

Good Health
LIFESTYLES

Educational
BOOKLET
Series

DISCOVER **ULTIMATE WELLNESS**

**NATURE'S
INFLAMMATION
FIGHTER**

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**OPTIMIZE
LIVER
FUNCTION**

**COLD, FLU,
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PROTECTION**

ANDROGRAPHIS

**THE AYURVEDIC
ANSWER**

FREE

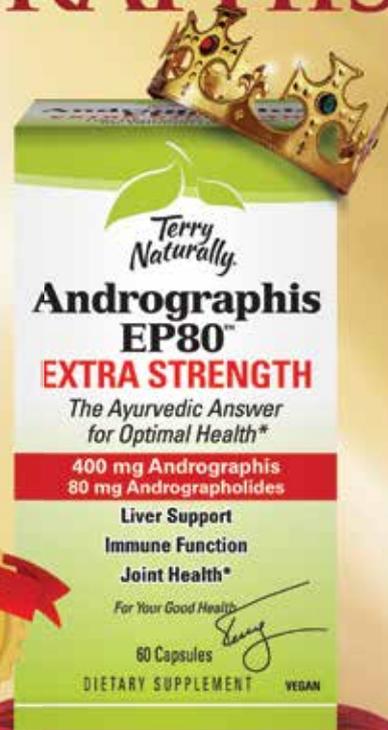
By Alexander Panossian PhD, DrSc

FOR OPTIMAL HEALTH,

Our ANDROGRAPHIS is King

Known traditionally as the "King of Bitters," andrographis has been improving health since ancient times. Terry Naturally® Andrographis EP80™ is the modern way to reap the Ayurvedic benefits of this amazing botanical.

- Healthy inflammation response[†]
- Immune support
- Joint health
- Daily energy
- Mental clarity[†]



ANDROGRAPHIS EP80
THE CROWNING JEWEL
OF WELLNESS

Terry Naturally

EuroPharmaUSA.com

MONEY-BACK GUARANTEE

Good Health LIFESTYLES

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THE ANDROGRAPHIS ANSWER

What if you could take just one supplement that not only strengthened your immune system, but also enhanced your cardiovascular health, liver and kidney function, joint mobility, and more? While there's no one miracle pill that can prevent all disease, a growing number of studies show that andrographis can promote head-to-toe health. This is thanks to its powerful antioxidant, anti-inflammatory, antiviral, antibacterial, antifungal, cancer-preventive, neuroprotective, and immune-stimulating properties.

All of these benefits make andrographis an essential part of your wellness kit. But make sure your supplement is standardized to deliver a clinically studied dose of andrographolides. This will ensure you are getting a safe and effective blend of extracts for a greater diversity of phytonutrients. Paired with a healthy lifestyle, andrographis is a game changer for anyone seeking optimal wellness.



Alexander Panossian, PhD, DrSc, has served as the head of Research and Development at the Swedish Herbal Institute and as a guest scientist at the Karolinska Institute in Stockholm, Ludwig-Maximilians University in Munich, and King's College in London. He has authored or co-authored over 170 scientific papers and is the former editor-in-chief of *Phytomedicine: International Journal of Phytopharmacology and Phytotherapy*.

[†]Occasional inflammation due to exercise or overuse

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

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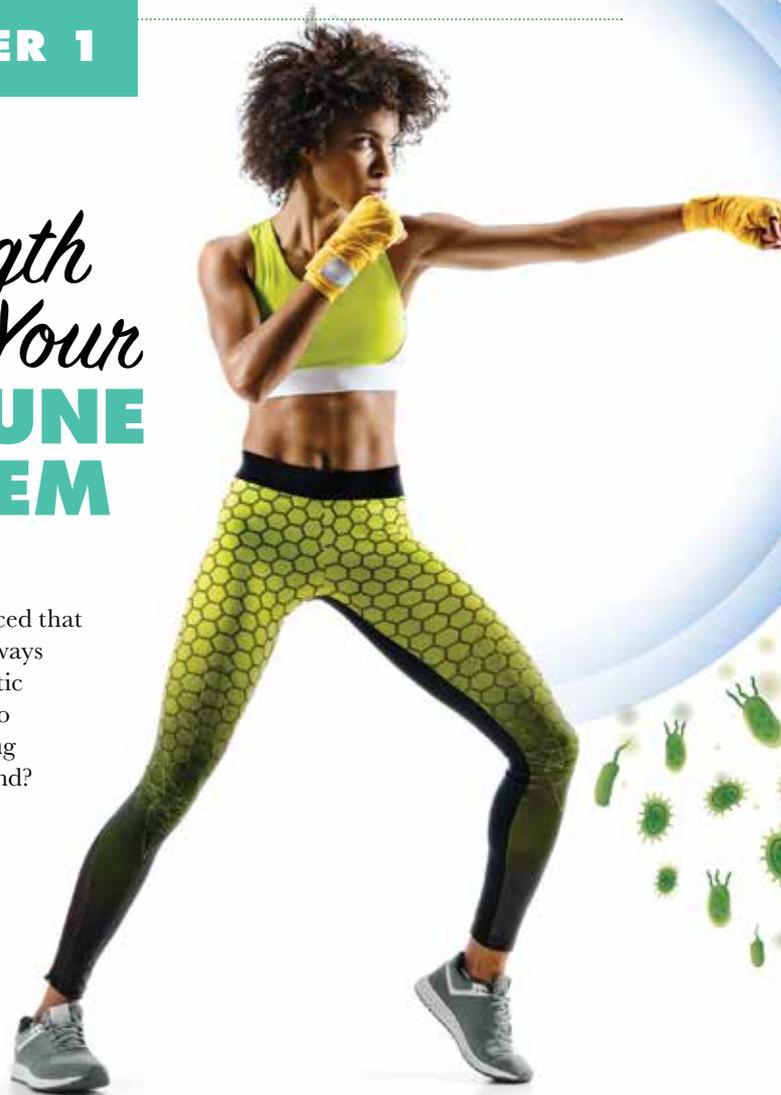
Nature's
Medicine Chest

CHAPTER 1

Strength Train Your IMMUNE SYSTEM

Have you ever noticed that some people are always healthy and energetic while others seem to catch every little bug that's floating around? The difference between the two likely lies in how robust their neuroendocrine immune system is. In other words, the difference is in their ability to adapt to stress—physical, emotional, or environmental.

