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DIM - A Super Nutrient That Could Possibly Prevent Cancer and Can Help Balance Hormones As We Age By Mark Rosenberg, M.D.

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About It!!!**



**Broccoli Is A Super
Nutrient**



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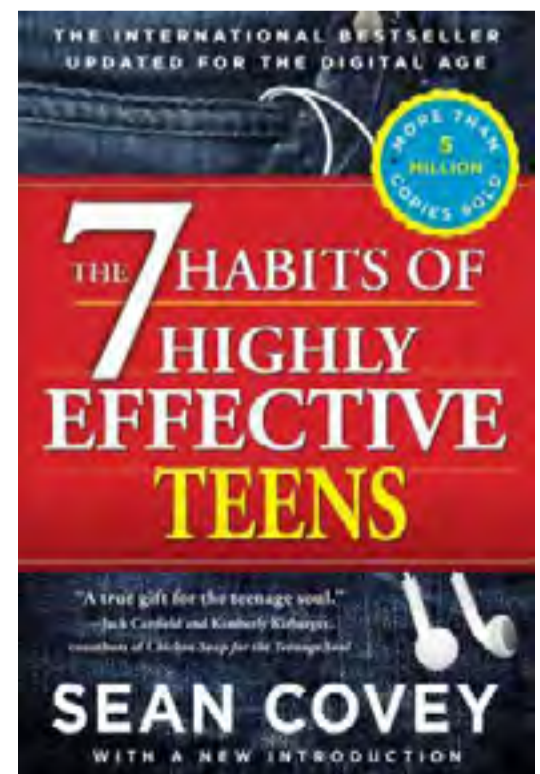
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One Simple Trick Shows How To Handle Hunger When Dieting

Dr Becky Gillaspay



“Hunger is the downfall of many diets. But, there is a difference between “true hunger” that you need to feed, and “false hunger” that can be ignored and even forgotten.

Most people fail on diets because they do not know how to tell the difference between true and false hunger.

Here is a simple trick to help you tell them apart and easily handle hunger when you are dieting.

This trick is helpful because most of us are so busy and so preoccupied with other priorities that we never stop to investigate just how hungry we are. Instead, we react to hunger and whenever we start to

feel a little rumble in the stomach or a gnawing feeling deep inside we head for the nearest vending machine.

What you can do to easily tune in to your body is to use a Hunger Scale. A hunger scale is a simple scale that ranges from 0 to 10. The zero indicates that you are not hungry at all. The 10 means you are so hungry you are starting to eat your pencil!

Five times a day you want to stop and simply pose this question to yourself. “How hungry is my stomach?” Then you rate your hunger from 0 to 10.

This is how it will work. The first day you will feel like you

got nowhere with your hunger scale. This is because you are out of practice and hopefully will prove to you that you need to work on this.

The second day you will have at least one hunger scale that makes you pause and say, “Hmmm.” Because you will start to see that you were thinking of eating, but you were not hungry. This is the start of something fabulous!

Because you will get good at rating your hunger very quickly and this knowledge will help you avoid eating up to 40% of the time. Think of how many calories you will avoid by simply knowing when you are truly hungry. You will naturally begin to

avoid eating during times when you are experiencing false hunger.

So you might be wondering, why do you get “false hunger.” There are a number of reasons. First, we are creatures of habit. Have you ever been really busy and then glanced at the clock to see that it was noon? As soon as you realized it was “lunch time,” did you get false hunger signals simply because we are conditioned to eat at certain times, or in reaction to certain settings (i.e. movie

theater) or smells (i.e. fresh baked bread).

You also get false hunger when you dramatically change your diet in a short period of time. If you just started a healthy diet after eating a very unhealthy way, then your body needs time to adapt to the new foods, even though they are good for you. During this transition time your body will signal confusion through hunger pangs.

Losing the weight is possible but there are things you must do. Get the complete picture of How To

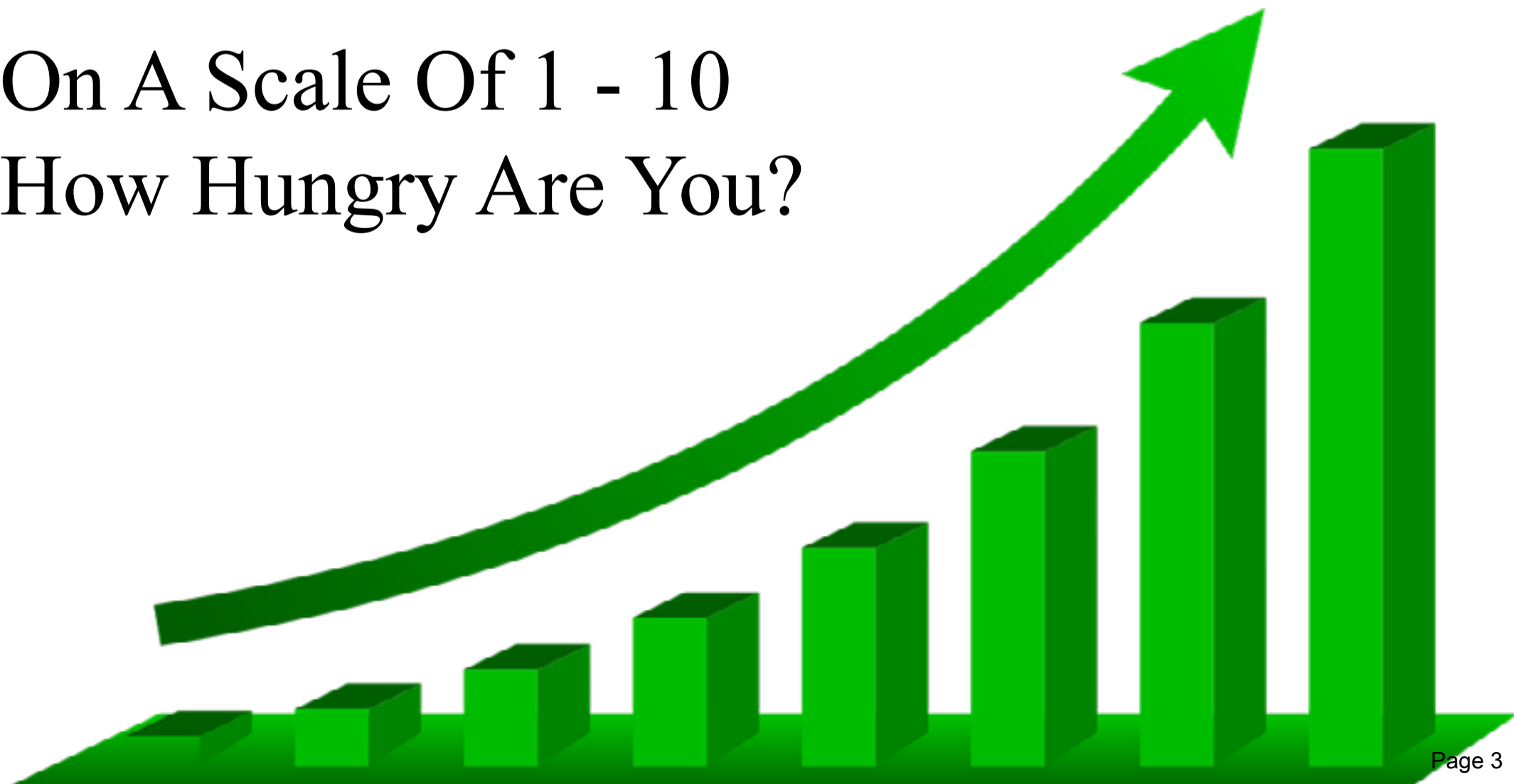
Lose Weight in my Free WEIGHT LOSS BLUEPRINT.

