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## Practitioner News - Latest Research on Dementia

1 message

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31 July 2017 at 15:24

Practitioner News  
Nutritional Update July 2017

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Dear Colleague

Welcome to our July nutritional update for practitioners. The aim of this regular news update is to keep you up-to-date with research findings from the nutritional industry, launch of new products and special offers from Pure Bio Ltd, and to help keep you abreast of products available for your patients and when & how to use them.

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Featured Articles

### [One third of dementia cases preventable with lifestyle changes](#)

More than one third of global dementia cases may be preventable by addressing nine lifestyle factors that affect an individual's risk, according to the findings of a new comprehensive report from The Lancet Commission on Dementia Prevention, Intervention and Care. These factors include not completing secondary education in early life; hypertension, obesity and hearing loss in midlife; and smoking, depression, physical inactivity, social isolation and diabetes in later life.



A new report on dementia prevention, intervention and care has recommended a comprehensive package of evidence-based actions, including management of nine .....

Read more at [medscape.com](https://www.medscape.com)

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### [Sunscreen ingredient linked to endometriosis](#)

Study ties a common ingredient in sunscreens, nail polishes, and lotions to endometriosis.

The chemicals Benzophenones that are widely used in sunscreens and other products because they protect against UV light are associated with an increased risk of developing the gynecological condition endometriosis, a new study shows.

Safer [sunscreens](#) are those that are mineral-based, with ingredients zinc oxide or titanium dioxide as natural UV blockers.

Read more at [medscape.com](https://www.medscape.com)



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## Product Focus

### [Sun, Sea and Sand Protection](#)



### Sunscreen - truths and myths

**Sunscreen** is a great way to protect your skin from ultraviolet rays and is the safe and sensible option if you are in the sun for extended periods of time. However, exposing the skin to the sun increases the body's natural production of Vitamin D - this powerful nutrient has many health benefits against heart disease, loss of or distortion to bone, immune dysfunction and, ironically, also cancer. Twenty minutes of unprotected sun - *outside of the sun's most intensive period, which is midday to 3pm* - will help to boost the body's production of Vitamin D.

**Be careful about what is in your sunscreen.** Some chemicals are allergens, potential hormone disruptors or just plain unnecessary. Here are some key ones to watch for:

- Look for a PABA-free sunscreen. Para-aminobenzoic acid, or PABA, was used in sunscreens for a long time, but it can cause an allergic reaction in some people
- Avoid sunscreens containing Vitamin A (retinyl-palmitate). The FDA has warned that this may make your skin photocarcinogenic - in other words, skin covered in it is at greater risk of turning cancerous when exposed to sunlight
- The chemicals Benzophenones are widely used in sunscreens because they protect against UV light, but are associated with an increased risk of developing the gynaecological condition endometriosis
- Avoid sunscreens with EDTA, which is a toxic chemical that disturbs liver function

- Avoid sunscreens with added insect repellent. Choose a sunscreen because it protects you from the sun; choose a different and more natural product for repelling insects

- Choose a non-chemical and organic sunscreen such as [Green People](#) - see below



**Remember!** It takes approximately 20 minutes for sunscreen to become effective after it has been applied, so your skin is not protected during that time, but you also do not have the benefit of producing Vitamin D, the production of which is almost entirely blocked by the application of sunscreen!

**Don't be fooled into thinking that an existing tan protects against sunburn!** Tanning does very little to shield you from sunburn. A suntan generated by ultraviolet light provides a sun protection factor (SPF) of 2 to 3 for people with light to medium skin tones. Imagine buying a bottle of sunscreen labelled SPF 2!

We are pleased to be suppliers of [Green People toiletries](#) - a high-quality, certified organic company.

Green People are committed to offering hand-made, organic health and beauty formulations. 10% of profit is donated to charities. All products are suitable for vegetarians and most are approved by the Vegan Society. They are produced with organic constituents, are cruelty-free and free of sodium lauryl/laureth sulphate, synthetic fragrances, petrochemicals, ethyl alcohol and colourants.

See below for our range of safe sun protection products by Green People - for more details of each product, or to order, please click on the links below.



[After Sun Lotion](#)  
[£15.95](#)



[Scent free Sun Lotion SPF30](#)  
[£22.00](#)



[Self Tan Lotion](#)  
[£21.00](#)



[Sun Lotion SPF15  
With Tan Accelerator](#)  
[£21.00](#)



[Sun Lotion SPF25  
\(FOR CHILDREN\)](#)  
[£17.50](#)

What we put on our skin to protect our bodies on the outside is just as important as the nutrition and supplements we consume to protect our inner health. So this summer ensure your body and [skin care](#) products are free of any chemicals. Why not browse our full range of organic toiletries, for men and women, [here](#).

