



Access to hidden cures... powerful discoveries... breakthrough treatments...
and urgent advances in modern, underground medicine

Unique Herbal Combination Could Help Ward Off Type 2 Diabetes

More than one in every three adults in Britain has 'prediabetes', a condition where blood-sugar levels are higher than normal, but not yet warranting a diagnosis of diabetes. This staggering statistic comes from a 2014 study that found the incidence of prediabetes almost trebled, from 11.6 per cent to 35.3 per cent, between 2003 and 2011.¹ Today, that figure is likely to be even higher.

As its name suggests, having prediabetes means you could be on a slippery slope towards full-blown type 2 diabetes. But that doesn't have to happen. You still have time to turn things around, and prevent diabetes ruining your health.

A healthy, low-carb diet and regular exercise are essential, but you may need a little extra help – especially if you're over 50 and have a lot of weight to lose. Your doctor may be keen to get you started on metformin, the antidiabetic 'drug of choice', but taking it could increase your risks of heart failure, thyroid dysfunction and Alzheimer's and Parkinson's diseases. Luckily, there is a safe and effective natural alternative.

Tri Sugar Shield, from Life Extension, is a combination of three plant-derived nutrients that work together to support healthy blood-sugar levels. Its ingredients – sorghum bran extract, white mulberry leaf extract and phloridzin from apple tree bark – are supported by a wealth of positive research findings.

Research has shown that these incredible natural nutrients help determine what happens to glucose in your body. They slow down its absorption from your gut and its reabsorption by your kidneys, while encouraging its transfer from your blood into your body cells. At the same time, they help balance the rate of glucose manufacture in your liver. The result is gentle but effective control of blood sugar, on a par with that obtained by conventional medications, but without their risks and side effects.

Sorghum bran extract helps prevent after-meal blood-sugar spikes

Sorghum is a grain with a long history of cultivation, and lately sorghum bran has been hailed as a superfood, with greater antioxidant activity than blueberries or pomegranates and powerful anti-inflammatory properties.² The sorghum bran extract in Tri Sugar Shield could help balance your blood sugar in three separate ways.

Even if your diet is low in sugar, the starchy carbohydrates in foods like white rice, pasta and potatoes are broken down into glucose in your digestive system, pushing up your blood-sugar levels. Sorghum bran extract blocks the action of an enzyme (alpha-amylase) that digests starch, so helping prevent a steep rise in blood-sugar levels after carbohydrate-rich meals.³ At the same time, sorghum bran extract limits the rate at which your liver manufactures glucose from non-carbohydrate compounds, such as amino acids.⁴ This process, called gluconeogenesis, can sabotage the blood sugar lowering effect of even the strictest low-carb diet.

Sorghum bran extract also lowers blood sugar by improving insulin sensitivity.⁵ That is to say, it makes you more sensitive to the action of the hormone insulin, which moves glucose out of the bloodstream and into body cells. While sorghum bran extract acts just like thiazolidinedione diabetes drugs, by stimulating a glucose-regulating cell receptor called PPAR-gamma, it doesn't come with these drugs' serious risks of bladder cancer, heart failure and heart attack.

(Continued on page 3)

1. *BMJ Open*. 2014; 4(6):e005002
2. *J Med Food*. 2010; 13(4):879-887
3. *J Med Food*. 2011; 14(7-8):799-807

4. *Nutr Metab (Lond)*. 2012; 9(1):106
5. *Nutr Res Pract*. 2012; 6(4):322-327

INSIDE THIS ISSUE

Are your symptoms due to advancing age or an underactive thyroid?	Page 3
Handy spray could melt away stress and help you sleep soundly	Page 5

Dear Reader,

If one of your New Year's resolutions was to cut down on sugar... you couldn't be doing your waistline or health a bigger favour, especially if the latest research findings are anything to go by (*Nutrition Research Reviews*, 2017; 30(2): 191-207).

In fact, removing the white stuff from your diet could also help you stay younger for longer and even ward off wrinkles, as the title of the study suggests: 'Similarities and interactions between the ageing process and high chronic intake of added sugars.'

