Discover the best foods to stock up on for better health this winter.

Fight off the flu this winter by adding any of these immune-boosting superfoods to your diet.

1

**Carrots**

This root vegetable contains high amounts of beta carotene which the body converts into vitamin A. Vitamin A is a key nutrient in immune function, helping to protect against infection and reduce the risk and duration of respiratory illness by keeping our lungs healthy. Carrots most commonly orange in colour, are also available in purple and red varieties. Tip: beta carotene is a fat soluble vitamin meaning a small amount of fat is required for it to be absorbed. Do this by adding a drizzle of olive oil to roasted carrots or a dollop of organic butter to carrot mash.

2

**Wheat germ**

Wheat germ is the small yet nutritionally dense component of the wheat kernel. It’s rich in B vitamins, iron, zinc and vitamin E, an important antioxidant that supports the body’s immune response. Fresh wheat germ has a nutty flavour and can be used in baking breads, muffins, casseroles or sprinkled on salads or cereals. Adding 2 tablespoons of wheat germ to your morning porridge provides around 7.5 milligrams of vitamin E or 50 per cent of the recommended daily intake. Wheat germ oil is more concentrated. One tablespoon contains 20.3 milligrams of vitamin E.
3

**Garlic**

Garlic has been used for thousands of years in the treatment of illness and disease. The University of Maryland Medical Center in the US recommends eating 2 to 4 whole cloves of raw garlic per day as a natural health supplement. However, it's believed consuming between 1 to 2 cloves of garlic daily offers the same benefits to fight off a cold. For those who don't like the taste or smell of raw garlic, an odorless supplement can be taken several times a day.

4

**Natural yogurt**

Natural plain yogurt contains probiotics, the friendly bacteria that are essential for good gut health. Probiotics boost immunity by protecting against viruses that enter via the digestive tract. For a healthy dose of probiotics add yogurt to your cereal in the morning or mix warm berries, cinnamon and yogurt together for dessert. Other foods which also contain probiotics include fermented miso, tempeh and kefir, a fermented milk drink.

5

**Fennel**

This licorice tasting winter vegetable offers more than just a unique tang. Fennel is low in calories yet high in the phytonutrient anethole, which may help boost the immune response. Fennel, like celery, is a member of the parsley plant family, however compared to its cousins, it contains much higher levels of vitamin C. Fennel can be eaten raw in salads or cooked in a stir fry or baked with a roast dinner. Try any of these fennel recipes.

6

**Tangelo**

A cross between a tangerine and a pomelo, the tangelo is one of winter's best citrus fruits. Similar to oranges, tangelos contain high levels of vitamin C. Research shows several cells of the immune system require vitamin C to function optimally.
perform their task, especially phagocytes and T-cells. Therefore a vitamin C deficiency may result in a reduced resistance against certain pathogens. Just one tangelo per day provides 100 per cent of the recommended dietary intake of vitamin C.

7

Salmon

Research shows 40 per cent of Australians will be deficient in vitamin D at the end of winter. Also known as the sunshine vitamin, vitamin D has important functions within the body including immune system regulation. Salmon is one of the few dietary sources of vitamin D. The recommended intake of vitamin D is 400IU or 10 micrograms per day. This would be equivalent to short amounts (10 to 15 minutes) of daily sun exposure or a single 120 gram serve of salmon.

8

Beetroot

Beetroot is packed with beneficial phytochemicals and antioxidants which protect the immune system by fighting off destructive free radicals, molecules which harm healthy cells and their DNA. This bright, sweet root vegetable can be eaten baked, steamed, pickled or blitzed through soups. Tip: don’t discard the green leafy tops. They offer high nutrient value providing vitamin C, beta carotene, calcium and iron.

