

Summer Newsletter

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JULY/AUGUST 2003

Fading Libido?

Are certain foods causing you problems? Are you bloated and windy? Can you not lose weight even when on a diet? Book in for a food sensitivity test this summer. We are offering a 25% discount during July and August on production of this newsletter.

Since the makers of natural health products cannot make medicinal claims unless their supplements have been licensed by the Medicines Control Agency, you are not going to find any responsible manufacturer marketing its formulations as a herbal alternative to Viagra. That doesn't mean these products do not exist. It just means nobody will say this is what they do.

At present, the bestseller is a formulation called **Veromax for Men**. In trials, almost 80% of participants aged between 35 and 70 reported improved sexual function after taking it for 3 months. Newer to the market is **Veromax for Women**. This too has been shown to increase levels of arousal and frequency of orgasm. One of the active agents in both formulations is **zizphi fructus** (derived from the Chinese jujube date) which supports those mechanism that increase blood flow in both sexes during arousal.

In recent placebo-controlled clinical trials in

America, 86% of women reported increased levels of desire compared to 25% taking the placebo, and 81% reported increased overall satisfaction with their sex lives.

Most sexual problems have a psychological rather than a physical cause. Jacki Stainsby is a qualified psychosexual therapist who works with individuals and couples at the therapy centre on Monday and Tuesdays. Telephone her directly on 01992 582550.



Veromax can help your libido

Sunburn

Sunlight is important for health because it makes the skin produce Vitamin D, necessary for healthy bones and teeth. However, over-exposure and sunburn increases the risk of skin cancers. Prevention is better than cure, but there are essential oils which can help as a form of First Aid.

Roman or German Chamomile will soothe and cool burning skin. True Lavender is a marvellous skin healer and excellent for burns. Before getting into a lukewarm bath, add 3-4 drops of essential oil, swishing the water around so it disperses fully. Add natural live yogurt as a carrier to help cool the skin. Mix 1 or both oils with a carrier eg: Aloe Vera gel - great for soothing sunburn. Or use Aloe Vera lotion, after sun lotion or a non-allergenic body lotion. Macadamia nut oil, Rosehip, Avocado and Jojoba carrier oils will also help.

Adults: To 100ml of your chosen carrier oil add 24 drops of essential oil (e.g. 12 drops of German Chamomile and 12 of Lavender)

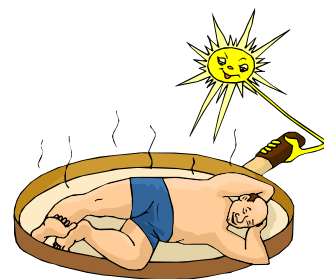
Children under 12 years: 12 total drops of essential oil to 100ml carrier.

Babies: 3-4 total drops of essential oil to 100ml carrier. These amounts may seem small but children and babies have thinner, more delicate skin than adults.

Using a high quality pure essential oil is vital - poor quality oils can cause skin irritation. The Good Food

Shop has an excellent range of pure essential oils and a special offer on Aloe Vera Gel (200ml was £4.99 now £3.99). Keep the affected areas covered whilst skin healing takes place.

More information: Kate Shears SPICA MIFPA 0774 859 4454



Worried about mosquito and midge bites during your holidays? Don't forget Vitamin B1—take 100mg per day and use Bioforce Insect Repellent Spray—they work a treat!

Taking beta carotene four weeks prior to a holiday in the sun may help to protect the skin and darken its pigmentation.

Ginger may be useful for preventing travel sickness. 500mg of ginger is typically taken one hour before travel and then 500mg every few hours as necessary.

Probiotic bacteria such as Acidophilus and Bifidus are particularly important for travellers who will be consuming different foods and water. Either eat cultured dairy products or take it in capsule form. Grapefruit Seed Extract (Citricidal) is good for fighting off any tummy bugs for both adults and children.

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Check out the Good Food Shop Web Site for offers on a wide range of supplements, pictures from recent events and new information on hayfever and female hormone imbalance! Further information on other issues are in the pipeline.

Many thanks to all of you who have written to your MP about the proposed legislation on removing over 270 supplements from the market due to EU directives. I still have some postcards in store if you still want to write. Keep on campaigning for your Freedom of Choice.

Have you anything you can recommend for chronic lower back pain?

A herb which regularly appears in research is tumeric. It is one of the ingredients in Health Perceptions' BackOsamine, a supplement formulated specifically for back pain. The formulation also includes glucosamine, chondroitin and bromelain. If you are suffering from chronic back problems why not book in for a sports massage, osteopathy or chiropractic session at the Hertford Natural Therapy Centre. Weekend and evening appointments are available. Telephone 01992 589439. BackOsamine costs £9.99 for 60 tablets. The Good Food Shop currently has a Buy One Get One Free offer on BackOsamine.

HERBAL MEDICINE

Free Assessments available

Would you like to find out more about professional herbal treatment and its benefits? Not sure whether herbal medicine can help you? Are you confused about taking various herbal and/or nutritional supplements? Are you taking conventional medication but would also like to use herbs safely alongside? Would you like a tailor-made approach to good health, involving natural remedies and dietary and lifestyle advice?

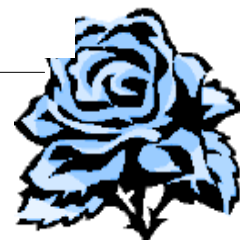
To find out more, please book in for a free 15 minute assessment. Available on Thursdays at the Natural Therapy Centre with Eva, medical herbalist. Alternatively, ring 020 8366 6690



Tired Skin?

Many women, and an increasing number of men, spend a fortune on cosmetics and creams, yet for less than £10 you can buy a South American remedy that has been shown in clinical trials to fade wrinkles and help heal scars after surgery. **Rosa mosqueta oil**, sourced from the Andes, is rich in essential fatty acids that are crucial for skin regeneration. You will find these same fatty acids in everyday skin and anti-wrinkle creams made from evening primrose oil and vitamin E, for example, but the concentration in Rosa mosqueta is many times higher. Rosa mosqueta is

also a source of retinol, a key ingredient in cosmetic products designed to fade blemishes and scars. To treat surgical wounds or scarring following an accident, use the oil as soon as the stitches have been removed. Pure Rosa mosqueta is imported by Rio trading. 20ml costs £9.99.



Rosa mosqueta to help fade wrinkles and heal scars.

SAT's Results



It's that time again when everyone is waiting for the dreaded **SAT test results**.

How did s/he do?

Did s/he get the level expected?

Do you think s/he could have done better?

Do you think there may be a reason why your child finds tests or school work difficult?

If so, please give me a call and see how I could help.

Ann Finch on #01279 654 815 or #07970 023 346

E-mail me at: neurodt@freenetname.co.uk or

Pick up a leaflet from The Hertford Therapy Centre

Meditation With Martin Nathanael.

Practical methods for emotional integration and self awareness.

Universal teachings from the world's great spiritual traditions

Inner resources to meet the challenges of everyday living.

Every Wednesday at the Hertford Natural Therapy Centre from July 9th 2003 at 2-3pm. £5

For more information about these sessions and related events, telephone 01920 822957 or e-mail martinascend@aol.com

MARTIN NATHANAEL will be drawing on over 35 years of experience of practicing and teaching meditation to individuals and groups.