linked to reduced inflammation, healthy triglyceride levels and cardiovascular health. Omega-3 fats also form part of cell membranes throughout the body, including those of the heart and blood vessels.

Many diets are disproportionately high in omega-6 fats from processed vegetable oils and low in omega-3 foods like salmon, sardines, mackerel, flaxseeds and walnuts. While omega-6 fats are not harmful in themselves, an imbalance between omega-3 and omega-6 intake may result in inflammation, which is now recognised as a key driver of cardiovascular disease.

While an omega-3 deficiency does not cause obvious symptoms, over time it may contribute to poorer lipid profiles and reduced arterial resilience.

Why Magnesium Matters

Magnesium is involved in more than 300 biochemical reactions, many of which are essential for heart health. It helps regulate blood pressure, maintain a steady heart rhythm and support healthy blood vessels.

Despite this, magnesium intake is often suboptimal. Food processing can remove magnesium from grains, and if the diet is low in nuts, seeds, legumes and green vegetables, it may not provide sufficient amounts.

Low magnesium levels have been linked to a higher risk of hypertension and arrhythmias. Low levels can go unnoticed, showing up indirectly as fatigue, muscle tension or subtle cardiovascular strain.

Vitamin D and Heart Health

Best known for its role in bone health, vitamin D is also linked to cardiovascular function, including the regulation of inflammation and vascular health. Vitamin D receptors are found throughout the cardiovascular system, prompting researchers to investigate its wider role beyond maintaining healthy bones. Low levels are commonly associated with increased cardiovascular risk, although a direct causal relationship has not been firmly established.



In regions with limited sunlight, such as the UK during autumn and winter, deficiency is common. Maintaining adequate vitamin D status is part of a broader approach to supporting long-term cardiovascular and overall health.

B Vitamins and Homocysteine

Homocysteine is an amino acid produced naturally during protein metabolism. Higher homocysteine levels have been associated with an increased risk of cardiovascular disease and may contribute to damage to the lining of blood vessels through oxidative stress and inflammation.

Vitamins B12, B6 and folate help keep homocysteine levels within a healthy range. However, modern diets can fall short of these nutrients, particularly vitamin B12, which is found mainly in animal foods. This may be a particular concern for people following plant-based diets. Low intakes of leafy green vegetables, legumes and other folate-rich foods can also affect this process, highlighting the importance of a varied diet that provides adequate amounts of all three B vitamins.

The Polyphenol Gap

Beyond vitamins and minerals, many diets lack diversity of plant compounds, such as polyphenols. These naturally occurring substances are found in foods including berries, cocoa, extra virgin olive oil, tea, herbs, spices and a wide variety of colourful fruits and vegetables.

Polyphenols are associated with antioxidant and anti-inflammatory effects and may help support healthy blood vessel function while protecting cells from oxidative stress. Diets dominated by processed foods tend to provide relatively few of these beneficial compounds.

Simple Swaps to Close Common Nutrient Gaps

Small, consistent swaps can make a meaningful difference over time.

Refined grains → Whole grains
Swap white bread, pasta and rice for wholegrain versions, oats, or quinoa to boost fibre intake.

Processed snacks → Nuts and seeds
Replace crisps and biscuits with a handful of almonds, walnuts, or seeds for healthier fats and minerals.

Red and processed meat → Oily fish or plant proteins
Choose salmon or sardines more often for omega-3s, or lentils and beans as nutritious plant protein alternatives.

Sugary cereals → High-fibre options
Opt for porridge oats or wholegrain cereals with no added sugar for a higher fibre breakfast.

Salty foods → Potassium-rich alternatives
Add more leafy greens, beans, bananas and potatoes to help balance sodium intake.

Desserts and sweets → Fruit and dark chocolate
Satisfy a sweet craving with fruit, especially apples and berries, or a small amount of dark chocolate for added polyphenols.

Final Words

Cardiovascular disease develops over many years and is influenced by genetics, lifestyle and diet. While no single nutrient can prevent heart disease, growing evidence suggests that the cumulative effect of multiple nutritional gaps may influence long-term cardiovascular health.

Supporting long-term heart health is less about perfection and more about consistency. Eating more whole foods, increasing dietary variety and addressing common nutrient gaps are small steps that, over time, may help support a healthier heart.

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.



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



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.



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

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The Ancient Spice Capturing Modern Science

From mood and sleep to brain health and healthy ageing, discover why saffron has become one of today's most closely studied botanicals.

For thousands of years, saffron has been regarded as one of the world's most luxurious spices. With its vibrant golden hue, delicate aroma and remarkable history, it has long been considered the 'gold' of the spice world.

Harvested from the stigmas of the Crocus sativus flower, each bloom produces just three tiny crimson threads, all of which must be painstakingly hand-picked. The process is extremely labour-intensive, which explains why saffron is so expensive.

Its culinary appeal is well known, but modern science is now increasingly exploring what traditional Persian, Indian and Mediterranean medicine has long suggested: that saffron is far more than a luxury ingredient. With its rich source of bioactive compounds, researchers are particularly interested in its potential to support mood, brain health, sleep and healthy ageing.

The Power Behind the Spice

The health benefits of saffron are largely attributed to three key compounds: crocin, crocetin and safranal. These naturally occurring phytochemicals possess strong antioxidant and anti-inflammatory properties, helping to protect cells from oxidative damage, which is closely linked to ageing, brain health and overall wellbeing.

Scientists are particularly interested in saffron's ability to influence the brain's chemical messengers, including serotonin and dopamine, which play key roles in mood, motivation, relaxation and emotional balance.

A Brighter Mood

Often referred to as the 'sunshine spice' because of its golden colour, the nickname has taken on a new meaning as research into saffron's effects on mood continues to grow.

A number of clinical studies have investigated saffron's effects on low mood and anxiety. Daily supplementation with around 30mg of saffron extract has been shown to help support emotional balance, possibly by influencing serotonin pathways, reducing inflammation and improving the brain's resilience to stress.

Some research has even found that saffron can produce benefits comparable to commonly prescribed antidepressants such as fluoxetine and citalopram for mild to moderate depression, but with fewer reported side effects.

While saffron should never replace prescribed medication without medical advice, these findings have generated considerable scientific interest.

Supporting the Ageing Brain

As we grow older, maintaining cognitive health becomes increasingly important. Memory decline and neurodegenerative conditions are associated with chronic inflammation, oxidative stress and reduced repair mechanisms within the brain.

Research suggests that saffron may help protect brain cells by reducing oxidative damage and supporting the body's natural antioxidant defences. Several studies have also reported improvements in memory, learning and overall cognitive performance in people with mild age-related cognitive decline.

These findings highlight saffron's promising role in supporting healthy brain ageing.

A Natural Ally for Women's Health

Saffron may also provide valuable support during key hormonal transitions. Research suggests that supplementation can help ease symptoms of premenstrual syndrome (PMS), including irritability, headaches, abdominal discomfort



and mood changes. These effects are thought to stem from saffron's combined anti-inflammatory and mood-regulating properties.

During the menopausal transition, many women experience increased anxiety, irritability, disrupted sleep and changes in emotional wellbeing. Emerging research suggests that saffron may offer gentle support by helping to regulate mood and promote a sense of calm.

Could Saffron Help You Sleep Better?

Sleep naturally changes with age. Many people find they wake more easily, sleep more lightly, or take longer to fall asleep as they get older. While these changes are common, quality sleep remains essential for memory, emotional wellbeing, metabolism and long-term brain health.

Sleep is when the body carries out vital repair and maintenance. During deep sleep, the brain consolidates memories, regulates emotions and activates the glymphatic system, which clears metabolic waste that can build up over time.

Research suggests that saffron may help improve sleep quality and reduce the time it takes to fall asleep. Scientists believe these effects may result from its influence on serotonin, GABA and melatonin, although the exact mechanisms are not fully understood.

Researchers are also exploring saffron's effects on the gut-brain axis, the two-way communication network linking the gut and the brain. Early studies suggest that saffron may promote the growth of beneficial gut bacteria, helping to reduce inflammation and supporting the production of compounds involved in mood, sleep, and brain function.

Final Words

Saffron's tiny crimson threads may play a surprisingly powerful role in the future of healthy ageing. Emerging research suggests this ancient spice has the potential to support mood, sleep, brain health and emotional wellbeing. While more research is still needed, saffron offers a fascinating example of how one of nature's oldest remedies is being rediscovered by modern science.

Did You Know?

Each saffron flower produces just three crimson stigmas, all harvested by hand.

Around 150,000 flowers are needed to produce approximately 1 kg of dried saffron, making it one of the world's most valuable spices.

Saffron's colour, flavour and aroma come from naturally occurring compounds called crocin, crocetin and safranal.

Modern research is exploring saffron's potential role in mood, sleep, cognitive health and healthy ageing.

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

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

Feed Your Smile:

The Nutrients Your Teeth Can't Live Without

A healthy smile begins long before you pick up your toothbrush. Discover the nutrients that help support strong teeth, healthy gums and your mouth's natural defences.

Most of us know we should brush twice a day, floss regularly and visit the dentist for routine check-ups. Yet one of the biggest influences on oral health begins long before we pick up a toothbrush. Every day, the nutrients we eat help build, maintain and repair the tissues that support our teeth and gums.

The mouth is often one of the first places where nutritional deficiencies become apparent. Bleeding gums, mouth ulcers and changes to the tongue can all be early signs that the body is lacking key nutrients. Inadequate intake of vitamins and minerals may also increase susceptibility to gum disease and tooth decay, particularly when combined with poor oral hygiene or other risk factors.

While a healthy diet cannot replace brushing, flossing and regular dental care, it provides the building blocks that help keep teeth and gums healthy throughout life.

Building Strong Teeth

Strong teeth don't simply happen. Throughout life, they rely on a constant supply of minerals to maintain their structure. Every day, tooth enamel undergoes tiny cycles of demineralisation and remineralisation. Although enamel cannot regenerate once permanently lost, these natural repair processes help strengthen areas of early microscopic damage, provided the body has the nutrients it needs.

Calcium

Calcium is the principal mineral in teeth and bones. Tooth enamel, the hardest substance in the human body, is composed primarily of hydroxyapatite, a crystalline form of calcium phosphate. Dietary calcium intake helps provide the raw materials needed to maintain healthy teeth throughout life.

Phosphorus

Calcium may receive most of the attention, but phosphorus is equally important. Working together, these two minerals create the hard mineral matrix that gives teeth their remarkable strength and durability. Fortunately, phosphorus deficiency is uncommon because it is naturally abundant in many everyday foods.

Vitamin D

These minerals don't work alone. Although commonly known as a vitamin, vitamin D functions more like a hormone, regulating calcium and phosphate metabolism throughout the body. Without sufficient vitamin D, calcium absorption declines, affecting both bone and tooth mineralisation.

Researchers are also exploring vitamin D's potential role in gum health through its effects on immune function, inflammation and bone metabolism. Several reviews have linked lower vitamin D status with a greater prevalence of periodontal disease, although further research is needed.

Magnesium

Magnesium receives far less attention than calcium, yet it also contributes to the maintenance of normal bones and teeth. It helps regulate calcium metabolism and plays a role in hundreds of enzyme systems involved in mineral balance throughout the body. Although research into its role in oral health is less extensive than for calcium or vitamin D, maintaining an adequate intake supports healthy bone structure, including the jawbone that anchors the teeth.

Protecting Healthy Gums

Healthy gums do far more than frame your smile. They provide the foundation that keeps teeth firmly in place and act as a protective barrier against bacteria. Like every other tissue in the body, they rely on the right nutrients to stay strong, repair damage and respond to everyday challenges.

Vitamin C

Vitamin C is essential for collagen production, which provides the structural framework supporting the gums, periodontal ligaments and blood vessels. As a powerful antioxidant, vitamin C also helps protect gum tissues from oxidative stress, which can contribute to inflammation and tissue damage over time.

Bleeding gums are often an early sign of vitamin C deficiency, highlighting how important this nutrient is for maintaining healthy connective tissue. Lower intake has been linked to poorer periodontal health, particularly among smokers and older adults.

Zinc

Zinc plays an important role in immune function, wound healing and the control of inflammation. Deficiency has been linked to delayed healing, impaired taste and increased susceptibility to oral infections, highlighting its importance in maintaining healthy oral tissues.

Coenzyme Q10

Coenzyme Q10 (CoQ10) is a vitamin-like compound that helps cells produce energy while also acting as an antioxidant. Researchers have long been interested in its role in periodontal health because studies suggest that people with gum disease may have lower levels in their gum tissues.

Some research suggests that CoQ10 supplements, taken alongside professional dental treatment, may help support gum healing, although more high-quality studies are needed. As



natural CoQ10 production declines with age and may also be reduced by certain medications, including statins, some people choose to supplement their intake.

Your Mouth's Natural Defences

Your mouth has its own built-in defence system, and saliva sits at the heart of it. Every day, it helps neutralise acids, washes away food particles and supplies minerals that help repair the earliest stages of enamel damage. Keeping these natural protective systems working efficiently depends on more than good oral hygiene alone.