If you are considering going on a diet you need to read The Weight Loss Blueprint to get started the right way.

Article Source: http://EzineArticles.com/expert/Dr._Becky_Gillaspay/94433

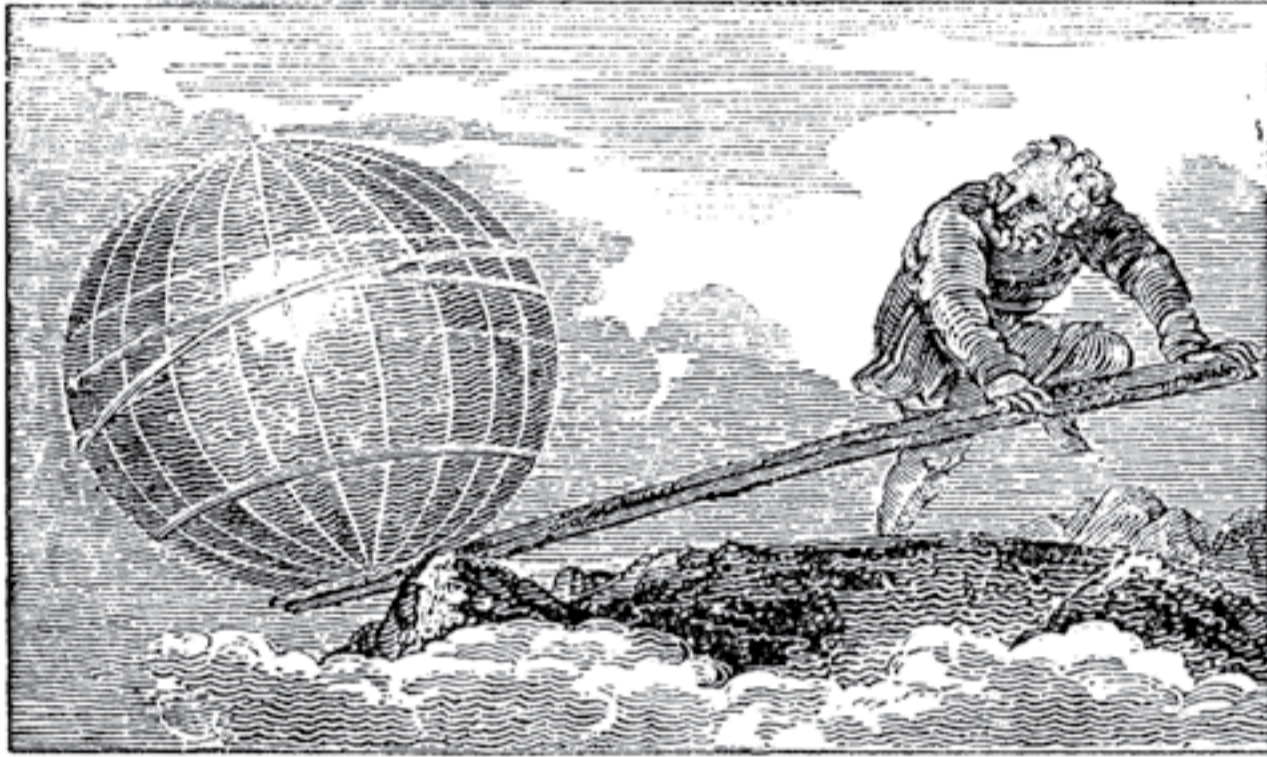


On A Scale Of 1 - 10 How Hungry Are You?



