

Healthy News



Mediterranean diet

Why is the Mediterranean diet so healthy?

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 Irish life represents.

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. So 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.

Catherine Mulcahy

*Catherine Mulcahy,
Wholefoods Wholesale*



Printed and published by
KennedySmith (Press) Ltd,
Brewster Place,
Irvine KA11 5DD.

It is strictly forbidden to reproduce Healthy News in whole or in part without the written authorisation of the publisher.

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

Images from photos.com, Getty Images and istockphoto.com. Articles in Healthy News are commissioned from a pool of health writers.

Jan de Vries writes about

Buttermilk

Eating your curds and whey...

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 lamb's 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 Irish 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 without wallowing in watercress, take a bitter tincture before a meal to waken up your digestive system. A few drops of centaurium, yarrow or gentian in a little water before eating will prove of enormous benefit. Don't disguise the bitterness in juice or swamp it in gallons of water – it needs to taste bitter to work.



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

Alfred Vogel.

Eating weeds

Now whilst we're on the subject of bitters, you'll maybe recall that the French are known for using dandelion leaves in their salads. The dandelion that mocks us on our lawns is a perfect delight on our plates. It helps balance fluid, so no unsightly bulges from water retention. Its root is also of great benefit to the liver, assisting with the metabolism of fat.

And there's another thing about the Mediterranean diet: the usage of foods that help the beleaguered liver to cope with fatty foods. The butter and oil that they dollop into their dishes is broken down effectively by lovely liver-friendly foods such as artichoke, as Alfred Vogel appreciated many years ago.



Colds & Flu Not for You 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**.

You? through



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 took **Echinaforce drops** as a preventative during the winter months. She started as soon as the clocks changed in October and carried on through till early February. To her amazement, Rosie sailed through the winter with hardly any symptoms and very much happier.



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 snottory

bug the minute school started. Using **Echinacea tablets** designed for children, she was able to avert the usual symptoms of colds, keeping the children at school and avoiding the usual childcare crisis at the beginning of term. Jackie was thrilled—as was her boss!



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 **Echinaforce** 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]

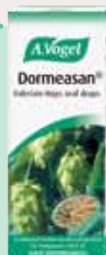
By the way, in all people involved in this trial, no cold episodes occurred during the whole investigation period – this is the type of news we really want to hear!

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

Busy Woman's Guide

Dormeasan Valerian-hops drops

With the end of summer and holidays, things just seem to pile up on your TO DO list. But busy is the way you want it so you are not complaining. However, 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—to relax your mind, allowing you to drift off more easily.



Can't sleep for worrying?

Echinacea

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. Whenever things get busy and I become prone to colds, I take Echinacea every day to keep the bugs and symptoms at bay.



Keep the sniffles at bay



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.



Unightly cold sores?

Horse Chestnut

Every few months I take a course of Horse Chestnut, to ensure that my veins stay invisible! Come the spring, I don't want to find that knotty veins have sneakily developed during the winter under the cover of heavy clothing!



Tired, aching legs?

Cynara

Winter food tends to be heavier than summer salads, so Cynara is a firm favourite because it keeps the liver happy and able to deal more effectively with dietary fats causing indigestion.



Digestive problems?

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 and see the difference to your topknot. It's a combination of several food sources of the nutrients you need most for luscious locks. It'll help your nails too, but if you want a really quick boost for tender talons, take **Urticalcin** and watch your nail growth speed up and your nails harden beautifully.



If you want to lose a couple of surplus pounds in anticipation of the seasonal sabotaging of your silhouette at party buffets, prepare with a course of **Molkosan**.

There's nothing like the confidence of knowing that your little black frock won't be distended with uncomfortable bloating just when you want to feel your best.



Temperate temper

It is undeniably the case that the more stress you are exposed to during the day, the harder it is to capture sleep at night. As time pressures tighten during the run up to festivities, keep your cool with **Avena sativa**: a good choice for soothing a frazzled nervous system.



Avena sativa is straightforward to use and will gently bring your shoulders back down off the ceiling.

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 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 the new small size of **Echinaforce** 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]

So if you want a simple method of raising your game, get more shut-eye. The great thing about sleeping better 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 careless rapture of teenage sleep, enlist the aid of Valerian and Hops, available as

Dormesasan

tincture, 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. Always read the leaflet.



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

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 sooth your cold sores—even if they have already erupted. The great benefit is that if you miss the tingle stage, it will still work.

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.

Conventional cold sore treatments work at this initial tingling stage before blisters appear. Once the virus has started replicating, conventional treatments won't work.

