



E-Newsletter

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Your Way to Health

Christmas Edition

Welcome to our special festive season edition of the Nutritherapy newsletter, this month we focus on the preventative supplements most appropriate for the holidays.

Nutritherapy will be closed from the 19 December to the 5 January. All orders placed during this period will only be dispatched from Monday the 5 January onwards.

We wish all our subscribers and their loved ones a blessed Christmas and the best of health for the New Year.

It's the season to be jolly, and to buy Milk Thistle.

With the festive season round the corner and Christmas functions already on the go our livers can take quite a beating. Although abstaining from alcohol is always the best option what can be done to protect our livers and reduce our hangovers if we do over indulge.

Milk Thistle has been shown in numerous studies to reduced the toxicity of alcohol in our livers, this means less long term damage and hangovers which translates to more time to enjoy our well deserved holidays with family and friends.

[Read More](#)

Kidney Stones? Kidney Cleanse!

Chronic dehydration caused in part by excessive consumption of Coffee, Fizzy Cold Drinks and Alcohol, as well as a lack of water during these hot summer days, leads to a drastic

Last Chance!!

Make a purchase of over R200.00 on www.nutritherapy.co.za during or before the end of the year and stand a chance of winning either a ladies Tommy Hilfiger or a gents Festina watch.



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increase in the number of people checking into hospital with Kidney Stones.

However there is a natural, safe and effective alternative to alleviate the terrible pain associated with kidney stones. Nutritherapy's specially formulated Kidney cleanse can help to dissolve these pesky deposits in just three weeks. [Read More](#)

Nutri-Sweep Promotion

To reward our newsletter subscribers we have been running a promotion giving away 5 Nutri-Sweep Multivitamins.

This Months winner is Mr Edwin Dickson from Sandton

Congratulations Edwin we wish you the best of health.

Tell your friends and Win

Send this email to a friend. If they signup for our monthly newsletter you could win 1 of 5 Nutri-Sweep Multivitamin Powders

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Make sure this Festive Season is truly Festive with Milk Thistle

Milk thistle (*Silybum marianum*) has been used medicinally for over 2000 years. Its primary use is in the treatment of liver and gallbladder disorders. Numerous scientific studies have shown that it is effective in the treatment of not only of serious liver conditions, such as cirrhosis and hepatitis, but also of toxicity in the liver caused by alcohol and drug use.

Milk thistle is native to Europe and was introduced into North America by early colonists. Milk thistle is found throughout the eastern United States, California, and South America it can also be cultivated in South Africa. The mature plant grows up to two meters high and has a large, bright purple flower and an abundance of stout spines.

Silymarin, a flavonoid complex that can be extracted from the seeds of milk thistle is believed to be the active ingredient. Although it is a powerfully anti-oxidant it also has shown unique liver protecting benefits unrivalled by other conventional medicines.

In one study a test group of 2600 workers at a Hungarian Chemical plant were all exposed to high doses of toxic vapours due to poor working conditions. All the workers showed liver damage and many presented symptoms such as nausea, vomiting, loss of appetite and fatigue. The study showed excellent results within 30 days returning enlarged livers to normal size.

Whereas some liver conditions can simply be prevented by just saying no, others such as hepatitis are a little more difficult to avoid. This is where the benefits of this remarkable herb really shine through.



Studies have shown that Milk thistle can be used for the treatment of viral hepatitis in both acute and chronic stages.

Milk thistle is also extremely useful in the protection of the liver against the harmful effects of chemotherapy. There is also some newly published information claiming that Milk Thistle may even be beneficial in the fight against cancer, as it seems to protect DNA from becoming cancerous. More information is needed to confirm this.

Milk thistle is considered safe for prolonged periods of time and the recommended dosage is between 300 and 900 mg per day in divided doses. However if there is a known allergy to milk thistle or any of its family including daisy's artichokes or kiwi fruit it should be avoided.

While damage from heavy drinking can never completely reversed or prevented and Nutritherapy is firmly of the belief that no alcohol is always the best policy. The body can only process one unit of alcohol per hour and sticking to this limit reduces the chance of long term damage. However if you are going to drink excessively there is a colossal amount of evidence pointing to the fact that you should be using milk thistle.

