

# Healthy News

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## Dear Reader

It was a long hard winter, but we hope that the advice on winter wellness which we brought to you in the first issue of Healthy News proved beneficial.



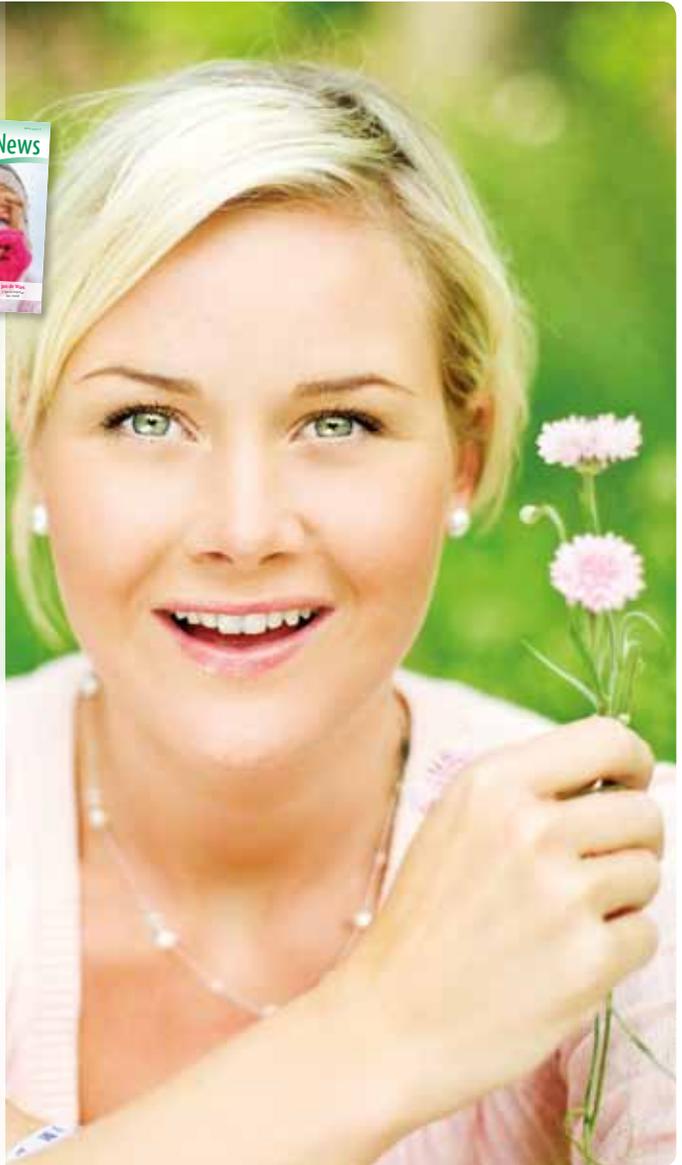
In this issue we look at a range of topics, such as joint pain, prostate problems, tinnitus and sleep, and Jan de Vries gives an insight into Flower Essences.

There is also a feature by Alison Cullen, A.Vogel's Education Manager, on the new herbal legislation and how it will affect us.

For the budding writers amongst you there is a chance to enter a Short Story competition sponsored by Dormeasan.

As always we would love to hear of your experiences with herbal remedies, so if you have a comment or a question, write to us at the address below or email [healthynews@avogel.co.uk](mailto:healthynews@avogel.co.uk)

*Catherine*



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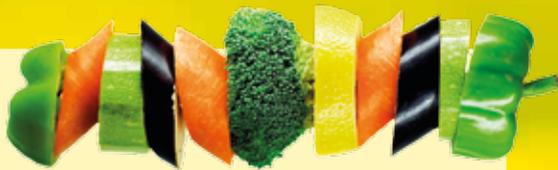
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# Easing the sneezing

Hayfever symptoms are caused by histamine levels rocketing as your body reacts to pollen. Taking natural products that have an antihistamine action will help keep the reaction under control.

**VITAMIN C** is a natural antihistamine, so take small doses regularly throughout the day. You can also step up your intake of fresh fruit, peppers, tomatoes and green, leafy vegetables, which are rich natural sources of vitamin C.

