
Practitioner Update July 2018: Latest research on Dementia

1 message

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Practitioner News
Nutritional Update July 2018

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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 Dementia](#)
- [Curcumin improves memory and mood](#)
- [Product Focus - New Product Launch - Curcumin 500 with Bioperine](#)
- [Latest Pure Bio News and Special Offers](#)
- [Forthcoming Seminars - The new fundamentals of Applied Kinesiology](#)
- [Pure Bio Gift Vouchers](#)
- [Quote of the Month](#)
- [How to find us](#)

Featured Articles

[BRAIN CELLS DO NOT DIE AS WE AGE !](#)



The brain never stops growing, scientists find, as elderly shown to have the same number of new neurons as teens. A landmark discovery that could help treat degenerative disease.

Brain cells do not start dying when we enter our 20s - in fact the brain continues to grow and regenerate right up to the point of death.

Researchers from Columbia University in New York analysed the brains of people between 14 and 70 years of age, who had died suddenly but had no mental health or dementia issues. All brains showed signs of neurogenesis - the formation of new neurons. However, the older subjects had less vascularisation (blood vessel formation) and, therefore, less ability for the new neurons to make connections.

The research suggests that treatment for dementia, etc, should focus more on improving blood flow to abate the disease.

Read more at telegraph.co.uk

[Back to Top](#)

CURCUMIN IMPROVES MEMORY AND MOOD

According to research from UCLA, supplementation with curcumin over an 18 month period led to highly significant improvements in verbal and visual memory and attention, compared to no improvement in the placebo group. All participants were between 50-85 years and complained of mild memory loss prior to the study. The substance's beneficial properties might be due to its ability to reduce



Read more at newsroom.ucla.edu

[Back to Top](#)

Product Focus

NEW PRODUCT LAUNCH

Curcumin 500 with Bioperine



We are pleased to announce the launch of a new product - [Curcumin 500 with Bioperine by Pure Encapsulations](#)

Curcumin with Bioperine® promotes the absorption of curcumin.

Bioperine is a black pepper extract that contains piperine. Research reveals that Bioperine® has the potential to enhance the bioavailability of curcumin, promoting its absorption.

This product also features Curcumin 3 Complex®, a high potency turmeric extract, providing a full spectrum of curcuminoids, which has been the subject of scientific investigations at many hospitals and universities.

- it provides a guaranteed amount of curcumin in each capsule.
- features the full spectrum of curcuminoids, including curcumin, demethoxycurcumin and bisdemethoxycurcumin.
- is free from synthetic and chemical additives commonly found in curcumin products.

[THE BENEFITS OF TAKING BLACK PEPPER WITH CURCUMIN](#)

The active ingredient that gives turmeric its health boost (and its yellow colour) is called curcumin. It is known for its antioxidant and anti-inflammatory properties but has naturally low levels of bioavailability. This means that when you ingest turmeric, the majority can't actually be absorbed because it dissolves in fat rather than water. As our digestive system has a large amount of water, a lot of it is simply expelled in our stools.

What makes black pepper such a powerful addition is that the piperine in it is known to increase the bioavailability of nutrients. This increases the amount of curcumin that the body can absorb and, therefore, use, boosting the health benefits. This is what makes turmeric and black pepper such a fantastic combination.

[Weight loss](#)

Both black pepper and turmeric have been found to aid in weight loss. The piperine in black pepper has thermogenic properties which increases the body's metabolism and the rate at which it burns calories. Curcumin, on the other hand, has been found to prevent fat accumulation and even assist in fat burning.

A 2016 study, published in the Journal of Nutritional Biochemistry, found evidence that curcumin can actually change fat cells. It does this by inducing the browning of white fat cells, meaning that, instead of storing fat, the cells produce heat and burns it.

[Improved memory](#)

A study, published in the journal of Life Sciences in 2010, found that curcumin can decrease

memory impairment and cholinergic dysfunction (such as that found in Alzheimer's). This is consistent with other research that suggests that both turmeric and black pepper may help protect cognitive ability and memory in Alzheimer's disease.

[Mood boosting](#)

One study found that the addition of piperine to curcumin created a significant increase in antidepressant-like effects, including enhancing neurotransmitter activity (serotonin and dopamine), compared to curcumin on its own.

ORDER NOW: [Curcumin 500 with Bioperine - 60 capsules - £37.96](#)

If you would like a sample for your test kit, these are available at £1.50 each. simply call us on **01403 730342** or mail info@purebio.co.uk

[Back to Top](#)

Latest Pure Bio News

[NEWS FLASH! - Mastic Gum is back in stock !!](#)



We are pleased to inform you that, after a lengthy period of stock issues to to failed crops, we now have 100% pure MASTIC GUM back in stock.

For full details and to order, please telephone or order online [here](#)

[ORDER Mastic Gum - 40 capsules - £14.99](#)

SPECIAL OFFERS

We have 3 special offers for you on some of our products. Simply telephone **01403 730342** to place your order and take advantage of the savings. **It's first come first served!**

[Organic Warrior Blend 1kg](#) BERRY flavour (expiry 6 September 2018) - **4 pots on offer at HALF PRICE only £22.97**





[Growth Hormone Support](#) - 90 caps (expiry 31 October 2018)
- 3 pots on offer at HALF PRICE only £18.53 per pot

[Nutrient 950 - 360 caps](#) (expiry 30 September 2018)
- 2 pots on offer at HALF PRICE only £49.80 per pot



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

[Back to Top](#)

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: **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)

[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 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](#)

[Back to Top](#)

Quote of the Month

"Don't compare your life to others'. You have no idea what their journey is all about"

Regina Brett

[Back to Top](#)

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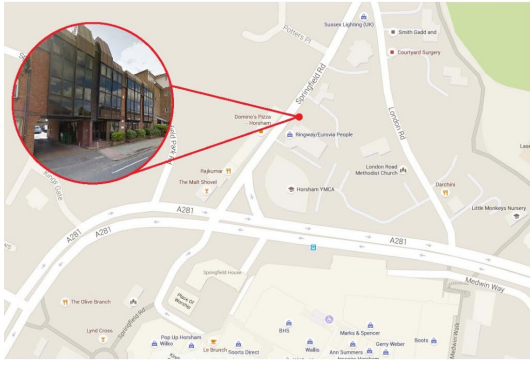
You can order from our [website](#) or make purchases in person. [Find us at:](#)

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[Back to Top](#)



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