



hanover healthfoods

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In Brief!

- Yep, it's that time of year again. Perhaps more than in recent years this is a time to spend with your family and loved ones, give them some quality time rather than having to rush off to your next pressing engagement. Try to help a random stranger and put a smile on their face. Do that everyday until Christmas and just think how much joy you could bring. Then keep doing it throughout 2012!
- We have a number of great gifts in store but please only buy what you can afford. There is more to life than money and stuff. Have a good one!



It Takes Guts!



The foundation of good health is good digestion. Without it how can we expect to benefit from the food that we eat? The food which fuels our activity, all the essential functions of the body, and makes every cell in the complex jigsaw puzzle that is us.

Good digestion starts, I suppose, with good food choices. You can't make a silk purse out of a sow's ear, as the saying goes. But how you eat is as important as what you eat. **Sitting down in a relaxed setting** allows the body time to get the digestive enzyme production going. **Chewing food** is the next stage; some say 20 times per mouthful is optimal.

The enzyme Amylase, found in saliva, gets carbohydrate breakdown on its way. Chewing increases surface area, warms and moistens, and ensures food is nicely coated with amylase. Hydrochloric acid in your stomach aids protein breakdown and the acid pH of the stomach also helps to kill off bugs. **Stress can reduce digestive enzyme production**, so please attend to this! Don't know about you but I prefer to stick to calm topics of conversation during a meal but it's amazing what some people will choose to talk about at meal times.

Next is how much liquid to drink.

Water, half an hour before a meal, will provide a basic ingredient to help make those digestive enzymes. **Not too much liquid during the meal**, about 300ml maximum for an adult. Any more may dilute the enzymes. A mother recently reported how much her child's bloating had improved after meals once this basic advice was followed.

Bitter herbs stimulate the digestion in the stomach and beyond. Rocket salad is a great way to start a meal but some will already know that less bitter vegetables are being produced to satisfy our boring palates so bitter foods are harder to come by. A course of Centaurium, the bitter herbal remedy from Vogel, over three months will help the body to reset its production of digestive enzymes and has the amazing ability to balance deficiency or excess as well as tone up the sphincter that sits above the stomach and prevent gastric reflux. Not to be used in combination with medication.

Digestion is continued in the small intestines when bile (made in the liver) is secreted from the gall bladder to break down fat. Anyone with chalky stools needs to **up bile production and artichokes or Milk Thistle are great for that**. The pancreas produces a cocktail of enzymes to help the final stages of digestion. The absorption of nutrients takes place, mainly, in the small intestine, so having a healthy gut wall is vital. Good bacteria in our gut play a role in completing carbohydrate breakdown. **Top up with a live probiotic yoghurt or probiotic supplement** if you've been on antibiotics or a high sugar diet as these can both disrupt the balance.

Anyone with wind, whether that is hiccups, belching, bloating or flatulence is not digesting their food sufficiently. Lots of us suffer from this and discover that holidays are times when we can eat
continued overleaf >>>>

DEFINING: 2012

OK, crystal ball time! 2011 has been an interesting year and no mistake. On the downside we have had to cope with Princes Street being closed and a deluge of nannyish legislation from the EU. There has been an upside though. Our Healthy Lifestyle Event was a great success and we will be running it again next year, even better than before! It goes without saying that winning a national award was the icing on the cake for 2011.

So what can we expect from 2012? What will be hot and what will not?

My top tip for next year is Stevia. You may have heard of it before, we did indeed stock it until ... wait for it ... the busybodies in the ... yes, you've guessed it ... the EU got it taken off the shelves for the best part of ten years.

Stevia is a plant which grows throughout the Americas and its leaf is naturally sweet. Extracts from Stevia have been used as safe commercial sweeteners across the world. It is used extensively in Japan where I remember hearing that it was in about 30% of sweetened products. In the 1990s, for reasons that I will not speculate on here, oh twist my arm, lobbying from Big Sugar and Big Sweeteners, it got taken off sale in the US and EU. The big commercial interests and the bureaucrats forced the makers of Stevia to prove that it was safe, in the face of evidence that it already was very much so. It took an expensive decade to persuade the regulators that it was utterly safe and in 2008 the US approved it. At some point after having finished writing this article and you reading it, it will have been passed as safe for sale throughout Europe once again.

From reading *The Grocer* magazine I understand that food manufacturers are queuing up to take dodgy muck like saccharin, aspartame, and excess sugar out of their products

and to replace it with Stevia. This is a big step forward for human health and the bureaucrats should hang their heads in shame that it was taken off sale for a decade.

Amongst other things that you hear more and more about in 2012 will be Chia seeds, as mentioned in last month's newsletter. Things which were big in 2011, like coconut in all its forms and Vitamin D3, will continue to expand. Expect to hear about coconut sugar in 2012. Made from the nectar of coconut flowers, it tastes delicious and has a lower impact on blood sugar than sugar sugar. Vitamin D3 research will continue to pour out all over the pages of the newspapers. If you aren't convinced yet that you need to take it, you surely will be next year!

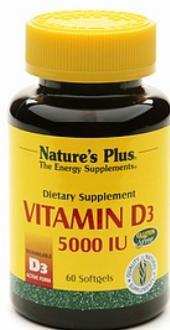
Raw food is an area destined to expand and is an area in which we need to dip our toes a little more firmly as we currently stock just a handful of bars and some raw honey, but we will rise to the challenge, as we always try to!

John, Diploma in Health Food Retailing



Winter Vitamin D Offer

Buy 3 Nature's Plus D3 5000IU 60 capsules for a 15% discount. More details in store or online.



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almost anything without issue. Running around at lunchtime with food in your belly is a recipe for disaster but a digestive enzyme supplement may help to counteract this. Christmas dinner may require some additional help.

The next key tip for people with digestive issues is to **have fruit on an empty stomach**. Blueberries on porridge may work first thing in the morning when the digestive conveyor belt is clear. However, fruit taken with protein rich meals can be held back, ferment, and cause unwanted problems. Count yourself lucky if you are robust enough to eat any combination of food.

A good multivitamin containing Zinc, other minerals, and B vitamins will help support your production of digestive secretions.

Constipation is another common digestive complaint. Did you know that our bowels are supposed to move three times a day? People with skin disorders are often constipated and as the rubbish fails to exit the body through the bowel, the skin is used as a rather uncomfortable and unsightly route of elimination. Tips to avoid this include **drinking eight glasses of water a day**, eating fruit on an empty stomach as the first meal of the day, choosing wholegrains if you take grains, and **eating plenty of vegetables** to max the fibre. Forget five-a-day, its more like 8-12 for maximum health but the government knows we will be overwhelmed if they pushed that line given that the five-a-day message isn't really working anyway. After all, some parts of society fail to reach even one a day (fact) but is that an excuse to hide the truth? A way to help this would be to remove crisps and chocolate from vending machines and replace them with fruits, smoothies and soups. Am I dreaming of nirvana?

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