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and urgent advances in modern, underground medicine

Novisyn+ Can Help You Overcome The Painful Joint Stiffness And Swelling Of Osteoarthritis... And Can Even Ward Off Wrinkles

Osteoarthritis is a widespread joint disease that destroys cartilage and can lead to deformed bone growth, sometimes with crippling consequences. In elderly people, osteoarthritis of the knee is the leading cause of disability and if you are over 50, there is an 80 per cent chance that you have some degree of osteoarthritis in your joints.

Doctors normally prescribe drugs like corticosteroids to control inflammation and non-steroidal anti-inflammatory drugs (NSAIDs) to relieve pain. Both drugs normally work in the short term but they can have adverse effects – corticosteroids can cause bone loss and the latter gastrointestinal irritation and bleeding. Not only that, but repeated courses of NSAIDs may actually increase the destruction of cartilage over time, and make your osteoarthritis worse.

Because of the limitations and potentially harmful side effects of conventional drugs, more sufferers are increasingly turning to natural treatments, such as glucosamine, as a way of safely and effectively managing their arthritis.

Discover how your joints and skin can benefit from extra supplies of a substance your body naturally produces

Glucosamine is effective because, inside the body, it goes through processes that lead to the production of hyaluronic acid (HA) – a natural protein found in the extra-cellular space between the cells of your body's tissues.

HA is a major component of synovial fluid, the thick liquid contained in the synovial membrane, which helps to form protective cushions between joints and is also vital to the health of cartilage (the tough, protective tissue which covers the surface of joints).¹ In addition to cartilage, HA is also found in the fluid (vitreous humour) of your eye, and is especially abundant in your skin where it helps keep your skin naturally hydrated and improves its elasticity.

HA is produced naturally in the body, but as we get older, we produce less HA, which can soon cause problems as low concentrations can result in your joints becoming stiffer and your skin drier and more wrinkled.^{2, 3}

One of the drawbacks of taking glucosamine is that it can take two to three months to work and only a fraction of the glucosamine you take may actually end up being converted to HA in your body, as your stomach acid easily destroys it.

Because of this problem of absorption, natural HA (extracted from rooster combs, or wattle) has been injected direct into the synovial fluid of arthritic joints.^{4, 5} But this method has distinct drawbacks as it can be an inconvenient and expensive treatment, can cause local inflammation or irritation of the skin, and is only effective in the short term.

Now, a breakthrough new formula appears to have finally solved the problem of delivering enough HA

(Continued on page 3)

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Dear Reader,

If you are one of the 28 per cent of the UK population that suffers from seasonal allergic rhinitis – more commonly known as hay fever – this time of year can spell misery due to the high pollen count.

The condition involves an allergic reaction to pollen and spores. In response your body produces antibodies that release a chemical called histamine, which triggers a range of unpleasant symptoms such as sneezing, streaming eyes and nose, itching nose and roof of mouth, coughing or wheezing and often headaches, tiredness and irritability too.

Your doctor is likely to recommend antihistamine drugs (such as Benadryl or Zyrtec), which block the action of histamine but can cause drowsiness, dry mouth, headaches and indigestion. Nasal steroid sprays like Beconase, which reduce inflammation, are also available but they can have adverse effects like coughing, hoarseness, headaches, nausea, nasal irritation or dryness, sore throat and nosebleeds.

Fortunately, there is a safe, non-drowsy, fast-acting all-natural alternative called Nasaleze Allergy, which has been clinically proven in a number of studies to provide relief from allergy symptoms. This class 1 medical device shields and protects the sensitive lining of the nose against hay fever, dust mites and animal dander.

Nasaleze allergy contains a revolutionary cellulose (the main component of cell walls in plants) powder, in addition to peppermint, to trap airborne allergen particles in the nasal cavity. The cellulose powder, which is applied in the nostrils by a simple puffer spray device, turns into a gel on contact with the moisture in the nasal cavity. This gel-like barrier prevents contact between airborne allergens and the mucosa, thereby preventing the release of histamine and the allergy symptoms it triggers. Relief from symptoms occurs in minutes for many patients or within less than three hours for others.

