



Pure Bio <purebioltd@gmail.com>

Practitioner News August: Latest Research on Mental Health

1 message

Pure Bio <info@purebio.co.uk>
Reply-To: Pure Bio <info@purebio.co.uk>
To: purebioltd@gmail.com

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Practitioner News
Nutritional Update August 2017

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Dear Colleague

Welcome to our August 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

[Leafy Greens Guard Against Brain Ageing](#)

Eating a diet full of lutein-rich foods, such as kale and spinach, in middle-age may guard against age-related cognitive impairment, new research suggests ...



In a study of 60 adults aged 25 to 45 years, investigators assessed levels of lutein, using macular pigment optical density (MPOD).

Results showed that higher vs lower levels of lutein were associated with significantly greater attentional inhibition. In addition, neural responses in the older participants who had high lutein levels/MPOD scores were similar to those in the younger participants.

Read more at medscape.com

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[Zinc Deficiency and its Role in Mental Health](#)

By now, you are familiar with a deficiency in B12, Vitamin D or low Magnesium and how it can have an impact on mood and behaviour, such as their role in depression, anxiety and ADHD. But you may not realise that

Read more at naturalnewsblogs.com



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Product Focus

[The Benefits of Zinc](#)

[Zinc picolinate](#) is a highly absorbable form of this mineral and bypasses the need for production of picolinic acid from the pancreas for its optimum absorption.

Zinc is an essential mineral found in almost every cell of the body. It is the most common mineral deficiency in the western world. It stimulates the activity of approximately 100 enzymes and is itself a constituent of over two dozen enzymes involved in digestion and metabolism, including carbonic anhydrase, which is vital to tissue respiration.

Zinc plays an important role in supporting the body's defence system, and is related to the normal absorption and actions of the B vitamins. Zinc supports a healthy immune system, helps to maintain the sense of smell and taste and is required for DNA synthesis, thus supporting normal growth and development.

Zinc is essential for the healthy storage and metabolism of carbohydrates. It plays a fundamental role in collagen formation and healthy tissue development. This mineral is also essential for normal foetal and reproductive development, and it contributes to healthy prostatic function. It is required for the steroid synthesis of testosterone.

Other key functions of [zinc](#) include:

- the metabolism of proteins, lipids and vitamin A

- protein manufacture and the maintenance of healthy skin, hair and nails
- muscle growth
- protection of cells from oxidative damage
- maintenance of healthy bones
- supporting cognitive function
- healthy vision

See below for our range of [zinc](#) products - for more details of each product, or to order, please click on the links below.



[Zinc 15](#)
[£10.28](#)



[Zinc 30](#)
[£13.72](#)



[Zinc Citrate](#)
[£10.27](#)



[Liquid Zinc](#)
[£8.12](#)

[Foods that contain Zinc](#)

Remember that vegetable sources of zinc are only as nutrient-rich as the soil in which they are grown!



Modern soil is massively depleted of minerals due to commonly practiced mass-farming techniques - the use of herbicides and pesticides - and also due to acid rain. Some plant sources of zinc also have a high content of phytic acid, which means that the zinc is not as bioavailable as when sourced from non-vegetarian sources such as seafood, eggs and beef.

- | | |
|---------------------|-----------------|
| > Legumes | > Pumpkin Seeds |
| > Spinach | > Sesame Butter |
| > Beef/red meat | > Pecans |
| > Lima Beans | > Brazil nuts |
| > Cooked split peas | > Almonds |
| > Eggs | > Walnuts |



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Latest Pure Bio News



It is with great pleasure that we congratulate **Dr Tracy S Gates, DO, DIBAK**, founder of Pure Bio Ltd on being awarded the International College of Applied Kinesiology (ICAK) **GEORGE AWARD 2017** for her contribution to the industry. Tracy received the award in Washington, USA at the ICAK international meeting, and was honoured to be the first osteopath and the first woman ever to achieve this award.

The 'George' award is the highest award given by the ICAK - so named due to the global love and admiration for Dr George Goodheart, founder of AK (1918-2008)



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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?

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](tel:0044%201403%20730342) or visit our website [here](#)

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Forthcoming Seminars

LAST CALL FOR AUTUMN SEMINAR FROM PURE BIO

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

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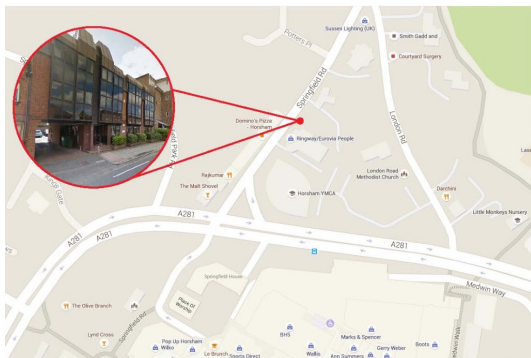
Quote of the Month

"I left Earth three times and found no other place to live. Please take care of this Earth"

Wally Schirra, astronaut

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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

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8/31/2017

Gmail - Practitioner News August: Latest Research on Mental Health

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

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