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Could This Be The Closest Thing We Have To A Magical 'Elixir Of Youth'?

Why is it that some people seem to stay 'forever young', while others look and feel old before their time? Certainly, diet and lifestyle have a lot to do with it, but around 10 years ago, researchers made a breakthrough discovery that completely changed the way they viewed ageing and longevity.

The discovery involved telomeres. These short regions at the ends of chromosomes (the thread-like structures in body cells that carry our genes) have an important function in protecting our genetic material every time a cell divides. But, with each cell division a little bit of the telomeres is lost – and, when they become too short to protect the chromosomes, cell division is no longer possible and the cell ages and dies.

Longer telomeres mean slower ageing and a potentially longer life. Shorter telomeres are not only associated with faster ageing but with disease too. They have been linked with several chronic conditions, including hypertension, cardiovascular disease, insulin resistance, type 2 diabetes, depression, osteoporosis, and obesity.¹

Anything that protects telomere length could help prevent the health problems commonly associated with ageing. Recently, research has revealed that some herbs and nutrients have that amazing ability – and we are delighted to rush *JNHS* readers the news that a combination of the best of them is now available in the UK as Enzymedica Telomere Plus.

Telomere Plus contains a proprietary blend of astragalus root, rhodiola root and broccoli seed extract, together with 500 IU of vitamin D3. These active ingredients have been found to activate production in the body of an enzyme called telomerase, which prevents the shortening of telomeres during cell division and may even make them longer.

All body cells have the ability to make telomerase, but in practice most don't. Only the kinds of cells that have to be constantly dividing, like stem cells, white blood cells and sperm cells, produce significant amounts. The telomerase activators contained in Enzymedica Telomere Plus could boost the production of this remarkable enzyme in every cell of your body.

The 4 fantastic ingredients in Telomere Plus win hands down in laboratory tests

Scientists at the Roskamp Institute, in Sarasota, Florida, recently tested the telomerase activation properties of 14 individual natural compounds and eight blends of these compounds. They discovered that astragalus root, rhodiola root, broccoli seed extract and vitamin D3 all had particularly strong telomerase-boosting activity, when tested as individual compounds.²

What is more, when combined together, this four-ingredient blend outperformed all others tested. You can now benefit from exactly the same combination of natural ingredients in Telomere Plus. And, in addition to maintaining telomere length, these incredible compounds help combat ageing and boost your health in a host of other ways, too.

In traditional Chinese medicine, astragalus root is considered a vital herbal tonic that stimulates the immune system and promotes health and longevity. One of the many active ingredients in astragalus is cycloastragenol, a compound now shown to be a potent telomerase activator that can increase telomere length.³ Animal studies suggest that, in brain cells, this property of cycloastragenol could help prevent depression, cognitive decline and psychiatric disorders.

(Continued on page 3)

1. *Aging*, 2016; 8(7):1398-1407

2. *Altern Ther Health Med*, 2016; 22(Suppl 2):6-14

3. *Neurosignals*, 2014; 22(1):52-63

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Dear Reader,

Happy New Year!

If, like me, you've over-indulged during the festive season on one-too-many mince pies and party canapés, then the solution to shedding those extra pounds you've gained may be sitting in your kitchen spice rack.

It turns out that cinnamon might hold the secret to losing weight, according to researchers who recently studied how the spice interacts with fat cells. The compound that gives cinnamon its flavour and scent, cinnamaldehyde, encourages fat cells to burn calories to produce heat, a metabolic process known as thermogenesis. Harnessing the cinnamon ingredient's power to turn fat into energy could be important in fighting weight gain and obesity.

The study, published in the December issue of the journal *Metabolism*, noted that cinnamaldehyde has previously been shown to have an anti-obesity effect in mice and to prevent high blood-sugar levels. The researchers of the current study set out to look deeper into the exact mechanism behind this protective effect and whether cinnamon has the same benefits in humans.

