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Amazing Oriental Herb Could Ease Your Joint And Muscle Pain

Chronic muscle and joint pain can be debilitating, depressing and disabling. But, unless you know your pain is due to injury or over-exertion, determining the cause can be difficult. A joint problem might be caused by osteo- or rheumatoid arthritis, gout, an infection, or the menopause. Muscle aches could be the result of stress, vitamin D deficiency, statin drugs, or an illness such as fibromyalgia or polymyalgia rheumatica.

Whatever the cause, the go-to solution of conventional medicine is a non-steroidal anti-inflammatory drug (NSAID), such as ibuprofen, or a painkiller such as paracetamol. But, although they can bring temporary relief, these drugs have hidden dangers. Ibuprofen and related NSAIDs block the action of enzymes involved in pain and inflammation, but those very same enzymes are needed to protect the gut lining and kidneys from damage and to regulate blood pressure.

Consequently, the side effects of long-term NSAID use, particularly in older patients, include peptic ulcers, kidney failure, high blood pressure and a tripling of the risk of a heart attack or stroke.¹ Paracetamol, on the other hand, damages the liver by destroying the tight junctions between its cells.² The British Liver Trust warns that exceeding the recommended dose of paracetamol by just one or two tablets can cause serious liver damage.

That's why *JNHS* has rushed to bring you this report on a recently-approved traditional Chinese herbal medicine, made from a little-known wild plant, which might just bring you the safe relief you need. Phynova Joint and Muscle Relief is the first traditional Chinese medicine to be licensed under the Traditional Herbal Medicinal Products Directive in the UK.

The 'pig pungent weed' gets a 21st century makeover

Phynova Joint and Muscle Relief is an extract from the herb *Sigesbeckia orientalis*, commonly known as Saint Paul's wort, which is native to eastern Asia. At first sight, it is not an attractive plant. In fact, its Chinese name, Xi Xian Cao, means 'pig pungent weed', referring to its pig-like smell and unpleasant taste. You can rest assured, though, that you won't notice any such smell or taste in the Phynova product!

Sigesbeckia has been part of the Eastern herbal medicine tradition for centuries and used to improve the mobility of joints and treat conditions such as arthritis, pain in the joints and muscles, sciatica, facial paralysis, skin complaints and high blood pressure.

In traditional use, *Sigesbeckia* is given to patients as a dried herb to brew into a tea, either on its own or combined with others. In China, a dried liquid concentrate of the herb is mixed with honey and rolled into large pills. But, in modern medicine, these traditional dosing methods are considered to be imprecise and lacking in standardisation and quality control.

Phynova Joint and Muscle Relief includes a standard amount of pharmaceutical grade *Sigesbeckia* extract in each tablet. The supplement is licensed for the relief of backache, minor sports injuries, rheumatic or muscular pains, and general aches and pains in the muscles and joints.

Although Phynova Joint and Muscle Relief has been approved on the basis of traditional use only, that doesn't mean it isn't backed up by sound science. In fact, modern research shows that *Sigesbeckia* acts in no less than five separate ways to help resolve muscle and joint problems. It is analgesic (pain relieving), anti-inflammatory and antioxidant, it protects cartilage in the joints and it regulates immune system activity.

(Continued on page 3)

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Dear Reader,

A new report by Prostate Cancer UK reveals how prostate cancer has overtaken breast cancer to become the third most deadly cancer in the UK. Roughly 11,819 men are dying from the disease in the UK every year compared to 11,442 people with breast cancer. While breast cancer mortality rates have plummeted – by 10 per cent in five years, according to Cancer Research UK – prostate cancer mortality rates have increased by 21 per cent since the early 1970s. One of the main reasons prostate cancer is lagging behind is because it receives half the research funding that breast cancer does. Plus, unlike breast cancer there is no national screening programme in place for men to pick up on prostate cancer. Why? As Cancer Research UK points out: “There is no screening programme for prostate cancer because we don’t have a reliable enough test to use and the test available at the moment has significant risks.”

