



hanover healthfoods

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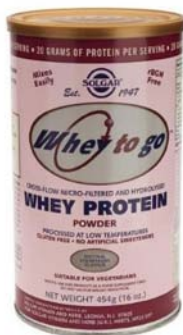
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Product Focus: Solgar Whey Protein

Whey protein is not just for bodybuilders. Mortals can use it for both slimming and bulking up. It helps control appetite and even bone density. Sugar and crud free!



REGAN GOES NUTS!



Nuts are energy packed, rich in protein, full of antioxidants, vitamins and minerals and a good source of essential fatty acids such as Omega-3, mono-unsaturated fatty acids (good fats) such as oleic and palmitoleic acids which helps to lower cholesterol levels. They are high in minerals such as Calcium, Zinc, Magnesium, Potassium and Selenium. To keep the list going they are also rich in dietary fibre!

Nuts can also improve blood sugar levels by slowly releasing energy and lowering the glycaemic load of starchy, carbohydrate meals they are eaten with which can reduce the overall risk of diabetes and cardiovascular problems. Nuts are also useful for people who suffer from wheat and gluten intolerance and those suffering from coeliac disease.

The benefits of a handful of nuts a day are endless; a good source of Vitamin E which protects the skin from oxygen free radicals and acts as a nerve protector and immune enhancing antioxidant, maintaining our cell membranes and is high in selenium which helps in preventing deficiencies. They are naturally anti-inflammatory which reduces swelling and inflammation and excellent for people who suffer from

eczema, psoriasis and acne due to the fatty acid content.

Nuts are the base of the Raw Live Vegan lifestyle which many people are now adapting to. I was recently asked to try a raw brazil nut burger; I was very apprehensive at first. How can a nut burger leave me feeling satisfied? So I thought I will give it a try. The first bite sold it for me; it was very tasty, as well as nutritious and wholesome. No Bloating, not wanting to sleep after eating and the best buzz of it all, I had bucket loads of energy for the rest of the day.

Nut butters are also great as spreads on sandwiches, adding to smoothies as a refreshing, protein powered "pick me up" or can be used as dips with cucumber and carrot sticks or on crackers as an afternoon snack. They are also a very convenient way of getting more nuts into your diet, especially kids.

Nuts are high in calories, mainly from the high oil content, but as they are 'good fats' which are needed for protection, repair and renewal of cells they aren't 'fattening'. I think you have to ask yourself when you last saw an overweight person gorging themselves on nuts. You are more likely to see a very athletic, lycra-clad type snacking on nuts.

Nuts are incredibly versatile; they can be used as an accompaniment for salads, used in baking when making cakes or homemade nut loaf and sprinkled onto desserts. They can also be used on breakfast cereals such as porridge. Nuts when roasted can reduce the effect of rancidity and cuts down on the oiliness making

(continued overleaf)

DEFINING: Anti-ageing

Well, wouldn't it be nice if I was able to tell you in 400 words that Hanover Healthfoods held the secret to everlasting life, that at 70 you could still look like a glowing 20? I'm sorry to disappoint but that isn't going to happen. People looking for anti-ageing remedies are usually looking for something that will actually just make them appear better so it is that that I will concentrate on.

The main enemy to our looks as we age is duff collagen. Collagen is a flexible connective tissue which forms a network throughout the skin. When we are young it provides a stretch to the skin, skin looks smooth. As we age the collagen becomes damaged, less supple - like an old elastic band - and skin bunches into wrinkles. Collagen is mainly damaged by free radicals, high energy and unstable particles which bounce around damaging collagen (as well as DNA) until they are harnessed by anti-oxidants.

Some of the best anti-oxidants for collagen protection are OPCs (oligomeric proanthocyanidins) from Grape Seed Extract. Yes, you could buy seeded grapes and eat the pips but it isn't much fun. Grape Seed OPCs not only help mop up free radicals but also help to generate new collagen.

Generally, a diet rich in very highly coloured fruit and veg, especially the dark blue and purple ones, will help to reduce free radical damage and promote better general health and a better complexion. Smoking and too much sun will push you quickly the other way.



Another useful supplement is Hyaluronic Acid (HA). HA is a substance found connective tissue, the fluid in joints and the eyes. HA has the ability to draw large quantities of moisture towards it which can improve joint action, eyesight and also wrinkles. It improves the moisturisation of skin from the inside which means that wrinkles are pushed out. HA in the skin is significantly decreased by UV exposure. Many big beauty companies now add HA to their formulations but you are much more likely to absorb this manky great molecule if you ingest it rather than applying it to the skin.

If you are wedded to applying things to the skin for wrinkles then something from the Weleda Pomegranate range can help with anti-oxidants and to improve collagen synthesis. The Barefoot Rosa Fina Eye and Youth Serums both contain a herbal extract which is second to none for quick, but temporary, relief from wrinkles!

John, Diploma in Health Food Retail

Regan's Nuttilycious Smoothie:

A good handful of Mixed Nuts e.g. Brazil, cashew, almonds, or
2 Tablespoons Almond, Hazelnut, Cashew Butters
2 Bananas
400ml Ecomil Almond Milk or Koko Coconut Milk

You can add ice and berries for a more refreshing drink and for those who have a sweet tooth add a teaspoon of Agave syrup or xylitol.

Blend and enjoy!

them easier to digest.

When nut oils are extracted, they can be used as an emollient for dry skin, retaining moisture which results in youthful appearance can be used as carrier oil in holistic therapies and for relaxation. They also make really tasty salad oils and dressings.

Almonds are Calcium rich, high in Vitamin E and good for heart health. Almonds contain heart protecting compound flavonoids. Almonds also help to reduce the reactionary rise in glucose and insulin levels after meals. This modulation offers protection from diabetes.

Brazils are ideal for low thyroid function due to their selenium content which is needed to produce the thyroxin. Selenium also helps heal wounds, support immunity and fertility. These are especially important as Scotland has very low dietary levels.

Cashews have good levels of protein, are rich in magnesium, zinc and iron. Cashews are very versatile and is an addition to dishes especially in eastern culture e.g. stir-fry

Hazelnuts are a good source of folic acid which has a key role in keeping homocysteine levels normal. It is needed to produce healthy red blood cells and prevent anaemia. Folic acid is also important for aiding rapid cell division and growth especially in infancy and pregnancy.

Pistachios are rich in B6 which is important for hormonal balance. They also contain levels of lutein and zeaxanthin which are important in protecting eyes and are a good source of potassium and fibre.

Regan, 4 Years At Hanover Healthfoods and her inaugural newsletter article!