

# Thymely News

a path to wellness

Vol. 7 No. 4



## Prevent Disease with Good Nutrition

*Fifth in a series*

Reasons for Hope in the Fight Against Cancer

We all know good nutrition is important, but did you know that it can actually **prevent disease**? It can! In fact, good nutrition is the **single most important factor** determining your health today and in the future. According to the Journal of the American Medical Association,

**"...it now appears that people who get enough vitamins may be able to prevent such common chronic illnesses as cancer, heart disease and osteoporosis."** <sup>1</sup>

Andrew Weil, MD, agrees with the AMA by suggesting in "**Six Ways to Prevent Breast Cancer**," that we supplement wisely with **folic acid, Vitamin D and antioxidants**, all of which may help decrease the risk of cancer. <sup>2</sup>

### Which foods invite disease?

Diets high in saturated fat, hydrogenated fats, red meat, processed foods and refined carbohydrates (pasta, white bread, white rice, sugar) rob us of needed nutrients, which may make us vulnerable to disease. Decrease your health risks by eating a low-fat, high-fiber diet AND reducing your exposure to environmental and dietary toxins. Consider that if you continue to accumulate toxins, the good nutrition you're taking in may not be adequate to counteract their effects. <sup>3</sup>



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### Which foods fight disease?

The first role of a good nutrition plan is to feed and strengthen your immune system, your body's best defense against disease.

Start by adding **probiotics** to your diet to enhance the quantity and quality of the friendly bacteria in your intestinal tract. These bacteria are 50% of your immune defense system, plus they enhance nutrition absorption and toxin elimination. These are just a few of the reasons it is said that, **"Good health begins in the colon."**

Next, maximize your **antioxidant** intake. Antioxidants directly prevent free radicals from damaging healthy tissue plus they strengthen and support your immune system. Eat a diet high in natural antioxidants from fruits and vegetables and supplement with those nutrients known to fight disease. <sup>4</sup>

**Healthy fats** (Essential Fatty Acids) are needed for cell repair.

**High levels of fiber** are important, particularly for digestive efficiency and removal of toxins.

**High-potency nutrients** may play a major role in reducing the risk of diseases, including cancer, as reported in the following research summary: The women in the study who were deficient in Vitamin D at the time of diagnosis with breast cancer were 94% more likely to experience the spread of the cancer and 73% more likely to die within 10 years of their original diagnosis. (One in three women in this study were Vitamin D deficient.) Vitamin D is available in U.S. dairy products, and our bodies can manufacture their own with about 15 minutes of sunlight. <sup>5</sup>

Realize, too, that high stress levels are also a risk factor for cancer and other diseases. Remember to **reduce your stress level** with daily exercise, prayer, meditation and time outdoors.

## Prevent Disease with Good Nutrition

### Your protective nutrition plan is the Core Essentials Complete Pack

Along with your healthy diet, be sure to fill in every nutrition gap with whole food supplements from Young Living®. Their **Core Essentials Complete Pack** delivers the nutrients recommended by medical experts for strengthening our bodies' defenses. Each pack is a 30-day supply of these supplements:

NingXia Red®  
Balance Complete  
Core Supplements -  
Life 5, Omega Blue, True Source & Longevity

Don't settle for less by choosing synthetic vitamins. They simply aren't as potent, bio-available or effective as the complete nutritional package found in whole foods.

### NingXia Red Super Antioxidant Juice

Offers highest known protection against the dangerous superoxide free radical. Nutrients from the NingXia (*ning-sha*) wolfberry, other berries and superfruits support immune and liver function, eye health and increase energy. Low glycemic index.

- **More antioxidants than any other juice.\***
- Smart and economical: Just **1 OUNCE** NingXia Red has **MORE** antioxidants than **8 LITERS** of Xango®.
- Absolutely delicious!

### Balance Complete Superfood Meal Replacement

V-Fiber, the multi-fiber blend in Balance Complete, is an important improvement over single-fiber sources. It improves the absorption of toxins, water-insoluble carcinogens, excess estrogens and their elimination. Studies show that both stomach and breast cancers are less common in populations consuming high fiber diets.<sup>7</sup>

- **Supplies 11 grams of heart-healthy fiber. \***
- V-Fiber supports normal cholesterol levels and helps to maintain normal blood sugar levels.
- Tastes great, satisfies appetite and curbs cravings.

### Life 5 high-potency probiotic

Probiotics are very important to intestinal health, the source of core health and vitality. The intestine is the command center of the immune system, the spot where nutrients are transferred to the bloodstream and the eliminator of waste. By building intestinal health, probiotics have been clinically shown to support normal elimination, improve digestion, boost immunity and reduce yeast.

- **Life 5 delivers five clinically proven and advanced probiotic strains, including three super-strains.\***
- Probiotics prevent the proliferation of harmful bacteria, a tremendous support to the immune system.

### Omega Blue essential fatty acids

Omega Blue offers unparalleled support for healthy heart, circulatory, brain, eye and joint function. May reduce risk of depression, improve attention span, stabilize blood sugar.

- **Clinically-proven dose of Omega 3 fatty acids.\***
- Protected from oxidation by essential oils.
- Free of heavy metals, PCBs and dioxins.
- Precision delivery softgels release oil in the intestines for three times more absorption and no aftertaste.

### True Source multivitamin

Unlike any other vitamin you've experienced, True Source is made of nutrient-dense superfoods. It delivers the full spectrum of nutrients as found in nature in a very convenient form.

- **Slows aging with potent antioxidants.\***
- Promotes healthy cholesterol levels and protects the cardiovascular system.
- Fights inflammation.

### Longevity antioxidant supplement

This blend of potent antioxidant essential oils is as essential as a multi-vitamin, because it protects against the damaging effects of aging, diet and the environment.

- **Contains nature's strongest antioxidant, Clove.\***
- Also contains Frankincense and Orange which support healthy cell regeneration and liver function.

### **ACT NOW. FREE Essential 7 Kit - \$92 Value**

Through May 31st, when you make a single purchase of 195 PV or more, you will receive a FREE Essential 7 Kit, a \$92 retail value!! Add the Core Essential Complete Pack to your Essential Rewards order and you will qualify to receive the very popular Essential 7 Kit free.

Featured Young Living Products		
Product Name	Code # Size	Prices Wholesale Pref Cust Customer
Fill Nutritional Gaps <b>Core Essentials Complete Essential Rewards Pack</b>	#3482	\$219.75 \$254.45 --
Essential 7 Kit FREE with purchase of 195 PV YL product OFFER GOOD TILL MAY 31	#3120 7-5 ml oils	FREE * \$69.75 \$80.76 \$91.78
Healthy Medicine Cabinet <b>Everyday Oils Collection</b>	#3695 9-5 ml oils	\$115.00 \$133.16 \$151.32
Live Green at Home <b>Thieves Essential Rewards Pack</b>	#3697	\$115.00 \$133.16 --

### **Radiant Health News**

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\*For references and more details, see all Product Information Sheets at [www.youngliving.com](http://www.youngliving.com).