

A.Vogel

Winter 2010/11

Healthy News

**WINTER
WELLNESS**
CABINET

Need to Detox?

The key is preparation.
Learn about Pretox.

Sleeping Poorly?

Read about our top
herbal helpers

Jan de Vries

5 tips to improve
low mood

Dear Reader

Few of us look forward to the winter, but one thing we all wish for is to remain healthy during these colder, darker months. Nowadays, more and more people find herbal remedies very useful for minor health complaints such as those that affect us in winter—colds, flu, aches and pains, disturbed sleep or just feeling a bit blue.

In this issue, you will find useful tips on how you can live a healthier way of life, with our lead article written by **Jan de Vries**, the internationally renowned naturopath.

If you've found herbs useful in your winter wellness regime or have a question about herbs we'd love to hear from you.

Write to me at the address below or email healthynews@avogel.co.uk

Catherine

Welcome to the first issue of Healthy News



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WARNING: The information provided in this document does not replace the necessity of a diagnosis from a health professional.

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Arnica

not just for bruising

Arnica has been recognised as a medicinal plant since the 16th century and has a special place in homoeopathic medicine. Its most popular use is as a remedy for bruising. However, Arnica in the form of a gel has also been licensed to relieve muscle stiffness, aches and pain—often considered to be the result of our sedentary modern life.



- ✓ Stiff neck
- ✓ Painful shoulders
- ✓ Knee pain
- ✓ Sports injuries



Atrogel Arnica Gel contains extracts of fresh arnica montana. It is a traditional herbal medicinal product for use in the symptomatic relief of muscular aches, pains and stiffness, sprains and bruises, exclusively based upon long-standing use as a traditional remedy. Always read the leaflet.



Cultivation with a conscience

Arnica montana is a small plant with bright yellow flowers. It can be found growing wild in grassy meadows and mountains (hence its name) in many parts of Europe. However, the plant has become more difficult to find due to over-harvesting. To ensure the sustainable use of this unique medicinal herb, the plants used in **Atrogel** are organically cultivated.





Jan de Vries writes about **Low Mood**

Feeling low in mood and spirit seems to be a symptom of 21st century life. It can affect adults of all ages and sometimes, the causes are not always obvious.

Because there is no clear physical ailment, sufferers are often treated with impatience and told bluntly to 'pull themselves together'. Not always the most helpful advice.

People with food allergies or sensitivities can often be affected, and a change in eating habits or some dietary supplements can help lead



to a change for the better. The body is so often crying out for vitamins such as B3 and gentle herbal support. One of

my favourites is **St. John's Wort** the remedy from my old friend Alfred Vogel which contains the sunshine herb, Hypericum.

the
sunshine
herb



avogel.co.uk/hyperiforce

People with low moods experience

Tiredness



Difficulty sleeping



Lack of motivation



I have for many years tried over and over again to explain to people who experience low moods the importance of rediscovering a feeling of responsibility for their own bodies. Here are 5 simple tips which may help.

5 SIMPLE TIPS to help improve your mood

1

AVOID NICOTINE, ALCOHOL & CAFFEINE

These stimulants drain your nervous system. Eat well but sensibly and drink plenty of good plain water.

2

EXERCISE

This produces 'good mood' substances in the brain. Being outdoors, even on cloudy days, will help your body absorb some of the sun's uplifting energy.

3

AGREE ONCE IN A WHILE!

Everyone is entitled to an opinion but life shouldn't be a constant battleground. There is much to be gained by avoiding conflict.

4

ACCEPT WHAT YOU CANNOT CHANGE

'Seek strength to accept the things I cannot change, courage to change the things I can and the wisdom to know the difference.'

5

LEARN HOW TO SAY 'NO'

A simple but effective technique. When 'NO' is the right response, say it without any guilt in your system.



Keeping Children Chirpy

The winter term is often the herald of a plethora of ailments descending upon your cherubs with inconvenient effects.



HEAD LICE



Constant vigilance is the key here. Head-to-head contact is so common amongst school friends and family that re-infestation is a mere saunter for the enterprising nit. Keep checking.

