



# 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.

## Antibiotics *won't help a common cold ... common sense will.*

The common cold, flu, most sore throats and coughs are caused by viruses. Antibiotics help fight bacterial infections but are ineffective against viruses... most viruses are attacked and eventually overcome by our body's immune system.

Antibiotics... *won't* stop a cold from getting worse...*may* not be as effective when you really need them later if they've been taken unnecessarily too often... *won't* stop the infection from spreading to others...*may* cause side effects like thrush, diarrhoea and stomach upsets. Your doctor will know when antibiotics are necessary (and if secondary infection is present).

Ways to fight a cold... • Help your body fight the virus...REST UP.

## Sex, Snoring & sleep

The British Snoring & Sleep Association found that **up to 70% of snoring couples sleep in separate rooms** leading to a **substantial reduction in love making.**

Meanwhile, a Birmingham study of 10,000 people found that **men often fell asleep within an average of three to four minutes after having sex.**

This is attributed to the muscles becoming depleted of glycogen (which produces energy) during the passionate exercise.

*Nothing personal ladies!...  
The poor guys are just plain  
tuckered out!*

- Drink plenty of fluids like water or juice.
  - Paracetamol, ibuprofen (or aspirin for adults) may help relieve aches & pains & reduce fever.
  - Nasal decongestants & throat lozenges may help.
- If you are allergic to any of these medications, or suffer stomach ulcers, blood pressure or kidney disease... **check with your doctor first.**
- Vitamin C may help shorten a cold's duration.
  - Practice good hygiene to stop it spreading.
  - Use disposable paper tissues to blow your nose.
  - Don't share cups, cutlery and glasses.
  - Wash hands before preparing & eating food.

## An UNHEALTHY partnership.

**Over 80% of alcoholics smoke, and smokers are 10 times more likely to become alcoholics.** Why do alcohol and cigarettes seem to go together so often? Scientists have found that **alcohol appears boost the pleasurable effects of nicotine considerably.** This link between alcohol and smoking makes it that much **harder** for people **trying to kick the habit.**

**\* 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)*