

## HEALTH - WHAT DOES IT MEAN TO YOU?

Autumn is here, giving us wonderful crispy mornings with sunshine streaming through cloudy skies, leaves blanketing the floor and trees of warm autumnal colours. We all know that winter isn't far behind and now is the time to think about our health.

Health is a word used in many different contexts, such as health clubs, health foods. But what does health mean to you?

The dictionary defines health as 'the state of being free from illness or injury'. The World Health Organisation (WHO) defined health in 1946 as 'a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.'

This definition is the ideal of health, but what does it mean in daily life? To be truly healthy is to have the capacity to fulfil our potential, and to be able to do all the things we want and need to do for physical and emotional well-being.

The feeling of well-being comes from inside and if our mind and body is happy then this emanates out like a ray of sunshine, having a fabulous effect on others, like a smile. To keep our bodies happy we need to think about what we are putting into them and how we are nurturing them with food and laughter.

In our busy lives we often don't consider our health until it deteriorates to the point where we can no longer function, e.g. severe cold, infection or profound emotional distress. At this point many people seek therapists or doctors to aid their recovery.

We need to think and take responsibility for ourselves before we get to that stage, it is advisable to put a structure of support for our body and mind in place that we can rely on. Just like taking **Seagreens®** daily to ensure we get all the vitamins, minerals and trace elements it provides.

As winter approaches we know that we're going to indulge in naughty foods in the coming months so now is the time to begin to protect ourselves!

Seagreens® is packed full of nutrients and supports our bodies through this time of change. As you know it can be taken in capsule form or sprinkled onto your food such as winter stews and soups.

Food tastes better when you know you're getting so much goodness with every mouthful!

Love, light and health to you all,  
Stefani

### Seagreens® Food Capsules

60 capsules :: 1 months supply    £16.95  
180 capsules :: 3 months supply    £45.95



### FREE DELIVERY

During October 2012, On all orders

UK only, expires 31st October 2012

### £2 OFF VOUCHER

If you've missed the Free Postage offer, use voucher **AUT2012** at the web site checkout, or on the phone, to receive £2 off, valid from 01/11/12 until 31/12/12

### WIN A FRAMED, HAND SKETCHED PICTURE OF YOUR PET

Enter our Free Pet Portrait Competition

We are giving you the chance to win a framed, hand sketched picture of your pet by popular animal portrait artist, Rebecca Graham.

Just send us a photo of your pet(s) and we'll choose our favourite from all the entries received.

The winner will receive a framed, hand drawn copy of the their photograph along with a jar of **Pet Granules**.

Two runners up will also receive a jar of **Pet Granules**.



To enter, send your photo either:

- By post: Send a photo of your pet(s) to Oceans of Goodness Ltd., 4 Springfield Road, Southgate, Crawley, West Sussex RH11 8AD, along with your name and address.
- Or, by email: Email your image file to seaweed@oceansofgoodness.co.uk

All entries need to be in to us by 9th November 2012. The winning photo will be chosen by our team and the winner along with a selection of other entries will be posted on our web site.

Please note: No purchase necessary to enter. I'm afraid we will not be able to return any photos.

## HIP DYSPLASIA - DUDLEY'S STORY

We hear some amazing stories from customers about how Seagreens has helped either them or their pets – or both! So here is one told by Linda herself:

Hi I'm Linda and have had dogs for a large portion of my life, mostly Golden Retrievers and German shepherds. At the moment I have one of each, Dudley and Duke, plus two little dogs Pip and Wesley. But this is the story of my six year old Golden Retriever Dudley.



Linda with Dudley, Pip, Wesley & Duke

When Dudley arrived he was such a wonderful ball of yellow/white fur you couldn't help but fall in love with him. Now he's just as adorable at the age of six, but not so little!

At about 8 months old I started to notice he was swaying and swaggering on his hind legs. I instantly knew what it was as my previous Golden Retriever Billy had shown the same signs – it was Hip Dysplasia.

Unfortunately I had to have Billy put down at 6 years old as his body couldn't take the pain anymore and the vets couldn't do anything to help him.

Hip Dysplasia is the most common single cause of arthritis of the hips. It's an abnormal formation of the hip socket which, in its most severe form, can eventually cause crippling lameness and painful arthritis of the joints.

As you can imagine I didn't want to lose another one of my dear dogs to this problem and began to search for help for him.

The only thing my vet could prescribe was Metacam, which is a pain killer, so I started him on this prescription drug but always keeping an ear to the ground for something more sustainable for his health in the long term.

My vet also put me in touch with Noel Fitzpatrick a neuro-orthopaedic veterinary surgeon and a pioneer of bionic development in animals. You may have seen him on television as BBC1 aired a documentary about his work 'The Bionic Vet' in June 2010. His diagnosis was that he would need a hip replacements, but that he didn't like to do this type of operation until he was a year old as there was such a high risk of infection. In the meantime I was advised to keep the weight off him and bring him back when he was in a lot more pain.

