

NATURALLY HEALTHY NEWS

ISSUE 43

**FREE
COPY**

DO NOT OVERLOOK EYE HEALTH

*How to Protect Your
Eyes from Degeneration*

**4 WAYS THAT
YOU CAN FIND
NATURAL RELIEF
FROM DIABETES**

MEN'S HEALTH

Why Prostate Size Matters

REDUCE YOUR RISK OF STROKE

What can you do?

LOVE YOUR LUNGS

*Gentler Ways to Support Lung
Health*

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As a stable and effective Silver product, HydroSol™ Silver can act as your family's first line of defence and provide effective immune system support.

Silver has been shown to exhibit broad-spectrum anti-microbial activity and may help target unwanted pathogens in the body such as bacteria, viruses and fungi.

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HydroSol™ Silver Spray provides 10ppm Silver. (113ml/4 fl.oz.)

HydroSol™ Silver Gel provides 24ppm Silver. (44ml/1.5 fl oz)



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Suitable for all ages



Backed by Scientific evidence and proven Safe



Suitable for vegans

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Hello and welcome to Issue 43 of Naturally Healthy News.

2022 has been the hardest year ever for us as a family and individually. For those who haven't heard, Robert passed away suddenly in June. Unfortunately, he never gave himself as much time as he gave to helping others and endlessly researching new studies on natural health.

Heartbreakingly he just missed a change in a mole, and it was a particularly aggressive melanoma. A massive hole has been left in all our lives, as he was always our driving force.

As a family, we follow a holistic, natural lifestyle as much as possible, so it is only natural for us to continue with his legacy and actively promote Robert's research to our readers.

This issue is packed full of information to help get you through the colder months ahead and advice on how to make long-term changes for the better.

eBooks: There is still access to Robert's library of eBooks, which are continually being updated by his team of qualified health coaches, who have all worked with him for years. These contain all the steps needed for various health challenges and are entirely free for download at www.naturallyhealthynews.info

Products: Robert added to his range of 'Good Health Naturally' liposomal products this year with the introduction of 'Ionic Iron' and 'Ionic B12'. He also introduced to the label 'Sodium Butyrate' capsules for digestive health and a new line, a 'Lysine Lip Balm', which is already getting rave reviews for its benefits in helping with cold sores.

Success stories: We would love to hear your success stories - please get in touch with us via email: testimonials@naturallyhealthynews.info Let your story help to inspire others.

Take good care,

*Anne Redfern
with Family*



3 WAYS TO READ THIS MAGAZINE

1

Dive in – it's a great read from cover to cover, full of informative articles and recommended products to help your health.

2

Dip in and out by subject matter - find advice on many health conditions, essential nutrients, tasty recipes and the latest health news - go for what you most want to know about.

3

Use as a reference guide to natural health. Keep it safe so you can help family and friends with their health when they need it.

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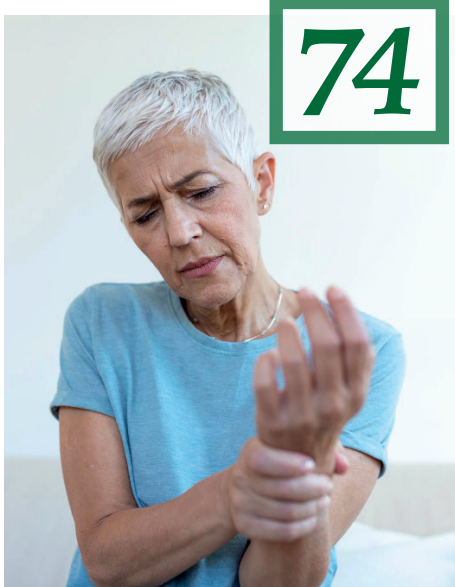
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Good Health Essentials:

Why You Should Value Silver

Silver may sound like an unusual choice when it comes to fighting off infections. Yet, in the early 1800s, surgeons often used silver to reduce post-operative inflammation. While in World War One, soldiers often used silver to fight off infections.

In modern-day use, silver is now considered a natural anti-microbial and alternative to otherwise harsh chemicals or antibiotics that may have unnecessary side effects or can wipe out essential healthy bacteria.

Nine Health Benefits of Silver

By producing an electrical charge on bacteria, silver provides many health benefits, including:

- 1. Natural Alternative to Antibiotics** – Silver can inhibit the spread of infection by making resistant bacteria cell membranes permeable.
- 2. Boosts the immune system** – May treat infections and heal wounds. Silver contains positively charged ions, the kind most suited to boosting immunefunction.
- 3. Wound Healing/Repair** – When applied as a topical gel, silver

may help support the healing process by reducing infection, improving bruises, lacerations, and cuts.

- 4. Antifungal Protection** – Silver nanoparticles exhibit antimicrobial activities against fungi and bacteria.
- 5. Detox and Blood Cleansing** – Since ancient times, medicinal silver has been used to purify the blood and benefit heart health.
- 6. Cold and Flu Relief** – Silver may help reduce the onset of the flu or cold virus due to its anti-viral activity.
- 7. Sinusitis Relief** – Research shows that taking a silver nasal rinse for up to 10 days can help safely control chronic sinusitis.
- 8. Eye Infection Relief** – Silver drops with OptiMSM® can help against infections and aid healing.
- 9. Diabetic Complications** – Silver nanoparticles can help foot ulcers heal and have been shown to save amputation in diabetic patients.

Choosing The Best Silver

Taking HydroSol Silver is highly rec-

ommended, but it can come in different strengths and formulations. SilverSol® is a modern patented silver technology that is the most stable thanks to its silver oxide coating and unique molecular structure.

HydroSol™ Silver's SilverSol® technology, ensures it has natural resonance – meaning it doesn't contact the bacteria to be effective. HydroSol™ Silver delivers 10ppm of silver in its oral spray, 10ppm silver in the MSM drops and 24ppm in the topical gel. HydroSol™ Silver is proven safe in seven different studies, along with being harmless against friendly gut bacteria.

Recommended Products

HYDROSOL™ SILVER SPRAY/GEL

The most-researched silver supplement on the market – safe for all the family. The spray delivers 10ppm (113ml), and the gel delivers 24ppm (44ml). Vegetarian and vegan.



MSM+ SILVER DROPS™

A proprietary blend of OptiMSM® HydroSol silver (10ppm), N-Acetyl-L-Carnosine, and colloidal zinc (10ppm). 30ml. Vegetarian and vegan.



Sources

All references can be found at www.NaturallyHealthyNews.com



Alzheimer's

Are You Worried about Alzheimer's Disease and Cognitive Decline?

It doesn't have to be an inevitable part of ageing. Start taking some action today.

Hardly a week goes by without some mention of Alzheimer's Disease hitting the headlines: a new drug, risk factor, or celebrity diagnosis. It is the most common form of dementia, and treating it is a health care priority, but despite millions of pounds spent on research, a "cure" has so far proved elusive.

In 2014, Dr Dale Bredesen, a leading neurologist, published a ground-breaking paper showing, for the very first time, a reversal in cognitive decline in patients in the early stages of Alzheimer's Disease. He was not trialling a "wonder drug" but using a therapeutic programme focusing almost exclusively on diet and lifestyle, and participants noticed changes in just three to six months.

He described cognitive decline as "a metabolic disorder that is making your brain sick, at least in the early stages, and it is nutrition and lifestyle which will mend it." He identified multiple underlying factors which need to be addressed, including diet changes, nutritional supplements, brain stimulation, exercise, sleep optimisation and specific pharmaceuticals.

The following year Finnish scientists produced the results of a two-year study, which further supported the idea that nutrition, exercise and mental stimulation are critical for cognitive health. There were 1,260 participants aged 60-77. Half followed the plan, encouraging a high consumption of fruit and vegetables, low sugar, at least two portions of fish per week or fish oil supple-

ments. Plus, exercise to improve strength, balance and aerobic fitness, with brain training and social activities. Those in the intervention group experienced improved or maintained cognitive function 25-150% better than the control group.

A paper published in 2020 stated around 35% of dementia cases could be attributable to modifiable risk factors such as obesity, diabetes, high blood pressure, heart disease, stroke, depression, loneliness, hearing loss, smoking, or lack of exercise. The great news is some of these can easily be addressed with simple diet and lifestyle changes. It is never too early or late to start.

Food Can Really Make a Difference

Nourish the brain, eat a rainbow of fruit and vegetables, healthy fats like avocados, coconut and olive oil, and protein from nuts, seeds, legumes, and oily fish. Cut out trans fats, starchy carbo-



hydrates, processed foods and excess alcohol as studies show they are risk factors for dementia.

A diet known as MIND (Mediterranean-DASH Intervention for Neurodegenerative Delay) was trialled on almost 1000 people. The emphasis was on food known to optimise brain health, like whole grains, nuts, berries and green leafy vegetables. Results show it lowered the risk of Alzheimer's by as much as 53% for those who adhered to it rigorously and by about 35 percent for those who followed it moderately well.

Get your B vitamins

Especially B6, B12, and folate, which help lower harmful levels of homocysteine in the blood. Homocysteine is an amino acid produced in the body when it breaks down dietary proteins. If there aren't enough B vitamins, it won't be recycled, and levels will build up. Elevated homocysteine has been linked to many health problems, including poor cognition.

Omega 3 is Important

Omega-3 fatty acids found in oily fish, nuts and seeds are critical for cognitive function. Don't forget the brain is actually 60% fat. Brain cells need omega-3 in their membranes to help them communicate with other cells. Multiple studies show reduced levels of omega-3 is associated with an increased risk of cognitive decline. Dietary consumption or supplementation ap-

pears to protect against dementia.

Plant Power

Compounds known as polyphenols have shown great potential as neuroprotectors. In particular, curcumin, derived from the Indian spice turmeric, resveratrol found in grapes, blueberries, raspberries, red wine and dark chocolate, and catechins in green tea. They have potent anti-inflammatory and antioxidant properties and may help delay the degradation of brain cells. resveratrol found in grapes, blueberries, raspberries, red wine, and dark chocolate, and catechins in green tea.

Use it or lose it

Keep the brain active with reading, crosswords, sudoku, learn an instrument or another language. Spend time with friends or join groups and societies. This will help strengthen pathways in the brain and slow decline.

Keep Moving

Studies show physically active people are less likely to experience a decline in mental function. Regular exercise helps combat other risk factors like obesity too.

Get Enough Sleep

Numerous studies link poor sleep to cognitive decline. Although all the reasons are not yet clear, healthy sleep plays an essential role in maintaining brain

health and may play a key role in preventing dementia.

Manage Stress

Persistently high levels of the stress hormone cortisol have been associated with cognitive decline. Find time to relax every day, take a walk, read a book, try yoga or tai chi, deep breathing or meditation.

Recommended Products

BRAINPOWER™

Combination of liposomal Curcumin and Resveratrol for maximum absorption. This sublingual formula reaches the brain within minutes. Provides antioxidant and anti-inflammatory protection. Made with natural, non-GMO ingredients. 180ml. Vegetarian and vegan.



LIPOSOMAL B4HEALTH

A liquid B vitamin product using liposomal delivery for fast and effective absorption. Provides B vitamins alongside D3, C and Selenium and B Support. 120ml. Vegetarian and vegan.



VITAMIN B12

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



THE KRILL MIRACLE™

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



Sources

All references can be found at www.NaturallyHealthyNews.com

9 Health Benefits Of A Vegan Keto Diet



A vegan keto diet may sound difficult to follow, yet research shows that a plant-based diet low in carbohydrates, with moderate protein and high in healthy fats has lots of benefits.

1. Helps Burn Fat and Maintain A Healthy Weight

A low-carb/high-fat diet can put your body into a state of ketosis, forcing the body to burn fat. This is when the body begins burning fat for its energy instead of carbohydrates.

2. Fewer Hunger Cravings

Following a vegan keto diet encourages your body to go into ketosis and burn fat for fuel. This results in steady blood sugar levels. Once healthy fat is metabolised into ketones by the liver, this suppresses hunger via several metabolic pathways.

3. Improved Blood Pressure Levels

A recent meta-analysis of five research studies of over 75,000

males and females has revealed that those on a plant-based diet have a 25% lower risk of heart disease than regular meat eaters.

4. Reduces Your Risk of Diabetes

Research indicates that when people with diabetes follow a ketogenic diet, they are able to discontinue using diabetes medication. Eating carbs can elevate your blood sugar levels rapidly so that the pancreas increases its insulin production to carry glucose into cells –and this may eventually lead to insulin resistance and type 2 diabetes.

5. Brain Health

A ketogenic diet has neuroprotective benefits for various brain health conditions, including Alzheimer's and Parkinson's Disease, headaches, and sleeping disorders.

6. Increases Athletic Endurance and Performance

Studies show that long-term use of a high-fat ketogenic diet can help ultra-endurance athletes

by increasing the amount of fat burned as fuel when resting and during exercise.

7. Reduces Epilepsy Symptoms

The keto diet was initially developed in the 1920s as a safe and effective therapy for difficult-to-treat and medicine-resistant forms of epilepsy.

8. Reduces Cancer Risk

Cancer cells have unique insulin receptors for consuming glucose as their primary diet source. Therefore, it is no surprise that the lowest survival rate in cancer patients is among those with the highest blood sugar levels.

9. Increases Your Energy Levels

As a vegan keto diet consists primarily of healthy fats and not many carbs, it does not constantly have to process sugars. Keto can give your body more balanced energy levels – without energy spikes or carb cravings.



Good Brain Health Starts Here

BrainPower™ delivers curcumin and resveratrol via a powerful liposomal delivery system to increase nutrient blood serum levels significantly at a higher concentration and for a longer period of time.

BrainPower™ offers all the anti-inflammatory and anti-oxidant benefits of curcumin alongside resveratrol which studies show may protect the brain, lower blood pressure, improve insulin sensitivity, relieve joint pain and lengthen lifespan.



Powerful
anti-inflammatory



Immune system
support



High
bioavailability



Suitable for
vegans

Get that Glow!

Nutritional Approaches to Support Healthy Skin

Our skin is the largest organ in the body and can reflect our overall health. Various factors, such as environmental toxins, UV radiation, diet, stress or illness, can challenge the skin. The skin can show apparent imbalances with dermatitis, premature wrinkles, red itchy rashes, hives, acne rosacea, eczema, brown liver spots, ulcers and psoriasis.

Skin health is also closely linked to detoxification, particularly in the digestive system and liver. If we have a sluggish bowel or liver, that can reflect in our skin. Skin can become dull, dry and lifeless if we are not detoxifying well. We can also experience rashes, pimples, or more severe conditions like dermatitis. There is also a close connection between the friendly bacteria in our guts and the health of our skin. Dysbiosis or an imbalance of good/bad bacteria in the gut is associated with an altered immune response and the promotion of skin issues such as psoriasis, acne and rosacea.

However, skincare is more than just topical creams and lotions.

What we put in our bodies is just as important as what we put on our skin. Existing evidence indicates that a diet supporting overall health also promotes good skin health, but there can be some specific dietary concerns for those with skin diseases. So how do we ensure we take proper steps to keep our skin looking healthy and glowing? Here we take a closer look into diet and nutrients to help support your skin from the inside out.

The connection between diet and skin

Research is not conclusive on what foods cause skin problems, and how your skin reacts to foods can be very individual. You may respond differently to foods than someone else. However, some foods, such as dairy, sugar, gluten, ultra-processed, and fatty, may be more problematic than others.

Diet can influence sebum (oil) production on your skin, inflammation, immune health and hormone regulation, all of which play a role in skin conditions like acne, psoriasis and eczema. Plus, we get lots of essential vi-

tamins, minerals and healthy fats from the diet, which help skin healing and repair.

The skin can depict the ravages of time with its appearance. It is under constant attack from internal and external highly reactive molecules, causing oxidative stress or free radical damage. Therefore, we need a steady supply of antioxidants to neutralise free radical damage and protect the skin structure and appearance.

Skin-friendly diet

It's increasingly clear that what you eat impacts the health and age of your skin. It is generally advised to limit foods high in unhealthy fats or trans fats, sugar,



preservatives, GMO ingredients, and artificial ingredients you cannot pronounce. Keep off ultra-processed foods and refined carbohydrates that are very inflammatory and lack nutritional value.

Find out if any foods may be causing you problems, as food allergies and intolerances often manifest as skin rashes and itchy skin. Food intolerance is an IgG response by your immune system, which results in symptoms that occur hours or even days after exposure to certain foods. Certain foods such as gluten, dairy, eggs, soy and nuts are common culprits for food intolerances.

Being mindful of what you eat

can help control acne, eczema, and other skin conditions. Studies show foods high in sugar, trans fats, and artificial ingredients can exacerbate symptoms for eczema sufferers. And chronic diseases such as psoriasis are known to improve with an anti-inflammatory diet.

Great food for the skin includes lots of brightly coloured antioxidant-rich fruits and vegetables, including green leafy veg, berries, sweet potatoes, bell peppers and watermelon. They've also got an abundance of vitamin C and A, essential for collagen production, helping to ward off fine lines and wrinkles. Onions, garlic, chicory, leeks, and asparagus are good prebiotic foods that help support the

growth of beneficial bacteria in the gut. We also need to include lots of liver-friendly foods to aid detoxification, such as cruciferous veg (e.g. broccoli, cauliflower, kale, watercress), beetroot, garlic, lemon and bitter greens (e.g. endive, rocket, chicory).

Include lots of healthy fats in the diet like avocados, oily fish, nuts and seeds and healthy oils, such as pine nut oil, olive oil and hemp oil. These are rich in skin-friendly omega-3 fatty acids and monounsaturated fats that help keep the skin's moisture levels intact and protect it from cellular destruction.

Have lots of fibre-rich foods to keep the gut healthy and support the gut/skin axis. Choose

beans, pulses, whole grains, and fruits and vegetables. Quinoa, millet and buckwheat are good alternatives to white bread, pastries and pasta.

Probiotic-containing foods can help support healthy skin, as skin health is closely linked to the skin microbiome. The gut microbiome appears to influence the skin microbiome. Short-chain fatty acids (SCFAs) resulting from fibre fermentation in fermented foods can promote the growth of certain skin microbes, which influence immune defence and regulate skin inflammation. Sauerkraut, kimchi, and miso are excellent sources of probiotics as they contain live bacteria that help build and maintain a healthy amount of beneficial bacteria in our guts.

Essential supplements for healthy skin

Supplements are beneficial for skin health in many ways. They can help provide therapeutic amounts of certain nutrients to help support skin turnover, regulate sebum production and inflammation, and help with healing and repair.

Top skin-supporting supplements include zinc, vitamin A, vitamin E, vitamin C, omega-3 fatty acids, probiotics, collagen and curcumin. These help with skin repair and healing and provide anti-oxidant benefits.

Zinc's anti-inflammatory prop-

erties help reduce swelling and redness with acne, decrease breakouts, and reduce residual acne scarring. While its antibacterial properties help target acne-causing bacteria.

Vitamins C and A are vital for collagen production and help to protect against visible signs of ageing. Vitamins C, A and E are also potent antioxidants helping to protect against UV damage. Vitamin A helps speed healing, prevent breakouts, support the skin's immune system, and promote natural moisturising. Vitamin E also has moisturising and healing benefits for the skin.

Omega 3 fatty acids from krill and fish oils are essential for the skin's texture and appearance and are anti-inflammatory. They help regulate the skin's oil production, improve balanced hydration, subdue breakouts and minimise signs of ageing. Omega-3s can also help soften rough, dry skin and have a soothing effect on irritation and inflammation.

Probiotics supplements contain live bacteria, which helps build and maintain a healthy amount of beneficial bacteria in our guts, vital for gut/skin health.

Collagen is the most abundant extracellular skin matrix component, which helps maintain its structure and function. Collagen supplements can help the skin retain water and support smooth, firm and strong skin.

Curcumin is an excellent skin

health supplement. Curcumin exhibits powerful antioxidant, anti-inflammatory and anti-microbial properties, which studies show is safe and effective for many skin conditions.

Recommended Products

JOINT & SKIN MATRIX™

Is made with BioCell Collagen and uses a patented bio-optimised process, which ensures increased bioavailability and rapid absorption of the collagen. Not suitable for vegetarians or vegans.



THE KRILL MIRACLE™

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



CURCUMINX4000™ WITH FENUGREEK

Provides all the benefits of Meriva® Curcuma longa extract (600mg) with 150mg Fenugreek extract per serving for enhanced bioavailability. 180 capsules. Vegetarian and vegan.



ACTIVE LIFE™ CAPSULES

The complete multivitamin for all the family with 130 nutrients, vitamins, and minerals, including lutein, zeaxanthin, folate MTFH, Vitamin C, and D3. 180 capsules. Vegetarian.



Sources

All references can be found at www.NaturallyHealthyNews.com

Pandemic 2.0:

The Longer-term Effects on our Mental Health

We are many months out of lockdown, and the pandemic is no longer the top story. But have its effects equally faded, or are there longer-term consequences still rippling under the radar? Are the effects of loneliness, changing employment situations and fear of losing loved ones still being felt, only to be compounded by anxiety around a looming recession and the emerging cost of living crisis?

Recent research shows that the most affected are those who, before the pandemic, were already struggling with their mental health. A whopping third of adults and young people in the study said their mental health has worsened since March 2020. In addition, 55% were worried about mixing with others as restrictions eased. These concerns have led to inappropriate coping mechanisms such as over or under-eating, drug and alcohol use and even self-harm.

1 in 4 people could not access the help they needed, and many didn't want to trouble an already overstretched health service. A third didn't think their issue was severe enough to seek help and felt they would have to wait

months for support anyway.

Given our overstretched social care system, what can people do to help themselves?

Mental health charity Mind came up with five key points of focus to help manage ongoing anxiety at times of uncertainty:

- Be kind to yourself – getting through each day, minute by minute, is ok.
- Keep talking to others about how you are feeling.
- Develop a routine, and try to sleep and eat at regular times.
- Find activities that uplift you, such as walking, taking nature photos, and smiling at passers-by.
- Minimise or even avoid news and unhealthy social media altogether.

The positive effects of quality nutrition are also substantial. A healthy diet, rich in vegetables and fruit, giving plentiful vitamins and minerals, and good hydration, can go a long way towards improving mood and outlook. B vitamins are significant for mental health; magnesium can be essential for sleep,

depression and anxiety issues. There is also a well-known link between the gut and brain. A poorly balanced gut microbiome can make lifting the mood difficult. Ensuring plenty of gut health supporting foods such as sauerkraut, kombucha and kefir, plus a good quality probiotic, will also improve the likelihood of a healthy mental attitude.

Recommended Products

LIPOSOMAL B4HEALTH

A liquid B vitamin product using liposomal delivery for fast and effective absorption. Provides B vitamins alongside D3, C and Selenium and B Support. 120ml. Vegetarian and vegan.



VITAMIN B12

A concentrated liquid dietary supplement that provides B12 in an ionic, bio-available form and is the form most recognised by the body. 59ml. Vegetarian and vegan.



