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Newsletter May - June 2008

Welcome to our May-June newsletter. The weather has certainly changed and winter is definitely on its way! Speaking about change, we will be converting our organic juice bar to a practitioner dispensary area with effect from 1 June.

It is estimated that as many as 90% of women of reproductive age experience some menstrual or hormonal disorder that affects them on a regular basis, such as PMS, painful periods, endometriosis, polycystic ovarian syndrome and uterine fibroids. Complementary medicine can be extremely effective in the management of these conditions. Guys, if you find the information on this page on women's wellness useful for your spouse, girlfriend, partner, mum or daughter, please pass it on.

We have had fantastic feedback on our Detoxification for Health program, a 3 week individualized program of Detoxification herbs and nutrients. Detoxification is a great way to relieve the body of toxic burden we create from our metabolic process, our food, air and lifestyle. Shorter detoxification programs are available, check out the Ultimate Cleanse in this newsletter. If you would like to boost your immunity for the winter, it is really worthwhile to think about detoxification. A cleaner body will absorb nutrients from food and supplements better. Once you have cleansed, looking after your gut and gut flora will be crucial to maintaining a healthy immune system – check out the information on colostrum. A healthy body will not be complete without the essential fatty acids, so make sure you get sufficient fatty acids that are essential for life!

New in store we have the Udo's Choice Oil Blend and Flor Essence Tea from Canada.

### **Women's Wellness – Are your hormones holding you at ransom?**

Our hormones have a major influence on our lives. Women in particular, know too well how hormones affect mood and energy. Oestrogen is essential for healthy female reproductive function. Oestrogen plays a part in the life of every woman, from early childhood through to menopause. However, there are two forms of oestrogen – the good and the bad. Good oestrogen is essential for female reproductive health and bad oestrogen is associated with PMS, menopausal symptoms, etc. There needs to be a balance between the good and the bad oestrogen, when the balance is disturbed, a condition of oestrogen dominance may result. Symptoms of oestrogen dominance include bloating or fluid retention; heavy, irregular menses; fatigue or lack of energy; sugar cravings; mood swings and irritability; sleep disturbances; night sweats; headaches and loss of libido.

Hormonal harmony can be achieved through these natural substances and herbs – Kudzu, Polygonum, flaxseed, tumeric, folic acid, vitamins B6 and B12 and vegetables in the brassica family.

Lifestyle changes are often required to achieve a healthy hormonal balance. Avoiding caffeine, salt, alcohol, chocolate, saturated fats and sugar will be helpful. Drink plenty of fluids, increasing your intake of organic fruits and vegetables, pure water and hearty homemade vegetable or bean soups. Performing a detoxification and increasing fibre in the diet will also be helpful. If your hormones are creating havoc in your life, then book a consultation to discuss the range of options available to help you achieve hormonal harmony. Normal consultation fees apply. In the month of May, you will receive a FREE body pH test and FREE Zinc test worth \$20 with every consultation.

Health e-Sense May-June 2008 newsletter

The information provided in this newsletter is not meant to diagnose, prevent or cure any illnesses. All specials presented in this newsletter is only valid whilst stocks last and on presentation of the newsletter. No other discount or Health e-Rewards apply.

## Why do we need to cleanse?

Why do you change the oil in your vehicle regularly? To keep it clear, clean and running smoothly. Do you clean your insides? Your intestines are a site of combustion and residue. Our modern diets with a high level of refined foods cause sticky plague to line our intestines. This lays the foundation for an unhealthy digestive tract which may lead to a variety of health problems such as constipation, allergies, skin disorders, impaired colon health which may lead to colon cancer and other conditions.

Your intestines have a large surface area, to allow absorption of food. However, in a congested intestine lined with sticky plague, this function is impaired. Hence, completing a detox programme to flush toxins from the intestines, support the kidneys and liver and replenish the body with healthy bowel flora may help improve metabolism, increase energy, decrease allergies, increase bowel motility and may also alleviate toxic conditions such as acne, fatigue, headaches and mucus congestion.

The Ultimate Cleanse can be done over 5 days or more with herbs to clear your intestines of fecal matter and support your kidneys and liver. It comes complete with a step by step guide that helps you through the cleanse with delicious recipe ideas. The probiotics required after completing the cleanse is also included.

Note: Not recommended during pregnancy and breastfeeding.

### The Ultimate Cleanse pack

**RRP: \$119.90 NOW \$99.90 SAVE \$20 (12 units only)**

**Specials order form on the last page.**

**Or purchase 2 units for only \$190.00**

This offer is only valid when you present this coupon, otherwise normal retail price applies. No other discounts or Health e-Reward stamps are applicable.



