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Event 2013

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
Saturday 26th
January. Prepaid
consultations are
£40.

Contact the store for
more details.



It's Detox Time Again!



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: Our 2013 Event!

Well, Happy New Year and all that! We were busy at the end of last year putting together the programme for our third Healthy Lifestyle Event. Following on from the success of the two previous events we are all ready to roll with the next one on Saturday 16th March at the Merchants' Hall on Hanover Street.

For those of you who aren't familiar with the event, it is a day of talks on important health topics and there is also a Meet The Suppliers area in which you can ask questions of product advisers and nutritionists from some of your favourite brands. There will also be taster sessions from therapists from Neal's Yard Remedies.

We are very pleased to welcome back Dr Marilyn Glenville PhD who will be reprising her massively successful and important talk on Fat Around The Middle. Marilyn will also be launching her newest book (out in February) at her talk entitled 'Natural Solutions for IBS'.

Geraldine Hollywood from Viridian Nutrition will be flying in from County Cork to deliver her first talk at our event on How To Manage Mood Through Food which should be particularly useful as we all emerge from the winter. Another HLE debut is from Norman Lamb from Optibac who will be talking widely about probiotics. For those of us who know Norman, his knowledge of the workings of probiotics and the gut cannot be underestimated. It is also Norman who gave us the idea for these events in the first place!

Our regular visiting allergy-tester, Gareth Zeal, sponsored by

Quest Vitamins, will be covering the whole gamut of arthritis-type disorders, from gout, through Rheumatoid arthritis to the more common Osteo. We have known Gareth for over 20 years and what he doesn't know about natural solutions pretty much isn't worth knowing!

Also new to the programme is Ali Gower from Haddington-based The Chocolate Tree. Ali will be fresh back from visiting suppliers in Peru and will be talking about the whole chocolate experience from the people who grow the beans through to processing into delicious high quality, occasionally raw, chocolate. Oh yes, and he is bringing samples!

Tickets are £10 and give you entry to all six talks, the Meet The Suppliers area, and the first 120 people get one of our now famous goody bags crammed with good stuff. Tickets are available from the store or from our website.



Top Ten Detox Foods

Top Canadian naturopath, Dr John Dempster, recommends the following as detox essentials:

Beetroot – Sea Vegetables –
Dandelions (root or leaves) –
Broccoli – Flaxseeds – Lemon –
Garlic – Artichoke – Turmeric –
Apples.



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