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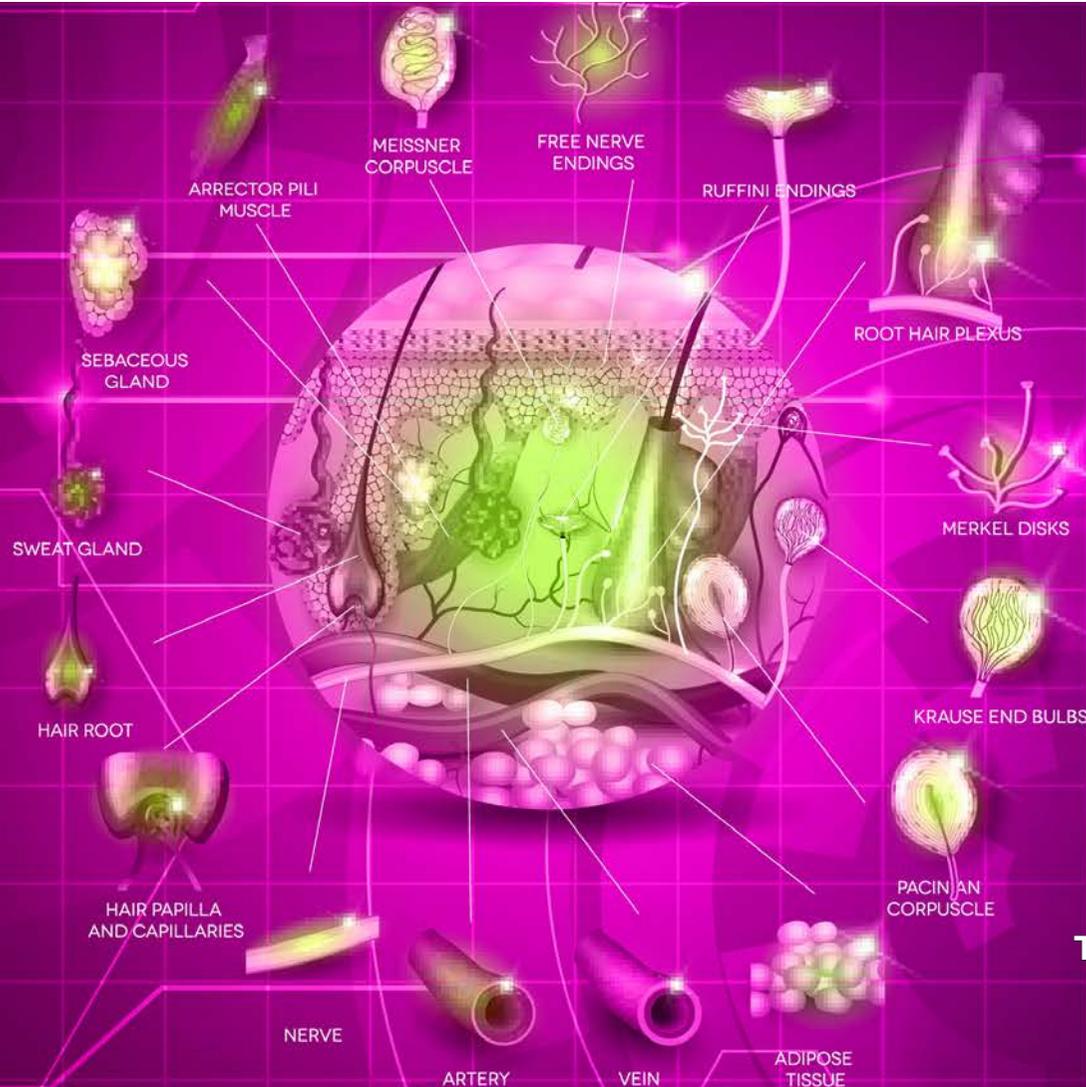
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RESEARCH AND EDUCATION FOR TOMORROW'S PRACTITIONER

JULY/AUGUST 2016

SKIN DEEP

Spotlight on
skin conditions



IN THE EYES

Maintaining eye health

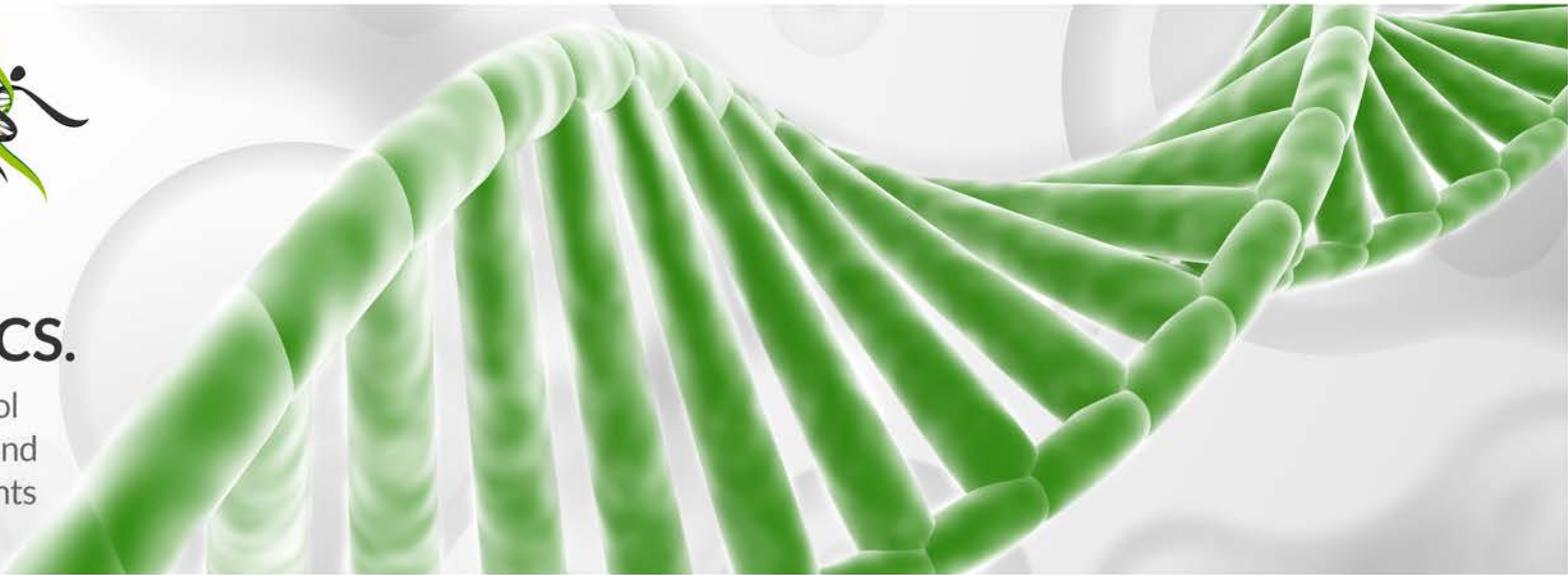
WEIGHTY ISSUES

The protocol to follow when it comes to weight loss



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to make the right nutritional and
lifestyle changes for their clients



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Welcome



As a recent graduate of Nutritional Therapy, or as a current student, you will know that so many conditions can be interlinked, and this is never more so the case than when it comes to skin conditions.

We have seen a rise in the incidence of certain conditions, eczema being just one example, and it is widely accepted that our nutritional status has a lot to do with development of the condition, and how

severe the symptoms are.

And in this issue, we turn the focus on skin conditions, hearing from a selection of leading nutritional and skin experts, who offer their advice on the nutrient and lifestyle connection, and their guidance for how to deal with such cases in clinic. Turn to page 18 for the full story.

Also in this issue we examine matters around weight loss. Often considered a faddy product area, there is plenty of safe advice you can

offer to clients who are looking to lose weight effectively.

As usual, we also have plenty of the regulars we feature each issue; in this edition, we bring you a host of product giveaways, and we have a collection of healthy recipes to promote wellbeing.

And finally, education is at the forefront of your training as a Nutritional Therapist, and don't forget that Target Publishing, which publishes *Nutrition I-Mag*, also organises the popular CAM Conference series of events. There are discounts available for students but the next event in September is close to selling out. Turn to page 16 to find out more.

Rachel

RACHEL SYMONDS, EDITOR

PS Don't forget that we have an active Twitter page (@nutritionimag), so if you want to stay up to date with all the latest developments in the world of nutritional therapy, join the discussion. And you can access an archive of our past issues at www.nutrition-imag.com

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WHO ARE NATURE'S SUNSHINE?

THE HUGHES CENTER FOR RESEARCH AND INNOVATION

Guided by Nature's Sunshine's Chief Scientific Officer, Dr. Matthew Tripp.

The Hughes Center for Research and Innovation brings together experts from scientific and medical fields to pursue discovery and understanding of nutritional supplements.

Equipped with state-of-the-art instrumentation, and combining the skills of accomplished scientists, researchers and medical professionals, The Hughes Center for Research and Innovation creates a unique environment in which to pursue scientific discovery and advancement, and is the hub of Nature's Sunshine's new-product development.

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A GREAT DAY STARTS WITH GREAT NUTRITION



OUR CONTRIBUTORS

Each issue, *Nutrition I-Mag* enjoys contributions from many leading authorities in the nutrition world. This issue, our writers include:



Nelly Bennett

Nelly Bennett is the Skincare Advisor for Mahi Naturals and is passionate about helping to maintain healthy and youthful skin for those of all ages and skin types. She is an experienced Nutritional Therapist who has run her own practice as well as educational workshops. She has worked in the health and natural products industry for over 7 years.



Professor Tito Fernandes

Professor Tito Fernandes has an MSc in Nutrition, a Ph.D. in Agricultural Biochemistry and a Doctorate in Agrarian Sciences. He became a Doctor of Science DSc (Aggregate) in Biotechnology in 1983.



Eli Sarre

Eli Sarre is a Nutritional Therapist specialising in gastrointestinal health and works with Foresight Preconception care, a charity offering fertility support. She is a registered member of The British Association for Applied Nutrition and Nutritional Therapy, and the CNHC. She is the founder of Wildfare Nutrition, a nutrition and marketing agency located in Bristol.



Martina Della Vedova

Martina Della Vedova is an enthusiastic Nutritional Therapist with a strong scientific background. She graduated in Functional Genomics in Italy and obtained a Master Degree in Genetics in Paris. She then developed a passion towards nutrition and qualified as a Nutritional Therapist in London. Martina is a Nutritional Advisor at Nature's Plus UK.



Joanna Maggs

Joanna Maggs is a Naturopathic Biochemist, Psychologist, and Health Advisor. Currently Technical Manager with Good Health Naturally, and Administrator of Good Health Coaching Centres (a virtual and free to use health coach service), she has worked with supplement companies, manufacturers, and individuals worldwide for the past 20 years.



Rhiannon Lambert BSc MSc ANutr

Rhiannon Lambert BSc MSc ANutr is a Registered Nutritionist specialising in weight management, eating disorders and sports nutrition. Having obtained a first class honours degree (BSc) in Nutrition and Health and a Master's degree (MSc) in Obesity and Eating Disorders, Rhiannon has built upon a wealth of knowledge acting as Resident Nutritionist at London's most renowned Harley Street private clinics, fitness boutiques and NHS hospitals.

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News bites

A round-up of the news from the natural health industry.

Brexit action plan by business forum

Following the shock referendum result which will see the UK leave the European Union, a leading business organisation has spoken out to offer its advice for firms.

The Forum of Private Business has published a 10-point plan to turn Brexit into a business opportunity, and has emailed George Osborne, the Chancellor of the Exchequer, Sajid Javid, Secretary of State for Business, and Anna Soubry, Minister of State for Small Business, Industry and Enterprise, with the plan.

Forum Managing Director, Ian Cass, called for clear action from leaders, with a decisive statement from the Government saying who is in charge and what the Government intends to do from now until a new leader is in place.

It also asked for red tape to be reduced, the tax system simplified, and for work to be done to keep and attract the big businesses which operate in the UK. Furthermore, the plan called to reward entrepreneurs and small business owners, cut business rates significantly and reassure workers.

Cass also called for an education system



that delivers well educated and skilled workers into the UK and world economy, and for spending and investment to benefit the whole UK.

