

Strength & Vitality Bulletin

Volume 17 Issue 4

Our 100th Edition!

15th August 2020

We are delighted to write to you on this significant occasion as a result of our publication hitting it's 100th edition, as well as it coinciding with entering our 25th year of being in business. It's slightly larger than normal because of the addition of 2 new pages which will appear on a regular basis onwards. What started out as being a minor way of communicating with our small customer base, has grown into an international piece of information due to our letter now being listed on our website. Which by the way, if you happen to lose one of the letters and wish to refresh your mind by reading the article again, then all it takes is to go onto the website www.activehealthservices.co.nz and you will find it under the subheading: Newsletters.

What is happening within our country at the moment is concerning, and we feel for those in Auckland who at present have to live at Level 3. Our business has been particularly busy since the original lockdown, and we are extremely proud of what the products are doing for our customers and clients, who all report they are enjoying freedom from bug's & viruses. We do however ask you all to give careful attention to what Patrick Fahy has to say about Vitamin D on pages 4 & 5 and we ourselves have no doubt whatsoever that this humble vitamin is essential for continuing good health.

Kind regards Gordonna

STRENGTH & VITALITY TURNS 100!

Our publication is now being read worldwide

We are certainly more pleased than usual to produce the semi monthly edition of our newsletter. As can be seen we have managed to hit a century of publications, and also as can be observed by looking to the right our newsletter has kept a similar look throughout that time. One of

Although we receive enthusiastic approval of these articles, from time to time we have wondered if we are doing justice to all concerned.

the major changes can be noted by the fact we used to run two articles beginning on the front page. This went on until 2013, until the introduction of a new format with newsletter 66 which opened up with only 1 major topic for discussion.



Strength & Vitality Bulletin

VOLUME 1, ISSUE 2 15TH OCTOBER 2004

Nature's Sunshine a company helping multitudes world-wide

When it comes to health improving the lot of mankind, Nature's Sunshine is a company achieving much without a lot of fanfare or hoopla.

"Kristine (Gene's wife) suggested putting the powder inside gelatine capsules. This simple idea was met with scepticism particularly as it had never been done before."

Whereas most multilevel or network marketing companies are known to be strong on enthusiasm and hype (putting some people off them) Nature's Sunshine continues to get the job done of improving people's health quickly and efficiently. This has always done it by the spoonful! he the way, as can be seen began to experience by examining the history of considerable improvement this 30 year old company and a new belief was born. Hence at a later time an idea discussed at the when the talk around the kitchen table of the Hughes kitchen table turned to family in Utah, America. business matters, Kristine Gene Hughes suffered (Gene's wife) suggested from stomach problems putting the powder inside and after enduring an gelatine capsules. This operation, was rattled to simple idea was met with discover that this was not scepticism particularly as it the end of the matter but had never been done only the beginning when before. And further to that his doctor said to him "I how could it ever be a will see you again." In a profitable state of depression he business? casually talked to his neighbour about his health. Kristine acknowledges this condition. Acting upon the by stating "Our of improving people's suggestion to take cayenne independent distributors.

Drugs and Herbs - Why so different?

When would you consider to can cut paper, but one requires when cutting paper. be the basic difference more care and attention than it can be said that between drugs and herbs? In the other. The knife if major difference between order to answer this question incorrectly applied can have herbs and drugs is their it would be good to use an catastrophic consequences, safety margin. In the entire analogy: A very sharp knife and so of course can a pair of history of world wide usage and a pair of efficient scissors. But the scissors there is no documented scissors. What's the usually win out because the deucedence difference here? Well both greater control that is exerted.

Strength & Vitality Bulletin is the monthly newsletter of Active Health Services

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Our very first issue of Strength & Vitality Bulletin appeared on 15th September 2004, and the electronic version has since been lost - so accordingly the above is a replication of our 2nd.

