

Strength & Vitality Bulletin

Volume 16 Issue 1

15th April 2019

Well a tremendous number of events has occurred in our lives since our last letter way back in November. This has meant that every other thing has had to go onto the back burner, and we have only recently seen our way back to a normal routine.

A major occurrence was having to arrange for the funeral of Lilian Florence Bruce (Gordon's Mum) who died on Feb 14th 2019. This took 5 days of being in Auckland and completing the service that was conducted at the Mangere Lawn Cemetery prior to her being cremated. She had lived into her 92nd year, however the last 12 -18 months was rather hard for her, and in some respects it was best that she passed away, for she was unable to communicate verbally. Gordon's love of natural therapy stems from the fact that she was very interested in the subject, so much so that all of Bernard Jenson's books were purchased and she absorbed all of his writings about how to achieve better health. Frequently in the past many a good conversation resulted and her lengthy life can be attributed because of following carefully the principles of healthy living.

The 2 weeks in which the business computer was out of action has not helped either, and of course having to restore files, and dealing with the end of the financial year has kept Gordon rather busy. This letter resumes our normal service to you however, hope you enjoy it.

Kind regards Gordonna

MIGRAINE HEADACHES ARE AGONY

Despite the best efforts many sufferers unable to find relief

Famous people are not immune to having this form of disability, with a diverse range of highly talented people such as: Elvis Presley, Elizabeth Taylor, John F. Kennedy, Charles Darwin, Thomas Jefferson and Vincent Van Gough to name a few, regularly being put out of action from their

In other words: The painkillers used are part of the problem, and it is the considered opinion of the writer of this newsletter that continued and ongoing usage of painkillers make the problem of headaches and migraines worse rather than better.

desired activities. The latter individual named produced some of his masterful works of art when it was suspected he was undergoing migraine headaches, with art



There are several types of migraine headache, but most are characterized by severe pain on one or both sides of the head (which may move to the other side), nausea, dizziness and visual disturbances caused by dilation and constriction of the blood vessels in the head

ADAM

About one in 10 people get migraines, with more women being affected than men, and frequently more than 50% of patients suffering from this report a family history of such. Migraines usually first occur between 10 and 30 years of age, and may get better in middle age. Drug induced headaches are associated with this condition.

enthusiasts speculating that the halos, swirling patterns, and colours of his paintings are representations of him undergoing migraine auras. Believe it or not there are 9 different forms of migraine that put this form of headache into a category all of it's own. There are 150 diverse type of headaches, and most of them we have never heard of, however

they can easily be broken down to two classifications: primary and secondary with migraines fitting the first description. Effectively what this means is that the headache is not stemming from another condition, but is itself the major cause of the disruption to the daily lifestyle of the individual. So with this article we would like to first of all explore what are



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some of the causes of this unhappily familiar situation in New Zealand’s society, and more importantly see what natural therapy can offer to assist in alleviating this painful disorder. However before we do that it would be beneficial to review what defines a migraine headache so that readers of this article do not, conclude that they themselves suffer from this complaint.

How do we know what is a migraine headache when compared to an ordinary everyday type of pain in our upper anatomy?

Basically the severity of the pain felt and accompanied by other factors that are not associated with normal

headaches. They can include severe nausea, dizziness and flashes of light or blind spots on the eyes. The intense pain felt can be overwhelming and usually is associated with one side of the head but can travel to the other side, and occasionally is known to end up affecting both sides of the head. (this is not common but it’s not impossible either) Other manifestations of headaches that are non migraine include pain being generated by overworked and tired muscles, misalignment of the spine, living with high stress levels, sinus congestion, reading without glasses when eyesight requires this, or an abnormal reaction to certain foods such as soft cheeses. This is not a complete list of what causes normal headaches, but the

awareness of what are some of the causes of an everyday or normal headache brings home to us the considerable difference between them and the problems caused by migraine headaches. By comparison they are poles apart even though they affect the same part of our body. It is important to realise this for the migraine sufferer is struggling to make people aware of how badly they are coping when trying to explain what is happening in their daily life. Some have even been told that it’s all in their mind, and that they are exaggerating the condition that they are in (even some doctors and medical professionals are not immune from this) and this only serves to drive the person into and even worse position than

before. To help us all to understand about migraine pain and how bothersome it is to those undergoing this debilitating activity, let us move onto the next question.