**NETTLES** are surprisingly effective at reducing histamine-type reactions—drink nettle tea or try a tincture of urtica (nettle) leaves & root.



**GO A-LIST** with your food – vitamin A helps keep mucous membranes healthy, and carrots, tomatoes, dried apricots, sweet potatoes, mangoes, spinach and watercress are full of beta-carotene, from which your body makes vitamin A.

## TO AVOID ENCOURAGING HISTAMINE PRODUCTION:

- 1 Keep alcohol intake low and reduce caffeine as it triggers histamine release.
- 2 Avoid dairy products because they are thought to cause mucus formation and exacerbate hayfever symptoms.
- 3 Avoid refined sugar as it triggers a dramatic rise and fall in blood sugar levels, which causes an adrenalin surge that activates histamine.



**LUFFA** is a useful herb to take if symptoms manifest in the eyes and nose. It appears to deal with both blocked and runny noses, as well as watery and itchy eyes and a tickly throat. It isn't contraindicated with other medication, including other hayfever medication.

### TIP 1

Undress in the bathroom if you have been out for the day. Pollen on your clothes won't then be floating around the bedroom, starting you sneezing at bedtime.

### TIP 2

Dry your clothes indoors as damp clothes will collect pollen.



Jan de Vries writes about

# Flower Essences

Flower Essences for Emotional Needs: how to

Flower Essences were created by Dr Edward Bach (1886-1936) who had a great desire to help people. In the course of his medical career he developed seven new nosodes, but felt that this was not really the answer—more needed to be done to calm a patient's fears and anxieties, which he believed hindered their recovery.





# Saw palmetto for prostate problems

As men head towards fifty, the prostate gland that has been nestling unnoticed around the neck of the bladder can start to make its presence felt.

Swelling a little more each year, it makes it increasingly difficult for urine to leave the bladder effectively. Due to this constriction of the urinary tract, there can be some discomfort and a persistent feeling of a full bladder, whilst trips to the loo yield a disappointingly small amount of wee for the effort required.

If this is happening at night, as it frequently does, disrupted sleep adds to the feeling that life could be better.

**This state of affairs is known as Benign Prostatic Hypertrophy (BPH)—or simply an enlarged prostate. It's not a disease, but it has quite an impact on your quality of life.**



## What do do next

**If you think your bladder symptoms are due to an enlarged prostate, make an appointment with your GP to have the diagnosis confirmed if this has not already been done.**

If BPH is present you can consider using Saw palmetto extracts. The oil from the Saw palmetto berry is available in a convenient one-a-day

capsule and helps to reduce the symptoms of BPH such as the need to urinate often and getting up at night for the toilet. Simple to take, it could mean less traipsing to the loo and a more comfortable time in bed.

Your local healthstore will also be able to provide you with lifestyle information including the types of foods



you should eat. Ask for the booklet **'Prostate Health'** published by the A.Vogel Institute.

### SAW PALMETTO BERRY



## Foods to help

An American study has shown that men who have a high intake of vegetables, especially those rich in beta-carotene, lutein and vitamin C have a reduced risk of BPH <sup>[1]</sup>. So eat all the green, leafy vegetables, sweetcorn, yellow and orange-coloured vegetables such as peppers, kiwi fruit and grapes, to get these nutrients. Another study showed that eating four or more servings of vegetables daily, reduced BPH risk by 32%, and eating more fatty foods increased the risk. Eating red meat daily increased the risk of BPH by 38%<sup>[2]</sup>.

[1] Rohrmann S et al. *American J Clin Nutr* 2007; 85: 523-529

[2] Kristal AR et al. *American Journal of Epidemiology* 2008; doi: 10. 1093/aje/kwn389.

# Pain in the frame

Joint pain & stiffness? Back pain? Neck & shoulder pain?

There are many different forms of physical pain—and in none of these forms is it a good thing.

