

## **7 Tell-Tale Signs You May Have a Dangerous Nutrient Deficiency**

If you have dry skin, are feeling blue, have dry flaky skin, dandruff or dry hair, soft brittle nails, or a poor attention span, it may be a sign of something far worse - and you may not develop symptoms until the problem has become quite pronounced...

## **Found in Flour and Salt, It May Trigger Alzheimer's**

In fact, it's found in dozens of foods and products you use every day including baking powder, coffee creamers, baked goods, and processed foods. Odds are you are consuming 7-9 mg a day in your food alone. Here's how to avoid this deadly, mind-altering toxin.

## **Doing This Shrinks the Part of Your Brain That Triggers Anxiety**

Anxiety levels might be soaring, but here are three tools you can use to fend it off - including one that shrinks your amygdala, which is directly linked to your feelings of worry and uncertainty.

## **Can You Blame Your Bulging Belly on This Deceitful Drink?**

It's like a double crossing friend who tells you one thing, but then stabs you in the back when you're not expecting it. Believe it or not, this "healthy drink" can quadruple your waistline - and boost your risk of stroke, cancer, diabetes, and heart disease.

## **You'd Never Eat This If You Could 'Take a Peek' Inside Your Body**

And thanks to heroes like this guy, you don't have to - yet many do. In fact, 3 out of 4 Americans have detectable levels of this in their urine which has been linked to neurological effects such as anxiety, memory loss, and depression...

## **If Broccoli Was Superman, These Two Foods Would Be Dr. Evil**

No matter what superhero story you're into, there's always a good guy and a bad guy - and food is no different. And these are the worst of the worst - which you must veto if you want to avoid a future health shock that whacks you from behind...

## **If You Catch a Cold over Winter, Use This Fruit As Your Secret Weapon**

It's not a citrus fruit, but it's packed with 5 nutrients that can fix a cold fast. Research published in the British Journal of Nutrition proved it can reduce the duration and severity of upper respiratory tract infections...

## **Drink 3 or 4 Cups of This Daily, It Opens Up Your Blood Vessels**

When your blood vessels constrict, it can cause all sorts of health problems due to blood pressure spikes. But this drink helps them relax - also protecting you against blood clots and helpful in fighting an expanding waistline, diabetes, and Alzheimer's.

## **Hamburgers from These Restaurant Chains Could Lead to Blood Infections**

In fact, ordering any meat is dangerous - as it's still raised on this toxic substance despite the known health risks. But when you order a hamburger made from ground beef, 100% of it contains this disgusting substance which causes blood or urinary tract infections...

## **Eat 30g of This Daily, It's One of the Easiest Ways to Live Longer**

Want to avoid chronic diseases such as diabetes, heart disease, and cancer? Then this may be one of the best things you can do, thanks to the "fermentation effects" which produce short-chain fatty acids associated with a reduced risk of inflammatory diseases...

## **Cancer's Candy, Finally Unmasked**

It may just be cancer's best friend, and can almost triple your risk of dying from heart disease. Yet despite the industry knowing the dangers since the 1970s, they've kept the facts about this popular food hidden from you until now...

## **Tougher Than Vitamin D on Cancer, This Herb Is Also Brilliant for Your Brain**

With more evidence supporting its use against cancer than any other nutrient (including vitamin D), it is perhaps the most useful herb on the planet. Remarkably, it also breaks up plaque in your brain... so why aren't doctors handing it out like candy?

## **This Is the Worst Time of the Day to Eat**

Ignore this and your body will generate excessive free radicals that will damage your tissues, accelerate aging, and contribute to chronic disease. Plus: the best thing to do before meals to shed pounds and the reason calorie restriction can make you gain them...