- ✓ **Neem** has been seeing off bugs such as the head louse for centuries. Lice don't seem to be able to build up any resistance to it, so you can use it as often as required.

COLDS & FLU

Diet

- ✓ Increase the intake of **fresh fruit** and **vegetables**—they contain helpful antioxidants that the body needs to fight off bugs. Add a natural **vitamin C** supplement such as **A.Vogel's Nature-C** if your offspring seem a touch off-colour.
- ✗ Keep refined sugar to a minimum as it interferes with immune function. Use dried fruit instead—it's sweet, tasty and full of nutrients.

Lifestyle

- ✓ Plenty of **sleep** is necessary to keep immune systems strong. Getting them to bed on time is good for you too!
- ✗ Couch potatoes have poor **circulation** which means immune cells can't patrol the body effectively. Get them running about in the fresh air—remember, sleep and oxygen are free!

Herbs

- ✓ **Echinacea** fights cold and flu by strengthening the immune system. It is useful when bugs are generously shared around amongst friends at school.



COUGHS

Diet

- ✗ Keep intake of dairy products low as they are mucus-forming. For information on healthy dairy-free diets for children see www.vegetarian.org.uk.
- ✓ **Vitamin C** is important for hale and hearty lungs. Keep up the fruit and veg, and add a natural C supplement as a boost.

Herbs

- ✓ **Ivy** is great for relaxing the bronchial tubes and **Thyme** helps loosen mucus so that it can be brought up and expelled without fuss. Taken together, they often put paid to lingering coughs lickety-split.

For children, these infections almost seem to be an inevitable part of the winter. Types of symptoms differ a little from those in adults with mucus, runny noses and coughs predominating. See a doctor if your child suffers from prolonged or high fever.

When mucus collects in the chest, the natural instinct of the body is to cough, expelling mucus from tubes in the lungs. Remember that certain foods can be 'mucus forming'. As with fevers, see a doctor if the cough is persistent or severe.

Winter Wellness Cabinet

COLD SORES

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.

For all the festive kissing



LOW MOOD & ANXIETY

Hyperiforce St John's wort tablets—a traditional herbal medicinal product used to relieve the symptoms of slightly low mood and mild anxiety, exclusively based upon long-standing use as a traditional remedy.

For the winter blues



COLD HANDS & FEET

Ginkgoforce ginkgo biloba tablets—a traditional herbal medicinal product for use in the relief of symptoms of Raynaud's syndrome and tinnitus exclusively based upon long-standing use as a traditional remedy.

When the gloves are off



COLDS & FLU

Echinaforce Echinacea drops—a traditional herbal remedy used to relieve cold and flu symptoms by strengthening the immune system.

Bumps & bruises on the ice

MUSCULAR ACHES & PAINS

Atrogel Arnica gel—a traditional herbal medicinal product for use in the symptomatic relief of muscular aches, pains and stiffness, sprains, bruises and swelling after injury, exclusively based upon long-standing use as a traditional remedy.

For winter sniffles



A.Vogel
Atrogel
Arnica Gel



Prostate Problems?



Q My husband's prostate is waking me up regularly—he needs to go to the toilet 2 to 3 times a night. His GP tells him that he has an enlarged prostate, but says that it is not severe enough for any of his treatments. What can I do for him so I can get better sleep?



A Well, your husband is not alone—did you know that as many as 50% of men over the age of 50 have an enlarged prostate? One of the earliest and most common symptoms of this condition is the need to urinate often, especially at night. Other symptoms include difficulty in starting urination, dribbling and a poor flow.

A good herb for your husband to try is Saw Palmetto. However, with so many prostate products to choose from, it can be confusing. According to Dr Mark Porter:

'There are a wide range of supplements out there, not all of which are equal, and as with all herbal remedies, I advocate using a licensed preparation where possible.'

