

Healthy News



Party Fever

Are you prepared for party season?

Winter Guide

Busy woman's guide to winter

Colds & flu

Let Echinacea see you through the winter months

Dear Reader

It has been a difficult couple of years for everyone with the ongoing recession and challenges that life presents.

Staying healthy has to be our priority particularly with the added strains our health service is under.

Inside this magazine are a number of articles which address perennial health issues and ways through diet and supplements that can assist you in keeping fit and healthy.

We can never underestimate the beauty and value of the great outdoors and it's free. A little exercise every day is just one of a few easy steps to keep the stress and strains of daily life at bay so keep moving!

I hope you find this guide helps you to stay healthy this Autumn.

Kim



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Jan de Vries writes about

Buttermilk

the liquid left after churning cream to make butter



Fans of the 'Anne of Green Gables' series of novels will know that buttermilk was used by women to bathe their faces at night in a quest for beauty.

Another use of buttermilk to benefit health was to take it internally—as a drink made by fermenting WHEY left when curds were churned out of milk. It became popular all around the world.

My friend **Alfred Vogel** saw the benefits of consuming whey. He experimented with lacto-fermentation and produced a substance we now call

Molkosan—this can be added to water or fruit juice to make a drink that aids digestion and supports the friendly bacteria in the gut.

Fermented whey drinks such as **Molkosan** are still popular, and for good reason.

They are sharp in taste due to lactic acid bacteria producing L+ lactic acid as they ferment lactose (milk sugar). Lactose disappears but the health-giving L+ lactic acid remains.

A lacto-fermented whey product such as **Molkosan**

has a far higher lactic acid content than traditional buttermilk, providing you with all the benefits of a long-standing remedy without the bother of churning!

Add one teaspoonful to a large glass of water or juice, twice daily, and see the beneficial effect on your digestive system, especially if you suffer from the bloating, wind, and digestive discomfort that are so common amongst my patients these days.



Mediterranean Bitter Goodness

by Alison Cullen

Why is the Mediterranean diet so good for those lucky Continentals? Should you swim daily in olive oil? Carpet your kitchen with tomatoes? Add sardines to your cornflakes?

Well before you take any drastic steps towards selling up and moving to Southern climes for the sake of your digestion, let's consider the elements of Mediterranean meals.

Take time to eat

Firstly (and I will try not to get onto my digestive soapbox here), there is a different attitude to food on the shores of the Mediterranean.

How do they eat? They sit down; they relax; they gather their friends and family around them and take time to

relish their food. Then they sit contemplating life in general for a while afterwards before taking up the threads of the day once more.

It makes a huge (and we're talking obese) difference. French and American researchers went to McDonald's fast food joints in urban shopping districts at the same time of year at lunchtime, to record the length of time people remained seated with their food. The French spent an average of 22.2 minutes eating and sitting at McDonald's while Americans stayed only 14.4 minutes.^[1]

The French are noted for their slender girth, whereas the American population struggles with high levels of obesity.

Bitter foods

Secondly, the Mediterranean diet often starts with a bitter green salad. Foods such as lambs lettuce, watercress, radish and chicory are tossed with a light dressing and savoured before the main course. This type of food rarely makes its way onto the British plate. When was the last time you ate chicory?

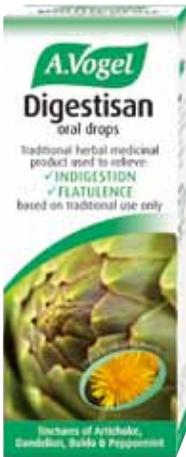
Bitter flavours trigger the production of digestive enzymes in the stomach, liver and pancreas. These secretions have a positive effect on the large bowel. Everything works better: food is broken down more efficiently; your appetite is satisfied; and your body is provided with all the nutrients it needs to work effectively.



Should you wish to benefit from Mediterranean wisdom with wallowing in watercress, take a bitter tincture before a meal to waken up your digestive system. This is particularly relevant for you if you are prone to indigestion, or feeling full and uncomfortable after eating.

"Since our present day diet is so rich in fat, it is good to take a herb which acts as artichoke does on the gall and liver."

Alfred Vogel.



The herbal tincture **Digestisan** is a combination of Cynara (Globe Artichoke) and Dandelion, both of which are bitter tasting plants. Digestisan is a traditional herbal medicinal product used to relieve indigestion and feelings of fullness and flatulence associated with over-indulgence in food or drink or both.*

The Mediterranean dwellers are prone to adding Dandelion leaves to salads. The 'weed' that mocks us on our lawns is a perfect delight on our plates, where we can munch it vengefully on our way to better digestion. Artichoke is another favourite of

Mediterranean cuisine, where its bitter succulent leaves help the beleaguered liver to cope with the fatty foods such as butter and oil that also predominate in the local diet.

