Yeast Infections?
Fatigue? Depression?
Muscle aches? Bloating?
Diarrhea/Constipation?
Adult Onset Allergies?
Weight Gain? Can’t Lose?
You May Have Systemic Yeast!

Candida is a natural organism within the human body. When candida multiplies out of control the result is often what is referred to as a yeast infection. Causes of yeast infections are antibiotic use/abuse, steroid drugs, gastrointestinal disorders such as IBS and colitis, and sexual transmission.

When the candida organism enters the bloodstream, which it can in a variety of ways, we call the result systemic candida. Once in the blood, the candida can move throughout the body and take up residence in a variety of places such as the liver, lungs, sinuses and even the brain. Systemic candida is extremely hard to eliminate and few, if any drugs can address it.

Symptoms of systemic candida include fatigue, feeling of being ‘drained’, poor memory, feeling ‘spacey’, depression, muscle aches, painful joints, constipation/diarrhea, bloating, vaginal discharge, loss of sexual desire, erratic vision, adult onset allergies, and both weight gain and the inability to lose weight. These symptoms and many others are often worse on damp, muggy days. As the candida multiplies throughout the body, ordinary smells become intolerable and we can feel hypersensitive to more and more factors in our environment.

There are no drugs that are effective once the yeast has become systemic and most of the herbal remedies provide only temporary relief. The now famous ‘yeast diet’ is almost totally worthless when it comes to systemic yeast problems because the very first time the sufferer goes off the incredibly strict diet, the symptoms come back with a vengeance in a matter of a few days.

There is only one substance that I have found that can and does actually eliminate the candida throughout the body and that is a buffered suspension of oral oxygen. The program that we have developed here at our research centers around the world involves taking an oral oxygen supplement several times per day for anywhere between 6 and 8 weeks. By raising the oxygen levels of the bloodstream, we can safely reach the yeast organisms no matter where they may have taken up residence.

It is estimated that 1 in 3 women will have a yeast infection sometime in their lives and that 50% of those will develop a systemic yeast infection throughout their bodies. Men can also develop systemic candida but their symptoms are few, if any. The problem is that they can be carriers and re-infect women during sexual intercourse.

If you feel you may have a systemic yeast problem, ask to take our Candida Evaluation Test to find out more accurately. For further information on candida and systemic yeast read my booklet entitled Eliminating Yeast Infections & Systemic Candidiasis.

Protocol for eliminating candida: Full Spectrum Multiple Vitamin/ Mineral Formula, LiquiDaily Oxy Aloe and Megadoph high potency acidophilus. If you have systemic candida we strongly suggest our 7 week elimination program using the Oxy Flush Kit, which provides everything that you need to complete the program.
Menopause Awareness Month

Hot Flashes?
Mood Swings?
Night Sweats?
Depression?
Weight Gain?

You May Have Symptoms Of Menopause Imbalance!

The menopause should be a great time of life for a woman. Sadly, for many women, the menopause is a terrible time filled with hot flashes, mood swings, depression, night sweats, and hormone imbalances that can lead to other internal complications. Why is this?

When the ovaries cease producing sex hormones, the adrenal glands are designed to take over this job and produce enough of the sex hormones to maintain health and well-being. For many women this process becomes flawed due to chemical imbalances, excess stress and the presence of other health challenges.

For decades medical doctors prescribed hormone replacement therapies (HRT) in an attempt to raise sex hormone levels. The end result of this has been devastating for millions of women, accelerating the risks and incidence of breast and ovarian cancer. HRT also increases a woman’s risk of heart disease and gall bladder failure.

Fortunately, there are safe and often very effective alternatives to synthetic sex hormone therapy. Natural progesterone in the form of a topical cream, is both safe and effective for raising the levels of this important hormone. Combinations of key nutrients and herbal extracts such as vitamin B6, Pantethenic Acid, Ipriflavones, Phytoestrogens, Red Raspberry, Black Cohosh, Damiana and many others can provide the body with the natural raw materials it needs to stimulate the proper production of hormones from the adrenal glands.

