



hanover healthfoods

www.hanoverhealth.co.uk

ISSUE: JANUARY 2012

CONTENTS



Pgs 1/2
Trace
Minerals



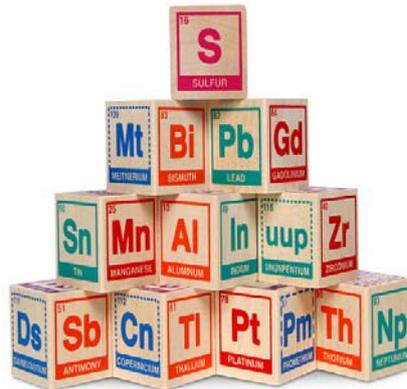
Pg 2
DEFINING:
Active
Nutrition

In Brief!

- If you have had a lingering cold this winter try Black Elderberry to give it the heave-ho. Elderberry is a potent natural anti-viral and many customers swear by it if their immune systems are overcome.
- Tickets for our Healthy Lifestyle Event 2 on Saturday 3rd March are on sale now through our website or in the shop from the 10th of January. You can see the full line up of talks on our website or our Facebook.



TRACE MINERALS



cravings will benefit from supplementation. We recommend 200-600mcg Chromium daily for adults, but diabetics need to consult their doctor.

Iodine is needed to synthesise thyroid hormones that are necessary for regulating your body's growth, development, metabolism and temperature. Most iodine in your body is found in the thyroid gland. Iodine deficiency can result in a thyroid condition called goitre which used to be common in certain parts of the world with low iodine in the soil. About 150-500mcg daily will cover most needs. Sea vegetables are a great way to get more.

Manganese is important for production of enzymes and antioxidants that fight free radical damage and is also necessary for nervous system function. We use it mainly to help tendon and ligament repair after injury. Manganese is found primarily in nuts, seeds, legumes and whole grains. The body needs a handful of milligrams daily but about 25mg if it is trying to repair tissue.

Selenium is a key nutrient for Scots as it is hardly present in the soil in Northern Europe – the further north you go, the less there is. It acts as an antioxidant, neutralising free radicals that damage DNA. It is part of an antioxidant enzyme (called glutathione peroxidase) that protects cells against toxins. It is believed that cancer and heart disease rates are lower in areas where there is selenium rich soil. Selenium deficiency is rare in developed countries; however, a selenium deficiency may contribute to heart disease, thyroid dysfunction, low fertility and a weakened immune system. Anyone with amalgam fillings will benefit from selenium as it binds to toxic metals such as mercury rendering less harmful. Our typical recommendation for daily supplementation is 1-200mcg.

Trace minerals are essential for good health, but only in very small amounts. Together they are important for a healthy immune system, energy, metabolism, repair, and free radical protection. Each mineral works best in association with other nutrients, just the way they are found in unrefined, wholefoods. The problem is these days the soil is increasingly deficient of minerals therefore there is less in our food. We can't keep on taking out from the soil without replenishing with manure and compost. Organic farming can help restore the soil to its former glory but it happens slowly.

Trace minerals tend to work together with other nutrients so they are a good advert for the inclusion of a trace mineral-rich multivitamin alongside your healthy, balanced, organic and wholefood diet.

Chromium enhances the action of insulin, so it is important for the metabolism and storage of glucose. Chromium also appears to have a role in fat and protein metabolism. Dietary chromium is found in small concentrations in most foods. A balanced diet that includes meats, whole grains, dairy products, fruits, and vegetables may provide some of the chromium you need, but some people with poor blood sugar control and

continued overleaf >>>>

DEFINING: Active Nutrition

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 banging 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 appropriate levels. The reason antioxidants are important for active people is because burning any sort 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 high levels of trace minerals, B vitamins, Calcium, Magnesium, Vitamins E and C.

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 always useful if you are using your joints a lot. Combinations like Udo's Choice Ultimate Oil Blend also contains fats from coconut oil which



help form glycogen, the energy store in muscle tissue.

And then we come to protein. We all need about 1-2g of protein per kg of body weight daily. Athletes need towards the higher end. It is important to maintain protein levels for a number of reasons. It helps to keep blood sugar levels stable which reduces snacking. It provides a readily available pool of amino acids in order to help the body repair the damage done to muscle during exercise. Also if you are looking to increase muscle mass you will need more raw material. Aspiring to a moderate increase in muscle mass, stimulated by exercise, is not a ridiculous aim as muscle tissue burns more calories than fatty tissue, even when you are relaxing in front of Downton Abbey with a bag of crisps.

If you focus you can get your protein needs through diet, but a supplement of whey protein, particularly mid-afternoon, will help you get there and keep you mentally focused as the day wears on.

So—healthy diet, core supplements, and occasional protein. Simple.

John, Diploma in Health Food Retailing



Seaweed is an excellent source of trace minerals as rivers carry them off the land and into the sea. It can be added to many savoury foods to enhance flavour and nutrition.

Copper is necessary for your body to make connective tissue, which is needed for strong blood vessels, cartilage and bones. Copper is also necessary for some antioxidant reactions to occur, as well as for the metabolism of iron. Copper deficiency isn't common because it is found in a wide variety of foods and water that has flowed through copper pipes. A milligram or two daily is all that is required.

Continued from Page 1

Zinc is needed for normal growth and healthy immune system function, as it is involved in protein production, DNA synthesis and cell division. Zinc is crucial for hundreds of enzymes to function in many different chemical reactions in the body. It is also crucial for a normal sense of smell and taste. Your body doesn't have a good storage system for zinc, so you need to eat foods that contain zinc every day. Everyone has an individual requirement for nutrients and my personal observation is that white marks (an indication of zinc deficiency) return to my nails if I don't take my multivitamins on holiday. Zinc is found in meats (especially beef, poultry and offal), seafood (especially oysters) and seeds. We normally recommend 15-30mg of Zinc daily (men need the higher end) but only if it contains Copper. Sucking Zinc lozenges works in a different way to swallowing tablets and has been medically accepted to reduce the length of colds.

Iron is the most widely recognised trace mineral. It is mainly used for transporting oxygen to cells. Most iron is found in red blood cells with a small amount in muscle cells and some enzymes. Iron deficiency results in reduced oxygen to cells leading to fatigue and anaemia. Not getting enough iron can also affect your immune system. Deficiency can occur from low dietary iron, difficulty absorbing the iron you do eat, or from chronic blood loss during menstruation.

Iron is found in meat, fish, poultry, oats, legumes and vegetables, especially leafy greens. The Iron found in meat is much more absorbable so vegetarians will need to take more B vits and vitamin C in order to absorb plant source iron better. Menstruating women need about 25mg daily, whereas men and post-menopausal women need less than half of this.

Candy, Diploma in Nutritional Healing