



hanover healthfoods

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SEPTEMBER 2014 ISSUE

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Kelpie Kelp



Sea kelp is a natural source of vitamins A, B1, B2, C, D and E, as well as minerals including zinc, iodine, magnesium, iron, potassium, copper and calcium. In fact it contains the highest natural concentration of calcium of any food - 10 times more than milk.

Kelp is beneficial to brain tissue, the membranes surrounding the brain, our sensory nerves, the spinal cord as well as nails and blood vessels. It is used in the treatment of thyroid problems due to its high content of iodine. Thyroid hormones regulate growth and development of the body. When thyroid function is low our metabolism slows down. Symptoms associated with low thyroid function are dry hair, dry skin, cold hands and feet, muscle weakness and the tendency to gain excessive weight. Increased doses of kelp will improve the activity of the thyroid gland which enables the body to stimulate and balance metabolism. When our bodies feel run down, lack of energy, experience weight gain and brittle nails can be a sign of iodine deficiency in the body which results in an underactive thyroid.

Iodine is a trace mineral vital for the operation of the thyroid gland which

plays an important part in body development and metabolism. It combines with tyrosine - an amino acid - to create T3 and T4, thyroid hormones that regulate metabolism and other physiological functions throughout the body. As sea kelp is the richest natural source of iodine it can help to regulate metabolism and in turn affect weight loss and gain.

Additionally, a University of Newcastle study concluded that alginates - fibres within sea kelp - 'significantly reduce fat digestion' and absorption, much more so than most consumer slimming treatments. However, the findings are only preliminary.

Goitres in the 18th century was due to a deficiency of iodine in the diet however it was noticed that those living along the coastal lines and whose diet were rich in seafood, shellfish and seaweed rarely developed the problem.

Kelp also assists in the treatment of Candida overgrowth due to its trace mineral content for building immunity. The rich iodine in seaweed is utilised by enzymes in the body to produce iodine-charged free radicals which de-activates yeast. Salt should be restricted during Candida overgrowth as can be obtained through seaweed foods.

Kelp is also beneficial to good skin health. It contains antioxidants which restores moisture levels. It oxygenates and detoxifies, acts as a conditioner, stimulates the skin ability to heal, and protects from the environmental elements.

We stock Nova Scotia Sea Kelp
(continued overleaf)

DEFINING: Chromium

Chromium is a trace mineral which helps in the metabolism of glucose converting carbohydrates into sugar in the body. It also helps make Glucose Tolerance Factor (GTF) which maintains stable blood sugar levels through insulin utilisation and can be helpful to those suffering from diabetes and hypoglycaemia.

Insulin is a hormone secreted by cells in the pancreas. Its major function is to lower blood sugar levels and promote the storage of sugars as fats.

Chromium is found in food sources such as beef, calf liver, brewers yeast, eggs, blackstrap molasses, and sunflower seeds. Chromium picolinate is the form best absorbed by the body. It enables the chromium to readily enter the body cells where it works well with insulin to work more effectively.

The ability to maintain normal blood sugar levels is jeopardised by the lack of Chromium in our soil and water and by our diets which is high in refined foods such as white bread, flour and junk foods. A number of studies have shown that supplementing with Chromium can improve insulin sensitivity and blood sugar control in the face of insulin resistance, elevated blood sugar levels and diabetes.

A deficiency in Chromium can lead to anxiety, fatigue, glucose intolerance, inadequate metabolism of amino acids and a risk of arteriosclerosis (the thickening, hardening and loss of elasticity of the walls of the arteries.)

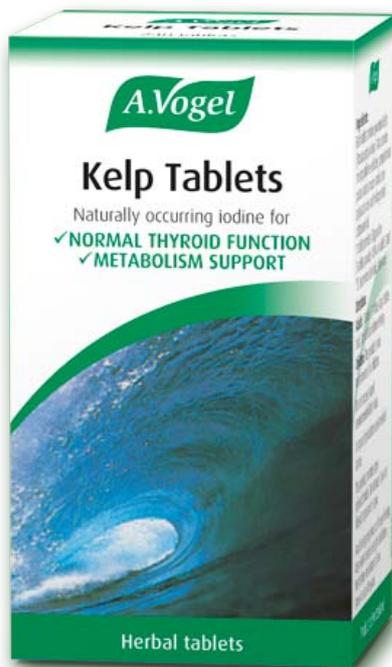
In preliminary studies it shows that Chromium has been

successful in controlling blood cholesterol and blood glucose levels. In patients with diabetes and heart disease it lowers blood sugar and cholesterol. It promotes loss of fat and an increase in lean muscle tissue.

Drink more fluids as dehydration is a frequent cause of fatigue and makes us crave fast energy foods that contribute to blood sugar imbalances. Eat small frequent meals every 2-3 hrs and where possible avoid skipping meals as this can lead to hypoglycaemia (low blood sugar) symptoms. Choose foods which have low glycaemic index. Healthy snacks can include fruit, handful of nuts, seeds or oatcakes.

Active individuals who engage in vigorous aerobic exercises and consume high levels of carbohydrates have higher Chromium requirements. As we age our levels of Chromium decrease so it is important for supplementation.

Regan, Hanover Healthfoods



products ranging from Body Soaps which conditions the skin and the Body Lotion which helps to restore moisture. The Sea Kelp Rescue Balm soothes midges and mosquito bites. Good holiday companion.

Sea kelp grown in polluted waters may well absorb toxic heavy metals which if ingested can cause major health problems. The potential for this means it isn't recommended to be taken if pregnant or breastfeeding, or by children or people with health issues, especially liver or kidney problems. It should be possible however to make sure a particular supplement comes from kelp grown in clean waters, as ours do. As it is an alginate it also binds heavy metal and large molecules making it useful for detoxification.

There's plenty of anecdotal evidence suggesting taking sea kelp supplements can boost hair growth. Whether or not it actually boosts *growth*, it contains nutrients involved in hair health and strength, so it may help reduce split ends and breakages.

The iodine content of kelp also appears to give a helping hand with anti-aging. A 2008 study showed that the form of iodine in kelp effectively removed free radicals - chemicals that accelerate ageing - from human blood cells.

Regan, Hanover Healthfoods