Stress is one of the biggest contributing factors to symptoms of the menopause. Since it is the adrenal glands that must take over hormone production, when the body is under stress, these glands cannot effectively produce other important chemicals.

By combining hormone precursor nutrients together with natural stress fighting factors, a broad spectrum, targeted approach to supporting the body during the menopausal years is possible.

Poor diet is also a factor in this and all chronic conditions. Consuming a diet rich in fatty acids and protein will be very helpful in managing this condition. Exercise is one of the best things you can do for controlling menopausal symptoms. Since regular exercise increases the levels of the ‘feel good’ hormones in the brain, it can be a vital factor in managing these issues.

If you would like more information on how to control your symptoms of menopause naturally, I suggest my booklet entitled Menopause Naturally: What Every Woman Needs to Know.

Imbalances in hormones not only lead to the classic menopause symptoms but can also contribute to weight gain and the ongoing difficulty in losing unwanted pounds. This is just another reason why helping your body to balance delicate hormone levels is crucial.

Protocol for Menopause Support: Full Spectrum Multi-vitamin/mineral, Menopause support formula, and Fem Factor Progesterone Cream if needed. We also often suggest our Stress Eze formula if excess stress is a factor.

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Health Awareness Program

Arthritis Awareness Month

Pain & Swelling in Joints?
Stiff Aching Joints?
Loss of Range of Motion?
Loss of Hand Strength?
You May Have Arthritis!

There are many forms of arthritis. Osteo-inflammatory arthritis is the most common form. Arthritis often begins by a loss of cartilage in a particular joint. This creates an air space, which the body then fills with synovial fluid. This is a pro-inflammatory substance and over time causes the joint and surrounding connective tissues to inflame and become swollen. At this stage, pain and a loss of range of motion also become a problem. Over time, more and more cartilage is destroyed by the ongoing inflammation and the problem just slowly continues to get worse.

Here at The Institute we have observed that almost every arthritis sufferer also has a fairly high level of toxins in their system. These are likely produced by excess free radicals produced as a byproduct of the arthritic process.

Medicine manages arthritis mostly through anti-inflammatory and pain killing drugs. Unfortunately, these do little or nothing to stop the progression of the disease or prevent it from spreading to other joints of the body and can have many side effects.

A natural approach to both preventing and reversing the arthritis process would be to support the body in a variety of ways. Reduce acute inflammation with a natural anti-inflammatory that will not cause stomach bleeding or ulcers. Next provide the body with the raw materials it needs to help rebuild cartilage tissue, eliminating the spaces between the bones. Finally, provide support for the connective tissues surrounding the joints to help re-establish flexibility.

In some more advanced cases, we have found it beneficial to detoxify the individual, which often brings about rapid relief from swelling and discomfort.

Natural anti-inflammatory agents have often proven as effective as their drug counterparts without the potential side effects.

By providing a broad spectrum targeted joint and connective tissue formula containing glucosamin, chondroitin, vitamin B6, niacin, CMO and MSM, we can help the body to restore joint health.

Topical creams containing CMO, a powerful anti-inflammatory, can also be useful in specific areas.

Regular exercise is essential in keeping joints flexible and free from unwanted toxins. A diet low in nightshades is also recommended as these foods contain natural inflammatory agents.

If you suffer from arthritis there is hope. Through a program of proper diet, exercise and key supplementation, you too can begin to create an environment where your body can heal itself from many arthritic conditions. For more information on natural approaches to arthritis see my booklet entitled How You Can Be Free of Arthritis.

Protocol for arthritis support: Full Spectrum multi vitamin/mineral supplement, Joint and Connective Tissue Support formula, Topical CMO cream, and a natural anti-inflammatory supplement called InflamEze. Please see a staff member for more information on this protocol.

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Cholesterol Awareness Month

Elevated Cholesterol?
High LDL?
Low HDL?
Elevated Triglycerides?
You May Have aLiver Problem!

It seems that the very word cholesterol strikes fear in people. Everyone knows that cholesterol causes heart disease right? Wrong, dead wrong! The fact is, that in spite of all the fear about excess cholesterol, this natural vital substance has never actually caused one case of heart disease in medical history! I am not saying that excess cholesterol is healthy, but I disagree as to how it should be managed.

