

Strength & Vitality Bulletin

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Well with December expiring it shall bring this dramatic year to a close as well as completing this decade, and from what we can gather most people are happy to see it finally disappear. Although there appears to be some light on the horizon in connection with this current pandemic, it is far too early to tell as to whether it is going to be successful or not. The entire world has been knocked around by it, and certainly we can say that for us in N.Z the country has been greatly blessed by having such a small number contract this powerful disease. It shall be very fascinating to see how this coming year develops, and we guess most of you will make yourself available to have the vaccine as soon as it becomes available in N.Z. Should we all partake or is it best to rely upon an immune system bolstered by natural therapy and herbal supplementation? Each one will have to make a personal decision on this, and we would like to make clear that if you ask our advice on the subject we will only explain that vaccines have their place, however they are not totally free of introducing complications and the responsible authorities will do their best to produce a balanced view on the subject, allowing each citizen in N.Z. to make their own individual decision. By the time we produce our next newsletter there will be greater clarity on this subject as we see how the rest of the world copes with this pandemic. So enjoy the summer holidays and until then,

Kind regards Gordonna

QUALITY SLEEP IMPROVES OUR OVERALL STATE OF HEALTH

Sleep deficiency can lead to physical and mental health problems.

Bob Dylan sang back in 1964 "The times they're a changing" and most of us would readily agree that this year would have to be the most momentous in recent history, perhaps even rivalling the four years of 1914 - 1918. Without a doubt multiple disturbing issues and crises have swept

Certain experiments have been conducted which has demonstrated that by interrupting our dream sequence repeatedly can bring about increased irritability, anxiety, depression and appetite,

the world of mankind, with the news media busier than ever. Allied with that is the subject we focus on in our last newsletter of the year, and we would like to add our personal insight into the



THE EFFECTS OF

SLEEP DEPRIVATION



Poor Memory & Forgetfulness



Poor Ability to Think & Concentrate



Emotional Irrationality



Weak Immunity



Risk of Cancer



Risk of Blood Pressure, Heart Attack & Stroke



Risk of Diabetes



Weight Gain & Poor Metabolism



Fertility Issue

Poor sleep affects all segments of our society, however in these stressful times in which we find ourselves, the need for quality sleep on a regular basis is becoming more crucial than ever before. New research delving into the health and wellbeing of N.Zer's has found that more than a third (35%) of Kiwis report not getting enough sleep, or that the quality of their sleep is compromised.

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An ounce of prevention equals a pound of cure

