

# September Newsletter

## Forthcoming Events

- Friday 13th Sept  
7:30pm FREE Reiki  
Talk
- Sat/ Sun 14th/ 15th  
Sept Reiki Two  
Workshop
- Thurs 19th/ 27th Sept  
or Sat/ Sun  
28th/ 29th Sept Reiki  
One Workshop
- Health and Fitness  
Day, Castle Hill,  
22nd February 2003

## Spotlight on Pumpkin Seed Oil (Cucurbita pepo)

Pumpkin seed oil is highly nutritious, has no known contraindications and no known drug interactions. It has a number of actions in the body eg. anti-arthritis, prostate function, anti-parasitic, cholesterol lowering, skin health and kidney function.

The high tryptophan content of the seeds may make the oil useful in cases of insomnia.

Studies have shown that pumpkin seed oil is as potent as the drug indomethacin at relieving chronic rheumatoid arthritis. It is likely that this is due to the essential fatty acid profile, rich antioxidant content and the synergistic effects of other minor components.

Pumpkin seeds have been shown to have high levels of vitamin E.

Pumpkin seed oil has been used in combination with saw palmetto in 2 double blind human studies to reduce the symptoms of Benign Prostatic Hyperplasia (BPH). Animal studies have shown that pumpkin seed extracts can improve the function of the bladder and urethra, this might partially account for BPH symptom relief.

Cucurbitin is an amino acid that has shown anti-parasitic activity in vitro. Preliminary research in China and Russia has shown pumpkin seeds can assist with resolving tapeworm infestations.

Pumpkin seed oil has been concurrently used with cholesterol lowering drugs and would appear to potentiate the overall lipid lowering effects. The positive effects on lowering LDL levels and increasing HDL levels are most likely due to the antioxidant and essential fatty acid content. Side effects of the cholesterol drug were also reduced when pumpkin seed oil was administered. Similar positive results have been found in concomitant use of pumpkin seed oil with anti-hypertensive medication.

Studies from Thailand have demonstrated that eating pumpkin seeds as a snack can help prevent the most common type of kidney stone. Pumpkin seeds appear to both reduce levels of substances that promote stone formation in the urine and increase levels of compounds that inhibit stone formation. Some research suggests that it can also reduce bladder pressure, increase bladder compliance and reduce urethral pressure. Viridian Pumpkin Seed Oil retails at £8.60 for 200ml.



## Bioforce Echinacea Junior for Children

A chewable tablet, flavoured with natural orange, containing 5 drops of Echinacea tincture and is ideal for children who will not readily take the tincture format. It tastes great, so is pleasant and easy for your child to take. The tablet is small enough to be chewed or sucked. It is free from artificial sweeteners and preservatives and is suitable for vegetarians and vegans. It costs £4.79 for 60 tablets.

## Neem Riddance Head Lice Treatment

As the head lice epidemic continues, the popularity of Riddance as a safe and effective natural treatment increases. Made for the extract of neem seeds, this shampoo is a powerful but natural insecticide, effective on both head lice and nits. RRP £5.95 for 100ml.



## Propolis for Cold Sores

Research has shown that Propolis is effective at every stage of your cold sore-not just the tingle! It can also help in the 'blister', 'ulceration' and 'scab' stage. Bioforce have launched a Bio-Propolis collected from the Canadian poplar tree and provides a high quality propolis from an unpolluted part of the world.

Clinical studies have shown remarkable benefits for the treatment of cold sores, which rival any of the treatments currently available. Overall, the effect on cold sores is to block pain, prevent secondary infection and promote healing. The normal

## Folic Acid

Folic acid, a B-complex vitamin, is mostly known for its ability to reduce the risk of babies being born with birth defects and spina bifida. However, a new study has shown that folic acid supplementation could help keep arteries healthy in adults. The results of the study, carried out by an international team of Chinese, British and Australian researchers, were reported in the American Journal of Medicine. Volunteers who took folic acid supplements for a year were found to have reduced homocysteine levels – an amino acid associated with the narrowing of the arteries. The study found that taking folic acid supplements reduced homocysteine levels by up to 12% over the course of a year and improved endothelial function. The findings are the first to indicate that folic acid might benefit arterial function over a long period of time.

