

# Strength & Vitality Bulletin

Volume 17 Issue 5

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What a momentous and historic year this is proving to be! With the whole world affected by the Covid pandemic, we would have to say that things in New Zealand have turned out better than we expected back in the 1st quarter of this year. But other things continue to crowd in for our attention, and we have just witnessed another significant political development in that this is the first time under MMP that a single party can govern the country alone, with the results now in from last weekends election. And of course we are shortly to see what happens over in America on November 3rd. Even though we are at the bottom of the world and accordingly live our lives apart from what is going on over in America, we as a country are still caught up in a world wide system. Some of the decisions made by other countries can impact on us in critical ways. We are a trading nation comprehensively relying upon others to purchase our produce, and it remains to be seen how big a hole in our GDP that the present pandemic has wrought upon us all.

However we are able to happily report that our six monthly GST returns indicated that our turnover since the beginning of the financial year has doubled! In fact we are struggling to keep up with servicing effectively our client and customer base, and on occasions we are taking a bit longer to respond than in the past. Please be patient with us, but we thank you for your persistence.

Kind Regards Gordonna

## THE MYSTERY OF RAYNAUD'S DISEASE

As many as one in 10 people may have some form of Raynaud's

As you hear about cardiovascular problems in people's health, most would immediately consider either high blood pressure, heart attack or strokes to be what is being discussed. Of course that is natural, for those mentioned are the bulk of what most New Zealanders suffer from.

As we have developed this discussion it is clear that there are two conditions we are talking about. (1) Raynaud's Disease and (2) Raynaud's phenomenon,

However upon investigation of the headline mentioned health condition, it is surprisingly prevalent, although hardly known by name. And we thought that an exploration of this



**This vascular disorder if mentioned by name would mean very little to the average person. However to the sufferer's of this condition they are well acquainted with it, and it is estimated that in N.Z. 18.8% are females in contrast with only 4.9% in males. The prevalence decreases with age. There is a higher occurrence in the warmer north of the country. People of Maori descent and in more manual occupations had greater and severe symptoms. However among those reporting symptoms only 11% had consulted a doctor.**

cardiovascular problem would be well worth discussing, and more importantly what can natural therapy offer to assist overcoming this painful disease. With this discussion we will help people to know if they suffer from it, what are it's symptoms and what herbs

or formulations can be applied to relieve the main complications that emerge from having this drawback to good health, and to finally consider if this strangely named health condition can be linked with other health issues along with how serious a problem it can be.

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Coming up in next issue: How to sleep better



Read about us at our website: [www.activehealthservices.co.nz](http://www.activehealthservices.co.nz)



## What are the symptoms of this disease?

Before we answer that, let us first of all explain why it is called by this designation in the first place. It stems from the French physician Auguste Gabriel Maurice Raynaud (10 August 1834 – 29 June 1881) who discovered the syndrome, which is a vasospastic disorder which contracts blood vessels in extremities of people. In 1862 he first identified the disorder and put together a very fine doctoral dissertation in which he explained why and how this condition arose. He himself died at the young age of 47 from severe cardiovascular disease which he had endured from for many years.

The symptoms which he had observed and is an indication of this problem are: fingers and toes turn white, and finally blue. (also can be the ears and nose) Redness occurs when blood flow normalises. There is numbness in the affected area which is sometimes accompanied by a burning or prickly sensation. The reason for this happening in the first place is simply this: The blood flow to the affected area is cut off. This occurs despite having an excellent flow of blood moving through the arteries and veins in the rest of the body. However at the spot where pain and colour variation is showing up that is not the case.

