

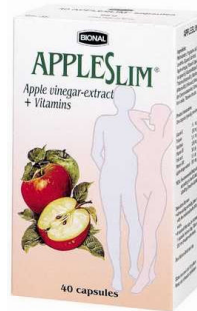
# April Newsletter

## No Cravings

If you always feel peckish for naughty snacks in the afternoon this is the product for you! AppleSlim is a revolutionary new slimming aid made from pure concentrated Apple Vinegar extract that stimulates the metabolism and helps stop cravings for sweet and snacky foods. Used in conjunction with an easy to follow specifically designed diet AppleSlim will cleanse your body and give you renewed energy and vitality. The diet has been designed to regulate your mealtimes and help you become more aware of the kinds of food that contribute to a healthier lifestyle. At the same time AppleSlim prevents fluctuations of blood sugar levels that can lead to afternoon cravings, suppress hunger and can even help to lower your cholesterol levels!

It's so simple! One AppleSlim capsule before each meal,

no fuss. AppleSlim can help you slim down while still feeling energetic and healthy.

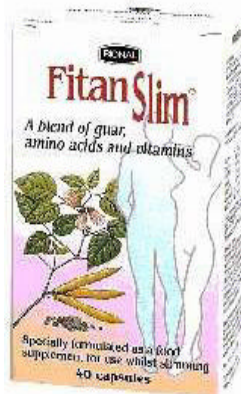


“...I used to joke about being fat but inside I was miserable and desperate. I've always struggled with my weight and after I had the children I ballooned. Plus I have a very sweet tooth. I started taking AppleSlim everyday and in four months I've lost three stone and I'm delighted. Better than that I feel more energetic and healthy!....”  
Amy Elliot – Hatfield

## Get rid of those Hunger Pangs

Obesity and excess weight affect over half the British population and today slimming is one of the most popular health goals. However weight loss also means better health and where excess weight poses a direct threat to health, herbal treatments such as FitanSlim can help.

The main ingredient in FitanSlim is Guar Meal, that is obtained from the seeds of *Cyamopsis Tetragonoloba*, a plant found in India and Australia. On contact with moisture the gum can absorb up to several tenfold of its own weight forming a gel like substance. When the gum is ingested with a large quantity of water the gel forms in the gastro-intestinal canal which is not reabsorbed, so that the residence time of food is considerably extended. As a result the absorption of glucose, cholesterol and fatty acids is delayed with the result that hunger pangs are suppressed. FitanSlim also contains Amino Acids and Vitamins to ensure that during this process the body is still being provided with the necessary levels of essential nutrients that may be affected due to the reduced food absorption brought about by the gum. **FitanSlim is specifically designed for people whose weight is a direct threat to their health and have a tendency to overeat. Ideally to be taken with a calorie controlled diet.**



## HEALTHY BOWELS?

### MAXICOL CAN HELP MAINTAIN HEALTHY BOWELS NATURALLY AND COMFORTABLY

A busy, stressful lifestyle combined with a diet low in fibre can often cause bloated-ness and discomfort leading to irregular, sensitive bowels. This can develop into long term sluggishness or looseness or even a combination of both. Maxicol contains Psyllium plant fibre which when added to water form a soft gel, that has a soothing effect on the walls of the colon and help move unwanted matter without strain or sudden urgency.

Keeping bowels healthy on a daily basis is an important step to maintaining overall health.

### GOOD BACTERIA

Maintaining a balance of the good bacteria is essential for maintaining healthy bowels. Maxicol contains the prebiotics Lactobacillus and Bifidum bacteria combined with prebiotic Fructo-Oligosaccharides. These 'good' bacteria help to balance the flora within the intestines.



**£1 OFF**

**Valid until 15th May 2002**  
**This NEWSLETTER is redeemable to the value of £1 against any Maxicol product purchases at The Good Food Shop, 4 Old Cross, Hertford.**

## Reiki goes to Parliament

Mari Stevenson, our Reiki practitioner is offering Reiki to MPs in the House of Commons on 16th April as part of Reiki Awareness Week.

## The Good Food Shop and Hertford Natural Therapy Centre

4 Old Cross  
Hertford  
Herts  
SG14 1RB

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

10% off all purchases  
in The Good Food  
Shop for Senior  
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day

## Osteopathy can help you...

Julia Philpot RGN, BSc, BSc (hons) Ost.

Osteopathy is an established, recognised system of diagnosis and treatment that lays its main emphasis on the structural integrity of the body. It is distinctive in the fact that it recognises much of the pain and disability we suffer stems from abnormalities in the function of the body structure as well as damage caused to it by disease.

Osteopathy uses many of the diagnostic procedures used in conventional medical assessment and diagnosis. Its main strength, however, lies in the unique way the patient is assessed from a mechanical, functional and postural standpoint and the manual methods of treatment applied to suit the needs of the individual patient.