In a recent study, Nasaleze Allergy was found to significantly relieve all seasonal allergic rhinitis symptoms during the grass pollen season from both upper and lower airways such as sneezing, runny/itchy nose and eyes as well as nasal inflammation (*Int Arch Allergy Immunol 2014; 163: 313-318*). Nasaleze Allergy has also been found to significantly reduce the need for drug treatment and other forms of rescue medication (*Curr Med Res Opin 2006; 22(2): 275-285*).

For maximum relief, you should use Nasaleze Allergy before symptoms begin. Gently blow your nose, spray once or twice into each nostril three times a day (or more often if needed). It's important to re-administer the spray if you blow your nose to renew the protective barrier. Nasaleze Allergy has no known side effects and is suitable for children (under supervision), pregnant and breast-feeding women, and with other medication.

Until next month,



Rachael Linkie, Editor

P.S. Another all-natural way to help alleviate hay fever symptoms in as little as 15 minutes a day is contained in the special report inside this month's issue. This revolutionary device not only takes on hay fever, it can also massively reduce asthma attacks and other respiratory problems such as sinusitis and bronchitis.

THE JOURNAL OF NATURAL HEALTH SOLUTIONS

The Journal of Natural Health Solutions, Agora Health Ltd, 8th Floor, Friars Bridge Court, 41-45 Blackfriars Road, London SE1 8NZ.
Subscription enquiries: 020 7633 3655. Fax: 020 7633 3740. Online: <https://contactus.agorahealth.co.uk/agh>

Publisher:	Editor:	Customer Services Manager:	Production Manager:
Andrew Miller	Rachael Linkie	Charlette McKitty	Dean Murphy

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into the body so that it can get to work where it's needed. Novisyn+ contains natural HA in a liquid form – taken orally it is more readily absorbed in the body than tablets and is claimed to be more powerful and faster-acting than glucosamine.

Not only does the formula help promote healthy joints, reduce inflammation and repair damaged cartilage, but it could also result in younger-looking skin and help smooth out lines and wrinkles. Novisyn+ also contains vitamin C, which helps maintain healthy and pain-free joints, contributes to the formation of collagen and has a protective effect on cartilage.^{6,7}

Thanks to a unique delivery system, Novisyn+ gets to work in as little as 7 days

Novisyn+ contains a molecularly balanced form of HA, which is crucial. It is the molecular weight of an HA supplement that ultimately determines how well it will be absorbed.

The HA produced naturally in our bodies has a very 'heavy' molecular weight (4 million daltons). This is fine inside the body, but such a heavy molecule entering the body would be highly unlikely to be absorbed properly.

As well as the injections mentioned earlier, there have been HA supplements extracted from rooster combs, but these still have a very heavy molecular weight (3 million daltons) which passes straight through the digestive system.

There has been what is known as 'enzymatically produced' HA which is of a much lower molecular weight (5,000 daltons) but this is extensively degraded in the stomach and so also fails to be absorbed properly.

The 'holy grail' has been to develop a form of HA with a molecular weight heavy enough to survive the stomach acid but light enough to be absorbed in the intestines.

Novisyn+ uses an ideal form of HA (1.25 to 1.5 million daltons), which is produced by the fermentation of the 'friendly' bacteria, *Streptococcus zooepidemicus*, in a soya-glucose medium.

Research has shown that Novisyn+'s low molecular-weight and liquid form HA is rapidly absorbed and distributed to the joints and other tissues effectively, even after a single dose.⁸ The manufacturers, Fulcrom Health, claim that the benefits are usually noticeable within a week but in some cases can take up to a

month to become evident.

Because HA can attract up to a thousand times its own weight in water, it plays a vital role in hydrating the body's tissues, as well as stimulating their repair and regeneration. It is present in both the deeper and outer layers of the skin (the dermis and epidermis) and taken as a nutritional supplement HA moisturises from the inside outwards. It has been found to help reduce wrinkles and promote contour improvement in lines and furrows, with long-lasting effects.^{9,10}

What to take for best results

Novisyn+ is supplied as a 30-day pack of 5ml sachets, designed to be taken orally as a nutritional supplement once a day. It is suitable for vegetarians and vegans.

There are no known interactions with other medications or supplements, and no known side effects.

