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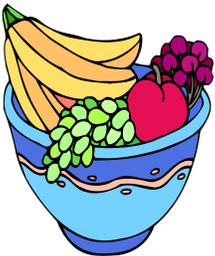
Live Blood Analysis Health News



STRESS LESS

- Dance it out
- Go for a brisk walk
- Talk about it
- Breathe
- Go to bed earlier
- Focus on what you can control
- Reminisce about good times
- Ask for a hug
- Look for opportunities in life's challenges
- Smile

In our next installment we will be looking at sustaining energy levels, female health issues, how to help lingering allergy symptoms



"Our health is what we make of it - give it attention and it improves, give it none and it subsides."

— John F. Demartini

Do you want to feel better?

So many people come along for a Live blood analysis and no-one knows exactly what to expect.

The main focus of the blood is assessing blood acidity.

Learning about blood acidity is, to many people a NEW concept, but blood acidity is associated with many conditions, it stands to reason that whatever state our blood is in, it will effect our organs and cells and our overall health and cause and affect disease and illness.

Acidic health conditions manifest in a variety of ways from: fatigue, feeling of being "run down", nonspecific aches and pains, acid reflux or heartburn, poor digestion, irritable bowel, muscle weakness, urinary tract problems, receding gums, kidney stones, bone loss and skin problems are a few of the many conditions marked by increased acidity.

Many health conditions are improved by taking alkalising supplements: I make up the **Super Nutri**

Greens, nature's super booster drops, which are highly alkalising. The herbs in the formula have been found to directly boost the haemoglobin levels of the blood thereby improving the health of the blood and its function. Grab a bottle of Super N Greens, I am getting wonderful results with arthritis and eczema sufferers when we start to address underlying acidity and improve the health of the blood.

Any condition that causes prolonged pain and discomfort increases inflammation in your body and increased inflammation is very acidic and places great strain on immune function. Over time other problems can arise. Any kind of pain or inflammation must be managed and not ignored, alkalising will help any inflammatory condition. Other well known home remedies to alkalise: lemon water (fresh lemons), celery seeds, make a tea or get celery drops - highly alkalising. Drink more water and eat more salads and fruit!



Did You Know:

Live Blood Analysis is a good analysis to have 2-3 x yearly to ensure you are on the correct supplements

Lemon juice helps to discharge waste materials, by stimulating the liver to secrete acids needed for digestion.

Bananas contain plenty of potassium and magnesium, which make it an excellent late night snack and natural muscle relaxer. It also contains tryptophan, the same amino acid that is sleep-inducing

Green tea is a superb fat fighter. Its active ingredient, EGCG, increases the rate at which fat is burned in your body.

A new study of over 9000 women from McGill University found that those women who took 1000 mg. calcium supplements lived longer than those who didn't.

Varicose vein troubles!

Varicose veins can be caused by: poor circulation, hormonal problems which weaken the veins in the legs, obesity, pregnancy, frequent, heavy lifting causing extra pressure on the veins.

WHAT TO TAKE: Herbs such as Gotu kola aid by enhancing blood flow and keeps veins supple. My

Vein-tone formula improves circulation and tone, it contains Bilberry, Gotu kola and other herbs to improve circulation.



Vitamin C and flavanoids are important and can be added as well.

ALSO: avoid constipation, encourage regular bowel movements to decrease pressure on the veins.

Elevate your legs whenever possible, this prevents blood pooling in the veins. Don't wear tight fitting clothing (shoes, belts, tights), these constrict veins and hamper the blood return to your upper body. Gentle exercise - walking & swimming, is important to help improve circulation.



Smoothie

PEANUT BUTTER BERRY SMOOTHIE

150ml fruit juice (berry blend, cranberry, strawberry)

1 medium ripe banana

1tblsp creamy peanut butter

1/2 cup fresh or frozen berries (raspberries, blueberries)

150ml-200ml low fat yoghurt (plain or ayershire yoghurt)

Ice blocks

1tsp hemp oil (optional)

15 drops Olive leaf

20drops Super Nutri greens (alkalising herbs)

Place in a blender and mix for about 30seconds

Great for everyone especially children - highly nutritious!

