

SLASH YOUR RISK OF CHRONIC DISEASE AND INFECTIONS

*21 Safe, Effective, &
Affordable Solutions*



NaturalHealth365
Powerful Solutions

JONATHAN LANDSMAN

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21 Safe, Effective, & Affordable Solutions



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ABOUT JONATHAN LANDSMAN

As the creator of NaturalHealth365 Programs, I've worked with some of the brightest minds in natural health and science. Having been in the health and fitness industry for over 35 years, I've produced over 500 health programs with over 300 of the finest integrative healthcare providers in the world.



Reaching millions of people, worldwide, I am committed to educating the public about the importance of eating a healthy, organic (non-GMO) diet; consuming high-quality nutritional supplements, as needed and participating in healthy lifestyle habits like, exercise, detoxification protocols and mind/body work, on a regular basis.

Six out of ten Americans have a chronic disease, while four out of ten are battling two or more. In other words, this is a serious issue that Western medicine fails to address (properly) - on a daily basis.

And, just to be clear: chronic diseases are defined as conditions that last over a year, require ongoing medical attention, and limit the activities of daily living - and they include a litany of potentially life-threatening conditions.

For example, heart disease, cancer, diabetes, chronic pulmonary disease, stroke, lupus, epilepsy, Alzheimer's disease, chronic kidney disease, autoimmune disease and nonalcoholic fatty liver disease all fall under the umbrella of chronic disease. And, bottom line, all of them take a grim toll on quality of life (and often, on life itself).



According to the U.S. Centers for Disease Control and Prevention (CDC), heart disease, cancer and diabetes are now the three leading causes of death and disability in the United States. So, it's fair to say that 'a pill for every ill' is not working to truly resolve these health problems.

And the financial toll can be huge, as well. According to the latest statistics, the 'Big Three' of chronic diseases carry a combined price tag of a staggering \$3.3 trillion dollars in health care costs. (1)

WARNING: THE OVERWHELMING MAJORITY OF AMERICANS ARE NOW AT RISK

A new study conducted at the University of North Carolina reveals that fully 88 percent of the United States adult population currently is at risk for chronic disease.

That means that only a sliver of the American adult population (12 percent, or about 27 million people) meets the criteria for metabolic health - defined as the ability to maintain optimal blood pressure, blood sugar, HDL cholesterol, body mass and triglyceride levels without resorting to medications. (2)



And, there is even more bad news.

The specter of antibiotic resistance - in which pathogenic bacteria and viruses mutate to become impervious to the effects of pharmaceutical drugs - is growing. The CDC reports that at least 2 million Americans develop antibiotic resistant infections yearly - with 23,000 people dying annually as a result. (3)

In 2014, the World Health Organization released a report identifying antibiotic resistance as a major threat to public health, with devastating implications for global health. “Without urgent action,” warns a WHO spokesperson, “common infections and minor injuries which have been treated for decades can once again kill.”

UNDENIABLE TRUTH: CHRONIC DISEASE CAN BE PREVENTED WITH THE RIGHT INFORMATION

Many factors contribute to the development of chronic disease. But most experts agree that obesity, poor nutrition, sedentary lifestyle, smoking cigarettes, over-reliance on antibiotics and excessive alcohol use lie at the forefront.

The fact is: the health of many Americans is seriously threatened by diseases that are caused by factors existing within our control.

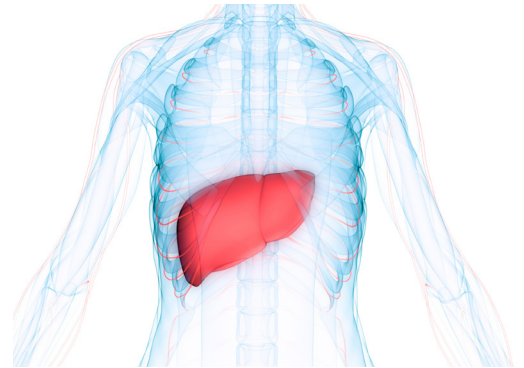
And this is both heartbreaking - and hopeful. Because it means that the key to fighting the modern plagues that jeopardize our health could be as simple - and revolutionary - as making proper lifestyle choices.

Let's take a look at some the most effective ways to prevent and reverse chronic disease.

LOVE YOUR LIVER

We are besieged, as never before, by an onslaught of pollutants and toxins.