Industry has also commented on the news, with Graham Keen, HFMA Executive Director, commenting: "Like most people, I am extremely surprised by this result. And like everyone else, we will now evaluate the implications of this decision

for our members and this industry. I have said all along that we should not expect to see any immediate changes, whatever the outcome, so this should now be a period of calm reflection and not hasty decisions. There will, of course, be some impact on the future development of legislation affecting this industry and the HFMA will as always be there to guide its members in a changing time."

Weleda wellbeing

Weleda is extending its network of Wellbeing Advisors.

The natural health and beauty brand boasts Wellbeing Advisors across the UK, whose job it is to support and promote the brand.

Advisors may already be well-qualified practitioners looking to complement their existing practice. The job is varied, and includes attending events, sampling and giving demonstrations. It is a great opportunity for complementary health practitioners, beauty therapists and nutritionists to work with a global brand.

Jane Hampson, an existing Weleda Wellbeing Advisor, said: "For me, it's the perfect combination of working for a company and being part of a team that is ethical and holds nature at its core, yet also being self-employed and free to choose my hours around my family and clients.

"I have learnt so much since joining as Weleda Wellbeing Advisor from the practical issues of running a business through to biodynamic agriculture, but also about myself as a person and a practitioner."

Find out more by emailing opportunities@weleda.co.uk



Green People gives back

A team from organic skincare experts, Green People, put their best foot forward to raise money for a local cause.

Marketing Manager,

Sue Losson, teamed up with fellow team members, Sophie, Grace, Sarah and Karen to do a 10 mile midnight walk for Chestnut Tree house, starting at midnight.

Taking place in Eastbourne, the night was dry and Green People has since raised more than £2,600 for the cause.

BetterYou secures Informed Sport approval



A natural health brand has secured prestigious certification for elite athletes.

BetterYou MagnesiumOil Original Spray, MagnesiumOil Recovery Spray and MagnesiumOil Joint Spray have all now been certified on the Informed-Sport programme, which provides assurance that products have been tested for substances prohibited in sport.

The development means that the sprays, already used by many sports clubs, including the Bradford Bulls, FC Barcelona and England RFU, could become a big part of the competition regimes for more professional athletes.

Available in 24 countries worldwide, BetterYou MagnesiumOil Original Spray

contains 100 per cent natural ingredients, delivering the most naturally pure source of Zechstein Inside magnesium chloride. Ten sprays deliver a minimum of 150mg of optimally absorbable elemental magnesium.

MagnesiumOil Recovery Spray combines magnesium with camphor, black pepper and lemon oils to aid training and speed recovery, while MagnesiumOil Joint Spray combines essential magnesium enhanced with glucosamine for direct muscle and joint application with the cooling and calming effect of menthol and wintergreen.

Andrew Thomas, Founder and Managing Director at BetterYou, said: "Elite athletes have long been passionate advocates of the power of our magnesium products, so this accreditation is vital in terms of giving them the quality stamp of approval.

"Even a small shortfall in magnesium intake can seriously impair athletic performance. This trio of BetterYou MagnesiumOil Sprays, which are absorbed

through the skin, are an effective way of getting large quantities of magnesium into the body, without experiencing the laxative effect, which is often experienced with high dosage oral supplementation."

Terence O'Rorke, Director of Business Development at LGC, which owns Informed-Sport, added: "The Informed-Sport programme was developed in collaboration with UK Anti-Doping to provide the most robust level of quality assurance so that athletes could be protected from the risks associated with contamination. There are more than 420 products registered on the Informed-Sport programme and we are delighted BetterYou has made the considerable commitment to having every batch of their products tested.

"Informed-Sport is the only globally-recognised testing programme for the sports nutrition industry and the BetterYou customers now know that every batch of the registered products has been tested at LGC's renowned anti-doping laboratory in the UK."

Cambridge Commodities secures prestigious ranking

Ingredient supplier, Cambridge Commodities, has been listed in the seventh annual *Sunday Times* HSBC International Track 200

The company has been ranked 61st in the league table, which ranks Britain's mid-market private companies with the fastest-growing international sales, measured over the latest two years of available accounts.

Thanks to its fast growth in the European market, this is the second consecutive year that Cambridge Commodities has been included.

The business has seen rapid growth in recent years, with annual turnover increasing from £30m in 2014, to £37m in 2015. Furthermore, European sales have grown from €300,000 in 2011 to an impressive €7m last year.

Elouan Morel, European Sales Manager, said: "What another brilliant result! Europe, with its half a billion population, remains a great opportunity for CCL to grow. Well done to the sales team and all departments within CCL for their support. The future looks bright, with quality, service and innovation driving us forward into the next stage of growth."

HFMA responds to report questioning supplement claims

A *Which?* report questioning claims made by supplement manufacturers has provoked a response from the Health Food Manufacturers' Association (HFMA).

The magazine's report found that claims made by some products are not backed up by robust scientific evidence, and included what it said was no convincing evidence linking supplement ingredients, such as ginkgo biloba, vitamin B and D, and fish oil to prevent or reduce the risk of dementia.

Alex Neill, *Which?* Director of Policy and Campaigns, said: "For people worried about dementia, our advice is you don't need to spend time and money on expensive supplements or products, like online tests or apps. There are many alternative sources of free, independent information and advice that can help you to understand your options and next steps."

However, the HFMA said in a statement: "This report by *Which?* magazine confuses those claims which can be made and those that cannot,

and does not adequately distinguish between products and their specific, regulated ingredients. It also fails to reflect the huge body of positive evidence showing the importance of omega 3s for example in protecting cognitive function.

"It is well-known and very clear that claims such as 'prevent dementia' are illegal. Equally, it is the case that the EU regulators have fully authorised a number of claims in regard to brain function for a range of particular nutrients, such as iron, zinc, vitamins B12 and B6. It is entirely permissible, and without misleading consumers, for products to include ingredients authorised in relation to brain claims alongside other ingredients that deliver other benefits."

The statement continued: "The UK food supplement industry operates in one of the toughest regulatory environments in the world for product quality, efficacy and communication, and all food supplements must be labelled in compliance with these regulations."

In Research

Nutrition I-Mag rounds up the latest research studies in the nutrition world.

Enzyme and energy production



New research has concluded that exercise and fasting do not change the location of a key enzyme involved in energy production.

Researchers writing in the journal, *Experimental Physiology*, focused on SIRT3, an important enzyme involved in fat metabolism and energy production. Located within the mitochondria of human skeletal muscle, it acts by targeting certain proteins and altering their activity. The researchers explained how learning more about the enzymes located in the mitochondria, their movements, and purpose in relation to the entire cell is essential to appreciate how cellular functions can influence the body's wellbeing.

To determine if SIRT3's location within muscle cells changes, healthy young men were split into two groups, with one being subjected to endurance exercise for an hour and the other fasting for 48 hours. The researchers then took skeletal muscle biopsies at

various time points post exercise and fasting and isolated the mitochondria. They found that, although the level of SIRT3 mRNA in cells decreases, its location does not change, suggesting that its activity is not regulated by changes in its abundance within mitochondria in human skeletal muscle.

Dr Brendon Gurd, Associate Professor of Muscle Physiology at Queen's University, Ontario, Canada, lead investigator of the study, explained: "Skeletal muscle cells respond to stimuli by activating many mitochondrial proteins in an attempt to meet the energy demands of the cell. Proteins can be regulated by controlling their access to certain areas of the cell, so we hypothesized that SIRT3 might travel to the mitochondria in response to exercise and fasting.

"The family of sirtuins that SIRT3 belongs to are proposed to regulate longevity and metabolic health, however, most of the data to support this comes from research in cells and animals. Whether these proteins play a role in ageing and health in humans needs to be confirmed, and more research is necessary to understand how sirtuins themselves are regulated in humans. Our study is one of the first to investigate how SIRT3 is regulated in humans, and understanding the mechanisms that might control SIRT3 activity is not only important at the basic science level, but may be crucial for future studies that try and target the activity of this protein in an attempt to combat various metabolic diseases in humans."

Review indicates low omega 3 intakes

Most adults have too low an intake of omega 3, a new review has found.

DSM Nutritional Products has co-authored a new structured review, published in *Progress in Lipid Research*, which has concluded that adults in most regions of the world have a low to very low status of omega 3 polyunsaturated fatty acids (PUFAs), particularly eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

The paper analysed 298 studies to create a global map showing the levels of EPA and DHA in the bloodstreams of healthy adults across the world, identifying which regions are more at risk of chronic illness.

Regions classified as having very low EPA and DHA blood levels (lower than four per cent) included North, South and Central America, Central and Southern Europe, the Middle East, Southeast Asia and Africa. The Sea of Japan, Scandinavia and regions with indigenous populations or populations who have not adopted Westernised food habits were classified as having high status of EPA and DHA (more than eight per cent).

"As stated by the World Health Organization, chronic disease is estimated to be the cause of death of approximately 38 million people worldwide every year," commented Dr Manfred Eggersdorfer, Senior Vice President, Nutrition Science and Advocacy at DSM and Professor of Healthy Ageing at the University Medical Center Groningen. "PUFAs, and EPA and DHA, in particular, have long been associated with decreased risk of cardiovascular mortality and cognitive decline. The conclusions of this paper highlight that a significant proportion of the population are at increased risk of chronic disease due to low omega 3 PUFA status."

Dr Norman Salem, Jr., Senior Science Fellow, Nutritional Lipids at DSM, added: "In the past, we have been limited by the absence of the comprehensive analysis of data that is now available to us. By developing the global map, we can better understand the current levels of omega 3 PUFAs in the blood of healthy adults worldwide. The findings can then be used when developing both national and global guidelines regarding omega 3 intake.

"New recommendations will not only give the general population guidance on adequate PUFA intake, but also highlight the risks of low levels of bloodstream EPA and DHA."



Vitamin D levels inadequate, even during summer, research finds

Supplementation of vitamin D in adolescents, even during the summer, may be required, a new study has concluded.

A recent study published in *The Journal of Clinical Endocrinology & Metabolism* has revealed

that youngsters aged 12-15 in the UK do not get enough sunlight to receive healthy amounts of vitamin D. More than one quarter of the adolescents in the study had inadequate vitamin D levels, even during summer, the period when participants spent the most time outdoors.

Dr Mark Farrar, from the Centre for Dermatology, Institute of Inflammation and Repair, University of Manchester, said: "Current UK national guidance on vitamin D acquisition assumes those aged four to 64 years gain their vitamin D requirements from sunlight alone, thus there is no recommended nutrient intake. As UK current sun exposure patterns do not provide an adequate source of vitamin D, amendments are required to recommendations on vitamin D acquisition in this age group. Oral vitamin D supplements may be beneficial during this critical time for bone development."

Andrew Thomas, founder and Managing Director at BetterYou, which has pioneered the use of oral vitamin D, added: "Our modern indoor lifestyles, processed foods and the widespread use of sun creams in the Northern Hemisphere are resulting in a dramatic rise in vitamin D deficiency. We've been waiting a long time for the SACN report to be published as the Government's current advice is that only at-risk groups should take a daily vitamin D supplement, yet due to the lack of sunshine in the UK and cloudy conditions, more and more of us are depleted in this essential mineral which can lead to numerous health risks."

Study reveals liquid bacteria reduces diverticular symptoms

Researchers have discovered that a live liquid bacteria supplement can improve symptoms in those suffering with moderate to severe diverticular disease.

Professor Ingvar Bjarnason, Consultant Gastroenterologist, along with Dr Savvas Papagrigroriadis, Consultant Colorectal Surgeon, completed a randomized, double-blind, placebo-controlled trial at King's College Hospital, in London, which focused on patients with post diverticulitis IBS-like symptoms, examining the effect of a daily dose of Symprove.

Patients were randomised to receive Symprove orally once a day before breakfast or matched placebo.

Treatment took place over three months and a total of 120 patients completed the trial.

The trial assessed Symprove's ability to reduce a number of abdominal symptoms in patients with chronic symptomatic diverticular disease. The severity of abdominal pain experienced was measured longitudinally through the study, along with changes in the frequency of abdominal pain, dysuria, PR bleeding, bloating, constipation, diarrhoea, mucorrhoea, back pain, and vaginal discharge.

