



E-Newsletter

Issue 01

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www.nutritherapy.co.za

Your way to health

Magnesium's Many Miracles

7 out of 10 people are deficient in magnesium according to American government statistics, many Naturopaths feel that chronic magnesium deficiency could effect as much as 80% of the population. Magnesium deficiency can trigger at least 22 well known conditions such as Anxiety, Asthma, Bowel disease, Heart Disease, Musculoskeletal conditions and Migraines. Magnesium supplementation comes in many forms but one of the best is Magnesium Chloride. [Read More](#)

Vitamin C in the fight against Cancer

A report published as recently as 1 June 2008 indicated that research done at the Department of Anatomy and Tumour Immunity Medical Research Centre, Seoul National University College of Medicine, Seoul, Korea found that Vitamin C plays a crucial role in the suppression of proliferation of several types of cancer. The study led by SK Lee and colleagues showed that

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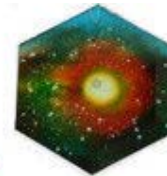
Orionis in Renaissance

Orionis Tachyons have a fantastic article in the June/July Issue of Renaissance Magazine. You can get your copy from CNA, exclusive books and selective health



ORIONIS
TACHYONS FOR AFRICA

stores.



vitamin C suppressed proliferation or growth of the human melanoma cells through the inhibition of cyclooxygenase-2 (cox-2) expression and the modulation of insulin-like growth factor II production. [Read More](#)

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Magnesium's Many Miracles

Magnesium is responsible for over 350 different enzyme reactions in the body. It will help you sleep if you are an insomniac, help reduce muscle pain and improve endurance if you are an athlete, it will also help prevent the major plagues of the 21st century including, Diabetes, Cancer, Heart Disease, Neurological conditions and Strokes. Magnesium is the single most important mineral in achieving electrical balance and facilitating metabolism in your cells. However at least 68% of people eating a typical western diet do not even get the Government RDA for Magnesium which is set pitifully low. Magnesium can be found in our diets in organic leafy green vegetables, seeds and nuts. Commercial Factory farms rely heavily on Phosphorus, Nitrogen and Potassium fertilizers to help plants grow quickly and appear healthy, however all the other 65 minerals required for a healthy body particularly Magnesium are extremely low. If you suffer from any of the following conditions you would find it beneficial to take some form of magnesium supplementation over and above a health diet.

Extract from Dr Carolyn Dean's book "The Magnesium Miracle"

Anxiety and Panic attacks- Magnesium (Mg) normally keeps adrenal stress hormones under control.

Asthma- Both histamine production and bronchial spasms increase with Mg deficiency.

Blood clots- Mg has an important role to play in preventing blood clots and keeping the blood thin- much like aspirin but without the side effects.

Bowel disease- Mg deficiency slows down the bowel causing constipation, which could lead to toxicity and malabsorption of nutrients, as well as colitis.

Cystitis- Bladder spasms are worsened by Mg deficiency.

Depression- Serotonin, which elevates moods, is dependent on Mg. A Mg-deficient brain is also more susceptible to allergens, foreign substances that can cause symptoms similar to mental illness.

Detoxification- Mg is crucial for the removal of toxic substances and heavy metals such as aluminium and lead.

Diabetes- Mg enhances insulin secretion, facilitating sugar metabolism. Without Mg insulin is not able to transfer glucose into cells. Glucose and insulin build up in the blood causing various types of tissue damage.

Fatigue- Mg-deficient patients commonly experience fatigue because dozens of enzyme systems are under-functioning. An early symptom of Mg deficiency is frequently fatigue.

Heart disease- Mg deficiency is common in people with heart disease. Mg is administered in hospitals for acute myocardial infarction and cardiac arrhythmia. Like any other muscle, the heart muscle requires Mg. Mg is also used to treat angina, or chest pain.

Hypertension- With insufficient Mg, spasm of blood vessels and high cholesterol occur, both of which lead to blood pressure problems.

Hypoglycemia- Mg keeps insulin under control; without Mg episodes of low blood sugar can result.

Insomnia- Sleep-regulating melatonin production is disturbed without sufficient Mg.

Kidney Disease- Mg deficiency contributes to atherosclerotic kidney failure. Mg deficiency creates abnormal lipid levels and worsening blood sugar control in kidney transplant patients.

Liver Disease leading to liver failure- Mg deficiency commonly occurs during liver transplantation.

Migraine- Serotonin balance is Mg-dependent. Deficiency of serotonin can result in migraine headaches and depression.

Musculoskeletal conditions- Fibrosis's, fibromyalgia, muscle spasms, eye twitches, cramps and chronic neck and back pain may be caused by Mg deficiency and can be relieved with Mg supplements.

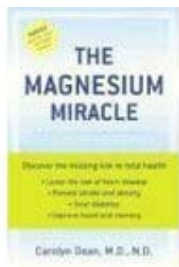
Nerve problems- Mg alleviates peripheral nerve disturbances throughout the whole body, such as migraines, muscle contractions, gastrointestinal spasms, and calf, foot and toe cramps. It is also used in treating the central nervous symptoms of vertigo and confusion.

