



E-Newsletter

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www.nutritherapy.co.za

Your way to health

Can Alpha Lipoic Acid help prevent Diabetes?

Dr Atkins (author of the famed Atkins diet) on Alpha Lipoic Acid

"Few compounds have greater value to someone with diabetes".

And...

" I'm convinced that lipoic acid is destined to become our single most effective therapy for diabetic neuropathy".

If you currently suffer from diabetes, uncontrolled blood sugar, have constant sugar cravings , are battling to lose weight or have a family history of diabetes alpha lipoic acid could be the single most important supplement you ever take. [Read More](#)

Chronic Back Pain? Nutritherapy has the answer.

Due to our sedentary life styles which include long periods with little to no activity often punctuated by excessive exercise, chronic back pain is a common problem for as much as 70% of the population. In fact it is so common it is the leading cause of occupational compensation in most

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

western countries. What is most alarming is the drastic increase in chronic back pain in children. There are a number of alternative therapies that have been scientifically proven to reduce pain and inflammation in all of the different types of back and neck pain. Nutritherapy offers a number of options, including Body Stress Release(BSR), Magnetic Therapy and Bio Puncture. [Read More](#)



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

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newsletter@nutritherapy.co.za

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+27 11 452 4703

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Alpha Lipoic Acid

Alpha-lipoic acid is one of the most over looked and least understood supplements on the market. Yet its possible uses and benefits are too numerous to detail in one newsletter. We will be focusing on two of the most important aspects of Alpha Lipoic Acid. Firstly its fundamental in bodies conversion of glucose into energy, this is very important when you are trying to lose weight. Its also fantastic in controlling sugar cravings. Secondly its ability to convert to both a water as well as an oil soluble anti oxidant means it can get to all areas of the body reducing free radical damage and slowing down the aging process.

Alternative Names: ALA, Thioctic acid

Summary:

Alpha-lipoic acid was first isolated in 1953 and was quickly discovered to be a very important cofactor in the Krebs cycle, the body's main process for converting carbohydrates into energy. Alpha-lipoic acid is a medium length (8 carbon atoms) fatty acid containing two sulfur atoms. Alpha-lipoic acid is also known as the "universal" anti-oxidant. It is both hydrophilic (water soluble) and lipophilic (Oil Soluble). This means it effectively prevents free radical damage in every setting regardless of whether it is the brain fluids, the blood, stored fat, the heart, or any other organ or cell. Alpha-lipoic acid is also effective at boosting the production of glutathione and recycling Vitamin C and E.

Uses-

Diabetes

There is strong scientific evidence to prove that Alpha-lipoic acid is an effective supplement in the management of both forms of diabetes. Alpha Lipoic acid is an essential factor in the conversion of glucose into cellular energy and thus helps to support a stable blood sugar level.

Nerve Pain and Damage

There is strong scientific evidence to support the use of Alpha-lipoic acid for nerve pain and damage otherwise known as neuropathy. It is a licensed treatment for Diabetic Neuropathy in Germany.

Chelation

There is strong scientific evidence that Alpha-lipoic acid can be used as a mild form of Chelation (the removal of heavy metals). One study shows that Alpha-lipoic acid reduced mercury toxicity by 35%.

May also be beneficial for

Alpha-lipoic acid is an extremely powerful Anti-oxidant making it useful in the treatment of any condition associated with excessive free radical damage, including all forms of inflammation, heart disease, cancer and strokes. The increase in glutathione found in subjects taking Alpha-lipoic acid may also be beneficial for neurological conditions such as Autism, Alzheimer's and Parkinson's. There have also been small scale studies suggesting therapeutic effect for Radiation Exposure, Alcoholic Liver damage and Glaucoma.

to read the rest of this article [click here](#)



Nutritherapy

Alpha Lipoic Acid

[BUY NOW](#)

R120.00

(250mg X 90 Capsules)



Fortifood Health Services

Alpha Lipoic Acid

[BUY NOW](#)

R90.00

(200mg X 90 Capsules)



Optimum Biochemical Nutrition

Alpha Lipoic Acid

[BUY NOW](#)

R79.38

(100mg X 90 Capsules)

Alternative treatments for Chronic Back Pain

What causes lower back pain?