ANCIENT MAGNESIUM OIL ULTRA

A pure, high-potency, topical magnesium chloride solution derived from the Ancient Zechstein Seabed with OptiMSM® for rapid absorption into the skin. Supports your daily magnesium requirements. Various sizes available. Vegetarian and vegan.



Sources

All references can be found at www.NaturallyHealthyNews.com





NEW

Boost Brain Function and Energy NEW Ionic Vitamin B12

Vitamin B12 is an essential supplement for many of us today, especially older people and those following a vegan diet. B12 plays a crucial role in hormone balance, healthy nerve, brain and cardiovascular function, energy production and the formation of red blood cells.

Good Health Naturally's Ionic Vitamin B12 is a liquid dietary supplement that provides a highly bioavailable form of B12 that is quickly absorbed.

Available at all good independent health food stores




GoodHealthNaturally
Because it Works!®



NEW

Feel Energised With NEW Ionic Iron

Supplemental iron is fast becoming one of life's daily essentials. Iron contributes to normal energy production, normal functioning of the immune system, brain and cognitive health.

Good Health Naturally's Ionic Iron liquid dietary supplement provides a highly bioavailable form of iron that is quickly absorbed.

Available at all good independent health food stores




GoodHealthNaturally
Because it Works!®

Health News

Curcumin Is Rated In The Top Five Substances To Improve Covid-19 Outcomes

Curcumin has been shown to improve mild Covid-19 symptoms and has been ranked as one of the top five substances to improve outcomes of this illness, according to several studies.

In one study, researchers engaged 41 patients who met the inclusion criteria of mild to moderate Covid-19. Twenty-one patients received nanocurcumin and 20 received a placebo. Researchers monitored symptoms and laboratory data, finding that symptoms in the intervention group resolved significantly faster and patients' oxygen saturation was higher after just two days of treatment. This remained higher than the control group throughout the 14 days.

A second study using Nanocurcumin, recruited 40 patients with Covid-19 to look at inflammatory cytokine expression. They were divided into 20 patients who received nanocurcumin and the 20 who received a placebo. By measuring cytokine secretion of interleukin-1 beta (IL-1B), IL-6, tumor necrosis factor-alpha and IL-18, their conclusion of the data demonstrated that nanocurcumin increased the rate of inflammatory cytokines, especially IL-1 β and IL-6 mRNA expression and cytokine secretion in Covid-19 patients.

These studies show that Curcumin provided better clinical outcomes and a lower death rate compared to the control group. Taking Curcumin may therefore be a therapeutic option to help prevent post-covid thromboembolic events.

DID YOU KNOW?

Scientific research shows that Omega-3's have many amazing health benefits including neuroprotective properties, inflammation relief and the ability to support heart health by lowering triglycerides.

Healthy Red Blood Cells? Here's Why You Need More Omega-3's

Omega 3 levels are associated with greater overall health according to a new study. Published in the journal *Prostaglandins, Leukotrienes and Essential Fatty Acids*, the recent findings from the Fatty Acid Research Institute looked at blood samples analysed as part of previous studies to determine if cell sizes for 'healthier' individuals are more narrow.

The results of over 25,000 blood samples found that Omega-3's were associated with an overall health improvement when it comes to red blood cells.

How The Study Was Conducted

A graph determining the broad distribution of sizes was measured along a wider-based bell curve. This helped to determine the number of disease conditions, nutritional deficiencies, along with any potential risk of heart disease amongst other issues.

Researchers theorised that more EPA and DHA in the cell membranes (Omega-3 Index measures) are associated with more resilient blood cells. These have fewer odd sizes and shapes on the distribution graph, meaning they easily move through the circulation system.

SOURCE:

All study references can be found at www.NaturallyHealthyNews.com

Warm, Wise And Well:

Holistic Hacks to Safeguard Your Health This Winter

With the cost of living crisis looming, many of us will worry more this winter about how we will make ends meet. We may also worry about how this could impact our health and well-being. On top of these unrelenting pressures, fluctuating weather conditions and lack of sunlight can disrupt many of our body's natural processes, so we must adapt and keep ourselves as nourished and balanced as possible.

We've put together a guide of some practical steps you can take to help you shop savvy, eat well, ward off illness, and fearlessly embrace the seasonal changes – warm, healthy, and happy.

EAT WITH THE SEASONS

In addition to having a higher nutrient density, buying local and seasonal produce can work out cheaper. Whether you opt for trusted winter favourites such as aubergine, butternut squash, pumpkin, pears and chestnuts, or try something more unusual like celeriac or salsify, you can find a wonderful variety of fruits and vegetables in season during the winter. Organic options are best, and many discount supermarkets

offer organic foods at lower prices. Soups, stews and curries are a cost-effective way to incorporate lots of nourishing, warming foods into the diet in the winter.

WARMING HERBS AND SPICES

Certain spices can work wonders to warm up the body by stimulating circulation and bringing blood to the skin's surface – these are known as warming spices.

Adding spices to your meals is a fantastic way to make them more multi-sensory, soothing and nutrient-dense whilst adding depth of flavour. They can be picked up inexpensively from almost any local shop or supermarket. Good options include ginger, nutmeg, cinnamon, turmeric, cardamom, black pepper and cloves.

You can also harness the power of herbs and spices as part of your supplement routine. For example, you could try curcumin, the main active ingredient in turmeric responsible for giving the spice its vibrant yellow colour, or fenugreek, a herb whose tiny brown seeds have historically been used in cooking and natural medicine.

SLEEP WHEN YOU NEED TO — AND SUPPLEMENT THE 'SUNSHINE



VITAMIN'!

The darker nights mean we may need to adjust our sleep patterns. It is normal to feel more tired, have less energy and need to sleep more as the nights draw in. A contributing factor is a lack of exposure to natural light, with sunshine in winter in short supply. Not only does this disrupt the production of the body's sleep hormone, melatonin, but it can also suppress cortisol levels. Cortisol might be commonly thought of in a negative context as a stress hormone, but it is also our essential 'wake-up' hormone. To compensate for the lack of natural sunlight and support healthy sleep patterns, it is recommended to supplement Vitamin D3 - the 'sunshine vitamin' - during the autumn and winter months.

LAYER UP

Dressing warmly through the winter is vital to our well-being, and this may take on greater importance for many of us this year, with



energy prices skyrocketing. Use blankets and hot water bottles, wear extra layers and drink plenty of hot drinks. Move as much as possible to keep your circulation and your hands and feet warm.

SUPERCHARGE YOUR IMMUNE SYSTEM

A drop in temperature can make us more susceptible to illnesses such as colds and flu, so it's essential to protect our immune defences at this time of year. Vitamin C helps protect the body against illness, stress and injury, and combined with other anti-inflammatory nutrients such as quercetin, it can help to promote healing and speed up recovery.

Other immune-system saviours that help to ward off seasonal colds and flu include olive leaf extract, which has powerful antiviral properties, and zinc, an essential trace mineral and critical immune-strengthening nutrient.

ENJOY HEALTHY FATS FOR SOFT AND SUPPLE SKIN

The dry winter air can wreak havoc on our skin. However, healthy fats and oils are the perfect antidote to this and will flood your skin with moisture and the natural oils it needs to stay supple, soft and hydrated.

Some healthy fats you could include are:

- Avocado
- Extra virgin olive oil
- Raw nuts and seeds
- Hummus and tahini
- Flaxseed oil
- Oily fish, including mackerel, sardines and salmon
- Krill oil
- Fat from dairy sources, such as butter and ghee
- Coconut oil

KEEP THINGS IN PERSPECTIVE

Try to enjoy and respect the winter as an essential part of the year and the cycle of nature. Mindfulness is the key to living healthily and holistically all year round, but it can be a handy tool to get you through those darker days. Mindful practices are deeply personal and will take a different form for everyone, but their core principle is to approach the everyday tasks, situations and thoughts we encounter in a calm, balanced way. It's ok to sometimes need a helping hand with this – herbs like passionflower and supplements containing ingredients such as L-Theanine found naturally in green tea can

impart a sense of calm wellbeing.

From crisp autumn walks to the crackle of a fire or frost on the windowpane, there is so much to delight in this time of year. Let moments of happiness energise and empower you, and try to find at least one thing each day to be thankful for, however small. Joy, gratitude and appreciation for those around us keep us warm from the inside out – whatever the weather!

Recommended Products

PUREC™ LIPOSOMAL VITAMIN C + QUERCETIN

Advanced liposome technology ensures faster and superior absorption than capsules, tablets and powders. Contains 1000mg vitamin C and 175mg of C Support (citrus bioflavonoids, quercetin) per serving. 180ml. Vegetarian and vegan.



OLIVE LEAF WITH ZINC

A powerful blend of olive leaf and zinc to support year-round immune health, with proven antiviral properties. 90 Capsules. Vegetarian and vegan.



CURCUMINX4000™

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



RELAXWELL™

A unique combination of L-Tryptophan, L-Theanine, plus vitamins B6 and B3, each selected for their known role supporting stress, relaxation and sleep. 90 capsules. Vegetarian and vegan.



Sources

All references can be found at www.NaturallyHealthyNews.com

Reduce Your Risk of Stroke

What can you do?

The impact of stroke is devastating. It is the fourth single leading cause of death in the UK, with 38,000 deaths per year; that is a life lost every 17 minutes. Two-thirds of stroke survivors leave hospital with a disability, and it is associated with a broader range of disabilities than any other condition. With 100,000 strokes per year in the UK, someone is experiencing this devastating health event once every 5 minutes.

A stroke occurs when the blood supply to part of the brain is cut off and falls into two main types:

Ischaemic strokes are caused by a blockage (usually a blood clot) cutting off the blood supply to the brain. About 85% of strokes are ischaemic.

Haemorrhagic strokes are caused by a blood vessel bursting in the brain.

Whilst prevention by keeping your brain and cardiovascular system healthy is essential, acute stroke treatment and longer-term rehabilitation are also vital in regaining function and health after a stroke. As age is a factor in increasing stroke risk, supporting brain and cardiovascular health throughout the lifetime is key.

Know your personal risk

The main risk factors for stroke are advancing age, smoking, arterial hypertension, diabetes, atrial fibrillation, and other cardiac disorders.

Since the first step to prevention is early detection, consider having stroke prevention screening, especially if you have a family history of strokes. This will give you essential information about your blood pressure, heart rhythm, and arterial health, along with glucose, insulin, and homocysteine levels.

This knowledge will allow you to target your problem areas with dietary and lifestyle changes that might significantly reduce your risk of having a stroke.

Maintaining a healthy weight and a healthy body fat ratio, or BMI, is an effective way to manage many risk factors for stroke. An elevated waist-to-hip ratio is associated with an increased risk of stroke in men and women.

Exercise is preventative medicine



Research has shown that a sedentary lifestyle significantly increases our stroke risk. Therefore, it is essential to incorporate as much movement as possible into your daily routine and avoid sitting for lengthy periods. Keep it simple if you have been inactive for a while, and taking a walk around your neighbourhood every morning after breakfast and doing some basic stretching is a good start. Take the stairs instead of an elevator when you can, and remember that any physical exercise is always better than none.

When exercising, aim to reach a level where you are breathing hard, but can still talk normally. Try to build up to 25 minutes per day of moderate-intensive physical activity such as jogging, cycling, swimming, or playing tennis. Invest in some hand weights and incorporate 5-10 minutes per day of resistance training because research shows that only an hour per week of this form of strength training aids in prevent-



ing heart attack and stroke.

Eat a healthy diet

Follow a Mediterranean-style diet rich in seasonal fruit and vegetables, wholegrains, fish, nuts and seeds and extra virgin olive oil. The Mediterranean diet is rich in polyphenols and flavonoids, broad-acting compounds that confer antioxidant and anti-inflammatory benefits. A large body of research shows that fish consumption can prevent coronary artery disease and stroke. A greater intake of flavonoid-rich fruit, particularly berries, citrus fruit, and grapes, is associated with a reduced risk of stroke in women. Aim for at least five cups of fruit and vegetables per day, providing plenty of fibre, which also helps reduce your vascular disease risk. A variety of fresh herbs, such as oregano and thyme, can be taken liberally for flavour and for their medicinal properties of supporting the cardiovascular system and glucose balance. Almonds, av-

ocadoes, spinach, and kiwifruit are all examples of foods rich in vitamin E, a cardio-protective vitamin.

Take targeted nutrients

Curcumin is antioxidant-rich and has potent anti-inflammatory properties that benefit the brain and arteries. It may help decrease total cholesterol levels and inhibit platelet aggregation. The fibrinolytic enzyme serrapeptase possesses the ability to degrade blood clots and arterial plaques, supporting healthy blood flow. Vitamin D is essential for health and plays a crucial role in improving stroke outcomes. Ecklonia cava can improve blood flow to the brain and might play a role in reducing ischemic injury.

Omega-3 fatty acids have anti-inflammatory benefits that support brain and cardiovascular health. Supplementing your diet with Krill oil rich in omega-3s (EPA & DHA) is an excellent option to help reduce inflammation

and stroke risk or reoccurrence.

Nattokinase, a proteolytic enzyme, has shown efficiency in preventing and addressing vascular diseases. Taken together with other antioxidant nutrients and polyphenols, such as pine bark extract and grapeseed extract, can have neuroprotective effects and help with stroke recovery.

Recommended Products

SERRANOL®

A unique formula with Serrapeptase (160,000iu), Curcuminx4000 (250mg), ecklonia cava extract (50mg), and vitamin D3 (1000iu). Offers powerful anti-inflammatory and antioxidant benefits for a range of health conditions. 90 capsules. Vegetarian.



BLOCKBUSTER® ALL CLEAR

A powerful blend of enzymes, serrapeptase and nattokinase, plus digestive enzymes, antioxidants, and proanthocyanidins for cardiovascular and circulatory support. Phthalate-free. 120 capsules. Vegetarian and vegan.



THE KRILL MIRACLE™

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



HEALTHYFLOW™

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



Sources

All references can be found at www.NaturallyHealthyNews.com

Avoiding Dental Disasters

3 Scientifically proven habits for calming gum inflammation and avoiding costly trips to the dentist.

Regular dental check-ups are essential, as they can determine the beginnings of serious oral health problems like tooth decay. However, looking after your gum health and avoiding periodontal disease is just as essential as caring for your teeth.

Flossing for a healthy oral microbiome

A 2021 review conducted by the Faculty of Dentistry, Oral and Craniofacial Sciences, Kings College London and the department of Microbiology, Cambridge MA, USA, considered the resilience of the oral microbiome.

It was acknowledged that:

- The single most important external factor affecting the oral microbiome is the practice of oral hygiene, i.e., brushing and flossing.
- Individuals with poor oral hygiene will accumulate a mature biofilm on oral surfaces, which will eventually lead to gingivitis.
- Oral bacteria play an essential role in the maintenance of cardiovascular health through the reduction of dietary nitrate.
- Xylitol is commonly used to block acid production and thus reduce dental caries risk.

3 proven habits to keep gums healthy

1. Brush, floss and rinse twice a day. Floss first, then brush your

teeth for 2 minutes, at least twice a day, to help control bacteria that may cause infection, gum inflammation and periodontitis. Try a natural toothpaste formulated with 11ppm SilverSol, Coral Calcium, xylitol and therapeutic grade peppermint oil for non-toxic, anti-plaque, natural whitening and fluoride-free action. Clinically proven to kill 99.99% of bacteria.

2. Incorporate beneficial bacteria. Research outlines the potential of probiotics as a treatment for caries and periodontal disease. An easy way to incorporate beneficial bacteria is to break open a probiotic capsule and mix it into food - especially convenient for children and older adults. Beneficial strains for oral health include *Lactobacillus acidophilus* and *Lactobacillus rhamnosus*.

3. Restore gum health with enzymes. Those with periodontal disease may have low levels of CoQ10 in the gums. The role of CoQ10 for oral health relates to its anti-inflammatory properties; CoQ10 may prevent periodontitis by reducing gingival inflammation. Kaneka Ubiquinol™ is the bioavailable form of CoQ10 and is bioidentical to the body's ubiquinol, backed by over 15 years of testing, research and clinical trials.

As a naturally occurring proteolytic enzyme and anti-inflammatory, Serrapeptase can also be used to dissolve high levels of inflammation in the gums and may reduce swelling following dental surgery.



Recommended Products

CORAL WHITE® TOOTHPASTE MINT

All-natural protection formulated with Ionic Calcium from Above Sea Coral. Combined with Hydrogen Peroxide, Tea Tree, Spearmint Oils, Echinacea, Golden Seal, Cinnamon, Clove, Ginseng, and Ginkgo. Coral White® may be the most effective, natural toothpaste for cleaning teeth. Fluoride-free, Glycerin-free. pH balanced for optimal oral care. 6oz (170g).



CORAL KIDS

Fluoride-free natural toothpaste that provides complete natural oral care protection for children. Contains no harmful ingredients, artificial flavours, colours, or preservatives. Formulated with a combination of Hydrogen Peroxide, Tea Tree, Spearmint Oils, Echinacea, Golden Seal, Cinnamon, Clove, Ginseng, and Ginkgo. Provides fresh breath and whiter teeth. 6oz (170g).



UB8Q10™ UBIQUINOL

Backed by years of research, Kaneka Ubiquinol™ provides Coenzyme Q10 in its most active form. Powerful antioxidant properties help support the heart, cell, dental and immune health, and more. 60 softgel capsules.



PROBIOTIC14™

A superior blend of 14 viable strains of friendly bacteria and 9 billion colony-forming units per serving to nourish the gut and improve digestive health. 120 capsules. Vegetarian and vegan.



SERRAENZYME® 250,000IU

The world's strongest serrapeptase delivers 250,000IU Serrapeptase for serious health support and accelerated healing. Available in tablets and delayed release capsules. Phthalate-free. 90 capsules. Vegetarian and vegan.



Sources

All references can be found at www.NaturallyHealthyNews.com



Unlock The Power Of Curcumin

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

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

Guaranteed to reach the cells for improved benefit.

CurcuminX4000® Original

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

CurcuminX4000® with Fenugreek Seed Extract

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

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

Available at all good independent health food stores


Good Health Naturally
Because it Works!®

6 Amazing Reasons to Choose Curcumin for Anti-Inflammatory Support

Is this “Golden Spice” compound the secret to good health?



Curcumin is a powerful compound found in the ancient spice of turmeric. However, we would have to eat a considerable amount of turmeric to receive any of the benefits of curcumin. The two are often confused - yet the healing compound of curcumin has been researched the most, with decades of studies proving its health benefits. Here are just a selection...

1. Arthritis

Clinical studies show that curcumin can work just as well as prescribed drugs for Rheumatoid Arthritis without any unwanted harmful side effects. Research indicates that curcumin blocks certain enzymes and cytokines that may lead to inflammation. One study published in BMC also found that curcumin may help ease osteoarthritis pain comparable to non-steroidal anti-inflammatory drugs (NSAIDs).

2. Alzheimer's Disease

Studies show that curcumin can help to maintain the normal structure and function of cerebral vessels, mitochondria and synapses, reducing risk factors associated with the onset of Alzheimer's disease. Curcumin enters the brain, binding to and destroying beta-amyloid plaques.

3. Cell Health

Extensive research over the past few decades and over 5000 studies in the journal *Nutrients* has confirmed that curcumin stops the growth of eight different types of cancer – including bone, lung, and stomach – and may even help to destroy tumours. Curcumin has also been shown to have an anti-viral effect that could target infections.

4. Heart Health

Curcumin's potent anti-inflammatory and antioxidant effects may help to reduce cardiovascular health risks. By improving the function of the endothelium, or the lining of the blood vessels, curcumin may help to regulate blood pressure and blood clotting, amongst other benefits.

5. Skin Health

Since ancient times, curcumin has been used in skincare routines, and its antioxidant activity can help fight free radical damage and prevent premature skin ageing. Curcumin can also help heal skin wounds and scarring while reducing inflammation – making it ideal for relief of painful skin conditions such as eczema or psoriasis.

6. Exercise

Studies show that taking a curcumin supplement pre- or post-exercise can reduce muscle damage and soreness without affecting muscle power. Curcumin was found to lower serum creatine kinase (CK), a marker of muscle damage in groups of participants after exercise.

Recommended Products

CURCUMINX4000™ WITH FENUGREEK

Provides all the benefits of Meriva® Curcuma longa extract (600mg) with 150mg Fenugreek extract per serving for enhanced bioavailability. 180 capsules. Vegetarian and vegan.



BRAINPOWER™

Combination of liposomal Curcumin and Resveratrol for maximum absorption. This sublingual formula reaches the brain within minutes. Provides antioxidant and anti-inflammatory protection. Made with natural, non-GMO ingredients. 180ml. Vegetarian and vegan.



Sources

All references can be found at www.NaturallyHealthyNews.comwww.

Have Your Energy Levels Fallen off a Cliff?

At any given time, one in five of us will feel unusually tired, and one in 10 will have prolonged fatigue, according to research by the Royal College of Psychiatrists. Interestingly, women tend to feel tired more often than men.

There are so many reasons why we may have low energy. In some cases, it can be caused by a medical condition, but our lifestyle often makes us tired.

Poor eating habits mean we may not be getting all the nourishing nutrients needed to function optimally, keeping blood sugar and energy levels steady. Consuming a typical Western Diet, high in starchy carbohydrates, such as white bread, potatoes, pasta, and sugary snacks, raise blood sugar levels very quickly, giving us a quick burst of energy, but is followed by a slump and feelings of tiredness.

Is too much caffeine to blame?

Drinking too much caffeine is another potential culprit. It may seem to boost concentration and alertness in the short term,

but too much can disrupt blood sugar balance and lead to crashes in energy.

In some cases, low energy is caused by an accumulation of stressful factors. Modern life, burning the candle at both ends, poor work-life balance, poor sleep, 24/7 communication and social media can create a near-constant state of stress in the body and zap our energy levels.

Plug the nutrient gaps

Nutrient deficiencies can undoubtedly play a role too. Deficiencies in nutrients such as iron, iodine and Vitamins B12 can all lead to poor energy. Supplementing essential nutrients can help to correct any potential imbalances.

Work, rest and play

To lift energy, it is also essential to include some rest and play in your daily routine. Exercise can help boost energy levels by improving blood sugar balance and mood.

Choose an activity brisk enough to get your heart rate going but does not wear you out and is something you enjoy. Find time to relax, take a walk in the woods, get out in the garden, or try stress-reducing exercises such as yoga, Pilates, tai chi, or even dancing.

Recommended Products

IONIC IRON

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



IONIC VITAMIN B12

Ionic Vitamin B12 is a concentrated liquid dietary supplement that provides B12 in an ionic, bio-available form and is the form most recognised by the body. 59ml. Vegetarian and vegan.



NASCENT IODINE

Nascent Iodine is a liquid atomic form of this crucial mineral, which is well absorbed by the body, especially the thyroid. One drop = 350mcg of iodine. 30ml. Vegetarian and vegan.