The researchers commented on how more people than ever before are living longer and how obesity rates are also rapidly increasing. They acknowledge how it is now well recognised that a high chronic intake of added sugars (HCIAS) can trigger ill-health and disease among obese individuals.

For the current investigation, the researchers set out to explore the metabolic effects of HCIAS, compare it with the effects of ageing, and evaluate how damaging the combined action of HCIAS and ageing are.

It seems that a high sugar diet is mediated by fructose, targeting the liver first, which can lead to subsequent metabolic changes. The first basic metabolic changes induced by fructose are increased oxidative stress, protein glycation (when sugar molecules attach themselves to proteins, causing protein fibres to become stiff and malformed, which increases the risk of everything from wrinkles to cataracts), inflammation, dyslipidaemia (an abnormal amount of lipids, such as triglycerides and cholesterol, in the blood), and insulin resistance.

These changes are also present during the ageing process, and are closely related to each other, one leading to the other.

These basic changes are also involved in a number of age-related conditions, which are also linked to a high sugar diet, including non-alcoholic fatty liver disease, high blood pressure, neurodegenerative diseases, sarcopenia and osteoporosis. Data also suggest that some of the metabolic alterations that are more prevalent during ageing could be due more to poor nutritional choices than to intrinsic ageing.

The researchers concluded by saying that it's clear that a high sugar diet (HCIAS) can interact with the ageing process and accelerate both ageing and the rate of metabolic changes that can leave the body vulnerable to disease. For these reasons they believe a high sugar diet should be avoided.

I'd definitely second that as a great way to remain physically and mentally healthy as we age. Previous research has shown that the global epidemic of atherosclerosis, heart disease, diabetes, obesity and metabolic syndrome is driven by a diet high in carbohydrate and sugar.

I've said it before but it's advice well worth repeating: A low glycaemic load diet, which is low in sugar and refined carbohydrates, is an excellent way to protect your health. Take your heart health, for instance... Researchers at Harvard University and Massachusetts General Hospital found that restricting patients to 26g of carbohydrates a day led to average falls of an astounding 85 per cent in blood fats and 40 per cent in cholesterol (*Am J Clin Nutrition* 19: 84-98, 1966).

Until next month,



Rachael Linkie, Editor

THE JOURNAL OF NATURAL HEALTH SOLUTIONS

The Journal of Natural Health Solutions, Agora Health Ltd, 2nd Floor, Crown House, 56-58 Southwark Street, London SE1 1UN.

Subscription enquiries: 020 7633 3631. Fax: 020 7633 3740. Online: <https://contactus.agorahealth.co.uk/agh>

Publisher:	Editor:	Customer Services Manager:	Production Manager:
Paul Jackson	Rachael Linkie	Pippa Ashman	Yael Feldman

Annual subscription to The Journal of Natural Health Solutions is £99 in the UK (overseas postage rates apply.) The Journal of Natural Health Solutions (ISSN 2052-3793) © 2018 a publication of Agora Health Ltd. All rights reserved. No part of this publication may be reproduced without the written consent of Agora Health Ltd. Printed in the UK. The publisher cannot be held responsible for unsolicited manuscripts or photographs. The Journal of Natural Health Solutions presents information and research which is believed to be reliable, but its accuracy cannot be guaranteed. All material in this publication is provided for information only and may not be construed as medical advice or instruction. No action or inaction should be taken based solely on the contents of this publication; instead readers should consult their family doctor and other qualified professionals on any matter relating to their health and wellbeing. The information and opinions provided in this publication are believed to be accurate and sound, based on the best judgement available to the authors. Readers who fail to consult with appropriate health authorities assume the risk of any injuries. The publisher is not responsible for errors or omissions. We may monitor and record any telephone calls in order to maintain and improve our service.

