

## ISSUE ONE – SPRING 2005

**WELCOME to our new look newsletter, which we hope you will find an interesting read and worth passing on to your friends.**

Our two health food stores have very different faces, but their hearts are identical - we are passionate about natural holistic remedies and therapies that treat the whole person, not just the symptoms.

At the **Good Food Shop in Hertford**, we've been helping people to good health for more than five years, though there has actually been a health store on this site by the library for more than 20 years! We are happy to carry on the tradition with a warm welcome in our shop and some fabulous health therapies in our Hertford Natural Therapy Centre above.

At our new store, **Natural Health**, close to John Lewis in **Welwyn Garden City**, we have the same philosophy of holistic health care with our well-trained staff and therapy rooms.

This theme of this newsletter is **allergies and hayfever**. This being the time of year when we receive the most clients and customers who suffer into our stores.

Hayfever can be a problem for many people, especially when we get the warm days and long light evenings, we all like to sit and eat in the garden or have a picnic. The good news is that this condition can be relieved by a number of therapies and remedies—take a look inside this newsletter to read about how different remedies work.

One of my favourites is the **Hopi Candle Treatment**. It may sound strange to the uninitiated, but the therapy works like this... the Hopi Candle is placed in the ear which causes a small increase in temperature in the ear canal and this is transmitted through to the rest of the ear and surrounding structures such as the nose and sinuses. The change in temperature will lead to a change in pressure and an expansion in these areas which have often become congested due to conditions such as sinusitis and hayfever/rhinitis.

The pressure change coupled with the circulation of the herbal enriched vapours will lead to them draining and clearing. The enriched vapours within the outer ear canal warm the entire ear and surrounding structures this combined with a massage to the face, ears and neck will form an overall holistic treatment.

When taken together they will, soothe irritated areas, stimulate peripheral blood circulation, strengthen immunity, strengthen the work of the lymphatic system and stimulate energy points on the external ear.

Treatment with Hopi candles takes 45 minutes and it is a very pleasant relaxing treatment and experience. This is now available at the Good Food Shop in Hertford and at Natural Health, Welwyn Garden City.

Whichever remedy you choose, I wish you a sneeze-free Spring!

**Very best wishes, Julie Goodwin and the team.** We look forward to welcoming you into our stores.

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**The Dr Hauschka Treatment – New at Hertford Natural Therapy Centre. Duration 2 hours £85**

The **Dr Hauschka** treatment was created to compliment the famous products in restoring balance and harmony to the skin. This restoration of harmony is critical. We have only one body and it is our responsibility to look after ourselves.

The **Dr Hauschka** treatment is unique in the sense that it works *with* the skin and not *on* the skin. It involves a deep cleanse, including a facial steam bath to cleanse internally as well as externally. Throughout the treatment, warm and cool aromatic compresses are used on the skin which encourage the skin's pores capillaries to be exercised.

The **Dr Hauschka** treatment works essentially to stimulate the lymphatic system. During the treatment a range of lymphatic and circulatory stimulation massage is used on the feet, legs, arms and hands. There are also two masks applied, one to deep cleanse and one to nourish the skin.

The exclusive facial stimulation is a rhythmical massage where the esthetician uses her hands and brushes – **this is not only divinely relaxing but will leave the skin glowing.....**

The treatment is concluded with a detailed home care prescription. As this treatment falls under preventative healthcare, for the most effective results it is best to create a treatment rhythm. The appropriate treatment plan is advised by your esthetician.

**For more information, or to book an appointment please call Oz Durand on 01992 535513.**

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**How HK works on Allergies:** Health kinesiology (HK) uses a technique called muscle testing to identify allergies or intolerances to substances.

An allergic reaction occurs when your body is exposed to a substance that it does not recognise. This can lead the body to store a substance that it needs to eliminate (like a toxin), or eliminate a substance (such as a nutrient) that it needs to metabolise, which can result in allergy symptoms.

The techniques used in HK allow your body to recognise the substance correctly and so deal with it appropriately, thus eliminating the allergic response.

