



hanover healthfoods

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BUSY BEES!



Our connection with honey bees dates back over many 1000s of years, back to the times of the Ancient Egyptians around 3500BC. Honey is mentioned in the Bible, in the Koran, and in the writings of many ancient Greeks.

HONEY is made up of 70% sugar (which comes from nectar), 20% water and the remaining 10% includes minerals, vitamins, enzymes, organic acids, antioxidants and phytochemicals. Honey is said to 'purify the blood' and can alleviate coughs, cold and congestion. When applied externally to a wound it will aid healing. According to Ayurveda, the Indian science of health, honey should not be cooked as this will alter its attributes and render it harmful to the body, for example, clogging the digestive tract and creating toxins. Winnie the Pooh always ate his raw, as does any self respecting bear.

So what's all the fuss about MANUKA HONEY from New Zealand? Like most honey it has antibacterial, antioxidant, anti-inflammatory and immune boosting activity. All honey contains anti-bacterial Hydrogen Peroxide but Manuka honey contains Methylglyoxal as well. This is what makes Manuka special. Research has shown Manuka honey to clear up

skin wounds and ulcers like no other honey, beating even the MRSA bacteria that lurks in hospitals, where antibiotics failed.

PROPOLIS is composed mainly of tree resins and balms, then wax, enzymes, pollen and essential oils are thrown into the mix. It is fantastically rich in bioflavonoids, about 6%, which also gives it antioxidant properties. The word Propolis comes from the Greek meaning Defender of the city. Propolis is used to protect the hive from infection, even to the extent of embalming intruders such as mice to prevent them from rotting, after death by stinging that is. The bees coat the entire inside surface of the hive with Propolis to create one of the most sterile environments known to nature. Known as 'nature's best defence', it is antibiotic, antiviral and antifungal and found in throat sprays, lozenges, capsules, creams and balms.

BEE POLLEN is a good food source for the hive as it's a complete protein, containing all 22 standard amino acids along with a broad range of nutrients including Vitamins C, B1, B2, Beta carotene and Folic acid. Pollen is the only source of protein consumed by bees, and is therefore essential for colony survival. As well as being one of nature's most complete foods - it contains 50% more protein than beef and more calcium and iron than many foods - Bee Pollen works as an antioxidant and anti-histamine, aiding the immune system. We stock wild harvested Raw Bee Pollen.

ROYAL JELLY is what makes the difference between a Queen and a worker bee. All larvae are fed Royal Jelly for the first 3 days, but only the
(continued overleaf)

DEFINING: Sprains and Strains

Bumps and bruises, sprains and strains – are all part of everyday life. Whether you are an athlete and injure yourself playing your chosen sport, or you trip and fall, the treatments and remedies remain the same.

Strains are common and result from prolonged stress on the muscles and ligaments, with inflammation, swelling and pain as a result. Sprains are the more serious of the two, caused by quick unexpected movements and usually accompanied by a 'popping' sound as you tear the ligament connecting the muscles to your bones. The standard protocol for treating these types of injuries is named

R.I.C.E. (Rest, Ice, Compression, Elevation). It is pretty self explanatory, involving plenty of rest, placing an ice pack (bag of frozen peas works just as well!) on the affected area intermittently every 20 minutes or so, as well as compressing the area gently to keep swelling down. Elevation above the heart will help to reduce the build up of fluids in the injured area. Along with this standard protocol there are some handy supplements to ensure you have a speedy recovery.

Bromelain *An enzyme derived from the stems of pineapple, it is termed a proteolytic enzyme, meaning it digests protein. In this case it digests a protein called fibrin and aids in the healing process by reducing inflammation.*

Boswellia *Also known as Indian Frankincense, this is a resin from a tree bark native to India and is anti-inflammatory.*

Turmeric *Well known for its use in curries but when taken in the right amount, it is beneficial for inflammation. Try Pukka's*

Turmeric & Boswellia combo to reduce painful swelling. Use turmeric in your cooking for added benefits, which is best taken with black pepper to achieve maximum absorption.

Manganese *This important trace mineral is often overlooked, but has a role in cartilage formation and can strengthen wounded ligaments and tendons. Try 10-15mg daily to aid the healing process.*

Vitamin C *Everyone knows this for when you have a cold, but this amazing vitamin has multiple uses. Vitamin C aids the production of collagen so can help with tendonitis but also strengthens capillaries, which can aid the healing of bruising. Try 3000mg – 6000mg a day for optimal results.*

Arnica *This remedy is great for bruising and handy to keep in your medicine cupboard. Try Vogel's Arnica Gel for quick pain relief, as effective as ibuprofen gel yet all natural – just rub it in!*



Arnica Montana

Paul, 5 years with Hanover Healthfoods

George Hood bottled his first jar of honey in East Lothian in 1950. A protégé of Willie Smith, renowned for being Scotland's greatest ever Bee Keeper and designer of the hive that many bee keepers use today. George's son, Stuart Hood carries on the family tradition and the Smith strain of bee lives on. Hoods Honey has won every top award available in Scotland and their beeswax has been used to fill the Great Seal of Scotland and seal every act of the Scottish Parliament since its inception – over 200 in number.



larvae intended to form a Queen bee is fed continuously on Royal Jelly, enabling full development of ovaries needed to lay eggs. Worker bees (females) are sterile. This has to be one of the best examples of how nutrition can affect development and is known as phenotypic polymorphism (Oooh!). The substance in Royal Jelly said to be responsible for the development of a Queen bee is a single protein called royalactin. Although Royal Jelly contains B vitamins, 5% fatty acids, trace minerals and small amounts of Vitamin C – it has been established that only royalactin has the power to develop a worker larvae into a Queen bee.

BEE VENOM sounds ominous but many people have used it internally for arthritis and we sell it in a cream. It is known as 'Nature's Botox' and can help to reduce lines and wrinkles in the skin.

More than honey and other hive products, we rely on bees to help pollinate our crops and many scientists agree that bees are among the most important animals in any ecosystem, along with many other pollinating insects that help form the basis of the food chain, because they help to support all other life. According to a recent U.N. report, of the 100 crop species that supply 90 percent of the world's food, bees pollinate more than 70%.

The 80% drop in local apple crops this year has been blamed on spring weather, which had too many cold snaps to entice the bees out on pollinating trips. Other problems for bees are nerve-agent pesticides which reduce development of Queen Bees by up to 85%, said to be the case in neonicotinoid pesticides. Help protect the bees at <http://bit.ly/bee-lovely>

Candy, Diploma in Nutritional Healing