## Colostrum for Gut health and Immunity

Colostrum is the pre-milk fluid produced by mammals during the first 24-48 hours after giving birth. Colostrum contains life-supporting growth factors that can help support the healing and rebuilding process of the gastrointestinal membranes and provide benefits for the growth of good bacteria. Excess exposure to toxins, viruses, bacteria and yeast (e.g. Candida) may lead to poor gut health and affects the assimilation of food, cause diarrhea, thrush and food allergies.

Antibiotics are commonly used to treat a number of infections. Due to the non-discriminatory nature of antibiotics to rid the gut of pathogens, the result is often a decrease in beneficial gut bacteria. This decrease in beneficial bacteria can result in Candida infections. Candida infections have a detrimental effect on the gut lining, causing increasing gut permeability. Supplementing with colostrum and a good probiotic during and after a course of antibiotics is therefore beneficial. The use of non-steroidal anti-inflammatory drugs (NSAIDs) for relief of many kinds of pain may also damage the stomach and intestinal linings. Concurrent use of colostrums with NSAIDs may help prevent this damage occurring.

Imbalance in gut bacteria and a permeable gut wall compromise our immunity. Hence it is very wise in our effort to boost immunity to include taking a colostrum supplement with a probiotic.

Not all colostrum is created equal. The quality of colostrum varies greatly. It is therefore important to look for a good quality colostrum. Symbiotics is the world's leading colostrum brand. Symbiotics Colostrum comes from the earliest milking, containing the highest natural level of immunoglobulins.

### Symbiotics Colostrum 120 caps

**RRP: \$45.00 NOW \$37.00 SAVE \$8.00 (29 units only!)**

**Specials order form on the last page.**

**Or purchase 2 units, for only \$70.00**

This offer is only valid when you present this coupon. No other discounts or Health e-Reward stamps are applicable. Normal retail price applies from the 30<sup>th</sup> unit on.



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## Essential Fatty Acids are ESSENTIAL for Life!

Being healthy does not mean going on a no fat diet. It means going on the right fat diet. The right fat provides essential fatty acids that are essential for life!

The human body cannot synthesize essential fatty acids. Therefore, they have to be taken in the diet. Extensive research indicates that omega-3 fatty acids reduce inflammation and help prevent risk factors associated with chronic diseases such as heart disease, cancer, and arthritis. These essential fatty acids are highly concentrated in the brain and appear to be particularly important for cognitive (brain memory and performance) and behavioral function. In fact, infants who do not get enough omega-3 fatty acids from their mothers during pregnancy are at risk for developing vision and nerve problems. Symptoms of omega-3 fatty acid deficiency include extreme tiredness (fatigue), poor memory, dry skin, heart problems, mood swings or depression, and poor circulation. However, the source and type of fish used, the pressing of the oil and processing method all affect the quality of the essential fatty acid.<sup>a</sup>

Over the last decade Nordic Naturals has set the standard for quality in Omega - 3 supplements. Nordic Naturals products are crafted from the highest quality raw materials and processed with innovative, patented technology. This allows them to deliver levels of freshness, taste and purity unheard of a few years ago. Today Nordic Naturals produce the highest quality fish oils in the world. Nordic Naturals Omega 3 is an easy way to maintain healthy levels of EPA and DHA - the most important Omega - 3 fats. This pure, non-concentrated fish oil is the perfect complement to any health care regime.

### Nordic Naturals Omega 3 120 caps

**RRP: \$63.00 NOW \$55.00 SAVE \$8.00 (18 units only!)**

This offer is only valid when you present this coupon. No other discounts or Health e-Reward stamps are applicable. A free sample is available for you to taste the freshness whilst stocks last. **Specials order form on the last page.**

<sup>a</sup>. Source: University of Maryland Medical Centre

<http://www.umm.edu/altmed/articles/omega-3-000316.htm>



## Are your joints playing up?

As some people age, they may lose the ability to produce sufficient levels of glucosamine with the result that the cartilage loses its gel-like consistency and ability to act as a shock absorber in the joint, leading to discomfort and joint damage.

Glucosamine sulfate derived from seafood is well-tolerated and helps the body form replacement cartilage, ligaments and connective tissue. Studies show that 1500mg of Glucosamine sulfate taken daily assists the body's natural ability to rebuild cartilage and maintain mobility. Chondroitin sulfate derived from shark cartilage is a glycosaminoglycan that acts to draw fluid into the joint, assisting the natural formation of cartilage and aiding joint lubrication.