...CUTTING-EDGE HEALTH UPDATE

UltraPollen Could Herald A Breakthrough In The Fight Against Menopause Symptoms, Chronic Prostatitis And Cancer

With the hay fever season upon us, any mention of pollen is likely to evoke thoughts of streaming noses, watery eyes and blocked sinuses. But pollen doesn't only contain proteins that can trigger an immune reaction in people unlucky enough to suffer from hay fever. It also provides a multitude of nutrients that can have beneficial effects on health.

Bees collect pollen from flowers as the primary source of protein for their hive. And for thousands of years this 'bee pollen' has been recognised as a valuable medicinal product for humans, too. The ancient Egyptians praised pollen as 'the universal healer' and its virtues were also described in 2,000-year-old Chinese medical texts. Modern science has since analysed pollen's nutritional composition, which includes essential amino acids, vitamins, minerals, enzymes, coenzymes, hormones and fatty acids, as well as a range of phytochemicals from the source plants.

While the sweet granules of bee pollen have

(Continued on page 4)

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been available in health food stores for many years, cutting-edge technology has recently enabled the production of a pure extract of flower pollen that does not contain the mould spores and other contaminants that accumulate during the bee-based collection process. UltraPollen, from Premier Research Laboratories, is now available in the UK as a purified flower pollen extract in a convenient capsule form, which is free of binders, fillers and preservatives. It contains pollen from multiple sources in pesticide-free, uncontaminated countryside areas of Europe.

A breakthrough in pollen processing means that the tough outer casing around each microscopic pollen grain can now be broken, liberating the full spectrum of phytonutrients (both water-soluble and fat-soluble) and making them fully available to the body. This is in contrast to other single-source pollen products, which contain only a narrow range of plant factors. And, unlike other pollen products, which are typically poorly digested, UltraPollen is not only easy for humans to digest and absorb but also unlikely to produce an allergic reaction in sensitive individuals. A special pollen cleaning process ensures that it is 100 per cent allergen free and contains no dust, dirt or other impurities.

This nutrient-dense super food boosts immunity and helps balance hormones

Scientific studies have shown pollen to have remarkably high antioxidant activity and to contain a huge variety of plant polyphenols that could help to support human health.¹ Pollen is the richest natural source of a bioflavonoid called rutin, which strengthens the blood vessels and may help to prevent blood clots and varicose veins. Pollen is also a highly nutritious food, containing proteins, fats and carbohydrates, as well as minerals (it is particularly high in potassium, magnesium and calcium) and vitamins A, B-complex, C and E.²

Traditional uses of pollen have included boosting energy and immune function, aiding recovery from illness, supporting a healthy urinary tract, improving fertility and easing menstrual and menopausal symptoms.

Although inhaled pollen can be an allergen, provoking an allergic reaction in sensitive individuals, when taken as a food supplement it can help to strengthen the immune system. A 1975 report from the Agronomic Institute of Romania recorded very significant increases in the levels of

lymphocytes, as well as enhanced levels of gamma globulins and proteins in those people given pollen, in comparison with control groups.³

Lymphocytes (white blood cells) are the 'soldiers' of the immune system. They are responsible for ridding the body of invading bacteria and viruses, infected or diseased cells, mutant and cancerous cells and other harmful substances. Gamma globulin is a protein formed in the blood, and our ability to resist infection is closely related to this protein's activity.

Scientific studies have shown that pollen can provide an effective alternative to hormone replacement therapy (HRT) in women, reducing the incidence of hot flushes and other menopausal symptoms.⁴ Although pollen has a similar effect to HRT in relieving menopause symptoms, it works in a completely different way, since analysis has found that pollen does not contain any phyto-oestrogens.⁵ This means that it can be used safely, without increasing the risk of oestrogen-dependent breast cancer.

