

# DOCTOR'S

N A T U R A L

MERRY CHRISTMAS!

Doctor's Natural wishes you a very happy & healthy Christmas & New Year



## STAY HEALTHY THIS CHRISTMAS!

By Dr. Bo M. Nielsen

Christmas is creeping around the corner and with it comes the same routine of unzipping our pants at the dinner table so we don't spontaneously burst. The culprit? Overeating – and none of the healthy stuff either!

Not surprisingly people gain an average of 6.5 pounds in the period between Christmas Eve and New Year's Day. Heavy, rich food plus a good deal of couch potatoing is the perfect recipe for free radicals to take over your body. These are nasty unstable molecules which are chemically reactive and play a role in many degenerative diseases such as cancer, heart disease, diabetes, osteoarthritis, Alzheimer's and even premature aging.

While overindulging during

Christmas will not irreversibly damage your health for life, it can create problems and nuisances like stress and anxiety, low energy and indigestion. None of us want to sacrifice delicious holiday food, so what to do?

In this newsletter we have gathered the latest information on what foods and nutritional supplements can help you minimise health problems that arise from Christmas stress and food.

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## DREAMING OF A STRESS-FREE CHRISTMAS?

Aching wallets; battling hysterical crowds while trying to do last minute shopping; juggling the happy family (and some- times not so happy); and trying to live up to the expectations of the perfect Christmas. Sound familiar? According to surveys, Christmas ranks second on people's stress list after financial

problems.

Can we ever have a stress-free Christmas? Realistically, probably not. BUT we can help our body respond to stress better.

### Walnuts lower stress

What better way to manage stress during Christmas than with wal-

nuts? A study says eating walnuts lowers blood pressure at rest and blood pressure responses during stressful situations. This is great news because as you know people who respond strongly to stress have a much higher risk of suffering from heart disease.

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### What's so great about walnuts?

In a nutshell (no pun intended), walnuts are packed with all kinds of healthy nutrients like vitamins, minerals, amino acids, tryptophan, and omega-3 fatty acids. Just 26 grams of walnuts contain over 90% of the daily recommended amount of omega-3 fatty acids. This little nut is great at fighting inflammation, high blood pressure, heart disease, diabetes, cancer, and a whole bunch of diseases which are largely caused by chronic inflammation.

### Manage your stress all year round Doctor's Natural Anti-Stress

Why wait until your stress peaks at Christmas to do something about it? If a handful of walnuts every day is not your thing, try Doctor's Natural Anti-Stress. It's 100% natural and will help decrease stress and fatigue as well as give you an energy boost.



## FIGHT FREE RADICALS WITH BRANDY



Never again feel guilty about that glass or two of brandy during Christmas! A new study has found brandy

contains antioxidant content as the daily recommended intake of vitamin C!

which destroy free radicals.

Free radicals are caused by many things including pollution, smoking, stress and an unhealthy diet.

Brandy has such a high concentration of antioxidants that just 30 millilitres (one shot) gives the

same antioxidant content as the daily recommended intake of vitamin C!

According to the researchers brandy with the highest antioxidant content are the ones made

from distilling red wine with a copper coil that are later aged in an oak barrel.

The many health benefits that red wine has is thanks to antioxidants contained in it like resveratrol, which are also present in brandy. So next time you eat a dessert made with brandy or you enjoy a glass after a meal, rest assured you are protecting your body from that heavy dish you just had!

### Fight free radicals every day with Grapavin

Not a brandy or red wine drinker? Fear not. Doctor's Natural Grapavin with extra Resveratrol is produced from a concentrate of grape seed and skin. A single daily dose gives you as much antioxidant content as several bottles of red wine - alcohol-free of course!



## SAY GOODBYE TO MUSCLE PAIN WITH GINGER

When you think of a Christmas spice, surely ginger springs to mind. But ginger should really be a part of your daily diet rather than just a seasoning for Christmas biscuits and other delicious recipes. Here's why: ginger is good

for nausea, morning sickness, osteoarthritis and many other inflammatory conditions, chronic coughs, migraines and stomach problems such as indigestion. Do you suffer from pain, such as muscle pain? Yes, ginger is great for that too!

