

Strength & Vitality Bulletin

Volume 17 Issue 3

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Completing the writing of this letter just as the shortest day of the year has passed by. Winter is now upon us and although it has been dry up until now, it looks as though that will change in the next few weeks. That of course will make the farmers happy and might also help out with Auckland's water shortage. We are both doing well, and are enjoying the firewood purchased just before the COVID lockdown occurred, as our Masport Wood burner does an excellent job in keeping the house warm. It is helped by having the fan that sucks out the warm air in the Living room and distributes it to the 2 bedrooms and office. In some cases we have a comfortable temperature of 72° - 75° throughout the house which makes life really enjoyable. (for those who use the other method of readings that equates to 21° - 22°) The importance of the main article is demonstrated by the daily news on T.V. and we would like to draw to your attention a quality product designed to assist one through these turbulent times. Gordon can attest to the efficiency of this product for it cleared up his scratchy throat in just a few days. Donna continues to enjoy good results from 2 products that are keeping her sinuses clear, and her breathing has improved a lot, particularly when sleeping at night. The run on some products is making supplies sometimes unavailable, and our favourite Vitamin D is out of stock at present.

Kind regards Gordonna

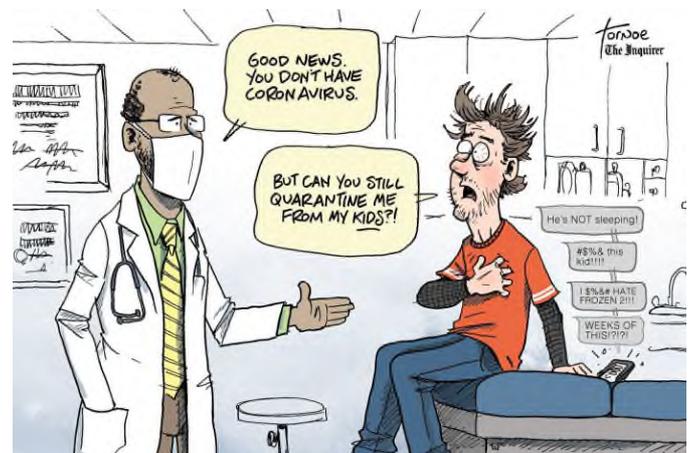
A WORLD IN TURMOIL

Covid 19 virus is still thriving - Where to from here?

It is impossible to ignore, with the continual news cycles about the covid 19 pandemic. However, we all have a threshold where we get tired of listening and want to move on. People being resilient nevertheless means that we are all now adjusting to the new environment that now

The biggest danger to our health that lies ahead is going to be stress related matters caused by the breakdown of society's lifestyle linked to the covid virus 19 pandemic.

prevails. With this article we wish to continue on from our last newsletter, with this time the focus being on the last part of the



The modern phenomena of seeing countries world wide struggle with this present virus is causing individuals to question many aspects of society's present lifestyle. Children are getting used to being schooled differently, and even some big businesses are considering changing how to transact commerce. In some cases companies that have operated for decades are closing down, whilst others are thriving by using new modern methods to communicate. Electronic media is now being used extensively in many different situations, and we are also seeing an emergence of people willingly taking preventative measures to protect their health as never before. And all of these changes being forced upon us in such a short time frame is primarily due to a virus that we had never heard of at this time last year!

headline "Where to from here?" Along with this consideration we will examine what is presently known about the way in which this virus impacts

upon the body in the first place, and then move onto what we as individuals can do to cope with the ongoing saga of this pandemic.

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How does this virus damage our body?

The first port of call is the lungs, and that is because the covid virus usually finds entry into the body by inhaling the pathogen, either through the mouth or nose. If the immune system doesn't catch up with this foreign substance then about 7 days after getting in the virus subsequently marches down the windpipe to attack the lungs, where it can turn deadly. If the immune system recognises the danger and therefore goes into overdrive (known as a cytokine storm) then an ongoing battle occurs which sadly for many turns out with the virus winning. Although there is some dispute over the process, the health experts agree that the

damage caused by this sneaky and clever virus is substantial. Autopsies show their alveoli (Alveoli are tiny air sacs in your lungs that take up the oxygen you breathe in and keep your body going) became stuffed with fluid, white blood cells, mucus, and the detritus of destroyed lung cells. Basically this means that people drown in their own fluid and waste products caused by the battle and it is thought by some that putting stricken patients onto a ventilator exacerbates the situation.