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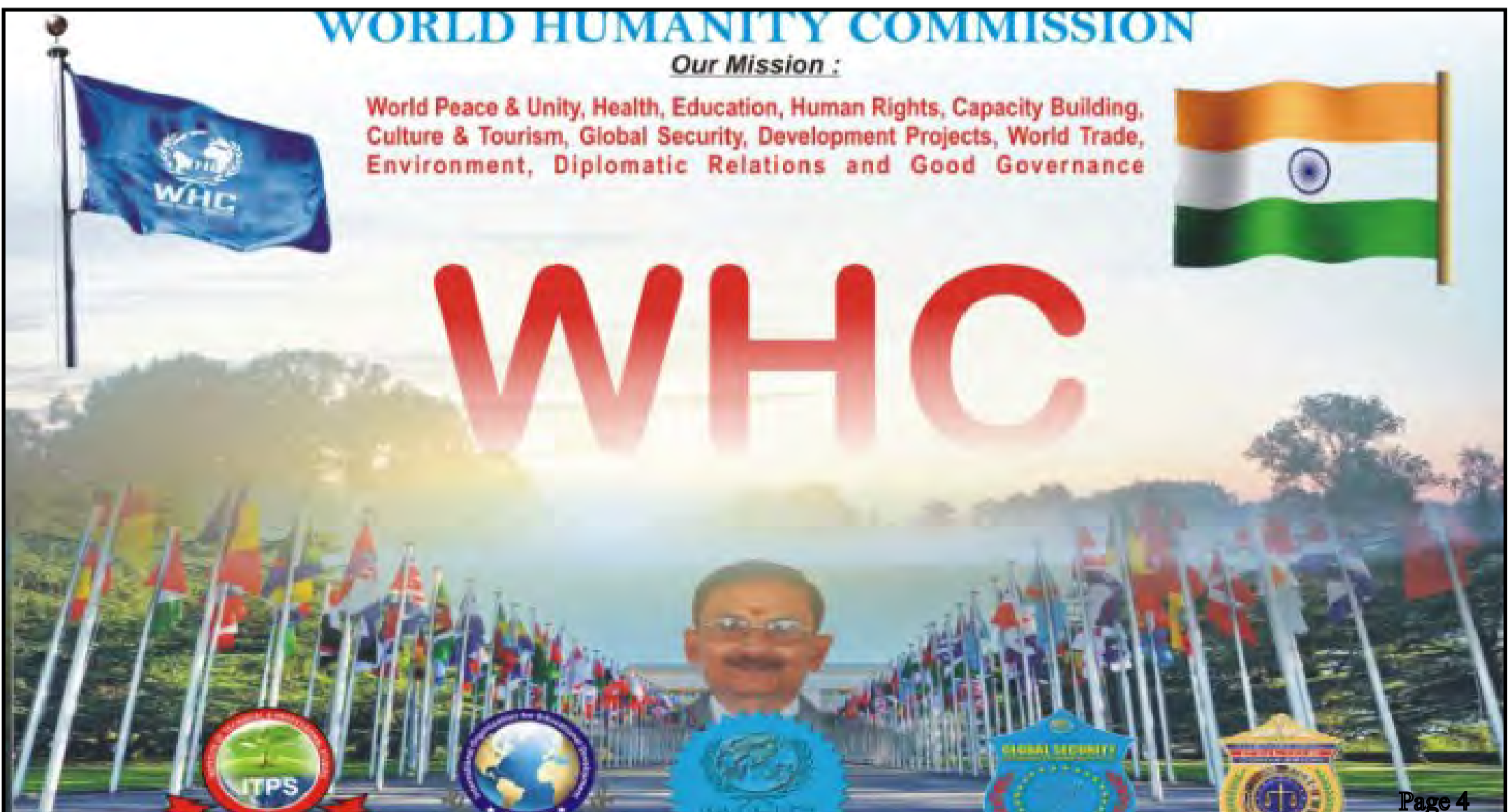
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Some Examples Of What We Can Achieve

Examples: On a beginning small scale: If we join 1,000 subscribers at \$3.30 inc gst per week together at the end of each month we would have approximately \$14,000. At the end of each month we take out running costs wages and taxes then give half of the remainder approx \$7,000 to the Fred Hollows Foundation to help restore sight to approximately 280 people a month.

On a larger scale if we joined together 50,000 subscribers using the same percentage we would have \$709,500 at the end of the month. After taking out our running costs, wages, expenses and paying taxes etc. we give approx \$354,000 to the Fred Hollows Foundation and give sight back to 14,160 people a month and 169,920 people per year.

As the subscriptions get larger and larger by each

person recommending others to take out a \$3.30 per week subscription we can take on larger and larger projects. Imagine this, with 500,000 weekly subscriptions we could donate approximately \$3.5 million dollars a month to worthwhile causes.

At the end of each month after taking out our running costs, paying wages and taxes we give half of what we collect to Fred Hollows and other worthwhile projects. This way we are using the idea of leverage from Archimedes where every reader in the world can be part of a massive worldwide movement to help heal the world.

All the good news stories that we all create and the donations we make will be put into the Newspaper each week.

How truly exciting!

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See The Next Page For More Ideas

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On Page's 4-5-6-7

What About Me!



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The Fred Hollows Foundation

Cesaria's Story

Many blind children in Burundi never reach their 5th birthday. Luckily, Cesaria's grandmother got her the urgent medical attention she needed.



Vann's story

The village kids had started teasing Vann because she was different – until a 20 minute operation changed her life.



Aung and Lin's story

Aung is Lin's full time guardian. Sadly, his ailing eyesight was forcing him to stop work and Lin was having to care for him instead of going to school



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How To Break Through Depression

By Alfred Bellanti

“I personally guarantee if you make a serious effort to use just a few of the techniques in this book you will notice the difference within the next 30 days.”

It's because this book comes from the soul! I write from my own experience and my own personal struggle with depression.

I was finally blessed with the gift of recovery and with the benefit of hindsight. I was able to trace the steps that led me down into depression and then to the steps that helped me out of it again.

I later researched more about depression because at the time there was not much knowledge about it.

During that time all

I could find was depression medication, a weekly visit to for what was loosely termed 'Psychotherapy', and in the extreme Electro Convulsive Therapy (ECT).

They didn't even address the symptoms of depression.

I have now researched and evaluated most of the current treatments and covered most of them in this book.

From these I selected ones I believe would be the most effective for you, keeping in mind that everyone is different and what suits one may not suit another.

From this book you will learn:

How to become objective about depression so that you can overcome it.

How to lift yourself out of your current depression.

What you can do to help yourself.

Ways that have been proven to increase happiness.

Types of treatment available

So if you are determined to break through your depression you have found the right book.

Start your journey out of depression NOW and take control of your life starting TODAY!

Alfred Bellanti

For enquiries please contact The Editor of The Good News Newspaper to be put in touch with Alfred.

I alone cannot change the world, but I can cast a stone across the waters to create many ripples.
Mother Teresa.



