

# HEALTH WATCH

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## “Preventing Chronic diseases – What your doctor never told you.”

### **Chronic diseases - entirely preventable or just something to expect as we get older?**

If we listen to what the medical profession and the pharmaceutical industry are telling us, then yes, chronic diseases are something to expect when we get older.

*But is this really the way it should be?*

NOT according to the latest scientific research world wide. In fact, every major health body in the world is saying the same thing: “chronic diseases are, to a very large degree, a result of lifestyle choices and are, therefore, preventable!”

Going the traditional medical route is not working, as is evidenced by the escalating numbers of people suffering from chronic diseases. Even more worrying are the side effects of taking chronic medicines. In fact, the number of people dying because of the side effects is growing steadily. A decade ago, the American Medical Association estimated that over 100,000 people died as a result of “properly prescribed drugs, administered by nurses or doctors.” [1]

What about all those people who took the drugs themselves? It’s reasonable to assume that many more self administer the drugs than have a nurse or doctor administer them. Therefore the figure could be far, far higher.

Taking chronic medication for an extended period does not seem to be a good idea!

In this report we’ll look at some of the major chronic diseases and give you the very latest information from the world’s leading experts and research institutions. You’ll have simple, clear information (no confusing medi-speak) that will enable you to protect your & your family’s health. By making simple lifestyle changes, you’ll be able to enjoy abundant health and vitality and, we hope, share this information with others who can benefit as well.

By way of introduction, it’s important to realize that the body is a marvelous, complicated organism and that everything in the body is interdependent and functions in such a way that every part affects every other part. Treating one isolated part, as conventional medicine does, cannot lead to real health and vitality. We need to look at the body as a whole and look at all the factors that affect it; some of the most important being personal habits, diet, exercise and rest.

**Chronic Cardiovascular Disease:** heart attacks, strokes, high blood pressure, etc.

The world’s number one killer, accounting for one in every three deaths world wide! It’s a worldwide epidemic and is getting worse every year.

What do the experts say?

The **World Health Organization** recommends:

- Eat more Omega-3 fatty acids from fish & plant sources
- Eat more fruit, vegetables, nuts & whole grains
- Maintain a healthy body weight

The **American Heart Association** recommends:

- Eat more fruits & vegetables
- Eat more whole grains
- Eat more fish

In fact, every major heart foundation in the world is saying something similar.

Lifestyle choices are the number one way to **prevent** heart disease. By taking some simple, common sense steps we can reduce our risk of getting heart disease.

- 1) Ensure that your weight remains acceptable. An easy way to check this is by calculating your Body Mass Index (measured as your weight in kg ÷ your height in metres<sup>2</sup>. For example, if you are 1,8m tall and weigh 80kgs your BMI = 24.7, you are bordering on being overweight!)
  - Underweight = <18.5 □ Normal weight = 18.5-24.9 □ Overweight = 25-29.9 □ Obesity = BMI of 30 or greater
- 2) Do some regular exercise. Just a brisk half hour walk every day will make a huge difference. Use the stairs rather than the lift. Park at the furthest end of the row in the car park from the entrance.
- 3) Try to eat 80% good foods and only 20% junk foods.
  - Try to eliminate, or at least cut down, anything white (white sugar, flour, rice, bread, etc.), carbonated drinks (colas, etc), red meats, fried & fast foods. Don't expect to do this all in one go, rather cut back gradually. For example, if you usually have 3 teaspoons of sugar in your coffee, start taking 2½ for a week, then 2, and so on. You'll not notice the difference and slowly your taste buds will be re-educated. Ultimately you'll be happy with no sugar.
  - Cut down your consumption of alcohol, caffeine, salt, fats and dairy products.
  - Increase your consumption of browns (sugar, flour, rice, etc.) fish, fruits, vegetables, nuts, grains and pulses. Steam your veg, don't boil them. Grill your meat and fish, don't fry them. Eat as much raw fruits and veg as possible.
  - Increase the amount of water you drink. You should have at least 8 glasses of good quality water every day. This will help your body to flush away toxins and pollutants instead of storing them. It will also lower the sodium levels in the cells.
  - Avoid additives such as preservatives, colorants and flavorants. Become a label reader.
- 4) In addition to having your cholesterol checked, have your homocysteine level checked. A high homocysteine level is far more likely to harm you than a high cholesterol level. In fact, an analysis of 92 studies shows that if your homocysteine level is just 5 points up, your risk of heart attack is increased by 42%, that of deep vein thrombosis by 60% and that of a stroke by 65%! [2]
- 5) Supplementation can help:
  - Omega 3\*, garlic, magnesium, vitamin C and soluble fibre (oat bran is an excellent source) can lower blood pressure and cholesterol
  - B vitamins (especially folic acid, B6 & B12) can lower homocysteine levels
  - Vitamin E\* can reduce the chances of heart attack by 75%! [3]
  - Carotenoids are excellent in protecting the heart and blood vessels.