What are the major causes of migraines?

- Reaction to drug intake.
- Abnormal blood flow.
- Low serotonin levels.
- Chronic stress levels.
- Food allergies.
- Low Vitamin B intake.
- Low Magnesium levels.

Taken from Various Sources
Including Natural News & Time Magazine



ACTIVE HEALTH SERVICES PRESENTS

Health News in brief from around the Globe

A recent report from the American Heart Association showed that the prevalence of obesity increased from 30.5% in 1999–2000 to 37.7% in 2013–2014, and 40% of adults have high total cholesterol.

Time Magazine 18/2/19 explains that a new review of 243 studies on Fibre (published in the *Lancet*) shows just how beneficial a diet high in fibre can be. People who ate more of the nutrient substantially lowered their risk for at least 4 major diseases (heart disease, stroke, Type 2 diabetes & colon cancer) as well as their risk of dying early from

any cause—by 15% to 30%.

In the same magazine it showed that fried chicken was linked to the highest increase in risk of early death. Women who ate at least 1 serving per week had a 13% higher chance of dying early compared to those who didn’t.

25% of the world’s hungry people live in India, which has the highest number of undernourished people of 195 million.

Johnson & Johnson makers of talcum powder has now been found to have known since 1971–2000 the company’s raw talc and

finished powder sometimes tested positive for small amounts of asbestos, and that company executives, mine managers, scientists, doctors & lawyers fretted over the problem and how to address it while failing to disclose it to regulators or the public. In 1976, as the FDA was weighing limits on asbestos in cosmetic talc products, J & J assured the regulator that no asbestos was “detected in any sample” of the talc produced 12/72 to 10/73, and it did not tell the agency that at least 3 tests by 3 different labs from 1972–75 had found asbestos in its talc— in

one case at levels reported as “rather high.”

Radio NZ reports on the 17/4/19 that a drug resistant superbug that kills 1 in 3 of all infected patients, *Candida auris* will inevitably spread to N.Z. The yeast fungus typically infects people with serious illnesses & weak immune systems, such as the elderly and the very young. Otago University professor of public health Michael Baker said the fungus causes invasive infections and cannot be treated with normal anti fungal medication. “It was only identified & named 10 years ago & since then it has spread almost globally.” he said.

- Overconsumption of land animal fats and low consumption of vegetable and fish oils.
- Over reaction to certain foods such as chocolate, cheese and the drinking of beer and red wine.

There are other factors that can cause a triggering of migraines, such as emotional anxiety by worrying about an exam or starting a new job, to name only two possibilities. The use of contraceptives, and that likewise includes hormonal changes and the onset of menopause as they are also associated with migraine headaches. However the major causes of this type of headache are the ones previously listed, and so we can move onto to exploring these in greater depth.

Analysis of the major causes of migraine.

Lets take the first one: drug interaction. Remember our last newsletter of November 15th in which we discussed in the main article: *The Opioid Crises Sweeping the World?* In our section Health News from around the World it was mentioned that in New Zealand in recent years there were 200 **deaths** attributed to narcotic or psychedelic drug poisoning, and this is of immediate concern for those taking powerful drugs to control migraine headaches. In America it is believed that 70% of patients with chronic daily headaches suffer from this because of being drug induced. The drugs prescribed for migraine sufferers are substantially more powerful than the ones usually consumed for normal difficulties caused by headaches. Consider some of the concerns about drug induced headaches written by

