



LIFE LONG PRODUCTS
SUMMERTIME SPECIAL
caring for you naturally...

Dear Customer

After a wonderful response to our new brochure, we would like to thank you by offering some exceptional summer deals. Also we have included some interesting information about the sun and its dangers, but also certain facts that may surprise you.

Is summer a miserable time for you? Do you sneeze all summer long with hay fever? Sore Nose? Do you hide away under long sleeves and parasols to avoid the misery of sunburn? Are you tired of itchy bites and stings? If so we have a range of natural products, which could relieve your symptoms and leave you free to enjoy the summer.

We also have on offer "nature's own anti-biotic" colloidal silver, which fights against colds and flu.



Why Not Detox - ready for the Summer?

Free Sample of
De-tox Foot Pads with
ALL orders
(one nights supply)

For a free fact sheet on any of our products ring:
0870 770 7661 today.

Facts about the Sun



The sun has been supporting life on planet Earth for years; it was even worshipped by many cultures throughout history because of its vast healing and therapeutic powers. Nowadays, most people are actually **afraid** of being in the sun, because it is said to cause skin cancer and premature aging. The so-called harmful effects of sun exposure have been greatly exaggerated by doctors, beauty experts and the media. As a result, the sun, nature's most powerful life-giving force, has been tagged as one of nature's most harmful elements. Obviously you cannot throw out caution and just sunbathe whenever you wish; too much exposure to the sun's rays can cause harmful and dangerous damage to your skin, however recent reports illustrate that you shouldn't be afraid to go out and get some sun, because the benefits of **SAFE** sun exposure greatly outweigh the risks.

The many benefits of being in Sunlight:

- Sunlight triggers the increased production of the feel-good brain chemical, **Serotonin** - which, as well as controlling your [sleep patterns](#), body temperature and [sex drive, lifts your mood](#) and helps ward off [depression](#)
- Sunlight is very good for skin conditions, including [acne](#), [eczema](#) and [psoriasis](#)
- Sunlight can help build strong [bones and teeth](#), lower [cholesterol levels](#) and prevent [heart disease](#)
- Sunlight can also affect [blood pressure](#); levels are higher during winter and lowest in summer
- According to some health experts, sunshine may even prevent more [cancers](#) than it causes
- Plus you not only look better after being in the sun by sporting a healthy tan, but you will definitely feel better; have more energy and generally look & feel healthier

The Silent Epidemic Vitamin D Deficiency



The fear regarding sun exposure, combined with the fact that many people now work indoors, has contributed to a silent epidemic of Vitamin D deficiency. Sunlight is your best source of Vitamin D, which is produced naturally when the sun's rays touch your skin. Vitamin D is essential for your health, protects against bone loss and for the proper functioning of your organs and cells. Lack of Vitamin D could leave you vulnerable to a number of chronic diseases and at risk of brittle bone disease.

What is Vitamin D deficiency?

Vitamin D deficiency means that there is not enough Vitamin D in the body, which is important for strong bones and muscles and to help prevent other major diseases such as some cancers, diabetes, tuberculosis and heart disease. Research suggests that in the UK around 2 in 10 adults may be Vitamin D deficient.

What is the treatment for Vitamin D deficiency?

Vitamin D can be found in liver, some fish (mainly oily fish) and egg yolk, but you would need to eat these at least 3 to 5 times a week to get your Vitamin D requirement. An alternative is Cod Liver Oil and/or Fish Oils and 'fortified' foods, or of course, the natural way – **SUNLIGHT**.

Using Sunscreen is very important, especially if you are fair skinned or are not used to being in the sun; also when you are spending long periods in the sun in hot places and at times of the day when it is very hot. It has been found though that using sunscreen can reduce your ability to make Vitamin D in your skin by more than 95%.

Therefore, to get your required Vitamin D intake, sunbathe for just 15 to 20 minutes, three times weekly with hands, arms and face uncovered; it needs bare skin, free from creams or lotions and direct sunlight (not through a window) to obtain Vitamin D through the skin. This should be sufficient for fair-skinned people; however, darker skinned people will need more sunshine. In winter when there is not enough sunshine to maintain vitamin D levels, you can up your intake of Vitamin D by eating super-foods and taking antioxidants.



Nutrition can make all the difference when it comes to sun exposure, for example if you do not have high levels of antioxidants in your tissues, you may suffer skin damage from excessive ultraviolet radiation.



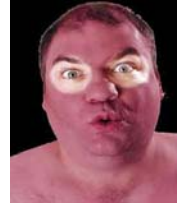
One of the best products you can get to assist with this is called **Astaxanthin** (which is the main active ingredient in **BioAstin**).

Astaxanthin will greatly boost the **Antioxidant** count in your tissues, protect you from sunlight and function as a very powerful internal sunscreen. It will also reduce inflammation and protect **your eyes** and your nervous system from damage from a variety of sources, including oxidative damage, free radical damage, and damage from ultraviolet radiation.

Sunlight – Friend or Foe?

Sunburn

Tired of spending your summer holidays hiding in the shade or looking like this: Read on for more information on a totally natural product which could change how you spend your summer.