Your body's immune system is a complex network of specialized tissues, organs, cells, and chemicals that provide vigilant protection against threats from



the outside world. Your lymph nodes, spleen, bone marrow, and thymus gland all play a role in fighting off a constant barrage of viruses, bacteria, and environmental contaminants. The dedicated white blood cells these organs produce work to

identify harmful pathogens and neutralize them before an infection develops. A strong immune system also looks for damaged cells in the body that might morph into cancerous cells and tries to eradicate them.

While a healthy immune system can help you fend off both everyday ailments and chronic health problems, many of us live lives that constantly challenge our

body's natural defenses. We eat too much, and sleep too little, and frequently let stress get the better of us. Simply getting older can also undermine your immunity and leave you more vulnerable to disease. But taking proactive steps today can help to fortify your immune system. One of the easiest steps is to add andrographis to your daily health routine.

ANDROGRAPHIS: YOUR IMMUNE ADVOCATE

Let's face it, andrographis (*Andrographis paniculata*) probably isn't the first herb you'd think of when you hear the words "immune defense." In fact, it may not even be in your top 10. But this botanical—known as the "king of bitters"—has been effectively used against an array of illnesses in Ayurvedic medicine since ancient times.

Andrographis was first recognized in the Western world as a potent cold and flu fighter. In one randomized, double-blind, placebo-controlled clinical study of 223 people with upper respiratory tract infection, those taking andrographis saw a dramatic improvement in cough, headache, sore throat, and disturbed sleep, compared to those taking a placebo, within just three to five days. Because andrographis is an anti-inflammatory herb, it's no surprise that it is effective for



quelling the soreness and swelling that accompanies upper respiratory tract infections.

Andrographis also boosts your immune system's ability to defend against potentially dangerous bacteria, including staph infections. Recent scientific research in Malaysia found that the herb actually prevents bacteria from enlisting its own antioxidant defenses that would otherwise allow it to keep replicating. Beyond cutting a bug's ability to defend itself, andrographis also cranks up the



body's own natural antibacterial and antiviral defenses, including cytotoxic T-cells, natural killer (NK) cells, and hungry macrophages and neutrophils that devour bacteria and damaged cells.

But the immune benefits andrographis provides aren't limited to seasonal illnesses. Because of its ability to attack pathogens and strengthen the immune system, andrographis is becoming an increasingly popular herb for tough-to-treat infectious diseases like Lyme disease. If you hunt, hike, camp, or just enjoy walks in the park, you're at greater risk of Lyme disease—a condition that is spread by ticks and caused by the *Borrelia* bacteria. Antibiotics are the conventional treatment, but the oxidative damage the

disease leaves in its wake means that something more is needed for repair. Because andrographis works as an antioxidant and antibacterial,

it could be part of a treatment regimen to reset the body's immune response.

If you've ever had a cold sore, you're familiar with herpes simplex

Autoimmunity- THE IMMUNE SYSTEM OUT OF BALANCE

Normally, we think of our immune system as a defender, but there are times when it can turn on you, mistaking healthy tissue for a harmful substance. Autoimmune diseases, including rheumatoid arthritis, celiac (and other inflammatory bowel disorders), lupus, and multiple sclerosis are just a few examples.

Andrographis appears to have an ability to modulate your immune system and bring it back into balance. A clinical study of patients with rheumatoid arthritis published in the journal *Clinical Rheumatology* found that 14 weeks of andrographis supplementation reduced swollen joints and the feelings of joint tenderness. Andrographis has also been used to treat irritable bowel diseases and may help prevent celiac by strengthening the intestinal lining.