Suggested supplements that can be used to limit the damage caused by alcohol or drug use.

Take two capsules of Milk Thistle before consuming any alcohol

Prepare a large glass of Alkalizer which should be taken after drinking but before going to bed in order to neutralize the acidity of the alcohol.

The next morning take Nutrisweep, the high dose of Vitamin C and anti-oxidants will stimulate the liver to process the alcohol quickly.

Continue taking Milk Thistle for the next 3-4 days to protect the liver while it is processing the alcohol.

If you have any previous liver damage or blood sugar problems please don't drink.

Remember that one of the biggest problems with excessive alcohol consumption is the dehydration, so drink plenty of water during the preceding days and don't forget to replace your electrolytes as well.

Please don't drink and drive and remember to look after your body this festive season.

Milk Thistle R80.00 [[Buy Now](#)]



Dissolve your Kidney Stones with our 3 Week Herbal Kidney Cleanse.

What are "Kidney Stones" ?

Dissolved mineral salts are always present in our body and urine. These salts can become extremely concentrated under certain circumstances, for example if the volume of urine is significantly reduced due to chronic dehydration, or if abnormally high amounts of crystal-forming salts are present due to infection. When concentration levels reach the point at which the salts no longer dissolve, they precipitate out and form crystals. Eventually these crystals build up on the inner surfaces of the kidney and become large enough to form stones in the kidney this is called nephrolithiasis.

Most Common Kidney Stones:

Calcium Stones. About 70% to 80% of all kidney stones are composed of calcium, usually combined with oxalate, or oxalic acid.

Uric Acid Stones. About 7% of stones are made up of uric acid, which, in spite of its name, is actually a crystal that is the end product of purine metabolism, a nitrogen compound found in protein.

Struvite Stones. Struvite stones, which are made of magnesium ammonium phosphate, are almost always associated with certain urinary tract infections. Although studies to date estimate that up to 20% of all kidney stones are struvite, a recent analysis of 37,400 specimens suggests that only about 2% are struvite. The incidence in these stones therefore may be declining, perhaps because of better control over infections.

Other Kidney Stones. About 2% of stones are made from cystine. Xanthine is a nitrogen compound (caffeine is a derivative of this substance). They are extremely uncommon and usually occur as a result of a rare genetic disorder.

What are causes of Kidney Stones?

Firstly thirst and dehydration are the leading cause of Kidney Stones. They lead to super saturation of urine with the salts described above which leads to the formation of stones. If you don't drink adequate amounts of water every few hours, or if you are replacing water with coke, coffee, tea or other dehydrating carbonated drinks you are running the risk of super saturation of your urine.

Secondly certain factors can protect the body from the formation of stones if they are missing this can lead to a higher susceptibility to develop stones. Normally, urine contains protective factors that include magnesium, citrate, pyrophosphate, and various proteins and enzymes. These factors allow for high concentrations of salts but prevent it forming stones they can also coat the stones which stops them from adhering to the surface.

Thirdly changes in the PH or acid alkaline balance can affect stone precipitation. Uric acid and cystine stones thrive in an acid environment.

Apart from the causes listed above the following can also lead to the formation of Stones.

Genetic factors.

Diets overly rich in animal proteins.

Gout.

Certain medications (chemotherapy agents, diuretics, and salicylates).

Binge drinking.

Fasting.

Lead toxicity.

Blood diseases (leukemia, certain uncommon anemias, multiple myeloma, and lymphomas).

Chronic diarrhea.

What are the symptoms of Kidney Stones?

In many cases, kidney stones develop without producing any symptoms. However, if they become lodged in the ureter (the thin tubes between the bladder and the kidney), symptoms can be very severe. Often, they vary depending on the stone's location and then progress.

Pain usually begins abruptly on one side and then usually continues as intense, constant pain. (In some cases it persists for a few minutes, resolves, and then returns after about 10 minutes.)