I heard about a person taking Green Lipped Muscle for their back pain and found a doggie version for Dudley. It helps with reducing the inflammation, this did help a little but he was still swaggering and swaying on his walks.

Then I heard about Seagreens® and our whole world changed! Thank you Oceans of Goodness. In May 2009 I bought my first jar of Pet Granules and a jar of Food Capsules for me, well I couldn't leave myself out!

After just a few days I started to see the improvements in Dudley and after a month he was a different dog all together. He was running around again, the swaggering had stopped and he just looked happier. If dogs could smile I'd definitely say he was smiling again, and he looked pain free. I was able to reduce and eventually remove the use of the Metacam which was a relief.

Recently due to work commitments and a busy life I ran out of Seagreens® and hadn't got around to ordering more. Slowly over a period of about two weeks Dudley started to show signs of swaggering again and wasn't running around in the park as much. There was a steady decline in his condition and it wasn't until I bought a new jar that I fully realised how much discomfort he must have been in.

Within a few days of having Seagreens® again he was running in the park, after two weeks he was playing with Duke in their over-active play fights. When I brought the jar of Seagreens home I put a little into my hand and both Dudley and Duke wolfed it down – it must be good as German Shepherds are notoriously fussy about what they eat, not like Golden Retrievers.

Having happy dogs makes me happy, they really are great friends and I wouldn't want them to be in any discomfort or pain if I can help it. With Seagreens® I've found the answer to this. I recommend it to all my friends and any one in the park who has large breed dogs; hey, it's great for us all!

Linda Hodson.



Seagreens® Pet Granules

200g	£12.95
1Kg	£49.95

## JEAN & JODI SHAW - MERCURY POISONING

Including extracts from Jeans Shaw's book - "Mercury Poisoning - It's Not In Our Heads Anymore"

"I believe things are meant to be. They happen for a reason and although at the time the purpose may not seem obvious, somewhere down the road it will all make sense.

My first child was born after a tricky birth, then twenty-one months later I had another baby! Jodi's birth was much easier!

Life was wonderful. Both boys were thriving. They were a joy to have, so full of fun. Together they explored the world which held so much opportunity for them. They played just as brothers should. Then came Jodi's MMR and nothing has been the same since – for anyone!

Jodi was born in 1989 in Brunei where the immunisation schedule was at the time different from the UK.

"Jodi and I consider Seagreens® far superior to formulated nutritional supplements."

So by the time he was six months old he had received his BGC, Hepatitis B1, B2 and B3, three lots of DTP and three lots of polio.

Vaccines do play a very important role in eradicating preventable communicable diseases by exposing the immune system to a very small dose to build antibodies.

However, as well as the weakened live virus, vaccines also contain preservatives (used in most multi-dose vials since the 1930's), adjuvants (used to enhance immune response), additives and residuals including aluminium salts (neuro-toxin), formaldehyde (preservative and kills living organisms) and thimerosal (mercury-based derivative). These are all toxic substances.

Then at 12 months Jodi was given his MMR. Almost immediately he changed.

He was later diagnosed with Autism. There is a growing body of evidence to suggest autism is a form of mercury poisoning. I believe that to be true.

He went from being a beautiful little boy who was amazingly sociable, bright and alert, to a child who was almost the opposite. It was as though the wires were now getting crossed in his brain.

After I discovered I had mercury poisoning because of my dental amalgams at the age of thirteen, electro-dermal screening proved Jodi had high levels of heavy metals in his body. As Jodi has never had any dental work he could only have received his mercury from me through my amalgam fillings and from the thimerosal in his childhood vaccines.

Over the years there has been increasing evidence to suggest autism may be a unique form of mercury poisoning.

Jodi needed more nutrition as his diet was poor due to the fact he wouldn't eat any meat, fresh fruit or vegetables. And Jodi had Candida albicans which is very common in children with autism.

The body is a complex machine and everything needs to be balanced. That's why I was so pleased to be introduced to Seagreens®.

Since taking Seagreens® Jodi has had a new lease of life! There's no doubt we are better fed now than we have ever been.

Very few people realise the health benefits of seaweed and just how versatile it really is.

Described as "perfectly balanced natural food" certain seaweeds, like certain land plants have been used for centuries by different cultures for medicinal and nutritional purposes, fertilisers and even to awaken sexual desire.

Of course the Japanese have appreciated the health benefits from daily consumption of seaweed for years and they're not the only ones. It was used with great effect in Victorian hospitals and the Irish monks were known to partake of the sea vegetable.

Seaweed has no significant fat and is a good source of the rare antioxidant, selenium, making it useful for candida treatment.

Cholesterol, blood pressure, heart disease are all familiar medical conditions in our modern society and a link has often been made to high salt intake because of its excessive sodium.

However, there is no 'whole salt' in seaweed, only a replication of mineral salts which are ideally balanced to suit human requirements, and the use of seaweed (as a salt substitute), has been shown to be an antidote to excess sodium consumption.