Osteopathy offers a comprehensive approach to healthcare, this makes treatment unique. Osteopaths not only consider patients' symptoms but as individuals with their own unique requirements for health. Treatment is designed to correct each individual's mechanical problems in order to stimulate their own natural healing processes. Osteopaths do not simply treat back problems but look at all the factors contributing to a disturbed state of natural health.

Osteopaths have been successfully treating musculo-skeletal pain for over 100 years, including **trapped nerves/sciatica, 'slipped disc', back pain, neck and shoulder pain, 'whiplash', frozen shoulder, tennis/golfer's elbow, wrist and hand pain, hip/knee/ankle pain, arthritis, ankylosing spondylitis, rheumatic disorders, breathing problems, ante/post natal, repetitive strain injury, muscle/ligament/tendon pain.**

Julia Philpot is a registered osteopath and a registered nurse with a background in critical care nursing, she also has a degree in Health Studies. Consultation includes a full medical history and structural examination, treatment, rehabilitation and advice is planned on an individual basis. Julia is joining the Hertford Natural Therapy Centre on 15th April.

### 25 % off Food Sensitivity Testing in April

Allergies are rapidly becoming recognised as one of the major causes of poor health in our society. There is more and more evidence to show that there is a connection between what we eat and our body's reactions eg. IBS, migraine, eczema, hyperactivity and arthritis. When it comes to food, there is true allergy eg peanuts which can sometimes be life threatening and there is sensitivity. The vast majority of people with food problems tend to have sensitivity to particular foods, not true allergy. At the Hertford Natural Therapy Centre, we use a bio-electronic system to help our testers form an opinion as to which food(s) may be a problem to you. For April only we are offering 25% off our food test. Please call 01992 550101 for details.

### Perry Wheat-free Sourdough loaf

For those of you who like bread but cannot tolerate wheat. This bread is delicious!! The recipe recommended by Keith Perry, a valued customer of the shop.

Makes 2 loaves in 1 pound loaf tins or shaped into round loaves if using a baking sheet

#### Ingredients STARTER

4oz rye flour; 4 fl oz water (filtered is best); ½ packet dried yeast

#### LOAVES

1 portion of starter  
1½ pounds wheat free flour (Rye/Barley /Spelt in equal proportions); 1 packet of quick yeast or 1oz real yeast  
12 fl oz of warm water; 2 tsp sugar (fructose is ideal)  
2 tsp salt; ½ tsp bicarbonate soda  
2tsp xanthan gum (optional but helps to bind ingredients)  
Sunflower seeds for decoration (optional)  
Additional flour for board and dusting hands

#### HOW?

##### DAY 1

Make the starter 4 or more days in advance by combining water, flour and quick yeast in a container. Plastic storage container or preserving jar is fine.  
Every day add equal flour and water (1/2 cup of each) to feed the starter. If dark liquid appears this is quite natural and should be just stirred back into the starter.  
Keep the container in the kitchen or in the fridge, the process will still work. The starter will start to smell "sour" after a couple of days as the yeast and natural yeast from the air begin to do their work.  
When you use the starter, make sure you keep some back for next time (½ cup is fine) and just feed every day or so as before.

##### DAYS

PREHEAT OVEN TO mark 6 200c/400f

1. If using fresh yeast, mix in warm water in large bowl and let stand for 5 minutes. (if using quick yeast just add to flour and then mix in with ingredients as in 2)
2. Then mix in 1 pound of the flour (keeping ½ pound for later), salt and sugar and most of the starter. (important to keep some back for next time) The consistency should be like a batter.
3. Cover with a tea towel and leave to stand for a couple of hours in a warm place. It should noticeably rise in this period.
4. Mix in remaining ½ pound flour, bicarbonate soda and xanthan gum.
5. With floured hands turn mixture onto floured board for kneading. (It will be very sticky, do persist!) Use additional flour in the mixture until the dough becomes workable without sticking to your hands/board. The amount of additional flour will vary each time and so you have to keep adding flour until it no longer sticks.
6. Knead the dough for 5 – 10 minutes until nice and elastic.
7. Divide into two and roll into a sausage/ball shape to fit in your 1 pound loaf tins (grease if not non stick) or into round loaf shapes if baking on a sheet. Press sunflower seeds into top of loaf to decorate.
8. Place tins / sheet in warm place covered with tea towel. The loaves should rise again and when near top of loaf tin they are ready to bake.
9. Place in middle oven and bake for 40 mins at gas mark 6 or 200c/400f. When the base of the tin is tapped it should sound hollow.
10. When cooked turn out onto wire rack to cool. If you like a softer crust cover with clean tea towel as the steam will soften the crust.

If you like darker/heavier bread, use more rye flour.