Read in this issue:

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It is notable however that our newsletters at that time, even though they featured one main subject for discussion, the entire publication was only 3 - 4 pages in length. As the need for more in depth discussion become apparent, it became necessary to expand the letter until we have it the optimal length of today. Sometimes it is very hard to encapsulate a difficult or major health issue into even the 4 to 5 pages that is used to discuss such. Although we receive enthusiastic approval of these articles, from time to time we have wondered if we are doing justice to all concerned. For some have admitted that they haven't read the main article, and sometimes we have had feedback that indicates a

This cheese has my undivided attention



forgetfulness despite having read it in its entirety! A recent survey that we conducted amongst regular and new readers of our publication, found that most appreciated the discussions (even with some saying they found it

hard to understand) and there was high praise for the standard set in presentation and overall appearance. We were however astounded when asked about the below section on this page, that they couldn't even remember

seeing it, let alone be able to comment on the information contained therein! Well friends, you will be pleased that this particular section of our publication will continue to remain, for it serves to bring to the community health matters that exists throughout our planet. It could be that it is challenging to remember because we live in New Zealand, and what is usually appearing here on the bottom of this page is occurring overseas. We will in the future try to bring at least 1 item that only pertains to our beautiful country, as one way to counteract our earnest readers being unable to recall the various tit bits of health news occurring that deserve our undivided attention.

Taken from Various Sources
Including Natural News & Time Magazine



ACTIVE HEALTH SERVICES PRESENTS

Health News in brief from around the Globe

At first, Francisco Garcia's symptoms were mild: a headache, fever, and he tested positive for the novel coronavirus in April. While COVID-19 is frequently more severe in older patients, the 31-year-old Los Angeles resident's condition quickly deteriorated. "I just remember being in the hospital close to my house. And after that, I don't remember anything, because I was like, I was out." Garcia slipped into a coma. "It was really hard on us. But we never lost hope." His sister Lorena watched helplessly, as he was transferred between four different hospitals

in total. Doctors recommended to his family they turn off his life support. "So my dad told them, no, just keep on giving him the medication. Let's see what happens. Then two or three days passed and that's when he started bleeding from his brain." But his family insisted on treating him, and Garcia eventually woke up. "Everybody was telling that it was a miracle that I actually survived what I went through." That miracle is mixed with feelings of helplessness. His mother suffers from cancer. His sister is diagnosed with lupus. Garcia is the primary provider at home, and

he'd been hospitalised for four months. "I felt like, useless, sometimes, when I was in the hospital. Just knowing that my mom and my sister are sick and everything and I can't do nothing about it. That kind of like hurt me." He says he wants his old life back. "But I just want to get back to how I was. That my stamina is strong. That I could walk without a walker, go up the stairs without any help. And like, probably run and start to play again. And try to catch up with my life." Report from https://play.stuff.co.nz/details/_6182926341001

Radio NZ reports Mental health experts see a small silver lining

after New Zealand suicide deaths hit their lowest point in three years. Figures released by Chief Coroner Deborah Marshall showed 654 people died from suicide in the year to June 2020, a drop of 31 deaths from the 2019 total of 685, which was the highest number ever recorded since records began. The suicide rate in New Zealand is now 13.01 deaths per 100,000 people, down from 13.93.

Time magazine 10/8/20 reports because of the Covid 19 pandemic that China's \$76 Billion dollar wildlife consumption and trade industry has been banned since Feb20.

There is no such thing as bad publicity

Why has the newsletter come into existence in the first place, and why doesn't it get replaced with an electronic version?

The original purpose of the Strength & Vitality Bulletin was to keep our customers informed about what products could be best used for the various health conditions existing in their daily lives. However after a while it became apparent that there was a need to go outside of what our small customer base suffered from. For one thing there is only so much that can be written about a certain health ailment, and associated with that outlook, was the fact that as more people read our letter it was prompting them to call us and ask about their friends and relatives health issues also. So as we look back on dated newsletters, we notice that as early as February 2007 we tackled the enormous subject of Alzheimer's. and even that article only ran to 3 pages! With the July 2009 edition we wrote about Swine Flu and that therefore ran to 4 pages, and this started the trend toward longer articles and more pertinent and specific health issues being written about. As we previously mentioned, Newsletter 66 introduced a new format and this occurred in August 2013, and that was a mere 3 months (due to the obstinacy of Housing N.Z.) that we put into motion the move from busy Auckland to tranquil Kawerau in the sunny Bay of Plenty. We have thrived since then in enjoying life to the full, including increasing our customer and client base nicely. Which no brings us to answer the latter part of the subheading question. And the answer is simple: most of our cliental is of the upper



Without doubt, as time has progressed the entire world has gone across to having many documents being transmitted in this manner. Whereas in the past faxes were the primary means of doing so, this has now been gradually replaced by email, and even mobile phones are increasingly being used as well.