As people age, bone strength and muscle elasticity and tone tend to decrease. The discs begin to lose fluid and flexibility, which decreases their ability to cushion the vertebrae.

Pain can occur when, for example, someone lifts something too heavy or overstretches, causing a sprain, strain, or spasm in one of the muscles or ligaments in the back. If the spine becomes overly strained or compressed, a disc may rupture or bulge outward. This rupture may put pressure on one of the more than 50 nerves rooted to the spinal cord that control body movements and transmit signals from the body to the brain. When these nerve roots become compressed or irritated, back pain results.

Low back pain may reflect nerve or muscle irritation or bone lesions. Most low back pain follows injury or trauma to the back, but pain may also be caused by degenerative conditions such as arthritis or disc disease, osteoporosis or other bone diseases, viral infections, irritation to joints and discs, or congenital abnormalities in the spine. Obesity, smoking, weight gain during pregnancy, stress, poor physical condition, posture inappropriate for the activity being performed, and poor sleeping position also may contribute to low back pain. Additionally, scar tissue created when the injured back heals itself does not have the strength or flexibility of normal tissue. Buildup of scar tissue from repeated injuries eventually weakens the back and can lead to more serious injury.

Who is most likely to develop low back pain?

It occurs most often between ages 30 and 50, due in part to the aging process but also as a result of sedentary life styles with too little (sometimes punctuated by too much) exercise. The risk of experiencing low back pain from disc disease or spinal degeneration increases with age.

Low back pain unrelated to injury or other known cause is unusual in pre-teen children. However, a backpack overloaded with schoolbooks and supplies can quickly strain the back and cause muscle fatigue. To avoid back strain, children carrying backpacks should bend both knees when lifting heavy packs, visit their locker or desk between classes to lighten loads or replace books, or purchase a backpack or airline tote on wheels.

Body Stress Release (BSR)

Body Stress Release is concerned with assisting the body to release stored tension, thereby allowing it to maximise its in-built ability to maintain and heal itself. This technique has been developed and practised in South Africa since 1981. Stress becomes locked into physical structures when the body fails to adapt to an overload of stress. This may result in pain, stiffness, numbness and postural distortions. In addition the body's capacity to co-ordinate its functions is undermined. Body Stress Release is a gentle procedure in which where areas of body stress are



located, using the body as a biofeedback mechanism monitor. The practitioner assists the body to release the tension by applying light but definite pressure to the sites of body stress. BSR can be extremely beneficial to patients suffering from chronic back pain due to excessive stress and muscle tension. Qualified BSR Practitioner Michael Maitre M.B.S.R.A(SA) is now consulting from our Edenvale rooms. He can be contacted directly on 082 879 7366 or alternatively call us on 011 452 4703 to make an appointment. The Body Stress Release website

<http://www.bodystressrelease.co.za/>



BSR
Body Stress Release

Magnet Therapy

No Mind games , No Drugs , No Manipulations

Magnetic therapy improves circulation and oxygenation of inflamed tissue. This makes magnetic therapy a safe and effective treatment for lower back pain and neck tension.

The first reported use of magnets in healing goes back at least 3500 years. However with the advent of the electro-magnet, advances in magnetic therapy have progressed rapidly.

Nutritherapy has collaborated with world renowned Magnetic specialist Dr I Badat, who has developed a specific set of magnetic beds and loose magnets for the treatment of back and joint pain. A typical treatment programme would involve 30 min twice a week for a period of 6-8 weeks. For more information please call us on 011 452 4703 or visit our website ([magnetic therapy](#))





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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