



# March Newsletter

The Good Food Shop and Hertford Natural Therapy Centre

Volume 2, Issue 5

## Health and Fitness Day overview

The open day on 22<sup>nd</sup> February was a huge success, hordes of people visited the event from around Hertfordshire and beyond. We have had a lot of feedback from the day on how much everyone enjoyed the event. Although the next open day will not be for 2 years, due to the enormous interest we had in the seminars, The Good Food Shop and Hertford Natural Therapy Centre will be launching an evening seminar programme in the near future which will focus on different health issues. Watch this space for details.



*Health and Fitness Day was a huge success!*

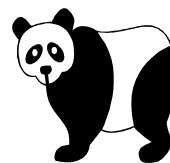
In the meantime, Solgar are hosting a FREE Essential Fatty Acids Seminar in London on 16<sup>th</sup> March at 7pm, with a complimentary vegetarian buffet and refreshments from 6pm. We can take 5 customers with us to the event, if anyone is interested we would love to take you along. It will be on a first come, first served basis, so call 01992 550101 now to reserve your place.

FREE Reiki Talk at the Hertford Natural Therapy Centre, Friday 21st March at 7:30pm. Everyone welcome!

All Health Perception products are on a Buy one Get one Free deal in The Good Food Shop

### Colicky Baby?

A recent survey showed that up to 30% of UK infants have cows' milk intolerance and up to 50% of the same infants have soya milk intolerance. NANNY is a unique goat milk-based infant feed, offering a useful dietetic alternative for infants and children who are sensitive to, or who experience difficulty in digesting, cows' milk. Babies can be more settled on NANNY due to easier digestion of goat milk. NANNY is more easily digested by the immature digestive system of infants due to smaller fat globules and softer curds, more similar in nature to curds in human milk. NANNY is based on the milk of free-range goats raised without the use of stimulants, hormones or growth-enhancing drugs. NANNY is fortified and modified to ensure that the



## Winners at the Health and Fitness Day

Winners of the Prize Draw – Congratulations to all!

### Hampers

- ❖ Mrs Brown, Hertford
- ❖ Ms North, Ware
- ❖ Ms Cattlin, Hertford
- ❖ Ms Piggott, Ware
- ❖ S Lindow, Ware
- ❖ Mr Lees, Stevenage
- ❖ D Seidel, WGC
- ❖ Mrs Jackin, Welwyn
- ❖ A Coleman, Hoddesdon
- ❖ C Cannell, Hertford Heath
- ❖ M Cable, Watton-at-Stone
- ❖ Mrs Frampton, Hoddesdon
- ❖ Mrs Stubbs, Hertford
- ❖ J Warren, Ware
- ❖ Mrs Toelkemeiet, Turnford
- ❖ J Gormley, Harlow
- ❖ W Sanders, Welwyn
- ❖ Mrs Blackman, St Albans
- ❖ Mrs Stone, St Albans
- ❖ L Dunlop, Ware
- ❖ M Eves, Hertford



Nutritional consultation with Debbie Baxter

- ❖ P Jones, Knebworth

Magazine Subscription

- ❖ Mrs Hazell, Hoddesdon

Aromatherapy Oils

- ❖ L Dowdall, Hertford

Book

- ❖ C Brennan, Hertford

Life Coaching Certificate

- ❖ S Valentine, Ware

Hotel Break

- ❖ M Stannard, Hertford

Cherry Stone Pillow

- ❖ N. Ramhshney, Cheshunt

Winner of the Panda colouring competition was Matthew aged 7 from Ware and the runner-up was Karensa Wallace aged 9 from Welwyn Garden City.

Gift Voucher for Good Food Shop

- ❖ L Capon, Welwyn Garden City

Free Chiropractic Assessment with Dr Robert Clad

- ❖ M Moy, Potters Bar

Come and meet the Health Sense Nutritional Advisor on Wednesday 19th March from 9am. We will be offering 20% off all Health Sense products on that day.

appropriate nutritional needs of infants are being met. It is available in 400g or 900g sizes at £7.95 or £16.09 respectively.

## The Good Food Shop and Hertford Natural Therapy Centre

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Palm and Tarot Reading with Tracy now at The Hertford Natural Therapy Centre. An intuitive reading using a combination of Palmistry, Tarot and Mediumship. Readings last approximately 1 hour and are taped free of charge, please call 01992 589439.