The researchers – from the University of Michigan in Ann Arbor, Fudan University in Shanghai, and Central South University in Changsha, China – used cell cultures from the fat-storing tissues of both mice and humans in the study. The human cells were isolated from four donors undergoing voluntary surgery.

When cinnamaldehyde was introduced to the cell cultures, it made the cells from both mice and humans express genes and enzymes that are connected to metabolic activity.

According to the researchers, this beneficial effect wasn't limited to just one body type, as the human tissue was taken "from multiple donors of different ethnicities and ages and with a variety of body mass indexes (BMI)". The researchers consistently found that cinnamaldehyde activated thermogenesis in the human (as well as the mouse) tissue.

They also explained how our human ancestors did not have as much high-fat food available, so they stored fat that their bodies could call upon for energy when it was cold or there wasn't anything to eat. In many cases today, however, that fat storage has become overkill.

Commenting on the findings, the researchers said the new research provides "a mechanistic explanation for the anti-obesity effects of [cinnamaldehyde] observed previously and further supporting its potential metabolic benefits on humans".

"Given the wide usage of cinnamon in the food industry, the notion that this popular food additive, instead of a drug, may activate thermogenesis, could ultimately lead to therapeutic strategies against obesity that are much better adhered to by participants," they added.

I'll take cinnamon over a side effect ridden weight-loss drug any day.

In fact, I'll be carrying it in my pocket ready to sprinkle onto my food and drink from now on... anything that enhances flavour and speeds up weight loss definitely gets my vote!

Until next month,



Rachael Linkie, Editor

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Astragalus has a wide range of other health benefits, too. In particular, it is antioxidant, anti-inflammatory, helps to control blood-sugar levels, protects the liver from damage and may protect against cancer, too.⁴ Clinical trials have shown that astragalus root extract is one of the most effective natural compounds for both type 1 and type 2 diabetes.⁵

For more than a decade, researchers at the University of California have studied the impact of the herb *Rhodiola rosea* on ageing and longevity. They have discovered that it delays cell ageing and extends the lifespan of fruit flies by 25 per cent.⁶ *Rhodiola* contains at least 140 different bioactive compounds and one of these, salidroside, has been shown to protect and repair DNA, the molecule that carries genetic information.⁷ Together with *rhodiola*'s ability to activate the enzyme telomerase, this DNA repair effect supports healthy cell division and helps delay cell ageing.

Rhodiola also combats the adverse effects of ageing via the immune system. As we age, our immune function declines in a process known as immune senescence, leaving us more susceptible to infections, autoimmune diseases and cancer. Studies show that *rhodiola* compounds help to prevent immune senescence, in part by increasing the lifespan of immune cells called T-lymphocytes.⁸

These incredible natural compounds could keep every cell in your body young and healthy

The broccoli seed extract included in Telomere Plus has been widely studied for its anti-cancer properties – and new research shows it has amazing anti-ageing effects, too. Broccoli seeds are bursting with beneficial compounds, including one called NMN (nicotinamide mononucleotide). NMN boosts production of a vital coenzyme, NAD, declining levels of which are a key driver of the ageing process.

When scientists at Washington University School of Medicine fed NMN to healthy mice, they found it suppressed age-associated body weight gain, enhanced energy metabolism, promoted physical activity, improved insulin sensitivity and blood-fat levels, and prevented eye problems and other disease conditions.⁹

The final ingredient in the formula, Vitamin D3, supports just about every aspect of physical and mental health, and also plays a critical role in the way we age. The ageing process involves several important changes in cell biology, including telomere shortening, DNA disorders, inflammation, free radical damage,

dysfunction of the mitochondria (energy centres), and alterations in gene expression and cell signalling pathways. Remarkably, every single one of these changes is regulated by vitamin D3. Adequate levels of the vitamin keep them under control, but a deficiency (widespread in the UK) allows them to accelerate and trigger the onset of age-related illnesses.¹⁰

What to take for best results

The recommended dose of Enzymedica Telomere Plus is one capsule daily, with or without food.