9

Eggs

Once considered off limits due to their cholesterol content, eggs are back on our good list and with good reason. Eggs provide an excellent source of protein, B vitamins, vitamins A, D and zinc. Protein is essential in supporting a healthy immune system. The body uses protein as fuel to make antibodies that attack foreign invaders and prevent against infection. The Australian Heart Foundation states you can enjoy up to six eggs each week as part of a healthy balanced diet.
**Dark chocolate**

Cacao-based dark chocolate is one of the best natural sources of antioxidants, iron, magnesium and zinc. Zinc, an important trace mineral, is important for immune function. Adults need around 8-14 milligrams of zinc per day. Unsweetened cacao provides around 9.6 milligrams of zinc per 100g, compared to 2.3 milligrams per 100g serve of standard milk chocolate. Tip: if you can't find pure cacao make the switch to dark chocolate that’s to 70-85 per cent cacao; the higher percentage indicates a higher amount of cacao in the product.

**The top 10**

1) **Broccoli - exceptionally high in antioxidants**

The rule of thumb when it comes to vegetables is, the brighter the colour, the better they are for you. Broccoli, many a dietitian’s favourite vegetable, contains high levels of key antioxidants as well as a number of vitamins and minerals. Add to as many vegetable dishes and stir fries as you can. For some extra flavour, try steaming broccoli with a little soy and oyster sauce.

2) **Carrots - huge boost of the antioxidant beta-carotene**

Another brightly coloured vegetable choice, carrots are packed full of beta-carotene, the precursor to vitamin A, which is why they sometimes bleed all over your hand. Just one carrot a day will keep the doctor away and is a great snack food choice teamed with peanut butter or low fat hommus. Remember that over cooking vegetables is a sure way to kill the vitamins so if you cook your carrots, aim to lightly steam them or alternatively make it a daily ritual to snack on a carrot on the way home from work.

3) **Oats - low GI goodness**

The less processed the cereal grain, the better it tends to be for you. A single serve of oats each day provides you with a substantial amount of soluble fibre; the type of fibre known to help reduce blood cholesterol levels. Oats also have one of the lowest GI's of all grains. Look for the coarsest oats you can find, rather than the 'quick cook' varieties and team with plenty of low fat milk and a little cinnamon rather than adding sugar.

4) **Lean red meat – the hit of iron and zinc you need**

The rich-nutrient density of a piece of lean meat means that it ticks a number of boxes from a performance/nutrition perspective. Many people eliminate red meat from their diet instead thinking that fish and chicken are healthier options, but as long as you choose lean meat, you are getting a more nutrient-dense choice than both chicken and fish. Lean red meat is a rich source of iron, zinc and vitamin B12, which are all crucial for optimal energy production, particularly for active people. Aim for 100-200g of lean red meat 3-4 times to ensure you are getting all the key nutrients you need for muscle function and recovery.

5) **Red capsicum – packed full of vitamin C**

Red capsicum is a rich source of carotenoids, the group of antioxidants known to play a powerful role in helping to down regulate a number of inflammatory pathways in the body. Individuals who have had a higher intake of carotenoids during their lives have been associated with lower risks of mortality from common disease states including heart disease, cancer and stroke in large population based health studies. Red capsicums are another great vegie snack teamed with hommus or cucumber dip.

6) **Kiwi fruit – entire daily requirement of vitamin C**

Did you know that just a single kiwi fruit provides your total daily requirement of vitamin C? This furry fruit is packed full of nutrition and a great choice of lunchbox filler for kids – Cut the top off the kiwi, and team it with a spoon for a sweet tasty fruit snack. One kiwi also provides almost 3 grams of fibre, a significant amount of beta-carotene and is low
in kilojoules. Try blending with berries for a nutrient-rich fruit drink, adding to salads, and if you are brave enough, try eating the kiwi with the skin on, which would give you an extra gram of fibre!

7) Lemons and limes - a little zest

Citrus fruits including lemons and limes originated in the tropical and subtropical areas in South East Asia and are a rich source of vitamin C. The role of citrus fruit and weight control has developed in interest due to their high content of citric acid which is thought to potentially bind fat stores. While there is no evidence to show this is the case, adding highly acidic foods including lemon juice to cooking does lower the glycaemic index of the food. Low in energy but packed full of nutrition, both lemons and limes can be used as tasty additions to recipes with a vitamin C boost to boot. Perfect for marinades, sauces or squeezed into some hot water for a great cleansing start to the day.