\*NB if you are on blood thinning medication consult your medical practitioner before using, as these supplements can increase the blood thinning.

If you **already have** heart disease doing all of the above will naturally help.

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*NeoLife's **OMEGA 3 SALMON OIL PLUS** is the world's only complete Omega 3 supplement containing all 8 omega 3 factors found in nature. Health screened for over 200 contaminants (with a tolerance factor of zero!), quality and potency guaranteed, it's a safe and effective omega 3 supplement.*

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## **Cancer**

Cancer is the number 1 cause of death in the USA, surpassing heart disease as of Jan 2005. [4]

Worldwide more than 20 million people were affected in 2005 and WHO expects that to rise by 50% by 2020!

What do the experts say?

The **World Health Organization** recommends:

- Eat more fruit, vegetables & whole grains
- If you smoke – quit!

The **Centre for Disease Control** recommends:

- Eat more fruit and vegetables

The **US National Cancer Institute** recommends:

- Eat more fruit, vegetables, & whole grains, especially those rich in carotenoids.

Does this sound familiar?

Again, lifestyle choices can make a massive difference.

Doing steps 1 - 3 above (see heart section) can help you to **prevent** cancer. Diet is especially important. Cancers feed on sugar and require an acid environment to flourish. Limiting your sugar intake and reducing acid levels in your body can help significantly.

- 4) If you're a lady, check your breasts monthly. Look out for any changes, in shape, texture, colour and feel, and not just lumps.
- 5) Increase the amount of cruciferous vegetables (cauliflower, cabbage, broccoli, brussels sprouts, etc.) in your diet. The cruciferous compounds in them actually work at cellular level to help prevent certain kinds of cancer, especially breast, prostate and colon cancers. Every major cancer and health organization recommends that we eat at least one serving of cruciferous vegetables every day.
- 6) Increase the amount of flavonoid rich foods in your diet. Researchers at the Southern Research Institute in Birmingham found that extracts of flavonoid rich fruits & vegetables inhibited the growth of certain cancer cells by +90%! *At that rate you'll die of old age & not the cancer!*
- 7) Learn to control stress levels. Sustained stress causes the body to produce chemicals that lower the immune system. Deep breathing & relaxation techniques, exercise, having a positive mental outlook, having goals and plans to look forward to, all help reduce stress.
- 8) Supplement with:
  - Carotenoids, Flavonoids, Cruciferous, Omega 3, garlic, vitamins C & E. These are all proven anti-cancer nutrients.

If you already have cancer following all the above will help you cope. In addition, look for an oncologist who combines nutritional programmes with traditional cancer treatments. Dr. Patrick Quillin, in his book "Beating Cancer with Nutrition", states that at least 40% of cancer patients die from malnutrition, not the cancer. Today there is more than sufficient evidence to prove that nutrition plays a vital role in helping cancer patients survive the cancer and the treatment of cancer.

*These are just some of the things that you can do to protect yourself, and your loved ones, from developing chronic disease. It's important to realize that your health is your responsibility, and not that of the medical profession!*

[1] J. Lazarou *et al.*, "Incidence of Adverse Drug Reactions in Hospitalized Patients". Journal of American Medical Assn. 1998, 279:1200-1205

[2] D. Wald *et al.*, "Homocysteine & Cardiovascular Disease: evidence on Causality from a Meta-analysis", British Medical Journal, vol. 325, 2002, pg 202

[3] N. Stephens *et al.*, "Randomised Controlled Trial of Vitamin E in Patients with Coronary Disease; CHAOS". The Lancet vol 347, 1996, pg. 781-786

[4] P. Quillin, "Beating cancer with Nutrition" pg 24

If you'd like information about preventing any other chronic disease please contact us – [info@reahealth4life.co.za](mailto:info@reahealth4life.co.za)