



hanover healthfoods

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CONTENTS



Pgs 1/2
GREEN
FOOD
DIGEST



Pg 2
DEFINING:
Chia Seeds

News In Brief!

- Our **Healthy Lifestyle Event** was a great success. The buzz from it has been incredible. To see the pictures and learn when the next one is sign up with us on our website, Facebook, or Twitter.
- We have a number of offers on. These can be seen on our website or on Google Places. They include: **3 for 2** on selected Manuka honey, **20% off** Magnesium Oil, buy a Weleda gift pack and get a **free gift with purchase** when you buy a Weleda giftset, and **15% off** Nature's Plus Vitamin D3 5000IU 60s.



Green Food Digest



play a part in immunity. These substances are known for strengthening connective tissue, making it more elastic and resilient. They also protect the vascular system and are anti-inflammatory.

Both are complete proteins, which together with their easily absorbed range of nutrients which helps them to balance blood sugar. It also explains why they can help to build and regenerate cells on top of their cleansing abilities. But as the dose is only about a teaspoon a day it's great for a pick-me-up energy boost but won't turn you into the Incredible Hulk.

GRASSES

The powerful anti-inflammatory effects are due to the substances P4DI and SOD (superoxide dismutase). SOD is a potent antioxidant enzyme that helps to generate glutathione, useful for slowing cellular degeneration. Due to their cooling nature, cereal grasses are not best for weak, frail people showing signs of coldness. The Algae may be more suitable. Barley and Wheatgrass contain less protein than the Algae but are more easily digested because the grasses contain their own digestive enzymes. The Grasses are gluten free and normally well tolerated by those who have to avoid the grain foods. Grasses contain bio-active enzymes, vitamins, minerals, including trace elements, a good range of phytonutrients including beta-carotene and lutein as well as being complete proteins.

Barley Grass is said to be good for weight control due to its ability to invigorate the function of the thyroid gland and improve the body's digestion. The bio-active enzymes are useful for digestive disorders and although similar to Wheat Grass it is easier to digest.

Wheat Grass is famous for inducing a rapid healing response and is high in glutathione, essential for liver detox. It is not as cooling as Wild Blue Green Algae
continued overleaf >>>>

Every health store has a range of 'green foods'. Lifestyle journalists write about them incessantly. But what are they? This month Candy gives you the low down.

Microscopic algae are some of the most primitive foods on earth, having been in the food chain for over 500 million years. They are one of the most complete foods to be found with a wide range of nutrients. Together with the cereal grasses, Barley and Wheat, they are a nutritional powerhouse.

Algae and Grasses have some common factors and unique differences, giving us reason to take at least one of them but deciding between them can be difficult so here are some guidelines.

Both are rich in the green pigment chlorophyll, a rejuvenator known to be helpful for building the blood. The only difference between chlorophyll and haemoglobin (in our blood) is one has Iron, the other Magnesium. Chlorophyll in foods is purifying, anti-inflammatory, and alkalising, acting as a natural 'antacid'. Helpful for those who eat a typical western diet of meat, eggs, dairy, coffee, alcohol and sugar...

Both contain amino sugars that help to normalise our intestinal flora which in turn helps to complete digestion and

DEFINING: Chia Seeds

If you haven't heard of Chia seeds yet then hold on to your hats because they are one of the biggest 'superfoods' in the US and are very definitely headed this way. In fact we have been keeping Chia seeds for over a year and they have been becoming steadily more popular since we did.

It is reasonably certain that the Aztecs of Central America grew Chia as they are described by the Spanish post-conquest. Today Chia seeds are still widely consumed throughout Mexico and surrounding countries. The ground seeds are added to grain based foods like porridge and breads. The whole seeds are mixed with water and lime juice to make a drink called Iskiate or Chia fresca. The Chia seed is so embedded in Mexican culture that the state of Chiapas was named after them.

So, why are the Americans going crazy for Chia then? Until recently all that Americans knew about Chia was that it was part of a children's toy called a Chia Pet, comprising of a terracotta animal filled with Chia seeds. You water it. It grows and produces 'hair' for the toy.

Like all 'superfoods' Chia punches above it's weight and is a really valuable collection of nutrients. Although the seeds are tiny (about the same size as cress seeds) they contain above normal levels of soft, soluble fibres, Omega 3 fatty acids, protein, and a whole host of minerals.

When Chia seeds get wet they swell up and absorb an absurd amount of fluid. This is useful for anyone with digestive issues or wishing to detox as the watery fibre takes fluid right through the digestive track, softening the stool and helping to push decaying faecal matter out of the way. One of the reasons that Chia seeds started to become popular over here was a book



about a tribe of long-distance runners in the Copper Canyon area of Mexico who could cheerfully (literally!) run 100 miles a day. The fact that they had drunk Iskiate would mean that they had a slow release mechanism for water inside them. Soft fibres also help to stabilise blood sugar levels. That's my personal theory by the way...

Chia seeds contain about 30% of Omega 3, ALA, which is richer even than linseeds. They also contain 20% complete protein. These too latter making it a great nutrition source for vegetarians and vegans. It is also a reasonable source of Calcium, Magnesium, Potassium, and Iron, if eaten on a regular basis.

As a result of yet more Euro-barminess the seed which has been consumed by millions of people since the Aztecs, is only permitted to be added to baked goods at no more than 5% within the EU. You may choose to do your own evaluation as to whether this makes the slightest bit of sense to you. In my opinion Chia seeds can be safely incorporated into your daily routine!

John, Diploma in Health Food Retailing

Your Award Winning Health Store!

At a glittering ceremony in Glasgow in October, Hanover Healthfoods was named as the Winner of the Health and Lifestyle category at the Scottish Independent Retail Awards.

The best bit is that we were nominated by customers. Thank you!!!



Continued from Page 1

but cleanses more quickly than Chlorella or Spirulina. Suitable for long term use but perhaps more appropriate in the spring and summer due to its cooling nature and our climate.

ALGAES

Chlorella Useful for immunity due to its content of Chlorella Growth Factor (CGF), a complex of nucleic acids (DNA and RNA) and amino acids. It has the remarkable ability to repair cellular, nerve and muscular tissue in the body. As for cleansing, it is its cell wall that helps to bind with heavy metals, pesticides and other nasties to help remove them from the body. It has been shown to remove heavy metals, polychlorinated biphenyls (PCBs) and dioxins. Chlorella is 58% protein, contains all the B vitamins and has one of the highest contents of chlorophyll of any plant at 3% of total weight. Taking 3g of Chlorella gives you about the same amount of chlorophyll you receive from 4 cups of raw spinach. Chlorella is less cooling than Spirulina so more suited to deficient people who need a bit of rebuilding.

Spirulina Hailed to nourish, support and gently strengthen the body, it is one of the most nutritionally dense foods in the world containing over 100 nutrients including, uniquely, the antioxidant free radical scavenger phycocyanin (blue-green pigment useful for photosynthesis). Spirulina is 60% protein, contains 58 times more iron than spinach, 25 times more beta-carotene than carrots and 300% more calcium than milk. It is a rich source of essential fatty acid GLA, not normally found in the food chain. Spirulina has been shown to help reduce the allergic symptoms of hayfever.

Wild Blue Green Algae (Aphanizomenon flos-aquae or Klamath Lake Algae) The most cooling and cleansing of the pack. Good for the overweight, robust, 'excessive' person with signs of heat. In general it reduces weight and is drying and cooling, so if you are already slender and prone to feeling cold then chlorella would be a better choice.

Candy, Diploma in Nutritional Healing