

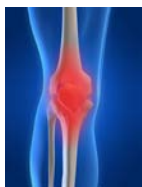


hanover healthfoods

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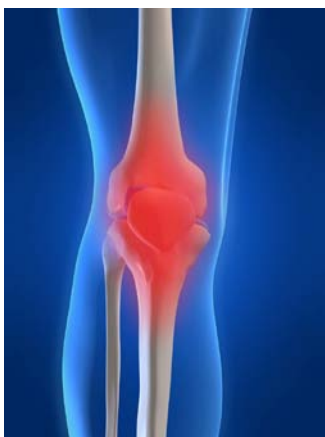


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Zeolites

Did you know that if you buy any three of the same supplement we will give you 10% off?

40 Hanover Street
Edinburgh EH2 2DR
0131-225 4291
info@hanoverhealth.co.uk

Help For Joints



Whether you are 30 or 70 joint problems can affect you. Whether you get sore knees from road running, or you are on a waiting list for a new hip then we may be able to offer some advice that helps.

Your joints are some of the hardest working parts of you. They are subject in some cases to substantial daily stresses, over and over, from impact, year after year. However, it is important to remember that your joints are part of you. They are not in isolation to you, something to be sorted out with a hefty daily dose of anti-inflammatories from the doc. Your joint issues, whether it be swelling or pain, are influenced by the exercise you take, foods, drinks and habits that can either make things worse or better. They can also be affected by supplements which may help moderate inflammatory processes or stimulate production of quality connective tissue.

In this brief article I will look at just three of the most common joint issues, Osteoarthritis and 'wear and tear' (OA), Rheumatoid Arthritis (RA) and gout.

Osteoarthritis is usually age-related and commonly affects people over 50. Maybe as the result of wear and

and tear, obesity or genetic factors, a gradual breakdown of the cartilage occurs. Cartilage is the smooth, gel-like shock-absorbing material that prevents the bones in a joint from touching. The onset of OA is gradual and marked by mild joint stiffness and pain, especially following rest.

Over the years one of the most popular supplements for OA and wear and tear has been Glucosamine Sulphate (GS). GS is a simple building block which helps to stimulate the regrowth of cartilage. In recent years though it's popularity has waned a little as a battle has been fought as to whether it really works or not. The most substantial recent finding is that is of little use to most joint problems but can be useful for OA in the knee. However, there are a few things to bear in mind before dismissing Glucosamine. Firstly, chronic degenerative conditions like OA cannot be turned around overnight. They may require months of treatment with GS before cartilage is restored. Also, some of the dosages being taken are inadequate. The standard recommendation is 1500mg, but some people might require 3-5000mg.

Hyaluronic Acid (HA) is a substance which the average person has about 15g of, of which a third is turned over daily. It is sometimes referred to as a 'goo' molecule and is associated with connective tissue. It has a regenerative ability for connective tissue and also helps the tissues that it is in 'drink' water. Supplementing with it can lead to improved quality of cartilage, as well as thickening the cushioning fluid within a joint. It also improves the 'plumpness' of the skin and in some cases improves eyesight by changing
(continued overleaf)

DEFINING: Zeolites

Zeolites have been around as a nutritional tool for a number of years but we haven't tended to stock them as they have, until now, been seen as avant-garde. That is about to change. From April we will be stocking the Toxaprevent range of zeolite products. The whole range have been certified as licensed Medical Devices in Germany since 2005 which means that all of the claims that are made have been approved by the German medicines regulator.

Zeolites are basically mineral sponges. They come from clay or rocks which have a unique physical and chemical structure which can basically absorb a whole variety of chemicals. They have been widely used in industry for a few decades because of their unique properties. However, they also have a extremely high potential for human health.

Toxaprevent contain a highly processed form of a rock found in the Mediterranean called clinoptilolite. The Toxaprevent range contains a version of the rock called MANC. Each zeolite absorbs different substances. The manufacturers have simulated gut conditions and found that MANC eliminates nearly 100% of lead, 60% of mercury, 85% of ammonium, 80% of histamine, and similarly high amounts of other heavy metals and organic compounds.

Toxaprevent comes in a variety of different forms but the main ones are the powder and capsules. The powder, neutral/slightly chalky, is mixed with 300ml of water and then drunk slowly. If it is swilled round the mouth it will remove heavy metals from fillings as well as generally deodorising.



As it passes down through the oesophagus and stomach it will continue to remove toxins and heavy metals. It also helps to absorb ammonium which is produced by *H. pylori* bacteria as a protective.

By the time it has finished in the stomach the MANC zeolite will be over 60% used up so if your problem is further down the digestive tract, maybe an allergy-type bowel disorder which could benefit from having histamine removed from the bowel wall then the capsules are more appropriate.

The types of gastro-intestinal disorders which can be helped by zeolites are heartburn, *H. pylori*, food intolerance, IBS, inflammatory bowel diseases, and general detoxification.

Toxaprevent also comes as three skin products which can be used for skin infections, allergic reactions, bites, psoriasis and acne.

John, Diploma in Health Food Retailing



In addition to supplementation the general lifestyle advice for joint is to take moderate exercise, to avoid sugars, refined foods, reduce or eliminate caffeine, alcohol and tobacco. The diet in all cases should be rich in wholefoods, wholegrains, beans and pulses, oily fish, and contain a rainbow variety of vegetables, cooked as lightly as possible.

the quality of the liquid in the eye. HA is now very common in high-end skin creams and when you are taking it as a supplement it is best to be choosy as the molecular weight of the compound affects how well it works. The best product on the market is Synovital and a sachet a day can be added to drinks.

Rheumatoid Arthritis (RA) is an auto-immune condition which can start with fatigue, weight loss, a low fever and joint stiffness. This is followed weeks later by red and swollen joints which are often warm to the touch.

Although there may be some joint degradation with RA the general remedies for it are anti-inflammatory in nature. Ginger, Circumin and Boswellia may all help, as can decent levels of Omega 3 essential fatty acids from fish. We would recommend a minimum of 5000mg daily for RA. It is worth noting that despite being an auto-immune condition it is completely safe to take Echinacea with RA. Research conducted over ten years ago now established Echinacea as an immune-modulator rather an immune-booster so, if anything, it might be helpful to RA sufferers.

Gout is a condition in which natural uric acid builds up in the blood and crystals can form, typically in toe joints. Uric acid levels can rise with kidney malfunction, or a diet high in alcohol and 'purines', an amino acid found in aged foods. Drinking a decent amount of water helps dilute the uric acid and stimulate urination. Natural anti-inflammatories like quercetin and Devil's Claw have proved useful over the ages. However, one of the most palatable of all the gout remedies is sour cherry juice, like Cherry Active. The weaker organic acids in cherry juice buffer the stronger uric acid and reduce build up.

John, Hanover Healthfoods