

Tomatoes 'Help Build Women's Bones'

A diet rich in tomatoes could help women build stronger bones (Daily Mail April 26, 2003). Tests show the fruit contains an antioxidant, lycopene, that has also been found to fight cancer, heart disease and male infertility. A study by Dr Rao, of St Michael's Hospital, Toronto found lycopene could stave off the bone-thinning disease osteoporosis by increasing the activity of the osteoblasts, which maintain bone mass and stop the destructive action of osteoclasts which destroy bone and are overactive in osteoporosis. Dr Rao, whose study is published in *The Journal of Medicinal Foods* reported that osteoporosis was a growing problem, with a third of older women suffering from the condition, leaving them vulnerable to fractures. Adding 8oz of tomato juice, 150g of pasta sauce or one lycopene tablet a day are sufficient to maintain the right lycopene levels in the body. Lyc-O-Mato (£10.99 for 30 capsules), a natural supplement containing 15mg of tomato lycopene, the equivalent of 6 tomatoes, is a good way to enhance the protective effect.

Herbal remedy offers comfort for Cold Fingers

Seredrin, which contains an ancient Chinese remedy ginkgo biloba, can help sufferers of 'white finger' by halving the number of attacks, which cut the blood supply to hands and feet. There is no cure to help the 10 million Britons who suffer from Raynaud's, in which the blood supply is interrupted to the hands and feet of sufferers, or even the nose and ears, causing them to feel intensely cold, painful and numb. In severe cases this can result in tissue damage or gangrene and can even lead to amputations. Drugs that improve the circulation are prescribed to some sufferers, although they may have side-effects such as nausea. Researchers at Dundee University gave Seredrin at doses of 360mg ginkgo daily to a group of sufferers and a placebo group over a ten-week period. Those taking the supplement saw a 56% reduction in the number of attacks of white finger or vasospasm. Some sufferers were getting up to 16 attacks a week before taking the supplement but this dropped to between 6-8 attacks. Anne Mawdsley, director of the Raynaud's & Scleroderma Association, said ginkgo extracts are amongst the most commonly prescribed medicines in France and Germany. She added: 'We are delighted with the results of this study. It should help change the minds of the medical profession and encourage them to take the treatment seriously.'

Daily Mail Tuesday April 29, 2003

Palm and Tarot Reading with Tracy 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.

Hayfever Seminar Saturday 10th May at 10am. Come along to hear about natural and fast relief from your hayfever symptoms. Speakers:
Viridian Nutritionist, Randal Pinto, Acupuncturist,
Eva Jochum, Medical Herbalist,
Aila Baron, Homeopath, Barbara Penney, Bowen Therapist
Tickets £1. All proceeds to Isobel Hospice.

Introducing..... Daoyin Tao ® *Chinese Face, Neck & Shoulder Massage*

An exciting new therapy is coming to The Hertford Natural Therapy Centre in May – Kristina Watts, one of our aromatherapists, has recently qualified in Daoyin Tao and is now offering these deeply therapeutic treatments on Monday, Wednesday and Friday.

Many of you will already know Tina as she has been with us since The Centre opened – but how many people can say they've heard of Daoyin Tao?

Daoyin Tao (pronounced DOW – YIN – TOW as in "TOWN") is a modern therapy, launched in 2002. It utilises a combination of Chinese-style massage techniques, harmoniously blended with Western massage movements to create a powerful healing therapy concentrating on the face, scalp, neck and shoulders. It is a profoundly relaxing treatment, leaving clients feeling rebalanced and revitalised. Conditions that may be helped include nasal/sinus congestion, eye strain, problems with the ears such as tinnitus and otitis, as well as neck and shoulder tension.

A "stand-alone" Daoyin Tao treatment lasts half-an-hour, but Tina is also offering it in combination with other treatments as the benefits can often be greatly enhanced in this way, for example Daoyin Tao/Reflexology or Daoyin Tao/Aromaback Massage. Before your first treatment a full consultation will be given.

