



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.

Foods & Medicines that DON'T MIX!#

- **Grapefruit juice** interacts with calcium blockers including **certain cholesterol lowering medications, oral contraceptives, estrogen, and some allergy medications and psychiatric drugs** by modifying the liver's ability to metabolise the drug.
- **Orange juice & milk** can **reduce the effectiveness of antibiotics**. Orange juice shouldn't be taken with antacids as its acidity increases the absorption of aluminum.
- Large amounts of green-leaf vegetables like **broccoli, brussel sprouts, spinach** as well as **liver & cranberry** can **counteract blood thinners** such as warfarin and heparin.
- **Aged cheeses (e.g. brie, Roquefort), sauerkraut, red wine, fava beans, & over ripe avocado** can send the **blood pressure soaring** in people on MAO antidepressants.

The **good oil** on **Olive oil**.

The **Mediterranean diet, rich in olive oil**, has long been held to be healthy. The Italians and their Roman ancestors first discovered the goodness of oil made from the first pressing of olives.

Research now confirms that **extra virgin olive oil (high in mono-unsaturated fats & antioxidants)** might decrease **Colon cancer** (the third most common). It can also prevent inflammation thanks to the main compound in the oil ...**oleocanthal**... which has properties similar to the pain killer **ibuprofen**.

Little wonder that olive oils outsell other cooking oils.

- **Black licorice** can cause irregular heart rhythms in people taking Digoxin (heart medication) and may interfere with fluid & blood pressure drugs.
- **Charbroiled meats/foods** produce chemicals that appear to interfere with some asthma medications increasing chances of an asthma attack.
- **Meat, fish, legumes and foods high in Vitamin C** reduce absorption of **Tricyclic antidepressants**.
- Large amounts of **oatmeal & high-fiber cereals** may interfere with the absorption of Digoxin.

If in doubt... always consult your physician!

Sweat it out **or** REST IN BED?

Over exertion while sick can do you more harm than good! Your immune system works better when not stressed so trying to “sweat it out” may slow down recovery. **Certain cough & cold medications can raise heart rate and blood pressure increasing the risk of irregular heart beat.** So rather than say “if it doesn't kill you it only makes you stronger” ...play smart...**stay in bed!**

***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