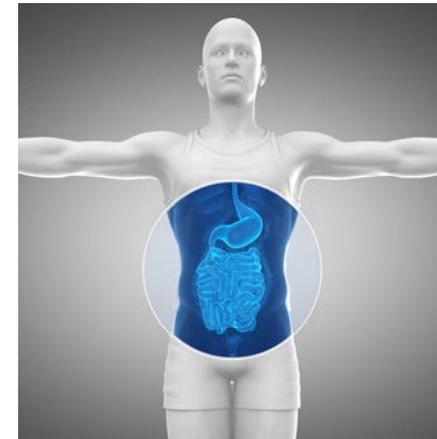
Significant results were achieved in the latter five.

Researchers concluded that Symprove significantly improved the frequency of five key symptoms associated with chronic diverticular disease, not least bowel habits that are often a major issue for these patients. Symprove was

also shown to prevent an escalation in inflammatory activity in males.

It was described as "a useful adjunct to the management of patients where there are no proven effective treatments".

Professor Bjarnason commented: "These are exciting and significant results as up to now there has been no proven effective treatment for patients."



The latest study follows a concurrent trial at King's College Hospital focusing on patients with clinically stable inflammatory bowel disease (IBD), also examining the effect of a daily course of Symprove. The IBD study found significant reductions in calprotectin, a surrogate marker of intestinal inflammation. A further study is now underway at King's College Hospital examining the possible effect of Symprove to prevent clinical relapse of disease in patients with ulcerative colitis.

New to market

Nutrition I-Mag brings you the latest product developments in the world of health and nutrition.

LIQUID HEALTH



Abundance and Health has added two new additions to its Altrient range of liquid health products.

The GMO, gluten and sugar free liposomal supplements are designed to provide numerous health benefits, including enhanced energy, improved immunity, and anti-ageing and antioxidant properties.

New to the range is Altrient GSH which features setria glutathione, a clinically proven ingredient and the highest quality liposomal glutathione on the market, scientifically proven to increase the body's GSH stores of glutathione by 30-35 per cent over a six-month period.

GSH (glutathione sulfhydryl) is used by every cell in the body to help maintain the health of the heart, brain, eyes, liver, kidneys, pancreas, and joints. However, this antioxidant naturally diminishes as we age. A drop in GSH levels is also attributed to high levels of physical and emotional stress, pathogens, toxins and free radicals.

Also new to the range is Altrient R-ALA; R-Alpha Lipoic Acid is required by nearly every tissue in the body and is vital for enhanced health and wellbeing, as well as helping to promote, maintain and support cellular energy production, and protect the body against major diseases. Altrient R-ALA is the first and only liposomal form of reduced alpha lipoic acid in the world, which is capable of boosting the natural levels of GSH in our body, as well as recycling other antioxidants, such as vitamin C and E.

ORGANIC ADDITIONS FOR SUPERFOOD BRAND



New pack sizes have been created by Alchemy Organic Super Blends.

The nutrient dense range of vegan plant proteins and superfoods are blended and packaged into one convenient pouch, providing the ideal one stop superfood solution to nourishing our bodies. They have just launched in smaller 'voyager' packs.

The range consists of four blends; Morning Elixir for a natural nutrient boost and a meal replacement to help aid weight loss, Energy Elixir for energy and stress related fatigue, Sport Elixir for alkalising sports recovery and repair, and Beauty Elixir for beauty from within.

Each one has been blended by Nutritionist and co-founder, Karen Newby and are approved organic by the Soil Association, Vegan Society and Vegetarian Society. All products are free from added fillers, flavours, preservatives, sugar and stevia.

A NEW ERA FOR RELIEF



The latest innovation from the New Era range is a product targeted at relief from menstrual symptoms.

The brand, distributed in the UK by Power Health, has created New Era Combination N with Biotin, which contains finely ground tiny particles of selected cell salts in easy to take, 'dissolve on the tongue' tablets.

The fast melt tablets contain a combination of calcium phosphate (helps blood vessels to regulate the flow of blood in your body, assists in the contraction of your muscles, aids in communication between nerve cells, and contributes to blood clotting), potassium chloride (potassium helps with diarrhoea, vomiting, malabsorption, malnutrition and excessive sweating) and potassium phosphate, a nerve nutrient, so it's helpful for the brain and nervous system, such as anxiety, stress, depression, insomnia, tension headaches and nervousness. It also contains magnesium phosphate and biotin to support their absorption and effectiveness.

SUSTAINABILITY FOCUS FOR NEW OMEGA 3 RANGE

A new sustainable omega 3 fish oil has been introduced to the UK market.

Wiley's Finest Wild Alaskan Fish Oils are premium supplements containing natural omega 3s EPA and DHA, and, as a brand, guarantees sustainability.

Wiley's refuses to use the same source of omega 3s than other brands, and is a global leader in Marine Stewardship Council (MSC)-certified omega 3 supplements, with the most extensive line of products that bear the MSC ecolabel of any brand worldwide.

The products are manufactured in the company's own family owned and operated facilities, with the products available in a choice of soft gel capsules or liquid. They can be found in four variants, Easy Swallow Minis, Peak EPA, Peak Omega-3 Liquid and Orange Burst, which is naturally flavoured, retaining the naturally occurring astaxanthin, omega 7 and vitamins A and D.



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Food supplements should not be used instead
of a varied balanced diet and a healthy lifestyle.

BANT News

The latest developments from the leading professional body for Registered Nutritional Therapists, BANT.

FIRST BANT REGIONAL BRANCH EVENT HELD IN SCOTLAND

The first BANT Regional Branch event took place amidst much anticipation recently in Edinburgh.

The Scotland Regional Branch hosted The Power of Nutrition and it was a huge success, with the turnout of BANT members and non-members exceeding expectations. The event was an excellent opportunity to bring expert speakers together to present interesting and current topics within the field of nutrition.

The day kicked off with Miguel Toribio-Mateas, Chair of Council for BANT, hosting the event and welcoming attendees and informing about the latest BANT news. Miguel then took the audience through an in-depth tour of healthy ageing. Caloric restriction was a big focus and he explained the biochemical pathways behind the reasoning. He backed this up with fantastic, accessible research. He also talked about other nutrients involved, resveratrol, polyphenols, coffee and chocolate, to name a few. He touched on genetics and this segued into Anne Pemberton's clear and concise overview of nutrigenomics, detailing the various tests and how to apply them in clinical practice. Anne also shared some case studies to bring the topic to life.

The day concluded with Monica Wilde, Director of Napiers and seaweed expert, speaking about the effects of seaweed on health, in particular, thyroid and fertility.

The atmosphere on the day was fabulous and everyone felt

the community spirit of nutrition. The event was an excellent opportunity for BANT members in Scotland to meet each other, listen to high quality speakers locally and gain CPD. It was also encouraging to see non-members of BANT at the event who were interested in learning about these fascinating subjects and connecting with other practitioners in the healthcare field.

We would like to thank Cytoplan and MyDNAHealth for sponsoring the event and providing the fabulous goody bags.

BANT NUTRITION KNOWLEDGE BASE

The first prototype of the Nutrition Evidence database has already been developed and is currently in its initial testing phase.

The team continues to work very closely with the developers to ensure the database is an excellent product for our members.

BANT has recruited seven keen and highly skilled volunteers, who will directly shape the Nutrition Evidence database by indexing relevant high quality papers for inclusion. Volunteer training is due to commence in July 2016.

LAUNCHING THE 2016 BANT MEMBER SURVEY

The 2016 Member Survey is being launched on July 19, and will only take 10 minutes to have your say and help direct your professional body in delivering you the membership you need.

Last year, as a result of what you said, we:

- Launched our Regional Branch Meeting Initiative.
 - Recruited additional volunteers and six managers to help us deliver our strategic objectives.
 - Commenced the review of the GP Engagement Project.
 - Revamped the student section of the BANT website.
 - Focused on additional discounted conferences and seminars.
 - Commenced development of an Evidence Knowledge Base, which will help set, embed and communicate the standards practice of NT, support an increase in positive awareness by other healthcare stakeholders, support the GP Engagement project, support further engagement with regulators and establishes BANT as the gold standard professional body.
- Watch out for the eblast on July 19 giving you the link to the BANT 2016 Member Survey. Complete the survey and not only will you be helping direct your professional body in 2017 but you could also win yourself some Amazon vouchers.



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Feeding the brain: Dr Bredesen heads up September's CAM Conference

Have you booked your place at the forthcoming CAM Conference?

Taking place on September 10, the penultimate CAM Conference of 2016, in collaboration with BANT, is already close to selling out.

The conference, Feeding the brain: Nutrition for bullet-proof neuroimmunity, will welcome internationally recognised expert in neurodegenerative diseases, Dr Dale Bredesen, as keynote speaker.

Dr Bredesen, who will speak alongside neuroscience experts Miguel Toribio-Mateas and Dr Francisco Molina-Holgado, recently announced that he will discuss the first effective treatment for Alzheimer's and MCI at September's conference, taking place at the Cavendish Conference Centre in London.

In his synopsis, Dr Bredesen explained: "Alzheimer's disease affects over five million Americans and 30 million people globally, and led to the passage of the National Alzheimer's Project Act (NAPA) in 2011. Unfortunately, there has been no truly effective treatment for Alzheimer's disease; thus, there is an urgent need for effective treatment for AD and its precursor, MCI (mild cognitive impairment)."

He continued: "In research into the fundamental mechanisms underlying neurodegeneration, we identified a 'plasticity network' that involves over 40 members, and which is chronically imbalanced in Alzheimer's disease. Analogous to the imbalance in osteoblastic versus osteoclastic signalling that occurs in osteoporosis, the critical mediators of synaptoblastic versus synaptoclastic signalling – literally, of memory formation and maintenance versus forgetting and synaptic reorganisation – are affected in AD and MCI.

"Therefore, instead of treating cognitive decline with a pill, we took a personalised programmatic approach, addressing all

of the identified signalling and structural components of the network. Using this approach, we have observed unprecedented improvements in both subjective and objective measures of cognition in patients with early Alzheimer's disease and its precursors, SCI (subjective cognitive impairment) and MCI (Bredesen, Aging 2014; Bredesen, submitted for publication)."

DR FRANCISCO MOLINA-HOLGADO



Dr Francisco Molina-Holgado

Dr Bredesen's keynote presentation will follow Dr Francisco Molina-Holgado, head of the Biomedical Science programme at the University of Roehampton in London. Dr Molina-Holgado, who is a molecular and cellular neuroscientist working in the field of neural stem cell biology, epigenetics and brain repair will present 'Crosstalk between endocannabinoid signalling and the immune system in brain repair'.

In his synopsis, Dr Molina-Holgado said: "It has long been accepted that our brains are incapable of regeneration. From birth, neurodegeneration is a long, downward process towards senility. Yet recent studies have established that adult mammalian brains maintain some discrete regions of neurogenesis, with the capacity to generate functional neurons, but the mechanisms of actions are still poorly understood. Thus, the endocannabinoid system, which has neuroprotective and immunomodulatory actions mediated by different signalling cascades in the brain could assist the process of proliferation and differentiation of embryonic or adult neural stem cells."

Dr Molina-Holgado's presentation will discuss the latest advances in the field of cannabinoid signalling and brain



repair. In addition, he will explore the potential of the brain endocannabinoid system as a valid pharmacological target for brain repair in neurodegeneration.

Joining Dr Bredesen and Dr Molina-Holgado is BANT chairman and leading lecturer, author and researcher, Miguel Toribio-Mateas. Miguel will present on the theme Keeping the brain young: Using the Mediterranean diet as a naturally occurring model for neuroprotection.

This CAM Conference in collaboration with BANT is already almost sold out, so we recommend booking as soon as possible. Standard tickets are priced at £92 including VAT, with substantial discounts available for students, members of associations and those booking more than one event at one time. Guarantee your place today at www.camconferences.co.uk or telephone 01279 810080.

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WEIGHT LOSS PROTOCOLS



Nutritional experts offer their insights at helping client manage healthy and sustainable weight loss.





We live in a country where obesity levels are on the rise. Results from Public Health England for 2014 showed that 61.7 per cent of adults were overweight or obese, with a substantial proportion of obese adults having a body mass index (BMI) of well over 30. What's particularly worrying is by 2050, obesity is predicted to affect 60 per cent of adult men, 50 per cent of adult women and 25 per cent of children (Foresight 2007).

In England, the prevalence of obesity among adults rose from 14.9 per cent to 25.6 per cent in just 11 years. The prevalence of overweight has remained broadly stable during this period at 36–39 per cent.