BioAstin

BioAstin is a very powerful antioxidant produced from micro-algae called Astaxanthin. Trials have shown that BioAstin will help to prevent the misery of sunburn, even in very hot conditions. It will also alleviate the discomfort of prickly heat and sun allergies; it is totally safe for young children and the elderly.

A very powerful antioxidant, which can also help to protect the immune system. It is over 550 times stronger than Vitamin E and 10 times stronger than Beta-carotene; it also contains the powerful ingredient Lutein.

The many sun-protection benefits include:

- The prevention of sunburn, whilst promoting a healthy, long lasting suntan
- Reducing the discomfort of prickly heat and sun allergies
- Protecting the skin from ultraviolet radiation and after long term sun exposure

How to take BioAstin:

For **Sunburn Protection**; take **two or three** capsules per day for **two** weeks or more, prior to your holiday (or exposure to the sun) and during your holiday. Continue taking BioAstin on your return, to maintain your healthy tan and to protect your skin after long term sun exposure.



**BioAstin has many other benefits please ring:
0870 770 7661 for a FREE Fact Sheet.**

BIOASTIN TESTIMONIAL

I am writing to tell you how delighted I am with the BioAstin capsules. I have always suffered terribly when exposed to the sun; I go very red and my skin becomes extremely uncomfortable and itchy, even if I have only been in the sun for a short while.

When I heard about the excellent benefits of BioAstin and how effective it is with sun protection, I decided to give it a try. I took the capsules a few weeks before and during our holiday abroad and was delighted to find that they worked for me.

I now take BioAstin regularly, whenever I go abroad and during the hot summer months here; I can now enjoy the sun without the misery of suffering with painful sunburn and irritating itchiness.

Mr J. London

FREE SUN CRÈME OFFER

3 Bottles £55.95 *

1 Bottle £19.95

(60 capsules per bottle)

* **FREE** BioAstin Sun Protection Crème
with 3 bottles of BioAstin.
(see below for details)



BioAstin Sun Protection Crème

BioAstin Sun Protection Crème also contains **Astaxanthin**, with the added benefit of a sunscreen. When taking BioAstin capsules **and** using the BioAstin Crème together, you will not only benefit from **double** the protection from sunburn, but will also safeguard against long term skin damage. The crème is suitable for everyone, including young children and those with sensitive skin. It is easily absorbed, non-greasy and moisturises the skin.

£9.95 for 200ml or
FREE with 3 purchases of BioAstin

Hayfever



Hay fever is a very common condition that affects over 25% of people in the UK. It is caused by an allergy to airborne substances, such as grass or hay pollen, which affects the upper respiratory passages (nose, sinus, throat and eyes).

Hay fever symptoms can be similar to the misery of a cold and include a runny nose, watery eyes and repeated sneezing attacks. There are various products on the market which may alleviate the symptoms, for short periods, but not for long term effect. These also often cause side effects, such as; drowsiness when taking antihistamines and some of the nasal sprays available may contain harmful ingredients that should not be taken for long periods.



Serrapeptase

The active enzyme present in Serrapeptase (also known as Serratia Peptidase) was originally found in the intestine of the Silkworm. One of Serrapeptase's most profound benefits is reduction of pain, due to its ability to block the release of pain-inducing amines from inflamed tissues.

Physicians throughout Europe and Asia also recognize the anti-inflammatory benefits, as well as the pain-blocking benefits, of this naturally occurring substance. In Germany and other European countries, Serrapeptase has been used for many years as a common treatment for inflammatory and traumatic swellings, as an alternative to salicylates, ibuprofen and other NSAIDs (Non Steroidal Anti-Inflammatory Drugs).

Due to its inflammatory properties, Serrapeptase has been shown, in clinical studies, to also benefit chronic sinusitis sufferers and may help with many other problems, including asthma and mucus problems.

One of our customers, who has been taking Serrapeptase for the prevention of Varicose Veins and pain relief has reported that he used to suffer badly with Hay Fever, but found that Serrapeptase has been more successful in relieving his Hay Fever than any other natural products he has used.

SPECIAL OFFER - SPECIAL OFFER - SPECIAL OFFER

BUY 1 Serrapeptase get 2nd Half Price

SAVE £10.00 Now just £29.95 for 2 bottles.

Usual Price £19.95 each



Bites, Stings and Sunburn

Are you prone to bites in the summer? Do you suffer with sore and sunburnt skin? If so, Aloe Vera, which is nature's own answer to bites, stings and sunburn, could help you.

Aloe Vera is legendary for its healing properties and its therapeutic advantages, which have survived for more than 5000 years.

Often called the 'Miracle Plant' or the 'Natural Healer', the leaves of the Aloe Vera plant are harvested and the inner part, the gel, is extracted.

