



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.

Shopaholics **are Driving Themselves CRAZY!**

Recent scientific studies have found that some of today's shoppers are being swamped and overwhelmed by the huge range of various products found in large stores and super marts. Some shoppers, especially older ones, are so overwhelmed by all the comparisons they have to make in arriving at a buying decision that one third of them said they avoid the larger stores. Others admitted to often having left a store without making a purchase solely because the choice offered in mega stores was overwhelming and confusing.

A spokesperson for department stores Marks & Spencer confirmed that store sales had actually improved because they had reduced excessive choice, saying "if you keep adding to the range without managing it...it is a recipe for disaster."

SHYNESS...

or SOCIAL PHOBIA?

Shyness is a common, often endearing, quality especially in young children. As youngsters grow up they usually become more self-confident & grow out of it.

However, an extreme form of shyness (i.e. *social phobia*) can develop in some people. Signs of this are; fear of being scrutinized in public; fear of being humiliated/ embarrassed in front of others; public speaking; meeting strangers.

Treatment may involve a combination of counselling (*cognitive therapy*), & drug (*anti-depressant*) therapy.

Computer **SCRIPT** errors.

When computer print outs and electronic prescribing replaced doctor's indecipherable hand writing scrawl, it was expected that fewer mistakes would result when it came to the dispensing of medications.

However, signs are now emerging that a whole new set of mistakes are occurring instead. It seems that doctors and hospitals now are experiencing problems where;

- #Drug menus are clicked but the printouts not checked.
- #Emails aren't seen properly due to wrong screen size.
- #Not closing patient files/applying contents to other files.

TURNING off **BAD genes.**

More & more genes that cause disease are being discovered. Now the challenge is to find a way of neutralizing them. In animal studies, scientists have found a way to do this using "RNA Interference". It is hoped that, within the next decade, this may be used to fight viral diseases, some cancers, and certain illnesses like macular degeneration and high cholesterol.

***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