aged bracket, and accordingly simply struggle with modern concepts. Not only that but it must be kept in mind that this communication that we primarily use to keep people informed is of a tactile nature. Readers can return to it on a regular basis, and that frequently can be done over a cup of tea or coffee. Due to the lengthy nature of the discussion, sometimes the substance and meaning becomes clearer on a 2nd or 3rd reading. This therefore may not be as easily done if the letter arrives in its electronic form. However we keep in mind some may prefer this, and if this is the case then let us know and we can adjust by sending it to you by email. If you wish to keep a record of this it is simplicity itself to send it off to your folder that keeps information like this on hand, but you can also read or download a copy of any letters that we now produce by going to our website www.activehealthservices.co.nz. And while we are mentioning our website, if you know of somebody that you wish to help health wise, you can always direct them

to our website and look under the section entitled Newsletters. It is our intention nevertheless to remain with the traditional version of our newsletter, despite the fact that dear old N.Z. Post is getting slower and slower at delivering the mail. Perhaps there will come a time when they will stop doing so altogether.

What lies ahead for this newsletter?

We have given this much thought, and as long time readers of this publication have seen, from time to time we have introduced new pages focusing upon individual matters. Early on in it's history we introduced Product of the Month which came about with the 2006 September issue. It was pleasing to us when we asked in our recent survey as to what was the first thing they did upon receiving it, that some enjoyed turning over first of all to the last page and carefully reviewing what was being promoted and why this was so. Others found they immediately looked at the main article, whilst a lot went to personal comments to get

acquainted with some of the latest news about ourselves. At one stage we had Donna's Corner running regularly and many women folk enjoyed her written columns immensely. At one time we occasionally had a page entitled *Wise People Have Said This* in which certain phrases and proverbs were highlighted. And the page in which we feature food that is beneficial for us comes toward the rear with Confidently Consume which first appeared in Newsletter 85 on 15th May 2017 in which we discussed prunes and plums. Since being encouraged by our longest reader, Pauline T from Auckland came the suggestion to include more about successful case studies of people using natural therapies. Accordingly the page Case Studies with Beneficial Outcomes was born with the 95th newsletter published last year in October. We are happy to also introduce with this letter a new page entitled: Company of the Month, and from time to time we shall also introduce information similar to what's on the next page. Please continue to read onward happily.



From Our team of Guest writers

This page is devoted to a health professional that contributes to a better understanding of how the human body works, natural therapies that improve the efficient operation of it, along with various strategies that work to overcome health problems and deficiencies arising in this modern world.

Patrick Fahy
Naturopathic
physician,
Nutritional
biochemist
and Managing Director
of Nature's Sunshine
NZ



Nature's Sunshine
Vitamin D3

The Ultimate Virus
Killer

Looking after your own health and wellbeing has never been more important than it is right now. After studying global data from the novel coronavirus (COVID-19) pandemic, researchers have discovered a strong correlation between severe vitamin D deficiency and mortality rates. Researchers noted that patients from countries with high COVID-19 mortality rates, such as Italy, Spain and the United Kingdom, had lower levels of vitamin D compared to patients in countries that were not as severely affected.

By analysing publicly available patient data from around the globe, researchers discovered a strong correlation between vitamin D levels and cytokine storm — a hyper-inflammatory condition caused by an overactive

immune system — as well as a correlation between vitamin D deficiency and mortality. Cytokine storm can severely damage lungs and lead to acute respiratory distress syndrome and death in patients with COVID-19. A cytokine storm is what appears to kill a majority of COVID-19 patients, not the destruction of the lungs by the virus itself. It is the complications from the misdirected fire from the immune system.

This is exactly where the researchers believe vitamin D plays a major role. Not only does vitamin D enhance our innate immune system, it also prevents our immune system from becoming dangerously overactive. This means that having healthy levels of vitamin D could protect patients against severe complications, including death, from COVID-19.

The analysis showed that having sufficient vitamin D levels, could cut the mortality rate in half, however it may not prevent a person from contracting the virus, but it may reduce complications and prevent death in those who are infected.

Vitamin D3 Benefits

Vitamin D (cholecalciferol, D3) is recognised for its profound effects on human immune function, with epidemiologic (population) studies suggesting that vitamin D deficiency is a problem world-wide and now recognised as a global epidemic.