Vitamin A

Vitamin A helps maintain the healthy lining of the mouth and supports normal salivary gland function. Reduced saliva production increases the risk of tooth decay, oral infections and discomfort because saliva is one of the mouth's most effective natural defences.

B Vitamins

Several B vitamins support cell division and tissue repair, helping maintain healthy oral tissues. Deficiencies of vitamin B12, folate, riboflavin or niacin can lead to mouth ulcers, an inflamed tongue or cracking at the corners of the mouth. Dentists are often among the first healthcare professionals to notice these changes, prompting investigation into possible nutritional deficiencies.

Final Words

Good oral health is built on daily habits, both in the bathroom and at the dinner table. Oral hygiene remains essential, but every meal also provides an opportunity to nourish your teeth and gums from within. Looking after your smile starts long before you brush your teeth each morning. A nutrient-rich diet is one of the simplest investments you can make in lifelong oral health.

Eat Your Way to a Healthier Smile

These everyday foods provide many of the key nutrients that help support healthy teeth and gums.

- **Calcium:** Milk, yoghurt, cheese, fortified plant milks, leafy greens
- **Vitamin D:** Oily fish, egg yolks, fortified foods
- **Phosphorus:** Fish, poultry, eggs, dairy, beans
- **Magnesium:** Pumpkin seeds, almonds, spinach, whole grains, dark chocolate
- **Vitamin C:** Citrus fruits, berries, peppers, broccoli
- **Zinc:** Meat, seafood, nuts and seeds
- **Coenzyme Q10:** Salmon, mackerel, beef, peanuts, spinach
- **Vitamin A:** Carrots, sweet potatoes, spinach, kale
- **B Vitamins:** Whole grains, eggs, dairy products, meat, fish, leafy greens

Recommended Products

ACTIVE LIFE™CAPSULES

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



UB8Q10 UBIQUINOL

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



PUREC™

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



CAMU CAMU

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



Sources

All references can be found at www.NaturallyHealthyNews.info

The Hidden Power of B Vitamins:

Why These Tiny Nutrients Matter

When people talk about vitamins, it is often vitamins C and D which steal the spotlight. Yet the B vitamins deserve just as much attention. This remarkable family of eight water-soluble vitamins works together behind the scenes to keep almost every system in the body functioning efficiently.

From converting food into energy to supporting brain function, maintaining healthy nerves, producing red blood cells and supporting normal homocysteine metabolism, B vitamins are involved in hundreds of essential processes.

Because most B vitamins are water-soluble and not stored in large amounts, regular dietary intake is important. Vitamin B12 is an exception, as the body can store it for longer periods.mportant before and during pregnancy to support normal neural tube development in the developing baby.

Why All Eight B Vitamins Matter

Although each B vitamin has its own specialist role, they work together as a team.

Vitamin B1 (Thiamine) helps convert carbohydrates into energy and supports healthy brain and nerve function.

Vitamin B2 (Riboflavin) supports energy production, healthy skin and vision, and helps protect cells from oxidative stress.

Vitamin B3 (Niacin) helps release energy from food, supports normal nervous system function and contributes to healthy cholesterol metabolism.

Vitamin B5 (Pantothenic Acid) is needed to produce coenzyme A, a molecule central to energy metabolism, as well as steroid hormones and other important compounds.

Vitamin B6 (Pyridoxine) plays a key role in producing neurotransmitters such as serotonin, dopamine and noradrenaline, helping support normal brain function, immune health and red blood cell production.

Vitamin B7 (Biotin) helps maintain healthy skin, hair and nails, particularly when intake is inadequate, and supports the metabolism of fats and carbohydrates.

Vitamin B9 (Folate) is essential for DNA synthesis, cell division and healthy blood cell formation. It is especially important before and during pregnancy to support normal neural tube development in the developing baby.

Vitamin B12 (Cobalamin) supports healthy red blood cells, nerve function and DNA production. It also helps prevent tiredness and fatigue associated with deficiency.

The Homocysteine Connection

One of the most important jobs performed by several B vitamins helping regulate levels of homocysteine, an amino acid produced naturally during protein metabolism.

Normally, homocysteine is quickly recycled into other useful compounds with the help of folate (B9), vitamin B6 and vitamin B12. When these nutrients are lacking, homocysteine levels can rise.

Elevated homocysteine has been linked to an increased risk of cardiovascular disease, stroke and cognitive decline. It may reflect disruption in pathways involved in methylation, a group of essential chemical processes important for DNA regulation, neurotransmitter production and other cellular functions.

High homocysteine levels have been associated with smoking, excessive alcohol intake, poor diet, certain medications, thyroid disorders and some inherited genetic conditions. Maintaining adequate levels of folate, vitamin B6 and vitamin B12 is therefore important throughout life.

Fuel for your Brain and Nervous System

Your brain is one of the most energy-hungry organs in your body, and B vitamins are essential for keeping it functioning efficiently.

Thiamine helps brain cells generate energy, while vitamins B6, B9 and B12 are involved in producing neurotransmitters, the chemical



messengers that allow nerve cells to communicate. Vitamin B12 also helps maintain myelin, the protective coating around nerves that allows signals to travel efficiently.

A vitamin B12 deficiency can cause symptoms including fatigue, memory problems, difficulty concentrating, tingling in the hands and feet, numbness and balance difficulties.

Older adults are at greater risk because B12 absorption can decline with age. Vegetarians and especially vegans should pay close attention to their intake because reliable sources of B12 are mainly found in animal-derived foods.

The Energy Vitamins

Persistent tiredness is not always simply the result of a busy lifestyle. Many B vitamins are directly involved in converting carbohydrates, fats and proteins into usable energy inside the cells.

Without adequate B vitamins, the body's energy-producing machinery cannot function efficiently, fatigue is one of the earliest and most common signs of deficiency of several B vitamins.

Because these vitamins work together in interconnected metabolic pathways, a shortage of just one can affect the performance of the others.

Where Can You Find B Vitamins?

A varied, balanced diet provides most people with the B vitamins they need. Good sources include:

- Whole grains and fortified cereals
- Beans, lentils and other legumes
- Green leafy vegetables
- Eggs and dairy products
- Fish and lean meats
- Nuts and seeds

Some people may be more vulnerable to deficiency, including older adults, pregnant or breastfeeding women, those following restrictive diets, people who drink excessive alcohol, smokers and those taking certain medications.

A Note on Supplements

Supplements can be useful when there is a confirmed need, but more is not always better.

Always take care with supplementation, particularly if you are using several products containing B vitamins, as doses can quickly add up.

Long-term use of high-dose vitamin B6 supplements can damage nerves, causing numbness or tingling in the hands and feet. High doses of niacin (vitamin B3) can cause flushing of the skin and nausea.

Small Vitamins, Big Impact

Although they are often discussed individually, the B vitamins work as a coordinated team. Together they help support energy production, brain and nerve function, healthy blood cells and essential cellular processes.

These tiny nutrients may be needed in small amounts, but their impact on health is significant throughout life.

Recommended Products

B4LIFE

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



ACTIVE LIFE™ CAPSULES

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



Sources

All references can be found at www.NaturallyHealthyNews.info

Good Health Naturally®

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Available at Independent Health Food Stores

Research Roundup

Study Explores Link Between Vitamin D Genes and Enlarged Prostate Risk

Benign prostatic hyperplasia (BPH) is a common condition in which the prostate gland enlarges, making urination more difficult. Vitamin D helps regulate cell growth and inflammation via the vitamin D receptor (VDR), and researchers believe that small genetic changes affecting this receptor may influence BPH risk.

This review combined data from 10 studies involving more than 3,400 men (1,539 with BPH and 1,915 without). Researchers examined four common VDR gene variants: Taq-1, Bsm-1, Fok-1 and Apa-1.

The strongest evidence was for the Taq-1 variant, which was associated with a higher risk of BPH. Some Bsm-1 variants were also linked with BPH risk in certain ethnic groups. Overall, the review suggests that some VDR gene variants may be associated with an increased risk of BPH. However, the evidence remains inconsistent, and routine genetic testing is not recommended. Maintaining adequate vitamin D levels, alongside a healthy diet and lifestyle, remains a sensible approach to supporting overall health and prostate wellbeing until larger studies clarify the role of these genetic differences.

https://pmc.ncbi.nlm.nih.gov/articles/PMC10906597/

Can Avocado and Mango Help People with Prediabetes?

Prediabetes is a condition in which blood sugar levels are higher than normal but not yet high enough to be diagnosed as type 2 diabetes. It increases the risk of developing diabetes and heart disease. Researchers investigated whether eating more avocado and mango could improve heart and blood vessel health in adults with prediabetes.

The results of this eight-week randomised controlled trial were published in the Journal of the American Heart Association. It involved 82 adults, who were assigned to either eat one avocado and one cup of fresh mango each day or follow a control diet with similar calories. By the end of the study, those eating the avocado and mango had significantly better blood vessel function than the control group. They also showed a smaller increase in diastolic blood pressure and modest improvements in some cholesterol measures, although these were not considered statistically significant. There were no significant changes in blood sugar, insulin or body weight. The findings suggest that including avocado and mango as part of a balanced diet may help support cardiovascular health in people with prediabetes.

https://www.ahajournals.org/doi/10.1161/JAHA.124.040933

Olive Leaf Extract Shows Promise for Relieving Knee Osteoarthritis

This study explored whether olive leaf extract could help reduce pain and improve physical function in people with knee osteoarthritis. It involved 100 older adults who were randomly divided into four groups. Alongside their usual treatment, one group applied an olive leaf extract ointment, another took olive leaf extract capsules, and a third used both the ointment and capsules. These treatments were used three times a day for eight weeks. A fourth group continued with their usual treatment alone. Researchers assessed pain levels, joint stiffness and physical function before and after the intervention.

The results showed that those using olive leaf extract experienced greater pain relief than those receiving usual treatment alone. The greatest improvement was observed in the group using both the capsules and the ointment. Physical function also improved significantly in the treatment groups, making it easier for participants to carry out everyday activities.

The researchers concluded that olive leaf extract may be a helpful complementary treatment for knee osteoarthritis, with the potential to reduce pain and improve mobility in older adults.

https://www.sciencedirect.com/science/article/pii/S1550830725000278?via%3Dihub



Protecting Your Eyes as You Age:

With Nutrition, Supplements and Lifestyle Choices

As we grow older, protecting our eyesight becomes increasingly important, particularly as the risk of age-related macular degeneration (AMD) rises.

Age-related macular degeneration is one of the leading causes of irreversible central vision loss among older adults. It affects the macula, the small but highly specialised area at the centre of the retina responsible for detailed, central vision. Although AMD does not usually cause complete blindness, it can make everyday activities such as reading, recognising faces and driving more challenging.

Growing evidence suggests that diet and nutrition can play an important supporting role in maintaining eye health. While no supplement or food can completely prevent AMD, certain nutrients have been shown to support retinal health and may even help slow disease progression.

Understanding Macular Degeneration

The retina is the light-sensitive tissue at the back of the eye. At its centre sits the macula, which provides the sharp, detailed vision needed for reading, recognising faces and driving.

As we age, changes can occur in this area, leading to AMD. There are two main forms: dry and wet. Dry AMD is the most common type and usually develops slowly. It involves gradual changes to retinal cells and the accumulation of tiny deposits called drusen.

Wet AMD is less common but can progress more rapidly. It occurs when abnormal blood vessels grow beneath the retina and leak fluid or blood, potentially causing sudden vision changes.

Early AMD may not cause noticeable symptoms. However, signs that should always be checked include blurred central vision, difficulty recognising faces, trouble reading, or straight lines appearing bent or distorted.

The Role of Nutrition in Eye Health

The eyes are among the most metabolically active tissues in the body. The retina requires a constant supply of energy and is exposed to oxidative stress from light and normal ageing.

A diet rich in antioxidants, plant compounds and healthy fats can help provide the nutrients needed to support the body's natural defences.

The Mediterranean-style eating pattern, which prioritises whole foods rather than highly processed options, provides an excellent foundation for eye health. It offers a wide range of vitamins, minerals and protective plant compounds that support overall health as well as eye health. Vision-supporting foods include colourful fruits and vegetables, especially leafy greens, whole grains, beans and lentils, nuts and seeds, extra virgin olive oil, and fish, particularly oily varieties such as salmon, sardines and mackerel.

Eye Health Superfoods

Several nutrients have been studied for their role in supporting retinal health, and many can be obtained from everyday foods.

Lutein and Zeaxanthin: Macular Protection



Lutein and zeaxanthin are carotenoids, natural plant pigments found in high concentrations in the macula. They help form the macular pigment, which filters certain wavelengths of light and helps protect retinal cells. Rich food sources include kale, spinach, broccoli, peas, sweetcorn, orange and yellow peppers, and eggs.

Vitamin C: Antioxidant Support

Found in foods such as berries, citrus fruits, peppers and broccoli, vitamin C helps protect cells from oxidative stress. It also supports collagen production, which contributes to the structure of many tissues throughout the body.

Vitamin E: Cell Protection

Vitamin E is a fat-soluble antioxidant found in nuts, seeds and plant oils. It helps protect cell membranes from oxidative damage. A handful of almonds, sunflower seeds or hazelnuts can be a simple way to increase vitamin E intake.