So from this it would be natural to conclude that covid 19 is simply a sped up version of the flu that causes pneumonia to kill people. How wrong that is! The amazing thing about this

virus is the ability to kill by **various methods** as is demonstrated by the following experience related to us by the website www.sciencemag.org/news: In Brescia, Italy, a 53-year-old woman walked into the emergency room of her local hospital with all the classic symptoms of a heart attack, including tell tale signs in her electrocardiogram and high levels of a blood marker suggesting damaged cardiac muscles. Further tests showed cardiac swelling and scarring, and a left ventricle - normally the powerhouse chamber of the heart - so weak that it could only pump one-third its normal amount of blood. But when doctors injected dye in the coronary arteries, looking for the blockage that signifies a heart attack, they found

none. Another test revealed why: The woman had COVID-19. How the virus attacks the heart and blood vessels is a mystery, but dozens of preprints and papers attest that such damage is common. A 25th March paper in JAMA Cardiology documented heart damage in nearly 20% of patients out of 416 hospitalised for COVID-19 in Wuhan, China. In another Wuhan study, 44% of 36 patients admitted to the ICU had arrhythmias. Clots from arteries can also lodge in the brain, causing stroke. Many patients have "dramatically" high levels of D-dimer, a by product of blood clots, says Behnood Bikdeli, a cardiovascular medicine fellow at Columbia University Medical Center.

Taken from Various Sources
Including Natural News & Time Magazine



ACTIVE HEALTH SERVICES PRESENTS

Health News in brief from around the Globe

Time magazine 15/6/20 reports that in a 1999 Gallup poll found that 6% of Americans identified as vegetarians. In 2018 that number was 5%.

Awake magazine of March 2008 in the subject page Watching the World tells that a Chinese woman finally discovered the cause of "relentless headaches" that had plagued her for more than 60 years, when doctors removed a 3 cm long bullet from her head. During the Chinese invasion of a village in Xinyi County in September 1943, the woman who was then 13, sustained a head injury. No one imagined the cause of her problem. When her

headaches became more frequent, an X ray revealed the bullet, says the Xinhua News Agency. The woman now 77, is reported to be "in good condition."

May 15th edition of the *Time* magazine in the section entitled Milestones on page 9 states that malnutrition to be the primary cause of poor health and death worldwide, according to the 2020 *Global Nutrition Report* released May 12th.

Dr Jockers on his website states that one of the fastest growing diseases in the industrial world is Alzheimer's, with now approximately 5.9 million Americans

suffering from this at present, with the number expected to shoot up to 15 million by 2050.

Recently in England the Scientific Advisory Committee on Nutrition has been tasked with reviewing whether ethnicities such as black and Asian people, who are disproportionately represented in the COVID 19 death rates, could benefit from vitamin D supplements. The British Medical Association has also called for a review into using vitamin D after 94% of the healthcare workers who died from COVID 19 were from black, Asian or minority ethnic background.

According to *Time* magazine 30/3/20 Italy with more than 2,400 tests per million for COVID 19 is still reporting a fatality rate of 8%. One prominent theory points to the fact that, according to the UN, Italy has the world's second highest median age - and COVID 19 seems especially dangerous for the elderly.

www.plant-ditech.com states on their blog post dated 10/12/18 that 1,700 litres of water is required to produce a 100g bar of chocolate.

