



hanover healthfoods

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Product Focus: Milk Thistle

It's Festival time again – the home of drunken debauchery. **Milk Thistle** helps to protect the liver from the ravages of alcohol and deep fried pizzas and Mars Bars.



Sleep Better, Live Better!



properly rested.

Magnesium This mineral is important for many functions in the body and is sorely lacking from the average British diet. Magnesium is involved in the function of nerves and muscles and can relax muscles as well as helping with irritability and tension – often a sign of magnesium deficiency. This mineral can be taken orally, or you can actually apply it to the skin in an oil form or bathe in it. Just the other day a customer was commenting on how good a sleep she gets when she adds Magnesium to her bath.

5-HTP is a derivative of the amino acid Tryptophan which boosts serotonin levels and helps induce sleep. This in turn helps boost melatonin levels, another hormone for promoting sleep, and keeps our Circadian rhythm, or body clock, under control. The evidence seems to show that 5-HTP increases deep sleep without increasing sleep duration i.e. it improves sleep quality. You could try something simple like Tryptophan-rich foods, chicken, turkey, bananas, dairy foods, just before bed – it sometimes does the trick.

L-Theanine is an amino acid found naturally in green tea and promotes a relaxed state by the production of alpha brain waves. This is particularly useful for people who are stressed or live busy lifestyles and need to 'wind down' after a long day. If you lie awake thinking about things at night you should probably try Theanine first. You can drink green tea to get your Theanine but remember this has a small amount of caffeine and may possibly keep you awake rather than help with sleep. If in any doubt try the

(continued overleaf)

We need sleep to function properly and without sufficient we can get irritable and our health suffers. Poor sleep is more common nowadays due to the busy and stressful lifestyles that we lead. Stimulation from electronics and caffeine is rife for many.

It is now estimated that around 15% of people in the UK are affected by sleep problems at any given time. The good news is most of the time sleep issues are caused by common problems like anxiety and stress and we have the remedies to help.

Valerian is one of the longest used and most researched remedies out there for sleep. It has a tranquilising effect, improves the ability to fall asleep and improves sleep quality. Valerian can also help with treating anxiety, which can be an issue with sleep disturbances.

A study by Swiss researchers found that taking Valerian was more effective against sleep disturbances when compared to placebo. If Valerian on its own doesn't quite cut it for you, try A.Vogel Dormeesan – the added hops give it an extra edge. Research in sleep centres show that Dormeesan promotes a 'normal' pattern of REM and deep sleep which means people wake feeling

DEFINING: Lovely Legs

With the incredible summer (by recent standards anyway) hemlines are a-rising. This makes many quite conscious about the appearance of their legs. There are three issues which I will deal with: varicose or unsightly veins, oedema or puffy ankles, and sore legs for those like waitresses, nurses and sales staff who find themselves constantly on their feet.



As it happens there is one unifying remedy which helps to address all three leg problems. That is the Horse Chestnut (*Aesculus hippocastanum*). best known for its conkers. Horse Chestnut contains a group of chemicals collectively called Aescin which are responsible for most of the activity of the plant, and most of the benefits of Aescin occur below the waist.

It is not known exactly how Aescin works but it is thought that one of the things it does is enhance a substance which causes constriction of veins. This can be reasonably fast-acting for the appearance of varicose veins.

Aescin also improves the quality of the connective tissue in very small blood vessels. It has been clinically shown to reduce the rate at which larger proteins can pass through the capillary walls (an anti-exudative effect, no less!) This is an indication that the rate of fluid entering the tissues of the foot and ankle is reduced. Net effect? Less puffy, swollen ankles.

People can get swollen ankles at this time of the year generally as a result of the heat. The basic practical advice is

to maintain a good intake of water, reduce intake of sodium which can help draw fluid into tissues, and to elevate feet above the level of the heart 3-4 times a day for 30 minutes each. Compression stockings are another option in more chronic cases but many people don't want to wear them for aesthetic reasons. In this case, taking a supplement of Horse Chestnut can be a viable alternative.

We sell Horse Chestnut in two major forms. A Vogel Venaforce is available in tablets and Venagel is the gel form (sample attached!) If you have a severe problem like varicose veins, Chronic Venous Insufficiency or severe oedema then the tablets are recommended, possibly with the back-up of the gel. If you suffer from passing sore legs and swollen ankles after a long shift on your feet then you may get benefits from the gel alone. So, next time you want to tip a waitress, leave her a tube of Venagel!

John, Diploma in Health Food Retail



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products.
Whilst stocks last!**

capsules, they contain more Theanine and virtually no caffeine. Try taking anywhere between 200-600mg half an hour before bed. On a personal note, having tried it for sleep I found it very helpful. I experienced a much deeper sleep and woke feeling fully refreshed.

Along with supplements, dietary and lifestyle changes can also help. Try the basics and keep a regular sleep pattern by going to bed at the same time each evening. If that doesn't work try the opposite approach, keep out of the bedroom until you are actually tired. Visualising 'sleep' creeping inch by inch up from your toes is just one of many little tricks to try.

If you think you sleeplessness is caused by something like stress then you should tackle that first. Stress is a major factor in sleep disturbances, so try to combat them by exercising regularly and relaxing properly. Exercise also promotes natural tiredness, obviously! Some people try meditation, anything to keep you relaxed will help, particularly if you have a very full life. In our lives full of artificial distractions, smartphones, a period of mental calm, especially in the evening may help.

Diet-wise, avoid caffeine and tobacco – these will affect your adrenal health and have an impact on stress. The half-life of caffeine in the body is thought to be four hours, so six hours after your coffee later you could still have a quarter of the caffeine in your system, for example. Avoid refined carbs and sugary snacks; these play havoc with your blood sugar. Eat more protein and complex carbs and snack on nuts and seeds – this will keep you on an even keel and stop insulin spikes. Keeping your blood sugar level is a key point, meaning you will be less likely to wake up in the middle of the night with hunger pangs.

Paul, 6 Years At Hanover Healthfoods