two doctors Dr Paul Shanahan and Dr Manjit Matharu, both of The Headache Group, The National Hospital for Neurology & Neurosurgery, London. “Migraine affects approximately one in eight people. While the majority of these thankfully have relatively infrequent (though disabling) headaches, a significant minority – perhaps 3% of the population as a whole, have chronic migraine, defined as 15 or more days of headache per month. While migraine at this frequency is best treated with preventative medication, studies indicate that as few as 13% of suitable patients are treated in this way. Our experience is that, when in this position, many sufferers with under-treated migraine will end up **using frequent abortive medication (either over the counter or prescription analgesics or triptans).** (Bolding GB) It’s not hard to understand why this happens. Someone who finds that simple analgesia or triptans work very well for their occasional migraine will naturally be inclined to reach for the tried and tested solution if their headaches become more frequent. Some will avoid using pills if at all



possible, but simply find that they can’t function when they have a headache unless they take something. Others will feel that the choice between “soldiering on” with a moderate headache or taking something and being pain free is a “no brainer”, and will opt for frequent painkillers rather than frequent pain. It has nothing to do with addiction, and everything to do with trying to cope. **In reality, however, this approach has several pitfalls. The most obvious of these is that frequent use of abortive medication does little to address the underlying issue of why the attacks are becoming more frequent. In many cases, unfortunately, it can contribute to the headache burden, either by leading to withdrawal or “rebound” headaches (which all too often end up being treated with more painkillers), or the emergence of a more pervasive “background”**

headache, or ultimately the occurrence of more frequent migraines, which escalates the pattern of abortive usage and becomes self-perpetuating. Some will also find that the abortive gradually lose effectiveness over time, though they need to keep taking it to avoid rebound headaches. (Bolding GB) Many patients we see have found themselves in this situation, locked into a cycle of frequent pain and frequent painkillers, and in practice once this pattern has developed it can be extremely difficult to make progress unless the usage of acute treatments can be limited. Doing so provides clarity in terms of establishing the underlying headache behaviour, and allows for optimal (and often, more effective) treatment. There is no doubt, though, that withdrawing from analgesia or triptans after an extended period of over-usage can be an uncomfortable process. Withdrawal can be achieved in different ways; we will describe how we approach this problem in our practice at the National Hospital and what follows is a description of how we do things, rather than a suggestion that this is what others do or should do. The extent to which frequent usage of analgesics or triptans causes problems seems to vary from one drug to another, and in all likelihood varies considerably from one patient to another. **Our experience is that over-usage of ergotamine,**

Headache -or- Migraine	
<ul style="list-style-type: none"> Pain around forehead Mild, dull pressure Incidental, non-recurring Not usually accompanied by other symptoms 	<ul style="list-style-type: none"> Pain on sides of head Intense, pulsing, or throbbing Can last for DAYS Nausea and dizziness Flashing lights and blind spots Commonly recurring
<p>Headaches can be a symptom of illness</p>	<p>Migraines ARE the illness</p>

triptans and opiate based medications (from codeine-based products up to morphine) tend to cause problems most frequently, with paracetamol and non-steroidal anti-inflammatory drugs (NSAIDs) such as aspirin, ibuprofen or naproxen less likely to do so. (Bolding GB) The International Headache Society criteria for medication overuse reflect this, with opiate or triptan over-usage defined as ten days or more per month, whereas over-usage of paracetamol or NSAID is deemed to be present when these drugs are used 15 or more days per month.” End of Quote.

In other words: The painkillers used are part of the problem, and it is the considered opinion of the writer of this newsletter - **that continued and ongoing usage of painkillers make the problem of headaches and migraines worse rather than better.** The best manner of dealing with migraine headaches will be discussed toward the end of the article.