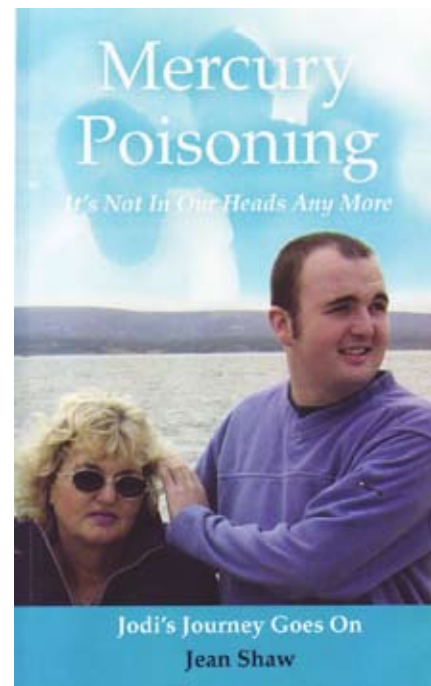
Just one single component can affect the balance, but the seaweed contained in Seagreens® contains all the vitamins (including the entire range of vitamin B), so you get optimum nutrition from one of nature's oldest natural multivitamins.

We use Seagreens® for optimum nutrition, and it also helps bind and remove heavy metals.

Anyway, I think that just about sums up why Jodi and I consider Seagreens® far superior to most formulated nutritional supplements except to say that the rich natural vitamins, minerals and nutrients come in light weight, dark green recyclable plastic jars delivered direct to my door.

Jodi still isn't talking and he is very healthy and happy. He's moved out of home and now lives with a couple of boys his own age. One of the boys has Downs Syndrome and the other has learning difficulties. They have a carer in the house with them. They all go to college a few days a week.

Jodi takes art and cookery classes at college. He's meticulous in his art and has great hand-eye coordination. He loves cookery and enjoys to make me meals too, anything with chicken in it. But his favourite is to make chocolate cakes – who doesn't love a great cake!"



## BECOME A LOYALTY CUSTOMER AND RECEIVE EXTRA DISCOUNTS!

Did you know you can get 5% off all orders if you become a **Loyalty Customer**?



You just have to have spent £175 in the year (365 days) prior to the date of placing your order. If you take the maintenance dose of two capsules per day for a year, you will qualify for Loyalty status. When you qualify, your status as a Loyalty Customer is automatically applied and you'll receive a 5% reduction on your subsequent orders.

We also offer **quantity discounts**. If you buy three or six of a product at one time you get a cheaper price and of course you also save on postage making one order rather than multiple ones.

Look out for our regular **special offers**. We generally have a special offer running every month and we inform you of these via email. If we don't have your email address because you normally order by telephone, please do send it to us at [seaweed@oceansofgoodness.co.uk](mailto:seaweed@oceansofgoodness.co.uk) and we'll add you to our email mailing list.

## FREQUENTLY ASKED QUESTIONS

Do you have any questions about Seagreens®?

Whereas the marvellous benefits of seaweed have been enjoyed in some cultures for many generations, the British public have only recently begun to appreciate its merits. Because its still relatively "new" to our culture many people have questions about its benefits and how to use it.

Part of our role here at Oceans of Goodness is to provide information for our customers. So please do call us if you do have any unanswered questions about Seagreens®. Phone Stefani on 01293 520460 (10 till 4 Monday to Friday).

What is the difference between Spirulina and Seagreens?

Spirulina is an algae and a heavy liver detoxifier. It is not advisable to take it over a long period of time as it can be too intense for most people.

Seagreens® however aids detoxification of the liver in a gentle way which is complimentary to the body even when taken indefinitely. Seagreens® also binds heavy metals and removes them, exceptionally good for those with amalgam fillings as there is now a strong body of evidence pointing to leakage of toxic, damaging mercury into the body from such fillings.

Can Seagreens be taken alongside other supplements and medication?

Because Seagreens® seaweed contains such a full spectrum of nutrients it is not necessary to take other supplements. However, if you have been advised by a consultant or therapist to do so then taking Seagreens® at the same time will aid the absorption of your supplements or help your body cope with any pharmaceutical medication.

Can I take Seagreens when I'm pregnant?

Yes, before, during and after! Taniya Maxted-Frost, author of The Organic Baby Book (Green Books, 1999) took Seagreens® before, during and following her first pregnancy: "Seagreens® fill a nutritional gap where there was nothing before. Unlike so many tablets and capsules, I've noticed their exceptional bioavailability. I can feel my body taking up all the nutrients like a sponge."

"Seagreens® have helped my fluid retention, I feel more energised, and I just don't want to stop using them because I feel so much better. Up to 3 Food Capsules can be taken daily throughout pregnancy, and in addition to pre-natal or other vitamins and minerals".



Stefani is happy to answer any questions you may have - ring her on 01293 520460. (10 till 4 Monday to Friday).