



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.

The GOOD OIL *on* Fish Oil.

In the 1970's scientists studying the Eskimos of Greenland were amazed to discover they were far healthier than Europeans. Despite a diet very high in fat from eating seal, whale & fish, Eskimos suffered far less coronary heart disease, diabetes, rheumatoid arthritis, breast cancer, psoriasis & depression.... thanks largely to their high intake of *Omega-3 fatty acids*.

Omega-3 fatty acids are essential for good health and are found primarily in oily cold-water fish like salmon, tuna, herring & mackerel and to a lesser extent in flaxseed & walnut oils & seaweed. Surprisingly, wild game meats like venison & buffalo are also rich in omega-3s. U.S. studies have shown that up to 85% of adults are deficient in dietary omega-3 fatty acids (which the body doesn't produce).

Allergic to your TOILETRIES ?

Multiple Chemical Sensitivity (MCS) is becoming much more prevalent in today's world. Chemicals released from perfume, makeup, shampoos, deodorants & air fresheners are known to affect the immune systems of many people of all age groups.

Symptoms range from skin rash, wheezing, breathing difficulties, headaches, and memory loss.

Use roll-ons instead of sprays to minimise chemical spread, try fragrance free shampoos & conditioners, and perfume that's dermatologically tested.

- Fish oil seems to increase serotonin levels resulting in fewer mood & anxiety problems among Eskimos even though they live through harsh winters with only an hour or two of sunlight.

- Omega-3 fatty acids decrease LDL or "bad" cholesterol thus minimising the risk of heart and vessel disease, and also act as a natural blood thinner to ward off stroke.

- Anti inflammatory properties aid against arthritis.

- ‡ The American Heart Association recommends that people eat oily fish at least twice a week...like salmon, tuna, mackerel, herring, sardines & pilchards. Otherwise, take fish oil capsules for that added protection.

When SIZE really does matter.

The *Journal of Clinical Oncology* found that with prostate cancer the size of the gland may be important. Duke University researchers believe cancers in smaller prostates are at greater risk of biochemical progression... and that men with small prostates need to be monitored more closely regardless of what treatment they're receiving for their cancer.

* 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