How apple and mulberry trees could hold the key to better blood-sugar control

Mulberry leaf extract is included in Tri Sugar Shield because recent studies have revealed its effectiveness in blood-sugar management. In a recent clinical trial at the University of Mississippi, taking mulberry leaf extract at mealtimes reduced after-meal blood-sugar levels in people with type 2 diabetes by 18 per cent.⁶ Another trial, in people with prediabetes, gave similar results and showed that mulberry leaf also reduces insulin levels.⁷ Too much insulin in the blood can be as damaging to health as too much glucose.

Like sorghum bran extract, mulberry leaf works in three complementary ways to control blood sugar. It reduces starch digestion and glucose absorption, by blocking the action of a second carbohydrate-digesting enzyme, called alpha-glucosidase.⁸ Mulberry leaf compounds also support the action of a glucose transporter molecule, GLUT-4, which carries glucose across cell membranes, from the blood into muscle, fat and liver cells.⁹ And, in the same way as sorghum bran, mulberry leaf extract also limits the rate of glucose production in the liver.¹⁰

The third active ingredient in Tri Sugar Shield is phloridzin, a flavonoid compound found in unripe apples and the bark of apple trees. Researchers have discovered that phloridzin reduces the reabsorption of glucose by the kidneys. It does this by binding to specialised sodium-glucose co-transporter molecules (SGLTs), making them unable to carry glucose from the urine back into the blood.¹¹

The same SGLTs operate in the digestive system, too, moving glucose from the small intestine into the bloodstream. And, by blocking this process, phloridzin also reduces the rise in blood sugar after meals. This dual mode of action, which has been imitated by a new generation of diabetes drugs, results in significant improvements in blood-sugar control.

In one study, healthy volunteers took a single dose of a phloridzin-rich preparation of unripe apples, before undergoing a glucose tolerance test (this measured how quickly their blood-sugar level returned to normal after a glucose drink). Compared with baseline results, the phloridzin preparation halved the rise in blood sugar at 15 to 30 minutes after the start of the test and increased urinary glucose excretion five-fold after two to four hours.¹² Another clinical trial, in people with prediabetes, found that taking phloridzin as part of a

mixture of apple polyphenols for 12 weeks resulted in long-term lowering of after-meal blood-sugar levels.¹³

What to take for best results

The recommended dose of Tri Sugar Shield is one capsule twice daily, immediately before meals containing the most carbohydrates or sugar.

If you're taking blood-sugar lowering medication, including injectable forms of insulin, it is important that you consult your doctor before taking this product.

...CUTTING-EDGE HEALTH UPDATE

Are Your Symptoms Due To Advancing Age Or An Underactive Thyroid?

Fatigue, weight gain, hair loss, aching joints, low mood and forgetfulness are often dismissed as 'age-related' changes we must learn to live with. But, for a surprisingly large number of people, these symptoms are triggered by an underactive thyroid gland... a problem your doctor could easily overlook.

The thyroid is a butterfly-shaped organ located just below the Adam's apple in your neck. It produces hormones that regulate your body's metabolism by controlling the rate at which cells convert oxygen and food calories to energy. One in 20 people in the UK suffer from a thyroid disorder, according to the British Thyroid Foundation, and in most cases, that means an underactive thyroid.

If your doctor suspects you may have this condition and orders a blood test, it could still come back as 'normal', even if the situation is anything but. Subclinical hypothyroidism – thyroid underactivity that doesn't show up in a routine blood test – is estimated to affect a staggering one in 10 women over the age of 55.¹ And it doesn't just cause annoying, minor symptoms. Subclinical hypothyroidism could increase your chances of developing heart disease, cognitive decline, osteoporosis and type 2 diabetes.²

Conventional treatment for an underactive thyroid is with a hormone replacement drug called levothyroxine. While this medication is intended to replace an under-produced thyroid hormone, it comes with several nasty side effects, the most common of which is hair loss. The drug can also cause headaches, dizziness, sweating, chest pains, muscle cramps, diarrhoea and vomiting, especially at the start of treatment.