Vitamin D acts as an immune system modulator, increasing the activity of macrophages (white blood cells that destroy bacteria) and providing anti-inflammatory effects. If you ask anyone who takes 5000IU of vitamin D daily, they'll tell you they just don't get sick anymore; the colds and flu just don't happen. So why is this?

Our body makes hundreds of naturally occurring antibiotics called antimicrobial peptides (AMPs) or cationic host defence peptides (CHDPs). AMPs are able to inactivate infectious agents by forming pores in the cell membrane. This is possible due to reaction with negatively charged phospholipids of microbial membrane.

CHDPs are able to kill microbes such as bacteria, viruses, fungi or protozoa in a very short time. Cathelicidins, like other antimicrobial peptides, exhibit direct antimicrobial activities against a broad spectrum of microbes, including both Gram-positive and Gram-negative bacteria, enveloped/encapsulated viruses, and fungi.

These host-derived

peptides kill the invaded pathogens by perturbing their cell membranes (the lipoprotein coat around them) effectively neutralising biological activity by destroying the coat — puncturing a hole in the coat and the virus or the bacteria dies. It's the same with a number of fungal infections. Vitamin D dramatically stimulates the genetic production of these antimicrobial peptides (AMP) that play a crucial role in protecting the respiratory tract against infection and inhibit the function of the influenza virus.

There is considerable evidence that influenza epidemics, and possibly even the common cold (a member of the coronavirus family), occur as a result of seasonal deficiencies in AMP, secondary to seasonal deficiencies in vitamin D. Likewise, epidemiologic studies suggest a correlation between vitamin D concentrations and the incidence of respiratory infections, including influenza.

A prospective cohort study revealed that healthy individuals with higher concentrations of vitamin D demonstrated a significant two-fold reduction in the risk of developing acute respiratory tract infections, compared to those with lower levels of vitamin D. Higher vitamin D concentrations were also associated with a marked decrease in the percentages of days ill. Furthermore, results from a 3-year randomised, controlled trial found that women taking vitamin D were 3 times less likely to

report cold and flu symptoms compared to those given a placebo.

What is Vitamin D and how is it formed?

The term "vitamin D" encompasses two forms, vitamin D3, which is the most effective form, found primarily in fish and a few other animal foods, and is naturally produced when the sun's ultraviolet B (UVB) rays strike the skin.

Vitamin D3, cholecalciferol, is produced by the action of ultraviolet radiation on 7-dehydrocholesterol, a steroid distributed in fats, such as the oily secretions in the sebaceous glands in the skin. This accounts for the desirability of exposing the skin to sunlight. It is the only vitamin the body manufactures naturally, and is technically considered a hormone.

Vitamin D2 is the weaker form, is derived from plants and differs radically from vitamin D3 in its physiologic activity. Once in the human body, vitamin D2 is inactivated in the normal metabolic pathway that converts vitamin D3 to an active precursor form of the vitamin.

Vitamin D3 is the form that leads to higher levels of serum 25-hydroxyvitamin D, which is converted to 1,25-dihydroxyvitamin D. This is the molecule that confers vitamin D's benefits. Conversely, the metabolic products of D2 are not efficiently bound to important carrier proteins in the bloodstream, and they don't effectively activate the appropriate cellular receptors.

In contrast, very few foods naturally contain vitamin D (namely fatty fish, egg yolks and liver) or a fortified with vitamin D. As a result, a varying percentage of people are vitamin D deficient at any time, with this percentage being higher in the winter, among the elderly or obese, in sun-deprived individuals, in dark-skinned people (heavy melanin effectively blocks skin synthesis of vitamin D), and in populations living in more poleward regions with lower sunlight exposure.

Research also indicates that sunscreen inhibits the synthesis of vitamin D in the skin, even with extensive sun exposure. A sunscreen with a sun protection factor (SPF) of only 8 reduces the skin's production of vitamin D by 95%. Furthermore, several medications can cause vitamin D deficiency.

Over the past several decades, the physiological role and importance of vitamin D has dramatically expanded, with studies indicating an increasing range of health benefits and therapeutic applications such as high blood levels of vitamin D reducing the risk of heart disease, multiple sclerosis, some cancers, diabetes, infections, hypertension, and falls caused by age-related muscle weakness.