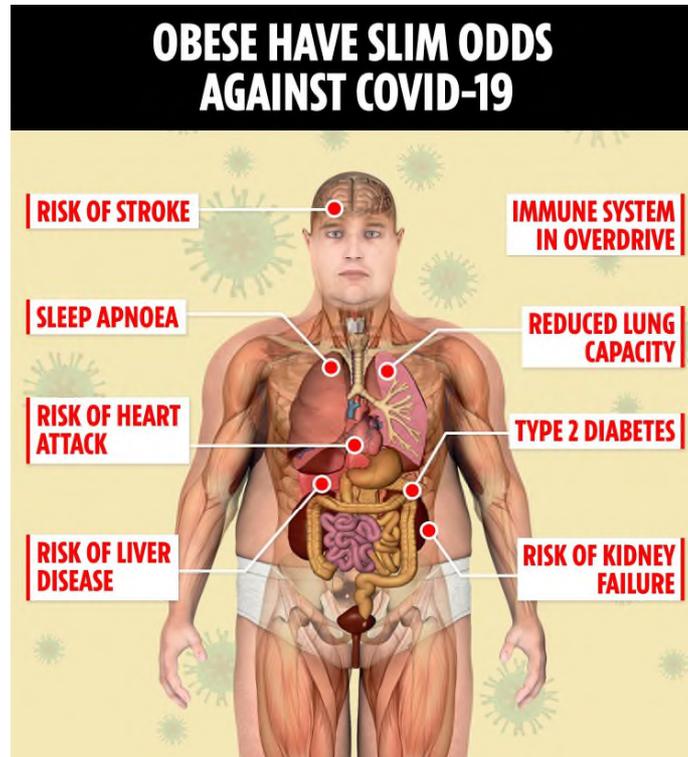
Encyclopaedia of Natural Medicine page 464 says that dark circles under the eyes can be a sign of suffering from food allergies.

There is no such thing as bad publicity

“The more we look, the more likely it becomes that blood clots are a major player in the disease severity and mortality from COVID-19,” Bikdeli says.

Scientists are struggling to understand exactly what causes the cardiovascular damage. The virus may directly attack the lining of the heart and blood vessels, which, like the nose and alveoli, are rich in ACE2 receptors. Or perhaps lack of oxygen, due to the chaos in the lungs, damages blood vessels. Or a cytokine storm could ravage the heart as it does other organs. “We’re still at the beginning,”

cardiologist Harlan Krumholz of Yale University and Yale-New Haven Hospital says. “We really don’t understand who is vulnerable, why some people are affected so severely, why it comes on so rapidly ... and why it is so hard [for some] to recover.” No wonder why this virus is so hard to control!! This website then goes on to discuss kidney damage which is of huge interest for those who suffer from diabetes. “If these folks are not dying of lung failure, they’re dying of renal failure,” says neurologist Jennifer Frontera of New York University’s Langone Medical Center, which has treated thousands of COVID-19 patients. Her hospital is developing a dialysis protocol with different machines to support additional patients. The need for dialysis may be because the kidneys, abundantly endowed with ACE2 receptors, present another viral target. According to one preprint, 27% of 85 hospitalised patients in Wuhan had kidney failure. Another reported that 59% of nearly 200 hospitalized COVID-19 patients in China’s Hubei and Sichuan provinces had protein in their urine, and 44% had blood; both suggest kidney damage.



Those with acute kidney injury (AKI), were more than five times as likely to die as COVID-19 patients without it, the same Chinese preprint reported. Cytokine storms also can dramatically reduce blood flow to the kidney, causing often-fatal damage. And pre-existing diseases like diabetes can increase the chances of kidney injury. “There is a whole bucket of people who already have some chronic kidney disease who are at higher risk for acute kidney injury,” says Suzanne Watnick, chief medical officer at Northwest Kidney Centres. And if this isn’t enough there is strong evidence that this virus also damages the intestines as well as our eyes. For example, up to one-third of hospitalised patients develop conjunctivitis—pink, watery eyes—although it’s not clear that the virus directly invades the eye. Other reports suggest liver damage: More than half of COVID-19 patients hospitalised in two Chinese centres had elevated levels of enzymes indicating injury to the liver or bile ducts. But several experts told Science that direct viral invasion isn’t likely the

culprit. They say other events in a failing body, like drugs or an immune system in overdrive, are more likely driving the liver damage.

What can be said to complete this section of the discussion? We appear to only be at the beginning of this international plague and it would be wise for all of us to take heed of the old proverb “an ounce of prevention equals a pound of cure.” For even the World Health Organisation indicates that some time has to transpire before this virus comes under control. On their website they make the following statement “As part of WHO’s response to the outbreak, a Research and Development (R&D) Blueprint has been activated to accelerate the development of diagnostics, vaccines and therapeutics for this novel coronavirus. Under WHO’s coordination, a group of experts with diverse backgrounds is working towards the development of vaccines against COVID-19.”