(Continued on page 4)

6. *Complement Ther Med.* 2017; 32:105-108
7. *J Med Food.* 2015; 18(3):306-313
8. *Adv Med Sci.* 2017; 62(2):302-306
9. *Am J Chin Med.* 2012; 40(1):163-175
10. *J Med Food.* 2007; 10(1):41-48

11. *Clinical Diabetes.* 2010; 28(1):5-10
12. *J Sci Food Agric.* 2015; 95(3):560-568
13. *Diabetes Res Clin Pract.* 2017; 129:43-51
1. *Thyroid.* 2002; 12(10):839-847
2. *Endocr Rev.* 2008; 29(1):76-131

Viridian Thyroid Complex – a natural alternative, which gently restores the body's normal balance of thyroid hormones, while avoiding unwanted side effects – could be a far better option for sufferers of an underactive thyroid gland. The formula contains iodine, selenium, zinc, vitamin A and olive leaf extract, all of which contribute to normal thyroid function. It also includes vitamins B1, B2 and B3, which help to reduce tiredness and fatigue.

Iodine, selenium and zinc: a terrific mineral trio for thyroid health

Your thyroid gland needs iodine to manufacture two important hormones, called thyroxine (T4) and triiodothyronine (T3). Yet, iodine intake from the diet is surprisingly low in the UK and other European countries – a survey in 2014 concluded that 'a significant part of the population in Europe is mildly deficient in iodine' – a fact that may contribute to the growing incidence of subclinical hypothyroidism.³

That said, the interaction between nutrients and hormones is complex, and insufficient iodine in the diet has also been linked with excess production of thyroid hormones, called hyperthyroidism.⁴ This condition can cause nervousness, insomnia, mood swings, constant fatigue, heart palpitations and an itchy rash. Correcting your iodine intake could help to balance thyroid hormone production, so avoiding the effects of having too little or too much.

After iodine, selenium is probably the next most important mineral affecting thyroid function – your thyroid contains more selenium than any other organ in your body. Selenium is a necessary component of enzymes that convert T4 into T3, the active form that regulates body metabolism. Without sufficient selenium, this activation can't happen, resulting in symptoms of low thyroid function.

Animal studies have shown that low selenium status makes the effects of iodine deficiency much more severe.⁵ In humans, advancing age is linked with reductions in both selenium status and thyroid function. In a study carried out at the University of Verona, Italy, elderly people who were given a selenium supplement showed significant improvements in their levels of thyroid hormones.⁶

Zinc is another mineral you need for both the manufacture and the mode of action of thyroid hormones. When researchers screened 200 patients for thyroid disease, they found that zinc status was closely tied to levels of free T3 in the blood.⁷ So, a good intake

of zinc goes hand-in-hand with iodine and selenium to boost thyroid activity. Thyroid Complex contains all three of these vital minerals at clinically proven dosages.

The remaining ingredients in the formula could help balance thyroid hormones

Vitamin A is important for thyroid health, as it helps to regulate thyroid hormone metabolism. Vitamin A deficiency has been found to aggravate thyroid dysfunction caused by iodine-deficient diets.⁸

In one double-blind clinical trial, researchers gave healthy women either 25,000 IU of vitamin A per day, or a placebo, for four months. They found those taking vitamin A had significant increases in T3 and another hormone called TSH (thyroid stimulating hormone). The researchers concluded that vitamin A supplementation could reduce the risk of subclinical hypothyroidism.⁹

The fifth active ingredient in Thyroid Complex is olive leaf extract. The incredible natural compounds present in olive leaves have already been found to reduce the risks of heart disease, high blood pressure, diabetes, obesity and Alzheimer's disease. And it seems they could help to balance thyroid hormones, too.

In an animal study, scientists fed an olive leaf extract to rats for 14 days and measured their blood levels of thyroid hormones. Olive leaf had a significant effect on the thyroid, stimulating a strong increase in T3, and a smaller increase in T4. These results show olive leaf has a direct action on the thyroid gland and may help to balance thyroid hormones in people suffering from thyroid dysfunction.¹⁰

Thyroid Complex also contains vitamins B1, B2 and B3, which can help to fight fatigue, one of the commonest symptoms of an underactive thyroid. These vitamins act as essential co-factors in the production of energy within every cell of your body. So, you can expect to feel less tired almost from day one, while Thyroid Complex works to correct the underlying nutritional causes of low thyroid activity.

