

Happy New Year to you from Envida!

You know the secret to great health is an abundance of natural, nutritious foods in your diet. Three billion years of intelligence has created for us fruit, vegetables, herbs and seeds containing exactly what our bodies need and in the perfect amounts. You know this already. Interestingly in 2005, leaders in the field of nutrition, health and wellness from the UK to China are still agreed on one thing in relation to health: the more fruit and vegetables you eat, the better your health both today and in the future.

2005 was a good year for **Cellagon**[®], with **Cellagon felice**[®] now scientifically proven to reduce sun damage of the skin and reduce cellulite. **Cellagon vitale**[®] meanwhile had another ingredient added to it: Ginko Biloba, and its concentration doubled to become, *vitale plus*.



Many more top clinics and dieticians from around the world are recognising the benefits of **Cellagon**[®] as well. ICM Models in the UK supply their top models and famous faces with **Cellagon**[®] to keep them healthy and looking young. Gaby Roslin

named **Cellagon**[®] in the press earlier in 2005 as her 'health secret' and we often hear from many customers that **Cellagon**[®] has changed their lives. It was also a good year for health and nutrition studies in general, showing the direct link between diet and health, and we take pleasure in including some great information about 'winter superfoods' recognised for their beneficial health qualities last year. We hope you enjoy this newsletter and the best of health in 2006!

Time is on Your Side!

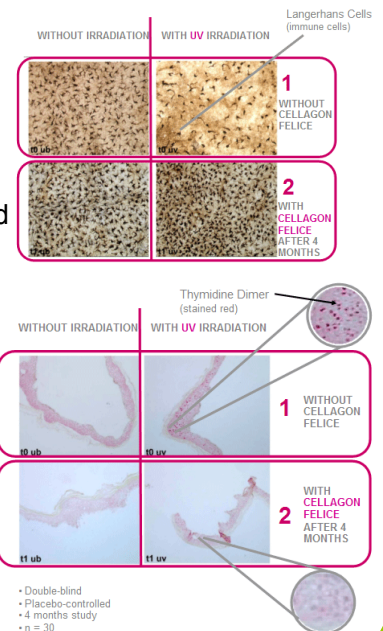
Our body is in a constant state of renewal, at a rate of 80 million cells per second. It only takes the body 100 days to renew completely which means in just three months you will have a whole new body! Imagine, by spring you will be feeling 21 years old again!



Drink To Stay Young!

The results of the first long term study with **Cellagon felice**[®] came out in 2005, and were better than expected!! **Cellagon felice**[®] protected against sun damage as changes in the skin cells were reduced and the elasticity of the skin increased (reduces wrinkles).

There was a reduction in cellulite and nail marks, and increased hair thickness and skin moisture. The science behind it is incredible, for more information [click here!](#)



Super Foods For Health

Sept. 28 issue of the Journal of the American Medical Association

Investigators reported that study participants who ate the highest amount of foods with dietary “phytoestrogens” had a 46 per cent reduced risk of developing lung cancer, compared to those who ate the lowest quantity. In other words, lung cancer patients tended to eat fewer quantities of fruit and vegetables. **Carrots, spinach and broccoli**, which have weak oestrogen-like activity, reduce the risk of developing lung cancer in both smokers and non, say researchers at The University of Texas.

Fighting Alzheimers Dominique Patton

‘Common fruit and veg may protect the elderly’

Scientists from King’s College London found **broccoli** to have the most potent activity. In further tests, the researchers showed that glucosinolates, a group of compounds found throughout the cabbage family, were likely to be responsible for this action.

Berries ‘help prevent dementia’

Compounds in the common blackcurrant could help prevent Alzheimer’s disease, research suggests. A study shows blackcurrants are full of potentially beneficial anti-oxidant compounds. Research in the Journal of Science Food and Agriculture found these compounds could block the cell damage which leads to Alzheimer’s disease.

Beetroot set to be the latest recruit to the superfood ranks in 2006

Beetroot is set to become the superfood of the moment for 2006. Its high fibre content can help to reduce high blood cholesterol levels. Beetroot contains the phytochemicals: carotenoids and flavonoids, which help prevent unhealthy cholesterol from being oxidised and deposited in the arteries.

Root vegetable that’s hard to beet

“[Beetroot’s] high iron content can help to treat anaemia and fatigue.

It is also rich in folic acid, known to be helpful in reducing the risks of birth defects if taken before

conception and in the early stages of pregnancy.”

Independent, Jan 06



How ‘bout them apples? Lowell Sun Online

Eating apples and drinking apple juice could keep you mentally sharp despite ageing, researchers say.

Researchers from the University of Massachusetts at Lowell found that there is something in apples and apple juice that protects brain cells in normal aging.

Apples and Beetroot are just two of the 40 ingredients contained bioactively in Cellagon[®]. Bioactive means that the nutrients are still ‘alive’ and available to your body, giving Cellagon[®] its powerful effects.

Superfoods are nutrient-dense while being relatively low in calories

(all of the below are contained naturally and are bioactively available to the body in **Cellagon Aurum!**)

Green leafy veg: Spinach, kale, and chard all contain beta carotene and carotenoids, working synergistically to support eye health. A good source of vitamin B and minerals.

Orange veg: Pumpkins and carrots contain high levels of beta carotene, which the body converts to vitamin A.

Celery: Provides an excellent source of vitamin K and a good source of vitamin C, folate and potassium. Celery is also loaded with phytonutrients such as quercetin, which promotes prostate and brain health, and apigenin, which may help slow prostate tumor growth.

Parsley: Provides vitamin K and an excellent source of vitamins A and C. A top source of the antioxidant flavonoid apigenin, which, in addition to protecting the prostate, may also help reduce the risk of breast, colon, skin and thyroid cancers. It has an abundance of phytonutrients - beta-carotene, lutein and zeaxanthin - can help protect sight, and can help freshen breath.

- Dole Nutrition Institute