For the most part, medicine approaches this problem with one or more of a group of drugs called statins. These drugs can have a very negative effect on the liver, so much so that the FDA requires routine blood tests for everyone taking them in order to monitor liver function!

Elevated cholesterol is most often caused by a malfunction of the liver. The liver manufactures 80% of all the cholesterol found in the body. The remaining is derived from the diet. The brain is almost totally made up of cholesterol. Every inch of your nervous system is covered by an insulation that is made up almost exclusively of cholesterol.

So if cholesterol is so good, why is everyone telling us it’s so bad? Excess cholesterol in the bloodstream can, under certain conditions, adhere to the inner artery walls reducing blood flow. For this reason, it is important to help the liver to better do its job of normalizing fats.

The first step in managing cholesterol naturally is to detoxify the liver. We can do this with a combination of herbs and natural fiber. Next we need to provide the liver with the raw materials it needs to stay healthy and regulate blood fats. These include the mineral chromium, guggulipids, inositol, pantethine, phytosterols, and natural sources of fiber.

In cases where total cholesterol is above 240, we often add a fatty acid substance called lecithin, in the form of granules, to accelerate the liver’s ability to normalize blood fats. The next step would be to add a broad spectrum multi-vitamin/mineral supplement to help balance the internal chemistry of the body. The most absorbable forms come in liquids.

We must not overlook diet and exercise. The human body was meant to be active. Exercise will help keep the liver free from toxins, allowing it to better regulate cholesterol levels. Exercise is also vital in the regulation of another type of blood fat called triglycerides. Your diet should consist of fresh fruits and vegetables with adequate amounts of protein. Avoiding vegetable oils and using instead oils like olive oil, coconut oil, and butter, in moderation, is also important.

If you would like further information about natural programs for managing cholesterol, we refer you to my booklet entitled Controlling Cholesterol and Triglycerides.

Protocol for Managing Cholesterol: Full Spectrum multi-vitamin/mineral formula, Cholest Eze Cholesterol support formula, Lecithin Granules if needed and ToxiCleanse liver detox program to increase liver function.

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Heart Disease Awareness Month

Shortness of Breath?
Heart Disease in Your Family?
Diagnosed with Arterial Blockages?
You May Benefit From Natural Heart Support!

In spite of the many medications available for treating cardiovascular conditions, combined with the very latest in surgical procedures, heart disease is still the number one cause of death in most industrialized nations. This too, in spite of the emphasis on low fat, low cholesterol diets. Why hasn’t medicine been able to control the heart disease epidemic? The answer is quite simple; they have not been looking in the right place.

Medicine has chosen to focus on cholesterol as the major cause of atherosclerosis leading to arterial blockages and subsequent heart attacks, but the fact remains that cholesterol does not cause heart disease; it only complicates matters once the disease is already present.

Damage to the arteries, leading to heart disease, often begins many years before it is diagnosed. Chemicals called free radicals form in the body as a result of oxidative damage to substances we ingest, in this case rancid vegetable oils. Once these specific free radicals are formed they attack the muscle lining of the human arterial system, damaging cells and eventually causing a form of hemorrhaging. As the body lays down protective cells to repair these damaged areas, the inner lining of the arteries at the point of damage changes, allowing for such minerals as calcium to adhere to these sites. This condition is called calcification of the arteries.

Once the artery site has become calcified, cholesterol, a naturally occurring and essential substance to our well being, will begin to adhere to the calcium ions, eventually closing off or greatly reducing blood flow.

Since cholesterol is the main substance found in diseased arteries, medicine has wrongly accused this natural essential substance of causing this problem. The reality is that cholesterol cannot stick to healthy arteries! The arteries must be long damaged before this can take place. By focusing on cholesterol and trying to drive it down with often-dangerous drugs, medicine is overlooking the actual cause of arterial damage and subsequent heart disease.

The free radicals that attack the artery walls and begin the process leading to most heart disease can be controlled by key antioxidant nutrients. Other nutrients have proven to be able to remove calcium from damaged artery sites, preventing cholesterol from sticking.