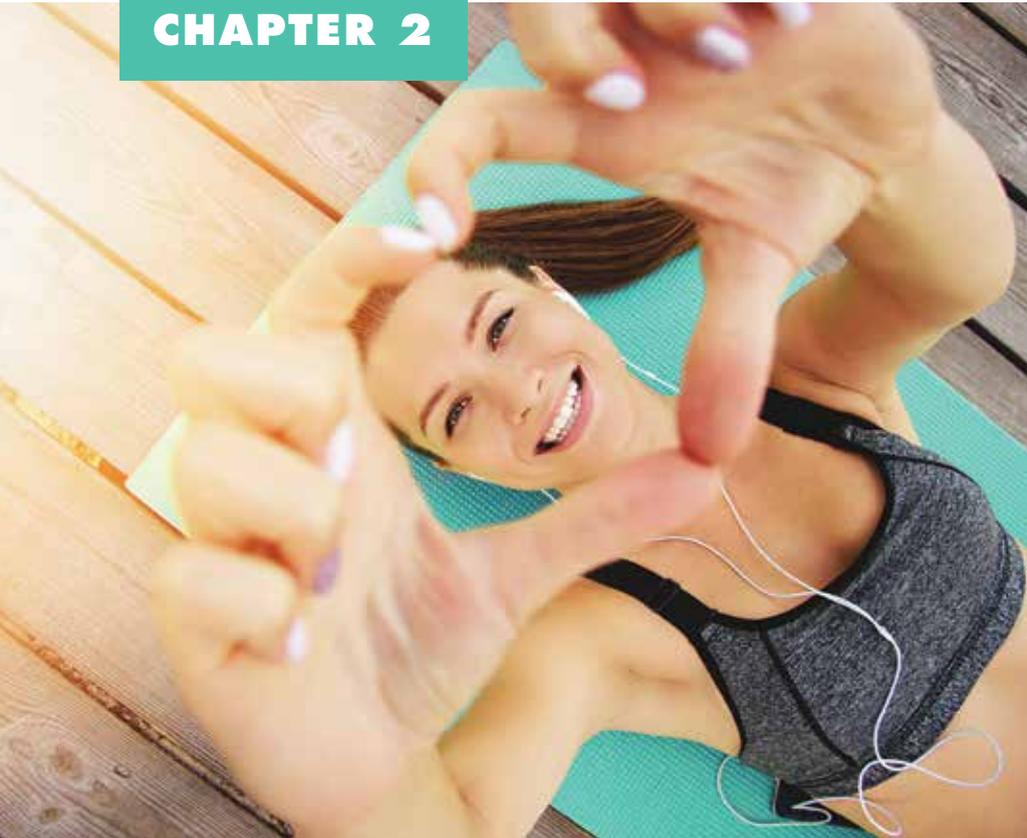
If you deal with autoimmune disorders of any kind, you may want to consider adding andrographis to your regimen along with your conventional treatments.

virus 1 (HSV-1). Researchers in Thailand found that one of the compounds in andrographis inhibited the virus even after 12 hours following infection. They also discovered that the herb partners well with acyclovir, a prescription drug commonly used for stopping cold sores, shingles, and genital herpes.

Scientists have also found that andrographis has antiviral effects against the avian flu (H5N1). Research out of India shows that andrographis—on its own and in combination with curcumin—is a potent malaria fighter. Other cutting-edge studies, including a phase-I clinical trial, have found that compounds from andrographis inhibit the immune-weakening actions of HIV and boost antigen-fighting lymphocyte activity, helping rebuild an essential part of the immune system.

These are just some examples of the power of andrographis. I believe that for virtually every type of infection or immune challenge—not to mention numerous chronic health conditions—andrographis is up to the task. And after 5,000 years of use, we're just beginning to understand this herb's full potential.

CHAPTER 2



Heart-Smart BENEFITS

Heart disease, like many other types of disease, is primarily a matter of chronic inflammation and oxidative stress in the blood vessels. As both take their toll, the result is increased thickness of blood vessels followed by an unhealthy boost in blood pressure, and weakening of blood vessels throughout the body.

For many people, heart disease may seem like it's inevitable. It doesn't have to be. Along with sensible lifestyle measures, andrographis delivers cardiovascular benefits and addresses serious conditions.

CHOLESTEROL BALANCER

If you're concerned about your cholesterol levels, researchers have discovered that andrographis—and especially its primary component andrographolide—can reduce lipids, the fats that circulate in your bloodstream. These lipids include high-density lipoproteins

(HDL), commonly called “good” cholesterol, and low-density lipoproteins (LDL), commonly called “bad” cholesterol. Although cholesterol is much more complicated than simply having more good than bad lipids in your bloodstream, a healthy cholesterol ratio where HDL outweighs LDL is always preferable. This is because HDL aids in removing excess cholesterol from the body while LDL—especially small, dense LDL particles—tends to become embedded in the endothelium (the inner lining of arteries). Over time, this can reduce blood flow and encourage the formation of clots that can ultimately lead to a heart attack or stroke.

In an effort to balance lipid levels, conventional health care providers often rely on cholesterol-lowering medications known as statin drugs. Even though statins are among the most widely prescribed drugs, they come with a host of side effects including muscle pain and damage, neurological problems, liver damage, and the depletion of coenzyme Q10—a critical nutrient that powers every cell in your body.

Andrographis, however, has been shown in scientific studies to safely lower total cholesterol levels, LDL cholesterol, and triglycerides—without the problems that can arise from taking statin drugs. During one preliminary study, researchers found that andrographis reduced



Consequences of UNCONTROLLED HIGH BLOOD PRESSURE

High blood pressure needs to be taken seriously. You can think of it in the same way that water from a garden hose sprays out faster and harder if you partially block the nozzle. When arteries are blocked by plaque, blood moves through them with increasingly greater force. As a result, your heart works harder to keep blood circulating. And when that happens, it can lead to:

-  HEART FAILURE
-  HEART ATTACK
-  STROKE
-  VISION PROBLEMS AND BLINDNESS
-  KIDNEY FAILURE

total cholesterol levels by as much as 24 percent. More recently, andrographis was found to prevent the accumulation of oxidized LDL particles (which are especially dangerous) inside arteries.

BETTER FOR BLOOD PRESSURE

According to the American Heart Association, over 100 million Americans have high blood pressure, also called hypertension. While there's some debate about what constitutes healthy blood pressure levels—the guidelines for healthy blood pressure levels were recently revised from 140/90 to 130/80, one common trait of hypertension is that there are typically no symptoms. Because of that, nearly half of people with high blood pressure remain undiagnosed.

Fortunately, andrographis supports healthy blood pressure thanks to an action called “vasodilation.” Vasodilation inhibits inflammatory markers and relaxes blood vessels so blood flows more easily through the body. In addition, andrographis helps normalize cardiovascular function—even after a heart attack. It's so effective that laboratory research shows it reduces damage to the heart and blood vessels within an hour after just such an event.