If you're pregnant or breastfeeding, or if you are being treated for any medical condition, you are advised to talk to your doctor before taking this supplement.

...CUTTING-EDGE HEALTH UPDATE

Next Generation Of B-Group Vitamins Could Prevent Everything From Cancer To Cognitive Decline

B-vitamins, renowned for their energy-boosting properties, may not be breaking news. But what you may not know is that these vitamins exist in various forms, both natural and synthetic. And the kinds you take as supplements can make a huge difference to their availability and activity in your body.

The synthetic B-group vitamins used in the majority of nutritional supplements suit the manufacturers. They are cheap, convenient to make into tablets or capsules, and remain stable for years. Unfortunately, they don't suit your body, which doesn't recognise them as the natural kinds found in foods. Your liver must convert these man-made substances into their active forms before they can do you any good – a process that varies between individuals and becomes less easy the older we get.

For instance, the only form of vitamin B6 that your cells can utilise is called pyridoxal-5-phosphate (P5P). But many B6 supplements contain the synthetic pyridoxine hydrochloride. Although this form of the vitamin is rapidly absorbed, your liver then has to start the hard job of converting it to P5P. It's the same with B2, B12 and folate. The synthetic versions in most supplements are useless unless you are able to convert them into the natural molecules your body cells need.

(Continued on page 4)

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5. *Evid Based Complement Alternat Med.* 2013; 2013:654643

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7. *Antioxid Redox Signal.* 2014; 20(12):1853-1865

8. *Int J Mol Med.* 2015; 36(2):386-398

9. *Cell Metab.* 2016; 24(6):795-806

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These active forms of B vitamins act as coenzymes in chemical reactions within your cells. That is to say, they function together with enzymes that your body produces, to enable vital processes to be carried out that keep you alive and healthy. Because B vitamins are water-soluble, they cannot be stored in the body and are quickly flushed out in the urine. For this reason, a good daily intake of these nutrients is absolutely essential.

Now, a new generation of vitamin B supplements is available in the UK. Natural Factors 'biocoenzymated formulas' contain the active, coenzyme forms of vitamins B6, B2, B12 and folate. These bioactive molecules are combined with a supporting complex of nutrients from more than 40 vegetables, fruits, herbs, blue-green algae and seaweeds. In each case, the result is a synergistic, food-state, phytochemical formula that delivers the most metabolically active B vitamins to your cells, quickly and effectively.

Taking 'biocoenzymated' vitamin B6 could halve your risk of colon cancer

The three Natural Factors biocoenzymated formulas currently available are pyridoxal-5-phosphate (P5P, vitamin B6), riboflavin-5-phosphate (R5P, vitamin B2) and Methylfolate Plus Methylcobalamin (folate combined with B12). These key B vitamins, which may well be lacking in your diet, could help to stave off cardiovascular disease, cognitive decline, diabetes and cancer and give an instant boost to your health.

P5P alone has been linked with numerous health benefits, but studies have shown that many people are deficient in this essential vitamin.¹ Over-reliance on processed foods, being elderly, smoking, taking prescription medications or having liver disease, rheumatoid arthritis or diabetes can all make P5P deficiency more likely.

Low levels of P5P have been linked with increases in homocysteine and C-reactive protein, two blood markers that could predict heart attack risk more accurately than LDL 'bad' cholesterol.²

Not having enough of this active P5P form of vitamin B6 can also result in chronic inflammation in the body, a condition that lies at the root of many degenerative diseases.³ For instance, there seems to be a close relationship between P5P and colon cancer. One study found that an increase of 100-pmol/ml in the blood – the difference between a deficiency and an adequate level – slashed the risk of this deadly disease by an amazing 50 per cent.⁴ P5P could even give your brain a boost. In a study of elderly people with high homocysteine levels, it was found to significantly

improve cognitive function.⁵

When it comes to vitamin B2, the active R5P form is vital for combatting oxidative stress, the damage caused by free radicals, which contribute to ageing and disease. R5P is not only an antioxidant in its own right, it's also needed for the body to produce glutathione, its 'master antioxidant', and for the production of antioxidant enzymes, such as superoxide dismutase.⁶

