

# May Newsletter

The Good Food Shop and  
Hertford Natural Therapy Centre

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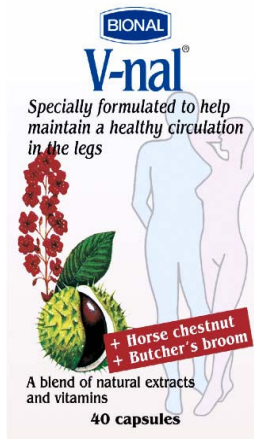
## Great Legs, Safe Legs, Beautiful Legs

Do you stand on your feet all day? Are your legs heavy and tired? The irresistible combination of Vnal capsules and cream leaves you with legs that feel smooth, silky and healthy. It is a unique blend of Horse Chestnut, Butcher's Broom and Rutin that gives you beautiful legs and helps to combat the appearance of unsightly veins. The capsules work internally to maintain the elasticity in your veins and blood flow keeping healthy veins.

The cream soothes the skin and reduces irritation with added camomile and leaves legs looking supple and sophisticated. As a combination V-nal brings new life to tired and swollen legs.

The revolutionary combination of herbs, vita-

mins and minerals in V-nal is also ideal for those travelling on long haul flights. The cream keeps legs cool and refreshed and the capsules can help maintain the flow of blood in the veins thus reducing the risk of deep vein thrombosis.



"..I work for a large company and I sit down all day, I've had heavy swollen legs and aches in my ankles for years – now I've found a solution! I've been telling everyone I know to ask about Vnal. It really has worked for me. I use V-nal capsules all year round and V-nal cream when I want my legs to feel good..."

Sarah McDonald – Harrow

Do not use Vnal Capsules during the first trimester of pregnancy.

The Good Food Shop currently has an offer on V-nal. Buy 2 packs of capsules and get the Cream worth £7.95 free.

### Weight Loss

A 14-week trial at Sweden's Uppsala University into conjugated linoleic acid (CLA) showed body fat reductions of 3.8%.

There have been four medical studies on CLA that have all demonstrated weight loss, important because the CLA content of animal products has declined as fewer cattle are fed on grass. The exception is in organic livestock where CLA

Osteopath, Julia Philpott, will be starting a clinic at The Hertford Natural Therapy Centre in May. Call 01992 589439 for details.

Our bodies are highly susceptible to emotional changes, whether positive or negative, and we all have different stress thresholds. Highly stressful situations upset the body's natural equilibrium and can lead to tiredness, irritability and ill health.

Celebrities are turning to pick-me-up flower remedies to defuse stressful situations. Bach Rescue Remedy contains five flower extracts, namely rock rose, impatiens, clematis, cherry plum and Star of Bethlehem. RRP £3.49 for 10ml or £5.35 for 20ml.

Congratulations to Glenda Lenton, our Chiropractor and Geoff on the birth of their baby girl in April. Both mum and daughter are doing well and Glenda is back working on Thursday afternoons.

## Soya for Good Health

Research into soya over the past decade has found a number of benefits from the humble soya bean. Low rates of heart disease in Eastern populations where soya is a core part of the diet have led to an increasingly wide uptake in the West, and the same theory is now being widely applied to cancer prevention and the control of menopausal symptoms. Research indicates that a daily intake of at least 25g of soy protein and 30-50 mg of isoflavones is recommended. The

US Mayo Clinic research into the role of soya foods on heart health shows that isoflavones in soy can reduce harmful cholesterol by around 10%. Soya beans, tempeh, soya milk, soya tofu and textured protein are good dietary sources. The Good Food Shop currently has an offer on Phyto-femme which provides 60mg isoflavones per tablet. Normally £14.95, currently it is retailing at £12.95. A saving of £2.

Bring aromatherapy into your life and feel the benefits. Treat your body to a spring clean. Add a cupful of dead sea salts to a hot bath, then add the following essential oils: 2 drops of Juniper, 3 drops of Lemon and 3 drops of Grapefruit.



