



June & July Newsletter



Try our natural remedies to help you enjoy summer

Surviving Summer Naturally

At long last, summer is coming and that means stocking up on all those essential holiday products. Sun, sea and sand means sunburn, insects, upset stomachs and travel sickness.

Upset Stomachs

Prebiotics and probiotics such as acidophilus are a 'must have' for combating the effects of unclean water, spicy food, unripe fruit or simply a change in environment. Sickness and diarrhoea is enough to ruin any holiday and many conventional solutions produce unpleasant side effects and often fail to treat the root of the problem. Probiotics work by restoring the bacteria in the gut and so not only help the symptoms of upset tums but can also be taken as a preventative measure before leaving the country. Independent research has found that the main sickness culprit is E coli and after using a good probiotic the incidence of diarrhoea can be reduced by up to 71%. We recommend Solgar Advanced Acidophilus Plus £7.95 for 60s or Solgar Advanced 40+ Acidophilus £11.19 for 60s which do not require refrigeration. Citricidal is an all time best seller that bugs just hate! This grapefruit seed extract is ideal for travelling to help prevent stomach upsets. It can also be used as a gargle or as a mouth, nose or vaginal rinse, and to clean in the kitchen, toothbrushes and vegetables. Retailing at £4.90 for 25ml; £7.60 for 50ml; £12.60 for 100ml.

Travel Sickness

When it comes to travel sickness, the question 'are we there yet?' becomes all the more pertinent. Most of the conventional products treat travel sickness by meddling with the internal motion mechanism in the brain or inner ear, and often leave the sufferer with additional symptoms to contend with, including drowsiness. Nelsons Travella is a safe and natural travel remedy with no side effects and is suitable for children. £4.20 for 72 tablets. Ginger has been known for its therapeutic benefits since the middle of the 16th century and is great for treating stomach disorders and sickness. A study conducted on Danish naval cadets who randomly received either 1g of ginger powder or placebo, found that volunteers who received ginger powder suffered less seasickness compared with those who received placebo. We recommend Quest Ginger extract £7.79 for 90 tablets.

Insect repellents

Naturally sourced oils found in selected plants act as powerful insect repellents. Some of these: tea tree oil, lemon scented tea tree oil and citronella have been blended into a soothing, cooling base for protection against biting insects and flies. Thursday Plantation Walkabout is available as a roll-on or gel. Normally retailing at £3.95 and £4.95 respectively, we currently are selling them at £2.95 and £3.95 respectively.

There are also internal remedies that can offer protection from those airbourne external hazards. Oral doses of a good strong garlic of at least 300mg plus or vitamin B1 at 100mg can offer protection. High doses of garlic have additional benefits for those concerned about long haul flights, due to its anti-clotting properties.

Insect Bites

To keep its dramatic spikes alive and gleaming green in the desert, Aloe vera has a fantastic ability to store moisture. The moisturising properties of the brilliant green gel inside its jagged laves are used in many body care products. Keeping moisture in plays an important part in soothing dried or irritated skin, and in protecting against wind, cold or other causes of dehydration. In addition to keeping skin soft, healthy and young looking, aloe vera gel is also widely used as an aid to healing, notably for sunburn, burns, stings, bites, and scars. The Good Food Shop currently has a special offer on ESI Aloe vera gel. 200ml normally retails at £4.99, now at £3.99 and 100ml normally retails at £3.99, now at £2.99.

Forthcoming Events/Special Offers

- Jill Preston offers 10% off all treatments (Reflexology, Indian Head Massage, Holistic Massage) on Thursdays in June.
- FREE Healing sessions on Friday 21st June and Monday 24th June. Book soon as places are limited.
- FREE Reiki Talk Friday 21st June or Friday 5th July 7:30pm
- Reiki One Workshop Sat & Sun 29th/30th June or 13th/14th July £75
- EMF Balancing Talk 7pm on Wednesday 10th July £4.95
- Open Day, Castle Hall Saturday 22nd February 10am-5pm.