And the global picture is just as concerning; according to the World Health Organization, worldwide obesity has more than doubled since 1980 and in 2014, more than 1.9bn adults were overweight. Of these, over 600m were obese. Furthermore, most of the world's population live in countries where overweight and obesity kills more people than underweight.

Yet obesity is preventable.

RICK FACTORS

Being overweight or obese clearly has a far greater impact than just on our waistline. The long-term health impact is huge.

Dr David Mantle FRSC FRCPath is Medical Adviser at Pharma Nord (UK) and commented: "Being overweight or obese is a risk factor for a number of other medical conditions, including increased risk of developing cardiovascular disease (hypertension, heart disease, stroke), diabetes, certain types of cancers (including breast and colon), osteoarthritis, breathing disorders, such as sleep apnoea, and non-alcoholic fatty liver disease."

Martina Della Vedova, Nutritional Advisor For

Nature's Plus UK, added: "Obesity confers risks for multiple serious conditions. On a national health website (www.nhs.uk), we can read that obesity can cause type 2 diabetes, coronary heart disease, stroke and some kinds of cancer. T Deng et al, in Annual Review of Pathology, describe very well how obesity creates the necessary inflammatory picture for cancer to develop¹⁸.

"According to the NHS website¹⁹, obesity can lead also to complications such as breathlessness, increased sweating, snoring, high blood pressure, high cholesterol, joint and back pain, osteoarthritis, depression, lack of energy, respiratory issues, liver disease, kidney disease, asthma, metabolic syndrome, reduced fertility, pre-eclampsia and most of all reduces life expectancy."

"If weight is lost too quickly, muscle tissue tends to be lost rather than fat, reducing the body's metabolic capacity; in addition there may be adverse effects on general health."

In terms of demographics, are certain people susceptible to being overweight or obese than others?

"Although being overweight or obese can affect any age group, the prevalence is linked to increasing age, with middle-aged and retirement-aged individuals constituting the most at-risk groups. There are also socio-economic factors, linked to poor diet and other lifestyle factors, which affect the likelihood of being overweight or obese," Dr Mantle reported.

CONTRIBUTORY FACTORS

Clearly people become overweight or obese by

consuming too many calories, but it's interesting to note that the experts point to a number of factors that can contribute to weight gain.

"There are many reasons why people put on weight or struggle to lose any. In the majority of cases, the answer is a combination of different factors; eating too much in combination with a sedentary lifestyle is a very simple, overlooked but yet very powerful combination of habits that won't help shifting weight," Della Vedova explained. "Exercise has a big impact on our metabolism speed¹, blood sugar balance^{2,3} hormonal balance², and mood^{4,5}. By acting on all these biochemical processes, exercise can support and promote a healthy body weight.

"It is not just a matter of how much food but also what kind of food we consume. The regular consumption of processed foods in teens and adults can lead to overeating and weight gain⁶⁻¹¹. Choosing fresh and good quality foods over pre cooked and poor quality ones can really make a difference to our health in the long run."

She continued: "Relying on high carbohydrate diets is another habit we need to look at. The British Association for Applied Nutrition and Nutritional Therapy (BANT) shows on its website how a healthy plate should look; vegetables, whole grains, good protein sources and some fruit. Keeping balance among different food groups is essential not to lose control on our weight¹². Protein and fibre, for example, are excellent contributors to healthy blood sugar control and carbohydrate metabolism. It is important to mention that fizzy drinks are listed on the NHS website as a target for obesity prevention since their sugar content is very high. Like refined and processed foods, sugary beverages are high in rapidly-digested carbohydrate. Research suggests that when that carbohydrate is delivered in liquid form, rather than





solid form, it is not as satiating¹³.”

Dr Mantle continued: “People with a controlled calorie intake may put on weight because of a lack of exercise; this may apply particularly to older individuals. As people age, they tend to suffer a gradual loss of skeletal muscle (sarcopenia), which reduces the capability to exercise and capacity for calorie burning.

“Weight gain may also result from medical conditions, such as fluid retention, underactive thyroid or diabetes, as well as the effect of medications, such as steroids or anti-depressants. Genetic factors may also influence the efficiency with which food is utilised and fat metabolised within the body.”

Della Vedova also pointed towards something else that could be kept in mind.

“A lot of research now concentrates on toxins; endo-toxins (internal) and exo-toxins (external). Some studies find toxins associated with overweight and linked issues¹⁴. Exo-toxins and environmental toxins, for example, can be found in food, in chemicals utilised in agriculture (this is also why it is important to choose organic foods), in packaging materials utilised to pack our foods, in cleaning products, in beauty products, in air and water pollutants, in building materials, and not to forget in cigarettes, and recreational drugs¹⁵,” she explained.

“Endo-toxins can be identified as the by product of viruses/bacteria/yeasts/fungi that invade our body, or as badly metabolised hormones, or as foods we are

sensitive or allergic to¹⁵. A toxic overload can disrupt our defence mechanisms and impair our capability to detoxify our systems. Depending on our genetic predispositions, we have different tolerances to toxins¹⁵.

Toxins get stored in our fat tissue to protect our body from them, and this is why when the toxic load is high, we tend to hold on to fat¹⁶.”

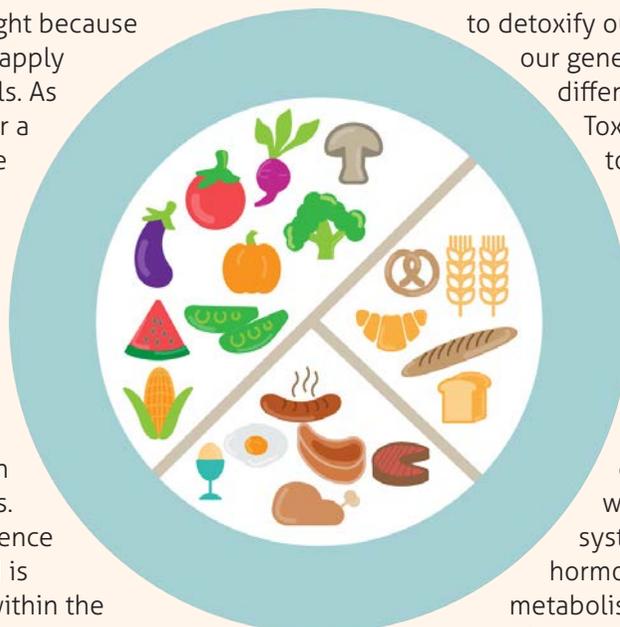
And she added: “Among the factors that contribute to weight gain we can’t forget stress. Stress is governed by a hormone called cortisol. This hormone when present regularly in our system can imbalance different hormonal pathways, sleep, appetite, metabolism speed, mood, blood sugar control, reproductive function, energy are some of these¹⁷. All these functions are strictly linked with weight.”

IN CLINIC APPROACH

Fad dieting is, from a nutritional point of view, not to be advised, so what protocol should you follow with clients?

Dr Mantle advised: “Extreme protocols resulting in rapid weight loss should be avoided. Weight should be lost steadily over a period of time, via mild calorie restriction (typically 500 cal per day) and a modest increase in exercise. A loss of one per cent of body weight per week (typically one to three pounds per week) is a safe rate of weight loss for most people.

“If weight is lost too quickly, muscle tissue tends to be lost rather than fat, reducing the body’s metabolic



capacity; in addition there may be adverse effects on general health.”

Della Vedova added: “New science discoveries now are bringing more and more awareness about how every individual organism has a unique response to environmental and genetic information. For this reason, there is no universal protocol that can be used successfully with every case. The nowadays challenge is tailoring healthcare to every single case.”

Weight loss requires a change in a person’s approach to eating, and there is certainly no magic bullet, but you can keep in mind certain nutritional supplements to support any programme you recommend.

“Supplements are available to promote healthy weight loss (supported by controlled clinical trials) either by reducing hunger, reducing fat absorption, reducing glucose absorption or increasing fat burning metabolism respectively,” Dr Mantle pointed out.

“An extract of *Garcinia Cambogia*, the Malabar tamarind tree, contains the active substance hydroxytric acid, which acts as an appetite suppressant.

Delphinol is a standardised extract of berries from the maqui tree (*Aristotelia chilensis*), a Chilean medicinal plant. The active substances in delphinol are delphinidins, a type of anthocyanin. The role of delphinidins in blood glucose control is a recent discovery.

“Delphinidins partially inhibit the action of the sodium-glucose co-transporter protein (SGLT-1), thereby slowing the absorption of glucose from the intestine into the bloodstream. Clinical studies have shown oral administration of Delphinol significantly slowed post-prandial glucose absorption and reduced blood glucose levels in patients with moderate glucose intolerance (*Hidalgo et al*, 2014).

“ChromoPrecise, an organic chromium yeast, works





with insulin to channel sugar out of the bloodstream and into cells, where it can be used as a source energy. ChromoPrecise is bound with several amino acids, which forms a natural molecule within the cells, chromodulin, which supports insulin by unlocking' the cells from the inside, allowing the sugar to enter the cell with ease."

You could also keep in mind conjugated linoleic acid (CLA) and green tea extract (*Camellia sinensis*), examples of supplements that increase fat oxidation (thermogenesis) and reduce the proportion of fat within the body.

Dr Mantle added: "A number of randomised controlled clinical trial studies have provided evidence for the efficacy and safety of CLA. Supplementation with CLA (typically 3-4g/day) for periods ranging from six weeks to six months showed significant reductions in body fat mass and waist circumference measurements.

"One such study (*Colakoglu et al, 2006*) showed CLA supplementation for body fat reduction to be particularly effective when combined with short periods of aerobic exercise (several 30 minute sessions per week), whilst another study (*Watras et al, 2007*) reported CLA supplementation to be effective in reducing body fat gain associated with holiday periods. Of particular interest was a recent clinical trial study, which found that supplementation with CLA increased energy expenditure and body fat oxidation during sleep (*Close et al, 2007*).

"Similarly, randomised controlled clinical trials have provided evidence for the efficacy and safety of green tea extract for body fat reduction and weight loss (*Huang et al, 2014*). The increase in fat oxidation is thought to result from inhibition of the enzyme catechol-o-methyltransferase, thereby inhibiting production of norepinephrine and increasing levels

of noradrenalin, a hormone which stimulates the metabolism of body fat (*Hursel et al, 2014*)."

Della Vedova agreed with the importance of chromium, commenting: "Chromium is a mineral that can really help with weight maintenance by supporting a normal blood glucose. Chromium plays a key role in increasing cell insulin sensitivity²⁰."

She continued: "A fibre supplement would also be recommended. Fibre when taken on an empty stomach binds to water forming a gelatinous mass that can make us feel fuller for longer and, as a result, we would be less likely to overeat²⁰. Fibre also reduces post-prandial glycaemic responses." ●



Product Showcases



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SCIENCE

of the skin

Nutritional experts discuss the protocol to follow when it comes to clients with skin conditions.