The current test checks levels of prostate-specific antigen (PSA), a protein in the blood. If levels are raised, the next step is a biopsy. However, the PSA test can give false positive results. Only 25 per cent of men with elevated PSA levels actually have prostate cancer. In 2016 the National Prostate Cancer Audit (for England and Wales) highlighted the issue of men unnecessarily undergoing invasive procedures, including prostatectomy (the removal of the prostate gland), with all the side effects that entails, including incontinence and sexual dysfunction, as a result of ‘false positive’ tests.

Too many men are being let down and it simply isn’t good enough. Let’s hope the current shocking statistics shame the government into providing desperately needed funding to develop accurate testing procedures and successful treatment options. In the meantime, it’s crucial men keep an eye out for any unusual changes that could spell prostate cancer, such as problems urinating; needing to urinate more frequently (especially at night), or having an inconsistent flow when urinating. Other symptoms to see your doctor about include lower back pain, rectal pain or discomfort; blood in the semen or pain when ejaculating; and erectile dysfunction.

Here are some simple steps men can take to help lower their risk of prostate cancer:

- **Check your vitamin D levels.** A US study has revealed a link between low vitamin D levels – less than 30 nanograms per millilitre (ng/mL) – and aggressive prostate cancer (*Journal of Clinical Oncology*, 22 February 2016). You can up your levels by taking 2,000IU of vitamin D3. And be sure to include plenty of vitamin D-rich oily fish in your diet.
- **Yet another good reason to eat more fish.** According to the latest research findings, the Mediterranean diet – high in oily fish, vegetables, fruits, legumes, nuts, beans, cereals, grains, fish, and olive oil – is associated with a lower risk of aggressive prostate cancer (*The Journal of Urology*, February 2018). In fact, those men following a strict Mediterranean diet had a 32 per cent lower risk of the disease.
- **Tomatoes can offer vital protection.** Prostate cancer patients scheduled for prostate removal received a 15mg lycopene (the pigment that causes the red colour in tomatoes) supplement twice a day for three weeks. They experienced an average 20 per cent drop in their PSA levels and their tumours began to shrink (*Cancer Epidemiol Biomarkers Prev* 2001; 10: 861-8). Cooking tomatoes with olive oil increases the amount of lycopene you absorb. Alternatively, you can take a supplement of 30mg a day.
- **Brazil nuts could help keep prostate cancer at bay.** US research has shown that men with low blood levels of the trace mineral selenium are four to five times more likely to develop prostate cancer than men with normal levels of the mineral (*J Urology* 2001; 166: 2034-8). Brazil nuts have a very high selenium level, with fish, shellfish and turkey providing good levels too. Selenium supplements are also available – take 200mcg a day.

Until next month,



Rachael Linkie, Editor

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Herbal relief from pain, inflammation and swollen joints

The analgesic effect of *Sigesbeckia* has been demonstrated in animal studies. It appears to be effective both when taken internally and when applied topically to the skin.^{3,4} The same studies show *Sigesbeckia* also reduces inflammation and swelling, by inhibiting the release of compounds that promote inflammation. In addition, natural chemicals in the herb destroy a potent free radical called peroxynitrite, which perpetuates the inflammatory response.⁵

Sigesbeckia extracts are strong antioxidants. Researchers in Korea showed that the herb mops up a range of free radicals and protects mouse brain cells from oxidative damage.⁶ The herb can protect cartilage in the joints, too, as shown in a study using a rabbit model of knee osteoarthritis.⁷ *Sigesbeckia* extract blocked the production of inflammatory compounds (cytokines) and also boosted cartilage protective enzymes and suppressed cartilage breakdown. The NSAID Celecoxib, in contrast, did nothing to protect joint cartilage.

