



E-Newsletter

Issue 03

Date : October 2008

www.nutritherapy.co.za

Your Way to Health

Battling to lose weight? Iodine could be the answer.

Weight Loss can be such a frustrating issue especially when you feel like you are doing everything right. You are eating well exercising and getting plenty of sleep but you still can't seem to shift those few extra kg's.

More and more people are waking up to the fact that their weight loss issues are more often than not connected to metabolic problems associated to the thyroid gland. Although complex blood test and prescription medicine can resolve this problem there is a much easier and safer natural alternative, Iodine. [Read More](#)

Litium Oratate it's a grey matter.

Recent article in LANCET

"Lithium induced increase in human brain grey matter"

An all natural, safe and non-prescription form of lithium known as lithium orotate seems almost too good to be true. With the ability to protect us from brain damage, reduce addictive cravings, improve the quality of life for alzheimer's patients and even regenerate grey matter, it sure sounds good. Take this coupled with greater bio-availability which means much smaller dosages and thus none of the complications normally associated with prescription lithium and you have got possibly the most important discovery with regards to the brain in over a century. [Read More](#)

Nutri-Sweep Promotion



BUY NOW
Green Tea
only R65.00

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

This Months winner is Melissa Shelver from East London

Congratulations Melissa we wish you the best of health.

NutriTherapy Website Facelift

www.nutritherapy.co.za has undergone major cosmetic and functional improvements over the last few weeks. With increased ease of use, improved online stores and new articles and research links. There is still more on the cards with a conditions and symptoms checker revised and updated by nutritional expert Prof Surfontein and a Database of Nutritional practioners from around around the country on the way.

Here is some of the feedback from satisfied clients

"The package arrived in perfect condition. Many Thanks"
Preya- Rivonia

"Love the newsletter idea, please keep me on the list"
Vanessa-London

"Thanks for the speedy reply and service"
Dave- Randburg

NutriTherapy



The two featured products in this months newsletter are available at the discounted price of R99.50 giving you a saving of R25.50

[BUY NOW](#)

Watch Promotion:

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.



[Click here for more details](#)

Tell your friends and
Win



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

Newsletter Mail List

Nutritherapy follows a strict anti-SPAM policy and only uses permission based email address in it mail outs. If you have received this mail in error or would like to unsubscribe from our newsletter list please use the link below.

Our mailing address is:
newsletter@nutritherapy.co.za

Our telephone:
+27 11 452 4703

Copyright (C) 2007 Nutritherapy CC All rights reserved.

Iodine Natures Little Secret.

Are you over weight and battling to lose those extra kg's? Do you wake up exhausted and find that you are fatigued throughout the day? Have you found that you are more forgetful then usual? How about your skin and nails are they deteriorating rapidly? If you answer yes to two or more of these questions you may be suffering from Hypothyroidism. Although your doctor may not have diagnosed you as having a problem with your thyroid, even a very slight deviation from normal thyroid function can drastically effect your metabolism. This make it that much more difficult to lose weight.

Hypothyroidism occurs when the thyroid does not produce enough of the thyroid hormones. The thyroid gland needs iodine to synthesize thyroxine (T4) and triiodothyronine (T3), hormones that regulate

metabolism. This makes Iodine the best natural cure for thyroid dysfunction and the best way to stimulate sluggish metabolism.

However the benefits of Iodine do not stop there, in fact the benefits of iodine are so numerous that it is difficult to cover all of them in one article but we will briefly touch on some of its most important functions in the body. Improving thyroid function through supplementation with Iodine will also help to improve energy levels, memory, and the health of skin and nails. Iodine has been used as a treatment for preventing the thinning hair.

Iodine has been used in medicine for over two hundred years with a proven track record for safety and reliable results. A small percentage of the population is allergic to iodine and should not take additional iodine supplementation, you will know if you suffer from iodine allergies if you are sensitive to shell fish and other seafood or if you develop a slight rash after taking supplements containing iodine. If this happens stop taking the supplement and the rash will go away fairly rapidly. Iodine is considered safe for non-allergic people. Remember that iodine is an essential mineral not a drug.

In Fact it's such an important mineral that it is one of the only minerals regulated by the World Health Organisation (WHO) and is commonly added to table salt and cattle feed. This is due to the serious birth defects associated with iodine deficiency such as cretinism. Although this regulated supplementation does prevent severe iodine deficiency, similar to the Government RDA for Vitamin C to prevent scurvy, it does not address more subtle iodine deficiencies. Another interesting point is that most health officials ignore or are unaware that up to 64% of this iodine evaporates before use. More importantly the quantities required to give therapeutic effect especially for improving breast tissue are far greater than those that can be obtained through general diet.

Iodine has been shown to be beneficial in fibrocystic disease of the breast as well as breast and prostate cancers. 60 million mainland Japanese taken on average 13.5 mg of iodine and are one of the healthiest countries based on overall health and cancer statistics. Another study showed that 100% of cancer patients are iodine deficient.

Iodine is important in cardiovascular health helping to reduce Lipoprotein (a). According to Dr. Stephen A. Hopton Cann, Department of Health Care and Epidemiology, University of British Columbia, iodine deficiency can have deleterious effects on the cardiovascular system, and correspondingly, that a higher iodine intake may benefit cardiovascular function.