## Tackle pain as soon as you experience it

- ① Countering inflammation is important as it rapidly becomes destructive to the tissues it affects. Topical remedies can be applied and/or internal remedies taken, depending on the area affected.
- ② Tracking down the source of the pain is vital, so that steps can be taken to rectify the problem and promote healing. Check with your doctor and consider consulting a physiotherapist, an osteopath, or a craniosacral therapist.
- ③ Pain quickly affects other areas of life, such as sleep quality and mood, so be aware that other symptoms may resolve once the pain abates.

## Hot or cold?

Pain can respond to the application of heat or ice. In general:

Use an **ice-pack** for acute injuries such as a sprain or strain as soon as possible after sustaining the injury.

**Warm baths** with anti-inflammatory oils such as **thyme** and **eucalyptus** can help more long-standing pain such as back pain, a stiff neck or rheumatic pain.

**'No pain, no gain!'** This mantra was dreamed up by people with exercise videos to sell. Pain is the body's way of telling you that something is wrong and you should sort it out, please.



### Fibromyalgia

This condition causes pain in muscles and other fibrous tissue. Practically all parts of the body may be affected, but aches and pain in the neck and shoulders and thigh muscles are perhaps the most common. Digestive problems such as IBS may also be present. Try **Devil's Claw** internally and also **Arnica gel** topically. Use a **magnesium supplement** to help relieve muscle tension.



### Sprains & strains

A sprain is damage to a ligament. A strain is a stretched or torn muscle. Both injuries are associated with pain and bruising. Applying ice as soon as possible after sustaining the injury will help, as well elevating the injured area. Apply **Arnica** externally as soon as possible and if pain persists, use **Devil's Claw** internally. For sporting types, rest will help the healing process.



### Tendonitis

This is damage to tendons—the fibrous tissue connecting bones to muscles. The condition is often associated with repetitive or stressful movements (Repetitive Strain Injury). The movements causing the problem should be avoided, but general exercise to strengthen is useful. Use **Arnica gel** for its pain-relieving action. **Glucosamine sulphate** can be taken to strengthen connective tissue.



### Rheumatic pain

This is a vague term generally indicating pain in muscles, joints or both. Many people can experience rheumatic pains—not just the older generation. Try **Devil's Claw** internally and drink nettle tea or take a nettle supplement. **Magnesium** may help to reduce muscle tension.

# Healthy Hair

**N**atural beauty calls for care if it is to remain and this principle applies to our hair too. The best care we can give it is a natural way of life with plenty of exercise in the open air and a sensible diet. Remember, hair is a reflection of our general condition of health. Alfred Vogel

## Some factors that cause hair problems:

- Poor diet (lack of protein, iron, iodine, B vitamins)
- Poor digestion
- Stress

If you know that your digestive function isn't great, take bitter herbs before meals and focus on chewing thoroughly and not rushing around whilst eating.

Add more foods to your diet that contain hair-supportive nutrients.

**For extra protein:** soy, eggs, fish, beans, brewer's yeast

**For extra iron:** dried fruits, cherries, whole grain cereals, dark green leafy vegetables, eggs, dates and raisins

**For extra zinc:** pumpkin seeds, oats, adzuki beans, eggs

**B vitamins:** brewer's yeast, wheatgerm, lecithin

**Saturated fats** aren't good for us, but healthy fats feed the hair follicle. Avocados, nuts and seeds contain healthy, useful fats.

## Millet seed extract

Millet is a good source of silicon, an essential trace element for strong hair structure. It also contains protein, important for providing the keratin of which hair is mostly made, and magnesium, which counters stress. It contains small amounts of iodine, as well B vitamins such as pantothenic acid that contribute to hair quality.



## We have 50 packs of Hair Complex to give away

If you would like to try Hair Complex send a postcard with your name and address to **Hair Complex Offer**, A.Vogel Healthy News, Brewster Place, Irvine, Ayrshire, KA11 2AZ or email the information to [healthynews@avogel.co.uk](mailto:healthynews@avogel.co.uk)

**READER OFFER**



# Ginkgo biloba for tinnitus

Unless you've been hanging out at eardrum-rending gigs, your ears should only pick up and report to your brain the noises in the world around you.



