



hanover healthfoods

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Not sure why you feel ill? Do you suspect certain foods are making you feel worse?

Gareth Zeal, Nutritionist and Allergy Tester, visits Hanover Healthfoods every month.

His next visit is Tuesday 27th January. Prepaid consultations are £40.

Contact the store for more details.

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It's Detox Time



Detox and January go together like coffee and cake, Derby and Joan. Many of us will have piled on the pounds over the festive season. Alcohol consumption will have risen. Intake of healthy, nourishing foods will have declined. If this wasn't enough to make you feel bad about yourself you are probably taking less exercise as the long, dark nights, cold weather and slippery conditions underfoot make outdoor forms of exercise a real chore. In this context detox can be a really good way to start the year. You can use it as a tool, not only to 'cleanse' yourself, but also to establish some new habits and ways of going about life.

I guess the first question that you will be asking at this particular point is what are 'toxins'? Am I really toxic? The toxins that build up in our bodies come from a huge variety of sources. They can be chemicals in water. They can be additives and pesticides in our food and pharmaceuticals. We can breathe them in, not only from poorly maintained buses, but from all vehicles, from smokers, from other burning stuff, outgassing from the textiles, carpets and paints in our homes. You get a dose of them when you go to the dentist. You get them from eating food which has been

charred. You apply them in pharmacy or supermarket skin creams and lip balms. The list is endless...

Toxins take the form of a huge range of chemicals from heavy metals like lead, mercury or cadmium, petrochemicals, organic pesticide residues, synthetic preservatives like parabens and quite short-lived toxins like free radicals. A WWF study in 1999 tested human breast milk and found 350 different toxic chemicals present. If you were tested for any one of these chemicals you would probably be found to be under the toxic threshold. The real issue is this – **little research has ever been done on many of these chemicals as individual agents, and no research has been done on their cumulative, sub-lethal effects when they are all working together**, reducing a percentage of the effectiveness of this organ or that tissue. Trying to eliminate them from your diet as a first step, and your lifestyle more generally can only be a good thing, as long as you are sensible about it.

As general detox remedies go we would usually start with **Milk Thistle** as it increases the production of bile in the liver, enhancing removal of waste products and also stimulating bowel movements. Milk Thistle is recognised by many as a 'good detoxifier' and has a complex role in stimulating the flow of bile and encouraging liver regeneration. The herbs and nutrients which actually stimulate detoxification in the liver are B vitamins, Vitamin C, Selenium, Zinc, and anything containing Sulphur.

Which brings me on to what naturopaths call 'the channels of
(continued overleaf)

DEFINING: UTIs and D-Mannose

Those who have the misfortune of recurrent Urinary Tract Infections may have heard about the benefits of D-mannose. What is it and why is it becoming more popular than Cranberry for UTIs?

UTIs can cause unpleasant symptoms such as burning and pain when urinating and are usually caused by strains of E.coli bacteria. We all have small levels of these bacteria in our digestive systems but if they make their way to the urinary tract it becomes a problem. Once in the urinary tract, they stick themselves to the cell

walls and since these bacteria are shielded from the normal immune defence responses of the body, they can be difficult to shift. This is where D-mannose comes in. The E.Coli bacteria not only like to stick to the walls of the urinary tract, but also like to stick to D-mannose. When it is taken in supplemental form, the bacteria that stick to it are flushed out of the system.

D-mannose is a monosaccharide or simple sugar and the supplements are made from birch trees. Interestingly birch bark is also the source of xylitol, a low glycaemic index sugar, which may be of general benefit to UTI sufferers as it doesn't feed yeasts and will reduce the overall sugar intake.

Cranberry is well known for helping with UTIs but a lot of people can notice symptoms maybe even worsening when taking Cranberry. This is due to E.coli being an acid-adaptive bacteria - they are tough little bugs that thrive in acidic

environments and can even pass through the stomach unharmed. Cranberries increase the acidity of the urine and create a good environment for E.coli to multiply – this is not good! Cranberries do, however, contain small amounts of D-mannose and can stop bacteria sticking to cell walls, explaining why some people get good results from Cranberry.

Dosage wise, taking 2-3 grams of D-mannose every few hours for a couple of days in urgent cases will provide comfort and relief, but less can be taken over a longer period of time as a preventative measure. There are no known contraindications with D-mannose and it can be taken long term safely. For those people on Warfarin and unable to take cranberry due to its blood thinning effect, D-mannose would be a great alternative.

D-Mannose is available in both powder and tablets and if symptoms persist please contact your doctor.



Pukka Clean Greens is packed full of nourishing and cleansing goodies like super-greens, kale, Spirulina, chlorella and Seagreens seaweeds. 25% off in January!

elimination'. There is no point detoxing if you can't get rid of the stuff. You need to make sure that you are eating the right diet to ensure a **daily bowel movement**, mainly oats, fruit, brown rice and pulses which are rich in soft soluble fibre. **A good probiotic** supplement is important because 'bad' bacteria can actually turn bad toxins badder! A good multivitamin also contains antioxidants which neutralise some toxins, and trace minerals, like Selenium which support the work of the liver.

You need to be hydrated sufficiently to make sure your kidneys can do their job, so aim for at least 1.5 litres of water or herb tea daily. **Moderate exercise** is also important as it means you can breathe and sweat out toxins, as well as stimulating the movement of lymph which is the backwater, if you like, to your circulatory system. Toxins can build up there and need pushing towards the lymph nodes where they can be processed back towards the liver. **Switch to natural bodycare** as the majority of mass-market brands contain chemicals which can mess with hormones or increase cancer risk.

In terms of diet, during a detox it makes sense to keep your **diet rich in vegetables**, particularly **brassic**as like cabbage and sprouts which enhance liver detoxification, and **sulphur-containing** ones like onions, garlic and leeks, fruit – fresh or dried, wholegrains, and beans and pulses. You will be mainly drinking water and herbal teas. **Dandelion coffee** also helps liver function. Ideally you will be eating a vegetarian or vegan diet as animal products can be a rich source of toxins and animal fats aren't generally good for the liver. Please avoid all processed foods as they usually contain a rich cocktail of toxins on the label, nevermind the stuff which isn't. They are also very poor in nutrients and will do nothing to help support your detox.

John, Diploma in Health Food Retailing