



# hanover healthfoods

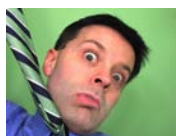
www.hanoverhealth.co.uk

FEBRUARY 2014 ISSUE

## CONTENTS



Pgs 1/2:  
Multi-  
vitamins



Pg 2:  
Stress  
Helpers

## Pukka Teas: 3 for £5

**Our popular  
offer from 2013  
is back! Any 3  
of the range of  
Pukka Teas for  
£5!**

**Dig in! Stock  
up!**

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

## Multivitamins...



Multivitamins are everywhere and are the most popular food supplement, but the question still gets asked – do we really need to take them? The answer, for the large majority, is yes. Multivitamins are a great way to ensure adequate intake of nutrient levels, as well as prevention of disease. There is a wealth of research out there now indicating a positive link between multivitamin intake and prevention of chronic diseases. Multivitamins won't give you a buzz or make you feel better next week, but they could mean you have fewer infections and reduce your chance of various chronic diseases.

Multivitamins are the foundation to any supplement program with a typical multi providing B-vitamins, trace minerals, and antioxidants for general wellbeing. The nutrients found in these products are essential for the numerous processes in the body and they work together to ensure optimal health. The belief that obtaining every nutrient required in adequate amounts can simply be got from food is unfortunately wrong and the government's own tally of what people actually consume supports this. Most commonly in the British diet, we don't consume enough foods containing adequate amounts of Calcium,

Selenium, Magnesium or Zinc. Modern food production methods and lack of Selenium in the soil, especially in Scotland, lead to our fruits, vegetables and grains lacking in nutrients. A good quality multi from a health store can fill the gaps.

Multivitamins can vary greatly and are not all the same. When looking for a multivit, don't assume that because it gives 100% of the RDA that it contains everything you need. The reality is we need much more. The RDAs were set years ago and are grossly inadequate with the exception of some of the minerals, only providing you the bare minimum to stave off deficiencies. They can be tailored for different categories of people from the young right through to the elderly by focussing on containing adequate nutrient levels for their specific needs.

**Men's Multivits** tend to have more Zinc and little or no Iron as a healthy man doesn't need generally need supplemental Iron (with the exception of vegetarians or vegans). Zinc is also an important mineral in regulation of testosterone and maintaining prostate function, along with sperm health and motility and sexual function.

**Female Multivits** The addition of extra Iron is generally what tends to make a multiple a 'female' variety. All multivitamins contain the RDA for Folic Acid which is important if you are seeking to become pregnant. Iron is added to put back in what a woman loses through her period. Post-menopausal multivits have no, or low, Iron, as menstruation has stopped. Vitamin B6 is included at a relevant level as research shows adequate intake can improve symptoms of PMS.

*(continued overleaf)*

## DEFINING: Stress Helpers

Stress is a part of life nowadays, with most of us running around like headless chickens trying to fit everything we need to do into the day – not always an easy task! High stress levels can have various negative effects on our body, from poor digestion and fatigue to decreased immune function. At times the stress of day to day living can get too much and we need a little helping hand. That's where herbal remedies come in.



Vogel make Stress Relief Daytime which contains Valerian, a source

of Valerianic acid, which has been shown to inhibit the breakdown of GABA in the brain. GABA is a neurotransmitter involved in regulating excitability of the nervous system. Valerian stops GABA being broken down in the brain and helps keeps us calm. Valerian also contains a substance called Valeranone which helps relax smooth muscle and combat symptoms like irritability and high blood pressure brought on through stress. Also in the mix are Hops. When you mention Hops to people, the first thing they usually think of is beer, but Hops can be very useful in the context of stress. Hops contain substances known as humulones and lupulones. These two substances are broken down in the body and produce a sedative action on the nervous system which keeps us feeling calm. Stress Relief Daytime can safely be used long term and is not habit forming, but if you are taking prescribed sleeping medication or tranquillisers, consult your doctor before taking it.

Some people may prefer an ever more gentle remedy. Oats (*Avena Sativa*) contains some B-vitamins which are necessary for the nervous system to function properly. Oats also contain substances known as indole alkaloids, which have been shown to relax smooth muscle and the nervous system, helpful in relaxing muscle tension, a common result of being stressed.

A quick mention about Magnesium is appropriate here too as we are all lacking this essential mineral in our diet. It plays a role in aiding stress by relaxing muscle and nerves and this can help with irritability, probably the most common sign that you are stressed!

Remember, you can also help combat stress by having a diet containing wholegrains, fish, nuts, seeds and vegetables - helpful to stabilise your blood sugar level - in addition to avoiding sugary snacks, refined foods and too much caffeine.

Paul

### Top Multivitamin Buys:

**Solgar Male or Female Multis** are designed as a three tablets daily, but less can be taken depending on how good your diet is. 3 tablets contain 400mg each of Calcium, Magnesium, and Vit C, along with 400iu of Vit E. These are levels which are higher than in a one-a-day formula. Also high in B-vits and trace minerals like Selenium and Chromium.

**Biocare One-A-Day** is our most recommended once-daily multivitamin as it has a high level of Selenium which recycles antioxidants. Selenium is low in the diet in Scotland.

**Viridian Hi-5 Multi** is in capsule form for those who have absorption issues or prefer something small to swallow. Viridian capsules also have none of the fillers which are essential for making a tablet.

**Vitamin D** is not present in Scotland-appropriate levels in any multi on the market so that always needs to be taken separately.

**Sports Multivits** are tailored for the active person; addition of nutrients like Co-enzyme Q10 can help with energy levels, amino acids for muscle repair and magnesium for helping with aching muscles. MCTs from coconut oil can be used to provide quick energy and increase fat burning, along with antioxidants to counteract the free radicals generated from intense exercise.

**Kid's Multivits** Iron is included at relevant amounts as children need adequate iron due to continually growing, with girls needing more as they enter the menstrual phase. Research indicates Iron deficiency could contribute to the development of ADHD. Vitamin D and Calcium are included for bone development along with B-vitamins to facilitate the release of energy from food. Zinc is included as it is important for hormone regulation and can play a part in acne treatment. Not only does Zinc help heal the skin, but it also facilitates the release of vitamin A from the liver – another nutrient important in skin health and acne treatment.

**Pregnancy Multivits** Typical pregnancy multis are really not that different from a good one-a-day. They can contain higher levels of certain minerals like Calcium, Magnesium and Iron. Folic acid is in all multis at a standard level. What you don't get in a pregnancy supplement which you need is a decent level of Vitamin D (3-5000IU is recommended for Scotland) and Omega-3 for the baby's nervous system.

It is important to emphasise that multivits won't replace a balanced and varied diet, but are there to make sure you get sufficient amounts of the nutrients you are not getting from your food. If you can eat a varied diet including plenty of colourful fruits and vegetables, oily fish, complex carbohydrates and plenty of water then you are doing pretty well. Add in your daily multivitamin and you are on the right track to achieving optimal health!

Paul, 6 Years at Hanover Healthfoods