

HELPING PEOPLE LIVE HEALTHIER, MORE RADIANT LIVES

DR. NEWTON'S™  
N A T U R A L S

# 101 SECRETS TO HEALTHY LIVING



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**Begin your journey toward a healthy life here.**

**Welcome!** Dr. Newton's Naturals is proud to be a partner in your quest for a healthier, more radiant life. This free ebook provides 101 tips to help you enjoy a healthy and active life. We hope these tips will help you on your journey.

The descriptive icons below will guide you through the health concerns covered in this ebook. Click on any of these icons to be taken directly to that health concern category on our website [www.drnewtons.com](http://www.drnewtons.com). And wherever you see words highlighted in this blue text, simply click on them to be taken to that product on our website.

Our homegrown Maine family business is rooted in time-honored principles and values when it comes to sharing health tips and representing the highest quality natural nutritional products with substantial savings. As always, we support our customers and stand behind our products with our 100% guarantee.

Most of all, we care about your successful journey!



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# Bone Health

## SECRET #1: How to fight back against osteoporosis.

You have likely heard of osteoporosis, but if you're like many people, you might not be sure of exactly what it is. According to the United States National Library of Medicine, osteoporosis is the most common type of bone disease, affecting approximately 1 in 5 women over 50 years old. However, it can affect both men and women and people of all races. The source states osteoporosis occurs when too much old bone is absorbed by the body or when the body doesn't form enough new bone, or both. This is detrimental because bone is a living tissue that's constantly being absorbed and replaced. Many people who have osteoporosis have problems in their spine, wrist or hips.

### Signs and symptoms of osteoporosis

People with a family history of osteoporosis may have an elevated risk of developing this bone loss. Additionally, people with a smaller body frame and who have sex hormonal imbalances, such as women experiencing menopause, are also more likely to develop it. Although, most people will not have pain or other symptoms during the early stages of osteoporosis, signs can become more noticeable and challenging as the condition progresses. Common symptoms include a stooped posture, loss of height, back pain and bone fractures. If you notice these symptoms of osteoporosis in yourself, consult your physician.

### How to prevent osteoporosis

Preventing osteoporosis begins in childhood when bone mass first develops. The majority of this mass is formed by the time a person is 20 years old, so childhood nutrition is essential. Diet is the best way to prevent osteoporosis from forming later in life. For instance, the Vitamin D in milk and other dairy products helps with proper calcium absorption. Exercising can also have an impact on the health of your bones because weight-bearing exercise helps build bone as you age and stops further bone loss. Other lifestyle choices such as smoking and alcohol use can also play a role in encouraging osteoporosis and should be avoided when possible.

### Supplements to fight against osteoporosis

A supplement from **Dr. Newton's Naturals** may help fight against the development and progression of osteoporosis. **CalMax Original** combines calcium, magnesium and Vitamin C, which provide some of the best defenses against bone loss. Just add the powdered drink mix to warm water so you can enjoy the tasty beverage and fight osteoporosis on the go.





# Bone Health

## SECRET #2: Getting a full night's rest can help keep bones healthy.

In order to stay healthy, we need to take care of our bodies, and that requires getting enough quality sleep. Millions of individuals don't get enough Zzzs, and as a result, they may experience daytime fatigue, poor decision-making and accidents, according to the American Psychological Association.

### Sleep to keep bones strong

One reason sleep is so important is that it may have a significant impact on bone health, according to a new study published in the journal, *Experimental Biology and Medicine*. Researchers found that sleep-deprived rats observed in a laboratory had less bone mineral density than those rodents that got 6-7 hours hours of sleep.

Decreased bone mineral density indicates an orthopaedic condition known as osteoporosis, in which bones are weaker and more likely to break, as compared to those in people with healthy skeletal systems, according to the National Institutes of Health. Osteoporosis usually occurs in older adults and is more prevalent among women.

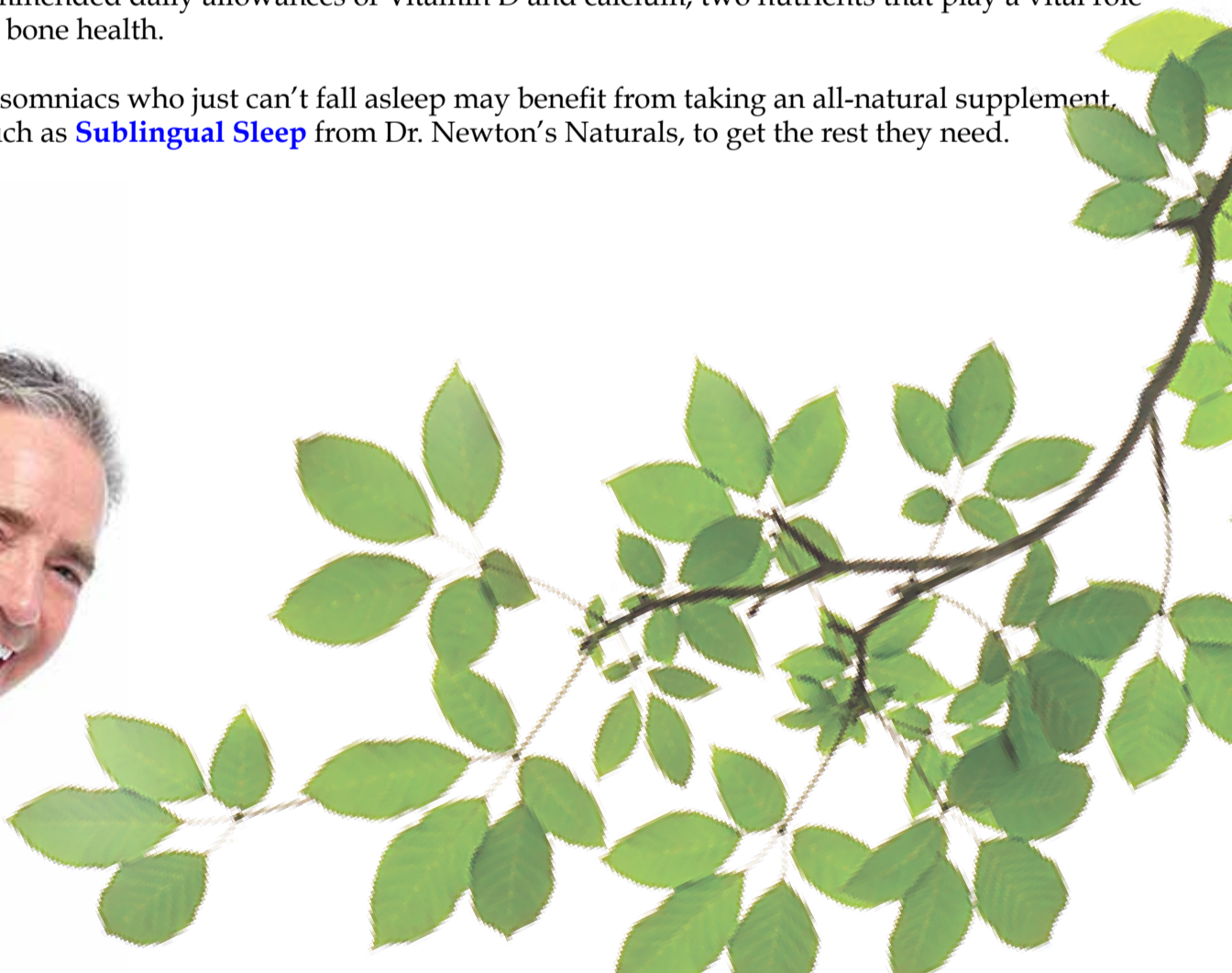
The study's investigators determined that chronic sleep problems like insomnia may have a significant influence on bone health.

"Taken together, these findings suggest that chronically inadequate sleep affects bone metabolism and bone marrow composition in ways that have implications for development, aging, bone healing and repair, and blood cell differentiation," the researchers wrote.

### Eat healthy, choose olive oil

Along with taking a supplement, individuals who want to keep their bones healthy can add olive oil, soy products like tofu, fatty fish, almonds, leafy green vegetables, potatoes and bananas to their diets. Research shows that the regular consumption of olive oil may help prevent osteoporosis from developing. In addition, people should maintain the recommended daily allowances of Vitamin D and calcium, two nutrients that play a vital role in bone health.

Insomniacs who just can't fall asleep may benefit from taking an all-natural supplement, such as [Sublingual Sleep](#) from Dr. Newton's Naturals, to get the rest they need.





# Bone Health

According to the American Academy of Pediatrics, children should consume 400 international units (133 mg) of Vitamin D per day.

## SECRET #3: Kids need calcium, too.

Most parents understand the importance milk plays in the diets of growing kids, yet many are unsure of how much milk kids need. According to the journal, *Pediatrics*, approximately two cups of milk daily can be extremely beneficial in boosting overall health for children.

“We started to research the question because professional recommendations around milk intake were unclear and doctors and parents were seeking answers,” said lead author Jonathon Maguire, M.D., a pediatrician at St. Michael’s Hospital.

Maguire and his collaborators studied more than 1,300 children between the ages of 2 and 5 who were also participating in TARGet Kids!, a program operated by doctors and researchers from St. Michael’s Hospital and The Hospital for Sick Children to prevent long-term health and nutrition problems for children.

They determined that youngsters who drank up to two cups of milk a day had higher levels of Vitamin D, which is important for calcium absorption.

“We saw that two cups of cow’s milk per day was enough to maintain adequate vitamin D levels for most children, while also maintaining iron stores,” added Maguire.

According to the American Academy of Pediatrics, children should consume 400 international units per day of Vitamin D, which in turn also helps the body better absorb phosphorus and supports the function of vital organs.

Growing kids need plenty of nutrients in order to maintain healthy bones and immune system strength. With supplements like **CalMax Kids** from Dr. Newton’s Naturals, children can gain essential amounts of calcium, magnesium and Vitamin C, which can be beneficial in warding off a variety of conditions such as the common cold and flu.





# Brain Health



## SECRET #4: Omega-3 fatty acids may improve working memory.

Researchers at the University of Pittsburgh (UP), recently conducted research that suggests a link between omega-3 fatty acid consumption in young adults and working memory.

### Preliminary Test

The study, which was published in *PLoS One*, began with the subjects undergoing positron emission tomography (PET) imaging and having their blood samples analyzed. The participants, who were aged 18 to 25 and were of varying ethnicities, each took an “n-back test,” during which they were shown a series of letters and numbers that they were required to remember in reverse order.

According to the research author, Bita Moghaddam, Ph.D., the preliminary tests already showed that there was a correlation between omega-3 fatty acids and working memory.

### Trial

After the initial experiment, the participants took omega-3 fatty acid supplements for six months and were retested using the n-back test and the PET imaging, then resubmitted blood samples. The results showed that omega-3 fatty acids positively impacted working memory. This was one of the first studies to look at the links between young adults and their cognitive function in relation to the consumption of healthy fats.

“So many of the previous studies have been done with the elderly or people with medical conditions, leaving this unique population of young adults unaddressed,” said research author Matthew Muldoon, M.D., M.P.H. “But what about our highest-functioning periods? Can we help the brain achieve its full potential by adapting our healthy behaviors in our young adult life? We found that we absolutely can.”

### Unsure effects

At the beginning of the study, the researchers predicted that the omega-3 supplements would have a positive impact on working memory by increasing the size of a protein in the brain that is associated with decision making, while increasing dopamine storage. The results showed that this was not the case and the investigators are unsure of how omega-3 fatty acids benefit cognitive functioning. However, testing on animals does show that the fatty acids may impact young people differently than they do older people.

### Other benefits of omega-3s

According to the University of Maryland, omega-3 fatty acids have been shown to possess other mental benefits. A clinical study there suggests that omega-3's may be able to decrease the number of mood swings in people with bipolar disorder, and they may also curb the symptoms of people with schizophrenia.



# Brain Health

## SECRET #5: Eat your berries to fight cognitive decline.

Berries don't just taste delicious in cereal, desserts and just picked off the vine. A recent study has found they may also be able to reduce cognitive decline in elderly individuals. Science Daily reports the study was published in the *Annals of Neurology*, an American Neurological Association and Child Neurology Society journal.

The key to these findings is the presence of flavonoids in fruits. According to the U.S. Department of Agriculture (USDA), flavonoids are active compounds in plants that can decrease a variety of age related diseases, as well as some chronic diseases such as diabetes and osteoporosis. Flavonoids often contribute to the color of the food and are rich in antioxidants that can protect against free radical damage. The researchers in this study discovered elderly people who ate greater amounts of berries rich in flavonoids could delay cognitive decline by as much as 2.5 years.

"As the U.S. population ages, understanding the health issues facing this group becomes increasingly important," explained Dr. Elizabeth Devore of Brigham and Women's Hospital and Harvard Medical School. "We provide the first evidence that berries may slow progression of cognitive decline in elderly women. Our findings have significant public health implications as increasing berry intake is a fairly simple dietary modification to test cognition protection in older adults."

For older individuals who may not like berries and wish to consume more of their antioxidant properties, consider taking a supplement packed with these benefits. Ultimate Reds is a nutrient-rich concentrated drink mix containing some of the most potent fruits and vegetables in the world, including resveratrol and acai berries.

The all-natural ingredients in Ultimate Reds include acai berries, beets, bilberries, black currants, blueberries, carrots, cherries, cranberries, grapes, elderberries, luteins, lycopenes, mangosteens, pomegranates, prunes, raspberries, Resveratrol, strawberries, tomatoes and Vitamin C. This product may also increase energy, promote heart health and boost immunity. Vitality can be achieved when the body is fortified with the antioxidants and flavonoids in [Ultimate Reds](#).



"We have evidence showing that berries may slow progression of cognitive decline," notes Dr. Elizabeth Devore, Brigham and Women's Hospital and Harvard Medical School.



# Brain Health

## SECRET #6: Increase learning and memory with magnesium and calcium.

The results of a study published in the journal, *Neuron* show that increased levels of magnesium in the brain can lead to improved learning and memory in both young and old rats. The research suggests that one way for humans to improve cognitive ability is to increase one's intake of magnesium through supplementation.

"Magnesium is essential for the proper functioning of many tissues in the body, including the brain and, in an earlier study, we demonstrated that magnesium promoted synaptic plasticity in cultured brain cells," explains lead researcher, Guosong Liu. "Therefore it was tempting to take our studies a step further and investigate whether an increase in brain magnesium levels enhanced cognitive function in animals."

Magnesium supplements, such as [ActivMag](#) from Dr. Newton's Naturals, may be responsible for other health benefits, such as improved sleep habits and pain relief. It is also vital for proper cardiovascular function.

Scientists noted that the animals' original diet had relatively normal levels of magnesium, and it was only after receiving supplements that they showed increased cognitive abilities.

## SECRET #7: Eat foods that increase brain power and concentration.

Do you have trouble concentrating throughout the day? Your diet may be to blame. Whether you need more energy or just need help focusing, certain foods and supplements can help you stay alert naturally.

**Coffee? Yes, coffee.** Many people try to cut out caffeine because of its reputation for bad side effects, however, one or two cups of coffee or tea a day can help increase concentration and boost your mood. It's when you start drinking coffee all day, or turn to hyper-strong, sugar-filled energy drinks that caffeine can become a problem.

**Eat a peach.** The brain needs sugar for energy, but instead of processed, refined sugar, go for the pure stuff. If you feel like you just can't concentrate, reach for a piece of fruit or pure fruit juice.

**Smart Omegas.** Pick meals or snacks that are high in omega-3s, like fish or walnuts. These healthy fats keep your brain function sharp and have a variety of other health benefits. Not getting enough omega-3s from your diet alone? Try a dietary supplement like [OmegaKrill](#), available at Dr. Newton's Naturals.

**Got the blues?** Blueberries are often touted as a super food for all their antioxidant benefits. In addition to fighting off other illnesses, these antioxidants can protect the brain from damage, increase memory and may even prevent or slow the progression of Alzheimer's and dementia.







# Brain Health

## SECRET #8: Sleep improves memory.

Sleep is a vital part of well-being. For individuals with a chronic illness, such as Parkinson's disease, getting enough sleep is crucial to good quality of life. Patients with the neurological condition may have trouble storing and recalling memories, which can cause difficulty in planning, problem solving and living independently.

According to a new study published in the journal, *Brain*, after getting quality sleep, individuals with Parkinson's disease performed better on a memory test, as compared to those who were not well rested. The results indicate that healthcare providers should pay careful attention to sleep disorders to potentially reduce related symptoms.

"It was known already that sleep is beneficial for memory, but here, we've been able to analyze what aspects of sleep are required for the improvements in working memory performance," said Michael Scullin, an author of the study.

In addition, if patients also have obstructive sleep apnea (OSA), sleep may be lower in quality and further affect the brain's ability to process memories, because oxygen is not circulating through the body as efficiently as it does in those without OSA.

Individuals who have trouble sleeping may benefit from taking a medication that can help induce deep rest or an all-natural supplement, such as [Sublingual Sleep](#) by Dr. Newton's Naturals.

## SECRET #9: Get the right nutrients to think more clearly.

Getting the right vitamins and minerals can make a substantial difference when it comes to performing well in what you do. For instance, Vitamins B, C, D and E can influence the way the brain works.

### Alter your diet

In addition to taking a daily supplement, you can eat more of a Mediterranean diet, which includes mostly fruits, vegetables, grains, olive oil, beans, nuts, legumes, seeds, herbs and spices. Next, fish and seafood are the second biggest food group. Finally, eat poultry, eggs, cheese and yogurt, eating the least amount of meat and sweets.

Many people know that what they eat impacts short-term cognitive skills, but it also affects brain function over the course of decades, as reported by the Washington Post. In fact, poor food choices may increase an individual's risk of developing degenerative neurological conditions, such as dementia and Alzheimer's disease.

"Food affects the brain in minutes," Majid Fotuhi, M.D., neurologist and chairman of the Neurology Institute for Brain Health and Fitness, told the news source. "You don't need scientific evidence to know that if you have a doughnut, after a while you feel tired and drained because of the spike in blood sugar, and of course you know that when you're hungry, you're grumpy and you usually can't make good decisions."

### Eat fish

Omega-3 fatty acids should be incorporated into your diet on a regular basis. The body does not make these essential fatty acids, so they need to be consumed. In addition, not only are they great for the mind, but they can be beneficial for the heart, as they may decrease the likelihood of heart disease. The American Heart Association recommends eating fish that are rich in omega-3s, such as salmon and lake trout, at least twice a week.





# Brain Health

## SECRET #10: Regular walks may help improve memory.

The research, conducted at the universities of Pittsburgh and Illinois, Rice University and Ohio State University, shows that individuals who took three 40-minute walks experienced an enlargement of their hippocampus, the brain's main memory center.

After a year of exercise, researchers collected magnetic resonance images of the participants' brains and found an average 2.12 percent increase in the left hippocampus region and a 1.97 percent increase in the right region of the structure.

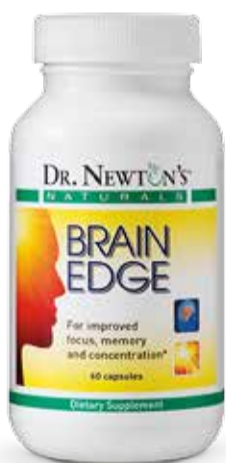
The participants also performed better in spatial memory tests, showing significant improvements when compared to tests taken at the beginning of the trial.

Results from the study may suggest that adding moderate walks to your weekly health regimen could help stave off cognitive decline, especially when combined with natural supplements, such as those from Dr. Newton's Naturals that help increase memory function.

Dr. Newton's **Brain Edge** is a natural memory-booster that contains antioxidants like Vitamin E, beta-carotene and Vitamin C to keep minds sharp. Combining Brain Edge with regular walking and aerobic exercises may be a powerful treatment when it comes to the fight against aging and memory loss.



After a year of exercise, researchers found an average 2.12% increase in the size of the hippocampus regions of the brains of the study's participants.





# Brain Health



## SECRET #11: Power up your brain with omega-3s.

Do you ever feel like your brain's "on" switch isn't functioning? When you feel like you are not completely there mentally, you can have trouble staying active with friends and maintaining an energetic lifestyle.

Many individuals don't realize that fatty acids and antioxidants can help turn your brain power on in a way that energy drinks and coffee never could. For this reason, Dr. Newton's Naturals offers a great supplement called Omega Krill.

Omega Krill contains krill oil, an omega-3 fatty acid source from cold water crustaceans that is three times more potent than fish oil. Not only can krill oil improve brain function, it has an entire list of benefits, from improved joint comfort and reduced risk of heart disease to better circulatory health and improved hair and skin.

The krill oil used in **OmegaKrill** is sourced from pure and unpolluted regions of the Antarctic Ocean. Unlike the fish many people eat, you don't have to worry about consuming toxins when you take OmegaKrill. So get back to enjoying your active and carefree lifestyle and feel the difference of Omega Krill today!

## SECRET #12: Lift weights for a stronger brain.

Does the elder in your life enjoy an active lifestyle that includes rigorous exercise? If so, he or she may be promoting more than just good physical health. New research suggests that strength training may help reduce the risk of developing Alzheimer's disease.

Studies are finding that resistance training - which includes weight-lifting and the use of resistance bands - could improve the cognitive abilities and diminish the occurrence of dementia in elders.

