



Health e-Chat Issue: Aug - Sept 07

Unit 13, Botany Junction, 125 Ormiston Rd, Flat Bush, Auckland.

Tel: 09-2728203

www.healthysense.co.nz

Newsletter Aug-Sept 2007

Double Celebration....

Thank you for joining us again. We have a double celebration in this newsletter. Firstly, we would like to celebrate the backing down of the Therapeutics Products and Medicines Bill by parliament, which means we maintain our freedom of health choices in New Zealand with no drastic changes in prices due to unnecessary compliance costs. Secondly, we thank you for your business as we are celebrating our second birthday this month.

Disease Care or Health Care - Are we treating the symptoms or addressing the cause?

With the increased awareness of health choices from the Therapeutics Products and Medicines Bill, the difference between allopathic medicine (conventional medicine) and complementary or alternative medicine (which covers natural therapies, herbs, supplements and functional foods) has often been discussed. The definition of health and disease differ between the two schools. Many people from the conventional school think that health is the absence of disease. I personally do not think that that definition best describes health. Health is a state of optimum wellbeing, getting the most out of life which is more than just an absence of disease. It encompasses the body, mind and spirit.

Another difference worthy of noting is that allopathic medicine uses treatment, which is an extrinsic intervention to treat the disease, or an opposite effect of what the condition is, i.e. anti-biotics (against life), anti-inflammatory (against inflammation), anti-depressants (against depression), etc. Treatments give a relief from the symptoms (which can have fast effects) but if the cause of the problem is not identified, then the danger is that we prolong the problem by hiding the symptom(s). On the other hand, natural therapies, supplements and herbs support the body to help the body heal itself, which is an intrinsic activity. We have been trained in this fast paced environment that we want "instant" results. When our bodies have been battered and ill-treated for a long period of time through the food we eat (especially processed foods, white sugar, white flour, foods devoid of nutrients, pesticide residues, etc.), the air we breathe, the stress we take and environmental pollutants it takes time to get the body back on track. So if you have been having a nagging problem, ask yourself whether you have been treating the symptom or addressing the cause?

With spring on its way, the best thing we can do to support our bodies is a spring clean, just as we would spring clean our houses. Some people argue that our bodies have the ability to clean itself. This is true if we give it the right fuel. So, what fuel are you feeding your body? Processed food, quick meals, non-organic food, pesticide residues, artificial fertilizers all take their toll on our body.

In this issue of Health e-Chat, we highlight two grains, quinoa and amaranth, and the mineral magnesium. Plus, if you have any issues with Skin, Hair, Nails and Joints, read on for more information and specials.

Every Body needs Magnesium – Why?

Magnesium is a vital catalyst in enzyme activity, especially the activity of those enzymes involved in energy production. A deficiency of magnesium interferes with the transmission of nerve and muscle impulses, causing irritability and nervousness. Possible manifestations of magnesium deficiency include confusion, rapid heartbeat, insomnia, seizures and magnesium deficiencies are the root of many cardiovascular problems. A low magnesium level makes nearly every disease worse. The Journal of the American Medical Association reported a 70% lower incidence of mental retardation in children of mothers who had taken magnesium supplements during pregnancy. Magnesium works well with B-complex vitamins to deal with stress and aids in the energy production cycle. Muscle twitches, cramps, pain and spasms, could be an indication that magnesium levels are low.

Source of magnesium are fish, seafood, avocados, blackstrap molasses, green leafy vegetables, kelp, millet, brown rice, sesame seeds and whole grains.

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The consumption of alcohol, the use of diuretics, diarrhea, the presence of fluoride and high levels of zinc and vitamin D all increase the body's need for magnesium. The absorption of magnesium is hindered by high amounts of fats and protein in food and supplement and food high in oxalic acid.

Our celebration offer: Purchase any magnesium supplements in August/Sept and get 20% off the RRP of Micro Advanced B 60 tabs, a slow release B complex formula.