8) Green tea – powerful antioxidant

If there was one type of tea you should add to your tea repertoire it is green tea. Not only is it exceptionally high in antioxidants, there is also evidence to show that it can help with fat burning. Aim for a cup after each meal. Caffeine-free varieties are also available. If the flavour of plain green tea isn’t for you, the flavoured varieties are fine and remember, the longer you leave the tea bag in, the better it is for you.

9) Dark chocolate – it has to be dark!

Chocolate made with a high proportion of cocoa contains high amounts of antioxidant molecules, the flavonoids and the phenolic phytochemical. It is actually rated higher than both tea and red wine in terms of antioxidant capacity but remember, naturally controlling your portion size is key. Aim for just 20g for roughly 100 calories and 5-7g of fat.

10) Eggs – super nutritious

Eggs are one of the most nutritious foods we can eat. They offer a large number of key nutrients including zinc, high biological value protein and iron as well as more than 20 other vital vitamins and minerals. Enjoy 1-2 eggs a day as a great breakfast choice teamed with wholegrain bread or as a protein boost with wraps or sandwiches through the day. Omelettes or frittatas are also a great alternative to toasted sandwiches or pizza for a quick meal on the go.

Prevention is the most important strategy when it comes to the common cold. Know your limits and don’t push your body too hard. Late nights, alcohol and partying, too little sleep and poor diets are bound to have an effect on the body. We often get sick simply because we are run down and have pushed ourselves too hard. Our bodies are only able to put up with so much.

The advantage of natural medicines is that they are able to improve the body’s natural immune-fighting ability. Antibiotics can only kill bacteria while natural medicines help the body fight and eradicate the bug. If you feel a cold coming on, there are countless papers proving that a few key nutrients and herbal medicines are beneficial. Herbal medicines such as echinacea, andrographis, garlic and onion are all effective. Herbs are best taken as soon as possible and maintained until the infection has completely cleared.

Essential oils such as tea tree, eucalyptus, lavender, peppermint and lemon are all natural decongestants. Regular inhalations are incredibly effective for helping to break down mucus, improve breathing and kill the virus. Putting a few drops in a mug of hot water and inhaling at your office desk or putting a few drops on the shower floor before you turn the water on are simple strategies to treat a cold.

Nutrients such as vitamin C and zinc help to encourage the immune system and are best taken as low, divided doses repeatedly throughout the day. Avoiding sugar is also paramount. Sugar – in any form – suppresses the immune response and prevents you from fighting a bug. Staying well hydrated, well rested and eating wholesome, nourishing foods are essential strategies to enable your body to do what it needs to do. Chicken soup, warm pyjamas and adequate sleep often accomplish more than we all realise.

Instead of reaching for cold and flu tablets this winter, here are some natural ways to get back to good health, quickly.
Andrographis paniculata

A herb traditionally used throughout India and Asia for the treatment of colds, Andrographis paniculata is used widely by herbalists for treating and preventing colds and flu, and to boost the immune system. Available from health food stores.

Echinacea angustifolia

This immune-boosting herb (pictured) is beneficial for treating and preventing colds and flu, and fighting infections. Take as a tea, tablet or liquid tincture.

Garlic (Allium sativum)

Garlic contains allicin, which has powerful immune-enhancing properties, as well as vitamins and minerals needed for healthy immune function. Garlic has anti-viral and anti-bacterial properties, offering protection against colds and flu. Eat two to three crushed garlic cloves a day.

Vitamin C

Taking a vitamin C supplement (3g to 5g a day) and including foods rich in vitamin C (citrus fruits, kiwifruit, strawberries, broccoli) helps strengthen immunity and reduce the risk of colds and flu.

Increase fluids

Keep well hydrated by drinking plenty of water and herbal teas, and consuming nutritious vegie juices (carrot, beetroot, celery, ginger, apple) and soups.