UltraPollen can benefit men's health too

Pollen has been found to boost testosterone production and fertility in men. Animal studies have shown that including pollen in the diet led to higher testosterone levels and increases in sperm counts and daily sperm production.⁶

One condition that pollen has been found to treat with considerable success in men is chronic prostatitis, which causes ongoing pain in the pelvic and genital area without any evidence of urinary tract infection. Pain after ejaculation is a hallmark of this disease, which often also involves fatigue, muscle weakness, abdominal pain and problems with passing water. In double-blind, placebo-controlled clinical trials, pollen extract was found to reduce pain and other symptoms in men with chronic prostatitis and to improve their overall quality of life.^{7,8}

There have also been reports that pollen may help to prevent cancer. Back in 1948, the United States Department of Agriculture carried out studies on mice that had been specially bred to develop and subsequently die from cancerous tumours.⁹ One group of mice had a tiny dose of 100mg of pollen added to every kilogram of their feed, while another group had exactly the same feed without the pollen. The results were remarkable – while all the mice on the normal diet developed tumours and died 'on schedule' at around 30 weeks of age, those getting

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the pollen survived on average 10 weeks longer and some were still tumour-free when the study ended after 60 weeks.

What to take for best results

The recommended dosage of UltraPollen for adults and children (over the age of four only) is one capsule, three times daily.

Although UltraPollen is described as '100 per cent allergen-free', we would advise anybody suffering from hay fever or a known pollen allergy to be cautious in taking this product – take a single capsule and wait 24 hours to check for any adverse reaction before taking it regularly. If in doubt, talk to your doctor first.

...CUTTING-EDGE HEALTH UPDATE

Discover The Formula That Helps Protect Against Cataracts, Age-Related Macular Degeneration And Glaucoma

Sight is something that we tend to take for granted – until it starts to fail or problems develop, by which time treatment options may be severely limited.

Fortunately, there are steps you can take right now to protect your eyesight and keep your eyes healthy as you age such as eating properly, wearing UV-blocking CE approved sunglasses when the sun is shining, having regular eye tests, quitting smoking if you're currently a smoker, reducing stress, exercising and getting enough sleep (since your eyes repair themselves at night).

Research has shown that targeted nutrition is particularly important when it comes to preventing vision loss and keeping your eyes healthy and your vision sharp. This is where an all-natural supplement called Vision Essentials can help. The nutritional ingredients it contains – including lutein, bilberry (standardized to 25 per cent anthocyanosides) extract, and vitamins A (as beta carotene), C and B2 – have been specifically chosen for their well-documented eye health benefits.

Numerous clinical trials have shown that targeted nutritional support, particularly with antioxidants, such as beta carotene, vitamin C, lutein and anthocyanosides, can help to restore and protect eye

health, prevent the development of conditions such as age-related macula degeneration (AMD), cataracts and glaucoma and lower the risk of potential blindness.

Lutein can prevent and even slow down or reverse the process of AMD

Lutein is a particular type of antioxidant, known as a 'carotenoid', which is found in yellow peppers, mango, egg yolk, bilberries and green leafy vegetables such as kale, spinach, chard and broccoli.

Lutein is thought to play a major role in promoting eye health and helps protect against the formation of cataracts (when the lens of your eye becomes cloudy, making your vision blurred or misty) and can lower the risk of developing AMD (a common eye disease that is caused by the deterioration of the macula and results in partial blindness).¹

It provides essential pigments that your retina and macula need to remain healthy and is able to absorb harmful ultraviolet light rays so they can't damage your eyes. Better still, lutein can help manage existing cases of macular degeneration too because of its ability to fight free radicals within your eye tissues.²

Not only that but if the results of an animal study are anything to go by then lutein may be able to help treat glaucoma (a build-up of pressure within the eye) and can reduce damage to retinal nerve cells and the optic nerve.³

Bilberries can benefit your vision in numerous ways

Bilberries are rich in deep-blue pigments called anthocyanins, which have been the subject of a great deal of research regarding eye health, optical circulation and connective tissue integrity. They appear to help boost the delivery of blood to your eyes – meaning that essential nutrients and oxygen are better able to reach your eyes.

Bilberry extract has been used for a variety of vascular retinal problems, as well as cataracts, diabetic-induced glaucoma and myopia. In one study, bilberry significantly improved short-sightedness and myopia in 75 per cent of the people tested.⁴ Bilberries are also showing a lot of promise in the treatment of macular degeneration.⁵

In one study, bilberry extract effectively slowed and in some cases arrested the formation of cataracts in up to 50 per cent of those taking part in the study.⁶ Bilberry extracts have also been implicated as being highly effective in helping to counter the effects of diabetic-related retinal changes, such as

(Continued on page 6)

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diabetic retinopathy.^{7, 8, 9}

Bilberries can improve night blindness and have been found to be effective in aiding day blindness (hemeralopia), too.

