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## Practitioner News November 2024: Latest research on depression

1 message

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29 November 2024 at 17:01

Practitioner News  
Nutritional Update November 2024

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Dear Colleague

Welcome to our November nutritional update for practitioners. The aim of this regular news update is to keep you up-to-date with research findings from the nutritional industry, launch of new products and special offers from Pure Bio Ltd, and to help keep you abreast of products available for your patients and when and how to use them.

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[TREATING DEPRESSION AT HOME](#)



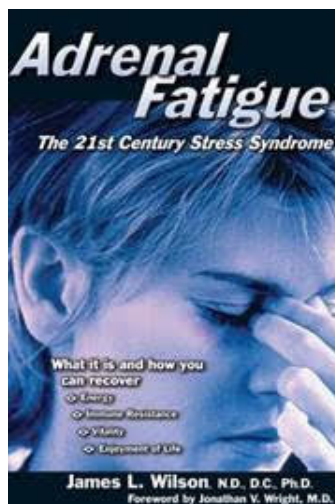
A device that delivers direct stimulation to the brain was found to be a safe and effective means of treating depression at home, according to a study by researchers at UTHealth Houston; The Institute of Psychiatry, Psychology & Neuroscience at King's College, London; and the University of East London.

Read more at [medicalxpress.com](https://www.medicalxpress.com)

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### WHAT IS ADRENAL FATIGUE?



The term "adrenal fatigue" was coined in 1998 by James Wilson, PhD, a naturopath, a chiropractor and an expert in alternative medicine. He describes it as a "group of related signs and symptoms (a syndrome) that results when the adrenal glands function below the necessary level". He says it is usually linked to intense stress and often follows chronic infections like bronchitis, the flu or pneumonia.

Wilson says people with it may not have any physical signs of illness but may feel tired, "grey", and have fatigue that doesn't get better with sleep. They also crave salty snacks.

#### **The Theory Behind Adrenal Fatigue**

Your body's immune system responds by revving up when you're under stress. Your adrenal glands, which are small organs above your kidneys, respond to stress by releasing hormones like cortisol and adrenaline. These hormones are part of your "fight-or-flight" response. They increase your blood pressure and your heart rate.

According to the theory, if you have long-term stress (like the death of a family member or a serious illness), your adrenal glands burn out from the prolonged production of cortisol. So adrenal fatigue sets in.

There is no approved test for adrenal fatigue, and blood tests can't detect a small drop in adrenal

production.

The suggested treatments for healthy adrenal function are a diet low in sugar, caffeine and junk food, and "targeted nutritional supplementation" that includes vitamins and minerals:

- Vitamins B5, B6 and B12
- Vitamin C
- Magnesium

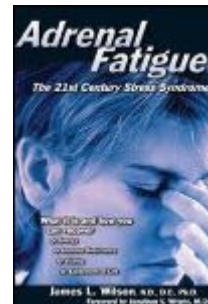
### [Adrenal Fatigue - the 21st Century Syndrome - Jim Wilson, ND, DC, PhD](#)

The book includes a self-test questionnaire to determine if you have adrenal fatigue and, if so, how severe.

With clear, easy to understand direction, Dr Wilson shows not only how to find out if you are suffering from adrenal fatigue, but also what to do about it: from diet and nutrition to self-analysis and lifestyle modification.

### [ORDER NOW](#)

[Probably the most comprehensive book on Adrenal Fatigue - £19.99](#)



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## Product Focus

### ADRENAL



Nothing But Pure®



[Pure Encapsulations Adrenal - 60 capsules](#) provides a blend of whole adrenal and adrenal cortex extracts, sourced from pasture-fed, pesticide-free bovine herds.

Each serving of two capsules provides 460mg of total adrenal concentrate. The tissue is freeze dried, then vacuum dried to preserve its nutritional value.

### Special Note

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your healthcare practitioner before use.

#### **This product is**

- **Free from gluten, wheat, soy and dairy**
- **GMO free**
- **Not suitable for vegetarians & vegans**

#### Recommended Dosage:

Take 1 capsule 1-2 x daily, with a meal, or as directed by your healthcare practitioner.

#### Contents: Two vegetarian capsules provide:

Whole adrenal (bovine) 300mg

Adrenal cortex (bovine) 160mg

Other ingredients: vegetarian capsule (hydroxypropyl methyl cellulose)

#### **ORDER NOW:**

[Adrenal - 60 capsules - £22.15](#)



To order an Adrenal sample phial for your Pure Bio test kit (at £1.50 each), simply call us on 01403 730342

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## [Latest Pure Bio News](#)



## PURE BIO CHRISTMAS OPENING HOURS 2024

**WISHING YOU A VERY MERRY  
CHRISTMAS  
FROM THE PURE BIO TEAM**

Tuesday	24 December	9am to 12 noon
Wednesday	25 December	CLOSED
Thursday	26 December	CLOSED
Friday	27 December	9am to 5pm
Monday	30 December	9am to 5pm
Tuesday	31 December	9am to 5pm
Wednesday	1 January 2025	CLOSED
Thursday	2 January	9am to 5pm



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## PURE BIO CHRISTMAS GIFTS & SPECIAL OFFER



IT'S THAT TIME OF YEAR AGAIN!...