Sigesbeckia has shown promise in treating osteoarthritis in a clinical trial carried out at Guiyang Medical College, China. Sixty patients with the condition were given either *Sigesbeckia* herbal medicine, injections of sodium hyaluronate into their joints (a conventional osteoarthritis treatment), or both together. While the combination treatment showed the best results, *Sigesbeckia* on its own worked better than sodium hyaluronate in reducing symptoms.⁸

Blocking the release of inflammation-promoting compounds is not the only effect that *Sigesbeckia* has on the immune system. It also inhibits the production of immunoglobulin-E (IgE), high levels of which are thought to play a role in allergies and autoimmune disorders like rheumatoid arthritis.⁹

A clinical trial has investigated the effect of *Sigesbeckia* combined with the Chinese herb *Clerodendrum trichotomum*, in patients with rheumatoid arthritis. Of the 38 participants in the trial, 29 (76 per cent) reported improvements in joint swelling and pain. In addition, all of the patients had improved biochemical markers of arthritis and inflammation in blood tests.¹⁰

What to take for best results

For adults, the recommended dose of Phynova Joint and Muscle Relief is one tablet, twice daily (morning and night). Tablets should be swallowed whole, with a little water or other liquid. This product is suitable for

vegetarians and vegans.

Contraindications: Please note Phynova Joint and Muscle Relief should not be used by those under 18 years of age, nor by women who are pregnant or breastfeeding. It's also unsuitable for people who are allergic to plants of the daisy and marigold family (*Compositae*).

You are advised to talk to your doctor before using it if you're taking medication or receiving treatment for any health condition.

...CUTTING-EDGE HEALTH UPDATE

Amazon Herb Could End Cold Or Flu Symptoms In As Little As 4 Hours

Coming down with a viral infection, like a cold or flu, can make life miserable. This winter saw serious epidemics of influenza – with three strains of the virus circulating at the same time – and gastroenteritis due to the norovirus or 'winter vomiting bug'.

In addition, viruses are often responsible for all kinds of respiratory infections, such as sore throats, hard-to-shift coughs and pneumonia. Chronic viral infections can also lead to long-term fatigue, muscle pain and brain fog. Worse still, some strains of flu virus could even invade the brain and trigger Parkinson's or Alzheimer's diseases.¹

Despite the government urging everybody 'at risk' to get the flu jab, it has become less and less effective in recent years.² The latest vaccine is estimated to protect just one in 10 people against the H3N2 strain, known as 'Aussie flu'.

In the swine flu scare, four years ago, the UK spent £424 million on the Tamiflu drug. But it did little to protect people and shortened symptoms by just one day – while Tamiflu's side effects included nausea and vomiting, headaches, kidney damage, depression and suicidal thoughts.³

The only reliable defence against viral infections is a strong immune system. A healthy diet, regular exercise and sufficient sleep will go a long way towards keeping your immune system in peak condition. But sometimes, despite your best efforts, you can still succumb to a viral infection – and that's when a remarkable and little-known plant extract could come to the rescue.

(Continued on page 4)

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Takuna, from the specialist herbal company Nutramedix, is one of the many incredible natural medicines to come from the Amazon rainforest. It's an extract from the bark of a tree called *Cecropia strigosa*. Native tribes in the jungles of Bolivia, Peru and other parts of tropical South America have traditionally used the Cecropia tree to treat respiratory infections, tummy upsets and various ailments.⁴

Researchers are just starting to explain and verify some of Cecropia's uses in traditional medicine, in particular its ability to fight infections.

The Cecropia tree helps calm inflammation, fight infections and lower blood pressure

Indian tribes in the Amazon use Cecropia for its anti-inflammatory properties, typically for rheumatic, kidney and lung inflammations. In Brazil, it's used for all types of respiratory complaints, such as bronchitis, coughs, whooping cough and pneumonia. In Cuba, Cecropia bark is used to reduce mucus, while the leaves are considered to relieve pain.⁵

These traditional uses have prompted research into the active ingredients and biological activity of Cecropia. Studies have revealed that extracts from these plants are rich in a wide variety of health-promoting compounds. Animal studies and human clinical trials suggest they may help lower high blood pressure, reduce high blood-sugar levels, open up the airways in the lungs and help prevent stomach ulcers by regulating acid secretion.⁶

The traditional use of Cecropia for relieving pain and inflammation has been validated in an animal study, carried out at the University of Guayaquil in Ecuador, using Nutramedix Takuna. The results showed Takuna compared well with a topical, anti-inflammatory gel containing the drug Feldene (piroxicam), in preventing inflammation.⁷ Takuna is certainly a lot safer than Feldene, which has been linked to increasing the risk of heart attack or stroke.

