



hanover healthfoods

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from £3.95 for a lip
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lipstick for £6.95???**

**That must be
Benecos then. Come
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The Joy of Green Tea!



The antioxidants found in green tea are called polyphenols, the main one is epigallocatechingallate (EGCG). This antioxidant is said to be 100 times more powerful than Vitamin C in protecting cells against free radical damage. The average cup of green tea contains around 50-100mg of polyphenols and 30mg of caffeine. (An average coffee could contain up to 6 times that amount.) For those of you who don't like the taste of green tea or want to avoid caffeine, 1-2 capsules in supplement form is equivalent to around 4 cups of tea with virtually no caffeine.

This month's newsletter is all about green tea (*Camellia Sinensis*) and the health benefits of the simple tea leaf which grows throughout Asia. The discovery of green tea goes back to an ancient Chinese legend dated around 2700BC, when it was said that a Chinese emperor was sitting under a tree with a mug of hot water when green tea leaves fell into his mug, and hey presto – Green Tea was born!

So what is so special about green tea? Well, in tea terms it's the least processed tea out of the four main varieties- green, black, white and oolong. Black and oolong teas are fermented, whereas green and white tea are not. Avoiding fermentation ensures that the antioxidants found naturally in the leaves are preserved and make it all the way into our cups - which is good news for us! The leaves are simply gently steamed, then rolled and dried to produce the end product.

In Chinese medicine, green tea is traditionally used for many purposes from improving heart health to controlling bleeding and acting as a stimulant. Here in the West it is mainly used for two purposes – the antioxidant content and aiding fat metabolism.

Other goodies found in green tea are vitamins A, B1, B2, B3, C, E, K and chlorophyll. Vitamin K thins the blood and is found in much higher quantities in the fresh leaves than in the tea itself, so people on blood thinning medication such as warfarin can enjoy their green tea without worry. More benefits include fluoride, which is known to kill the bacteria that cause bad breath, as well as strengthening teeth and preventing cavities.

Green tea also contains the amino acid L-Theanine mentioned in last month's newsletter. This amino acid is great for promoting relaxation and a general feeling of calmness through the production of alpha brain waves. One of the main benefits of green tea is its aid in thermogenesis and fat metabolism. The two components found in green tea which aid fat burning are caffeine and the antioxidant EGCG. When we burn fat, free radicals are produced so the antioxidants found in green tea can help counteract this. Try consuming green tea as part of your

(continued overleaf)

DEFINING: Active Food

Thinking about sports nutrition and all the mixed messages that all the rival companies are promoting is enough to give most people a headache. That said the basics behind sports nutrition are pretty straightforward.

The principle foundation for achieving your best physically, whether your goal is to complete a 'Race For Life' or win Olympic gold, is a high quality wholefood diet with adequate levels of protein. Your diet should include everything that you ever hear us banaina on about – vegetables to the max. beans. pulses. nuts. seeds. wholegrains. Lean meat and oily fish. This diet will provide your core minerals, fibre, antioxidants and carbs.

The next layer is core supplementation. This should include a first class multivitamin which is rich in trace minerals. Calcium, magnesium and antioxidant vitamins at decent levels. The reason antioxidants are important for active people is because burning any kind of fuel, whether it is petrol in your car or glucose in your thighs, produces free radicals. Free radicals are high energy particles which zap around until they are neutralised. The 'zapping around' phase can harm your immune system and DNA.

The best multi on the market for active people is the Solgar Male or Female Multiple. It contains all of the requirements from the previous paragraph..

The next important nutrient category is essential fats. These are important because active people simply require more nutrients overall. Essential fats, especially Omega 3 from fish



Oils, are also very anti-inflammatory which is useful if you are using your joints a lot. Combos like Udo's Choice Ultimate Oil Blend also contain fats from coconut oil which help build the energy store glycogen.

And then we come to protein. We need about 1-2g of protein per kg of body mass daily. Athletes need towards the higher end. It is important to keep blood sugar levels stable which reduces snacking. It provides a readily available pool of amino acids which repair microscopic muscle damage done by exercise. If you are looking to increase muscle mass you need stimulus (exercise) and a ready pool of raw materials from dietary proteins.

If you focus you can get your protein needs through diet, but a supplement of whey protein, particularly mid-afternoon or after exercise, will help you get there faster.

John, Diploma in Health Food Retail



daily diet and workout schedule to see best results.

There are also studies to suggest green tea has a role in cancer treatment and heart health. The antioxidants in green tea can help to prevent oxidation of cholesterol, thus helping prevent atherosclerosis. Researchers have shown the rate of heart attack can decrease by as much as 11% with 3 cups per day of the green stuff – so get drinking! A study in the U.S. found that the antioxidant EGCG found in green tea can stop cancer cells reproducing and even shrink tumour size. It also has a role in skin protection against UV damage thanks again to its antioxidant content.

You might have heard of a certain type of green tea called Matcha? This very special green tea has been used as part of the tea ceremony in Japan for over 900 years and is used by Buddhist monks to maintain alertness and focus during long meditation sessions. This form of green tea comes as a powder, where the whole leaf has been dried then ground. This produces a concentrated tea, but with the goodness of the whole leaf and nothing thrown away. We stock two different grades of Matcha powder.

Green tea can be an acquired taste for some but here in the shop we have different brands and varieties to suit everyone. If you don't like the bitterness of green tea, try Pukka's Three Green Tea, its very smooth and much less bitter than some other green teas! This comes straight or also with Sicilian Lemon, sweet Spearmint or Chai spices. The Clearspring Sencha, loose or tea-pot sized bags, is a high-grade Japanese green tea that has been popular here for many years. If you are really caffeine-sensitive then we also keep Clipper Decaffeinated Green Tea.