Regular exercise is essential to this program as your heart is a muscle and needs this activity to stay strong. By eliminating all vegetable oils from your diet and using instead olive and coconut oils along with moderate amounts of butter, you can prevent the cause of the free radicals that lead to damaged arteries.

For more information on the natural approach to preventing and reversing heart disease see my booklet entitled, Heart Disease: The Real Cause, The Real Answer.

Protocol for Heart Health: Full Spectrum Multi-vitamin/mineral supplement. Cardiovascular support formula, Heart Wisdom and if cholesterol is excessively elevated, CholestEze – the natural cholesterol management formula.
Diabetes Awareness Month

Excessive Thirst?
Frequent Urination?
Slow Wound Healing?
Fatigue?
Excessive Weight Gain?
You May Be Heading For Diabetes!

Type II diabetes, often referred to as non-insulin dependent diabetes, is the most epidemic disease in industrialized nations and will likely exceed both heart disease and cancer as the leading cause of death in the next decade. Sadly, this is a chronic disease that is almost totally preventable through proper diet, exercise, and nutrients.

We have been told for decades that type II diabetes is a disease of excess blood sugar, when in fact it is not; it is a disease of excess insulin production. The condition, called hyperinsulinemia, is caused by an over-active pancreas and/or poor insulin receptor site function, often called insulin resistance disorder.

When the insulin receptor sites are resistant to insulin, it requires higher and higher amounts of the hormone to carry blood sugar across the cells. Since the primary purpose of insulin is to convert blood sugar to the stored forms of sugar, excess insulin converts much of the available blood sugar to body fat rapidly leaving the sufferer tired, without energy, and ever increasingly overweight. In fact, those with type II diabetes can gain almost unlimited amounts of weight with no end in sight. These individuals will have little or no lasting weight loss results until they can regulate their body’s production of insulin. As long as insulin remains elevated, they will not effectively lose weight.

Diabetes is one of the few epidemic disorders that can be prevented or controlled with a combination of dietary changes, exercise, and key dietary supplements. These steps, along with key nutrients that have been shown to naturally lower insulin production and increase insulin receptor site function, can often completely reverse type II diabetes. At our Research Centers, we have hundreds and hundreds of clients who, after following this program, are now and have been free from diabetes. This program is not a temporary fix, but a lifestyle change that must be ongoing.

We suggest regular exercise, combining strength and endurance activities, a diet low in carbohydrates with the virtual elimination of refined carbohydrates such as starches and sugars, and the daily use of key targeted nutrients that have been shown to lower insulin and stimulate insulin receptors.

To find out more about our natural program for managing and reversing diabetes, I suggest you consult my booklet entitled, How To Naturally Control Diabetes & Hypoglycemia.

Protocol For Natural Diabetes Management: Full Spectrum multi-vitamin/mineral supplement, Key Nutrients for Insulin management – GlucoCrave Xtreme, A Low Carbohydrate Diet (see a staff member for guidelines), and regular exercise.
Stress Awareness Month

Nervous?
Can’t Sleep?
Stomach Butterflies?
Racing Heartbeat?
You May Be Suffering
From Excess Stress!

In order to better understand stress it is helpful to break it down. There are two major types of stress, external and internal. External stress is that which comes from our environment; work, family, traffic, relatives, etc. Internal stress is that which we generate within ourselves, such as our reactions to what goes on around us, including our thoughts and opinions.

What is important to understand about stress or excess stress is that it can have a profoundly negative effect on our health. In fact, almost any health challenge we have will be worsened by the presence of excess stress.

Over time, excess stress can lead to anxiety, melancholy and depression. As the stress response cycle continues, the adrenal glands, which produce stress hormones, become more and more exhausted. When the adrenals become too exhausted, they can no longer regulate these powerful stress hormones and anxiety and panic attacks are the result. Stress can also produce fatigue, insomnia, and profound changes in body chemistry.

There are many effective ways to help manage stress. Exercise is one of the greatest stress busters because it releases many ‘feel good’ hormones in the brain. Have you ever been worried about something and then exercised for 30 minutes or so, only to find that the problem is still there, but you can better deal with it?

