

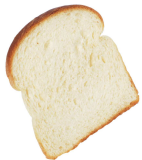


hanover healthfoods

www.hanoverhealth.co.uk

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CONTENTS



Pgs 1/2
Wheat
Problems



Pg 2
DEFINING:
Manuka
Honey

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These are excellent ways to keep in touch, hear about offers, and our forthcoming Healthy Lifestyle Event on October 8th.
Put it in your diary!



THE PROBLEM WITH WHEAT



Any food we eat too much of on a daily basis is likely to cause problems. Wheat is everywhere; breakfast cereals, morning biscuits, lunchtime sandwiches, afternoon cakes, evening quiches, pasta and pies. We could eat it three times a day, every day without thinking about it. Bakers love wheat because the gluten helps to trap air bubbles, like no other grain, providing lift and lightness to products. The gluten also helps to bind pastry together, a hard task for gluten free cooks.

The prevalence of wheat intolerance has grown and some would blame the way wheat has been hybridised (biologically "bred") to produce bigger yields, or the fact that the grain may be damp or in fact unripe when the crop is harvested. There is some evidence to suggest weaning may be an issue and that timing the introduction of gluten into the diet is important, in order to prevent problems. The guideline is not before 3 months and no later than 7 months. Gradual introduction to gluten-containing foods between 4 and 6 months of age whilst still being breast

fed produced the best results for avoiding sensitivity to gluten in later life.

Cereals containing gluten are wheat, rye, barley, oats, spelt and kamut. Oats on their own are not an issue but suffer cross contamination during milling and harvesting. We sell uncontaminated oats that have not been grown in fields rotated with gluten containing crops, for example.

Celiac disease is an autoimmune disorder that requires lifelong avoidance of gluten. Often hard to diagnose, sufferers may have to wait an average of 12 years for correct diagnosis due to the wide range of symptoms that can manifest, confusing patient and doctor alike. It is estimated to affect 1% of the population.

In coeliacs the body is reacting against undigested proteins found in gluten. Wheat gluten proteins are gliadins and glutenins, in rye it's secalins and in barley, hordeins. They contain peptides known as prolamins, rich in the amino acids proline and glutamine, which are not normally a problem but due to the disease are only partly digested in the small intestine causing mayhem. The immune system prefers all food to be broken down completely into its individual building blocks, but in this case we can be left with a chain of 50 amino acids still fixed together.

A recent study has shown that you don't have to be coeliac to suffer from sensitivity to gluten. People can still have symptoms such as bloating, fatigue and pain without producing measurable changes of intestinal health, inflammation and immunity. The reasons why this can happen are still a scientific mystery but the report suggests a gluten-free diet can be enjoyed simply for better energy and gut health.

I have been gluten-free for 8 years and,
continued overleaf >>>>

DEFINING: Manuka Honey

In any health food store Manuka honey is always one of the best selling products. This month I am going to take a little time to go through some of the background and benefits of it.

Manuka honey only ever comes from areas of New Zealand which are extensively covered in the Manuka shrub, *Leptospermum Scoparium*. Manuka (a Maori name) is from the same family as Tea Tree but they are pretty different plants. Manuka does grow well in a Scottish climate and you can see it for yourself next time you are down at the Botanics. They grow in front of the modern glasshouses.

Now, there is nothing so surprising or new about honey having medicinal properties. The Ancient Egyptians, Chinese, and Mayans all used it, mainly for its antiseptic properties. All honey is antiseptic by virtue of being a concentrated liquid sugar – it dries out bacteria and pus. All honey also contains Hydrogen Peroxide, which is antiseptic. Peroxide, however, is destroyed by an enzyme in the human body.

What is special about Manuka honey is that it contains a chemical called methylglyoxal and, according to the New Zealand scientists that work on Manuka honey, an as yet unidentified 'synergistic component'. The non-peroxide antibacterial properties of the honey are much more stable, more penetrating, and more effective against bugs than peroxide in normal honey.

The total affect of the Manuka is calculated using a scale called UMF (Unique Manuka Factor). This ranges from 5+ up to 30+. The higher the number, the greater the antibacterial



properties. 5+ is fine for every day use if you don't have anything particularly wrong with you, but you need something between 10+ and 20+ if you are treating a condition. The more serious the condition, I would argue, the stronger the honey you should use.

The strongest honey that naturally comes from the hive is 15+. The stronger ones come about by letting the honey mature for a couple of years. Currently there are no really strong ones around because they have sold out, but we do have some 20+ and 22+.

Manuka honey can be used to kill the bug (*H.pylori*) which causes some ulcers and hyperacidity. I used it in porridge to keep my son free of tummy bugs when he started nursery. I have lost count of the number of customers who have amazed supposedly open-minded doctors and nurses by clearing up persistent wounds and sores by applying honey. 'You would be better off spreading it on your toast' was a typical remark from a health visitor. In that particular case it healed, within a week, a year long infection of an amputation wound that normal medicine had failed to cure...

John, Diploma in Health Food Retailing

WHEATY PROBS



Good Cookbooks

Cooking Without, Barbara Cousins
How to Cook for Food Allergies,
 Lucinda Bruce-Gardyne
Healthy Gluten-free Eating, Darina
 Allen & Rosemary Kearney

Good Websites

www.coeliac.org.uk
www.artisan-bread-abo.co.uk

Continued from Page 1

although I still can't make bread as well as specialist gluten-free bakers Artisan or Genius, the benefits are huge. I hold down a job and have energy to garden and cycle (in part), to work. Headaches and gut issues are a thing of the past, which is amazing considering I had suffered headaches since primary school. I used to think they were a fact of life, what a relief to live without them. Flexibility is much improved. At the ripe old age of 32, I thought I was going to have to get special water taps fitted due to the stiffness in my hands and yoga was a real task!

Gluten-free staples are buckwheat, millet, quinoa and rice. Taking inspiration from other parts of the globe can help with recipe ideas but on the whole, they make great muesli or porridge in flake form and the wholegrains mix well with beans, fish or chicken and vegetables, for lunch or dinner. Finding the right mix of flours for baking is more of a challenge but here's a tip I learnt from Lucinda Bruce-Gardyne of Genius gluten-free bread fame. Add two egg whites to a bread recipe to increase the protein content and help to trap air bubbles, giving some 'lift' to your baking.

Buckwheat is 15-20% protein and contains the bioflavonoid rutin, known to strengthen blood capillaries and assist circulation. It also contains almost twice the amount of magnesium compared to wheat. Millet is high in iron, magnesium, potassium, silicon, the B vitamins and vitamin E. It is the most alkalising of all grains, good news for those with inflammatory conditions. Quinoa, pronounced *keenwa*, originated in South America and is a seed rather than a grain. It contains all of the essential amino acids and is rich in minerals, providing an excellent source of calcium. All the grains, apart from millet, can be sprouted and used in salads or combined with vegetables in soups or stews.

Candy, Diploma in Nutritional Healing