



# hanover healthfoods

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### Product Focus: A.Vogel Plantago

Plantago is **the** go-to product for sinus problems in store. Chronic catarrh, persistent ear infections, Glue Ear, earache and even Tinnitus may all benefit from Plantago



## WORK AND LIVE BETTER!



The working week is something we all have to get through but if you aren't physically or emotionally at your best then it can be something to be endured. Your work performance can be affected and you will have less energy for friends, family and other fun pursuits when the work day is done. We have honed down a few of the things which can help you get the most out of your life. They're a mix of natural lifestyle, dietary and supplementation advice to help restore you to your peak!

### Energy and Focus

There are many reasons why you may be low in energy. If it persists or other things are changing in your body you should consult your GP. Otherwise, it might be worth following our Top Tips!

**Switch from caffeine.** Caffeinated drinks can give you a quick buzz but this is very short-term. It's much better to get your energy from 'stable you' rather than 'hyped you'. Caffeine also increases your stress hormones which can mean you end up storing fat around your tum too.

**Switch to water and herbal or green teas.** Green tea contains Theanine which calms and promotes focus. You can get a supplement if you are anxious or need to focus on an important meeting.

**Cut out sugar and white starchs.** Sugar (including from too much fruit), white pasta, rice and bread convert very quickly into blood glucose, setting you on a rollercoaster which will leave you lower than you started. And

wanting more!

**Mix carbohydrates with protein and healthy fats.** For example, porridge with sunflower seeds is more sustaining than porridge alone. Poached eggs on toast are more sustaining than just toast, and just as quick to make. This will help you cut out mid-morning snacking.

**Have protein, beans, pulses, nuts, seeds, and veg for lunch.** Standard lunch options: sarnie + crisps + can = total disaster for mid-afternoon energy levels.

**Mid-afternoon protein** shakes or bars can help keep your energy naturally high if you have something to do after work like go to the gym, pick up the kids etc.

**Get plenty of rest!** Everyone around you knows you aren't Superman (or woman) so don't go pretending you are. A good sleep (at least 8 hours) every night can give more life to your day and boosts your immune system too. Relaxation therapies during the day can give you time to yourself and can be more restful than you imagine, and less 'hippy' too.

### Stress

Stress at home and work can be a real killer. Most people turn to comfort foods, caffeine, booze or fags. These in themselves can make things much worse. The half-life of caffeine in the body is several hours so those morning coffees will still be making you tense and irritable well through the afternoon. Sugary and processed foods have such an impact on blood sugar that they will make things so much worse.

**Take control of stress.** Analyse why you are stressed. Think what makes it worse and what you can do about it. This positive attitude can really bring benefits.

**Look at your life and how you organise it.** Do more things you enjoy and that bring joy to others. Spend less time on those things which wind you up.

**Take regular exercise** (as long as it doesn't wipe you out). Many short sessions are as valuable as cycling to North Berwick and back once a month.

**Eat nourishing, stabilising foods.** The  
*(continued overleaf)*

## DEFINING: D-Mannose and UTIs

*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 may be 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.*

*Paul, 6 years at Hanover Healthfoods*



*'core' healthy diet goes something like this: oily fish, lean protein, nuts and seeds (for calming minerals), beans and pulses, wholegrains, and bags and bags and bags of vegetables! Oh, and don't feel guilty about the odd lapse.*

**Drink green and licorice teas.** Licorice is a very gentle and effective tonic for your poor, exhausted adrenal glands.

### Immunity

Twice as many working hours are lost every year to minor infections than are lost to stress, depression and anxiety. However, there are many things you can do to take control.

**Don't overdo it.** Vigorous exercise suppresses the immune system...

**Avoid sugar.** Sugar suppresses the immune system...

**Avoid stress.** Stress suppresses the immune system!

**Take immune boosters.** The most effective clinical immune boosters include the Echinaforce form of Echinacea. This herbal remedy was hailed by Professor Eccles of the Common Cold Centre as being the most effective anti-cold remedy on the market. Beta-glucans which are found in yeast and mushrooms boost the innate immune system. A bizarre study on mice found that it reduced the mortality from the dreaded Ebola virus, normally 100% fatal, by 30%. It works for other, more common bugs, too. Zinc lozenges taken at the onset of cold have been proven to reduce the duration of colds by 50%. Vitamin D (hard to come by naturally in Scotland) is ridiculously important too.

**Love the bugs within.** It is now estimated that 30-70% of your total immunity is in your gut. Even chest infections can be influenced. A daily probiotic capsule, not the sugar-laden, expensive little bottles from the supermarket, may help if you have serious and recurrent problems.

**Watch your diet.** Again the diets which are best for boosting your immune system are exactly the same as the ones which give you energy and help you cope with stress. See above!

**John, Diploma in Health Food Retail**