The patient cannot become comfortable and usually stands, sits, paces, or reclines in a vain search for a position that will bring relief. If the stone is in the kidney or upper urinary tract, the pain usually occurs in one flank area (to the side of the back near the waist). If the stone moves down, the pain may move to the groin. If the stone is too large to pass easily, the pain follows the muscle contractions in the wall of the ureter as they try to squeeze the stone along into the bladder.

Nausea and vomiting may occur. Bleeding may occur if the stone becomes larger or moves.

As the stone passes down the ureter closer to the bladder, a person may feel the need to urinate more often or a burning sensation during urination. If fever and chills accompany any of these symptoms, an infection may be present. It should be noted that the size of the stone does not necessarily predict to the severity of the pain; a very tiny crystal with sharp edges can cause intense pain while a larger round stone may not be as distressing.

How serious are Kidney Stones?

Pain: Between 70% and 90% of crystals remain tiny enough so that they can travel through the urinary tract and pass out of the body in the urine without being noticed. When they cause symptoms, however, kidney stones have been described as one of the most painful disorders to afflict humans.

Many people develop kidney stones, without ever knowing it happened to them. Stones can be formed painlessly, and can be dissolved painlessly without that you know you have ever had them.

What is the solution?

Firstly lifestyle and dietary changes are vitally important, stop drinking coffee and other dehydrating liquids such as fizzy drinks and alcohol. Drink at least two litres of water per day. Eating melons especially water melon can also be very helpful.

The Nutritherapy Kidney Cleanse is the next step the herbal ingredients are put to together in such a way as to assist the body in dissolving the stones before they can get big enough to cause any major trouble. The cleanse also helps to improve kidney function and reduce uric acid levels within the body.

The cleanse involves the use of specific herbal teas and supplements and takes approximately three weeks to complete. A full instruction manual is supplied with the kit. Please note that you will be required to buy some fresh parsley in addition to the other ingredients supplied. Other ingredients include Ginger, Pyridoxine (B6), Uva Ursi, Magnesium Ascorbate, Marshmallow Root, Hydrangea Root, Solidago Tincture and Glycerin.

Kidney Cleanse Kit R270.00 [\[Buy Now\]](#)





Nutritherapy Watch Promotion

To celebrate our new online shopping facility Nutritherapy is giving away a ladies Tommy Hilfiger and a gents Festina watch. To qualify for the draw all you need to do is place an order on www.nutritherapy.co.za before the 20 December 2008 with a minimum order valued over R200.00. Every time you place an order you will gain another entry into the draw. Terms and Conditions apply.

Tommy Hilfiger Flagstaff Diamond Ladies Watch

This beautiful piece comes with Genuine diamond hour markers on a white dial with black roman numerals. The case size is 20mm x 35mm in stainless steel and is water resistant to 30m. The bracelet consists of stylish stainless steel links with a folding buckle and safety bar. The piece comes with full International warranty and is valued at R2500.

Festina Men's Tour De France Tour AL 2 Watch

Festina the official chronographer of the tour de France has released these fashionable watches to mark the event. With a Black dial, an easy to use alarm function, unidirectional rotating bezel and stainless steel case. It is water resistant to 100m. Comes with full international warranty and is valued at R2800.

Safe and Secure Online Shopping

Nutritherapy is proud to announce our new online shopping service. We stock brands from a number of well known local suppliers including Fortifood Health Services, Gaia Organics, Nutritherapy, Optimum Biochemical Nutrition, Orionis Tachyons, Ozone for Life.

Credit card services are secured by Virtual Card Services and offer a safe and reliable banking experience. We also accept direct deposit orders. With next day delivery via LIS Courier services or Counter to Counter Speed Services Post.

Take some time to search through our extensive product listing on www.nutritherapy.co.za

Terms and Conditions of Nutritherapy Watch Promotion

An entry to the draw is valid subsequent to the successful settlement of a credit card order or bank clearance of a direct deposit order before the closing date on the 20 December 2008. This promotion is only valid within the boundaries of South Africa. The prizes will be distributed on a first and second prize basis and Nutritherapy will not be held liable if your desired watch has already been distributed to another winner.

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