DIM - A Super Nutrient That Could Possibly Prevent Cancer and Can Help Balance Hormones As We Age

By Mark Rosenberg, M.D.

Many of my patients are menopausal women and men older than 50. This is the age group where mid-life hormonal shifts and changes can become problematic and set the stage for the onset of future health problems, like breast, uterine and prostate cancers, if left unchecked.

The problematic hormone that can get out of whack at this time is largely estrogen as “bad estrogens” can predominate which allow dangerous oxidation to occur that damages DNA. However, as I tell my patients, nature has given us a near miracle phytonutrient to reverse this process - DIM, short for Diindolyl Methane, and I’d like to tell you about it.

DIM - The Miracle Phytonutrient You May Be Missing

If you eat several servings of broccoli, cauliflower, Brussels sprouts and cabbage, on a regular basis you likely get enough of DIM. Cruciferous vegetables like these are nature’s carriers of DIM, an important phytonutrient that has been proven in numerous studies over the last decade to have amazing hormone-balancing and even anti-aging and anti-cancer properties. Deficiencies in DIM are thought to be behind the rise in

hormone-driven cancers like those of the breast, uterine and prostate; colon cancer, and even coronary artery disease as too much estrogen can increase the risk for hardening of the coronary arteries and the decreased ability to dissolve blood clots.

DIM has the capacity to regulate and balance estrogen metabolism and neutralize “bad” estrogen metabolites and promote “good” 2-hydroxy estrogen metabolites that have been shown in research to be protective against breast cancer, as well as other types, in both women and men. In addition high animal fat diets and deficiencies of Omega 3 fatty acids also correspond

these bad estrogens. It is thought now that prostate cancer is likely more driven both by a man’s age-related decrease of testosterone and rise of these bad estrogen levels. Yes, men carry estrogen too and it can start to be the dominant hormone when testosterone starts falling. Estrogens, specifically the active estradiol type, has been shown to drive up PSA (prostate specific antigen) levels as much as testosterone. Another of DIM’s good estrogen metabolites, 2-methoxyestradiol, was shown in studies to inhibit this increase of PSA. Regular intake of DIM would protect against rising PSA.

Early research with



supported “selective apoptosis”, i.e., the natural, programmed cell death which removes damaged cells. In humans, 500 grams (about 2-1/2

cup), like soy and other estrogen-mimic vegetables and compounds. It has no estrogenic activity which makes it ideal for a man over 50 in andropause to help protect against prostate and colon cancer. Similarly, postmenopausal women, fearful of taking traditional HRT because of its documented side effects, can supplement with DIM without worry. In fact, new studies out of Italy show that a woman may be much better off using DHEA instead of HRT as it has been found to protect breast and uterine tissues from cancer growth.

Adding DIM to further serve in the protection against breast cancer in the majority of women.

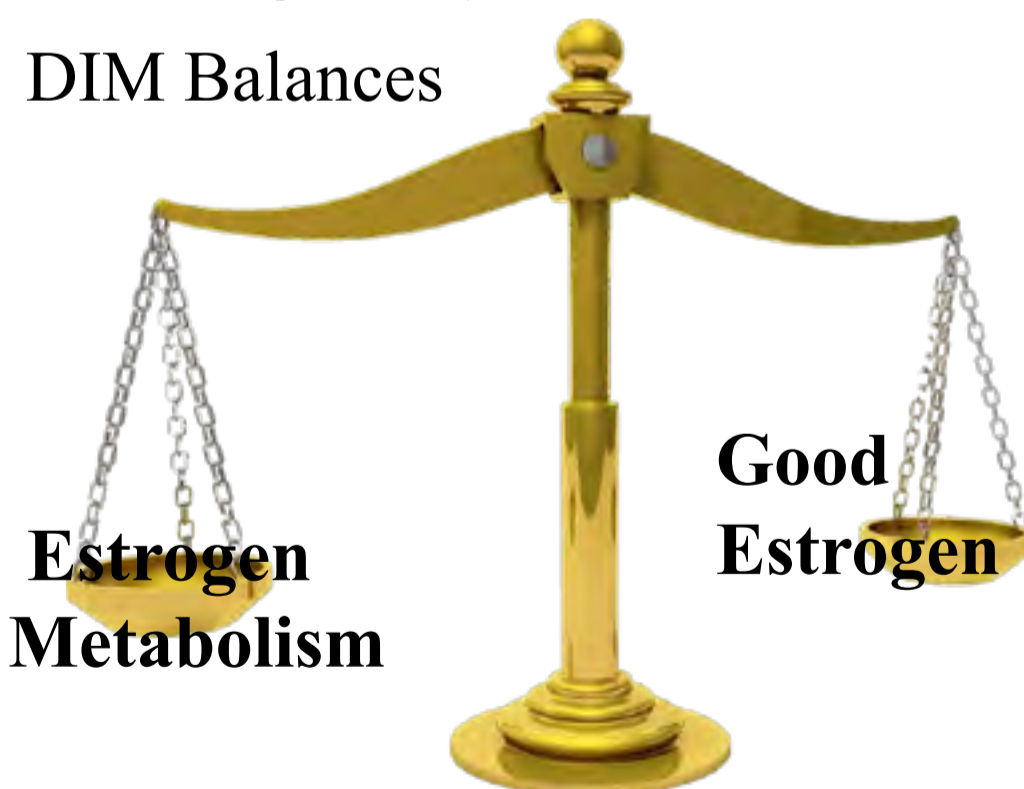
DIM has also been

shown in research studies to be heart protective as well as it inhibits “lipoprotein oxidation”, i.e., which precedes the formation of dangerous, hardened plaques on arterial walls. DIM’s two good estrogen metabolites, 2-hydroxy and 2-methoxyl estrogens are powerful antioxidants that prevent this oxidation from taking place.

Article continued on page 9.



DIM Balances



Estrogen Metabolism

Good Estrogen

to low levels of these good, cancer-fighting estrogen metabolites.