**Tinnitus** is a condition whereby your auditory system creates sounds that are not actually there, so you may hear ringing, buzzing or swooshing noises that are not audible to anyone else. They may occur in either one or both ears, and may come and go at varying levels, causing varying levels of distress and annoyance.

Tackling this problem is notoriously difficult. Firstly, ensure that none of the medication you may be taking has Tinnitus as a possible side effect. After that, there are several avenues to explore. One of the herbs that may help is Ginkgo biloba.



Ginkgo is probably one of the oldest known medicinal herbs. Neither disease nor modern day atmospheric pollutants appear able to deter Ginkgo trees from strong growth. **Ginkgoforce®** tablets contain extract of fresh Ginkgo biloba leaves, collected from controlled plantations in Switzerland and France.

## A.Vogel Ginkgoforce®

Ginkgo biloba tablets—a traditional herbal medicinal product for use in the relief of symptoms of Tinnitus, exclusively based upon long-standing use as a traditional remedy. Always read the leaflet.



# Keep well this summer

**Vision Complex** helps maintain eye health. It contains blackcurrants, thought to help maintain the integrity of capillaries, and help to stabilise and enhance the synthesis of collagen in the eye. It is believed that the anthocyanosides found in blackcurrants are of benefit to the retina.

For your eyes  
only

**Venaforce Horse Chestnut GR<sup>®</sup> tablets**—a traditional herbal medicinal product for use in the relief of symptoms associated with chronic venous insufficiency and varicose veins, such as tired heavy legs, pain, cramps and swelling, exclusively based upon long-standing use as a traditional remedy. \*gastro-resistant

Conkers for  
varicose veins



Keep  
breathing

**Po-Ho Inhaler stick** is a mixture of pure and natural essential oils of peppermint, eucalyptus, juniper, caraway and fennel, with added vitamin E. It comes in the form of a handy little stick that you can pop into your pocket for use when you're on the go.



**Echinaforce Forte cold & flu tablets**—a traditional herbal medicinal product used to relieve the symptoms of the common cold and influenza type infections, exclusively based upon long-standing use as a traditional remedy. Contains Echinacea.

Summer  
colds

**Nature-C** is made from fruit rich in naturally occurring vitamin C: Acerola, Passion Fruit, Sea Buckthorn, Prickly Gooseberry, Blackcurrant and Lemon.

Natural  
vitamin C



Always read the leaflet.

# Clean & Refresh

Decades ago, when both toothpaste and mouthspray were unknown, it was customary to eat an apple before going to bed. It was probably the best and cheapest means of mouth hygiene, because the malic acid cleaned the teeth excellently and was beneficial to the mouth flora.



Nowadays we take brushing our teeth for granted yet, although all kinds of oral products are in use, tooth decay has increased so much that most people are affected, many from early childhood. It is particularly vital to maintain excellent oral health prior to and during pregnancy.

But if our oral hygiene efforts are to be successful, it's best to avoid refined and enriched items, changing over to natural foods. The body will then receive the necessary minerals and vital substances from the food. This will not only help the teeth to healthy growth, but will contribute to keeping them this way.

**Echinacea Toothpaste** helps to protect tooth enamel, deeply cleanses and refreshes the breath.

**Dentaforce Herbal Mouthwash** is prepared with several herbal extracts including peppermint, sage, sanicle and cloves. For a clean, refreshing feeling put 3 drops into a glass of water and swish around the mouth for one minute.

**Dentaforce Mouthspray** can be used whenever that refreshing feeling is sought.



# Restless Legs

How annoying it is to find that as you lay yourself down to sleep your legs decide to take on a life of their own, and twitch and jump and generally carry on as if being bitten by stinging ants. There are several reasons that this can happen, including:

## Poor circulation, including weak veins

Blood pools in the lower legs, distending the veins and making them uncomfortable. Legs may itch and feel heavy, and might even throb or feel painful. Check with your doctor and if veins are weak then consider taking a fresh herb extract of **Horse Chestnut**. Horse

Chestnut seed, which you may know as the conker, contains several

important therapeutic constituents, including aescin, which are thought to have a toning effect on the vein wall. Horse Chestnut is also available as a gel, which can be smoothed onto legs when you go to bed, immediately tightening the veins and reducing the likelihood of blood pooling. It can be reapplied during the night if necessary.