"It's definitely one of the first times resistance training has been looked at in connection with Alzheimer's," Heather Snyder of the Alzheimer's Association told the source. "And we've seen in that body of literature that people who do resistance training increase their ability to be more mobile, but it may have some other benefits."

According to the Alzheimer's Association, one in eight older Americans suffers from the condition. The studies examined 150 male and female participants between the ages of 65 and 80. Researchers divided the participants into separate groups focused on exercises like weight-lifting, balance and tone exercises twice a week over six months.

During this period, researchers also tested cognitive abilities to ascertain the relationship between a fitness regimen and memory and attention span.

"We actually imaged their brains, using functional MRIs - and these people showed better brain function," said lead investigator, Dr. Teresa Liu Ambrose.

This exciting connection could improve the way seniors approach preventative health measures. As the sixth leading cause of death in the United States, according to the Alzheimer's Association, early detection and prevention of Alzheimer's is key.



# Diabetes

## SECRET #13: Strawberries may improve quality of life for diabetics.

Most people think of blueberries or tea when talking about antioxidants. However, strawberries may be the next front runner when considering the similar benefits that they bring to the table, according to Endocrine Web.

Dietary supplements, such as **Ultimate Reds** from Dr. Newton's Naturals, can provide individuals with the antioxidants they need on a daily basis. In combination with strawberries, researchers say people may be able to boost their intake by large amounts.

Strawberries include a variety of antioxidants that may prevent type 1 diabetes, according to a new study conducted by researchers from the Salk Institute. A medication including this nutrient from strawberries may also dramatically improve the quality of life for diabetics.

"This manuscript describes for the first time a drug that prevents both kidney and brain complications in a type 1 diabetes mouse model," David Schubert, leader of the study, told the news source. "Moreover, it demonstrates the probable molecular basis of how the therapeutic is working."

Approximately 8.3 percent of the population in the U.S. is living with diabetes, according to the American Diabetes Association.



## SECRET #14: White rice could increase type 2 diabetes risk.

According to a study conducted by the Harvard School of Public Health, people who eat white rice regularly have a significantly higher chance of developing type 2 diabetes. The study results came from data collected in four studies, two in Western countries including the United States and Australia, and two Asian countries, China and Japan. The Asian countries were an important aspect of the study because these cultures tend to eat more white rice than the Western world.

Researchers found that the more people in these countries ate white rice, the more likely they were to get type 2 diabetes; with women at more risk than men. It is assumed that this is because white rice is low in nutritional value and, unlike brown rice, it is low in fiber, magnesium and vitamins.



Refined carbohydrates such as white rice do not nourish the body properly. Therefore, researchers suggest eating foods that can provide the body with the nutrients it needs like whole grains and vegetables.

If you are having trouble consuming the nutrients you need to stay healthy, consider taking **Ultimate Reds** from Dr. Newton's Naturals. It provides you with your recommended daily servings of fruits and vegetables in a nutrient-rich concentrated drink mix.



# Diabetes

## SECRET #15: Request more individualized treatment for your diabetes.

A study at the University of Michigan found that too many physicians are utilizing the same cardiovascular treatments for diabetes patients instead of catering to each patient's unique needs. Diabetics have an increased risk of developing heart conditions because of high cholesterol.

"We want patients to get the treatment they need to prevent heart attacks and cardiovascular issues but we don't want to expose them to additional treatment risks," said study author Eve Kerr, M.D. "We need to move away from a one-size-fits-all performance measure that misses the point of providing appropriate treatment."

The study revealed that while 80 percent of veteran diabetes patients between 50 and 75 years old had adequate care and were issued the proper amounts of cholesterol drugs known as statins, younger patients were receiving inappropriate amounts of drug therapies: nearly 14 percent of the patients who were at least 18 years old and did not have heart disease were administered statins.

This excessive treatment can be detrimental to a patient's health. According to FDA guidelines, some statins can cause liver damage, memory loss, confusion, increased blood sugar levels and a higher chance of muscle damage when taken with other medications.

### Take Charge of Your Diabetes Management

While healthcare providers play a large role in heart health and diabetes management, a patient can also enact lifestyle changes to benefit his or her condition. Doctors recommend that diabetics exercise to stimulate insulin responses and help lower glucose levels. While strenuous workouts are beneficial, even doing common household chores can help.

Doctors also advise eating well-balanced meals that have the right amount of fruits, vegetables, starches, proteins and fats. Sticking to a schedule may also help diabetes patients maintain the proper blood sugar levels.

Consuming ample amounts of omega-3 fatty acids may also be helpful in controlling diabetes. Omega-3s help reduce triglycerides and apoproteins, and raise HDL, or "good cholesterol." These fatty acids have also been shown to increase cardiovascular wellness by lowering blood pressure. You can get omega-3s from chia seeds, flax seeds and hemp milk.

## SECRET #16: Be sweet to your feet and cut down on sugar.

You may have heard that diabetics need to take exceptional care of their feet but don't quite understand why. In addition to many other health effects, diabetes can lead to neuropathy, bad circulation and greater risk for infection.

Neuropathy, or nerve damage, can be so severe that diabetics can't feel their feet. This is bad news for diabetics who are more susceptible to infection. Many people don't feel the infection, which allows it to worsen and spread. Diabetics can also burn their feet this way. Because of bad circulation, feet are often cold. While trying to warm them, a diabetic may not be able to feel if it's too hot or if their feet are burning.

If left untreated, infections and other diabetes-related foot problems can lead to the need for amputation. With all the risks involved with diabetes, it's especially important that diabetics keep a healthy lifestyle with good diet and exercise choices. To best care for your feet, use **Dr. Harris' Original Diabetic Foot Care** from Dr. Newton's Naturals, which can stimulate blood flow and moisturize skin.





# Digestion

## SECRET #17: How to treat your nightly heartburn.

There are few things more uncomfortable than a bout of heartburn when you're trying to get to sleep. If you're among the roughly 50 percent of Americans who suffer from regular indigestion, you know just how uncomfortable it can be.

Heartburn is caused by stomach acids backing up into the esophagus, leading to difficulty swallowing, a burning sensation in the upper chest and throat and excessive burping. Luckily, the condition is entirely treatable with a bit of care and ingenuity. Here are some tips to help improve your digestion and ease the burden on your stomach.

**Cut out the foods that cause heartburn.** Spicy foods and caffeinated items, such as coffee and, yes, chocolate, are responsible. Other foods can cause it, too, so try keeping track of what you eat for a week to see what may be setting you off.

**Eat smaller meals.** Overstuffed stomachs and tight waistbands can lead to indigestion fairly easily. If you eat a number of small meals throughout the day, your stomach will never be overly-full, which can keep your heartburn at bay. You may also want to bite the bullet and buy larger pants to relieve pressure against your stomach.

**Stay upright.** If you already feel the onset of heartburn, reduce symptoms by making sure you stay upright. This will force the acid to flow back into your stomach. You may also want to consider sleeping with your head propped up by two or more pillows,

**Avoid eating two to three hours before bedtime.**

Your body may be deficient in digestive enzymes, in which case you may want to consider taking a dietary supplement, like **Nu-Zymes** Digestive Enzymes from Dr. Newton's Naturals, to replenish them. Doing so can help your body restore necessary enzymes for the proper breakdown of food, which may not only relieve you of your heartburn but also provide mental clarity and increased energy.



## SECRET #18: Consuming probiotics can keep your gut and skin healthy.

One thing many people don't know is that it takes a lot for skin to look and feel healthy. For instance, you need to keep it hydrated and moisturized to prevent dryness and maintain a well-balanced diet to keep it strong. Another thing that influences skin health is the bacteria in the digestive tract. Believe it or not, bad microorganisms can have a negative impact on the epidermis.

To ensure that you keep replenishing your gut with good bacteria, take an all-natural supplement like **Nu-Zymes** Digestive Enzymes, which is a rich source of probiotics. These microorganisms are friendly bacteria similar to those naturally made in the digestive tract to help with digestion, vitamin absorption and functions carried out by the intestines.

As people age, their ability to readily absorb these vitamins and minerals decreases. This can also occur due to the loss of good bacteria in the digestive system. Probiotics support the immune system and intestines. They restore millions of beneficial bacteria to the intestines that a poor diet, age and lifestyle habits has weakened.

Probiotic supplements may also prevent the occurrence of yeast infections, which can be caused by consuming large amounts of sugar or alcohol, antibiotics, or experiencing high levels of stress.



# Digestion

If your stomach feels like it's being squeezed for no reason, alcohol may be the cause.



## SECRET #19: Seven digestion sins to avoid.

Stomachaches can come and go, but when it comes to serious problems with gas, bloating or constipation, it may be what you're putting in your body that's causing issues to emerge. Whether you're guilty of super-sizing your meals or you just don't consume enough fiber, gastrointestinal difficulties are no joke. If you've committed one of these seven cardinal digestive no-no's, it may be time to reconsider your eating habits.

**1. Ignoring your problems altogether.** Believe it or not, gastrointestinal issues are very common. "We see two big areas of digestive health complaints," gastroenterologist Amanda Pressman, MD, of the Center for Women's Gastrointestinal Medicine at the Women's Medicine Collaborative at Brown University, told EverydayHealth.com. "People complain of heartburn and reflux or constipation, gas, and bloating."

Yet despite how widespread these issues are, if you're the type to chalk this up as no big deal, you could be making a big mistake that prevents you from making the necessary lifestyle changes you need to boost your health. Get talking about your dilemma with a healthcare provider and you're bound to see a huge difference!

**2. Avoiding all-natural supplements.** If your love-hate relationship with food has resulted in many late-night bouts with heartburn or indigestion, it's time you considered an all-natural supplement by Dr. Newton's Naturals like Nu-Zymes Digestive Enzymes. These super-potent tablets work to cleanse your intestinal tract and may provide relief from upset stomach, acid reflux, lactose intolerance and more. By taking this step, you may be able to rid yourself of your digestive problems once and for all.

**3. Consuming too many carbonated drinks.** Excessive intake of carbonated beverages can leave you feeling full and more likely to belch, an absolutely mortifying thing if you're in mixed company or out to dinner with an important client. If you're feeling parched, non-carbonated drinks or water are the best ways to offset this potentially embarrassing situation.

**4. Not watching what you drink.** Although carbonated drinks can definitely put you at greater risk for digestive issues, if you sip on too many beverages you may find that it doesn't matter what they are - tea, alcohol, juice and other drinks can all contribute to bloating and cause acid reflux to flare up.

With alcohol especially, be careful that you don't overindulge, as it can contribute to the development of painful peptic ulcers. If your stomach feels like it's being squeezed through a vice for no reason, alcohol may be the cause.

**5. Chewing gum.** When you're munching on gum, this may seem like it satiates your hunger pangs. However, gum can lead you to swallow too much air, which in turn can lead to problems with belching.

**6. Engaging in poor eating habits.** It may not come as much of a surprise, but eating junk food can lead to a host of problems, including obesity and gastrointestinal difficulties. If you're not getting any fiber in your diet, this can make matters worse. An all-natural supplement like **Nutranetics Fiber** can help support a healthy colon and intestinal tract while also giving your liver the extra cleanse it needs.

**7. Eating late meals.** Do you work the evening shift and often find yourself eating dinner while most people are snoozing between the sheets? While you may not be able to change your work schedule, you can try to eat meals earlier in the day. For those with acid reflux problems, late-night eating right before bed can cause flare-ups. If you want to prevent this, try to eat two to three hours before going to bed.



# Energy

## SECRET #20: How to overcome morning sleepiness.

Are you completely exhausted when you wake up in the morning? Does it seem like no matter what time you go to bed, how many bedtime teas you drink and how comfortable your pillow is, you can't get enough sleep?

You may have become accustomed to downing several cups of coffee or grabbing some energy drinks in order to overcome this fatigue. However, these things don't come without a price. Of course, this is true literally (those lattes from the coffee shop add up), as well as figuratively (you can suffer from anxious jitters and other unwanted side effects).

What your body probably needs is the boost of vitamins. Consider taking an all-natural supplement from Dr. Newton's Naturals that can help you feel energized in the morning. **Natural Energy** provides the essential nutrients for the body to produce its own energy without all the caffeine.



## SECRET #21: Increase your energy in your 50's and beyond.

The average life expectancy in America is 78.5 years old. This statistic means that at age 50, you have quite a few years to be more productive and active than ever. Here are some tips for feeling vibrant and energetic in your 50's and beyond.

**Eat a proper breakfast.** One of the best ways to increase your energy is to eat a proper breakfast. *Men's Health* reports that 40 percent of older men fail to eat breakfast and therefore miss out on essential amounts of vitamins and nutrients needed to stay healthy. Consider starting off every day with a well-balanced breakfast and enjoy more energy throughout the day, no matter what your age.

**Get 20 to 30 minutes of aerobic exercise at least three times a week.** It's important that people in their 50's get the right kind of exercise to stay healthy. Do aerobic exercises a minimum of 20 to 30 minutes three times a week. Even if you're simply going for a walk or bike ride, you can benefit from overall increased energy and wellness. Take a class to improve health and stay motivated. Try finding a yoga, pilates or dance studio in your area to work on flexibility and remain active.

**Take a supplement.** Starting in your 50's, your body doesn't use many nutrients as well as it used to. Calcium and Vitamin B12 become an issue because your stomach produces less of the acid needed to absorb them. At the same time, your skin becomes less efficient at synthesizing Vitamin D.

Dr. Newton's Naturals offers **Sublingual B-12 Advantage**, formulated with all-natural ingredients. This fast-acting, dissolving tablet offers a potent energy source in Vitamin B-12, providing 1100 mcg of Vitamin B-12, plus folic acid, Vitamin B-6 and biotin.





Energy

## SECRET #22: Ready, set, get up and go!

If you're like most people who work, your days are spent sitting at a desk and staring at a computer screen. Or if you're retired, you may find that you now spend many hours a day being sedentary. How is all this sitting affecting our health?

According to *Science Daily*, spending extended time sitting is linked to overall bad health, diseases such as diabetes and death from heart disease or stroke. By restricting the amount of time spent seated every day to less than three hours, you may boost your life expectancy by two years.

"Given that the results from objective monitoring of sedentary time in NHANES has indicated that adults spend an average of 55% of their day engaged in sedentary pursuits, a significant shift in behavior change at the population level is required to make demonstrable improvements in life expectancy," the researchers explained.

### What can you do?

This means that if you are able to just decrease the time you are sitting during the day to three hours, which still is a long time to be sitting down, you could make a dramatic impact on your overall health and increase your life expectancy. If you are a person who works in an office, try to limit your time sitting down for only the things that are absolutely necessary and can only be done sitting. Aimlessly surfing the web and looking at social media sites wastes a large portion of many people's days and this time could be better spent walking or standing.

If you must sit longer than three hours, consider sitting on a medicine ball to work your muscles while sitting. It strengthens your back, legs and abdominal muscles and it's a good way to incorporate a little exercise into your otherwise sedentary day.

"We are trying to promote active versus passive sitting," physical therapist Cheryl Soleway, a consultant to Ball Dynamics of Longmont, which sells the products, told the publication. "You get a low level of neuromuscular activity — your abdominal and trunk muscles are contracting to some degree. Without that activity, you would fall off."



### Dr. Newton's can help you get up and go!

An all-natural supplement from Dr. Newton's Naturals may also help you to lead a more active lifestyle. **CalMax Original** combines calcium, magnesium and Vitamin C to reduce pain and stiffness and give you more energy. Ready? Set? Go!



# Energy

## SECRET #23: Boost your energy and lose weight with these foods.

Most dieters find that weight loss and energy gain are typically linked. So if you're in the process of losing extra pounds, it's a good idea to know which foods are geared toward weight loss and which help to generate more energy.

**Garlic.** Starting with a diet plan, adding garlic as a regular ingredient in meals not only adds plenty of flavor without added fat, but its slimming benefit is due to allicin, a compound that also gives garlic its distinctive smell. It's believed to keep people from overeating because it stimulates a "full" feeling in the brain.

If garlic is too strong for your taste, try spring garlic, which is milder and sweeter than the more common white bulbs.

**Beans.** Another weight-busting choice is beans, which help people lose pounds in two ways. First, they are high in protein and low in fat. Second, the body needs more energy to break down the fibrous structure of the bean so it's actually working for dieters while they eat.

**Spinach.** Popeye knew a good muscle food when he saw one. Spinach, the cartoon character's favorite vegetable, is a good source of iron that builds red blood cells. Compounds in spinach increase the efficiency of our cells to produce energy.

**Artichokes.** As good as greens are for healthful eating, their spiky-leafed cousins such as artichokes may be even better. They have a large amount of magnesium, one of the minerals known for generating energy. A medium artichoke, at just 60 calories, provides about one-fourth of the USDA's daily recommended amount of magnesium.

**Aw, nuts!** Nuts, whole grains and legumes are other energy builders, as they're packed with protein and healthy fats.

The dietary supplement **Natural Energy** from Dr. Newton's Naturals helps to keep energy levels high by providing nutrients such as Vitamin B and antioxidant-rich Vitamin C to keep the body and brain in top shape.

Popeye knew a good muscle food when he saw it. The compounds in spinach increase the efficiency of our cells to produce energy.





# Energy

## SECRET #24: Stressed out and listless? Improve your energy in 4 easy steps.

Do you find your energy levels lagging all the time, even after a restful night's sleep? If you've grown listless and increasingly stressed out over the last several weeks, an all-natural supplement like **CalMax Gold**, which is offered by Dr. Newton's Naturals, may be a convenient way to clear your mind and provide your body with the nutrients it needs to fight back. Here are four other ways you can get a surge in vitality.

**1. Change your diet.** This can seem like one of the easiest transitions to make, but in truth, it can be difficult to cut out familiar foods and savory dishes you've grown to love over the years. *Forbes Magazine* recommends consuming more foods rich in protein, especially early in the day, when cortisol levels are at an all-time high. For breakfast, try scrambling up a few tasty eggs. Snacks like fruit or cottage cheese can help get you through those mid-day hunger pangs. For dinner, substitute rice for something with more nutrients, like quinoa.

**2. Tend to your digestive system.** While you're making exciting new changes to your diet, you may still feel bloated and tired. If this is the case, consider clearing out your gastrointestinal tract by drinking eight glasses of water daily and cutting out soda and other junk food. If you still suffer from bloating, you can get extra support from a supplement like **Nu-Zymes Digestive Enzymes**.

**3. Take a break from technology.** Do you rely heavily on electronic devices to get in touch with others? CNN suggests that this can create spikes in adrenaline, which in turn can deplete your body's natural energy stores. It may seem crazy, but try unplugging yourself from these modes of communication for a few days. You're sure to experience a sense of relief and give yourself newfound power for the week ahead.

**4. Practice meditation.** If you're feeling overwhelmed, the best thing you can do for your body is clear away the cobwebs. Yoga and other physical activities may help you gain a stronger sense of self and allow you to discern the root of your problems. As you crouch into new positions you never knew you could master, you could find your confidence levels start to surge and your spirits lifted!

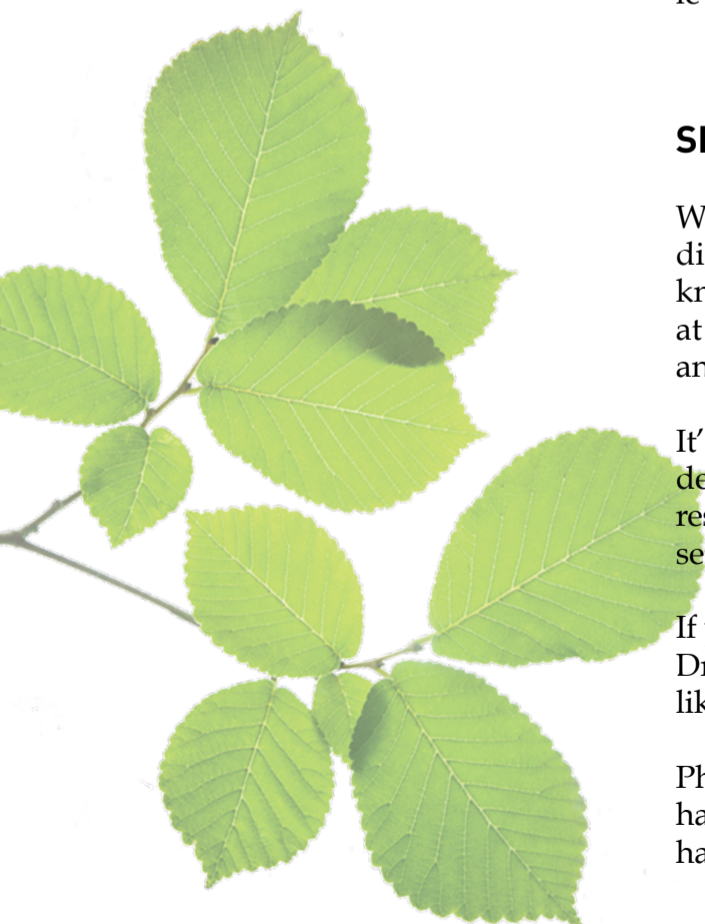
## SECRET #25: How to deal with seasonal affective disorder.

