

# January Newsletter

VOLUME 2, ISSUE 3

JANUARY 2003

## Coughs, Colds and Flu

It's *that* time of the year again. Prepare for winter chills by building up your natural immunity. And if disaster strikes and you pick up an infection, reach for natural first aid treatments.

### **Vitamin C** - *Prevention and relief.*

Numerous studies have proven the effectiveness of vitamin C in higher dosages for the prevention and relief of cold and flu symptoms. American researchers reported that vitamin C decreased cold and flu symptoms by 85%. Another study compared the effects of pain relievers and decongestants. The test group took 1000mg vitamin C hourly for the first 6 hours after the initial symptoms and then 1000mg three times daily. Results showed that 50% of subjects reporting flu symptoms experienced relief with 1 six hour treatment of 1000mg vitamin C per hour. A form of vitamin C that has proven particularly effective is Ester C. This is a buffered form of Vitamin C that reduces acidity and is especially gentle on the stomach. This enables the user to take higher levels without gastrointestinal discomfort.

### **Echinacea** - *For super immunity*

A number of studies have demonstrated a reduction in the incidence and duration of colds when taking Echinacea. For example, one 8 week double-blind study showed a decrease in the incidence of colds, with the Echinacea group reporting half the number of incidences of 'pronounced respiratory infections requiring absence from work or bed rest'.

### **Licorice**—*cough relief.*

Licorice acts as an expectorant, facilitating the movement of mucus from the respiratory tract. Additionally, licorice has anti-microbial, immune boosting and adrenal supportive properties.

### **Zinc Complex** - *Immunity and Anti-Viral*

Zinc is involved in virtually every aspect of immunity. Zinc supplementation produces a significant restoration of serum thymulin (a hormone produced by the thymus gland). Typically, as we age the level of thymulin and other immune-enhancing thymus hormones decrease. The reduction of these hormones leads to an impaired immune system. Zinc like vitamin C, also possesses direct antiviral action. This includes antiviral activity against several viruses that cause the common cold. Lifestyle changes to avoid infections include regular handwashing, drinking plenty of water and limiting sugar intake.

## Open Day

The Open Day plans for Saturday 22<sup>nd</sup> February 2003 in the Castle Hall are steaming a head, most of the 55 stalls have now been booked. The event will be open between 10am and 5pm. Admission is £3 per adult. Goody bags are available for everyone. We will have many practitioners demonstrating their therapies ranging from acupuncture to aromatherapy, reflexology to reiki, pilates to yoga, Alexander technique to osteopathy. Many vitamin companies will be available for consultation including Solgar, Bioforce, Viridian, Nature's plus, Bional, Kordel's and Health Sense. There will be lots of things to sample and taste and many special offers. Christine from Down to Earth Health Foods in Ware will be providing a vegetarian lunch service. We will be having a busy itinerary with free talks and demonstrations ranging from Shiatsu, Tai chi, Alexander Technique, creative visualisation, journey therapy, nutrition, women's health, HRT alternatives, Ethical consumerism and many more. The next issue will be dedicated to giving you full details of the event.

### **Bioforce 10 day Detox Box**

At the start of the New Year and after the festive season so many people are looking for a complete, easy to use detox programme. Formulated by the Swiss naturopath Alfred Vogel, the Detox Box Elimination programme £23.99, is designed to help release toxins gently and naturally. It's a ten day programme, using herbs that work to stimulate the body's natural filtering and detoxification functions, and works best in conjunction with a sensible diet.

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## ***Give Yourself a "Life-Makeover"*** ***7 Essential Steps to Your Best Year Yet***

*If you want to know your past, look into your present state;  
If you want to know your future, look into your present actions.  
~ Padmasambhava*

It is January 2003, a new month, a new year, A **FRESH START & NEW BEGINNING**. It is our inner sense that this is a new opportunity and our innate urge to continue to grow and develop throughout our lives that causes many of us to set New Year's Resolutions. But, let's be honest....once past the new flush of intention, how many of our resolutions are realised? So, what are the alternatives? The following 7 Steps offer an alternative approach to making 2003 your best year yet.

### **Fishy Fact**

A study in the British Medical Journal shows that elderly people who eat fish or sea-food at least once a week are at a lower risk of developing dementia, including Alzheimer's disease.

### **Mussel Power**

In comparison to any other mussel based product, Supplex Green Lipped Mussel can claim to be 5-10 times more effective for the relief of arthritis. A patented cold processing method ensures that naturally occurring Omega-3 Fatty Acids present in the mussels are not destroyed during extraction which is something that occurs when using traditional steam processing. These fatty acids have been shown to possess anti-inflammatory activity 200 times more potent than Eicosapentaenoic Acid found in products such as cod liver or other fish oils. In a three month study in Scotland, arthritis sufferers were given a powder; exactly the same as Supplex extract to assess its efficacy in the relief of rheumatoid arthritis and osteo-arthritis. 76% of patients experienced significant improvement in joint tenderness and stiffness. Within the last 5 years independent scientific studies have continued to demonstrate that green lipped mussels can help with arthritis. RRP £12.95

1. *Take a little time and reflect on your last year.* What aspects were the most fulfilling and contributed to the meaning and purpose of your life? What was most important to you? What did you most enjoy? What boosted your energy and self confidence? What did you put up with that zapped your energy and eroded your self esteem? What did you avoid dealing with? How much of your time and other resources were invested in what is most important to you? ---how much in survival mode or "fire-fighting"?
2. *Make 2003 and each new day in it a conscious fresh start.* What will bring you the most satisfaction and strengthen your wellbeing? What do you most want to grow and develop? What unfinished business needs to be addressed? What do you need to do to strengthen your sense of intactness and integrity? What would your ideal day/week/year truly look like? Where do you choose to focus most of your time, energy and resources? What do you want to accomplish?
3. *Remember, where your mind goes, that is the future you build.* Take stock of your existing gifts, qualities and strengths (however small you might perceive them to be) and of what you value, appreciate and are thankful for. Focus on what you want to grow more of in your life, on the qualities and strengths you choose to develop, on the kind of future you want to attract. Focusing on worries, fears and shortfall will only grow more of the same.
4. *Learn to be yourself and to be true to yourself.* Yes, it is likely to take more than 2003, but each step is a step nearer. This is the avenue to your greatest success and fulfillment.
5. *Clear those things that no longer fit with who you are today ... belongings, behaviours, activities, unhealthy relationships, out of date self-views...*
6. *Get the support you need to assist you in the changes you choose to make.* Remember, the most successful people always surround themselves by those who can support them in moving forward.
7. *Take time to consider your life within the bigger picture.* This will help keep things in perspective.

Carolyn Free-Pearce

*Professional Life Coach.*

*You can meet Carolyn for a FREE Open Evening on Monday 20th January 7-9pm or at our open day at Castle Hall, Hertford on 22<sup>nd</sup> February who will have a stand and also will be giving a seminar. Her telephone number is 0870 8827 or e-mail at carolyn@freepearce.com.*