## Why does this happen?

You will notice in the headline 'The Mystery of Raynaud's Disease', and that's exactly the reason for stating it that way. Yes, it's a mystery - meaning that although it manifests itself in a variety of phenomena, it has many and complicated reasons for this materialising. Without doubt it has to do with blood flow, or should we say a lack of blood flow. It frequently has something to do with being either exposed to cold air or a traumatic event bringing on emotional distress. It can also be linked to the amount of smoking a person has/is doing/done and there is the matter of lupus, scleroderma and rheumatoid arthritis being involved as well. In other words - it's

complicated, and to make matters worse there is a primary cause and a secondary one as well. With the former cause it occurs spontaneously, whereas with the secondary it comes about because another condition is associated with it, which usually results in the symptoms although being less common having more serious implications implied. We will discuss this final aspect mentioned at the conclusion of this article. A person's occupation plays a part as well, and those involved with vibratory tools such as chain saws, pneumatic drills or similar equipment have had a higher incidence of this disease than the typical New Zealander engaged in other forms of employment.

Taken from Various Sources  
Including Natural News & Time Magazine



## ACTIVE HEALTH SERVICES PRESENTS

### Health News in brief from around the Globe

*Time* magazine 19/10/20 reports that there has been a 14% increase in frequency of alcohol consumption by Americans over the age of 30 during the Covid 19 pandemic, per a study from research group Rand Corp.

It has taken until 2005 that articles in *Science and Nature* capped off the process of mapping the 1918's Spanish Flu strain of genome. As written by Olivia B Waxman in an article entitled "How does a pandemic end? The 1918 flu offers a hint." that appears in the 19/10/20 *Time* magazine.

Southern Cross Medical Library reports that each year in New Zealand approximately 3100

men are diagnosed with prostate cancer and approximately 650 men die from the disease. The incidence of prostate cancer in New Zealand appears to be increasing.

The Health Quality & Safety Commission Agency in N.Z reports that it is estimated that 253,000 people had diabetes in 2018, an increase from 245,000 people in 2017 and 241,000 in 2016.

As the University of Rochester explains, lecithin isn't a single chemical, but instead a group of related chemicals that fall within the group known as phospholipids. These chemicals are essential components in numerous tissues

throughout your body including your brain, blood, nervous system and cell membranes. Once you ingest lecithin, it turns into choline, which has been fairly well studied for a variety of benefits. For example, in a small study published in the March 2014 issue of the *Journal of Human Kinetics*, researchers evaluated 22 female taekwondo and judo athletes. 50% of the subjects took choline tablets for one week before competition. Despite the short time frame, the subjects taking choline showed notably reduced body mass after the competition.

Ethan Huff writes in *Natural News* 21/10/20 "Studies in Canada and

Mexico, for example, found associations between fluoride concentrations in pregnant women and adverse outcomes in their children – including lower IQ and greater risk of ADHD and inattention," reports Children's Health Defence (CHD), republishing the work of *Food & Water Watch's* Michele Merkel.

In 2018, there were an estimated 405 000 deaths from malaria globally, compared with 416 000 estimated deaths in 2017, and 585 000 in 2010. World Health Organization also goes on to say "Globally, the elimination net is widening, with more countries moving towards zero indigenous cases: in 2018, 49 countries reported fewer than 10 000 such cases, up from 46 countries in 2017."

There is no such thing as bad publicity



## How do we know if we have this condition ourselves?

Usually the way it works is that the individual suffering from this type of disease has had the symptoms for some time before seeking medical advice. Therefore upon visiting a medical facility and being asked by the doctor what the problem is, the various physical manifestations are brought up for discussion. The doctor will thereby be able to quickly assess that a person has this type of health condition by the symptoms involved. By getting a medical history and description of an attack and doing a physical examination, he then may closely look at fingers under magnification to behold if there are abnormal blood vessels in the skin. Sometimes special blood tests may be needed to distinguish primary from secondary Raynaud's. These tests look for evidence of an autoimmune or connective tissue disease. Once the diagnosis is confirmed, the next step is to consider the best manner of having treatment prescribed.