When fall approaches and days grow shorter, for many that means seasonal affective disorder (SAD) will soon creep in. Many people experience symptoms of SAD and don't know what it is. If you start feeling depressed, hopeless, anxious, fatigued or withdrawn at the onset of winter, you may have SAD. Other symptoms can include appetite changes and weight gain and a loss of interest in your favorite activities.

It's important to recognize the difference between seasonal affective disorder and general depression because treatment may be different. Some people with SAD report excellent results with light therapy, which requires sitting in a box with light that mimics outdoor settings.

If you need a boost of energy this fall, consider a vitamin supplement like those offered by Dr. Newton's Naturals. **Natural Energy** contains energy and immunity-boosting vitamins like Vitamin C, riboflavin and B6 to help get you going, even when the weather seems grim.

Phototherapy and vitamin supplements are excellent ways to boost your mood without having to turn to a harsher prescription drug. Lighten up with vitamins and enjoy a happy, healthy winter.





# Energy

## SECRET #26: Avoid the coffee jitters when you need a boost.

Sure, it's not always a picnic when you have to wake up morning after morning for work. Sometimes you feel like you would give your right leg just to get another hour of sleep. Many people make these kinds of mornings - coffee mornings. It is the only way they know how to wake up and get a little more energy to start their day.

This might sound all too familiar to you. However, are morning jitters and nervousness really how you want to start your day? You don't have to stop at your local coffee shop, spend \$5 on a vanilla latte and waste your time, to get going before work. Not only are the side effects from coffee and energy drinks often uncomfortable, they can make it hard to concentrate and make you feel anxious.

Instead of dealing with all of these potential problems and wasting your time each morning, consider how an all-natural product from Dr. Newton's Naturals may help. **Natural Energy** is formulated to quickly deliver nutrients to the body like Vitamin C and Vitamin B6 - boosting your energy without the jitters.

## SECRET #27: Spend time in nature to improve vitality.

A series of studies published in the *Journal of Environmental Psychology* finds that being out in nature helps people feel more alive, which in turn can lead to an overall improvement in quality of life.

"Nature is fuel for the soul," says lead author Richard Ryan. "Often when we feel depleted we reach for a cup of coffee, but research suggests a better way to get energized is to connect with nature," he says. One study examined more than 500 college students, asking each of them to take a 15-minute walk through indoor hallways and natural river paths. Individuals consistently felt more energized when out in nature compared to when they were asked to remain indoors.

Although being outside is an excellent way of staying connected with the world, it can be difficult to find the time to get outside for a walk. Instead of that cup of coffee, there are a variety of alternative means of improving one's vitality, not the least of which is dietary supplements, such as **Natural Energy** from Dr. Newton's Naturals.





# Energy

## SECRET #28: Pep up with mood-enhancing foods.

Did you know that choosing what we eat can influence our state of mind? Some foods really do enhance our mental outlooks because they contain nutrients that are known to pep us up psychologically. Invariably, the choices that put us in a good frame of mind can also improve our physical health.

“Food, if it’s chosen well, can reshape our medical destinies for the better,” reports David Katz, M.D., director of the Yale Prevention Research Center. “It can also improve our mood, focus, energy, skin, and metabolism.”

**Walnuts.** These nuts are believed to contribute to mood stability and help people handle stress because they contain a good dose of tryptophan, an amino acid linked to the chemical serotonin, which is thought to regulate our feelings of well-being. Serotonin is found principally in the digestive tract and central nervous system and may influence our anxiety levels as well as how we learn and sleep.

**B strong with these B vitamin foods.** Vitamins B6 and B12 and folic acid also contain substances that enhance or help form neurotransmitters - including serotonin, gamma-aminobutyric acid (GABA) and dopamine - that calm people. For B6, people should consume more avocados, baked potatoes with the skin on, bananas and chickpeas. B12 can be found in significant amounts in clams, fat-free milk and plain yogurt, salmon, sardines and chicken.

An easy way to include B Vitamins in your diet is to take a daily supplement such as **Vital B-100** from Dr. Newton’s Naturals, which has both neurological and physical benefits that help relieve stress and boost cardiovascular function. Foods high in folic acid include chickpeas, lentils, oatmeal, orange juice and dark leafy greens.

**Magnesium-rich foods.** Other foods believed to keep people in high spirits often have a good dose of magnesium, a nutrient also credited with stimulating mood-enhancing brain chemicals. For those who like nuts and seeds, magnesium can be found in almonds and sunflower seeds as well as spinach, tofu and wild rice.

“Food, if chosen well,  
can change our medical  
destinies for the better.”

- David Katz M.S.,  
Yale Prevention  
Research Center.





# Healthy Aging

## SECRET #29: Get your omega-3 fats -- they could add years to your lifespan.

The results of long-term research suggest that omega-3 fatty acids found in oily fish such as tuna and sardines contribute to living a longer life.

These healthy fats have long been championed by medical experts for the beneficial effect they have on heart health and fighting various conditions, from rheumatoid arthritis to depression.

In the study by researchers at Brigham and Women's Hospital and Harvard University Medical School in Boston, data on about 2,700 older Americans was examined from 1992 until 2008. Those who consumed more omega-3's were found to live about two years longer on average after age 65. This was attributed to omega-3's ability to reduce cardiovascular problems.

Still, researchers say that Americans aren't eating enough fish, in spite of the health benefits of reducing fat from red meat that they are more likely to consume.

"The vast majority of Americans don't eat two servings of fish per week. That would be ideal," Dariush Mozaffarian, M.D., of Brigham and Women's Hospital, told Reuters Health.

Taking dietary supplements that contain omega-3 fats is another way to consume this healthy nutrient. **OmegaKrill** from Dr. Newton's Naturals promotes good brain health, joint comfort and normal blood pressure levels as it fortifies both the body and brain.

Alice Lichtenstein, director of Tufts University's Cardiovascular Nutrition Laboratory, told Reuters that people who eat more fish also tend to consume more fruits and vegetables and less red meat.

"I think people should avoid thinking any single food is going to be a substitute for a generally healthy lifestyle," said Lichtenstein.



"Most Americans don't eat two servings of fish per week. That would be ideal."

- Dariush Mozaffarian, M.D.,  
Brigham and Women's Hospital



# Healthy Aging

## SECRET #30: Take dietary supplements.

A team of researchers analyzed data from the Healthcare Professionals Impact Study and found that use of dietary supplements is widespread among physicians. Additionally, the majority of doctors surveyed reported recommending supplements to their patients as well.

“Health professionals including physicians have an interest in healthy lifestyles and in habits that may contribute to wellness, which may include the use of dietary supplements. Some surveys of physicians suggest that they are as likely as members of the general public to use dietary supplements,” the study authors stated.

Among dermatologists, 75 percent said they use nutritional supplements and 66 percent said they prescribe them for their patients. Furthermore, 57 percent of cardiologists reported personal usage and 72 percent said they recommend them for heart health. More than 70 percent of orthopedic specialists admitted they take the nutrient-boosters and 90 percent advised use among their patients.

Most of the physicians said they use the supplements for overall health, with heart health, lower cholesterol and joint function also scoring high.

Results of the study suggest that nutritional supplements - like those offered by Dr. Newton’s Naturals - may help keep individuals in line with doctor’s orders.

**EZ MELTS Multivitamin** from Dr. Newton’s Naturals contains at least 100 percent of the daily recommended value of several essential vitamins and minerals in a fast-dissolving tablet to promote optimal well-being.

## SECRET #31: Increase the recommended vitamin C intake.

The results of a study published in the *American Journal of Clinical Nutrition* imply that the current daily recommended amount of Vitamin C is outdated and does not take into account the wealth of research in recent years that demonstrates how higher levels could help prevent degenerative diseases.

“If the antioxidant function of Vitamin C is accepted as relevant to and important for human health, then morbidity and mortality from cancer, cardiovascular disease and cataracts ... must be used as criteria for determining Vitamin C requirements,” says Balz Frei, director of Oregon State University’s Linus Pauling Institute.

While the current daily recommended intake of Vitamin C stands at 60 milligrams, scientists are suggesting that increasing that amount to 90-100 milligrams is associated with a decreased risk of cardiovascular disease and cancer.

Those looking to increase their Vitamin C intake may want to consider taking dietary supplements like those offered by Dr. Newton’s Naturals. **Super C22** contains 1,500 milligrams of Vitamin C per serving - 2,500 percent of the daily recommended intake. It is designed for immediate absorption into the body and easy digestion.





# Healthy Aging

## SECRET #32: Drink green tea.

A study published in the *American Journal of Clinical Nutrition* showed that there may be a link between lower risk of colon, stomach and throat cancers and regularly consuming green tea.

Researchers conducted a longitudinal study of more than 69,000 Chinese women over the course of 10 years, and the results showed that those who drank tea at least three times a week were less likely to have cancer in their digestive system, mainly the colon, stomach and esophagus.

While people who drink green tea tend to be more conscious of their health, one of the study authors, Wei Zheng, Ph.D., of the Vanderbilt University School of Medicine, said that the researchers tried to factor in the participants' living habits. None of the subjects drank or smoked regularly and information about their diet, exercise habits and medical records was also taken into account.

Dr. Wei Zheng reported that this study is not concrete evidence of a cause-and-effect relationship between green tea and cancer.

### Green tea benefits

Green tea contains the polyphenols EGCG, EGC, ECG and EC. These antioxidants help protect the cells from oxidative damage caused by free radicals. The polyphenols may also be effective in stopping the proliferation of blood vessels that tumors need to grow.

These antioxidants in green tea may defend against damage caused by ultraviolet radiation and bolster the immune system.

### Other antioxidant sources

You can get antioxidants in a variety of fruits and vegetables such as carrots, cantaloupe, squash, apricots and kale. You may also want to take an **Ultimate Reds** supplement from Dr. Newton's Naturals, which are loaded with antioxidant-rich fruit like blueberries, cherries and cranberries.







# Healthy Aging

## SECRET #33: Blend your way to better health.

If you're like most people, you don't particularly enjoy a plate full of vegetables. Most people just don't leave the dinner table fully satisfied from a bowl of broccoli. It's important that you find satisfying ways to eat your vegetables and consume the essential nutrients your body needs.

One of the best ways to get your veggies is by making delicious smoothies. Health experts will tell you the vast array of benefits from drinking your vegetables, and believe it or not, green smoothies taste great!

"Smoothies are a fantastic nutritional bang for the buck," explained Wendy Bazilian, R. D., author of *The SuperFoods Rx Diet*. This is because when veggies are pureed, they suddenly become much more manageable to eat. It's almost impossible to work nine servings of fruits and vegetables into your diet if you lead a hectic lifestyle, but blending veggie smoothies makes it easy to eat all you need and more, even on the go.

Not only are smoothies a good way to get all of your vitamins and nutrients, these frothy drinks can also help slim your waistline because they make you feel fuller for longer periods of time. Drinking healthy smoothies can help control your appetite and increase your chances of losing weight and keeping it off.

It's easy: use veggies that are high in nutrients. Spinach is an excellent smoothie ingredient because of the vitamins and antioxidants it packs, in addition to its fairly neutral taste. Kale is another great green choice because it's low in calories and high in Vitamin K. Make your drink taste delicious by adding sweet berries, peanut butter or flavored whey protein.

On days when you're running low on time to wash and chop the veggies, simply enjoy a smoothie made with **Ultimate Reds** from Dr. Newton's Naturals. This all-natural concentrated drink mix provides your recommended daily servings of fruits and vegetables and tastes great on its own. You can even add it to a glass of juice for a quick boost when you need it the most.

## SECRET #34: Vegetarians, take a supplement to ensure proper nutrition.

Vegetarians may be healthier than those who eat meat products regularly, simply because their diets usually consist of fewer saturated fats, cholesterol, calories and more fiber, as reported by Greener Ideal. However, without the regular consumption of meat products, it may be difficult to get adequate levels of Vitamin B12.

This essential nutrient keeps the body's nerve and blood cells healthy and helps with the production of DNA. A Vitamin B12 deficiency can lead to fatigue, loss of appetite, weight loss and a type of anemia. The average adult should consume a recommended daily allowance of 2.4 micrograms to avoid these conditions.

Unfortunately for vegetarians, the richest sources of Vitamin B12 include fish, meat, poultry, eggs, milk and other dairy products. Those who don't eat these foods may want to consider a supplement, such as **Vital B Plus** from Dr. Newton's Naturals, in order to avoid developing a deficiency.





# Healthy Aging

## SECRET #35: Protect winter skin by adding moisture and nutrients.

Staying indoors to escape cold, wet weather is a good way to stay comfortable throughout the winter. However, drying indoor heat can take its toll on skin by the time spring rolls around.

According to the American Skin Association, the low humidity that exists in most homes during the winter depletes natural oils and moisture from the stratum corneum, otherwise known as the outer layer of the skin. A similar reaction takes place during the hottest days of summer when air conditioning is blowing full blast. But there are steps people can take to pamper skin so that it doesn't become itchy and taut.

**Avoid scratchy clothing.** The rough texture will irritate dry skin.

**Avoid long, hot baths.** They're comforting in the winter, but they zap the body of natural oils. Taking a short, warm shower is a better choice for healthy skin care.

**Use gentle soaps.** Harsh, antibacterial soaps have their place for keeping hands clean during cooking, but in the bath, a gentle cleansing soap is best. For exfoliating, choose a soft net ball rather than rougher bath accessories. Put the loofahs on hold until warmer weather develops and the skin regains its natural moisture.

**Moisturizing is a must!** Several times a day, as needed - as long as the cream doesn't contain alcohol, which is a drying agent. Be gentle, working in creams to avoid rubbing the skin too hard, particularly on sensitive areas such as the skin around the eyes. Include lips in the routine by applying a medicated lip balm.

**Moisten your environment.** Beyond taking care of the skin directly, you can create a more healthy environment by running a humidifier. With moisture added to the atmosphere, the body won't become as dry and irritated.

**Drink plenty of water.** Keep your skin as well as the rest of the body well hydrated during long periods indoors.



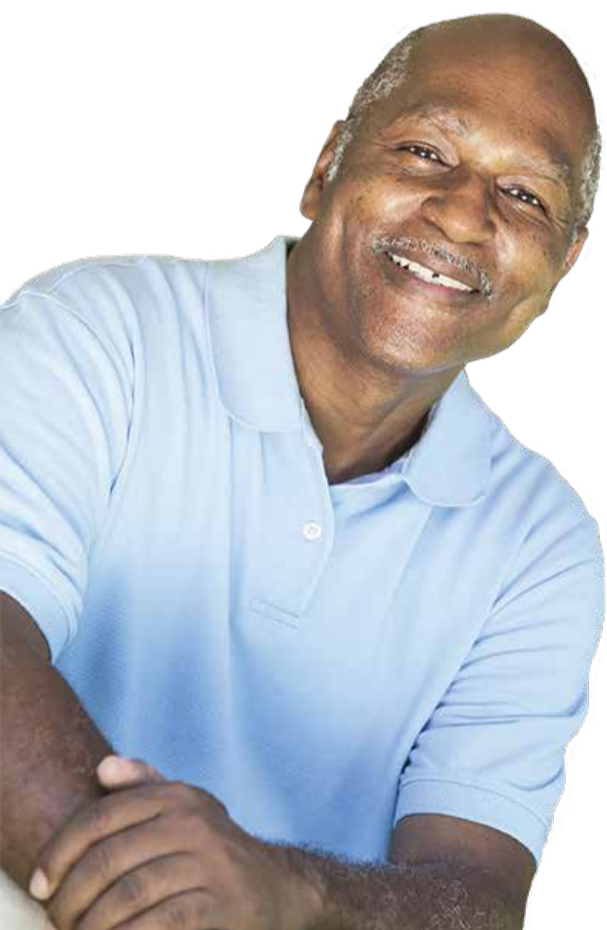
**Eat right for your skin.** Eating lots of foods that contain omega-3 fats helps to regulate the skin's oil production and enhance hydration. Salmon is one of the best wrinkle busters, as it is rich in a fatty acid called eicosapentaenoic acid (EPA), a type of omega-3 that naturally helps block the release of UV-induced enzymes that diminish collagen, causing lines and sagging skin.

Strawberries protect the skin both indoors and outdoors. Their high yield of antioxidants can repair damage to the skin from exposure to pollution and ultraviolet rays outdoors. Inside, Vitamin C enriches the skin's natural moisture.

The dietary supplement **OmegaKrill** from Dr. Newton's Naturals also provides a concentrated amount of omega-3 fatty acids and the antioxidant power of krill oil. It has many benefits in addition to skincare, including heart-healthy properties that help lower cholesterol and blood pressure and reduce inflammation.



# Heart Health



## SECRET #36: Take whey protein.

Research that was recently conducted at Washington State University suggests that individuals with high blood pressure may improve their health with whey protein supplements.

In a study of more than 70 adults, daily doses of a whey protein drink reduced blood pressure by six points in men and women with elevated levels of this vital protein.

Whey protein did not reduce rates in those with normal blood pressure, which is desirable since low blood pressure is also unhealthy, the study authors noted.

One week into the study, those with hypertension experienced reduced blood pressure levels that lasted throughout the six-week trial.

Lead author Susan Fluegel said the decrease in blood pressure levels observed in the participants may lower risk of fatal strokes by 35 to 40 percent, and reduce risk of cardiovascular disease.

Dr. Newton's Naturals offers products with whey protein to promote healthy weight and muscles as well as cardiovascular function.

**Gold Standard Protein** shake mix from Dr. Newton's Naturals contains a mix of whey protein and heart-healthy soy protein that comes in chocolate, vanilla and a blend of the two flavors called Royale.

## SECRET #37: Watch your cholesterol.

Data presented at the annual meeting of the American Urological Association shed light on the relationship between cholesterol and a man's likelihood of developing prostate cancer.

More than 2,000 men were made subjects for the experiment. Each had been prescribed cholesterol-lowering drugs between 1990 and 2006. It was shown that their PSA levels, which can indicate the presence of prostate cancer, were lowered in proportion to their cholesterol. A similar study was conducted in 2007 with comparable results, confirming the fact that cholesterol may play a role in the development of prostate cancer.

The results of both studies show a definite link between cholesterol and PSA and can be used as reliable gauges for a man's overall health.

Those interested in lowering their cholesterol levels may want to consider taking dietary supplements like those offered by Dr. Newton's Naturals.

**Cholesterolite** contains vital nutrients that help a body naturally regulate its own cholesterol. Regular use may promote cardiovascular health and lower "bad" cholesterol levels. It can easily be incorporated into a daily regimen without dramatically affecting your eating habits.





# Heart Health

## SECRET #38: Spice things up for your heart.

Some people hate spicy food, others can't get enough of it. Regardless of your taste preferences, it seems like everyone's heart may appreciate a little added punch: According to a recent study, chili peppers may be packed with heart-healthy benefits.

The study focused on the substance that gives chili peppers like jalapeños, habaneros and cayennes their spicy zing, capsaicin, part of the family of capsaicinoids. Prior research found this substance to have multiple health uses including the ability to lower blood pressure, reduce blood clots, decrease cholesterol and even treat arthritis when in topical creams. But is it possible it could also be good for the heart and help fight against the world's leading cause of death?

Researchers think so. Using hamsters in the study, they found that the substance has an effect on genes and other mechanisms that play a role in the health of blood vessels and arteries that control blood flow to the heart.

"We concluded that capsaicinoids were beneficial in improving a range of factors related to heart and blood vessel health," said Zhen-Yu Chen, Ph.D., of the Chinese University of Hong Kong who presented the study. "But we certainly do not recommend that people start consuming chilies to an excess. A good diet is a matter of balance. And remember, chilies are no substitute for the prescription medications proven to be beneficial."

So you may want to ask the waiter to add some extra jalapeños to your guacamole, as well as consider other ways you can help your heart. **OmegaKrill** from Dr. Newton's Naturals provides the body with omega-3 fatty acids and antioxidants to power up the body and fortify the heart. Packed with krill oil, a substance that contains three times more omega-3's than fish oil, it can help maintain healthy blood pressure and cholesterol levels and reduce risk of coronary heart disease.



## SECRET #39: Take Vitamin C to lower inflammation.

A new study conducted at the University of California, Berkeley, aims to add to the evidence that vitamin C supplementation may help lower concentrations of C-reactive protein (CRP), which itself can be a powerful predictor of future heart disease.

The results of the research show that healthy, non-smoking adults with an elevated CRP level who began taking daily doses of Vitamin C supplements had lower levels of the inflammation biomarker after two months when compared to those who had been taking a placebo. However, those who did not begin with elevated CRP levels did not see a change.

"This is an important distinction," says lead researcher Gladys Block. "Treatment with Vitamin C is ineffective in persons whose levels of CRP are less than 1 milligram per liter, but very effective for those with higher levels."

Previous studies have shown that elevated body weight is a contributing factor to higher levels of CRP.

Vitamin C supplements, such as **Super C22** from Dr. Newton's Naturals, can have a number of positive health benefits on individuals. It can also increase lung capacity and help lower blood pressure levels.





# Heart Health

## SECRET #40: Avoid sugary drinks to reduce risk of heart disease.

Popping open a can of soda with dinner or enjoying a refreshing glass of sweet tea in the summer is great, but if you are a man who does this frequently, you may be increasing your risk of heart disease. According to a recent study published in the American Heart Association journal, men who drank one 12-ounce sugary drink per day had a 20 percent greater chance of developing heart disease. This is compared to men who did not drink any beverages of this nature.

