



# hanover healthfoods

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**Buy Viridian  
Clear Skin Oil or  
Capsules and  
get the Clear  
Skin Cookbook  
by the Medicinal  
Chef, Dale  
Pinnock, for  
FREE!**

**Hurry...  
While stocks last!**



## HEALTHY WEIGHT CONTROL



somewhere as you are depriving your body of what it needs, regular refuelling and sufficient nutrients.

The next step to maintain your body is regular exercise. Be realistic and set yourself a goal, then stay committed and follow it through. This could be anything from a brisk 30 minute walk home, to chasing your pet pooch round the garden at home – if it is fun you are more likely to stick to it. Fat burning supplements are a helping hand, not a magic wand!

Nowadays being overweight is a significant problem. With the availability of cheap and easy 'fast food' and the hectic lifestyles that we lead, optimum nutrition seems to be the last thing on our mind. It is estimated that a quarter of Scots are classed as obese, of which men are in the majority. Maintaining a healthy and fit body doesn't have to be difficult and once you change your lifestyle the increased energy you feel and improvements in your body composition will leave you wondering why you hadn't begun eating healthier years ago! A healthy body means more confidence and an overall happier wellbeing.

Stay away from refined foods, they usually come dressed in white, such as white rice and white bread, as these rock your blood sugar and this in turn promotes fat storage. Consume more protein in your diet along with complex carbs such as brown rice or quinoa. This will keep you feeling fuller for longer and less likely to snack, but don't worry, you won't end up with a bodybuilder's physique from consuming more protein! That's just not how it works.

If you want to snack, eat nuts and seeds as they give you essential fats, minerals and extra protein, or even try a glass of water – sometimes thirst is hunger in disguise!

Men need around 2500 calories a day to maintain weight, women around the 2000 calorie mark and to lose any excess unwanted weight your overall calorie intake should be less than these totals. The easiest way to do this is to follow the small meal principle – 6 small meals a day. It is much better to graze rather than gorge, this keeps your blood sugar level, helps to maintain satiety and reduces the need to snack. Do not starve yourself and eat very little, as this almost always leads to snacking or slow weight loss. Fad diets will always fail along the line

If you are struggling to lose those last stubborn few pounds of unwanted fat, there are a few useful supplements which you can use to help burn fat and leave you with a body to be proud of!

Green coffee contains a compound called chlorogenic acid which reduces blood glucose levels and promotes stable blood sugar. It works by prioritising fat in the body to be used as an energy source hence  
*(continued overleaf)*

## DEFINING: Miss IntegriTea

Hanover Healthfoods is the home of Miss IntegriTea! Exquisite organic hand-blended loose herbal crafted by me, Medicinal Herbalist Cindy Ledgerwood here in Edinburgh. I use only the most sublime herbs, flowers and fruits to make exquisite, pure, honest tea (no dust in a bag here) bursting with flavour and goodness - suited for every mood or occasion.



Miss IntegriTea Ltd is unlike any other tea company. Teas are locally

blended in Edinburgh, it is loose, organic, bursting with flavour and goodness and as eco-friendly as possible (each bag is hand stamped with the logo and sewn at home -just like the olden days!)

Herbal teas are fabulous, low calorie healthy alternative to caffeinated and processed drinks. My Miss IntegriTea delicious therapeutic blends originate from recipes passed down through generations of herbalists. Teas are specifically blended to provide emotional and physical support during our hectic lives. You will find many of the herbs used living around your neighbourhood. If you want to know what you can find in the hedgerow on the way to work or whilst walking the dog just pop in and ask.

Here are some of my most exquisite herbal tea blends!

**Tropical Moments** blended to diminish hot flushes and reduce anxiety which frequently occur around menopause. It contains Sage and Alfalfa which combined has been demonstrated to reduce hot flushing. Motherwort and Rose are included to cool and soothe.

**Skin, Hair and Nails** contains a form of highly absorbable silica (Horsetail) and herbs blended to eliminate toxins and strengthen improve vitality.

**PuriTea** provides natural antioxidants and cleansing properties for the body. It is based on Nettle and Milk Thistle.

Miss IntegriTea also offers a bespoke blending service to tailor tea exclusively for your taste or therapeutic requirements.

For further information visit [www.missintegritea.com](http://www.missintegritea.com).

Cindy, Miss IntegriTea herself!

**Adequate protein levels are important whilst trying to lose weight otherwise you might end losing more muscle mass, and muscle tissue burns calories.**

**Generally you need 1-2g of protein per kilo of bodyweight in order to maintain muscle. Athletes need more.**

**Candy has prepared a table of the protein content of nourishing, vegetarian and healthy foods so you can juggle your diet to include them.**

**Did you know that a teacup of cooked quinoa grain contains 12g of protein?**

**Ask in store for a copy.**



**Conjugated Linolenic Acid (CLA)** is found in meat and dairy products, and in supplement form comes from safflower oil. This works by stopping the storage of dietary fat in our cells and promotes stored fat to be used as an energy source. It also promotes an increase in lean muscle, great news when you are trying to lose fat as the more muscle you have the more fat you burn! This supplement is popular with bodybuilders to decrease body fat before a contest.

**Green tea** If you are a tea or coffee drinker, try switching to green tea. This tea contains antioxidants called catechins, which stimulate thermogenesis and fat burning. It also keeps you calm.

**Capsaicin** If you like your food hot, try adding more chilli to help shift fat. Chilli contains capsaicin which is what gives chillis their heat, but also stimulates the breakdown of body fat for energy.

**Chromium** If craving carbs and sugary sweet foods are your issue, give chromium a try. This mineral works by increasing sensitivity to insulin, hence more effective blood glucose metabolism and more even blood sugar levels. Try between 200mcg – 600mcg for effective results.

**Cinnamon** can help regulate blood sugar by improving response to insulin and keep blood sugar on an even keel. Try adding it to porridge or into smoothies.

**5HTP** is an amino acid and well known for improving mood and sleep but it can also influence dietary habits, especially where craving carbs is concerned. In one study patients given 900mg of 5HTP per day while on a calorie restricted diet noticed weight loss and reduction in cravings, while maintaining feelings of fullness.

Paul, 5 years at Hanover Healthfoods