A licensed herbal remedy for the enlarged prostate

Prostasan Saw Palmetto capsules—a traditional herbal medicinal product for use in the relief of urinary symptoms in men who have a confirmed diagnosis of an enlarged prostate (benign prostatic hypertrophy/BPH), exclusively based upon long-standing use as a traditional remedy. Prior to treatment other serious conditions should have been ruled out by a doctor. Always read the leaflet.



Pretox

Preparing for Detoxing

The digestive system takes a bit of a hammering during the festive winter months. For many people, too much alcohol and fatty food can give rise to symptoms such as headache, fatigue, poor skin, sluggish bowels and nausea.

The key to a successful detox is preparation

Many people give up on a detox programme too soon because they feel rotten—headachy, with bad breath or even spots.

Follow this advice two weeks before starting a detox:

- ① **Drink lots of water**—1.5 to 2 litres daily to start flushing out the urinary tract.
- ② **Wean yourself off coffee, non-herbal tea and fizzy drinks**—it makes the detox easier.
- ③ **Boost circulation with exercise**—at least a brisk 10 minute walk in the fresh air daily.
- ④ **Eat more fruit, vegetables and wholefoods.** Avoid processed and refined foods and alcohol.
- ⑤ **Relax.** Unwind for at least 30 minutes before going to bed to encourage better sleep.

Once the body is better prepared for a detox and able to dispose of the toxins that are released, the whole process is a piece of cake!! There are herbs that can help ease those toxins out of the system such as Milk Thistle, Dandelion, Cynara, Solidago and Frangula.

ALWAYS ON THE GROW...



A.Vogel BioSnacky seeds are organically grown, GM free and non-irradiated to guarantee constant high quality sprouts. There is a choice of different seeds and two sizes of germinator.



Shopping list

Fresh fruit and veg, chickpeas, adzuki beans, butter beans, kidney beans, green or red lentils, wheat-free pasta, rice cakes, oatcakes, houmous, dairy-free milk, yoghurt and cheese, coffee substitutes, herb tea, dried fruit, nuts, seeds, fruit bars...

Cut out

Red meat, burgers, fried food, wheat, sugar, dairy products, alcohol, coffee, tea, biscuits, cakes, chocolate, sweets...

Sleeping Poorly?

Remember when you used to sleep like a baby? Is it a fond but distant memory? You are not alone. More than 31 million people in the UK are said to suffer from disturbed sleep, resulting in tiredness during the day—that's 7 out of 10 people.

Get more sleep!

SLUMBER SOLUTIONS

- ❶ Avoid stimulating caffeine—coffee, tea, chocolate, fizzy drinks.
- ❷ Don't eat late at night as it forces your digestive system to work.
- ❸ Make a list of things to do next day then forget them until morning.
- ❹ Have a warm bath or read a pleasant book.
- ❺ Reserve your bed for relaxation and sleep.



• DIFFICULTY GETTING TO SLEEP • POOR QUALITY SLEEP • WAKING EARLY

Sleep is designed to restore us. During the night, tissues are repaired, organs rest or finish cycles such as flushing out toxins.

The mind also uses the time to filter everything

that has happened that day. 'Sleeping on it' is a great technique, but obviously you actually need to sleep—staring at the ceiling all night doesn't have the same effect... When sleep is disturbed we can find

our brains struggling to cope, memory slipping, feelings of anxiety, poor concentration, muscles fatigued, skin dull and eyes lack-lustre.

HERBAL SLEEP HELPERS

Avena sativa (oats)

Full of vitamin B and calming constituents, it gently reduces physical and emotional pressure, while nourishing the nervous system. Avena sativa's effects build up gradually and it can be taken long term, ideal for situations where the stress is on-going.



Valerian

For more specific use. Valerian contains substances known as valerinic acid and has traditionally been used to reduce muscle spasms. It also has a sedating effect on mind and body and is often combined with hops. Don't take together with other sedative medication.



Hops

Well known as an important ingredient for beer, hops has a long history of another traditional use. It is a climbing plant, containing substances known as humulones and lupulones which have calming effects on the body's nervous system.