The vitamins in the formula could hold the key to healthy eyes...

Vitamin C and beta carotene are potent antioxidants that help inhibit a process called glycosylation, which is implicated in causing cataracts, and can limit the damage caused by free radicals.

A study of 247 women, who were part of the Harvard Nurses' Health Study, revealed that long-term use (over 10 to 12 years) of supplemental vitamin C could be significant in reducing age-related cataracts. Seventy-seven per cent had a lower prevalence of early lens opacity and 83 per cent had fewer cases of moderate lens cloudiness, as compared with those who didn't take supplements.¹⁰

Glaucoma sufferers may also benefit from vitamin C supplements, as the vitamin appears to significantly reduce the intraocular pressure characteristic of this disease.¹¹ In one study, high doses of vitamin C, given intravenously, dramatically improved patients with open-angle glaucoma.¹² Those with initially high eye pressures showed the biggest improvements, and the effects lasted for up to eight hours.

Beta carotene is an orange-coloured pigment that the body converts into vitamin A, or retinol. As its name suggests, retinol is found in high concentrations in the retina of the eye, where it is essential for vision. Worldwide, vitamin A deficiency is the leading cause of preventable blindness in children and low levels of this vitamin can cause 'night blindness' or difficulty seeing in dim light.

Vitamin B2 (riboflavin) deficiency has also been linked to night-blindness because of the importance of riboflavin in the health of certain retinal cells known as cryptochromes.^{13, 14, 15}

Research into specific nutrients to help ward off cataracts has demonstrated the importance of vitamin B2 in connection with the health of the cornea (the clear surface of the eye) and the actual lens itself.

Animal studies looking into the effects of a vitamin B2 deficient diet reveal eye complications such as corneal vascularisation (the growth of small blood vessels over the cornea) and corneal opacity (a cloudy appearance) as well as accelerated cataract formation.^{16, 17}

What to take for best results

For general use it is recommended that one capsule of Vision Essentials is taken twice a day with food, but for more established eye problems or for extra support this can be increased to two capsules twice a day. Vision Essentials has been fully approved by the Vegetarian Society (UK).

...CUTTING-EDGE HEALTH UPDATE

All-Natural Organic Eye Cream Prevents Fine Lines And Wrinkles Without Exposing Your Skin To Harsh Toxic Chemicals Like Many Other Eye Creams Do

Fine lines and wrinkles around the eyes may be a normal sign of ageing, but they are not something any of us want to see when we look in the mirror. There are, of course, plenty of eye creams on the market, and some of them command eye-watering prices too! But when it comes to eye creams, cost doesn't always mean quality, since even the most expensive ones can contain synthetic and potentially toxic chemicals.

The quality of the ingredients is the most important factor when choosing a cream for the delicate skin around your eyes. You need to avoid anything perfumed or containing other substances that could irritate your eyes, and at the same time you need something that will do more than just moisturise. A good eye cream should also nourish the skin, protect it from damage and help to maintain its structure and firmness.

Rosa Mosqueta Eye Contour Cream from Rio Trading has been formulated with these principles in mind. It is made from entirely natural ingredients that hydrate and firm the skin around the eyes, preventing soreness and soothing sensitive skin. The main ingredient, rosa mosqueta rosehip seed oil, is the most effective plant oil for skin repair and restoration. It is rich in antioxidants, which help to slow the ageing process, and contains vitamin A in the form of trans-retinoic acid, which aids skin renewal and repair.

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In addition to rosa mosqueta oil, Rio Rosa Mosqueta Eye Contour Cream contains other pure botanical ingredients, including sacha inchi oil from Peru, babassu seed oil from Brazil, manilkara leaf extract from Mexico, white tea leaf extract from China and eyebright extract from Europe. These natural plant oils and extracts help to fight the signs of ageing and keep skin looking healthy and balanced.

Rio Rosa Mosqueta Eye Contour Cream is suitable for all skin types, including sensitive skin, since it contains only gentle, natural ingredients. It can help to improve elasticity, strengthen and firm the delicate skin around the eyes, prevent the formation of fine lines and wrinkles and soothe irritation. The cream is light and non-greasy, almost odourless and rapidly absorbed into the skin.

