



hanover healthfoods

www.hanoverhealth.co.uk

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The Hanover Healthfoods Big Event!

We are in the process of organising a day of talks, tasters, goodies, and fun at the Merchant's Hall, Hanover Street, on Saturday 8th October.

There will be a full day of speakers including two GPs and several nutritionists who will be bringing you up-to-date with everything about Vitamin D, cholesterol, Manuka honey, healthy living, and much, much more.

In order to find out when we are releasing tickets visit our website at www.hanoverhealth.co.uk and sign up for the free e-newsletter to ensure that you don't miss out!



CANDY'S HOLIDAY HELPERS



You've booked the travel tickets, sorted out the insurance and bought new clothes, but what else do you need to do before venturing on holiday? What about some preventative health care?

UP, UP and AWAY

Flying increases the risk of Deep Vein Thrombosis (DVT). Long haul flights can be dehydrating due to the dry air and reduced fluid intake. Alcohol consumption adds to the problem, causing further blood thickening. Top up with water before boarding the plane and keep your legs moving.

Pycnogenol from pine bark helps to thin the blood and has been shown to have protective effects during long-haul flights. The trial dose was 200mg 2 – 3 hours before flying, another 200mg 6 hours into the flight and 100mg the next day. The daily protective dose is 1mg per kg of body weight.

If you are afraid of flying, the adaptogenic herb Rhodiola may help. One customer even reported none of her usual fearful response and actually enjoyed the flight. The Bach Flower remedy, Mimulus, is suitable for children and pregnant women.

LIFE ON THE OCEAN WAVE

Ginger - capsules, tea or crystallised –

can help to relieve nausea. Close your eyes where possible, this works on the bus, as does lying down when at sea. Nelson's Travella is a homeopathic remedy containing a combination of remedies to cover nausea and dizziness. It is safe for children and in pregnancy. If all fails, at least have some Emergen-C sachets at hand to replenish lost electrolytes. I give them to fellow sailors who have been caught out.

DON'T BURN BABY, BURN

Avoiding getting sunburnt is crucial, particularly for pale Scottish skins. Loading up with Beta Carotene three weeks prior to a holiday may help to protect the skin and reduce prickly heat. A glass of carrot juice a day, or 45mg of Beta Carotene will give us more than the body normally needs. The excess is stored in the skin, turning a lovely bronze colour once exposed to the sun. Continue to take throughout the holiday, preferably with meals. It won't prevent you getting burnt but may reduce sun damage, so please still use a sun lotion. Experts are still trying to balance the need to avoid sun damage against the need to produce Vitamin D so try to get about 20 to 30 minutes of sunshine before applying a sun tan lotion.

If you need an after sun lotion, Aloe Vera gel is healing, cooling and soothing –particularly if taken from the fridge. As well as applying it to the skin you can drink Aloe Vera juice, but they are separate products. Weleda's Aloe Vera Lotion went down a treat with a fellow sailor after too much sun. Sun parched skin is mighty thirsty! Sun hats and glasses help to avoid heat stroke, headaches, wrinkles and eye damage in later life.

INSECTS

Avoid being bitten by taking Vitamin B1, aka Thiamine. It changes how insects
continued **overleaf** >>>>

DEFINING: Multivitamins

In Hanover Healthfoods we have 24 different multivitamins catering for a wide range of needs – vegans, children, active men and women, pregnant types, and the elderly. Choosing between them is very difficult if you can't read the increasingly tiny writing on the sides or if you aren't sure as to what is most important to look for.



For general, everyday purposes our most favoured multi is the Biocare One A Day. We have sold this consistently for over ten years and it is a firm favourite. The reason we favour it is because it has high levels of two trace minerals, Selenium and Chromium. Trace minerals in particular are deficient in the diet as a result of soil-depletion over the past 60 years. Selenium is crucial because it recycles anti-oxidant vitamins and is important for the liver, thyroid, and fertility. A quirk of geology means that foods farmed in Scotland have very little of it naturally present. Chromium is important for blood sugar regulation and a tight control of blood sugar is important for helping to head off heart disease as well as diabetes.

Also popular are Solgar's Male and Female Multiples. They also contain high levels of trace minerals but because they are three-a-day formulae they have 400mg each of Calcium, Magnesium, and Vitamin C, as well as 400iu of E. These are particularly useful for people who want to fill as many nutritional gaps in their diets without purchasing too many separate products and with those who are physically active as they need more minerals and antioxidants. They are also not bad as bone formulas. The main difference between the Male and Female is that the Male one doesn't contain Iron.

Many of our multivits are, by most measures, big tablets. We also have a number of products in capsules or liquid which can help with people who have problems swallowing. Multis should

always be taken with food and the bigger tablets often go down better if you chew a mouthful of food, then pop the tablet in your mouth.

Although we recommend multis because they fill gaps in the diet there are many nutrients which is isn't practical to get in a multi. These include higher doses of Vitamin C and normal doses of Calcium and Magnesium. Other things which you might look to take, like Vitamin D3, are not currently put in decent doses in multis. There are also many products out there in chemists that contain fish oils and glucosamine. For us these are a compromise too far and we judge that it isn't possible to get enough of what you need so we just don't stock them. These extras do need to be bought separately.

There is a huge variety of life enhancing substances in food, from polyphenols in berries, fibre and plant oestrogens in linseeds and pulses, antioxidants in fruits, veg, and green teas. This is why multis, critically useful though they are, are only the beginning. Eat good food!

John, Diploma in Health Food Retailing

HOLIDAY HELP

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perceive you to 'vegetable', rather than 'animal'. Humans can't smell it though. Take it 2 weeks before departure so it can fully saturate the skin. 500mg daily is effective, continuing throughout the holiday. Spraying with insect repellents may not be effective enough for some parts of the world, no offence Scotland!

TUMMY TROUBLE

We go on holiday to enjoy ourselves, not to be glued to the loo. Keeping the gut topped up with good bacteria will help the immune system to work at gold level as well as maintaining regularity. Optibac Bowel Calm contains *Saccharomyces boulardii* which moves through the gut picking up bugs, including *E. coli* and *Salmonella*. It is the only probiotic to be researched to remove *C. difficile*.

PARASITES

To avoid coming home with more than we left with, an anti-parasitic has to be a good idea. Citricidal (grapefruit seed extract) travels with many customers to far-flung parts to ward off nasty things. Oregano oil is another choice as are Wormwood or Black Walnut. It makes sense to take precautions while on holiday, rather than picking up something and having to deal with it in a more serious manner on return. Even in Scotland, where well water is used, problems lurk that we can do without. Parasite infection is more common than we like to think. Under cooked meat is one source, as are unwashed fruit and vegetables.

Candy, Diploma in Nutritional Healing