This is just the beginning!



What has been the biggest impact of this virus to mankind?

Although it has hit hard upon people in a bodily fashion, it appears the biggest consequence that has arrived has been upon the world’s economies. Of the 185 countries identifying coronavirus being in their midst, it appears that America has been the hardest hit economically with 30 million applying for the unemployment benefit in the last 6 weeks! Other economies have experienced a big drop in tourist numbers with 100 countries introducing travel restrictions, with New Zealand being particularly affected as this was our 4th largest form of income for our country. China which is the 3rd largest manufacturer of goods in the world and exports more than any other country has seen a dramatic drop of 13.5% during the first two months of this year, with this being the biggest drop in the last 30 years for them. The overall view of economists and business executives is that things are a lot worse than the 2008 economic mess. OCED (The Organisation for Economic Co-operation & Development is an intergovernmental economic organisation with 37 member countries involved) looked into the future and produced an interim report in which they state “Growth prospects remain highly uncertain.” They further add on page 6 “Uncertainty is likely to remain elevated, with trade and investment remaining very weak. The downturn in financial market risk sentiment, and reductions in business travel and tourism are also likely to constrain demand growth for some time.”

We sit here in Kawerau and wonder at all of this and ponder on how this downtown will not only affect our small business, but how many others in New Zealand will be touched due to the fact that we are a country made up of small business structures.

What will this do to people's health?

A lot! Having stress under control plays an important component in enjoying sustained good health. There are so many areas that impacts upon us, that detailed discussion as such would take up so much time and energy to write about, that there would be enough to publish a book! From depressing our immune response right through to increasing our chance of a heart attack or stroke to mention a few, makes us realise what a danger this pandemic poses to us in other ways. In a major study over a 14 year time period involving more than 100,000 people with and without cardiometabolic disease from Finland, France, Sweden and the UK, it was found at the end of the study already 3,841 participants had died. Investigating stress it was found that even after taking into account the differences in health and lifestyle factors, such as whether people were obese, had high blood pressure, smoked or did not exercise, doctors found that among men with cardiometabolic disease, those who experienced job strain had a 68% greater risk of premature death than men in more manageable jobs. The greater risk remained even when the men exercised, controlled their weight and blood pressure, and did not smoke. What effect then was stress in the lives of those being studied? Considerable,



when you consider that very high statistic of 68%. The study also found that men were highly influenced by stress in their lives, but women were not. Why the difference? It was concluded that women react differently to stress in their lives compared to men, and therefore the major component of stress being cortisol was in some way being minimised by hormones available to women. With men also having a higher incidence of hardened arteries (atherosclerosis) compared to women resulted in the high death rate previously mentioned. It is of interest when studying the top 10 causes of deaths globally, only 3 were of a communicative nature and ischaemic heart disease and stroke are the world's biggest killers, accounting for a combined 15.2 million deaths in 2016. These diseases have remained the leading causes of death globally in the last 15 years, and the question we would ask at this point is this: what part did stress play in these 2 diseases? It is our opinion quite a lot, however

that is difficult to identify by mere statistics. When looking at what is considered the top 43 causes of stress in day to day living the evidence shows that 10 of them were related to monetary matters, and losing one's job came in at a very high 8th placing. (Source: Page 179 Table 1 The Social Readjustment Rating Scale from the *Encyclopaedia of Natural Medicine* written by Michael Murray N.D. and Joseph Pizzorno N.D.)

So what has all of the above have to do with the present worldwide health crisis? This: **The biggest danger to our health that lies ahead is going to be stress related matters caused by the breakdown of society's lifestyle linked to the covid virus 19 pandemic.**

This therefore logically leads us attempting to answer the question posed in the headline: Where to from here? Perhaps the best way to answer this question is to employ an illustration, which we now use to highlight the danger mentioned in the bold print immediately above.