Heavily processed foods, GMOs, trans (toxic) fats, preservatives, artificial sweeteners, dyes, prescription medications and environmental toxins (synthetic pesticides, hormones and heavy metals) all place a tremendous burden on the body - particularly the liver.



The hard-working liver is responsible for not only breaking down these poisons, but, disposing of naturally-occurring waste products - such as ammonia and bilirubin - as well.

If detoxification pathways in the liver are impaired, inflammatory compounds can end up back in circulation. This can cause systemic inflammation and immune system reactions - and set the stage for autoimmune disease, leaky gut and food sensitivities. (4)

Other essential functions on the liver's "to-do" list include the destruction of old and worn-out blood cells, the storage of essential vitamins, the production of the bile necessary to break down fats and the manufacture of proteins and cholesterol.

Clearly, when it comes to avoiding chronic disease, the importance of liver detoxification and support can't be overstated.

Supplements such as milk thistle, N-acetyl cysteine and alpha lipoic acid can be greatly beneficial for nourishing and supporting the liver.

In addition, you can help cleanse the liver by eating healthy amounts of potassium-rich fruits and vegetables, such as bananas and beans.

Plus, leafy greens, such as spinach and kale, are rich in chlorophyll - which binds to toxins and heavy metals and helps remove them from the bloodstream.

Other cleansing foods include carrots - rich in beta-carotene, which helps

to effectively flush toxins from the liver - and beets, which are high in betaine, an amino acid which assists in the breakdown and removal of fats from the liver.

And, let's not forget, snacking on walnuts can provide a double jackpot of liver benefits.

Not only are these tasty nuts packed with arginine - an amino acid that is particularly helpful in detoxifying the waste product ammonia - but they are rich in glutathione, the body's master antioxidant.

Finally, let's not forget about the detoxifying power of liver cleanses - which can help rid the liver of deposits and toxins while increasing energy, improving digestion and lipid profiles and boosting cognition.

Generally speaking, natural health experts recommend at least two liver and gallbladder flushes per year.

THE VALUE OF HERBAL THERAPIES AND NUTRITIONAL SUPPLEMENTS

Fortunately, a wide variety of herbal remedies and natural nutrients can be utilized as effective weapons against chronic disease. Of course, we suggest you check with a trusted integrative healthcare provider before adding any of these to your health routine.

QUERCETIN



Quercetin, an antioxidant and anti-inflammatory flavonoid found in fruits and vegetables, has created an undeniable “buzz” among researchers for its potential against both heart disease and cancer. This amazing compound has been shown to suppress the inflammation which contributes to heart disease - especially when coupled with vitamin C.

In addition, quercetin lowers levels of C-reactive protein, elevated amounts

of which are associated with heart disease and obesity. Quercetin also targets atherosclerosis by reducing the “stickiness” of platelets, making them less likely to form into clumps that could obstruct fragile arteries. Interestingly, studies have shown that quercetin bypasses healthy areas of the arteries and speeds directly to damaged sections - almost as if the flavonoid is acting as a biological “first responder.”

Plus, quercetin lowers harmful LDL cholesterol, helps to keep arteries flexible, acts against high blood pressure, reduces blood sugar and combats obesity.

As they say, “the proof is in the pudding.”

In one influential study published in *American Journal of Clinical Nutrition*, researchers found that a diet rich in flavonoids - including quercetin, anthocyanins and catechins - was associated with significantly lower mortality from coronary heart disease. (5)

Quercetin also fights cancer through a multitude of actions, suppressing cancer cell proliferation, promoting cancer cell apoptosis (programmed cell suicide) and mitigating DNA damage. Some research indicates that quercetin may prevent or slow tumor development in cancers of the brain, liver and colon.

You can boost your dietary intake of quercetin by consuming healthy amounts of apples, onions, peppers, citrus fruits, grapes, cocoa and green and black tea.

Quercetin is also available as a supplement, with natural health experts typically recommending 50 mg to 500 mg one to three times a day. For maximum benefit, take quercetin with vitamin C.

OLIVE LEAF EXTRACT

When it comes to reducing the risk of chronic disease, olive leaf extract is a major player. Thanks to a natural plant compound known as oleuropein,



olive leaf is antimicrobial, antioxidant and anti-inflammatory - allowing it to confer a host of health benefits.