Research was compiled over 22 years, from 1986 to 2008, and every two years the patients would answer questions about their diets. The study included 42,883 male participants between the ages of 40 and 75.

If you or a man in your life tends to drink soda, tea and other sugar-filled beverages, it may be time to cut them out of your diet and start developing healthier habits. Dr. Newton's Naturals may be able to help. Consider asking yourself why you enjoy sugary drinks. If you find you're adding sugar to the coffee and tea you drink in the morning to wake up, try something else to get energized.

**Natural Energy** is an all-natural supplement that provides the necessary nutrients your body needs to produce its own energy. This product is not only free of sugar, but it is safe on the body because it only contains vitamins and minerals that are water-soluble.

Another supplement good for heart health that may also be a beneficial addition to your lifestyle after eliminating sugary drinks. **OmegaKrill** is packed with omega-3 fatty acids and antioxidants to neutralize free radicals. It's been found to help maintain healthy blood pressure and cholesterol levels, promote circulatory health and encourage healthy cell growth.

Reducing your risk of heart disease and living a healthier life doesn't mean you can't have sweets. Just make moderation your mantra and reap the benefits of a well balanced lifestyle.





# Heart Health

## **SECRET #41: Exercise to help counteract muscle breakdown.**

A recent study has found exercise may help decrease or reverse muscle breakdown. Muscle breakdown can occur from heart failure and may also be caused naturally by old age. The research is published in the American Heart Association journal, *Circulation*.

Researchers studied 60 patients who had experienced heart-failure, in addition to 50 healthy patients. Half of each group was 56 years or younger, while the other half was 65 years and older. Some participants were closely monitored when they performed aerobic exercises for four weeks, while some did no exercise. The researchers then used biopsy results to determine if heart failure participants had greater levels of the protein associated with muscle breakdown. They found a correlation between exercise and the frequency with which the protein occurred.. Exercise also decreased muscle inflammation.

“Exercise switches off the muscle-wasting pathways and switches on pathways involved in muscle growth, counteracting muscle loss and exercise intolerance in heart failure patients,” explained Stephan Gielen, M.D., lead study co-author and Deputy Director of Cardiology at the University Hospital, Martin-Luther-University of Halle, Germany.

This research offers outstanding promise to heart failure patients, both young and old. Exercise may serve as a treatment or therapeutic method for counteracting muscle breakdown for even elderly patients.

Adults of all ages should consider taking an all-natural supplement that may improve heart health. **OmegaKrill** from Dr. Newton’s Naturals provides the essential nutrients the body needs to power up the brain and fortify the heart. It contains more omega-3 fatty acids than fish oil because it is made with krill oil, a substance derived from shrimp-like crustaceans found in icy waters.

Research has found greater amounts of omega-3’s may promote circulatory and nervous system health, help maintain healthy blood pressure and cholesterol levels, increase cognitive and behavioral brain function and encourage more restful sleep. OmegaKrill can support the active lifestyle needed to counteract muscle breakdown caused by age and heart failure.

**“Exercise switches off the muscle-wasting pathways and switches on pathways involved in muscle growth, counteracting muscle loss and exercise intolerance in heart failure patients.”**  
- Stephan Gielen, M.D.





# Heart Health

## SECRET #42: Drink your coffee—it may help prevent heart failure.

Are you the type who can't start the day without a morning cup of coffee? If so, you may be doing more than just fueling your body for the day. New research suggests that moderate coffee consumption may prevent heart failure and high blood pressure.

According to *Science Daily*, a recent study by the Beth Israel Deaconess Medical Center found that, of the 140, 220 participants screened, 11 percent were at lower risk for heart failure if they were also moderate coffee drinkers.

"While there's a commonly held belief that regular coffee consumption may be dangerous to heart health, our research suggests that the opposite may be true," explained senior author, Murray Mittleman, MD.

For the study, moderate was defined as those who consumed less than five cups of coffee per day. Servings of four or less European-style cups of coffee and two 8-ounce servings of American coffee daily were found to yield the maximum amount of protection.

Researchers found that protection from heart failure decreased after five cups of coffee, and determined that more than five cups daily could be harmful to long-term health. While researchers are uncertain why coffee benefits heart health, evidence suggests that there may be a link between diabetes and elevated blood pressure, both of which are predictors for heart failure and have been shown to decrease with coffee consumption.

"There is a good deal of research showing that drinking coffee lowers the risk for type 2 diabetes," added Mittleman. "It stands to reason that if you lower the risk of diabetes, you also lower the risk of heart failure."

The data was compiled from five prior prospective studies published between 2001 and 2011. Of the five studies, four were conducted in Sweden and one in Finland. According to the source, the data involved 6,522 heart failure-related events.



For patients with a history of heart failure, the American Heart Association (AHA) recommends no more than two cups of coffee or other caffeinated beverages daily to minimize the risk of recurrence.

To boost your heart's health without coffee, try an all-natural supplement from like **Super C22**. Containing 22 different varieties of Vitamin C, exceeding the 60mg recommended by the Food and Drug Administration (FDA) and support healthy blood pressure, increased lung capacity and mental clarity. Plus, the natural anti-inflammatory properties of Vitamin C can put you on the fast track to decreased pain in your joints and muscles.



# Heart Health

## SECRET #43: Make sure you get enough fiber to fight against strokes.

There's a lot of attention paid to cutting down fats and carbs for a heart-healthy diet, but now a British study is recommending that people add more fiber to their diet to reduce the chance of having a stroke.

As little as 7 grams of additional fiber daily was found to lower the chance of a stroke, according to research done at the Center for Epidemiology & Biostatistics at the University of Leeds in England. The study was published in the American Heart Association's journal, *Stroke*.

"This is important because most people in the U.S. do not eat enough fiber-rich foods," said study co-author Victoria Burley, Ph.D., a nutritionist at the university's School of Food Science and Nutrition. "Total dietary fiber intake should be 25 to 30 grams a day from food, but on average people in the U.S. are getting only half this amount."

Adding 7 grams isn't too difficult, either. For example, that amount of fiber can be gained by eating whole wheat pasta with a serving of tomatoes and a piece of fruit. Burley said that changing one's morning cereal to bran flakes or eating whole grain bread rather than white bread is an easy way for people to incorporate more fiber into their diet.

### Diet as a preventative step

According to the AHA, stroke is the fourth leading cause of death in the U.S., killing more than 137,000 people annually. For those who survive a stroke, the long-term effects of the condition can be a leading cause of disability.

Dietitian Lona Sandon, an assistant professor at the University of Texas Southwestern Medical Center at Dallas, told Medline Plus that the latest findings boost medical experts' long-time contention that eating a Mediterranean-style diet is an important preventive step to ensure cardiovascular health.

A Mediterranean diet, so named for the cuisine of that region, calls for less meat consumption and more fruits, vegetables, whole grains, legumes and olive oil. It has long been associated with being low in cholesterol, a major contributor to heart disease, and is also touted as a good diet to follow for weight loss.

"This is all about making healthier food choices and moving towards a plant-based diet, because people just aren't eating enough fruits and vegetables," she said.

Another source of fiber is the dietary supplement **Fiber 880** from Dr. Newton's Naturals, a capsule that supports a healthy intestinal tract. Fiber 880 contains nopal cactus powders, a rich source of insoluble fiber.







# Heart Health

## **SECRET #44: Get up and go! Sitting for long periods is bad for your health.**

New research, which was a collaborative effort by University of Leicester and colleagues at Loughborough University, revealed that sitting for a long period of time may increase the risk of ailments such as diabetes and heart disease or even death. The study, which was published in the journal, *Diabetologia*, aggregated the results of 18 different studies, which included data from a total of 794,577 people.

The results also revealed that even if the participants exercised regularly, protracted periods of sedentary activity still came with risks. According to one of the research authors, Emma Wilmot, M.D., an average adult spends nearly 50 to 70 percent of his or her time sitting each day.

The American Heart Association (AHA) recommends getting at least 150 minutes of moderate exercise, or 75 minutes of vigorous exercise, every week. While 30 minutes a day for five days a week is a good goal, the source notes that you'll benefit more if you break up your daily workout into two or three 10-to-15-minute time periods. The American Diabetes Association (ADA) also recommends a steady workout regimen. The source suggests engaging in strength, flexibility and aerobic exercises. Lifting weights may build muscle, yoga can promote flexibility and running or playing high-intensity sports helps give the heart a workout.

Your eating habits can also help bolster your heart health. According to the University of Maryland (UMD), a diet with monounsaturated and polyunsaturated fats, such as omega-3 fatty acids, can help prevent the risk of developing heart disease by lowering cholesterol and blood pressure. You should also try to consume minimal amounts of saturated fats. Omega-3s have been shown to be beneficial for people with diabetes by lowering triglyceride and apoprotein levels.

You can get omega-3 fatty acids from flax seeds, chia seeds and hemp milk and a daily **OmegaKrill** supplement from Dr. Newton's Naturals.

**You'll gain more benefit if you break up your daily workout into two or three 10-to-15-minute time periods.**





# Heart Health



## **SECRET #45: Avoid crusty food to reduce risk of cardiovascular disease.**

A new study conducted by the University of Illinois (UII), found that cooking methods that produce crust on food, such as grilling, pan-frying or baking on high heat, may increase the risk of developing cardiovascular disease which is associated with diabetes.

According to one of the authors of the research, Karen Chapman-Novakofski, PhD., the high temperature cooking methods that make crust form on food - such as the crunchy edges of brownies or bits of charred meat on a burger - also create advanced glycation end products (AGEs), which are linked to plaque formation in the arteries and result in long-term physical damage. This has greater implications for people with diabetes because they are already struggling with cardiovascular issues.

“We found that people with higher rates of cardiovascular complications ate more of these glycated products.” said Claudia Luevano-Contreras PhD., research author. “For each unit increase in AGEs intake, a study participant was 3.7 times more likely to have moderate to high risk for cardiovascular disease.”

While saturated fats are associated with cardiovascular disease, Dr. Luevano-Contreras reported that the study indicated AGEs may have an even greater association with the development of heart disease. This means that people with diabetes should also consider the preparation method of food along with consuming less saturated fats and a greater amount of fruits, vegetables and fiber.

Dr. Chapman-Novakofski suggests boiling or stewing meat to reduce the amount of AGEs in food and scrambling an egg with cooking oil rather than frying it.

The scientists noted that further research needs to be conducted in order to make recommendations for preparing food, and they are planning a subsequent investigation that will look at the links between AGEs and the risks of people with diabetes developing heart disease.

The Centers for Disease Control (CDC) reports that being overweight is also another risk factor of heart disease, and that doctors can tell whether a person has a healthy weight by calculating their body mass index (BMI). Regular exercise not only reduces body fat but it also helps lower cholesterol and reduce blood pressure, both of which are key factors of heart health. Abstaining from excessive alcohol intake and not smoking are also good preventative measures for avoiding heart disease.

A diet rich in omega-3 fatty acids may also help reduce cholesterol and high blood pressure, and increase overall heart health. You can get omega-3s from hemp milk, flax seeds and [OmegaKrill](#) from Dr. Newton's Naturals.

**Cooking methods that produce crusts on food may increase the risk of developing cardiovascular disease associated with diabetes.**



# Heart Health

## **SECRET #46: Gazpacho can reduce high blood pressure.**

According to a study published in the journal, *Nutrition, Metabolism and Cardiovascular Diseases*, the main ingredients in gazpacho, like cucumber, garlic and olive oil, may help reduce the risk of developing hypertension, a condition that nearly 25 percent of Americans have developed. Gazpacho is a tomato-based soup usually served cold.

“This new scientific study states for the first time that a regular consumption of gazpacho is as beneficial as the consumption of its ingredients individually - so gazpacho can reduce hypertension,” said study author Alexander Medina-Remón, Ph.D.

During the study, the investigators analyzed 3,995 participants of the PREDIMED study, which looked at how a Mediterranean diet can impact a population that is at risk for cardiovascular conditions.

### **High blood pressure risk factors and symptoms**

The National Institutes of Health notes that some risk factors for developing hypertension include obesity, excessive stress and anxiety, alcohol abuse, consuming too much salt, having family members who also have high blood pressure, diabetes and smoking. Hypertension can also be caused from health factors such as chronic kidney disease, pregnancy, certain medications and renal artery stenosis, which occurs when the arteries that bring blood to the kidneys are narrowed.

Many times people who have high blood pressure may not display any symptoms, but headaches, nausea, vomiting, vision impairment and nosebleeds are all side effects of severely high blood pressure called malignant hypertension.

### **Hypertension-friendly diet**

By altering their diets, people can help reduce their blood pressure significantly. The Mayo Clinic notes that a plethora of fruits, vegetables and grains can be conducive to reducing hypertension and that people may also want to increase their potassium intake. Tracking the sodium levels in one’s diet and cutting down on the amount of processed foods consumed may also be a good idea.





# Immune Support

## SECRET #47: Five ways to stay healthy in winter.

It may seem impossible to ward off the common cold or flu in winter, but these pointers may allow you to get through the season tissue and antibiotic-free.

- 1. Cover your mouth and wash your hands.** This is obvious, but not always followed, advice. If you sneeze, cover your mouth with your hand or arm and immediately wash the infected area.
- 2. Avoid crowds.** Stay away from germs by avoiding large and compacted crowds whenever possible.
- 3. Get enough sleep and water.** Flu germs and other bacteria commonly travel better in the cold, so amp up your immune system with proper amounts of sleep and hydration during the winter.
- 4. Get your flu shot.** Those who get the flu shot reduce their risk of getting the flu by 90 percent. Those odds are certainly worth the slight sting.
- 5. Take an all-natural supplement.** Super-charge your body's immune system with Super C22 from Dr. Newton's Naturals. With 22 forms of Vitamin C, you'll be receiving 2,500 percent of your recommended daily value of Vitamin C in one tablet, the nutrient used to defend the body from the cold and other illnesses.

## SECRET #48: Avoiding a cold 101.

Getting a cold is no fun. While your nose is deciding if it wants to be stuffy or runny, you're busy with a cough and uncontrollable sneezing. A cold can run you down and leave you feeling exhausted for weeks.

The good news is there are a variety of ways you can help prevent catching a cold. WebMD offers many natural tips that are easy to follow and very effective.

Washing your hands consistently is one of the best ways to ward off a cold. WebMD suggests that if there is no sink or hand sanitizer available for an extended amount of time, rub or clap your hands together hard for about a minute. This should help break up a lot of the cold germs. It is also a good idea to avoid touching your face and sneezing and coughing into a tissue or your elbow instead of your hands.

Another great way to avoid a cold is by taking an all natural supplement from Dr. Newton's Naturals that is formulated to super charge your immune system. **Super C22** uses Vitamin C to defend the body against the common cold and keep your body healthy.





# Immune Support

## SECRET #49: Tomatoes are a good source of antioxidants.

Various vegetables and fruits are known to be natural providers of antioxidants, which can combat certain diseases including cancer. However, one group of Italian farmers now say they have found the ultimate solution to getting the recommended dose of antioxidants on a daily basis: tomatoes.

The farmers say they have created a special breed of “super tomatoes.” Known as “Sun Black” tomatoes, they are almost black in color and bursting with antioxidants. When eaten, the farmers believe “Sun Blacks” can combat a number of health complications, including cardiovascular disease.

Supplements, such as those offered by Dr. Newton’s Naturals, may also be able to help reduce the risk of disease through antioxidants. **Ultimate Reds** have the antioxidant power of 20 fruits and vegetables, aimed toward improving vitality.

The Italian creators of these “super tomatoes” say that the secret is in the skin. Lycopene (the pigment responsible for the nutrients and color of tomatoes) levels are particularly high in the “Sun Black” variety.



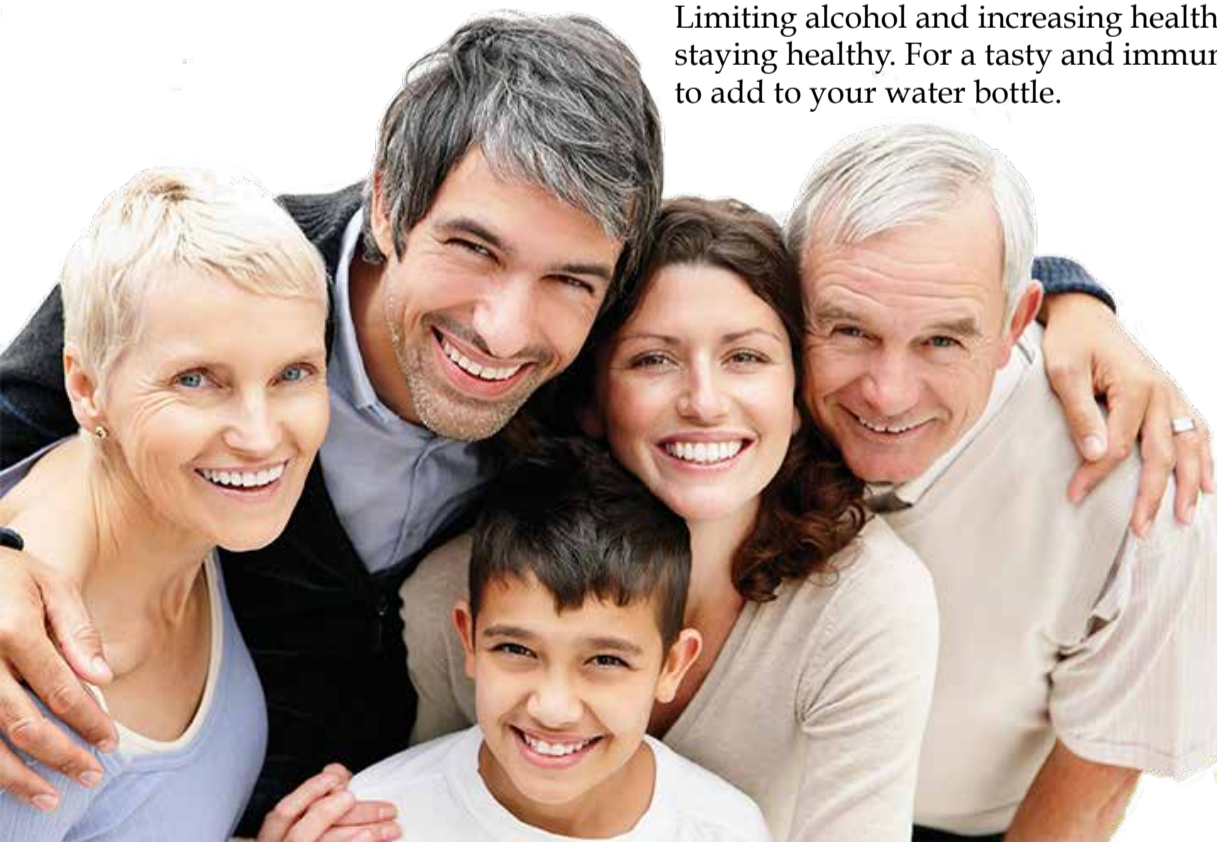
## SECRET #50: Tips for strengthening your immunity.

When you start noticing people sneezing and coughing around you, and more and more of your coworkers taking sick days, you may be wondering how you can strengthen your immunity to dodge illness.

In addition to getting adequate Vitamin C from a supplement, such as Super C22 from Dr. Newton’s Naturals, reducing your stress level is one of the best things you can do to strengthen your immunity. Experts believe that chronic stress can weaken the immune system, not to mention affect your sleep, a contributing factor in immune strength.

Avoiding empty calories from junk food may also increase your immunity. The chemicals and saturated fats aren’t good for you anyway, but they also make you crave more processed foods and in turn, you eat less antioxidant-rich fruits and vegetables.

Limiting alcohol and increasing healthy fluid intake like water and tea are essential for staying healthy. For a tasty and immune-strengthening boost, keep **Super C22** around to add to your water bottle.





# Immune Support

## SECRET #51: Determine if it's strep throat or a cold.

During the cold and flu season, it's important to do everything you can to ward off illness. In addition to hand washing and getting adequate fluids, you can increase your body's defenses by adding a Vitamin C supplement to your diet. Super C22, available at Dr. Newton's Naturals, is great for keeping your body healthy and strong. Formulated by a physician, Super C22 supplies 1,500 mg of Vitamin C from 22 sources. Unlike traditional supplements in capsule form, Super C22 makes a tasty drink that your body absorbs quickly.

If you happen to get sick, it's important to be able to differentiate between a virus like the common cold or a bacterial infection, like strep, that needs to be treated with antibiotics.

If you have a sore throat that's accompanied by a stuffy nose and other cold symptoms, it most likely is not strep. Strep throat produces white spots on the back of the throat and is often accompanied by a high fever, headache, loss of appetite and nausea. Strep is also known to cause a rash that spreads from the neck and chest to the rest of the body. If the rash develops, it becomes known as scarlet fever.

If you have strep throat, you'll need antibiotics to keep the bacterial infection under control. If you have a severe sore throat with painful swelling, visit your doctor for a strep test. However, if a virus is suspected of causing the pain, antibiotics should not be taken.