Reduce mucus-forming foods

Limit foods such as dairy products, soy milks and sugary, processed foods that increase the production of mucus, which can exacerbate nasal and chest congestion.

Most health-conscious people know long-chain omega-3 fatty acids EPA and DHA are among the best reasons for eating a diet rich in fatty fish including salmon, tuna, mackerel, or sardines. These biologically potent fatty acids contribute to optimal heart, brain, and immune function. Unfortunately, most people eat fish rich in these omega-3 fatty acids only sporadically, failing to meet even the 1 to 2 servings per week recommended by dietary and medical organizations.

One question left unanswered by this recommendation, however, is how eating fish rich in omega-3s once or twice a week compares with daily supplementation of omega-3s at increasing circulating and cellular concentrations within the body. Because this question has significant public policy and health implications, researchers from the United Kingdom carried out a 12-month randomized, double-blinded study to evaluate the effects of daily fish oil supplementation versus sporadic supplementation with an identical amount of EPA and DHA that would be consumed by two servings of fish per week.
In the study, researchers divided healthy males and females into one of two groups: the first group consumed 12 capsules per week (either one or two capsules per day) providing 6.54 grams of EPA and DHA combined, and a second group where individuals consumed the same 12 capsules per week providing the same dose of EPA and DHA, but only on two days each week (to mimic what happens when someone eats two oily-rich fish meals per week). So that neither group knew if they were receiving omega-3 supplements daily or only twice a week, the remaining capsules were filled with placebo oil.

To understand how both treatments raised omega-3 fatty acid concentrations over the 12-month study, the researchers measured concentrations in plasma, platelets (cell fragments that stop us from excessive bleeding), and immune cells. The researchers chose these samples deliberately because they provide a good indication of omega-3 fatty acid concentrations over short, medium, and long-term intake, respectively. The results indicated that while both groups had significant increases in cellular concentrations of EPA and DHA, the group that consumed the supplement daily had greater concentrations in their plasma and cells compared to the group that consumed their supplements only two days per week.

According to the authors, "This finding may have implications for the associated health benefits observed in continuous supplementation studies and suggests that the same dose of EPA and DHA achieved through sporadic oily fish consumption may have a lesser impact on EPA and DHA status."

So what is the take-home message from this study? One major finding is that even the minority of people who consume 1 to 2 servings per week of fish rich in omega-3s incorporate these heart-healthy nutrients into their bodies less than those who take supplements of omega-3s daily. So, while eating more fish is recommended to obtain these fats, as well as other healthy nutrients such as proteins, vitamins, and minerals, it also cannot be ignored that fatty fish can be a major source of environmental toxins that accumulate in our bodies over decades, possibly leading to greater obesity and other metabolic dysfunctions.

This is why, in addition to a greater dietary intake of omega-3 fatty acids from fish, daily supplementation is an excellent way to significantly increase these fatty acids in the body leading to better brain, immune, and of course, heart health.

Contact me, if you want to increase your Omega 3 intake to improve, brain, immune and heart health!

Reference


From expensive creams to painful procedures, many are willing to go to extremes. Tweet
to get youthful-looking skin. But what if the answer wasn't in a bottle or tube? When it comes to making skin glow, what you put in your body is just as important as what you put on it.

As you might've guessed, a healthy, balanced diet is key for giving skin that healthy shine. There are also certain nutrients that stand out for optimum glowing effects:

**Beta-carotene:** Beta-carotene is a colorful plant pigment (also known as a carotenoid) that the body can convert into vitamin A. It's found in many rich-colored fruits and vegetables including carrots, spinach, and tomatoes. Similar to how beta-carotene works in these foods, it may also affect skin pigmentation when consumed, resulting in a warm and natural skin tone (1). Additionally, beta-carotene acts as an antioxidant and has been shown to support skin cell turnover, which is the recycling of old skin cells for new ones (2).