So why not be one of the first to experience this new and unusual therapy? As they say FEELING IS BELIEVING!

For appointments please contact The Hertford Natural Therapy Centre on 01992 589439, but for more detailed information on how Daoyin Tao could help YOU, please feel free to call Tina on her mobile

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Buy Phytofemme (£14.95), our best selling formula to help menopausal symptoms and get Kordel's Calcium Bone worth £5.95 FREE

Following Bryan Andrews' successful talk about Imagework and Creative visualization at the Hertford Health and Fitness Day in February, he has arranged a one-day workshop (£25) to be held at The Good Food Shop, Hertford on May 11 which will give participants an opportunity to enjoy a bit of creative self-exploration and, perhaps even make some life changes to improve their life.

“V-NAL@XTRA”

New V-NAL@Xtra from Bional (UK) Limited provides a unique formulation of nature's remarkable plants, designed to help maintain a healthy blood circulation in the legs – vital for those on their feet all day. Backed by science, this helping hand by V-NAL@XTRA includes horse chestnut, butchers broom and red vine leaves extract.

Among many others, leg problems are aggravated if you are overweight, smoke, or get little or no exercise – so maintaining healthy circulation in the legs is important.

Original V-NAL® cream remains available nationwide, and when use in combination with new V-NAL@Xtra, provides a winning combination for legs.

New V-NAL@XTRA costs just £9.95 for 40 capsules. Buy 2 packs and get the V-nal

Cream worth £7.95 FREE

They will be shown how to use imagework and visualisations to enlist the support of their subconscious mind to help achieve goals and improve life skills. All in good company and a safe environment. Please give Bryan a call to reserve a place or ask any questions on 01992 304022 or e-mail bryan-drews.cci@virgin.net. Refreshments will be provided, bring a lunch to share.

Hayfever Time Again

Hayfever (Seasonal Allergic Rhinitis) is caused by an allergic reaction to pollen when our immune system over reacts to this substance as if it was toxic. This reaction results in irritation and inflammation from too high a production of histamine, a chemical produced by the immune system during an allergic reaction. Approximately 20% of the British population suffer with some form of hayfever every year which often runs in families and is related to asthma and eczema.

Symptoms of hayfever:

Blocked or runny nose, blocked sinuses, excess catarrh, sneezing
Watery, itchy and red eyes
Headaches, loss of smell or taste

Symptoms associated with hayfever:

Dry, itchy throat and tongue, itchy ears, disturbed sleep, inability to concentrate, listlessness, depression

Aromatherapy could reduce symptoms because some essential oils are:

Anti-allergic (reducing/preventing allergic reaction)
Anti-inflammatory (reducing/preventing inflammation)
Anti-histaminic (reducing/preventing release of histamine)
Analgesic (pain relieving)
Calming and soothing
Decongestant and expectorant (helping removal of catarrh and phlegm)

Aromatherapy massage is beneficial for hayfever sufferers as essential oils are absorbed into the bloodstream and often this can decrease the severity of an allergic response. Aromatherapy may also help if having hayfever is causing further symptoms such as stress, anxiety, depression and insomnia. During a treatment in addition to selecting essential oils to relieve your hayfever symptoms I would look at the “bigger picture” and try to alleviate any other problems you may be experiencing. Every person is unique and therefore requires a unique blend.

Example of essential oil blend for someone suffering from hayfever, headaches and insomnia:

Chamomile Roman is anti-inflammatory, anti-allergic, analgesic and sedative (relaxing)
True Melissa is anti-inflammatory, analgesic and calming
True Lavender is anti-inflammatory, soothing, balancing, decongestant and analgesic

Different blends may be required for morning and evening as some oils are stimulant and some relaxing. Treatment mixes should also be alternated so the body doesn't become used to one blend.

To find out how herbal medicine, acupuncture, Bowen therapy and homoeopathy can help with hayfever symptoms come along to the Hayfever Talk at the Hertford Natural Therapy Centre on Saturday 10 May starting at 10.00am.

For more information about aromatherapy treatments available on Saturdays contact:

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