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## HOLIDAY GREETINGS 2019

Finally after many months my new computer is working "pretty well". I have a lot to share.

I am especially excited to tell you about something that has totally changed my life! Many of you have asked if there is anything I have that would improve your energy, something that has also been plaguing me for quite some time now. It was getting to the point that I never saw the end of any of the TV shows I was watching because I would fall asleep every time I sat down in my recliner. I was watching a Christian television program where a doctor was explaining the importance of vitamin B-12 for energy. I know I take one 1,000 mcg tablet per day, but still suffered with fatigue.. This doctor said something that startled me awake about diabetics and the drug Metforman, which is used by millions to control blood sugar (by the way that drug is also very good for fighting cancer), METFORMAN INTERFERES WITH THE BODY'S ABILITY TO ABSORB B-12, so you are not getting the benefits of that energy stimulating vitamin. This doctor recommended doubling and tripling your intake of B-12 which usually comes in 1,000 mcg tablets. "WOW I DID AND NOW I HAVE ENERGY SO THAT I CAN GO ALL DAY AND INTO THE NIGHT LIKE I USED TO BEFORE MY KNEE INFECTION KNOCKED ME DOWN.

I love to watch the shows on the Learning channel called Mystery Diagnoses as I learn So much from them. One program in particular intrigued me. It was a woman who had suffered for 12 years, but no one could figure out what was wrong since all the medical tests kept coming back that she was normal and healthy. Here are the symptoms, she had suffered: BLURRED VISION from time to time, DIFFICULTY MAINTAIN ING HER BALANCE, CHRONIC VOMITING AND EXPLOSIVE DIARRHEA. What did they finally find? "VITAMIN B-12 DEFICIENCY. IT WAS SO LOW IN HER BLOODSTREAM THAT IT WAS ALMOST UNDETECTIBLE. The thing that piqued my interest the most was her loss of balance, something I have been having trouble with for a long time. I had to be sure I was close to something to hold onto especially if I was bending over. After I increased my B-12 tablets to three per day, my balance has gradually improved to where I seldom have a problem anymore. Who would think that one tiny pill per day, something that is

so cheap and available at any store that sells vitamins like the health food stores, WalMart, Walgreens, etc. could make such a difference?. It is a wonderful nutrient that anyone can get and sooo safe to take. I find that 3,000 mcg per day, works best for me.

Wow, TV is good for something!!

Stress is a pretty hot topic these days. It seems that about 20 percent of the adult population are dealing with stress and are taking mind altering drugs so they can even sleep at night. So many of you have asked if there is anything natural that I have which can help relieve stress. The only thing I have is the Living Free herbal Calmers which are quite effective in dealing with any kind of stress because it works on the mind as well as relaxing tight muscles. It is a great product to help your pets get through thunder storms and 4<sup>th</sup> of July. They know the problem is still there but they don't really care. When using it with horses it relaxes the mind and helps them get through difficult, fearful experiences. The nice thing about this product with horses, after awhile, you don't need it anymore as it helps them work through the problem. Some horses have trouble getting so worked up before a barrel race that they can almost not get through the starting gate, but the Equine Calmer is very effective in helping them mentally calm down. I have had some thoroughbred racehorse trainers use this product in the night feeding with young horses first coming to the track for training because it helps calm their fears, relaxing them so they rest better. Sometimes when horses run hard they "tie up" with muscle spasms. The Equine Calmers usually relieves that too.

I have been reading some interesting articles in my trade magazines by Dr. Michael Murray that may also help with more restful sleep and everyday stress. He recommends taking L-Theanine. What does it do? Increases brain serotonin dopamine and GABA levels; Counteracts some of the stimulating effects of caffeine; produces mental and physical relaxation and focus without inducing drowsiness; Improves learning and memory in both human and animal studies; reduces feelings of stress and improves the quality of sleep ; along with Curcumin it reduces systemic inflammation that seems to be plaguing so many these days, and diminishes the symptoms of PMS. L-Theanine effects are generally felt within 30 minutes and has been known to last up to 8 to 12 hours. It is a primary amino Acid found in many nutritional supplements and drinks, but especially in green tea as well as in about 2 percent of most other teas. No wonder the English love their tea. Who would have guessed it has such benefits. A dose of L-theanine between 50 to 200 mg is generally effective. It does not act as a sedative, but it does significantly improve sleep quality. Although L-Theanine is

completely safe and without any known adverse drug interaction, as a general guideline, it is recommended to take no more than 600 mg. within a 12 hour period. For more information go to [www.doctormurray.com](http://www.doctormurray.com). I do not carry this product but I know It is important to guide you to good health over the need to grow my company.