Olive leaf extract can significantly reduce the risk of a life-threatening heart attack, substantially lowering levels of LDL cholesterol and triglycerides while decreasing platelet stickiness. (6)

Olive leaf extract also appears to have hypotensive effects. In one double-blind clinical study published in *Phytomedicine*, researchers found that 1,000 mg a day of olive leaf extract was as effective as Captopril, a popular pharmaceutical medication, in lowering blood pressure. (7)

And oleuropein, a potent antiviral, can stop the replication of cold, flu and shingles viruses, while destroying *Candida albicans* fungus and *E. coli* bacteria as well.

In addition, oleuropein protects against cognitive decline and Alzheimer's disease, and it does it in a demonstrable way - by preventing the neurofibrillary bundles of harmful proteins (or "tau tangles") which Western medicine says affects the brains of patients with Alzheimer's disease.

As if that weren't impressive enough, olive leaf extract fights diabetes by lowering blood sugar, slowing the digestion of starches, delaying the absorption of simple sugars and promoting the uptake of glucose from blood into tissues. (8)



OREGANO OIL

In a world of growing antibiotic resistance, the need for natural solutions has never been more urgent. And oregano oil - antibacterial, antifungal and anti-inflammatory - just might fill the bill.

In an Israeli study published in *Evidence-Based Complementary and Alternative Medicine*, researchers found that people with upper respiratory infections who used a throat spray containing oregano oil - along with other essential oils such as eucalyptus and rosemary - experienced reduced

hoarseness, sore throat and coughing within 20 minutes after treatment. The impressed team credited oregano oil with “significant and immediate improvement in symptoms.” (9)

In addition, oregano oil fights inflammation and pain while boosting immune health.

Be sure to look for a high-quality oregano oil supplement (such as wild P73 oregano oil, which stands for “polyphenol 73%” and indicates a medicinal grade quality).

To use, mix 3 to 6 drops of oregano oil in a tablespoon of water, swish it around your mouth for 30 seconds, then swallow. Repeat this process 1 to 3 times, up to 3 to 4 times per day. (10)

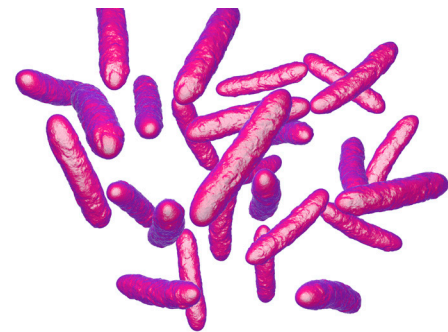
PROBIOTICS

Extensive research has shown a link between the use of probiotics, ideal gut bacteria balance and disease prevention.

Imbalance in the gut microbiome - the all-important community of bacteria that assists in performing life-sustaining functions - can contribute to leaky gut. Also known as “increased intestinal permeability,” leaky gut allows toxins to enter the bloodstream, stresses the immune system - and sets the stage for inflammatory bowel disease, diabetes, obesity, autoimmune disease and even cancer.

But probiotics, which encourage the presence of “friendly” bacteria, can help correct bacterial imbalance, otherwise known as dysbiosis.

Experts recommend a high-quality formulation containing between 15 and 100 billion colony forming units, or CFUs. To get more probiotics into your diet, eat fermented foods such as sauerkraut, kimchi, miso and yogurt with active cultures. (11)





MILK THISTLE

Milk thistle, botanically known as *Silybum marianum*, has been revered by natural healers and herbalists for over 2,000 years as a great way to help detoxify and cleanse the liver.

High in silymarin - a bioflavonoid with the capacity to repair and restore liver cells - milk thistle is credited with the ability to slow the progression of nonalcoholic liver disease (NAFLD) to nonalcoholic steatohepatitis, a much more dangerous form of the condition that can lead to liver failure, cirrhosis, liver cancer and death.

Milk thistle also helps to prevent diabetes by protecting the insulin-producing beta cells in the pancreas, and by helping to normalize blood sugar levels. In a study published in *Phytotherapy Research*, scientists credited milk thistle extract with improving glycemic profiles. (12)

And, silymarin has yet another disease-fighting trick up its sleeve. This versatile bioflavonoid fights heart disease, as well, by reducing LDL cholesterol and triglycerides, fats in the blood.

Finally, milk thistle is being studied for its potential to protect against cancers of the breast, prostate and ovaries, and to help alleviate the adverse effects of chemotherapy.

For maximum benefit, opt for a milk thistle extract standardized to 70 to 80 percent silymarin. Integrative healthcare providers typically recommend dosages of 100 to 200 mg of milk thistle extract, taken twice daily with meals.