Zinc and copper: Essential Minerals

The retina contains substantial levels of zinc, which supports normal visual function. Dietary sources of zinc include seafood, meat, dairy products, beans and seeds.

Omega-3 Fats: Retinal Support

DHA is a major structural fat in the retina. Oily fish such as salmon, sardines and mackerel provide DHA and EPA, which support overall eye health as part of a balanced diet.

AREDS2: The Formula Backed by Research

The Age-Related Eye Disease Study (AREDS) and its follow-up AREDS2 are major clinical trials designed to examine the risk factors for age-related macular degeneration and how the disease progresses. The researchers investigated a specific combination of vitamins and minerals: the antioxidant plant pigments lutein and zeaxanthin, vitamins C and E, and the minerals zinc and copper. The studies demonstrated that this combination reduced the risk of progression to advanced AMD in people with intermediate AMD or those at high risk.

Lifestyle Choices for Long-Term Eye Health

Nutrition is only one part of protecting vision. Several lifestyle factors have also been linked to a lower risk of AMD progression.

- Quit smoking, as it significantly increases AMD risk
- Maintain a healthy weight and stay physically active
- Manage blood pressure, cholesterol and diabetes
- Protect your eyes from excessive UV exposure
- Get regular eye examinations

Final Thoughts

Age-related macular degeneration is influenced by many factors, including genetics, ageing and lifestyle. While there is no guaranteed way to prevent it, the choices we make every day can help support both healthy vision and healthy ageing. A nutrient-rich diet, regular eye checks, sensible lifestyle habits and evidence-based supplementation, such as AREDS2, can all form part of a proactive approach to long-term eye health.

Eye Health at a Glance

- Eat leafy greens regularly
- Enjoy oily fish weekly
- Choose colourful fruit and vegetables
- Snack on nuts and seeds
- Wear UV-protective sunglasses
- Don't smoke
- Book regular eye examinations

Recommended Products

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



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

An Apple a Day

Is There Any Truth Behind the Famous Saying?

For generations, the phrase 'an apple a day keeps the doctor away' has been passed down as a simple piece of health advice. Yet as shoppers are tempted by an ever-growing selection of exotic fruits and trendy superfoods, the apple is often overlooked. So, is there any scientific evidence behind its healthy reputation, or is it simply an old wives' tale?

More Than Just a Convenient Snack

Historically, apples have been prized for their affordability, portability and versatility. Whether eaten fresh, sliced into salads, baked into desserts or blended into smoothies, they have become a staple in diets across cultures.

Beyond their convenience, they offer an impressive nutritional profile, providing dietary fibre, vitamin C, potassium and a range of naturally occurring plant compounds known as polyphenols. These compounds are one of the reasons apples have attracted so much scientific attention.

Packed with Powerful Antioxidants

Apples contain a variety of phytochemicals, including quercetin and catechin. These compounds act as antioxidants, helping to protect the body's cells from damage caused by free radicals. Oxidative stress has been linked to ageing and a range of chronic diseases, including heart disease, cancer and diabetes.

By helping to neutralise these harmful compounds, antioxidants may play an important role in maintaining long-term health. Researchers have found that apples rank among the fruits with the highest antioxidant activity, making them an excellent source of these protective nutrients.

A Heart-Healthy Choice

One of the strongest areas of research surrounding apples is cardiovascular health. Large studies have consistently associated higher apple consumption with a lower risk of heart disease. The Women's Health Study, which followed nearly 40,000 American women for almost seven years, found that those who regularly consumed apples and broccoli had a 13–22% lower risk of cardiovascular disease. Researchers believe the fibre, antioxidants and flavonoids in apples may help protect blood vessels and support heart health.

Studies in Finland produced similar findings. People, particularly women, who consumed more apples and onions had a lower risk of death from coronary heart disease, while those with the highest apple intake also had a reduced risk of thrombotic stroke compared with those who ate the fewest apples.

Supporting Healthy Lungs

The benefits of apples may extend beyond the heart. A study involving more than 13,000 adults in the Netherlands found that those who ate more apples and pears tended to have better lung function and a lower risk of chronic obstructive pulmonary disease, a condition which makes breathing increasingly difficult over time. Researchers also observed positive effects on the lungs and respiratory health associated with catechin, one of the antioxidant compounds found in apples.

The Power of Fibre

A medium apple provides approximately four grams of fibre, much of it concentrated in the skin. This fibre promotes healthy digestion, supports regular bowel movements, and nourishes beneficial gut bacteria. Scientists now recognise that these beneficial bacteria and a healthy gut microbiome influence far more than digestion. Research has linked gut health to immune function, metabolism and even mental wellbeing.

The soluble fibre in apples, particularly pectin, may also help lower levels of LDL cholesterol, often referred to as 'bad' cholesterol, which may contribute to cardiovascular health.



Apples and Blood Sugar Control

Despite their natural sweetness, apples have a relatively low glycaemic impact when eaten whole. The combination of fibre and naturally occurring sugars can help avoid rapid spikes in blood glucose levels. As a result, regular apple consumption has been associated with a lower risk of developing type 2 diabetes in several studies. So, for those looking to satisfy a sweet craving while supporting stable blood sugar levels, apples can be a smart choice.

A Helpful Tool for Weight Management

Their high-water content and fibre can help create a feeling of fullness, which may reduce hunger between meals. Choosing an apple as a snack instead of more processed foods can provide valuable nutrients, while helping to control overall calorie intake. Several studies have even linked apple consumption with greater weight loss and improved weight maintenance over time.

Don't Peel Away the Benefits

Apple peel contains a particularly high concentration of antioxidants, especially quercetin. Studies have shown whole apples with their skins have greater antioxidant activity than peeled apples, making the skin one of the most nutritious parts of the fruit.

And Finally

The old saying may not be a guarantee, but after decades of research, it appears to contain more than a little truth. Research has consistently associated regular apple consumption with a lower risk of heart disease, lung conditions and type 2 diabetes. Affordable and widely available, apples remain one of the simplest ways to add more nutrition to the daily diet.

Apple Inspiration

Grab-and-Go Snack
Enjoy with the skin on for maximum fibre and antioxidants.

Breakfast Boost
Add chopped apple to porridge, overnight oats, muesli or yoghurt.

Sweeten Salads
Mix apple slices into green salads for extra crunch and sweetness.

Perfect with Cheese
Pair together for a balanced snack.

Blend into Smoothies
Adding natural sweetness and extra fibre.

Bake Them
Use apples in crumbles, pies, muffins or simply bake with cinnamon

Nattokinase

The Japanese Enzyme Making Waves in Heart Health

One traditional Japanese food has inspired decades of research into an enzyme with some remarkable properties.

For centuries, the Japanese have enjoyed natto, a sticky, cheese-like food made from fermented soybeans. With a pungent smell and distinctive flavour, it has long been associated with the exceptional health and longevity of Japanese people. In particular, high natto consumption has been associated with a lower risk of cardiovascular disease.

Scientists believe one reason why natto may offer these benefits is because of nattokinase, a powerful enzyme produced during the fermentation process. It was first identified in the late 1980s while researchers were investigating natto's unique properties. What caught their attention was the enzyme's remarkable ability to break down fibrin, the protein responsible for forming blood clots.

Nature's Fibrin-Breaking Enzyme

Nattokinase belongs to a group of enzymes known as fibrinolytic enzymes, meaning they help break down fibrin. Fibrin plays an essential role in wound healing by forming a mesh that stops bleeding after an injury. However, if too much fibrin accumulates in the bloodstream, it can contribute to the formation of unwanted blood clots and may restrict blood flow.

Normally, the body maintains a delicate balance between clot formation and clot breakdown through a process called fibrinolysis. Laboratory studies suggest that nattokinase may support this natural system in two ways: by directly breaking down fibrin and by influencing several of the body's own clot-dissolving enzymes.

By helping to maintain healthy blood flow, researchers believe nattokinase may support overall cardiovascular health and healthy blood pressure. However, while laboratory findings are encouraging, larger human clinical trials are still needed to confirm many of these proposed benefits.



What Does the Research Show?

The majority of research on nattokinase has been conducted in laboratory and animal studies, in which its fibrinolytic activity has been consistently demonstrated. Human trials, although fewer in number, have also produced encouraging findings.

One clinical study found that a single oral dose of nattokinase increased markers of fibrinolysis and reduced several blood-clotting factors within hours of supplementation in healthy participants.

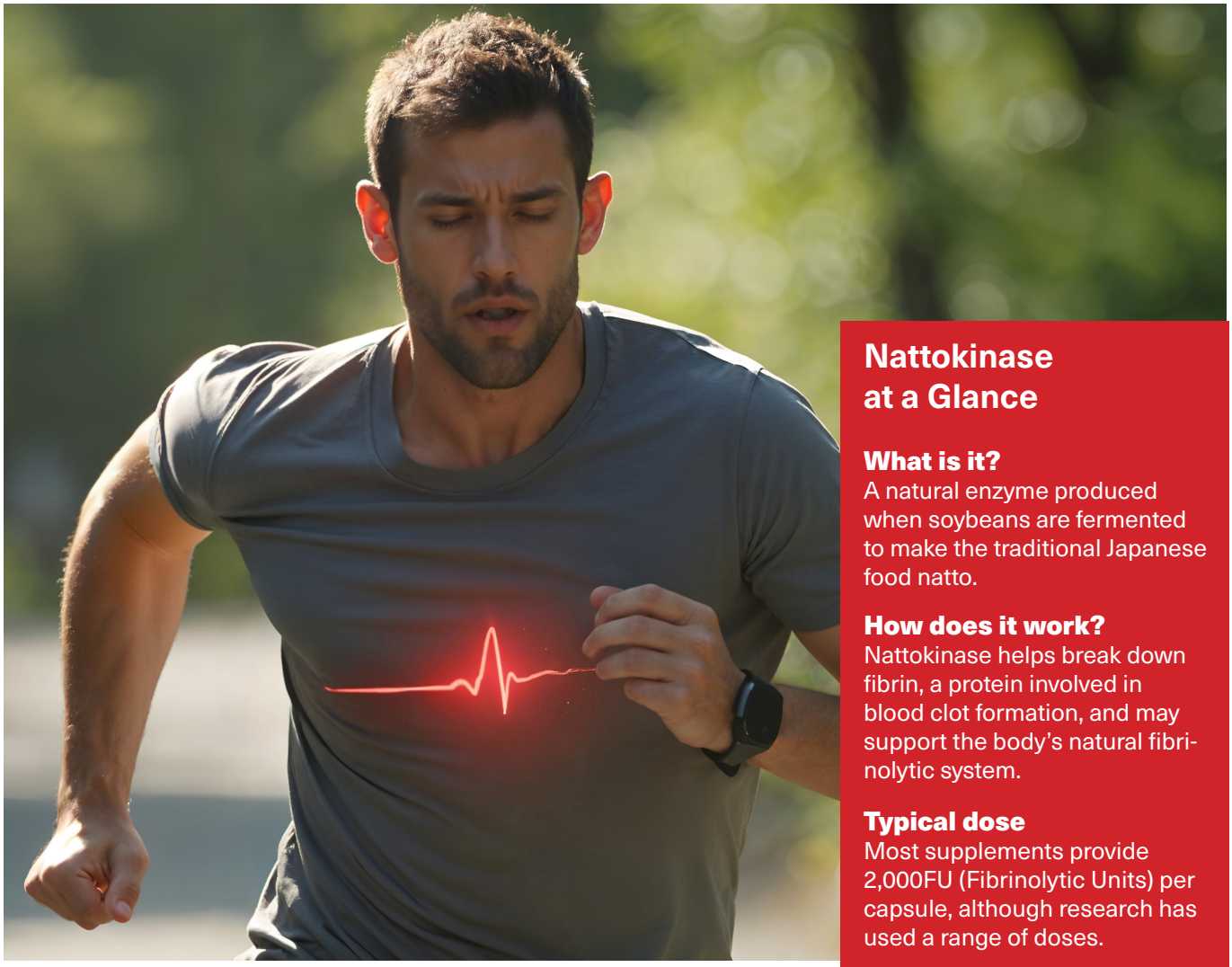
Researchers have also investigated its effects on blood pressure. In a randomised, double-blind, placebo-controlled trial of adults with elevated blood pressure, those taking nattokinase for eight weeks saw modest but significant reductions in both systolic and diastolic blood pressure compared with those receiving a placebo. Scientists believe these improvements may be linked to nattokinase's ability to promote healthy blood flow and support the body's natural regulation of fibrin.

There is also growing interest in its potential role in protecting the arteries. Excess fibrin may contribute to atherosclerosis, commonly known as hardening of the arteries, by promoting inflammation and plaque formation. Some early studies suggest that nattokinase may support arterial health, although further high-quality clinical trials are needed to determine whether these effects translate into long-term cardiovascular benefits.

In a large observational study of more than 1,000 participants, long-term nattokinase supplementation was associated with improvements in carotid artery plaque and blood lipid profiles. While encouraging, larger randomised clinical trials are still required.

