



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.

MIND games... use it (your BRAIN) or lose it!

Until recently it was believed that brain cells were the only body cells to die and never regenerate. However, researchers now believe that nascent stem cells in adult brains can grow into new brain cells.

It is thought that each time we solve a problem, the brain gets a workout, be it in the area of decision making, maintaining our attention span, or helping us to enhance our memory.

Problem solving might very well help protect against or slow down the ravages of *Alzheimer's disease*. Other ways of helping our brain stay as active as possible include:

1. Don't smoke...smokers are twice as likely to develop *Alzheimer's*. **2. Avoid excessive alcohol...** heavy drinkers can suffer permanent brain damage, memory loss & dementia.

Infant Cot Death.

Recent research in the U.S. points to a 90% reduction in the risk of cot death when pacifiers (or "dummies") are used by infants.

It is thought that sucking a pacifier may stop babies from sleeping too deeply so they're more likely to wake up if they're too hot & overheating, or having trouble breathing.

Making sure the child is put to sleep on its back, and not on overly soft bedding also seems to greatly lower the risk of cot death.

Infants shouldn't be allowed to share the bed of a parent who has been drinking, smoking or had medication that induces drowsiness.

3. Eat colourful plants which are rich in anti-oxidants... lots of spinach, blueberries & other berries, prunes, and raisins. **Vitamin E is also a powerful anti-oxidant** and helps fight harmful free radicals.

4. Fish is brain food ... cold-water fish (salmon, tuna, mackerel, & herring are high in Omega-3 fatty acids which are essential in the brain's membranes. **5. Minimize stress ...** chronic stress releases hormones that can interfere with brain function. **6. Get plenty of sleep...** while you're asleep the brain processes new memories, problem solves, practises new skills & experiences creative insights...sleep deprivation only hinders your brain. **7. Exercise your body...**it increases blood flow & oxygen to the brain. **8. Exercise your mind!**

Mosquito repellent a problem?

Using a mosquito repellent with a high concentration of Deet (NN-diethyl-m-toluamide) may cause problems if used with some sun blockers. Sunscreens containing oxybenzone increase the absorption of Deet and may increase the risk of high blood pressure. Higher Deet concentrations have also been linked to dermatitis with long term use, and should not be used on babies. Unfortunately, natural repellents are nowhere near as effective as synthetic based ones (*Choice*).

***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