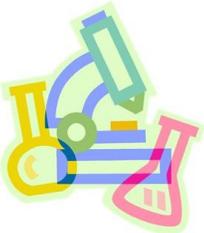


# Live Blood Analysis Health News



**Our lifestyle in 2012 is very damaging to our health, having a blood analysis helps us understand why**

**In our next installment we will be addressing the importance of good digestion, and focusing on cholesterol control**



**Change your thoughts and you change your world!  
UNKNOWN**

## “Spring-cleaning” your body ...

Did you know that the average person consumes 2,5-3kgs of chemical additives (toxins) a year and it is on the rise. Our food is very processed, take a look at food labels almost everything has: preservatives, colourants, stabilisers, flavourants etc

Car fumes, we breath in on a daily basis not to mention the industrial pollution in our air, so we are continuously exposed to toxins

Stress is a part of life, Unfortunately we experience high and prolonged levels of stress, which is damaging to our health.

A build up of toxins slows the liver down and this can result in fatigue, headaches, sores that can take longer to heal, constipation, nausea, water retention, sinus, hayfever, skin conditions- eczema, dermatitis - because our lymphatic system takes strain and our immune system becomes run down and hypersensitive and we don't drink enough water to flush our systems daily.

Also today, chronic illnesses are on the rise. When fighting immunity within the body, waste products of broken down cells are produced,

and these need to be flushed, to enable the body to invest more of it's resources in repairing and strengthening damaged tissue and weakened organs.

A SPRING CLEAN is needed every few months to clean out the toxin build up.

Having a blood analysis helps us identify the toxins in the blood, esp uric acid which is also a toxin and all this adds to the acidity of the blood.

**Research shows that unless the body's pH is slightly alkaline, the body cannot heal itself!**

### Detoxing

We have a 3 day herbal Detox formula: place 60 drops of the formula in a liter of water and then consume throughout the day.

For 1-3 days: Drunk fruit and vegetable juices, eat fruit, soup at meal times, steamed veg. For this duration have no fats or proteins.

Detoxing is the start, combining alkalising formulas afterwards effectively addresses the long term acidity problem, detoxing and alkalising improves our energy, immunity, circulation, skin... overall general health!

## Tips to boost good health



- Drink more water
- Get at least 8hours sleep a night
- Take a good multivitamin supplement
- Eat more fruit and vegetables
- Eat less fried, junk foods and sugar
- Adopt better cooking methods-grilling, steaming

- Exercise, even if it's a gentle walk 2-3 x week
- Boost your immune system with olive leaf and probiotics often, you can even alternate them each month
- Take an alkalising formula

Have Live Blood Analysis 2-3 x year

### SUPER ALKALINISING SMOOTHIE

- 150ml fruit juice(optional flavours)(Not citrus)
- 1/2 paw paw
- 1 banana
- 3tblspoons blue berries(can be frozen)
- 150ml-200ml yoghurt(plain or ayershire yoghurt-Woolworths)
- 1tsp hemp oil
- 15 drops celery seed drops (alkalising herb)
- 20drops Digesto 1(digestive tonic)

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

**No sense of smell can be due to a zinc deficiency**

Daily drink water with fresh lemon added to it, this cleanses the body and has many health benefits. Once a week, first thing, drink hot water with fresh lemon juice, this is a liver tonic

**Women over the age of 40 should take a calcium supplement daily, a calcium citrate or biglycinate which provide better absorption, not a carbonate form.**

A Vitamin B deficiency can cause vertical ridges on nails

### 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 every second Monday on Voice of the cape’s Morning Expresso at 10am”**

**We cannot all do great things, but we can do small things with great love**  
**MOTHER THERESA**



**To Your Health**

Shop 69B,  
 Kenilworth centre,  
 Kenilworth

Tel 021  
 6712469 /70

Trading times:  
 mon-fri: 9am-6pm  
 sat: 9am-5pm  
 sun: 10am-1pm

## Probiotics: What is that?

The root of the word *probiotic* comes from the Greek word *pro*, meaning "promoting" and *biotic*, meaning "life." Probiotics are naturally found in plain yoghurt.

Our digestive system normally has what we would call "good" and "bad" bacteria. Maintaining the correct balance between the "good" and "bad" bacteria is necessary for optimal health. Things like medications, diet, diseases, and your environment can upset that balance.

Our digestive tract needs a

healthy balance between the good and bad bacteria, Unfortunately poor food choices (high processed foods, sugar, fast foods), SUGAR, stress, lack of sleep, antibiotic use, other drugs, and environmental influences can all shift the balance in favor of the bad bacteria.

When the digestive tract is healthy, it filters out and eliminates things that can cause damage, such as harmful bacteria, toxins, chemicals, and other waste products. And it absorbs the things that our body needs such as nutrients from food



and it directly impacts our immune system.

When it doesn't function properly, we can suffer from allergic reactions, infections, (skin, vaginal) & autoimmune disorders (such as ulcerative colitis, Crohn's disease, and rheumatoid arthritis). Have a blood analysis to see if you need probiotics.

Only a few companies make good probiotic formulas, (such as Acidophilus) come to the health shop and chat to the staff for a reputable probiotic formula. And eat more plain, natural yoghurt.

## Focus: hayfever

Research shows that people with allergies have lower levels of healthy gut flora and poor digestive function. Good digestive health is the basis for good overall health. A blood analysis helps assess your digestive function.

WHAT TO DO...

- Before the change of season start having 1 teaspoon of honey daily



-Decrease sugar, refined carbohydrates and intake of dairy products, as this produces more mucous  
 -Decrease the intake of red meats, butter, milk and cheese, these contain trans oleic acid which can contribute to hayfever reactions

-Take fish oils and vit E which seems to lower the allergy reactions

- Take a good probiotic



supplement, this has direct impact on the immune system and assists with digestion.

-Babies and children with sinus and hayfever give Elderflower herbal drops

-Vit C has a natural anti histamine effect, 1000mg 1-3a day

**-Sinus formula** can be taken for sinus conditions, post nasal drip, hayfever, its all natural and does not cause drowsiness

## What you need to know about uric acid

Uric acid is typically only associated with Gout attacks, BUT we are all exposed to uric acid.

**-Its found in animal proteins: red meat, fish**

**-Sugar causes a direct increase in uric acid**

**-Fasting causes uric acid levels to rise**

**-Uric acid causes joint pain and swelling**

**-It can cause kidney stones**

When uric acid levels rise, it adds to overall acidity of the body, . It is still a toxin and must be flushed.

We are now preparing celery drops which is very effective in clearing uric acid from the body, increase your water intake

Celery drops: take 15 drops 2-3 x daily in water you can also add fresh lemon juice.