We are having wonderful results with the Lung and Joint formula because it appears to open the alveoli in the lungs. It allows people with COPD to breath and releases the spasms in the lungs of asthmatics. I developed this product with my sister in mind because her asthma was so severe; she hadn't been able to sleep lying down for years. She was never more than a few feet away from her atomizer, but with the Lung and Joint formula, she was able to go places for hours without using the atomizer. When we tried it with COPD clients, they were able to go places and not have to use their oxygen so often.

When we tried the Lung and Joint product on horses suffering from heaves, a form of equine asthma, the response was PHENOMINAL. We are seeing horses that could not stop coughing and no longer able to work, back out barrel racing and performing, living a full life with their owners. It is only used when they are having difficulties, and takes about 15 minutes to work. So far there has been no adverse side effects, so appears to be safe. We have even seen horses that are "bleeders" when they run, have little or no problems anymore. It is legal to use, even in racehorses.

I have recently learned some interesting facts about horses that I want to pass on FYI. I had always wondered why horses love carrots so much! Well, the reason is this vegetable is high in SUGAR! Not good for diabetics or horses except in very limited amounts. No wonder they love carrots. This is a horse candy bar.

I have learned some interesting things about the different kinds of hay and how you can determine if what you are feeding your horse is good for them. I see so many people overfeeding their horses that are standing in a stall 23 hours a day, work one hour and then given rich food, grain and all kinds of supplements. Horses in the natural roam and forage all day on a lot of different kinds of grasses and roughage. They are meant to move a lot, nibble all day, and keep just a little bit of food in their gut at all times. When they gulp a big flake of hay then stand for hours, the food is gone before the next feeding and as they stand around on an empty stomach, their gut churns and churns resulting in an increase of ulcers like we are seeing lately. It is best to feed them three or four small meals per day or put the hay in mesh bags that they have to pick at their food all day. Keeps them busier and happier as it is more like foraging. Alfalfa is a

natural diuretic and should really only be used for horses that are working often 10 hours like they often do on ranches, to help skinny horses gain weight or for lactating mares as it helps with milk production, but not for the average horse standing in a stall all day. If you want to use it for a treat, limit it or feed it with a balance of oat hay that does not contain the oat seeds to provide them with a balance of roughage. Spring grasses and broad leaf grasses like Orchard hay, stores the sugars and starches that cause founder and overweight in horses. These are called NSC (non-structured carbohydrates) which in most horses should be under 10%. There is a lab that will test your grasses for NSC content and for magnesium phosphorous balance. It is called Equine Analytical Labs in New York State. Their number is 1-877-819-4110. If you call them they will tell you how to send a sample which should cost you about \$19.00. Food for horses with thick necks and founder should be tested.

I am so happy to tell you that the new Lab making my products is doing a great job. It feels so good to walk out in the warehouse and see my shelves filling up. I am especially grateful that they are very careful to get the best and purest ingredients while keeping my manufacturing cost close to what I had already been paying. There are only two products so far, the Immune and the Liver/Gall Bladder, that did take a hit. They raised my cost \$30 a bottle on the 500 count which is about a 6 month supply, but I am only raising the retail price \$7.50. It was formerly \$85.00 but is now \$92.50 That keeps it close to what you were paying before. All discounts still apply. So far there is only one product I cannot make and that is the Canine Vitamin. My cost has gone up from \$23.00 per pound to \$42.00 per pound. We are working on trying to see what we can change that will not disturb the effectiveness and palatability, yet make it affordable. I will keep you posted on any progress we make.

Looking for an alternative, more natural pain killer you can buy over the counter? Try visiting the local smokers shop and purchase some Kraton. It is supposed to help control addictions, but works great as a pain killer.

I just want to say a great big thank you for your patience and continued support through this long, rough past year and a half. I can seem to clear most diseases, yet haven't found a cure for my macular degeneration. This past year has also seen the loss of both of my editors and since my eyes are getting so bad, you will probably find a lot of errors in this newsletter. I am sorry, but I did the best I could with poor eyesight and still trying to learn my new computer after my old one crashed. Thank you again for your patience and understand. I wish you all a wonderful New Year. Beatrice Lydecker-Hayford