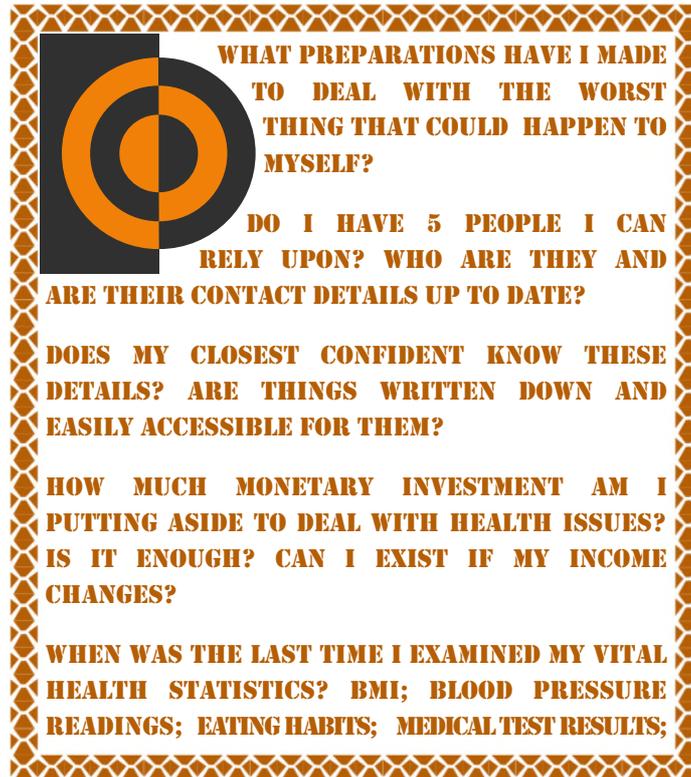
Imagine a captain of a large modern airliner heading on a routine flight to a destination, with a large passenger register happily enjoying their flight. As he remains relaxed but diligently alert in the cockpit, the pilot thinks about many different things, as well as interacting with the associated staff on board. Suddenly his attention is drawn to an indicator on the instrument panel signalling a problem. Upon evaluation he realises it is a serious one - the fuel being fed into one engine is registering low, and initially he is puzzled. Further investigation reveals that for some time they have been losing fuel from a leak somewhere. A really serious problem now exists - what does this captain think about? The comfort of the passengers? Getting them to their destination on time? Having their meal served up in a relaxed manner? Ensuring that the crew on board adhere to the companies dress standard whilst on duty? **None of that!!** He is immediately focused on the danger the lost fuel imposes upon him. His priority is **SAFETY**. And accordingly he is thinking of only **ONE THING**, getting that plane landed at the nearest airport. He then puts into action a request to adjust his flight plan to land at that location. Unfortunately another problem now rears its ugly head, for the airport sends a message back that tells him that is out of the question because the area is having a thunderstorm with much evidence of lightning. Traveling to that area would achieve little due to the danger of having the spilling fuel ignited by a lightning strike. What to do now? His analysis reveals that he has just enough fuel to fly to a more distant airport, but he is going to have a razor thin safety margin. No time to

lose, he must act now and be precise in his calculations. So after much effort he adjusts the plane onto a path to achieve maximum results, including when and at what angle to descend, along with correctly calculating the effect of the prevailing wind operating on his new flight path. He does all of this and then as he begins his final approach he is told by his co-pilot that he will not be able to go around again if he gets it wrong. He has no more fuel available - he has one shot at getting it right, but he remains confident in his decisions made thus far, so he continues onward. With a flourish he puts the plane down as though it was a normal operation and successfully brings the plane to a halt on the runway. Later investigation discloses that he had a pint of fuel left after achieving his very onerous task.

What's this to do with our discussion about covid 19?

There are some similarities to what situation presently exists to the above illustration.

Well notice this: The pilot was relaxed but alert whilst on duty - just like us. An emergency arose and initially all that appeared was a light showing up in the cockpit - nothing to get too excited about until - still further investigation revealed that this was serious. We don't have to explain that part of the analogy, except to say that the present crisis first began as mere news coming out of China, nothing to get overly worked up about. What was on the pilot's mind when he appraised the seriousness of the situation? **SAFETY!!** Nothing else mattered - and it should be the same with us. Everything about our lifestyle has gone out the window and we are



WHAT PREPARATIONS HAVE I MADE TO DEAL WITH THE WORST THING THAT COULD HAPPEN TO MYSELF?

