

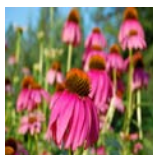


hanover healthfoods

www.hanoverhealth.co.uk

NOVEMBER 2014 ISSUE

CONTENTS



Pgs 1/2:
Winter Bug
Busters



Pg 2:
Calm Down,
Dear!



**Buy One Get
One Free!!**

Roasted/Salted
Pistachios £5.50/250g

Rice Crackers
£4.30/500g

***Stock up for
Christmas***



40 Hanover Street
Edinburgh EH2 2DR
0131-225 4291
info@hanoverhealth.co.uk

Winter Bug Busters



Beta 1,3 Glucans are polysaccharides found in mushrooms and in the cell walls of Baker's Yeast. They work by priming our innate immune system (the one we are born with, not the 'learned one') making sure it is ready to act should a bug try to infect us. Studies have shown Beta Glucans boost our immune system by increasing our production of macrophages which eat bad bugs. Glucans have also been shown to be anti-viral and anti-fungal.

Levels of **Vitamin C** tend to be low during an infection and, since we don't make it for ourselves, we have to get it through diet or supplements. However, although supportive, the amounts shown to be useful for a cold cannot be obtained easily from foods like oranges.

Viruses cannot survive long in the body in an environment high in Vitamin C, so high amounts need to be taken short-term. From the onset 1g taken every hour can really help stop a cold in its tracks. It can irritate the bowel at these levels but low acid forms such as Ester C and Buffered Vit C are available which are easier to take.

Black Elderberry is a potent anti-viral. It works by inhibiting the mechanism used by viral infections to replicate and spread. Some studies show supplementation of Elderberry can reduce flu symptoms from an average of 6 days down to 48 hours. Elderberry is generally taken after you have become infected, or at times of high risk of exposure. Elderberry is safe for all ages.

Vitamin D3 is the sunshine vitamin and levels in Scots start to plummet from the autumn onwards. The more
(continued overleaf)

As we head towards winter, it is a good time to start thinking of preparing our immune system against colds and flu, as well as any other bugs doing the rounds.

Echinacea is the number one remedy in our arsenal for increasing immune function and fighting infection. A member of the daisy family, the best Echinacea remedies are made from the entire fresh plant including the root. The most effective species, and one with the most positive research, is *Echinacea Purpurea*.

Echinacea balances the production of an inflammatory compound called Tumour Necrosis Factor (TNF). This chemical is released by the body when a virus is present to allow blood vessel dilation, which in turn allows the immune cells to get to the site of infection. If the body releases too much TNF, it can cause headaches, high temperature and aching joints. Higher levels of these chemicals are found in fresh Echinacea such as A.Vogel Echinaforce, compared to dried herb products (the majority on supermarket shelves). Research studies indicating a reduction in cold symptoms of 63% compared to 29% in placebo group when taken at the onset of a cold. polysaccharides found in mushrooms

Calm Down With Theanine

L-Theanine is an amino acid which is found almost exclusively in green tea and is probably one of the most useful substances in the shop for reducing the symptoms of anxiety. In essence, what it seems to do is to calm the nervous system whilst at the same time actually promoting mental sharpness making it ideal for people who have presentations to give, exams or just generally to get through life.

Of course, there are a whole variety of things which can cause or exacerbate anxiety. Overconsumption of caffeinated products is an obvious one but also wildly

fluctuating blood sugar levels caused by refined carbs should be eliminated. Also perhaps rather than focusing on the symptoms it is best to look within to see what is actually causing the anxiety. You may need to reach your conclusion following meditation or time spent with a qualified counsellor.

Green Tea has long been known as a relaxing beverage despite its very low caffeine levels (decaff versions are available for the acutely sensitive) and scientists now believe that its relaxing properties are due to its theanine content.

Theanine appears to cross the blood-brain barrier and has been shown to influence brain wave activity, possibly by working on neurotransmitters. Theanine also appears to counteract the stimulatory properties of caffeine – a fact that may explain why people feel relaxed after drinking green tea, in spite of the caffeine.

Human research has demonstrated that theanine creates a



sense of relaxation in approximately 45 minutes after ingestion. Theanine can be bought as a supplement and we recommend 2-400mg daily on anxious days with a similar top-up if things start to get a bit crazy!

Interestingly, participants in one fairly typical study appeared to achieve a relaxed, yet alert state of mind, without sedation – suggesting potential use for people suffering from anxiety/stress related disorders that need to stay alert in order to perform their day-to-day activities. More recent research still indicates that theanine suppresses some of the initial stress responses that kick off, helping to keep all body systems in better order.

Theanine can be used by people who can't get to sleep because they are worrying on about things or can't switch off. Theanine is ideal for students, people giving presentations or doing exams, even the nerves associated with dating!

John, Hanover Healthfoods



body fat you have, and the darker your skin, the higher the risk. D3 primes the immune response by activating our killer T-cells. These cells seek out and destroy invading bacteria and viruses. Around 5000iu every day during the six months of low light levels in Scotland will help. We also have lower doses suitable for kids.

Zinc Lozenges have been assessed to shorten the length of a cold by 50% by the Cochrane Review, a high-powered group of medical researchers who look to see whether research shows that stuff actually works or not. Swallowed Zinc doesn't work in the same way.

Oregano Oil supports the immune response and helps reduce the severity of symptoms. A few drops in water under the tongue and gargle the back of throat. This helps cleanse the head, neck and sinuses where the virus resides. Particularly useful for upper respiratory tract infections.

Olive Leaf Extract is a powerful antioxidant which offers support to the immune system. It is traditionally used to ease fever and has antibacterial, antifungal and antiviral potential. A great winter must have to effective against various bacterial.

Diet and lifestyle cannot be ignored. Stress, exercise and sugars will prolong your cold. Remedies containing Paracetamol may reduce symptoms but do nothing to actually help you fight off infection. When ill, focus on eating a wholesome diet, ideally rich in spices like ginger or chilli, and low in sugars. And stay well-hydrated. Herbal teas are really useful at this time.

Regan, Hanover Healthfoods