Lets move onto the other reasons why migraine headaches occur on a regular basis. Abnormal blood flow is brought about from a variety of causes with health experts being unsure of the reason and the sequence of events. One thing however that stands out is this: the abnormal blood flow occurs in the outer region of the brain whilst the rest of the brain maintains a normal or near normal blood supply. This in itself is very puzzling. The blood flow to the brain is reduced, sometimes to dangerous levels and this transpires before the migraine arises. When the blood flow increases in the outer region of the brain the obvious happens; yes - severe pain follows because it is

8 Signs You Need To Be Getting More Vitamin D

- High Blood Pressure**
Vitamin D plays a role in heart health, helping to regulate blood pressure. So when you don't get enough, your blood pressure can creep up.
- Extreme Crankiness**
Before you blame your grouchiness on PMS, know that D affects the levels of serotonin in your brain—which also impacts your mood.
- Greater Pain Sensitivity**
Insufficient levels of vitamin D have been linked to chronic pain.
- Stress Fractures**
When you're low in the nutrient, your bones become weakened, meaning your risk for stress fractures increases.
- Decreased Endurance**
Some studies have shown reduced aerobic capacity and overall endurance in athletes with low vitamin D levels.
- Sleepiness**
Lower levels of vitamin D were linked to higher levels of daytime sleepiness.
- Muscle Weakness**
Decreased muscular size can be the result of not enough vitamin D in muscle and nerve tissue.
- Sadness**
Women with low levels of D are twice as likely to combat depression.

attempting to pass through the normal channels but at a higher rate. (similar to traffic trying to operate at high density on clogged roads at peak hours) Why does the body do this to the unhappy sufferer? The correct explanation still awaits us as researchers try to identify the reason/s why. This erratic supply of blood to the brain serves to explain the reason for migraine patients complaining of frequent dizziness, particularly after standing up from a sitting position.

Low serotonin levels within the body is thought to reduce the pain threshold, thereby accentuating the pain felt whenever a headache occurs. This means that if a migraine takes place the pain becomes almost unbearable.

Why does a person have low serotonin the first place? It comes back to the fact that the major supply of this chemical to ourselves comes from Vitamin D. And in the summer months there is usually plenty on offer from the abundant sunshine available to us. However in New Zealand from April to October it's a totally different ball game, so much so that for these 6 months it is virtually negligible. (you can stand outside in Mid June for 30 minutes in your birthday suit soaking up the warmth of the midday sun and the amount of Vitamin D your body receives is exactly zero) Much investigation is nowadays occurring as respects Vitamin D, and this

business has for many years promoted heavily the use and regular consumption of this critical ingredient. It is interesting to note that although there are only a few peer-reviewed studies looking at Vitamin D and Migraine, there is some evidence that low Vitamin D may be associated with an increased risk of Migraine. Dr. Ryan Wheeler presented results from his clinical review on Vitamin D and Migraine at the American Headache Society Annual Meeting in 2008. His study found that more than 40% of patients with chronic headache and Migraine were found to be deficient in Vitamin D. Another study, conducted at the Cincinnati Children's Hospital Medical Center, found that a large

number of children, teenagers, and young adults with Migraine had mild deficiencies in Vitamin D, riboflavin, and coenzyme Q. Most recently in 2017, researchers in Finland examined the relationship between Vitamin D and headaches. They found that men with the lowest Vitamin D levels were more than twice as likely to have headaches at least once per week compared to those with the highest levels. Chronic headaches were also more frequently reported by men studied during the months of October through May, (Northern Hemisphere) when less sun exposure, and therefore Vitamin D, is available. A second 2017 study published in *Headache* found a correlation between low Vitamin D levels and chronic tension-type headache. The study also found that patients with lower levels of Vitamin D had higher levels of musculoskeletal pain and more fatigue than those with chronic tension type headache and normal levels of Vitamin D. (info courtesy from *Natural News*)