## What's the best treatment for Raynaud's Disease?

It is natural for a doctor to turn to his traditional training methods which involve using pharmaceutical drugs. When he encounters Raynaud's he immediately considers what drugs are used to influence the cardiovascular system, and accordingly he usually reaches out to calcium channel blockers (intended to interfere with calcium moving into the heart muscles and cells of the smooth muscles of the artery walls) with the desired result of lowering blood pressure

## The main symptoms of Raynaud's Disease/ Phenomenon

**Skin colour changes:** Fingers, toes, and sometimes the ears, lips and nose turn white due to lack of blood flow and can go numb. These are triggered by a lack of oxygenated blood in the fingers. The numbness is the same as when your hand or fingers have "fallen asleep". The blood that's left in the tissues loses its oxygen and the affected area turns blue. As fresh oxygen rich blood returns to the area the skin often turns bright red and begins to sting or throb.

**Primary Raynaud's is also called Raynaud's disease. Symptoms can range from mild to severe. If it is mild enough many people don't need treatment. It can occur at any age, but it usually begins before age 30. It's also more common in women and among people who live in cold climates. The causes of primary Raynaud's are unknown. However, episodes are often triggered by cold temperatures and sometimes emotional stress – like if you become nervous or excited. Extreme sensitivity to cold. Your body also may react to emotional stress as if it were reacting to cold. Coldness, pain and numbness.**

**Skin ulcers and gangrene:** For people with severe undiagnosed Raynaud's and attacks that last a long time, painful, slow-healing sores may occur in the finger tips. In rare cases, a long-term lack of oxygen to the tissues can result in gangrene (that is when a body part loses its blood supply and begins to die).

**Secondary Raynaud's is also known as Raynaud's phenomenon. This form is a condition that happens due to another health issue. It is more complex and serious and in severe cases it is critical to be acted upon due to the danger of gangrene setting in. Causes of secondary Raynaud's include: Diseases of the arteries; Autoimmune or connective tissue disease such as lupus or rheumatoid arthritis; Carpal tunnel syndrome; Injuries to the hands or feet; Certain medications; Smoking or use of stimulants; Repetitive action involving vibrating machinery; Working with certain chemicals.**

and increasing the amount of blood to be pumped by the heart. (from a Natural Health perspective Vitamin D3 does a much superior job by moving the calcium to where it is put to use in the bones) Drugs such as amlodipine besylate, diltiazem hydrochloride, felodipine, nifedipine and verapamil hydrochloride are used. The side effects that are associated with such drugs should be enough to put a thinking person off using such a technique, with this rather cryptic health issue. (common side effects are: headache, dizziness, tiredness, nausea, constipation as well as flushing and a feeling of warmth - and the more serious ones are a least another dozen or more) Although that is the standard approach, sometimes surgery is considered and procedures

include cutting the nerves that control the narrowing of blood vessels or surgery to widen the blood vessels. However a lot of doctors take a pragmatic attitude and recommend to wear gloves and ensure that a patient rugs up well to keep warm. If working in a cold climate he may advise to change one's job or location.

However as the regular readers of this publication are well aware, Natural Therapy offers a much better solution with no side effects, so we shall move onto what possibilities exist using the herbal kingdom as the source of relieving this irritating health condition. Certainly products that promote better blood circulation come into focus, but the best ones to use with this particular affliction would be warming herbs. Therefore capsicum,

ginger, cinnamon and turmeric have an excellent reputation to assist with keeping our internal body warm. There are also some brilliant formulations that are designed to have a multi faceted approach to solving health problems, and many of these would be suitable in confronting the problems posed by our discussed issue. However besides the herbal realm there also exists the offers that come from the marine environment, and with this we are solidly recommending a quality fish oil. You will find the one featured on our last page to having a particularly good testimonial. And finally from the good earth comes another source to combat the failure of the body to keep it in good working order, namely: magnesium, which has the ability to prevent blood vessel spasm which occurs



due to a lack of this important mineral. And it is also interesting that studies into Raynaud's disease have produced evidence of low levels of selenium and vitamin C in the blood of women sufferers. And while we are talking about vitamins, dear old Niacin (Vitamin B3) has a lot to recommend in the fight to overcome Raynaud's. This water soluble vitamin helps improve nervous system function and plays a considerable role in circulating blood. It has the ability to reduce coldness in the hands and feet of those who have this complaint. Indications of a lack of this vitamin are: mental dullness, poor memory, unnecessary worry as well as being hostile and suspicious of others. Sleeping pills, drugs, alcohol and sugar are enemies of this humble nutrient.