Obstetrics and Gynaecology- Mg prevents Premenstrual Syndrome; prevents dysmenorrhoea (cramping pain during menses); is important in the treatment of infertility; and alleviates premature contractions, preeclampsia, and eclampsia in pregnancy. Intravenous Mg is given in obstetrical wards for pregnancy-induced hypertension and to lessen the risk of cerebral palsy and Sudden Infant Death Syndrome (SIDS). Mg should be a required supplement for pregnant mothers.

Osteoporosis- Use of calcium with Vitamin D to enhance calcium absorption without a balancing amount of Mg causes further Mg deficiency, which triggers a cascade of events leading to bone loss.

Raynaud's Syndrome- Mg helps relax the spastic blood vessels that cause pain and numbness of the fingers.

Tooth decay- Mg deficiency causes an unhealthy balance of phosphorus and calcium in saliva, which damages teeth.

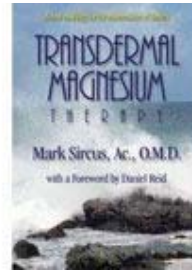


For more information Visit Dr Carolyn Dean's Webpage www.drcarolydean.com

Her book " The Magnesium Miracle" is highly recommended and can be purchased through [Amazon](#)

Magnesium Chloride

Magnesium is an extremely effective, simple, cheap and safe form of magnesium supplementation. It comes from the evaporation of Sea Water as is particularly bio available. Although magnesium chloride can be used orally and intravenously one of the best preparations is to use it topically. The Magnesium chloride is diluted with pure distilled water and is well absorbed. This helps to reduce muscle spasm



and pain as well as addresses magnesium deficiencies.

For more information read Dr Mark Sircus's book

"Transdermal Magnesium Therapy" available at [amazon](#) or visit Mark's website www.magnesiumforlife.com



Magnesium Chloride Spray [\[Buy Now\]](#)

Magnesium Peroxide

Another useful form of Magnesium Supplementation is Magnesium Peroxide or MgO_2 . Magnesium peroxide is usually taken orally either as a capsule or as a powder diluted in water or juice. Magnesium peroxide is particularly useful for Irritable Bowel Syndrome and Constipation as the magnesium helps to reduce muscle spasm in the bowel and the peroxide O_2 helps to oxygenate the bowel promoting health bacterial growth and detoxification.



Magnesium Peroxide [\[Buy Now\]](#)

The following magnesium supplements are available at www.nutritherapy.co.za

Fortifoods Health Services (PTY) Ltd

[Biomag \[R 52.50\] 120 Capsules](#)

Gaia Research Institute

[Stabilised Oxygen Powder 50g \[R 80.00\] 40g](#)

Nutritherapy CC

[Magnesium Peroxide \[R 150.00\] 500g](#)

[\[R 85.00\] 120g](#)

[\[R 60.00\] 90 Capsules](#)

Nutritherapy CC

[Magnesium Chloride Spray \[R 50.00\] 100ml](#)

[\[R 25.00\] 50ml](#)

Optimum Biochemical Nutrition CC

[Cal/Mag \[R 101.92\] 120 Capsules](#)

Vitamin C is beneficial in the fight against cancer

A report published as recently as 1 June 2008 indicated that research done at the Department of Anatomy and Tumour Immunity Medical Research Centre, Seoul National University College of Medicine, Seoul, Korea found that Vitamin C plays a crucial role in the suppression of proliferation of several types of cancer. The study led by SK Lee and colleagues showed that vitamin C suppressed proliferation or growth of the human melanoma cells through the inhibition of cyclooxygenase-2 (cox-2) expression and the modulation of insulin-like growth factor II production.

The conventional wisdom of how antioxidants such as vitamin C help prevent cancer growth is that they grab up volatile oxygen free radical molecules and prevent the damage they are known to do to our delicate DNA. Another study, led by Chi Dang, M.D., Ph.D., professor of medicine and oncology and Johns Hopkins Family Professor in Oncology Research, unexpectedly found that the antioxidants' actual role may be to destabilize a tumour's ability to grow under oxygen-starved conditions.

Many other studies suggest that people with a healthy lifestyle and a Vitamin C rich Diet are less susceptible to Cancer.

There are numerous studies showing the benefits of Vitamin C in the fight against cancer. Nobel Laurent Linus Pauling was one of the first people to suggest the use of High doses of Vitamin C injected intravenously as a treatment for cancer.

Use the following link to view the services offered by Nutritherapy CC

[Intravenous Vitamin C PDF](#)

For more information on alternative cancer treatments visit

www.cancertutor.com

Other references:

1. J Cell Physiol, July 1, 2008; 216(1): 180-8.

*Johns Hopkins Medical Institutions (2007, September 12). How Vitamin C Stops Cancer. ScienceDaily.

Retrieved June 8, 2008, from <http://www.sciencedaily.com/releases/2007/09/070910132848.htm>



The NutriTherapy logo, featuring a green leaf icon above the word "NutriTherapy" in a blue, sans-serif font, with a registered trademark symbol (®) to the right.



Nutrition 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.nutritiontherapy.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

Nutritiontherapy 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 and Orionis Tachyons.

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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