**Common Allergy Symptoms:** runny nose; streaming eyes; itching; sneezing; skin rashes.

**More Subtle Allergy and Intolerance Symptoms:** arthritis; migraine; eczema; weight gain/loss; psoriasis; asthma; hyperactivity

**Common Causes of Allergies:**

Foods such as wheat and dairy products often cause allergy and intolerance problems, as do grass and tree pollens, chemicals around the home or workplace, and airborne substances like moulds.

After the HK work is completed, with some allergies and intolerance you may be able to eat or be in contact with the substance that has caused you difficulties straight away. If not, you will be advised for how long you need to avoid it. This is to allow the body time to detoxify and strengthen itself.

*Jill Stern is available for consultation at Natural Health, Welwyn Garden City on Tuesday afternoons.*

**June 11 to 18th is Kinesiology Week**

On Friday June 17th, kinesiologist Jill Stern will be holding a free lunchtime talk at Natural Health, Welwyn, between 12 and 1pm.

She will also be at our Allergy and Hayfever Day at the Good Food Shop on Saturday June 18th.

**Come along and find out how kinesiology can help you.**

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# Allergies & Hayfever

*By: Ellen Kamhi Ph.D., R.N., The Natural Nurse® with Dorie Greenblatt*

**What Are Allergies?**

Allergies are abnormal reactions to everyday substances such as pollen, dust, dander, housedust, mold or common foods. The most common food allergies include dairy products, nuts, wheat, yeast, eggs, soybeans, shellfish, and tomatoes. Some foods can cause an allergic reaction immediately, while others can take hours or even days to elicit an allergic response.

### **The Physical Response & Why**

When a person with an allergy encounters an offending substance, the immune system interprets it as the enemy. To help ward off the intruder, the human body activates antibodies, and releases a substance called 'histamines'. Allergy medications are referred to as "anti-histamines" because they attempt to turn off this natural, although over zealous, body reaction. The immune system readies for battle with a vengeance, and attacks the offending substance along with other body tissues, imposing an uncomfortable variety of symptoms on the allergy sufferer. These can range from annoying but bearable conditions such as watery eyes and nose, rashes and a scratchy throat to more frightening reactions like difficulty in breathing. In addition, frequent bouts of bronchitis, asthma and severe eczema, conditions that may be physically and emotionally painful, are all the more common in allergic individuals.

No one understands exactly why certain people are allergic. The propensity to develop allergies can run in families and may be inherited to some extent. Many people who suffer from seasonal allergies to pollen often also have food allergies. "Cross-reactivity" for pollen sensitive individuals is common with avocados, bananas, kiwi, papaya and chestnuts. Interestingly, babies who are breast-fed are less likely to develop allergies than their formula-fed peers.

### **Conventional Approach vs. Natural Remedies**

The usual conventional approach to allergy symptoms involves antihistamines and cortisone-like drugs. While they may help to alleviate symptoms, these drugs can have serious side effects including fatigue, drowsiness, nausea, vomiting and immune system suppression. Herbs strengthen the body systems involved in "fighting" allergies. They also help reduce the severity of uncomfortable symptoms without the serious adverse reactions that may be caused by pharmaceuticals. Give your body the "preventative edge" against allergies by supplementing your diet with any of the key herbs outlined on the right; (note: all are available from **Nature's Answer** in either maximum strength, concentrated liquid herbal extract form or capsule).

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## **Quercetin beats even a florist's hayfever**

**AS A FLORIST AND BUSY MOTHER OF TWO, Sarah Tynan cannot afford to suffer from hayfever.**

"It's not good for business to have itchy, bloodshot eyes," she explains. "But for the past three years, each Spring my symptoms appear and I feel as though my eyes are falling out of my head."

Sarah had tried everything the chemist could offer without relief and so it was to her local health food store she eventually went for help. Viridian's Quercetin/Vitamin B5 Complex together with the herbal remedy Bilberry/Eyebright were recommended. Each day she took just one capsule of each and quickly noticed her symptoms disappearing.

Quercetin, naturally found in fruit rind, inhibits the body's inflammatory response. Vitamin B5 is vital in the production of the stress-regulating hormones in the adrenal glands and is often called the 'anti-stress vitamin'. The adrenal glands are involved in the release of cortisone, the body's natural anti-inflammatory hormone.

