

Wacky Cactus

TEAMWORK – TOGETHER EVERYONE ACHIEVES MORE!



STATINS are in the news again. We have been told that the Government wants everyone over the age of 50 to be taking them as a preventative against heart disease. Sounds a good idea. But do they work? As it turns out, maybe not. They do, however, remain effective at lowering cholesterol level in blood – but so do omega 3's! My mother, among many others, suffered distressing side-effects from the statins she was prescribed and her doctor took her off them. She now takes the Arctic Sea capsules. The national press has reported many concerns about the use of statins. Personally, I'm sticking to the Arctic Sea capsules, with all their additional benefits.

Robin

Omega 3's, not Statins

New Studies conclude Omega 3's, not Statins, Cut Risk of Heart Deaths

Fish oils are better than cholesterol-lowering statin drugs. That's the conclusion of two long-term studies, published last month in *The Lancet* medical journal. The studies compared the effects of giving patients with heart failure cholesterol-lowering statin drugs or omega 3 fish oils versus placebo. Those given omega 3 fats had a significantly reduced risk of death or hospitalisation, while the statin drugs had no effect. Those taking 1 gram a day of omega 3 fats cut their risk of mortality by 9% and risk of admission to hospital by 8% compared to placebo. **Those taking statins had no reduction in risk after almost four years on the drug.**

This adds to the weight of evidence in favour of upping omega 3 intake, both from diet and supplements. Taking 1 gram of omega 3 fish oil a day, as given in this study, is equivalent to eating a serving of oily fish almost every day.

It also confirms growing evidence of ineffectiveness of statin drugs in reducing mortality, both in healthy people and those with heart failure. A previous meta-analysis of trials giving statins to healthy people found no difference in mortality after almost four years use.

Despite growing evidence of ineffectiveness the UK government remain committed to prescribing statins to millions of people, and GPs are financially rewarded for doing so. In the US

there is a move to prescribe statins to 8-year-olds as a preventative measure against future heart disease.

When this trial was designed, some medical experts even expressed concern that it was unethical to give heart-failure patients placebos because they were so confident of the benefit of statin therapy. According to the lead researcher Dr Philip Poole-Wilson from Imperial College, London 'The results ultimately should humble researchers, especially as they serve as reminder that medical decisions should be guided by science, and not strongly held opinion.' (Gissi-Hf Investigators.Lancet. 2008)

Wishing you the best of health,

Patrick

Patrick Holford



Forever has an excellent range of supplements, including Arctic Sea Omega 3 capsules

Forever Active Probiotic

Forever Active Probiotic promotes a healthy digestive system with a unique combination of six shelf-stable beneficial strains of probiotic microbes:

Lactobacillus Acidophilus inhibits undesirable organisms and helps prevent them from multiplying. With **Bifidobacterium Longum** and **Lactis, Lactobacillus Rhamnosus, Bulgaricus** and **Plantarum**.

An easy-to-swallow beadlet that enhances nutrient absorption and immune function. No refrigeration required. Works well with Aloe Vera Gel.

Code 222, 30 beadlets, £21-35

Christmas!

Thinking about presents?

October is upon us, and it is time to start thinking about all those Christmas presents you need to buy! Have you considered just how suitable so many of our products are? Here are just a few suggestions.

Aloe Moisturising Lotion

Rich in texture and lightly fragranced to keep the skin feeling smooth, soft and supple. 'Like putting silk on your skin' (R. Seymer). No lanolin. (Code 63)

Aloe Heat Lotion

Luxury massage lotion providing blissful relief from aches and pains, especially after a workout. Excellent warming lotion for painful joints, sprains and sporting injuries. (Code 64)

Aloe Propolis Crème

A rich, creamy blend of Aloe Vera and Bee Propolis that soothes scrapes, burns, rashes and most skin conditions. An ideal everyday moisturiser that helps with cold sores, leaving a protective barrier on the skin. Ideal for dry skin conditions. (Code 51)



Gentleman's Pride Aftershave Balm

Alcohol-free blend of lubricants and moisturisers to soothe and pamper skin at any time, but particularly effective after shaving. Clean, subtle fragrance and provides excellent daily protection. Also contains HA to keep the skin looking younger. (Code 70)

Aloe Bath Gelée

Gentle, moisturising bath and shower gel, rich in pure Aloe Vera. Fresh, clean and invigorating fragrance, with a gentle formula to leave the skin feeling unbelievable soft and smooth. (Code 14)

Make a Christmas Basket

How about putting a selection together in a wicker basket with some appropriate extras. Add some decorations for your own personalised gift.