A Spotlight Moment During the Pandemic

Interest in nattokinase was sparked during the COVID-19 pandemic when laboratory research found that the enzyme could degrade the SARS-CoV-2 spike protein under



experimental conditions. This prompted scientists to investigate its therapeutic potential.

Researchers have also explored whether nattokinase could help address one of the proposed mechanisms behind long COVID. Several researchers have suggested that persistent symptoms may, in part, be linked to tiny, resistant fibrin-rich microclots which impair oxygen delivery around the body.

Early laboratory studies suggest that nattokinase may be able to break down these abnormal fibrin structures. However, there is currently insufficient clinical evidence to recommend nattokinase as a treatment for COVID-19 or long COVID, and further human trials are needed.

Brain Benefits Beyond Circulation

Reduced blood flow and inflammation have both been linked to age-related cognitive decline and neurodegenerative conditions such as Alzheimer's disease. Because nattokinase may support healthy circulation and reduce fibrin accumulation, scientists are investigating whether it could help protect brain function.

Laboratory research also suggests that the enzyme may have anti-inflammatory and antioxidant properties. At present, the evidence remains promising but preliminary.

And Finally

While research into nattokinase continues to grow, current evidence suggests it may support healthy circulation and cardiovascular function, with emerging interest in its potential effects on arterial and brain health.

While it is generally considered safe, it is important to consult a healthcare provider before adding nattokinase to your daily regimen, particularly if you are taking medication that affects blood clotting.

Nattokinase at a Glance

What is it?
A natural enzyme produced when soybeans are fermented to make the traditional Japanese food natto.

How does it work?
Nattokinase helps break down fibrin, a protein involved in blood clot formation, and may support the body's natural fibrinolytic system.

Typical dose
Most supplements provide 2,000FU (Fibrinolytic Units) per capsule, although research has used a range of doses.

Current evidence
The strongest evidence relates to healthy circulation and cardiovascular function. Research into arterial health, cognitive ageing and long COVID is promising but remains preliminary.

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

What Makes Resveratrol So Interesting?

Find out what the science says about this widely studied plant polyphenol.



Resveratrol has earned a reputation as one of the most intriguing natural compounds in healthy ageing research. Found in the skins of red grapes, blueberries, cranberries, peanuts and Japanese knotweed, this plant polyphenol has attracted scientific interest for its potential to support heart health, brain function and healthy ageing.

Discovered in 1939 by Japanese scientist Michio Takaoka, resveratrol rose to prominence in the 1990s following research into the so-called 'French Paradox.' Scientists are particularly interested in its ability to influence sirtuins, a family of proteins involved in cellular repair and healthy ageing.

What are Sirtuins?

Sirtuins are a family of seven proteins (SIRT1 to SIRT7) which help regulate how cells respond to stress. They are involved in DNA repair, energy production, inflammation and healthy ageing. The best studied is SIRT1, sometimes referred to as a 'longevity protein' because of its role in cellular repair during periods of stress, such as exercise or calorie restriction.

Laboratory studies suggest that resveratrol can influence SIRT1 and other longevity-related pathways, with researchers noting that it may mimic the effects of calorie restriction without reducing food intake. Evidence is promising but sometimes inconsistent, suggesting that the effects depend on dose, duration and the population studied.

Antioxidant Power

Oxidative stress is a natural by-product of everyday life. Free radicals are produced during normal metabolism, but pollution, UV exposure, smoking and poor diet can increase their levels. Over time, excessive oxidative stress is thought to contribute to ageing and the development of chronic diseases.

Laboratory studies suggest resveratrol may help neutralise free radicals and support the body's own antioxidant defence systems.

Supporting Heart Health

Resveratrol attracted global attention following the so-called 'French Paradox', the observation that French populations appeared to have relatively low rates of heart disease despite diets relatively high in saturated fat. While many factors are likely involved, researchers investigated whether resveratrol in red wine contributed to this pattern.

Studies suggest that resveratrol may support cardiovascular health by improving vascular function, reducing oxidative stress and inflammation, and helping to maintain healthy blood flow. Although some studies have reported modest improvements in blood pressure, endothelial function, and insulin sensitivity, larger clinical trials have not consistently demonstrated cardiovascular benefits.

Brain Health and Healthy Ageing

Because oxidative stress and chronic inflammation are thought to contribute to cognitive decline, researchers have also begun exploring resveratrol's effects on the brain. Laboratory and animal studies suggest it may help protect nerve cells, support healthy mitochondrial function and reduce inflammation. Although some small human studies have reported improvements in cerebral blood flow and aspects of memory, larger clinical trials are needed before firm conclusions can be drawn.

Resveratrol at a Glance

What is it?
A naturally occurring plant polyphenol.

Where is it found?
Red grapes, berries, peanuts and Japanese knotweed.

Why are scientists interested?
Its potential effects on antioxidant defences, cellular stress pathways and healthy ageing.

What does the evidence show?
Laboratory findings are promising, but more large, long-term human studies are needed.

Recommended Products

Liposomal Curcumin & Resveratrol
A combination 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

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Clean Conscience

Ingredients to Avoid in the Home and Eco-Friendly Alternatives

Walk into any supermarket and you'll usually find a whole aisle of brightly coloured bottles promising 'sparkling kitchens', 'zesty freshness' and 'kills 99.9% of germs'. But what lies behind those promises? Have you ever stopped to consider exactly what you're bringing into your home and washing down the drain?

The Problem with Conventional Cleaners

There is no denying that traditional cleaning products are effective. However, their power often comes from strong chemical agents designed to cut grease, eliminate bacteria and dissolve stubborn grime. That efficiency often comes at a cost.

Many conventional cleaners release volatile organic compounds (VOCs). These are gases emitted from liquids and solids that can degrade indoor air quality. Regular exposure has been linked to headaches, respiratory irritation and nausea, especially if used in poorly ventilated spaces.

The impact does not stop at your front door. Once washed away, certain chemicals can persist in waterways, disrupting aquatic ecosystems or breaking down into even more harmful substances. These compounds may start accumulating in the environment, creating long-term ecological consequences.

Five Ingredients to Avoid

Understanding labels is key. Here are some common chemicals worth steering clear of.

Chlorine (Bleach)
A powerful disinfectant, but also highly reactive. It can irritate skin and lungs and form toxic gases when mixed with other cleaners.

Ammonia
Often found in glass cleaners, ammonia can trigger respiratory irritation and becomes dangerous when combined with bleach.

Phthalates
Hidden behind the word 'fragrance,' these chemicals are linked to hormone disruption and long-term health concerns.

Sodium Hydroxide
Extremely corrosive and commonly used in oven or drain cleaners.

Synthetic Fragrances
These can contain dozens of undisclosed chemicals, contributing to indoor air pollution and allergic reactions.

Many of these ingredients can contribute to skin irritation, respiratory discomfort or environmental pollution, particularly when used frequently or in poorly ventilated spaces.

What makes a Cleaning Product 'Eco-Friendly'?

Eco-friendly cleaning products are designed with both human health and environmental impact in mind. They typically use biodegradable, plant-based ingredients while avoiding harsh chemicals such as chlorine and synthetic fragrances. These formulas are created to break down safely after use, reducing the risk of polluting waterways, and often come with minimal or refillable packaging to cut down on waste.

6 Better Ingredients to Look For

The good news is that effective, eco-friendly alternatives are now widely available and can be just as powerful.

Plant-Based Surfactants
Derived from coconut, corn, or sugar, these ingredients help lift dirt and grease without the environmental downsides of synthetic chemicals.

Citric Acid
Naturally found in citrus fruits, it's excellent for tackling limescale and is especially useful if you live in a hard water area.

White Vinegar
A versatile cleaner that cuts through grease and helps neutralise odours.

Baking Soda
A gentle abrasive ideal for scrubbing surfaces and removing stains.

Castile Soap
A plant-based soap that works well as an all-purpose cleaner.

Hydrogen Peroxide
A useful alternative to bleach for certain household cleaning and



disinfecting tasks.

These ingredients form the basis of many eco-friendly cleaning products and can also be used in simple DIY solutions. Just remember that not all cleaning ingredients are safe to mix.

Small Changes, Big Impact

Switching to eco-friendly cleaning does not require a complete overhaul. Small, consistent changes can make a meaningful difference. Replace one product at a time, start with all-purpose spray or washing-up liquid. Use reusable cloths instead of disposable wipes. Reducing unnecessary chemical exposure in your home may help improve indoor air quality and contribute to a healthier living environment, while also reducing your environmental impact.

8 Simple Swaps for a Healthier Home

Reduce chemical exposure without compromising on cleaning power.

1. Paper Towels → Reusable Cloths.
Washable microfibre cloths last for years and help reduce waste.

2. Multi-Surface Spray → Vinegar + Water.
Cuts through grease and neutralises odours. Avoid using on natural stone.

3. Chemical Air Fresheners → Essential Oils
A natural way to freshen your home. Always check safety around pets.

4. Bleach → Hydrogen Peroxide.
An effective disinfectant for many household cleaning tasks.

5. Oven Cleaner → Baking Soda Paste.
A gentle, non-toxic way to lift stubborn grease and grime.

6. Washing-Up Liquid → Eco Plant-Based Brands.
Choose biodegradable formulas with refill options where possible.

7. Fabric Softener → White Vinegar.
Helps soften clothes and reduce odours without synthetic fragrances.

8. Disposable Sponges → Compostable or Silicone Brushes.
Help reduce waste and limit microplastic shedding.

REALLY HEALTHY RECIPES

Turkey Lasagne

A comforting meal made with tender minced turkey breast, a rich tomato sauce and béchamel layers baked until golden and bubbling. Hearty, cosy and full of flavour. It's the perfect dish for chilly days and family gatherings.

Serves: 6

Prep. 45 mins
Cook: 90 mins

Ingredients

Béchamel Sauce -
50g butter (about 3 tablespoons)
50g plain flour (about 3 tablespoons)
1 Bay leaf
750ml of either semi-skimmed milk
100g of grated mature cheddar
Half of a whole nutmeg for grating
Lasagne -
500g minced turkey breast meat
Extra virgin olive oil
1 pack of lasagne pasta sheets
2 x 400g tins of chopped tomatoes
1 tablespoon of tomato puree
4 cloves of finely chopped garlic
1 red onion finely chopped
2 sticks of celery finely sliced
Half a sweet pepper finely sliced
1 tablespoon of dried or fresh oregano



Directions

1. Using a large frying or casserole pan, add 1 tablespoon of extra virgin olive oil. Once hot add the finely chopped red onion and cook until translucent looking. Once ready, add the finely sliced celery and sweet pepper to cook for a further 3-4 minutes. Now add the garlic and stir well to make sure all the ingredients are mixed together and not burning for another 1-2 minutes.
2. Now add the tomato puree and stir well for a further minute. Once all the ingredients are coated in the puree then add the two tins of chopped tomatoes and season well. Make sure to fill one of the empty tins of tomatoes with water and add to the pan along with the oregano. Stir well and let simmer over a medium heat, to start reducing the sauce down.
3. Now add some extra virgin olive oil to a smaller frying pan, once hot add the turkey mince breast meat to the pan and cook for approx 10 minutes. Season well and use a wooden spoon to break up all the mince meat into smaller pieces and let all the liquid evaporate away.
4. When the mince meat is cooked, add this to the tomato sauce and stir well. Continue to simmer over a medium heat for approx 25-30 minutes, or until the sauce has reduced down to a thick consistency. Again add seasoning to a preferred taste.
5. During this period, you can start to make the béchamel sauce. Use a high sided pan, add the butter until melted. Then add all the plain flour and cook in the butter for approx 1 minute stirring well with a whisk. Then gently poor approx 200ml of the semi-skimmed milk into the pan and continually whisk away to prevent the sauce from becoming lumpy. As it starts to thicken, add another 200ml of milk and keep whisking by hand. Repeat again once it starts to thicken with the final amount of milk, grated nutmeg, bay leaf and half of the grated mature cheddar. Keep whisking (without getting sidetracked by other jobs) until you get a nice thick consistency, without any lumps. Cooking time is approx 15 minutes, simmering on a low heat.
6. Turn the heat off on the Béchamel sauce and let it sit for approx 5 minutes whisking occasionally. Get a baking dish and begin layering it firstly with the béchamel sauce. Pour some into the base of your baking dish, using a spoon to spread it evenly across the bottom, add a layer of your tomato sauce, and place some pasta sheets on the top. You can break these by hand if needed to get a layer of pasta that covers the top of the tomato sauce. Then repeat the same process until all your layers are complete, or the baking dish has built up to the top edge. Remember to finish your top layer with the béchamel sauce.
7. Sprinkle the rest of the grated cheese on top, or more if you prefer, and place into a preheated fan oven at 180 degrees on the middle shelf for approx 40 minutes until the top is golden brown. Once ready, take the dish out of the oven and let it rest for 10 minutes and serve.

If you prefer a vegetarian option, you can replace the minced turkey meat with puy lentils and add spinach, mushrooms and more of the sweet pepper.

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Guest Article

The Connection Between Your Breath, Anxiety and Sleep During Menopause?