Little needs to be written about chronic stress levels, for most people readily acknowledge that this does much damage to our physical makeup, however in the matter of headaches in a study, researchers followed more than 5,000 participants in Germany for two years and found that the greater the stress in a person's life, the more intense and frequent their headaches were. Those with tension headaches rated their stress at an average of 52 out of 100. An increase of 10 points on the stress scale was associated with a 6.3 percent increase in the number of days per month when people had headaches. For those with migraine headaches, the average stress level was 62 out of 100, and a 10-point increase on the stress scale was linked with a 4.3 percent increase in

the number of headache days per month. The study results imply that, while headache medicine can help mitigate the pain, reducing stress can prevent headaches from even happening, the researchers said. (Christopher Wanjek | February 19, 2014 *Live Science*)

The regular consumption of food is essential to living, but when it comes to migraines food allergies play an important part. In the *Encyclopaedia of Natural Medicine* on page 656 it reports that many double blind placebo studies have demonstrated that the detection and removal of allergenic or intolerated foods will eliminate or greatly reduce migraine symptoms in the majority of patients. And the foods known to induce a migraine headache are: Cow's milk, wheat, chocolate, eggs, oranges, cheese and tomato to name the highest listings on an extensive chart. This therefore encourages us all to consider what food consumption best suits us, for we are all individually created with no two humans exactly alike except for twins.

We consider the next two causes for migraine headaches to be the most interesting of our list mentioned on pages 2 & 3. Low vitamin B levels are associated with many health conditions, with schizophrenia being vastly improved upon by the large dosage of B3 and C. Our greatly admired Gaylord Hauser states in his book *Look Younger Live Longer* on page 77 under the heading Psychosomatic Difficulties the following “Such abnormalities as asthma, hay fever and other allergies, **migraine headaches**, digestive disturbances, diarrhoea and high blood

pressure may have several causes. All, however *can* be induced by psychosomatic disturbances. (The term “psychosomatic disorder” is mainly used to mean “a physical disease that is thought to be caused, or made worse, by mental factors.”.. For example, chest pain may be caused by stress and no physical disease can be found.) The point which I feel has been **almost wholly overlooked** in the annals of psychosomatic medicine is the role of **B vitamin deficiencies** in producing the original emotional problems at the root of such disturbances” and adds the following advice to solve such problems “Such a diet would include, daily, several heaping tablespoons of brewers yeast, and a half a cup of wheat germ and 1 tablespoon of black strap molasses.” Because B vitamins are water soluble, instead of storing unused amounts of these vitamins, the body excretes whatever it doesn't use. All are poorly absorbed by the elderly which translates into being an important means of combating age related illness by partaking daily an adequate amount of these vitamins. The B vitamins are energising in their effect upon the partaker, and in fact if we are low in energy the contractions of the stomach wall and the intestinal tract slow down, which in turn does not help our digestive process. This therefore is related to having pressure put upon our body as a whole, which in turn can impact upon our brain which is extremely sensitive to circulatory imbalance. And as can be seen from what you have been reading, migraine headaches are closely linked to blood flow being impeded in the brain. And this is where it becomes fascinating, for magnesium is vital for an