Studies have shown that R5P helps prevent a wide range of health problems and diseases, such as migraines, anaemia, cataracts, high blood pressure, diabetes and cancer.⁷ In a major European study, women with the highest blood levels of R5P had a 45 per cent lower risk of breast cancer than those with the lowest levels.⁸

These natural forms of B12 and folate could help stave off cognitive decline

The third product in the Natural Factors biocoenzymated formulas range is Methylfolate Plus Methylcobalamin, a combination of natural forms of folate and vitamin B12. Unlike the synthetic versions contained in most supplements, these are 'ready to go' and don't need an uncertain and often inefficient conversion process in your liver.

Like P5P, Methylfolate Plus Methylcobalamin could help reduce your chances of cardiovascular disease, since vitamins B6, B12 and folate work in harmony to reduce levels of homocysteine, a known risk factor for atherosclerosis.⁹ In a clinical trial, supplementing with the natural form of folate, called 5-MTHF, significantly reduced high homocysteine levels after just two months.¹⁰

Some of the most important research findings on folate and vitamin B12 relate to their ability to delay cognitive decline and to help prevent Alzheimer's disease. A recent review of clinical trials concluded that supplementation with folate, together with vitamin B12 and/or B6 not only helps put the brakes on cognitive decline in elderly patients but also slows down changes in the brain that accompany full-blown Alzheimer's.¹¹

Diabetics could also benefit from these cutting-edge supplements. In one clinical trial, a combination of P5P, methylfolate and methylcobalamin reduced symptoms of peripheral neuropathy (nerve damage associated with high blood sugar levels) by an impressive 35 per cent after 12 weeks of supplementation.¹²

What to take for best results

These Natural Factors biocoenzymated formulas are one-a-day supplements that are easy to take. Simply

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2. *Clin Nutr.* 2016; 35(3):706-712
3. *Nutr Rev.* 2013; 71(4):239-244
4. *JAMA.* 2010; 303(11):1077-1083

5. *Nutr Neurosci.* 2016; 19(10):461-466
6. *Br J Nutr.* 2014; 111(11):1985-1991
7. *Crit Rev Food Sci Nutr.* 2017; 57(17):3650-3660
8. *Nutr.* 2016; 146(6):1227-1234
9. *Nutr J.* 2016; 14:6
10. *Nutr Res.* 2015; 35(6):489-495
11. *Annu Rev Nutr.* 2016; 36:211-239

swallow one vegetarian capsule of P5P and one of R5P with a glass of water and take one chewable tablet of Methylfolate Plus Methylcobalamin.

People who are taking prescription medication or undergoing treatment for any health condition are advised to talk to their doctor before using these products.

...CUTTING-EDGE HEALTH UPDATE

All-Natural Eye Pressure Support Helps Guard Against Glaucoma And Other Eye Problems

Your sight is precious – but as you get older, it can start to deteriorate. The Royal National Institute for the Blind estimates that one in five over-75s in the UK have some degree of sight loss.

Seemingly minor eye problems could mean changes are already taking place that could lead to sight loss later, so you should never ignore them. And the importance of getting regular eye tests to spot any potential problems can't be emphasized enough, especially as some eye conditions don't always cause symptoms in the early stages.

JNHS is pleased to announce that there is now a safe, natural solution for several worrying eye conditions: Life Extension Eye Pressure Support. The formula is designed to support eye health and could help to prevent or reverse ocular hypertension (increased fluid pressure in the front of the eye, which left untreated can cause glaucoma and permanent vision loss) and dry eye syndrome (a deficiency in the production of tear fluid, which lubricates the outside of the eye... if it becomes a chronic problem, dry eye syndrome can cause inflammation and scarring to the front of the eye, leading to vision loss).

