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In Brief!

Hayfever season is approaching! We have a number of remedies, new and old, in store. Offers include new lower price on Butterbur (Was £11.25, now £8.99) and Weleda Hayfever Kit with Mixed Pollen 30c and Rhinodoron Nasal Spray (Only £10,45. save £3)



JOINT RELIEF



Arthritis is a condition that causes inflammation in the joints, leading to pain, stiffness, inflammation and restricted movement. Osteoarthritis (OA) is caused by the cartilage wasting away. Rheumatoid Arthritis (RA) is caused when the immune system attacks the joints themselves. Both lead to pain and swelling. OA is usually age-related affecting people over 50 but RA can appear much earlier.

DIET

Getting the acid/alkaline balance is important. If the blood is too acidic then Calcium is drawn out of the bones to buffer acidity, leading to weakening of bones. Bones make up the base of joints, so we need to look after them. To reduce acidity and keep Calcium (and Magnesium) in the bones it's important to reduce the following: Coffee, soft drinks, diuretics, excess animal protein, sugar and 'white' carbs, alcohol, tobacco, too little or too much exercise, salt, tomatoes, potatoes and bell peppers.

Some trials have shown that removing dairy products can reduce pain and inflammation in RA, although the results can be very individual. Eating a whole food diet provides much Calcium and the myth that we need dairy as a Calcium source is not totally true. The

trick is balance. Sardines are especially high in Calcium, but almonds, hazelnuts, turnip greens, sunflower seeds, watercress, quinoa, black beans, kale and spirulina all have more calcium per 3 ½ ounce portions than milk. And more Magnesium to boot.

Damaged fats from frying can worsen inflammation. Baking, boiling and steaming are safe and if you want chips, I recommend chopped parsnips baked at 150°C in olive or coconut oil. (Remember, no tatties). A variety of smaller oily fish (herring, mackerel, sardines, pilchards, and organic trout or salmon) should be eaten several times a week.

FOOD INTOLERANCE AND DETOX

Find out which foods you are intolerant of, as any culprits will add to inflammation in the body. A clue here is not just pain but also itchy skin. In some, I have witnessed swelling and heat around the wrists to reduce greatly once dairy was removed from the diet, only to return once reintroduced.

Elimination is not forever as many people find their pain and itchy skin symptoms improved after a couple of cleansing sessions of diet and herbs, such as Milk Thistle, Dandelion, and Solidago. Once the body has less toxicity you may find that "culprit" foods can be enjoyed again, in moderation. Naturopaths recommend cleansing twice a year and I have found this to be great advice as I am pain free these days but notice hints of inflammation return if I go without.

SUPPLEMENTS

Despite the different causes of Osteo and Rheumatoid Arthritis, they appear to respond to similar supplements:

DEFINING: Lifestyle Event

We would like to thank everyone who came to our second Healthy Lifestyle Event on the 3rd of March. Nearly 150 people turned up, we raised almost £400 for the Eric Liddell Centre and the feedback and buzz was even better than the previous one.

The most popular talk of the day was *Fat Around The Middle* by Dr Marilyn Glenville, based on her best-selling book of the same title. The Merchants' Hall was at near capacity to hear her lay out warnings about hidden sugar and the role of stress in retaining fat around the middle, which is the most dangerous place for women to store excess fat.

Fat Around The Middle was preceded by a healthy and raw lunch from Edinburgh caterers, Ziggy's, and a gentle workout session from Leith-based personal trainer, Tracy Griffen. It was great to see so many people that we wouldn't have expected to get up and shake it all about (see picture!).

The talks were on Magnesium, Ageing Gracefully (taking in joints, memory, and eyesight), Natural Solutions for the Menopause, Energy and Stamina, and Beating Stress. All of the presentations from the talks will be available on our website on the News/Events page until the end of April, so if you want to see what you missed you can check it out. If you don't have access to the internet, don't worry. Just pop in or ring us and we will print one off for you.

The Meet The Suppliers area upstairs was also buzzing with a number of new and old faces either sampling their wares or giving advice. Popular stands were Dr Glenville's Natural Health Practice stand where her full range of nutritional products for menopause and *Fat Around The Middle* were on



offer and the Better You Magnesium products. Our friends from Neal's Yard Remedies on Hanover Street were really busy with taster sessions of their therapies.

New products were being sampled. On our stand we had the range of Inspiral raw kale chips, savoury crackers, and gluten-free granolas. Scottish gluten-free oat growers, Tilquhillie, were showing off their new gluten-free biscuits and flapjacks. These all went down well and are available from the store.

Anyway, it was a great day and we will be back next Spring. Sign up on our website to hear when the next one will be. For now I will leave you with some of the quotes which people left us...

All round, a first class event. Keep it coming! Thanks for a great day. **Pat on the back. Big hug.** Excellent venue. Comfy chairs. **Fab! Looking forward to next one.** Great. All talks were great and very informative. Thank you. **It just gets better and better.**

John, Diploma in Health Food Retailing



Hyaluronic Acid is being added to skin creams by some of the world's biggest skincare companies. Why? Hyaluronic is like the body's natural moisturiser, binding to 1000 times its weight of water, and, as it happens, we produce 50% less of it from age 50.

It is found in the fluid within joints, in very large quantities in the skin where it helps to retain moisture and also in the eyeball. People taking Hyaluronic Acid for vanity reasons almost always report an improvement in joint mobility and pain, and frequently eyesight.

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Antioxidants Zinc and Vitamins C and E are used for both conditions to protect cells, including those of joints, from damage. Vitamin E together with standard therapy is superior to standard therapy alone for reducing pain, but not inflammation in patients with RA.

Vitamin D is not just a nutrient but an active steroid hormone. Population research suggests that older women who have a higher intake of vitamin D tend to have a lower risk of developing RA. Certainly people with arthritis have lower Vitamin D levels, in part because they probably get out less. Joint tissues have receptors for Vitamin D.

Fish Oils will help to keep pain at bay, as long as we are following all the dietary advice too. Capsules don't give as much EPA (Eicosapentaenoic acid), and you have to take 5 1000mg capsules to match a teaspoon's worth. Fish oil may reduce requirements for anti-inflammatory drugs. For RA, improvements appear to kick in at 12 weeks increasing after 18 to 24 weeks of treatment, so be patient.

Glucosamine sulphate, a cartilage-building sugar-protein substance, appears to slow down joint damage over time. Trials show improvements in pain and movement, especially in OA of the knee. Some other clinical research has been less positive. Glucosamine sulphate might not be very effective for more severe, long-standing OA or OA in older and heavier patients. It is also important to take enough and we typically recommend 2-3g daily. Cartilage repair is a slow process so anti-inflammatory herbs like rosehip, ginger, or turmeric can help to reduce inflammation more quickly.

Candy, Diploma in Nutritional Healing