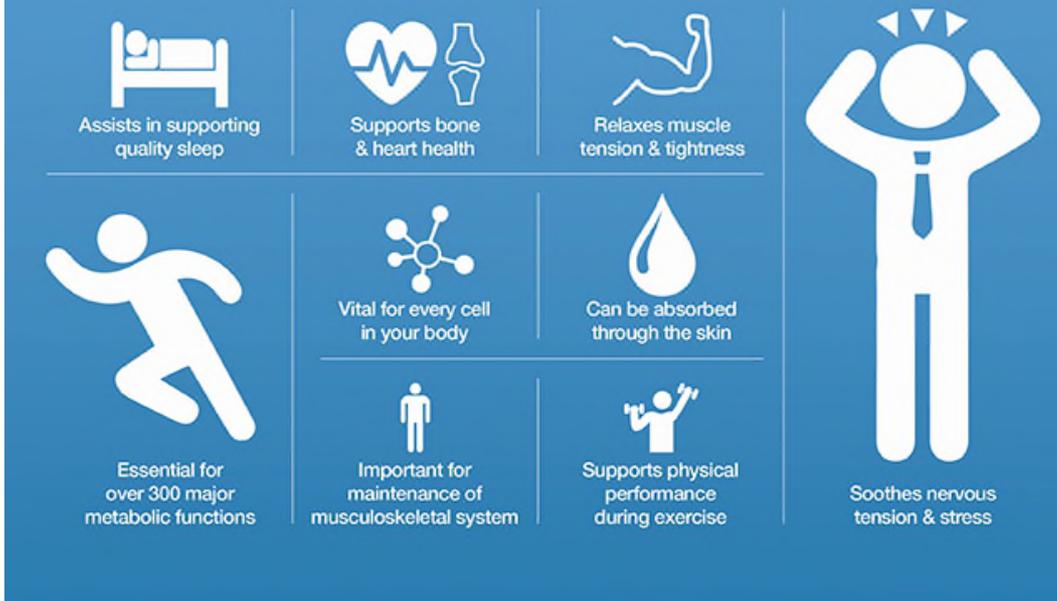
optimum operating circulatory system. Lack of magnesium can cause muscles to go into spasm, and there is strong evidence that a lot of heart attacks occur not from blockage of heart blood vessels but by the cramping of them which results in the heart being deprived of oxygen. So is it not just a hop, step and a jump to see that this is closely related to having problems with blood supply to our ever demanding brain? It has been established that low levels of magnesium concentrations have been found in patients who suffer from regular migraine attacks. In one double blind study 81 patients who suffered from recurring migraines were given 600mg of oral magnesium or a placebo for 12 weeks on a daily basis. By the 9th week, the attack frequency in the magnesium group was reduced by 41.6% compared to the 15.8% in the placebo group! It is surmised that magnesium supplementation may also assist the operation of the heart by improving mitral valve prolapse, which by this being present in a person regularly having migraine headaches, causes damage to blood platelets which in turn releases ingredients triggering the painful affliction in the first place. (information provided by *Natural Encyclopaedia of Natural Medicine*)

What can Natural Therapy offer to cope with Migraine Headaches?

There are several areas where natural therapy methods overlap, and each has a distinctive style to help out in this critical area of pain management. They are as follows:

- * Chiropractic manipulation.
- * Massage
- * Relaxation techniques.
- * Diet and nutrition.
- * Specific and targeted supplementation.
- * Acupuncture.

9 FACTS ABOUT MAGNESIUM



Chiropractors have a lot to offer in this area, particularly because they can professionally identify the cause of the pain being felt by the patient. Due to the importance of nerves carrying the impulses from the brain to other parts of the body, it is clearly understood why having your spine out of alignment can easily affect the transmission of signals. This can be caused by a pinched nerve (known as spinal malfunction) and this leads to incorrect functioning of body parts. One of the brochures we have obtained from a respected chiropractor had this to say “While Chiropractic is very effective for relieving symptoms such as back pain, headaches, asthma or colic, its focus is to help you be as healthy and vibrant as you can be, performing at your best and living life to the fullest.” One of the benefits featured was “Reduced tension, pain, headaches and other symptoms.” From personal experience this writer has benefitted immensely over the years from having his 6’3” skeletal frame adjusted on multiple occasions, and much of the good health experienced since having this done attests to all of the above

information.

Formal massage (not the other type) is habitually used by those who endure migraine pain, and although it depends upon the skill of the person administering it, there are large numbers who report feeling a lot better after having the tension relieved in their body. It stands to reason that if a migraine sufferer is feeling uptight by having regular headaches, then they will be helped in this regard by finding how massage produces feelings of caring, comfort, and connection. There is some indication that massage for migraine sufferers may help reduce the number of attacks, but of course this is of the anecdotal type of evidence.