Life Extension Eye Pressure Support contains Mirtogenol, a patented mixture of a special bilberry extract (called Mirtoselect) and the French maritime pine bark extract Pycnogenol. The antioxidant compounds in these two natural plant extracts may help protect against several eye problems, including preventing ocular hypertension from developing into glaucoma.¹

Studies show Mirtoselect bilberry extract is better absorbed and more effective than others on the market

The European bilberry is packed with valuable, natural compounds, but most attention has focused on a group called anthocyanins. Animal studies have shown that bilberry anthocyanins protect the retina of the eye from damage by bright light and help prevent age-related macular degeneration and cataract formation.^{2,3} In addition, human clinical trials have concluded that bilberry anthocyanins help prevent eye fatigue in workers who have to look at computer screens all day.⁴

Most bilberry extracts used in supplements are standardised to contain 36 per cent anthocyanins. However, important though they are, there is a lot more to the bilberry than its anthocyanin content. Mirtoselect is a bilberry extract that uses a special process to ensure not only the standard 36 per cent anthocyanins but also the full range of other compounds present in the bilberry fruit. Research shows those other compounds can make a big difference when it comes to protecting your eyes from damage.

Scientists at Chieti-Pescara University, in Italy, carried out a clinical trial with 140 people suffering from various kinds of retinopathy. This condition involves damage to the retina, at the back of the eye, which can lead to vision loss. Compared with a generic, commercially available bilberry extract, Mirtoselect led to significantly greater improvements in all of the clinical signs and symptoms of retinopathy measured in this study.⁵

In another recent study, scientists dosed rats with Mirtoselect or ordinary bilberry extract. Those given Mirtoselect had a 55 per cent higher level of active compounds in their blood than those given the ordinary bilberry extract. The researchers then conducted a double-blind clinical trial with 21 dry eye syndrome patients, 11 of whom took Mirtoselect and 10 a placebo. After four weeks, tear secretion and dry eye symptoms improved significantly in the Mirtoselect group, while there was no change in the placebo group.⁶ This is a promising finding as dry eye syndrome is a common problem, especially after the age of 50.

The antioxidant power of Pycnogenol lowers pressure within the eyes as effectively as standard medication

French maritime pine bark extract Pycnogenol also has powerfully protective and damage-reversing

(Continued on page 6)

12. *Curr Med Res Opin.* 2016; 32(2):219-227
1. *J Glaucoma.* 2009; 18(6): 423-428
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3. *Adv Gerontol.* 2005; 16:76-79

4. *J Nutr Health Aging.* 2015; 19(5):548-554
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Natural Alternative To HRT Helps Put A Stop To Hot Flushes And Mood Swings Safely

The hormonal changes experienced during the menopause – which can cause a range of distressing symptoms from hot flushes, mood swings, fatigue and anxiety to adrenal exhaustion, vaginal dryness and loss of libido – can soon leave women feeling miserable, debilitated and frustrated. If that wasn't bad enough, rapidly declining oestrogen levels (a hormone that protects bone health) also increase the risk of osteoporosis.

Apart from HRT – which is linked to everything from increasing the risk of cardiovascular disease to cancers of the breast, uterus and ovaries – doctors have little else to offer women going through the menopause.^{1,2}

Fortunately, there are excellent natural alternatives to HRT, which avoid the drug's risks and side effects and mean you needn't suffer unnecessarily. A number of these remarkable remedies have been combined together in a new supplement from Pukka Herbs called *Womankind Menopause*. It contains the adaptogenic (hormone balancing) herb shatavari, a natural vitamin B complex to boost energy levels, vitamin D to benefit bone health, plus sage, pomegranate, ashwagandha, turmeric, aloe vera, calcareous algae, seaweed, ginger and spirulina.

The formula is designed to provide natural hormonal balance and support for women aged 45-plus to help alleviate unpleasant symptoms like hot flushes, in addition to boosting energy levels and restoring vitality and vigour throughout the menopausal transition.

