
Practitioner News July 2022: Latest research on Intermittent fasting

1 message

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

29 July 2022 at 13:04

Practitioner News
Nutritional Update July 2022

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[Top](#)

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.

In this issue

- [Latest research on intermittent fasting](#)
- [Impact of Coffee on insulin production](#)
- [Product Focus - NEW PRODUCT LAUNCH - Inositol Powder](#)
- [Latest Pure Bio News - customer feedback](#)
- [Forthcoming Seminars](#)
- [Summer Sale](#)
- [Pure Bio Gift Vouchers](#)
- [Quote of the Month](#)
- [How to Find Us](#)

Featured Articles

[**INTERMITTENT FASTING HELPS LESS SEVERE COMPLICATIONS FROM COVID-19**](#)



Intermittent fasting has previously shown to have a host of health benefits, including lowering the risk of diabetes and heart disease. Now, researchers from Intermountain Healthcare have found that people who regularly fast are less likely to experience severe complications from COVID-19.

In a new study, published this week in *BMJ Nutrition, Prevention & Health*, Intermountain researchers found that COVID-19 patients who practiced regular water-only intermittent fasting had lower risk of hospitalisation or dying due to the virus than patients who did not.

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

[Back to Top](#)

DRINKING COFFEE BEFORE BREAKFAST DRAMATICALLY INCREASES INSULIN PRODUCTION



Research from the Centre for Nutrition, Exercise & Metabolism at the University of Bath looked at the effect of broken sleep and morning coffee across a range of different metabolic markers.

Writing in the *British Journal of Nutrition*, the scientists show that whilst one night of poor sleep has limited impact on our metabolism, drinking coffee as a way to perk you up from a slumber can have a negative effect of blood glucose (sugar) control.

The findings showed that strong black coffee consumed before breakfast substantially increased the blood glucose response to breakfast by about 50%. If done on a regular basis, this could lead to T2D and heart disease.

Read more at independent.co.uk

[CLICK HERE TO SEE OUR FULL RANGE OF NUTRITIONAL SUPPLEMENTS WHICH HELP GLUCOSE METABOLISM](#)

[Back to Top](#)

Product Focus

[NEW PRODUCT LAUNCH](#)



[INOSITOL POWDER](#)



We are pleased to announce the launch of a new Pure Encapsulations product - [Inositol Powder 250g](#)

Inositol is a component of the B-complex family. Myo-inositol is the primary form of inositol found in the central nervous system. It plays an important role in cell membrane formation and serves as part of the phosphatidylinositol secondary messenger system, supporting serotonin, norepinephrine and cholinergic receptor function.

Myo-inositol is one of nine different types of inositol. It is a naturally occurring substance produced in the human body from glucose, although it is not a sugar. It is involved in the metabolism, transport and breakdown of glucose and its conversion to glycogen. It is a key factor involved in insulin signalling, and is an immediate precursor to another type of inositol, D-chiro-inositol, which interacts with select sugars in the body to form inositol phosphoglycans - these play an important role in mediating the actions of insulin. Low levels of myo-inositol, D-chiro-inositol and inositol phosphoglycans have been observed in individuals with impaired insulin sensitivity and PCOS.

Myo-inositol from Pure Encapsulations is derived from rice bran. It is provided in a highly soluble powder form and is made with high-quality vegan ingredients.

THIS PRODUCT IS:

- **Free of wheat, gluten, dairy and soy**
- **GMO free**
- **Suitable for vegetarians and vegans**

Recommended Dosage

Take 1 scoop twice daily, mixed in water or juice, with or between meals, or as directed by your healthcare practitioner

Contents: 1 scoop (2.1g), provides:

Inositol (as myo-inositol) 2g

ORDER NOW :

[Inositol Powder 250g - £46.99](#)



To order an Inositol Powder sample phial for your Pure Bio test kit (at £1.50 each), simply call us on 01403 730342.