Dietary changes can also help. Reducing the amount of sugars, starches, and caffeine in your diet will help take the stress off your adrenal glands.

Adding key targeted nutrients in mega dose amounts has proven very effective in preventing the many ravages of stress. During periods of excess stress the body can use as much as 10 to 20 times more nutrients than otherwise would be required. The B-complex nutrients, especially B-1, B-12, and Pantothenic Acid are required in enormous potencies to nourish the adrenal glands. By supplementing these and other key nutrients, we can effectively reduce or eliminate many of the negative side effects of ongoing stress.

Another side effect of excess stress is weight gain. Changes in the biochemistry of the body during prolonged stress release hormones such as cortisol, which can cause weight gain, especially around the mid-section and prevent weight loss in dieters. Key nutrients can prevent the formation of hormones like cortisol and often make weight loss much easier. If you are interested in learning more about stress, see my booklet entitled Stress Can Kill You.

Immune System Awareness Month

Catch Too Many Colds?
Get The Flu?
Opportunistic Infections?
Slow Wound Healing?
Your Immune System May Need Help!

The immune system is our internal department of defense, protecting us from a host of virus, bacteria and other pathogens on a daily basis, yet most of us never give any thought to our immunity and how to take care of it.

As our environment becomes increasingly filled with toxins, many of which were unknown even twenty years ago, our immune systems will have to work harder and harder to deal with the toxic effects of these poisons. Virus and bacteria are mutating at rapid rates and further challenge our immune systems to protect us. Excess stress, poor diet, and lack of exercise each contribute to further depressing the ability of our immune system to protect us.

If you find yourself catching every opportunistic infection and every cold and flu that comes along, this is a sign that your immune system has been weakened by excess stress, toxins in the environment, poor diet, lack of exercise or nutrient deficiencies.

According to the American Journal of Clinical Nutrition, “Nutrition is the most critical factor in immune response and nutrient deficiencies are the most common cause of immune deficiency worldwide.”

Since our immune system is often under attack from a variety of sources at the same time, it is important that we consider ways in which we can help nourish and support this defense system so that it will always be ready and able to protect us from disease.

Regular exercise is helpful to our immune system because it helps to detoxify and eliminate poisons from the internal environment of the body. Dietary changes such as limiting the intake of caffeine, refined sugars, starches and high preservative foods can further take the work load off the immune system.

Key nutrients that have been shown to stimulate immune response and nourish the immune system include Vitamin A, the B Complex, Vitamin C, Copper, and especially Zinc. When we need to aggressively support the immune system such as during the cold and flu season or when the body is under attack from a pathogen, we use a combination of colostrums, Beta D Glucan, Echinacea, Astragalus, Pau D’Arco and Mycelial Mushroom Extracts.

If you want to learn more about your immune system and how to protect it, I suggest my booklet entitled: Your Immune System: Why It Fails & How To fix It.


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Fibromyalgia Awareness Month

Have unexplained pain?
Sleepy during the day?
Exhausted?
Trouble Sleeping?
Depressed?
You May Have Fibromyalgia!

While no one knows for sure what causes the fibromyalgia syndrome, science has made some headway into understanding this mysterious condition. There are many theories about the origin of fibromyalgia and the best treatments. While most of these programs work for some, few show benefit for the majority. Our work with fibromyalgia and other research in the medical literature has led me to recognize that the build up of excess toxins in the bodies of these individuals is directly linked to the stiffness, pain and many other symptoms. Through deep systemic and cellular detoxification, we have been able to bring rapid relief to many hundreds of fibromyalgia sufferers.

As we continued our work with these individuals, we began to isolate other nutrient factors that were clearly deficient in their internal biochemistry. This has led to the development of a key targeted supplement specifically for their needs.

Other factors to consider in the overall management of those with fibromyalgia include, stress management and the determination of the presence of systemic candida in the body.

Typical symptoms of fibromyalgia include muscle stiffness, painful trigger points, body aches, depression, insomnia, extreme fatigue, and mental confusion. As the condition progresses sufferers can develop irritable bowel syndrome, arthritis, chronic fatigue syndrome and restless leg syndrome.