Live Blood Analysis at To Your Health

Shop 69B,
Kenilworth centre,
Kenilworth

Tel: 021 671 24
69/70

Appointments must be booked in advance and if you book an appointment please be courteous and cancel if you are unable to make the appointment

To Your Health News

“Join Ashraf

**Banderker on
Voice of the cape’s
Morning Expresso :
30th December and
Allison Le Roux
16th December at
10am ”**



TWO THINGS TO REMEMBER IN LIFE:
Take care of your thoughts when you are alone and take care of your words when you are with people.



To Your Health

Shop 69B,
Kenilworth centre,
Kenilworth

Tel 021
6712469 /70

Trading times:
mon-fri: 9am-
5.30pm

sat: 9am-5pm
sun: 10am-1pm

3day detox to improve your health and weight loss!

Poor health is not caused by something you don't have; it's caused by disturbing something that you already have. Healthy is not something that you need to get, it's something you have already if you don't disturb it. ~Dean Ornish

Toxins are everywhere in our world. The food we eat, the air we breathe, the household cleaners we spray, the electronics we use on a daily basis. However, toxic free radicals are formed in the body too. Stress hormones, emotional disturbances, anxiety and negative emotions all create free radicals as well. And all of this disturbs our internal balance. Despite overwhelming ad-

vancements in medicine our society is sicker than ever. We may be living longer, but we're riddled with illness and disease. Nearly all sickness in industrialized countries is due to toxic build up in the body. Toxins are stored in fat

cells and also contribute to excess weight. Often toxins bind to sex hormones or thyroid hormones which slows metabolism, causing weight gain. polycystic ovarian syndrome, infertility, gastroesophageal reflux, gallstones, lower back pain, headaches, are just some of the illnesses associated with obesity. By merely doing a gentle detox,

you are releasing built up toxins, thereby helping the body function better. Water must be increased when detoxing, we have made it easy by combining the detox drops to a litre of water and then by drinking that throughout the day, you are detoxing and hydrating! Detoxing symptoms are lessened due to the water intake.



Get our **Detox formula** today, do a 3day detox and then maintain it with **Super Nutri Greens**, to boost blood health. If weight loss is a factor— add **Weight loss formula**, cut down on the sugar, white bread, pastries, junk foods!!

Water: How to drink more each day...



Water is vital for our health yet sadly it's the most neglected thing we do, here's how you can start today to drink more water:

-On rising have 2 glasses then before each meal have a glass of water- there already you would have had 5

-When you have juice (apple, grape, or orange) fill half the

glass with water. (great to do this with kids)

- When you have a junk-food craving, down a glass of water immediately. You feel full quickly and avoid the calories, and it lets time pass till the craving fades.

-Bring a two-liter bottle of water to work and try to drink it all before you leave work. If

you don't finish, drink it in traffic on the way home - it's like a race.

- Substitute a cup of hot water with a drop of honey and lemon for tea or coffee. Also remember that tea and coffee are dehydrating because they both contain caffeine and tea and coffee do not count as part of the water quota!

5 health benefits of celery

1. Celery is high in vitamin C & contains potassium, folic acid, vitamins B6, B2, B1 and calcium.
2. It has phytochemicals called coumarins that are protective against cancer, by enhancing the activity of white blood cells. Coumarin in celery also aid

the vascular system, and help ease migraines.

3. It can lower blood pressure (by 12-14 %) and cholesterol (by 7 %)

4. It's beneficial for people with pain of arthritis, fibromyalgia, and gout . After 3 weeks of taking the celery seed extract,



the average reduction in subjects' pain scores was 68% -100%.

5. Celery juice helps replenish electrolytes due to its high levels of potassium & sodium.

Take concentrated **Celery** drops available at To Your health