ROSE HIPS

These tart-tasting little bundles are packed with antioxidant vitamin C, along with disease-fighting natural plant pigments known as carotenoids. Carotenoids have been shown to inhibit the oxidation of fats, thereby reducing atherosclerosis and preventing damage to blood vessels.



Clinical studies have supported the potential of rose hips to reduce the risk of heart disease.

In a study published in *European Journal of Clinical Nutrition*, researchers found that 40 grams of powdered rose hips a day for six weeks caused significant reductions in systolic blood pressure and LDL cholesterol in obese participants - reducing their risk of heart disease by 17 percent overall.

In addition, rose hips are associated with better glucose tolerance, less fat in the liver, reduced abdominal fat and improved cholesterol profiles - all benefits that can help prevent diabetes.

Scientists have found that powdered rose hips can reduce arthritis pain, improve hip flexion and improve quality of life for rheumatoid arthritis patients. (13)

If you don't care for rose hips' mouth-puckeringly tart taste, you can obtain them in powdered form - convenient for adding to beverages and herbal teas.



REISHI MUSHROOMS

Long treasured as an antiaging remedy, the Reishi mushroom is commonly known in Traditional Chinese Medicine as “the mushroom of immortality.”

Experts say that chronic disease is linked with immune senescence, an age-related malfunctioning of the immune system that causes the body's defense systems to lose potency against pathogens and malignancies.

The good news: Compounds found in Reishi mushrooms can help reverse immune senescence by supporting the development of T-lymphocyte and “natural killer” cells - conferring renewed power on the immune system to target and destroy cancer cells and viral pathogens. (14)

Antioxidant-rich Reishi mushrooms not only help to protect against infection, they prolong life by reducing the inflammation believed to lie at

the root of chronic diseases, such as heart disease, diabetes, arthritis and cancer. (15)

Specifically, Reishi mushrooms help to neutralize carcinogens, inhibit cancer cell proliferation and promote apoptosis, or programmed cell death, of cancer cells. In addition, this intriguing edible fungus helps to control blood sugar while easing asthma and allergies.

If the somewhat earthy taste of Reishi mushrooms isn't to your liking, you can take them in tincture or powder form. Integrative physicians typically recommend 2 to 9 grams of powdered Reishi mushroom extract a day.

SPIRULINA

This nutrient-dense, high-protein blue-green algae could well be the perfect food, with experts saying it can - in conjunction with water - easily sustain human life and health.



While there's probably no need to subsist on spirulina alone, you certainly won't want to miss out on the benefits of this disease-fighting superfood.

Spirulina has potent antioxidant qualities, and is a powerful immune system booster. It is also helpful in detoxifying the body. It's used to treat chronic arsenic toxicity and has been patented in Russia as a "medical food" to combat radiation sickness.

Spirulina also helps to suppress such notorious pathogens as E. coli and Candida albicans, has anticancer effects, and helps to ward off type 2 diabetes by regulating blood sugar.

As if this weren't reason enough to utilize spirulina, it is believed to combat depression by balancing the neurotransmitters - such as serotonin and dopamine - responsible for stable mood.

Most natural health experts recommend spirulina in amounts of one to two teaspoons a day.

Just be sure to obtain a high-quality, organic spirulina from a reputable company - as some brands have been found to contain dangerous heavy metals and other contaminants.



BERRIES

Berries - particularly dark berries such as blueberries, blackberries, mulberries and bilberries - are currently being extensively studied for their abilities to improve cognitive function and prevent chronic disease. The key to their therapeutic powers appears to be their high levels of proanthocyanins, natural plant pigments that are responsible for their striking purple and indigo hues.

In addition to protecting against inflammation and oxidative damage, proanthocyanins protect DNA from potentially cancer-causing mutations. (16)

Blueberries and other dark berries also support a healthy cardiovascular system by regulating cholesterol levels, strengthening heart functioning and improving the health of arteries - while their high fiber content provides a feeling of fullness, or satiety, that promotes healthy weight and combats obesity.

In a study published in *Journal of Agricultural and Food Chemistry*, researchers found that hamsters given mulberry extracts for 12 weeks experienced lowered body weight, lowered visceral fat and decreased levels of triglycerides and cholesterol. (17)

And, by helping to heal neuronal tissues, proanthocyanins may slow or arrest the development of Alzheimer's disease.

It's not only bluish and purplish berries that provide benefits – juicy, fire engine-red strawberries have potent therapeutic effects as well.