Sources

All references can be found at www.NaturallyHealthyNews.com





Time To Protect Yourself From 5G

Are You Concerned About the Health Risks?

As 5G technology is emerging worldwide, concerns have been raised about this new generation of wireless technology. This modern technology is far-reaching, enabling faster mobile and Bluetooth connections – including virtual reality appliances, self-driving cars, remote surveillance, and even smart motorways.

Health Experts Have Concerns

Some scientists are advising caution with 5G technology as they have concerns about its dangers for health due to the higher radiation frequencies.

Electromagnetic radiation has been associated with various health concerns, including anxiety, nausea, headaches, poor sleep, fatigue and even some cancers.

What Are EMFs?

Modern-day living means that we are surrounded by electromagnetic fields (EMFs). Everything is powered by electricity, from computers to electrical gadgets, microwave ovens, smart meters, and wireless routers. All these electrical items produce a stream

of invisible energy waves – known as the electromagnetic field.

Studies show that the electromagnetic energy produced by mobile phones, when close to the body, can cause a temperature rise in both the brain and the body.

As we age, this may also affect us more, as we often have reduced skin thickness and blood flow.

Other harmful side effects that scientists are concerned about include the link between the impact of 5G exposure on cognitive function and the “potentially carcinogenic” effect of EMFs, according to the 2011 International Agency for Research on Cancer (IARC).

Protect Against 5G With QuantoGram Technology

The good news is you can take measures to protect yourself and your family with QuantoGram Technology. Already, QuantoGram Technologies, which uti-

lize Quantum physics, are providing benefits to lower vehicle fuel emissions; protect against electromagnetic frequencies and electromagnetic radiation found in mobile devices, laptops, Wi-Fi routers, phone masts, cordless phones, and more; and buffer electrical smog pollution throughout a household. QuantoGram Technology can provide protective solutions against EMFs from 4G and 5G radiation.

Recommended Products

QUANTOGRAM HOLOGUARD

Keeps you safe from electromagnetic frequencies and electromagnetic radiation. Simply place in your phone case or on your keys for portable wireless protection.



QUANTOGRAM SAFEHOUSE

Protection for the whole house/office from various electrical smogs caused by electrical magnetic frequencies



Sources

All references can be found at www.NaturallyHealthyNews.com

REALLY HEALTHY RECIPES



Serves: 1
Total:
20 mins

Broccoli Almond Soup

A creamy and dairy-free broccoli soup made with almonds. Easy to make in just 30 minutes, this comforting soup is a healthy choice!

Ingredients

- 1 tbsp Coconut Oil
- ½ medium Onion, finely chopped
- 2 Garlic Cloves
- ½ cup blanched Almonds
- 3 cups Broccoli Florets
- 2 tsp Curry Powder
- ½ tsp Paprika
- ½ tsp Sea Salt
- ¼ tsp Black Pepper
- 2 ½ cups Water
- 2 tbsp Almonds with skin on, toasted and chopped
- 2 tbsp chopped Cilantro
- 1 small Red Chili Pepper, seeded and finely chopped

Directions

1. Melt the coconut oil in a soup pot. Add the onion and cook until softened, for about 3-5 minutes. Add the garlic. Cook for 30 seconds or so, until fragrant.
2. Add almonds and cook until lightly browned. Add broccoli and cook for 5 minutes more, stirring occasionally.
3. Add the curry powder, paprika, salt, and pepper. Pour in the water, reduce heat, and simmer for 8 minutes, until broccoli is tender but still bright green.
4. Prepare the topping by removing a few broccoli florets and chopping them. Mix with the chopped almonds, cilantro, and chili pepper. Reserve to the side.
5. Use an immersion blender to puree the soup or transfer to a stand blender.
6. Serve topped with the broccoli, almond, cilantro, and chili pepper mixture.

Do I Need a Regular

DETOX?

Every minute of our lives, our bodies work hard to clear toxins. But despite all this effort, most of us are struggling with some form of toxicity. Toxins create problems in insidious ways, such as inflammation and oxidative damage. We can easily get overloaded, especially if our diet lacks certain nutrients, impairing our natural ability to detoxify.

Toxic Exposure

We're now exposed to more toxic compounds than ever before. We inhale them, ingest them through food and drinks, and even absorb them through our skin. We're exposed to pollutants like car exhaust fumes, cigarette smoke, formaldehyde, aluminium from cookware, BPA and phthalates from plastics, chemical cleaning products, pesticides and food additives. Don't forget our bodies create them, too, such as ammonia and urea from protein metabolism, metabolites from used hormones, or produced by bacteria in the gut. Food and drinks, and even absorb them through our skin. Pollutants like car exhaust fumes, cigarette smoke, formaldehyde, aluminium from cookware, BPA and phthalates from plastics, chemical cleaning products, pesticides and food additives.

Read the Signs

Low energy, lack of vitality, brain fog, poor memory, impaired immunity, PMS, digestive discomfort, and skin problems could all be a cry for help from a toxic overload.

Focus on the Liver

The liver is the master detox organ, eliminating toxins in two phases. First, they are broken down into intermediates, which can often be even more toxic, so ensuring the next phase is working efficiently is essential. In the second phase, a protective compound binds to the intermediate, neutralising it, making it easier to excrete.

To support the liver, include plenty of cruciferous vegetables, onions, garlic, leeks, carrots, vitamin C-rich food like oranges and red peppers, asparagus, avocado, nuts, especially walnuts, legumes, and beans. Artichoke and turmeric can help increase bile production, effectively eliminating neutralised toxins.

Supplements can Help

Glutathione, the master antioxidant in every cell, protects against free radicals and peroxides. Comprised of three amino acids: glutamine, glycine, and cysteine, it has a vital role in detoxification path-

ways and the healthy function of the liver and intestinal tract.

Naturally activated charcoal can help remove toxins from the digestive tract and eliminate them without absorbing any essential nutrients.

Probiotics support a healthy microbiome and help optimise the elimination of everyday toxins.

Recommended

HAPPY TUMMY

Is naturally active, from pure natural hardwood. It absorbs excess gas and toxins from within the intestinal tract, helping with digestive health. 100 capsules. Vegetarian and vegan.



PRESCRIPT-BIOTICS™

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



ADVANCED CELLULAR GLUTATHIONE

ACG Glutathione® Extra Strength Spray, quickly increases intracellular GSH. Pure and high quality, with no preservatives, alcohol, artificial colouring or flavouring.



Sources

All references can be found at

Energy, Endurance and Recovery -

Three Things on an Athlete's Mind

If you are an exercise enthusiast or endurance athlete, you must prepare your body for optimal energy, endurance, and fast recovery.

First, ensure you are eating enough and the right foods to help prepare your body for exercise and energy expenditure. Exercise burns up many calories, so your body won't have enough fuel if you aren't eating healthy and nutritious foods.

Research has discovered that polyphenols from apples and grapes may also boost endurance in addition to potentially aiding recovery. Published in *Nutrients*, the double-blind study recruited 48 active men, ages 25 to 37, to perform three high-intensity cycling tests. Compared with the placebo, the men cycled an average of 9.7% longer after receiving the polyphenol supplement.

It is also essential to ensure proper hydration. Water helps fuel your muscles, so drinking before, during and after exercise will boost your energy levels and may help prevent cramps. Drinking enough fluids will help maintain concentration and performance, increase endurance, and prevent excessive heart rate and body temperature elevations.

Studies show that supplementing with L-carnitine before working out can help improve exercise capacity

and speed up recovery by reducing oxidative stress. Coupled with Co-Enzyme Q10, these two nutrients can help ATP production to boost peak performance.

D-ribose is a sugar that helps feed the mitochondria, increasing ATP production. Athletes can take D-ribose before their workout. D-ribose may also help to alleviate DOMS (delayed onset muscle soreness) after exercise. D-ribose can help reduce muscle soreness, enhance muscle damage recovery and inhibit lipid peroxides.

Magnesium isn't optional for anyone active. Multiple studies show the mineral soothes strains, pains, and soreness and expedites healing. Not only that, but studies also support magnesium's ability to increase endurance and energy.

Through-the-skin absorption — in a gentle, topical lotion — makes it possible to see magnesium's protective effects faster, elevating blood levels in as few as four weeks. Blending transdermal magnesium with cooling menthol may provide quick relief for swelling and soreness.

Since magnesium plays such a pivotal part in our body's energy pro-

duction and metabolic function, athletes and exercisers are a group that may need more of this mineral than most people.

Recommended Products

ANCIENT MAGNESIUM® COOL RELIEF

Our award-winning Ancient Magnesium Cool Relief provides Genuine Zechstein Magnesium Lotion with 100% natural Therapeutic Menthol, for an instant cooling sensation. Recommended for fast relief of inflammation, acute pain, and stretched muscles.



D-RIBOSE

Ribose is an essential adenosine triphosphate (ATP) component, which supplies energy to our cells. D-RibosePlus™ combines d-ribose with magnesium and malic acid to support cellular energy. 320grams. Vegetarian and vegan.



L-CARNITINE PLUS COQ10

Combined, L-carnitine and CoQ10 help support organ and cardio health, energy levels, fat burning and help fight free radical damage. 60 Capsules. Vegetarian and vegan.



Sources

All references can be found at www.NaturallyHealthyNews.com



7 Healthy Lifestyle Hacks

Did you know you can improve your overall health and well-being with just a few small changes to your lifestyle? Here are seven lifestyle tips to help introduce new techniques that can work wonders for you and your family's health.

1. Breathing Properly

It is critical to breathe correctly for a healthy body. Oxygen is the prime source of health. Your goal is to practice relaxed, healthy breathing, where you clear cortisol and carbon dioxide. Too much carbon dioxide destroys haemoglobin, the blood's method of carrying oxygen around the body. So, it is critical to be able to breathe in a relaxed way from the diaphragm. Practice lying on your back and taking a deep breath, so your tummy rises. Breathe in for the count of 4 and then breathe out through your nose and feel your tummy deflating. Then repeat. Your upper chest should not move, showing you are relaxed.

2. Sit Less

Aim to sit for less than 3 hours a day as research shows this benefits long-term health. Those who sit for more than 8 hours per day are more likely to have health problems. If you are unable to stand, lying down is better than sitting. If you work at a desk, then opt for a standing desk. A fitness watch can also encourage more activity during the day.

3. Walk More

Walking is vital for two reasons; improving breathing and intake of oxygen and circulating blood around the body. The heart is not a pump and does not pump blood around the body. It is a circulator and needs walking movement to work efficiently. To get the most benefits, walk at a good pace with longer strides, keeping your pelvis slightly forward and tucked in at the bottom of the spine. If you cannot walk, lay on your back with your legs elevated and cycle your legs regularly.

4. Drink Plenty of Water (with Sodium Bicarbonate)

Water is the second most critical nutrient, and most people would die after seven days of drinking no water. Consume around 6-8 glasses of pure water over the day (with a small amount of Bicarbonate of Soda and Organic Liquid Trace Minerals added for extra benefits). Prepare the bottles in the morning and take them with you or leave them on the table to remind you.





5. Eat Real Foods

Stop eating all grains, cereals, and other high-sugar foods and drinks, including bread, pastry, biscuits, breakfast cereals, rice, potatoes, parsnips, and wheat-based pasta. Eat more greens and other colourful vegetables and dark-skinned fruits. Aim to include lots of healthy fats in the diet, such as avocados, nuts and seeds, grass-fed meats and oily fish, coconut oil, hemp oil and olive oil. As a healthy alternative to starchy carbs, consider quinoa, chia seeds, amaranth buckwheat and millet. See alternative recipes at: www.ReallyHealthyFoods.com

6. Supplement the Missing Nutrients

Your body and cells need specific nutrients to function optimally. Many critical vitamins and minerals are no longer in foods in sufficient quantities due to intensive farming methods and modern food production. This is particularly important if/when children are planned and as we age. Government Nutritionists will claim that eating a balanced diet contains all the nutrients needed. This is simply not true. Most critical minerals are dangerously deficient.

7. Get a Good Night's Sleep

An adult's recommended daily sleep is between 7-9 hours. It is essential to focus on good sleep hygiene, which means going to bed at the same time each night and waking at the same time each morning. Ensure the bedroom is quiet, dark, and relaxing, and avoid using electronic devices 1-2 hours before bedtime. A bath in magnesium flakes before bed is also an excellent aid for relaxation. Being consistent with your sleep routine reinforces the body's sleep-wake cycle and may help you enjoy a good night's sleep.

Do You Suffer from Migraine Headaches?

Could Replenishing Missing Nutrients Help?

It seems more and more people are getting these debilitating headaches. The very word “migraine” makes sufferers shudder. Some are incapacitated for a few hours, and others are affected for days. Symptoms include extreme pain, sensitivity to light, sound or smell, nausea, vomiting, auras, fatigue, loss of appetite and blurred vision. They have been linked to various things, including allergies, stress, hormonal changes, dental problems and even genetics. But did you know they have also been connected to vitamin and nutrient deficiencies?

Magnesium

Most people are deficient in this crucial mineral to varying degrees because they aren't consuming enough in their diet. It is essential for normal brain and nerve function, so it should come as no surprise there's a correlation between low magnesium and migraines. The reasons why are not entirely understood, but there are several theories. Depleted magnesium levels contribute to inflammation and oxidative stress, which are considered potential triggers for headaches. Also, when magnesium is low, the blood vessels narrow and constrict, which may play a role in migraines. It has also

been suggested magnesium may block signals leading to auras and visual disturbances. Research has found half of migraine sufferers are deficient at the time of an attack.

Vitamin D

Another nutrient deficiency linked to migraines is low vitamin D. Most people in the UK are deficient, especially during winter. Research suggests if those prone to migraines optimise their vitamin D levels, it may help reduce the frequency, duration, and severity of headaches. This could be because it helps regulate neurotransmitters and protects against oxidative stress.

CoEnzyme Q10

Another important antioxidant to consider is Coenzyme Q10. This nutrient is crucial in supporting energy production in all our cells. It occurs naturally in the body but becomes depleted as we age. It is believed a lack of cell energy in the brain may be a cause of migraines. Studies show that CoQ10 may help boost those cells and reduce the frequency of attacks.



Recommended Products

ANCIENT MAGNESIUM® OIL

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



UB8Q10™ UBIQUINOL

Backed by years of research, Kaneka Ubiquinol™ provides Coenzyme Q10 in its most active form. Powerful antioxidant properties help support the heart, cell, dental and immune health, and more. 60 softgel capsules.



LIPOSOMAL HYSORBQ10™

Powerful liposomal CoEnzyme Q10 for fast and efficient absorption. Provides antioxidant benefits while supporting energy production and optimal health. 100ml. Vegetarian and vegan.



VITAMIN D3

Professional strength for ultimate D3 support. Essential for immune health. Delivers D3 4000IU plus 100mg coral calcium per capsule. Dairy and gluten-free. 100 capsules. Vegetarian.



Sources

All references can be found at www.NaturallyHealthyNews.com



Good Health Starts in the Gut

Make sure yours gets the best start possible

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



Digestive and
immune system
support



Highest-quality
ingredients



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



Vegetarian and
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Available at all good independent health food stores


Good Health Naturally
Because it Works![®]

Love Your Lungs:

Gentler Ways to Support Lung Health

Everyone has the right to breathe deeply and freely. Healthy lungs take care of this for us automatically, and it can be easy to take for granted the vital function they perform – until something goes wrong. For millions of people of all ages throughout the world, the feeling of drawing a full, deep, and satisfying breath is something they can no longer experience – or may never have been able to.

Every minute in the UK, another person is diagnosed with a lung condition, such as asthma, bronchiectasis, or COPD (Chronic obstructive pulmonary disease - a group of lung conditions including chronic bronchitis and emphysema, which make it difficult to breathe). The UK has the worst death rate for lung conditions in Western Europe, and lung condition research receives only 2% of public funding for health research.

Many conventional treatments for lung diseases can cause side effects, whilst some may even pose substantial risks. Asthma, for example, is often treated using corticosteroids administered via an inhaler. However, studies reveal that these inhalers may increase pneumonia

hospitalisations by as much as 83 percent, with patients often prescribed dangerously high steroid doses. Other treatments have equally undesired consequences. Although ensuring a patient's comfort and minimising the distress of a condition like COPD is paramount, doctors in Norway give more sedatives to COPD sufferers than to psychiatric patients. These drugs depress lung function whilst increasing addiction risk.

Patients caught up in the health-care system may not be aware that effective natural remedies are available, which can complement - or in some cases, if the individual chooses, replace - these treatments whilst supporting overall wellbeing. Backed by scientific research, these nutritional and therapeutic approaches can be a gentler way to improve the health of your lungs.

Lungs love - and science supports - 5 nutrients for better lung health.

The latest research shows that even the most damaged lungs may respond to these powerful ingredients:



1. Curcumin.

Curcumin is a super-concentrated phytochemical extract from the turmeric root. The anti-inflammatory properties of curcumin are effective in improving the function of the lungs and help conditions such as asthma, chronic obstructive pulmonary disease and pulmonary fibrosis. Curcumin, serrapeptase, D3 and ecklonia cava are frequently mentioned alongside each other for lung rehabilitation.

2. Iodine.

Iodine is a crucial mineral missing from our food supply, and iodine deficiency affects 2 billion people worldwide. Iodine is required for thyroid health, and high levels are needed for blood, liver, reproductive, adrenal, colon, skin, and lung function. Iodine deficiency can exacerbate symptoms like exhaustion, muscle pain, and poor sleep. Supplementing food state iodine — as nascent iodine in its consumable, organic form recognised by our body — may regulate thyroid and lung health, with exceptional support for fibrosis.



3. Probiotics.

Probiotics can support the friendly bacteria in the gut and help us be more resilient to infections. Probiotics can reduce the duration and severity of upper respiratory tract infections and decrease asthma risk in infants. Soil-based organisms are a type of probiotic that helps replenish our good gut bacteria, inhibit harmful bacteria growth and strengthen our immune systems, making them an ideal option for lung health.

4. Zinc.

A well-known immune stimulator, zinc is popularly used for lung and respiratory health. Zinc has been proven to reduce the severity of upper respiratory tract infections and even reverse lung damage associated with lung diseases. When combined with olive leaf extract, they both work even better. Studies have shown that olive leaf can cut employee sick days due to respiratory illnesses, with its immune-boosting properties.

5. Norwegian seaweed extract.

Poor lung health may be marked by poor breathing, worsened when oxygen can't circulate properly. Restorative nutrients help, alongside an oxygen-boosting seaweed extract, to clear carbon dioxide and promote oxygen transport. Better oxygen circulation allows the lungs to recover. Norwegian seaweed extract is harnessed in a convenient liquid that enables quick recovery from feelings of breathlessness.

Support for struggling lungs doesn't stop there.

These at-home approaches can also offer practical solutions for lung recovery:

- Avoid starchy carbohydrates. Foods like vegetables, fruits, and healthy plant fats are prime supporters of lung function. We're better off eliminating inflammatory processed foods, i.e., starchy carbs. They can age the body, inflame the lungs, and impair breathing.
- Practice pulmonary rehabilita-

tion. Deep, relaxed breathing – known as pulmonary rehabilitation — offers an effective way to reduce shortness of breath and improve lung function. It's a daily commitment, but naturally improving lung health can be something we enjoy doing. For patients with COPD, listening to music while performing pulmonary rehabilitation exercises can have two-fold benefits: American researchers observed changes in mental wellness and lung disease symptoms in their 2015 study.

Recommended Products

SERRANOL®

A unique formula with Serrapeptase (160,000iu), Curcuminx4000 (250mg), ecklonia cava extract (50mg), and vitamin D3 (1000iu). Offers powerful anti-inflammatory and antioxidant benefits. 90 capsules. Vegetarian.



NASCENT IODINE

Nascent Iodine is a liquid atomic form of this crucial mineral, which is well absorbed by the body, especially the thyroid. One drop = 350mcg of iodine. 30ml. Vegetarian and vegan.



PRESCRIPT-BIOTICS™

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



OLIVE LEAF WITH ZINC

A powerful blend of olive leaf and zinc to support year-round immune health, with proven antiviral properties. 90 Capsules. Vegetarian and vegan.



OXYSORB™

A powerful intra-oral liquid enzyme extracted from deep water seaweed, recommended for sport/fitness, when flying or at a high altitude, or during any heavy exertion. 60ml. Vegetarian and vegan



Sources

All references can be found at www.NaturallyHealthyNews.com

Health Coach Q&A

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

Did You Know?

You are just as at risk of becoming dehydrated in the winter as you are in the summer. We usually associate making sure that we're drinking enough water with warm weather, but the dry air of winter can dehydrate you as well.



I always find I am much more sedentary in the winter months. What can I do?

It's cold outside, so it's inevitable you spend more time inside. But make a point to keep active during the winter months. Wear layers and brave the cold for a brisk walk in nature. Find ways to exercise at home, such as an on-line fitness class or fitness DVD, or go to a gym. Join a yoga or pilates class for some indoor exercise all year round. If you work at a desk, opt for a standing desk and aim to sit for no more than 3 hours per day.

Lindsay Powers



Is there anything I can do to avoid cold sores?

Cold sores originate from the herpes simplex virus, which, once contracted, stays in the body. An outbreak can then be triggered when stressed, or when immunity levels dip with a cold or other illness, cold winds or hot sun, or even by eating certain foods such as peanuts. As with any virus, the key is keeping the immune system balanced. Daily intake of vitamin C and olive leaf can support the immune system. Topical application of a lysine lip balm can also help prevent occurrence and aid recovery should you break out.

Sara Gibbons

What can I do to support my immune system and minimise the risk of getting upper respiratory tract infections?

During winter, we can be more susceptible to these conditions due to decreased sun exposure, damp weather conditions and increased comfort foods. However, there's plenty we can do to support immunity. Swap your summer salads for comforting broths and stews, then supercharge with anti-viral additions, including garlic, oregano, sage and shiitake mushrooms. Daily Vitamin D supplementation has also been shown to offer significant protection against infection; we recommend Vitamin D 4000IU capsules or Vitamin D3/K2 spray. For enhanced protection, Daily Immune Protection is a powerful blend of ingredients, including Zinc, Selenium and Beta-Glucans, which further aid a healthy immune response.

Vicky McGregor



Is it normal to sleep more in the winter? I always feel more sluggish.

Research shows it's normal to need more rest and sleep during the winter. Going to bed earlier can make it easier to get up at the usual time for work. A sunrise alarm clock can also help to wake up more energised as the gradual increase in light stops the production of melatonin, the 'sleep hormone'. The increasing light also helps boost the production of serotonin, often known as the 'happy hormone'. Even if it is cloudy, getting sunlight in the morning will also support this process. Eating well to keep the immune system strong will improve sleep quality and patterns. So aim to include plenty of fresh, seasonal produce to keep vitamin and mineral levels high.

Sara Gibbons



How can I stop myself from suffering from the winter blues?