Iodine does not only improve thyroid function it is important in all hormonal activity in fact in a recent study all diabetic patients showed a reduction in required medication simply through taking iodine.

Finally Iodine is also a fantastic anti-septic used topically for cuts and wounds or taken orally as a preventative measure against infection, especially before flying.

There is no such thing as the magic bullet to cure all things but iodine comes pretty close, this coupled with its simplicity and cost effectiveness makes the one nutrient that everybody should look into.

The following Iodine supplements are available through www.nutritherapy.co.za



Nutritherapy-Super Saturated Potassium Iodide Solution (SSKI) 30 ml - R40.00

[BUY NOW](#)



Fortifood Health Services- SSKI 10ml - R30.00

[BUY NOW](#)

The following products also contain iodine
Gaia Research- Comfrey and Thyme Healing Balm
Gaia Research- Peppermint Foot Lotion

Have a look at our special offer for October

1 x 30ml SSKI Iodine supplement plus 1 x 90 capsule Lithium Orotate supplement only R99.50 you save R25.50

Lithium Orotate Natural Brain Booster

A recent article in the LANCET medical journal caught my eye with the following headline,

"Lithium induced increase in Human Brain Grey Matter"

That may not sound like an earth-shattering piece of news, but it actually was quite a major discovery. To that point, medical experts believed that once our brains matured, it was all downhill from then on.

Decades of autopsies, x-rays, and, more recently, brain scans have repeatedly shown that brains shrink measurably with aging. But according to their report in the Lancet, Wayne State University (Detroit) researchers found that lithium has the ability to both protect and renew brain cells. 8 out of 10 individuals who took lithium showed an average 3 percent increase in brain grey matter in just four weeks.

The Wayne State study used high-dose lithium as opposed to the much smaller dosages associated with lithium orotate supplementation. Prescription quantities of lithium just aren't necessary for "everyday" brain cell protection and re-growth. Studies done years ago have shown that very low amounts of lithium can also measurably influence brain function for the better.

More importantly Lithium Orotate is far superior to prescription Lithium with regards to bioavailability and safety. The lithium salt of orotic acid (lithium orotate) improves the specific effects of lithium many-fold by increasing lithium bio-utilization. The orotates transport the lithium to the membranes of mitochondria, lysosomes and the glia cells. Lithium orotate stabilizes the lysosomal membranes and prevents the enzyme reactions that are responsible for the sodium depletion and dehydration effects of other lithium salts.

Because of the superior bioavailability of lithium orotate, the therapeutic dosage is much less than prescription forms of lithium. For example, in cases of severe depression, the therapeutic dosage of lithium orotate is 150 mg/day. This is compared to 900-1800 mg of the prescription forms. In this dosage range of lithium orotate, there are no adverse lithium side effects or reactions and no need for monitoring blood serum measurements.

Lithium orotate can be safely used for the treatment of many of the conditions commonly associated with prescription lithium including depression, bi-polar disorder and suicidal tendencies. This can be done on much lower dosages and with greater safety than normally associated with prescription forms of Lithium. Please be aware that the aforementioned conditions are serious and require medical attention and supervision, please consult your psychiatrist before considering any changes in your current treatment programme.

Lithium also protects the brain from the damage it receives on a daily basis from toxins generated externally and internally. It also seems to prevent the death of brain cells from blood loss due to strokes and clots by up to 56 %. It also protects us from the damage caused by prescription medication as well as reducing the aluminium in the brain which is often associated with Alzheimer's and Parkinson's disease.

Lithium levels in drinking water and levels of aggression and crime also show interesting correlations. In a study in Texas researches showed a direct correlation between lower incidents of aggression and violent crime and higher levels of lithium (between 70-170 micrograms per litre) in the drinking water. Studies have shown that lithium supplementation reduces the aggression often associated with ADHD. South Africa has some of the lowest lithium levels in the world, we also have one of the highest level of violent crime, makes one think that maybe a regulated increase in lithium levels in our water would decrease the violent crime plague ravaging our country.

Lithium supplementation can also provide some hope for Alzheimer's patients and their families although it cannot completely prevent or cure this disease it does seem to reduce the rate of deterioration and help to protect the brain from further damage.

Lithium is also extremely useful in the treatment of different forms of addiction especially alcohol addiction, showing a reduction in cravings and aggressive behaviour common with withdrawal symptoms.

Finally lithium has also been shown to be beneficial for gout, cluster headaches and chronic viral infection including Epstein Barr and the Cytomegalovirus.

Lithium Orotate is now available through www.nutritherapy.co.za



Nutritherapy- Lithium Orotate 90 Capsules (125mg) - R85.00

[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.

Newsletter Mail List

Nutritherapy follows a strict anti-SPAM policy and only uses permission based email address in it mail outs. If you have received this mail in error or would like to unsubscribe from our newsletter list please use the link below.

Our mailing address is:
newsletter@nutritherapy.co.za

Our telephone:
+27 11 452 4703

Copyright (C) 2007 Nutritherapy CC All rights reserved.