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## Latest Pure Bio News

### [Pure Bio Test Kits](#)

The quieter summer months are always a good time for Pure Bio to review our practitioner aids and I am sure you do likewise in your practice. Keeping up-to-date with the latest products available from Pure Bio can be time-consuming but is, of course, necessary to enable the most comprehensive patient testing.



With that in mind, please click here to see the [latest list of products](#) contained in our basic test kit.

Once any missing products have been identified from your test kit, **product sample phials can be purchased from us at a cost of £1.50 each**. Alternatively, if you wish to purchase a pot of the product (you can use any available commission to do this), we will also send you a **sample phial free of charge!**

Please just telephone us on [01403 730342](tel:01403730342), or email your order to us at [info@purebio.co.uk](mailto:info@purebio.co.uk)

Alternatively, should you discover that it's time for a whole new test kit, these can be ordered online [here](#), where you will need to use product code **BSKW**. You can, of course, also call or email us to place your test kit order.

**Once your basic test kit is up to date, perhaps it's a good time for some CPD and attend our much acclaimed [TEST KIT Seminar](#) in September to ensure you fully understand the uses and recommended dosages of all the products. To book click [here](#)**

Please feel free to contact us on [01403 730342](tel:01403730342) if you have any queries or wish to update any other [Pure Bio Test Kits](#).

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## SPECIAL OFFERS

This month we have 3 Special Offers for you on a selection of our products Simply telephone **01403 730342** to place your order and take advantage of the savings. **It's first come, first served!**

[Glucosamine/Chondroitin with Manganese](#)

2 pots x 120 caps - expiry 09/17 - half price    £28.44

[Glucosamine/Chondroitin with Manganese](#)

4 pots x 240 caps - expiry 09/17 - half price    £49.78





We have 3 pots of [Nitric Oxide Support powder 162gm](#) - expiry 09/17. Half price special offer at only £19.00 per pot

We also have 5 pots of a special Pure Encapsulations product - [PS Plus - 60 caps.](#) On offer at HALF PRICE - available to you at only £35.00 per pot (expiry 06/18)



**SIMPLY TELEPHONE 01403 730342 TO ORDER ANY OF THE ABOVE SPECIAL OFFERS**

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## Gift Vouchers

Did you know that we sell [Gift Vouchers](#) which can be used against the purchase of any of our products - from supplements to soap to socks?

**Pure Bio Gift Voucher**

*The gift of health — with the luxury of choice!*

This certificate entitles you to **£** of products from Pure Bio Ltd

**Example only**

**Pure Bio** Your lifestyle solution

Ground Floor:  
44 Springfield Road  
HORSHAM  
West Sussex  
RH12 5PD  
Tel: 01403 730342  
www.purebio.co.uk

The vouchers can be purchased in denominations of £5, £10 and £20 and are valid for one year

***Why not give the gift of health with the luxury of choice!***

Order from the office 0044 (0)1403 730342 or visit our website [here](#)

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Forthcoming Seminars

## NEW SEMINAR ANNOUNCED FROM PURE BIO FOR 2017

### [Do You Understand Your Test Kit? A guideline on what to prescribe and when!](#)

Due to recurrent demand, **Tracy S Gates, DO, DIBAK**, will be presenting her updated seminar on Understanding and Using all the products in your Pure Bio Test Kit, including recommended dosages.

**When:** 23/24 September 2017 **\*NEW DATE\***

**Venue:** Gatwick Hilton Hotel, South Terminal, Gatwick Airport

**Cost:** £195.00 for the weekend

To book click [here](#)

For further details on any seminar, call us on 0044 (0)1403 730342 or email [info@purebio.co.uk](mailto:info@purebio.co.uk)

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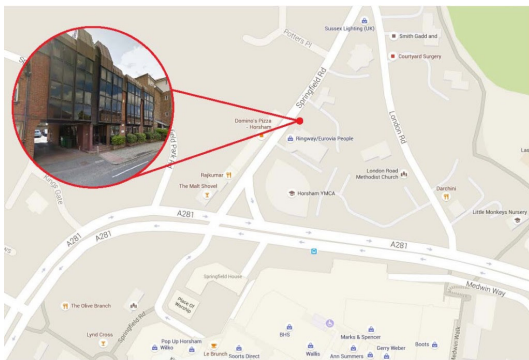
## Quote of the Month

**"Those who think they have not time for bodily exercise  
will sooner or later have to find time for illness"**

Edward Stanley

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## How to find us



You can order from our [website](#) or make purchases in person. [Find us at:](#)

**Ground Floor, 44 Springfield Road,  
Horsham, West Sussex, RH12 2PD**

Tel: 0044 (0)1403 730342

Email: [info@purebio.co.uk](mailto:info@purebio.co.uk)

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