Digestisan contains both Dandelion and Cynara (Artichoke), and for those who want to address their digestive complaints without crunching through lawn-loads of leaves, this is one way of benefiting from Mediterranean culinary customs without leaving our native shores.



[1] Rozin P et al. Psychol Sci. 2003 Sep;14 (5): 450-4

* Always read the leaflet



Colds Echinacea can see you

How frustrating is it that, just when you're strained to snapping point with a To Do list that stretches from here into eternity, Providence sees fit to blight your life even further with a bug?

Fight back!

With a little preparation, you can ensure that common cold viruses don't dominate your winter. Take note of the factors which have a negative effect on immune function.

For most people, these nasty bugs take hold when the immune system is under stress—so keep an eye on your diet, your alcohol intake and make sure you get enough sleep.

And support those brave little cells, as they struggle against shape-shifting viruses and cunning bacteria, with the all-round action of **Echinacea**.



Rosie knew she was the kind of person who was prone to colds every winter. She seemed to pick up bugs whenever someone around her sneezed and when they arrived, symptoms seemed to take ages to shift. A friend

suggested that she have some **Echinaforce Echinacea drops**, a traditional herbal remedy for symptomatic relief of colds, influenza type infections and similar upper respiratory tract conditions*. Rosie got through the winter, and recommended **Echinaforce** to all her friends and family.



Jackie's children, aged 6 and 8, inevitably retained robust health all through the summer holidays. But like many children their age, they fell prey to the snotty bug the minute school started,

which meant the inevitable childcare crisis. One of the other mums recommended she try **Echinaforce Junior cold and flu tablets**—a traditional herbal medicinal product (containing Echinacea) used to relieve the symptoms of the common cold and influenza type infections exclusively based upon long-standing use as a traditional remedy*. Jackie was thrilled—as was her boss!



& Flu Not for You? through

Factors that have an adverse influence on immune function:

A bad diet—junk food, lots of caffeine, not enough vegetables and fruit.

Sugar—this common 'food' competes with vitamin C.

Fatty foods—a high fat intake makes your immune cells lazy. They lie around sleepy instead of going out on patrol looking for bad viruses!

Alcohol in large amounts is bad for your immune cells. They become disorientated and confused...just like us!

Smoking is bad for immune function as well as everything else in the body.

Lack of sleep suppresses immune function.

Being stressed and unhappy depresses your immune response.

Science on your side

Echinacea is one of the best-researched herbs around. One recent study is particularly interesting for those who want to be prepared for the unexpected bug. We all know that Echinacea helps the body fight symptoms of colds and flu by strengthening the normal functioning of the immune system. This new research shows that echinacea acts adaptively according to the health of the individual. When we're stressed and run down, Echinacea will work harder for us than when we're strong and happy.^[1]

[1] Ritchie MR, Gertsch J, Klein P, Schoop R. Phytomedicine 2011; in press



Busy Woman's Guide

Dormeasan Valerian-hops drops

Sometimes there are just too many things on your plate, making it more difficult for you to fall asleep. Or if you do, you don't sleep so soundly. This is just the time for Valerian and Hops—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*. It helps to relax your mind, allowing you to drift off more easily.



Worrying about sleep?

Echinaforce Echinacea drops

There's no way I'm letting a cold creep in and mess up my schedule, let alone leave me with an unflatteringly Rudolph-like nose. At the first sign of a cold I take Echinaforce Echinacea drops—a traditional herbal remedy for symptomatic relief of colds, influenza type infections and similar upper respiratory tract conditions.*



Fight the sniffles



e to Winter

Bio-Propolis Cold Sore Barrier Ointment

is formulated with carefully selected skin protectives and Propolis extract. It can be used at any stage of the cold sore's development, soothing the cold sore area.



Unsilently cold sores?

Venagel

With my busy work schedule, hectic shopping days, picking up after the kids, workouts at the gym and then donning those high heels for the office party is it any wonder my legs feel tired and aching? Try Venagel Horse Chestnut gel. It helps to soothe and relieve legs that feel weary, heavy and uncomfortable.



Tired, aching legs?

Molkosan Original

Working through lunch and grabbing food on the go is happening all too regularly these days, which means my digestive system is in mayhem. My first step to good gut health was Molkosan—a lacto-fermented whey drink containing beneficial L+ lactic acid, it helps improve the good bacteria in my gut and therefore aids digestion. I take it every morning with my apple juice, for that good gut feeling!



