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Did you know that in Alzheimers patients, the level of serum vitamin B12 is significantly low and the level of zinc in the brain & cerebrospinal fluid is decreased.

**INSIDE
THIS ISSUE:**

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From Irene....

Welcome to our first issue of Health e-Chat this year. We are into another busy year and with daylight savings coming to an end, it is time to think about winter immunity. Doing a cleanse is a good way to start.

The goji berries are here. The level of nutrients in goji is very impressive, and is definitely worth a try. Read the next article for more information on this fruit. Also back in stock are the quinoa and amaranth gluten free cereal products and psyllium hulls.

New in store is the Holistic Hair range of products that deal with hair and scalp problems. We also

have Source Naturals products, the Life Force Multiple scored 100% rating in the Comparative Guide to 500 Nutritional Supplements by Lyle MacWilliam meeting all 14 criteria set by world famous nutritional authorities.

Our website is now fully functional. If you have made a new year resolution to stay healthy, take action now. For more details come in store or check out our website: www.healthysense.co.nz. From 5th to 26th March, we are having an in-store sale, with discounts ranging from 10-50% off. All details of our opening hours are also available on our website.

Goji—The Happy Berry

Goji or lycium fruit are a good source of antioxidants. Hort Research in Christchurch tested the ORAC (Oxygen Radical Absorption Capacity) in goji and found that per 100g of goji supplies 27,600 ORAC units compared to 2,600 ORAC units on the same weight of blueberries.

Antioxidants are vital in the prevention and treatment of many degenerative diseases. These fruits are also high in amino acids, minerals and much of the water soluble vitamins.

This berry is grown in a pristine environment in Tibet, where the soil is rich in minerals, low in

toxins, heavy metals and pollutants. When tested, the Chinese wolfberries, which look similar to the Tibetan goji berries have significantly higher heavy metal toxins.

This pleasant tasting berry can be eaten as a snack, made into a tea by steeping it in hot water or added to smoothies and salads.

Tibet Authentic Goji is harvested from the pure and pristine Himalayan mountains and sun-dried to preserve the goodness in them.

These fruits are available at Health e-Sense at \$25 per 250g bag or 2 bags of 250g for \$45.

What's New in Store?

Nordic Naturals Arctic Cod Liver Oil



Nordic Naturals Arctic Cod Liver Oil is made exclusively from Arctic cod. It is a pleasant tasting, fruit flavoured oil rich in Vitamin A, D and Omega 3. Arctic Cod Liver Oil supports heart health, learning and memory, immunity, brain and visual development and cell membrane health. In December 2005, Nordic Naturals was ranked #1 amongst the top 10 fish oil in Norway for highest concentration, freshness and purity. The Norwegian medicinal standard for fish oil is the most stringent in the world. The oils are third party tested for the absence of environmental toxins including dioxins, PCBs, mercury and other heavy metals.

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Source Natural Life Force Multiple



Source Naturals BioAligned Life Force Multiple was honored as a leading formula in an independent scientific analysis of 500 multiples in the United States. Based on the latest scientific research, the improved formula has more antioxidants and other cutting edge ingredients. Life Force is now the highest rated multiple of any evaluated in the current edition, scoring a 100% rating. Life

Force goes deep into the underlying cause of health imbalances by supporting multiple body systems. This BioAligned formula goes beyond just replacing nutrients missing in the diet. It provides key organ-specific nutrients to support your body's energy generation, musculoskeletal system, skin, liver, eyes and more.

Holistic Hair Products



Holistic Hair is a totally natural hair and scalp care range that works particularly well for people with irritated scalp and dry and damaged hair. The range comprises:

Sensitive Scalp Shampoo and Conditioner -cleanses the hair, delivers shine and protection, without altering the delicate pH balance of the skin. Contains no sodium laurel sulphate, paraben or propylene glycol. Regular use will aid in the relief of a flaky or

sensitive scalp.

Therapy for Dry and Damaged Hair – nourishes the hair shaft and closes down split ends with pure essential oils to repair dry and damaged hair.

Therapy for Irritated Scalp – to soothe and rehydrate sensitive, inflamed skin and provide maximum relief from itchy and irritated scalp.

Sea Spray – to create curl and definition for a natural hold and bring body to fine hair.

Finishing rinse concentrate - to revive and strengthen hair which is over-porous and void of natural moisture.

Agriquality Certified Organic Active Manuka Honey 10+ and 14+

Health e-Sense New Season Active Manuka Honey is now certified organic by AgriQuality.

Organic Active Manuka 10+ 500g

Usually \$25.90 NOW \$18.90

Organic Active Manuka 14+ 500g

Usually \$29.90 NOW \$23.90

Active manuka honey has antibacterial activity and will be useful for winter support. **Health e-Sense Active Manuka Honey ... more value for your money!**

Organic Native Bush—bulk

Usually \$15.90/kg NOW \$12.90/kg

BLOOD SUGAR CONTROL

Blood sugar control has been a big issue in working with diabetes. A diet high in refined carbohydrates, fats and sugar and low in fibre are the most important contributing factors for diabetes and obesity. Type I diabetes is an autoimmune disorder where the body develops antibodies against the pancreatic beta cells, hence the production of insulin is disrupted. Type II diabetes is a situation where the body produces insulin but the cells in the body are not responsive to the insulin. In type II diabetes, dietary changes and weight loss can help in restoring blood sugar levels.