A POSITIVE FOR PLATELETS

One of the actions that leads to heart failure is platelet aggregation—the clustering and clumping of oxidized blood cell fragments that can, over time, block arteries. Heart failure is a common disease in aging western



populations. Not only severe, but even mild to moderate heart failure, is associated with increased risk of stroke. Andrographis can help prevent this by inhibiting thrombin, an enzyme that sets blood clotting into motion. The anti-inflammatory actions of andrographolide and related compounds in the herb also reduce platelet aggregation by interfering with the signals that direct the clumping of blood platelets. This, in turn, helps prevent blood clots and atherosclerosis.

Soothing DIGESTIVE PROTECTION

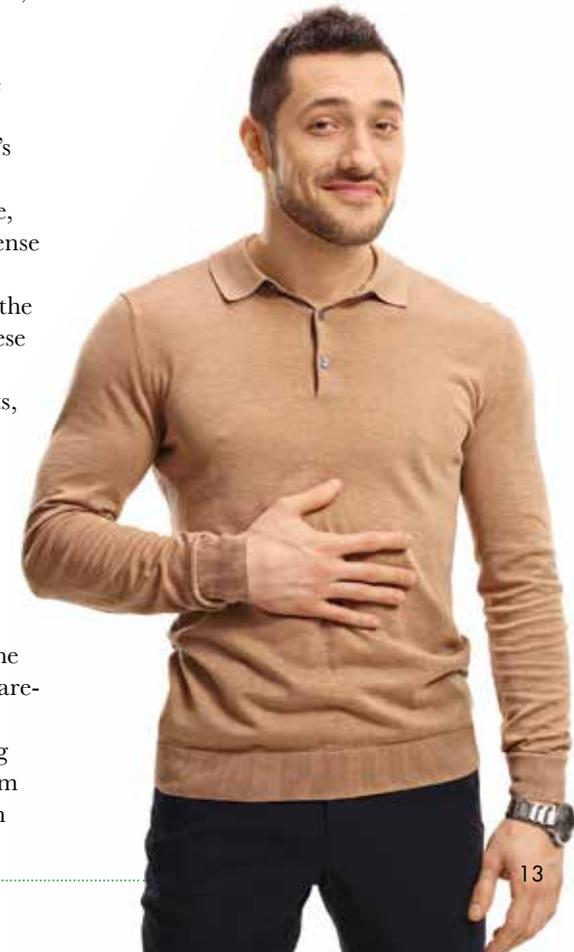
Digestive disorders, like so many diseases, are generally diseases of inflammation. According to the Centers for Disease Control and Prevention (CDC) about three million American adults have been diagnosed with inflammatory bowel disorders, including Crohn's disease and ulcerative colitis (UC).

While each disease affects different aspects of the digestive system—UC is centered in the colon and rectum, while Crohn's encompasses the entire tract—both can cause diarrhea, fatigue, unintended weight loss, and intense psychological stress. Caused in part by autoimmune disorders, the diarrhea common to both of these conditions also impairs the body's ability to absorb nutrients, which can lead to health-threatening deficiencies. Because it creates ongoing damage to the digestive tract, ulcerative colitis also increases the risk of colon cancer.

But andrographis can quench the inflammation that causes UC flare-ups. In a laboratory study using colon cells from donors suffering from UC, andrographolides from the herb inhibited inflammation

along specific pathways called interleukin (IL-23 and IL-17). These same actions also stopped further damage to colon cells that could otherwise lead to tumor formation.

While there are conventional treatments for UC, they can be



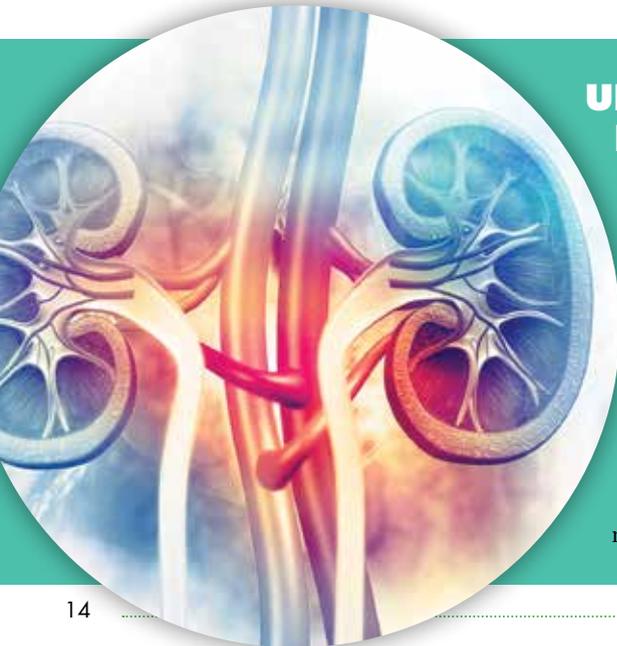
costly and cause complications, including an increased risk of lymphoma and tuberculosis. And because andrographis has been traditionally recommended to relieve diarrhea in both Ayurvedic and Traditional Chinese medical practices, it addresses one of the most distressing and difficult-to-fight symptoms.

Andrographis can also help if you suffer from ulcers. *Helicobacter pylori*—the bacteria responsible for peptic ulcers—attacks the mucosal lining of your stomach or your small intestine, causing pain, bleeding, and damage. Because of its strong antibacterial profile, andrographis can help eradicate *H. pylori*.

Researchers in India have also discovered that andrographis

increases the gastric pH balance, making the stomach environment less acidic. It also boosts gastric mucous production and fights oxidative damage, which reduces the risk of lesions forming in the stomach lining.

In those with intestinal (duodenal) ulcers, andrographis preserves mucin—a protein that helps create the mucosal lining in the duodenum. It also stabilizes the balance of glutathione, a powerful antioxidant the body makes that protects cells and promotes longevity. This is especially good news for anyone who has used non-steroidal anti-inflammatory drugs (NSAIDs) like ibuprofen or aspirin, which can damage the stomach and intestinal linings.