Also known as Seasonal Affective

Disorder, while the exact cause is not fully understood, it seems to be linked to reduced daylight exposure. One of the best things you can do is get outside as much as possible; a brisk morning or lunchtime walk can be really helpful. House plants can be beneficial, too, as they help purify the air and connect us to the natural world. Keep your vitamin D levels topped up, as low levels of the sunshine vitamin are associated with SAD.

Catherine Gorman



My arthritis symptoms are much worse in the winter weather. What can I do to support my joints?

Falling temperatures can exacerbate arthritic symptoms and stress vulnerable joints. Good nutrition, exercise, and key supplements are essential for individuals with arthritis, especially during the colder months when aches and pains are more common. Exercise can be less appealing in the winter, but it's essential to keep moving. Try exercising indoors on a stationary bike or elliptical machine, and remember to stretch at night and in the morning to keep you more limber throughout the day. Certain spices have thermogenic properties, which can help to minimise the inflammation of

arthritis. Use chilli, ginger, turmeric, cinnamon or other spices liberally in your cooking and consider taking a quality curcumin supplement.

Hannah Da Rosa



My skin gets so dry and itchy in winter. What can I do to prevent this from happening?

Dry, prickly skin during the colder months can be an uncomfortable problem. Make sure to keep hydrated, as this is often a fundamental cause. Reduce intake of diuretic beverages such as alcohol, tea and coffee, and increase hydrating drinks such as water, coconut water and fresh vegetable and fruit juices, plus broths and soups. Regular use of thicker and creamier moisturisers can help avoid skin developing cracks and infections. Ancient Magnesium Body Butter is a rich moisturiser with the added benefit of lifting magnesium levels. In addition, HydroSol Silver spray has an antimicrobial action if there is a breakout or infection.

Sara Gibbons

NEW Sodium Butyrate

Powerful Support for Digestive and Whole-body Health.

Butyric acid is a short-chain fatty acid produced naturally in the colon. It plays a critical role in repairing the gut lining and supporting intestinal cells, improving immune function and protecting the body.



Supports digestive
health



Fast acting



Short or
long-term use



Suitable
for vegans

Available at all good independent health food stores


Good Health Naturally
Because it Works!®

Blues Busters:

Stave Off (S-)SAD With Self Care and Key Nutrients



It can be natural for everyone to experience a slight dip in mood during the winter, but for those who suffer from Seasonal Affective Disorder (SAD), a subtype of major depressive disorder, these mood changes can be debilitating. SAD affects 1 in 5 people in the UK, but individuals displaying milder symptoms may have a subsyndromal type of SAD (S-SAD), colloquially termed the 'winter blues.' Arm yourself against seasonal depression in all its forms by incorporating protective nutrients into your diet and taking preventative steps to stay happy!

Vitamin D3: Vitamin D3, also known as the 'sunshine vitamin', plays a vital role in serotonin activity. The body synthesises Vitamin D3 when the skin is exposed to sunlight. Those with SAD have been found to have lower vitamin D levels, and this deficiency may be associated with clinically significant depressive symptoms. Taking a Vitamin D3 supplement towards the end of the summer, before winter darkness begins, may help prevent the onset of these symptoms.

Omega-3s: Adequate intake of omega-3 fatty acids can reduce the risk of mild-moderate depression, as revealed by a study conducted by the University of Pittsburgh. Krill, a tiny shrimp-like crustacean

found in the Southern Oceans, are a super-rich source of omega-3 fatty acids and free of the toxic heavy metals found in many fish oils.

Folate: A balanced, Mediterranean-style diet is especially essential in winter, as thanks to its high vegetable content, it contains vital nutrients such as folate. There is a strong link between low levels of folate and an increase in the onset of depressive symptoms. If you choose to supplement folate, look out for the biologically active form of folate, 5-methyltetrahydrofolate (5-MTHF), which is suitable for those who cannot metabolise synthetic folic acid and is also much better absorbed and utilised by the body.

Relaxation: Reducing stress can be incredibly beneficial in preventing symptoms of SAD, and relaxation techniques may help reduce their severity if symptoms do set in. Some methods include meditation, mindfulness, aromatherapy, walking, or any other gentle form of exercise or activity you enjoy. Certain stress-relieving nutrients, such as L-Tryptophan, a precursor of 'happy hormone' serotonin, Vitamins B3 and B6 and the calming phytochemical L-Theanine, can help encourage a more relaxed and rested physical state.

Recommended Products

VITAMIN D3

Professional strength for ultimate D3 support. Essential for immune health. Delivers D3 4000IU plus 100mg coral calcium per capsule. Dairy and gluten-free. 100 capsules. Vegetarian.



THE KRILL MIRACLE™

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



ACTIVE LIFE™ CAPSULES

The complete multivitamin for all the family with 130 nutrients, vitamins, and minerals, including lutein, zeaxanthin, folate MTFH, Vitamin C, and D3. 180 capsules. Vegetarian.



RELAXWELL™

A unique combination of L-Tryptophan, L-Theanine, plus vitamins B6 and B3, each selected for their known role supporting stress, relaxation and sleep. 90 capsules. Vegetarian and vegan.



Sources

All references can be found at www.NaturallyHealthyNews.com

How to Avoid Those Dreaded Winter Bugs by Taking Action Now

There is a general expectation that more cases of colds and flu will go around as we move into the winter season. Since the pandemic, most of us are familiar with the science that says viruses tend to live longer in colder temperatures and lower humidity. In addition, cold weather forces people to be in enclosed spaces longer and increases the risk of infection. Yet some people seem to get more illnesses than others. The critical factor for the likelihood of getting sick is the immune system's strength.

However, signs of lowered immunity don't only include frequent colds and infections but also slow wound healing, gut issues such as diarrhoea, respiratory problems such as coughs, and also irritability.

Why is the immune system weaker for some people?

Several known factors can take their toll on the body's resilience to bugs and viruses. Stress, anxiety, physical inactivity, loneli-

ness, consistently low mood, smoking, poor diet, and lack of sleep can all have an effect.

How and why do these factors make a difference?

Smoking, excessive alcohol consumption and stress can deplete the body of crucial immune supporting nutrients such as vitamin C and zinc, leading to chronic inflammation and weakened defences against pathogens. In addition, sugary snacks, processed food and starchy carbohydrates play a part, not only due to the risk of nutrient deficiencies but also because they impair adaptive immunity, leading to chronic inflammation and weak defences against pathogens.

Extended periods of stress can also harm immune function, causing people to be more vulnerable to viral infections and frequent illnesses. When the body floods with the hormones involved in a stress response, the function of immune cells weakens. Lack of physical activity and obesity can also increase inflammation and weaken immunity.

What can we do to strengthen our immune system and minimise the risk?

A poor diet and an unhealthy lifestyle can undoubtedly contribute to lowered immunity. If you are not getting all the nutrients your body needs daily, there will inevitably be consequences, including a weakened immune system.

Our food choices can have a considerable impact. A nourishing diet rich in vegetables, fruit, healthy fats, nuts, seeds, pulses, good quality meat and fish will ensure an adequate supply of vitamins, minerals and antioxidants to support our immune systems.

Foods such as citrus fruits, red bell peppers, broccoli, spinach, nuts and seeds are great. Also, add garlic and fresh ginger to your cooking. Garlic has been used since ancient times for its antibacterial and antiviral properties. It contains compounds that studies show have the po-





tential to improve immunity against viruses.

Digestive problems can make us more susceptible to illness and infections. The digestive tract contains around 70% of our immune system, so ensure the diet includes plenty of prebiotic foods such as artichokes to support a healthy gut. Unbalanced bacterial flora, inflammation, or barrier defects, can all cause disruption. Fibre and fermented foods such as kefir, kombucha and sauerkraut will help keep our gut bacteria happy. Probiotics may also help improve imbalances in bacterial flora.

I've heard a lot lately about vitamins C and D3. How important are they?

Vitamin D is known as the sunshine vitamin because our primary source is from UVB sun-rays onto our skin. Food sources include oily fish, egg yolks and mushrooms. Research shows it plays a crucial role in immunity.

But there is a concern most people are not getting enough in their diet or from the sun. So, supplementing may be the best option.

A deficiency in vitamin C can result in impaired immunity and a higher susceptibility to infections. The body cannot store this vitamin, so we must eat it daily. Good sources include citrus, strawberries, and cruciferous vegetables.

Other nutrients are also important

Zinc and selenium are two minerals significant for immunity because soil exhaustion means we may now be getting less in our food. Both are needed for immune cells to function well. The best sources of zinc are seafood, red meat, egg yolk, pumpkin and sunflower seeds, plus wholegrains. Sources of selenium include fish, alfalfa, and Brazil nuts.

Other powerful immune nutrients include EpiCor®, Beta Glucans and Larch arabinogalactan. Epi-

Cor® is a powerful antioxidant shown to modulate the immune system and increase antioxidant levels in the blood. Beta glucans are naturally occurring polysaccharides, that help to stimulate immune cells, such as macrophages and natural killer cells. Larch arabinogalactan is an excellent source of dietary fibre that can help increase beneficial gut bacteria levels.

Recommended Products

PUREC™ LIPOSOMAL VITAMIN C + QUERCETIN

Advanced liposome technology ensures faster and superior absorption than capsules, tablets and powders. Contains 1000mg vitamin C and 175mg of C Support (citrus bioflavonoids, quercetin) per serving. 180ml. Vegetarian and vegan.



DAILY IMMUNE PROTECTION

A unique combination of 10 powerful ingredients to help maintain the function of the immune system, including EpiCor®, eXselen™, L-OptiZinc, dimethylglycine, elderberry fruit extract, Immune Assist Powder, immudyne Nutritional, and larch arabinogalactan. 90 capsules. Vegetarian.



VITAMIN D3

Professional strength for ultimate D3 support. Essential for immune health. Delivers D3 4000IU plus 100mg coral calcium per capsule. Dairy and gluten-free. 100 capsules. Vegetarian.



LYSINE LIP BALM 5MG

Lysine Lip Balm is a unique formula of organic ingredients to support and nourish the health of your lips. A good option for cold sores, dry, chapped lips and sun/cold protection. 5g. Vegetarian.



Sources

All references can be found at www.NaturallyHealthyNews.com

Serrapeptase

12 Things You Always Wanted to Know About the 'Miracle' Enzyme.

Serrapeptase is a proteolytic enzyme growing in popularity thanks to its safe and effective ability to provide natural relief for various health conditions. It has been used for over 30 years in Europe and Asia to relieve pain, inflammation and excessive mucus production. More than 40 clinical studies have concluded that serrapeptase benefits human health.

It is only natural to be inquisitive for those new to serrapeptase and its potential in managing chronic, painful conditions. While some questions seem obvious, they often go unasked. Unveiling the answers offers valuable insight into serrapeptase's application, potency and safety.

Serrapeptase — 12 Common FAQs

1. What is it?

Serrapeptase is a natural anti-inflammatory enzyme produced by growing the microorganism *Serratia E15* on plant material. It was initially discovered in the intestines of the silkworm in Japan during the late 1960s. The silkworm uses it to dissolve the hard cocoon, allowing the moth to escape and fly away. It also

helps to digest the tough mulberry leaves that it feeds on. Today serrapeptase is produced commercially as a dietary supplement.

2. What does it do?

Serrapeptase falls into the category of 'cleaning-up'. Serrapeptase is a proteolytic enzyme that digests non-living proteins or dead scar tissue circulating in the body without harming living tissue. Serrapeptase is thought to have anti-inflammatory, anti-oedemic and fibrinolytic properties. Once ingested, it works on dissolving unwanted proteins such as scar tissue, inflammation, arterial plaque and cysts. Research also shows that serrapeptase may reduce pain by inhibiting the release of pain-inducing amines called bradykinin.

3. Why take it?

Proteolytic enzymes like serrapeptase are important modulators and regulators that can respond to stresses in the body, such as inflammation. According to research, proteolytic enzymes help modulate the inflammatory process via several mechanisms, including reducing the swelling in mucus membranes and dissolving unwanted blood clots and fibrin deposits.



This helps in the reduction of inflammation and assists with the relief of pain and discomfort.

Serrapeptase also breaks down scar tissue, increasing tissue motility. Breaking down the scar tissue allows the body to replace it with healthy tissue for complete healing. It is commonly used for post-operative recovery, injury, adhesions, and other scar tissue.

4. Who will benefit?

Many health conditions reportedly benefit from serrapeptase. It is often recommended for arthritis and joint health, lung and cardiovascular diseases, inflammatory bowel conditions, brain health, skin conditions, post-operative healing, sinus activity,



anti-ageing, and many more.

Serrapeptase has also presented benefits in women struggling with infertility. This is due to its ability to clear scar tissue and inflammation in blocked fallopian tubes, which increases the chances of natural conception.

5. Why don't doctors prescribe it?

Most doctors do not prescribe serrapeptase. However, some front-liners or those with a background in natural therapies do. Western doctors follow the pharmaceutical disease management model, and since serrapeptase has a proven ability to support natural healthcare and address the root cause of chronic health, it cannot be prescribed

for profit. Though, in Japan and Germany, doctors regularly prescribe serrapeptase because of its internal healing abilities.

6. Who should not take it?

Since serrapeptase works as a natural anti-inflammatory and a potential alternative to over-the-counter or prescription pain relievers, it can be used by people of all ages. Men, women, older adults, children and pets can benefit from taking serrapeptase to clear inflammation. If you are unsure how it can help you, always seek advice from your healthcare provider.

7. Is it safe to take during pregnancy?

Yes, serrapeptase is safe to take

before, during and after pregnancy. The support offered by serrapeptase may be invaluable to new mothers who are breastfeeding as it can provide relief from a painful inflammatory condition called mastitis. Scientists have used serrapeptase in the clinical setting to treat breast engorgement safely and effectively.

8. Can it be combined with medication?

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

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

9. What is the difference between capsules and tablets?

It is often a personal preference over tablets or capsules as they work equally well. Delayed-release capsules and tablets are designed to break down slowly when ingested and release the serrapeptase enzyme at full strength in the small intestine. For best results, always take on an empty stomach at least 30 minutes before or 2 hours after eating.

10. Is serrapeptase vegan?

Yes. While the serrapeptase enzyme was traditionally derived from the intestine of the silkworm, it is now naturally cultivated. Formed on a fungal base and grown with nutrient extracts, serrapeptase is produced without any animals or animal products.

11. What is the maximum amount that is safe to take?

There is no set limit on how much serrapeptase should be taken daily. With serious health conditions, more serrapeptase is suggested. Once a high dose relieves chronic pain, inflammation, arterial blockages and more, a lower amount can be taken for maintenance. In the early days, the dosage was 10,000iu, but now supplements contain up to 250,000iu and can be taken at regular intervals daily. Higher doses are dramatically improving many health conditions without any side effects.

12. What do the reviews say?

Thousands of testimonials support the use of serrapeptase, highlighting its unique abilities and broad offerings to various health concerns.

Arthritis. "I'm a massive fan of serrapeptase! I have vulnerable knee joints (plus mild osteoarthritis) that injure easily. My knee gets so swollen that I only have a very, very small range of movement. I take 3 x 3 capsules of serrapeptase daily for a 10-day period. Usually, within a few days, most of the inflammation has gone. I take a maintenance dose of 3 capsules daily". – Sooze

Carpal tunnel. "I'm a hairdresser and used to have to strap my wrists up for a few weeks every few months, but since taking serrapeptase, I haven't had to do it again. My friend also had carpal tunnel, and the serrapeptase really helped, and she is now pain-free. I was even told at one point to come off all supplements by my doctor, and my pains came back, so I restarted the serrapeptase, and I'm now pain-free again!". – Paula

Circulation. "I think it's a wonder drug. My family uses serrapeptase; some have stopped blood thinning tablets, and some take it for overall wellbeing". – Kelly

Healthy ageing. "I've been taking it for years. Haven't been to a doctor in 30 years. I am 79, work 11 hours a day, 7 days a week, and I feel great!". – Gerry

Mobility. "Years ago, I couldn't walk, started taking serrapeptase (up to 9 a day to eliminate pain). With time, I started

walking short distances, then around the block, then 1 to 2 miles a day. It's a magic enzyme with no side effects!". – Norma

Other users report positive changes when taking serrapeptase for angina, arterial blockages, back pain, blocked fallopian tubes, endometriosis, COPD, migraines, heart disease, MS and many other chronic health issues.

Recommended Products

SERRAENZYME® 250,000IU

The world's strongest serrapeptase delivers 250,000IU Serrapeptase for serious health support and accelerated healing. Available in tablets and delayed release capsules. Phthalate-free. 90 capsules. Vegetarian and vegan.



SERRAENZYME® 80,000IU

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



SERRAPLUS+®

Serrapeptase formula with serrapeptase (80,000iu), trace minerals (50mg) and MSM (350mg) for enhanced absorption. Phthalate-free. Available in delayed release capsules. Vegetarian and vegan.



SERRAPET®

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



Sources

All references can be found at www.NaturallyHealthyNews.com



Good Health Naturally *Because it Works!*[®]



The World's Leading Serrapeptase Range

Since introducing the Serrapeptase enzyme to the market over 20 years ago, this naturally occurring enzyme has gained worldwide popularity. Our market-leading range of serrapeptase health solutions help safely and effectively break down unwanted proteins and clear inflammation in the body, providing relief for a wide variety of health concerns.



Powerful
anti-inflammatory



Suitable for all
ages, incl. pets



Available in 80,000IU
and 250,000IU



Suitable for
vegans

Available at all good independent health food stores

Inflammation:

Too much of a good thing?

Inflammation is a normal part of your body's healing system that plays a role in overall health. The right kind is necessary for fighting off infection and repairing damage. But how problematic is prolonged inflammation?

The right kind of inflammation

Inflammation comes in two forms, acute and chronic. Acute inflammation is the short-lived response to minor injuries such as a cut finger or a bee sting. When this happens, the immune system releases white blood cells to surround and protect the affected area, which creates visible redness and swelling. Without inflammation, injuries could fester, and simple infections could become fatal. However, when inflammation is prolonged and there is no injury or infection to fight, this is recognised as chronic inflammation. In this instance, the immune system continues to pump out white blood cells and may attack nearby healthy tissues and organs.

Research has shown that chronic inflammation is associated with conditions such as:

- Heart disease
- Type 2 diabetes
- Arthritis and joint diseases
- Inflammatory bowel diseases
- Respiratory diseases
- Alzheimer's disease
- Psoriasis

A 2018 meta-analysis considered a dietary-inflammatory index against cardiovascular risk and mortality. The data analysis from 14 eligible studies showed an association between a pro-inflammatory diet and an increased risk of cardiovascular disease (CVD) and CVD mortality. It was confirmed that increasing the intake of healthy, anti-inflammatory foods such as fruits and green leafy vegetables and decreasing pro-inflammatory foods such as processed meats and sugary foods may play a vital role in reducing CVD risk and associated mortality.

These conclusions have been solidified in more recent research, where specifically, a Mediterranean diet has been linked to reduced inflammation. Recognised as one of the healthiest diets in the world, the Mediterranean diet is packed with anti-inflammatory foods, including fruit and vegetables, wholegrains, lean protein sources, beans, herbs and spices and healthy fats. These whole foods are rich in vitamins, minerals, and antioxidants that support the immune system and keep inflammation at bay. A randomised controlled trial into the Mediterranean diet and joint inflammation in people with rheumatoid arthritis (RA) found that the first study group who ate a Mediterranean diet significantly improved RA disease activity after 12 weeks of following the diet.



8 Subtle signs and 4 simple solutions to combat chronic inflammation

Listening to your body's subtle signs might be the key to preventing long-term illness.

1. Brain fog. One of the most common signs of chronic inflammation, brain fog, may be mild to severe and can present as forgetfulness, difficulty concentrating or distraction.

2. Chronic pain. Regularly experiencing chronic pain indicates internal inflammation, especially when mobility and range of motion are affected.

3. Digestive issues. Bloating, constipation, loose stools, gas, nausea, and vomiting are potential signs of an elevated inflammatory response. They could indicate a food allergy, irritable bowel syndrome (IBS), or another type of inflammation-causing issue within the gut.

4. Flu-like symptoms. Recurrent loss of appetite, fever, chills, and high temperature are signs that may highlight underlying inflammation and more significant health problems.



5. Fatigue. Though some fatigue is normal, constant feelings of tiredness, to the point of exhaustion, might indicate inflammation.

6. Skin eruptions. Recurrent issues of acne, eczema and dry skin may all be signs of underlying internal inflammation.

7. Swollen lymph nodes. Enlarged lymph nodes usually indicate the body is fighting off a bacterial or viral infection, but persistent swelling may highlight chronic inflammation/illness.

8. Swollen face. A significant sign of internal inflammation is swelling and puffiness in the face, especially around the eyes. Excess fluid surrounding the eye's connective tissues can indicate more severe eye health issues.

Research supports several ways to restore balance and keep inflammation at bay

1. Drink sodium bicarb daily. Researchers from the Medical College of Georgia, USA, discovered that adding bicarbonate of soda to water could help minimise elevated levels of harmful inflammation in autoimmune diseases like rheumatoid arthritis. Aim for 5 to

6 glasses of sodium bicarb in water daily to neutralise acidity.

2. Sleep more. Studies show that poor sleep can affect blood pressure, which can trigger cells in the blood vessel walls to activate inflammation. Sleep deprivation may also alter the body's stress response. Sleeping between 7-9 hours a night is recommended. You can support sleep with the bacteria found in soil-based probiotics. These have the two-fold benefit of reducing gut inflammation and increasing tryptophan levels that help to induce sleep.

3. Replace missing minerals. Many of us are critically low in this essential mineral. Magnesium helps break the chemical cascade that leads to inflammation, protecting the body from chronic disease. Transdermal application offers one of the fastest ways to raise blood levels of magnesium, as it efficiently absorbs via the skin.

4. Take natural anti-inflammatories. Natural anti-inflammatory compounds offer a gentle way to help the body heal without side effects. A renowned proteolytic enzyme used to alleviate pain, chron-

ic inflammation, and clogged arteries, serrapeptase cleans and clears unwanted, non-living tissue from our body. Curcumin, a potent anti-inflammatory and antioxidant compound derived from turmeric, can also help decrease inflammation and protect against associated diseases.

Recommended Products

SERRANOL®

A unique formula with Serrapeptase (160,000iu), Curcuminx4000 (250mg), ecklonia cava extract (50mg), and vitamin D3 (1000iu).

Offers powerful anti-inflammatory and antioxidant benefits for a range of health conditions. 90 capsules. Vegetarian.



BRAINPOWER™

Combination of liposomal Curcumin and Resveratrol for maximum absorption. This sublingual formula reaches the brain within minutes. Provides antioxidant and anti-inflammatory protection. Made with natural, non-GMO ingredients. 180ml. Vegetarian and vegan.