Shatavari helps ease menopause symptoms by regulating oestrogen levels

The key ingredient in *Womankind Menopause* is the herb shatavari, also known as Indian asparagus, which can grow both in humid jungles and in extremely arid conditions... highlighting just how adaptable it is. In fact the herb is what is known as an adaptogen, meaning that it helps the body cope with stress more effectively and regulates hormone levels according to your body's requirements.

Shatavari contains what are called hormonal precursors, which help the body adjust to a drop in oestrogen levels experienced during the menopause.

effects in the eyes. Two independent studies involving patients with diabetic retinopathy show Pycnogenol helps prevent the deterioration of retinal function, can dramatically improve visual acuity and boosts blood flow in patients' eyes.^{7,8}

Given the incredible ability of both Mirtoselect bilberry extract and Pycnogenol pine bark extract to improve eye health, it is no surprise that when combined together as Mirtogenol, in *Life Extension Eye Pressure Support*, the result is nothing short of remarkable. As its name suggests, this supplement could, at the very least, help to prevent glaucoma in people with ocular hypertension.

In fact, two clinical trials have shown just how effective Mirtogenol is in lowering ocular hypertension. In the first of these, 38 patients with ocular hypertension but symptom-free were either given Mirtogenol or were not treated. Researchers measured their visual acuity, fluid pressure and blood flow within the eye at baseline and again at two, three and six months.

Nineteen of the 20 patients taking Mirtogenol had significant reductions in their ocular hypertension within the first three months, so lowering their risk of developing glaucoma. There was no improvement in the untreated control group. Blood flow within the eye was also significantly better in the Mirtogenol group after three months, compared with baseline values and the control group.⁹

In the second clinical trial, a larger group of patients was given Mirtogenol or latanoprost eye drops (a standard anti-glaucoma medication), or both treatments combined. Results showed Mirtogenol lowered ocular hypertension almost as effectively as latanoprost, although it took longer to do so. The combination of Mirtogenol and latanoprost was more effective than either treatment alone, and both treatments improved blood flow within the eye.¹⁰ But Mirtogenol comes without the distressing drug side effects of latanoprost eye drops, which include stinging or burning of the eyes, changes in eye colour and blurred vision.

What to take for best results

The recommended dose of *Life Extension Eye Pressure Support* is one capsule a day, in the morning, with food. If needed, you may take one additional capsule in the evening, with food.

You should consult your doctor before using this product if you are pregnant, breastfeeding or being treated for any medical condition.

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8. *J Ocul Pharmacol Ther.* 2009; 25(6):537-540
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1. *Med. Assoc.* 283:485-491, 2000
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The herb has been used for thousands of years in India as a tonic for women at all stages of their lives – it is used for everything from regulating menstruation and ovulation, relieving morning sickness and boosting fertility, to helping to lower inflammation, improve libido and alleviate menopause symptoms.

Unfortunately, growth in demand for shatavari has led to over-exploitation of the herb, and in parts of its natural habitat it's now considered endangered. As a result Pukka Herbs makes sure it only sources shatavari for inclusion in Womankind Menopause from organic farms where they know it has been sustainably grown.

In addition, Pukka Herbs use a special extraction process to help ensure the shatavari in their formula retains all the beneficial bioactive compounds found in the herb, which they claim makes it '10 times more concentrated' compared with other shatavari supplements on the market.

The remaining ingredients in the formula help improve energy levels, libido, bone health and more...

The vitamin B complex in Womankind Menopause is made up of holy basil, lemon and guava. This concentration of natural B vitamins is formulated to help the body fight fatigue. Holy basil (*Ocimum sanctum*) is a source of vitamin B3 and, like shatavari, is an adaptogen with a long history of use in Ayurvedic medicine for helping the body to better adapt to emotional and physical stress.

Lemon supplies vitamin B5, which helps alleviate adrenal stress and boosts energy levels. Guava also provides vitamin B5, as well as vitamins B3 (which can help improve libido) and B6 (another powerful energy booster).

Vitamin D, provided by the inclusion of mushroom in the formula, enhances the body's ability to absorb calcium from the diet and is important for maintaining strong, healthy bones.

