

SYNERGY TIMES

Synhealth@yahoo.com / 336-218-7099 / www.synergy-health.biz

Excessive Estrogen

Excessively elevated levels of estrogen throughout the menstrual cycle have been linked to many symptoms of dysfunction in women's health, including PMS, breast tenderness, and excessive and/or irregular menstrual flow. Higher levels of circulating estrogen have also been correlated with increased risk for breast cancer. One of the ways women can help manage or balance excessive estrogen levels is through supporting the ability to detoxify and eliminate estrogen rapidly and efficiently. Research shows the use of the supplements (13c) and DIM can be helpful with the elimination and ensure proper estrogen health. We carry both.

More about Vitamin D

Here is some more news about Vitamin D intake. Check your non beta carotene Vitamin A consumption. If your levels are close to 4000 I.U., research shows that you would require more Vitamin D3. We are pushing intake closer to 5000 I.U. or more of Vitamin D3 a day.

Nattokinase

A recent study has found that Nattokinase combined with red yeast rice can significantly lower cholesterol. The randomized, double-blind, placebo-controlled comparison included 47 patients with hyperlipidemia. The patients were assigned to one of three groups: nattokinase-mono formula (50mg/capsule), combined formula of nattokinase with red yeast rice (300mg of extract/capsule), or a placebo. Patients in the study received 2 capsules twice a day for 6 months. The results revealed that those in the nattokinase-mono formula group saw no effects on blood lipids until the 6th month, while the combined formula ameliorated all of the measured lipids starting from the first month. These findings suggest that nattokinase with red yeast rice has more potent effects on lowering blood lipids and should be considered as an option for people with hyperlipidemia.



Synergy News

- End of the year blowout! We have marked down many vitamins and supplements at a savings of up to 40% off. Take advantage of this offer while you can!
- January is a great time to cleanse after the holidays. Come talk to you us about a great cleanse to start the new year off right
- For those with thyroid issues that have had trouble finding Armour Thyroid, we are now stocking Biotics Research GTA Forte which is similar to the glandular component in Armour Thyroid.
- We still have the full line of Sami's bakery products for those who need wheat/gluten free products.

Alkaline Water Bottle Drop-off

As a convenience to our customers who need Alkaline water, we are glad to fill your bottles if you would like to drop them off. Just realize that this service is only done from 1:30 to 6:30 daily.

Statin Myth

The Statin myth continues to unravel as the truth comes out about how ineffective and dangerous they are. The following information comes from an interview with Sheldon Zerden, a leading authority on statin studies and cholesterol's effect on the body. Does high blood cholesterol cause heart attacks? 1) No, 80% of people who have heart attacks have a cholesterol level below (222). 2) A meticulous review of current studies confirms that All statins stimulate cancer in rodents. 3) 31 studies report higher cancer or total death rate with subjects who have lower blood cholesterol levels. Female vegetarians have higher coronary heart disease than female non-vegetarians. Male vegetarians have higher all-cause mortality than male non-vegetarians. With all this said, does it really make sense to take a statin? Check with us about other solutions to lower cholesterol.