ANCIENT MAGNESIUM® LOTION ULTRA

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



PRESCRIPT-BIOTICS™

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



Sources

All references can be found at www.NaturallyHealthyNews.com



ANCIENT MAGNESIUM®

Magnesium for everybody

The award-winning Ancient Magnesium range offers a convenient yet gentle way to naturally boost cellular magnesium levels providing fast recovery from tiredness & fatigue, muscle tension, and more. Taking magnesium through the skin as a topical supplement significantly increases its absorption and maximises its benefits within the body.



Aids energy production



Promotes relaxation and natural sleep



Supports immune health



Soothes tired & aching muscles instantly

MAGNESIUM OIL & MAGNESIUM OIL ULTRA



Magnesium oil isn't actually an "oil" after all, but instead was coined as such due to high saturation of magnesium chloride in water, which presents itself in an "oil like" texture.

Instructions: Apply liberally to arms & legs. If irritation occurs, you can dilute with part water to make it 50% strength. You may notice a salt-like mineral residue remaining (varies on climate/temperature and amount applied). To avoid this, apply 20 mins before showering and then rinse, by which time the majority of magnesium will have been absorbed. Avoid direct contact with eyes, mucus membranes and other sensitive areas. If redness or irritation occurs, rinse with cool water.

Frequency of use: Depending upon magnesium requirements, it is advised to begin with a modest amount for the first few days, then increase intensely for 3-4 months, then reduce the daily amount thereafter.

Oil Ultra 200ml, 100ml

20 sprays per day contains approx. 300mg elemental magnesium and 325mg OptiMSM®

MAGNESIUM CREAM WITH CBD



5ml contains approx. 130mg elemental magnesium, and 325mg OptiMSM® and 5mg CBD

Instructions: This is light enough to be used as a daily moisturiser. Simply apply the desired amounts to your hands, face and body. A little goes a long way! For best results, apply to clean skin.

Frequency of use: Depending upon magnesium requirements, it is advised to begin with a modest amount for the first few days, then increase intensely for 3-4 months,

MAGNESIUM BATH



Ultra / 750g, 2000g

100g flakes contains approx. 10.75g magnesium and 8.5g OptiMSM®

Instructions: For a foot bath: Add 150-200g (1 cup) flakes in warm (not hot) water and enjoy it for a minimum of 20 minutes or longer if desired. Foot or bath soak: Add 250-300g (2 cups) flakes in a warm bath and relax for a minimum of 20 minutes or longer to obtain full body rejuvenation.

Frequency of use: It is recommended to take 2-3 magnesium baths per week



MAGNESIUM LOTIONS



Ultra 5ml contains approx. 130mg elemental magnesium, 325mg OptiMSM®

Melatonin 5ml contains approx. 130mg elemental magnesium, 325mg OptiMSM®, and 1.5mg melatonin.

Cool Relief 5ml contains approx. 138mg elemental magnesium, Menthol, ginger and arnica oil.

Instructions: This is light enough to be used as a daily moisturiser. Simply apply the desired amounts to your hands, face and body. A little goes a long way! For best results, apply to clean skin.

Frequency of use: Depending upon magnesium requirements, it is advised to begin with a modest amount for the first few days, then increase intensely for 3-4 months, then reduce daily.

MAGNESIUM BODY BUTTER ULTRA

5ml (1 teaspoon) contains approx. 130mg elemental magnesium and 325mg OptiMSM®

Instructions: This is light enough to be used as a daily moisturiser. Simply apply the desired amounts to your hands, face and

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.



View to a KRILL

4 Astonishing Benefits of a Daily Krill Supplement.

Despite being bottom of the food chain, krill contains the same omega-3 fatty acids found in fish oil, namely EPA and DHA. Distinctively, it is their chemical compositions that sets them apart. Fish oil contains EPA and DHA bound in triglycerides, whereas krill oil contains EPA and DHA bound in phospholipids. Phospholipids are the form of fatty acids incorporated into cell membranes, making them preferable to the body.

Unlike ordinary fish oil, krill oil offers:

- Bio efficiency. Phospholipid-bound omega-3s found in krill are better utilised by the body's cells, and more efficiently incorporated into red blood cell membranes, enabling fast delivery to the places that need it most.
- No fishy aftertaste. Consumers of krill oil note a palatable difference, free from the lingering fishy taste that typically accompanies standard fish oils.
- Safety, sustainability, and traceability. Krill is sustainably

eco-harvested from the pristine, unpolluted waters of the Southern Ocean, making it virtually free from environmental contaminants and toxins and kind to other marine species.

- Super nutrition. Krill are tiny shrimp-like crustaceans packed full of health-promoting omega-3s, phospholipids, astaxanthin and choline, which are beneficial for heart, brain, eye, joint, liver, skin health and more. Standard fish oils do not contain astaxanthin.

With a sea full of benefits, here are 4 key reasons to supplement krill:

The superiority of krill stems from its high antioxidant properties and pure omega-3 content. Superba Boost™ is a next generation krill oil concentrate derived from an Antarctic Krill species named *Euphausia Superba*. Antarctic krill move in huge swarms, feeding on microscopic algae, providing them with a diet rich in omega-3s.

Extensive analysis shows that krill's clean habitat and food

chain ranking make it virtually free from the contaminants associated with higher marine life in the food chain.

The typical western diet contains inadequate amounts of omega-3 fatty acids and choline. A diet lacking in omega-3s may be highlighted through dry skin, hair and nails, difficulty concentrating, stiff joints, fatigue, and insomnia. Superba Boost™ increases the Omega-3 Index faster and more efficiently than other marine sources.

Krill for the brain. The phospholipid structures in krill oil aid the transportation across the blood-brain barrier to deliver omega-3 DHA to where it is needed to maintain normal brain function. DHA is a vital element for early brain development and maintenance, and EPA is recognised for its benefits in helping to regulate mood and behaviour. A study on the influence of krill oil on cognitive function in rats confirmed that the active components in krill oil (EPA, DHA and Astaxanthin) facilitate learning processes and provide anti-depressant-like effects.

Krill for the heart. Omega 3 fatty acids (EPA and DHA) in krill



keep cell membranes fluid and flexible, reducing triglyceride levels and plaque build-up in blood vessels. A double-blind, randomized, placebo-controlled trial published in Nutrition Research showed the benefits of krill oil supplementation on heart health. The study confirmed that participants who took krill oil for 12 weeks lowered their fasting triglyceride levels by 10% relative to placebo.

Krill for the eyes. A randomised, double-masked, placebo-controlled clinical trial found that krill oil positively affects several parameters relating to dry eyes. It was noted that daily krill oil intake diminished inflammation, irritation, and redness.

Krill for joints. Osteoarthritis patients who supplemented krill oil for seven days saw their inflammatory markers reduced by over

15% compared to the placebo group. After 30 days, the inflammatory markers decreased by more than 30%.

Krill oil may also contribute to:

- Muscle strength
- Reduction of PMS symptoms
- Blood sugar regulation
- Blood pressure regulation
- Liver detoxification
- Immune system support
- Nervous system support
- Anti-aging effects
- Skin elasticity and hydration

That sounds a bit fishy: why krill oil may be superior to fish oil.

With copious benefits, it is wise to incorporate Omega-3s into any health regime. Omega-3s can be found in any over-the-counter fish oil, though com-

mercial fish oils lack a vital component, antioxidants.

Because of this, fish oil typically has a short shelf-life and is prone to oxidation. Often, vitamin E must be added to prevent oils from turning rancid. Krill oil contains the potent antioxidant astaxanthin, which naturally preserves its quality and shelf-life.

Recommended Products

THE KRILL MIRACLE™

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



Sources

All references can be found at www.NaturallyHealthyNews.com

Health News

Could NAC Help You To Breathe Easy By Protecting Against CV-19 Symptoms?

N-Acetylcysteine (NAC) may be useful in helping you to breathe easier and in reducing Covid-19 symptoms according to a recent literature analysis.

As a free radical scavenger, NAC is renowned for its ability to replenish levels of glutathione, the body's master antioxidant. By raising glutathione, it may help to combat oxidative stress - a main factor in the cytokine storm associated with Covid-19 according to researchers.

This makes NAC useful for a reduction in Covid-19 disease severity. It can also combat abnormal blood clotting and in many cases, this can even help to loosen thick mucus in the lungs.

There are various other clinical studies involving NAC and Covid-19 that are being examined. NAC was tested in a 6 month human study of influenza in a randomised, double-blind, placebo controlled trial involving 262 people. Half of the subjects received 600mg of NAC, the other half received placebo, twice daily for six months.

In these cases, NAC was found to improve immune function and reduce the severity of influenza infections. Both groups had similar infection rates with A/H1N1 virus influenza, whereas only 79% of placebo-treated people had symptomatic infections – and only 25% of the subjects treated with NAC were symptomatic!

DID YOU KNOW?

Studies show that gum disease is systemically linked with health conditions such as rheumatoid arthritis (RA). One study found that if you have RA, you are twice as likely to have gum disease as those without it.

Could Gum Inflammation Increase Your Arthritis Risk?

Gum inflammation may increase your risks of developing other forms of inflammation, such as arthritis, by creating changes to immune cell precursors in the bone marrow according to new research.

Researchers have revealed the mechanism by which innate immune memory can cause an inflammatory condition – in this case, gum disease – by increasing the susceptibility to developing arthritis, through alterations to immune cell precursors in the bone marrow.

The research, published in the paper Cell, used a mouse model to demonstrate that recipients of a bone marrow transplant were predisposed to more severe arthritis if their donor had inflammatory gum disease. These test subjects also had more severe responses to a later immune system challenge, which is evidence of trained immunity.

Although researchers just used periodontitis and arthritis for this model, their findings go beyond this, demonstrating that this link is in fact at the centre of the association between a variety of comorbidities.

Certain types of immune memory may also be caused by underlying inflammatory conditions that may put bone marrow transplant recipients at a higher risk of inflammatory disorders.

SOURCE:

All study references can be found at www.NaturallyHealthyNews.com

Respiratory Relief- 4 Natural Solutions Every Asthmatic Needs to Know About!

*It's time to catch
your breath...*

With an estimated 8 million asthma sufferers in the UK alone, and no complete 'cure', managing asthma symptoms effectively is the next best thing. Understanding triggers and maintaining good asthma management can be the key to a normal, active lifestyle.

Try these 4 natural 'rescue' remedies for better breathing:

1. Plant foods. Studies have shown that a high intake of fruits and vegetables is associated with improved asthma symptoms, including better overall lung function and wheezing. Research suggests that the antioxidants and flavonoids found in plant foods have a protective effect.

2. Enzymes. Serrapeptase, a natural anti-inflammatory and multi-functional proteolytic enzyme may be particularly beneficial for clearing scar tissue and inflammation in the lungs and passageways. Research into serrapeptase and asthma reports that serrapeptase may decrease the viscosity of mucus and, in turn, help to improve associated symptoms, like breathlessness.

3. Minerals. Research supports that magnesium helps to relax bronchial muscles and expand airways, allowing increased airflow in and out of the lungs. A randomised, placebo-controlled trial confirmed that lower dietary magnesium intake was associated with impaired lung function, bronchial hyperreactivity, and an increased risk of wheezing.

4. Algae. Ecklonia Cava, edible marine algae derived from the coastlines of Korea, China, and Japan, is used medicinally due to its rich antioxidant properties. Researchers have concluded that ecklonia cava can reduce inflammation in the airways of mice, which leads them to believe that it can have a similar impact on humans. Norwegian seaweed extract is also used for lung health to relieve breathlessness and increase oxygenation in the bloodstream.

A costly disease...

A study from Asthma UK Centre in Applied Research concluded that asthma costs the UK health service at least £1.1 billion each year, making it one of our most costly diseases. Moreover, the UK has some of the worst asth-

ma death rates in Europe, and experts at Asthma UK imply that it is a likely result of the condition not being taken seriously enough. Sufferers are now taking it amongst themselves to find affordable, natural solutions.

Recommended Products

ANCIENT MAGNESIUM OIL ULTRA

A pure, high-potency, topical magnesium chloride solution derived from the Ancient Zechstein Seabed with OptiMSM® for rapid absorption into the skin. Supports your daily magnesium requirements. Various sizes available. Vegetarian and vegan.



SERRANOL®

A unique formula with Serrapeptase (160,000iu), Curcuminx4000 (250mg), ecklonia cava extract (50mg), and vitamin D3 (1000iu). Offers powerful anti-inflammatory and antioxidant benefits. 90 capsules. Vegetarian.



OXYSORB™

A powerful intra-oral liquid enzyme extracted from deep water seaweed, recommended for sport/fitness, when flying or at a high altitude, or during any heavy exertion. 60ml. Vegetarian and vegan.



Sources

All references can be found at
www.NaturallyHealthyNews.com




Good Health Naturally
Because it Works!®

Active Life™

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

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

Why is Active Life™ the most complete Multivitamin?

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

Available at all good independent health food stores



Frequently Asked Questions

SUPPLEMENT FACTS

Serving Size: 6 Vegetable Capsules Servings Per Container: 30

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

*Daily Value (DV) not established

Other Ingredients: Vegetable cellulose (capsule), microcrystalline cellulose and medium chain triglycerides.

**L-OptiZinc® brand of zinc mono-L-methionine sulfate.

L-OptiZinc® is a registered trademark of InterHealth N.I.

*** This product uses Gnosis SpA's (6S)-5-methyltetrahydrofolic acid, glucosamine salt (Quatrefolic®) and is protected by U.S. Patent no. 7,947,662. Quatrefolic is a registered trademark of Gnosis SpA.

****As Chromax® (Chromium Picolinate). Chromax®, including the Chromax® logo, is a registered trademark of Nutrition 21, LLC.

Chromax® is patent protected.

Question: Why should I take Active Life™?

Answer: Sadly, today it may be more difficult to get all of our nutrition from food alone. Active Life™ is a broad-spectrum multi-vitamin & mineral and trace mineral supplement. It also contains electrolytes and amino acids, providing a good nutritional foundation for overall health.

Question: What is the best dose to take?

Answer: For maximum support, 6 capsules a day for adults is advised. For good dietary support between 2 to 4 capsules. Children under 12 can take 1 to 2 capsules per day.

Question: When is the best time to take Active Life™?

Answer: Spread doses throughout the day with meals.

Question: Is Active Life™ safe during pregnancy?

Answer: Active Life™ contains a balance of nutrients that can support a healthy pregnancy. The Vitamin A content is at safe levels (up to 6 caps) as recommended by medical professionals. Always check with your healthcare provider before taking supplements during pregnancy.

Question: I can't swallow capsules easily - can I open them?

Answer: Yes, Active Life™ capsules can be opened and mixed with food or smoothies.

Available at all good independent health food stores

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

5 Common Pet Health Issues and 5 Natural Solutions

Our furry friends are part of the family, and we must not let our pet's health go unnoticed. However, while we want to keep our pets healthy, research also shows that having a pet in the family benefits adult's and children's mental and physical health.

Kids who care for pets may manage their health 2.5-times better

Giving a child responsibility for a pet could change their perspective on their health and wellness. In a 2016 PLOS One study on children aged 9-19 with type 1 diabetes, those who took care of family pets were 2.5-times more likely to have balanced blood sugar. Other paediatric diabetic studies have similarly found that pet maintenance in a child's self-care routine may decrease blood glucose levels.

These health benefits may also extend to older people. In a 2019 survey conducted by the National Poll on Healthy Aging in the U.S., 75 per cent of owners from ages 50 to 80 said their pets helped decrease their stress and provided them with purpose.

Owning a pet can improve physical and mental well-being

Owning a pet encourages physical activity and is a fun way to increase your daily exercise levels. Seventy-eight per cent of dog owners reported that their pet kept them physically active. Daily dog walking is a wonderful way to meet new people and reduce feelings of loneliness and isolation. Caring for a pet can also help you feel more grounded and focused and add structure and routine to your day. At the same time, the companionship of a pet can help mental well-being and ease anxiety.

As pets are so valuable to our well-being, what can we do to keep them healthy and thriving?

5 Common Pet Health Problems and Natural Solutions:

1. Allergies. A pet sneezing may not indicate a problem. But symptoms like wheezing, coughing, difficulty breathing, yellow or green mucus, fever, and appetite loss could be signs of allergies. An animal like a horse may also experi-

ence itching or hives when having an allergic reaction. Allergies to fleas, food, and airborne irritants are some potential causes.

Try: Switch from a plastic to a glass or metal food bowl to help reduce facial irritation. Dogs can also benefit from practices that help humans, like using an air purifier and replacing carpeting with tile or wood flooring to prevent the collection of dander.

2. Digestive problems. A new medication, diet changes, an allergic reaction, and intestinal parasites might cause digestive distress in animals. Colic can also be a typical source of abdominal pain in horses, ranging from mild aches to gut displacement that can require surgery. Loss of appetite, constipation, diarrhoea, vomiting, blood or mucous in the stool and excessive gas may all be warning signs of poor digestion.

Try: For horses, colic can be minimised by placing feed off the ground to reduce how much sand is accidentally eaten. A daily probiotic capsule, opened and mixed into food, may also significantly improve pets' digestion, stool, mental state, and appetite. Char-





coal in the feed can also help mop up gas and toxins. Any blood in stools should be reported to a vet for further investigation.

3. Infection. When dust or dirt becomes lodged in a pet's ear, it can cause irritation, swelling, and infection. Likewise, getting a cut or scrape when playing outside can lead to infection at the site where the skin is broken. Fungal infections like aspergillosis, caused by mould, can also spread through the body and may more likely affect pets with weak immune function.

Try: Sick pets experiencing infection may find relief with medicinal silver. A modern-day antimicrobial, silver has proven powerful enough to kill deadly strains of MRSA staph infection. Spray silver sol into a water dish or apply gel to a pet's skin as a potential antibiotic alternative.

4. Joint pain/arthritis. Ageing pets or pets with obesity might be at risk for joint pain and arthritis. Degenerative joint disease can also affect horses, where cartilage slowly wears down. Animals instinctively mask their pain, but some prevalent symptoms include reluctance to walk or climb, difficulty playing or

jumping, and limping or lameness. Up to one in four dogs is diagnosed with a form of arthritis.

Try: Serrapeptase can help clear internal debris and calm joint inflammation in pets with pain and stiffness. Electroacupuncture has also been used to decrease pain, increase relaxation, and speed up healing for horses recovering from injury or surgery.

5. Periodontal disease. "Puppy breath" is one thing. But when the dental disease progresses, hospitalisation may be required to pull teeth and clean root infections. Regular dental visits can help treat gingivitis, considered stage 1 of periodontal disease before tooth loss occurs. It is a good idea to schedule a pet for professional teeth cleaning once a year.

Try: Aim to brush a pet's teeth at home daily or twice a week at a minimum. While it requires more of a time commitment, many veterinarians and dog owners swear by a raw food diet. Chewing raw bones supplies natural enzymes that help to reduce bacterial plaque.

What is interesting is that animals do not have an imagination based

on what we know. This means there is no placebo effect. When we give our pets the natural support they are missing, their bodies will likely respond and start healing.

Recommended Products

SERRAPET®

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



PROBIOTIC14™

A superior blend of 14 viable strains of friendly bacteria and 9 billion colony-forming units per serving to nourish the gut and improve digestive health. 120 capsules. Vegetarian and vegan.



HYDROSOL™ SILVER SPRAY/GEL

The most-researched silver supplement on the market – safe for all the family. The spray delivers 10ppm (113ml), and the gel delivers 24ppm (44ml). Vegetarian and vegan.



HAPPY TUMMY

Made from natural charcoal, it helps absorb toxins and intestinal gas for pets and animals. 500g.



HEALTHPOINT™ KIT

Become a master of acupuncture without the needles! Developed over 14 years with a leading pain specialist, HealthPoint™ can help over 160 conditions, as shown in the manual.



Sources

All references can be found at www.NaturallyHealthyNews.com

Still Awake!

Are you Struggling with Insomnia?

Causes, symptoms and solutions to help you get a good night's sleep.

Most people will experience a period of insomnia at some point in their life. Hours spent tossing and turning trying to fall asleep or waking during the early hours unable to nod back off again. Even just a few nights of poor sleep can have a detrimental effect on our bodies and mind, so it is crucial to find a solution to ensure a restful night's sleep.

Why do we need sleep?

Far from being a passive activity, at some points in the night, our brains are just as active as during the day. Most adults need between seven and nine hours a night. It's essential for tissue repair, cell regeneration, memory processing, and daytime emotions. Poor sleep will make us prone to anger and mood swings. If the problem is persistent, it can lead to low energy, impaired concentration, poor memory, and disturbed mood. It has also been linked to obesity, diabetes, cardiovascular dis-

ease and high blood pressure.

What happens if we don't get enough?

During the past few decades, the average number of hours people sleep has decreased. Meanwhile, conditions like obesity and diabetes have increased. It seems likely the two are linked, as sleep plays an essential role in maintaining healthy blood sugar.

Studies show people who sleep fewer than seven hours a night are more likely to be overweight. Poor sleep can disrupt hormones, increasing appetite, leading to sugar or carbohydrate cravings and poor dietary choices.

When we are sleep deprived, our bodies produce more of the stress hormone cortisol and glucose, and insulin sensitivity is reduced. This all leads to the high blood sugar associated with diabetes. Even partial sleep deprivation for just one night can increase insulin resistance.

Our blood pressure goes down while we sleep. So, if you have high blood pressure, poor sleep may make it worse. Studies indicate even small increases in blood pressure, particularly at night, are

associated with an increased risk of cardiovascular disease.

How to get a better night's sleep

All kinds of health conditions can keep us awake at night, such as aches and pains, heartburn, breathing problems, or frequent urination, and these need to be addressed first. Then it's time to look at lifestyle.

A relaxing bedtime routine can really help. Aim to get into bed and wake up at the same time every day. Studies show irregular sleep patterns can disturb our natural time-keeping clock, known as the circadian rhythm.

Relaxation techniques can improve sleep quality: play relaxing music, read a book, take a magnesium bath, do deep mindful breathing or meditate.

Make sure the bedroom environment is conducive to sleep, with a moderate temperature, and if necessary, use earplugs and black-out curtains or blinds.

Improve the sleep-wake cycle

Natural light during the day helps our bodies tune into our circadian rhythm. But bright light at night has the opposite effect. It can trick our brains into thinking it's still daytime, reducing the production of sleep hor-



mones like melatonin. Beware of blue light from electronic devices like televisions, smartphones and computers. Avoid using them for two hours before bed. Or try glasses that block blue light, and change your devices to nighttime settings.

Get active

Increasing physical activity can help improve sleep duration and quality. Research shows improved sleep in more than 50% of people who exercised regularly. Plus, exercise can help improve mood and reduce anxiety, contributing to poor sleep. Although beware, exercising too late in the day may cause sleep problems. This is due to the stimulatory effect of exercise, which increases alertness and hormones like epinephrine and adrenaline.

Nutrients can help

If you have difficulty dropping off, magnesium can be a great option. As a well-known natural relaxant, it calms the mind, help-

ing prepare your body for sleep. Add magnesium flakes to your evening bath, or apply it topically as a lotion or oil before bed. For extra support, try magnesium blended with melatonin, as this is the key sleep hormone which tells your brain when it's time to head to bed.