Since this is a progressively debilitating condition, it is important to gain control over this problem as soon as possible.

If we compare this list of symptoms to that of someone suffering from acute toxicity of the body, we will find that they are nearly identical. This is why aggressive detoxification is such an important part of our program for fibromyalgia sufferers.

Our program for management of this complex problem includes deep detoxification at both the systemic and cellular level. Then we provide the body with key nutrients that have been shown to help regulate internal chemistry such as vitamin C, magnesium, olive leaf, co-enzyme Q10, Dimethylglycine and 5- hydroxy tryptophan. We also use natural anti-inflammatory supplements when inflammation and pain are severe.

To find out more about our natural alternative programs for the support of those suffering with fibromyalgia, please read my booklet entitled: Managing Fibromyalgia and Chronic Fatigue.

Dietary Supplement Awareness Month

Are You Tired?
Lack of Energy?
Overweight?
Fatigued Mentally?
You May Be Nutrient Deficient!!

What should you look for in a dietary supplement? There are two categories of supplements; Multi – vitamin/mineral products and products designed to address a specific health issue, such as stress, cardiovascular, joint health, etc.

Multi-vitamin/mineral formulas should provide the baseline of at least 100+ nutrients the body needs on a daily basis. These include 16 vitamins, 70+ minerals, antioxidants, and phytonutrients. When a product provides the complete range of nutrients to the body, we call these formulas ‘Full Spectrum’. A Full Spectrum supplement not only provides a wide range of nutrients, but also considers such factors as potency, ratio of one nutrient to the other, the pH, and the ease of absorption.

Products that are designed to support and address specific issues are often called ‘targeted supplements’. Targeted nutrition should provide all of the known factors: vitamins, minerals, amino acids, antioxidants, and herbal extracts. All have been shown to clinically help support the body under specific challenges such as cardiovascular, arthritis, inflammation, diabetes, hypoglycemia, thyroid, digestion, memory, and many others. A good targeted supplement will support the body from many different angles, providing the best possible benefits.

Taking a good Full Spectrum supplement can help the body in several ways. Due to food storage, transport, processing, and mineral deficient soils, most of our food is lacking in many of the essential nutrients for optimal health. According the United States Congress, at least 50 percent of us do not get the minimum amount of many essential nutrients. The result of these ongoing deficiencies can be one or more chronic degenerative diseases such as cardiovascular, joint & connective tissue, chronic inflammation, and many others.

Another little known problem with nutrient deficiency is that it can slow or even halt weight loss. The body perceives a lack of essential nutrients as starvation and slows the resting metabolic rate to conserve calories and energy, making weight loss much more difficult. In fact, anyone who is planning to diet in an attempt to lose weight should always take a Full Spectrum supplement every day to prevent the secretion of starvation hormones while dieting.

Not all dietary supplements are made equally. Be sure you are getting the maximum benefit and absorption of your supplements by discussing your needs with someone who is trained to recommend the best possible formula for you. Exercise, a healthy diet, and the right supplement program for you make up the Trilogy of Good Health and can increase the quality of your life ahead.

Protocol for Choosing Good Supplements: A Full Spectrum should provide at least 100+ nutrients in a highly absorbable delivery system. Targeted supplements should provide as many supportive factors as possible in one formula. Discuss your needs with a trained professional on staff.

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A Better Memory Awareness Month

Can’t Remember Phone Numbers? What Was His Name? Forget Appointments? Your short -Term Memory May Need Some Help!!

