

Newsletter March 2012 No 2

Dear Customers

In this Issue: Headaches and Migraines, new product CDS Chlorine Dioxide Solution

Headaches some simple advice

I have been asked to talk about headaches and here are a few of the simple ideas that help solve the majority of headaches.

Are you dehydrated?

Look at your finger tips do they have ridges running lengthways, stick your tongue out does it look matt. If so you are dehydrated and this is one of the great causes of headaches. Usually drinking ½ litre of water will solve it and the headache disappears in 15 to 20 minutes.

Ideally you should drink 1.5 litres of water per day excluding tea and coffee. To help you remember buy 3 500ml bottles of water (you can refill them from the tap). Place them on your desk/work space, make sure you drink one in the morning one in the afternoon and one in the evening.

Periodicity?

What I hear you say. Plot your headaches on a year planner and look for a recurring pattern. Often headaches will reoccur in a pattern; for example, every Sunday evening or Tuesday morning. You then need to look for a cause. Then you need to deal with the cause not the headache.

Prevention is much better than cure!!

Stress Factors

Stress is your response to a situation or event. There are many causes and many consequences which may result in a headache.

Anticipation/Anxiety

One of the best herbs to treat this is St Johns Wort or Hypericum perforatum. It is thought to be an antidepressant, but in my opinion this is wrongly - it is in fact an anxiolytic (anti anxiety). Take three doses per day away from food - 2 hours after eating and then nothing to eat for ½ hour.

[Go to GoodVitality.com and search for code 7036 Hypericum/St John's Wort Tincture](https://www.goodvitality.com/?code=7036)



Depression / Low mood



Here I would suggest you first try 5-HTP which usually makes most people feel more "laid back", less stressed, and lifts the mood. Will also help you avoid comfort eating too!!

[Go to GoodVitality.com and search for code 1448 5-HTP 5-Hydroxytryptophan](https://www.goodvitality.com/?code=1448)

Anxiety and depression mixed with stressed feeling

This is where I have had to develop my own product. We used to be able to supply Rhodiola capsules but they have recently been banned by the EU.

So I have developed a product called Mood 3 drops this contains Rhodiola and adaptogenic and antidepressant, St John's Wort an anxiolytic and Humulus at relaxing herb.

Take 20 drops 3 times per day away from food - 2 hours after eating and then nothing to eat for 30 minutes.

[Go to GoodVitality.com and search for code 7030 Mood 3 Drops Product](https://www.goodvitality.com/?code=7030)



Migraines

A migraine is medically defined as headache proceeded by an Aura, that is a visual disturbance.

Once a migraine has started it can debilitate the individual for days sometimes with vomiting and photophobia.

If you have had a migraine you will know what I mean!!

Some of our customers have found that if the Magnetic Pulsar is used at the Aura stage it can prevent the migraine developing!!! This is fantastic news if you are a migraine sufferer as some of the drugs

used are ergotamine based and very toxic.

I would like to emphasise that we can not guarantee this will work for you but if it does.....

[Go to GoodVitality.com and search for code 5013 Magnetic Pulsar](https://www.goodvitality.com/?code=5013)



Video on Headaches



[Go to GoodVitality.com/headache-69-c.asp](http://GoodVitality.com/headache-69-c.asp)
for video and products mentioned

Or go to GoodVitality.com, Health Tips and Videos, then Headaches.

CDS Chlorine Dioxide solution

We have been asked numerous times to supply CDS or Chlorine Dioxide Solution by clients and so we are now manufacturing it to the highest standards here in the UK to Jim Humble's original specifications. Sold in 100ml dropper bottles. To find out more about this Google for Jim Humble.

[Go to GoodVitality.com](http://GoodVitality.com) and search for code 8050 to buy CDS