URINARY TRACT INFECTIONS &

Kidney Disorders

According to the National Kidney Foundation, one in three Americans is at risk for developing chronic kidney issues. In fact, of the 30 million people affected, up to 90 percent may not even know there's a

ANDROGRAPHIS LOVES YOUR LIVER

Anyone familiar with herbal medicine probably associates liver protection with the herb milk thistle—especially its primary compound, silymarin. But in Ayurvedic and Traditional Chinese Medicine, practitioners have long known that andrographis was also a highly effective remedy for liver ailments. A study published in the journal *PLOS One* shows why. The study found that andrographolide was just as effective as silymarin for reducing the havoc toxins can inflict on the liver. The botanical compound also stopped the over-proliferation of liver cells that can lead to cirrhosis.

Another way that andrographis stops liver damage and toxicity

is by boosting the activity of some of the most powerful antioxidants your body can generate. Specifically, these include glutathione, superoxide dismutase (SOD), and a protein called Nrf2 (pronounced “nerf-two”).

Interestingly, earlier research with andrographis found that andrographolide alone was not the only effective compound from the plant for liver protection. The whole-leaf extract mattered, too. Like many botanicals, it is important to get the full complement of active compounds, even if one of them is emphasized above the rest. That's another reason I recommend an andrographis supplement that is standardized to 80 mg per dose.

problem. The CDC reports that antibiotics—a common treatment for urinary tract infections (UTIs)—are beginning to lose their effectiveness for the disease. However, the antibacterial actions of andrographis may help.

Kidney stones are another common issue. And while breaking up the stones with shock wave lithotripsy can eliminate them, it can also trigger a urinary tract infection and bleeding. Fortunately, a clinical study in Thailand found

that andrographis was as effective as prescription medications following the procedure. In this case, volunteers took andrographis twice daily (to extend its benefits) because of an infection following lithotripsy treatment for kidney stones. Two other groups in the study used the standard prescription medication. At the end of the study period, the researchers found that andrographis performed just as well as the pharmaceuticals to clear blood in the urine, and it did so without side effects.

Nature's MEDICINE CHEST

The immune, cardiovascular, and urinary benefits of andrographis are well documented. But the more scientists dig into this botanical's benefits, the broader its healing properties seem to be. Studies now point to andrographis' ability to protect joints, reduce pain, guard against the effects of stress, and act as a chemopreventive.

POWERS DOWN PAIN

Andrographis fights inflammation along a number of pathways, including the inflammation that contributes to pain. While there are certainly natural medicines like curcumin and boswellia that can interrupt inflammation and stop pain, andrographis can also provide relief for anyone dealing with acute or chronic pain.

Research shows that andrographis, and especially its primary compound andrographolide, directly reduces cyclooxygenase-2

(COX-2)

enzyme activity.

COX-2 is the enzyme most often associated with pain.

The very discomfort it creates is a warning signal, but like many things, a little of it goes a long way. Most over-the-counter and prescription pain relievers are COX-2 inhibitors. Despite their effectiveness, all of them can cause lasting damage to your stomach, liver, and even your brain. Andrographis, on the other hand, fights COX-2 without side effects, so it relieves pain in much the same way as other strong natural medicines—safely and effectively.

HEALTHIER JOINTS

Inflammation causes more than pain. Over time it can undermine healthy joints as oxidative stress and inflammatory markers chip away at the cartilage, ligaments, and connective tissues that hold joints together. By helping preserve joints while simultaneously stopping pain, andrographis can help those with osteoarthritis and

rheumatoid arthritis.

While these two conditions stem from differing causes, andrographis can work through pathways unique to each, and common to both.

Scientific research shows that andrographis stops inflammatory triggers that set off an over-expression of enzymes called matrix metalloproteinases, or MMPs, that would otherwise destroy the cartilage between joints. When MMPs are active at normal levels, they help remove old cartilage and keep joint structures supplied with fresh material. They are like bricklayers replacing mortar and maintaining a building. But when these enzymes are overexpressed, it's as though too much mortar is



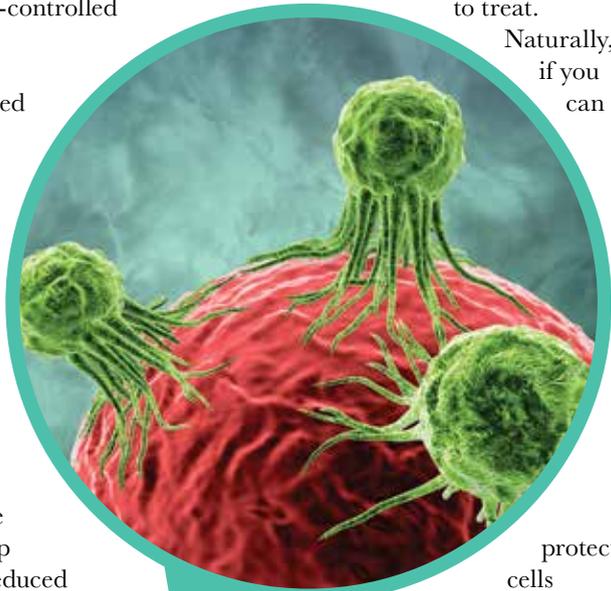
removed at once, and not enough replaced. Andrographolide restores balance to the process by reducing inflammation and protecting components of healthy cartilage, including hyaluronic acid and collagen. It allows new mortar to replace the old.

