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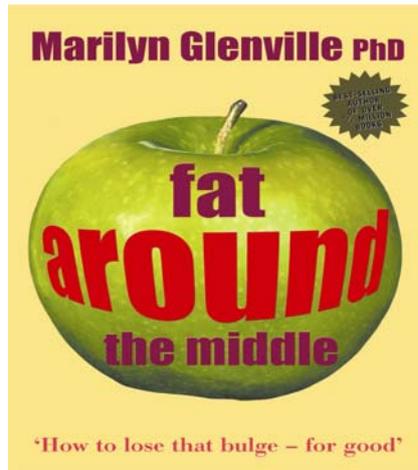
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DEFINING:
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Detox

In Brief!

- We are now stocking a range of raw snacks from Inspiral. These include dried kale chips with a variety of flavourings, including cheesy purple corn (cheese free, of course). They also do savoury, raw, vegan, and gluten-free crackers, and slightly sweet granolas. We often have samples of these and they really are worth trying!



COME TO OUR EVENT!



of Britain's leading experts in natural medicine, particularly in the field of women's health. Marilyn has written a number of very popular books on natural medicine which have sold over half a million copies. Marilyn will be delivering two talks at the event, the first will be on natural treatments for the menopause and the second will be on why we are so often 'fat around the middle'. This isn't a straightforward talk on dieting, as you might expect from the title, but you will have to come along to find out!

Healthy Lifestyle Event 2 is about to happen again on the 3rd of March. It follows hot on the heels of our very successful first HLE which we held last October.

For those who don't know, HLE is a day of natural health talks, samples, and advice which we organised at the Merchants' Hall, just a few doors further down Hanover Street. For the first one we had seven talks on subjects ranging from Vitamin D to the benefits of Manuka Honey from experts including two GPs, nutritionists, herbalists, and a naturopath.

There was also a wee exhibition upstairs which covered a range of nutritional remedies, natural bodycare, allergy testing, and therapy taster sessions from our chums down the road at Neal's Yard Remedies. The first 120 lucky people through the door also got a fantastic goody bag which we calculate contained a whopping £45 of testers and samples!

The feedback from the first HLE was tremendous and we were inspired to get the second one going as soon as possible, although we intend for them to be only an annual event after this one.

Our main speaker at HLE2 is a real coup for us. Dr Marilyn Glenville PhD is one

The first talk is on the wide-ranging benefits of Magnesium, the mineral which statistics says we are low on yet is important for several hundred reactions in the body. Before lunch is the 'Science of Ageing Gracefully', covering macular degeneration and helping to preserve your faculties for as long as possible.

The afternoon has a theme as it takes in Marilyn Glenville's Fat Around The Middle talk, Eileen from Vogel's Beat Stress talk, and Theresa from Viridian's talk on eating for energy. You could say that there is a stress/overeating/boosting energy levels and sleep theme there. I think that is particularly pertinent for these troubled economic times that we are in!

Upstairs in the wee exhibition there will be some familiar faces from last time, but also some new ones. Neal's Yard will be doing taster therapies and nutritionist Gareth Zeal will be doing allergy testing at £25 again.

This time we have put in a break for lunch and have recruited in Ziggy's to provide tasty, raw, and vegan grub.

Tickets are only £10 and are available in the shop or online. See you there!!

DEFINING: Lemon Detox

The Lemon Detox Diet started for us as what we thought was a celebrity driven craze nearly five years ago. At the time we were both sceptical about how well it would work and how long it would last. Several years later, however, its popularity continues to ride high. Not because of advertising or celebrity endorsement, but because people who have used it then frequently recommend it to their friends.

The Lemon Detox Diet is based on buying a can of Madal Bal Natural Tree Syrup and then drinking a mix of the syrup with water, fresh lemon juice and a spice, most often cayenne pepper for a number of days.

I would probably argue that the Lemon Detox is probably more of a fast than a detox, but there are elements of detox to it. You can choose to do it one of two ways. You can do it full on which means that you consume nothing but the lemon drink for seven days, or you take the easier route which involves eating one good wholesome, vegetable and pulse laden meal daily. People with blood sugar issues should probably consider the latter. Indeed, people with diabetes should probably steer clear of this diet!

The Madal Bal Tree Syrup is a mixture of maple and palm tree syrup. It claims to be a rich source of minerals but I think the main ingredients, realistically, are sugars. Ok! Doesn't sound so good, does it? Well, that's what we thought too. However, the feedback that we have had from customers over the years has been pretty positive. Although many experience a bit of a grumpy phase at the beginning of the diet this seems to pass after a couple of days. We usually recommend that people start it on a weekend – it helps you keep your job!



Detoxes are useful and important tools in naturopathic medicine. They allow people to take stock of what they are consuming and allow a certain amount of rebalancing. Although I have said that this is more of a fast – a fast is a limited diet which allows the metabolism to rebalance and, depending on what is consumed during the fast, can also be a detox as well. This means not pumping yourself with all the pesticide-ridden junk food that you were consuming before. If you want to lose a few pounds and have a rethink about your lifestyle and your diet then the Lemon Detox plan does offer that.

If, on the other hand, you have been ill long-term and feel that you need a proper detox rather than a quick weight loss fast, then you should use something like the Vogel Detox Box. This contains herbs to help get toxins out of your body through the liver, kidneys, and gives the lymphatic system a boost. You should try to eat an organic, wholefood, and vegetarian or vegan diet whilst you are detoxing.

John, Diploma in Health Food Retailing



How Much Vitamin D Do You Give A Child?

Most experts researching Vitamin D believe that the advice being given by the government, for all ages, is woefully inadequate.

Nursing mothers should supplement with 5000 IU of D and some will be passed on. After weaning it is safe to give an infant 400 IU daily, and from 2-10 years 1000 IU is safe and desirable.

Older kids should take 1-2000 IU.

Vitamin D Latest!

It was a bit of a shocker to wake up last month to the news from the Chief Medical Officer for England saying that awareness of Vitamin D deficiency in parents was on the slide.

This was on the back of research done last year which showed that one-quarter of toddlers are Vitamin D deficient. This rather surprised me. I thought it would actually be higher as, anecdotally, parents don't let their children out to play anywhere near as much as they used to, and even then they tend to be coddled in either several layers of clothes or sunscreen, neither of which let the child make Vitamin D. Additionally, the Vitamin D rich foods such as oily fish tend not to be preferred by wee kids. The key for that may be to introduce them early. My son is a demon for mackerel and salmon and that will help to support his D levels.

Anyway, the research now shows that as well as testing for low Vitamin D levels, a growing number of kids are now presenting at hospital with severe rickets. This was something that was unheard of even 20-30 years ago and we have to question what has happened in that period. There are many factors but part of it is maternal Vitamin D levels. The dermatology industry is forcing more use of UVB blocking chemicals on the skin. The increasing popularity of games consoles and indoor, 'safe', entertainments means that kids are less likely to get out of the blum+min' door.

One of the truly horrifying suppositions that one expert made was that parents may have been falsely accused of shaking their kids when in fact their bones may have been weakened by low Vitamin D.