Bilberry and Eyebright are traditional herbs for eye health. Bilberry extracts are rich in a flavonoid known as anthocyanoside, which exerts potent effects primarily through improving blood flow and the delivery of oxygen to the eye. Eyebright exerts broad protective effects on eye health including; styes, eye fatigue symptoms, sensitivity to light, weeping, stinging, and functional eye disorders of muscular and nervous origin.

But the science didn't really convince Sarah, who just wanted results. She says: "If I am honest, I didn't really believe the remedies were working. I thought my allergies had just naturally gone away. But when I stopped taking the capsules, it was hideous. All the symptoms came rushing back and my eyes were back on fire."

"I quickly started taking Viridian's Quercetin/Vitamin B5 Complex together with the herbal remedy Bilberry/Eyebright again and within a few days my eyes were back to normal. It really made a huge difference."

Sarah's shop specialises in trendy hand-tied arrangements and unusual exotic flowers and so **if a florist who is surrounded by petals and pollen all day long can find hayfever relief, there is hope for us all!** Viridian's Quercetin B5 Complex are £5.80 for 30 veg caps.

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## SINGLE HERBS

**Dandelion** – A nutritive and strengthening herb for the liver; stimulates the liver to clean out toxins that cause allergic reactions.

**Echinacea and Goldenseal**- Herbs that combat the discomfort brought on by allergies; reduce excess mucous from the nasal and respiratory tract; exceptional support individually or in combination.

**Elder Flower** – An herb that acts to increase bronchial secretions; A natural decongestant that helps soothe mucous membranes.

**Eyebright and Nettles** – Herbs that reduce the discomfort of nasal congestion, watery eyes and stuffiness, symptoms often experienced by allergy sufferers; Ideal natural remedies for short-term relief; each may also be taken before the season begins as a means of prevention for pollen allergies.

**Mullein** - Traditionally supports upper respiratory health; well-recognized for its ability to clear mucous membranes, support healthy lung functioning; natural expectorants.

**Ginseng**- Contains adaptogenic properties; helps the adrenal glands balance stress (a cause of allergy onset) while creating an overall resistance to allergic reactions, colds, flus and infections; *Contraindication - Not for use if cystic.*

**Licorice** - The most widely studied adrenal herb; contains anti-inflammatory properties which help reduce allergic reactions; preserves the effects of cortisol, the adrenal hormone involved in clearing allergies; *Contraindication- Not for use with high blood pressure, pregnancy or if cystic; Use in moderation.* .

**Milk Thistle**- Another "liver herb" that acts as a protector and regenerator; promotes the repair of damaged liver tissue; helps lessen allergens and accompanying symptoms.

## Proprietary Blends & Specialty Formulas exclusively from Nature's Answer®

**Allertone™** - Unique proprietary blend that delivers seasonal support to the body; combines several herbs into one convenient, maximum strength, concentrated liquid herbal extract formula; Alcohol-Free; Kosher

**Respitone™** - Unique proprietary blend that promotes healthy lungs; combines several herbs into one convenient, maximum strength, concentrated liquid herbal extract formula; Alcohol-Free liquid or Veg caps; Kosher.

**Bioflavonoids & Rose Hips** – Fortifies the body with natural Rose Hip Vitamin C needed by the body when under attack by allergens; enhanced with Bioflavonoids which supports Vitamin C activity; Kosher.

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## How acupuncture fights arthritis pain

Acupuncture has been proven to help ease arthritis of the knee. One of the biggest studies of the oriental technique showed it can reduce pain by 40 % within eight weeks of the treatment.

There was also a 40% improvement in mobility of the affected knee. Some 570 patients, all aged over 50 and with knee pain they had suffered for more than over a month, took part in the U.S. study, which is reported recently in the *Annals of Internal Medicine*.

The volunteers were given either genuine acupuncture, 'sham' acupuncture or a self-help course in managing their condition. They also continued to receive conventional treatment, including painkilling drugs.

By the 8<sup>th</sup> week, the acupuncture patients saw a significant increase in knee function, compared to the other groups. By the 14<sup>th</sup> week, they were suffering significantly less pain.

Dr Stephen Straus, director of the National Centre for Complementary and Alternative Medicine, which funded the study said: 'For the first time, a clinical trial with significant rigour, size and duration has shown that acupuncture reduces the pain and functional impairment of osteoarthritis of the knee.'