A 14-week placebo-controlled study published in the journal *Clinical Rheumatology* followed patients suffering from rheumatoid arthritis. It examined joint swelling and tenderness, and measured inflammatory markers associated with the condition. By the end of the test period, those in the andrographis group had significantly reduced joint tenderness and swelling, and lower levels of rheumatoid arthritis blood markers compared to those taking a placebo.

TUMOR PREVENTION

While cancer can seem as though it springs from nowhere, there are always causes and conditions behind its appearance. Over time, any cellular damage—whether from oxidation or inflammation, can throw our DNA replication

into chaos. The pathways in the body that can lead to tumor growth are varied, but the results are the same—a seemingly unstoppable expansion of diseased cells. And because cancer progresses through multiple stages and along many pathways, it is extremely difficult to treat.



Naturally, if you can

protect cells proactively, there's less chance of developing full-blown cancer.

Andrographis shows some exciting possibilities in the fight against cancer. Its primary compound, andrographolide, discourages the growth cycle of cancer cells and the spread of malignancy. It also appears to induce the death of cancer cells directly—a process called apoptosis—and fortifies the

body's innate immune defenses against cancer. Preliminary research suggests that it is effective against breast, colon, and skin cancer cells.

In cell studies, andrographolide blocks cancer replication by enhancing the body's own cancer cell inhibitors. It's so effective against breast cancer cells that some researchers have developed synthetic copies of the compound to potentially use as a cancer-fighting drug. Work with colon cancer cells has found similar results. Colorectal cancer has the second highest mortality rate in the United States, so we need to find new therapies that don't cause havoc with an individual's quality of life. While lifestyle and diet can prevent or modify the risk, andrographis could potentially provide a natural medicine that stops the development of colon cancer cells, too.

In other research, andrographolide stopped melanoma skin cancer cells. Based on past statistics and the fact that the rate of melanoma has been growing for the past 30 years, the American Cancer Association predicts that over 90,000 Americans will be

diagnosed with the condition. If you spend a lot of time outdoors, I recommend arming yourself with supplemental andrographis that is standardized to 80 mg per dose. Studies of pancreatic tumor cells and glioblastoma (an aggressive form of brain cancer) show that andrographis halts their activity. It stopped the pancreatic cancer formation and growth, and suppressed the migration of glioblastoma multiform cells. In each case, andrographolide worked along different pathways, showing the amazing versatility of the compound.

On that note, a review in the journal *Cancer Letters* described how this one component of andrographis stopped tumor replication in virtually every type of cancer cell line tested and addressed virtually every mechanism, including inflammation, oxidation, cell replication, and cancer cell invasion. Its effectiveness against tumor cells impressed the researchers so much that they concluded, "After careful consideration of the relevant evidence, we suggest that andrographolide can be one of the

"ANDROGRAPHIS SHOWS SOME EXCITING POSSIBILITIES IN THE FIGHT AGAINST CANCER."



harmful. Adaptogens act as mild stressors increasing adaptability of the organism to severe stress.

That's not to say that if you feel blissful all of the time, you'll never get sick. However, anxiety does weaken your resistance in many ways. When you're stressed, you may be more prone to binge or overeat, miss out on restful sleep, and work yourself into an emotional spiral that boosts cortisol levels and puts undue pressure on your metabolism, blood sugar, blood pressure, and your "fight or flight" reactions.

potential agents in the treatment of cancer in the near future."

SOOTHE STRESS

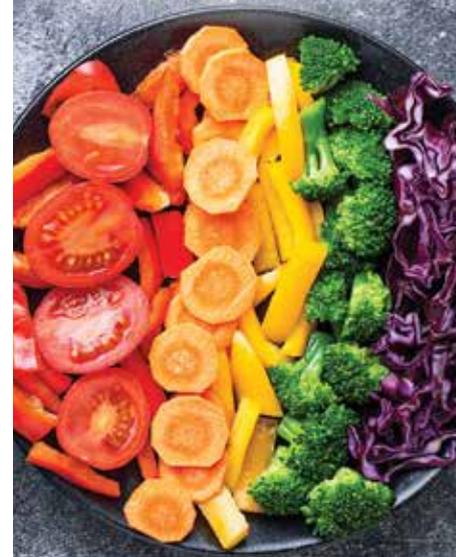
For many decades, I have worked with herbal adaptogens, focusing on their ability to "train" the mind and body to be more resilient to various kinds of stressors—whether they are physical, emotional, or environmental (viral and bacterial infections, toxic chemicals, etc.). And I have to say that if there's one area of your life that will potentially extend your lifespan, it is adjusting to and adapting to stress. Our reactions and resilience (or lack thereof) are probably one of the greatest threats to our health overall. Mild stress like exercise is beneficial for health, while severe and chronic stress is

Recently, my colleagues and I have been investigating the adaptogenic qualities of andrographis. Andrographis shows many of the same traits that other well-known adaptogens like rhodiola (*Rhodiola rosea*) and ashwagandha (*Withania somnifera*) share, including enhancing stress resistance, bolstering mental and physical adaptation, and the ability to enhance cognition. Our own work has found that andrographis may even protect brain cells from the mental foggy and lethargy associated with chemotherapy. While these studies are still at a laboratory stage, I think andrographis shows some remarkable potential for strengthening focus and energy.

DR. ALEX'S Quick & Healthy Tips

EAT This

► **Splurge on antioxidants** by eating a rainbow of brightly colored vegetables and fruits every day. Toss some spinach or mushrooms into your omelet, opt for a salad filled with leafy greens, tomatoes, and peppers, and serve two low-glycemic veggies at dinner.



► **Swap out your canola or vegetable oil for olive oil.**

Rich in monounsaturated fat and 17 vitamins and minerals, it's a brain-, joint-, and heart-healthy option.