Strawberries are rich in an anti-inflammatory and antioxidant flavonoid known as fisetin. In research published last year in *Journals of Gerontology*, scientists found that fisetin prevented cognitive decline in aging mice. (18)

Keep in mind, the overconsumption of any fresh fruit can lead to too much sugar intake. You can bypass this problem by opting for high-quality berry extracts from a reputable supplier. And, yes, you can “mix and match” them for their specific health benefits.

GLUTATHIONE

Glutathione is the ultimate disease-fighting substance - and it already exists in every cell of our bodies.



Known as the body’s “master antioxidant,” glutathione protects cells from oxidative damage, assists with DNA repair and neutralizes dangerous free radicals which can otherwise destroy tissue and set the stage for disease.

Unfortunately, a rogue’s gallery of culprits is waiting to rob you of your supply of glutathione. Common threats to glutathione levels include aging, environmental toxins, pharmaceutical and over-the-counter medications, poor diet, trauma, infection and stress.

Low levels of glutathione are virtually universal among patients with chronic serious disease - and can carry grave consequences.

In a study published in the prestigious *New England Journal of Medicine*, researchers evaluated 636 patients with coronary artery disease, and found that those with low glutathione levels were 30 percent more likely to have a heart attack than those with healthy levels of the antioxidant. (19)

And, people with Alzheimer’s disease have greatly reduced glutathione levels in the hippocampus - the section of the brain responsible for learning and memory.

It would be nice if we could rely on “glutathione in a capsule” to replenish levels. Yet, natural health experts maintain that most brands of supplemental glutathione are poorly absorbed by the body. For best supplement results, look for a liposomal form of glutathione.

You can more effectively raise your glutathione levels by eating foods that contain it - or that facilitate its production.

Glutathione-rich foods include melons, grapefruit, peaches and leafy greens such as spinach.

Cruciferous vegetables - such as cabbage, Brussels sprouts, broccoli and kale - are rich sources of sulfur-containing compounds, important in the production of cysteine, a glutathione building block.

And, high-quality, nondenatured whey protein may well be the best source of glutathione of all.

Of course, don't forget vitamin C-rich citrus fruits - as this nutrient assists in recycling glutathione throughout the body.

You can also boost glutathione production with supplements such as N-acetyl cysteine, alpha lipoic acid, milk thistle and the mineral selenium.



VITAMIN C

When it comes to preventing chronic disease and supporting optimal health, there may be no more effective ally than vitamin C.

This powerful antioxidant stimulates the immune system and promotes the activity of disease-fighting phagocytes, while simultaneously suppressing inflammation, improving circulation to organs and reducing cellular oxidative stress.

Vitamin C also helps improve the function of arteries, and is believed to reduce deposits of atherosclerotic plaque.

Recent research confirms the cardioprotective effects of vitamin C - and its ability to reduce the odds of premature death from any cause. In a Chinese study, higher vitamin C levels were associated with a 23 percent reduced risk of premature mortality - along with a 38 percent lower risk of dying of heart disease. (20)

Vitamin C can also alleviate or prevent infections caused by bacteria, viruses and fungi - including pneumonia, tuberculosis, strep infections, diphtheria and *Candida albicans*.

A new study reveals that a revolutionary high-dose vitamin C protocol is slashing sepsis mortality rates. Sepsis, a serious blood infection that can progress to shock and organ failure, features a grim mortality rate of 30 to 50 percent.

A retrospective study, conducted at Sentara Norfolk General Hospital in Norfolk, VA and published in the medical journal *Chest*, showed that the groundbreaking therapy reduced mortality rates by an astonishing 87 percent - when compared to results obtained from standard medical treatment.

According to high-dose vitamin C expert Thomas E. Levy, MD, JD, it is imperative that vitamin C be given in sufficient amounts.

Conventionally speaking, the Recommended Dietary Allowance for vitamin C is currently 90 mg per day - an amount considered ridiculously low by most natural health experts - many of whom may advise daily dosages many times higher.

Of course, your own integrative physician can help you arrive at a dosage that is right for you. For maximum absorption, use liposomal vitamin C - which helps to bypass the digestive system and greatly reduces the probability of gastrointestinal side effects, such as diarrhea.

VITAMIN D

Having high enough levels of vitamin D is turning out to be crucial in avoiding chronic disease.



Pneumonia, breast cancer, liver cancer and depression are all associated with insufficient levels of this indispensable immune-boosting nutrient.