In this guest article Susie Willows, Naturopathic Nutritional Therapist, Functional Breathing Instructor and Transformational Breath® Group Leader, discusses the links between our breathing, anxiety and sleep and why this can shift during menopause.

We often hear that most of us breathe around 20,000 times a day.

In my functional breath training, I always say that optimal breathing is between 4 1/2 and 6 1/2 breaths a minute. That works out as between 6,480 and 9,360 breaths a day, rather than the commonly quoted 20,000!

So, what does this tell us? That most of us are over breathing! More air, more oxygen, what's the problem?

The problem is that more air actually means less oxygen delivered to your cells, and it keeps the body in a subtle state of alert. Every now and again that's not a problem, but chronic over breathing can quietly feed the anxiety, restlessness and disturbed sleep that so many women notice in perimenopause and beyond.

How Menopause Changes the Way We Breathe

What most of us don't realise is that our hormones and our breath are intimately connected.

Progesterone is a natural respiratory stimulant. It supports the drive to breathe and helps keep the airway muscles toned during sleep. As progesterone falls through perimenopause and menopause, many women notice their breathing becoming shallower and more chest-based, and snoring or sleep-disordered breathing becoming more common. Research shows sleep-related breathing problems rise significantly after menopause, which is one reason sleep can feel so much lighter and more broken at this stage of life.

At the same time, falling oestrogen, which has a natural buffering effect on the stress response, makes the nervous system more sensitive to stress. So just when our breathing patterns may be shifting, our threshold for anxiety is lower too. For some, particularly those of us who may have already been a bit anxious, it's the perfect storm. Thankfully, by working gently with the breath we can support our bodies to calm things down.

What is Dysfunctional Breathing?

Most of us are born breathing perfectly and then somewhere along the line it starts to shift. To become shallower, to be from the chest rather than deep using the diaphragm, to become faster, to hold our breath unintentionally, or to breathe through our mouth. All of these are signs of dysfunctional breathing.

Tech apnoea is actually a thing. We hold our breath while using technology, and also when we're stressed. Sitting all day at a computer can contribute as we start to round our shoulders and close the chest cavity. The traumas we experience through life can also lock in shallow breathing patterns. Then the hormonal changes of menopause arrive and amplify patterns that may have been building for years.

What Does Dysfunctional Breathing Do to Anxiety?

Shallow, fast breathing reduces oxygen delivery to our cells, that's every part of our body, including the brain.

While we often think of carbon dioxide as the waste gas, it's actually critical for delivering oxygen to the cells. You need that build up of carbon dioxide to properly use the oxygen, and over breathing doesn't allow it to build up. Think of the oxygen in the blood like people on a bus, they can only get off at the stop if there is some carbon

dioxide waiting for them.

When we over breathe, carbon dioxide drops too low and the body reads this as danger creating that fight or flight physiological response. Racing heart, light-headedness, a sense of dread. Many women in perimenopause describe sudden waves of anxiety or even night-time panic, and dysfunctional breathing can often be part of the problem.

Your Breath and Your Nervous System

If we're chest breathing or over breathing we keep the sympathetic nervous system, our fight or flight response, activated. This keeps us in a stress cycle that's hard to undo, and in menopause, when the nervous system is already more reactive, that cycle can feel relentless.

The good news is that we can retrain the breath and undo these patterns or even calm anxiety in the moment with exercises that extend the exhale, building up that carbon dioxide and stimulating the parasympathetic rest and digest branch of the nervous system.

Chronic dysfunctional breathing keeps the body in a low-level stress state. Not only does this feed anxiety, it can slowly deplete the body's energy, disrupting sleep, digestion, immune function, heart health, metabolism and hormones.

As a Nutritional Therapist, the link between dysfunctional breathing and gut health fascinates me. We can have the best diet in the world, but if we're fuelling a stressed state through our breathing pattern, the chances are we won't be properly digesting or absorbing our food.

A study in 2022 found that slow deep breathing helped Irritable Bowel Syndrome symptoms. Just breathing slowly! It never ceases to amaze me that something so simple can help reduce anxiety, improve sleep, support blood pressure, digestion and more.

Retraining the Breath

Breathing is automatic, so any dysfunctional patterns will switch back once we stop thinking about them. There are two approaches I work with to help us return to the slow, deep breathing that keeps us calm, sleeping well and steady through the hormonal shifts of menopause.

The first is breath re-training: working slowly and consistently with daily exercises. This takes commitment, but over time it can build your carbon dioxide tolerance, helping to reduce anxiety and improve sleep. You can learn the exercises with an expert and take them forward yourself.

The second is to go deeper, into the subconscious, to undo those learned shallow patterns. Transformational Breath®, is a conscious connected breathing modality that can do just that, opening up the full capacity of the respiratory system and calming the nervous system. For this it's best to work with a qualified practitioner, or attend a breath workshop, so you're fully supported.

A Simple Exercise to Get You Started

If you'd like to give it a try, here's a simple technique to get you started. It can help calm anxiety, get you back to sleep at 3am, or get your body into rest and digest before a meal.

Breathe in for 4, hold for 7 and out for 8... repeat!! If that is too stressful, just reduce the numbers until you feel comfortable and build from there. About 20 rounds should have you relaxed, back to sleep or ready to digest a meal.



Susie Willows DipNNT

is a Naturopathic Nutritional Therapist and Breathwork Specialist who works with an integrative approach combining nutrition, coaching, and breathwork to support clients toward optimal health.

With expertise in working with underlying trauma, anxiety, and overwhelm, Susie brings a unique clinical perspective that bridges biochemistry and somatic practice. Her work demonstrates how addressing the breath-body connection can unlock breakthrough results for clients who have previously struggled to achieve their health goals through nutrition alone. For more information visit **www.happyhealthylonger.co.uk**

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Natural Relief for Asthma

Could the foods you eat support healthier lungs and help you breathe easier?

For decades, asthma has been treated as a disease of the lungs, managed with inhalers, medications and avoiding known triggers. In recent years, asthma and allergies have become increasingly common in affluent countries and are now rising rapidly in developing nations too. Researchers are now looking at whether our modern lifestyle, including what we eat, could be playing a part.

It is now recognised that asthma is not simply about the airways. Studies have revealed that its development and severity are also influenced by inflammation, immune regulation, gut health and nutrition. Growing evidence suggests that eating a healthy, nutrient-rich diet may help reduce inflammation, improve lung function and could even lower the risk of developing asthma in the first place.

Understanding Asthma

Asthma is a chronic inflammatory condition, which causes the airways to become swollen and narrowed, and is often accompanied by excess mucus production. These changes can make breathing difficult and lead to symptoms such as wheezing, shortness of breath, chest tightness and coughing. Although symptoms worsen during an asthma attack, many people experience ongoing respiratory discomfort between attacks.

Attacks occur when the airways overreact to triggers such as pollen, dust mites, pet dander, cigarette smoke, pollution, exercise or emotional stress. In response, the immune system releases inflammatory chemicals, which cause the muscles around the airways to tighten, restricting airflow. The severity of symptoms can vary considerably, but asthma can have a significant impact on daily life and, in some cases, become a serious medical condition.

Although asthma often runs in families, genetics alone cannot explain its dramatic increase. Increasingly, researchers believe that our environment, including our diet, may influence whether susceptible individuals develop asthma.

The Mediterranean Diet

Among all dietary patterns studied, the Mediterranean diet consistently stands out. Rich in vegetables, fruit, legumes, whole grains, nuts, olive oil and fish, and low in processed foods and red meat, this traditional way of eating has long been associated with lower rates of heart disease, diabetes, obesity and many inflammatory conditions. Asthma may be another.

One of the strongest studies comes from the Spanish SUN Project, which followed more than 17,000 healthy adults for almost 13 years. It was found that people who most closely followed a Mediterranean diet were around 42% less likely to develop asthma than those whose diets least resembled it.

Scientists believe this protection does not come from just one food, but from the powerful combination of nutrients working together. Olive oil provides anti-inflammatory polyphenols, oily fish supply omega-3 fats, which help regulate immune responses, while fruit, vegetables and legumes are packed with antioxidants that protect the delicate lung tissue.

The Antioxidant Hypothesis

Asthma is closely linked to oxidative stress, a process in which unstable molecules known as free radicals damage the cells lining the airways. Because the lungs are constantly exposed to oxygen, pollution and airborne irritants, they rely heavily on antioxidants for protection.

This idea, known as the antioxidant hypothesis, suggests that the rise in asthma may partly reflect the modern Western diet, which tends to be low in antioxidant-rich plant foods.

This contrasts with the Mediterranean diet, which is rich in fruits, vegetables, olive oil, fish and nuts.



These foods provide antioxidants like vitamins C and E, carotenoids, flavonoids and thousands of plant compounds that may help calm inflammation and protect the airways.

The Gut–Lung Connection

One of the most exciting discoveries in asthma research is the gut–lung axis. This refers to the close relationship between the microbes living in the digestive tract, the immune system and the lungs. The trillions of bacteria that make up the gut microbiome help regulate immune responses and produce compounds which either promote or suppress inflammation. Studies consistently show that people with asthma often have a less diverse gut microbiome than healthy individuals.

Our diet plays a central role in shaping these microbes. Fibre from vegetables, fruit, legumes and whole grains feeds beneficial bacteria, which produce short-chain fatty acids such as butyrate. These compounds help calm inflammation throughout the body, including the airways.

Poor gut health may also contribute to food sensitivities which can aggravate asthma symptoms in some people. Dairy products, gluten-containing grains and soya are among the foods most commonly reported as triggers, although reactions vary considerably between people. Identifying personal food sensitivities while supporting a healthy gut may help improve symptoms.

The Importance of Vitamin D

One of the most widely studied nutrients for asthma is vitamin D. Rather than acting as an antioxidant, it helps regulate the immune system and may reduce airway inflammation. Low vitamin D levels have been linked to poorer asthma control, reduced lung function and more frequent asthma attacks.

Deficiency is common in children with asthma, while higher vitamin D levels have been associated with better lung function. Maintaining adequate vitamin D status may therefore help support respiratory health, particularly in those who are deficient, in both children and adults.

Calming Benefits of Omega-3s

Found in oily fish such as salmon, mackerel and sardines, omega-3 fatty acids are well known for their anti-inflammatory effects. They help regulate inflammatory pathways throughout the body and may reduce the airway inflammation associated with asthma.

Recent research in children and adolescents found that six months of omega-3 supplementation improved inflammatory markers and several measures of lung function, although larger studies are still needed to



confirm these findings.

Can Asthma Begin Before Birth?

Researchers increasingly believe that asthma risk may be influenced long before symptoms appear. The first months and years of life are a crucial period for developing the gut microbiome and educating the immune system. Early nutrition helps establish this microbial community and may influence whether children go on to develop allergies or asthma. Some researchers believe that healthy eating during pregnancy and childhood may have lasting effects on respiratory health.

Don't Forget Lifestyle

Diet is only one piece of the asthma puzzle. Lifestyle matters too. Stress is a well-recognised trigger for asthma attacks, and techniques such as mindfulness, yoga and meditation may help reduce flare-ups in susceptible individuals. Good-quality sleep is equally important, allowing the body to repair and regulate immune function.

Moving Forward

Asthma remains a complex condition with many different causes, but research increasingly shows that nutrition and lifestyle can influence the inflammatory processes that underlie the disease. Following a Mediterranean-style diet rich in vegetables, fruit, legumes, whole grains, olive oil, nuts and oily fish, alongside maintaining good gut health, adequate vitamin D, regular exercise, restorative sleep and effective stress management may help improve asthma and overall respiratory health.

Key Takeaways

Eat a Mediterranean-style diet rich in vegetables, fruit, legumes, whole grains, nuts, olive oil and oily fish.

Aim for plenty of antioxidant-rich plant foods to help combat oxidative stress

Include fibre every day to nourish beneficial gut bacteria and support the gut–lung axis.

Ensure adequate vitamin D, particularly if you're at risk of deficiency.

Eat oily fish, nuts and seeds regularly to boost anti-inflammatory omega-3 fats.

Manage stress, prioritise good sleep and stay physically active to support respiratory health.

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.

GoodHealth Biotic14™



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

ACTIVE LIFE™ CAPSULES



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

NAC 600MG



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

Sources

All references can be found at www.NaturallyHealthyNews.info

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Is Poor Sleep Making Men Age Faster?



Could poor sleep be accelerating some of the changes men often associate with ageing? Growing evidence suggests that sleep may play a bigger role in long-term health than many realise.

Many men think of sleep as little more than optional downtime. Sleep is often the first thing to be sacrificed when life becomes busy, yet it may be one of the most important investments you can make in your health and wellbeing.

But what if a lack of sleep isn't just making you feel tired the next day? What if it is contributing to some of the biological changes we associate with ageing?

Growing evidence suggests that many of the problems men commonly associate with ageing, including declining testosterone, stubborn weight gain, reduced energy, memory lapses and an increased risk of chronic disease, may actually be worsened by chronic sleep deprivation.

What Really Happens When You Sleep

Far from being a passive state, sleep is now recognised as one of the body's most important biological processes. While we sleep, it carries out essential repair and maintenance work that supports physical and mental health.