What to take for best results

The recommended dosage of Viridian Thyroid Complex is one capsule daily, taken with food.

Contraindications: You should consult your doctor before taking this product if you're taking medication for a thyroid problem or any other medical condition, or if you're pregnant or breastfeeding.

3. *Eur Thyroid J.* 2014; 3(1): 3-6
4. *J Clin Endocrinol Metab.* 1999; 84(2):561-566
5. *Biol Trace Elem Res.* 1992; 34(3):321-325
6. *Clin Sci (Lond).* 1995; 89(6):637-642

7. *Hormones (Athens).* 2010; 9(3):263-268
8. *Endocr Connect.* 2017 Jul 18 (online ahead of print)
9. *J Am Coll Nutr.* 2012; 31(4):268-274
10. *Phytother Res.* 2002; 16(3):286-287

Handy Spray Could Melt Away Stress And Help You Sleep Soundly

It's been a long day and you're dog tired. You're looking forward to a good night's sleep – but your brain has other ideas. No matter how hard you try to relax, all kinds of thoughts and niggling worries pop up to keep you awake for hours. Sound familiar?

Or perhaps you find that you tend to nod off quickly, then wake with your mind buzzing in the early hours of the morning, unable to get back to sleep.

Commonly known as being 'tired but wired', this kind of insomnia is linked with racing brain waves, a rapid heart rate, overheated body temperature and dysfunctional hormone rhythms – all of which disrupt night-time sleep patterns. And, if you suffer from it, you're in good company. According to a 2016 survey, almost two thirds of people are unhappy with the amount of sleep they get each night.¹

Luckily, there is now an all-natural alternative to addictive and side effect-ridden sleeping pills that works by nourishing and supporting natural sleep processes, instead of acting as a chemical cosh. Rest Well, from UK company Higher Nature, contains vitamin B3, 5-HTP, theanine and a blend of herbal extracts that includes hops, passion flower and valerian. These effective, natural ingredients come in a unique, handy spray that you can keep by your bedside.

Nourish your brain and boost calming chemicals to promote restful sleep

Vitamin B3, or niacin, could help you relax naturally and get to sleep more rapidly at night. Researchers at the University of Utrecht, in the Netherlands, found that people who consumed more niacin in their diets had a better quality of sleep.² Several studies suggest that niacin's ability to increase blood flow, reduce blood pressure, eliminate excess adrenaline and regulate hormones could lower the feelings of anxiety and stress that can cause insomnia.³

The amino acid 5-hydroxytryptophan, or 5-HTP for short, is well known as a mood enhancer. In addition to relieving depression it can also aid relaxation, since it is converted into the neurotransmitter serotonin in the brain. By increasing serotonin levels, 5-HTP has positive effects on sleep, mood and anxiety.

Research shows that serotonin is vital for helping us to fall asleep and promoting deeper and more restful sleep, by regulating the production and activity of several hormones involved in sleep.⁴ The serotonin-boosting property of 5-HTP also helps to prevent the early morning wakefulness that often accompanies stress and anxiety.

The third active nutrient in Rest Well is theanine, an amino acid found mainly in tea leaves. Like 5-HTP, theanine is carried directly into the brain, where it boosts the production of another neurotransmitter, GABA (gamma-amino butyric acid), which brings on feelings of calmness and relaxation. Several clinical studies have shown theanine's effectiveness in overcoming stress and anxiety and promoting restful sleep.⁵

In one trial in Japan, researchers gave young men theanine or a placebo and recorded their sleep patterns on wristwatch-like devices. Although theanine didn't act like a sedative in making the subjects sleep longer, it did cause them to sleep more soundly. Those taking L-theanine felt they had slept longer than they actually did, with improvements in sleep quality, recovery from exhaustion and waking feeling refreshed.⁶

These traditional herbs work as well as drugs, but with far less side effects

In addition to niacin, 5-HTP and theanine, Rest Well benefits from a synergistic combination of nine herbal extracts that have been shown to aid natural, restorative sleep. These include valerian, passion flower and hops. Valerian root was used by the ancient Greeks and Romans to promote sleep, and centuries of use testify to its effectiveness against insomnia and anxiety.