And, researchers at the University of California San Diego recently determined that study participants with optimal levels of vitamin D (over

50 ng/ml and higher) were a striking five times less likely to develop type 2 diabetes than those with lower levels! (21)

Unfortunately, vitamin D deficiency is widespread in the United States.

While the National Academy of Medicine advises taking 600 IU of vitamin D a day, many natural health experts decry this dosage as frankly insufficient – and advise much higher dosages, ranging from 4,000 to 10,000 IU a day.

Remember, it's best to opt for vitamin D in the form of cholecalciferol, or vitamin D3. This form is superior to vitamin D2 in boosting blood concentrations.

Because vitamin D is synthesized in the skin in response to sunshine, you can also ramp up your levels by getting (sensible) amounts of direct sunlight. Many experts advise getting 20 minutes of sunshine two or three times a week.

You can also boost your dietary intake of vitamin D with organic mushrooms, pasture raised eggs and wild-caught salmon. But, keep in mind, food sources (alone) will usually not be enough to correct vitamin D deficiencies.



MAGNESIUM

Having high enough levels of magnesium can certainly help to lower the risk of chronic disease.

In a meta-analysis published in 2016 in *BMC Medicine*, researchers found that higher magnesium is not only linked with decreased risk of death from all causes - but with lower odds of developing stroke, type 2 diabetes and heart failure. (22)

Experts say that this essential mineral decreases oxidative stress, reduces blood vessel dysfunction and lowers blood clot and stroke risk by decreasing the “stickiness” of red blood cells.

It also reduces the odds of developing atrial fibrillation and cardiac arrhythmia - and improves outcomes for patients who have suffered heart failure.

The Recommended Daily Allowance for magnesium is 420 mg a day for men and 320 mg a day for women. However, many natural health experts advise at least 500 mg a day, and also recommend taking a B-complex vitamin along with magnesium to increase absorption.

To increase your dietary intake of magnesium, you can snack on almonds, Brazil nuts, cashews and walnuts. Magnesium is also found in beans, whole grains, tofu, bananas, spinach, green leafy vegetables, some varieties of fish, oatmeal and dark chocolate.

Naturally, you should always opt for fresh, organic food - as processing depletes the food of its nutritional value and subjects it to many chemicals.

ZINC

According to experts, a zinc deficiency can contribute to atherosclerosis, cancer, neurological disorders, autoimmune disease and other chronic degenerative conditions.



A powerful antioxidant, this “miracle mineral” activates and supports T-lymphocytes, which target and destroy infected cells. It also has the effect of improving lipid profiles, thereby reducing the risk of heart disease, as well.

Maintaining sufficient zinc levels is particularly important for older people, as zinc combats the age-related decline in immune system function known as immune senescence. (23)

By reducing the severity, frequency and duration of colds and respiratory infections, zinc can reduce the need for pharmaceutical drugs, thereby helping to reduce the risk of antibiotic resistance.

Although the Institute of Medicine sets the zinc RDA at 11 mg a day for men

and 8 mg a day for women, many natural health experts advise that adults (over 19 years of age) can take up to 35 mg a day of zinc.

AVOID CHRONIC MENTAL AND EMOTIONAL STRESS

The body's automatic response to danger, known as the "fight or flight" response, can be a useful - and even lifesaving - biochemical reaction. The release of the hormones cortisol and adrenaline - with a corresponding and dramatic increase in heart rate - results in a powerful jolt of strength, speed and energy.

These are clearly valuable assets for fleeing a burning building or fighting back against an attacker.

But, when this acute stress response occurs repeatedly in response to imaginary (or non-physical) threats, it becomes chronic stress - and the consequences can be grave.

Chronic stress causes a variety of negative health effects that can include heightened risk of depression, clouded or foggy mental function and increased risk migraine headaches. And, it can open the gates for a litany of chronic conditions, including fibromyalgia, heart disease, obesity, diabetes, osteoporosis, cancer and neurological disorders.

Stress can even accelerate the aging process – and, ultimately, shorten your life.

TRY MEDITATION TO REDUCE YOUR STRESS LEVELS



The good news is that research has shown that a variety of natural practices can help reverse the damaging effects of chronic stress.

A recent study conducted at The Benson-Henry Institute for Mind/Body Medicine shows that techniques such as repetitive yoga poses, prayer and mantras can help reduce body-wide inflammation and decrease the stress-induced gene

expression that can trigger chronic disease. (24)

In the study, 26 adults were trained in a type of meditation that involved repeating specific phrases (or mantras) engaging in deep breathing and developing the ability to ignore intrusive thoughts.