Rapid relief from cold and flu symptoms

Takuna was formulated for Nutramedix by Dr. William Lee Cowden, a specialist in integrative medicine, who is best known for developing the Cowden protocol for the treatment of Lyme disease, using herbal extracts. In addition to the traditional use of Cecropia to treat viral illnesses, it's been shown in laboratory tests to destroy strains of the human herpes virus.⁸ Dr. Cowden was so

impressed by *Cecropia strigosa's* antiviral properties that he was keen to develop Takuna as a natural treatment for acute and chronic viral infections.

Dr. Cowden recounts how, on the day that he received the first batch of the new extract, his young grandson was coming down with flu. The boy had a temperature of 40°C (104°F), nausea and vomiting, aching limbs and a sore throat.

Dr. Cowden gave him 15 drops of Takuna in a glass of water. Just 30 minutes later, his grandson toddled through into the living room and started playing with his toys. His temperature had dropped to 37.7°C (100°F) and his nausea, aches and sore throat had all disappeared!

Encouraged by this dramatic result, Dr. Cowden gave Takuna to several of his adult patients over the following weeks and found that it reduced or totally resolved cold and flu symptoms in around four to six hours.

Takuna was also found to be helpful in the fight against chronic viral infections, such as cytomegalovirus, Epstein-Barr virus, HIV and viral hepatitis, meningitis and encephalitis. Practitioners report that Takuna can be effective against some bacterial and fungal infections, too.

Exactly how Takuna works to stop viruses in their tracks is still not fully understood, but it's likely to have some actions in common with other plants having antiviral activity. These are known to include disruption of the virus's protein envelope, preventing viral particles from getting inside cells, and stopping viruses from replicating.⁹

What to take for best results

The recommended dose of Nutramedix Takuna is 15 to 30 drops in a small glass of water (120ml / 4oz). After mixing, wait one minute before drinking. This dose should be taken twice daily as a preventive measure.

The same dose can be taken hourly for acute health challenges (such as the first symptoms of a cold), or as directed by your practitioner. The important thing is not to stop as soon as the symptoms subside, but to continue to take Takuna for a few days more, gradually spacing out the doses, to ensure the virus has been destroyed.

Contraindications: You should not take this product if you're pregnant or breastfeeding. If you're taking prescription medication or are being treated for any health condition, you are advised to consult your doctor before starting Takuna.

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4 Wild Arctic Berries Take On Everything From Heart Disease To Diabetes

We all know eating fruit is good for us. And the health benefits of berry fruits stand head and shoulders above the rest. The polyphenol compounds they contain can boost immunity and help fight serious health problems, including type 2 diabetes, heart disease, cancer and age-related cognitive decline.¹ If these were commercial drugs, every doctor in the country would be prescribing them!

Wild berries from natural, unpolluted environments have higher amounts of these health-giving plant chemicals than their cultivated cousins.² They provide a real natural pharmacy that includes hundreds of potent, bioactive compounds, with dozens of beneficial actions in the body.³ But wild berries are only in season for a short time, they don't keep for long once picked, and most of us don't have time to go tramping around the countryside looking for them.

Now, the goodness of wild berries from the pristine wilderness of northern Finland can be yours all year round. New to the UK market are Arctic Power Berries – 100 per cent pure and natural berry powders, with nothing added. The berries are hand-picked from the wild in the Land of the Midnight Sun, gently dried at a low temperature to preserve their nutrients, then ground to a powder.