**The independent health food store for all your health care needs**

The Good Food Shop and Hertford Natural Therapy

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Have you tried our natural insect repellent spray, Bug Ban?

It includes herbs such as Citronella (antiseptic, insecticide), Lavender (soothing, pain relieving, anti-inflammatory, antiseptic, antiviral, bactericide and fungicidal), Pennyroyal (antiseptic, insecticide) and Eucalyptus (antiseptic, antiviral and bactericide). It retails for £4.99.

The Belgium-based Selenium Tellurium development Association has completed studies into how selenium helps fight the development of cancer. Selenium operates as an antioxidant and also enhances immunity; and influences protein synthesis and the cycle of cell division as well as forming anti-cancer selenium metabolites. Supplements are necessary to top up the normal dietary intake of selenium. We recommend Solgar Selenium 200mcg 50 tablets for £7.05 or 100mcg 100 tablets for £7.05.

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



*Bowen can bring balance and harmony to your body and results in fast and lasting pain relief.*

**Basic Quinoa Recipe**

Many people visiting the shop are trying out new and different grains for the first time. The Good Food Shop sells a wide variety, one of the most popular is Quinoa. Here are some ideas on how to cook it.

1. Heat 1 cup water to boiling in covered pan and add ½ cup pre-washed quinoa. Cover and cook for 15-20 minutes until all liquid is absorbed. This amount makes 2 servings.
2. For a nutty flavour, toast quinoa before adding water. Place quinoa in a non-stick frying pan over medium heat with or without a small amount of oil. Stirring constantly, toast over medium heat until golden brown. It will pop while it toasts. Then proceed as in step 1.
3. For added flavour, use chicken broth instead of water.

The Good Food Shop is often asked for natural help for hayfever and allergies. Here are some homeopathic suggestions, select the remedy which most closely matches your symptoms.

Rhinodoron Nasal Spray is a medical device to help clear a blocked, stuffy nose when you have hayfever, with cleaning and soothing effects, to flush out the pollens that cause irritation. Made with moisturising aloe vera.

Allum cepa when nose and eyes stream; frequent and severe sneezing; worse in the morning, indoors.

Arsen alb where the nose tickles violently; sneezing extreme and painful with watery burning discharge, making the upper lip sore.

Euphrasia where eyes burn, itch and water constantly; runny nose with much sneezing.

Gelsenium where there is violent sneezing with a blocked nose; face hot and flushed.

Mixed pollen is a general remedy where the condition is an allergic response to pollen.

Nat mur for copious catarrh and sneezing, often with cold sores or ulcers.

Nux vom for irritation of nose, eyes, face and throat with prolonged bouts of sneezing.

Pulsatilla for copious thick catarrh and sneezing; relieved by open air.

Silicea for hayfever with sinusitis, with blocked stuffy nose; worse on first waking.

**Discover – THE MAGIC OF BOWEN!!!!!!!!!!!!!!**

Bowen is a dynamic series of *gentle* and relaxing moves over muscles and tendons which empowers the body's own healing resources to achieve balance and harmony and results in fast and lasting relief from pain and discomfort.

Safe to use on anyone, from the newborn to the elderly and infirm, and for a wide range of conditions from sports injuries to organic complaints, this innovative and gentle technique frequently gives substantial relief after the first session.

The Bowen Technique was pioneered by Tom Bowen of Victoria Australia. His approach was a simple energy correction procedure to instigate a change in the balance of the body, bringing the body's own healing abilities back into action.

Treatments are generally one week apart and frequently clients will need only two or three treatments, which can be done through clothing when preferred. Treatments sessions usually last between 30 minutes to 1 hour. The Technique produces maximum results with minimum intervention.

*Bowen balances the physical, mental and emotional planes. Its rejuvenating effect empowers the quality of our lives.*

**Soft GENTLE fast, effective treatment for such conditions as:**

- \*Back
- \*Shoulder
- \*Sciatica
- \*Stress

.....and many more!!