Sleep influences everything from hormone production and muscle recovery to immune function, heart health, metabolism and cognitive performance. It also plays a key role in regulating appetite, blood sugar and insulin sensitivity, all of which affect weight management and long-term health.

Meanwhile, the brain uses sleep to consolidate memories, process information and clear away waste products that accumulate throughout the day. In short, sleep is when much of the body's recovery and restoration takes place.

The Testosterone Connection

Testosterone is often thought of as the hormone responsible for sex drive and reproduction, but its influence extends much further. It helps maintain muscle mass and strength, supports bone health, regulates body fat and contributes to energy levels, motivation and overall wellbeing.

A substantial proportion of daily testosterone production occurs during deep and REM sleep. When sleep is shortened or disrupted, the ability to produce this vital hormone may suffer.

One study from the University of Chicago found that healthy young men who slept for just five hours per night for one week experienced a 10–15% reduction in daytime testosterone levels. Researchers noted



that this decline was comparable to several years of age-related testosterone loss.

Considering that testosterone typically falls by around 1% per year after the age of 30, the findings highlight just how quickly inadequate sleep can affect hormonal health.

Low testosterone has been linked to reduced energy, lower libido, loss of muscle mass, increased body fat, poorer mood and reduced motivation, many of the symptoms that men assume are simply an inevitable part of getting older.

The Missing Piece of the Muscle-Building Puzzle

Many men spend hours in the gym trying to build muscle while overlooking one of the most powerful recovery tools available: sleep.

Exercise provides the stimulus for muscle growth, but much of the repair and rebuilding takes place while we sleep. During deep sleep, growth hormone is released, damaged tissues are repaired and muscle is built.

Research suggests that even a single night of sleep deprivation can reduce the ability to build muscle while increasing levels of cortisol, the body's main stress hormone. Over time, this can create an environment that favours muscle breakdown rather than muscle growth.

Sleep loss may also affect blood sugar regulation and recovery from exercise, making it harder to maintain strength, performance and a healthy body composition.

Sleep, Appetite and Weight Gain

The impact of poor sleep extends beyond muscle. In one study, people on a calorie-controlled diet lost significantly more body fat when they got adequate sleep. Those who were sleep-deprived lost more lean muscle and less fat, despite consuming the same number of calories.

Sleep also plays a critical role in regulating appetite hormones. When



sleep is restricted, levels of ghrelin, the hormone that stimulates hunger, increase, while levels of leptin, which signals fullness, decrease.

The result? You feel hungrier, less satisfied after eating and more likely to crave calorie-dense foods. Some studies suggest that people who are sleep deprived consume several hundred extra calories a day. Over months and years, that can contribute to significant weight gain.

Sleep and Male Fertility

As well as affecting energy levels and hormone production, sleep may also play an important role in male fertility. Research suggests that both too little and too much sleep can be linked to poorer outcomes.

Men who consistently sleep fewer than six hours a night appear to have poorer fertility and may take longer to conceive with a partner, while excessively long sleep may also have a negative effect. When it comes to fertility, more sleep isn't always better.

Scientists believe this may be linked to the body's internal clock, or circadian rhythm. Disrupted sleep patterns can affect the production of reproductive hormones and may also increase oxidative stress, which can damage sperm cells.

There is also some evidence that irregular working patterns, such as shift work, may impair sperm production, although research findings have been mixed.

While many factors influence fertility, maintaining a regular sleep schedule and aiming for around seven to eight hours of quality sleep each night may be a helpful way for men to support their reproductive health.

Final Word

Some of the changes men commonly associate with ageing may actually be the result of poor sleep and inadequate recovery. The good news is that, unlike ageing itself, sleep is a factor we can often improve. Prioritising quality sleep may be one of the simplest and most effective ways for men to support hormone health, maintain vitality and age well.

Simple Tips to Improve Sleep

- ✓ Go to bed and wake up at the same time every day, including weekends.
- ✓ Create a relaxing bedtime routine for 30 to 60 minutes before sleep by reading, stretching or listening to calming music.
- ✓ Avoid phones, tablets and laptops for at least an hour before bed, as blue light can interfere with the body's natural sleep signals.
- ✓ Avoid caffeine in the late afternoon and evening, including coffee, tea and energy drinks.
- ✓ Keep your bedroom cool, dark and quiet, with a comfortable mattress and supportive pillows.
- ✓ Avoid alcohol and heavy meals close to bedtime, as both can disrupt sleep quality.
- ✓ Stay physically active during the day to help you fall asleep more easily and sleep more soundly.
- ✓ Nutrients such as magnesium, tryptophan and theanine may help support relaxation as part of a balanced diet and healthy bedtime routine.
- ✓ A warm magnesium-rich bath or topical magnesium lotion can be a relaxing addition to your bedtime routine.

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® 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

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Living with Fibromyalgia

Understanding Pain, Fatigue and Nutrient Support

Why do some people experience persistent pain and fatigue? Research is beginning to uncover new insights into fibromyalgia and the potential role of nutrition

For decades, fibromyalgia was misunderstood, with symptoms often dismissed as stress, anxiety or just 'all in the mind.' But that perception is now beginning to change. Researchers increasingly recognise fibromyalgia as a complex neurological and metabolic condition linked to altered pain signalling, immune disruption and impaired energy production.

For the millions of people living with fibromyalgia around the world, the impact can be relentless. Many wake exhausted, even after a full night's sleep. Pain shifts unpredictably from day to day. Memory lapses, brain fog and difficulty concentrating can turn ordinary tasks into major challenges.

As our understanding evolves, research is starting to explore what may be happening at a cellular level and whether specific nutrients could help improve resilience, reduce fatigue and support overall wellbeing for people living with the condition.

'Many wake up exhausted even after a full night's sleep. Pain shifts unpredictably from one day to the next.'

What Happens in Fibromyalgia

Unlike arthritis or injury-related conditions, fibromyalgia is not caused by visible structural damage to the body. Researchers believe it stems from dysfunction within the central nervous system. The brain and spinal cord become hypersensitive and amplify pain signals in a process known as central sensitisation. As a result, sensations that would not normally cause discomfort, such as light touch, temperature changes or physical activity, can trigger significant pain.

Fibromyalgia is characterised by widespread musculoskeletal pain, persistent fatigue and cognitive difficulties. Many people also experience headaches or migraines, digestive issues, anxiety or depression and sometimes a heightened sensitivity to sound, light and temperature.

Symptoms tend to fluctuate in cycles of flare-ups and remission, with stress, illness, disrupted sleep and overexertion commonly acting as triggers. While fibromyalgia can affect people of all ages and backgrounds, women are diagnosed more often than men.

Fatigue: More Than Just Feeling Tired

One of the most debilitating symptoms of fibromyalgia is profound fatigue. This is not ordinary tiredness that is relieved by rest. Many people wake feeling just as exhausted as when they went to bed, describing it as a deep, whole-body exhaustion that affects both physical stamina and mental clarity.

The strong overlap between fibromyalgia and chronic fatigue syndrome has led researchers to investigate the role of mitochondrial dysfunction. Mitochondria are tiny structures within cells that produce ATP, the body's primary energy source. Every cell relies on this energy supply, but tissues with particularly high energy demands, including the brain, muscles and nerves, may be especially vulnerable if mitochondrial function declines.



Emerging research suggests that chronic inflammation and oxidative stress may interfere with the mitochondria's ability to produce energy efficiently in people with fibromyalgia and chronic fatigue syndrome. This may contribute to fatigue, muscle weakness and cognitive difficulties, particularly after physical or mental exertion.

Some researchers have suggested that this profound exhaustion may partly reflect the body's attempt to conserve energy during periods of prolonged physiological stress.

Why Nutrition Matters

Living with chronic pain may affect appetite, eating habits and overall nutritional status.

Plus, poor sleep, inflammation and fatigue can all affect eating habits, with many people relying on caffeine or sugary snacks for quick energy boosts, which are often followed by crashes that can worsen fatigue and brain fog.

Balanced meals containing protein, healthy fats and fibre may help support steadier energy levels throughout the day. Even small dietary improvements can sometimes make a noticeable difference to how people feel.

Eating a wide variety of colourful fruits and vegetables provides a rich supply of vitamins, minerals and phytonutrients that help support overall health. Digestive symptoms are also common, so fibre and plant diversity may help support a healthier gut microbiome.

Herbs and spices such as turmeric, garlic and ginger, together with polyphenol-rich foods including olives, dark chocolate and green tea, can add variety to the diet while providing plant compounds that researchers are investigating for their antioxidant and anti-inflammatory properties.

Supporting Cellular Energy and Healthy Mitochondria

Researchers are increasingly exploring how nutrition may help support mitochondrial function. When the mitochondria struggle to produce energy efficiently, fatigue, muscle weakness and brain fog may become more pronounced.

Several nutrients are now being investigated for their role in supporting cellular energy production and mitochondrial function.

Coenzyme Q10 helps mitochondria generate ATP and also acts as an antioxidant, protecting cells from oxidative stress. Some studies have found lower CoQ10 levels in people with fibromyalgia and chronic fatigue syndrome. It is naturally present in foods such as oily fish, beef and peanuts, although levels decline with age.

D-Ribose is a naturally occurring sugar involved in ATP synthesis. Preliminary studies suggest it may help maintain energy levels and exercise tolerance in some people with fatigue-related conditions.

Creatine is best known in sports nutrition, but it is also being studied for its potential neurological and muscular benefits. It helps rapidly recycle ATP during periods of heightened energy demand and may support muscular performance and recovery.

L-carnitine plays a key role in transporting fatty acids into the mitochondria, where they are converted into energy. Low carnitine status may impair fat metabolism and con-



tribute to muscular fatigue. Some small studies suggest that supplementation may help reduce fatigue in some people.

The Oxidative Stress Connection

Oxidative stress has become another major focus of fibromyalgia research. It results from an imbalance between harmful free radicals and the body's antioxidant defences. Free radicals are naturally produced during metabolism, but their levels may also rise through smoking, chronic inflammation, pollution and exposure to environmental chemicals.

Mitochondria are particularly vulnerable because they are both a source and a target of oxidative stress. As mitochondrial function declines, cells become less efficient at producing energy while simultaneously generating more oxidative stress, creating a vicious cycle of fatigue, inflammation and heightened pain sensitivity. This may help explain why symptoms often worsen following stress, infection, disrupted sleep or overexertion.

Because oxidative stress is believed to play a role in fibromyalgia, researchers are investigating whether antioxidant nutrients may support mitochondrial and immune function. Nutrients such as vitamins C and E, zinc, selenium, flavonoids and carotenoids are being studied for their protective effects. Glutathione and N-acetyl cysteine (NAC) are also attracting interest for their roles in cellular repair and antioxidant defence.

Foundational Nutrients for Daily Support

B vitamins are essential for converting food into usable energy and supporting nervous system health. Vitamins B1, B2, B3, B6, B12 and folate all play important roles in ATP production, and deficiencies may contribute to fatigue, cognitive difficulties and low mood.

Foods such as eggs, fish, poultry, legumes, leafy greens and whole grains are valuable dietary sources. Those following plant-based diets may need to consider vitamin B12 supplementation, as it is almost exclusively found in animal products.

Magnesium plays a critical role in muscle relaxation, nerve signalling and energy production. Low magnesium status has been associated with muscle tension, headaches, poor sleep and increased pain sensitivity.

Foods rich in magnesium include spinach, pumpkin seeds, almonds, beans, avocados and dark chocolate. Some people with fibromyalgia also report benefits from magnesium supplementation, particularly for sleep quality and muscle discomfort.

Beyond Supplements: A Whole-Person Approach

While nutrition may play a supportive role, fibromyalgia management is rarely about a single nutrient or supplement. Most experts now recognise that successful management usually requires a broader, whole-person approach that addresses sleep, stress, movement, pacing, mental health and lifestyle habits alongside nutritional support. Although every person's experience is different, small, sustainable changes across several areas of health may make a meaningful difference over time.

Top Tips for Living with Fibromyalgia

Eat well
Include protein, healthy fats, fibre and colourful fruit and vegetables.

Support energy production
Include foods rich in B vitamins and magnesium.

Choose antioxidant-rich foods
Enjoy colourful produce, herbs, spices and other polyphenol-rich foods.

Stay active within your limits
Prioritise gentle movement, pacing and recovery.

Protect your sleep
Aim for consistent, restorative sleep whenever ossible.

Recommended Products

B4LIFE
A complete Bioactive Vitamin B complex with active and inactive forms for broader benefits. 60 Capsules. Vegan.



UB8Q10 UBIQUINOL
It contains the clinically studied Kaneka Ubiquinol™, the active form of CoQ10, known for superior absorption. 60 Vegetarian Softgels.



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



L-CARNITINE
A single ingredient formula with 500mg of L-carnitine fumarate per capsule. 60 Capsules. Vegan.



Sources

All references can be found at www.NaturallyHealthyNews.info

Your Everyday Nutrition
Questions Answered

Nutritional Therapist Lindsay Powers answers four of the everyday food and nutrition questions she's often asked.



Is coffee actually good or bad for you?