Researchers found that these techniques created a “relaxation response” and switched off genes associated with inflammation, while switching on genes that control life-sustaining function such as maintenance of the telomeres.

The telomeres, protective caps on the ends of DNA strands, are associated with longevity - with longer telomeres seeming to correspond with longer and healthier life.

Clearly, meditation - which can also encompass prayer and yoga - has measurable positive effects on health. These can translate to reduced anxiety and depression - and protection against high blood pressure, cardiovascular disease, diabetes and cancer.

Speaking of cancer, some researchers have found that meditation is associated with improved outcomes for cancer survival – a truly encouraging discovery.

And, it's not necessary to embark on a spiritual retreat in some secluded locale to reap the benefits of meditation. Ten to twenty minutes, twice a day, can result in significant quantifiable health effects.

SAUNA BATHING

When it comes to improving heart health, Americans may want to borrow a page from their Scandinavian counterparts - and engage in the wholesome, relaxing process of sauna bathing.

According to a surprising new report published in Mayo Clinic Proceedings, sauna bathing is associated with a significant decrease in the risk of high blood pressure and heart disease. (25)

The researchers also found that sauna bathing led to a reduction in the risk of neurocognitive and lung diseases - and even helped to improve such conditions as skin disorders, arthritis and headaches.

There was good news for those who have existing heart problems. Sauna bathing was found to be safe and well-tolerated for use in patients with stable heart disease.

Of course, consult a trusted, knowledgeable holistic practitioner before engaging in sauna bathing - especially if you suffer from a chronic disease condition.

When you have the go-ahead, plan to limit your initial sessions to 20 minutes maximum to avoid dehydration, dizziness and faintness.

Fun fact: Did you know that sauna bathing can increase the level of circulating endorphins in the body? Endorphins can elevate your mood and reduce pain symptoms. Not a bad payoff for simply relaxing in a toasty-warm room!

MEDITERRANEAN DIET

When it comes to warding off chronic disease, the Mediterranean diet appears to be just the ticket.

This colorful, flavorful diet involves eating healthy amounts of olive oil, olives, avocados and tree nuts - all sources of healthy fat.



Antioxidant - and fiber-rich fresh fruits, legumes and vegetables are also a staple of the diet - along with at least three servings a week of cold-water fatty fish and modest amounts of wine with meals.

In addition to its healthy fats, abundant dietary fiber and high-quality proteins, the Mediterranean diet is rich in polyphenols – the beneficial anti-inflammatory plant compounds that protect against oxidative stress.

Scientists credit polyphenols with anticancer, anti-diabetic, anti-obesity and

anti-allergenic effects.

So, it's no surprise that studies show an impressive roster of health benefits from the Mediterranean diet, including reduced oxidative stress and lowered risk of heart disease, diabetes and stroke.

In fact, in a 2017 study published in *International Journal of Epidemiology*, the Mediterranean diet was found to offer an astounding 60 percent reduction in heart disease risk. Among other benefits, the diet lowered blood pressure, improved cholesterol profiles, and decreased levels of pro-inflammatory molecules. (26)

DON'T OVEREAT

A stunning 40 percent of Americans over the age of 40 are medically obese - a major health risk for chronic degenerative diseases such as heart disease, cancer, diabetes, NAFLD and dementia.

And, researchers are learning that excess fat cells have even more harmful effects than previously suspected. It turns out that excessive body fat begins to act almost as if it were a separate and entire body organ, with effects on the entire system.

Excess fat cells produce proteins that cause the immune system to respond as if to a pathogenic threat - in other words, as if responding to the attack of bacteria and viruses. And, this over-response causes widespread systemic inflammation - which can then play a role in the development of cancer, depression, dementia and type 2 diabetes.

A study published in *American Health and Drug Benefits* helps to establish the connection between poor nutrition and ill health. (27)

The researchers noted that one in three people admitted to American hospitals show signs of being either malnourished, or at high risk of malnutrition - a truly shocking statistic.

Malnutrition, in many cases, is due to the overconsumption of 'empty calories.' In other words, people suffering with excess body weight tend to

eat too many foods high in calories but, low in nutritional value. We should really eat the opposite way.

According to the study, poorly nourished patients have slower rates of recovery and a higher risk of complications such as infections, bedsores and falls.

But, there was good news.