Pomegranate acts as an anti-inflammatory and may help counter the excessive production of heat and sweat during the menopause to prevent hot flushes. It also has a long history of traditional use for improving female health in general, and for increasing energy and stimulating the libido.

Ashwagandha, known as Indian ginseng, is renowned for being a potent aphrodisiac and energy booster. For centuries it has been used in Ayurvedic medicine to ease stress, support the immune system, and promote inner calm and mental clarity. It's also beneficial for

overcoming chronic fatigue (including adrenal fatigue), insomnia and anxiety. Its anti-stress action is believed to result from its ability to balance levels of the stress hormone cortisol during times of pressure.³

Turmeric has numerous proven health benefits, especially when it comes to lowering inflammation. As a phytoestrogen it helps balance oestrogen levels in the body, which in turn can help alleviate menopause symptoms.

Sage and aloe vera can also help relieve menopause symptoms, hot flushes in particular. Aloe vera is also beneficial for maintaining proper liver function and detoxing, and since all hormones end up having to be processed through the liver, it could play an important role in helping to encourage hormonal balance in the body.

Calcareous algae (algae that grow on limestone or in soil containing lime) can assist in strengthening bones and supporting them when oestrogen levels are low. Calcareous algae is high in calcium and also contains magnesium, both of which are vital for good bone health.

Seaweed and ginger both benefit gut health and improve the body's absorption of nutrients. Spirulina has gained a reputation in recent years for being a super food and with good reason. In addition to strengthening the immune system it could help with weight control during the menopause.

What to take for best results

The recommended dosage for Womankind Menopause is one or two capsules a day. It is organic, free from GM, dairy, wheat and gluten, and suitable for vegetarians and vegans.

Contraindications: There are no known contraindications but, as always, you are advised to seek advice from a healthcare professional before taking any new supplement.

...CUTTING-EDGE HEALTH UPDATE

Plant Extract Helps Reduce Menopausal Hot Flushes, Mood Swings And Bone Loss

Following on from the previous article, *JNHS* is delighted to tell you about another menopause breakthrough this month. The latest research findings, reported in the journal *PLOS One*, reveal that

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3. Brewer S. 2002. Encyclopaedia of Vitamins, Minerals and Herbal Supplements. Robinson, London.

The Journal of Natural Health Solutions

Editorial Panel

Marcus Webb, BSc(Hons) Ost Med, DO, ND, MRN, PGCert (Osteoporosis), MIBiol, CBIol

A qualified naturopath and osteopath with over 20 years' experience in the field of complementary medicine. Marcus is a Member of the General Osteopathic Council, General Council and Register of Naturopaths, British Medical Acupuncture Society, Chartered Member of Institute of Biology, and Fellow of the Royal Society of Medicine. He has written numerous health books including *The Herbal Companion*, *The Herbal Bible* and *Healing Touch*.

Dr. Marios Kyriazis (MD, MSc, MIBiol, CBIol, DGM)

One of the UK's leading anti-ageing experts. Dr. Kyriazis works in private practice and has postgraduate qualifications in the science of ageing from the University of London and the Royal College of Physicians. He is using both conventional and complementary therapies.

Martin Hum (PhD, DHD)

Qualified nutritional therapist and health journalist with 20 years' experience in the field of nutritional medicine. He is a past Chairman of the Institute for Optimum Nutrition, an independent educational charity and the UK's leading training institute for nutritional therapists.

Nigel Summerley, LLSCB

Nigel is a health writer, alternative health expert and qualified homeopath.

Dr. Patrick Kingsley (MB, BS, MRCS, LRCP, FAEM, DA, D.Obst R.C.O.G.)