For most people, coffee can be part of a healthy diet. It is a rich source of polyphenols and research has linked moderate coffee consumption with a number of potential health benefits. However, how we respond to caffeine varies considerably.

Too much can leave some people feeling jittery or anxious, while drinking coffee later in the day may affect sleep. What you add matters too. A simple coffee is very different nutritionally from one loaded with syrups, cream and sugar.

If you enjoy coffee and it doesn't affect your sleep or leave you feeling anxious, there's generally no reason to give it up.

Are carbohydrates really unhealthy?

Definitely not. Carbohydrates are an important source of energy and the type you choose matters far more than simply labelling all carbohydrates as good or bad.

Wholegrains, oats, beans, lentils, fruit and vegetables provide carbohydrates alongside fibre and a range of vitamins, minerals and beneficial plant compounds. That's very different from a diet dominated by highly refined foods such as cakes, biscuits and sugary drinks.

Rather than fearing carbohydrates, focus on choosing fibre-rich, minimally processed sources most of the time.

Do I need to eat breakfast?

You've probably heard breakfast described as 'the most important meal of the day', but there is no rule that everyone must eat it. Some people wake up hungry and feel much better after eating, while others naturally prefer their first meal later in the morning.

Eating a breakfast that includes protein and fibre, such as eggs with wholegrain toast or Greek yoghurt with berries, nuts and seeds, can help keep you satisfied through the morning.

If you're simply not hungry first thing, there's no need to force yourself to eat just because the clock says it's breakfast time.

Do I really need eight glasses of water a day?

Not necessarily. Eight glasses is a useful reminder to drink regularly, but there isn't one amount that's right for everyone. Fluid requirements vary depending on body size, activity levels, temperature and diet.

Many of us have been told that tea and coffee don't count towards our daily fluid intake. In fact, for most people they do. Herbal teas and water-rich foods such as fruit, vegetables and soups also contribute to hydration.

Rather than focusing on a particular number, drink regularly throughout the day and pay attention to thirst. Pale yellow urine is also a useful sign that you're probably well hydrated.

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Suitable for cats, dogs and horses.
Available in 250,000U Maximum Strength or 80,000U.

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HEALTHY AGEING FOR YOUR PETS

Supporting your companion through every stage of life

For many of us, pets are part of the family. Thanks to advances in veterinary medicine, better nutrition and more informed owners, dogs, cats and horses are living longer than ever before. As they age, many owners are thinking not only about lifespan but also about helping their companions stay active, comfortable and enjoying life for as long as possible.

Alongside a balanced diet, maintaining a healthy weight and regular veterinary care, interest in natural supplements for companion animals has grown steadily over the past two decades. One ingredient that has quietly remained part of that conversation is serrapeptase. Although many owners are only just discovering it, serrapeptase supplements for pets have been available for well over a decade and continue to attract interest.

What Is Serrapeptase?

Serrapeptase is a proteolytic enzyme, meaning it breaks down proteins. Originally identified in silkworms, it has been used in human nutrition for many years and has also found a place in animal supplementation. Unlike vitamins and minerals, enzymes have highly specific functions. Interest in serrapeptase stems from its ability to break down proteins, prompting researchers to explore how proteolytic enzymes may interact with the body's natural processes.

Why Does It Continue to Attract Interest?

Unlike many natural supplements that come and go, interest in serrapeptase has remained remarkably consistent over the years. Much of that interest has come from owners of ageing dogs, horses and other companion animals looking for additional ways to support long-term wellbeing alongside conventional veterinary care.

As pets grow older, mobility and joint comfort often become greater concerns, and some owners also explore enzyme supplements for respiratory wellbeing or during periods of recovery. These are areas where proteolytic enzymes have attracted interest, although veterinary research into serrapeptase remains relatively limited, and it should not be viewed as a treatment for any specific condition.

Research into serrapeptase has been far more extensive in humans than in veterinary medicine. However, its protein-degrading activity, unique biological properties and long history of use mean it continues to be explored in both human and animal health.

A Whole-Pet Approach

No single supplement can replace the foundations of good health. A nutritious diet, maintaining a healthy weight, regular exercise, mental stimulation and routine veterinary check-ups all play an important role in helping pets enjoy a healthy, active life.

If you're considering introducing any new nutritional supplement, it's always sensible to discuss it with your veterinary surgeon, particularly if your pet has an existing medical condition, is taking medication or is recovering from surgery.

While research continues to evolve, one thing is clear: more owners than ever are taking a proactive approach to supporting their pets throughout their lives. From good nutrition and regular exercise to the thoughtful use of nutritional supplements where appropriate, healthy ageing has become as important for our four-legged companions as it is for us.

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

Roasted butternut squash, harissa & garlic hummus.

Serves: 6

Prep. 15 mins
Cook: 60 mins

A vibrant twist on the traditional hummus, combining creamy chickpeas, harissa and tahini pastes with roasted butternut squash and the caramelised sweetness of roasted garlic.

Ingredients

400g or approximately half a butternut squash
400g tinned chickpeas
4 cloves of garlic
2 teaspoons of harissa paste
3-4 tablespoons of tahini paste
2 tablespoons of extra virgin olive oil



Directions

1. Peel the butternut squash and dice into approximately 1 inch cubes, removing all the seeds, and place onto a roasting dish with the extra virgin olive oil. Toss the butternut squash around in the baking dish, and season to taste making sure all the pieces are covered in the extra virgin olive oil and seasoning. Put it into a fan oven at 180 degrees for 15 mins.
2. Remove the baking dish from the oven, and add the harissa paste ensuring you mix the butternut squash well to cover all the diced cubes with the harissa paste and add half a bulb of garlic with the cloves on it for a further 15 minutes. You'll only need 4 cloves for the hummus, however keep the rest in the fridge once cooled down since they can be used for just about anything else or simply enjoy eating them individually with some olives.
3. Remove the roasting dish from the oven, then place the butternut squash into a food blender, along with all the residue oil and harissa paste from the roasting dish. Remove the skin from 4 cloves of garlic, and place these into the blender with the chickpeas and tahini paste. Then blend until you get a nice thick smooth consistency and season further to taste.

Hummus is a healthy snack and very easy to make, which can be enjoyed as a starter or with a side of bread and olives. We paired ours with some freshly baked sourdough seasoned with pumpkin seeds.

This roasted butternut squash recipe makes a great sandwich filler, maybe with cheese and salad.

To suggest an evening meal, a tray of roasted vegetables would go great served on top of a bed of this tasty hummus.



How Many Steps Do You Really Need?

The reassuring science behind one of the world's most famous fitness targets

For years, 10,000 steps a day has been held up as the gold standard for good health. Fitness watches celebrate it, phone apps remind us about it and many of us have glanced at our step count in the evening feeling slightly disappointed when we haven't quite made it.

The encouraging news is that growing research suggests meaningful health benefits may begin well before you reach that figure. While staying active remains one of the best things you can do for your long-term health, it seems consistency may matter far more than chasing a magic number.

Where Did 10,000 Steps Come From?

Surprisingly, the famous target wasn't originally based on a large-scale scientific study. It can be traced back to Japan in the 1960s, when a pedometer called the *Manpo-kei*, meaning "10,000-step meter", was launched as part of a marketing campaign ahead of the Tokyo Olympics. The number caught on and gradually became accepted around the world as a simple daily goal.

That doesn't mean it's a bad target. Walking more is undoubtedly good for our health. But modern research is helping us understand that the relationship between step count and health is rather more nuanced.

What Does the Research Show?

A recent long-term study followed almost 300 cognitively healthy adults aged between 50 and 90 years. Participants wore activity trackers to measure their daily step counts while researchers monitored changes in brain health using imaging techniques and cognitive assessments.

The findings were encouraging. People walking around 5,000 to 7,500 steps a day showed slower accumulation of tau, a protein associated with Alzheimer's disease, than those with very low daily step counts. Cognitive decline also appeared to progress more slowly within this range.

Importantly, the study was observational, so it cannot prove that walking directly protects the brain. However, it adds to a growing body of evidence suggesting that regular movement supports healthy ageing.

Why Every Step Matters

Walking does far more than burn calories. It supports healthy circulation, helps regulate blood sugar, keeps muscles active and encourages the brain to remain engaged through balance, coordination and navigation. Regular movement is also associated with better mood, improved sleep and lower stress levels, all of which contribute to long-term wellbeing.

Perhaps the most encouraging finding was that benefits appeared even with relatively modest increases in activity. Someone increasing their daily movement from around 3,000 steps to 5,000 may gain far more than someone worrying about whether they've reached exactly 10,000.

Meaningful walks still matter. A brisk walk that raises your breathing rate offers different benefits from simply accumulating steps while moving around the house. But that doesn't mean every walk has to be long or strenuous.

The Take-Home Message

Perhaps the biggest lesson isn't that we should stop aiming for 10,000 steps, but that we shouldn't feel we've failed if we don't reach them. If today's total is a little higher than yesterday's, you're moving in the right direction.

Healthy habits are built through consistency, not perfection. Whether it's a lunchtime walk, taking the dog out, choosing the stairs or enjoying an evening stroll, those small decisions really do add up over time.

So the next time you look at your fitness tracker, don't focus only on the number. Focus on the fact that every step is an investment in your future health, and that's something worth celebrating.

What Happened to Natural Medicine?

How a century-old transformation in medical education still shapes the way we think about health today

We tend to think of medicine as though it has always looked roughly the way it does now: hospitals, laboratories, prescription drugs, specialist consultants and a clear distinction between conventional medicine and everything labelled 'alternative'.

Go back a little over a century, however, and the picture was far less clear-cut.

At the beginning of the twentieth century, medicine in North America was extraordinarily varied. Conventional medical schools existed alongside homoeopathic, eclectic and other traditions, while herbal remedies, nutrition and lifestyle approaches formed part of a much broader medical landscape.

The problem was that standards varied enormously too. Some medical schools offered rigorous education, while others had poor facilities, low admission requirements and little meaningful clinical training.

Then, in 1910, one report helped change the direction of medicine for generations.

The Report That Changed Medical Education

Abraham Flexner was an educator, rather than a physician, commissioned by the Carnegie Foundation to investigate medical training in the United States and Canada. He visited 155 medical schools and concluded that many were simply not good enough.

His recommendations were radical for the time. Medical education should be rooted in laboratory science, taught within properly equipped universities and combined with substantial clinical training in hospitals.

Many of these reforms were desperately needed. They raised standards, reduced the number of poorly trained doctors and helped establish scientific investigation as the foundation of modern medicine. The model Flexner championed, combining basic science with clinical education, still influences medical training today.

But such a dramatic transformation inevitably had consequences.

Within 15 years, 89 of the 155 medical schools Flexner had assessed had closed. Schools without the funds to build laboratories, employ full-time scientific faculty, or meet the new standards found it particularly difficult to survive. The impact was especially severe for institutions educating Black physicians, with five of the seven predominantly Black medical schools closing. Schools admitting larger numbers of women were also disproportionately affected.

When One Model Became the Model

Flexner strongly favoured the emerging biomedical approach and was openly dismissive of many competing medical systems. Homoeopathic, eclectic and other schools increasingly found themselves outside the new definition of scientifically acceptable medical education.

At the turn of the century, there were around 22 homoeopathic medical schools in the United States. By the early 1920s, only a handful remained. Schools that survived increasingly adapted their teaching to the biomedical model.

Money also mattered.

The kind of medical education Flexner advocated was expensive. Laboratories, research facilities, hospitals and full-time teaching staff required substantial investment, and philanthropic organisations associated with Andrew Carnegie and John D. Rockefeller provided huge sums to develop the new generation of scientific medical schools. That funding helped create some of the institutions that would go on to transform modern healthcare.

It is tempting to turn this history into a simple story in which wealthy industrialists deliberately removed natural medicine in favour of pharmaceuticals, but the reality is more



complicated. Rockefeller himself famously used homoeopathic physicians, while historians continue to debate the mixture of scientific, professional, economic and institutional forces that ultimately pushed competing medical traditions to the margins.

What is clear is that funding followed the biomedical model, and institutions unable or unwilling to adopt it became increasingly difficult to sustain.

What Medicine Gained

It is important not to romanticise what came before.

The transformation of medical education helped create the conditions for some of the greatest advances in human health. Modern surgery, antibiotics, vaccination, intensive care, diagnostic imaging and sophisticated pharmaceutical treatments would be impossible without rigorous biomedical science.

Few of us would want to return to an era before those developments.

Yet historians of medical education have also argued that the scientific model became so dominant that medicine risked becoming narrower in the process, with greater emphasis on disease mechanisms and treatment and less attention to the wider experience of the individual. Even commentators marking the centenary of the Flexner Report described a need to rebalance the science and the art of medicine.

And that is where the story becomes especially interesting today.

Are We Coming Full Circle?

Look at many of the conversations taking place in health now and they sound surprisingly familiar.

We talk about the importance of diet, physical activity, sleep and social connection. Researchers are studying the gut microbiome, plant polyphenols, medicinal botanicals and the relationship between lifestyle and healthy ageing. There is also renewed emphasis on what happens long before disease becomes established.

None of this means abandoning modern medicine and it certainly does not mean that something is effective simply because it is 'natural'. Traditional knowledge deserves the same critical thinking as any other health intervention.