The trace mineral chromium plays an important role in the sensitivity of cells to insulin. Clinical studies in diabetes has shown that supplementing the diet with chromium can decrease fasting blood glucose levels, lower insulin levels and decrease total cholesterol levels.

Recent investigations have shown that Gymnema enhanced the action of insulin and patients demonstrated improved blood sugar control.

It is common for diabetics to be low on vitamin B12 and magnesium. Absence of anemia is not an adequate criterion for ruling out a deficiency in B12. Magnesium is involved in glucose metabolism and is usually deficient in diabetics. Vitamin E appears to improve insulin action and

helps in the prevention of diabetes. Other nutrients required for insulin administration and metabolism include Vitamin C, biotin, potassium and many others.

Warning: If you are on diabetic drugs, especially insulin, do not take yourself off your medication without proper monitoring. It is important to carefully monitor your blood sugar levels.

Diabetic neuropathy and diabetic retinopathy are long term complications from diabetes. Gingko biloba is useful if diabetic neuropathy is present and bilberry is useful if diabetic retinopathy is present. Please do not take herbs **with** prescription medication without consulting a health care professional.

Regular exercise to elevate your heart rate for one-half hour three times per week.

For the month of March, mention this article and get a 10% discount off any gymnema, chromium or vitamin B12 products at Health e-Sense. No other discounts apply.

PRODUCT FEATURE

LINSEED (ALSO KNOWN AS FLAXSEED)

Linseed is a good source of fibre. Linseed is one of nature's richest source of plant lignans which act as phytoestrogens and have an immune boosting effect. It is a good source of Omega 3 Essential Fatty Acids. Can be used as food thickener, added to smoothies or just sprinkle over food. It is also available in oil form, the ever popular flaxseed oil.

Don't miss these Linseed Specials in March:

Health e-Sense Organic Whole Linseed 400g \$3.30

Health e-Sense Organic Linseed Meal 400g \$4.20

NOW BUY 2 GET 1 FREE



Unit 13, Botany Junction,
Cnr Te Irirangi Dr & Ormiston Rd
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Tel: 09-2728203
Website: www.healthysense.co.nz

Add some spark to your relationship with these Specials:

Nutralife Herbal Y Extreme for men
30 Caps RRP: \$28.90 **Special: \$24.90**

WomanZone Feminine Pleasure Gel
RRP: \$44.95 **Special: \$35.95**

Health e-Sense Joint care products on Special!

Nutralife Joint Care

60 Caps RRP: \$31.90 **Special Price: \$19.90** SAVE \$12
200 Caps RRP: \$79.90 **Special Price: \$52.90** SAVE \$27

Microgenics Glucosamine 1500mg One a day

60 Tabs RRP: \$39.90 **Special \$29.90** SAVE \$10

Microgenics Fish Oil 1000mg

200 Caps RRP: \$25.90 **Special \$19.90** SAVE \$6

Glucosamine and Chondroitin are proven natural ingredients that assist in relieving stiff and painful joints.

Linking your Gut to IMMUNITY

Our gastrointestinal tract (G.I.T.) has a major role to play as far as our immunity is concerned. We are what we eat, but more importantly we are what we absorb. 70% of our immune activity occurs in our digestive tract. An imbalance in the bacterial flora in the GIT has been linked to many problems, ranging from allergies and fungal infections to chronic fatigue.

Dr. Michael Ash stated that "Even a small gain in T-regulatory cell induction can control the expansion of the immune response and make the difference between health and pathology". Therefore, the idea is to induce T-regulatory cells and this can be done by increasing the level of beneficial flora in the gut. Beneficial flora actively participate in dendritic cell maturation, teaching them to release less proinflammatory proteins.

A good probiotic to repopulate the gut with beneficial flora will be helpful in improving gut protection, immunity, improve gut healing and ameliorate food sensitivities and digestive discomfort. In certain conditions, probiotics are best used with other complementary products to obtain maximum benefit, e.g. products that can improve digestion, or products that can increase the biofilm in the intestines

so that the good bacteria can cling onto, or products that can help heal the mucosa in the gut.

And if you have done a cleanse, which is a good step towards improving your immunity, remember to use a good probiotic after to repopulate your gut with the beneficial flora.

Back in stock!

Quinoa Puff, Quinoa Flakes, Amaranth Puffs and Amaranth flakes. Psyllium hulls have just arrived and now at a LOWER PRICE!

Organic Juicing Carrots 2kg for \$4.90. Organic apples and organic oranges also available! Please pre-order large quantities.