A specialist in nutritional and environmental medicine for 25 years. He was a founder member of the British Society of Environmental Medicine, the British Society of Nutritional Medicine, the British Society of Integrated Medicine and is a Fellow of the American Academy of Environmental Medicine. In his private medical practice his basic approach was always to try to identify and eliminate the causes of a person's problems and treat any nutritional deficiencies, rather than simply find the best way of suppressing any symptoms. Now retired, he has written numerous books including *The New Medicine* and has a website www.thenewmedicine.info

Dr. Michael Perring (MB BChir FCP(SA) DPM UKCP Registered Psychotherapist)

Dr. Michael Perring is a General Practitioner with a special interest in nutrition, sexual medicine and healthy ageing. He is currently Medical Director of the Optimal Health of Harley Street Clinic and is co-author of *Get Fit Feel Fantastic*.

Dr. Brian Mowll, DC

The founder and medical director of SweetLife® Diabetes Health Centers. Since 1998, Dr. Mowll has been helping people with all forms of diabetes properly manage their complex health conditions. He treats clients locally in the greater Philadelphia area, in the US, and worldwide through his acclaimed Diabetes Coach™ program. He was one of the first doctors to be certified to practise functional medicine by the prestigious Institute for Functional Medicine. He is the host of the popular Diabetes World Summit, as well as a prolific writer, blogger, and speaker.

Chanchal Cabrera (MNIHM, AHG)

Medical herbalist, clinical aromatherapist and nutritional counsellor in Vancouver, BC, Canada. Publishes widely in professional journals and lectures internationally on medical herbalism.

Dr. Tony Coope (M.B; Ch.B; D.Obst. R.C.O.G.)

Has 25 years' experience in General Practice, prior to which he spent four years as a hospital doctor, covering the specialities of medicine, surgery, paediatrics, geriatrics and emergency/trauma medicine. Dr. Coope has a career-long interest in psychology, philosophy and complementary medicine. Since leaving General Practice in 1994 he has been working in women's health and regularly writes on hormone health and the use of bioidentical hormones for Bio-Hormone-Health.com

Michael van Straten (DO, ND, DipAc.)

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fermented red clover extract can effectively reduce the number and severity of menopause-related hot flushes and mood swings.

Better still, the study also found that the extract is able to help prevent the normally accelerated menopausal bone loss that affects 1 in 3 women over the age of 50. In fact, the remarkable results showed that treatment with fermented red clover extract inhibited bone loss in the spine completely.

These findings are very promising as the benefits take place without any of the side effects of traditionally prescribed hormone therapies that increase the risk of cancers and cardiovascular diseases.

The researchers – led by professor Per Bendix Jeppesen from the department of Endocrinology and Internal Medicine, under the department Clinical Medicine at Aarhus University Hospital Denmark – investigated fermented red clover extract as a healthier alternative to traditional oestrogen therapy prescribed by doctors.

They analysed 60 women with menopause symptoms based on criteria of at least five severe hot flushes per day and blood tests (including FSH that indicates the 'stage' of menopause).

The women were separated into two groups of 30 each, in which 30 drank 150ml of fermented red clover extract per day for 12 weeks, whilst the other 30 drank a placebo product. After 12 weeks they were tested again.

The women's hot flushes were measured using a 'skin conductor' – a device that is applied to the underside of the wrist, which can determine the number of hot flushes and their severity objectively based on sweat secretion. The effect of the fermented red clover extract on bone health was tested via DEXA scans of the spine and hips.

Commenting on the findings, researcher Max Norman Tandrup Lambert said the researchers "were speechless about the data. There was a much greater effect than we had hoped for".

The researchers believe it is the fermentation process of the red clover extract that makes the difference and is responsible for these benefits, as it is much easier to digest: "The lactic acid fermentation increases the bioavailability of the bioactive oestrogen-like compounds (known as isoflavones or phytoestrogens) that red clover has in abundance."

Source: PLOS One, published online ahead of print.

JNHS product availability update

We are aware that there's no information provided in the issue regarding where to purchase the products featured. This is intentional because government regulations don't allow us to provide you with this information. This means that readers will need to research the availability of these products for themselves at local health food stores or from online sources. We apologise for any inconvenience this may cause you.

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