Recent research has also made an even more important connection with prostate cancer and

DIM in animals showed that chemically-induced cancers were prevented by supplementation with DIM. These studies also showed that the addition of DIM

in cups) of broccoli, a high DIM content food, was shown to increase good, 2-hydroxy estrogen metabolites in urine.

DIM, however, is not a “phytoestro-

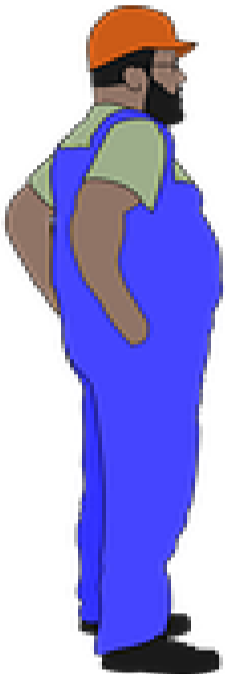
DIM - A Super Nutrient

That Could Possibly Prevent Cancer and Can Help Balance Hormones As We Age

By Mark Rosenberg, M.D.

To get your free book please go to <http://www.healthyanswers.com/>

Other health benefits of DIM include an aid to fat loss, especially in over-50 age men



Because DIM decreases estrogen levels in men, it has the effect of releasing more free testosterone which can lead to increased libido.

How Can You Add More DIM To Your Diet

As I mentioned above, cruciferous vegetables are the food source of DIM, but there are also other foods and nutrients that can help boost DIM. These include the following:

- Cruciferous (Brassica) vegetables: Broccoli, cauliflower, cabbage, kale, bok choy, Brussels sprouts, collard greens, mustard greens, turnips, wasabi, watercress. Get at least 500 grams, or about 2-1/2 cups (100 grams equals 1/2 cup)

whose testosterone levels are decreasing, but also in estrogen-dominant perimenopausal women who may be lacking progesterone. Estrogen imbalance can store fat around the middle and also cause water retention.

per day.

Note: If you take thyroid medication, be sure to eat these vegetables steamed which disables the goitrogen compounds in these vegetables that interrupt thyroid hormone production. Take thyroid medication in the morning 1 hour before eating.

- DIM supplementation: Men can take between 100-150 mg per day; women should start with half, 50-75 mg a day.

Note: If you take thyroid medication, ask your doctor or pharmacist about taking DIM supplements as they may interfere with the absorption of your thyroid medication.

DIM has been shown in research to be beneficial to the prevention of many

estrogen-imbalance disease states in both men and women.

Ask your healthcare professional about using DIM to augment DHEA's alternative HRT, anti-aging properties. In addition, if you take thyroid medication, be sure to ask them if DIM will interfere with its absorption.

Stay well,
Dr. Mark

I am one of the few doctors in this country (America) who is board certified in anti-aging and am currently the Director of South Florida's Institute For Healthy Aging. With more than two decades of experience in treating thousands of patients, you could say I've seen it all.

I treat a wide range of medical conditions- from cancer to

obesity- and believe that natural, practical alternatives carry the day. I believe that education is fundamental to prevention and wellness. I've partnered with other medical experts and developed an online health education site, <http://www.HealthyAnswers.com>, which offers a wealth of natural health information, written by

top physicians and medical experts. Article Source: http://EzineArticles.com/expert/Mark_



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How To Get An Audience To Believe What You Are Saying

By Dr. Jim Anderson



So why do you both- er to give speeches? If you are like the rest of us, you understand the importance of public speaking and feel that you know something that will be of value to your audience and you are willing to share it. Deep down inside, a small part of you hopes that by going to all of the effort of giving this speech you'll be able to change the world even if it is only in some small way. Well I've got some news for you. This isn't going to happen if your audience doesn't believe you. Do you know how to make that happen?

How To Get Your Audience To Believe You

In order to get your next audience to believe what you are telling them, you are going to have to come across to them as being trustworthy. In order to make this happen there are several things that you

are going to have to do while you deliver your speech in order to make your audience believe you:

- Know Your Objective: There is no way that you're going to be able to get an audience to believe what you are telling them if you don't know why you are telling it to them. You have to pick a single objective for



your speech and make it be crystal clear in your head so that your audience can believe that you know why you are talking with them.

- K.I.S.S: Keep It Simple, Stupid - your audience is only going to be able to believe you if they can understand what you are telling them. What this means for you is that if you make your speech too long or if you try to pack too much information into it, then they are not going to be able to absorb what you are trying to tell them.



Instead, keep it short and limit your information content.

- Listen To Your Audience: Even as you deliver your speech, your audience is going

to be talking to you. Are you going to be listening to them? What you need to be looking for is signs, both verbal and visual, that your audience is agreeing with what you are telling them. If they are, then they are believing what you are telling them.

- Always Follow Up: During almost all of our presentations, we make promises to our audiences. A key part of getting our audience to

believe us has to do with following up on our promises. If we do what we said that we were going to do, then all of a sudden we become that much more believable.

What All Of This Means For You

It's not easy giving a speech. As long as we're going to go to the effort to create, practice, and then deliver a speech we sure would like to think that we're going to make an impact on our audience by sharing the benefits of public speaking. In order for this to happen, we're going to have to make sure that they believe us. Making that happen is the difficult part.

If you are going to be believed, then you are going to have to

know what the objective of the speech that you're giving is. Your audience can only handle so much new information and so you need to be careful to not overload them. As you give your speech, it's going to be up to you to get affirmations from your audience so that you know that they are believing what you are telling them. As you give your speech, take the time to listen to what your audience is trying to tell you because this will make you more believable. If you make promises to your audience during your speech, make sure that you follow up on them. Article continued on page...13

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Follow Up On Your Promises To Your Audience

The good news is that you can make your audience believe what you are telling them. This does not happen automatically, instead you are going to have to work at it. However, the benefits of having an audience believe what you tell them can be very, very powerful.

Dr. Jim Anderson

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Do you give speeches today, but want to learn how to be more effective? Dr. Jim Anderson

believes that great business skills are no substitute for poor presentation skills. Dr. Anderson will share with you the knowledge that he has gained while working to improve the speaking ability of both individuals and teams of speakers for over 20 years. Learn the secrets of effective speakers and

really connect with your audience during your next speech.