A recent scientific study says ginger eases muscle pain – even severe muscle pain after strenuous exercise.

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The anti-inflammatory and pain killing effects of ginger are comparable to NSAIDs (nonsteroidal anti-inflammatory drugs) – you know like those over-the-counter ibuprofen pills you pop in your mouth when you feel a headache or other pain creeping up.

The huge difference between ginger and NSAIDs though, is that ginger doesn't have any side effects. Ulcers, internal bleeding, Stroke, heart attacks, an 80% increased risk of a abortion, kidney and liver damage and death are all associated with NSAID use.



Consider these facts: in the UK about 12,000 people are admitted into hospital every year because of an NSAID-associated emergency. Approximately 2,230 deaths a year in the UK are directly linked to NSAID use – correctly prescribed and taken.

### Fight pain and inflammation with Doctor's Natural Anti-Inflamin Super

Although we may eat foods with ginger at Christmas or once in a while during the rest of the year, not everyone likes the strong taste of pure ginger on a daily basis. If you suffer from pain and/or inflammation of any kind (osteoarthritis, migraine, menstrual pain, sports-related injuries etc.), taking daily doses of Anti-Inflamin Super long-term is a natural and effective solution.

This supplement contains only natural ingredients including 400 mg of ginger to fight pain and inflammation from the root. Visit our website ([www.naturalsdoctor.co.uk](http://www.naturalsdoctor.co.uk)) or call one of our health professionals for more information and to find out how Anti-Inflamin Super can help you.



## LESS SLEEP EQUALS MORE BODY FAT

You burn less calories while you sleep, so the more you sleep the less weight you lose right? Wrong! It may not make sense, but lack of sleep is a recipe for weight gain.

### Cutting back on sleep will have you packing on the weight

Are you worried about putting weight on this Christmas? Make sure you sleep more than seven hours a night, say studies. Since we burn fewer calories while asleep, we would assume the more we sleep, the less weight we lose. But

in fact the opposite is true: amazingly, cutting back on sleep reduces fat loss by 55%!

And sleep also determines the type of fat we lose. In the study, people who slept 7.5 or more hours a night lost more than half of their weight from fat. On the other hand, people who slept for 5.5 or less hours only lost one-fourth of their weight from fat. The other three-fourths of the weight

### “Cutting back on sleep reduces fat loss by 55%!”

lost was fat-free body mass – water, proteins and minerals – the type of substances you don't want to be losing.

In other words, people who sleep less lose the wrong kind of weight, if they lose any weight at all that is.

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A previous study discovered that people who slept four or less hours a night were 73% more likely to be obese and those who slept five or less hours were 50% more likely to be obese. Even sleeping six or less hours a night placed people at a 23% increased risk of obesity.

### Why does sleeping more help you lose weight?

The reason why getting adequate

sleep can help you lose weight is because of, you guessed it, hormones. One hormone in particular is to blame: ghrelin. Ghrelin controls hunger and fat storage. When we don't get adequate sleep, our ghrelin levels increase, which stimulates hunger, lowers energy expenditure

and increases fat retention. Some researchers believe this may be a survival mechanism from Prehistoric times: "sleeping less could serve

as a trigger to the body to increase food intake and store fat."

Whatever the reason why ghrelin increases when we sleep less, the end result is the same: less sleep equals less weight loss and more body fat – and who wants that! FYI, stress also interferes with your

sleep patterns and hormones and can prevent weight loss.

## What does Dr. Bo Nielsen say about losing weight effectively and safely?

1. Try to get at least seven hours of sleep a day. If stress is part of the problem, try a stress supplement like Doctor's Natural Anti-Stress.
2. Complement a healthy diet with a natural weight loss supplement that will curb your appetite, increase your sense of fullness and prevent fat from being stored in your body. Try Doctor's Natural Metabolism+.
3. Always take quality, high strength vitamins and minerals to cover any nutrient insufficiencies you may have.

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