



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.

Acupuncture ... **All in the HEAD?**

Scientific studies were recently carried out in Germany to assess how effective acupuncture was in the treatment of Tension Headaches. One group of patients was treated with orthodox acupuncture, another group was treated with “sham” or “pretend” acupuncture (where needles were applied superficially to non-acupuncture points), while a third received no treatment at all.

The study found that both orthodox and “pretend” acupuncture helped reduce Tension Headaches quite markedly! Researchers concluded that this may mean that acupuncture may work mainly through a “placebo” effect (i.e. mentally rather than through any physical pathway). Patients probably don't care whether the effect is real or placebo.

Cruciferous vegetables?

This family includes broccoli, brussel sprouts and cauliflower. They contain mustard flavoured compounds which can smell unpleasant if cooked too long...that's why some people don't like them.

“I don't like broccoli...and haven't since I was a little kid & my mother made me eat it. And I'm President of the United States and I'm not going to eat anymore broccoli!”

George W. Bush, 1990.

Really though... they are high in fibre, vitamins A & C, as well as calcium, potassium & folate...they're good for you.

Cell Phones and mental GAMES.

Some people have reported getting headaches, tingling, dizziness, burning and fatigue which they associate with prolonged use of a cell phone.

This has resulted in a number of studies being carried out in an effort to identify whether or not there really *is* a risk involved. In one such recent study in the UK researchers tested a group who had complained of some of these symptoms against a group that hadn't, exposing both to various stimuli. They concluded the problems were “probably all in the mind”.

YOUR work **Killing YOU?**

Psychologists in Helsinki, Finland studying work-related stress concluded that the jobs most dangerous to employees health were those where • high demands were imposed • worker-feedback was ignored • rigid, inflexible practices existed • employees felt unappreciated... much more so than in jobs where there were physical (noise, heat or chemical) stressors.

*** 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