



NEWSLETTER - FEBRUARY 2010

Dear friends,

Welcome to our January edition of our Apotheca Clinic Newsletter. We are pleased to report that the clinic has been a hub of activity this month and that our team is expanding. From next week, our choice of therapy will include OSTEOPATHY and COLONIC HYDROTHERAPY as we welcome fully qualified and experienced Katy Austin and Janine Mayatt on our team.

Please read on for :

- Stress tips
- Information of Detox
- The latest news about the European directive on traditional herbal medicinal products
- And our latest special offers!

STRESS RELIEF TIPS *by Florence Parot, our Sophrologist & Health Life Coach*

If you are feeling stressed at the end of a working day, here are a few Sophrology tips you may find useful:

- Several times a day, for a few seconds, close your eyes, unclench your jaw, relax your shoulders (let them « drop » to the floor) and breathe out loudly;
- When you get back home, sit down for a few minutes and « see » yourself leaving work and closing the door behind you, gently but firmly! Then concentrate on how you are sitting down at home, your feet on the floor and breathe gently. Rub your hands briskly, open your eyes and go on with the rest of your day;
- As often as you can, think about breathing as fully and calmly as you can, even for just a few seconds.

DETOX – URBAN MYTH OR FACT *by our Nutritional Therapist Victoria Shorland*

Most of us feel January is always a good time to get into shape and lose a few of those excess pounds you might have gained over the holiday period. Over indulging over the festive period causes toxins to build up in your body which can lead to you feeling under the weather, run down and more susceptible to colds and flu.

Toxic overload is a grim reality in today's polluted world. Pollution, stress, food and environmental factors can leave your liver, kidneys, lungs, colon and other important systems of elimination exhausted from the battle to restore and maintain balance and harmony within the body.

An over-consumption of 'bad' fats and red meat, combined with a low intake of fibre and high acid foods, will severely reduce the body's ability to properly absorb nutrients and eliminate toxins. By cutting down on red meats and fats, increasing your fruit and vegetable intake and using vitamins, essential fatty acids and effective herbs each day, you can detox your body to restore vitality, enhance weight loss and improve mood.

Reasons for a Detox ?

- To help clear the system of medications which may have been stopped.
- To enable the bowel to function more freely.
- To alleviate bloatedness.
- Allow effective nutrients the best opportunity to work.
- Help prevent feelings of sluggishness, fuzzy head and headaches.
- Lose excessive water retention.
- Lower Blood Pressure.
- Improve skin conditions.
- Contribute to reducing cellulite.
- Increases fibre intake so bowels improve.

What about starting a Detox ?

- Never leap straight into a detox.
- Your body has to be ready to eliminate any toxins released, eg. The colon.
- Eat simple foods such as rice, broccoli and chicken for three days prior to commencing.
- Ensure you drink plenty of water 1.5 – 2 litres, regularly, before and during your detox.

When is a Detox not appropriate ?

- Never detox when you are constipated.
- Never detox if you have a cold or flu like symptoms, wait for them to pass and allow your immune system to recover.
- If you are diabetic and/or epileptic check with your healthcare professional to ensure they feel it is appropriate.
- Never attempt a detox immediately after surgery or convalescence.
- If you are pregnant or have a medical condition always check with your GP or healthcare professional.

SOME DO'S AND DONT'S TO PREVENT THE NEED FOR A DETOX

- Plenty of fibre in your diet will help keep the digestive system cleansed and flowing effectively. Brown rice, whole-wheat bread and vegetables are good sources of this.
- A slow release of energy from foods which are low on the glycaemic index will ensure you don't get over hungry, which may tempt you to make poor food choices.
- Keep away from the quick hit foods, such as biscuits, chocolates, pastries.
- They give you quick energy boost, but it doesn't sustain you. Hunger and fatigue are likely to follow, again encouraging you to reach for another fix.
- Low fat sources of protein provide the building blocks for repair, making enzymes, hormones and anti-bodies. Remember pulses, nuts and seeds also contain some protein.
- Anti-oxidants are foods which neutralise the effects of free radicals. Free radicals are rampant chemicals, with a destructive nature. Diets rich in anti-oxidant foods have been shown to protect against cancer, heart disease, delays ageing, and prevents cataracts. Fruit, vegetables, seeds, nuts, oils, whole grains, beans and lentils all contain these super-nutrients.
- Drink plenty of fluids; this can include water, fruit juice, herbal and fruit teas. If your urine is golden coloured it is a sign that you are low in fluid. Your urine should be virtually clear with no strong smell.

CELLULITE - FACT AND FICTION – 97% OF WOMEN HAVE IT !

There can be confusion about Cellulite The market has been flooded with miracle creams, lotions and potions, The surgical intervention industry is booming and has profited greatly by our desire to be free of it, and to provide the 'quick fix'.