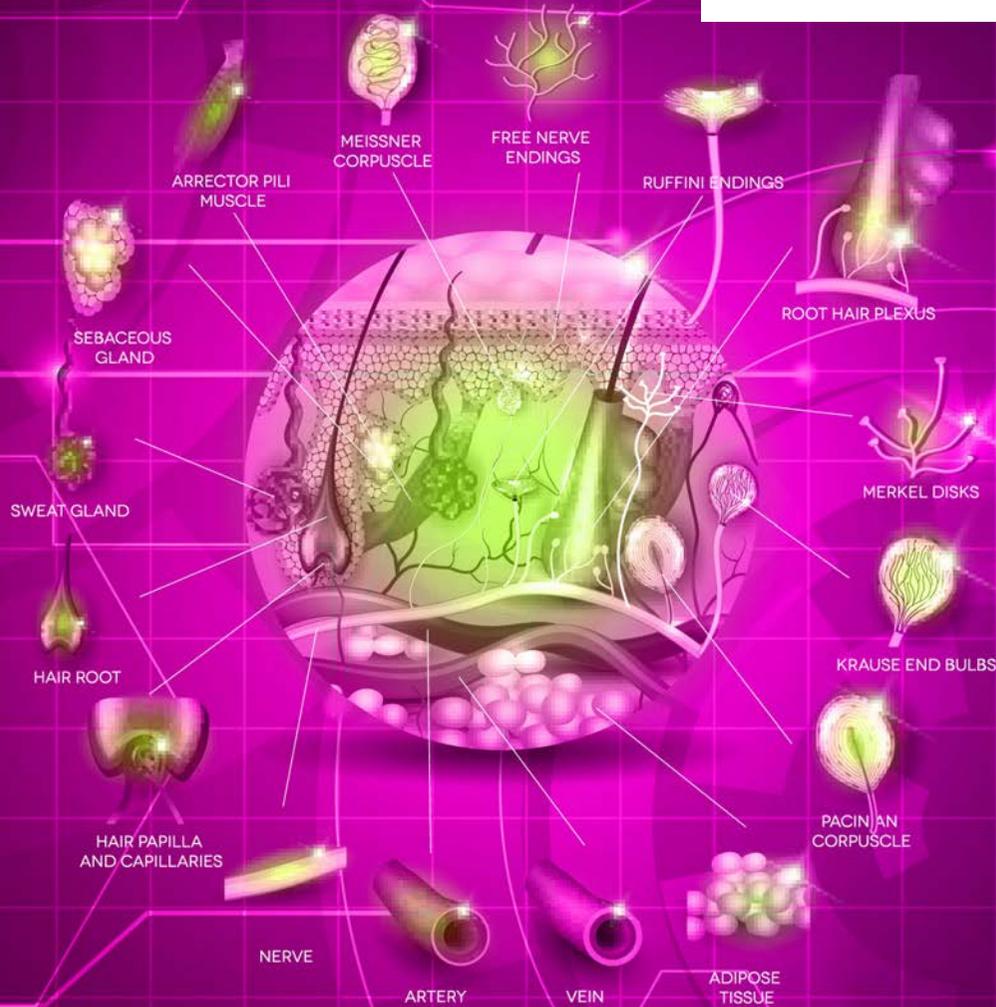
The data confirms that the incidence of skin conditions such as eczema is on the rise. The reasons for this are mixed but what is clear is Nutritional Therapists have a clear role to play when it comes to offering a long-term solution.

"Eczema appears to be on the increase worldwide¹. Furthermore, the International Study of Asthma and Allergies in Childhood (ISAAC): rationale and methods, a groundbreaking 10 year study of eczema published in 1995 showed that levels of childhood eczema in the UK are amongst the highest in the world²," commented Eli Sarre, Nutritional Therapist at Wildfare Nutrition.

"According to the British Skin Foundation "nine in 10 dermatologists and dermatology nurses see childhood eczema as the biggest problem facing pediatric dermatology in the UK³. In a survey of 123 consultant

dermatologists and dermatology nurses, 108 or 88 per cent stated that childhood eczema was the biggest concern in childhood skin disease. In adults, 22 per cent stated that malignant melanoma, the most pervasive form of skin cancer, had become the biggest issue. However, 28 per cent claimed that they had observed a significant increase in adult eczema cases."

Claudia Talsma, from Salcura, which specialises in skincare products for skin conditions, added: "When Googling, for instance, 'the rise of skin problems', you will see many reports stating that there is a significant increase to be found in people suffering predominantly from eczema and psoriasis. A variety of reasons are often stated, people are more subjected to 'bad' influences, like poor diet/or very non-natural diet (prefab and fast food), but also more pollution or even more stress."





CONDITION CHECK

The term 'skin conditions' is very broad, encompassing a range of issues, often with different symptoms and different causes.

Will Page, also from Salcura, pointed out: "Eczema, psoriasis and acne are three very common skin conditions, and recent scientific studies have shown that eczema may be on the rise."

Eczema is one of the most common problems, with the obvious symptom being skin dryness. Sufferers may have general dry skin all the time, but may also experience flare-ups when the skin is particularly dry, cracked, sore or angry. Alongside skin dryness, eczema can often make the skin incessantly itchy. This itching can disrupt your sleep, affect your concentration and cause great discomfort and irritation. Scratching the skin can cause damage, and make your skin bleed, which leads to further inflammation and itching. This is called the itch-scratch cycle, and it can be hard to break.

"Eczema may also cause a range of other symptoms, such as cracked skin and rough skin, tiny blisters or weeping, a rash, redness, or soreness, scaly patches or a thickening/darkening of the skin, areas of swelling and your skin may feel hot, and infection with bacteria such as staphylococcus aureus," Page said. "Eczema can be experienced anywhere on the face and body, but in adults it

tends to be found on the hands and around joints on the arms and legs, such as the back of the knee or the inside of the elbow. Atopic triad, which essentially means that those who suffer with atopic eczema, asthma or hay fever are far more likely to have one or more of those three conditions."

Sarre added: "According to the National Eczema Association, eczema is recognised by intense localised itching. If it is scratched and bleeds, the inflammation may become even more severe, leading to further itching. Other signs and symptoms include a recurring rash, scaly areas, rough leathery patches, oozing or crusting, swelling, and areas of dark coloured skin.

"Eczema can impact on the quality of sleep in a sufferer. Sleep deprivation and an increase in pain levels can impact significantly on the wellbeing of a patient. Sufferers are at increased risk of infection and, in severe cases, mortality through infection may occur."

When we look at psoriasis, symptoms include skin itching, dry, scaly patches, papules and red, sore skin. It can affect any part of the body, but is more likely to affect the outer side of joints and on the fingernails/toenails.

Helen Ford, Nutritionist at Natural Health Practice, turned her attention to acne.

"Acne, spots, greasy skin, skin eruptions such as boils – these are just a few of the skin problems we see in

the clinic. Some women experience skin outbreaks which follow their menstrual cycle, often after ovulation or post period. Hormonal changes during this phase can be out of balance and this can be effectively addressed through dietary modification and nutritional supplements," she said.

"Too much testosterone (a male hormone) can aggravate skin conditions and with PCOS (polycystic ovarian syndrome), one of the main characteristics is acne, which is associated with high levels of testosterone. Women who get spots in the premenstrual phase has been linked to adrenal activity, where they produce too much testosterone. In this phase, oestrogen levels are naturally at their lowest and oestrogen helps to regulate the production of oils in our skin. Therefore, more oils that are produced lead to blocked pores and spots. We do see more cases in the clinic so I would say problem skin is on the rise."

Page added: "Acne is far more common in teenagers; according to the NHS, around 80 per cent of teenagers get some form of acne. It is estimated to around one in 10 adult woman have had some form of acne affect them and one in 20 men have experienced some form of the condition.

Also keep in mind that skin conditions can be connected to other issues.

"Functional medicine applies a framework where we can begin to

analyse the conditions of eczema and psoriasis within a whole body matrix. Commonly associated symptoms include chronic inflammation, digestive symptoms, allergic conditions, joint conditions, stress, fatigue, and food sensitivities," Sarre explained.

Nelly Bennett is a Nutritional Therapist and Skincare Advisor for Mahi Naturals, and added: "Eczema is part of the 'atopic triad', along with asthma and hay fever. Eczema sufferers have an allergic reaction, which can be associated with one or all of these other conditions. There is also a strong link with food allergies/gut permeability. Psoriasis is associated with a vast array of conditions; Crohn's disease, ulcerative colitis, arthritis, cardiovascular disease, diabetes, kidney disease. Rosacea is associated with cutaneous lupus and acne is associated with hormonal imbalances."

Ford added: "With acne can come low mood as a direct result of feeling self-conscious, poor digestion (Irritable Bowel Syndrome perhaps), low energy as a result of blood sugar imbalance."

RAISED RISK

There are certain groups of people more susceptible to developing a skin condition than others. Children are one such group.

"Children are more prone to skin conditions since their immunity is not fully matured to fight some viruses/





bacteria. Some skin disorders are more easily caught by children, since they tend to bear a few open wounds/scratches enabling pathogens to enter their body easily (warts, impetigo),” Bennett explained. “Atopic dermatitis occurs when there is an inherited tendency to allergy, which often gets triggered at a young age.

“Adolescents go through a massive increase in hormone production, often combined with a nutrient deficient diet, this can mean they experience acne.”

It is also known that during pregnancy, chloasma can develop, which can include skin tags and acne, probably spurred on by hormonal changes, while menopausal women can experience rosacea.

Remember too that atopic skin disorders can be genetic and those with compromised immunity and poor liver/gastrointestinal function can also be at increased risk.

Sarre explained: “Individuals at risk of developing a skin condition include those with a poor diet, sedentary lifestyle, gastrointestinal insufficiencies, infants from clean, indoor urban environments, and individuals exposed to environmental contaminants. Additionally, there is a genetic component to atopy, which can predispose an individual to develop symptoms if the body becomes vulnerable to disease. Since the proposal of the hygiene hypothesis, we now understand that the microbiome and the

diversity of gut microbiota during infancy have been linked with an elevated risk of developing allergic conditions, due to the intestinal microbiota’s key role in regulating immune responses associated with the development of atopy.

“Increasing evidence suggests that a key microbiome function is the microbial regulation of mucosal immune responses inside and outside the gut. In susceptible individuals, a compromised microbiome may trigger an allergic inflammatory response⁴.”

Bennett also highlighted those with poor lifestyle.

“The mind and the skin are intertwined and stress can trigger flare up-ups or aggravate some skin conditions (eczema, rosacea, psoriasis). Also, recent studies suggest smokers have a greater risk of developing psoriasis,” she added.

Environmental factors should also be taken into consideration.

Page added: “According to a new study led by the St John’s Institute of Dermatology, babies in London could be developing eczema due to hard water. It is believed by some that the calcium carbonate may be affecting the skin barrier, breaking it down, weakening it and allowing conditions like eczema to set in; though this is still in the early stages of research, other studies have been conducted related to this topic and found that school children in the UK and Spain have shown eczema symptoms when introduced to hard water.”



NUTRIENT STATUS

Nutrition plays a big role in the development of a skin condition, and this is where as a Nutritional Therapist you can make a big difference,

“The nutritional status of the sufferer is very important as many skin disorders are associated with deficiencies in essential nutrients, such as B vitamins, zinc, selenium and essential fats. Their absorption capacity is equally very important,” Bennett explained.

Looking at acne, nutrition is critical, as Ford explained: “The condition of your skin is usually a good indication of your general health and wellbeing. The root cause of acne can be different in each person, from hormone imbalance, poor blood sugar control to poor elimination of toxins. In regards to nutrition and acne, it is hard to say because people suffer with different forms, the root cause can be different and, of course, each and every person is different. But, first and foremost, look at your diet,



think about how your blood sugar can cause hormone balance and look at how efficient your liver and bowels are working.”

So, when should a person be seeking help?

Bennett suggested: “If any changes appear on your skin, always consult your GP first. Although some conditions require medical treatment, the type of food we eat can have an impact on many skin disorders. A nutritionist can help alleviate the root cause of the disorder by tailoring a nutritional protocol based on a diet plan that meets the needs of the client, as well as lifestyle recommendations and in some cases a supplement plan.”

Page added: “Nutrition has a large role to play in the health of skin; there are many foods that are believed can set off eczema and acne outbreaks. List of foods to avoid for eczema include:

■ **Meat:** When it comes to food affecting eczema, there are a few common suspects. Foods that contain high amounts of uric acid are often responsible for causing eczema or for making it worse. Meats, such as beef, pork and chicken, contain particularly high concentrations of this substance and can be damaging to your skin if consumed regularly or in high quantities. While they may not affect everyone with eczema, it is worth cutting them out or reducing your intake for a while to see if it helps your skin.

■ **Dairy:** Dairy products are also known for causing eczema flare-ups, especially in children. Any products derived from cows are particularly bad as they contain molecules that can be difficult to digest, as well as being quite acidic. It is worth trying dairy products that are derived from goats or milk that is produced from nuts to see whether your skin gets any better.

■ **Bread:** Bread is something that is often a huge part of your daily diet, from toast in the mornings to sandwiches at night, but it can be damaging to those that suffer from eczema. Try avoiding breads that contain any yeast – which is most types of risen bread – as these can ferment in your stomach to produce alcohol. Excess alcohol in your system can stop it from clearing out toxins, which can affect other areas of your health as well as you skin.

■ **Eggs:** An egg allergy can cause increased levels of histamine in the body, which leads to an outbreak of eczema.”