If you want to follow Dr. Anderson on Twitter, he can be found at: <http://twitter.com/drjimanderson>

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Or Go To: <https://www.dreamtreebanjos.com/>

Learn the NEW STYLE of easy-to-learn banjo... "Pick-Hammer". Pick-Hammer was developed many years ago out of the frustration in learning other banjo styles.

Banjo is NOT an easy instrument to learn, especially picking styles. It takes hours of concentrated practice and only the ones who REALLY want to learn and play make it to proficiency.

But imagine a two-finger style that is easy to learn and gets you playing right away? Geoffrey developed this style and has taught students for close to

a decade and has the results to prove it.

Success Stories

Micky says: "What took me 4 years with another teacher I learned in 4 weeks with Geoffrey! Highly recommended."

Karen says "As a woman of plus 50 years with no musical ability other than a long held passion to play banjo, it was extremely difficult for me to find a teacher.

My guardian angel was guiding me the day I stumbled on Geoffrey White on the internet. Geoffrey is an amazingly patient and supportive teacher.

His method is ideal for beginners because, while learning all the necessary basic skills, you are actually learning to play a tune and produce the wonderful banjo sounds which originally sparked our passion for this beautiful instrument...

Geoffrey is helping me to realise my dream and I highly recommend him as a teacher to banjo lovers wanting to learn or improve their skills".

Pete writes: "I started my lessons with Geoffrey not knowing very much about the banjo I received as a gift for Christmas.

Through Geoffrey's patience and expertise, I learned roll patterns, finger technique and by the end of our block of lessons, a whole tune! Couldn't have done it without his patience and banjo wisdom. Thank you!"

Click on the above FREE 15-minute LESSON and experience "Pick-Hammer" and have Geoffrey show you how easy it is to learn the banjo...call him for face to face lessons on 0434 544 181 or go to his website at www.dreamtreebanjos.com

Cheers, Geoffrey



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A diverse group of ten people representing various professions (chef, construction worker, retail worker, nurse, doctor, etc.) are standing in a line in front of a large, tall stack of gold bars. The background is a bright blue sky.

Life Changing Quote Of The Week!

See how you can apply it to your life to
make it better.

**“AS I WALKED OUT THE DOOR
TOWARD THE GATE THAT WOULD LEAD
TO MY FREEDOM, I KNEW IF I DIDN’T
LEAVE MY BITTERNESS AND HATRED
BEHIND, I’D STILL BE IN PRISON.”**

Nelson Mandela



**What do you have to leave behind to escape
to your new life that is waiting for you?**



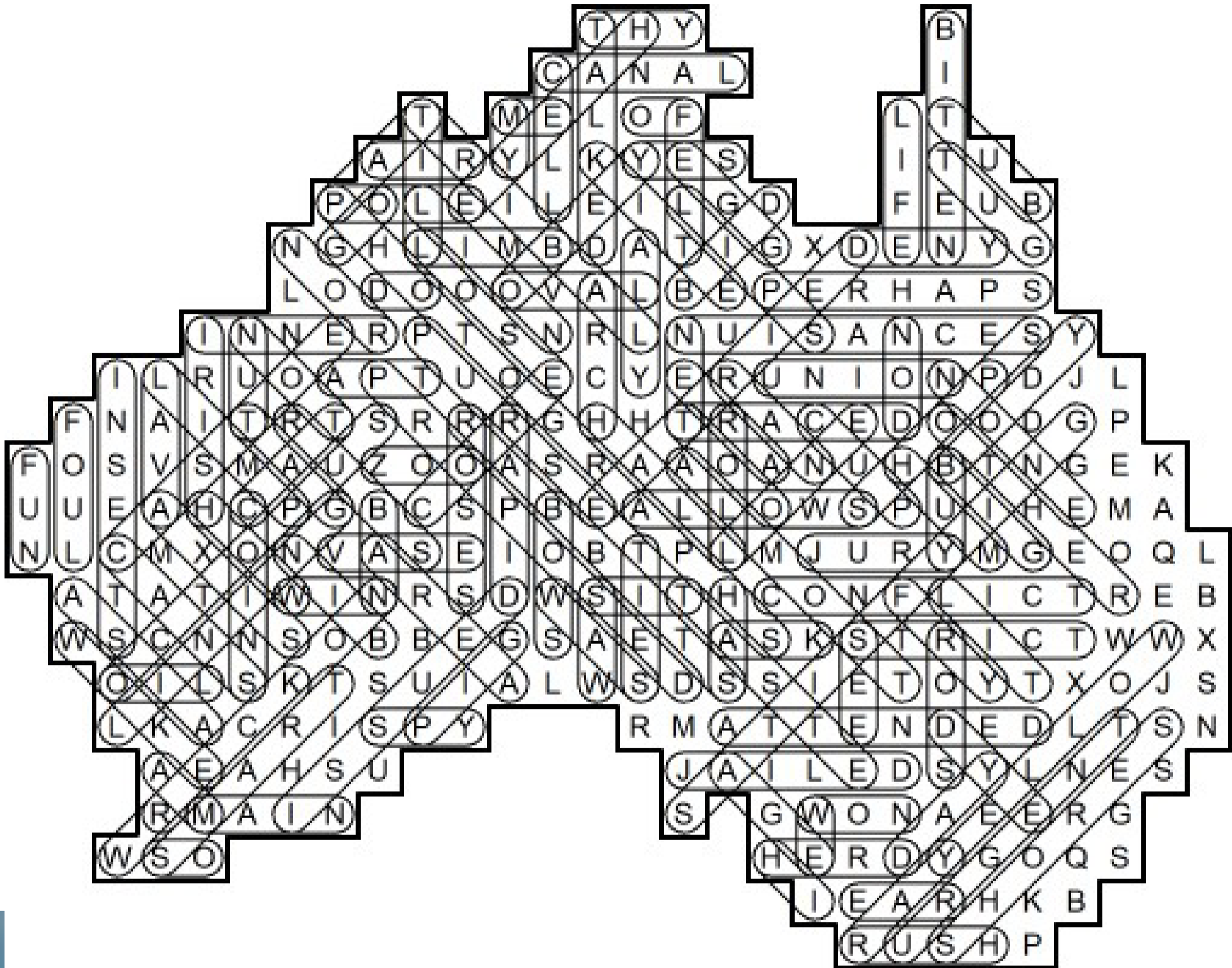
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S	M	M	B	E	E	Y	F	I	E	R	C	E	I	A	K	L	U	E	A	A	Q	A	F	N	R	M	E	A	L
C	E	Q	P	T	H	D	E	B	V	U	S	R	E	R	E	I	R	G	R	G	T	F	L	H	E	E	C	N	A
R	H	T	E	K	I	U	R	M	E	B	A	M	E	C	N	O	T	S	P	B	L	S	Y	L	I	C	L	A	Y
E	T	F	T	E	Q	B	D	I	R	N	Y	W	N	W	F	C	N	C	K	L	S	E	A	T	N	P	A	A	S
W	M	R	W	E	D	I	N	D	I	A	N	Q	O	E	Z	E	G	H	H	U	O	T	N	U	T	S	K	C	Y
M	E	H	E	T	E	P	W	D	L	N	F	C	B	K	T	D	A	E	A	E	N	U	R	S	E	S	M	H	P
B	M	T	I	D	E	A	R	L	T	E	J	G	L	A	E	W	B	M	M	E	N	O	G	R	I	N	U	R	H
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EMPLOYMENT opportunities



