

NUTRITION NEWSLETTER

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Get ready for summer festivities!



Summer

It is that time of year again when stress levels run high, party fever runs high and we need lots of energy to keep up with the rest.

It is also the time of year where we can overindulge a little, stay up late and spend time with our loved ones!

Here are some tips to also look after your health and wellness:

- ◆ Keep up the water intake. Drink ice water with mint leaves and pieces of lemon added which improves the taste and adds some anti-oxidants to your drink. 2 Liters or more per day at regular intervals!
- ◆ Taking garlic and vitamin B-supplements helps to keep mosquito's away!
- ◆ Eat regularly : Every 3-4 hours. Snack on fruit, yogurts, crackers, vegetable sticks like carrot, cherry tomato or yogurt.
- ◆ If you are going out to party, make sure you eat something before leaving the house. This way you are not over-hungry when the food or menu appears and you will be less likely to overeat.
- ◆ If you are drinking more alcohol than usual or if you drink more than 3 times a week, make sure to help your liver detox by taking a good multivitamin (see our "product feature") with enough B-vitamins and vitamin C to help the the function of your liver.
- ◆ Eat frozen fruit or frozen yogurt instead of full cream ice creams on those hot summer days.
- ◆ Get plenty of rest and make sure to take some form of calcium at night, either in the form of a dairy drink like a smoothie, yogurt or milk or a calcium, magnesium supplement. This helps you sleep better.
- ◆ The shops are full of Chocolates! Don't buy for all your friends and end up eating it yourself!
- ◆ Eat plenty of salads in warm weather. Make sure that you eat at least 5- to 9 portions of a variety of fruit and vegetables per day. If you are just not getting to that goal, make sure to take a good multi-vitamin with plenty of phyto-nutrients. ("phyto"=plant)

Product feature

Nutrilite Double X



Nutrilite's Premium product

A 3 tablet serving of Nutrilite Double X provides

- ◆ All essential vitamins, B-vitamins, vitamin A, D, E and C which are all essential for energy metabolism, liver detoxing and anti-oxidants which has anti-ageing benefits
- ◆ All essential minerals including chromium, iron calcium and many other to ensure healthy metabolism
- ◆ 23 plant extracts designed to help the liver detox, improve energy levels and protect against ageing

Summary of Clinical Trial conducted at Sall Clinical Research Center:

Most people do not eat enough variety and quantity of fruits and vegetables and thus have less than optimal levels of vitamins, minerals and phytonutrients, that have been associated with healthy longevity.

Because of this, medical authorities recommend that all healthy adults should take a serving of multivitamins daily. How do we know, however if our bodies absorb sufficient amounts of the nutrients taken and if it is making a difference? The challenge of clinical research on dietary supplements is that there is no disease to treat, care or prevent. How can one hope to find an improvement if everybody's already healthy to begin with? But health now, of course, doesn't necessary reflect health in the future. Between any two people or apparently equivalent good health, there may be an unsuspected difference in risk factors. With this in mind a clinical trial was conducted with 120 participants taking 3 tablets of Double X, twice a day and compared to people of the same health status taking no supplement. The study duration was 6 weeks.

The following measurements were done:

- The level of health promoting nutrients in the blood stream (such as Vitamin B6, B12, Beta carotene and Vitamin E)
- The levels of homocysteine in the blood (High levels of homocysteine has been associated with DNA damage and development Chronic illness)
- Measurement of DNA damage in dividing cells.

In all instances there was a significant difference between the study group (participants on Double X) and the placebo group (Participants not taking a supplement)

This controlled clinical study thus demonstrates beneficial nutrients in Double X are absorbed by the body and that functional benefits - lowered plasma homocysteine levels and protected DNA, are detectable in healthy adults, which suggests that Double X helps maintain healthy ageing.

Business opportunities

Would you like to:

- ◆ Own your own business?
- ◆ Generate income in the health and wellness industry?
- ◆ Create extra income?
- ◆ Join a personal growth programme

There is a group of people in SA who are looking for people like you!



Visit www.edgesa.biz or email me at annelie@annliesmith.co.za for more information.

(Participation by invitation only)