The Good Food Shop and Hertford  
Natural Therapy Centre

4 Old Cross  
Hertford  
Herts  
SG14 1RB

Phone: 01992 550101  
Fax: 01992 550101  
Email: [info@goodfoodshop.co.uk](mailto:info@goodfoodshop.co.uk)

## Help for Eczema

The skin is the body's largest organ. Although visible and easily examinable, it proves to be one of the most difficult organs to treat if diseased. It can contract more diseases than any other organs of the body. The skin may contract bacterial, fungal or viral infection, it may malfunction and cause psoriasis, eczema or dermatitis, or it may restructure and produce moles, age spots, freckles etc.

However, a new product made from *Kigelia africana* is very effective for all sorts of skin problems. Its skin healing properties were noted by a businessman who travelled to Africa and as a life long sufferer of psoriasis needed some help when his psoriasis had erupted. He was offered a potion made from the *Kigelia* tree and to his amazement the potion started to work. As a result of this we can now benefit from this most obscure natural product.

Laboratory studies at the University of Nigeria looked at the efficacy of the extract at inhibiting microbial growth of *E. coli*, *Staphylococcus aureus* and *Candida albicans*, they concluded that the extract tested had pronounced inhibitory effect against all these micro-organisms. This is very significant since it is well recognised that *S. aureus* is often implicated in flare up of eczema. Topical preparations made with the extract are well tolerated, safe and soothing for sufferers of both chronic and acute skin complaints including eczema and psoriasis. A range of products including creams, scalp applications, shampoos and bath products are now available. For further information and treatment tips, telephone 01992 550101 or call into the shop for an information leaflet.



'...After a month of using *Zambesia botanica*, my eczema had calmed down and after 3 months the eczema was on its way out having suffered for 20 years.' Heidi Albutt.

'I write to confirm how excellent *Zambesia botanica* cream is. This is the only cream which has relieved the itching and reduced the redness despite various prescriptions from my GP.' Mrs K Carson.

'The result after using your *Zambesia botanica* cream was unbelievable. I cannot thank you enough.' E.M. Oliver.

## SELF-HELP WORKSHOPS ELEMENTARY HEALTH PRINCIPLES BASED ON ORIENTAL MEDICINE

### LOOKING AFTER YOURSELF IN THE AUTUMN

Do you find that you often start to feel down or get recurring illnesses at the same time every year? It is no coincidence but we often fail to recognise the significance of such patterns in our lives.

In Traditional Chinese Medicine theory, the way our systems operate mirrors the environment in which we live. There is a natural ebbing and flowing of energy, highs and lows throughout the day and throughout the year. If we ignore this, it can be detrimental to our health.

With Autumn approaching, our immune systems start to become vulnerable and respiratory disorders can manifest: colds, flu, bronchitis, coughs, breathing problems, sinus and throat problems. For those prone to depression, this can be a difficult time of year and it's easy for our sense of vitality to wane. A modern way of life which involves being in an office all day, in front of machinery (especially computers) or spending long hours driving weakens the energy system which is relevant to these conditions.

You can learn how to strengthen your immune system and look after yourself more effectively during the autumn at a special workshop on Saturday, 19th October (see enclosed leaflet). Topics covered will include:

- simple explanations of Traditional Chinese Medicine theory;
- exercises to strengthen functions and open meridians;
- Qi Gong techniques to maintain health;
- acupuncture points for common ailments;
- lifestyle recommendations to improve health;
- how to use the natural energy of each season to our benefit.

The workshop will run from 10.00 am to 4.30 pm and costs £45. For further information and a booking form, please contact Liz Welch on 01992 550405 or email [liz@shiatsu.net](mailto:liz@shiatsu.net) or [www.lizwelch.co.uk](http://www.lizwelch.co.uk).