Aloe Vera Gelly

Applied topically, Aloe Vera Gelly is very effective for all types of skin problems and is particularly beneficial in the treatment of **bites/stings** and **minor burns**. Aloe Vera Gelly is a clear, thick gel containing humectants and moisturisers, excellent rubbing compounds for getting pure, stabilised Aloe Vera Gelly into the skin – it is almost like applying the gel directly from the leaf. The translucent gelly is quickly absorbed and is wonderfully cooling and soothing; it can quickly and effectively, relieve **itching, swelling, pain, inflammation** and **s**



Aloe Vera Plant .

SPECIAL SUMMER OFFER

**Buy 2 tubes of Aloe Gelly and
receive a
FREE Aloe After Sun Lotion**

**2 tubes x Gelly £18.85
(1 tube £10.95)**

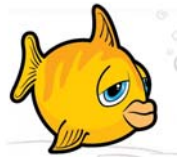
Don't miss out on the special offers in this Newsletter – they are for a limited period only

ALOE AFTERSUN

A smooth, non greasy lotion containing high quality Aloe Vera. Its totally natural properties are extremely soothing and will help keep your skin tanned, soft and silky, without peeling.

100ml - £7.95

or **FREE** with two purchases of Aloe Gelly



Dry / Sunburnt / Chapped Lips

“The best Lip balm EVER” Mrs S

Aloe Lips contains the finest ingredients, such as jojoba oil and beeswax, to make what we believe, is the most effective all-season lip care product available today. Aloe Lips soothes, smoothes and moisturises chapped and dry lips and can help to keep cold sores (herpes) at bay. It provides protection even in the most extreme weather conditions. The benefits don't stop there either.

It's ideal for small emergencies, such as stings, bites, minor burns and cuts. Whether you are skiing or sunbathing, picnicking by the river or barbecuing in the garden, keep Aloe Lips handy. Its compact size makes it so easy to keep in your pocket, handbag or First Aid Kit.

Handy Tip

Aloe Lips can also be used to soothe the skin around a sore nose when you have hay fever or streaming cold.

Place **Aloe Lips** on a cut that will **not** stop bleeding and **it will soon stop!!**



Aloe Lips @ £3.25
Or 2 for only £5.95

Life Long Products offer a FREE fact sheet service on ALL of our product range. If you would like more information on any of our products or a full brochure please do not hesitate to contact us.

Tel: 0870 770 7661

e-mail: mail@lifelongproducts.com

website: www.lifelongproducts.com



Colds and Virus's Natures Own Antibiotic

Summer is a time when we want to feel our best and hopefully enjoy the good weather - the last thing anyone would want is a miserable summer cold or even worse a virus!! This is the time of year when it is easy to pick up virus's, especially when we are travelling on holiday with crowds of people in buses, trains and on plane journeys, where it is particularly easy to catch nasty virus's. You only have to read and hear the news to know how travelling can also be dangerous with widespread virus's like Swine Flu.

In our last Newsletter we highlighted the many benefits of Colloidal Silver, one of them being how it can help to stop a virus from spreading, it does this by helping to boost your immune system, therefore enabling your body to "Heal Itself".

Colloidal Silver is available in liquid form and is best taken internally; it is also available in a handy, pocket/handbag spray size; ideal for when travelling. Just spray in front of your face and breathe in the droplets, or spray liquid directly into the mouth, to help protect yourself when travelling or when you have been in contact with anyone with a cold or virus.

Colloidal Silver is also very effective with cuts, stings or bites, just spray on to the affected area for an effective, quick and easy solution.

PLEASE SEE OVERLEAF FOR COLLOIDAL SILVER SPECIAL OFFER

Name: _____ Address: _____

Postcode: _____ Tel: _____ Customer ID: _____

Products	Quantity	Unit Price
Sub Total:		
P&P £3.95/£5.95*:		
Total:		

***Please note that orders of 5 products or more will be sent by Special Delivery, therefore Post & Packing charges will be £5.95.**

Orders should be sent with cheque or C/C details to the address overleaf or phoned through to the office.

Please Make Cheques payable to: Life Long Products

CREDIT CARD PAYMENTS: Card No: _____

Expiry Date: _____ Valid From Date: _____

Security Code (last 3 digits on back of card): _____ Issue No (if applicable): _____

We endeavour to despatch all orders within 24 hours of receipt. Thank you for your order.



Colloidal Silver..... Natures Natural Antibiotic

SPECIAL OFFER - SPECIAL OFFER - SPECIAL OFFER

FREE Refillable Spray Bottle

with two purchases of Colloidal Silver

2 x 200 ml £27.95 (1 x 200 ml £ 14.95)

2 x 500 ml £57.95 (1 x 500 ml £29.95)

Life Long Products

Sales Office – Lisa Rose

4 Summer Lane Minworth

Sutton Coldfield B76 9AU

Tel: 0870 770 7661

Proprietor – Hilary Roach

e-mail: mail@lifelongproducts.com

website: www.lifelongproducts.com

We hope you have enjoyed this “Summer Special.”

Take advantage of the many special offers that are available in this Newsletter and also – don't forget that EVERY customer who places an order from this Summer Special, will receive one nights supply of DETOX PADS FREE!!!!

Life Long Products would like to thank our customers for their support and we hope that you all enjoy the coming summer months.

With Best Wishes from,

Hilary and Lisa