## SECRET #52: Why vitamins can help save money and your life.

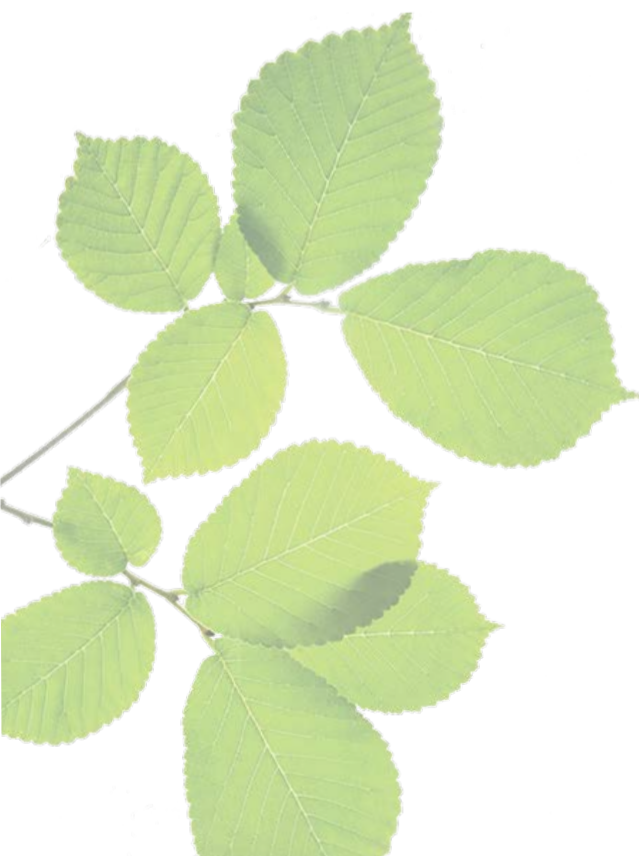
Articles about the dangers of vitamins have been littering newsstands lately. These shocking headlines are a result of certain studies being taken out of context. Vitamins save lives and medical costs. If you feel frightened about the latest headlines, do a little more research to discover whether the findings are true and how they may affect you.

Part of the problem is that recent vitamin studies are being conducted as if nutrients are drugs. Vitamin supplements ensure that you are getting enough of the vital nutrients your body needs to function. Nutrients can't work properly without other nutrients, and some, if taken at too high a dose, can be toxic.

Western medicine is at times too focused on treating symptoms rather than staying healthy. A healthy diet is essential - and just because you are eating enough doesn't mean you are getting the proper nutrients your body needs. Look at the obesity epidemic in our country. As more Americans become obese, they are also becoming more nutrient-deficient. In fact, 13 percent of Americans are Vitamin C-deficient, according to a study published in the *American Journal of Clinical Nutrition*.

Don't let bad science scare you. Talk to your doctor about what vitamins you should be taking, or which he or she thinks you should avoid. To ensure adequate nutrition, it's best to take a daily multivitamin, like [EZ Melts Multivitamin](#) from Dr. Newton's Naturals.

**If you happen to get sick, it's important to be able to differentiate between a virus like the common cold or a bacterial infection, like strep, that needs to be treated with antibiotics.**





# Immune Support

## **SECRET #53: Feel a tickle in your throat? This health tip may surprise you.**

If you feel that tell-tale scratch at the back of your throat or pain behind your eyes warning you that illness is about to strike, act fast. There are a few things you can do at the onset of a cold to avoid it altogether or at least reduce its symptoms or length.

First, take your mom's advice and get adequate sleep and drink plenty of fluids. Lack of sleep can lead to a weakened immune system, and you'll want all the fluids you can get to flush the cold out of your body.

There are a few natural remedies that have been shown to work wonders. Chewing on a clove of garlic or chopping it up and adding it to tea can keep you healthy, as garlic has known antiseptic properties.

You should also boost your Vitamin C and other essential nutrients. **Super C22** from Dr. Newton's Naturals, makes a delicious fruity, fizzy drink that provides 1,500 mg of Vitamin C from 22 sources. If you feel a cold coming on, turn to Super C22.

## **SECRET #54: Take vitamin E to protect against pneumonia.**

A study headed by Dr. Harri Hemilä and Professor Jaakko Kaprio of the University of Helsinki, Finland, found that Vitamin E may reduce the risk of pneumonia in non-smokers who exercised frequently by up to 69 percent and up to 79 percent in heavy smokers who were relatively inactive. Little evidence was revealed about the effect of Vitamin E on those who fell in the middle.

Because the middle demographic showed inconclusive results, scientists involved in the study feel that more research is needed before they can make a definitive statement about the effects of Vitamin E on pneumonia, however it provides hopeful findings for those looking to build up their immunity.

Vitamin E is an essential antioxidant that has excellent immune-boosting qualities. Dr. Newton's Naturals offers several supplements that include the recommended daily value for Vitamin E, including **EZ MELTS Multivitamin** which comes in children's and adult formulas. The adult supplement contains 100 percent or more of all recommended daily values for essential vitamins and minerals, and it provides the antioxidant power of Vitamins E, C and A.

## **SECRET #55: Fight germs to increase immunity.**

Teachers and parents beware: Fight back against colds and flu! Dealing with children, you know how important thorough sanitation and germ control is. Children touch any surface they can get their hands on without washing, and they are constantly spreading germs to one another.

Keeping your home or classroom sanitary can be easy if you use common sense and take a few tips from the experts. Did you know that your sponge is one of the dirtiest things in the house? It harbors tons of bacteria. To avoid spreading these germs from surface to surface, use paper towels when possible.

Keep toothbrushes, sponges and towels dry between uses, as bacteria thrive in damp environments. To keep yourself and your children healthy, supplement your healthy diet with vitamins from Dr. Newton's Naturals. **Super C22** is the ultimate dose of the cold-fighting antioxidant, Vitamin C. This effervescent powder can be added to water for a refreshing, citrus beverage that is loved by kids and adults alike.





# Immune Support

## SECRET #56: Avoid flu season by understanding myths versus facts.

Each year when flu season is in full swing, pharmaceutical companies produce more vaccination doses than ever. In 2011, 17 million vaccine doses were produced; that number increased to 150 million in 2012. While the vaccine has been proven effective in warding off influenza, many people choose not to receive the inoculation due to common myths surrounding it.

One of these myths that many people have come to believe is that you should wait until it's cold outside to get your vaccine. This is based on the belief that it will wear off by the time the temperature drops. The truth is that the inoculation will be effective throughout the entire flu season, even if you choose to get it in August.

Another common myth is that the vaccine can give you the flu itself. This is grounded in the fact that the shot is actually nothing more than a small dose of the flu virus, so you may experience mild side effects.

"This is probably the most common myth out there, but it's simply not true," said Dr. Cunningham of the National Children's Hospital. "The vaccine can give you some mild symptoms, you may feel a bit achy and your arm may be a little tender where you first get the shot. But that's actually a good thing and shows that the vaccine is working. It tells us your body is responding appropriately to the vaccine."

Dr. Cunningham also reported that more people end up in urgent care centers and the emergency room during flu season, but many of them could have prevented illness by taking the necessary precautions.

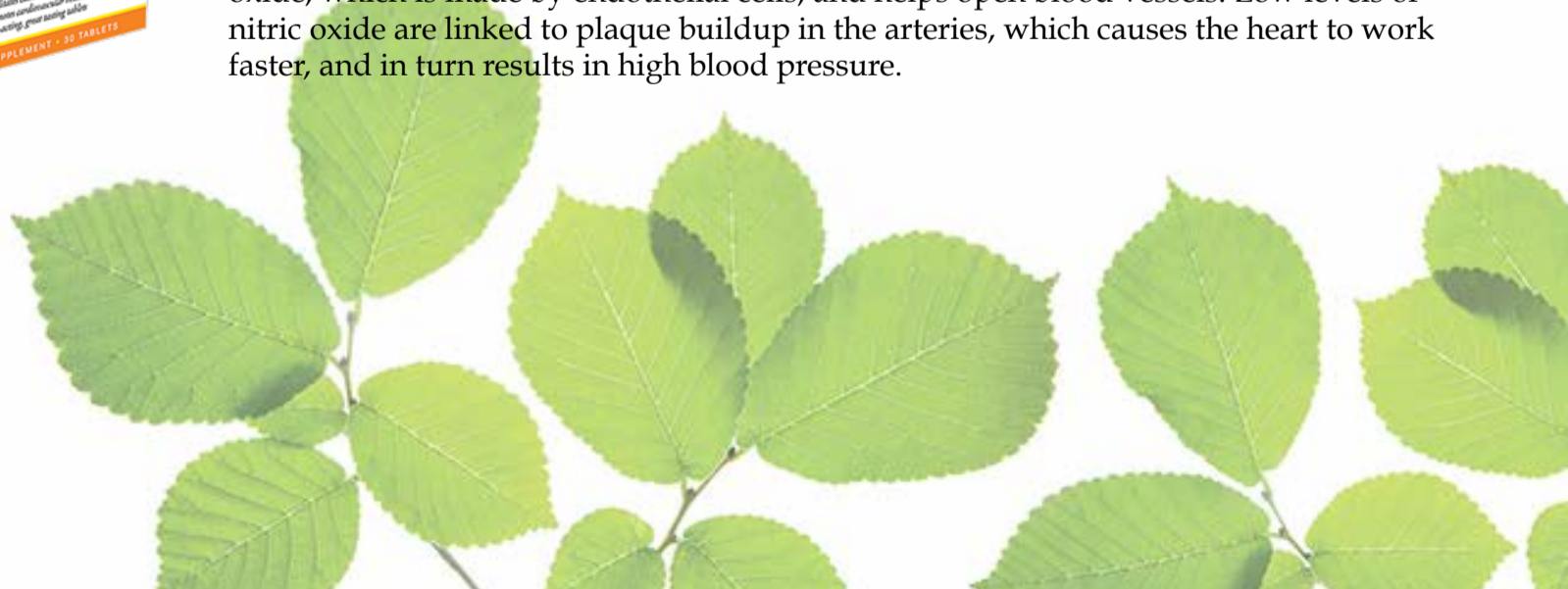
According to the Mayo Clinic, these precautions include frequently washing your hands for 15 seconds with soap or using alcohol-based sanitizer. You can also reduce your chances of contracting the flu by avoiding crowded areas.

In addition, teach your children sanitation techniques so they don't bring home germs from school or infect their classmates. Give them sanitizer and tell them to use it before they eat snacks, and you should also tell them to keep their hands away from their eyes and mouth.

Another vital measure for staving off the flu is to keep your immune system strong. Exercise regularly, eat lots of fruits, vegetables and whole grains. Vitamin D also plays a role in a healthy immune system. You can find Vitamin D in many breakfast cereals, orange juice, margarine and soy beverages. You can also supplement your diet with **Sublingual D-3** from Dr. Newton's Naturals.



Maintaining a healthy weight and normal blood pressure also plays a role in keeping your immune system strong. According to the University of Maryland (UMD), you can help regulate blood pressure by frequently exercising. Movement helps stimulate nitric oxide, which is made by endothelial cells, and helps open blood vessels. Low levels of nitric oxide are linked to plaque buildup in the arteries, which causes the heart to work faster, and in turn results in high blood pressure.







# Immune Support

## SECRET #57: Take zinc to help bounce back from colds.

Scientists have recently published research in *The Cochrane Library* which supports earlier theories that zinc supplementation may reduce severity and duration of the common cold. The research concluded that zinc was effective in children and adults at remedying cold symptoms and resulted in reduced absenteeism from school and work.

“This review strengthens the evidence for zinc as a treatment for the common cold,” said the study’s lead author Meenu Singh of the Post Graduate Institute of Medical Education and Research in Chandigarh, India.

The research included 15 trials involving more than 1,300 people. It showed that participants taking zinc supplementation experienced eased symptoms and many appeared to have cleared their illness after one week.

Results of the study suggest that adding zinc to diets may help promote a healthy immune system that is better able to fight off viruses.

**Zinc+C Melts** from Dr. Newton’s Naturals are easy-to-dissolve melts that are packed with cold-fighting nutrients.

## SECRET #58: What to do when everyone in the office is getting sick.



It’s easy to pass germs around, especially in an office environment. Everyone is opening and closing the same doors, drinking from the same water fountain and passing around staplers and documents. If you then consider the fact that your co-workers have been exposed to the germs their children have brought home from daycare, or have spouses who work in a healthcare environment, you’re truly just waiting to get sick.

Don’t become a sitting duck to germs and illness. Not only is it no fun being sick, but wouldn’t you rather spend your days off of work doing something you enjoy? Consider boosting your immune system with an all-natural supplement from Dr. Newton’s Naturals.

**Ultimate Reds** is formulated with the recommended values of fruits and vegetables in a concentrated drink mix so you can get essential vitamins and nutrients on the go. The all-natural ingredients combine powerful antioxidants like resveratrol and acai berries to build immunity and fight free radicals.

Help protect your body from sickness by providing it with the antioxidants it needs. You will never regret preparing against illness, you will only regret not doing so the day you wake up feeling sick.



# Immune Support

## SECRET #59: Get the Vitamin C your body needs.

Many people enjoy pouring a refreshing glass of orange juice with breakfast, believing it to be a beneficial way to get the vitamins and nutrients you need to start the day off right. But is it? According to ABC News, the top orange juice manufacturers pasteurize the juice before it is bottled and sent to grocery stores around the country for purchase.

Natalya Murakhver, a New York food writer, tells the news source that the orange juice industry has been pasteurizing the juice for the last thirty years. The pasteurization process is meant to kill any bacteria within the juice by heating it before bottling. However, critics say that this is also killing some of the vital nutrients which make orange juice beneficial.

“In the process of pasteurizing, juice is heated and stripped of oxygen, a process called deaeration, so it doesn’t oxidize. Then it’s put in huge storage tanks where it can be kept for upwards of a year. It gets stripped of flavor-providing chemicals, which are volatile. When it’s ready for packaging, companies such as Tropicana hire flavor companies such as Firmenich to engineer flavor packs to make it taste fresh,” explains Hamilton.

However, the executive director at the Florida Citrus Processors Association, Kristen Gunter, told ABC that the juice is not flavored by a chemical process, and is instead flavored by orange byproducts such as the peel. But who wants to drink juice that has been squeezed, stored in tanks for up to a year, heated and then re-flavored? The Centers for Disease Control and Prevention (CDC) indicates that 98 percent of the orange juices on the market - including Tropicana, Minute Maid and Simply Orange go through this process.

Instead of wondering what processes your orange juice has undergone, consider getting the nutrients you need from a Vitamin C source you can trust. **Super C22** offers the ultimate Vitamin C experience and is available at Dr. Newton’s Naturals.

A glass of orange juice only has 50mg of Vitamin C whereas a serving of Super C22 contains 1,500mg of all natural Vitamin C. And unlike orange juice, Super C22 does not lose any nutrients or flavor when made. The powdered supplement is simply placed in a glass of water for a nutritious and delicious citrus drink.





# Immune Support

**Many Americans don't know the difference between omega-3 and omega-6 fatty acids.**

## **SECRET #60: Consider vitamin C to help ward off disease.**

Most Americans have hectic lifestyles, whether they're going to work, attending classes or taking care of children. Eating meals can be the last thing on your mind, and trying to figure out if you're getting all the right amounts of vitamins can be difficult.

Vitamin C intake is essential and plays a crucial role in several biological processes in the body, such as the biosynthesis of collagen and neurotransmitters, as well as protein metabolism, according to the U.S. Office of Dietary Supplements. A deficiency can lead to scurvy, which causes general weakness, anemia, gum disease and hemorrhages.

If you fall into the category of having a fast-paced lifestyle, an all-natural supplement by Dr. Newton's Naturals may be the right fit for you. **Super C22** is taken in liquid form and provides the body with 22 forms of Vitamin C, as well as many minerals and bioflavonoids, potentially leaving you with more energy and less inflammation in the body. Not to mention, it contains 2,500 percent of the recommended dietary allowance (RDA) of Vitamin C.

According to a study published in *Critical Reviews in Food Science and Nutrition*, the current RDA of Vitamin C is less than half of what it should be. Specifically, researchers believe that the RDA should be 200 mg instead of 75 milligrams for women and 90 milligrams for men.

"Significant numbers of people in the U.S. and around the world are deficient in Vitamin C, and there's growing evidence that more of this vitamin could help prevent chronic disease," said Balz Frei, a professor at the Linus Pauling Institute at Oregon State University.

Frei also reported that there is no observed risk in taking an increased amount of Vitamin C, and it may provide individuals with significant health benefits.

## **SECRET #61: Get the right omegas.**

Omega-3 fatty acids are crucial to a well-balanced diet. These healthy fats help the body carry out many functions, which include the relaxation and contraction of muscles, blood clotting, digestion, fertility health, cell division, growth and the movement of calcium, according to the National Center for Complementary and Alternative Medicine (NCCAM). However, many sources, like fish, also contain mercury, which if consumed in large amounts can be toxic.

When it comes to consuming omega-3's in other types of foods, many Americans don't know that there is a difference between omega-3 and omega-6 fatty acids. These fats are also essential for the body, but research has shown that too much of these lipids can make an individual more likely to develop heart disease, as reported by the University of Maryland Medical Center.

The NCCAM reports that adults typically consume 10 times more omega-6's, as compared to omega-3's.

One way that individuals can ensure that they're getting omega-3s, and not as many omega-6s, is to take a supplement such as **OmegaKrill** from Dr. Newton's Naturals. Krill oil is a rich source of concentrated omega-3s alone.

Supplements are the most common non-vitamin or non-mineral natural product taken by adults because they may make a difference when it comes to health. Getting enough of the right nutrients can drastically change the way the body functions for the better.



# Immune Support

## SECRET #62: Daily consumption of some nutrients may help asthmatics.

Approximately 25 million people in the U.S. have asthma, according to the U.S. Centers for Disease Control and Prevention. It's a lifelong disease that causes wheezing, breathlessness, chest tightness and coughing. In order to treat the condition, patients can take either a quick-relief or long-term control medication, depending on the severity of their diagnosis. There may also be some essential vitamins and minerals that can help.

In addition to physician-prescribed drugs, a new study published in the *International Journal of Pediatrics* reports that Vitamin C, zinc and omega-3 fatty acids may help reduce the symptoms of asthma. These essential nutrients can be consumed through a supplement, such as Super C22 made by Dr. Newton's Naturals. Patients with healthy levels of Vitamin C, zinc and omega-3 fatty acids may perform better on doctor-administered tests for asthma than those who have deficiencies.

"Diet supplementation with omega-3 fatty acids, Zn (zinc) and vitamin C significantly improved asthma control tests, pulmonary function tests and pulmonary inflammatory markers in children with moderately persistent bronchial asthma either singly or in combination," the researchers concluded.

## SECRET #63: Give kids vitamin D to reduce risk of illness.

Vitamin D may help the body carry out numerous functions, some of which include protecting it against serious diseases, such as cancer and cardiovascular disease. The essential nutrient plays a vital role in helping the body heal itself. Moreover, according to a recent study published in the journal, *Pediatrics*, 75 percent of children diagnosed with severe infections had corresponding Vitamin D deficiencies.

Canadian researchers examined 300 kids being treated at several different hospitals in Canada, and found they had lower levels of Vitamin D than the average healthy population, as reported by the *Vancouver Sun*.

Dr. Dayre McNally started looking into how Vitamin D affected children after he noticed that low levels were observed in patients with unexplained muscle and joint pain. After that, he began looking into other conditions, such as respiratory and blood infections.



Vitamin D can be a tricky nutrient to consume enough of on a daily basis. The easiest way to get it is through sun exposure, which triggers the skin to produce it. People can make sure they are getting it through foods such as red peppers, oranges, broccoli and tomatoes. They can also take an all-natural supplement, such as **Sublingual Vitamin D-3** to get their recommended daily allowance and more, which is important to prevent deficiencies.



# Men's Health

## SECRET #64: Antioxidants may help improve chances of conception.

In general, people should do their best to eat a well-balanced diet. However, most individuals like to splurge on some meals that are high in carbohydrates and dairy, and find themselves reaching for that extra slice of chocolate cake every once in awhile. The most important thing for people to do is make sure that they are getting a good supply of antioxidants through proper nutrition. For instance, vegetables and fruits, such as broccoli and tomatoes are high in these nutrients, and may boost the quality of sperm in men.

### Reproductive health benefits

A new study published in the journal, *Fertility and Sterility* reported that men who have high concentrations of Vitamins C and E, as well as folate and zinc are less likely to have as many DNA-strand breaks in their sperm, as compared to those males who have lower levels of the nutrients, as reported by Reuters. Although this association was proven to be true, it may not necessarily be the antioxidants, but rather the lifestyle choices that are made by individuals who regularly eat healthy.

"People who eat well are probably doing a bunch of other healthy things too," said Andrew Wyrobek, a senior researcher working on the study.

Researchers from the Lawrence Berkeley National Laboratory in Berkeley, Calif. surveyed 80 healthy men who were between the ages of 22 and 80 about their diet and supplement use, and then took sperm samples. They found that those who were older than 45 and had the highest Vitamin C levels were around 20 percent less likely to have DNA damage, as compared to those who had a deficiency in the nutrient. They also reported similar results regarding Vitamin E, zinc and folate.

### Try a supplement

If a man finds that it's difficult to eat a lot of fruits and vegetables, which often carry these nutrients, it may be beneficial for him to take a supplement, such as **Ultimate Reds** made by Dr. Newton's Naturals.

