HEALTHY DIGESTION GOES WELL WITH ANY MEAL.

A superior “after meal” digestive aid, Chewable Super Papaya Enzyme Plus is the natural choice for battling heartburn, gas and occasional gastrointestinal discomforts.

This great-tasting formula contains delicious ripe papaya fruit fortified with enzymes, such as Bromelain and Papain, which further help improve protein digestion and food absorption. Plus, refreshing Peppermint sweetens breath.

Chewable Super Papaya Enzyme Plus... take one after every meal for natural digestive support.

AMERICAN HEALTH

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VITAMIN D SHEDS LIGHT ON EYE HEALTH

A diet high in vitamin D, or with added supplements, may help prevent the leading cause of severe vision loss in people over age 60, a new study shows. Macular degeneration is a progressive disease resulting in blurred vision and blind spots, making reading, driving, and recognizing faces difficult. But according to results of the third National Health and Nutrition Examination Survey, in a field of 7,752 participants, those with the highest levels of vitamin D were 36 percent less likely to have early macular degeneration. The study did not examine sunlight exposure, which is a major source of vitamin D. Researchers are still studying potential recommended amounts of vitamin D in macular degeneration prevention.

HEAD TO THE SPA TO RELIEVE FIBROMYALGIA

Here's a pain reliever you just might enjoy: mud packs. According to a study in Rheumatology International, fibromyalgia patients who had not responded to medication experienced less pain and other symptoms after undergoing 15-minute sessions of mud-pack therapy followed by 10-minute hot baths. Many wellness-oriented spas offer mud therapy.

HOPS, HOPS

Hooray for a Good Night’s Sleep

A combination of the herbs hops and valerian may help insomniacs catch a few extra z’s. In a new study published in Phytotherapy Research, subjects with sleep disturbances not related to disease fell asleep more quickly after taking the herbal duo. Valerian extract has been previously shown to produce the opposite physiological effect of coffee: While caffeine blocks the adenosine binding process that causes us to feel tired, valerian seems to enhance it. Although it is uncertain how the herb hops encourages sleep, it’s known to interplay with receptors for melatonin, a hormone that regulates the body’s sleep cycle. Hops and valerian are commonly combined in botanically based formulas for insomnia and better sleep.

PRODUCT RESEARCH UPDATE

reverse the need for a ROOT CANAL

Padma Basic, a proprietary blend of herbs based on a Tibetan formula, recently showed promise as an alternative treatment for patients facing root canals. In the study, published in the Swiss journal Forschende Komplementärmedizin, 49 patients took Padma Basic twice daily until symptoms were relieved. The participants exhibited some or all of the symptoms that indicate root canal treatment or tooth extraction, including pain caused by cold lasting longer than 10 seconds, pain caused by heat, and pain on biting. Results showed that 82 percent of participants improved and avoided root treatment or tooth extraction; 56 percent reported relief within a month, often within a few days of taking Padma Basic; and at least 12 of the patients reported no recurrence of symptoms after three to five years. Padma Basic consists of a variety of 18 dried and milled herbs and spices, and contains tannins, flavonoids, and essential oils from plants grown in Switzerland, Europe, India, and Central America. EcoNugenics makes a Padma Basic formula (shown above); follow label directions for dosage.