The Good Food Shop and Hertford Natural Therapy Centre

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Jill Preston ITEC, MBSR, IIHHT, MGCP who practices Holistic Massage, Reflexology and Indian Head Massage at the Hertford Natural Therapy Centre on Thursdays and alternate Saturdays says 'The benefits of holistic therapies have been proven over thousands of years. They are enjoying a new revival now that we becoming more aware of the need to take care of our health and of the options available to us.' During June, she is offering 10% off her treatments on Thursdays. Telephone 01992 589439.

Congratulations to Debbie Patterson, Debbie Morgans and Julie Goodwin who have all completed the advanced stage of the Quest Vitamins Product Advisor Award Scheme.

emfbalancingtechnique.co.uk

The EMF Balancing Technique

If you think you know about healing, body balancing and energy work – or perhaps you are one who doesn't believe in any of it – this is different, different, different!!

Lee Carroll – author of the Kryon books, and co-author of the best-selling Indigo Children series.

The ElectroMagnetic Field Balancing Technique provides deep stress releasing therapy and a feeling of well-being. Try a mini session for yourself at an introductory evening at The Hertford Natural Therapy Centre at 7pm on Wednesday 3rd July.

There are many reasons why people come for an EMF session; either for a need to relax and relieve stress or for a deeper need to heal. It's also for those facing major issues in their lives as the EMF Balancing Technique offers a powerful tool for transformation. Whatever the reasons, it's a wonderfully relaxing and nurturing process.

To find out more, and for reserving a place: E-mail: calmclair@ntlworld.com or call Pamela on 01279 324 239. The cost of the introductory evening is only £4.95 – refreshments included. For more information, visit <http://www.emfbalancingtechnique.co.uk>

Hubner Silicea

For weak hair, brittle nails, skin conditions, ageing skin, sunburn, wound healing, acne, bloating, indigestion and diarrhoea.

Hubner Silicea is a unique colloidal form of the naturally occurring mineral silica, which is easy for the body to absorb and utilise. Silicea improves the appearance of hair, skin and nails by maintaining connective tissue. It can aid digestion by reducing inflammation and absorbing toxins from the digestive tract and may also be used for acne, ageing skin and mouth ulcers. 200ml RRP £6.99; 500ml £15.99; Skin gel £4.15

Neem Oil

Neem oil, prepared from neem seeds, has antiseptic, antifungal and insect repelling properties. It can be used for bacterial skin infections, fungal infections, ringworm, athlete's foot and fungal nail infections. It can be added to water and used as a hair rinse to repel head lice or put in an oil burner to repel midges. £5.50 for 100ml.

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



Thank you to everyone who sponsored Julie Goodwin for the London Marathon. Julie finished in 4 hours 34 minutes and raised £1441 for the Isobel Hospice.

Rhodiola—The 21st Century Herb

A recent study in support of Rhodiola root extract showed that it can stimulate and normalise students during exams, and has positive effect on physical fitness, mental fatigue and neuro-motoric tests. A double-blind placebo controlled study also showed a significantly higher general well-being was self-assessed by the subjects as opposed to those in the placebo group. There is a growing body of evidence to support the use of Rhodiola rosea in asthenia conditions— decline in work performance, sleep difficulties, poor appetite, irritability, hypertension, headaches and fatigue. It can help to oxygenate the brain as well as muscle tissue, providing a dramatic boost in energy levels. As the research into Rhodiola continues, the list of benefits is likely to get even longer. It is not only one of the most versatile plants known to man, but also one of the safest. The Good Food Shop recommends Viridian Rhodiola rosea. Price £6.20 for 30 vegicaps or £15.35 for 90 vegicaps.

Have you tried Healtheries Musselton Gel for connective tissue and joint care? Containing green lipped mussel extract and glucosamine which contain essential elements from the sea which supply the connective tissue with important nutrients. Initial application creates a pleasant cooling effect due to the menthol content, whilst the essential oils aid circulation to the skin, resulting in a warming sensation. £7.95 for 125ml