**Men's T-BOOST** is another power-packed formula of natural, herbal testosterone boosters. Studies show that low testosterone in men is associated with metabolic syndrome, type 2 diabetes and cardiovascular disease. New insights in science highlight the critical role testosterone plays in maintaining youthful neurological structure, alleviating depression and inducing fat loss.

Men's T-BOOST, with its special botanical blend, will help stimulate testosterone production to get you back to feeling like your vital, energetic self.





Men's Health

**SECRET #65: How to help your man respond better to stress.**

Any woman who has ever lived with or become close to a man knows how upset they can become when stressed. He may have had an intense meeting in the office or just found out that a big deal fell through, and suddenly his stress level goes through the roof. For some men, something as simple as shooting a poor golf score can put him over the edge.

So why is it that men seem to become so agitated over stressful situations? Does it just seem that way to women or is there something that truly sets the two genders apart? It turns out that a gene called SRY in men may promote more aggression and other traditionally male behavioral traits when stressed, according to a study by Australian scientists recently published in *BioEssays*.

“Historically males and females have been under different selection pressures which are reflected by biochemical and behavioral differences between the sexes. The aggressive fight-or-flight reaction is more dominant in men, while women predominantly adopt a less aggressive tend-and-befriend response,” explained one researcher, Dr. Joohyung Lee from the Prince Henry’s Institute in Melbourne.

This gene was previously known to play a role in the formation of male testes. If it is not present the fetus develops as a female. However, it was recently found in the brain to control dopamine levels in males as well.

“This suggests SRY exerts male-specific effects in tissues outside the testis, such as regulating cardiovascular function and neural activity, both of which play a vital role in our response to stress,” said Dr. Lee.

This may seem like a bit of bad news for all the wives, mothers and sisters out there. If the over-stressed tendencies of their male loved ones is genetically predisposed, what can be done to help them relax and not overreact?

An all-natural supplement from Dr. Newton’s Naturals may help. **Vital B-100** contains a combination of eight B vitamins and a potent blend of antioxidants to support the nervous system and reduce stress.

In addition to being an anti-stress vitamin, Vital B-100 may also help to bolster the metabolism of fats and proteins, promote immune function, increase liver function, assist the body’s ability to release energy from food and moderate cholesterol.





# Pain Relief

## SECRET #66: Four things that help reduce headaches.

Some people brush off headaches as mere annoyances, but those who suffer from chronic headaches and migraines know that they can be debilitating and frustrating. Doctors often can't pinpoint the cause of your frequent pain, making it difficult to treat.

**Avoid strong scents.** Paint, perfume and flowers can be common headache triggers. Odor stimulates the nervous system, leaving many in pain.

**Modify your hair style and accessories.** Your hair style and accessories may be putting a strain on the connective tissue in your scalp, adding to your headache pain. Tight ponytails, braids and tight-fitting headbands are common culprits.

**Sit up straight.** If you sit slouched at your desk all day and find you have a headache by the end of the day, bad posture may be to blame. If you suffer from chronic tension headaches, take a look at your workspace and make it more ergonomically friendly.

If you believe muscular tension and lack of sleep could be to blame for your headache, help treat the cause of your pain with a vitamin supplement from Dr. Newton's Naturals. **ActivMag** can improve sleep, increase daily energy and relieve chronic pain.

## SECRET #67: Combat migraines by avoiding these triggers.

WebMD reports that up to 30 percent of migraines may be triggered by certain foods and beverages, which should be avoided. They include aged cheese, alcoholic drinks, caffeine and food additives such as nitrates, which are found in luncheon meats and monosodium glutamate. Other triggers include weather conditions that involve variations in barometric pressure, menstrual periods, changes in eating or sleeping patterns and excessive fatigue and stress.

Staying away from trigger foods and taking a dietary supplement that enhances the body's ability to handle tension and stress may help reduce headaches. **Calmax** from Dr. Newton's Naturals helps fortify the body against stress and accompanying pain with high amounts of calcium and magnesium.



**Up to 30 percent of migraines may be triggered by certain foods and beverages.**





# Pain Relief

## **SECRET #68: Take Vitamin D: it may help enhance muscle health.**

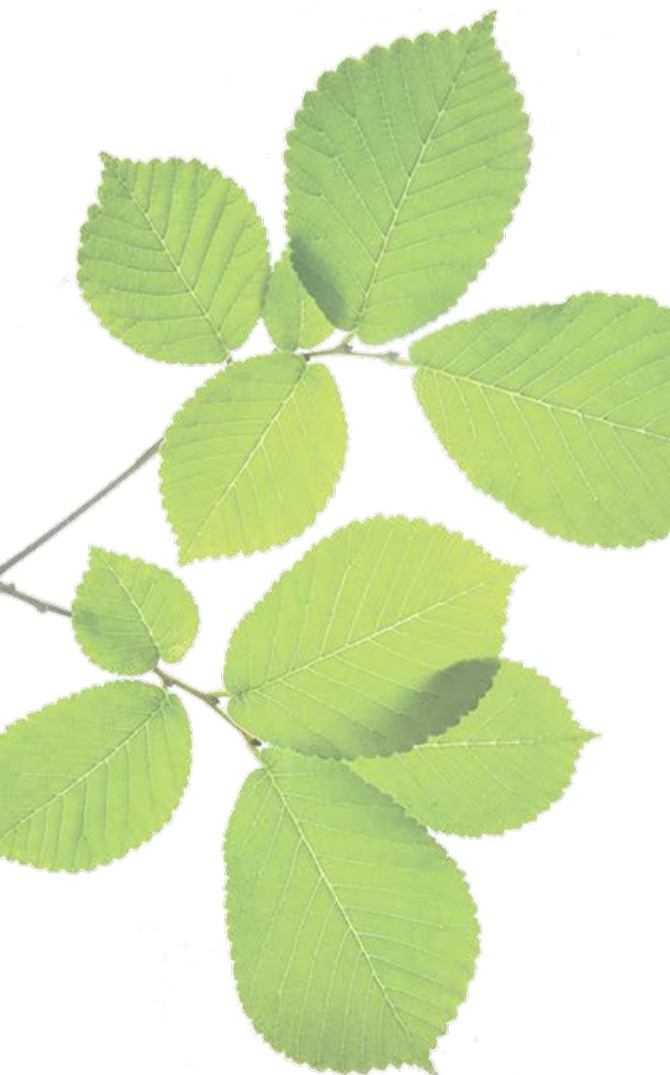
Vitamin D deficiency can be problematic for a number of individuals, and new research suggests that it may play a role in the muscle injuries that athletes suffer from on a regular basis. A study is being presented at the American Orthopaedic Society for Sports Medicine's (AOSSM) Annual Meeting that shows a lack of the vitamin may result in more muscle injuries.

During the study, researchers examined 89 National Football League players from one team to determine if there was a connection between their injuries and Vitamin D deficiency. Twenty-seven players were lacking Vitamin D while 16 players endured muscle-related injuries.

Vitamin D supplements, such as those offered by Dr. Newton's Naturals, might be able to prevent these accidents. **Sublingual Vitamin D-3** may promote stronger bones and overall immunity.

"Screening and treatment of Vitamin D insufficiency in professional athletes may be a simple way to help prevent injuries," said Scott Rodeo, co-chief of the sports medicine and shoulder service at the Hospital for Special Surgery.

Proper intake of Vitamin D on a regular basis may also enhance memory and overall well-being, making it even more important to consider supplements.







# Pain Relief

## SECRET #69: Do's and don'ts for back health.

Back pain is one of America's most commonly reported medical complaints. In fact, according to the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS), in a three-month period, one-fourth of Americans will experience at least one day of back pain.

**Do lift carefully.** If you suffer from chronic back pain, you should be mindful of daily activities that could exacerbate symptoms. Be careful when lifting, even if you think the object doesn't seem too heavy. Avoid lifting with the back and make sure to bend at the knee and use your legs.

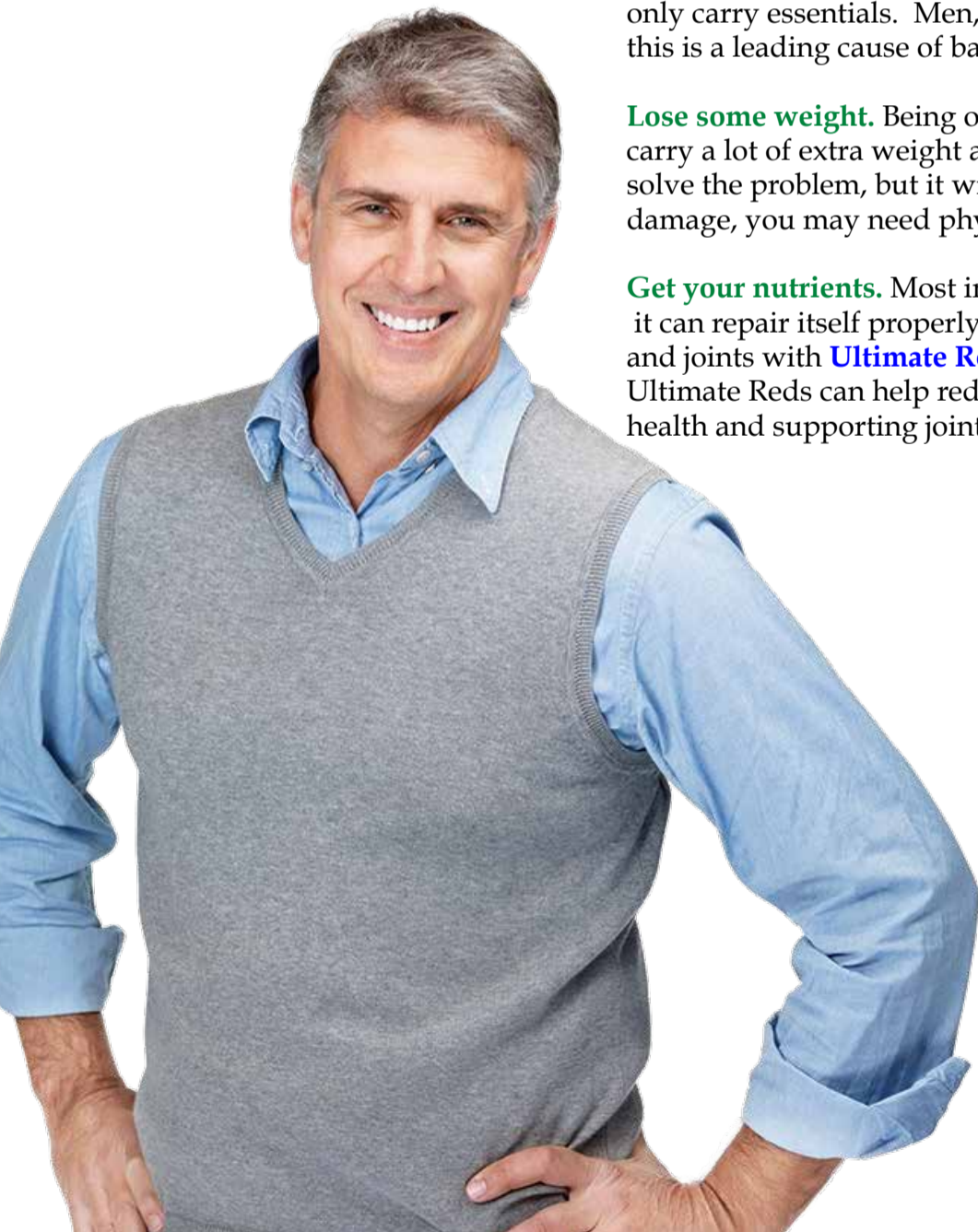
**Don't slouch.** If you sit at a computer all day, sit with your shoulders slightly behind your hips and keep your feet flat on the floor, knees slightly lower than your hips. You should try to take frequent breaks and walk around, being mindful not to slouch throughout the day. Slouching will add to back pain and begin to cause head and neck pain as well.

**Do replace your mattress.** If it's been a while since you've replaced your mattress, it could be to blame for a lot of your pain, especially if you're waking up in the night with pain, or frequently wake up in more pain than when you went to sleep. Avoid sleeping on your stomach, as it actually puts more strain on your back. Sleeping on your back is best, but if that's uncomfortable, sleep on your side with a pillow between your legs.

**Clean out your purse/move your wallet.** All the daily things women add to their purses add up, and women don't always realize how much the bags they tote around with them every day actually weigh. If you usually overload your purse, switch to a small bag and only carry essentials. Men, move that wallet in your back pocket before you sit on it, as this is a leading cause of back pain for men.

**Lose some weight.** Being overweight can also put strain on your back, especially if you carry a lot of extra weight around the abdomen. Unfortunately, losing weight may not solve the problem, but it will help prevent it from getting worse. To reverse some of the damage, you may need physical therapy and a new exercise routine.

**Get your nutrients.** Most importantly, keep your body healthy so that it can repair itself properly. Help take strain off your muscles, bones and joints with **Ultimate Reds**, available at Dr. Newton's Naturals. Ultimate Reds can help reduce some of your pain by promoting bone health and supporting joint flexibility.



# Pain Relief



## SECRET #70: Soak up the sun to ease effects of rheumatoid arthritis.

While overexposure to sunlight can be hazardous to skin health, it may be a plus for older women at risk for developing rheumatoid arthritis (RA). Researchers from the Harvard University School of Public Health believe ultraviolet B rays, or UV-B, in sunlight may have a beneficial effect regarding RA.

The study team considered long-term data on 235,000 participants included in the U.S. Nurses' Health Study from 1976 to 2009. The ages of the participants ranged from 25 to 55. By the end of the study period, 1,314 women had developed RA. Older women who had regular exposure to UV-B during the course of the study were 21 percent less likely to develop the disease than others with less sunlight exposure. The findings were published in the journal, *Annals of the Rheumatic Diseases*.

One factor that may have influenced the outcome was the likelihood of younger women limiting their sun exposure because of greater evidence found in recent years regarding the link between skin cancer and ultraviolet rays.

### Cause still unknown

Although researchers did not consider how UV-B exposure reduces the risk of RA, it may be linked to the skin's natural production of Vitamin D when it is exposed to sunlight. To maximize bone health, the dietary supplement **Sublingual Vitamin D-3** from Dr. Newton's Naturals promotes healthy bone density with 5,000 units of one of the most effective and safe forms of Vitamin D called cholecalciferol. The formula may also enhance memory and boost the immune system.

The cause of RA, a long-term autoimmune disease that inflames joints and surrounding tissue, remains unknown, according to the U.S. National Library of Medicine. Although it may occur at any age, it is more likely to strike people in middle age and is more common in women than in men.

The disease typically affects joints equally on both sides of the body with wrists, fingers, knees, feet and ankles most susceptible. Symptoms include joints that feel warm, tender and stiff, particularly in the morning. Over time, people may lose their range of motion because of the stiffness.





# Pain Relief

## SECRET #71: Glucosamine 101.

You might be wondering what glucosamine is and why it is good for your skin. According to the Mayo Clinic, glucosamine is a natural substance present in healthy cartilage. It is the same agent naturally present in shells, animal bones and bone marrow. A popular use for topical cream is to soothe joints and reduce symptoms associated with arthritis and inflammation.

Livestrong.com explains glucosamine is thought to help arthritis because it can inhibit joint-deteriorating enzymes. Shellfish and insects produce glucosamine to create protective and strong exoskeletons - demonstrating the power of this compound.

Dr. Newton's Natural's **Glucosamine Cream** is an excellent moisturizer whenever your skin is dry or flakey, formulated with optimum levels of Emu Oil, generous amounts of vitamin E and of course, glucosamine.

Dr. Janet Maccaro created this cream to provide you with glucosamine, in addition to emu oil and vitamin E, in an easy, no mess application. The one-finger pump instantly gives you a product that is odorless, greaseless, non-staining and all-natural. Glucosamine Cream should be safe for everyone, however pregnant or nursing women should talk to their



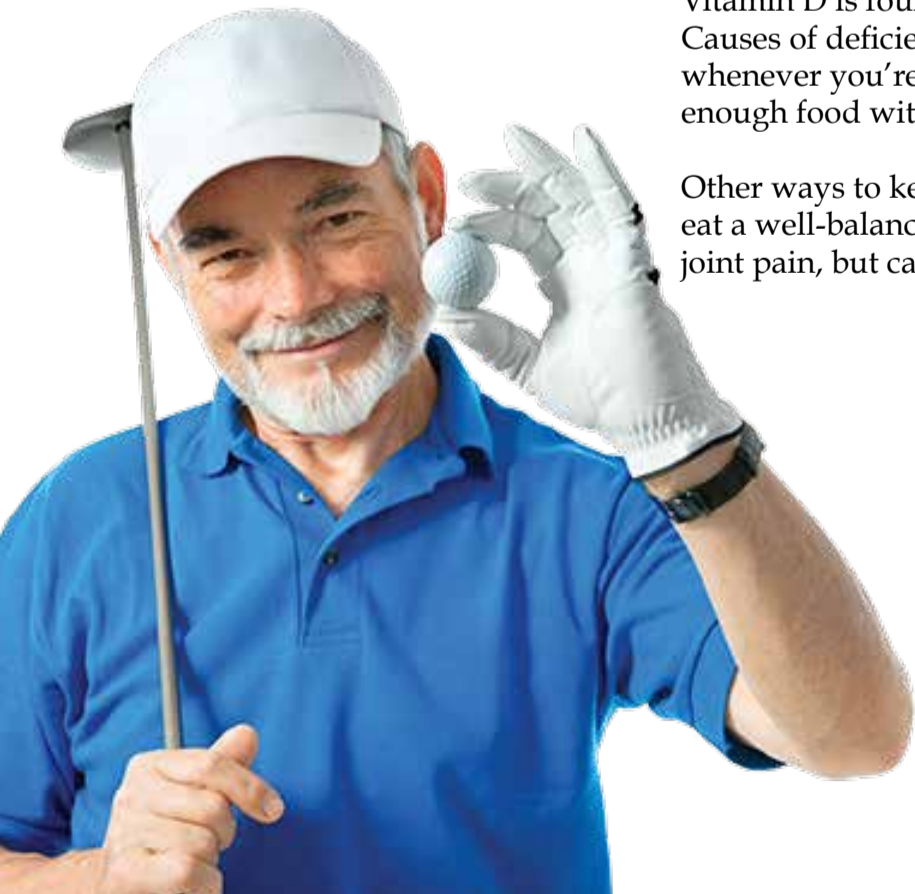
## SECRET #72: Take vitamin D to reduce joint pain.

Even professional athletes and those who exercise on a regular basis experience joint pain from time to time. Some symptoms include swelling, warmth or redness of the joint, constant joint pain, stiffness or difficulty in moving the joint, or a crunching feeling, according to the National Institutes of Health.

Affected patients who experience joint pain frequently may have a deficiency in vitamin D. An all-natural supplement from Dr. Newton's Naturals, called **Sublingual Vitamin D-3** can help .

Vitamin D is found in few foods, but it can be received through exposure to sunlight. Causes of deficiency include spending most of your time indoors, wearing sunscreen whenever you're outside (it can block 95 percent of vitamin D!) and not consuming enough food with the vitamin in it.

Other ways to keep your Vitamin D levels up are to engage in regular exercise, routinely eat a well-balanced diet and maintain a healthy weight. This may not only help prevent joint pain, but can reduce the likelihood of sports injuries.





Sleep

### SECRET #73: How to sleep better at night.

In today's fast-paced society, a good night's sleep is often one of the first things to fall by the wayside. Unfortunately, the benefit of getting seven to eight hours of rest is underestimated, in spite of numerous studies that have shown just how important it really is. If you're having a hard time getting a restful sleep, here are a few tips that may help.

**Set a regular bed time.** After a few days, your body will adjust and you will naturally start to get tired as it approaches, which will help you fall asleep more easily. If you're trying to change your bed time, do so gradually, increasing or decreasing it by 15 minutes or so every day. This will help your body adjust and ensure you aren't too tired the next morning.

**Stay away from screens about half an hour before going to bed.** Television, computers, tablets and smart phones provide your brain with constant stimulation, making it more difficult for your brain to slow down so you can fall asleep. Instead of checking your email one more time, keep a book by your nightstand and read a chapter or two before going to bed. This will calm your mind and let you drift off.

**Be smart about napping.** Although catching a cat nap might be a good way to recharge in the middle of the day, it can aggravate sleep problems that are already present. Try to eliminate napping almost entirely. If you must, though, keep it to the early afternoon, and limit yourself to 30 minutes or less.

**Maintain healthy eating and exercise habits.** If you treat your body well during the day, you should feel a healthy tiredness that has you looking forward to getting to bed.

**Consider using natural sleep aids.** While you may not be comfortable taking a prescription pill to help you fall asleep, there are plenty of natural options that can do the job.

**Sublingual Sleep** from Dr. Newton's Naturals, for instance, contains naturally-occurring melatonin, which is vital to those looking for a good night's rest. Regular use may help you fall asleep more quickly and stay asleep throughout the night.



### SECRET #74: Help your body fall asleep.

Some nights your head hits the pillow and you're out like a light. You get a deep, peaceful, restful night's sleep with little interruption. You then wake up feeling rested, rejuvenated and better than ever.

However, other nights you toss and turn for hours, watching the clock and wondering why you can't fall asleep. The longer you stay awake, the more stressed you become, leading you to spend the next day tired and irritable. The next time you can't fall asleep, consider a natural remedy to help you fall asleep more quickly and consistently get the rest you need to feel your best.