Relaxation techniques are when a person either meditates, breathes deeply, or progressively relaxes their muscles in an endeavour to help the body cope with stress. It certainly would do no harm to practice this as one way to fight off the problem of having a migraine attack one’s psyche

Diet and nutrition play a big part in building a powerful ability to fight off the effects of aging, ill health and ongoing debilitation caused by being a migraine statistic. Some of this has been discussed in the main article, however due to the constraints of the size of this letter we have only given it a brief visitation. The consultative methods used by professional therapists is something we would recommend, and much can be accomplished by reviewing the lifestyle and consumption habits of someone who fits the description in the opening page of this discussion.

Specific and targeted supplementation is one of the best ways to fight off having consistent episodes of migraines. We certainly would recommend giving serious thought to the product featured on the back page of this letter, however there are plenty of others that do a good job as well. They are as follows:

⇒ 5 HTP which helps to increase serotonin levels within people. One of the

best products to induce and promote quality sleep. There are several versions available from our inventory.

⇒ Feverfew. 70% of 270 migraine patients who had this botanical herb on a daily basis over a prolonged period, claimed that it decreased the severity and intensity of their attacks.

⇒ Ginger helps to prevent strokes and hardening of the arteries, and it also has a reducing effect on migraine headaches without the side effects found with drugs.

⇒ Dong Quai calms the nerves and helps migraine victims by cleansing and purifying the blood.

⇒ Turmeric curcumin has a renowned and appropriate reputation for relieving pain and inflammation.

Based on a recent systematic review of 22 clinical trials involving 4985 people, there is evidence that acupuncture reduces the frequency of headache in individuals with migraine, and that the effect may be similar to that observed with preventive medications. The frequency of headache is dropped by 50% or more in up to 59% of individuals receiving acupuncture and this effect can persist for more than 6 months.

Without a doubt those who lose out on enjoying life by having the agony of migraines regularly, we hope by having a better understanding of this condition will go some way to alleviating your health problem. If you are not one of these people but you know of those who fit the description of this article, then please direct them to our business. Several of our satisfied clients and customers would be happy knowing that in making contact with us, you will have our integrity and honesty in all matters. And it is vitally important that this serious health condition gets addressed in a manner that produces long term benefits.

Regular insert with
our main newsletter.
Discussing food that
can be consumed
with confidence



Confidently Consume

Sweet Potatoe (Kumura)

The sweet potatoe is a different species from the yam, with which it is often confused. Sweet potatoes are packed with carotenoids, including the vision protecting lutein and zeaxanthin, as well as beta carotene (Vitamin A) and Vitamin C which both have antioxidant and anti-inflammatory properties. Another antioxidant is Vitamin E, which is good for the skin and can soothe skin conditions such as eczema.

Loaded with starchy carbohydrates and fibre, sweet potatoes release their sugars slowly into the bloodstream, providing long lasting energy, and can help stabilise blood sugar levels.

Kumara (sweet potato) has a long history of cultivation in New Zealand.

Kumara was brought here over one thousand years ago from the Pacific islands by early Maori settlers. This bush had much smaller tubers and was widely grown, especially in the semi-tropical regions of the North Island. Pre-European Maori managed kumara-growing with great skill. They grew several different varieties of 'bush' kumara, which, compared to the varieties we eat today, were very small in size, being no bigger than a finger. Modern kumara grows on a creeping vine and evolved from a larger American variety with bigger tubers and better taste which was imported in the early 1850s. The majority of kumara is grown in Northland in the Northern Wairoa region where soil type and climatic conditions suit it perfectly.

There are different varieties of kumara, however, only three main varieties are commercially available in New Zealand. The most common is the red-skinned, Owairaka Red, which has a creamy white flesh and is sold as Red; gold kumara, sometimes sold as Toka Toka Gold, has a golden skin and flesh, and a sweeter taste than red; orange kumara, sometimes sold as Beauregard, has a rich orange flesh and is sweeter than both red and gold. Beauregard kumara can be used instead of yams in North American recipes.