Scientific studies show valerian may stimulate the brain's receptors for the neurotransmitter GABA, in a way that is similar to the action of benzodiazepine sleeping drugs. A review and meta-analysis of 18 placebo-controlled clinical trials has concluded that valerian is effective for the treatment of insomnia.⁷

Passion flower, or passiflora, is another herb with a long history of use against anxiety and sleeplessness. And, like valerian, it appears to act through the system of GABA receptors in the brain.⁸ Many clinical studies have demonstrated passiflora's anti-anxiety and anti-insomnia effects.

In one trial, passiflora was tested against the standard benzodiazepine anti-anxiety drug oxazepam, in patients

(Continued on page 6)

1. The 2016 UK sleep survey results. www.dreams.co.uk/sleep-matters-club/sleep-survey-uk-2016
2. *Sleep Med.* 2015; 16(Suppl 1):S191
3. Stipanuk MH, Caudill MA. *Biochemical, Physiological, and Molecular Aspects of Human Nutrition*. 3rd Edition, 2012. Elsevier
4. *J Ethnopharmacol.* 2010; 130(1):163-166

5. *J Hosp Infect.* 2016; 4:41-42
6. *Jpn J Physiol Anthropol.* 2004; 9:143-150
7. *Sleep Med.* 2010; 11(6):505-511
8. *Phytother Res.* 2011; 25(6):838-843

with generalised anxiety disorder (anxiety without a specific cause). Both treatments worked equally well, but oxazepam impaired job performance significantly more than passiflora.⁹

A ‘hop pillow’ – a cotton bag containing dried hops placed near the face at night – is a traditional aid to good sleep. Hops release a chemical called dimethylvinyl carbinol, which has a powerfully sedative and relaxing effect. In fact, in the days before mechanisation, hop pickers often fell asleep on the job!

Valerian, passiflora and hops make a highly effective combination for treating insomnia. In one clinical trial, a combination of these three herbs was tested against the sleeping drug zolpidem. At the end of the two-week trial, both the drug and the herbal combination were effective in increasing sleep duration, but more participants in the zolpidem group continued to have significant insomnia and more experienced daytime drowsiness.¹⁰

In addition to valerian, passiflora and hops, Rest Well also contains extracts of chamomile, wild cherry, feverfew, ginkgo, lavender and skullcap, all of which contribute to a calm mind and a good night’s sleep.

What to take for best results

Higher Nature Rest Well is formulated as a mouth spray, for easy dosing and rapid absorption. The recommended dose is eight of the measured sprays, before bedtime or as needed during the night.

Although this vegetarian and vegan-friendly product is less likely to cause daytime drowsiness than most sleeping drugs, some people may experience this side effect; do not drive or operate machinery if affected.

Contraindications: Rest Well is not suitable if you are pregnant, breastfeeding or taking anti-depressant medication. You are advised to consult your doctor if under medical supervision or taking other prescribed medication.

...CUTTING-EDGE HEALTH UPDATE

Hay Fever – Natural Plant Enzymes Could Help Ease Your Streaming Eyes And Nose

On these cold winter days, most of us are looking forward to the first signs of spring. But if you suffer from hay fever,

the springtime may not bring you much joy. The lengthening days in March herald the start of the birch tree pollen season – and, once that’s over, there will be plenty of other kinds of pollen to contend with. Even if you don’t have a pollen allergy, airborne allergens and irritants can cause a multitude of unpleasant symptoms.

Hay fever and asthma involve allergies to inhaled particles in which the immune system produces antibodies of a kind called ‘immunoglobulin E’ (IgE). This triggers the release of histamine, an inflammatory substance. Airborne particles can also cause non-allergic irritation and inflammation problems, such as sinusitis or conjunctivitis.