The facts:

1. Women's fat cells (lobules) are larger and more rectangular than men's. They do not sit in a uniform pattern, so appear to bulge at the surface of the skin. This gives the 'orange peel' appearance we have become aware of.
2. Women's fat cells sit closer to the surface of the skin whereas men have fat cells which sit a little deeper.
3. Poor eating habits will contribute significantly to the amount of cellulite, as toxins are stored in fat cells.
4. Crash diets do not work in fighting and eliminating cellulite. They simply tell the body there is a famine and encourages it to store more fat.
5. Smoking weakens the skins elasticity and reduces circulation to the skin, this allows the cellulite to show more.
6. Diet pills, sleeping pills and diuretics can all lead to cellulite as they disturb the bodies natural waste processes.
7. The contraceptive pill/increases in oestrogen can cause fat cells to enlarge. This can lead to water retention, causing bloating and fullness.
8. Exercise is vital as it stimulates the circulatory system and helps disperse toxins.

Latest news on the April 2011 European directive on traditional herbal medicinal products, *by Medical Herbalist Milena Moore.*

There have been a lot of talk, petitions and speculation about April 2011 and this European directive. Some believe all products will come off the shelves of health food stores. Others believe nothing will happen. Others think that thanks to petitions, the directive could be reversed.

However, I have been to a seminar this week where the Medicines and Healthcare products regulatory Agency actually clarified what is set to happen.

Over-the-counter products containing herbs have had a seven year period to apply for a registration. Those products who haven't applied or obtained this registration can no longer be manufactured or sold in the UK. This means thousands of products will disappear off the shelves. Only 184 registrations have been granted so far and these 184 products will form the only herbal products over-the-counter.

Now, a medicinal product is different to a herbal food or cosmetic product and some over the counter remedies will be lucky enough to be considered as foods or cosmetics and will not be subject to the licensing. This includes most vitamins and minerals, herbal teas, seeds and many more products.

This directive sounds very drastic, however, the public, the practitioners and the shop owners have been poorly informed and therefore, changes will probably not happen overnight.

This European directive means that thousands of people who have been relying on an over-the-counter remedy for their health might no longer be able to purchase it in England. They will only be able to source an alternative product, consult a herbalist or buy the product from a country outside the EU.

If you are concerned about a product you purchase, contact the MHRA to find out more, or the manufacturer or retailer of that product. You can also ask Milena for advice.

This directive will no doubt cause a lot of unrest amongst consumers, manufacturers and retailers. It is by far the biggest change to the industry in decades. However, it is too late to reverse it and I believe our next action is to adapt.

VOUCHER

This voucher enables the bearer to have a full nutritional consultation, usually costing £55.00.

You can be helped with many health problems:

- Increase energy
- Weight Loss
- Diabetes
- Arthritis
- Menopause
- Depression
- IBS
- Asthma
- Coeliac & Crohn's
- High Blood Pressure
- Cholesterol
- And many more

Book your appointment at reception and bring the voucher to your appointment.

Alternatively for an informal chat, please telephone Victoria on 07789512825 or email her at vicci@eattolive.org.uk

SPECIAL OFFERS

SOPHROLOGY

If you feel stressed, have difficulties sleeping, are very tired or anxious or if you would like to start the New Year afresh by adopting a healthier life style and improving your well-being, why not book a consultation with Florence, our Sophrologist and Health Life Coach?

Sophrology is a holistic therapy using relaxation & breathing techniques, concentration, visualisation and simple movements, at the crossroads between Western relaxation techniques and Eastern meditation. It is a healthcare philosophy made of very practical physical and mental exercises aiming at an alert mind in a relaxed body. It is very useful for stress management, energy levels, anxiety, sleep problems, stress-related digestive problems, chronic fatigue syndrome...

In January, you can get a one-hour consultation at half price! (£30 instead of £60)

To book your session, call Florence on 07861 420 059 and bring this page along to secure your special offer.

FREE SESSION (45 minutes – normally worth £40):

We are the first and only clinic in Britain to offer “LA TRAME”, our fantastic new therapy. To celebrate, we would like to offer you a completely FREE SESSION (worth £40).

LA TRAME

“LA TRAME” is a popular type of HEALING in France.

It is a very RELAXING but also UPLIFTING and THERAPEUTIC treatment, which lasts 30-50 minutes. During the treatment, you are lying down, FULLY DRESSED and the therapist only applies LIGHT TOUCH to the chest, abdomen, head, legs and feet.

By working on the information and commands given to your energy flow, this treatment works on your physical, emotional and social well-being.

It is particularly good for people who are STRESSED, anxious, who have little time to relax, who care for others but don't have time for themselves but most people will benefit from the treatment.

BOOK YOUR FREE SESSION TODAY OR CALL MILENA ON 01795 529 005



No gimmicks,
No fads,
No miracle pills,
just the correct advice about nutrition!



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