



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.

Having a **BAD AIR** day?

The air inside your home may be up to twenty times more polluted than outside! World Health Organisation research has found that pollutants in the house are 1,000 times more likely to enter our lungs than pollutants outdoors...and most of us spend around 90% of our time inside.

It's been said that if the air was taken from a typical house in winter that used gas cooking & heating, and expanded it out to the air outside, you wouldn't be able to see even one kilometre! Health experts are convinced these invisible indoor pollutants are contributing to what is a multi-billion dollar health crisis. New homes & new materials are often the worst offenders in introducing a large load of chemicals. A few examples of these pollutants are:

YOUR phone **may be** **Bugged!**

British hospitals are considering banning mobile phones from hospitals after a study revealed many carried dangerous bacteria which could contribute to hospital infections among sick patients.

Swabs of doctor's & nurse's phones showed most were contaminated with bacteria, & 15% were inhabited by potentially deadly microbes such as the antibiotic-resistant MRSA (methicillin resistant staphylococcus aureus... or "golden staph").

• Vinyl & timber floors • floor varnishes • new cabinets
• soft furnishings • paints • carpets ... most of which release a dangerous cocktail of Volatile Organic Compounds. Another problem area is the Brominated fire retardants found in most electrical equipment such as T.V.s & computers. These fire retardant chemicals have been found in dust samples & in the breast milk of mothers, and are linked to cancer, thyroid & reproductive damage. Sometimes, less toxic alternatives can be found by carefully shopping around. Otherwise...

Leafy indoor plants can help remove the harmful Volatile Organic Compounds.

TURN off the IDIOT BOX.

U.S. "Neurology" journal reports that cognitive impairment of the brain can be prevented by exercising the mind with crosswords, reading, writing, board games, group discussions & listening to music.

However, it was also shown that too much time spent as a "couch potato" watching television was associated with a 20% increased risk of developing impairment.

*** 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