When it comes to acne, avoiding foods that are high in sugar such as chocolate, sweets, cake, puddings, biscuits etc, fizzy sugary drinks, excessive alcohol, processed foods (ready meals, crisps etc), too much tea and coffee and constipating foods such as cheese, bananas and red meats is to be recommended.

“According to The Institute of Functional Medicine, the recommended protocol for eczema includes a number of key stages known as the 5R approach.”

Ford added: “If acne is hormone related, you need to balance your blood sugar levels. Skin does not like caffeine and sugar, and do not skip meals. Skin loves essential fats from oily fish, nuts and seeds and daily intake of dark green leafy vegetables. Increase dark berries, butternut squash, and sweet potato. And skin doesn’t

like alcohol as it depletes zinc and B vitamins, which are essential nutrients.”

IN CLINIC APPROACH

The experts recommend a range of tools you can bring into a client’s nutritional regime.

“If a patient is experiencing eczema, there may be a long and complex history to trace back. Very often, the individual will be experiencing numerous alterations in physiological function. The key areas a trained Nutritional Therapist may address are as follows: Assimilation (digestion, absorption, microbiota and gastrointestinal dysfunction and respiratory symptoms); defence and repair (immune dysregulation, inflammation, infection, here again, the health of the microbiome is fundamental; structural integrity (membranes and musculoskeletal structure); communication (endocrine, neurotransmitters, immune messengers),”

Sarre explained.

“Due to the complexity of the disease process, the nutritional approach will include a detailed case taking, with a process of helping the patient to understand how they have developed the symptoms they are experiencing. It is important to control the symptoms while the patient is embarking on the treatment regime as the process can be so completely challenging. Then, with the remaining treatment protocol, we can begin to address the underlying issues.

“According to The Institute of Functional Medicine, the recommended protocol for eczema includes a number of key stages known as the 5R approach. An elimination diet or food allergy testing is the first stage. Some patients may prefer to test first while some may begin to remove suspected or common allergens from the diet. The second step is to introduce an anti-inflammatory diet; 120 + Billion CFU of probiotic per day, fish oil, 3000mg of the EPA and DHA component. A good follow up is a comprehensive Nutritional Analysis test for organic acids, amino acids, fatty acids, oxidative stress and toxic and nutritional minerals.”

Bennett went on: “A cup of hot water and a squeeze of a lemon in the morning to support the liver, drink filtered water to flush toxins out and hydrate the skin. Also add beneficial herbal teas. Colourful vegetables and fruits (ideally organic) are rich in antioxidants, packed with





nutrients and beta carotene, which are all very beneficial for skin health. Their alkalisng properties help to offset some of our body's acidic load."

Sarre pointed towards gut health, specifically, when looking at nutrition in relation to a skin condition.

"The health of the microbiome may be affected by alcohol consumption. Glucose, salt, emulsifiers, organic solvents, gluten, and more additives used by the food industry have been shown to increase intestinal permeability by compromising the integrity of tight junction paracellular transfer⁵," she explained. "Just as our diet may be the disease trigger, we can also repopulate our gut by means of prebiotics (food for the beneficial bacteria) soluble fibre, fermented foods (kimchi, kombucha, sauerkraut). Food sources of essential fats, vitamin D and magnesium contain properties to repair and nourish the cells of the colonic mucosa and support gastrointestinal integrity."

Adding in good sources of protein and oily fish is useful for its anti-inflammatory properties.

"Seeds and nuts for their rich content in omegas, vitamin E, zinc and selenium and wholegrains for their high content in nutrient and fibre," Bennett continued. "Avoid allergenic foods (wheat, dairy products, red meat, citrus, artificial additives and preservatives), processed foods, and alcohol," Bennett went on.

Page highlighted foods that may help

ease eczema symptoms

"Increase the intake of complex carbohydrates from whole grains. Increase the consumption of fruit and vegetables for their antioxidant content (particularly yellow and green vegetables, and red and dark berries)," he said. "Increase the intake of essential fatty acids from oily fish, nuts and seeds (pumpkin, sesame, sunflower) and increase vegetarian sources of protein. Vegetarian diets have been shown to ameliorate the symptoms of atopic dermatitis. This includes beans, lentils, pulses, soy products, nuts and seeds. Natural bio-yoghurt can help to replenish good gut bacteria."

It's also important to drink 1.5 to two litres of water daily, taken away from meals and sipped slowly to avoid stress on the kidneys.

SUPPLEMENTS FOR SKIN

A supplement plan in conjunction with dietary and lifestyle changes may be a good idea for someone suffering with a skin condition, but, of course, keep in mind that everyone is different, as is the severity of the symptoms and the root cause of it.

"Depending on the symptoms or test results, the patient may require a combination of digestive enzymes, HCL, L-glutamine for support of colonic permeability, botanicals such as curcumin and boswellia to help maintain a healthy inflammatory response, aloe

for its soothing effect on the mucous membranes of the GI tract, a prebiotic fibre formula, and slippery elm for its soothing mucilaginous compounds," Sarre suggested. "Fatty acids such as calcium undecylenate may be used to maintain a healthy balance of the microorganisms that normally live in the gastrointestinal tract."

Bennett added: "Supplement plans are tailored according to the person's condition(s), family history, and his/her nutrient status. Some useful supplements for skin can be contraindicated so best to seek nutritional advice."

Ford added: "Add soaked golden linseeds if bowels are sluggish. Support the liver with herbs like milk thistle and dandelion. These come as supplements but also as tea."

She also suggested useful supplements for acne such as essential fats, beta carotene, vitamin C, vitamin E, zinc, iron and B complex."

Garlic is also useful.

"Garlic is great for helping to reduce acne as it contains a lot of antioxidants. These help to keep skin cells healthy, which can reduce inflammation and acne. Garlic contains a particularly powerful form of antioxidant called allicin, which has been found to be more powerful than even synthetic antioxidants.

The herb also has antiviral properties, which means it is helpful in killing bacteria, including that which can cause acne, making you healthier and your skin

clearer," Page added.

SKIN CARE SOLUTIONS

Although not part of a nutritional programme, it is important to highlight to those with skin conditions the impact that skin care products can have on the skin.

"We would recommend avoiding harsh chemicals that may agitate your skin; always check ingredients on products that will have contact with your skin in case there is a chance you may be allergic to one of these ingredients," Page explained. "We at Salcura Natural Skin Therapy avoid synthetic ingredients like steroids because they can cause conditions like steroid atrophy (thinning of the skin) and steroid withdrawal syndrome another condition that caused eczema to become far worse in the long run."

Talsma added: "When it comes to the skin and your regime, educate yourself on the products and ingredients. There are so many products out there that call themselves natural, but reality is often different. Try to make sure that you feed your skin the right nutrients, the same way you feed your body the right nutrients through a good diet. Use products that do not suppress the allergic response of your immune system like so many paraffin based or steroid based products would, but look at products that work with the natural function of the skin." ●

Product Showcases

JASON Vitamin E Cremes

JASON Vitamin E Cremes are available in two strengths - one normal duty (5,000iu) and one heavyweight (25,000iu) formula. Many eczema sufferers use the former in the daytime and the latter overnight and at times when their eczema condition is particularly bad. Both are botanically rich formulas containing avocado oil, sunflower seed oil, grapefruit extract and coconut triglycerides to nourish skin. Vegan friendly and cruelty free, formulated without parabens, phthalates, artificial colours and propylene glycol. Available from Kinetic Natural Products Distributor. Call 08450 725 825 or email sales@kinetic4health.co.uk for more information or to place an order.



The Gel celebrates its 30th year of healing skin tissue

For three decades The Gel has been helping our customers treat skin conditions, heal injuries and rejuvenate ageing skin. We are particularly touched by the feedback we receive from cancer patients, for whom The Gel is a powerfully soothing and nourishing aid during and after medical treatment. 'My skin was the hit of the radiology department yesterday!' says one customer. 'I have been using The Gel following radiation and chemotherapy and it has been a huge relief. My nurse was amazed.' To find out more call 020 7224 2332 or email post@gagnontherapies.com



Terranova Bilberry, Lutein & Astaxanthin

Terranova Bilberry, Lutein & Astaxanthin, formerly Eye Support Complex, helps maintain eye health, as well as helping eye disorders such as macular degeneration, cataracts and vision loss. Contains antioxidant-rich Bilberry Fruit, Kale, Acai Berry, Watercress, and Stabilised Rice Bran, all containing eye health promoting nutrients. Suitable for vegetarians and vegans. Does not contain any fillers, binders or other excipients, nor wheat, gluten, soy, yeast, dairy, gelatin, additives, sugar, colours, flavours or preservatives. Available from Kinetic Natural Products Distributor. Call 08450 725 825 or email sales@kinetic4health.co.uk for more information or to place an order.



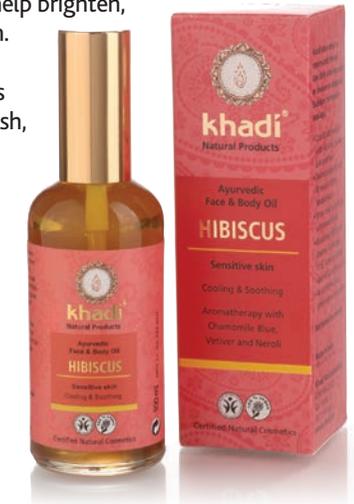
Benecos Cleansing Milk

Benecos Natural Cleansing Milk is an ideal choice for all skin types, particularly sensitive skins, to refresh and cleanse away daily impurities to reveal a radiant and clear complexion. The addition of organic Aloe Vera and Calendula help to calm and soothe while Apricot and Almond oils moisturise, care and protect the skin during cleansing. Benecos Cleansing Milk has a natural formula and is free from SLS so it does not strip the skin from its natural oils. Free from parabens, synthetic fragrances and perfumes and is suitable for vegans. £6.95. www.benecos.uk



Khadi Hibiscus Face Oil

The Hibiscus Face Oil from Khadi is the perfect addition to your cleansing routine to help brighten, soften and nourish the skin. This ayurvedic oil contains six fabulous skin-loving oils to deeply moisturise, nourish, heal and soothe sensitive skin. High in Vitamin E and essential fatty acids to help protect the skin from premature ageing and improve skin elasticity and firmness. Suitable for vegans. £11.90 www.khadihair.co.uk



Sun Care

AWARD WINNING
NATURAL SPF PROTECTION

Green People's award-winning formulations contain a synergistic blend of natural antioxidants, skin vitamins and anti-inflammatory actives to help support the skin's immune system, prevent premature ageing and protect against irritation. With a choice of SPF15 or SPF30, these sun lotions are made with around 80% organic ingredients, offering broad-spectrum UVA and UVB protection.

SPF – HOW HIGH IS HIGH ENOUGH?

Did you know SPF50 only filters out 1% more UVB light than SPF30? An SPF30 sun lotion, when applied properly, protects you against 97% of UVB rays. An SPF50 protects you against 98% of UVB, a marginal 1% difference.



HOW MARINE-FRIENDLY IS YOUR SUN LOTION?

25% of sun cream is washed off during a 20 minute dip in the sea. Gender bending chemicals found in many mainstream lotions have a dramatic effect on aquatic life, and 10% of the world's coral reefs are under threat from sunscreen induced coral bleaching. You won't find oestrogen mimicking 'nasties' in Green People's sun lotions.

30p
Donation

A 30p donation from every Scent Free Sun Lotion sold goes to support The Marine Conservation Society.

www.mcsuk.org (Registered Charity
Number 1004005, England and Wales
and SC037480, Scotland)



THE POWER OF ANTIOXIDANTS IN SUN CARE

To guard against free radical damage we include a number of antioxidant ingredients in our organic sun lotions. Green Tea, Chamomile, Edelweiss, Rosemary and Avocado. These natural powerhouses support the skin's immune system and protect against cell damage that causes premature ageing.



• Edelweiss is a plant that has evolved to live at high altitudes of 3,000 meters where Ultra Violet light levels are particularly strong. Edelweiss Extract contains high levels of antioxidants shown in trials to extend skin cell life when exposed to free radical activity.



• Rosemary extract is rich in strong antioxidants which help inhibit the action of free radicals and protect the skin from the visible effects of premature ageing. Rosemary with its natural anti-inflammatory properties is ideal for sensitive, irritated skin.



• Avocado contains a wide range of nutrients including 11 vitamins and 14 minerals. The vitamins A, D, and E, act as powerful antioxidants, when applied topically, useful for healing sun-damaged skin and promoting natural collagen production.