As mentioned, although vitamin D is produced by skin cells in the presence of sunlight, the skin's ability to produce the vitamin however declines with age. In later stages of life, insufficient levels of Vitamin D can cause osteoporosis, a condition in which bones become

weak and fracture easily. Since Vitamin D is absorbed in the small intestines, diseases of the gall bladder, liver, intestines and the pancreas can impede absorption and lead to deficiencies. Stress and fear impair our immunity. It disrupts the regulation of the cortisol response which can suppress immune function. Chronic stress can decrease the body's lymphocytes (white blood cells that help fight off infection). The lower your lymphocyte count, the more at risk you are of catching a virus. What is not widely known is high cortisol levels and stress have an impact on the body's ability to absorb and synthesise vitamin D. During high levels of cortisol the VDR or vitamin D receptors turn off so the body cannot absorb vitamin D and the body excretes it.

Dosing: Recommend 2 tablets (50mg) taken daily with meals

For those who are immune compromised or severely vitamin D deficient, we recommend 3-4 tablets

(75-100mg) taken daily with meals

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A business helping people improve their daily health

Since becoming the first company to encapsulate herbs in 1972, Nature's Sunshine has grown from a small, family owned business to one of the leading health and wellness companies in the world. Nature's Sunshine began with this single, innovative idea: put herbs into capsules to make easy-to-take supplements. This simple idea revolutionised and gave rise to the herbal and nutritional supplement market that we know today. Founded in 1972 by the Hughes family, Nature's Sunshine has grown into a global organisation sharing transformative supplements with health-conscious individuals around the world. Throughout their history, Nature's Sunshine has embraced new technologies, testing procedures and manufacturing processes to ensure that only the purest supplements ever bear the Nature's Sunshine name. They proudly continue their legacy of innovation with the opening of The Hughes Center for Research and Innovation. This facility was designed with the goal of unlocking the power of nature to combat health mega-trends driven by poor diet and lifestyle choices through natural, nutritionally therapeutic products.

THE HUGHES CENTER FOR RESEARCH AND INNOVATION

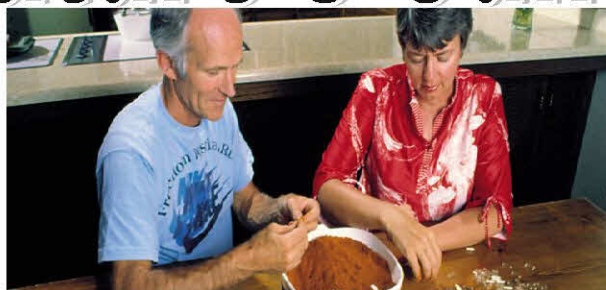
Outfitted with state-of-the-art instrumentation and combining the skills of accomplished scientists, researchers and medical professionals, The Hughes Center for Research and Innovation creates a unique environment in which to pursue scientific discovery and advancement, and it will become the hub of Nature's Sunshine's new product development. Utilising advanced technology to verify the identity, purity and potency of individual constituents,

Company of the Month

Volume 1, Issue 1

15/8/2020

Nature's Sunshine



the staff will work to discover synergistic combinations of ingredients and create unique formulations that will undergo clinical studies to confirm their safety and efficacy. For more than 40 years, Nature's Sunshine has been recognised as the industry standard for high-quality supplements. Now, backed by scientific discovery and supported by their world-renowned manufacturing expertise, Nature's Sunshine is changing the way that herbal and nutritional supplements are developed. Through the Hughes Center for Research and Innovation, they are advancing the science of feeling better. As you consider their motto "Quality, Service, Integrity" you will have this emphasised when you read two words on the label of their products: **Guaranteed Pure**. And the reason they can be so confident about that statement is simply because any product that arrives on your doorstep seeking to be consumed, has had to undergo **600 individual tests!** Some of these tests include: Heavy Metals; Radiation; Dirt and other impurities; Yeast and Mould pathogens; Pesticides and herbicides to name a few. Why are these testing procedures necessary? It is because of having a strong motto that has to be lived up to, therefore making it essential that the company must confirm that their suppliers have shipped not only the correct herb, but also the highest quality herb available. When they receive raw materials, the plants are

already chopped or ground, looking similar to kitchen spices. By simply viewing the raw material it is impossible to determine its plant identification, purity and potency. The Methods Development Group measures and identifies the naturally occurring active

ingredients found in the herb. They also obtain a herbal "fingerprint" to ensure consistency and quality, and this is done by the chemists using sophisticated equipment to accomplish these tasks.