### **What are the health issues associated with Raynaud's, and is it something to be concerned about?**

As we have developed this discussion it is clear that there are two conditions we are talking about. (1) Raynaud's Disease and (2) Raynaud's phenomenon, and they are similar to being brothers in a family. One is taller and has a big body build, the other is shorter and his body makeup is leaner than that of his brother. The taller and bigger bodied brother is also the eldest, and that fits in nicely with the description given to these two separate health conditions. So we can describe him as being equal to the Primary edition of Raynaud's and so it is known as Raynaud's Disease. The secondary form of Raynaud's differs considerably from the disease version in that the condition arises **alongside** other health issues already

#### **Things to do**

**Set aside monetary outlay on quality warm clothing, including socks, gloves, hats and outerwear. Ensure you can keep the home warm and dry.**

**Keep up a commitment of consuming health products that assist good blood circulation.**

**Consume warming herbs on a regular basis.**

**Exercise regularly and avoid situations that increase emotional stress.**

#### **Things to avoid**

**Consumption of alcohol and caffeine.**

**Working on a job that places a lot of stress on your hands.**

**Smoking and pharmaceutical drugs.**

**Living in a cold climate.**

**Abnormal blood pressure**

**Allowing extremities to develop sores and leave untreated.**

**Unrealistic expectations.**

present. So he fits the description of being the 2nd in lineage as well as being shorter in height and having a lean body build. This therefore is describing Raynaud's phenomenon (2nd in line = secondary condition) and being less well built is the equivalent to having more health issues involved and thereby having less strength to handle life in general.

With Raynaud's disease (primary condition) the health issues are relatively minor compared to Raynaud's phenomenon (secondary) and they can be identified thus: Spasmodic attacks of having blood flow cut off from parts of the body. Because they usually only last for 15 - 30 minutes the damage caused is minimal and once blood flow is normalised everything carries on as normal. Frequent attacks however can cause the small arteries involved to thicken over time thereby interfering with blood flow. And with repeated episodes occurring as well as increased frequency a person can note that the flexibility of fingers and joints can be altered causing more clumsiness in

day to day activity. Also knowing that reaction to cold temperatures can trigger the attacks an individual has to be aware of the requirement to keep warm, obviating the need for high quality clothing and spending more money during the winter months in keeping the house warm and comfortable to the sufferer. However when we move onto the other version of Raynaud's it immediately becomes apparent that this is more serious and is long lasting. Why is this you may ask? Simply put: the health conditions that already exist are dragging a person down, and when Raynaud's becomes evident it basically means that the situation is deteriorating. The one good thing that can be mentioned in connection with this, is that secondary Raynaud's health condition is less common than the primary one. Although less common than primary Raynaud's it is often more serious, and symptoms of this condition usually arise later in life after age 40, when as everybody knows every day after achieving that age is different. While secondary Raynaud's can be caused by any number of conditions,

common causes include: Connective tissues diseases: Conditions like Scleroderma, which causes the skin to harden and scar, can greatly increase Raynaud's risk. Other such conditions include lupus, rheumatoid arthritis and Sjogren's syndrome. Heart or artery disease: Any conditions that restrict blood flow can drastically increase risk of Raynaud's disease. This category includes conditions like atherosclerosis, Berger's disease (kidney disease) or hypertension. Carpal tunnel syndrome: When the carpal (the narrow passage in your wrist that protects a nerve in your hand) is under pressure, your hand can feel numb and cold. Naturally, this can make your hand more sensitive to cold, and exacerbate Raynaud's risk. Injury: Fractures, surgery or frostbite to the hands and feet can lessen blood flow, increasing Raynaud's risk. And for those working with machinery involving the use of the hands, such as chainsaws and jackhammers that can be a real problem. Smoking: We've all heard the detriments smoking can have to our health, and Raynaud's is another factor. Smoking constricts the blood vessels, making it much harder for the body to heat its extremities.