DO I HAVE 5 PEOPLE I CAN RELY UPON? WHO ARE THEY AND ARE THEIR CONTACT DETAILS UP TO DATE?

DOES MY CLOSEST CONFIDENT KNOW THESE DETAILS? ARE THINGS WRITTEN DOWN AND EASILY ACCESSIBLE FOR THEM?

HOW MUCH MONETARY INVESTMENT AM I PUTTING ASIDE TO DEAL WITH HEALTH ISSUES? IS IT ENOUGH? CAN I EXIST IF MY INCOME CHANGES?

WHEN WAS THE LAST TIME I EXAMINED MY VITAL HEALTH STATISTICS? BMI; BLOOD PRESSURE READINGS; EATING HABITS; MEDICAL TEST RESULTS;

living in a crisis environment. So safety to ourselves is paramount, and we can be grateful that our government also recognised the danger early and moved to protect us. So what happened immediately after he began to put his actions into operation? That's right! Another problem emerged - one that plunged him into even further trouble and difficulty. That's also similar to ourselves, no sooner than we engage our strategy to survive successfully, then other things pop up to cause further recalibration. So what should we be presently thinking about now we have news arriving showing that the situation is even more problematical than was initially believed? Are we like the pilot focussing upon safety and a successful arrival upon our destination? Or are we like some passengers on board who were wondering when were they going to get fed? Is our thought patterns geared toward being safety conscious about all we do, and associated with that are we looking after our health assiduously? If Active Health

Services is correct about their expectations, then stress in our daily life is going to increase and it appears by a large margin. It is possible in New Zealand that despite all efforts to prevent it the virus surfaces again.

So the pandemic that has occurred is like the puncture that caused the fuel leak in the first place. The loss of fuel created the stressful situation to exist, so stress in our lives equals the loss of fuel in the airliner. The inability to travel to the first airport after the emergency arose equals the failure of our first efforts to thwart off the danger to ourselves. The readjustment to fly to the final destination equals our having to make new plans once the initial ones didn't work out exactly as we liked in the first place. The fine margins that the pilot had to work with emphasises how critical the present turmoil that now prevails worldwide. Nothing can be left to chance - we need to plan very carefully indeed to protect our everyday health. The requirement to be able to carefully chart the plane to

descend correctly and to land efficiently on the runway the first and only time equals the need for accurate knowledge in coping with the various permutations that now arise from this unprecedented scenario affecting 7 billion globally. To that end you will be certain that the many hours of training and study that the pilot put into becoming skilled at his profession enabled him to handle matters correctly. This equals the knowledge that today is available through naturopaths who accurately define the health issues that debilitate the citizens of this country. The many years of study and dealing with the multiple (and sometimes overly complex) health issues in people's lives empowers him/her to advise with confidence how to deal with intrinsic healthiness. This equals the confidence that the pilot had in himself when he heard his co-pilot call out that he only had one attempt to get the plane down on the tarmac safely.

So at this point we would like to draw to your attention the box in the middle of this page. It asks a series of questions, and we ask of you dear reader to go through the exercise carefully as a means of getting confidence about being effectively prepared. And we like this quote as it sums the matter up nicely for us all "The best preparation for tomorrow is doing your best today." H. Jackson Brown Jr. But we think that one is topped by the astute Benjamin Franklin 1706 - 1790 who wisely observed "By failing to prepare, you are preparing to fail." So we conclude this article by hoping it has gone some way to answering the question posed on page 1 "Where to from here?" and if you need further advice then we are only a phone call away.



OUR POT OF GOLDEN HEALTH AT THE END OF THE RAINBOW

At the age of two and a half, Leslie's son Derek had to have a 5 mm kidney stone removed. The stone had become lodged trying to pass from the ureter tube into the bladder. To say the very least, this was an extremely intense time for the parents. Ever since that day, Derek has been on a diuretic which also drains the body of potassium. The reasoning was that with a diuretic Derek would still produce gravel, but he would pass the small ones, before they became big stones. Derek is six and has been using this drug for four years.