• Green Tea extract is a rich source of antioxidants with powerful activity against free radicals damage responsible for many aspects of premature ageing. Green Tea extract also inhibits the activity of the enzyme collagenase which breaks down and destroys collagen.



DEMAND MORE FROM YOUR SUN CARE



Why water repellent not waterproof?

Natural Beeswax and Berry wax provide water repellence in our sun lotions without blocking pores, enabling you to enjoy a refreshing swim and giving little ones the freedom to splash about whilst still being protected from the harmful effects of the sun. Waterproof sun lotions are best avoided as they contain pore-clogging petrochemicals and silicones – much like wrapping your skin in cling-film.



Can you cheat prickly heat?

The chemical compounds commonly found in sun lotions combined with sun exposure can make a trip to the beach a prickly heat nightmare. Green People's gentle formulations are suitable for sensitive skin, prickly heat and skin allergies. We don't use parabens, pore-clogging silicones and mineral oils, synthetic fragrances, artificial colours or skin-drying alcohol.

Naturally soothing and hydrating.

The moisturising properties of Aloe Vera and the soothing Myrrh resin help you to keep a golden glow for longer. They also mean our organic sun lotions are easy to apply and reapply onto the skin, rubbing in quickly to offer peace-of-mind protection.

ORGANIC SUN CARE FOR ALL THE FAMILY

SPF 30 CHILDREN'S SCENT FREE SUN CREAM 150ml

Suitable for young, delicate skin and those prone to eczema, dermatitis and other skin irritations. A natural non-greasy and water repellent sun lotion offering broad-spectrum UVA/UVB protection without blocking pores. Edelweiss contains high levels of antioxidants to protect cells from UV damage.

SPF30 SCENT FREE SUN LOTION 200ml/100ml

Made without essential oils for those with ultra-sensitive skin. This water repellent organic sun lotion offers broad-spectrum UVA/UVB protection with antioxidants and skin vitamins A, C & E (Green Tea, Olive, Avocado and Rosemary) to help protect against cell damage.

SPF30 SCENT FREE FACIAL SUN CREAM 50ml

Perfect for those with ultra-sensitive skin. Enjoy a natural, non-greasy facial sun lotion for beach-ready skin. This UVA & UVB high protection cream boasts skin defence antioxidants and vitamins A, C & E (Green Tea, Olive, Avocado and Rosemary) which help protect against long term cell damage and support the skin's immune system.

SPF 30 CHILDREN'S LAVENDER SUN CREAM 150ml

Perfect for active, outdoor children. This naturally water repellent sun lotion offers broad-spectrum UVA/UVB protection. A non-greasy, natural alternative to conventional sun lotions made with Organic Aloe Vera and Edelweiss and therapeutically scented with soothing fairly traded Lavender oil. Suitable for young, delicate skin and those prone to eczema, dermatitis and other skin irritations.

SPF15 SUN LOTION - NATURAL TAN ACCELERATOR 200ml/100ml

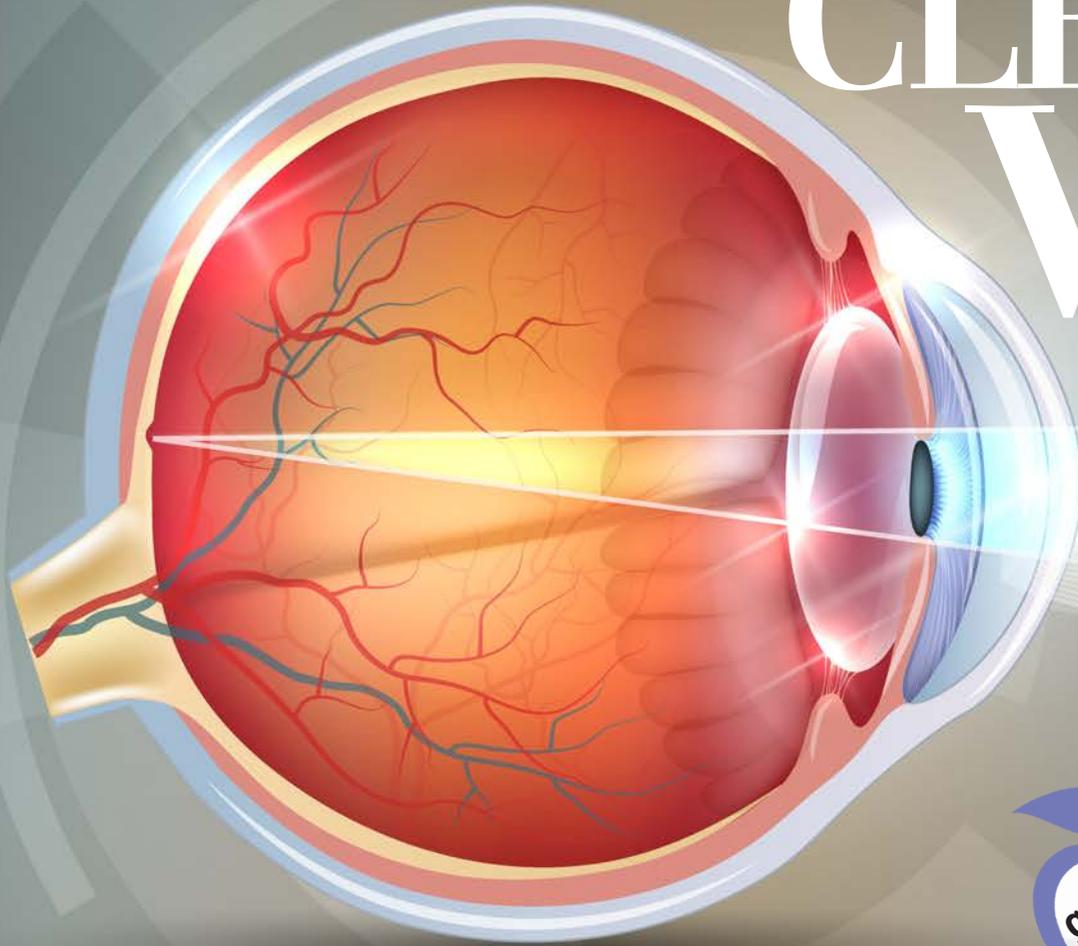
Speed up the tanning process by 25% and reduce the tan-fading rate by almost 50%. A natural sun lotion which promotes a natural glow quickly and safely. An extract from the Carob tree naturally stimulates melanin (the pigment that gives you skin colour). This is not a self tan; it builds up your skin's own melanin levels.

HYDRATING AFTER SUN LOTION 200ml/100ml

Minimise peeling and prolong your tan with this cooling and moisture-binding after sun lotion. Rich in Aloe Vera and Calendula, also suitable as a refreshing everyday body lotion. Light yet nourishing, freshly scented with fairly traded organic Peppermint oil.



CLEAR VISION N



Nutrition I-Mag examines the crucial elements to maintaining healthy eyes.





According to the eye health research charity, Fight for Sight, almost two million people in the UK are living with sight loss, which is estimated to double by 2050. And what we should bear in mind is poor eye health doesn't discriminate and can affect anyone.

Joanna Maggs, Nutritionist at Good Health Naturally, pointed out: "Eye conditions can affect both men and women, of all ethnicities. The older generations seem to be faced with the greatest risk, although the younger generations are facing a much earlier onset of symptoms than previously seen. Free radicals that damage our eyes may originate from unhealthy food choices, as well as exposure to pollution or chemicals, smoking and UV radiation. However, some free radicals occur from normal daily metabolism, which means that even people who are in the low risk groups still need a good intake of antioxidants found in healthier foods."

On this note, it's important to realise that health and lifestyle choices have a huge part to play in the long-term health of the eyes.

"Common causes can be generally attributed to poor dietary and lifestyle choices. Lack of nutrients in the diet, and poor nutrient absorption, stress, plus smoking and other toxins in the diet, such as drugs, alcohol, and processed foods are all risk factors," Maggs explained.

"The increase in chronic disease, such as diabetes, is also playing a part and can eventually result in some form of eye disease."

EYE MATTERS

There are a number of conditions in relation to the eyes that are commonly suffered in the UK.

James Sutton is an Optician and co-founder of Butterflies Healthcare, which distributes the Viteyes2 brand of eye health supplements, and commented:

"The top three issues are dry eyes, blepharitis and macular degeneration, then cataracts and glaucoma. Certainly the top three are on the rise due to diet, lifestyle and an ageing population."

Looking at macular degeneration, Fight for Sight reports that around one in 10 people with age-related macular degeneration (AMD) have the wet form. This happens when unhealthy new blood vessels grow under the macula and leak blood and fluid, which damages the tissue.

Another area to remain aware of is with regard to dry eyes.

"Dry eyes and floaters seem to be on the increase for the younger generations, typically the over 40s," Maggs said. "Whilst historically we were seeing the prevalence of age-related macular degeneration (AMD) and cataracts in the over 60s and 70s, this is now appearing much earlier and much more frequently. Glaucoma continues to affect the older generations."

RISK REDUCTION

There is much that can be done to look after the health of your eyes to reduce the risk of developing an eye health condition, but, even if someone has developed an issue, changing diet and lifestyle can have a dramatic effect on the severity of the condition.

Maggs advised: "Follow a healthy lifestyle to include good hydration and nutrient intake and absorption. Exercise every day to get oxygen around the body. Focus on a good clean, anti-inflammatory diet and good hydration."

Certainly nutrient levels will play a key role in whether someone develops a problem.

"Some people have lower macular pigment levels (either naturally or due to diet or weight issues) and this may put them at a greater risk of developing macular degeneration," Sutton explained.

"Most studies use a dose of 10mg lutein to look for a protective effect but most European diets are thought to only contain about 3mg a day. By recommending eating fish and high lutein foods, a Nutritional Therapist can really help with this."

He continued: "Smoking and poor diets, plus in women, hormonal changes at the menopause can all contribute. Smokers, the elderly and women seem to be more at risk. Smoking increases the risk of both cataracts and macular degeneration, the elderly are more at risk of degenerative changes at the back of the eye and women often struggle with dry eyes, post-menopause."

"As the eyes are extremely subject to oxidative stress, where free radical damage affects the healthy cells of the eyes, preventing this damage with healthy foods, particularly those containing antioxidants, may help to slow the process."

Therefore, Sutton pointed out that stopping smoking is important to protect the eyes, as is wearing sunglasses and eating a healthy diet with plenty of fish, fruit and vegetables.

It is also really important that you encourage clients to have their eyes tested every two years, even if they think your vision is fine. This is because an eye test doesn't just test vision but can spot some eye conditions and other illnesses.

NUTRIENT-RICH

"Nutritional interventions and supplementation can have a remarkable influence on symptoms and





disease progression,” explained Maggs. “As the eyes are extremely subject to oxidative stress, where free radical damage affects the healthy cells of the eyes, preventing this damage with healthy foods, particularly those containing antioxidants, may help to slow the process.

“A nutritional therapist can advise on key areas to

focus on in the diet, and beneficial foods to include, such as green leafy vegetables and essential fatty acids. They can also advise on the foods to exclude or keep to a minimum in the diet, such as sugars and starchy carbohydrates, which are pro-inflammatory to the body and can contribute to this oxidative stress.”

There are some specific supplements that are

especially beneficial for healthy eyes.

Maggs added: “Take appropriate nutritional supplements to include lutein, probiotics, essential fatty acids, ginkgo, bilberry and enzymes, such as serrapeptase. A Nutritional Therapist can also advise on key areas for supplementation, to ensure a good intake of vital nutrients, such as lutein and zeaxanthin.

“Advise taurine as another key product to supplement, as it helps to get nutrients into the cells, as well as helping to remove cell debris and other toxins from the eyes.”

Sutton added: “If a client has been diagnosed with dry macular degeneration, an up-to-date AREDS2 supplement such as Viteyes2 should be recommended. Smokers should be encouraged to stop smoking. For dry eyes, a combination of omegas.”

THE RESEARCH

There is plenty of research surrounding nutrients for eye health.

“In the AREDS2 study, those with a poorer diet saw a greater benefit when a supplement was taken. In the AREDS2 trial, the people who seemed to benefit most from taking lutein/zeaxanthin were those who did not get much of these nutrients in their diet,” Sutton reported.