The amino acid L-tryptophan is involved in synthesising serotonin and melatonin, which are essential for regulating the sleep-wake cycle. Supplementing with it has been shown to increase sleepiness and decrease the time it takes to fall asleep, particularly in subjects with mild insomnia.

Another helpful amino acid is L-theanine. Studies show it helps people fall asleep more easily and sleep more deeply. It helps boost levels of GABA and alpha brain waves associated with relaxation.

Vitamin D is an essential nutrient involved in melatonin production, and a deficiency has been associated with sleep disruption and poor sleep quality.

Recommended Products

ANCIENT MAGNESIUM BATH FLAKES ULTRA WITH OPTI MSM

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



ANCIENT MAGNESIUM® WITH MELATONIN

A pure, high-potency, topical magnesium chloride lotion with OptiMSM® and Melatonin, to support relaxation and sleep. Vegetarian and vegan.



RELAXWELL™

A unique combination of L-Tryptophan, L-Theanine, plus vitamins B6 and B3, each selected for their known role supporting stress, relaxation and sleep. 90 capsules. Vegetarian and vegan.



VITAMIN D3

Professional strength for ultimate D3 support. Essential for immune health. Delivers D3 4000IU plus 100mg coral calcium per capsule. Dairy and gluten-free. 100 capsules. Vegetarian.



Sources

All references can be found at www.NaturallyHealthyNews.com

Ten Tips to Improve Digestion Naturally

Digestion is a complex process that begins as soon as we smell food and start salivating. When we swallow, the balls of food move into the gastrointestinal tract, a long twisting tube, where they pass through multiple processes to break it down. Our bodies absorb what is needed and then excrete the waste. All kinds of things can go wrong, and poor digestion is associated with various conditions, including acne, eczema, allergies, depression, anxiety, and even obesity. It is also worth remembering around 70% of the body's immune system resides here, so if our gut health is compromised, our immunity will be too.

1 Avoid processed food.

Ready meals and snacks have little nutritional value. They are often high in sugar and saturated fats and contain additives like glucose, aspartame, and emulsifiers. The use of additives has increased in the food industry, and they are now being linked to intestinal diseases. Aim to eat "real food", a colourful rainbow of vegetables, healthy fats from avocados, nuts, seeds, olives and protein like eggs, oily fish, grass-fed meat, beans and pulses.

2 Ensure you have enough "good bacteria".

We have trillions of bacteria in our digestive system, known as our gut microbiota. Some are helpful, and others are not. The "good bacteria" help break down food, aid the absorption of nutrients, and even strengthen immunity. But they can become depleted by illness, antibiotic use, stress, or too much alcohol. To replenish, eat fermented foods like sauerkraut, kefir or kombucha, or consider a probiotic supplement.

3 Don't forget prebiotics.

These "good bacteria" need to be fed on prebiotics - non-digestible carbohydrates found in foods like asparagus, banana, chicory, garlic, artichoke, and whole grains. They are often included in probiotic supplements.

4 Include plenty of fibre.

Fibre keeps digestion running smoothly, prevents constipation and helps maintain a healthy weight. There are two forms, soluble, found in oat bran, barley, nuts, seeds, beans, and lentils. It attracts water and becomes a gel, making stools softer and easier to pass. Insoluble, found in wheat bran, vegetables, and whole grains, adds bulk to the

stool, helping it move faster through the intestines. A fibre-rich diet reduces the risk of conditions like ulcers, reflux, haemorrhoids, and diverticulitis.

5 Look after your gut lining.

Nutrients pass through tiny junctions in the gut wall into the underlying blood vessels and are taken to the liver for processing. This complex multi-layered lining can become inflamed, or junctions can become loose, a condition known as leaky gut, which can lead to systemic inflammation. To keep the lining healthy, eat plenty of omega-3 rich foods, like flaxseeds, chia seeds, nuts and oily fish. A compound called sodium butyrate can help too. It is a short-chain fatty acid generated naturally by bacteria in the colon. It can help calm inflammation and regulate the tight junctions.

6 Get plenty of regular exercise.

Physical activity increases blood flow to all the muscles, including those in the digestive system, allowing food to pass through much quicker and efficiently. Studies show mild to moderate exercise can improve symptoms of IBS, decrease the risk of gallstones, and even enhance the



diversity of microbes in the gut.

7 Stay well hydrated.

Aim for 8 glasses of water daily, as it encourages waste to be passed through the digestive system. Urine should be a pale-yellow colour. Low fluid intake is a common cause of constipation and increasing water intake is often recommended as a part of the treatment protocol. In addition to water, you can also include herbal teas and other non-caffeinated beverages.

8 Take time to relax.

An unsettled stomach before an exam or big event is one thing, but sustained stress can wreak havoc on our digestion. It has been associated with stomach ulcers, acid reflux, diarrhoea, constipation, and IBS. Stress puts our bodies into a heightened state, diverting energy away from digestion and slowing it down. Activities like deep breathing, meditation or yoga can help lower stress hormones

and improve digestion. In fact, relaxation training has been shown to improve symptoms in people with IBS.

9 Remove toxins.

Toxins can accumulate in the gut from food, alcohol, mould, and fungus and can affect health by triggering inflammation. Activated charcoal has a long history as a safe remover of toxins. The charcoal particles have a huge surface area and a charge which attracts certain ions and molecules. It can bind to toxic substances and escort them out of your body.

10 Eat mindfully.

It is too easy to eat quickly without paying attention to the food we eat. Slow down, turn off the TV, and put away your phone. Select each bite of food consciously. Pay attention to the texture, temperature, and taste of your food. Chew your food thoroughly, so the enzymes in your digestive tract are better able to break it down.

Recommended Products

PRESCRIPT-BIOTICS™

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



ESSENTIAL DIGESTIVE PLUS™

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



HAPPY TUMMY

Is naturally active, from pure natural hardwood. It absorbs excess gas and toxins from within the intestinal tract, helping with digestive health. 100 capsules. Vegetarian and 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. Vegetarian and vegan



Sources

All references can be found at www.NaturallyHealthyNews.com



Why You Should Go Easy on the Painkillers:

Try These Ideas Instead

Painkillers can be a blessing in acute situations such as high fever or post-surgery, allowing the body to rest while essential healing occurs. However, long-term use for chronic conditions can lead to problems such as gastrointestinal issues and organ damage. For example, aspirin can cause the stomach to bleed. Opioids such as codeine are well known for causing constipation for almost everyone who takes them. Other common side effects include nausea, depression, and a weakened immune system. They are also highly addictive.

Rather than reaching straight for the painkillers, a better option for overall health is finding other ways to handle pain. For example, arthritis is well known to be an inflammation issue. Even though it might seem counterintuitive, exercise and stretches can be helpful. It is thought that exercise aids in reducing pain by strengthening the muscles that support joints while also triggering the body to produce endorphins that relieve pain. Serrapeptase and curcumin have excellent anti-inflammatory properties, and one or both can be a good choice for natural pain relief.

Studies show that people with strong social networks rate their pain lower and report that pain interferes less with their daily life. Selected social media, such as forums, can also play a part in this. In these social settings, having a safe space to talk about chronic conditions can make a difference, giving them a voice and a sense of community.

Other factors that lower the pain threshold include depression, stress and poor sleep. Therefore, it makes sense that if any of those aspects are present, those in pain will likely find some relief by addressing them. Again, an excellent social network can significantly help low mood and depression. Amongst other things, deep, focused breathing can be beneficial for stress. Poor sleep can be aided by not eating late, avoiding using electronic devices for around 2 hours before bed, and aiming for a good sleep cycle of early nights and early mornings, enabling the body to heal naturally during rest.

Electro-acupressure can support pain relief by aiding the body's own healing mechanisms. It delivers the power of acupuncture but without needles. It can safely be done from home with a handheld

device, making it an ideal addition to lifestyle, dietary, and supplement recommendations for natural pain relief.

Recommended Products

SERRAENZYME® 250,000IU

The world's strongest serrapeptase delivers 250,000IU Serrapeptase for serious health support and accelerated healing. Available in tablets and delayed release capsules. Phthalate-free. 90 capsules. Vegetarian and vegan.



CURCUMINX4000®

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



HEALTHPOINT™ KIT

Become a master of acupuncture without the needles! Developed over 14 years with a leading pain specialist, HealthPoint™ can help over 160 conditions, as shown in the manual.



Sources

All references can be found at www.NaturallyHealthyNews.com

HealthPoint™ Offers Amazing Benefits...

... Not Just Pain Relief!



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

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

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



Locates the entry
points into the body's
healing system



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



Restores function
to healing and
regenerative system

Available at all good independent health food stores


Good Health Naturally
Because it Works!®

Mineral Magic:

Harnessing the Prehistoric Power of Fulvic Minerals

Approximately 38 million years ago, enormous rainforests covered much of our planet. Gigantic creatures roamed the Earth, and the plants of that time were enormous compared to the plants of today. Their root systems reached deep into the earth and were able to tap rich sources of inorganic minerals, which the plants then converted into organic, biologically friendly minerals via photosynthesis. Once these prehistoric giants died, the organic minerals within their structures were deposited onto the earth's surface, where they were combined with fulvic acids created by the local soil microbes.

This botanical life and death cycle continued for millions of years, gradually forming rare fulvic mineral deposits. Fulvic minerals and fulvic acids are the end product of the decomposition of once-living prehistoric plant matter. This partly explains their unusual properties and bioactive nature. Fulvic minerals also contain latent solar energy. The

power of the ancient sun is hidden deep within their complex molecular structure, originating from the photosynthesis of the gigantic plants of origin.

Due to their many nutritional components, including antioxidants and electrolytes, ounce for ounce, fulvic minerals are believed to be more therapeutic, revitalising and restorative than other nutrients, according to scientists. In-depth studies have revealed that fulvic mineral complexes contain vital trace minerals, including selenium, zinc, manganese and copper, to name but a few, in addition to a range of 18 amino acids. They are thought to 'dramatically increase the permeability of biomembranes', meaning they can sensitise cell membranes and facilitate better absorption of nutrients. This, in turn, can dramatically improve energy levels. Other benefits of fulvic minerals include enhanced general health and vitality, relief from aches and pains, and improved sleep quality.

The bio-electrolytic power of fulvic minerals explains why their

health benefits are so vast and varied. Regular supplementation of fulvic minerals can increase the metabolism of proteins and the activity of multiple enzymes. They can also stimulate the metabolism and restore electrochemical balance within the body and may help to alleviate conditions such as anaemia. Other benefits can include a reduction in blood pressure, improved immunity and a renewed sense of overall health and vitality.

Fulvic minerals can also be applied topically and may benefit the health of the skin and hair. Additionally, they can be used in the treatment of open wounds and may help to heal burns painlessly and with minimal scarring. They can minimise the appearance of bruising or skin discolouration and promote faster healing of cuts and abrasions. The many other applications of fulvic minerals include eliminating rashes and skin irritations, treating insect and spider bites, and fighting fungal infections such as tinea versicolor and athlete's foot.



Fulvic minerals may positively affect neurological and mental well-being, paving the way to a clearer mind and better brain function. The trace minerals bound to fulvic acid supply a trickle charge of bioelectrical energy that is vital for healthy cell function. Because the brain and its cells require 12 times more oxygen than other cells in the body, fulvic minerals could be of particular benefit to brain health.

The unique and potent electrolyte properties of fulvic minerals - which contain over 70 electrolytes! - mean that they can have a powerful impact on athletic performance. They help increase stamina and endurance by supplying your muscles, ligaments and tendon with extra electrolytes in their most effective form. These electrolytes can act as either an acceptor or donor in creating electrochemical balance and are important because they

can neutralise free radicals.

Fulvic minerals have an incredibly soothing effect on the joints. They may relieve aches and pains associated with arthritis by assisting the body in the production of anti-inflammatory enzymes to reduce pain and swelling.

We may not realise it, but all of our body's cells must retain their electrical potential by remaining 'charged'. Fulvic trace minerals assist in this by providing high-quality electrolytes vital in maintaining optimum cellular function. The conductivity of fulvic minerals has been measured in a laboratory and has an electric potential of 132,000 us/cm at 25°C! This makes a powerful 'trickle charge' readily available to all cells throughout the body, ensuring our cells' health and longevity.

From a superficial to a cellu-

lar level, the myriad of benefits gleaned from fulvic minerals makes them the most important and exciting nutrient discovery of the past 100 years – and we have those silent prehistoric giants to thank for it.

PURE CONCENTRATED ORGANIC MINERALS™ CAPS/LIQUID

Available as capsules or liquid, containing more than 70 trace minerals, elements, electrolytes and amino acids with a high fulvic acid content.



Sources

All references can be found at www.NaturallyHealthyNews.com

REALLY HEALTHY RECIPES

Vegan Keto Mushroom Burger



Ingredients

- 8 oz Sliced Mushrooms (225g)
- ¼ cup Tahini (60g)
- 1 tbsp Ground Chia Seeds
- 1 tsp Sea Salt
- ¼ tsp Ground Dried Rosemary, or your seasoning of choice
- 23 tbsp unflavoured Pea Protein, or protein powder of your choice

Serves: 1

*Cook:
20 mins*

Protein-rich mushroom burgers make for a perfect low-carb dinner option, ideal for serving at a family event.

Directions

1. Preheat oven to 350°F (177°C). Line a rimmed baking sheet with parchment paper.
2. In a large skillet, cook mushrooms on medium-low heat until soft. Stir frequently.
3. Let cool, drain off excess liquid. Chop or blend mushrooms.
4. Combine the tahini, chia seeds, salt, pepper and rosemary in with the mushrooms.
5. Let mixture stand for five minutes, so chia can absorb excess moisture and mixture thickens.
6. Stir in the protein powder until completely absorbed, starting with just two tablespoons and adding the third, a teaspoon at a time.
7. Form into three equal patties, about 10cm across and 1cm thick. Place the patties on the baking sheet. Bake for 20-25 minutes, until firm.
8. Remove the patties from the oven. Leave to cool and enjoy!

Notes:

9. Start with just 2 tbsp of the protein powder. If the dough is still sticky, continue to add in 1 tsp at a time until the dough is relatively “dry” looking, but no crumbles of powder appear. It’s usually about 2.5-3 tbsp, sometimes less, sometimes more.



Natural Support For A Healthy Heart

HeartPower+™ New and improved Heartpower+ from Good Health Naturally provides 500mg Bergavit Bergamot Extract 40% alongside 6.6mg elemental magnesium from magnesium citrate per serving. Together they provide powerful support for cholesterol balance and cardiovascular health. 60 Capsules. Suitable for vegetarians and vegans.



Maintains healthy
heart function



Lowers and manages
"bad" cholesterol



Supports metabolic
wellness



Suitable for
vegans

Available at all good independent health food stores


Good Health Naturally
Because it Works!®

Why Cholesterol is Not the Enemy

For decades, we have been taught about the potential risks of raised cholesterol levels and how this can play a role in cardiovascular disease. However, we are now beginning to understand the vital role of cholesterol in the body and to support a healthy cholesterol balance instead of lowering it.

The two main types of cholesterol are high-density lipoprotein (HDL), or “good” cholesterol, and low-density lipoprotein (LDL) or “bad” cholesterol. Higher HDL levels are linked to a reduced risk of heart attack and heart disease. It is essential to be aware of the balance here and not to focus on lowering total cholesterol levels, as we do not want to forget the vital role cholesterol plays in the body.

Cholesterol is a critical building block for hormones, helps us produce bile acids, and is essential to vitamin D synthesis. The body requires a continuous supply of cholesterol, which explains why we can synthesize

cholesterol ourselves.

Researchers now acknowledge that inflammation is the primary factor that promotes arterial plaque or blood clots that can contribute to heart attacks or strokes. Both inflammation and oxidation can cause cholesterol to harden in the arteries, which needs to be addressed through an anti-inflammatory lifestyle. The focus should be on reducing inflammation, oxidative stress, healthy blood flow, and supporting a healthy HDL/LDL balance.

Heart friendly diet

The good news is that eating more plant foods is a beneficial way to lower systemic inflammation and support heart health, and it is straightforward to add more vegetables to soups, salads, stir-fries, and stews. Include more plant foods at every meal and snack, alongside lots of healthy fats, nuts and seeds, and legumes. A plant-based diet may also help maintain a healthy weight, be lower in saturated or

trans fats, and lower in ultra-processed foods, benefiting total cholesterol and triglycerides.

Omega 3 fatty acids are very heart friendly. Aim for 2-3 portions of oily fish a week, and add walnuts, chia seeds, flaxseeds, and hemp seeds for vegan options. You can also supplement with omega-3 fatty acids for extra support, especially if dietary sources are low.

Unsurprisingly, many processed foods contain high sugar levels (often hidden). The more obvious sugary snacks and sugar are the primary cause of inflammation. When you eat excess sugar, the extra insulin in the bloodstream can affect the arteries, leading to inflammation, hardening, and damage to the arterial walls, known as atherosclerosis. Therefore, sugar is associated with an increased risk of heart disease.

Why statins may not be the answer

Doctors follow the latest sta-



Cholesterol Test

	Unit	Optimal	Intermediate	High
Total Cholesterol	mg / dL	< 200	200 – 239	> 239
	mmol / dL	< 5.2	5.2 – 6.2	> 6.2
LDL Cholesterol (calculated)	mg / dL	< 130	130 – 159	> 159
	mmol / dL	< 3.36	3.36 – 4.11	> 4.11
HDL Cholesterol	mg / dL	> 60	60 – 40	< 40
	mmol / dL	> 1.55	1.55 – 1.03	< 1.03
Triglycerides	mg / dL	< 150	150 – 199	> 199
	mmol / dL	< 1.69	1.69 – 2.25	> 2.25
Non-HDL-C (calculated)	mg / dL	< 130	130 – 159	> 159
	mmol / dL	< 3.3	3.3 – 4.1	> 4.1
TG to HDL ratio (calculated)	mg / dL	< 3	3 – 3.8	> 3.8
	mmol / dL	< 1.33	1.33 – 1.68	> 1.68

$LDL-C (mmol/L) = TC/1.19 + TG/0.81 - HDL/1.1 - 0.98$
Some labs provide non-HDL cholesterol:
calculated from total cholesterol minus HDL-C.

tin guidelines when it comes to viewing and treating cholesterol. These statin guidelines have widened recently, meaning more people are being advised to take cholesterol-lowering drugs.

However, many doctors are beginning to question the use of these widely prescribed drugs. Doctors are also more cautious prescribing them as they often find they can cause unwanted side effects.

A significant downside of cholesterol-lowering medication is the depletion of CoQ10 levels. CoQ10 is an essential nutrient found naturally in every cell and is vital for supporting energy production. A high concentration is in the heart and is critical for its function.

CoQ10 levels naturally decline with age and, coupled with statin use, can have damaging consequences for the patient. Low energy levels and muscle fatigue can be unwanted side effects. Therefore, it is generally advised to use a CoQ10 supplement if

you have been prescribed statin medication.

New research also suggests that taking a CoQ10 supplement could benefit insulin resistance and pre-diabetes, therefore reducing the risk of heart disease.

How can bergamot extract help?

Native to Southern Italy, bergamot (Citrus bergamia) has a long history of improving immune response and cardiovascular function. Research shows that bergamot extract supplementation lowers LDL ('bad') cholesterol while increasing HDL ('good') cholesterol and reducing triglycerides. Bergamot extract also inhibits the oxidation of LDL particles, which are associated with cardiovascular disease alongside inflammation. Therefore, bergamot extract offers a healthy alternative to prescription medication for anyone seeking to balance cholesterol levels naturally.

Recommended Products

UB8Q10™ UBIQUINOL

Backed by years of research, Kaneka Ubiquinol™ provides Coenzyme Q10 in its most active form. Powerful antioxidant properties help support the heart, cell, dental and immune health, and more. 60 softgel capsules.



LIPOSOMAL HYSORBQ10™

Powerful liposomal CoEnzyme Q10 for fast and efficient absorption. Provides antioxidant benefits while supporting energy production and optimal health. 100ml. Vegetarian and vegan.



THE KRILL MIRACLE™

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



HEARTPOWER+™

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



Sources

All references can be found at www.NaturallyHealthyNews.com

Get Some Backbone!

10 Natural Ways to Build and Maintain Healthy Bones

Bone is a living, growing tissue consisting of blood vessels and various cells responsible for bone formation, reabsorption, maintenance and re-modelling.

More than a skeleton

There are 206 bones in an adult human skeleton. While they provide a framework for the body, they also serve other biological functions, including protecting internal organs, anchoring muscles and storing essential nutrients.

Minerals are incorporated into our bones throughout childhood, adolescence, and early adulthood before reaching peak bone mass at around age 30. Losing bone is a normal part of ageing. However, some people lose bone faster than others, which can be a risk factor for fractures and osteoporosis.

Is the world at breaking point?

Bone fractures are a global public health issue, posing a serious economic burden. It is estimated that one in two women and

one in five men aged over fifty will experience a fragility fracture in their lifetime. Fractures can lead to absence from work, decreased productivity, disability, impaired quality of life and high health care costs. However, fracture prevention ranks low in political and clinical activity, and many argue that it is not acknowledged as a health priority.

Osteoporosis is the most prevalent metabolic bone disease across developed countries. It begins when bone mineral density and bone mass decrease and affect the structure and strength of bones. However, as a 'silent disease,' it is often not until a fracture or breakage occurs that osteoporosis is detected. Reports highlight that there are more than 300,000 fractures yearly due to osteoporosis. According to the International Osteoporosis Foundation (IOF), the prevalence and incidence of fragility fractures are expected to grow significantly due to an ageing population and poor lifestyle habits.

Notable signs of osteoporosis:

- Severe back pain
- Bones that fracture easily

- Decline in height
- Stooped posture

Osteoporosis may be more common in:

- Elderly or post-menopausal women
- Women who experience menopause before age 45 or who have irregular or missed menstrual periods
- Individuals with a family history of osteoporosis
- Individuals with a history of bone fractures after minor incidents
- Individuals who drink three or more alcoholic beverages per day
- Individuals who take drugs that reduce bone mineral density, such as corticosteroids, anticonvulsants, antidepressants known as selective serotonin reuptake inhibitors (SSRIs) and heparin.

Despite uncontrollable factors such as age, genetics and family history, osteoporosis is highly preventable through nutrition, exercise, lifestyle, and early screening. Currently, there is no complete 'cure' for osteoporosis, but treatment options in-



involve slowing the bone loss rate and increasing the rate of bone formation. Treatment for osteoporosis is driven by the prescription of medication to strengthen bones. Drug treatments include bisphosphonates, selective oestrogen receptor modulators (SERMs) and parathyroid hormone, and natural treatments include calcium and vitamin D supplementation. However, treatment compliance is often a key issue. Research estimates that 68% of osteoporosis patients are not taking their medication after one year.