Tracey Marks, author of *Master Your Sleep*, explains to the Huffington Post that one of the best things you can do to fall asleep is get your mind and body ready for sleep an hour before bedtime. Do this by taking a warm bath, getting into your pajamas and turning off all electronics. This will allow you to unwind and relax before it's time to fall asleep.

You might also want to try an all-natural sleep aid from Dr. Newton's Naturals. Sublingual Sleep is made with melatonin, magnesium and vitamin B-12 to relax muscles and calm nerves. It can help your body fall asleep, stay asleep and wake up restored.



# Sleep

## SECRET #75: Put your chronic insomnia to bed in 5 steps.

Tossing and turning the night before a big presentation at work can leave you feeling worse for wear. While your problem may make you feel isolated, you're not alone in your struggle against insomnia. The National Institutes of Health report that about 30 to 40 percent of adults suffer from insomnia within a given year, while roughly 10 to 15 percent claim to have chronic insomnia. The next time you want to get a little shut-eye, consider these five tips.

- 1. All-natural supplements.** One of the easiest ways to tackle insomnia is to use an all-natural supplement by Dr. Newton's Naturals like [CalMax Sleep](#). Containing melatonin, a substance which can help your brain regulate sleep, as well as magnesium and calcium to relax your muscles, this potent supplement might be just what you need.
- 2. Limit your caffeine intake.** How much coffee do you drink on a given day? Excessive amounts of caffeine can make you feel on edge, which can contribute to general sleeplessness.
- 3. Alter your workout schedule.** If you're committed to achieving your health and fitness goals, you may adhere to a rigorous workout routine that can leave you surging with adrenaline and elevate your body's temperature. If you often exercise in the evening, it could affect your ability to fall asleep. According to *Prevention Magazine*, working out in the four hours before bed can be detrimental to your quality of sleep. Next time you're gearing up for some cardio, be sure to plan ahead.
- 4. Switch up your sleep patterns.** Many of us take sleep for granted and don't put much thought into our patterns. You may be the type of person who enjoys drifting off to the television or while reading a new book. This may alter the way you view your bed, and not for the better. Approach your bed as a place for sleeping - not as a recreational center. Pet owners - it may be best to keep your dog or cat outside your bedroom at night so as not to be disturbed.
- 5. Make lifestyle changes.** Whether you're a smoker or you enjoy using the computer before bed, these tendencies can have a negative effect on your quality of sleep. The Centers for Disease Control and Prevention recommend removing distracting gadgets like your computer or television from your bedroom before going to bed. Quitting smoking may help your body wind down with ease at the end of a stressful day and may help you enjoy a boost in health.





# Sleep

## SECRET #76: Increase your melatonin intake.

A study conducted at the Clinical and Translational Research Center at Brigham and Women's Hospital reports that melatonin supplements may help aid insomnia for people who take beta-blockers to treat high blood pressure.

Beta-blockers have been shown to offset the effects of epinephrine, a hormone also known as adrenaline. The heart can then beat at a slower pace and help reduce high blood pressure. According to the study, which was published in the journal, *Sleep* nearly 22 million Americans regularly take beta-blockers. However, one of the side effects is a suppression of nighttime melatonin secretion. Researchers suggest that this is why many people who take beta-blockers suffer from insomnia.

The small study consisted of 16 hypertensive patients from 45 to 64 years old, nine of whom were women. The patients began with a four-day in-laboratory polysomnography recording of their sleep patterns. The patients were then randomly assigned a three-week regimen of either a melatonin supplement or a placebo.

A subsequent polysomnography revealed that patients who took the melatonin supplement had a greater sleep time of nearly 36 minutes, an increased sleep efficiency (time spent asleep while in bed) as well as a reduction of sleep onset latency (time it takes to fall asleep). The study also revealed that subjects taking melatonin were also in stage two sleep for 41 minutes longer than control patients.

"Although the sample size [in this study] is small, the results are compelling. If real-world experience parallels [these] lab results, such changes could make a significant clinical impact for these patients," Michael Yurcheshen, M.D. told Health Magazine.

You can get your melatonin and a good night's sleep with [CalMax Sleep](#), a supplement from Dr. Newton's Naturals. It's fortified with magnesium, which helps soothe the muscles and maintain a steady heartbeat throughout the night.





# Sleep

## SECRET #77: Having trouble remembering a new song? Try taking a nap.

A recent study by Northwestern University found that memories can be reactivated during sleep, causing retention and processing to become stronger when the sleeper is presented with external stimulation.

The study draws from existing research in the field. Participants in the study were asked to play two musical tunes featuring key presses, reports the source. While the participants took a 90-minute nap, the researchers played one of the melodies presented to the participants and used an EEG device to monitor brain activity.

To measure the effects of external stimulation and the part of the brain that controls memory, researchers introduced the musical cues during slow-wave sleep. Past research has shown that this stage is connected to memories. When the participants roused from their naps, they made fewer errors on the melody that had played while they slept.

“The critical difference is that our research shows that memory is strengthened for something you’ve already learned,” said study co-author Paul J. Reber. “Rather than learning something new in your sleep, we’re talking about enhancing an existing memory by re-activating information recently acquired.”

According to researchers, the study results suggest that the brain can make memory improvements during sleep. While the study only tested musical retention, researchers are now curious about how this could apply to motor skills, behavioral tendencies and other disciplines of learning, like foreign languages.

“If you were learning how to speak in a foreign language during the day, for example, and then tried to reactivate those memories during sleep, perhaps you might enhance your learning,” added Reber.

Get started on your next opus with a restful night’s sleep supported by an all-natural supplement by Dr. Newton’s Naturals. With a product like [Sublingual Sleep](#), you can set your body and mind at ease. Formulated with magnesium, Vitamin B-1 and anti-aging antioxidants, these tablets work to lower blood pressure, cholesterol and stimulate cell repair. Unlike sleep medications that can leave you feeling groggy and disoriented in the morning, these tablets can help you feel energized and poised to take on the day.





# Sleep

## SECRET #78: Sweet dreams to help your genes and boost metabolism.

Losing sleep may have far-reaching effects on one's metabolism and even the activity of the body's genes, according to a study at the University of Surrey in England.

The findings stemmed from the sleep experiences of 26 volunteers. Some slept 8.5 hours each night for a week and some participants received only 5.7 hours of sleep.

When the researchers tested the participants' blood, they found that genes had become less active, including some that affected metabolism, in those who didn't sleep as long. One result of the English study may be the development of a blood test that will tell medical providers how a patient's health is affected by a lack of sleep.

"If people regularly restrict their sleep, it is possible that the disruption that we see could have an impact over time that ultimately determines their health outcomes as they age in later life," reported Simon Archer, Ph.D., a sleep specialist at the University of Surrey.

Archer, who studies the relationship of circadian genetics and sleep patterns, said additional research on sleep patterns may determine long-term effects and which people might be more vulnerable to them. The significance of the study is the effect that insufficient sleep can have on a person's "body clock," or circadian rhythm.

### How diet affects sleep

The health benefits of good sleep are well-known. Sleep strengthens the immune system, keeps the brain sharp and lowers the risk of blood pressure and cardiovascular disease.

Some of the same foods that lead to health problems are those that prevent people from sleeping well. High-fat and spicy foods, caffeinated drinks and too much protein eaten shortly before bedtime may disrupt sleep cycles, according to WebMD.com.

According to EatingWell.com, certain foods will help people sleep. Fish such as salmon, halibut and tuna have high amounts of Vitamin B6, which boosts melatonin, a hormone that induces sleep. Bananas, chickpeas and fortified cereals also have lots of B6.

Eating carbohydrates will help people fall asleep more easily, as will foods that have lots of calcium, such as dairy products and green leafy vegetables like kale.

Getting enough nightly rest can also be enhanced with dietary supplements such as **Sublingual Sleep** from Dr. Newton's Naturals. This fast-melting melatonin tablet promotes restful sleep with the calming effect of magnesium and Vitamin B-1 and powerful antioxidants that help slow aging.







# Stress Relief

## SECRET #79: Reduce stress for a happy, healthy heart.

A happy heart may indeed be a healthy heart, according to a study at Harvard University. When researchers reviewed interviews and lab tests for nearly 1,000 adults in their study, they saw a correlation between an optimistic attitude and high levels of “good” cholesterol, or high-density lipoproteins, as well as lower triglycerides, which are molecules associated with hardening of the arteries.

The link between cholesterol and optimism suggests that a positive outlook can affect our health.

“Viewing the world optimistically may have some tangible benefits for our health,” said study author Julia Boehm, Ph.D., a Harvard research fellow.

Published in the *American Journal of Cardiology*, the study determined that the points given on an optimism scale and measurements for HDL translated into a 3 percent reduction in heart disease risk for those who were more positive. By comparison, a regular exercise routine lowers the risk of heart disease by 6 percent.

While other lifestyle factors could lower the results, people with a positive outlook may be more inclined to lead a healthier lifestyle that includes a balanced diet and maintaining a proper body weight that leads to better cholesterol levels.

### Keep stress levels down

Give some thought to how you can reduce stress in your life and develop a calmer, more positive attitude. Taking dietary supplements such as **Vital B Plus** is one way to lower stress with a blend of antioxidants and B vitamins that supports the nervous system.

The Harvard study is one in a long line of research projects that have found links between a positive attitude and the possibility of a longer life span, less depression, better coping skills and a lower risk of cardiovascular disease.

Make a conscious effort to see the glass as half full rather than half empty. It may take some time to re-adjust your thinking, but trying to find something positive, however small, to focus on can eventually turn into a regular habit.





# Stress Relief

## SECRET #80: Keep stress away from the start.

Most adults endure stress periodically throughout their life. It could be work related or stem from a fight with a family member, spouse or friend. For some, stress is experienced in small doses and is actually good for you, but for others, it can take over your life if not managed efficiently. Whatever the cause, usually the best way to alleviate it is to step back a little and sort out the situation causing it.

It may be helpful to take an all-natural supplement to help reduce stress, too, especially when you feel it first coming on. Dr. Newton's Naturals makes **Vital B Plus** to promote relaxation. In addition, it contains Vitamins B1, 2, 6 and 12, as well as C and E, which the body needs to function correctly.

### Stay positive

When you recognize that you are becoming stressed you can take it upon yourself to develop a positive attitude, according to the U.S. Department of Health and Human Services. It's important to be aware of the things that can induce stress and learn how to prevent them from occurring. If you find yourself in a stressful situation, taking deep breaths, stretching and massaging any tense muscles can help provide relief.

### Take care of your body

A stressed out body is most likely overworking, so make sure that you are getting enough sleep - seven or eight hours. Also, eating well-balanced meals and engaging in physical activity can help you feel better overall. It's best to stay away from drinking alcohol, smoking or binge eating, which may make you feel worse at the end of the day.

The most important thing to know is that everyone experiences stress. Find a friend, confide in them and then treat yourself to a relaxing evening to wind down.

## SECRET #81: De-stress to save your DNA.

You've long known that stress can cause serious health problems, and you've likely tried many things, even strong anti-anxiety medication to reduce your symptoms, but nothing seems to help. If this is the case, it could be a vitamin deficiency that's contributing to your problem. Start taking a vitamin supplement before it's too late.

A recent study at Duke University Medical Center helped explain the link between stress and DNA damage. Research lead by Dr. Robert J. Lefkowitz found that chronic stress triggered biological pathways that led to accumulating DNA damage.

Many Americans are deficient in B vitamins, that, among other benefits, keep people energized and reduce stress levels. **Vital B-100** helps keep stress levels to a minimum and promotes better sleep at night and more energy throughout the day.

The study gives a "plausible explanation of how chronic stress may lead to a variety of human conditions and disorders, which range from merely cosmetic, like graying hair, to life-threatening disorders like malignancies," explains Dr. Lefkowitz.

As such, it's essential to find a natural way to keep your stress levels down. Dr. Newton's blends eight B vitamins and several all-natural antioxidants to keep you going strong. Protect your body and your DNA with a supplement like Vital B-100.





# Stress Relief

## SECRET #82: Anxiety and lack of energy? Modify your diet.

If you're stressed at work and it seems like a never-ending cycle, lack of sleep and energy may be to blame. Many Americans experience stress at their jobs, and unfortunately for some, it's chronic and can affect their work, sleeping patterns and even their emotional responses to everyday occurrences.

When you're caught up in a bad cycle of negative emotions, stress and lack of sleep, sometimes a dietary change is in order. Although most people get enough magnesium in their diets, certain stress conditions can actually increase your need for magnesium. This important nutrient is responsible for the production of proteins, transport of energy, function of certain enzymes and contraction and relaxation of the muscles.

A true magnesium deficiency is rare. Symptoms of a deficiency include but aren't limited to anxiety, restless leg syndrome, sleep disorders, low blood pressure and muscle spasms.

To increase your energy and improve your sleep so you're less anxious at work, consider a supplement like [ActivMag](#), available at Dr. Newton's Naturals.

## SECRET #83: B vitamins can help reduce feelings of stress.

In the U.S., approximately 40 million adults have an anxiety disorder, according to the National Institute of Mental Health. This chronic stress may inhibit the ability to carry out daily activities, such as going to work, taking care of oneself and even sleeping.

Physicians are diagnosing more people with psychological disorders than ever before, and now know how to treat symptoms more efficiently. However, the etiology of the illness is often still a mystery, as it varies from patient to patient.

"Experts point to our high-paced, stressful lifestyle as feeding fear, in this age of anxiety," said Nancy Snyderman, M.D., chief medical editor of NBC News. "I think we're looking at almost the perfect storm. We've underdiagnosed it in the past and we're probably overdiagnosing it now."

Anxiety is typically treated with either therapy, medication or a combination of both depending on the patient's preference. One alternative to prescription drugs is to take an all-natural supplement manufactured by Dr. Newton's Naturals, such as [Vital B-100](#).

These essential nutrients play a major role in metabolism, as they help the body turn food into energy. Although B vitamins are found in leafy green vegetables, beans, meat, eggs and dairy products, many people are still deficient and it may be contributing to high stress levels, which is why taking a supplement may be beneficial.

In addition to giving your body what it needs, people should try to detach themselves from their work for a few hours every day. Turn off the television and cell phone, and read a book before bed to calm down and de-stress.





# Stress Relief

## SECRET #84: Ways for new mothers to reduce stress.

It's no secret that being a new parent, especially a new mother, can be stressful. Suddenly your needs and wants no longer seem relevant as your whole world becomes centered around your little one. It can be all-consuming. Add disrupted sleep patterns and mood changes many women experience during and after pregnancy, and the word "stress" sounds like the understatement of the century.

Some women will become so stressed that they develop postpartum depression, which is a moderate to severe depression that occurs in some women after they give birth. The United States Library of Medicine explains this will occur in most women within the first three months after delivery, but it could happen up to a year later. Some of the factors that may affect postpartum depression include changes in work and social relationships, having less freedom and time to sleep and worrying about your ability as a mother, notes the source. You're more likely to have postpartum depression if a stressful event occurs during or after pregnancy, such as a death in the family or a personal illness.

However, researchers have recently discovered new mothers who read and write blogs may enjoy stress relief. *Science Daily* reports a study of 157 new mothers was conducted by Brandon T. McDaniel, a graduate student at Penn State and colleagues from Brigham Young University. They found new mothers who participated in these online communities, in order to share their experiences with others and get support from family and friend, felt less parenting stress, had high marital satisfaction and less marital conflict.

"It looks like blogging might be helping these women as they transition into motherhood because they may begin to feel more connected to their extended family and friends, which leads them to feel more supported," said McDaniel.

"That potentially is going to spill out into other aspects of their well being, including their marital relationship with their partner, the ways that they're feeling about their parenting stress, and eventually into their levels of depression."

Consider starting your own blog or reading blogs written by new mothers like yourself in order to decrease your stress levels. Also, an all-natural supplement from Dr. Newton's Naturals may be able to offer stress relief. Vital B Plus can provide the essential B vitamins your overtaxed nervous system needs.

And congratulations on the new addition.



*Note: Pregnant and nursing women should consult a physician before taking any vitamins or supplements.*



# Vision Support

## SECRET #85: Daily habits to improve your eye health.

Now might be the time to take stock of how daily habits can impact the quality of your vision. Following these simple guidelines can make a difference in how hard your eyes have to work to provide the clearest sight.

**Wear sunglasses.** Many people put on a pair of sunglasses every day, whether on a bright day in the summer or to keep down glare from a snow-covered landscape in winter. That's what the American Optometric Association wants you to do, rather than treat sunglasses as a summer-only accessory.

The AOA points out that the sun's ultraviolet rays are always present, regardless of the season, and are a primary contributor to developing cataracts. Sunglasses are also an easy remedy against "blue light" that emanates from the solar spectrum and can increase the risk of macular degeneration. While both these conditions develop in older individuals, sunglasses are a hedge against squinting, which puts a strain on the eyes of people any age.

**Drive with a clear view.** For seniors, driving becomes more of a challenge if their eyesight is faltering. The U.S. National Highway Traffic Safety Administration has several tips for elderly drivers to follow to ensure they drive safely.

In addition to keeping their prescriptions up to date, seniors shouldn't wear glasses that have wide side pieces, as they can obstruct their peripheral vision. They also shouldn't wear tinted eyeglasses after dark or drive cars with tinted windows.

Elderly drivers can get the clearest view from their cars simply by cleaning the windows, mirrors and headlights regularly. The instrument panel should also be bright and easy to read. If the car seat is too low to provide a full view of the road, seniors should sit on a cushion to raise themselves up.

**Control dry eye.** A common condition that affects many people is dry eye, which occurs when not enough tears are produced to keep the eyes comfortable. When irritation develops, the vision could become impaired.

In addition to using over-the-counter products that can simulate natural moisture in the eyes, the AOA suggests taking several steps to solve the problem at home and on the road. For instance, when staring at a computer or a TV for a long period, blinking frequently can get the eyes to moisten more easily.

**Reduce allergens.** The American Academy of Allergy, Asthma and Immunology recommends people use wide-brimmed hats and sunglasses to keep down irritants when venturing outdoors. When returning indoors, use eye drops to rinse any irritants that may have gotten into the eyes.

**Drink plenty of water.** Daily water consumption hydrates the eyes as it does other parts of the body. In addition, omega-3 fatty acids are believed to help the condition. According to Eyeworld.com, the nutrient may reduce dry eye by lowering inflammation in the body and stimulating tear secretion.

A study conducted at Brigham and Women's Hospital in Boston found a strong connection between omega-3s and eliminating dry eye, while omega-6 acids seemed to place people at greater risk for the condition. The study was published in the *American Journal of Clinical Nutrition*.

People can get more omega-3s into their diets by eating foods such as salmon, tuna, walnuts, canola oil and beans and by taking a dietary supplement such as **OmegaKrill** from Dr. Newton's Naturals.





# Vision Support

## SECRET #86: Omega-3 fatty acids may promote eye health.

People at risk of developing age-related macular degeneration or retinopathy - an eye disease affecting diabetics or infants born prematurely - may prevent or mitigate the effects of the condition by increasing their intake of omega-3 fatty acids.

Retinopathy is a disease which affects 4.1 million Americans with diabetes, and is caused by leaky blood vessels in the retina. Age-related macular degeneration also causes damage to the retina, and affects about 7 million people in the U.S.

Researchers at Children's Hospital Boston tested the effects of omega-3 fatty acids on mice and discovered that rodents who were fed diets rich in this essential nutrient experienced a 50 percent reduction in abnormal vessel growth. These mice also showed a decrease in inflammatory messaging to the eye.

Results of the study suggest that diets rich in omega-3 fatty acids may prevent diseases of the retina, especially in individuals who are diabetic, elderly or children who were born prematurely. Supplements like those offered by Dr. Newton's Naturals may ensure that these people are getting adequate levels of omega-3s each day.

**OmegaKrill** from Dr. Newton's Naturals contains 65 milligrams (mg) of the essential fatty acids in each capsule. Derived from sustainable krill instead of fish, the supplement may promote healthy cell growth and blood glucose levels.



## SECRET #87: See your way to better vision by getting more antioxidants.

Eating a well-balanced diet is essential for your health. It's even better if you get a daily intake of antioxidants. These compounds may help prevent cell damage that results from environmental toxin exposure, according to the National Center for Complementary and Alternative Medicine. Some of the most beneficial antioxidants are Vitamins C and E, as well as selenium and beta-carotene.

Not only do these molecules help the cellular mechanisms going on inside your body, but they may also reduce the physical signs of aging. The Harvard School of Public Health reports that regular consumption of antioxidants may protect against the development of advanced age-related macular degeneration. This eye disease can cause blurriness and even blindness in severe cases.

Green tea, berries, beans, avocados, broccoli, ginger and dark chocolate are all rich in antioxidants. To ensure you receive a good daily dosage, take **Ultimate Reds**, an all-natural supplement from Dr. Newton's Naturals. Its powerful formula contains the antioxidant equivalent of 20 fruits and vegetables in each serving.





# Vision Support

## SECRET #88: Understand the link between depression and vision loss.

A strong link has been found between a loss of vision and the depression that people suffer as a result.

Researchers found that the rate of depression among those with vision loss was twice as much as people who didn't lose their vision. More than 10,000 adults aged 20 and older participated in the survey between 2005 and 2008.