**Zinc:** Zinc is an essential mineral and can be thought of as your body's repairman—always going to work to fix and rebuild. It's roles in gene expression, protein synthesis, and immune health all contribute to the health of your skin. One of the greatest roles of zinc for skin health is its ability to support rapid cell division, which is necessary for damaged skin to best repair itself (3). Zinc can play a role topically, as well because it acts as a physical barrier to block the sun's UV rays unlike chemical sunscreens (4).

**Vitamin C:** Skin texture and elasticity is largely due to the structural protein collagen, the production of which is dependent on vitamin C. For this reason, vitamin C is found in higher levels in the first skin layers: the dermis and epidermis. With age, however, there's a decrease in the skin’s vitamin C concentration that can lead to skin frailty, wrinkles, and decreased blood flow (5, 6). Getting plenty of vitamin C in the diet, on the other hand, improves skin structure and blood flow crucial for that glow we all want.

**Omega-3 Fatty Acids:** The outer membrane of every cell is comprised of a class of fats called phospholipids, which help keep fluid balance within cells at healthy levels. Without these fats, water would evaporate from cells, leaving skin dehydrated and susceptible to wrinkles. Additionally, the lipid-mediated pathways in and out of cells are important for the delivery of important nutrients and removal of waste. Omega-3 fatty acids also help produce signaling molecules within cells, including skin cells, to help respond appropriately to oxidative stressors (7). For these reasons, omega-3s in the diet help keep skin well-hydrated and nourished, leaving skin more supple and moist.

Remember to feed your skin through a healthy diet and the correct supplementation to get glowing skin from within!

If you are concerned that your diet may be affecting your skin, **contact me**, to discuss how you can improve it!
How Can I Reduce My Chemical Exposure?

Some exposures to pesticides and industrial chemicals are unavoidable. Many everyday items found around our homes can emit chemicals, that when combined together, create a toxic cocktail inside our homes and bodies. The increasing prevalence of many modern day illnesses and allergies is being linked to chemicals that we are exposed to in our homes.

It is now widely recognised that babies and young children are at greatest risk from chemical exposure, which can have life-long impacts on their health and ability to learn. If you are pregnant, planning to become pregnant, are breastfeeding or have young children, it is advisable to pay particular attention to reducing chemical exposure as much as possible. Here’s a "starter-list" of practical measures you can take to protect yourself and your children from common chemicals:

• Store your food in glass containers whenever possible, as it is the most inert container you can use. Don't microwave in plastic or with Gladwrap: use glass ceramic instead. It is especially important to look for BPA-free bottles for your infants (these will have a golden tint); and BPA-free water bottles for your children and yourself.

• Buy and eat fresh produce and free-range, organic foods where possible, to reduce your exposure to pesticides, GMO's and fertilisers. This is especially applies to animal products (meat, chicken, eggs) and full-cream dairy products, as these may contain higher levels of some pollutants. Local farmers markets are the best place to search for seasonal, fresh organic produce at cost effective price. If you don't have access to organic produce, consider eating fewer meat and high-fat dairy products. In addition, know about the "Clean Fifteen" Vegetable and Fruit List.

The Dirty Dozen is a list published by the Environmental Working Group (EWG) that prioritizes the fruits and veggies that you should buy organic because of their high levels of pesticide residue.

Here is the 2013 list, plus a printable cheat sheet from the EWG to carry with you!

• Avoid the use of pesticides in the home or garden, or on your family pets. Examples of common things to avoid: Mortein, Baygon, garden sprays, flea treatments, mosquito repellants that contain DEET etc. There are safe, effective and natural alternatives out there.

• Eat low-mercury fish and say "no" to mercury amalgams. In addition, use the table below as a guide for which commercially bought fish to consume throughout pre-conception, pregnancy, breastfeeding and infancy.
BEST AVOIDED | LIMIT 150g ONCE PER WEEK (adult) OR 75g ONCE PER WEEK (infant/child) | ENJOY
--- | --- | ---
Sword fish | Barramundi | Blue Mackerel
Marlin | Genfish | Snapper
Shark/Flake | Ling | Ocean Trout
Orange Roughy (aka Deep Sea Perch) | Fresh Bluefin or Albacore Tuna; and Canned Tuna (generally farmed in Australia) | Small oily fish such as Sardines, Anchovy, Herring, Whiting
Catfish | Halibut | Atlantic Salmon
 | Mahi Mahi | Blue Eyed-Cod; Bream; Mullet
 | Sea Bass | John Dory
 | Flat Head |

- Avoid seafood that may be high in other environmental contaminants such as PCB levels. Locally caught fish, prawns and crustaceans from inlets, lakes, rivers and harbours may be contaminated with PCB's, so always check with your local fishing authority before eating.