As Australia's largest retail health food group, we employ over 450 people in a range of positions, from service in front line stores through to the support team in finance, sales and marketing, buying, product development, logistics and information systems.

At Healthy Life we believe that it's our people who make the difference to remain one of Australia's most reputable companies by sharing a passionate message of Health and well being to make every individual count.

If you want to join the team, we'd love to hear from you - simply forward your resume to us with a covering letter advising, which position interests you and why, then send to:
reception@healthylifegroup.com.au

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Contact

Ph. 02 9659 8333
Fax. 02 9659 8331
Atlas building at Norwest
Level 1, 106/2 8 Brookhollow Ave
Baulkham Hills 2153

Bella Dental Care is located on Level One of the **Atlas Building** in Norwest's commercial area.

Mission Statement

Working as a team in a family environment we welcome people to experience the highest quality of dental care under the strictest hygiene conditions. With care and integrity we aim to improve the oral health and well being of the community in which we live.

What You Can Expect

A clean and professional environment, with the best dental profes-

sionals, and friendly staff members.

Bella Dental Care will try and go above and beyond to make our patients comfortable and happy. There are many different dentists all with their own individual specialities that are able to assist in all factors that you need.

Dental Technology and Equipment

Bella Dental Care has the latest equipment in dental x-ray technology.

We use digital x-rays that emit minimal radiation. Our sterilisation area and equipment are of the highest quali-

ty and there are highly skilled dental assistants maintaining the sterilisation of instruments.

We provide... General Dentistry

Dental Check up, Digital x-rays, Clean, Scale, Root Planing (deep clean), Fluoride, Fissure Sealants, White Fillings, Mouthguards, Removable Appliances (Dentures), Root Canal Treatment and Extractions.

Cosmetic Dentistry
Whitening, Composite Resin and Porcelain Veneers and Restorations, Crowns, Bridges, Inlays and Onlays.

Orthodontic Treatments

Orthodontic Plates, Braces and Invisalign. Childrens Dentistry

Mouthguards, Fissure Sealants, Fillings and Preventive Treatment. Surgical Dentistry

Implants, Surgical Extractions and Wisdom Tooth Extractions.

Nitrous Oxide

Also known as happy gas. Available for particularly anxious patients.

Keeping Fred's Promise

Dear Derek. I've just returned from a trip to Vietnam to visit the work that Fred and I started there, and to meet with a very special person from our past. This story spans 24 years and I couldn't wait to share it with you.

Vietnam was one of Fred's favourite places. I have such an affinity for this incredible country, with its warm and resilient people. Vietnam was also one of the last places Fred visited before he passed away, and where this photo was taken.

It's a photo that you've probably seen before. I'm proud that it has become an image instantly recognisable to so many Australians: a snapshot of hope, passion and care.

The child is Tran Van Giap, and the doctor, of course, is Fred. Now, more than two decades after the photo was taken, I've had the opportunity to meet Giap again as an adult. He's thriving as a maths teacher in Ho Chi Minh City with a beautiful family of his own.

My visit coincided with the birth of his second child. What a privilege to be there for this milestone and see how far Giap has come. Here I am, with Giap's family and their new baby girl:

Seeing Giap and the path he's travelled

brought back so many memories. Fred met Giap during a visit to Vietnam where, despite his illness, he started a training course for more than 300 surgeons who needed to learn the skills of modern cataract surgery.

Giap's desperate father had waited with his son for 25 days at a Hanoi hospital, only to be told nothing could be done. When Fred showed up, Giap's father tugged on Fred's shirt and thrust his little boy



Keeping Fred's vision alive

in front of him. Fred knew he had to help Giap. Learn more about this incredible story.

Fred's last promise was to provide surgical equipment

and supplies to the Vietnamese doctors he had trained. He died before this could happen, but I returned to Vietnam just a few weeks after his death to assure everyone

that The Foundation would keep Fred's promise.

What I couldn't imagine is just how far that promise would take us.

For me, seeing Giap

again, was seeing Fred's dream coming true. Giap's story shows the far reaching impact of The

Foundation and supporters like you. The positive impact we can have on one person's life is exactly the reason Fred battled the odds to make sustainable change in Vietnam.

Click here to help keep Fred's vision alive

The thing is Derek, Fred would say that we've only just begun. Avoidable blindness is still a problem in Vietnam where many people in rural areas don't even realise they can be treated.

With your help, we'll continue to make good on Fred's promises so that in another 25 years other Vietnamese children will grow up to realise their dreams - just like Giap.

Thank you so much for your kindness - it means so much.