Common reasons for discontinuing drug treatment include:

Lack of motivation. As osteoporosis can often be asymptomatic, patients frequently report experiencing no noticeable improvement with drug treatment.

Adverse effects. Some drug treatments are associated with uncomfortable side effects, which

defer patients from daily use.

Safety concerns. Patients, especially those taking hormone drugs, frequently report safety concerns and worries surrounding side effects.

Inconvenient dosing. A lack of flexibility due to strict dosing and the need for fasting can be off-putting for patients.

Top 10 nutrition and lifestyle habits to build and maintain bone naturally:

1. Eat a healthy, balanced diet. Research from Dietary Guidelines for Americans (DGA) concluded that a diet high in vegetables, fruits, grains, nuts, and dairy products, and low in meats and saturated fat, is associated with favourable bone health outcomes in adults, including decreased risk of fracture and better bone mineral density. Additional research has also found that omega-3 fatty acids may have bone-supporting benefits. Rich sources include oily fish

such as salmon, sardines and herring, and additional omega-3 supplementation is beneficial if dietary sources are low.

2. Include protein sources. Researchers have reported that low protein intake decreases calcium absorption and may affect bone formation and breakdown rates. However, exceptionally high protein diets have been found to cause the body to lose calcium by contributing to increased acidity in the blood. So, it is vital to create the right balance.

3. Perform strength training and weight-bearing exercise. High-impact, weight-bearing exercises are acknowledged as the best activity for bone health as they promote the formation of new bone. Studies on older men and women who completed weight-bearing exercises found that bone mineral density, bone strength and bone size were increased, whilst markers of bone

turnover and inflammation were decreased.

4. Sufficient calcium intake. The skeleton is our body's major store of calcium. The body gets the calcium it needs in two ways: by eating foods or supplements containing calcium or drawing from calcium in the body. If a person fails to incorporate enough calcium-rich foods, the body will leach calcium from bones.

Calcium. The body gets the calcium it needs in two ways, by eating foods or supplements that contain calcium, or by drawing from calcium in the body. If a person fails to incorporate enough calcium-rich foods, the body will remove calcium from bones. It is recommended that adults include at least 700mg of calcium daily. However, research supports that those with osteoporosis may wish to increase their intake to 1000mg daily.

5. Vitamins. Vitamins D and K2 are needed for normal bone metabolism. Without these nutrients, our bones can become weak and more susceptible to breakages. Vitamin D is critical, as it plays several roles in bone health, helping our bodies absorb calcium from our diets. Studies show that children and adults deficient in vitamin D have lower bone density and are at increased risk of bone loss. Vitamin D3 is the form most preferable to the body. Supplementing vitamin D3 with the addition of vitamin K2 aids the utilisation of calcium.

Studies show that children and adults deficient in vitamin D display lower bone density and are at increased risk of bone loss. Vitamin D3 is the form

most preferable to the body. Supplementing vitamin D3 with the addition of vitamin K2 can aid the utilisation of calcium.

6. Maintain a healthy weight. A healthy weight is essential for bone density. Being underweight can increase the risk of osteopenia and osteoporosis. Equally, some studies suggest that being obese can impair bone quality and increase the risk of fractures due to the stress of excess weight.

7. Limit caffeine, alcohol and smoking. Alcohol and caffeine consumption should be moderate. Research has shown that drinking more than three cups of coffee daily may interfere with calcium absorption and cause bone loss, as may heavy alcohol intake. Smoking has been associated with a reduced blood supply to the bones. Recent studies have shown a direct connection between tobacco use and decreased bone density, leading to an increased risk of osteoporosis. Recent studies have shown a direct connection between tobacco use and decreased bone density, leading to an increased risk of developing osteoporosis.

8. Take a collagen supplement. Collagen is the main protein found in bones and a major part of connective tissues. A study in Germany reported that supplementation with hydrolysed collagen significantly increased bone mineral density in post-menopausal women.

9. Reduce salt intake. The Bone Health and Osteoporosis Foundation (BHOFF) suggests that eating foods high in salt can cause your body to lose calcium and lead to bone loss. The organisa-

tion advises that people should avoid foods that contain 20% or more of their daily value of salt.

10. Reduce sugar intake. Research highlights that increased sugar intake limits calcium absorption and increases the excretion of calcium and other minerals out of the body. Cutting sugar from hot drinks can be a good starting point for reducing sugar intake.

Recommended Products

JOINT & SKIN MATRIX™

Is made with BioCell Collagen and uses a patented bio-optimised process, which ensures increased bioavailability and rapid absorption of the collagen. Not suitable for vegetarians and vegans.



ANCIENT MAGNESIUM® LOTION ULTRA

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



THE KRILL MIRACLE™

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



VITAMIN D3/K2 SUBLINGUAL SPRAY

Sublingual spray with vitamins D3 and K2. Supports immune, heart and bone health. Flexible dosing with D3 200iu per spray. Suitable for all the family. 30ml (220 sprays per bottle). Vegetarian and vegan.



Sources

All references can be found at www.NaturallyHealthyNews.com

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Give Your Baby the Best Possible Start

What to eat and what to avoid during pregnancy

For those who can hardly face food during the first few weeks of pregnancy, it can be a comfort to know that the most crucial trimester for nutrition is the third one. That isn't to say that the other trimesters aren't important though. In an ideal world, nutritional preparation for a baby begins before conception, and a well-balanced diet is an excellent principle to hold to throughout pregnancy.

In the first trimester, the baby's growth is focused on neural tube development, the area that becomes the baby's spinal cord, spine, brain, and skull. Plenty of B vitamins are essential here, especially folate (B9) and B12. Food sources of folate include dark leafy greens (spinach, romaine lettuce, asparagus, Brussels sprouts, broccoli), citrus, lentils, legumes and eggs. Many women find eating a balanced diet at this pregnancy stage challenging if they feel nauseous and unwell, so supplementing provides additional support. Look for folate, the natural form of B9. The body utilises folate better than folic acid, the synthetic form found in many supplements. It is also recommended to supplement folate pre-conception as well as during pregnancy.

Vitamin C is important throughout pregnancy, but its significant role in raising immunity levels can be valuable during the first trimester when the mother's body undergoes sweeping hormonal changes.

In the second trimester, blood volume increases by 40 – 50%. This increase in volume means iron levels become significant as iron helps transport oxygen around the mother and baby's body. Again, vitamin C is an integral part of this process as it increases iron absorption. Food sources of iron include kidney beans, chickpeas, grass-fed beef, nuts, dried fruit, pumpkin seeds, and quinoa. Spinach and broccoli are also good sources of iron as they naturally have plenty of vitamin C to support absorption. Finally, a delicious 28-gram serving of dark chocolate can provide 3.4 mg of iron. Choose chocolate with a minimum of 70% cocoa for maximum benefits.

During the third trimester, the baby's needs for nutrition peak as this is the time of the most rapid growth. Therefore, high levels of iron are still needed. There is also a greater need for protein to support cellular growth and the development of a healthy placenta.

Calcium becomes an essential nutrient as the baby's bones develop, and more pronounced movements in the mother's belly make their presence known with increasingly feisty knocks and kicks. Calcium is critical for bones, and its proper absorption requires D3 and K2, as well as magnesium. Good sources of calcium include broccoli, spinach, kale, almonds, sesame seeds, brazil nuts, sardines, salmon, figs, apricots, papaya, and oranges.

Healthy fats, especially Omega-3's, have a significant role in a baby's brain development. A baby's brain is 60% fat. Good fats also build up the baby's energy sources for birth and help give a good start in life as weight is commonly lost temporarily during the first few days after delivery. Omega-3 sources include fatty fish and some marine algae.

Iodine is an essential mineral for pregnancy and foetal development. The requirement for iodine increases during pregnancy due to increased maternal thyroid hormone production, increased renal iodine losses and transfer of iodine to the foetus. As dietary intake of iodine is often low, a daily iodine supplement is recommended for women when planning pregnan-



cy, during pregnancy and while breastfeeding.

It is also essential to be aware of foods that are best avoided during pregnancy:

- Avoid undercooked, raw fish or meats, especially poultry, pork, sausages and burgers, due to the risk of viral, bacterial, or parasitic infections.
- Raw eggs carry a risk of salmonella, and unpasteurised milk, cheese, and fruit juice also risk bacterial contamination.
- While all hard cheeses such as cheddar, stilton and parmesan are fine, mould-ripened soft cheeses with a white coating on the outside, such as brie, camembert and chevre, or soft blue cheeses such as danish blue, gorgonzola, and Roquefort should be avoided unless cooked until steaming hot.

- Ensure all vegetables and salads are well washed. It is best not to eat salad that has been left out at room temperature for any length of time, as bacteria can multiply quickly.

- Make sure any ready meals are piping hot.
- Pate, including vegetable pate, is also best avoided due to the risk of listeria.
- Avoid alcohol and minimise junk foods.

A happy pregnancy is also all about balance. Yes, nutrient-dense foods will give you and your baby the best chance for a healthy pregnancy, and yes, you want to limit processed carbs and sugars and avoid potentially unhealthy foods, but if you have a craving for a piece of cake, well, maybe you need it. So, listen to your body, trust your

intuition, and have a wonderful pregnancy and a beautiful baby.

Recommended Products

ACTIVE LIFE™ CAPSULES

The complete multivitamin for all the family with 130 nutrients, vitamins, and minerals, including lutein, zeaxanthin, folate MTFH, Vitamin C, and D3. 180 capsules. Vegetarian.



NASCENT IODINE

Nascent Iodine is a liquid atomic form of this crucial mineral, which is well absorbed by the body, especially the thyroid. One drop = 350mcg of iodine. 30ml. Vegetarian and vegan.



IONIC IRON

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



Sources

All references can be found at www.NaturallyHealthyNews.com

Arthritis Focus

What are the risk factors, and what can we do to protect our joints?

Osteoarthritis (OA) is the most common joint-related problem and is a condition that causes joints to become painful and stiff. It occurs most frequently in the hands, hips, and knees. With OA, the cartilage within a joint begins to break down, and the underlying bone begins to change.

What are the Risk Factors?

There appears to be a strong connection between diet, lifestyle, and OA. Diets high in refined carbohydrates and sugars are big culprits in promoting inflammation, which can affect the joints. Stress is another significant contributory factor, as prolonged stress can increase pro-inflammatory cytokines in the body. Other risk factors include being overweight or obese, excess alcohol consumption, smoking and a sedentary lifestyle.

It is widely accepted that age is a considerable risk factor for joint problems, especially osteoarthritis. This is apparent in the commonly held belief that this relates to 'wear and tear' on the joints and is an inevitable part of the ageing process. However, this doesn't necessarily have to be the case, as we've already highlighted some modifiable risk factors associated with diet and lifestyle.

Keep Moving

Research shows that exercise can help ease arthritic pain and joint stiffness. Regular exercise, such as walking and swimming, can increase joint flexibility and strength. Pilates and yoga are great ways to exercise gently, helping to improve flexibility and ease tension whilst relieving arthritic pain.

Focus on an Anti-Inflammatory Diet and Lifestyle

Try to maintain a healthy weight, as excess weight can stress the joints, especially the knees, and worsen arthritis symptoms and tissue damage. As well as following a nutritious diet with lots of healthy fats and fruits and vegetables, try to keep alcohol consumption within healthy recommended ranges. Alcohol may increase inflammation in the body, and some research suggests that alcohol may worsen joint pain. If you smoke, seek advice to help you quit, as smoking may also contribute to the joint pain associated with arthritis.

Supplement with Beneficial Nutrients

Curcumin, the active component

of the turmeric root, has been well researched for its anti-inflammatory properties and benefits for arthritic conditions. Serrapeptase is an effective anti-inflammatory enzyme, a good choice for joint health and those with inflammatory health conditions. Plus, it's always helpful to include an omega-3 fatty acid supplement, such as krill oil, as this will help to increase the production of anti-inflammatory cytokines in the body.

Recommended Products

SERRANOL®

A unique formula with Serrapeptase (160,000iu), Curcuminx4000 (250mg), ecklonia cava extract (50mg), and vitamin D3 (1000iu). Offers powerful anti-inflammatory and antioxidant benefits for a range of health conditions. 90 capsules. Vegetarian.



THE KRILL MIRACLE™

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



Sources

All references can be found at www.NaturallyHealthyNews.com



Health News

How Taking A Krill Oil Supplement Can Support Your Power Training

Taking a Krill Oil supplement can help to increase Omega-3 and choline concentrations especially in red blood cell membranes and this may support athletes' power training according to new research.

Researchers in this study suggest that without optimal oral choline intake, the body couldn't fully recover post-exercise and this would further deplete choline stores that may reduce endurance performance and optimal muscle performance.

The study published in the journal *Nutrients*, recruited 35 healthy power training athletes. Prior to the study, 82% of athletes were considered to have an Omega-3 index below the recommended level. This is why athletes should consider including Omega-3 fatty acids as part of their diet and nutrition plans.

In the randomised double-blind study design, athletes received either 2.5 grams per day (g/day) of Neptune krill oil (550 milligrams (mg) EPA/DHA and 150mg choline) or Olive Oil (placebo).

After 12 weeks, the Krill Oil group showed a significant HS-Omega-3 index increase from 4.82 to 6.77% and a reduction in the arachidonic acid (AA), an omega-6 fatty acid, vs EPA (ARA/EPA) ratio (from 50.72 to 13.61%). This is beneficial as a high intake of Omega-6 fatty acids have been shown to increase the risk of developing high blood pressure,

Could Increasing Your Selenium Intake Be The Secret To Healthy Aging?

Increasing your intake of Selenium appears to be a marker of biological aging especially for women with diabetes - a significant age-related disease, according to a new study from China.

For every 1 microgram increase in dietary selenium intake, women with diabetes were found to have telomeres that were 1.84 base pairs longer, according to an analysis of data from the National Health and Nutrition Survey (NHANES) in 1999-2000 and 2001-02.

The data showed correlation between selenium intake and longer telomeres – repetitive DNA sequences that protect the ends of chromosomes from becoming frayed or tangled. Longer telomeres are generally associated with fewer illnesses and a longer life according to research.

Scientists reported that the study demonstrates that dietary Selenium intake is significantly associated with telomere length only present in the female population with diabetes in the USA.

It's thought that estrogen can stimulate telomerase production and may therefore prevent reactive oxygen species damage. Any changes in telomere length may be influenced by estrogen levels in their bodies.

Women also have better antioxidant and physiological properties of selenoproteins, that may reduce telomere attrition. Previous test subjects have shown that female rats have a lower demand for selenium than male rats.

DID YOU KNOW?

Taking a probiotic supplement can improve immune health in athletes, reducing the severity or duration of respiratory infections that may result from exercise sessions.

SOURCE:

All study references can be found at www.NaturallyHealthyNews.com

Why is Vitamin C Your Cell's Best Friend?

Vitamin C is one of the world's most popular nutritional supplements. As a water-soluble vitamin, it is quickly lost from your body, so daily intake is vital. Vitamin C is involved in numerous biological processes, which is why it is essential for health. In fact, vitamin C has 15 well substantiated and approved claims relating to its health benefits.

Our immune system relies on vitamin C to keep disease-fighting white blood cells active. As a potent antioxidant, Vitamin C helps protect our cells against free radical damage. It also plays a vital role in collagen production, a critical structural component of skin, bones and joints. Vitamin C speeds up wound healing, helps form red blood cells and prevents bleeding. It also helps with iron absorption and to better uti-

lise folate, essential for turning food into energy.

As we require a regular supply of vitamin C, it is easy for intake to be insufficient, and signs of deficiency can include:

- Bleeding gums
- Easy bruising
- Aches and pains
- Frequent cold and infections
- Red pimples on the skin
- Nosebleeds

Because our bodies do not produce vitamin C, we need to get a regular intake from the diet. Vitamin C is found in foods such as citrus fruits, berries, sweet potatoes, tomatoes, peppers, cabbage, Brussels sprouts, broccoli, chard and spinach. Vitamin C is also available as a food supplement, typically in tablets, capsules and liposomal liquids.

Research-Backed Benefits of Vitamin C

1. Immunity.

Vitamin C exerts many benefits on the cellular functions of both the innate and adaptive immune systems. Vitamin C encourages the production of white blood cells called lymphocytes and phagocytes, which help protect the body against infection. It helps stimulate neutrophil migration to the site of infection, enhances phagocytosis and helps kill microbes. At the same





time, it protects us from excessive tissue damage. Therefore, it is apparent that vitamin C is necessary for the immune system to mount and sustain an adequate response against pathogens whilst avoiding excessive damage to the host.

Vitamin C deficiency results in impaired immunity and a higher susceptibility to infections, while infections also impact vitamin C levels due to enhanced inflammation and metabolic requirements. Therefore, it stands to reason that vitamin C supplementation can help support the

body against and during respiratory and systemic infections.

The evidence indicates that oral vitamin C may reduce the incidence and duration of respiratory infections, and intravenous vitamin C in a clinical setting has been shown to reduce mortality, intensive care unit (ICU) and hospital stays, and time on mechanical ventilation for severe respiratory infections. Liposomal vitamin C is a good option to use at home to target respiratory infections. It can help achieve some of the higher doses that may be required in certain situations.

2. Collagen formation.

Vitamin C is the only antioxidant to increase collagen synthesis. Vitamin C helps form prolyl hydroxylase, an enzyme necessary to create a stable collagen molecule. It is also essential for the enzyme lysyl hydroxylase, which improves tissue strength by crosslinking collagen molecules together. Therefore, by supporting collagen synthesis, vitamin C is known for its anti-ageing benefits and a reduction in the appearance of wrinkles.

This is supported by an inde-

pendent double-blind clinical study by Princeton Consumer Research Limited on Altrient C, which revealed astonishing results on skin elasticity and firmness within just one to three months of liposomal vitamin C supplementation. The study showed the importance of vitamin C for cellular collagen synthesis, renewal, and rejuvenation, supporting skin function as we age.

Another cause of premature ageing is oxidative stress caused by environmental factors such as exposure to UV light and pollution. The antioxidant qualities of vitamin C help neutralise oxidative stress and free radical damage and protect the skin from premature ageing.

3. Healthy bones, teeth and gums:

Vitamin C is essential in the production of collagen in the bone matrix. It also helps scavenge free radicals that are detrimental to bone health. Human studies show a positive relationship between vitamin C and bone health, indicated by bone mineral density, fracture probability and bone turnover markers. Vitamin C also helps keep the connective tissues in your gums healthy and strong, which hold your teeth in place. Studies have linked vitamin C deficiencies to bleeding gums and an increased risk of periodontal disease.

4. Blood vessels:

The endothelial cells lining blood vessels form a tight bar-

rier, which can be weakened by inflammation. Vitamin C helps tighten the endothelial barrier and maintain its integrity when under threat from inflammation. Research suggests that vitamin C supplementation may help protect the integrity of the blood vessels in patients with inflammatory diseases. Vitamin C also increases collagen synthesis in the blood vessels to help maintain their structure.

Vitamin C may also improve nitric oxide production and help widen the blood vessels. This can benefit cardiovascular health and those with hypertension and heart disease.

5. Energy, tiredness and fatigue:

Vitamin C plays a role in energy production, and low levels can be responsible for weakness and muscle aches. Do you remember at school being given oranges during halftime in a sports match? Well, for a good reason. Research carried out by the Arizona State University on overweight adults during exercise found that those supplementing with vitamin C found their training 10% easier and reported a drop in overall fatigue by a huge 55%.

As we can see, Vitamin C is linked to many impressive, researched, backed health benefits. While it is essential to get a good intake of vitamin C rich foods in the diet each day, vitamin C supplements are a great way to boost your vitamin C intake and ensure optimal bene-

fits. Liposomal liquid products offer an effortless way to get a good daily intake straight off the spoon, with high-strength options and flexible dosing. While plant-based vitamin C from fruits like Camu Camu berries provide vitamin C with bioflavonoids to further enhance the action of vitamin C. Bioflavonoids also offer exceptional antioxidant properties, with notable benefits for cardiovascular health, joints and skin. Whichever you choose, remember to replenish your vitamin C stores daily!

Recommended Products



PUREC™ LIPOSOMAL VITAMIN C + QUERCETIN

Advanced liposome technology ensures faster and superior absorption than capsules, tablets and powders. Contains 1000mg vitamin C and 175mg of C Support (citrus bioflavonoids, quercetin) per serving. 180ml. Vegetarian and vegan.

CAMU CAMU VITAMIN C

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

Sources

All references can be found at www.NaturallyHealthyNews.com



Reduce Your Risk of Liver Disease

4 natural steps to better liver health

We live in a world full of toxins. Air pollution, pesticides, recreational drugs, medication and processed foods are just a few. One of the most important organs in the body, the liver, plays a vital role in detoxification. The liver has many ways of handling toxins, including breaking them down into safer substances, eliminating them through bile, and storing them to protect the rest of the body. It also plays a vital role in other essential bodily functions, including metabolism, digestion, immunity and vitamin storage.

On the rise...

Liver disease is the third leading cause of premature death in the UK. British Liver Trust states that since 1970, liver disease deaths have risen by 400%, estimating that over forty people die of liver disease every day in the UK. Since 90% of liver disease results from alcohol, obesity and viral hepatitis, it is highly preventable. Caring for our liver each day is critical for optimal function and damage prevention.

4 natural ways to care for your liver:

1. Detox. Research shows that curcumin, the active component of turmeric, may improve liver function by improving its detoxification ability. In a 2021 study, 64 people with non-alcoholic fatty liver disease (NAFLD) took either two grams of turmeric or a placebo every day for eight weeks. Liver enzymes dropped significantly in the turmeric group. Alpha-Lipoic Acid is also believed to help with liver detoxification. Some studies have even shown Alpha-Lipoic Acid to positively affect liver fibrosis.

2. Repair and protect. The traditional remedy, milk thistle extract, is renowned for its link to liver health. Research has shown that milk thistle extract improves liver function of individuals with liver diseases, suggesting that it could promote repair by reducing liver inflammation and damage.

3. Replenish gut bacteria. A recent meta-analysis showed that by-products of liver damage, two liver enzymes, ALT and AST, were significantly reduced in NAFLD patients taking lactobacillus-bifidobacterium blends of probiotics. Total cholesterol was reduced, and insulin resistance also improved.

4. Maintain healthy liver enzymes. Follow a balanced diet, low in saturated fats and processed foods and rich in fruits and vegetables to maintain a healthy weight and reduce disease risk. Consume alcohol in moderation and stick to the recommended government guidelines.

Recommended Products

CURCUMINX4000™

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



PRESCRIPT-BIOTICS™

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



ALPHA LIPOIC ACID 'R'

Alpha Lipoic Acid 'R' is significantly more bioavailable than ordinary ALA. This powerful antioxidant helps support blood sugar balance, neurological issues and healthy ageing. 60 capsules. Vegetarian and vegan.