South American rosehip, sacha inchi and babassu seed oils have amazing, healing effects on the skin

Rosa mosqueta grows wild in South America, particularly in the Chilean Andes, where its superb skin healing and beauty properties have been well known to the native people for many centuries. Its benefits are partly attributable to its high content of essential fatty acids, which are needed to help create healthy new skin cells and maintain skin elasticity and hydration.

Clinical studies have shown that rosa mosqueta oil has remarkable skin-regenerating effects. It can soften and remove scars, heal burns, prevent stretch marks, reduce pigmentation (age spots), and improve the appearance of fine lines. In particular, it has been used to remove scar tissue after surgery and to heal facial scarring resulting from acne or chicken pox.¹

Sacha inchi (*Plukenetia volubilis*) has been cultivated for centuries by the people of the Amazon rainforest and its oil contains high levels of omega-3 fatty acids.² Sacha inchi oil easily penetrates the skin and is highly moisturising, making it the perfect remedy for dry, inflamed and sensitive skin. It is also rich in important antioxidants such as vitamin C, vitamin E and carotenoids, so it helps to protect the skin cells from oxidative damage.

Babassu seed oil comes from the babassu palm (*Attalea speciosa*), which grows in the Amazon region of South America. It is similar in composition to coconut oil and has a high content of lauric and myristic acids, two fatty acids that have a melting point close to the temperature of human skin. Babassu seed oil gently moisturises the skin and has nourishing properties.

Extracts of manilkara leaf, white tea and eyebright protect against skin ageing and inflammation

Manilkara (*Manilkara multinervis*) is a tropical hardwood tree widely grown in Mexico and Central America. The leaves contain compounds that inhibit the action of the enzyme elastase, which breaks down elastin, an important structural protein in the skin's connective tissue. Because of this, manilkara leaf extract combats degradation of the elastic fibre network in the skin, helping to keep it firm and young-looking.³

Manilkara leaf extract also helps to prevent the process of glycation, in which glucose binds to proteins, which is thought to be one of the main mechanisms of skin ageing.

White tea leaf (*Camellia sinensis*) extract is best known for its anti-ageing properties when used topically. It is rich in antioxidants, protects cell membranes and has anti-inflammatory and anti-bacterial properties. To produce white tea, the young leaves and buds are not fermented like black tea or dried like green tea, so their content of important phytochemicals is not reduced.

The main antioxidant in white tea is a compound called epigallocatechin-3-gallate (EGCG), which is also present in green tea. In addition to its antioxidant action, EGCG protects skin from ageing by suppressing the activity of compounds called matrix metalloproteinases, which break down the collagen and elastin proteins that keep your skin looking fresh and young.⁴

Eyebright (*Euphrasia officinalis*), the final ingredient in Rio Rosa Mosqueta Eye Contour Cream, has astringent, anti-inflammatory properties and reduces redness and dark circles around the eyes. It contains tannins that help calm irritation and studies have shown it to be an effective remedy for inflammatory eye conditions, including conjunctivitis.⁵

What to use for best results

A small amount of Rio Rosa Mosqueta Eye Contour Cream should be applied to the skin around the eyes morning and evening, using a gentle, tapping action.

The cream is made from only natural, organic ingredients, ethically sourced and formulated according to EcoControl and Natural Cosmetics standards. It contains no beeswax, lanolin or other animal-derived materials, so is suitable for vegans and vegetarians to use.

(Continued on page 8)

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The Journal of Natural Health Solutions Editorial Panel

Marcus Webb, BSc(Hons) Ost Med, DO, ND, MRN, PGCert (Osteoporosis), MIBiol, CBiol

A qualified naturopath and osteopath with over 20 years' experience in the field of complementary medicine. Marcus is a Member of the General Osteopathic Council, General Council and Register of Naturopaths, British Medical Acupuncture Society, Chartered member of Institute of Biology, and Fellow of the Royal Society of Medicine. He has written numerous health books including *The Herbal Companion*, *The Herbal Bible* and *Healing Touch*.
Dr Marios Kyriazis (MD, MSc, MIBiol, CBiol, DGM)
One of the UK's leading anti-ageing experts. Dr Kyriazis works in private practice and has postgraduate qualifications in the science of ageing from the University of London and the Royal College of Physicians. He is using both conventional and complementary therapies.