Leslie talked to a friend and discovered that Derek's body knew all along what it needed. Every time they went out to eat, Derek would beg to eat the parsley off of everyone's plate. Not knowing the properties of parsley, Leslie would tell

him he was being silly. She has since found out, parsley is a natural diuretic and is very high in potassium. Derek has been on parsley for nine months. For six months he has been on hydrangea and magnesium, which has helped break up any stones or gravel he produces. When Leslie started Derek on the hydrangea and magnesium, he had a two week healing crisis. Since that time, Derek's health has greatly improved. In the last six months, Derek has grown up and out. He is also eating and sleeping better and has been off of HCTZ™ for eight months.

Since Leslie found out about Derek's health problem, she has discovered that all the immediate family also have weak kidneys. Leslie says, "Now Derek, my other two children, and I are on herbs to strengthen our urinary systems. I guess you could say that Derek's gravel pit turned out to be our pot of golden

health at the end of the rainbow."

Potassium is essential for the urinary tract, and works with Sodium to balance body fluids, to keep the acid alkaline balance to those fluids, and also regulate the heart beat. More potassium is needed by the body during stress, whether physical or mental. Lecithin provides choline. A deficiency of choline, found in lecithin, has been found to lead to kidney damage. Vitamin A and C protect against bladder infections and disease. Vitamin C with bioflavonoids helps prevent the accumulation of toxins in the bladder. Magnesium and B6 help prevent kidney stones. Chlorophyll cleans and nourishes the kidneys and bladder.



"If you don't stick to it daily you won't get lasting results" Dr Sam Robbins

Volume 4 Issue 3
15/06/20

**NUTRITIONAL ADVICE FOR ALL THOSE
INTERESTED IN A BETTER DIET**

Regular insert with our main newsletter.

Discussing food that can be consumed with
confidence



Confidently Consume

Watercress

Watercress is an often overlooked leafy green that packs a powerful nutrient punch. Its small, round leaves and edible stems have a peppery, slightly spicy flavour.

Watercress is part of the Brassicaceae family of vegetables, which also includes kale, Brussels sprouts and cabbage

Once considered a weed, it was first cultivated in the UK in the early 1800s but is now grown in watery beds throughout the world.

The distinctive, peppery taste of watercress has made it a popular garnish, but you should use it for more than livening up a dull salad to make the most of its health-boosting properties. Watercress is a powerful detoxifier and contains the antioxidants beta-carotene (vitamin A) and vitamins C and E and zinc. These fortify the immune system and reduce the risk of heart disease, strokes and some cancers.

Watercress contains beneficial isothiocyanates, which protect against a known tobacco-borne carcinogen and therefore help reduce the risk of lung cancer in smokers.

Eating watercress can help to reduce blood cholesterol levels, and its high iron content prevents or reduces anaemia.

Watercress is an appetite stimulant so is useful for people with small appetites after illness. It is also mildly diuretic and laxative. It can help dissolve kidney and bladder stones.

Watercress and a diet high in cruciferous vegetables may benefit heart health. A review of studies in over 500,000 individuals linked eating cruciferous vegetables to a 16% reduced risk of heart disease, and may be due to Watercress containing the antioxidants beta carotene, zeaxanthin and lutein. Low levels of these carotenoids are associated with heart disease and high blood pressure.

Studies have shown that high levels of carotenoids not only protect against the development of heart disease but also lower your risk of heart attack and strokes. Due to Watercress also containing dietary nitrates, it helps boost blood vessel health by reducing



inflammation and decreasing the stiffness and thickness of your blood vessels

Dietary nitrates have also been shown to lower blood pressure by increasing nitric oxide in your blood. But as the saying goes “that’s not all” watercress may help lower cholesterol, which can improve heart health.

In a 10-day study in rats with high cholesterol, treatment with watercress extract lowered total cholesterol by 34% and “bad” LDL cholesterol by 53%

Watercress contains many minerals necessary for bone health, including calcium, magnesium, potassium and phosphorus.

Though calcium is well-known for its effects on bone health, magnesium, vitamin K and potassium also play important roles.

A balanced diet high in nutrient-dense vegetables is correlated with a positive effect on bone health. Additionally, one cup (34 grams) of watercress provides more than 100% of the RDI for vitamin K. and with Vitamin K being a component of osteocalcin, a protein that makes up healthy bone tissue and helps regulate bone turnover, with one study revealing people with the highest intake of vitamin K were 35% less likely to experience a hip fracture than people with the lowest intake.

