

CONTENTS



Pgs 1/2

PREGNANCY:



Pg 2

DEFINING:
Digestive
Bitters

Did You Know?

Hanover Fact Number 835403...

At Hanover Healthfoods we have a visiting nutritionist and allergy tester, Gareth Zeal, who comes every month. Gareth is extremely well-regarded and he is the one that we phone when we don't know the answer to your queries.

If your health complaint is serious or complex then it might be worth making an appointment. Costs range from £20 to £35 for a short or long appointment.

Gareth is next in-store on Thursday 12th May. Ring us on 0131-225 4291 to book your slot.

Nutrition Facts / Valeurs Nutritionnelles	
Per 1/2 package (85 g) / pour 1/2 emballage (85 g)	
Amount / Teneur	
Calories / Calories	
Fat / Lipides 4.5 g*	% Daily Value
Saturates / saturés 2.5 g	
+ Trans / trans 0.2 g	
Cholesterol / Cholestérol 15 mg	
Sodium / Sodium 870 mg	
Carbohydrate / Glucides 55 g	
Fibre / Fibres 3 g	
Sugars / Sucres	

PREGNANCY: Mum's The Word



development.

Even with a good diet, the physical demands of the woman during preconception and pregnancy may require additional dietary supplementation. Requirements of folic acid, calcium, iron, zinc, vitamin D, vitamin C, and vitamin B increase substantially during pregnancy. It has been shown that multivitamin supplements provide consistent protection against neural tube defects, limb defects and other birth defects.

Most people are aware of the importance of folic acid to prevent neural tube defects, but that's the rock bottom, minimum recommendation. We want really healthy babies, not just to avoid tragic developments! Supplementing before pregnancy is important as the early weeks of pregnancy are crucial.

Other than folic acid, the most widely recommended supplements for pregnancy are calcium and iron. If there is not enough calcium in the diet, the mother puts her own skeleton at risk while her bones donate their reserves to the growing baby, perhaps impacting on her bone density in later life. Calcium (and magnesium) supplementation has been shown to reduce pre-eclampsia. Symptoms of iron deficiency include breathlessness.

Recent research has shown that both maternal nutritional status and early life nutrition can influence a child's long-term development, including modifying their chance of developing diseases, such as obesity, diabetes, heart problem and allergies.

Childhood obesity is on the rise. It has been suggested that eating a poor diet in pregnancy leads to a famine of nutrients for the developing foetus, causing adaptive changes to take place. The baby

Continued overleaf >>>>

Planning on having a baby? Fantastic, but before you dive into conception, hang fire to consider the important nutritional preparations that need to take place first. An individual's health and nutritional status will very much influence the health of the child.

Cleaning up the diet and having a bit of a detox for about three months prior to trying is a wonderful gift not only to your child, but yourselves too. Ladies, try to get the glowing look before falling pregnant, as giving up all the bad stuff once pregnant will put the body into detox and your growing baby may suffer. This is also why weight loss diets are not recommended during pregnancy. Men need to think about what they are about to pass on as much as women!

Vogel's Detox Box contains herbs that support the organs of elimination, helping to get the rubbish out. Spring cleaning is something we all deserve, after all, we change the Hoover bag and the oil in the car!

After fertilisation the genetic material in the embryo undergoes rapid changes and at every stage the nutritional balance needs to be optimal to ensure the processes occur properly. Many different factors, including food, lifestyle and supplements, can influence this process, ultimately affecting the child's

DEFINING: Digestive Bitters

All around the world people use bitter herbs before they eat to improve digestion. The principle is very simple, we all have bitter taste receptors on our tongues and when you eat or drink anything which is bitter these send a signal to the stomach to produce more gastric secretions, enzymes and acid, which are an intrinsic part of helping you break down your food effectively.

Almost every culture has some form of bitter and the names of them will be familiar to you even if you hadn't twigged the link between them. The most common one found in the UK are Angostura Bitters which contain the herb Gentian, but others you may have heard of are Campari, Cynar (an Italian Artichoke bitter), Luxardo, and Aperol.

Although usually based on alcohol, and the ones which we stock are no different unfortunately, they can be a potent way of naturally boosting your digestion, particularly if you are eating a very rich, large meal, or you have some other problem with your digestion. The main symptoms would be bloating, particularly straight after eating, discomfort, belching, and reflux.

Another function of digestive bitters is to improve appetite and there is anecdotal evidence to suggest that bitters can help to balance appetite in those with appetite problems, both low and voracious.

Our principle digestive bitter is Centaurium from A.Vogel. We have used this very extensively over the years to help people who experience problems with low stomach acid secretions. It helps to remember that the symptoms of low stomach acid are



strikingly similar to those of high stomach acidity. A proper diagnosis from your doctor will help here, although experience has shown that most GPs presume that over-production of acid is the problem and prescribe either antacids or drugs which stop you producing stomach acid...

Swilling a small amount of diluted Centaurium round your mouth shortly before eating should be effective if you are low in stomach acid or have a hiatus hernia. Centaurium also helps to tone the valve at the top of the stomach which reduces reflux.

Other bitters we stock include A.Vogel Yarrow Complex which can also help to calm digestion beyond the stomach, and Napier's Best British Bitters. These also contain herbs like Milk Thistle and Dandelion which improve the flow of bile which helps you digest fat from a large meal more effectively. Bitter foods such as a green leaf salad with dressing before you eat may also be helpful but remember, if you can't taste the bitterness you won't get the benefit!

John, Diploma in Health Food Retailing

PREGNANCY



Folic Acid rich foods: legumes, green leafy vegetables and citrus fruits.

Iron: meat, fish, seaweed, nuts, seeds, dried fruit, beans, lentils and greens including kale, watercress and parsley. **Vitamin C** helps the absorption of iron. **Avoid drinking tea and coffee with meals as they are sure to interfere with iron absorption.**

Calcium: Seaweed, sardines (with the bones), almonds, hazelnuts, seeds, quinoa, beans and leafy greens. These also contain **Magnesium** which helps **Calcium** to work.

Continued from Page 1

expects to be nutritionally short-changed once out of the womb but in most cases what we experience is an abundance of food, high in calories but possibly not micronutrients given the average UK diet.

Something else to consider is protein intake. At baseline we need 1.1 g of protein per kg of body weight for maintenance, and in pregnancy the requirement is 1.5g per kg. Eating for two is out. Approximately 2200 calories is in, depending, of course, on height and activity levels. So fewer carbs, but max the veggies. A good American website for more info on weight gain in pregnancy is www.tinyurl.com/5ubym5b.

Essential fatty acids are also vital in pregnancy. Each baby will leave a woman depleted of her EFA stores, so to help reduce events such as postnatal depression dose up on flax, hemp or fish oil, and include oily fish, ground seeds, walnuts and green leafy vegetables in the diet. Forget the big fish as they may be high in pollutants.

Safety around Vitamin A has raged over decades now. The official UK advice is 800ug but a World Health Organization expert group concluded that weekly doses of 7500ug retinol are probably safe. This is important to note as some people cannot convert Beta Carotene into Vitamin A.

Herbal supplements are not recommended during the first three months but drinking a variety of herb teas is fine, especially as they are caffeine free which is another thing linked to low birth weights. Raspberry leaf is used in the third trimester to help prepare for good contractions. It is useful after giving birth to tone the uterus back into shape. If you want specific advice about particular herbs or essential oils, just ask!

Candy, Diploma in Nutritional Healing