
Practitioner News April 2018: Latest Research on Migraines

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 April 2018

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Dear Colleague

Welcome to our April 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

MIGRAINES MAY BE THE BRAIN'S WAY OF DEALING WITH OXIDATIVE STRESS

A new perspective article highlights a compelling theory about migraine attacks: that they are an integrated mechanism by which the brain



protects and repairs itself. Migraines affect approximately 14 percent of the world's population

Read more at medicalxpress.com

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3 STEPS TO OVERCOME ADRENAL FATIGUE NATURALLY

What is adrenal fatigue? If you suffer from these symptoms, the good news is that there are 3 steps to overcome adrenal fatigue naturally.

Read more at draxe.com

WHAT IS ADRENAL FATIGUE?

Adrenal fatigue or "hypoadrenia" was proposed as a new condition in 1998 by Dr. James L. Wilson, a naturopath & chiropractor.

DR. WILSON'S THEORY:
An overstimulation of the adrenal glands (or "adrenals") by chronic stress over time could lead to an inconsistent level of cortisol (the stress hormone) in the bloodstream, sometimes far more than normal and at other times, far too low.

In addition to this overload or improper cortisol level, people with adrenal fatigue often don't have enough DHEA, the "parent hormone" responsible for the creation of many necessary hormones in the body.

POTENTIAL CAUSES OF ADRENAL FATIGUE

- Stressful experiences like death of loved one, divorce or surgery
- Prolonged stress
- Negative thinking and emotional trauma
- Lack of sleep
- Poor diet



- Pain
- Food sensitivities
- Surgery
- Reliance on stimulants like caffeine or energy drinks
- Rheumatoid arthritis

SYMPTOMS OF ADRENAL FATIGUE

 Autoimmune conditions	 Decreased sex drive/libido
 Chronic fatigue	 Moodiness and irritability
 Brain fog	 Depression
 Hair loss	 Muscle or bone loss
 Hormone imbalance	 Skin ailments
 Weakened stress response	 Sleep disturbances
 Insulin resistance	 Weight gain
 Lightheadedness	 Sweet and salty food cravings

MAINSTREAM MEDICINE



Currently, no official diagnosis exists for adrenal fatigue. People are either considered to have normal endocrine function or total endocrine failure, like that seen in Cushing's syndrome or adrenal insufficiency/Addison's disease.

NATURAL MEDICINE



Hypoadrenia is considered a "middle ground" syndrome with simple & easy-to-implement solutions. (See below.)

Adrenal Fatigue - the 21st Century Syndrome - Dr James L Wilson, ND, DC, PhD

Probably the most comprehensive book on Adrenal Fatigue. The book includes a self-test questionnaire to determine if you have adrenal fatigue and, if so, how severe



Order Now: [Adrenal Fatigue Book £16.00](#)

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Product Focus

NEW PRODUCT LAUNCH



Pure Bio Adrenal

We are pleased to announce the launch of a new Pure Bio product - [ADRENAL - 90 capsules](#)



Due to the many UK import regulations, it has become increasingly difficult to import Adrenal from our supplier Pure Encapsulations, and we can no longer import this PE product.

Adrenal is one of our most popular products, so we are pleased to announce the launch of our own brand Pure Bio Adrenal, which is manufactured in the UK to the highest purity and quality standards, and comes in a 90 capsule pot size.

This formula combines the whole adrenal together with the adrenal cortex, sourced from New Zealand pasture-fed, pesticide and BSE-free bovine herds. The tissue is freeze dried, then vacuum dried to preserve its nutritional value. This combination of whole adrenal and adrenal cortex nutritionally supports the proper functioning of the adrenal glands. Adrenal extracts are most often used to reduce fatigue, moderate stress and enhance resistance.

The cattle from which the adrenal tissue is sourced are reared without the use of hormones or routine antibiotics. Contains no artificial additives, sugar or salt. It is free of dairy, yeast, corn and soy.

Recommended dose:

Take 1 capsule daily with a meal, or as directed by your healthcare practitioner. Not to be taken by pregnant or lactating women.

Ingredients: Each Vegetable Capsule contains:

Whole adrenal (bovine) 160mg

Other ingredients: rice flour (organic), vegetarian capsule (cellulose, water)

ORDER NOW: [Pure Bio Adrenal - 90 capsules - £24.50](#)

PLEASE NOTE: This new PB Adrenal product replaces the current version in your test kit. To order a replacement phial for your test kit (at £1.50 each), simply call us on **01403 730342**

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Latest Pure Bio News

CUSTOMER FEEDBACK

The Pure Bio team are dedicated to providing a first class service to all those who deal with us. We are always grateful to hear from our customers about our products and services, as we are constantly striving to optimise your experience with us.

We have now added a page to our website [What Our Customers Say About Us](#), where we will feature customer service feedback. If you would like to leave feedback, please click [here](#).

"I just wanted to contact you to say thank you so much for your fantastic customer service. It's so refreshing to hear a friendly and polite voice on the phone and nothing is ever too much hassle! The delivery is efficient and staff really helpful. In these days where everything is so fast and furious and technology based, often customer service is forgotten. So I just wanted to say thank you for what you do so well! Keep doing what you are doing!"
LY, April 2018

Thank you for your continued support of Pure Bio



SPECIAL OFFERS

We have 2 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!**

[Lactobacillus Sporogenes - 60 caps](#) (expiry 30 June 2018)

On offer at half price only £10.28 per pot, so please order now while stocks last!



We have 2 pots of a Pure Encapsulations product [NutraFlax - 250 caps](#) (expiry 31 May 2018) - **on offer at half price only £10.45 per pot**

SIMPLY TELEPHONE 01403 730342 TO ORDER, OR EMAIL US ON info@purebio.co.uk

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Forthcoming Seminars

NEW SEMINARS FOR 2018-19

[The New Fundamentals of Applied Kinesiology.](#)

This is an EIGHT WEEKEND accredited Course of foundational material, approved by the International College of Applied Kinesiology (ICAK)



WHEN: COMMENCES SEPTEMBER 2018

VENUE: GATWICK HILTON HOTEL, SOUTH TERMINAL, GATWICK AIRPORT

LECTURER: DR TRACY S GATES, DO, DIBAK

This course is an exciting new opportunity to learn the fundamentals of Applied Kinesiology (AK). The course focuses initially on muscle testing skills and builds on a monthly basis to look at all aspects of visceral, metabolic and stomatognathic dysfunction. The course will allow you to integrate AK easily and progressively into your existing practice.

Click [here](#) for full details and booking form.

(please note that these courses are only open to practitioners with a minimum 3-year undergraduate degree in a medically oriented profession, eg medical doctor, dentist, chiropractor, osteopath, physiotherapist, etc)

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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? **A great present at any time**



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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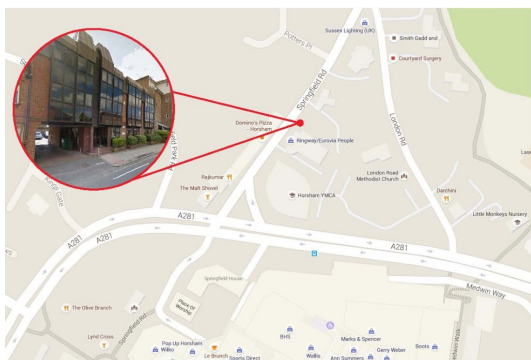
Quote of the Month

"We are no longer happy as soon as we wish to be happier"

Walter Savage Landier

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

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