

Healthy News

KEEP WELL
THIS SUMMER

Easing the Sneezing

Hayfever under control

Enlarged Prostate

Find out how Saw palmetto can help

Good gut feeling

Gentle daily cleansing to promote good gut health

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.

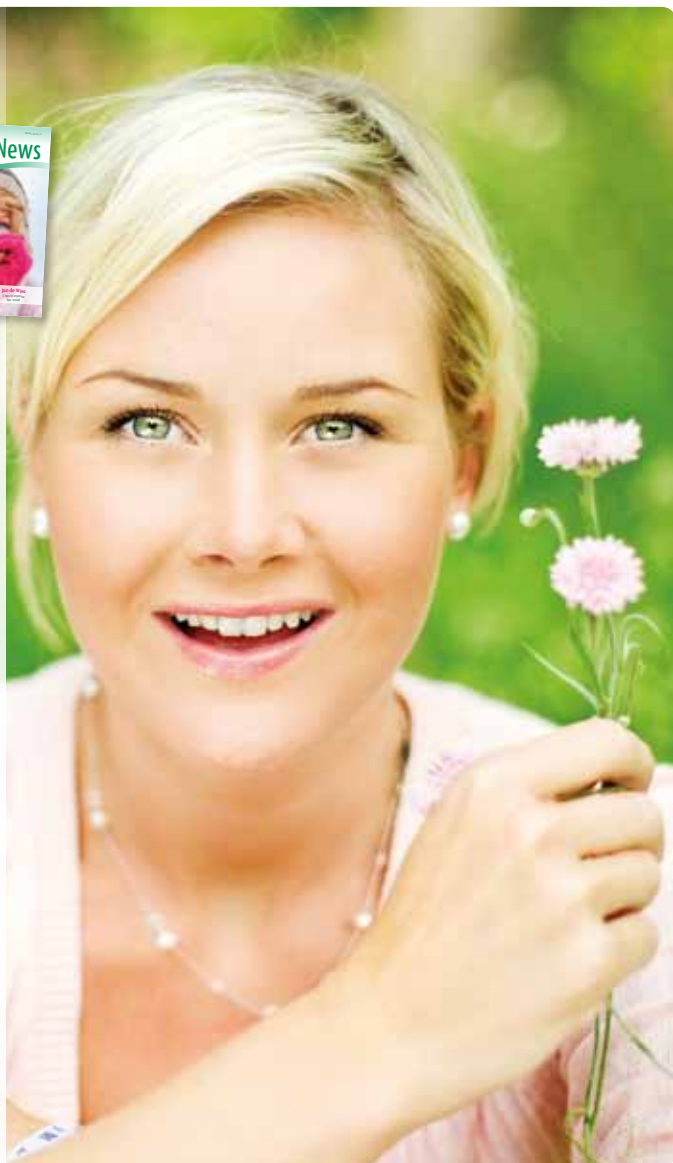


This issue we look at a range of topics, such as joint pain, prostate problems, dental care and sleep and Jan de Vries gives an insight into Flower Essences.

We are also featuring a perennial favourite with a new look, Molkosan concentrated whey. Alfred Vogel was a great fan of whey and helped create this stable version of the popular drink.

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

Catherine



Editor: Catherine Lang

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

Reg. Code: 2282

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.

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.

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 ^[1]. 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%^[2].

[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.

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* tablets are used for the relief of symptoms associated with varicose veins, such as tired heavy legs, pain, cramps and swelling, based on long-standing traditional use as a herbal 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 are used to relieve the symptoms of the common cold and influenza type infections, based on long-standing traditional use as a herbal remedy.

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.

Healthy Hair

Natural 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

READER OFFER



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

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.



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.

Molkosan 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

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.



“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.



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.

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