High Performance Liquid Chromatography (HPLC)
Gas Chromatography (GC)
Mass Spectrometry (MS)
Fourier Transform Infrared Spectrometry (FTIR)
Inductively Coupled Plasma (ICP)
Ultraviolet Visible Spectrometry (UV - VIS)

To give you an idea about the rigorous nature of the testing equipment : Take the first one listed (HPLC) this extremely sensitive, computerised tool allows researchers to analyse the ingredients in a mixture. A dissolved sample is placed in the autosampler unit and pumped through the analytical column. This sensitive detector measures the amount of each component in the mixture down to parts per million. Proper ingredient ratios can be verified by analysing printed HPLC chromatographs. HPLC can also be used to examine the purity and potency of raw materials, which assists the company to ensure that quality has to be "built in" from start to finish. Product design & testing ensure certainty for the consumer. Nature's Sunshine NZ has 200 products.



Personal Experience as related by Paul Yanick, Jr., Ph.D as told in his book *Natural Relief from Tinnitus*

When I was 19, I was a young man looking forward to college and a career in audiology. After years of taking cortisone and antibiotics for allergies and asthma, my ears ruptured and I lost a significant amount of my hearing. Unless you've experienced hearing loss, it is difficult to understand the special terror it can cause.

Within two years, I had lost 90 percent of my hearing, and was troubled by constant ear noises. Specialists from one end of the country to the other labelled my condition nerve deafness and tinnitus. They told me I would eventually go deaf and there was little they could do for me. By the time I was 20 years old I had lost all my hearing and the ear noises had increased, causing severe insomnia and anxiety. Time and time again I was given the same advice: I should adjust to the fact I would live out the rest of my life with deafness and endless ear noises.

Then a friend who was an ear specialist suggested I travel to the most advanced ear clinic in the world. After a week of many specialized hearing, blood and radiologic

exams, a leading ear specialist diagnosed fatal kidney disease as the cause of my deafness. He sent me home with no hope for a cure and only one year to live.

Being tenacious, I refused to allow my life to be so drastically altered without putting up a fight. I was distressed but not defeated. I decided that if no help was available, I would devote my scholastic efforts to unravelling the mystery of hearing disorders. In short, I began to investigate my own condition.



My first step was to analyse mineral, nutrient and vitamin relationships in my own body. I suspected that, based on both the complexity of the ear and its functions, the cause of hearing loss would lie within the relationship of nutrition to health. I spent thousands of dollars on traditional blood tests that failed to reveal any imbalances in my blood chemistry. Hair analysis revealed mercury and lead toxicity and severe deficiencies of zinc, manganese and magnesium. But, repeated testing of my hair samples revealed

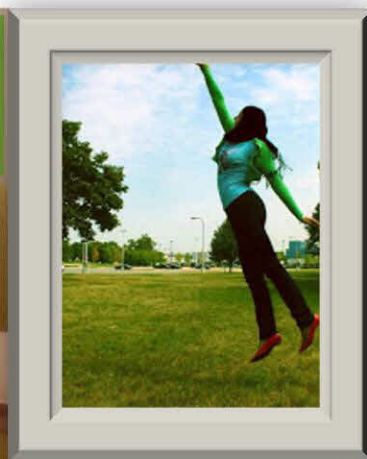
inconsistent and unreliable information. Then, after over a year of searching for meaningful clues to my hearing loss, I discovered that the pH or acid/alkaline balance of my body was severely deranged.

My body was very acidic from eating too much animal protein and the prescription drugs I took for asthma and allergies. Using very accurate pH paper, I assessed my salivary and urine pH on different types of diets. Popular nutritionists of the 70s kept insisting that a high protein diet was best as it would prevent the low blood sugar reactions I seemed to be suffering from. In fact, two physicians diagnosed hypoglycaemia and suggested a regime of megavitamins. However, when I ate a diet high in animal protein and low in carbohydrates and vegetables, my early morning pH readings became more acidic.