- Throw out your Teflon pots and pans and instead use safer cooking materials like ceramic, stainless steel and glass.

- Avoid processed foods, and become a food label detective. Avoid artificial food additives of all kinds, including MSG and artificial sweeteners. Artificial sweeteners are found in most chewing gums, diet foods and drinks and some children's medications.

- Run your tap water through a home-filter, or drink spring water. Filters can reduce levels of common tap water pollutants.

- Avoid artificial fragrances: in air fresheners, fabric softeners, perfumes, cheap candles, and other synthetic fragrances, Use fresh flowers, essential oils and natural alternatives instead.

- Reduce the number of cosmetics and other personal care products you use, which can contain harmful chemicals and can be sold with no safety testing. Aim to switch to natural brands of personal care items: including shampoo, toothpaste, deodorants and cosmetics. Skin care products are notorious for containing a slew of dangerous chemicals. See the Environmental Working Group's Skin Deep Cosmetic Safety Database [www.cosmeticsdatabase.com](http://www.cosmeticsdatabase.com) or ONE Groups’ Chemical Directory [www.mionegroup.com/toxic](http://www.mionegroup.com/toxic) for more information.

- Avoid nail polishes and nail polish removers; aerosols like hairspray, conventional hair dyes and bleaches while pregnant and breastfeeding.

- Carefully consider what you put on your baby’s skin: be cautious of ingredients such as preservatives, parabens, foaming agents (SLS), fragrances and petroleum-based ointments.

- Carefully consider the toys you choose for you children, as children like to “mouth” things. Avoid toys that have been painted overseas, plastics, adhesives, lip glosses, nail polishes etc.

- When renovating your home, look for “green”, toxin-free alternatives in lieu of regular paints, varnishes and floor coverings. Use low VOC (volatile organic compound) paints, varnishes and sealants (available from your hardware store) and avoid formaldehyde resins. Ideally, aim to finish the renovations, polish the floor boards and paint the baby room well before you conceive.

- Educate yourself and your partner before you vaccinate.
• Reduce the number of household cleaners you use; and only use natural cleaning products in your home.

Use the table below for inspiration & see the Safer Solutions website for keeping you home healthy and green www.safersolutions.org.au

<table>
<thead>
<tr>
<th>NATURAL HOME CLEANING SOLUTIONS</th>
<th>METHOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Washing Fruits and Vegetables</td>
<td>1:20 mix white vinegar and water, and a clean nail brush for organic or conventionally grown produce; OR use an ecological fruit and vegetable wash.</td>
</tr>
<tr>
<td>Washing Up</td>
<td>Use ecological washing up liquid, very hot water, and washing up gloves.</td>
</tr>
<tr>
<td>In the Kitchen</td>
<td>Use bicarbonate of soda and hot water as a paste to clean the fridge, kettle, benches and stained tea/ coffee cups.</td>
</tr>
<tr>
<td>Clothes Washing etc</td>
<td>Sprinkle dirty or smelly sneakers with bicarbonate of soda and leave overnight, vacuum out the next day.</td>
</tr>
<tr>
<td>Baths, Showers, Toilets</td>
<td>General: Use an eco-cream cleanser or washing up liquid and a soft cloth. For stubborn marks and grout: use a paste of bicarbonate of soda, lemon juice and water, and an old toothbrush to scrub. Shower Curtains: Wipe off mildew: add bicarbonate of soda to the bowl once a week and leave overnight.</td>
</tr>
<tr>
<td>Air Fresheners and Aerosols</td>
<td>Wardrobes: Lavender and Cedar Bark essential oils to freshen and deter moths. Mosquito repellent: Citronella essential oil neat on skin of adults, or made into a spray with water and essential oil dispersant. Air quality: keep windows open for ventilation, have plants around and treat yourself to fresh flowers occasionally.</td>
</tr>
</tbody>
</table>

Click here, to book an appointment to check your Toxicity Levels or email and I will reply to you.

