



## Nutra-life Kyolic Aged Garlic Extract for optimum cardiovascular health

**I recently attended a very interesting luncheon held by Nutra-Life at Soul Bar down in the Auckland viaduct.**

Dr Karin Ried, Research Director at the National Institute of Integrative Medicine in Melbourne had a conversation with Kanoa Lloyd during a very tasty luncheon.

Ried is an expert in nutritional science, and has recently completed a study on the effects on cardiovascular health of Kyolic aged garlic.

The garlic study revealed that Kyolic aged garlic not only fights heart disease, but can slow and reverse it.

The secret is in the word 'aged'. Kyolic garlic studies began in Japan around 60 years ago. Garlic is aged in barrels for 20 months which changes the chemicals in the garlic making them more tolerable and more effective for human consumption. Raw garlic does not produce the same benefits, plus it contains more toxins. The aging process is not unlike grapes ageing in barrels to produce wine.

Nutra-Life Kyolic Aged Garlic Extract is a natural product made using this unique extraction process.

Dr Ried said the study showed that Kyolic aged garlic was consistently able to reduce blood pressure by 11 points on average for systolic and 6 points average for diastolic. One participant interviewed after the one year trial told how her blood pressure reduced from 155/90 to 126/84.

One of the beauties of the aged garlic is that it has practically no side effects. Most drugs have at least a 10% side effect rate. The

garlic can be taken along with other medications, with no ill effects. Another positive is that it reduces high blood pressure but not normal pressure.

A California study produced similar results. Thirty percent of all participants had hypertension, and 70% of those had a positive response to the garlic.

Kyolic aged garlic is a very safe option. It can lower cholesterol levels, helps to keep arteries clear and reduces plaque. It has no smell.

It offers natural support for heart health.

People are advised to take two capsules a day, and review intake after two months.

Dr Ried was an impressive protagonist for Kyolic aged garlic, and a highly qualified one at that.

She recommended looking up the study on line at NIIM.com.au (National Institute of Integrative Medicine).

I have begun taking aged garlic as a result of this meeting. It was the quadrella as far as I was concerned - the lovely Kanoa, the authoritative Karin, the prospective benefits for me, and the smooth running of the function by lovely Renai Hagstrom, from our very own Ponsonby PR Company, The Generalist. (JOHN ELLIOTT) [PN](#)



Dr Karin Reid, Kanoa Lloyd and John Elliott

## ROUNDUP FACING THE JUDGES

**A must-see documentary which records the global fight to prohibit use of glyphosate and highlights the latest scientific evidence of its carcinogenic qualities.**

Directed by Frenchwoman Marie Monique Robin and produced in collaboration with Arte France, it follows a group of opponents who assembled in The Hague in 2016 to hold Monsanto, maker of RoundUp, to account. The Hague was chosen as the venue for this citizen tribunal because of its association with crimes against humanity.

In exposing the truth about the chemical weedkiller that Monsanto has marketed as safe for years, experts, victims and health watchdogs from all around the world make the claim that the multi-billion dollar corporate is guilty of ecocide. Illness, deformity and death of children and adults from France to Sri Lanka, from California to Brazil, are all documented in the moving personal statements of victims and the statistical evidence presented by scientists. It features some of the latest research and exposes the manipulation of out of date research Monsanto has used to protect their multi-billion dollar profit.

The gripping one and a half hour movie will be screened Friday 18 and 25 May, 7pm at Garnet Station Cafe. Koha on the door, but booking at [www.GarnetStation.com](http://www.GarnetStation.com). For more information, email [johnelliott38@outlook.com](mailto:johnelliott38@outlook.com). [PN](#)