Gabi Hollows
Founding Director
The Fred Hollows Foundation



This photo was taken in Vietnam, one of the last places Fred visited before he passed away.



Support Your Digestive System With Aloe Vera

By Dr. Edward Group DC, NP, DACBN, DCBCN, DABFM
Published on May 12, 2016

Gut health is a topic that's getting a lot of press lately and I think it's about time. It's an understatement to say the importance of gut health is undervalued. The digestive system is where nutrients are absorbed and is the basis of a healthy body. If your digestive system is inefficient or your gut environment isn't balanced, you might not get the most nutritional value from your food.

A healthy gut reacts positively to good nutrition and is also the result of good nutrition. Refined sugar, artificial ingredients, and artificial coloring offer no nutrition and, even worse, can upset gut balance. Aloe vera, on the other hand, is a nutrient-dense superfood that soothes, nourishes, and promotes detoxification and normal bowel movements.[1]

How Does Aloe Vera Aid Digestion?

Aloe vera offers over 70 different nutrients, includ-

ing calcium, chromium, copper, selenium, magnesium, manganese, potassium, sodium, and zinc. Aloe contains antioxidant vitamins A (beta-carotene), C, and E. It's a great source of vitamin B12, folic acid, and choline.[2][3][4]

Aloe vera also boosts digestion and nutrient absorption. Aloe contains eight important enzymes, two of which specifically support digestion. Amylase breaks down carbohydrates, starches, and sugars, and lipase helps digest fat.

Finally, aloe vera promotes a healthy gut environment by supporting the probiotic colonies that live there. Probiotics are living organisms and require nutrients called prebiotics. Aloe is a great source of prebiotics that feed good gut bacteria.[5]

Stomach Acid Levels with Aloe Vera

Research indicates that aloe vera promotes balanced pH levels through-



Support Your Digestive System with Aloe Vera

out the body.[6] This helps reduce redness, swelling, and irritation.[7]

Aloe Vera Supplements
Aloe vera is available in a couple different forms...

Aloe Vera Juice

You can find aloe vera juice in most health food stores and even the organic section of most grocery stores. Look for a juice produced solely from inner leaf aloe. Avoid whole-leaf varieties as they likely contain aloin or aloe latex which can produce a harsh, laxative effect.

Aloe Vera Capsules

An encapsulated supplement can be a very con-

venient option. Capsules are easy to swallow and usually concentrated into a small serving — no juice to choke down. I recommend Aloe Fuzion™. Aloe Fuzion is made from 100% organic inner-leaf aloe vera. It's aloin-free and has the highest amount of acemannan available anywhere (acemannan is the polysaccharide in aloe that supports digestive health). The product is new but we've already gotten a lot of great feedback.

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Meet The Man Behind The



GLOBAL HEALING CENTER



Dr. Edward F. Group III founded Global Healing Center in 1998 and currently serves as Chief Executive Officer. He assumes a hands-on approach to producing new and advanced life

changing products and information. At the forefront of our research and development team, Dr. Group leads the efforts to develop and formulate all Global Healing Center brand prod-

ucts. He has studied natural healing methods for over 20 years and now focuses on spreading the word of health and wellness to the global community. Under his

leadership, Global Healing Center, Inc. has earned recognition as one of the largest alternative, natural, and organic health resources available.

ATTENTION MUM'S AND DAD'S. MAYBE YOU DON'T NEED TO PULL YOUR HAIR OUT ANY MORE OVER YOUR KIDS PLAYING VIDEO GAMES?

Check out the startling evidence below!



Source: <http://gameaddik.com/2015/09/16/how-video-games-can-positively-affect-your-brain/>

With more than 1.2 billion gamers around the world and sales projected to pass \$100 billion, there's no denying that video games are now a part of every day life. Yet games are still frequently accused of causing addiction and violence.

In three decades of research, scientists have failed to produce a consensus on whether or not there's any truth to those claims. So what affect do video games have on the human brain?

A growing body of work is beginning to show that video games can have a positive affect on the human brain through the following ways.

Motor Skills:

Learning a new sensorimotor skill often requires a repetitive pattern of vision and motor movement, commonly known as hand-eye coordination.

A team of researchers from the University of Toronto conducted an experiment on two groups of people, gamers and non-gamers, and then compared the results. Both groups were asked to manually track a dot that moved in a complicated, yet repetitive pattern on a screen.

Initially, both groups were handling the task equally well, but by the end of the experiment, the gamers were performing significantly better than the non-gamers.

Visual Abilities:

At the University of Geneva, Prof. Daphne Bavelier compared the visual abilities of gamers and non-gamers. She found that individuals who play action video games performed markedly better than those who did not.

Her theory is that fast action games require the player constantly to switch their attention from one part of the screen to another while also staying vigilant in their environment.

This switching attention while also paying attention to the surrounding challenges the brain, making it process incoming visual information more efficiently.

Brain growth:

At the Max-Planck Institute of Human Behaviour in Berlin, Prof. Simone Kuhn studied the brains of subjects as they played Super Mario 64 DS over a period of two months.

She found that three areas of the brain had grown; the prefrontal cortex, the right hippocampus and the cerebellum. All three parts are involved in navigation and fine motor control.

Since Super Mario 64 DS features a 3D view on the top screen and a 2D map view on the bottom screen, Prof. Kuhn believes having to navigate simultaneously in different ways may be what stimulates brain growth.

Keeping sharp:

While the effectiveness of electronic "brain training" apps has been called into question, University of California's Prof. Adam Gazzaley and a team of video game designers have created a game with a difference: Neuroracer.

Aimed at older players, the game requires individuals to steer a car while at the same time performing other tasks.

After pensioners played the game for over 12 hours, Prof. Gazzaley found they had improved their performance so much that they were beating 20 year-olds playing the game for the first time. He also measured improvements in their working

memory and attention spans.

BBC2's Horizon recruited a small group of older volunteers to test the benefits of off-the-shelf games. After playing a popular karting game for over 15 hours over five weeks, their working memory and attention spans had increased by about 30%.

The next time someone accuses you of wasting your time playing video games, please use this scientific evidence below that you are only doing it to better yourself.