One serving of Arctic Power Berries is the equivalent of eating a handful of the fresh berries, an easy and delicious way to get more essential vitamins, minerals and health-promoting polyphenols into your daily diet. The range currently includes four varieties: blueberry, blackcurrant, cranberry and lingonberry. Each of these berries has been shown in scientific studies to have incredible benefits for your health:

1. Arctic Midnight Sun Blueberry Powder

Wild European blueberries are also known as bilberries. They're packed with polyphenol compounds called anthocyanins, which have been the subject of much recent research. The anthocyanins in bilberries and cultivated blueberries could help

prevent cancer, cardiovascular disease, eye problems, cognitive decline, diabetes and obesity.

Studies have shown that compounds in dried bilberries are strongly antioxidant and help inhibit the growth of breast, cervical and colon cancer cells.⁴ Anthocyanin-rich bilberry and blueberry extracts could also help reverse all aspects of metabolic syndrome, a cluster of conditions that increase your chances of developing heart disease, stroke and diabetes.

Bilberries have been found to correct high blood pressure and reduce blood levels of LDL cholesterol and triglyceride fats.⁵ They also slow down carbohydrate absorption in the gut, so helping to lower blood-sugar levels. In one clinical trial, a single capsule of concentrated bilberry extract reduced after-meal peaks in blood glucose and insulin, in people with type 2 diabetes.⁶

The compounds in bilberries and blueberries could also help reverse cognitive decline. In a recent clinical trial at the University of Cincinnati, older adults who took a blueberry supplement for 24 weeks had significant improvements in memory and cognitive function.⁷

2. Arctic Midnight Sun Lingonberry Powder

Bright red lingonberries grow throughout the Arctic forests and they have always been an important part of the Finnish diet. New research findings show that the anthocyanin compounds they contain protect the heart muscle from oxidative stress, a condition that can lead to heart failure.⁸

In northern Quebec, the Cree Indians traditionally used lingonberries to treat diabetes, and recent animal trials confirm their antidiabetic and anti-obesity properties. When diabetic mice were given a lingonberry extract for 10 days, their blood-sugar levels improved, they ate less and their average body weight reduced.⁹ The researchers showed that lingonberry extract acted by increasing the uptake of glucose into muscle cells.

The powerfully antioxidant properties of lingonberries have also been found in animal studies to protect the liver, kidneys and eyes from damage by toxic chemicals and radiation. Other research showed that lingonberries help to reduce blood pressure, by increasing nitric oxide production and relaxing the walls of arteries.¹⁰

(Continued on page 6)

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3. Arctic Midnight Sun Cranberry Powder

Apart from being a great accompaniment for your Christmas turkey, cranberries have been found in a meta-analysis of seven clinical trials to help prevent and treat urinary tract infections (UTIs).¹¹ And the same antibacterial properties that make cranberries an effective treatment for UTIs could also help in the treatment of gum disease.¹²

Cranberries have been under the spotlight for anti-cancer benefits, too. A recent review concluded that cranberry compounds helped block the growth and multiplication of many different kinds of cancer, including breast, colon, cervical, ovarian, lung, skin, prostate and kidney cancer cell lines.¹³

In addition to these promising results in laboratory tests, cranberries have also shown good results in placebo-controlled clinical trials. For instance, when men with advanced prostate cancer took cranberry powder for 30 days, their levels of prostate specific antigen (PSA, a marker for progression of the disease) dropped by 22.5 per cent.¹⁴

4. Arctic Midnight Sun Blackcurrant Powder

Blackcurrants can help control high blood pressure. In a placebo-controlled trial involving middle-aged people, a berry juice enriched with blackcurrant polyphenols significantly lowered blood pressure, with the greatest reductions in those having the highest blood pressure at the start of the trial.¹⁵

The polyphenol compounds in berry fruits have also shown promise against neurodegenerative disorders, such as Alzheimer's and Parkinson's diseases. In a study at the University of Eastern Finland, researchers using a mouse model of Alzheimer's disease showed that both blackcurrant and bilberry extracts had beneficial effects on memory-related behaviour and on amyloid-beta deposits in the brain (one of the characteristic signs of the disease).¹⁶

What to take for best results

Because Arctic Power Berries are a pure, natural food, they don't come with precise dosage instructions. The suggested intake is one or two teaspoonfuls of the powder a day, sprinkled onto your muesli or porridge, or mixed into yoghurt or a smoothie.