But perhaps the more useful question is why natural and conventional medicine became framed as opposing philosophies in the first place.

For much of history, food, plants, movement, rest and the environment were simply part of how people thought about health. Modern medicine gave us the tools to understand disease at a level earlier generations could barely imagine. Increasingly, science is also allowing us to investigate some of those older ideas with far greater precision.

The future of healthcare may, therefore, be less about choosing between natural and conventional approaches and more about recognising what each can contribute.

Medical science is at its most powerful when it can treat serious disease. Nutrition and lifestyle are at their most powerful when they help us build and maintain health over decades. There is room for both.

More than a century after the Flexner Report helped redefine the boundaries of medicine, perhaps those boundaries are beginning to look a little less rigid again.

What's in Your Cup?

10 Everyday Drinks That May Help Support a Healthy Inflammatory Response

When we think about an anti-inflammatory diet, it's usually food that gets most of the attention. We might think about oily fish, colourful fruit and vegetables, nuts, seeds and olive oil, but what we drink each day deserves a place in the conversation too.

Inflammation is often spoken of as something to avoid, but that's only part of the story. Acute inflammation is a normal and essential part of the body's defence system, helping to fight infection, repair damaged tissues and support healing after injury.

Chronic inflammation is different. This lower-grade form can persist for months or even years and has been linked to a range of long-term health conditions, including cardiovascular disease, type 2 diabetes, arthritis and cognitive decline. Diet, physical activity, sleep, stress and maintaining a healthy body weight can all influence this process.

There is no single 'anti-inflammatory' drink. However, choosing beverages rich in naturally occurring plant compounds and limiting those high in added sugars can help support the body's normal inflammatory response as part of an overall healthy lifestyle.

1. Green Tea

Green tea is one of the most extensively researched beverages for healthy ageing. It is naturally rich in catechins, particularly epigallocatechin gallate (EGCG), a polyphenol that laboratory studies suggest can influence inflammatory signalling pathways such as NF-κB. While effects in human studies are generally more modest, regular green tea consumption is associated with positive health outcomes.



2. Coffee

Coffee has had a mixed reputation over the years, yet research suggests that moderate consumption can form part of a healthy diet for most adults. It is a rich source of dietary polyphenols, particularly chlorogenic acids, and observational studies have linked moderate coffee intake with favourable cardiovascular and metabolic health outcomes. Just be mindful of added sugar, syrups and cream.

3. Ginger Tea

Used in traditional diets for centuries, ginger continues to attract scientific interest. Its naturally occurring gingerols and shogaols have been shown in laboratory studies to modulate enzymes involved in inflammatory processes, including cyclooxygenase (COX) and lipoxygenase (LOX). Although more high-quality human studies are needed, ginger tea is an easy and warming way to include this well-studied root in your diet.

4. Turmeric Latte

Golden milk is a popular way to enjoy turmeric, the vibrant yellow spice containing curcumin. Curcumin has been widely researched for its effects on inflammatory signalling pathways, although many clinical studies use enhanced formulations because it is poorly absorbed in its natural form. As curcumin is fat-soluble, making a turmeric latte with dairy or a plant-based milk containing some fat may modestly support its absorption.

5. Kefir & Kombucha

Fermented drinks are attracting growing interest as researchers explore the relationship between the



gut microbiome, immune function and inflammation. Kefir contains a diverse range of bacteria and yeasts, while kombucha is a fermented tea containing organic acids and plant polyphenols. Although their composition and potential benefits differ, both offer an easy way to introduce fermented foods and drinks into the diet.

6. Berry smoothies

The rich reds, blues and purples found in berries come from anthocyanins, a group of flavonoids with antioxidant properties. Blueberries, raspberries, strawberries and blackberries also provide vitamin C and fibre. Blending whole berries into a smoothie retains much of this fibre, making it a better option than fruit juice and a colourful, nutritious addition to the diet.

7. Hibiscus tea

With its deep ruby colour and refreshing flavour, hibiscus tea is naturally rich in anthocyanins and other polyphenols. Research has particularly focused on cardiovascular health, with studies suggesting that hibiscus may help support healthy blood pressure as part of a balanced lifestyle. Served hot or chilled, it is also naturally caffeine-free.

8. Rooibos tea

Naturally caffeine-free, rooibos is made from a South African shrub and contains antioxidant compounds, including aspalathin and nothofagin, which are found almost exclusively in this plant. Researchers continue to explore their potential role in protecting cells from oxidative stress. Its naturally smooth flavour also makes rooibos a good choice for anyone looking to reduce their caffeine intake.

9. Green vegetable smoothies

Leafy greens such as spinach and kale provide vitamins, minerals and plant compounds, including carotenoids and polyphenols. They also contain naturally occurring dietary nitrates, which the body converts into nitric oxide, helping to support healthy blood vessel function. Choosing a smoothie rather than a juice also retains the fibre naturally present in the vegetables.

10. Water

Sometimes the simplest choice is still the best. Although water doesn't provide antioxidants or plant compounds, staying well hydrated supports circulation, nutrient transport, temperature regulation and the removal of waste products. Replacing sugary drinks with water is one of the simplest changes many people can make to support long-term health.

Drinks to limit

There is no need to avoid favourite drinks completely, but those high in added sugar or alcohol are best enjoyed in moderation. These include sugar-sweetened fizzy drinks, energy drinks, sweetened coffees and iced teas, fruit drinks with added sugar, milkshakes and excess alcohol.

Making simple swaps more often, such as choosing water, unsweetened tea, coffee or herbal teas, can make a difference over time.

The bottom line

Rather than searching for one 'super drink', focus on the overall pattern of what you drink each day. Water, tea, coffee, fermented drinks and smoothies made with whole fruits and vegetables can all contribute valuable nutrients and beneficial plant compounds.

Alongside regular physical activity, restorative sleep and effective stress management, these everyday choices can help support the body's normal inflammatory response and promote long-term health.

Could Your Lifestyle Help Protect Your Brain?

For many people, dementia is one of the most worrying aspects of growing older. Could the choices we make every day help support long-term brain health?

Dementia affects more than 57 million people worldwide, and that number is expected to rise as populations age. While genetics play an important role, research shows that many biological processes linked to brain ageing, such as inflammation, insulin resistance and cardiovascular health, are also influenced by lifestyle factors.

It's important to remember that no single food, supplement or exercise programme can prevent Alzheimer's disease. However, growing evidence suggests that combining several healthy lifestyle habits may help slow cognitive decline and reduce the risk of dementia.

The Problem with Ultra-Processed Foods

Ultra-processed foods now make up a significant proportion of many people's diets. While they're often convenient, they're typically higher in refined sugars, unhealthy fats and additives, and lower in many of the nutrients associated with good long-term health. Researchers are now investigating whether these foods may affect the ageing brain.

A recent Australian study involving more than 2,000 adults aged 40–70 found that the people who ate the most ultra-processed foods performed less well on tests of attention and processing speed and had higher scores on validated dementia risk assessments. Even relatively small increases in ultra-processed food intake were associated with poorer cognitive performance.

These findings add to growing evidence that a diet based largely on minimally processed foods may benefit both heart and brain health.

The Benefits of Anti-inflammatory Eating

Inflammation is increasingly recognised as one of the biological processes involved in brain ageing. This has prompted growing interest in anti-inflammatory eating patterns as a way of supporting long-term brain health.

A new study published in the JAMA Network Open followed 1,865 adults aged 60 and over in Sweden for up to 15 years, using blood tests to identify early Alzheimer's-related changes and food questionnaires to assess their usual diet.

The researchers compared three eating patterns: a Mediterranean-style diet, the Alternative Healthy Eating Index (AHEI), and an anti-inflammatory diet rich in vegetables, tea and coffee, while limiting red and processed meats, refined grains and sugary drinks.

During the study, 240 participants developed dementia. Overall, those whose diets were most closely aligned with healthy eating patterns had a lower risk. Among people with higher levels of Alzheimer's-related biomarkers, following the anti-inflammatory eating pattern was associated with a 21% to 29% lower risk of developing dementia.

The Mediterranean diet also appeared to support brain health, although its benefits were mainly observed in people with fewer Alzheimer's-related brain changes at the start of the study.

As this was an observational study, it cannot prove that diet prevents dementia. However, the findings add to growing evidence that diet quality may influence long-term brain health.

The Value of Eggs

Eggs have sometimes received mixed publicity over the years, but they remain among the most nutrient-dense foods we can eat. Researchers are now exploring whether they may also play a role in supporting healthy brain ageing.

A large study involving around 40,000 people found that regular egg consumption was associated with a lower risk of developing Alzheimer's disease. People who ate eggs daily, or almost daily had around a 27% lower risk, while those eating eggs a few times a week also appeared to benefit.

Researchers believe this association may be partly explained by the nutrients eggs naturally provide, including choline, omega-3 fatty acids, and the antioxidants lutein



and zeaxanthin. These nutrients are thought to support memory, help maintain healthy brain cells and help reduce oxidative stress.

As with all observational studies, this research shows an association rather than proving that eggs prevent Alzheimer's disease. However, the findings add to growing evidence that nutrient-rich foods may contribute to long-term brain health.

The Essential Role of Omega-3s

Among the most extensively studied nutrients for brain health are omega-3 fatty acids.

A review published in the American Journal of Clinical Nutrition, covering 48 studies and more than 100,000 people, found that higher omega-3 intake was associated with around a 20% lower risk of dementia or cognitive decline. One study included in the review reported that people taking omega-3 supplements were generally less likely to develop Alzheimer's disease than non-users. However, this finding came from a single study and should be interpreted cautiously.

The strongest evidence was found for DHA and EPA, the omega-3 fats found in oily fish and many supplements. DHA is a major structural component of brain cells and supports communication between them, while EPA helps regulate inflammation, which has been linked to cognitive decline.

Overall, the findings suggest that maintaining a good intake of DHA and EPA may support long-term brain health. However, further research is needed to understand how factors such as genetics may influence these benefits.

'What's good for your heart is often good for your brain too.'

The Power of Movement

Regular physical activity is one of the strongest lifestyle factors linked to better brain health.

Researchers at the Mayo Clinic reviewed 10 long-term studies involving more than 23,000 older adults. They found that physically active people had around a 35% lower risk of developing Alzheimer's disease than those who were inactive. Those who met recommended exercise guidelines appeared to reduce their risk by approximately 40%.

The studies followed participants for up to 31 years, suggesting that the benefits of regular exercise may accumulate over time. While some relied on self-reported activity levels, the findings were remarkably consistent across the different populations studied.

Whether it's brisk walking, cycling, swimming or dancing, regular movement is consistently associated with better long-term brain health. The greatest benefits are likely to come from finding activities that are enjoyable enough to become part of everyday life.

Healthy Habits Work Best Together

Perhaps the most encouraging finding is that no single lifestyle change has to do all the work. The U.S.



POINTER trial, published in *JAMA*, followed 2,111 older adults aged 60–79 who were at increased risk of cognitive decline.

Participants were assigned to either a structured lifestyle programme or a self-guided programme. Both groups were encouraged to exercise regularly, eat a healthy diet, stay mentally active, socialise and manage cardiovascular risk factors, reflecting growing recognition of the role mental stimulation and social engagement may play in healthy brain ageing.

After two years, both groups showed improvements in cognitive function, with the structured programme providing more intensive support through regular coaching, moderate-to-vigorous exercise, cognitive training and guidance on following a MIND-style eating pattern that combines elements of the Mediterranean and DASH diets.

The findings suggest that healthy lifestyle changes can benefit cognitive function, and that the greatest gains are likely to come from combining nutritious eating, regular physical activity, mental stimulation, social engagement and good cardiovascular health over the long term.

Final Words

While there's no guaranteed way to prevent dementia, growing evidence suggests that the everyday choices we make throughout life may influence how well our brains age.

Brain-Protecting Habits at a Glance

You don't need to overhaul your lifestyle overnight. Research suggests that small, consistent changes can add up over time.

Choose more whole foods and cut back on ultra-processed foods.

Follow an anti-inflammatory, Mediterranean-style eating pattern rich in vegetables, fruit, whole grains, legumes, nuts, olive oil and oily fish.

Include foods naturally rich in brain-friendly nutrients, including choline and omega-3 fats.

Stay physically active, aiming for at least 150 minutes of moderate exercise each week, alongside strength exercises twice weekly.

Keep your mind active by learning new skills, reading and doing puzzles.

Stay socially connected by spending time with family, friends and your local community.

Look after your heart by managing blood pressure, blood sugar and hearing health, as these all play an important role i longterm brain health

Limiting ultra-processed foods, eating a nutritious diet, staying physically active and remaining mentally and socially engaged all appear to contribute to better long-term brain health. Rather than relying on any single food or supplement, it is the combination of healthy habits, maintained consistently over time, that seems to offer the greatest potential benefit.

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.

ACTIVE LIFE™ CAPSULES



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

ENZYME & BOTANICAL COMPLEX



A unique formula with bromelain, curcumin and ecklonia cava. 90 Capsules. Vegan.

Sources

All references can be found at www.NaturallyHealthyNews.info

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