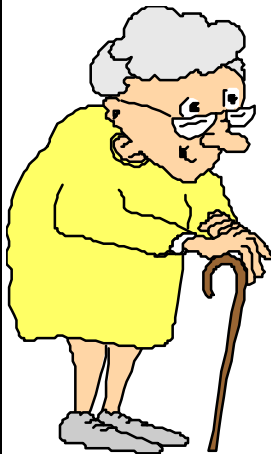


# Manganese for Stiffness & Tinnitus

Manganese is still in short supply and our source at Golden Glow in Queensland has dried up. We do have some available at the Polio Office though - the new Nature's Own which is coming back. Costs \$18. So if you can't get any - ring for it to be mailed out or pop in (ring first to make sure someone will be here).

## A few easily fixed problems, using manganese -



Have you ever found you are stiff initially, getting out of bed or from sitting too long - in a chair, in the car, wherever? Does it take a while to get moving again?

**No - it is NOT just because you are getting older and more arthritic!**

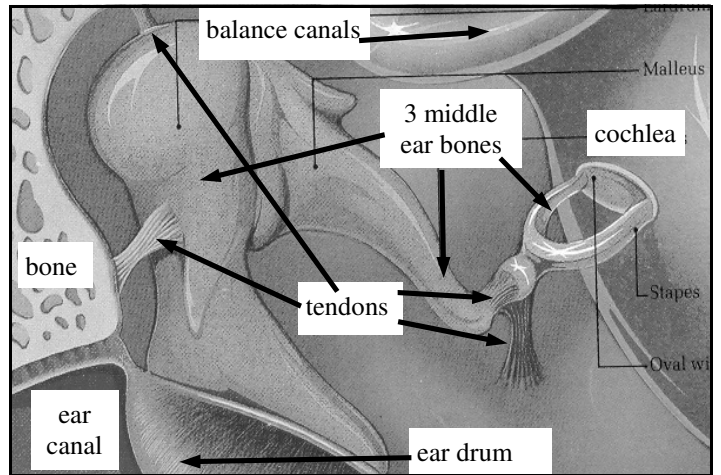
You are likely to find that by taking some extra manganese (200mg - 800mg daily) you can be back to the agility of younger days. Simple! Easy! No pain!

Manganese works on tendons - lax or tight - it allows them to work properly. It also has an effect on the balance centre in the inner ear. We can lose our ability to know where we are positioned in space. So we end up with bruises from **bumping into doorways** and furniture. We get **clumsy** - and **drive erratically**.

**All fixed with extra manganese!**

## TINNITUS

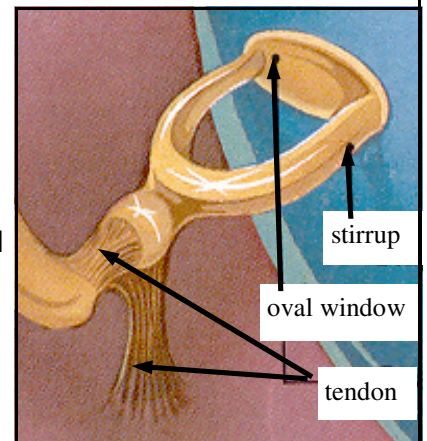
I found the pictures above in an anatomy book. It shows very clearly, the tendons holding the 3 little bones in the middle ear in place. They transmit sound from the ear drum vibrating through to the oval window of the cochlea, where the vibrations are picked up by nerves in the inner ear and translated by the brain as



speech and voices or "wonderful" or "awful" music (depending on your point of view). If these tendons aren't holding the bones in place properly, allowing them to "wobble" on their own, the brain picks this up as "ringing in the ear" or tinnitus.

So many people have reported getting rid of tinnitus altogether when on manganese and getting it back when they have stopped taking it. (If the tinnitus has been for a long time or is severe, you may lessen it but not get rid of it completely as permanent damage has occurred.

Usually tinnitus needs **600mg daily** to make a difference. If you have twinges or pain in any joints, stiff or wry neck, droopy eyelids, hearing loss, clumsiness, carpal tunnel or tennis elbow, torn or pulled tendons, you may need to take more. (up to 1200mg for tendon injuries.)



# B2 for Red, Itchy, Gritty Eyes!

We have had a disturbing number of people complaining of red, itchy, gritty or bloodshot eyes lately. Probably made worse by working on computers, watching TV, or just not getting enough sleep.

Even more disturbing are the numbers who are sent to eye specialists for these problems and end up on umpteen lots of eye drops that don't really help. Some even causing glaucoma.

As soon as they take some supplemental Vitamin B2, (100mg - 400mg) the eyes clear

**\* for droopy eyelids take manganese**



up in no time. I should know. Over the years, working late on the computer writing up newsletters and information booklets, I too end up with any of these symptoms. Even bloodshot eyes can resolve in a few hours after taking extra B2.

I recently came across a book on homocysteine - high levels of which predispose to heart disease, stroke etc (more on this next year) and as well as needing B6, B12 and folic acid to detox homocysteine (being researched at RPH last 5 years), we also need zinc and B2. So if you have any of these symptoms, - **do your heart (and eyes) a favour and take some B2 now** before it is too late!