

Strength & Vitality Bulletin

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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 its 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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