Published in the Journal of the American Medical Association's *Ophthalmology*, the study showed that 11 percent of the people in the study who had vision loss also were experiencing depression, while only 5 percent with no vision loss were depressed.

The research team factored in study participants' age, gender and general health. They found the potential for depression is significant enough for it to be addressed by medical providers when a person experiences vision loss.

"Better recognition of depression among people reporting reduced ability to perform routine activities of daily living due to vision loss is warranted," stated Xinzhi Zhang, M.D., a senior epidemiologist and health scientist administrator at the U.S. National Institutes of Health, who led the study.



People under stress can suffer vision loss or other conditions that impair them. They may benefit from taking the dietary supplement **Vital B Plus** from Dr. Newton's Naturals. It helps both neurological and physical health by helping to relieve stress, boost cardiovascular function and maintain healthy cholesterol levels. Combining eight B vitamins and a blend of antioxidants, Vital B Plus offers support for the nervous system down to the cellular level.





# Weight Loss



## SECRET #89: Shop smart at the grocery store.

Is organic always better? Does 'diet' or 'low-fat' always mean healthy? With all the buzz circulating about the necessity to eat healthy and squash the obesity epidemic, food companies are cashing in on the health food craze. But just because it's labeled as all-natural doesn't mean it's healthy. Here are a few tips for shopping smarter:

**Shop the perimeter.** Most of the foods in the middle aisles are highly processed. If you're really trying to get healthy, stick to whole foods like produce and freshly baked whole grains that are usually on the perimeter.

**Don't be fooled by low-fat.** Many food companies have just replaced fat with extra sugar. Be sure to read the label.

**Skip the low-carbohydrate trend.** Cutting carbohydrates out of your diet isn't healthy, but you should skip refined carbs. Choose whole wheat pasta and wild or brown rice. Quinoa is also an excellent choice; a high-protein grain will keep your family feeling satisfied.

**Take a multivitamin.** A multivitamin is an important part of any diet to ensure everyone in your family is getting the vitamins and minerals they need. [EZ Melts Multivitamins](#), available in children's and adult formulas, can take care of your whole family.

## SECRET #90: Five simple steps to help you lose weight and keep it off.

Everyone wants to know what the secrets are to losing weight and keeping it off. However, the real secret is that it is not very difficult. Consider following these five easy steps, and see how quickly you lose the weight for good.

**1. Snack all day.** Although it may seem counter-intuitive to eat all day when you are trying to lose weight, frequent snacking on healthy foods can actually help your efforts. This is because it keeps hunger at bay and reduces your desire to gorge on fattening foods later in the day.

**2. Drink more water.** This is advice that you have heard time and time again from your doctor, but it's true. Aim for those eight glasses of water a day and notice how much less you eat. Your bloat will decrease and the pounds will melt off.

**3. Find a health buddy.** A diet doesn't keep the weight off, but a healthy lifestyle does. Find someone who shares your same goals and commit to keeping each other on track for the long haul. If most of your friends have unhealthy eating habits, prepare yourself mentally when eating around them so that you can reduce the urge to imitate their poor meal choices. Making the commitment to live a healthy lifestyle is the most surefire way to see results and keep them for good.

**4. Get active.** Although it may seem obvious, many people forget the importance of physical activity. If you have trouble committing to a full-blown gym routine, at least commit to taking a daily walk or always take the stairs when you have the chance. Consider getting a pedometer and aiming to walk additional steps each day. Compete with yourself to raise your number of steps until you walk an average of 2,000 additional steps a day from when you started.

**5. Take an all-natural meal supplement.** Consider the powerful benefits of a meal supplement like [Skinny D](#) from Dr. Newton's Naturals. Its effects have been clinically tested to help you lose weight quickly and effectively. At only 10 calories per serving, the supplement works by reducing your cravings for sugar, allowing you to replace meals without feeling hungry.





# Weight Loss



## SECRET #91: Tips for maintaining your healthy diet.

Making gradual lifestyle choices is the key to taking and keeping weight off. Here are some tips to keep your healthy diet going long enough for it to become an effortless part of your everyday life.

**Talk to your doctor about your weight loss goals.** He or she knows your health history and your biggest dietary needs. Your doctor can help you determine what type of diet is best for you - whether you need a low-fat diet or low-carbohydrate diet - and how fast and how much weight you should lose.

**Start a food diary.** Tracking what you eat and how many calories you are consuming can help you determine your biggest hurdles. Be sure to record everything, even that piece of cookie dough you ate while baking; you'll see all that mindless snacking really adds up. Eventually, counting calories will become like second nature, and you won't need to rely on the food diary.

**Create a diet that fits your tastes.** Eating food you like will help you feel more satisfied with less. Simple adjustments will cut a surprising amount of calories. For example, if you struggle with high cholesterol, you should replace butter with cholesterol-free options like olive oil or a soy margarine with zero trans-fats.

**Shop more consciously.** Don't keep junk food in the house. If it's there, you'll eat it. If it isn't and you're hungry, you'll go for whatever healthy treat you have in the house.

**Get active.** You may feel like you don't have time to start exercising regularly, but maybe you should become more conscious of how you spend your free time. Include how you spend your time in your food journal as well so you become more aware of the amount of time you spend sitting in front of the computer or television screen.

## SECRET #92: Keep weight down with good planning for workplace meals.

Trying to stay on a diet that's balanced and nutritious is always a challenge. It can be particularly difficult when you're cramming lunch into a hectic work schedule.

The tendency may be to stop for fast food or snack your way through the day. There are better ways to eat healthy and stay focused on a weight loss plan. Setting a routine for eating at the office will keep most people on track to maintaining a good weight.

It starts with planning to avoid the temptations that are always there, from vending machines to passing your favorite coffee shop on the way to work. Have a meal plan that outlines what you'll be eating for both meals and snacks away from home, but keep it simple so it doesn't become another chore added to an already busy life.

If the cafeteria at your company is serving things that can be worked into the plan, this can be great. If not, brown bag it on days when the specials are likely to sway you away from your eating plan. Prepare lunches and break-time snacks at night for the next day. Being rushed in the morning may cause you to skip this important step.

Many nutritionists consider breakfast the most important meal of the day because it satisfies morning hunger and starts the metabolism off in the right direction. But that's only true if it's a balanced meal of fruits, lean protein and whole grains, which supply fiber for good digestion and low-calorie foods to keep weight down.

A daily supplement such as **Gold Standard Protein** shake by Dr. Newton's Naturals is another way to maintain a balanced diet that keeps weight gain in check. It contains soy and whey with 32 amino acids, vitamins and minerals and comes in a choice of flavors.



# Weight Loss

## SECRET #93: Four tips for losing weight after pregnancy.

Between putting on extra pounds to nourish the baby and adding calories to your diet thanks to pickle and ice cream cravings, most women gain a substantial amount of weight during pregnancy. According to the Mayo Clinic, women who were at a normal weight before pregnancy should gain around 25 to 35 pounds, but some have been known to gain more than 50 pounds. While putting on the pounds is easy, losing the weight after giving birth is often more difficult. Fortunately, there are a variety of things you can do to make the process a little easier.

- 1. Exercise with baby.** There are ways you can get some physical activity into your day while still caring for your little one. Going on walks is a great way to burn extra calories and pushing a stroller can help you to burn even more. The simple movements of rocking, swaying and bouncing your baby can also get you moving. You may also want to consider joining a gym that has a day care center. This service comes free with membership at many facilities and can give you the alone time you need.
- 2. Snack wisely.** During the first couple months after childbirth, you will likely be spending a lot of time in the house. Unlike being at work or running around town, your kitchen full of goodies is right down the hall. This can tempt you to reach for the junk food throughout the day and do a lot of mindless snacking. Remain conscious of what you are eating throughout the day and if you tend to eat when you're bored, stock the fridge with sliced veggies and fruit.
- 3. Get support, stay patient.** You may find it is easier to lose weight if you join a support system. Look for a local group of new moms and help each other stick to your weight loss goals. Also, Parenting Magazine says to keep in mind the weight didn't come overnight and it will take some time to lose it, so stay patient.
- 4. Try Skinny D.** Consider trying all-natural supplement Skinny D. It can help you lose weight by providing you with the nutrients you need to stay full and focused without overeating. Consult with your doctor before taking [Skinny D](#) if you're breastfeeding.

## SECRET #94: Avoid fructose.

Researchers at the Oregon Health and Science University (OHSU) have recently provided further evidence that fructose may cause weight gain. The study showed that when healthy participants ingested fructose, the sugar inhibited areas in the brain that control taste and smell. In contrast, the same areas were stimulated when subjects consumed glucose.

"For consumers, our findings support current recommendations that people be conscious of sweeteners added to their drinks and meals and not overindulge on high-fructose, processed foods," said Dr. Jonathan Purnell, professor of medicine at OHSU.

Consuming excessive amounts of sugar - especially fructose - can lead to weight gain, obesity and diabetes. The Centers for Disease Control and Prevention has reported that about 30 percent of Americans are obese and 26 million Americans have diabetes.

Cutting fructose out of your diet may be an effective way to prevent weight gain and metabolic disorders. Diet aids from [Dr. Newton's Naturals](#) can promote weight loss while ensuring that individuals get proper nutrition.





# Weight Loss

## SECRET #95: Keep track of your weight.

Two-thirds of Americans are overweight or obese. To make the epidemic worse, most individuals don't even know if they're overweight.

### Some people gain weight even when they think they're losing

Research published in the journal, *Preventive Medicine* proved that most Americans aren't sure if they are gaining or losing weight, despite knowing about the growing obesity trends throughout the country. 775,000 men and women were surveyed about their current and previous weight the past year. Most of the participants actually gained weight in that year, even when they reported having lost weight in their survey responses.

"If people aren't in touch with their weight and changes in their weight over time, they might not be motivated to lose weight," said Catherine Wetmore, M.D., the lead author on the paper. "Misreporting of weight gains and losses also has policy implications. If we had relied on the reported data about weight change between 2008 and 2009, we would have undercounted approximately 4.4 million obese adults in the US."

The data also revealed some interesting trends. For instance, younger men and women were more likely to report unintentional weight gain as compared to those over the age of 40. In addition, this was true for participants who ate less than five servings of fruits and vegetables per day and people with limited or no healthcare coverage.

### Maintain a healthy lifestyle

Losing weight gradually is the most efficient and successful way to keep off unwanted pounds. Making good lifestyle choices, such as eating right and exercising regularly can make a significant difference. For a little extra help, take an all-natural supplement such as **Skippy D** from Dr. Newton's Naturals to complement these healthy choices.



## SECRET #96: Get the blues-blueberries may slow development of fat cells.

Research conducted at Texas Woman's University shows the potential effects that blueberries can have on the body, including cardiovascular health, metabolic syndrome and the aging process.

"I wanted to see if using blueberry polyphenols could inhibit obesity at a molecular stage," explained Shiwani Moghe, the author of the study. Polyphenols are the main active ingredient that gives blueberries their beneficial properties. Moghe studied their effectiveness by giving varying doses of polyphenols to a laboratory mouse.

She found that those given the highest dose yielded a 73 percent decrease in the development of lipids that would lead to obesity. The lowest dose showed a 27 percent decrease, which is still a significant figure.

The study has yet to be conducted on humans, but Moghe says the next step is to figure out the appropriate dosage for humans so that they can be put to optimal use.

Those looking to ingest more blueberries may want to consider taking dietary supplements, like those offered by Dr. Newton's Naturals.

**Ultimate Reds** from Dr. Newton's Naturals contains nutrients from 20 different fruits and vegetables, including extract from blueberry juice. Regular use may neutralize harmful free radicals and help maintain a healthy bone structure.



# Weight Loss

## SECRET #97: Reduce cellulite with these foods and nutrients.

Over 85 percent of women and some men have cellulite, and most treatments and products seem to offer little or no results. Some experts believe that a simple change in diet can make all the difference.

Foods high in antioxidants may fight the main causes of cellulite. Oranges, famous for their high levels of vitamin C, which can fight free radicals and improve collagen production, which can keep your skin looking its best. They also contain methoxylated bioflavonoids, which improve blood flow. Fruits that are high in lycopene, such as tomatoes, watermelons and pink grapefruits, can also promote better circulation.

Vegetables known for their diuretic properties, like asparagus, can bring down your bloat. This won't cure your cellulite, but it can lessen its appearance. Up your spinach and broccoli intake as well. Spinach can improve collagen production while broccoli can stop collagen from hardening.

Stay hydrated and avoid high-sodium foods to get rid of bloat. Want an added bonus? Try green tea, which in addition to keeping you hydrated, contains theobromine and caffeine, both of which stimulate the release of the body's stored fats.

Consider adding more fatty fish to your weekly menu as well. You may be thinking that adding more fat will increase cellulite, but the polyunsaturated fatty acids in fish such as salmon, can actually fight cellulite by metabolizing fat and improving the way your body stores fat. Don't like fish? Try an omega-3 supplement like **OmegaKrill** from Dr. Newton's Naturals, for an added dose of these healthy fats.

High-fiber whole grains should also be included in your diet. In addition to keeping you satisfied longer, they are full of antioxidants and other nutrients that eliminate toxins and keep your skin looking better than ever.





# Weight Loss

## SECRET #98: Cut down on belly fat to reduce risk of kidney disease.

The possibility of kidney disease has been added to the list of health concerns for people who carry too much abdominal weight. While the catch phrase “belly fat” has become common in weight reduction plans, the impact of the visceral fat located between the internal organs is much more than the view of a protruding stomach.

A new study involved 315 men and women whose blood flow through the kidneys showed elevated blood pressure levels, which can damage small vessels. Over time, the kidneys could become less able to drain waste products.

In the study, participants who had a higher waist-to-hip ratio, which means they store more belly fat than the fat around their thighs, tended to have higher blood pressure in their kidneys even when they weren't overweight. As their belly fat increased, so did the restriction of blood flow through their kidneys and their risk of kidney disease.

### Reducing belly fat and health risks

The study didn't determine how abdominal fat is responsible for changes in the kidneys, but previous studies have linked kidney disease to diabetes and heart disease, for which belly fat is also a risk factor. Steps that people can take to reduce their high cholesterol and blood pressure, diabetes and heart disease frequently will result in weight loss, including belly fat.

One important move is reducing salt intake by reading processed food labels and choosing low sodium options. The CDC suggests cutting down on the 10 saltiest foods - bread and rolls, cold cuts and cured meats, pizza, poultry, soups, sandwiches, cheese, pasta dishes, meat dishes and snacks.

**Skinny D** from Dr. Newton's Naturals is clinically-tested to reduce pounds. This concentrate replaces one meal a day, at only 10 calories per serving, while providing nutrients and stopping sugar cravings.





# Women's Health

## SECRET #99: Eat your broccoli to combat breast cancer.

Researchers are constantly looking for ways to help patients diagnosed with breast cancer find something they can do to increase their quality of life and overall rate of survival.

A recent study conducted by Vanderbilt-Ingram Cancer Center and Shanghai Center for Disease Control and Prevention looked at clinical characteristics and lifestyle factors of Chinese women who were diagnosed with breast cancer to see what aspects played a role in survival rates.

They found those who ate cruciferous vegetables during the first 36 months after diagnosis reduced their breast cancer mortality risk, as well as chance of disease recurrence. However, researchers were quick to urge women to realize that eating patterns are different among Chinese women and American women.

“Commonly consumed cruciferous vegetables in China include turnips, Chinese cabbage (bok choy) and greens, while broccoli and Brussel sprouts are the more commonly consumed cruciferous vegetables in the United States and other Western countries. The amount of intake among Chinese women is also much higher than that of U.S. women.”

Therefore, American women may want to increase their regular consumption of these cruciferous vegetables. Also, consider taking Ultimate Reds, an immunity-boosting blend of fruits and veggies that can help support a healthy lifestyle and fight harmful free radicals.





# Women's Health

## SECRET #100: Take vitamin D to ease the effects of menopause.

Researchers in Spain have revealed surprising statistics regarding Vitamin D deficiency in peri-menopausal and menopausal women.

“Biological and physiological changes in women caused by the menopause come with a greater risk of developing health problems in which diet plays an important role,” explained Marina Pollán, lead author of the study. “These include diabetes, osteoporosis, cardiovascular disease and certain types of cancer.”

Of the 3,574 peri- to post-menopausal Spanish women who were studied, 29 percent were obese and 42 percent were overweight. Most of their caloric intake was from carbohydrates, followed by fats and then proteins. None of the study groups came within 50 percent of the recommended daily allowance of Vitamin D.

The researchers suggest that post-menopausal women eat a diet that is high in vegetables, nuts and carbohydrate-rich foods with less fat and protein to help reach their RDA of vitamin D and other essential nutrients.

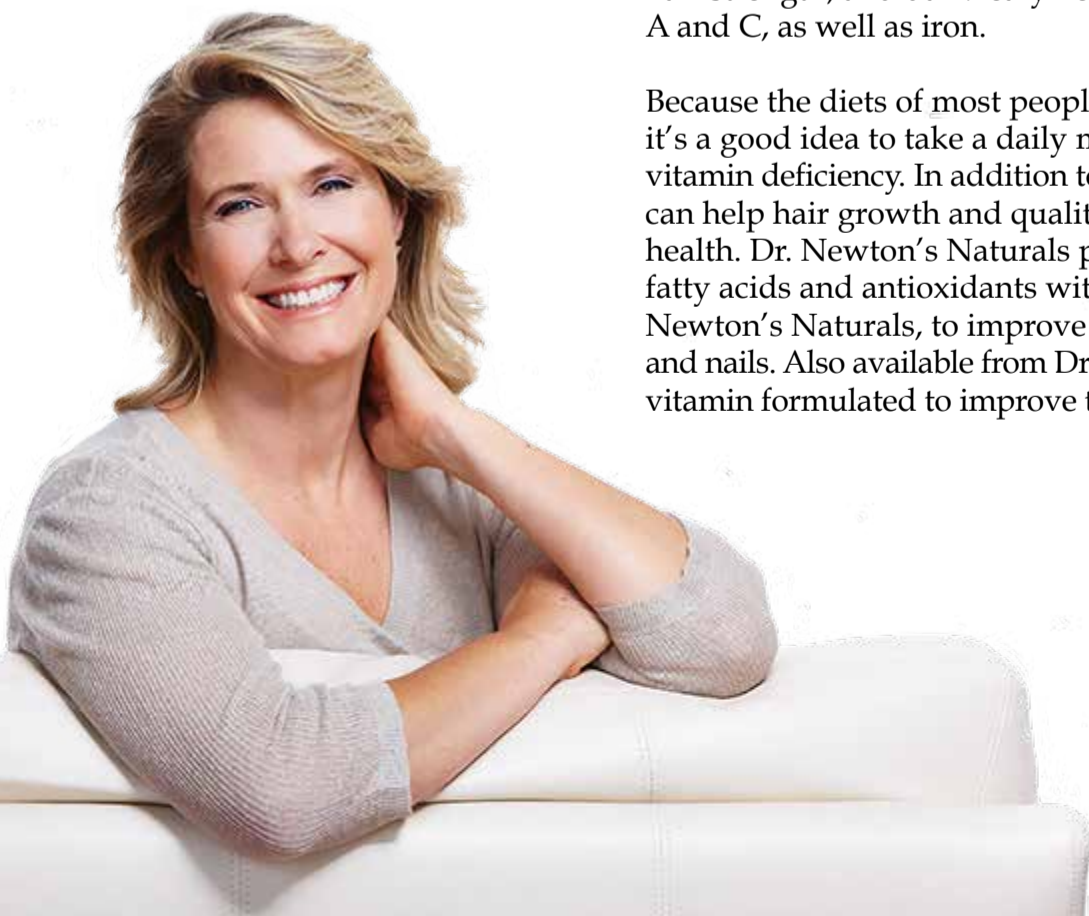
Peri- and post-menopausal women may also want to consider taking a Vitamin D supplement, like those available at Dr. Newton's Naturals. Taking **Sublingual D-3**, in addition to a healthy diet, can help women get the Vitamin D they need.

## SECRET #101: Take the proper nutrients for beautiful hair, skin and nails.

Many women with thin and limp hair envy those with thick, long and voluminous locks, secretly wishing they had been born with different genes. In these cases, it may be impossible to ever have your ideal head of hair, but there are certainly steps that can be taken to improve hair growth and quality.

Proper diet and vitamin intake helps to nourish the body's cells, and this is outwardly made apparent by the condition of your hair, skin and nails. On average, hair grows approximately one-fourth to a half an inch per month, however supplying the body with the right nutrients can help hair grow faster and healthier. Foods high in protein such as beans and lentils promote hair strength, and dark leafy vegetables are great sources of Vitamins A and C, as well as iron.

Because the diets of most people lack these essential vitamins, it's a good idea to take a daily multivitamin to counteract any vitamin deficiency. In addition to this, taking an omega-3 supplement can help hair growth and quality, as omega-3s contribute to scalp health. Dr. Newton's Naturals provides a great source of omega-3 fatty acids and antioxidants with Omega Krill, available at Dr. Newton's Naturals, to improve the appearance of your hair, skin and nails. Also available from Dr. Newton's Naturals: **Biotin Melts**, a B vitamin formulated to improve the health of your hair, skin and nails.





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