



# Live Blood Analysis Health News



The best six doctors anywhere  
And no one can deny it  
Are sunshine, water, rest,  
and air  
Exercise and diet.  
These six will gladly you attend  
If only you are willing  
Your mind they'll ease  
Your will they'll mend  
And charge you not a shilling.

~Nursery rhyme quoted by  
Wayne Fields, What the River  
Knows, 1990



In our next installment we will be looking at improving memory and concentration and female health: ovarian cysts

Wishing everyone well during the festive season and a Happy and healthy 2015. Thank you for your support!



Walking is man's best medicine.  
Hippocrates

## You might not be sick, but are you healthy?

You may not have a specific illness or disorder but do you experience any of the following: weight gain, sluggish colon, nails that are thin and split or break easily, hair that looks dull, has split ends, and falls out; dry skin, feeling tired and run down; feelings of inability to cope; feeling easily stressed; pale face, cracks at the corners of the lips, teeth that have a tendency to crack or chip, acidic saliva ?

Then you may be experiencing minor health issues: frequent headaches, mouth ulcers, Inflamed, sensitive gums, tendency to get infections, gastric reflux, leg cramps. None of the above symptoms classifies you as SICK, but you know you are not as well and healthy as you should/could be!  
What causes all of the above symptoms: Acidity from toxins, food, pollution, stress, not drinking enough water.

**What can you do:** alkalis your blood to improve your health and take the correct supplements, if you are unsure as to what to take, have a **Live Blood Analysis**. Get a bottle of **Super Nutri Greens**, some **Nutri support**- a good multi vitamin tonic.

### General health tips:

Don't skip meals,  
Eat breakfast  
Drink more water  
Avoid junk food as it is filled with artificial sweeteners, preservatives, and food colouring, which are all highly acid-forming, your body must work very hard in an effort to cleanse these toxins out.  
Get enough sleep as insufficient sleep causes the body and mind to be overworked and unhappy.  
Cut out sugar (read labels carefully)- sugar lowers immunity, adds to acidity and has no nutritional value.  
Start exercising even if it's a 20min walk 3xweek!



**\*\*Please visit my new website [www.herbacure.co.za](http://www.herbacure.co.za)**

## Do you have an allergy cough?

This cough is bothersome at night, it generally started shortly after winter or after a bout of flu. All tests and scans done have been clear and you may never have had any allergy problem before. You have been an anti biotics, but the cough is still there.

This is the new allergy symptom I am seeing this time of year. To assist, you have to address the health of

your Immune system, Remember if your immune cells are slightly acidic they will not produce the chemical messengers that regulate other immune cells And allergy symptoms will start and worsen.

**What you can take:**  
Wet or Dry Cough formula, Immune support formula and anti histamines.



### SUPER ALKALISING ENERGISING SMOOTHIE

- 150ml fruit juice(tropical blend, mango/orange)
- 1/2 paw paw
- 1 banana
- 3tablespoons blue berries (can be frozen)
- 150ml-200ml yoghurt(plain or ayershire yoghurt- Woolworths)
- 1tsp hemp oil
- 20drops Super Nutri greens
- 20 drops Energee formula

Place in a blender and mix for about 30seconds

### Did You Know:

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

New research shows that eating plums or prunes daily can help postmenopausal women preserve bone mass, thereby decreasing osteoporosis threat.

Resveratrol, an antioxidant compound in red wine & red grape juice has antiviral, anti-inflammatory and anticancer effects and lowers risk of heart disease

You need over 30 glasses of neutral water just to neutralize the acidity of ONE can of soda

Headaches can be sign of dehydration, when a headache starts drink a glass of water before taking a headache tablet.

### 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



# Herbacure



“Join Ashraf

Banderker on

Voice of the cape’s

Morning Expresso :

8 Dec and Allison

Le Roux 22 Dec

2014, 5 January

2015”

## New Herbacure product stockist:



**SAYA**

**HEALTH & NUTRITION**

Selection of supplements and wholefoods

Panorama 0767662670

*In order to change we must be sick and tired of being sick and tired. ~Author Unknown*



### 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

## Tired of feeling tired?



Declining energy levels are a very common problem, besides being a symptom of chronic diseases and illnesses we are looking at the general day to day fatigue people experience, especially this time of year. Most of us may be taking vitamins but still complain of the tiredness.

Lets look at what else can be done:

1. Take an alkalizing supplement to improve the health of your red blood cells and clean toxins from your system. Improving cellular health has an amazing effect on energy. **Super Nutri greens** is wonderfully energizing for your blood cells.

2. Our Immune system is always ignored until you get a

cold or flu, but what many people do not know is that when your blood is acidic this directly affects immunity and lowered immunity causes fatigue as a first symptom. Take some **Immune formula** for Immune support, it is very rich in **olive leaf** which helps fight colds, flu, yeast infections and viral infections. A good immune booster.

3. You may be deficient in specific vitamins or minerals: Vit B12 and iron are 2 very important nutrients for your hemoglobin levels, a slight deficiency of either of these 2 can lead to tiredness. Have a Live blood analysis to assess what nutrients you are deficient in.

4. There may also be parasites

in you blood, these organisms will drain your energy a common parasite or yeast is Candida. Candida is a yeast overgrowth that will affect, immunity, digestive system, and of course your energy levels.

5. A Sluggish colon or toxic liver are 2 causes of fatigue, if you are not flushing toxins. Toxins cause an acidic build up. Often you can have increased body odour, an acidic or bitter taste in your mouth, headaches- all these can indicate you need to detox. High toxic loads cause the body to feel run down and sluggish. Get a bottle of **Detox formula** and do a 3 day detox to help clean out your liver, blood and colon.

## Female Health issues– menstrual cramps



### SEVERE MENSTRUAL CRAMPS

Many women experience this around menstruation time, with varied degrees of intensity. Increases menstrual pain is an indication that you have a high prostaglandin level– **what?** Basically you have high level of inflammation, prosta-

glandins are Hormone-like substances which trigger muscle contractions . The condition is known as **Dysmenorrhea** and may be a sign of an underlying menstrual disorder such as Endometriosis or Fibroids, Pelvic inflammatory disease to name a few.

What you can take: **Cramp bark blend** and **omega 3** oils– this combination is very effec-

tive when taken correctly, start a week before menstruation, this is to gradually reduce the prostaglandin levels.

If you do have an underlying hormonal problem get that addressed, book an appointment at **To Your Health**, for a natural treatment plan to address your hormonal condition. For appointments call: 021-6712469/70



## No MILK for Rheumatoid arthritis sufferers

Rheumatoid arthritis (RA) is an autoimmune disease in

which your body’s immune system attacks the synovial membranes which cushion joint movements and this

causes an abnormal immune response causing inflammation that can damage joints, causing deformity

A scientist, Dr Robert Atkins says the cause of RA is due to an infection and the infectious agent is in milk. Researchers

have also correlated higher levels of circulating anti-milk antibodies in those who have RA.

For a person with RA, CUT OUT ALL MILK and red meats, tomatoes, potatoes, eggs, citrus fruits.