Should any of this make us disturbed? Emphatically Yes! One condition is worse than the other, but it must be emphasised that it is something that must be addressed - for once you've got it - it will always be with you, and as we age it could cause an impact on our day to day life that could potentially cause us to despair. Action can be taken to minimise the part that bothers us, and simple decisions can bring reassuring results as indicated by the box on this page.





# Company of the Month

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15/10/2020

## Gaia Herbs

**A business helping people improve their daily health**

Ric Scalzo was a medical herbalist from Harvard, Massachusetts and he was formulating healing preparations for patients under his care. One day, he realizes that they all could benefit from herbal elixir targeted at increasing the vitality of specific organ systems. He sets to work procuring organically grown herbs, which he extracts into energizing fluids. It's time consuming. He carries a full patient load in his medical practice, so the tonic project is tackled on nights and weekends only. Eventually he was satisfied with the newly created tonic: it's time for patient feedback. His patients drink, and they feel better. Great news! This drives him onward. The harder he works, the more he believes in this quest to create a system of healing fluids. Calculations are made to upsize the blend. Greater volumes of liquid are mixed, cases of bottles are purchased. The herbalist is a one-man dynamo, he's bottling, printing and applying labels, which read: "Elixirs of Life". The seeds of a new company are germinating. The next challenge was, how to reach more patients. This is the pre-internet world of 1987. The only way to get the word out is to touch one customer at a time. Pushed by a deep desire to help mankind, the herbalist stocks his car with cases of tonic and takes to the roads of New England. He stops at health food stores and private herbal practices, where he educates fellow holistic medical practitioners, one by one. It is hard work, but slowly interest swells, and orders start trickling in for more bottles of tonic. "Elixirs of life" is rapidly blossoming. Very quickly, our man from Mass is overwhelmed with orders and needs to hire people. He's overworked and overjoyed at once. He begins farming his own herbs on a 5-acre tract. He has two, then three, then four employees. His dream to provide customers with herb-based tonics that are of the highest quality, potency and purity is becoming reality. This hardworking herbalist from Massachusetts did not know that years hence he would change the name of his company to Gaia Herbs and this fledgling enterprise would flourish to

become a certified organic grower and manufacturer of over 300 different botanical supplements. The business was moved from Massachusetts to Brevard, NC in 1997, when Ric purchased a 250-acre organic farm. Remaining true to his vision, he wanted to control all aspects of the company's final product. He calls Gaia a "Seed to Shelf" enterprise. "The farm is a living laboratory," says Ric. "We choose which seeds to plant and can monitor the herbs throughout their life. We have the lab equipment that can check a plant's potency; in this way we can harvest our herbs when they are at the height of their therapeutic benefit."

Today, the Gaia farm produces over 20% of the herbs used in the product line. The rest are sourced from a network of local organic growers augmented by farms in Italy and Costa Rica. The company strictly controls all aspects of the farming process from the seeds planted, nutrient methodology even harvest time. The herb extraction, processing and packaging takes place in the Brevard facility. Gaia calls this their chain of custody, which they feel strongly about. Customers who purchase herbal pills, teas and extracts place their trust in the manufacturer, something that everyone in the company takes very seriously. "We believe that every herb needs to be held to the highest standards of purity and integrity to assure maximum potency and results for our customers," says Ric. "We also feel that it is not enough to simply state these claims. We are now offering accountability and complete transparency through the 'Meet Your Herbs' traceability program."

Starting in 2012, all Gaia packages have a "Meet Your Herbs" code on the back label which can be entered on the company website to view data about all aspects of its contents. This is more than a simple list of ingredients or FDA required labelling. This code gives customers an unprecedented product view: which plants are used, which part of the plant used, grower name, bioregion, cultivation method and harvest

date. Meet your Herbs also provides testing results for impurities such as heavy metals, microbial activity and pesticide traces. Nothing is left out; customers can even see the names of the lab technicians performing the testing. The label also has a QR code, so that smartphone packing consumers can read the same data while shopping.