To your good health,
Margaret

Margaret McNamara
So how do you know if you are eating the right foods, doing the best lifestyle for your emotional well-being or taking the right supplements to stay healthy? Or are you simply wasting your time, energy, $$$ on what’s not right for you?

Everybody is different!

We all know that as individuals, we are all different, what works for one person, may not work as well for another. Iridology gives you the opportunity to understand your individual body, its strengths and points of weakness. This means you will know what diet, lifestyle and emotional wellbeing will support you rather than burden you so that you feel great and have the energy to live the life you want. “The eye is the window to the soul”

read more...

Your personality is influenced by both genetic predisposition and the environment, says University of Sydney personality psychologist Dr Niko Tiliopoulos. "Personality traits can affect your health" and he says it is wise to know the characteristics that might put you at increased risk of ill health. Stress is also a contributing factor. Research indicates stress is not all bad as it can have positive impacts or negative ones depending on how you handle stress which also determines your susceptibility to stress-related conditions.

Iridology is a system used to not only evaluate underlying health factors, it also shows different patterns correlated with specific personality traits. By examining these behavioural characteristics, we can see how the family tree influences character, relationship choices and health.

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Beat the risks of ageing and find out what’s missing if you want to get the biggest health improvements with the least effort!

First up, knowing your genetic health risks can help to get your biggest health improvements. If your grandparents, parent or siblings suffered from a particular illness (High Blood Pressure, Cardiovascular Disease, Diabetes, Arthritis, Dementia etc.), then there is statistically a much higher chance you will too. Iridology helps you to understand your inherited health and emotional patterns as well as current health risks.

read more...

Do you understand your emotional patterns and how they can affect your body? Let’s look at a few of these…..

Over emotional! Chicken wings!

Flabby arms are very common in women and can indicate a lack of testosterone. In fact, both men and women need testosterone and oestrogen, and testosterone plays a part in producing lean body mass. Often, lack of it indicates high levels of cortisol caused by stress.
DIET: Fat, or cholesterol, is essential for the production of many hormones, particularly testosterone – so eat nuts, eggs and butter but no saturated fats. Don't go for cakes and biscuits when you are emotional, they are loaded with saturated fats. Eat protein to build muscle, be aware of soy products and raw brassica vegetables as they may affect male and female sex hormones, as well as the thyroid.
Margaret Craig McNamara (August 22, 1915 – February 3, 1981) was the founder of the nonprofit children's literacy organization Reading is Fundamental and the wife of the United States Secretary of Defense Robert McNamara. McNamara was born on August 22, 1915 in Spokane, Washington, but she grew up in Alameda, California. McNamara attended University of California, Berkeley, where she met Robert McNamara, whom she would marry on August 13, 1940. Her husband's appointment by President John F. Kennedy as Margaret Craig McNamara (August 22, 1915 – February 3, 1981) was the founder of the nonprofit children's literacy organization Reading is Fundamental and the wife of the United States Secretary of Defense Robert S. McNamara. Contents. Biography 1. Legacy 2. Reading is Fundamental 2.1. The Margaret McNamara Memorial Fund 2.2. The Fog of War 2.3. References 3. We found Margaret McNamara in 42 states. See Margaret's age, contact number, home address, social profiles & run a background check. Search any name with ease. The average Margaret McNamara is around 52 years of age with around 63% falling in to the age group of 51-60. Uncover where Margaret McNamara lives along with previous addresses, cell phone numbers, email addresses, background report, criminal check, professional history and more. See more Learn More About Margaret McNamara.