## High histamine levels

Histamine is an inflammatory chemical that the body produces as part of the immune response to things it thinks are dangerous. It promotes itching and heat, and is more likely to be present if you have a lot of allergies or your digestion isn't good. Examine your diet and consider removing common triggers such as caffeine and MSG.



Take **herbal bitters** to promote better digestion and drink plenty of water and nettle tea. **Nettle extract** and **vitamin C** are natural antihistamines and can be used to calm things down.

## Calcium/ magnesium imbalance

Many people lack sufficient magnesium to allow the proper tensing and relaxing of muscles, making tics and jumpy nerves and muscles more likely. Try a **Magnesium supplement**, preferably as a fast-acting liquid or spray. This often helps relax muscles so that there is less tension and fewer twitches.



# Legal Spiegel

Alison Cullen

The phrase “EU legislation...” has the power either to turn your mind to mulch or cause a surge of fury that threatens the integrity of your blood vessels. So it is with some trepidation that I attempt to tackle the subject of the deadline for non-licensed herbal remedies, involving as it does that fatal phrase.



As with most legislative issues,

Bear with me...

## What will be happening to herbal remedies after 30th April 2011?

After 30th April 2011, all herbal products judged by the Medicines and Healthcare products Regulatory Agency (a Government body—the MHRA for short) to be medicinal will have to be registered with the MHRA by the manufacturer before being supplied to retailers or directly to the consumer.

The registration can best be described as an approval process, and will allow products to state clearly what they can be used for. Safety data, such as when not to use the product, will be available for each registered remedy.

## Why has this legislation been brought in?

(Brace yourselves) The EU required the UK and some other countries to close the legal loophole that allowed unlicensed herbal remedies to be sold. The requisite legislation was actually passed in 2005, but we were given time to get products licensed before it was put into effect. 30th April 2011 is the cut-off point after which we have to toe the line.

## Should I like it or loathe it?

As with most legislative issues, there are good bits and bad bits:

- ✓ On the plus side, in order to obtain a registration the manufacturer has to show that the product is made to certain quality standards. Consumers can therefore be assured that they are taking what it says on the tin and in the amounts specified. Nothing wrong with that.
- ✓ Registered products will carry an 'indication'—these are words that will allow the consumer to see easily what the product was designed to do.
- ✓ The manufacturer will be able to supply information on how to use the product safely—for instance, what to avoid or look out for when using the herbal product. This too is good.
- ✗ On the down side, a product can only be registered if it, or an equivalent product has been in use for a period of at least 30 years, 15 of which have to be within Europe. This means that many Chinese and Ayurvedic herbs won't easily be able to get registrations, and that developing new products will be extremely problematic.
- ✗ In the end, it is widely anticipated that the new legislation will limit consumer choice and it will become more difficult to obtain useful, but less commonly used herbs.

there are good bits and bad bits...

# Get that Good Gut

Insufficient amounts of friendly gut bacteria can give rise to:

- ① Stomach discomfort
- ② Bloating
- ③ Constipation
- ④ Feeling full and uncomfortable



## How Alfred Vogel developed Molkosan®

Early in his career, Alfred Vogel became fascinated with the possibility of producing a stable version of healthy whey.

In 1926, together with a doctor and a chemist, he developed

*'the first attempt at fermentation. The three of us worked for months... It took another year before the whey concentrate was available in the shops.'*

# Feeling!

## Having healthy gut bacteria is important for many aspects of health.

A poor diet, stress and inadequate digestive function are very common in these rushed days. The over-use of antibiotics, and diets centred on sugary and yeasty foods don't help. The result is frequently poor digestion.

Stressful situations, heavy meals, irregular eating or drinking patterns, or too much fast food can leave your digestion in need of some extra support.