There has been growing acceptance of acupuncture by doctors which has seen the 2,500 year old needle based therapy move into the mainstream of treatments routinely given to patients.

A British Medical Association report said clinical trials show acupuncture relieved nausea and vomiting – particularly after surgery – back pain, dental pain and migraine.

Other research has shown it helps women by easing the pain after breast cancer surgery, while childless women who have acupuncture during fertility treatment are more likely to become pregnant.

*Acupuncture is available at the Hertford Natural Therapy Centre with Randal Pinto and Angelika Strixner. And at Natural health by Martin Logue.*

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### WHAT THE PAPERS SAY...

#### **The Observer Magazine**

Sunday 20<sup>th</sup> February, 2005 - Dr John Briffa

*Dear John,*

*I am a man in my 30s, and suffered from severe acne on my face and back as a teenager. Apart from odd spots on my back, this has resolved, but i am left with acne scarring on my face. I am considering dermabrasion, but I wonder if there is something less aggressive I could try first. ML*

Natural remedies can help reduce the appearance of even old scars. One product that has a good reputation is rosehip oil. This contains beneficial fats that are believed to help in the regeneration of the skin protein collagen. I have found that rosehip oil, applied once or twice a day for some months, can be quite effective in reducing acne scars and scars that are the result of surgery or injury.

Rosehip oil is available under the brand name **Rosa Mosqueta from Rio Trading**.

Another natural remedy that seems to help is vitamin E oil. This should be rubbed into the affected area once or twice a day for several months. You can either buy bottles of concentrated vitamin E oil or use the contents of soft gelatine capsules containing vitamin E oil.

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### **Award-winners**

We are delighted to announce that the Good Food Shop and Natural Health are both award-winners. Both have won awards for their commitment to excellence in health food retailing in recent months.

### **Back from the Amazon!**

Julie Goodwin, owner of the Good Food Shop and Natural Health recently went up the Amazon with those wonderful people at Rio Trading. She travelled by boat along the Amazon River for five days and saw many of the Brazilian herbs growing. If you'd like to see the photos, do ask in-store. Look out for a full report in the next issue.

**Viridian Nutrition now featured in-store**

We are now an approved stockist of the Viridian range of nutritional supplements including vitamins, minerals, herbs, amino acids, nutritional oils, ointments and tinctures. We are recommending Viridian because of the company's commitments to green business practices, charity donation and 100% active ingredients. Furthermore, more than 40% of the Viridian range is certified organic.

A good British company with a big heart!

**Ultimate Beauty Complex & Oil**

The latest new product from Viridian is a combination of multi-nutrient capsules and an organic oil. Taken together they help supply the nutritional building blocks needed to create lustrous hair, strong nails and a glowing, youthful skin.

Viridian Ultimate Beauty Complex

30 veg caps £8.95.

Viridian 100% Organic Ultimate Beauty Oil £8.95 for 200ml.

**SPECIAL TASTER SESSIONS**

**Daoyin Tao**

*Chinese Face, Neck & Shoulder Massage*

Special taster sessions lasting 15 minutes for £5 are available on Tuesdays in May and June between 2 and 5pm.

Please ring for an appointment or call in to Natural Health, Welwyn Garden City.

**'Must do' events at our stores - book your tickets**

**today!**

**Call 01992 550101 or 01707 392020 for tickets or pop in store... Price £5 per session**

*Proceeds to Isabel Hospice*

Month	Topic	Date	Location
May/June	Allergies and Hay fever	Sat 18 June	Good Food Shop, Hertford
July/Aug	Women's Well-being, menopause, hormones, summer skin care	Sat 16 July Sat 13 Aug	Natural Health, WGC Good Food Shop, Hertford

September	'Back to School' Children's nutrition, Nits	Sat 10 Sept Sat 24 Sept	Natural Health,WGC Good Food Shop, Hertford
November	Christmas and giving, presents, remembering people	Sat 5 Nov Sat 19 Nov	Natural Health,WGC Good Food Shop, Hertford
January	New Beginnings, weight loss, stop smoking	Sat 14 Jan Sat 28 Jan	Natural Health,WGC Good Food Shop, Hertford