

The Good Food Shop and Hertford Natural Therapy Centre Newsletter

New Year Issue

Volume 1, Issue 7
January/February 2002

New Help for the Menopause

Are you feeling less secure, or may be unexpectedly overcome by emotion at the strangest moments? Perhaps you are more tired than usual and are experiencing more frequent visits to the bathroom? These are all very common phenomena of the menopause and as a woman you must prepare yourself both mentally and physically for a new phase in your life!!

As the menopause is a hormonal condition, hormone preparations are often prescribed to restore equilibrium. A balanced diet however including natural herbs that reinforce the body's glandular system can provide natural relief from menopausal discomfort without risk. Bional has developed Menobalance to help you get through the menopause more easily, containing a unique combination of soya, Gamma Oryzanol (rice bran oil) and Dong Quai. Menobalance mimics human oestrogen's that reduce hot flushes and other symptoms of the menopause

....."I can't believe the difference! Before I started taking Menobalance I was suffering from many different aspects of the menopause including hot flushes, a loss of libido and mood swings. My lifestyle has changed as I can now go about a normal life rather than dreading what my day might bring."..... Joanna Roberts - Surrey

Balance in your body, mind and during the change!

Menobalance retails for £16.95 for 1 months supply. During February, there is £1 off the retail price.



Maintaining a Healthy Bladder

Inurin is a special combination of natural herb extracts, minerals and vitamins that have been combined to help support and maintain the bladder. **St John's Wort** is traditionally used in cases of bedwetting as are **Pumpkin seeds**. **White poplar** is used to ease irritation in the bladder along with **Sweet Sumach** that can be used to create a relaxing effect to help the bladder function better. **Horsetail** is used to strengthen the tissue in the urinary tract.

..."I have suffered from disturbed sleep and getting up in the night to urinate for many years. About ten years ago it was only twice over the years, then it got worse. Recently before taking INURIN I was getting up five to six times in the night to urinate. I tried my doctor, homeopathy and

acupuncture but with no results. Since taking INURIN for only three weeks I am now only getting up a maximum of twice in the night. The difference is unbelievable, I can sleep and rest and I am not tired during the day as before. I've transformed my life thanks to INURIN!".... Mrs Jackson - Edinburgh

Inurin is a combined natural product that can help prevent incontinence and maintain a healthy bladder thus resulting in peaceful nights and confident days.

Inurin retails for £9.95 for 40 capsules.

**Free Reiki Talk on Friday
22nd February 7:30-9pm.
Everyone welcome.**

**Reiki Two Workshop Saturday/Sunday 16th/17th February 10am-5pm.
Reiki One Workshop Saturday/Sunday 2nd/3rd March 10am-5pm**

Have you tried Gillian McKeith's New Living Food Energy Bar? One of the healthiest power packed organic superfood energy bar around which contains more than 74 minerals and 118 active phyto nutrients with live enzymes. £1.59 each



4 Old Cross
Hertford

Phone: 01992 550101
Fax: 01992 550101
Email: info@goodfoodshop.co.uk

Thinking of Detoxing for the New Year. The 10 day Detox from Ortis Pure Plan comes with a free Body Brush worth £6.50.

Debra Watson-Fitness Instructor highly recommends it. Before trying Pure Plan, Debra felt.....'completely wiped out, lacking in energy and generally run down'... 'Psychologically, the Pure Plan made me feel cleansed, knowing that the toxins and impurities had been flushed out of my body. Physically, my skin was glowing, my eyes were much brighter and I didn't feel tired or lethargic anymore'... 'Pure Plan is definitely a product that we will continue to promote throughout the year'

Help with Hypnosis

Hypnosis can help you to:

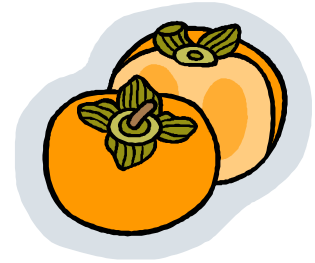
- Overcome binge-eating & control weight
- Quit smoking
- Eliminate panic attacks
- Conquer the fear of public speaking
- Remove phobias
- Calm interview and test nerves
- Alleviate IBS symptoms
- Build confidence

There are many unwarranted scare stories that surround the use of hypnosis, most of them unfounded. It is worth noting that the British Medical Association recognised the clinical value of hypnosis as long ago as 1892. Since then there have been thousands of studies into its effectiveness published in medical, scientific and psychological journals.

For further information contact Keith Chopping (DipEHP, CertEad) at kchopping@tinyworld.co.uk or telephone him on 07946 732057. Keith is available for consultation at the Hertford Natural Therapy Centre on Saturdays.

Launch of Nature-C

Nature-C is a unique and original product from Alfred Vogel. It is a fruit tablet providing an entirely natural source of Vitamin C. Made from Acerola cherry, Passion fruit, Sea Buckthorn, Blackcurrant and Lemon, this product delivers Vitamin C to the body as nature intended. As the Vitamin C is natural, it is easily absorbed and utilised. Each chewable tablet contains 100mg of Vitamin C. £6.99 for 60 tablets.



Nature-C, an entirely natural source of Vitamin C

New Passiflora Complex

Passiflora is a stress-relieving herbal remedy which gently calms and soothes the mind, dispelling anxiety, whilst relaxing the muscles to give physical relief. Use it for nervous insomnia and mild depression-it's ideal for menopausal symptoms. With no side effects or contraindications, it is safe for both adults and children. £6.99 for 50ml.

Have you taken advantage of our Nature's Aid Half Price Sale?

We currently have 50% off Glucosamine Sulphate 1000mg 90 tablets (Were £9.99 Now £4.99); Gingko Biloba 3000mg equivalent 90 tablets (Were £11.99 Now £5.99); Multivitamins 90 tablets (Were £6.99 Now £3.49); St John's Wort 500mg 90 tablets (Were £11.99 Now £5.99); Echinacea 500mg 180 tablets (Were £8.29 Now £4.14); Evening Primrose 1000mg 90 capsules (Were £9.99 Now £4.99), 180 capsules (Were £17.99 Now £8.99)

Health Perception Allimax and Osteopro currently on a Buy One Get One Free Deal. Buy now as stocks are limited.

- **Remember to keep up to date with special offers and events at the Good Food Shop and Hertford Natural Therapy Centre by logging on to www.goodfoodshop.co.uk and www.naturaltherapycentre.co.uk**

Yogi's Calming Tea achieved a rating of 9/10 in a Daily Mail survey for helping promote a restful night's sleep. A delicious blend of linden flowers, camomile, fennel, cardamom, liquorice, ginger and other ingredients aimed at calming you. It is particularly good at night. It is fat and calorie free and contains medicinal herbs to help cleanse your body, aid breathing and to help you relax.

Remember The Good Food Shop offers 10% off all purchases for Senior citizens on Wednesdays.