Over-the-counter antihistamine drugs may help to mask the symptoms and provide temporary relief, but they often come with side effects such as a dry mouth, drowsiness and headaches. Worse still, in older people, these medications can increase the risks of cognitive impairment, confusion and dementia.¹ So, wouldn’t it be better to find a natural remedy that actually gets to the root of the problem and doesn’t cause any undesirable side effects?

Well, now you can, with Allerase from Enzymedica. Allerase contains an enzyme blend that supports the body’s natural ability to identify and respond to common irritants, promoting healthy respiratory function. These enzymes have been specifically chosen to break down the inhaled molecules that commonly cause allergic and inflammatory reactions, as well as to destroy the excess mucus that’s produced when the respiratory system is under stress.

Pollen, moulds, dust mites and even traffic fumes can all trigger hay fever

Although hay fever is commonly described as an allergy to pollen, it’s actually an allergy to certain proteins that are contained in pollen grains or carried on their surfaces. Similar proteins are also present in moulds and fungus spores and in inhaled particles from dust mite debris, pet dander, feathers and other sources.² Studies have shown that urban air pollution may also be involved. For instance, pollen proteins can bind to diesel exhaust particles in the air, and children’s risks of hay fever, asthma and atopic eczema are increased by their exposure to traffic fumes.³

Enzymes that enable the body to split allergy-causing proteins into harmless fragments can greatly reduce the immune reaction and the subsequent unpleasant symptoms. Our bodies naturally produce such

9. *J Clin Pharm Ther.* 2001 Oct;26(5):363-7
10. *Indian J Pharmacol.* 2013; 45(1):34-39

1. *Clin Interv Aging.* 2009; 4:225-233
2. *Am J Respir Crit Care Med.* 2008; 177(12):1331-1337
3. *Clin Exp Allergy.* 1998; 29(5):633-641

enzymes, which are particularly abundant in white blood cells. But we make less of them as we get older, which explains why hay fever and other allergies can appear unexpectedly in later life.

While proteins are the main culprits in pollen grains, other substances can also trigger hay fever. A polysaccharide (a kind of complex sugar molecule) called chitin makes up the scaly skin of dust mites and is present in moulds and fungus spores. Chitin can act in the same way as pollen proteins to cause an inflammatory immune response and has been implicated in asthma, hay fever and other allergic conditions.⁴ And, while our bodies naturally produce chitin-destroying chitinase enzymes as a defence mechanism, we tend to make less of them with advancing age.

Allerase works by replacing these and other natural enzymes. Enzymedica are enzyme specialists and have developed specific enzyme formulations for medicinal use for the last 20 years. When it comes to natural, plant-derived enzymes, there are hundreds to choose from and, for a supplement to be effective, the target allergens must be matched with the most effective enzymes. Enzymedica has patented a special process called Thera-blend, for combining multiple enzymes, resulting in optimum performance in the body.

You could say goodbye to your streaming nose and blocked sinuses thanks to the mucolytic enzymes in Allerase

Among the most miserable symptoms of hay fever are a constantly running nose, blocked sinuses and ghastly post-nasal drip. All of these are due to the over-production of mucus, which is actually a defence mechanism the body activates in an attempt to protect the delicate tissues of the nose and airways and flush away irritating particles. The problem is that mucus production frequently continues long after it ceases to perform a useful function.

Mucus-related symptoms can be alleviated by mucolytic enzymes, which attack glycoproteins, the main chemical constituents of mucus. Mucolytic enzymes were the subject of much scientific research in the 1950s, but fell out of favour with the advent of decongestant drugs, which were more profitable for the pharmaceutical companies. Ironically, these enzymes are now back in the limelight, as a means of delivering drugs across the mucus barrier.

Allerase contains a high-potency mucolytic enzyme

blend called Mucolase, which targets and destroys excess mucus. Mucolase assists the body's natural ability to break down and eliminate excess mucus in the sinus and nasal passages, helping to relieve congestion and dry up watery mucus. Another enzyme included in Allerase is starch-digesting amylase. In addition to its important role in food digestion, amylase is also believed to reduce histamine levels and its antihistamine qualities may help relieve seasonal allergies.

