



hanover healthfoods

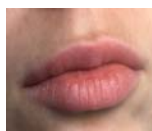
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Did You Know?

We stock a range of natural dental care, including SLS and fluoride-free toothpastes, natural mouthwashes, dental floss, toothpicks and dental gum.

'Hero' ingredients include Tea Tree Oil, Xylitol and Q10 for bleeding gums.

Check them out!



The Joy of Green Tea!



The antioxidants found in green tea are called polyphenols, the main one is epigallocatechingallate (EGCG). This antioxidant is said to be 100 times more powerful than Vitamin C in protecting cells against free radical damage. The average cup of green tea contains around 50-100mg of polyphenols and 30mg of caffeine. (An average coffee could contain up to 6 times that amount.) For those of you who don't like the taste of green tea or want to avoid caffeine, 1-2 capsules in supplement form is equivalent to around 4 cups of tea with virtually no caffeine.

This month's newsletter is all about green tea (*Camellia Sinensis*) and the health benefits of the simple tea leaf which grows throughout Asia. The discovery of green tea goes back to an ancient Chinese legend dated around 2700BC, when it was said that a Chinese emperor was sitting under a tree with a mug of hot water when green tea leaves fell into his mug, and hey presto – Green Tea was born!

So what is so special about green tea? Well, in tea terms it's the least processed tea out of the four main varieties- green, black, white and oolong. Black and oolong teas are fermented, whereas green and white tea are not. Avoiding fermentation ensures that the antioxidants found naturally in the leaves are preserved and make it all the way into our cups - which is good news for us! The leaves are simply gently steamed, then rolled and dried to produce the end product.

In Chinese medicine, green tea is traditionally used for many purposes from improving heart health to controlling bleeding and acting as a stimulant. Here in the West it is mainly used for two purposes – the antioxidant content and aiding fat metabolism.

Other goodies found in green tea are vitamins A, B1, B2, B3, C, E, K and chlorophyll. Vitamin K thins the blood and is found in much higher quantities in the fresh leaves than in the tea itself, so people on blood thinning medication such as warfarin can enjoy their green tea without worry. More benefits include fluoride, which is known to kill the bacteria that cause bad breath, as well as strengthening teeth and preventing cavities.

Green tea also contains the amino acid L-Theanine mentioned in last month's newsletter. This amino acid is great for promoting relaxation and a general feeling of calmness through the production of alpha brain waves. One of the main benefits of green tea is its aid in thermogenesis and fat metabolism. The two components found in green tea which aid fat burning are caffeine and the antioxidant EGCG. When we burn fat, free radicals are produced so the antioxidants found in green tea can help counteract this. Try consuming green tea as part of your

(continued overleaf)

DEFINING: Cold Sores

Cold sores have to be one of the most annoying maladies to injure. Once you've been infected with the virus, you've a fair chance of suffering them again, and again, whenever the immune system is below par.

For those not in the know, cold sores are fluid-filled blisters that usually appear on the lips, though they can also develop as ulcers on the gums or inner cheeks, on the roof of the mouth, on the skin around the nostrils or even the nostril lining. Ouch! Much care needs to be taken in the event of an

outbreak as the cold sore virus can spread easily by touch, and no one wants a cold sore on the eye or genitals! One tip is to switch to throwaway wipes for face cleansing to avoid any chance of contamination by towel drying. And of course kissing is completely out...

Avoiding a cold sore is possible if you prepare in advance and keep your 'emergency kit' at hand. As sun and wind can provoke them, wearing a lip balm when out and about will help. Recognising the irritating itch is key to a fast recovery but it may take a few cold sores to become proficient at this.

As soon as you can, take Lysine 1000mg on an empty stomach 3 - 6 times a day and apply an appropriate lip balm, remembering to scrape some off with a nail and avoid contamination of the balm. That's just a sure way



to re-infect yourself a week after the initial outbreak has occurred. And don't forget to wash your hands!

I swear by Lip Clear's ointment "Lysine +" which speeds up healing time by keeping the sore moist, helping to avoid bleeding as the sore progresses into a scab. An untreated cold sore can be around for a week to 10 days, so using remedies is worthwhile. Some people take Lysine 1000mg on a daily basis as prevention against unsightly disasters but I use an emergency attack method, keeping both Lysine and the ointment at home and at work.

Avoiding stress and sleeplessness will help as these only contribute to triggering a potential outbreak. In the course of events it will speed healing to completely avoid nuts, seeds and chocolate, you try it. If you dare to have a portion of either of those you can almost feel the cold sore growing!

Candy, Diploma in Nutritional Healing

A Veeeery Big Thank You To Everyone Who Came To Our Healthy Lifestyle Event on March 16th!

Although the weather outside was frightful, inside it was delightful! 150 turned up for our busiest show yet. Comments included...

What a great day!

Many thanks for such a wonderful and hopefully life-changing day.

Very well organised, very complete information, nice goody bag and discounts.

Big pat on the back – getting better and better.

A brilliant, well organised, informative and enjoyable event.

daily diet and workout schedule to see best results.

There are also studies to suggest green tea has a role in cancer treatment and heart health. The antioxidants in green tea can help to prevent oxidation of cholesterol, thus helping prevent atherosclerosis. Researchers have shown the rate of heart attack can decrease by as much as 11% with 3 cups per day of the green stuff – so get drinking! A study in the U.S. found that the antioxidant EGCG found in green tea can stop cancer cells reproducing and even shrink tumour size. It also has a role in skin protection against UV damage thanks again to its antioxidant content.

You might have heard of a certain type of green tea called Matcha? This very special green tea has been used as part of the tea ceremony in Japan for over 900 years and is used by Buddhist monks to maintain alertness and focus during long meditation sessions. This form of green tea comes as a powder, where the whole leaf has been dried then ground. This produces a concentrated tea, but with the goodness of the whole leaf and nothing thrown away. We stock Teapigs Matcha powder.

Green tea can be an acquired taste for some but here in the shop we have different brands and varieties to suit everyone. If you don't like the bitterness of green tea, try Pukka's Three Green Tea, its very smooth and much less bitter than some other green teas! This comes straight or also with Sicilian Lemon, sweet Spearmint or Chai spices. The Clearspring Sencha, loose or tea-pot sized bags, is a high-grade Japanese green tea that has been popular here for many years. If you are really caffeine-sensitive then we also keep Clipper Decaffeinated Green Tea.

Paul, 6 years with Hanover Healthfoods