Digestive problems?

Cold sore comfort with Propolis

Cold sores can be a source of great misery. They are both painful and embarrassing. The winter months can leave you a bit run down and this may cause you to be more vulnerable to these little patches of unpleasantness.

Fortunately, **Bio-Propolis ointment** can help to soothe your cold sores—even if they have already erupted. The great benefit is that if you miss the tingle stage, it will still work.



Cold sores can be triggered by:

- ① Stress
- ② Fatigue
- ③ Sunlight
- ④ Illness
- ⑤ Alcohol
- ⑥ Nicotine
- ⑦ Poor immune system

When the herpes virus first enters the body, it sits and waits in the body tissues in a dormant state. During this stage, there is no sign of disease. When the virus is triggered, it travels to the nerve endings in the skin and

starts to replicate. This is when blisters occur—rapidly and sometimes without warning.

If you are prone to cold sores, avoid chocolate and nuts, and take regular doses of **L-lysine** (available from healthstores) and **vitamin C**. This will help starve the virus that causes the cold sore.

Note: People with allergies to bee products shouldn't use propolis.

Caring for Wildlife in Winter

by Robert Potter,
Reserves Manager North East,
Scottish Wildlife Trust



Animals have three basic needs—food, water and shelter. Providing any of these needs during winter you will go a long way to helping our native wildlife.

Food

Bird feeders should be placed about 10 ft from shrubs or trees which the birds can dart into when they feel threatened. Feeders should be cleaned every few weeks to stop the build up of mouldy food and parasites which can have a devastating effect on birds especially in winter.

There is a vast array of feeders and feeds available on the market. Sunflower hearts are good and nyger seed will help in attracting more unusual birds like goldfinches—have a good read at the labels before

buying. Peanuts will attract many birds and even red squirrels. Even peanut butter and leftover fruit can be used on your bird table.

Water

When natural water supplies start to freeze over birds and other animals find it difficult to drink. In addition, despite the cold temperatures, they also need a wash so a shallow container filled with luke-warm water every day will help enormously.

Shelter

Shelter is vital during winter months. Provide an area where you can pile stones and larger pieces of wood, leaves and sticks. This will provide shelter for many animals. Why not make an 'Insect Hotel' (search 'insect hotel' on avogel.co.uk). This

can be simply made from a small wooden box filled tightly with old garden canes, sticks, stones—anything that will provide very small nooks and crannies for insects to overwinter.

Remember if insects do badly in winter, birds will struggle to supply food to their chicks in spring. Don't clean out your garden pond until the end of February – this will provide shelter for overwintering larvae and amphibians.

Finally, take care on the roads. Many animals are driven nearer towns during really bad weather and you are more likely to come across them on the roads. Some are even attracted by the salt grit we put on our roads during freezing weather!

Party Fever!

Party Preparations

There's nothing like being prepared. If you start now, you'll be glowing by the time the party season kicks off.

Take **Hair Complex** for a couple of months to help maintain the quality and strength of your hair. It's a combination of several food sources of the nutrients you need most for luscious locks. It can also help maintain the quality of your nails, but if it is your tender talons that are your concern take **Urticalcin** which will provide nourishment for your nails, supporting existing growth, strength and overall quality.



With the drink flowing and the never-ending abundance of party food on the menu, it is no wonder that so many of us suffer belly ache.

Don't let indigestion spoil your party.

Digestisan Oral Drops—a traditional herbal medicinal product used for indigestion, sensation of fullness and flatulence associated with over-indulgence in food or drink, or both, exclusively based upon long-standing use as a traditional remedy.*



Temperate temper

It is undeniably the case that we can all get a little stressed at this time of year. So if you are struggling to cope with the stresses and strains of the winter season try **Stress Relief Daytime Valerian Hops oral drops**—a traditional herbal medicinal product used for the

temporary relief of symptoms associated with stress such as mild anxiety, exclusively based upon long-standing use as a traditional remedy.*



Flower Remedies can be helpful—try **Emergency Essence** if there's just too much to fit into the day before guests arrive; or **Confidence Essence** if you need an extra boost to help you shine at a big party.



Dance Away

If you should be dancin' but feel more like slumping in a corner to nurse your weary shanks, smooth on some **Venagel** to bring your legs back to life. The soothing effect is swift and there's no unpleasant smell or staining to deal with. It works equally well on long, arduous shopping trips, or when queuing endlessly for that vital present. And don't let the bugs trip you up either—keep **Echinacea** in your handbag to take at the first sign of a cold. Reserve your hanky for playing Blind Man's Buff!