- A healthy acidic environment is created by friendly bacteria in the large intestine, which contributes to the regular evacuation of the bowels. In a gut containing its full quota of friendly bacteria, stools are more likely to be **soft, bulky and easy to pass**.
- Intestinal fermentation and gases that cause bloating are less likely to bother you if your levels of friendly bacteria are satisfactory.
- A large number of immune cells are found in the gut and many toxins (including viruses, yeasts and unfriendly bacteria) are neutralised there. The **lactic acid produced by friendly bacteria** is excellent at killing off pathogens.
- B vitamins are synthesised and may be absorbed in the gut, as may vitamin K.
- Good bacteria can bind to cholesterol and carry it out through the gut.



**M**olkosan promotes a healthy internal environment that stimulates the growth of friendly bacteria and impedes the growth of unfriendly bacteria. The trend has been to use probiotics for digestive problems, but the difficulty is that if the internal environment hasn't been altered, those probiotics will be killed off just as the original friendly bacteria were. Changing the internal environment for the better increases the likelihood that a probiotic supplement will work well.

L+ lactic acid helps the gut support friendly bacteria.



Daily Intestinal tonic for good gut flora

# What is an insect

Anyone who enjoys the beauties of nature understands the important role insects play in making your garden grow. Some, such as bumblebees and solitary bees, are declining in numbers. Like all welcome guests, we want to encourage them to stay and to thrive—and one way is to build an insect hotel.



## Echinacea Seeds

We have 250 packets of Echinacea seeds to give away. Email your request with your name and address to [healthynews@avogel.co.uk](mailto:healthynews@avogel.co.uk) or send a postcard to **Echinacea Seed Offer**, A.Vogel Healthy News, Brewster Place, Irvine, Ayrshire, KA11 2AZ



**READER OFFER**



# hotel?

Old pallets offer an excellent basic structure for a large hotel. If you place the bottom pallet upside down, this should create larger openings at the ends, which can be used for a hedgehog house. Although the structure should be stable, it is best to secure each pallet to the one below.



Site your insect hotel, whether large or small, by a hedge or under a tree. Putting the habitat close to shrubbery, a pond or biodiversity garden will make it easier for small creatures to find it. Many invertebrates prefer cool damp conditions while solitary bees like a warm sunny spot, so plan the accommodation carefully.

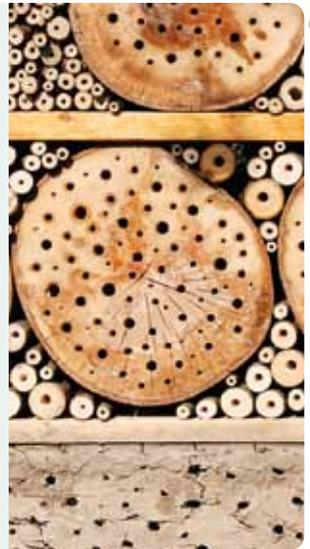


## There are many different ways to fill the gaps in the structure:

**Dead wood and loose bark.** Dead wood is essential for the larvae of wood-boring beetles, such as the stag beetle. It also supports many fungi, which help break down the woody material. Crevices under the bark hold centipedes and woodlice.

**Holes for solitary bees.** There are many different species of solitary bee, all excellent pollinators. Hollow stems, such as old bamboo canes, or holes drilled into blocks of wood, make good nest sites for solitary bees. Different diameters mean many different species can be supported.

**Straw, hay & dry leaves.** These provide opportunities for invertebrates to burrow in and hibernate. Ladybirds and their larvae are champion aphid munchers! The adults hibernate over winter; they need dry sticks or leaves to hide in.



## Planting Echinacea Seeds

If you already have seeds, the ideal planting time is March to May, July at the latest. Initially sow your seeds in a pot and cover lightly with soil, and place in a warm spot. Transplant into the open at 6 to 8 weeks and protect from slugs and snails. To learn more about nurturing your Echinacea seeds log on to [avogel.co.uk/seedtips](http://avogel.co.uk/seedtips)



# “A good laugh and a long sleep are the best cures in the doctor’s book”

*Irish Proverb*

## **BEAUTY SLEEP**

A Swedish study looked at the effect of sleep-deprivation on how healthy and attractive people look to others. Volunteers at a sleep study centre were photographed after eight hours sleep and again after being kept awake for 31 hours. Observers scored the participants as looking less healthy and less attractive when sleep-deprived than when they had slept for eight hours.