Silica – Key to Healthy Skin, Hair, Nails & Connective Tissue

Silica is a naturally occurring mineral important for the health of our skin, hair, nails, bones and joint cartilage. Biologically active Q Silica helps maintain the elasticity of skin, diminish the appearance of wrinkles and support the incorporation of calcium into the bones. It is easily absorbed in the body to help strengthen and support connective tissue.

Not all silica products are equally effective. Biologically Active QSilica is a premium colloidal formula that contains micro particles of silica suspended in water that can be easily absorbed by the body. Biologically active QSilica is important for the production of collagen and elastin in our bodies. By strengthening the connective tissue, it can assist in achieving healthier, firmer and more elastic skin. In this way, QSilica can help to diminish the appearance of wrinkles. It also plays a role in the strengthening and conditioning of hair and nails. It easily mixes with water, juices, smoothies or use as part of a dressing or sauce.

A Clinical study by the Helsinki Research Centre over a 90 day period has shown that ingestion of just 10ml of colloidal silica daily supported by a twice daily topical application for 10 minutes can help to:

- Diminish the appearance of wrinkles in aged skin
- Increase the dermal thickness and fullness of the skin
- Improve the strength of brittle nails
- Improve the strength of fragile hair
- Provide a beneficial effect on the structure of biologically aged skin

QSilica Gel RRP: \$39.90 NOW \$31.90 (30 units only!)

QSilica Caps RRP: \$39.90 NOW \$31.90 (12 units only!)

Or purchase 3 units, share it with your friends, for only \$89.90

This offer is only valid when you present this coupon. If you prefer us to send the product to you, call us at: **09-2728203** or e-mail order@healthysense.co.nz, and we will courier it out to you. Delivery \$5.50, rural delivery \$9. Please quote Code: Q1 to get the special price or use the order form on the last page. No other discounts apply.



The Wonder Grain – Quinoa

Quinoa, a gluten free grain an ancient staple food of the Incas, grown in the Andes. Quinoa has the highest protein content compared to other grains, high in calcium, and is a good source of iron, phosphorus, B vitamins and vitamin E. Another gluten free grain, amaranth has a similar nutritional profile to quinoa.

I find this quinoa recipe easy to use and tasty:

Quinoa with Oats

1 cup quinoa, soaked

1 cup rolled oats (note: people who are gluten free should omit oats)

¼ teaspoon sea salt

3 cups water

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Before soaking, rinse quinoa well several times to reduce bitterness from saponin on its surface. Place all ingredients in a pot and cover. Bring to boil on low heat and simmer for 30 minutes. Turn heat off and let sit 5 minutes with closed lid. Serve with cooked or baked fruit.

Alternatively, the ingredients in the pot can be left to cool and cut into slices. Fry in lightly oiled pan on both sides until golden brown. Serve with salad and vegetables. For gluten free option, replace oats with a vegetable gum like guar gum.

Health e-Sense quinoa special: less than half the price at Pak 'n Save Botany! Limited stock 50kg only:

Our celebration quinoa grain price: \$6.00/kg Pak 'n Save quinoa price: \$12.90/kg

Other quinoa and amaranth products:

Coronilla Quinoa Crunchies \$3.80/pack (original and cinnamon)

Quinoa puff 120g \$3.00

Quinoa flakes 454g \$4.80

Amaranth puff 120g \$3.00

Amaranth flakes 454g \$4.80

If you need us to send it out to you, freight within the Auckland region up to 20kg is \$5.50. Outside Auckland, freight varies, depending on location. Give us a call with your payment details and we'll send them out to you.

Scientific studies show that, when taken regularly Glucosamine and Chondroitin can help to improve mobility, joint discomfort and repair joint damage

As some people age, they lose the ability to manufacture sufficient levels of glucosamine. The result is that cartilage loses its gel-like nature and its ability to act as a shock absorber. A shortage of glucosamine may be the major leading factor for osteoarthritis. Glucosamine helps the body repair damaged joints and relieves symptoms. The effect is impressive, especially when glucosamine's safety and lack of side effects are considered. Chondroitin sulfate is important in maintaining healthy cartilage by attracting water to the joints.