With its cutting-edge combination of enzymes, Allerase could help you to avoid the misery of hay fever and related conditions, reduce your reliance on conventional medicines and avoid the side effects that accompany them. So, this year, you can really look forward to the springtime and all the good things it brings!

What to take for best results

The recommended dose of Enzymedica Allerase is one capsule three times daily, on an empty stomach, one hour before or two hours after a meal. More may be taken as needed.

Allerase is free from common dietary allergens and contains no added sugar or artificial colours or flavours. It is made from natural plant enzymes, without genetically modified organisms or biotechnology ingredients. Allerase is kosher and is suitable for vegetarians and vegans.

It's important to seek medical advice if you have chronic respiratory symptoms or think that you may have asthma.

...CUTTING-EDGE HEALTH UPDATE

Chamomile Supplements Could Help Guarantee A Good Night's Sleep

It's a common misconception that as we get older, our sleep needs decline. The truth is, older adults require seven to nine hours of sleep per night.

However, it can be harder for men and women aged over 65 to stay asleep throughout the night. And, let's face it, there's nothing more frustrating than tossing and turning, and lying in bed unable to sleep. To make matters worse, chronic insomnia is linked to a wide range of medical conditions such as stroke, heart attack, hypertension, diabetes, obesity and depression.

(Continued on page 8)

4. Ann Agric Environ Med. 2011; 18(1):7-12

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, LLSCH

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 (MNIMH, 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 bio-identical hormones for Bio-Hormone-Health.com

Michael van Straten (DO, ND, DipAc.)

Qualified osteopath, naturopath and acupuncturist, with a special interest in nutritional therapy, women's problems, hypertension, heart disease and ME. He has written 40 books including the international bestsellers *Super Juice* and *Super Herbs*. He also appears regularly on television.

The good news is that a new study has revealed how daily supplements of a chamomile (*Matricaria recutita*) extract may improve sleep quality in the elderly.

The researchers recruited 60 people with an average age of 70 to participate in their single-blind, randomised controlled trial. The volunteers were randomly assigned to receive either 400mg of chamomile extract per day or a placebo for 28 consecutive days.

The results showed that, while the sleep quality in both groups was low at the start of the study, 28 days of supplementation with the chamomile extract significantly improved sleep quality, as measured by the Pittsburgh Sleep Quality Index and compared to the placebo group. However, the chamomile extract did not lead to more sleep, which the researchers said may be linked to the short intervention period.

Commenting on the findings, the researchers said: "The findings of this study show that the use of chamomile extract can significantly improve sleep quality among elderly people. Given the high prevalence of sleep disturbances among elderly people and the adverse effects of hypnotic medications, chamomile extract can be used as a safe modality for promoting elderly people's sleep."

The researchers then went on to comment on chamomile's potential mechanism of action: "Chamomile extract includes different components such as apigenin, apigetrin, chamazulene, bisabolol, and farenzen, of which, apigenin (a water-soluble component) binds benzodiazepine sites and causes tranquilising effects in the central nervous system."

Source: *Complementary Therapies in Medicine*, December 2017, vol. 35, pgs. 109-114.

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.

Make Sure You Don't Miss Out On Urgent Health News

To receive cutting-edge health updates delivered straight to your inbox, Monday through to Friday, simply enter your details on the following website: thedailyhealth.co.uk And just in case you need an extra incentive – remember, this daily e-alert service is FREE, so make sure you sign up today!

The Journal Of Natural Health Solutions is dedicated to uncovering and researching the most urgent advances in modern underground medicine. Whether they come from a laboratory in Japan, a clinic in Germany or a university in America, our goal is to bring the treatments that work directly to the people who need them. The opinions expressed here do not necessarily reflect the views of every panellist each month. The Journal of Natural Health Solutions acknowledges occasional differences of opinions among panellists and welcomes the exchange of different viewpoints.