## **SLIMMING SLEEP**

Poor sleeping habits can drive people towards excess snacking, according to the results of a study at a sleep laboratory. Volunteers had their sleep patterns monitored and in some cases curtailed, whilst having unlimited access to food. Those whose sleep was restricted were found to increase their snacking rate, especially after 7pm. Calorie intake also increased, as the sleep-deprived volunteers were more likely to choose high carbohydrate foods.

Snoozing instead of snacking would seem to be the order of the day (and night).

## **STRENGTHENING SLEEP**

Poor sleep quality and shorter sleep duration make people less resistant to colds, according to research done on healthy men and women. The amount and quality of sleep the volunteers got over 14 nights was monitored, and then they were exposed to a cold virus. Those who had achieved less than 7 hours sleep per night were more likely to develop a cold than those getting 8 hours or more.

We all know that we feel better after a good sleep. What we may not realise is how many facets of our health are boosted by the simple mechanism of sufficient slumber.



# Do you like to write?

Many people relax into sleep by reading in bed and a short story is the perfect way to do it. Ever thought that you could write a story... well, now is your chance to put pen to paper or fingers to keyboard and maybe see your words in print.

The recently-launched **A.Vogel Dormeasan** 'Write a Short Story for Bedtime' competition 2011 will run until 28th October 2011. Entries can be submitted any time during this period, but must be received no later than 28th October 2011.

## Four prizes will be awarded

- 1st: **£500**
- 2nd: **£300**
- 3rd: **£100** (2 prizes)

Entry is free and open to UK residents over 18.

Submitted entries must be entirely the work of the entrant and must never have been previously published.

Entries should be in English with a minimum length of 1500 words; maximum 3000 words. Apart from erotica and children's stories, there is no restriction on subject matter.

For full details on how to enter pick up a leaflet instore or log on to [avogel.co.uk/story](http://avogel.co.uk/story)

## The Competition Judges



**James Wong**, ethnobotanist and star of BBC's *Grow Your Own Drugs*, is passionate about plants. His award-winning series cooked up home-made herbal remedies for a variety of common ailments, and some great beauty fixes. James is also well known from his TV appearances on programmes like *Countryfile*.

The author of two internationally best-selling books, *Grow Your Own Drugs* and *A Year With James Wong*, James will be judging the best of your short stories. Read more about James on [www.jameswong.co.uk](http://www.jameswong.co.uk).



**Tracy McLoughlin**, editor of *Your Healthy Living* has been a health journalist for over 20 years. While her working days are filled with facts, she likes to relax by reading a good story.



**Ann Burnett** has published short stories, articles and children's stories, as well as writing a novel, which she self-published, as part of her *Masters in Creative Writing*.

# Could you write a story for bedtime?

First Prize **£500** Second Prize **£300** 2 x Third Prize **£100**

For more information and entry details visit [avogel.co.uk/story](http://avogel.co.uk/story)

A tale of...

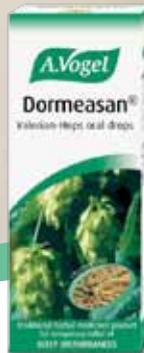
## Sleeping Poorly



Once upon a time in the land of Nod, Princess **Valerian** was having trouble sleeping. She would **wake at 2am** and found it difficult to get back to sleep.

Prince Vogel wanted his princess to get a good night's sleep but he knew she didn't like taking tablets so he rode down to his local Health Food Store where he purchased Dormeasan oral drops from Ms **Hops**; "prepared from **freshly picked** Valerian and Hops" she told him. So off Prince Vogel went with his **herbal remedy** for his beloved princess.

That night, **30 mins before bed**, Princess Valerian took her 30 drops, tucked herself into bed and they both lived happily ever after in the land of Nod.



**Dormeasan®**  
Helps encourage undisturbed sleep

Dormeasan Valerian-Hops oral drops – a traditional herbal medicinal product for use in the temporary relief of sleep disturbances caused by the symptoms of mild anxiety, exclusively based upon long-standing use as a traditional remedy. Always read the leaflet.

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