► **Focus on the nutrients in your food, not the calories.**

Counting calories does not distinguish between nutritious food and overly processed food containing empty calories. After all, a bag of chips or a donut can contain fewer calories than an avocado or a serving of baked sweet potato.



▶ DO This

▶ **Walk (or swim or bike) daily:** Regular exercise reduces other inflammatory markers of aging that would otherwise

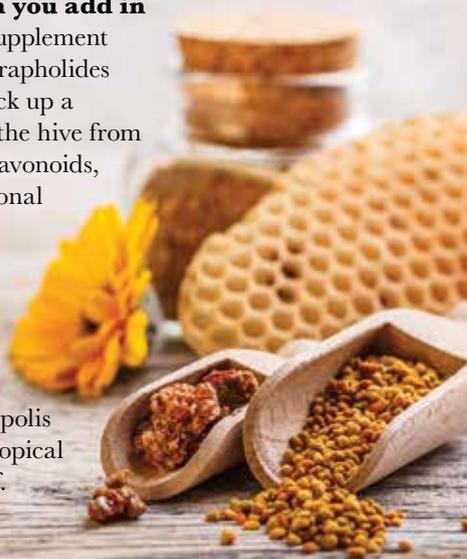
weaken your defenses. A clinical study found that even a 30-minute walk boosted natural killer cell levels and a protein called brain-derived neurotrophic factor (BDNF). This protein helps create neurons and maintains existing ones, and is essential for brain plasticity, mental resilience, and long-term cognitive strength.



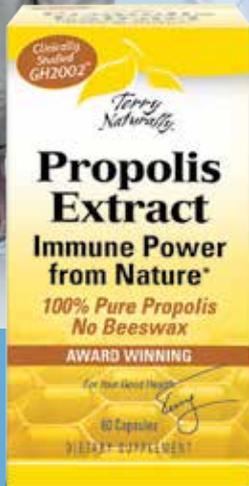
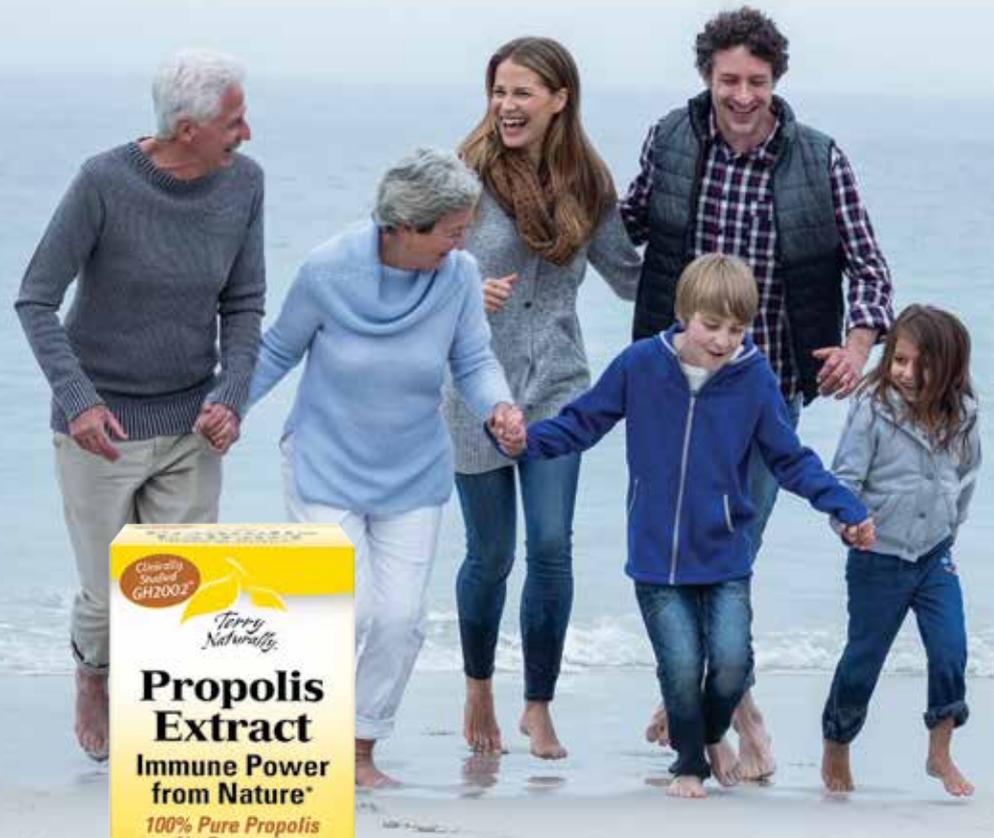
▶ **Laugh often:** Studies show that a little jocularity can help reverse the damaging effects of stress that can lead to accelerated aging and poor health. What's more, researchers at Indiana State University in Terre Haute have found that a good belly laugh boosts natural killer cell activity and increases overall immune function. To get these benefits, try to spend 5 or 10 minutes every day looking for the funny side of life.



▶ **"Bee" even more prepared when you add in propolis!** You get it! An andrographis supplement standardized to provide 80 mg of andrographolides is a smart choice. Another smart idea? Pick up a propolis extract. Made by bees to secure the hive from debris and predators, propolis is rich in flavonoids, amino acids, and antioxidants. An additional warrior to fight cold and flu, propolis has been shown in studies to be antiviral, anti-inflammatory, and an antitumor powerhouse. It's a perfect complement to andrographis. Choose a propolis product that clearly states it has no beeswax and uses a GH2002 extract. Propolis is available in supplement form and as a topical cream for cold sore and fever blister relief.



