

hanover healthfoods

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CONTENTS



Pgs 1/2
Raw Foods



Pg 2
DEFINING:
Krill Oil

In Brief!

We have a number of exciting events coming up so please check out the Events page of our website for details!

You can also view past newsletters, an overview of what we stock, and sign up for more regular updates.

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RAW FOODS



There is a new wave of raw food products filtering into health food shops so we thought we'd explore the benefits of eating raw for you.

Raw foods are defined as foods which have not been heated above 42°C, (body temperature is 37°C). Man evolved on raw food but over time we've developed cooking methods (and food processing) to such a degree that often the only raw food most people eat is fruit. Nutrients in food are 60% lower on average after cooking but dehydrating is expected to preserve nutrients and enzymes. Enzymes are the body's workforce; they aid digestion and facilitate the conversion of food into cell tissue. Some say they are our trade secret for keeping full of youthful vitality.

Raw foods have highly nutritious properties and Alfred Vogel, the Swiss "Nature Doctor" and herbalist cited many healing advantages of raw foods in his case notes for curing patients of many disorders. His patients were recommended a natural wholefood diet, with plenty of raw food, brown rice and lactic acid products.

Sometimes it's not easy to make the transition to raw foods so taking raw

vegetable juices; carrot and ginger or beetroot being favourites, and sprouting seeds and lentils makes a good start. Season and location need to be considered too as living in Scotland is more likely to inspire a need for hot soups and casseroles. Though once the sun starts shining and the temperature comes up we all enjoy salads and sprouted cress, alfalfa, rocket, mung beans, lentils – u name it - can provide a finishing touch to any meal or sandwich. Adding dried ginger to a salad dressing can add warmth to those who tend to feel cold and in general oats, spelt, quinoa, sunflower, sesame, walnut, pinenut, chestnut, fennel and sweet brown rice are all warming foods. Look to Chinese medicine for references on which foods are cooling, warming or neutral.

Ayurvedic medicine (the ancient wisdom of health from India), advises against too much raw food, especially for those with poor digestion and traditional Chinese medicine takes a person's constitution into account before advising cooked or raw foods. For those suited to raw food the reported benefits include more energy, clearer skin, improvements in temperament, mental clarity and longevity. It is worth noting that fresh is best as raw food starts to lose a percentage of its natural enzymes in storage so here's my plug for an organic vegetable box to compliment those supermarket veggies flown in from around the planet! www.eastcoastorganics.co.uk.

Perhaps the biggest thing in raw food is that of raw cacao. Most chocolate contains cheap vegetable fats and too much sugar but dark chocolate, of the
(continued overleaf)

DEFINING: Krill Oil

A lot of our customers are now asking about Krill Oil as an Omega-3 supplement. If you haven't heard of it before, Krill is a new way of getting your Omega-3. So why is there such a buzz about Krill Oil? Krill (*Euphausia Superba*) are small shrimp like crustaceans that live in the cold southern oceans off Antarctica where they are most abundant and feed on plankton. They can grow up to 6cm in length, grow no older than around 6 years and have a biomass of 400 million tonnes - roughly double that of humans making them the most abundant living organism on the planet!



Krill is an important food source for nearly all sea life so look for Marine Stewardship Council certification or 'sustainably sourced' on the label.

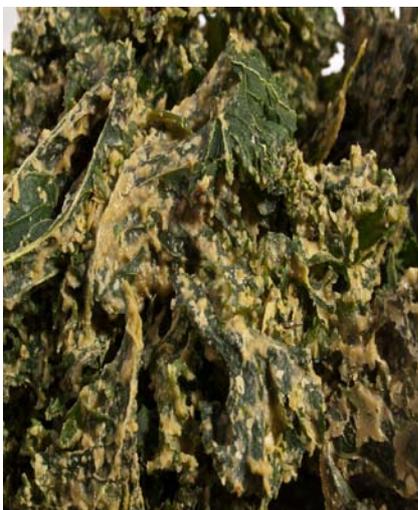
for making flamingos pink, and is a potent antioxidant and naturally protects the oil to keep it fresh. If you don't like fishy capsules or oil, then maybe give Krill Oil a try!

The Omega-3 we consume from fish oils is in triglyceride form compared to the phospholipid form in Krill. The cell membranes in our body are made from phospholipids, so Krill oil requires less processing by the body compared to fish oils making krill a more bioavailable source of Omega-3. Studies now suggesting that this is in fact the case. This bioavailability is good for us as it means we have to take less capsules than our fish counterparts, with Krill usually being a true 1 a day. Also the capsules are much smaller and easier to swallow, great for people who hate large (especially fishy!) capsules. With Krill, there is no worry of a nasty fishy repeat, which can be a major deciding factor for people choosing an Omega-3 supplement. Krill Oil also contains Astaxanthin, responsible for making flamingos



**Paul, 5 years at Hanover Healthfoods!
(This is not a picture of Paul!)**

Dried fruit, nuts and seeds are common raw food staples found in health food shops and the raw food producers have taken these basic ingredients and developed tasty snack bars, like the Nakd range, to add to the options. Miles better than a Mars bar!



70% variety is often recommended by nutritionists, albeit in small doses. Raw cacao is packed with natural polyphenol antioxidants – more than blueberries, cranberries, green tea, pomegranates and red wine. There is much research and evidence to show that the phenols in dark chocolate provide cardiovascular health by improving blood flow and reducing blood pressure. Cacao is a source of natural magnesium, which is critical for a happy and healthy heart. Theobromine is a superior vasodilator, which means more oxygen gets pumped through the cells, making it a great food for exercise. These benefits are much reduced when raw cacao is put through the mill of industrial chocolate processing which includes roasting. Raw chocolate products avoid temperatures above 42°C.

Our favourite raw foods discovery are from UK companies, Inspiral and Raw Delights. They both appear to have knowledge of culinary alchemy as their products are completely moreish and their raw cacao kale chips have to be tried to be believed. They offer raw crunchy kale chips as a healthy alternative to deep fried potato chips in sweet or savoury flavours. Using fresh, organic, local kale which is rich in antioxidants, calcium, vitamin A and chlorophyll (much talked about in the Green foods newsletter), the goods are dehydrated at low temperatures to preserve nutrients and enzymes as much as possible.

They also do a range of crackers made from ground almonds, sunflower seeds, courgettes, peppers, linseeds and seasonings providing some of the best in gluten and dairy free food to go that I've ever come across.

Candy, Diploma in Nutritional Healing