



# 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.

## In search of **pearly, White TEETH.**

The desire to have that Hollywood smile has more people than ever scrubbing and bleaching their teeth, some to the point of addiction. The pursuit of a gleaming smile has turned some people into “bleachorexics” or “whitening junkies” as they take their obsession to extremes in search of teeth that almost glow in the dark.

A recent survey showed over 90% of respondents thought white teeth were a sign of good health and essential for an attractive appearance, and that yellow teeth were associated with ageing.

Since tooth whiteners contain hydrogen peroxide (as is used to bleach hair), dentists warn that their overuse or abuse can cause major problems. Some of which include;

### **CALCIUM pills...**

#### **Do they work?**

Recent studies have cast doubt on how effective CALCIUM supplements alone are in reducing osteoporosis.

A study of 36,000 post-menopausal women found only a 1% improvement in hip-bone density, although there were 29% fewer hip fractures among long-time users.

Unfortunately, it was also discovered that taking extra CALCIUM also led to a 17% greater risk of developing kidney stones.

Weight-bearing exercises are also believed to be very beneficial in fighting osteoporosis.

- Using abrasive, whitening toothpastes (which don't whiten much anyway) more than twice a day can cause enamel loss.

- Over bleaching can make teeth opaque & less translucent, & may cause sensitivity.

- Overuse of peroxide can make gums recede & teeth brittle.

- Bleaching chemicals produce free radicals that may damage the nerves (the pulp) in teeth.

-Some “bleachorexics” become psychologically dependant on “life transforming” tooth whitening.

**Ask your dentist for the best advice!**

### **Marijuana linked to bladder cancer.**

“Urology” journal reports that marijuana smoking seems to have a greater cancer causing effect in the bladder than cigarettes. It found that 40% of men suffering bladder cancer had smoked “joints” extensively versus 15% of the control group. It is thought marijuana is more carcinogenic than tobacco, is smoked without a filter, is held in the lungs longer, & increases urinary retention keeping metabolites in the bladder longer.

**\* 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](http://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](mailto: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](http://www.goodhealthcorner.com)