You cannot remember someone’s name, a telephone number, an appointment, etc. Loss of short-term memory has many potential causes.
Short-term memory can fail us at almost any time. While aging is a factor, there are many other reasons why we can become forgetful. Inactivity can be a major factor and often as we grow older, we become more inactive, losing interest in the world around us.
Another reason why we can become forgetful is by not living in the present moment. Since everything that has ever happened to us or will ever happen, always happens in the now, if we are not living in the present moment is it any wonder we don’t remember? We weren’t present when the events happened!
Unmanaged stress can play a big part in loss of short-term memory. The brain has a built in protective nature and when it is over-stressed enough, it simply begins to shut down, and we can’t seem to remember a thing.
In general, being in less than good health, physically, can affect the way the brain functions. Excess bodyweight can make us sluggish and cause changes in blood sugar, which can also affect brain cognition.
Chemical changes in the brain can contribute to the majority of short-term memory loss. Reductions in the production of chemicals called neurotransmitters, can affect many brain functions including short-term memory. Toxins in the environment, heavy metals in the soft tissues of the body, and an overall poor diet can also negatively affect these brain chemical changes.
It may be a good idea for many of us who find themselves under excess stress or who are getting older and begin to notice a loss of short-term recall, to consider taking key nutrients that have been shown to help restore optimal brain chemistry. These proven nutrients include Ginkgo biloba, lecithin, glutamine, GABA, Stress Nutrients, DMAE, vinpocetine, huperzine A, Bacopa, phosphatidylserine. Other factors in our lifestyle can also help to improve brain function and memory. Exercise is major beneficial factor in that it supplies extra needed oxygen to the brain while increasing many of the so-called ‘feel good’ hormones. The result of this may be experienced when you finish exercising and find that you have a clearer head and feel more positive about life in general.
Just because you may experience periods of short-term memory loss doesn’t mean you are headed for more serious brain disorders, but now you can take Targeted Nutrition formulas, designed to provide the many supportive nutrients, which can go far in preserving and restoring your short-term memory function. For more information, please see my booklet entitled: Improve Your Memory Naturally.

Thyroid Health Awareness Month

Tired All The Time?  
Cold?  
Overweight?  
Depression?  
Dry Skin & Hair?  
You May Need Thyroid Support!!

Under-active thyroid affects as many as 13 million people, with estimates that as many as 5 percent of the population have borderline low thyroid function. Most of those with under-active thyroid are women (about 90%). In fact, one in 8 women will develop a thyroid problem during their lives. Symptoms of this condition include fatigue, intolerance to cold, slow heartbeat, loss of appetite, weight gain, inability to lose weight, PMS symptoms, fertility issues, cramping, muscle weakness, migraines, depression, digestive disorders and many other factors. Since many of these symptoms can also be caused by other factors, taking the Barnes temperature test, developed by Dr. Broda Barnes, is helpful. Shake a regular fever thermometer down at night and leave it on your bed stand. First thing in the morning before moving about, place the thermometer under your arm and leave it for ten minutes. Read the temperature and record each morning for a week. If your temperatures are consistently below 97 degrees, the chances are very high that you have an under-active thyroid.

Causes for an under-active thyroid can be many. Genetics is high on the list and if you have other members of your family, especially the women, who also have a thyroid problem, the chances for you to develop this problem are also very high. Thyroid function can also be compromised by ongoing poor diet, fluoride in drinking water, excess consumption of unsaturated fats, which produce free radicals, excess exercise, pesticides and other chemicals in the environment, excess alcohol, certain drugs and radiation. Other factors that can negatively affect your thyroid function include adrenal gland deficiencies, food allergies, candida or yeast infections, and overall hyper-toxicity of the body. Many millions of people who have been diagnosed with an under-active thyroid have been given synthetic thyroid hormone by their doctors. Unfortunately, the body can have difficulties absorbing and utilizing these hormones. When the doctor measures your blood hormone levels, they can be in the ‘normal’ range, but your body may not be able to utilize the hormone efficiently, resulting in many of the classic symptoms of low thyroid to remain, in spite of the medications.

Still others have many of the low thyroid symptoms but are too borderline to receive medications and hence have to live with the weight problems and all of the other symptoms of this condition. Nutritionally, there are many factors that can help both groups of individuals, whether you are taking medication or not. These nutrients include the amino acid tyrosine, guggulsterones, vitamin C, Kelp, Zinc, selenium, olive leaf extract and select bovine glandular extracts. If you would like to read more about under-active thyroid see my booklet entitled: Under-Active Thyroid: A Better Approach.

Protocol for supporting thyroid function: Full Spectrum Nutrition and a Targeted Supplement providing nutrients to support thyroid function – ThyRox. See a staff member for further information.