Therefore, I decided to experiment with a total vegetarian diet. On the vegetarian diet, I saw a very slow, but progressive improvement in my first morning urinary and saliva pH. Despite these small improvements in my pH, my ear symptoms remained the same. Could it be the megavitamins? I wondered.

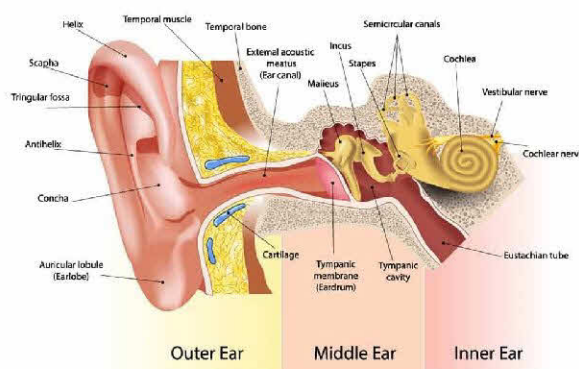
"If you don't stick to it daily you won't get lasting results" Dr Sam Robbins

Case studies with beneficial outcomes



I stopped the megavitamins and took only whole food supplements like spirulina, green barley, bee pollen and fresh raw carrot juice. After only one week of this program, I was able to detect significant improvements in my hearing and overall health. Later, I discovered that the megavitamins were mostly synthetic and inorganic, even though they were labelled "natural." For the next eight weeks, the improvements in hearing and pH continued until I regained about 40 percent of my hearing. The ear noises decreased dramatically but were still bothersome at night when I tried to fall asleep. Now 24 years old, I was encouraged enough by my own hearing improvements to pursue further research connecting nutrition to hearing deficits—an unexplored area of medical science.

After several years of research with different whole food supplements, at 28 years old, I discovered a formula of whole foods that really made a difference. I also discovered that I had barley and bee pollen allergies and formulated my new product without green barley or bee pollen. Because of my many food allergies and weak digestive system, I designed a



formula that was easy to digest and that would result in a superior absorption into the cells of my body. Several years later, I also developed a process of reducing the nutrients to the smallest possible particle size so that they could reach the cells within seconds after digestion. In addition, I energized these small particles with a proprietary electromagnetic process in order to synchronize and increase enzyme activity and balance acupuncture meridians. The synchronized enzyme activity allows nutrients to be delivered more quickly and efficiently into the living cell.

Several months later, I made further improvements in the formula by combining the nutrients with phosphatidylcholine. A component of lecithin, phosphatidylcholine occurs naturally in the cell membranes throughout the

body. Phosphatidylcholine enhances nutrient delivery to nerve cells. It also helps to emulsify the fat soluble nutrients in the formula, creating smaller molecules for better absorption into nerve cells.

In the 70s, many scientists and physicians referred to the inner ear as the most energy hungry organ of the body. Thus, nutrition must play a larger role in hearing than previously suspected. After all, the body has available to it only the energy we put into it as food. Nature didn't give us the ability to manufacture energy. We are, biologically, consumers.

After dietary and lifestyle changes and supplementation with my new synchronized whole food complex blended in fresh grapefruit juice, I noticed dramatic hearing improvements as well as relief from the noise that filled my head both day and night. For the first time in years, I was able to understand speech without depending on lip reading. Speech was clear and intelligible. Hearing tests documented almost a 70 percent improvement in my speech-understanding ability.

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

Volume 4 Issue 4
15/08/20

**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

Celery

Celery is mostly water, in fact celery is about 95% water by weight and is rarely regarded as a nutritional power house. But its extensive health benefits might surprise you. In fact, this aromatic food has been known for its health-giving properties since the 9th century, when it was used as a medicine. And today, we're discovering why.

Eating only two medium stalks of celery 2 to 3 times a week could reduce the risk of getting lung cancer by an amazing 60%, according to research from China.

And in a 2013 in vitro study, one of the featured compounds in celery, apigenin, was found to kill up to 86% of cancer cells in the lungs. Other studies have found celery to be potentially extremely effective at killing ovarian, pancreatic, prostate, breast, liver, and lung cancer cells.

What makes celery such a powerful anti-cancer food? This mighty green stalk contains two anticancer compounds, apigenin and luteolin – both of which are bioactive flavonoids, which work as antioxidants and combat free radicals in the body.