Beauty Sleep

Have you heard about how beneficial sleep is for your looks? After just one night of restricted sleep, volunteers were rated 4% less attractive by observers.^[1]

The great thing about an undisturbed sleep is that it makes you feel more mentally and emotionally capable, as well as shining through your skin and brightening your eyes.

If you struggle to recapture the first carefree rapture of teenage sleep, enlist the aid of Valerian and Hops, available as **Dormeesan Valerian Hops oral drops**, a traditional herbal medicinal product to use in the temporary relief of sleep disturbances

caused by symptoms of mild anxiety, exclusively based upon long-standing use as a herbal remedy.*



[1] Axelsson J et al. *BMJ* 2010; 341:c6614
doi: 10.1136/bmj.c6614

*Always read the leaflet

Come in from the cold

A friend who suffers terribly from chilly extremities, wearing wool unless actually on Safari, found that an unexpected benefit of the menopause was that the hot flushes warmed her up!

Should you have the misfortune to be a thermostatically challenged male, or a non-menopausal female with frosty feet, there is help at heated hand.

Cold hands

A study done in patients with Raynaud's disease found that over a 10-week period the number of attacks per week reduced by 56% in the group taking Ginkgo.^[1]

This research supports the traditional practice of how Ginkgo extracts can help with the circulation if you have cold hands and feet such as in the condition Raynaud's syndrome.

Another study showed that patients between 60

*Do your digits turn numb?
Do you have a blue thumb?
Do you yearn for hot rum?
There's herbal help to come.*



and 70 years of age had increased blood flow through their capillaries (the tiniest blood vessels, which reach the ends of the fingers and toes, not to mention venturing into the ears and taking a turn around the brain) after 30 days on a Ginkgo extract.^[2]

The bonus for these patients was that, due to

their improved circulation, immune cells were better able to move around the body and do their job of hunting for infections that might be threatening us. The immune system doesn't like a sluggish bloodstream, which can't transport immune cells effectively.

So take some Ginkgo, sign up for tap-dancing, and keep warm during the winter.

[1] Muir AH et al. Vasc Med 2002; 7: 265-7

[2] Suter A et al. Jahrestagung der Gesellschaft für Arzneipflanzenforschung, Phoenix, Arizona, USA. 31.07.-04.08.2004

Spot the difference

There are many of us of more mature years who feel that the least we can expect in return for the steady crumpling of our smooth young skin and the creeping invasion of hairs no longer their original bright colour is the banishing of teenage breakouts. Not for us the pustules and pimples of youth, we smugly think.

Unfortunately this is not always the case...

Adult acne is distressingly common for a variety of reasons, some of which are listed below.

Stress causes the production of inflammatory chemicals in the body, which make the skin more likely to flare up.

Stress also impedes immune function, making it more likely that you'll fall prey to one of the bacteria that are implicated in acne.

Eating too much refined sugar (not just plain sugars but also refined carbohydrates such as white bread, pasta and pastries) has a negative effect on the skin.

So focusing your diet on wholefoods, complex carbohydrates instead of refined (dried fruit instead of sweets, for example, and brown bread

instead of white), and plenty of fruit and vegetables will be very helpful.

Ensure that your bowel is moving briskly, and if the dietary alterations don't effect this happy ending then take a herbal remedy to ensure daily movement.



The herb Echinacea can be part of your blemish-banning planning, as its antibacterial and antifungal actions reduce the likelihood of infection, whilst its anti-inflammatory action speeds up the healing process.

As Echinacea has historically been used effectively against acne vulgaris, using an **Echinacea Cream** topically on problem skin may be of benefit. Research shows that Echinacea can inhibit the proliferation of the bacterium *Propionibacterium acnes*, which causes acne, and reverse the bacterial-induced inflammation associated with it.^[1]



[1] Sharma M et al. *Phytother Res* 2011; 25 (4): 517-21.

Stressed?

- Anxious
- Struggling to concentrate
- Moodiness
- Feeling a little low
- Irritable
- Sleeping poorly
- Feeling a little overwhelmed

Extracts of Fresh Herbs
For the relief of stress
& mild anxiety



A.Vogel

Stress Relief Daytime Valerian-Hops oral drops

A traditional herbal medicinal product used for the temporary relief of symptoms associated with stress such as mild anxiety, exclusively based upon long-standing use as a traditional remedy. Always read the leaflet.

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