Nutra-Life Joint care Capsules is a scientifically-based combination of glucosamine sulfate and chondroitin sulfate together with supporting nutrients including copper, manganese and zinc.

When taken regularly, Nutra-Life Joint Care Capsules can help to maintain joint mobility and function, which are important factors in joint health and reducing the natural wear and tear to the joints associated with over use, or the impact of ageing.

### NUTRA-LIFE JOINT CARE 200 caps

**RRP: \$79.90**

**NOW \$55.90 SAVE \$24.00**

**Specials order form on the last page.**

**Get additional 15% discount if you purchase 4 units or more on the same receipt.** This offer is only valid when you present this coupon. No other discounts or Health e-Reward stamps are applicable.

**SMC2284 817SC**



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## Super Specials Order Form May 2008

At Health e-Sense, we strive to bring you quality health food and supplements at the best price you can get. These prices are applicable ONLY WHEN purchased with this form and whilst stocks last. Without this form, normal retail price applies. No other discounts or reward points apply.

*Please hand us this form before you check out to get these discounts.*

- |  |              |
|--|--------------|
| ○ ___ x Ultimate Cleanse Kit @ \$99.90                           | SAVE \$20.00 |
| ○ ___ x 2 Ultimate Cleanse Kits @ \$190.00                       | SAVE \$49.80 |
| ○ ___ x 1 Symbiotic Colostrum 120 caps @ \$37.00                 | SAVE \$8.00  |
| ○ ___ x 2 Symbiotic Colostrum 120 caps @ \$70.00                 | SAVE \$20.00 |
| ○ ___ x 1 Nordic Naturals Omega 3 120 caps @\$55.00              | SAVE \$8.00  |
| ○ ___ x 1 Nordic Naturals Omega 3 60 caps @\$30.00               | SAVE \$4.90  |
| ○ ___ x 1 Nutralife Jointcare 200 caps @ \$55.90                 | SAVE \$24.00 |
| ○ ___ x 1 Microgenics Advanced B 60 caps @ \$24.90               | SAVE \$9.00  |
| ○ ___ x 1 Good Health Viralex 30 caps @ \$22.90                  | SAVE \$7.00  |
| ○ ___ x 1 Lifestream Spirulina 1000 tabs @\$86.00                | SAVE \$29.00 |
| ○ ___ x 1 Good Health Deep Sleep 30s @ \$21.90                   | SAVE \$8.00  |
| ○ ___ x 1 Nature's Way System Well 90 tabs @ \$35.90             | SAVE \$9.00  |
| ○ ___ x 1 pack Micro Glucosamine 60s @ \$30.90                   | SAVE \$9.00  |
| ○ ___ x 1 Source Natural Methylcobalamin 60 tabs @\$14.90        | SAVE \$5.00  |
| ○ ___ x 1 Source Natural Life Force Multiple 120 caps @ \$47.70  | SAVE \$10.00 |
| ○ ___ x 1 Nutralife CoQMax 30 caps @ \$49.90                     | SAVE \$10.00 |
| ○ ___ x 1 Thompson's Immunofort 60 tabs @ \$26.20                | SAVE \$6.00  |
| ○ ___ x 1 Thompson's High Potency Garlic Perles 80 caps @\$11.80 | SAVE \$3.00  |
| ○ ___ x 1 Thompson's Vitamin E 500IU 50 caps @\$24.85            | SAVE \$5.00  |
| ○ ___ x 1 Lifestream Selenium 30 caps @ \$12.90                  | SAVE \$3.00  |
| ○ Other items: _____   |              |

Total number of items: \_\_\_\_\_

Total Purchases: \$ \_\_\_\_\_

If you require us to send any of these specials out, courier cost is \$5.00 anywhere in New Zealand (rural delivery add \$5). Order over \$50 of supplements - freight free (Rural delivery \$5)- (Freight free policy excludes bulky food items).

Please print clearly:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Tel: ( ) \_\_\_\_\_ E-mail: \_\_\_\_\_

Payment (please circle one):

Visa/ Mastercard No: \_\_\_\_\_ Exp: \_\_\_\_\_

Call us to order: 09-2728203 or E-mail: [irene@healthysense.co.nz](mailto:irene@healthysense.co.nz) subject May newsletter specials order.

### Uses of Active Manuka Honey

Active manuka honey has been found to be effective against:

- Staph aureus and streptococcus bacteria that cause strep throat, tonsillitis and colds
- Helicobacter pylori bacteria responsible for peptic and duodenal ulcers
- And it also helps to calm the intestinal tract from inflammation and irritation

So this winter, if you need therapeutic level active manuka honey, you know we have it at a special price!