If you're being treated for any medical condition, you are advised to tell your doctor before making Arctic Power Berries a regular part of your diet,

particularly if you're taking medication to lower your blood pressure, blood sugar or cholesterol levels.

...CUTTING-EDGE HEALTH UPDATE

Could This Delicious Daily Drink Turn Back The Clock On Ageing Skin?

It is often said that 'you are only as old as you feel'. But, in reality, how old you feel – what scientists call your subjective age – is mainly determined by what you see when you look in the mirror.¹ As a result, the appearance of your skin can speak volumes about your age and how old you feel.

The smooth, plump appearance of young skin is largely due to its levels of collagen – the structural protein that glues skin cells together and gives the skin strength and resilience – but production drops sharply as you get older. By the age of 50, your skin has lost up to 40 per cent of its collagen, making it thinner and more saggy and wrinkly.

Although collagen seems to be the 'nutricosmetic' buzzword of the moment, many other nutrients are also needed to keep your skin looking good. That's why health and beauty expert Catherine Mulcahy wanted to create a comprehensive product, to rejuvenate skin from the inside out. The result is Your Beauty Tonic, which combines marine collagen with hyaluronic acid and 14 other skin essential nutrients, in their most bioavailable forms.

Your Beauty Tonic is a delicious powder formulation, in handy, one-a-day sachets. As well as supplying an easily assimilated form of collagen, the ingredients in the formula have been shown in scientific studies to stimulate the body's own production of collagen. Together, they could improve your skin's moisture content, flexibility and smoothness, protect it from sun damage and help prevent wrinkles.

How collagen, hyaluronic acid and MSM could give you smoother, plumper skin and less wrinkles

The collagen used in Your Beauty Tonic is a hydrolysed, type 1 marine collagen, called Peptan F. Clinical trials in France and Japan, in which women took supplements of this exact kind of collagen, have shown it greatly improves skin hydration, as well as the density and structure of the collagen network in the dermis (the deep layer of the skin).²

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As skin ages, not only does its collagen content decline, but also the integrity of the collagen network. Long, intact collagen fibres keep young skin firm and smooth, but damaged, fragmented fibres in ageing skin allow sagging and wrinkles. The French study mentioned above showed that, compared to a placebo, 12 weeks of supplementation with Peptan F resulted in longer, less fragmented collagen fibres.

Alongside Peptan F collagen, another major ingredient in Your Beauty Tonic is hyaluronic acid. This is what chemists call a glycosaminoglycan, a complex molecule that can attract and hold 1,000 times its own weight of water. Depletion of hyaluronic acid in the skin causes dehydration and loss of elasticity, so accentuating fine lines, wrinkles, and sagging.³

According to a review of placebo-controlled trials, supplementing with hyaluronic acid for as little as three weeks gives a real boost to skin moisture content, and this effect lasts for several weeks after treatment is stopped.⁴ Another recent study found that, in women aged 45 to 60, taking hyaluronic acid for 40 days led to significant increases in skin elasticity and hydration, and a significant decrease in skin roughness and wrinkle depth.⁵

The third key ingredient in Your Beauty Tonic is methylsulfonylmethane, or MSM. This natural, organic sulphur compound, best known as a supplement for joint health, is also vital for collagen production in the skin. In a double-blind, placebo-controlled pilot study in 20 women, an MSM supplement led to significant improvements in skin appearance and condition. The most noticeable effect was a reduction in the number, size and severity of wrinkles.⁶

MSM appears to work at the heart of every cell in your skin, altering the expression of key genes that affect skin health and condition. In addition to its role in producing and maintaining the collagen network, MSM improves the barrier function of the skin, so helping prevent water loss, and also combats free radical damage and reduces inflammation.