Nutrients per 100gm: Energy 22kcal; Protein 3gms; carbohydrates 0g; fat 1 gm; fibre 3gms; vitamin C 62mg; carotene 2520 mcg; vitamin E 1.46 mg; iron 2.2 mg; zinc 0.7 mg.

Product of the Month

8

SN0021

Wellness Formula

Bio Aligned

45 Tablets

Retail Price: \$28.50

Number 1 Selling Formula in North America & 2020 (Vitamin Retailer (VR) magazine Award)

What started in the 1990s has evolved into one of the most sought-after awards in the natural products industry. The 2020 Vity Awards represent a random sampling of retailers across the country polled earlier this year. The winners are, as always, based on the number of votes in each category. The 2020 winners showcased here represent products and services for which health food retailers have voted because their customers cast the ultimate vote: with their pocketbooks. VR would like to thank the retailers who supported this year's Vity Awards with their time and input, and congratulate all the winning manufacturers.



Product descriptions are provided by the manufacturers and do not reflect the viewpoint of VR.

Wellness Formula is the natural products industry's number one immune defence formula. (Vitamin Retailer magazine, June, 2012; SPINS scan Natural Channel, Total US, \$ Sales, 52 wks Ending 16/4/2011) Wellness Formula is a fourteen-time winner of the industry's coveted Vity Award from Vitamin Retailer magazine for strong immune support and high customer satisfaction.

What makes this formula so good?

WELLNESS FORMULA® delivers high-potency vitamin C plus more than 25 other vitamins, minerals, and time-tested traditional herbs to support immune health.

What's unique about the formula?

Unlike single-action formulas, the ingredients in Wellness Formula work deeply at the cellular level to provide support for the multiple, interdependent body systems that impact immune health. This comprehensive formula provides ingredients for healthy stress response and a strong respiratory system and it contains a full array of antioxidants.

How does it work?

Wellness Formula addresses the root causes of winter season challenges with over 30 powerful ingredients, including antioxidants, herbal extracts, vitamins and minerals. These ingredients provide targeted support for all of the body systems associated with immunity.

Supplement Facts for Tablet Serving Size: 3 Tablets

Vitamin A (as beta-carotene 900 mcg & palmitate 600 mcg); Vitamin C (from ascorbic acid and zinc ascorbate) 1,275 mg; Vitamin D-3 (as cholecalciferol) 10 mcg; Zinc (as zinc citrate and ascorbate) 23 mg; Selenium (as sodium selenite) 60 mcg; Copper (as copper citrate) 150 mcg; Sodium 10 mg; Garlic Bulb 360 mg; Propolis Extract 295 mg; Echinacea purpurea Root Extract 270 mg; Elderberry Fruit Extract 240 mg; Aromatic Solomon's Seal Rhizome 120 mg; Horehound Aerial Parts Extract 100 mg; Olive Leaf Extract (10% oleuropein) 100 mg; Andrographis Aerial Parts Extract (10% andrographolides) 100 mg; Isatis Root Extract 75 mg; Eleuthero Root Extract 75 mg; Elecampane Root 70 mg; Citrus Bioflavonoid Complex 60 mg; Isatis Leaf Extract 60 mg; Cinnamomum spp. Bark Ext. 55 mg; Kudzu Root Extract 55 mg; Mullein Leaf 50 mg; Angelica Root Extract 45 mg; Astragalus Root Extract 45 mg; Elecampane Root Extract 30 mg; Pau D'Arco Bark Extract 30 mg; Cayenne Fruit 30 mg; Ginger Root Extract 30 mg; Coptis Rhizome Extract 25 mg; Grape Seed Extract (Proanthodyn™) 10 mg.

Suggested Use: For best results, begin taking Wellness Formula tablets at the very first signs of imbalances in your well-being. During imbalance, take 3 tablets every 3 hours, do not exceed 15 tablets daily for a maximum of 10 days. For wellness maintenance, take up to 3 tablets daily.

Manufactured by Source Naturals which is a company established in 1982 by Ira Goldberg who pioneered the concept of combining vitamins, minerals, herbs and nutraceuticals in one formulation.

This product featured above can be purchased from us. Text us at 021 - 294 - 6747