The purity and potency commitment extends to Gaia's choice of packaging materials. For a large percentage of the product line, this means glass bottles, which weigh more than plastic. When the price of fossil fuels went up, so did Gaia's shipping costs. The subject of bottle material became a hot topic in the boardroom. Ric was adamant that glass was the best protective container for his products. Switching to existing plant-based plastics went against his ecological ideals. Why? It turns out the plastic bottles marketed as 'green' technology are manufactured using bio fuels, not fossil fuels, but once discarded they behave exactly like petroleum based plastics: they don't decompose. "My belief is that no matter how good our country gets at recycling, 80% of our trash will still end up in landfills," says Ric. "If we were going to reduce shipping weight, the package had to be fully biodegradable." Gaia worked with the Clemson University Institute for Nutraceutical Research to create a plant based, biodegradable bottle, which was significantly lighter than glass. In addition, Ric wanted the new material to be as strong, thermally stable and able to maintain the same gas and moisture transmission requirements as glass. After a \$1M investment and a few years later, the "Earth Bottle" was born and patented. Mechanically, it behaves like glass yet is 5 times lighter. It is 100% plant based and completely decomposes in a commercial landfill within 90 days. A new company called "Earth Renewable Technologies" was created to refine the Earth Bottle and introduce it to targeted markets such as herb companies, cosmetics and drink manufacturers.

**"Receiving and digesting the right nutrients is the 1st prerequisite for health" Patrick Holford**





### **Meat Wrapper Syndrome**

After Joyce spent years of wrapping meat with film made from polyvinyl chloride, which was cut by a hot wire as she wrapped, she would start feeling dizzy every afternoon. She finally went through a series of tests and was told she had an enlarged liver, low grade fever, and a high white blood count. She also had low blood sugar because the liver had so much to do with glucose storage. She also had two large, dark liver spots on the side of her face. This was about 20 years ago, and the doctors told her then that there was nothing wrong with her. She discovered that she wasn't the only meat wrapper to get sick. It was called "Meat Wrapper Syndrome," and when it became known what the cause was, the markets finally changed the hot cutting wire to a cool Teflon coated rod which didn't get coated with the plastic and thereby

smoke. Breathing these chemicals is what caused her problems. She was introduced to herbs and started taking the following formula to help balance her glands: licorice root, safflower, dandelion and horseradish. She took this formula faithfully for 6 months and realised that she was free from all the problems she had. Today she takes her herbs, vitamins and minerals and she no longer has liver spots on her face.

### **Quick Relief from CPS**

Betty's daughter Angie developed carpal tunnel syndrome. She was in severe pain in her wrist and elbow. She had been showing signs of carpal tunnel syndrome for some time, but one day it was so bad she couldn't move or lift her arm. She went to the doctor and he told her to keep her hand and arm immobile, and made an appointment for with a specialist. So when Angie came home from her first doctor appointment,

Angie and her mother decided that they would try herbs and massage to heal the nerves. The following is what they used: large amounts of a herbal calcium formula, aloe vera, bifidophilus, vitamin B6, 3 times per day, capsicum gel, palm rub and back rub, and liquid chlorophyll. The palm rub was done daily as often as needed. They rubbed from the centre of palm to fatty tissue of thumb using circular motion going all the way back to the wrist. This was done several times, until the pain subsided. Angie eliminated junk food and cut down on red meat and acid forming foods. Angie had an appointment with the specialist after they had started this treatment, and he felt that she was healing well. Angie has been able to go back to her regular activities and this was done in less than a month. She has continued on with the program for another month to ensure good nerve health. They feel it would take about 3 further months to heal from carpal tunnel.



**Volume 4 Issue 5**  
**15/10/20**

Regular insert with our main newsletter.

Discussing food that can be consumed with

confidence

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



## Confidently Consume

**Ginger** Ginger is a flowering plant that originated in Southeast Asia. It's among the healthiest (and most delicious) spices on the planet. It belongs to the Zingiberaceae family, and it's closely related to turmeric, cardamom, and galangal. The rhizome (underground part of the stem) is the part commonly used as a spice. It's often called ginger root or, simply, ginger. Ginger can be used fresh, dried, powdered, or as an oil or juice. It's a very common ingredient in recipes. It's sometimes added to processed foods and cosmetics.