Sources

All references can be found at www.NaturallyHealthyNews.com



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- Christine Walton



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Eczema

Healing From the Inside Out



Eczema (atopic dermatitis) is a skin condition characterised by dry, cracked and itchy patches. The skin's barrier function is affected and weakened, which is more likely to allow allergens and irritants to impact it and degrade the barrier even further. However, we must focus on what is happening inside the body to heal the outside.

What Causes Eczema?

Eczema is caused by a combination of immune system activation, genetics, environmental triggers, and stress. With eczema, there is often Th2 dominance. This means that you may be more sensitive and predisposed to environmental allergens. This overreaction can inflame your skin.

Food sensitivities can also trigger inflammation in the body and exacerbate or trigger eczema. The skin can react to harsh soaps and fragrances, fabric conditioners, skin products, air pollution, and extreme heat or cold.

Reasons for this immune dysregulation can start at birth. It may be that the gut microbiome was disrupted during delivery or as an infant (e.g. formula, C-section, antibiotic

use). Our gut bacteria are responsible for modulating our immune system, which is an important link to remember. Over time this imbalance increases the risk of intestinal permeability or 'leaky gut'. Higher levels of inflammation within the body can eventually overstimulate and irritate cells in the epidermal layer of the skin, contributing to an eczema flare-up.

So essentially, we have to support gut health when looking to resolve eczema.

Healing the Skin From Within

A good start is identifying food allergens and removing them from the diet. Common food culprits include gluten, dairy, corn and soy. Remove inflammatory foods from the diet, such as sugar, refined carbohydrates, trans fats and ultra-processed foods. This can allow the gut to heal and reduce systemic inflammation.

Include healthy fats in the diet, such as omega-3 fatty acids, which are anti-inflammatory and keep skin soft and supple. Increase your intake of brightly coloured fruits and vegetables for their antioxidants. Fermented foods are an excellent addition to

the diet to support beneficial bacteria. Overall, aim for a nourishing diet to reduce overall inflammation and aid gut healing.

Recommended Products

THE KRILL MIRACLE™

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



PROBIOTIC14™

A superior blend of 14 viable strains of friendly bacteria and 9 billion colony-forming units per serving to nourish the gut and improve digestive health. 120 capsules. Vegetarian and vegan.



PUREC™ LIPOSOMAL VITAMIN C + QUERCETIN

Advanced liposome technology ensures faster and superior absorption than capsules, tablets and powders. Contains 1000mg vitamin C and 175mg of C Support (citrus bioflavonoids, quercetin) per serving. 180ml. Vegetarian and vegan.



Sources

All references can be found at www.NaturallyHealthyNews.com

REALLY HEALTHY RECIPES

Almond Flour Sugar-Free Cookies

Serves: 20

Cook:
10 mins



These Almond Flour Sugar Cookies are buttery, soft and delicious.

Easy to make in 12 minutes, these cookies are made with just three ingredients.

Directions

1. Preheat oven to 180C/350F. Line a large baking sheet with parchment paper and set aside.
2. In a mixing bowl, use a hand mixer to beat butter and sugar together until fluffy. Slowly add in the almond flour until mixed and dough is crumbly.
3. Shape crumbled dough into a firm ball. Cover ball of dough with plastic wrap. Refrigerate for 10 minutes.
4. Remove dough from refrigerator and place between two sheets of parchment paper. Use rolling pin to roll out dough to half an inch thickness. Peel off top piece of parchment paper. Use cookie cutter to cut out the cookies. Repeat until all the dough has been used up.
5. Bake cookies for 10-12 minutes. Remove from oven. Leave to cool completely, before frosting.

For the Frosting (Optional):

6. In a large mixing bowl, beat powdered sugar and butter until smooth. Add in vanilla extract.
7. Add your flavor ingredients and beat until desired texture. For a thinner texture, add more milk.

Ingredients

For the cookies:

- 1 cup Almond Flour
- 3 tbsp Butter, softened
- 3 tbsp Sugar substitute (such as Stevia or Erythritol)
- 1 cup Keto Vanilla Frosting (optional)

For the frosting base (optional)

- 3 cups Sugar-free Powdered Sugar (such as Erythritol)
- ½ cup Butter, softened
- 1 tsp Vanilla Extract

Chocolate Frosting (optional)

- ½ cup Cocoa Powder
- 1-2 tbsp Milk of Choice

Vanilla Frosting (optional)

- 1-2 tbsp Milk of Choice

Men's Health

Why Prostate Size Matters

There are several conditions which can affect the prostate. Roughly the shape and size of a walnut, this tiny gland sits between the bladder and the penis, surrounding the urethra.

As men age, it can naturally begin to enlarge, known as Benign Prostatic Hyperplasia. This increases pressure on the bladder and squeezes the urethra. It is estimated that half of all men over 50 develop an enlarged prostate, leading to problems such as frequent urination, increased trips to the toilet at night, weak flow, or dribbling.

Prostate cancer is perhaps the biggest concern for men. In the UK, about 1 in 8 men will get this cancer. Risk starts to elevate after the mid-forties and is higher for black men or those with a family history of prostate cancer. Most men will not even notice something wrong unless they visit their doctor and have a prostate exam or PSA screening. Symptoms can include painful or frequent urination or blood in the urine.

3 Prostate-Protective Nutrients

Along with a healthy diet, research shows that supplementing the nutrients needed to support the prostate gland can help manage or even reverse a condition completely:

1. Saw palmetto. A plant extract used to relieve benign prostatic

hyperplasia and treat its symptoms. Saw palmetto is a standard medical treatment for BPH in New Zealand and Europe, helping to address difficult, weak and frequent urination and support prostate shrinkage.

2. Zinc. An essential mineral required by the prostate in large amounts. The prostate contains up to 15 times as much zinc as other bodily tissue. Zinc may help to inhibit prostate enlargement and may also help shrink an already swollen prostate gland. Low zinc levels are often found in men with prostate cancer.

3. Selenium. An essential trace element widely distributed throughout the body. Studies indicate it may be a potential prostate cancer preventive, decreasing the growth rate of prostate cancer cells. Plasma, serum, and tissue levels of selenium are inversely associated with the risk of developing prostate cancer.

A prostate care plan – such as making changes to the diet and

supplementing missing nutrients – is something men can benefit from at any age.

Recommended Products

ACTIVE LIFE™ CAPSULES

The complete multivitamin for all the family with 130 nutrients, vitamins, and minerals, including lutein, zeaxanthin, folate MTFH, Vitamin C, and D3. 180 capsules. Vegetarian.



IONIC SELENIUM

A highly bioavailable liquid dietary supplement that provides selenium in its ionic form, the form most recognised by the body. 300mcg ionic selenium per serving. 59ml (48 servings). Vegetarian and vegan.



HEALTHYFLOW™

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



Sources

All references can be found at www.NaturallyHealthyNews.com



4 Ways That You Can Find Natural Relief from Diabetes

Type 2 diabetes is a common condition that causes the blood sugar (glucose) level to become too high.

The body struggles when blood sugar is continuously high because of a diet high in processed foods, starchy carbohydrates and sugar. High blood sugar levels that go unregulated for too long desensitise the body. Soon, the body can no longer use insulin, a hormone produced by the pancreas that controls the amount of glucose in your bloodstream at any given moment.

Type 2 Diabetes and Insulin Resistance

Insulin is essential as it helps move glucose from the blood into the cells for energy and stores the excess in your liver, muscles, and fat tissue. This is where Type 1 and Type 2 diabetes differ. In the case of Type 1 diabetes, the pancreas is unable to produce insulin. However, up to 90 per cent of diabetes cases are Type 2, where sugar-flooded cells become insulin resistant and cannot utilise the insulin produced by the pancreas. Once cells become resistant to insulin, glucose stays in the blood-

stream instead of moving into the cells. This is where inflammation increases, and damage can occur to tissues and organs.

While there may be some genetic factors, such as family history, Type 2 diabetes is considered a lifestyle disease with various modifiable risk factors.

The good news is that following a healthy diet and lifestyle can help prevent the onset and even reverse the effects of Type 2 diabetes.

Here are Some of the Best Ways to Relieve Type 2 Diabetes Symptoms

1. Quit sugar:

As diabetes occurs due to sugar in the bloodstream being too high, it is essential to monitor your sugar intake and reduce or quit the sweet stuff. Avoid processed foods high in sugar and starchy carbohydrates like pastries, cereals, bread, white rice and potatoes. In their place, enjoy healthy fats; nuts, beans and seeds; grass-fed meats and wild-caught fish; fresh and frozen vegetables and fruits; and healthy carbohydrate alter-

natives like quinoa, millet, and buckwheat, which help to keep blood sugar levels stable. Aim to have a source of healthy fat and protein, alongside complex carbohydrates, with each meal and snack to slow the release of glucose into the bloodstream and encourage more balanced blood sugar levels.

2. Supply missing nutrients:

This second step is one you do not want to overlook since missing nutrients can improve symptoms and help restore health to parts of your body that have been affected by diabetes.

Certain studies show that curcumin can influence insulin resistance levels. Curcumin has been found to have anti-hyperglycemic and insulin-sensitising effects, meaning it can reduce elevated blood sugar levels and alleviate insulin resistance. Curcumin can reduce oxidative stress and the inflammatory processes caused by diabetes. The anti-inflammatory proteolyt-



DIABETES

ic enzyme serrapeptase works alongside curcumin to curb inflammation and support healthy blood flow.

Last but certainly not least, magnesium is another potent diabetes nutrient. Low magnesium levels have been detected in people with Type 2 diabetes, and those who consume less magnesium typically have poorer blood sugar regulation. Magnesium also appears to help manage blood sugar levels among people with diabetes.

3. Lose excess weight:

Research estimates that obesity accounts for an 80-85% risk of developing Type 2 diabetes. Studies also suggest that abdominal fat is the most dangerous, especially for women, as it can cause fat cells to release 'pro-inflammatory' chemicals that make the body less sensitive to insulin. This can disrupt the function of insulin-responsive cells and their ability to respond to insulin. Insulin resis-

tance is the hallmark of Type 2 Diabetes, so anyone at risk of this needs to take measures to control their weight.

4. Reduce your stress levels:

High stress levels can lead to elevated cortisol in the body, disrupting blood sugar regulation. When the body is under stress, the adrenal glands trigger the release of glucose stored in various organs, which often leads to a spike in glucose levels. Long-term stress can result in problems controlling blood sugar levels. Activities such as yoga, tai chi or meditation help to support relaxation, reducing your cortisol levels and helping to keep your blood sugar levels more stable.

Conventional medicine says it is impossible to reverse insulin resistance and poor health caused by diabetes. When you take away the lifestyle factors that contribute to diabetes, you can manage the illness or reverse it completely in many cases.

Recommended Products

CURCUMINX4000™

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



SERRANOL®

A unique formula with Serrapeptase (160,000iu), Curcuminx4000 (250mg), ecklonia cava extract (50mg), and vitamin D3 (1000iu). Offers powerful anti-inflammatory and antioxidant benefits for a range of health conditions. 90 capsules. Vegetarian.



ANCIENT MAGNESIUM OIL ULTRA

A pure, high-potency, topical magnesium chloride solution derived from the Ancient Zechstein Seabed with OptiMSM® for rapid absorption into the skin. Supports your daily magnesium requirements. Various sizes available. Vegetarian and vegan.



HELPING DIABETES, BY THE BOOK

Find relief from diabetes by following the natural health and lifestyle advice in this guide. Available in hard copy and eBook.



Sources

All references can be found at www.NaturallyHealthyNews.com

Menopause Focus

How to Combat Unwanted Symptoms



Statistics show more than 70% of women in the UK will suffer from various symptoms during menopause. Common symptoms include hot flashes, night sweats, fatigue, low mood, anxiety, poor sleep, memory problems and brain fog. All these symptoms can affect mental and physical health, impacting daily life at home or work.

A Western Lifestyle isn't Helping

It seems the Western lifestyle may play a part in exacerbating menopause symptoms. A diet full of processed products, reliance on caffeine and sugary snacks to get through the day, with little exercise, not enough relaxation or sleep, and lots of stress, can have a significant impact on hormonal balance, causing a worsening of symptoms. Research shows that being overweight can also affect symptoms, resulting in more frequent hot flashes and night sweats.

Devise a Supplement Plan

B vitamins cannot be overestimated during menopause, as they play a crucial role in supporting the nervous system and may help alleviate symptoms of low mood and stress. Magnesium is a well-known natural relaxant, so optimising lev-

els may help reduce issues such as difficulty sleeping and anxiety. Low vitamin D can also affect mood and bone health. It usually needs to be taken as a supplement, especially in the winter months. Omega 3 may help with symptoms such as dry skin, lifeless hair, cracked nails, and dry eyes. Adaptogens such as maca have a long history of targeting hot flashes and menopausal symptoms. Therefore, seek advice on an appropriate supplement plan to support your body during this time.

Include Phytoestrogens in the Diet

It is also essential to ensure the diet includes plenty of phytoestrogen-rich foods such as soy, tofu, edamame beans, and flaxseeds. These plant molecules have a similar chemical structure to oestrogen and may help lessen unpleasant menopausal symptoms.

Ensure the diet is rich in nutrients that help keep bones healthy, especially calcium, magnesium, boron and vitamin K. So, include plenty of leafy green vegetables, nuts, seeds and whole grains. Vitamin D is essential for bone health too. Include plenty of healthy fats in the diet, oily fish, avocados, nuts, and flax seeds for healthy hormone balance.

Recommended Products

LIPOSOMAL B4HEALTH

Liposomal B4Health™ is a liquid B vitamin product using liposomal delivery for fast and effective absorption. Provides B vitamins alongside D3, C and Selenium and B Support. 120ml. Vegetarian and vegan.



MACAPRO® XP BLACK 18:1 LIQUID

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



ANCIENT MAGNESIUM OIL ULTRA

A pure, high-potency, topical magnesium chloride solution derived from the Ancient Zechstein Seabed with OptiMSM® for rapid absorption into the skin. Supports your daily magnesium requirements. Various sizes available. Vegetarian and vegan.



ACTIVE LIFE™ CAPSULES

The complete multivitamin for all the family with 130 nutrients, vitamins, and minerals, including lutein, zeaxanthin, folate MTFH, Vitamin C, and D3. 180 capsules. Vegetarian.



Sources

All references can be found at www.NaturallyHealthyNews.com

FAMILY FAVOURITES

In this fast-paced modern world, families are looking for convenient and straightforward solutions for their supplement needs. Several nutrients are essential for all the family, so choosing products that can be used for everyone makes sense. Whether capsules or liquids, many products offer variable dosing to suit all ages, offering a budget-friendly and practical solution to support all the family's wellbeing. Keep your family healthy with these natural health top picks...

PureC+™ - Liposomal Vitamin C with Quercetin

Vitamin C is a vital nutrient at all stages of life. It helps form and maintain healthy bones, skin and blood vessels. It's also an antioxidant that helps reduce inflammation and protects the cells from oxidative stress. It helps absorb iron, supports the immune system and helps reduce tiredness and fatigue. It is essential that everyone gets enough Vitamin C. 180ml per bottle.



ActiveLife™

Active Life is a full-spectrum multivitamin/mineral complex, formulated to provide comprehensive nutritional support for the whole family. Each capsule contains 130 nutrients, including vitamins, minerals, trace minerals from fulvic acid, amino acids, antioxidants and much more. The capsules can be opened and added to smoothies, with flexible dosing for all age requirements. 180 Capsules per bottle.



Vitamin D3 + K2 Spray™

Silver award winner in the Best Baby/Child Product in the 2022 Your Healthy Living Awards, this Vitamin D3 & K2 sublingual spray provides essential support for all ages. D3 and K2 aid calcium balance, vital for developing healthy bones and teeth, and protecting the blood vessels from calcification. D3 is essential for the immune system at all stages of life. 30ml per bottle (approx 220 sprays).



Ancient Magnesium® Bath Flakes Ultra

Magnesium Bath Flakes Ultra with OptiMSM®, can be used to relieve aches and pains while aiding relaxation. A Magnesium bath is ideal for calming children before bed. For children, add 60g (1-2 scoops) and adults 150-200g (3-4 scoops) of flakes in a warm bath and relax for around 20 minutes. 750g per pouch.



HydroSol™ Silver Spray

HydroSol™ Silver Spray contains SilverSol® Technology. Silver nanoparticles make it the most stable and effective silver product ever known. The anti-microbial properties of HydroSol™ Silver act as the first line of defence for your family's immune system. The spray offers convenient and flexible dosing for all age requirements. 10ppm HydroSol™ Silver (113ml/4 fl.oz.).



Available at Good Health Naturally

Do Not Overlook Eye Health

How to Protect Your Eyes from Degeneration

Sight is one of our most valuable senses. Losing our eyesight is frustrating and disturbing, as we can no longer clearly see and experience the world around us. Vision problems can also come on very slowly, depending on a person's overall health. Often overlooked by the medical profession, factors relating to diet, lifestyle and a lack of critical nutrients can seriously influence eye health.

Eye diseases affect people throughout the ages, as it is no longer only prevalent among the older generations. Dry eyes and floaters are increasing for younger people, typically the over-40s. Whilst historically we were seeing the prevalence of macular degeneration and cataracts in the over 60s and 70s, this is now appearing much earlier and much more frequently. Glaucoma continues to affect

the older generations.

We are also seeing a growing connection between eye health and metabolic disorders. For example, there is a significant connection between diabetes and eye diseases, such as diabetic retinopathy and macular oedema. In fact, diabetic retinopathy is becoming one of the top eye diseases affecting vision in the USA. High blood pressure can also affect the delicate blood vessels in the eyes, resulting in blurred vision or loss of sight.

Is it inevitable that our eyes will not be as healthy as we get older?

While older generations face the most significant risk, younger generations face a much earlier onset of symptoms than previously seen. However, nutritional interventions and supplementation can remarkably influence symptoms and disease progression. As the eyes are highly

susceptible to oxidative stress, where free radical damage affects the healthy cells of the eyes, preventing this damage with healthy foods, particularly those containing antioxidants, is possible and may help to slow disease progression.

Focus on diet

Green leafy vegetables, such as spinach, kale and greens, contain lots of lutein, zeaxanthin, and vitamin C for eye health.





Brightly coloured fruit and vegetables, such as carrots, sweet potatoes and citrus fruits, contain vitamin C, A and beta carotene, which are essential for healthy vision. Including oily fish in the diet for their omega-3 content is also crucial. Research shows that including omega-3 fatty acids in the diet can resolve dry eye problems, especially from regular use of a computer. Nuts and seeds, as well as a vegan or vegetarian source of omega-3s, also contain Vitamin E, a powerful antioxidant. Eggs

are also a useful source of lutein and zeaxanthin, which can help support long-term eye health.

What are essential nutrients to keep our eyes in good health?

The good news is, alongside a healthy diet, it is possible to protect your eye health with appropriate nutrients for added protection.

1. Lutein

Two types of antioxidants, lutein and zeaxanthin, are carotenoids

that can protect eye health and lower the risk of developing eye diseases such as age-related macular degeneration (AMD).

Lutein is thought to play a significant role in the eye's health by helping to prevent damage to the macular, the central point of the retina needed for close work like reading and driving. And according to a 2012 Finnish study, increasing levels of lutein and zeaxanthin may reduce the risk of cataract formation by 40 per cent.

2. Zeaxanthin

Zeaxanthin is the second stand-out carotenoid that can preserve eye health and reduce the risk of AMD and other degenerative eye diseases. Increasing levels of zeaxanthin and lutein in the diet also involves eating more green leafy vegetables, like kale, spinach, swiss chard, collards, watercress and rocket. These carotenoids can also be found in sweet peppers, corn, tangerines, oranges and eggs.

Zeaxanthin levels in food are commonly bundled with lutein, but zeaxanthin is much harder to glean from the average diet. We may get only 10 percent of the lutein and zeaxanthin we need from food, falling far short of the 10mg of lutein and 2mg of zeaxanthin required to protect the eyes each day.

3. Taurine

An amino acid involved in retinal health, taurine controls the electric charge across cell membranes and is essential for the function of nerve impulses. This nerve transmission is critical in the eye, which is why the retina has a higher concentration of taurine than any other organ.

The body produces the amino acid taurine by synthesising two other amino acids: methionine and cysteine. Our body normally manufactures taurine rather

than obtaining it from the diet, although good dietary sources include eggs, raw dairy products, fish and red meat. Taurine is found in very high concentrations in the retina but declines significantly with age.

Deficiencies of taurine are said to cause retinal lesions and visual deterioration.

How to beat deterioration

Where we cannot get enough eye-protective nutrients from food, The Age-Related Eye Disease Studies, conducted in 2001 and 2013, note that taking certain supplements daily can support vision and reduce the risk of developing AMD.

Today more optometrists are talking to their patients about daily nutrients:

Taking liposomal lutein and zeaxanthin gives our body large amounts of nutrients that we can absorb and utilise. Liposomal carotenoids mimic our body's natural cellular delivery system and can help keep nutrients in the bloodstream for longer and aid absorption.

Taking taurine as an oral spray may offer better absorption and protection than capsules, as it goes directly into the bloodstream.

While you may already be caring for your body with a healthy diet and exercise plan, it is easy to overlook the eyes! Committing to a regular eye care routine may provide much needed protection for your eyes now and into the future.

Recommended Products

MAXIFOCUS®

A unique, powerful formula that blends 24 important nutrients, including lutein, zeaxanthin, and riboflavin, which contributes to the maintenance of normal vision.



TAURINE™ SPRAY

In a liquid form provides fast and superior absorption compared to tablet or capsule equivalents. Supports heart and eye health. 200ml. Vegetarian and vegan.



THE KRILL MIRACLE™

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



MSM+ SILVER DROPS™

A proprietary blend of OptiMSM® hydrosol silver (10ppm), N-Acetyl-L-Carnosine, and colloidal zinc (10ppm). 30ml. Vegetarian and vegan..



HELPING EYE HEALTH, BY THE BOOK

Support eye health by following the natural health and lifestyle advice in this guide. Available in hard copy and eBook.



Sources

All references can be found at www.NaturallyHealthyNews.com



Complete Nutrition For Eye Health

MaxiFocus® now contains Astaxanthin from AstaReal®, alongside Lutein and Zeaxanthin – all incredibly powerful ‘carotenoids’ that have been identified as vital nutrients for lens and macular health. This super formula contains 26 nutrients to help maintain normal vision, and all ingredients are delivered using an advanced liposomal delivery system, with absorption **up to 9x greater than tablet alternatives.**



Liposomal
delivery



Complete spectrum
of eye nutrients



Ingredients backed
by studies



Suitable for
vegans

Available at all good independent health food stores


Good Health Naturally
Because it Works!®

GoodHealthNaturally
Because it Works!®

35

Years of Good Health



For 35 years Good Health Naturally have been pioneers in providing cutting-edge natural health solutions, scientifically formulated with the principle of improving the health and well-being of people's lives through nutritional supplements, vitamins, and minerals.



Highest quality
ingredients



Backed by
research



Over 100 unique
formulations & products



Rated 5*
on Trustpilot