Botanical extracts, vitamins and minerals work together to boost skin health

Your Beauty Tonic also contains botanical extracts of nettle leaf and gotu kola, along with seven important vitamins and four key minerals to help combat skin ageing.

Nettle leaf has been used for centuries as a folk medicine. It helps treat acne and eczema, soothes skin irritation, and has been shown in animal experiments

to heal burns as effectively as standard medicinal approaches.⁷ Nettle leaf also treats dandruff, improves the condition of hair and is even reputed to stimulate new hair growth, although this has yet to be confirmed by scientific studies.

Gotu kola (*Centella asiatica*) has long been a staple in the Indian system of traditional Ayurvedic medicine and is traditionally used to treat skin problems. In clinical trials, a cream containing gotu kola was found to be effective in reducing stretch marks during pregnancy.⁸

Other skin-supporting nutrients in Your Beauty Tonic include vitamin C, which is essential for collagen synthesis and for structuring the collagen network.⁹ Symptoms of scurvy, the classic vitamin C deficiency disease, are caused by the body's inability to make collagen. Also included in the formula is the mineral selenium, which is important for protecting the skin from ultraviolet radiation damage.¹⁰

In addition, Your Beauty Tonic contains vitamin A, B-group vitamins, magnesium, zinc and copper. These nutrients support the action of the other ingredients and help maintain general good health.

What to take for best results

The recommended dose of Your Beauty Tonic is one sachet per day, best taken in the morning. Empty the contents into a glass, add 250-350ml of water and stir to dissolve.

Although you're likely to see some improvements after one month of use, a three-month programme is recommended for restructuring the skin's collagen matrix.

Contraindications: The marine collagen in this product is derived from fish, so may be unsuitable for vegetarians/vegans and people with a fish allergy. You are advised to consult your doctor before use if you are pregnant, breastfeeding, have a known medical condition or are taking medication.

...CUTTING-EDGE HEALTH UPDATE

Vitamin D Helps Ease Distressing IBS Symptoms Like Flatulence And Abdominal Pain

A recent research review will come as welcome news to the six million people in the UK who suffer from irritable bowel syndrome (IBS). As lead

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The Journal of Natural Health Solutions

Editorial Panel

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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.)

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.

researcher Dr. Bernard Corfe, from the University of Sheffield's Department of Oncology and Metabolism, says: "IBS is a poorly understood condition which impacts severely on the quality of life of sufferers."

This is something sufferers will be all-too-familiar with, as the condition causes distressing symptoms including bloating and cramp-like pains in your lower abdomen, gassiness, and either constipation or diarrhoea. It can also make you feel tired and achy, as if you were coming down with flu.

While stress and dietary factors are both linked to triggering or worsening symptoms, Dr. Corfe is quick to point out that: "There is no single known cause and likewise no single known cure."

That's what makes the findings of the latest research review so important. The study data revealed that vitamin D has a beneficial effect against unpleasant symptoms and diminished quality of life experienced by IBS sufferers. The findings also suggest that low vitamin D status is common in IBS patients and that vitamin D supplementation could help improve symptoms.

In their review, Dr. Corfe and his fellow researchers gathered the seven studies – four observational studies and three randomised controlled trials – which have been published to date, which investigate the effects of vitamin D in IBS.

All four observational studies uncovered vitamin D deficiency in a substantial proportion of people with IBS. Two of the intervention studies found significant improvements in both IBS symptom severity and quality of life scores in association with vitamin D supplementation.

Commenting on the findings, Dr. Corfe, said: "The study provides an insight into the condition and, importantly, a new way to try to manage it. It is evident from the findings that all people with IBS should have their vitamin D levels tested and a large majority of them would benefit from supplements."

Many health experts recommend taking 2,000-4,000 IU of vitamin D3 a day, particularly during the winter months. Eating oily fish is the best way to get extra vitamin D in your diet.

Source: European Journal of Clinical Nutrition, 25 January 2018

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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