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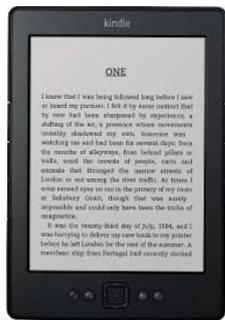
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Men's Health



November is now known to many as 'Movember', where men of all ages up and down the country grow a 'mo' (short for moustache) to raise money for research into male health. This 'Movember's' newsletter, therefore, is all about ailments which afflict men, and what we can do naturally to help.

Prostate Health

The most common male health issue, it tends to kick in at 50 years and over. Around 50% of men over 50 will experience some prostate health issues, rising to 100% once the age of 80 is reached. Benign Prostatic Hypertrophy (BPH) is the term used for the enlargement of the prostate and this enlargement is what causes the unpleasant symptoms associated with prostate problems. This condition appears to be linked to an increase in dihydrotestosterone (DHT). The prostate gland itself is about the size of a walnut, and the urethra (the tube that allows urine to flow from the bladder out of the body), passes through it. When the prostate becomes enlarged, the urethra becomes squashed and this causes the unpleasant urinary symptoms. However, if you do have any problems in that area you must see your doctor for a proper

diagnosis and to rule out prostate cancer.

Saw Palmetto has been used for years to treat prostate problems. The oily substance from the berries of this plant have been shown to decrease the symptoms of BPH; increased urine flow, less trips to the toilet during the night and it can actually increase libido. The fatty acids in this oil inhibit DHT, binding to cell receptors in the prostate, preventing enlargement. Lower levels of DHT may also have an impact on male pattern baldness. Saw palmetto doesn't clash with other medication or affect a PSA test and can be taken long term safely.

Pumpkin seeds contain essential fats which can help to reduce inflammation and also contain zinc – important in testosterone production and preventing elevated DHT levels. Try using a handful between meals as a snack.

Lycopene is a carotenoid found in tomatoes and tomato based products and acts as a powerful antioxidant to protect the prostate. Researchers at Harvard University found that males who consumed more than ten servings per week of tomato based foods had a 35% decreased risk of prostate cancer.

Heart Health

As a man ages, heart health tends to be a major concern as two out of every three cardiac patients are male. Conditions like heart disease and high cholesterol become more prevalent and without regular check ups, can spring up on you with devastating results. You are more at risk of heart problems if you have high cholesterol and a large amount of belly fat. Fat around the stomach area is also a risk factor for diabetes. Any male over 40

(continued overleaf)

DEFINING: Chronic Fatigue

Chronic Fatigue (CFS) is a pretty poorly understood condition. It can also be known as Post-Viral Fatigue and ME. The fact that it has so many different names should give you some clue as to how sufferers and doctors often thrash around in the dark to get a clear understanding of what is happening to them.

My personal journey started six months ago when I had a glandular fever-type condition which laid me low for a week. It started with a sore throat and swollen glands, I felt completely exhausted and was unable to do very much at all apart from lying down on the bed reading. If I did pop out to the shops I felt dizzy and 'out of it'.

I got better quite quickly and didn't think much more about it until 4 months later when I got a sore throat and felt really, really tired. My concentration was all over the place, I was shuffling along, and it seemed as if the world was whizzing past me. Even doing simple, routine chores required huge effort. My appetite collapsed too. This has continued for a couple of months now, with some improvement, and there is a general consensus that what I am experiencing is something on the CFS/ME continuum. One thing that is clear to me now, through research, is that symptoms can vary in severity from a moderate case like mine, up to almost complete, life-destroying fatigue with disturbed sleep, extreme intolerance to light and sound, and muscle pain.

When my doctor suggested that it might be ME I really didn't know what to think. I simply wasn't aware that the continuum would have included my symptoms.



The regime I have been following to allow myself to get back to work has been based on advice from my doctor and Gareth Zeal, the nutritionist who consults in store monthly. My doctor provided advice on pacing provided by Action for ME. She warned me that my life may become very dull! At the moment I am working less and restricting all social activities. I can't run, I can't stay out late, I can never push myself.

Gareth recommended a regime based on immune boosters; large amounts of Vitamin C, Beta-Glucans and Vitamin D. I am taking Rhodiola as an adaptogenic herb to help balance things. I am drinking large amounts of licorice tea to nourish the adrenal glands. On the energy side he recommended 300mg of Co-enzyme Q10 as well as regular magnesium baths at night. It may be early days but between the pacing and the supplements I feel as if I am regaining control.

John, Diploma in Health Food Retailing

Erectile Dysfunction

This can occur in men of all ages, but appears to be more common in the older man. ED is classed as a man's failure to get or sustain an erection and is associated with physiological and psychological issues. Common causes for this distressing condition can include stress, depression, loss of libido, nerves, relationship problems and in itself, can be a sign of diabetes, hypertension and high cholesterol.

Arginine is an amino acid and a precursor to the formation of nitric oxide in the body. Nitric oxide is a vasodilator, meaning it relaxes blood vessels and improves blood flow. This supplement is essential for assisting with erectile dysfunction and also for formation of healthy sperm. About 3000mg needs to be taken as required, 1000mg everyday. It can also be twinned with Gingko biloba which supports how it works.

Zinc is an essential mineral and important for all aspects of male health; testosterone production, a healthy libido and needed to make sperm.

should get regular blood pressure and cholesterol checks to ensure good heart health.

Vitamin E can help to maintain good circulation and blood flow. However, it also thins the blood, so it's not to be taken if using blood thinning medication such as Warfarin. It can also prevent oxidation of cholesterol and excessive blood clotting. Aim for around 400-600IU daily.

Co-Enzyme Q10. Named ubiquinol due to its presence in every cell of the body, it is found in the mitochondria of cells and is responsible for energy production. It is present in large concentrations in heart muscle and helps to create the energy needed for the heart to pump. A powerful antioxidant in its own right, Q10 can reduce the risk of atherosclerosis and can also help to regulate blood pressure. Try 100mg for effectiveness. Statin medication reduces your production of Q10, as well as Vitamin D!

Fish oils. EPA present in fish oil has been linked to a reduced risk of cardiovascular disease. An American study found that eating oily fish just once a week, corresponds to a 50% lower risk of suffering a heart attack.

Dietary factors and lifestyle changes can help wonders with all of the disorders mentioned here. A diet consisting of more fruit and vegetables, oily fish and shellfish for the zinc content alone can help. Alcohol and smoking, usually taken together, need to be cut down considerably to improve overall health. In fact, smoking needs to go completely, it's a no brainer!! Cut out saturated fats as these are bad for circulation and the heart in general and improving circulation is no bad thing here. Exercise that raises the heart beat for half an hour, 3 x a week, is actually more important than diet alone.

Paul, 5 years with Hanover Healthfoods