Ginger is a centuries old digestive aid and remains a popular remedy for nausea, travel sickness and pregnant women suffering from morning sickness. According to a review of 12 studies that included a total of 1,278 pregnant women, 1.1–1.5 grams of ginger can significantly reduce symptoms of nausea. It can also help with indigestion and heartburn, and is useful for treating coughs, colds and flu like symptoms.

A recent study published in Evidence-based Complementary and Alternative Medicine concluded that ginger protects the gastric mucosa from stress-induced mucosal lesions and inhibits gastric acid secretion, due in part to inhibiting growth of *h. pylori* as well as offering anti-oxidant protection against gastric damage. This seems to clearly confirm the popular use of ginger in Ayurvedic, eastern, and folk medicine traditions for its medicinal properties.

The health boosting properties of ginger appear to be due to its powerful gingerols. These act as anti inflammatory agents, so ginger can reduce the pain and swelling of rheumatism and arthritis, and may help alleviate asthma, painful periods and migraines. The gingerol compounds appear to be antioxidants, and initial studies suggest that they may provide some protection against cancer. Similarly, ginger is believed by some to lower cholesterol and thereby protect against heart disease, but more research is required. It can also boost the metabolism, so slimmer's may find it useful for accelerating calorie burning. According to studies in animals and humans, ginger may help improve weight-related measurements. These include body weight and the waist-hip ratio.

Ginger is one of the most popular superfoods,



and most of its beneficial effects are backed up by science. A study published in the Journal of Complementary and Integrative Medicine suggested that ginger can be effective in treating tuberculosis. It has been found to be a powerful anti-inflammatory and antioxidant supplement against tuberculosis because of its strong free radical scavenging property. Tuberculosis has become again the leading cause of death from a single infectious agent in the world.

**Suggested use:** Fresh unpeeled ginger root will keep for up to 2 weeks in the fridge and up to 6 months if frozen. Use fresh ginger in curries, stir fries, salad dressings and lemonade. Ginger can be cut into thin slices and added to smoothies or vegetable juices for an extra bit of zing. It can also be grated and added to soups, salads or sweets to increase the flavour and health benefits. Ground ginger can also be used in cooking as well by mixing it into baked goods, desserts and candies. It makes a tasty addition to sauces, stews, marinades and curries as well. A nice cup of ginger root tea or ginger water is the perfect remedy for a queasy stomach or a long, stressful day. Best of all, it's easy to prepare both of these beverages right from the comfort of your own kitchen by using fresh ginger. Simply wash a 2-inch knob of fresh ginger root and cut it into very thin slices. Add the ginger slices to hot water and boil for 10-30 minutes, depending on how strong you want it to be. Remove from the heat, strain and discard the ginger pieces and add in your choice of lemon, raw honey or lime juice to enhance the flavour. You can enjoy your drink hot or cold based on your personal preference. Per 100grams: Energy 38 kcs; Protein 1g; Carbohydrates: 7g; Fat 1g; Fibre 2g; Vit C 4mcg; Potassium 320mcg; Magnesium 35mg



# Product of the Month

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# ENZY 10012 Aqua Biome Fish Oil Maximum Strength 60 Capsules

Retail Price: \$67.80

**Most Advanced Formula** Aqua-Biome™ Maximum Strength Fish Oil provides the ultimate level of support for nearly all functions of the human body. This high potency formula was uniquely crafted to improve heart health and support the body holistically through its influence on the microbiome.

**The Microbiome** The human microbiome has a profound influence on nearly all aspects of health. One of the key factors associated with a healthy intestinal microbiome is diversity. In this case, diversity refers to a broad range of microbes both in terms of species and strains. While there are several key bacteria and yeast associated with a healthy microbiome, in general, the greater the diversity, the healthier the microbiome functions and the better health we enjoy. Advancing research is demonstrating unique links between the microbiome and almost every function of the human body. Everyone's microbiome is influenced by a tremendous number of factors, including their age, genetics, lifestyle and diet. The microbiome also is an influencer for many processes in the body. For example, 90% of serotonin and 50% of dopamine are found in the gut. Microbiome bacteria play a significant role in the production of these compounds.