What to look for

Look for kumara that are firm with smooth and unbroken skin. Date stamped product packaging gives a reliable measure of freshness. Buy regularly, no more than a week's supply.



Availability

All year.

Cooking methods

Braise, bake, boil, char grill, microwave, roast, steam, stew, stir fry, stuff.

Ways to eat

Kumara is a very versatile vegetable; it can be mashed, barbecued, used in soups, stir fries, pies, quiches, braises or stews; cooked as chips or wedges or baked whole; thin kumara slices will puff up into crisps. To use kumara in salads, first cook until soft, and then cool. Kumara goes well with all meats and also complements fruits such as banana, pineapple, apricot and apple.

How to prepare

Peel, wash and portion. However, it is not always necessary to peel kumaras; if leaving skin on, scrub skin well and remove blemishes.

Storing

Kumara should be stored in a cool, dark place that is well ventilated. Do not refrigerate.

Nutrition Information

Per 100 grams Raw Yellow Flesh

87 kcalories; 1 gram protein; 21 grams carbohydrates; 0 gram Fat; 2 grams Fibre; 23 mg Vitamin C; 3930 mcg Carotene; 4.56 mg Vitamin E.

Product of the Month

8

DRB 00029

Quercetin Bromelain

180 Vege Capsules

Retail Price: \$64.80

Doctor's Best Quercetin-Bromelain unique combination formula supports cardiovascular and joint wellness and health immune response.

The flavonoid quercetin is extracted from seed pods of the *Dimorphandra mollis* plant.

Quercetin may support the cardiovascular system and respiratory system. This bioflavonoid can help with vascular tone. This means that the veins in your neck and head can become stronger and less likely to become overly dilated with blood.

A major benefit of quercetin is its ability to inhibit the release of histamine therefore helping to reduce allergy symptoms. Could be useful for those suffering from Hay Fever.

Gluten Free, Non-GMO, Vegetarian, Vegan.

What is Doctor's Best Quercetin-Bromelain?

Doctor's Best Quercetin-Bromelain supports cardiovascular and joint wellness and health immune response. Quercetin-Bromelain supplies the flavonoid quercetin extracted from seed pods of the *Dimorphandra mollis* plant. Quercetin may support the cardiovascular system and respiratory system. Bromelain is an enzyme complex derived from the pineapple stem. Bromelain supports tissue comfort and

may enhance quercetin absorption. Bromelain is effective at preventing blood clotting by its ability of breaking down fibrins that often lead to blood clots, bruises & tissue swelling.



Supplement Facts

Serving Size 2 capsules

Servings per container 90 servings

	Amount per serving	% Daily Value
Quercetin (as Quercetin Dihydrate)	500 mg	†
Bromelain	250 mg	†
(Enzyme activity: 2400 GDU [Gelatin Digesting Units] per gram)		

† Daily Value not established.

Other Ingredients: Modified cellulose (vegetarian capsule) rice powder, magnesium stearate (vegetable source), silicon dioxide.

Suggested Adult Use: Take 2 capsules daily, away from food. For added benefit take 2 capsules up to 3 times daily, or as recommended by a nutritionally-informed physician.

Warning: Do not use this product if you take digoxin.

Non-GMO and Gluten Free

Store in a cool dry place.

How does it work?

Quercetin: Quercetin is a bioflavonoid that supports cellular health and function. It belongs to the flavonol subgroup of bioflavonoids, a class of compounds that are widely (and colourfully) distributed in plants commonly consumed in the human diet. A brilliant bright yellow compound in its isolated form, quercetin is found in especially high levels in onions, kale, tomatoes, and apples. In human cell culture studies, quercetin has been shown to block the manufacture and release of inflammation-causing proteins which can help support a healthy immune response. It also helps promote a healthy cardiovascular system by preserving endothelial and supporting healthy blood glucose levels for those already within normal range.

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