Apigenin also contains anti-tumour properties. It's been found effective at causing apoptosis (cell suicide) in numerous types of cancer cells. And it's also a powerful anti-inflammatory that rivals commercial anti-inflammatory drugs. Researchers have found luteolin to have the capacity to short-circuit the replication cycle of cancer cells. Specifically, a study published in the BioMed Central Gastroenterology journal discovered that luteolin is able to block the signal pathways (IGF and PI3K), which are necessary for the growth of colorectal cancer cells. In a laboratory study, mice were fed a strong mutagen to induce fibrosarcoma (a form of bone cancer). When the mice were supplemented with luteolin in their diet,



researchers noted a nearly 50% drop in tumour rates, and slower tumour progression as well.

Though celery is a potent anti-cancer food, its numerous health benefits don't stop there. It's naturally rich in vitamins and minerals such as A, C, K, folate, molybdenum, potassium, and more. In addition, celery has been found to help with calming your nervous system, aiding digestion, reducing inflammation, and lowering blood pressure. And what's more, celery is also rich in fibre, prevents constipation, and has diuretic and cleansing properties, which improve overall kidney function. In one study, researchers fed laboratory animals a high fat diet for 8 weeks, which raised their cholesterol levels. They then gave some of them celery juice. The juice significantly lowered total cholesterol and LDL levels in the animals. It isn't clear whether eating celery would help reduce cholesterol in humans, but it is considered that it can't hurt to include this declivous vegetable in our daily diet.

And don't forget to include the leaves of celery in soups, salads and other dishes enhanced by this flavoursome item, and that is because the leaves are the most nutritious part of plant. In fact they contain more calcium, iron, potassium, Vitamin C and beta carotene than the stalks.

Nutritional Profile: 1 medium (7 1/2" to 8" long) celery stalk (40g) Calories: 5.6; Fat: 0.1g; Sodium: 32mg; Carbohydrates: 1.2g; Fibre: 0.6g; Sugars: 0.5g; Protein: 0.3g

Product of the Month

QRA 0370 Organic Beetroot Powder 100 grams

Retail Price: \$12.90

Radiance Organic Beetroot Powder is naturally sweet and tasty and is known to provide the essential mineral potassium, nitrates and plus antioxidants and other nutrients essential to optimal performance and wellbeing. Potassium has many benefits for the body, it supports electrolyte balance, muscle function, a healthy nervous system, water balance and optimal energy and recovery. The nitrates contained in beetroot are important for blood flow and support athletic performance and endurance. Radiance Organic Beetroot Powder is also a powerhouse source of antioxidants which help to protect the body's cells against damage from the environment and physical activity. Other phytochemicals contained in beetroot are important for blood flow and support athletic performance and endurance.



In our 94th Newsletter we had on the page Confidently Consume featuring beetroot and we quote part of that page here: Beetroot is rich in fibre, exerting favourable effects on bowel function, which may assist in preventing constipation and help to lower cholesterol levels too. Beetroot fibre has been shown to increase the number of white blood cells, which are responsible for detecting and eliminating abnormal cells. Red beetroots have been ranked as one of the 10 most potent antioxidant vegetables and are also one of the richest sources of glutamine, an amino acid, essential to the health and maintenance of the intestinal tract. Other studies have looked at the effect of beetroot juice on blood pressure. A reduction in blood pressure is beneficial for the avoidance of heart disease and stroke. Studies state that nitrate rich foods like beetroot may help in heart attack survival. Beetroot juice has gained popularity since Paralympic gold medallist David Weir announced that a shot of the juice was his secret to success.

So what impact will this have upon your health if you introduce it into your breakfast routine? Surely some of the above must have an effect upon you. Certainly from personal use Gordon Bruce can make a full recommendation for this product, as it helped relieve an internal problem involving nerve transmission. This is because beetroot contains Choline and this is a very important and versatile nutrient in beetroot that helps with sleep, muscle movement, learning, and memory. Choline also helps to maintain the structure of cellular membranes, aids in the transmission of nerve impulses, assists in the absorption of fat and reduces chronic inflammation. So it is beneficial for many things, and finally - what do you think about the price?

Directions: Add 10g (2 teaspoons) per day to smoothies, juices, cereal, baking, soups, yoghurt, dips and more! Diabetics need to be careful for this has 48.5 grams of sugar per 100 grams.

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