



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.

Living ALONE is tough on the HEART.

A Danish study of 140,000 people aged from 30 to 60 found that those living alone were twice as likely to have a heart disturbance as those living with a partner.

The risk went up dramatically for men over 50, while in women it didn't go up until over 60. Researchers concluded that people living alone were more likely to smoke, be obese, and have unhealthy diets & high cholesterol. They were also less likely to have had regular contact with a family doctor and found it harder to seek out help in an emergency.

Deaths were also one third higher in winter and peaked in the Northern hemisphere in December in what was called the “Merry Christmas Coronary” ...a phenomenon blamed on excessive drinking & eating, and the increased emotional stress of families & holidays.

“Light” smokers don't GIVE UP easily...

The American Journal of Public Health found that smokers of “light” cigarettes were 54% less likely to kick the habit than those smoking full strength brands.

This goes against the theory that changing to low-nicotine/low-tar cigarettes might make it easier for heavy smokers to give up. Making the switch to “lights” also doesn't reduce the health risks much either, if at all.

HITTING THE BOTTLE early...

45,000 Americans participated in a study that revealed that drinking early in life was linked to a higher lifetime risk of alcoholism.

It found that teens who started drinking at an early age were much more at risk of developing alcohol dependence more quickly, and were also at greater risk of suffering multiple episodes of alcoholism throughout their lives.

Archives of Pediatrics & Adolescent Medicine.

Deep Vein Thrombosis may affect up to one out of every 100 long distance plane travellers. That means up to 5 passengers on a jumbo aircraft may suffer blood clots.

Taking aspirin several days before flying may help prevent DVT (check with your doctor), as will special elastic stockings (from your chemist), avoiding alcohol, drinking plenty of water, and in-flight exercises during the voyage.

*** 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