

## Spring has Sprung (at last)!

Light evenings and sunny days bring a feeling of health and energy as spring arrives and summer is on its way, hoorah!

In this newsletter, recent articles and studies show how you can turn yourself in to a baby-making machine, how stroke is prevented today and a new dimension is discovered on the effects of vitamin C. Also: Why the sexiest models use the most un-sexy product – **Cellagon felice**®, for the most advanced sun protection - 6 months before the sun comes out!

## I've got the Intention but Where is the Time?!

The 2000/2001 National Diet and Nutrition Survey found that the average consumption of fruit and vegetables was below 3 portions a day in Britain.

### Are we doing any better in 2006?

**Cellagon**® customers have good intentions with regards to their diet, as many people do, but all are busy at work, as a parent or both. We need to think about getting 5 - 9, preferably raw, portions of fruit and vegetables every single day, as the body needs nutrients constantly to build new cells properly. But when you've got an 8am meeting followed by a work deadline at midday, lunch with clients (which always overrun!) before leaving to go home and think about what kids are going to eat, or perhaps staying out for a drink with work mates to wind down...

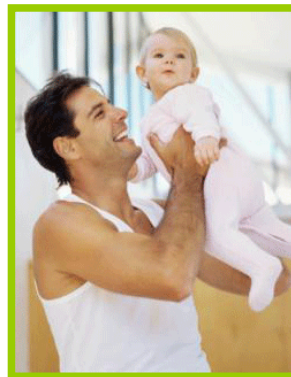
where is the time?

Envida understands the need for natural supplements of the highest quality which not only contain portions of fruit, vegetables and herbs but also include probiotics, fibre, omega 3, 6 & 9 oils, phytamins, vitamins and minerals. So by drinking one glass of **Cellagon**® you know whatever else happens that day, your diet is taken care of in the best possible way!

## Want to be a Father? Skip A & go straight to Z

### Why alcohol is out and zinc is in

"Being super-fit and healthy is important for men who are hoping to conceive. There have been numerous research studies looking at pre-conceptual nutrition in men. We know that diets low in zinc can reduce sperm counts, while excessive alcohol intakes can reduce zinc levels even further. Another nutrient that has a role in male fertility is selenium.



Don't expect results overnight - better quality sperm will result in about three months, the length of the sperm production cycle.

## Mum's Nutrition During Pregnancy Related to Child's Behaviour at Age 3

April 3, 2006 - University Park, Pa. - Dr. Laura Murray-Kolb, National Institutes of Mental Health

Children born to teenage mothers who were iron deficient early in their pregnancies were less active at age 3 than the children of iron sufficient moms, a Penn State study has shown.

"While many previous studies have shown that maternal nutrition affects the physical health and development of the child, this study adds to the growing evidence that a mother's nutritional status in pregnancy also affects the behaviour and personality of the child as well".



## Drink in the Sunshine!

Why are models drinking **Cellagon felice**® in the run up to this summer?

**Cellagon felice**® protects your skin from the inside, forming strong, supple cells, and strengthening the collagen fibres. The nutrients are used by the body to form stronger structures, such as noticeably firmer skin.

**Cellagon felice**® protects against exposure to UV rays and so has a potent anti-aging effect.



## Discovery Shows New Vitamin C Health Benefits

By David Staath , Linus Pauling Institute Oregon state university

Researchers at the Oregon State University have made a major discovery about the way vitamin C functions in the human body - a breakthrough that may help explain its possible value in preventing cancer and heart disease.

The newest findings explain for the first time how vitamin C can react with and neutralize the toxic by-products of human fat metabolism.

## Fresh Studies Fruit & Veg Consumption Cuts Stroke Risk

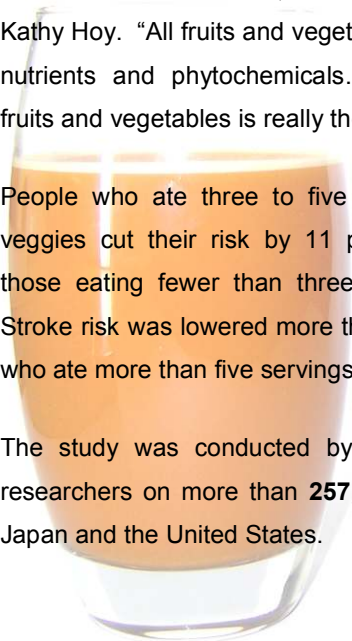
**Lancet 2006;367:278-279, 320-326**

A recent study in The Lancet, confirms again that: "five or more daily portions of fresh produce can cut the risk of heart disease, cancer and other problems.

"The study .. shows a relationship between increased fruit and vegetable consumption and a lower risk of cardiovascular diseases, including stroke," said Dr. Kathy Hoy. "All fruits and vegetables contain beneficial nutrients and phytochemicals... eating a variety of fruits and vegetables is really the best approach."

People who ate three to five servings of fruits and veggies cut their risk by 11 percent compared with those eating fewer than three, the journal reported. Stroke risk was lowered more than 26 percent in those who ate more than five servings a day.

The study was conducted by University of London researchers on more than **257,500** people in Europe, Japan and the United States.



## You Are What You Eat!

BBC

"The old line 'you are what you eat' is actually very accurate. The food we eat can have a huge impact on our health and wellbeing.

**Cellagon Aurum** is recommended by top dieticians all over the world, to give people the basis of their nutrition. It contains 40 different ingredients, and these are importantly kept **bioactive** through a patented concentration process used no-where else in the world. Bioactive means the nutrients are still alive which is what gives **Cellagon**® its powerful effects in the body. A glass a day certainly keeps the doctor away as you know, colds are massively reduced in the winter, and combining **Cellagon Aurum** and **Cellagon felice**® together in the summer gives great anti-aging effects the whole year round.