Many studies have shown that fish oil supplementation has produced changes in suppressing the production of inflammatory compounds secreted by white blood cells. As such, fish oil is a good complement to glucosamine and chondroitin.

Microgenics Glucosamine 1500 Complex is a blend of glucosamine, chondroitin, ginger and proline. One a day formula. 2 months' supply normally retails at \$39.90 but we have 36 boxes at an unbelievable price of only **\$29.90** per box, that's **saving of \$10 per box**.



Purchase 3 boxes and you will get the opportunity to purchase a bottle of Microgenics Fish Oil 1000mg 100 capsules worth \$17.90 for only \$9.90, that's saving you another \$8! That's a total savings of \$38! But we are only able to offer 36 boxes at these crazy prices. This offer is only valid when you mention this article and quote G1 or order with the order form on the back page.

Do not take glucosamine and chondroitin products if you are allergic to shellfish, on warfarin therapy or are pregnant.

Mail and e-mail order available. Tel: 09-2728203 or order@healthysense.co.nz. No other discounts or Health e-Rewards points apply.

DHA supports brain development, learning and memory, mood and focus

DHA is needed daily for the proper development of a child's brain. Research shows DHA helps with children's behaviour, focus, mood, memory and learning. Nordic Naturals Children's DHA is available in a liquid and in small, strawberry-flavoured gel capsules that can be chewed or swallowed. In addition, it contains healthy levels of all-natural vitamins A and D.

Nordic Naturals has perfected fish oils by offering great taste, purity and unsurpassed freshness levels. Nordic Naturals Children's DHA gives your child his/her essential nutrients as easy as story time and treats! All Nordic Natural Fish Oils are third party tested for purity and freshness.



Do not miss out on this opportunity to stock up on this premium product. The liquid and capsules have strawberry taste so they are very pleasant to take! Even at the normal retail price of \$32.40 for the liquid, it will cost you less than 70 cents a day to maintain a good DHA intake for your child. **We now offer 12 units of this fantastic oil at \$26.40 which will work out to only 55 cents per day. The capsules normally cost \$49.50 for 180 capsules or 45 days' supply. We have 12 units to offer at \$39.50, saving you \$10 per bottle.**

Offers valid only when you mention this article or quote D1 or order with the order form below. No other discounts or Health e-Reward points apply.

SPECIAL OFFER Order Form

Yes, Please send me the following item in this month's specials:

- ___ x 3 packs of Q Silica gel @ \$89.90! Total: \$ _____
- ___ x 3 packs of Q Silica capsules @ \$89.90! Total: \$ _____
- ___ x 1 pack of Q Silica gel @ \$31.90! Total: \$ _____
- ___ x 1 pack of Q Silica capsules @ \$31.90! Total: \$ _____
- ___ x 1 pack Micro Glucosamine 60s @ \$29.90! Total: \$ _____
- ___ x 3 packs Micro Glucosamine 60s @ 89.70 and 1 bottle Micro Fish Oil 100 @ \$9.90! Total: \$ _____
- ___ x 3 packs Micro Glucosamine 60s @\$89.70! Total: \$ _____
- ___ x Nordic Natural Children's DHA liquid @\$26.40! Total: \$ _____
- ___ x Nordic Natural Children's DHA capsules @\$39.50! Total: \$ _____
- ___ x 1kg organic quinoa grains @\$6! Total: \$ _____
- ___ x 1kg organic amaranth grains @\$6! Total: \$ _____

Total Order Amount (excluding freight): NZ\$ _____

Please print clearly:

Name: _____

Address: _____

Tel: () _____ E-mail: _____

DOB: _____ (Please provide us with your DOB and e-mail if you would like to enter into our monthly birthday giveaway draws).

Payment Details (please circle one) and print clearly:

Visa / Mastercard No: _____ Exp: _____

Name on Card: _____

Or, Call us to order: 09-2728203 or E-mail: order@healthysense.co.nz . No other discounts apply.

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