BE HEALTHY, EVERY DAY



Award winning, clinically studied GH2002™ Propolis Extract keeps your immune system buzzing for strong immune support and everyday wellness.* *And, it's safe for the whole family!*

JUST 1 CAPSULE DAILY

SAFE FOR CHILDREN

HYPOALLERGENIC

FREE OF RESINS & BEESWAX

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Can Sugar Make You Sick?

Research shows that drinking sugary soda or eating that piece of birthday cake can temporarily weaken your immune system. In fact, when you consume foods with large amounts of added sugar, your immune cells experience the equivalent of a “sugar coma” for several hours during which time they aren’t effective against the pathogens that can make you sick.

Studies show that consuming 20 teaspoons of sugar—about the amount in two cans of soda—can suppress the body’s immune response by reducing the ability of white blood cells to kill germs by 40 percent. This effect starts within less than thirty minutes after consuming your sugary treat and may last for up to five hours.

What are the worst offenders? Simple sugars like glucose, fructose, table sugar, and honey. These sugars can cause a 50 percent drop in the ability of white blood cells to engulf bacteria. While taking an andrographis supplement can go a long way in fortifying your immune system and promoting good overall health, a diet high in sugary treats and processed foods can undermine your wellness efforts. What are the best ways to reduce your sugar intake? Check food labels for added sugars and also trade in the refined sugar you use at home for natural sweeteners like stevia or monk fruit. Another tip? Make the smart sugar swaps listed here!



Smart SUGAR SWAPS

INSTEAD OF THIS BREAKFAST CEREAL
Try this A mix of coconut flakes, nuts, and seeds

INSTEAD OF THIS FRUIT JUICE
Try this A piece of whole fruit

INSTEAD OF THIS FLAVORED YOGURT
Try this Plain Greek yogurt with fresh berries

INSTEAD OF THIS SOFT DRINKS
Try this Sparkling water infused with fruit or herbs

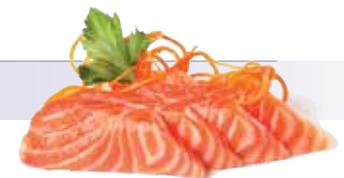
INSTEAD OF THIS SUSHI
Try this Salmon or tuna sashimi

INSTEAD OF THIS JARRED PASTA SAUCE
Try this Homemade pasta sauce

INSTEAD OF THIS PRE-MADE SALAD DRESSING
Try this Olive oil and vinegar

INSTEAD OF THIS ENERGY BAR
Try this Trail mix

INSTEAD OF THIS COOKIES
Try this Sliced apple with nut butter





Check out our other *Good Health Lifestyles* educational booklets!

Better Health with Boswellia

Systemic inflammation contributes to numerous conditions, including arthritis, asthma, and inflammatory bowel disease.

Learn how this ancient Ayurvedic herb works safely and effectively to quell this underlying threat for better health from head to toe.



Boost Your Immunity Whether you're trying to protect against cold and flu season or a more serious illness, Dr. Alex Panossian provides an easy-to-follow blueprint for building up your body's defense system naturally.

Discover Ultimate Wellness Maximize your immune response and enhance your cardiovascular health, liver function, and joint mobility with andrographis. Paired with a healthy lifestyle, this ancient Ayurvedic herb is a game changer for anyone seeking optimal wellness.



Extinguish Chronic Inflammation Chronic, low-level inflammation has been tied to a wide range of life-changing diseases including arthritis, Alzheimer's, diabetes, even obesity! Learn how key botanicals and simple lifestyle changes can extinguish this silent threat to good health.

Fabulous French Grape Seed Extract Discover the secret to a longer, healthier life with this multi-tasking nutrient. With powerful antioxidant and anti-inflammatory properties, French grape seed extract supports healthy aging, better brain function, cardiovascular health, and more!



Get Energized! Feeling like you're experiencing your own energy crisis? Discover easy-to-implement ways to naturally reinvigorate your energy stores and one remarkable herb that can help fight fatigue. Learn how to reclaim your energy levels and the life you love.



Prevent & Reverse Type 2 Diabetes Are you among the 1 in 10 Americans looking for all-natural ways to prevent or improve type 2 diabetes? Dr. Jacob Teitelbaum gives you the lowdown on how hintonia can keep your blood sugar levels and your A1C in check!

Love Your Love Life Are you among the 43 percent of women or the 31 percent of men suffering from problems in the bedroom? *Good Health Lifestyle's* editor-in-chief Kim Erickson explains why sexual dysfunction occurs and helps you uncover effective, all-natural ways to get your love life back on track, starting today!



Say Good-bye to Pain Whether it's joint pain, back pain, headache, or gout, nearly everyone experiences pain at some time or other. Learn how to get relief fast with a host of safe and effective herbal alternatives to potentially dangerous over-the-counter and prescription drugs.

The All-Natural Anxiety Cure Overwhelmed? Feeling anxious? You're not alone! Anxiety affects more than 40 million adults in the United States every year. There is hope! Dr. Jozsef Haller shares the secret to managing anxiety and chronic stress without drugs.



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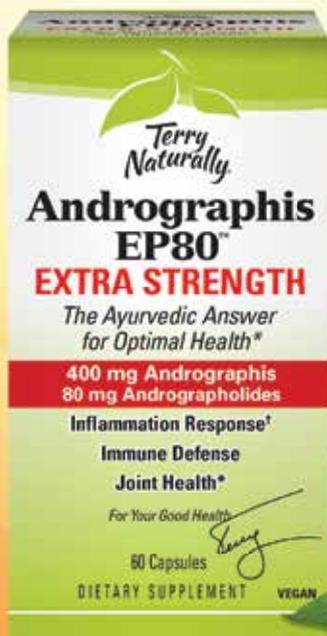


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†Occasional inflammation due to exercise or overuse.

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.