



hanover healthfoods

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ISSUE: JULY 2012

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July Offer: Pukka Organic Clean Greens

A powerful blend of 12 chlorophyll-rich green foods including Spirulina, Kale Sprouts and Wheat Grass Juice.

In July only £20!
Save over 20%
RSP £25.45/120g.



MIGHTY MAGNESIUM



from cramping and restless legs to anxiety and nervousness.

Low Magnesium is implicated in many other conditions too. It calms irritability, depression, poor memory, sleep disorders and PMS; relaxes muscles, including the heart; relieves cramps and spasm anywhere in the body; helps relieve constipation; and overcomes the fast-cycling blood sugar imbalances in alcoholism and diabetes. Magnesium is also a co-factor in Essential Fatty Acid metabolism, helping to stabilize blood sugar levels.

Magnesium is a mineral essential to most living things and is found in abundance in humans. We need Magnesium for the production of energy, nerve and muscle function, and making proteins. It also functions as a co-factor assisting enzymes in catalysing hundreds of chemical reactions that take place every second within the body.

Problem is though that Magnesium deficiency is actually very common. Dietary Magnesium is decreasing due to greater food processing and junk food intake, lower consumption of wholefoods, and the impact of intensive farming leading to deficiency in the soil. Statistics report a 21% loss of Magnesium in foods since 1940.

A healthy Calcium/Magnesium balance is the basis for the efficient functioning of healthy cells. They work in partnership and low Magnesium levels can lead to poor Calcium regulation. Magnesium also helps to maintain the Sodium and Potassium balance in and out of body cells. A lack of Magnesium can cause Calcium deposits in muscles, the heart and kidneys, possibly resulting in kidney stones. Magnesium makes Calcium soluble, so preventing kidney stones. It is also used to reduce bronchial spasm, or constricted airways in the lungs, making it something that should be considered for asthmatics, along with medical advice. Magnesium has been used intravenously to help relieve the symptoms of life-threatening, drug-resistant asthma attacks and to diminish the effects of daily asthma drugs. By effectively relaxing muscle and nerve function it has been used for conditions

Diet Choosing a diet rich in fish, nuts, seeds, beans, wholegrains and dark, leafy green veg will help to store up Magnesium. Wheat loses almost all Magnesium through refining and cooking can also lower mineral content. Generally, where you find chlorophyll, the green pigment in plant foods, you will find abundant Magnesium –the darker the green the better. One of the best foods to eat are almonds. They are rich in Magnesium, Potassium, and Calcium. Almonds have been shown to have a highly bio-available source of Magnesium.

Factors which decrease absorption include dietary phytates, found in wholegrains and soy beans; oxalates found in spinach; poor fat and fibre
(continued overleaf)

DEFINING: Stress Helpers

Stress is a part of life nowadays, with most of us running around like headless chickens trying to fit everything we need to do into the day – not always an easy task! High stress levels can have various negative effects on our body, from poor digestion and fatigue to decreased immune function. At times the stress of day to day living can get too much and we need a little helping hand. That's where herbal remedies come in.



Vogel make Stress Relief Daytime which contains Valerian, a source

of Valerianic acid, which has been shown to inhibit the breakdown of GABA in the brain. GABA is a neurotransmitter involved in regulating excitability of the nervous system. Valerian stops GABA being broken down in the brain and helps keep us calm. Valerian also contains a substance called Valeranone which helps relax smooth muscle and combat symptoms like irritability and high blood pressure brought on through stress. Also in the mix are Hops. When you mention Hops to people, the first thing they usually think of is beer, but Hops can be very useful in the context of stress. Hops contain substances known as humulones and lupulones. These two substances are broken down in the body and produce a sedative action on the nervous system which keeps us feeling calm. Stress Relief Daytime can safely be used long term and is not habit forming, but if you are taking prescribed sleeping medication or tranquilisers, consult your doctor before taking it.

Some people may prefer an ever more gentle remedy. Oats (*Avena Sativa*) contains some B-vitamins which are necessary for the nervous system to function properly. Oats also contain substances known as indole alkaloids, which have been shown to relax smooth muscle and the nervous system, helpful in relaxing muscle tension, a common result of being stressed.

A quick mention about Magnesium is appropriate here too as we are all lacking this essential mineral in our diet. It plays a role in aiding stress by relaxing muscle and nerves and this can help with irritability, probably the most common sign that you are stressed!

Remember, you can also help combat stress by having a diet containing wholegrains, fish, nuts, seeds and vegetables - helpful to stabilise your blood sugar level - in addition to avoiding sugary snacks, refined foods and too much caffeine.

Paul, 5 years at Hanover Healthfoods



Suggested ratios for supplementing Calcium and Magnesium intake are 2:1, but this depends on what else is going on with your diet. Milk has at least 10 times more Calcium than Magnesium which may be one of the reasons it is linked to health problems. Seeds, nuts and green vegetables all contain these minerals in more appropriate ratios.

digestion as unabsorbed fatty acids bind to Magnesium creating insoluble salts. Also stress, caffeine, sugar consumption, very low and very high protein diets all either leach Magnesium or create greater need. Vitamin D enhances Magnesium absorption and soaking wholegrains and pulses before cooking can help to remove those pesky phytates. Medicines which stimulate Magnesium loss are diuretic medication (not Potassium sparing ones), thyroid hormone, steroids, antacids, antibiotics, and insulin.

Products Magnesium absorption in the gut is much less efficient than that of Calcium. Absorption rates of supplements vary with Magnesium Oxide (straight from chalk) said to be poorly absorbed at only 4%, carbonates 23%, and citrate/malate forms are much better at maybe 50%, although full comparative studies have yet to be done.

There is growing evidence that Magnesium chloride, when applied to the skin appears to be more effective than tablets. Trials have shown that taking Magnesium chloride by transdermal methods, i.e. sprays or baths, have good absorption rates. My own Mum who has suffered night cramps for years said she had the best night's sleep after using the Better You Magnesium spray. An added benefit shown by a recent transdermal study done in Wales was greater heavy metal detoxification. We are certainly finding a growing number of customers effectively switching to sprays and baths.

Other forms of Magnesium include Epsom salts (Hydrated Magnesium Sulphate) which has been popular for centuries, and Dead Sea salts which contain a high proportion of Magnesium chloride.

Candy, Diploma in Nutritional Healing