The researchers reported that the implementation of a nutrition care program substantially reduced hospital readmission rates, while causing hospital costs to plunge by \$4.8 million.

FOCUS ON CALORIE RESTRICTION

It turns out that going a little bit hungry just might make for a longer, happier and healthier life. The practice of calorie restriction - in which daily calorie consumption is significantly reduced - appears to have the ability to improve health, ward off disease, slow aging, promote longevity and offer a higher quality of life.

The intriguing concept of calorie restriction is not a new one. In fact, Benjamin Franklin – one of the founders of the United States - endorsed the idea of eating sparingly to avoid disease.

And, in the 1940's, a series of studies demonstrated that calorie restriction could successfully increase the lifespan of animals ranging from fruit flies to rhesus monkeys. The big news, however, is the publication of new research attesting to the surprising benefits of calorie restriction in humans.

In a groundbreaking study published in *Cell Metabolism*, researchers found that reducing caloric intake by 15 percent - for two years in healthy non-obese adults - served to cut oxidative stress and reduce biomarkers of aging, potentially warding off degenerative diseases such as Alzheimer's disease, cancer and diabetes.

Among the benefits were reduced risk factors for heart disease, such as lowered LDL cholesterol and triglycerides. The calorie restriction also

stimulated DNA repair.

In addition, somewhat surprisingly, participants reported elevated mood and improved quality of life.

Experts say that despite the benefits of calorie restriction, few people have the discipline to adhere to it on a consistent basis.

Fortunately, some natural substances mimic calorie restriction, promoting the healthful effects without the need for actual dietary reduction. These calorie restriction mimetics include flavonoids in various fruits, vegetables and berries - including fisetin from strawberries, resveratrol from dark grapes and red wine, and pterostilbene from blueberries and grapes. (28)

EXERCISE

Maintaining a proper level of physical activity – on a daily basis – is one of the most important things you can do to help foil the onset of life-altering health conditions like, heart disease, cancer and diabetes – to name just a few.



The research speaks loud and clear: regular physical exercise cuts the odds of developing heart disease by reducing blood pressure, decreasing inflammation, regulating glucose and insulin metabolism, improving arterial function, boosting blood flow to the brain and decreasing fats in the blood. (29)

In fact, researchers report that getting enough exercise can slash your risk of heart attack by almost a third.

Regular physical activity also decreases DNA damage in aging individuals - thereby potentially cutting the odds of mutations that can trigger cancer.

Exercise also protects against diabetes by increasing insulin sensitivity and controlling blood sugar plus circulating fats in the blood.

In addition, exercise can be particularly beneficial for older adults, helping

seniors to ward off sarcopenia – the age-related loss of muscle mass and strength – and osteoporosis, the loss of bone density that makes fractures more likely.

And, for those concerned about avoiding dementia: physical activity improves the clearance of amyloid beta - a protein associated with Alzheimer's disease – within the brain.

According to the National Institutes of Health (NIH), adults should perform a minimum of two and a half hours of moderate-intensity aerobic exercise per week in order to reduce the risk of chronic disease. (30)

Examples of aerobic exercise include biking, swimming, walking, running and dancing.

Yet, it turns out, you don't have to pedal your bicycle into the next county or slice through the water like an Olympic swimmer to obtain benefits from exercise - especially if you are of mature years. While following the NIH guidelines yields substantial benefits, studies have shown that even modest exercise - as little as 75 minutes of brisk walking a week - can help prolong life.

Of course, it's best to consult with a trained, exercise specialist (and, your doctor) before starting any exercise program, particularly if you have a medical condition.

So, the takeaway is obvious: exercise can help us take a stand against some of the deadliest conditions of our time. So, get moving - it's the first step to creating a longer, happier and healthier life.

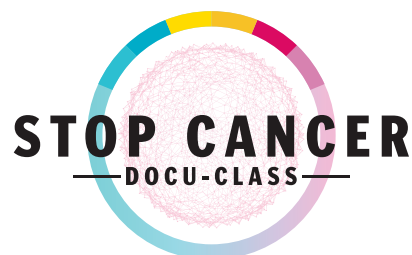
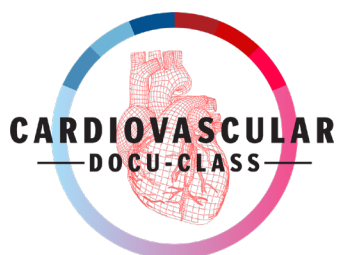


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