



Good Health Corner..

“Happiness lies, first of all, in health”

George William Curtis



Hi, and welcome to Luci's Good Health Corner. Here I'll regularly set out health facts that have caught my attention and helped me to improve my own well being and the health of my family. Enjoy... I hope you get something out of them,

Keep well, Luci.

Being **SHORT-SIGHTED** *may not be so bad after all....*

Recent studies have shown a correlation between myopia (short-sightedness) and higher intelligence. One professor of ophthalmology believes that short-sighted people are not so disadvantaged in today's world because so many of us are confined within four walls or in front of computer screens. In fact, there is a theory that evolution didn't cause myopic primitive man to disappear of the face of the earth for the same reason.

It's been suggested that while primitive males with good vision were scouring the plains looking for prey to kill, their short-sighted counter parts were assigned jobs back in the village like making spear heads, inventing writing, and whittling trade goods. Here's the killer...this also meant the myopes got to spend more time around the women in the village!

OBESSE Kids...

are more likely to have **JOINT PROBLEMS & BROKEN BONES** than kids of regular weight.

Researchers presented evidence to the Obesity Society of Vancouver, British Columbia that heavier children put their weight-bearing joints under much more stress. Also, their bones were not as strong and healthy as leaner, more energetic & mobile children.

It seems a vicious cycle comes into play...as joints & bones fail to develop strength, kids tend to become less mobile & exercise less, soon putting on more weight.

This meant they had more opportunity to propagate their genes (they were back in the village making love, not war)... hence we still have one third of today's population that are short-sighted.

Professor Minas Coroneo (University of NSW) also has some concerns about the latest rush to refractive laser surgery to correct short-sightedness (e.g. LASIK). He acknowledges the short-term benefit, but worries the long-term effect may be to weaken the eye wall.

He asks “If you have refractive laser surgery at 20 years of age, can you be sure your eyes will hold out until you are 70?” But then again...what's that saying about “**women don't make passes at men who wear glasses?**”

Why **HIGH-FAT** foods taste **SO GOOD!**

French scientists have discovered a fat receptor (CD36) on the tongues of some mice that makes high-fat foods enjoyable and even addictive. This fat receptor is in addition to the classic basic 5 taste sensations of salty, sweet, sour, bitter & unami).

One day drug companies may have a pill that blocks the action of this fat taste receptor.

*** P.S.** I've recently begun using a **great range of health and skin care products** that have helped me enormously. **I'd love to share my experience with you...** to find out more simply read on ...

Thank you so much for letting me share my experience with you!

Hi, my name is Luci... I'm in my fifties, a mother to two wonderful sons (ages 29 and 27), and have been married to the same guy for 35 years. Basically, I've always tried to look after my health by eating well and exercising regularly. I've never been overweight although my sweet tooth meant I was often trying to shed those **few pounds of extra weight that have a habit of sneaking up on us so easily.**

I've suffered from asthma for over 10 years and during the past 2 to 3 years was dismayed to find it was getting much worse. My asthma was getting to the stage where it was making my life uncomfortable and making me feel vulnerable. I was forced to take Serotide (a preventative) daily. To make things worse, my immune system seemed to be in the basement allowing me to catch every virus and germ that was going around.

Then I met Israel. I was surprised no end when he showed me a photo of how he used to look... oh, what a change. ***The difference was amazing!***



Then he told me how he did it... Herbalife!

And just what is Herbalife? Israel described it as a company that specializes in weight loss, weight gain, enhancing athletic sporting performance, skin care, and general health and nutrition. The company is listed on the American stock exchange, turned over \$2 billion last year, has a state-of-the-art research laboratory at UCLA, and operates in 60 countries around the world.

He told me the products were a combination of vitamin and mineral supplements, pure food components and Eastern herbs. He talked about "Cellular Nutrition", "Detoxification", "Thermojetics"... and other things I didn't really understand. **Sure... I was sceptical... still... I was desperate enough to give it a try! And guess what.....**

..... It really worked!

After 2 months on the Herbalife program I cut my asthma medication use by 75%, my hay fever improved, I lost some flab around my waist, my energy levels improved dramatically, and my immune system seemed to kick up a couple of notches.


I was thrilled with what Herbalife did for my health and energy levels, and would recommend these products to anyone who treasures their health, and the health of their family and friends.

To find out more about these great products and how Herbalife can improve your health simply  www.herbalife.com

After you've checked out this great range of products and the solid company behind them, feel free to contact me here at LIFE TODAY. Israel and I would be only too happy to get you started on a program that will benefit you enormously! luci@lifetoday.com.au

Then, once you've experienced the benefits of Herbalife you can even go the next step and become a distributor. Not only will this entitle you to buy these products at a fabulous discount..... you'll also be able to begin earning an income.

The possibilities are endless! With the health industry growing at a phenomenal rate all around the world, now is the time to jump on board.

To find out how you can set up an income stream, meet great people and achieve a lifestyle with travel opportunities you could only dream about
.....*simply*  www.goodhealthcorner.com