Choose from our wide range of [organic toiletries](#), from handmade soaps to body lotions and much more. Or how about our [handmade organic candles](#) for the perfect Christmas present? We have individual products or lovely [gift sets](#) ready-made for you - the choice is yours!

Still can't decide? How about a [Pure Bio Gift Voucher](#) for your loved one to choose their favourite Pure Bio products.

**FANTASTIC SPECIAL OFFER - 30% DISCOUNT ON ALL GREEN PEOPLE ORGANIC TOILETRIES UNTIL 31/12/24**

Great time to stock up on Christmas gifts and save money too! Everything from body lotions and deodorants to shampoo & conditioners, sun lotions and toothpaste - the list is endless for both men and women. See our full range of [organic toiletries](#)

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## Winter Sale



We are clearing our shelves of some shorter-dated products and are pleased to offer you some fantastic savings! **HURRY AS IT'S FIRST COME FIRST SERVED!**

<b>Product</b>	<b>Size</b>	<b>Number of pots available</b>	<b>Best before date</b>	<b>Sale price £</b>
<a href="#"><u>Inositol Powder</u></a>	250g	2	31 Oct 24	FREE
<a href="#"><u>Nuzest Protein Powder - Wild Strawberry</u></a>	25gm	6	15 Nov 24	FREE
<a href="#"><u>SIN 23</u></a>	50ml	2	30 Nov 24	FREE
<a href="#"><u>M 11</u></a>	50ml	3	30 Nov 24	FREE
<a href="#"><u>Quercetin</u></a>	60	18	31 Dec 24	£14.50
<a href="#"><u>Poly-ProFlora Powder</u></a>	138g	2	31 Dec 24	£12.98

[Adenosylcobalamin](#)

60

100

31 Jan 25

**BOGOF**  
£12.98

SIMPLY TELEPHONE 01403 730342 OR EMAIL US ON [info@purebio.co.uk](mailto:info@purebio.co.uk) TO PLACE YOUR ORDER AND TAKE ADVANTAGE OF THE SAVINGS

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## Gift Vouchers

Did you know that we sell [Gift Vouchers](#) which can be used against the purchase of any of our products - from supplements to soap to socks? **A great gift at any time of year.**



The vouchers can be purchased in denominations of £5, £10 and £20 and are valid for one year.

***Why not give the gift of health with the luxury of choice!***

Order from the office 0044 (0) 1403 730342 or visit our website [here](#)

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## New Year Price Rises



2024 has been a challenging year, with raw material prices increasing by over 50% which, in turn, has impacted on the cost of finished products that you buy from us. We have absorbed these costs thus far but this, together with increased fixed costs of staff and premises (with more to come in 2025), means that we will reluctantly have to pass on some of these costs to you in 2025.

We do not do this lightly as we value your custom and know that you always have choices, so will mitigate the price rises as much as possible. To help you plan ahead and stock up on your favourite supplements before the price rise, we are giving you 2 months' notice before our prices increase on **31 January 2025**.

Of course, we have lots of sale offers listed above and a 30% discount on our range of Green People organic toiletries to help you save money in time for Christmas. Hurry while stocks last!

We greatly appreciate your understanding and valued custom. Thank you for choosing Pure Bio Ltd

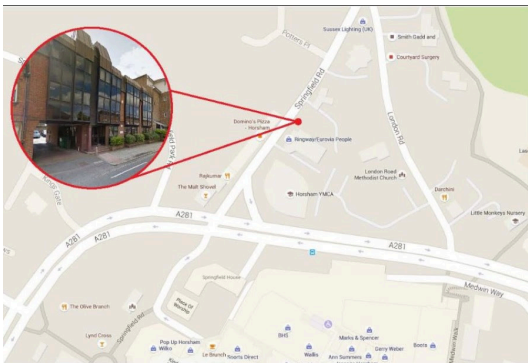
## Quote of the Month

**"Before you try to heal someone, first ask him if he is willing to give up the things that make him sick"**

Hippocrates

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## How to Find Us



You can order from our [website](#) or make purchases in person.

Find us at: **Ground Floor, 44 Springfield Road, Horsham, West Sussex, RH12 2PD**

Tel: 0044 (0)1403 730342

Email: [info@purebio.co.uk](mailto:info@purebio.co.uk)



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