[Back to Top](#)

Latest Pure Bio News

WHAT OUR CUSTOMERS SAY ABOUT US

The satisfaction of our practitioners and customers is of paramount importance to us and, as such, we strive to deliver the highest quality products at the lowest cost to you. We are dedicated to providing a first class service to all those who deal with us as we know you have a choice, so thank you for choosing Pure Bio Ltd.

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. Here is a selection of recent [testimonials](#) we have received and, if you would like to leave your own feedback, please comment on our [Contact Us](#) page.

Thank you for your continued custom - from the Pure Bio Team

"It is rare to find such great customer service so I will certainly come back and buy more products from you in the future" AF, May 2022

"Exactly as things should be ! Placed an order with a very helpful, polite and professional lady on the phone .Turned up the next day, packaged fine, costs fine. All a very good experience. I am very happy!" DA, March 2022

"Thank you for your excellent products and service." OD, June 2021

"Thank you for your quick response. Co-operation with Pure Bio is always a pleasure." MS, April 2021

"Thank you so much for all you help, I am so impressed with way you have kept me in the loop about the product. I have and will continue to buy from you." MM, March 2021

"Thank you again for such a professional service!" KA, Feb 21

Forthcoming Seminars

Sponsored by Pure Bio
ICAK-UK presents:



The ***RARELY TAUGHT* Core Fundamentals of Applied Kinesiology** - a **TWO WEEKEND** accredited Course of core foundational material approved by the International College of Applied Kinesiology —ICAK

Running January & February 2023

This course is an exciting new opportunity to learn the absolute fundamentals of Applied Kinesiology (AK). The course is specifically designed for both those who may feel that the five weekend course is more information than is appropriate for their existing clinical environment, as well as for those who are looking for a basic entry-level education of AK which can feed into the full course at a later date if they wish.

The course will allow you to integrate AK easily and progressively into your existing practice.

WHEN: 28-29 January and 25-26 February 2023

VENUE: Aurora Hotel Gatwick/Crawley, Southgate Avenue, Crawley, RH10 6LW

SEMINAR TIMES: Saturday 10:00am to 6:00pm, Sunday 9:00am to 4:00pm

Click [here](#) for full details and to download an application form

(please note that this course is only open to practitioners with a minimum 3 year undergraduate degree in a medically oriented profession e.g. medical doctor, dentist, chiropractor, osteopath, physiotherapist etc).

Summer Sale



We are clearing our shelves of some shorter-dated products and are pleased to offer you some fantastic savings! **HURRY AS IT'S FIRST COME FIRST SERVED!**

Product

**Size
(caps)**

**Number of
pots available**

Expiry date

Sale price £

[Profito-VSB](#) 50ml 1 31 Jan 22 FREE

[Blackcurrant Seed Oil](#) 100 1 30 Jun 22 FREE

SIMPLY TELEPHONE 01403 730342 OR EMAIL US ON info@purebio.co.uk TO PLACE YOUR ORDER AND TAKE ADVANTAGE OF THE SAVINGS

[Back to Top](#)

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 gift at any time of year**



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](#)

[Back to Top](#)

Quote of the Month

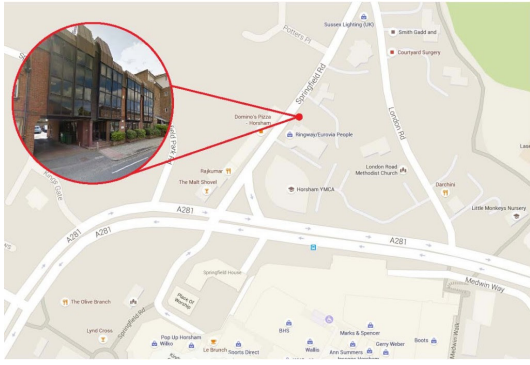
"If you could erase all the mistakes of your past, you would also erase all the wisdom of your present"

Unknown

[Back to Top](#)

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

[Back to Top](#)



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