Martin Hum (PhD, DHD)

Qualified nutritional therapist and health journalist with 20 years' experience in the field of nutritional medicine. He is a past Chairman of the Institute for Optimum Nutrition, an independent educational charity and the UK's leading training institute for nutritional therapists.

Nigel Summerley, LLSCHE

Nigel is a health writer, alternative health expert and qualified homeopath.

Paula Bartimeus (DHD)

A trained nutritional therapist and health writer, who has worked in the field of nutrition for over two decades. For eight years she was Editor of *Optimum Nutrition* magazine published by the Institute for Optimum Nutrition and now works as a freelance writer and editor, specialising in natural foods, wholefood cookery and nutraceuticals.

Dr Michael Perring (MB BChir FCP(SA) DPM UKCP Registered Psychotherapist)

Dr Michael Perring is a General Practitioner with a special interest in nutrition, sexual medicine and healthy ageing. He is currently Medical Director of the Optimal Health of Harley Street Clinic and is co-author of *Get Fit Feel Fantastic*.

Robin Shepherd (DO)

Qualified osteopath and expert in pain-relief therapy. Since graduating from The British School of Osteopathy in 1990 he has taught at post and undergraduate levels to both osteopaths and medics, whilst also running a busy private practice in Surrey. He specialises in a treatment called Intra Muscular Stimulation for chronic pain relief. Currently sits on the board of the General Osteopathic Council, their Investigating and Communication committees and is Chairman of the International Affairs Committee.

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Cristina D. Howard (BA Hons MA, RAW.Dip., V.A.I., MA)

Has 15 years of first-class expertise in the field of clinical nutrition and functional medicine. Her areas of expertise include prostate cancer, diseases of the urinary and the reproductive tract, cardiovascular problems and leukaemia. Cristina has written and lectured extensively on a wide range of health matters and she is a regular contributor to various nutritional and medical journals.

Michael van Straten (DO, ND, DipAc.)

Qualified osteopath, naturopath and acupuncturist, with a special interest in nutritional therapy, women's problems, hypertension, heart disease and ME. He has written 40 books including the international bestsellers *Super Juice* and *Super Herbs*. He also appears regularly on television.

Vitamin D Brings New Hope For Prostate Cancer Sufferers

A presentation at the 249th National Meeting & Exposition of the American Chemical Society revealed the outcome of a randomized trial, which found a benefit for vitamin D supplementation among men with low-grade prostate cancer.

The trial was carried out following the results of a previous study, published in the *Journal of Clinical Endocrinology and Metabolism*, which found a reduction in Gleason scores (which are used to grade tumour aggressiveness) in prostate cancer patients who supplemented with vitamin D over the course of a year.

For the purposes of the current study, Dr. Bruce Hollis, PhD, of the Medical University of South Carolina, and his fellow researchers set out to determine whether the vitamin could decrease tumour aggressiveness during the 60-day required waiting period between prostate biopsy and surgery to remove the gland.

The trial randomized 37 men scheduled for elective prostatectomy to receive 4,000 international units (IU) of vitamin D or a placebo each day for 60 days. Examination of the excised glands revealed improvement among a number of men in the vitamin D-supplemented group, in contrast with no improvement or worsening of the disease in those who received a placebo.

The vitamin D group also exhibited changes in cell lipids and proteins, including those involved in inflammation. Commenting on the findings, Dr. Hollis said: "Cancer is associated with inflammation, especially in the prostate gland. Vitamin D is really fighting this inflammation within the gland." Dr. Hollis observed that the vitamin D dose used in the trial is significantly lower than the amount made in the body from daily sun exposure: "We're treating these guys with normal body levels of vitamin D," he said. "We haven't even moved into the pharmacological levels yet."

"We don't know yet whether vitamin D treats or prevents prostate cancer. At the minimum, what it may do is keep lower-grade prostate cancers from going ballistic," he added.

Many health experts recommend taking 4,000 IU of vitamin D3 a day. In addition, on those days when the sun does shine, try to get 20 minutes of skin exposure without sunscreen. Eating oily fish is the best way to get extra vitamin D in your diet.

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