Sage

It is not only worry and stress that can disturb sleep. Menopausal night sweats can also cause sleepless nights for women and this restlessness can affect the sleep of their partners too. Sage has been used traditionally for excessive sweating and hot flushes during the menopause.



Menopause

Feeling hot this winter



The menopause is not a disease. It is a natural phenomenon when hormone levels fall to allow women to stop becoming pregnant.

If hormones fall gradually, nothing much will be noticed. If they fall quickly or unevenly, symptoms may arise. Some symptoms may be due to poor lifestyle habits and not hormonal problems, so any improvements made in these areas will ease the journey through the menopause.



Hot flushes & night sweats

These are two of the most common menopausal symptoms.

Sage herb has been traditionally used to

counter these problems, and can be taken during the day if **menopausal sweats & hot flushes** are the

key problem. Take in the evening if **night sweats** are the biggest issue.

Try a licensed sage remedy such as A.Vogel's **Menoforce Sage Tablets**—a traditional herbal medicinal product used for the relief of excessive sweating associated with menopausal hot flushes, including night sweats exclusively based upon long-standing use as a traditional remedy. Always read the leaflet.



1 EAT BETTER Ensure that what you put in your mouth contains plenty of nutrients to support your body, and not too many toxins that will drain your energy.

2 DRINK BETTER At least 1.5 litres of water daily to flush waste matter through your system and avoid fluid retention. Keep caffeine intake low.

3 KEEP MOVING 10-20 minutes of gentle exercise daily will keep up your levels of endorphins (happy chemicals that counter low mood).

Healthy cooking can taste great!



Vegetable Gratin with Goat's Cheese

Preparation time: 45 minutes

Cooking time: 15 minutes

Serves 4

Ingredients

1 kg seasonal vegetables
e.g. carrots, courgettes

(zucchini), broccoli

1 sprig of rosemary

½ tsp **Herbamare Spicy®**

200 g tomatoes

300 g goat's cheese

2 tbsp runny honey

2 tbsp olive oil

Wedge of lemon

1 Cut the carrots and courgettes into 0.5 cm thick slices. Cut broccoli into florets and broccoli stalk into slices. Steam vegetables separately but make sure they still retain their crunch. Plunge into iced water, remove and leave to drain.

2 Chop up rosemary needles, mix with 1 tbsp oil, **Herbamare Spicy** and a squeeze of lemon. Add

Many women, particularly when menopausal, find a change to a healthier diet very beneficial but sometimes struggle to make them appetizing. Here are a couple of ideas:

vegetables and mix well. Cut tomatoes and cheese into very thin slices. Arrange in a gratin dish as in tiles on a roof. Drizzle over honey and 1 tbsp olive oil.

3 Preheat the oven to 200°C. Bake the gratin on the top shelf of the oven for 15 minutes until the cheese has melted.



Bambu Mousse

2 egg yolks

3 tbsp raw sugar

2 tbsp **Bambu®**

¾ cup cream and 2 egg whites (beaten until stiff peaks form)

cocoa

Kirsch

Beat egg yolks with sugar. Add Kirsch and **Bambu**. Fold in the whipped cream and beaten egg whites. Place mixture in individual cups and sprinkle with cocoa. Refrigerate until firm and well-chilled.



Tasty coffee alternative

- ✓ Great tasting
- ✓ Caffeine-free
- ✓ Organic



Colds & Flu?

Not all Echinaceas are the same.

*I originate
from specially
selected seeds in
Switzerland*

*I am
organically
grown*

*I am picked
fresh starting
at sunrise*

*I can help
strengthen your
immune system*

Research shows that **Echinaforce®**, made from fresh plant extracts, contains almost 3 times the active substances of equivalent measures made from dried plants.¹

avogel.co.uk

0845 608 5858



A.Vogel

Echinaforce®

Echinacea drops and tablets

Traditional herbal remedy for symptomatic relief of colds, influenza type infections and similar upper respiratory tract conditions. Always read the leaflet.

¹ Study: M.Tobler et al: Characteristics of whole fresh plant extracts. Schweizerische Zeitschrift für GanzheitsMedizin, 1994.