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 starve the virus that causes the cold sore.



Cold sores can be triggered by:

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

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

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.



A close-up photograph of a woman's face, partially obscured by a dense layer of white daisies with yellow centers. She has dark hair and is looking towards the camera with a slight smile. Her hands are visible, gently touching the flowers near her face.

Skin Deep

Eczema

Red, inflamed, itchy, dry and damaged skin! Skin becomes thickened because high levels of histamine in the skin increase the tendency to itch and scratch. Low levels of Essential Fatty Acids mean that the skin is dry and therefore easier to damage.

- Avoid dairy products.
- Use **Centaurium** to promote better digestion.
- Take Essential Fatty Acids such as **Evening Primrose Oil** or **Flaxseed Oil**.
- **Neem Cream** or **Chamomile Cream** can be useful topically to reduce itching and speed up healing.

Psoriasis

In this condition, skin cells divide too quickly and can't be shed in the normal way, resulting in silvery, scaly patches on the skin. Inability to digest animal fats and proteins properly impacts on skin health. Lack of vitamin B and zinc worsens the condition, which also responds adversely to stress.

- Avoid meat and dairy products as far as possible. Coffee and alcohol are also not helpful as they stress the liver.
- Take **Cynara** and **Dandelion** to support the liver.
- Use a **vitamin B complex** and **zinc supplement** if you think you are deficient in these nutrients.
- Take **Avena sativa** if you are stressed.
- Use **Neem Oil** topically.

Dermatitis

Areas of irritated, inflamed skin. Includes mystery rashes and reddened patches that may spread over large areas. There are many causes—allergies, stress, and nutritional deficiencies.

- Use **Nettle tincture** internally to reduce the production of inflammatory chemicals, which worsen any skin ailment and general dermatitis.
- Take a **vitamin B complex** and use **Avena sativa** to address stress.
- Apply **Neem Cream** to the skin for its soothing action.

Herbs
to use
for skin
problems

Healthy cooking can taste great!



Stir Fry

1 Medium onion
300g approx. Tofu
70g Mange tout
70g Green beans or broccoli
70g Baby corn
1 tblsp Olive oil
1½ dsps **Kelpamare**

Peel and finely chop onion. Sauté with olive oil in large frying pan or wok until soft. Chop 300g of tofu into small cubes. Add tofu to onions. Add **Kelpamare** and sauté gently for a few minutes. Add vegetables and fry until vegetables are to your liking. If you want to add dry herbs or spices to stir-fry add when the onions are just starting to cook. If you want to add fresh herbs add with vegetables. Serve with crusty bread, corn bread or any grain such as rice, couscous, millet, quinoa or buckwheat. Garnish with a small handful of **BioSnackymung bean shoots**.

Herbamare Spicy Dip

250g Quark
180g Soured cream with a little freshly crushed garlic
1 Bundle chives, finely chopped

Mix all the ingredients together. Season with **Herbamare Spicy** according to taste.



Bambu Chocolate Walnut Roulade

4 Egg Whites
8oz Castor Sugar
1 tsp Cornflour
Double Cream, whipped
1pk, small Walnuts or Pecans
1 heaped tsp **Bambu**
Hot Chocolate Powder for dusting

Whip egg whites with 4oz sugar till stiff. Fold in the remaining sugar, cornflour and **Bambu**. Place on a

flat tray with greaseproof paper which has been sprinkled with chocolate. Bake at No. 7 or 250°C/ 425°F for 8 to 10 minutes. Turn out immediately on to another sheet of sprinkled greaseproof paper, cool and then fill with cream and chopped nuts. Set for 10 minutes in the fridge, then unwrap and slice with a knife dipped in boiling water. Serve in a pool of cream.

A.Vogel
Bambu[®]
Tasty coffee alternative

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



Prostate Problems?

Did you know that there is a herbal remedy available to help **men** with bladder symptoms of an **enlarged prostate** such as **frequent urination**, weak stream and having to **get up at night** for the toilet?

FREE Prostate Symptom Check online
avogel.co.uk/prostate-check



Prostasan® Saw Palmetto capsules

A traditional herbal medicinal product used for the relief of lower urinary tract symptoms in men who have a confirmed diagnosis of benign prostatic hypertrophy (BPH), based on traditional use only. Always read the leaflet.

A.Vogel Healthy News Magazine is brought to you in association with:

A.Vogel herbal remedies from Bioforce are available in Ireland from Healthfood stores and Pharmacies nationwide. For more information visit www.avogel.ie or call 1 890 930 070.