**The Optimal Omega Ratio for the Microbiome** Omega-3 fatty acids have a great influence on the microbiome. DHA plays a significant role in the diversity of gut flora. Higher levels of DHA than EPA can support the growth of healthy bacteria in the digestive system. In particular, increased levels of DHA have been linked to promoting the growth of Lachnospiraceae family, as well as Lactobacillus and Bifidobacteria species. These beneficial bacteria have been shown to offer tremendous benefits for human health. Another superstar microbe boosted by DHA, EPA, and DPA is Akkermansia muciniphila. This bacteria plays a critical role in the health of the mucin layer that protects and maintains the proper structure of the intestinal lining. Aqua-Biome™ utilises a unique ratio of DHA, EPA and DPA to boost microbiome health. Interestingly, this is nearly the same ratio commonly seen in wild salmon.

**What is the Missing Omega and why is it so good?** We refer to DPA as the Missing Omega because most fish oils leave it out (as it happens to be very difficult to capture). While DPA may make up the smallest portion of the Aqua Biome™ blend, its impact is tremendous. Unlike other omega-3s, it can be converted to either EPA or DHA whenever you need it. In essence, DPA serves as a storage reservoir for both DHA and EPA, and as dietary intake of DPA increases, the tissue levels of both DHA and EPA increase. Without question, DPA is equally as important as EPA and DHA in fish oils, and data suggests it is an absolutely required component of any fish oil supplement. For example, population-based trials have demonstrated that higher levels of DPA in human blood are associated with increased degrees of reported health benefits common to fish oil. We wouldn't be able to bring you the benefits of DPA, along with creating the purest fish oil out there, without our breakthrough manufacturing process. Through our "Targeted Molecular Enrichment Technology" (TMET), we overcome the disadvantages of other methods in concentrating fish oils, including capturing the all-important DPA. In addition, TMET provides unparalleled removal of lipid peroxides, heavy metals and persistent organic pollutants. This unique process produces purest fish oil on the planet.

Quality control testing on our fish oil exceeds industry standards and includes: Testing for over 130 environmental contaminants including dioxins, PCBs, pesticide residues and other toxic compounds. Strict measurements of heavy metals including lead, cadmium, arsenic and mercury. The bottom line is you won't find a higher quality fish oil on the market with a balanced omega-3 blend for whole body health benefits.



**DPA: THE MISSING OMEGA**

The ideal ratio of DHA, EPA & DPA enhances the microbiome.\* Advancing research shows that DPA plays a profound role in total body health.\*

**Recommended Use:** Adults take 2 softgels, daily, with food.

Supplement Facts		
Serving Size: 2 Softgels Servings Per Container: 60		
Amount Per Serving		%DV
Calories	20	
Total Fat	2g	2%
Total Fatty Acids + Omega-3s	2000 mg	**
DHA (Docosahexaenoic Acid)	800 mg	**
EPA (Eicosapentaenoic Acid)	400 mg	**
DPA (Docosapentaenoic Acid)	100 mg	**
Other Omegas + Fatty Acids	700 mg	**

\*Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value not established.

**OTHER INGREDIENTS:** Gelatin capsule (fish gelatin, glycerin, purified water, and natural lemon oil flavor)  
**CONTAINS FISH:** (Sourced from Anchoveta; gelatin from Tilapia)

2000 mg total Fatty Acids and Omega-3s per serving.

**WARNING:** Consult with a physician prior to use if you are pregnant, nursing or taking any medications.

Keep closed in dry place; avoid excessive heat.  
Do not use if safety seal is broken or missing.

**PLEASE KEEP OUT OF REACH OF CHILDREN**  
\*Enzymedica does not use ingredients produced using biotechnology.

Friend of the Sea certification applies only to the Anchoveta-derived Omega-3s contained in this product.

**THE ENZYMEDICA GROUP**  
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