

SYNERGY TIMES

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Shilajit And Testosterone Levels

PrimaVie ..a patented high quality shilajit extract from the Himalayas has shown to increase free and total testosterone in healthy volunteers ...this comes from a recent published study. Ok ...this is how it went for the double blind placebo study ...75 men between ages of 45-55 were given 250mg of PrimaVie or placebo twice a day for 90 days. At completion of the study men showed a 20% increase in total testosterone and a 19% increase in free testosterone. While you may see male targeted products with this ingredient saying how effective it is in smaller amounts. My policy for years has been to start with at least as much as was used in the study and go from there ...this has consistently proven to provide excellent results. We talk a lot about the need to keep testosterone levels optimal as you age to avoid issues like prostate health and cardiovascular disease ...not to mention quality of life issues like energy ...sex drive...muscle mass and brain...mood and brain function. Really just makes sense at this point !!!

Ubiquinol and Parkinson's

Thirty-one patients with Parkinson's disease who were experiencing the "on-off" phenomenon while receiving levodopa and 33 patients with Parkinson's who were not being treated with levodopa were randomly assigned to receive 300mg daily of Ubiquinol or placebo for 48 weeks. Among the patients receiving treatment with ubiquinol ...a significant improvement was seen in mean symptom severity as determined by Unified Parkinson's Disease Rating Scale compared with placebo. Patients not being treated with ubiquinol or levodopa worsened in all cases. Of note is that long term levodopa use actually causes random daily motor fluctuations and drug resistant periods. Studies show a low protein diet for meals till dinner can also help with this phenomenon so that day time activity may be improved. Some studies have shown ubiquinol to be helpful against this as well !!!



Synergy News

- Gluten free products are becoming more and more popular as we start to understand how sensitive many people are to its effects. Just a reminder that we carry Sami's flax millet breadwraps.....and chips in a variety of flavorsthis time you don't have to give up taste.
- As you all know how important it is to turn over a new leaf or refresh an existing good habit....nothing could be more true then losing unwanted pounds after the holidaysIdeal Protein makes it very easy and we have lots of existing clients that have done amazing !!!
- Just in case you didn't get the email about selling off our DEMO mattresses at unbelievable priceswe are switching gears with our choice of manufacturers as Natura begins to license its production to a select US manufacturer. We will continue to offer their top quality green bedding in the future. We have 5 twins that are about 8 months oldno better chance to save big on an amazing mattress !! Call or better yet come by and lay down.
- If you have questions about this letter please send to synhealth@yahoo.com

Now Taking American Express Per Your Request

For 9 years we have not taken American Express cards at our store and I see the faces and hear the sighs ...sooooo we have made it where you NOW can buy with Amx so you can get those points.....also hope its makes you want to spend more :) Ha!! That's what retail research says about Amx users !!

Great Time To Do A Cleanse

Nothing like a little spring cleaning in January !!! My favorite time to cleanse is first of the year....start things on a cleaner slate and give my organs a chance to catch up and thank them for all the hard work they just did for yet another year. Capra Cleanse is what usually suggest as it's a full organ detox. This will work on small intestine ...large intestine...liver ...kidneys...lungsskin and lymphatic tissue. There is no need to worry about urgent trips to the bathroom as it contains no laxatives and will offer calming essential oils and herbs to create a more peaceful digestive environment. If you have ever been so lucky to pull a pipe off from under the sink and seen the pink residues left behind ...than you will really get the picture of how foods leave similar traces and buildup through the digestive tract. Its your responsibility not to be the average person that dies with 5-7lbs of undigested meat left in the colon. How bad does that sound ?! For those with a history of constipation this is a must as the slow elimination of foods is toxic !!!