A new slimming aid from Bioforce has just been launched. Helix slim (£7.49 for 50ml) is receiving rave reviews in the press when used for weight and appetite control, balancing blood sugar to control cravings, minimising hunger pangs, improving elimination of excess wastes and water from the body and helping those with a slow metabolism. A placebo controlled clinical trial resulted in 47% Helix patients attaining a body mass index (BMI) of under 25 (a BMI of over 25 being classified as overweight), whilst in the placebo group only 28% reached this target. There were no reported ill effects. It is made from Jerusalem Artichoke which comes from the sunflower family. The main constituent is inulin, which has several useful functions. It is a sugar, full of sweetness, but doesn't need insulin to deal with it, therefore, it doesn't make your blood sugar zoom up and down when you take it. Wildly vacillating blood sugar levels are what trigger cravings, especially sugar cravings, so by controlling them you have a better chance of eating sensibly instead of falling for sugary snacks. Having more stable blood sugar levels tends to make you feel less hungry, but the inulin is also a good source of fibre and creates a feeling of fullness. The fibre tends to improve bowel function and promotes the elimination of wastes stagnating in the bowel. Inulin is also a prebiotic that feeds friendly bacteria.

When hunger strikes... Looking for a healthier alternative to conventional snacks? One 30g pack of organic Hearty's Soy Bean Nut Snacks contains 19g of soya protein, which is 75% of the required daily intake to help contribute to lowering your cholesterol and reducing the risk of developing heart disease, cancer, osteoporosis, menopausal symptoms and other conditions. RRP 79p.

## Hay fever-Already?

It may seem rather early to be talking about hay fever, but homeopaths encourage people to get treatment for their hay fever symptoms long before the onset. Early homeopathic treatment can considerably reduce the severity of symptoms and sometimes stop them from coming on at all.

Homeopaths have several ways of treating hay fever. We can give hay fever sufferers homeopathic remedies to help with inherited allergic tendencies. We can also use remedies to increase general wellbeing as well as treat acute symptoms of hay fever. Also if it is known which pollen causes the problem, that pollen can be taken in the homeopathic form.

Aila Baron is the homeopath at The Hertford Natural Therapy Centre and is available for consultations on Wednesday and Friday. Ring 01992 589439 for bookings or 020 8888 6536 for more information.



Did you know that psoriasis, the skin disease, is in fact triggered by a malfunctioning of the liver. Milk thistle, a herbal liver tonic may be of benefit. Milk thistle can also be taken before a night out to reduce the harmful effects of alcohol and may help to reduce the symptoms of hangover.

## Herbal Medicine – A New Therapy at The Hertford Natural Therapy Centre

Herbal Medicine, as opposed to Chinese Herbal Medicine is a new form of treatment offered at The Hertford Natural Therapy Centre.

Herbal Medicine is our very own (British) tradition of using plants for healing. It has evolved over many hundreds of years and in its course it has been influenced by other herbal traditions, such as the ancient Roman or Native American systems. Consequently, plants that are used in Herbal Medicine are not only those found growing in the British Isles but they also include many European, North American, Chinese, Indian and other species. Herbal Medicine has also evolved alongside conventional medicine and herbalists following this tradition are trained in the same medical sciences and diagnostic techniques as GPs.

Herbal medicine offers holistic treatment, tailored to the patient's unique needs and wishes. Individually prepared herbal prescriptions are combined with diet and lifestyle advice to bring about a profound and long-lasting improvement in health. Herbal medicine is therefore ideal for many chronic

conditions such as skin problems, arthritis, digestive and bowel problems, women's health, low immunity, stress-related conditions and many more. It combines well with other complementary therapies and can be taken alongside most conventional medicine.

An initial consultation lasts around 1 hour and looks at the patient's present health and past medical history, emotional issues, diet and lifestyle and any medications or supplements taken. Follow-up appointments are shorter and usually every 2-4 weeks, depending on the condition treated and progress made.

If you would like to find out more about Herbal Medicine, please ring The Hertford Natural Therapy Centre. Tel 01992 589439 or contact our herbalist Eva directly on Tel.020 8366 6690.



*Eva is in on Thursday*