“Within this group, those who received lutein/zeaxanthin supplements had a 26 per cent reduced risk of developing advanced AMD compared with those who did not receive the supplements.”

The AREDS2 trial started in 2006 and involved more than 4,000 participants. Over five years, it examined whether other ingredients could improve the original AREDS formulation.

“There are two carotenoid vitamins from plant sources, lutein and zeaxanthin and EPA/DHA (omega 3 fatty acids), such as those found in oily fish. The trial





also tested the removal of beta-carotene and lower zinc levels than the original formulation as these can cause side effects in some people," Sutton explained.

"The researchers measured the progression to advanced AMD by examining images of the back of the eye for yellow deposits called drusen or by commencing treatment for advanced AMD. The results were announced during a Special Session at ARVO (Association for Research in Vision and Ophthalmology) on May 5, 2013. In summary, when announcing these results, the team ended by suggesting that the new AREDS2 formulation would be suitable for everyone and should be vitamin C (500mg), vitamin E (400IU), lutein (10mg), zeaxanthin (2mg), zinc (25mg) and copper."

Maggs highlighted an October 2015 study, which revealed that "eating a diet rich in the carotenoids lutein and zeaxanthin is associated with a long-term reduced risk of developing AMD".

"Data for the study was gathered from two long-term studies, the Nurses' Health Study and the Health Professionals Follow-up Study, that followed 100,000 subjects (63,443 women and 38,603 men) aged 50 and older for more than two decades. The study was published online this month by the American Medical Association journal *JAMA Ophthalmology*," Maggs reported.

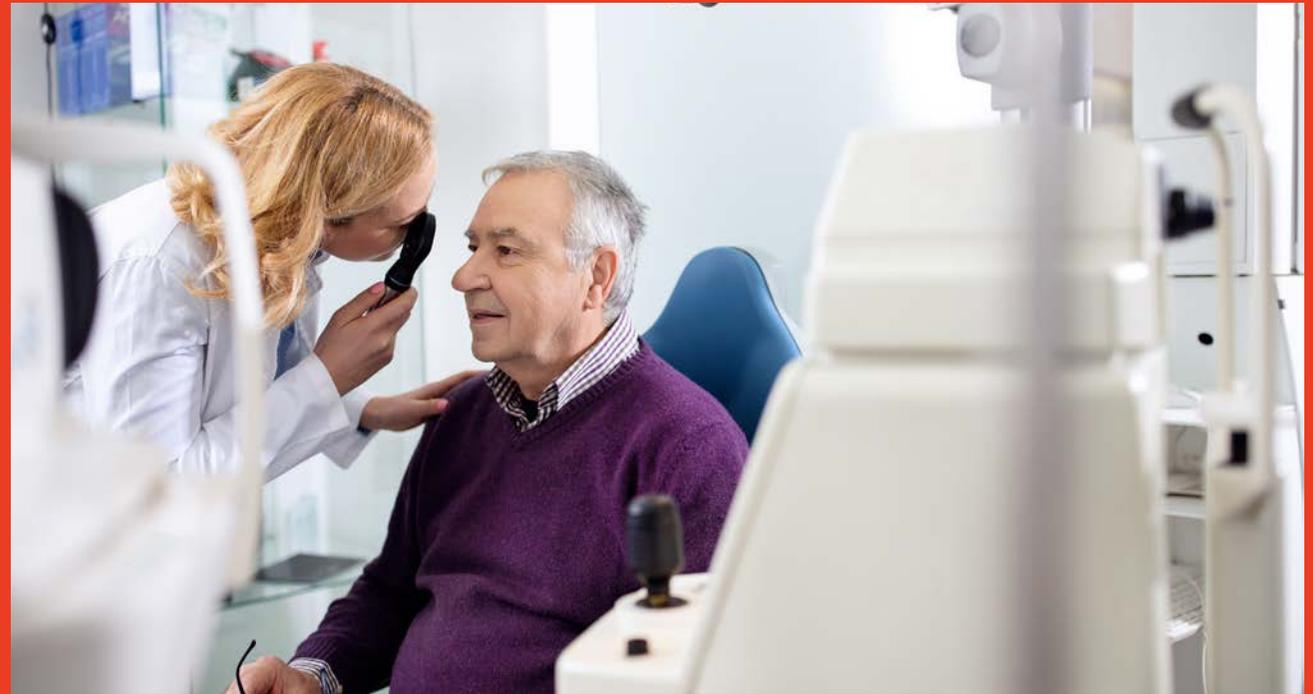
Fish oil for the eyes has also been heavily researched.

Sutton reported: "At the Harvard Schepens Eye Research Institute, USA, researchers investigated whether fish oil protects from dry eye syndrome. The team analysed data from 32,470 female health professionals in the huge Women's Health Study. They found that women whose diets had the most omega 3 fatty acids (as measured by how much fish they ate) were least likely to have dry eye syndrome. DHA omega 3 helps maintain and support visual health and eye function." ●

At a glance

Here, we offer a quick guide to the key eye health issues:

- **Macular degeneration:** Age-related macular degeneration (AMD) affects the macula – a small part of the light-sensitive layer at the back of the eye (the retina). The macula is used for the central, detailed vision needed for reading and driving. AMD can be diagnosed as either 'dry' or 'wet'. Dry AMD is more common and generally results in a slower loss of vision. Vitamins A, C and E and lutein and zeaxanthin may reduce the risk of getting wet AMD.
- **Cataract:** Cataract is the name for a cloudy lens in the eye and is most often seen in older people as part of the normal ageing process. It is often seen together with another eye condition.
- **Glaucoma:** This is actually a group of eye conditions, which cause sight loss by damaging the optic nerve. Sight lost to glaucoma cannot be recovered and is the second most common cause of blindness in the world after cataract. Regular eye tests can help to spot glaucoma early.



Known for nutrition

Seagreens® certified human food seaweed products are nutrient dense and rich in minerals. Very easy to use, they add goodness and flavour to any meal, and are widely used in nutritional therapy.



Seagreens have been harvesting wild seaweeds among remote islands in Norway and Scotland for over 25 years, producing a uniquely certified quality and nutritional profile free from allergens, pollutants and harmful bacteria. Seagreens unique standard includes Organic, Kosher, Raw, Vegan. Nothing is added or extracted. Some of our seaweeds are in vegetable capsules for ease in daily use and nutritional therapy. Others are in large pieces for use in salads or as vegetables on the plate. Jars are recyclable and carry full nutritional information. Seagreens ingredients, exported to more than a dozen countries, are used by leading nutrition and food product manufacturers. Scientific research into the health benefits of Seagreens wild Wrack seaweeds has continued since 2007. Sales support the Seaweed Health Foundation for research, standards and information. Become a Friend at: www.seaweedhealthfoundation.org.uk

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Food Capsules & Food Granules

A unique blend of three of Seagreens wild Wrack seaweeds in fine-ground dried form, *Asophyllum*, *Fucus* and *Peltota*, provides a comprehensive natural balance of nutrients. For everyday home and professional use as a daily dietary foundation, in special diets and many therapeutic protocols. All-vegetable Food Capsules in 2 jar sizes. Without capsules, the Food Granules are ideal in juices and smoothies or sprinkled into food. All product nutritional profiles on pack and our website.

www.seagreens.co.uk/foodcaps

Iodine+ Capsules

Independent research at Glasgow University¹ showed Seagreens *Asophyllum* improving iodine uptake in iodine-insufficient women with no adverse effect on thyroid function, and more prolonged than potassium iodide, commonly used to 'iodize' table salt. A daily vegetarian capsule provides approx. 350µg (micrograms) bioavailable iodine, additional micronutrients required for iodine metabolism, and no additives. Two Seagreens Food Capsules contain approximately the same amount of iodine but with a higher proportion of other nutrients. Upper tolerable limits for absorbed daily iodine are 600µg in the EU and 1100µg in the USA. Iodine contributes to normal thyroid, nervous system and cognitive function, the normal growth of children, normal energy-yielding metabolism, and the maintenance of normal skin. Also available from Napiers the Herbalists, Edinburgh as 'Napiers Hebridean Seagreens' Organic Kelp².

¹published 2014 in the British Journal of Nutrition

www.seagreens.co.uk/iodineplus

Culinary Ingredient

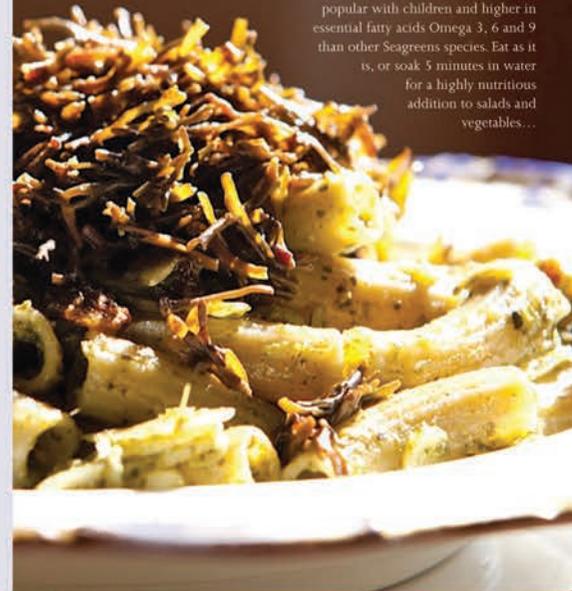
A classic to rival Marmite! Pure Seagreens *Asophyllum* milled in grains about the size of ground pepper. Use raw in almost any dish from soups to home-baking! "Breakfasting on a slice of bread baked with ground up seaweed rather than salt could help burn more calories than half an hour on a treadmill!" said the Daily Telegraph after research at Sheffield Hallam University¹ found Seagreens reduced hunger, with no adverse effect on nutrient uptake.

¹award-winning research published in the Journal of Appetite, 2012

www.seagreens.co.uk/culinary

Salad & Condiment

Large dried pieces of Seagreens *Peltota* with a mild flavour, especially popular with children and higher in essential fatty acids Omega 3, 6 and 9 than other Seagreens species. Eat as it is, or soak 5 minutes in water for a highly nutritious addition to salads and vegetables...



Ask for Seagreens at your local health store.

Feed the Foundation of Health

Seagreens®



Pet & Equine Granules

Seagreens human food quality *Asophyllum*, exactly the same as our Culinary Ingredient product, but milled to a slightly rougher form, less expensive to produce and welcomed by all our animal friends. Full nutritional information and daily feed instructions on the jar. A jar will last a horse or 4 large dogs for a month.

www.seagreens.co.uk/petgrans



The Mineral Salt

Better for you than any kind of salt alone, this 50/50 blend of Seagreens *Asophyllum* and unrefined sea salt in a glass shaker has "twice the flavor, half the salt". A complete natural food source of all the minerals and trace elements. Try it with everything from boiled eggs to salad dressings and in place of salt when cooking and baking. Seagreens has been helping reduce salt in manufactured foods since 2008¹.

¹award-winning salt replacement research at Sheffield Hallam University 2008-12

www.seagreens.co.uk/minsalt



The Mineral Bath

Relax, rejuvenate and remineralise using these large 'tea bags' of Seagreens *Asophyllum* in your bath. The content is 100% Seagreens nutritious food quality and certified allergen free. Initially developed for use with skin conditions and special needs children. It leaves no stain or odour, and the packaging and contents are compostable.

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- Nosh Detox • Pukka Herbs
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- Saladworx • Stag Bakery
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Seagreens products also support the Seaweed Health Foundation

Q When recommending a nutritional regime for healthy eyes, why are antioxidants and carotenoids so important, and how can clients keep their levels at the required amount?

JAMES SUTTON SUGGESTED: We all know that a healthy diet is important for general health. In particular, antioxidants are believed to be important because they help protect the cells in the body from oxidants or free radicals. This extends to eye health as well and it is thought that cell degeneration is a key factor in the development of eye diseases, such as macular degeneration (AMD), cataracts and glaucoma as we age.

Vitamin A and zinc have been approved by the European Food Standards Agency (EFSA) for the claim 'contributes to the maintenance of normal vision'. Vitamin A as beta-carotene is thought to be good for the eye because of its antioxidant effects. Zinc is believed to be important for vision because it is found at relatively high levels in the macula and enables vitamin A to create the pigment, melanin, which helps absorb light.

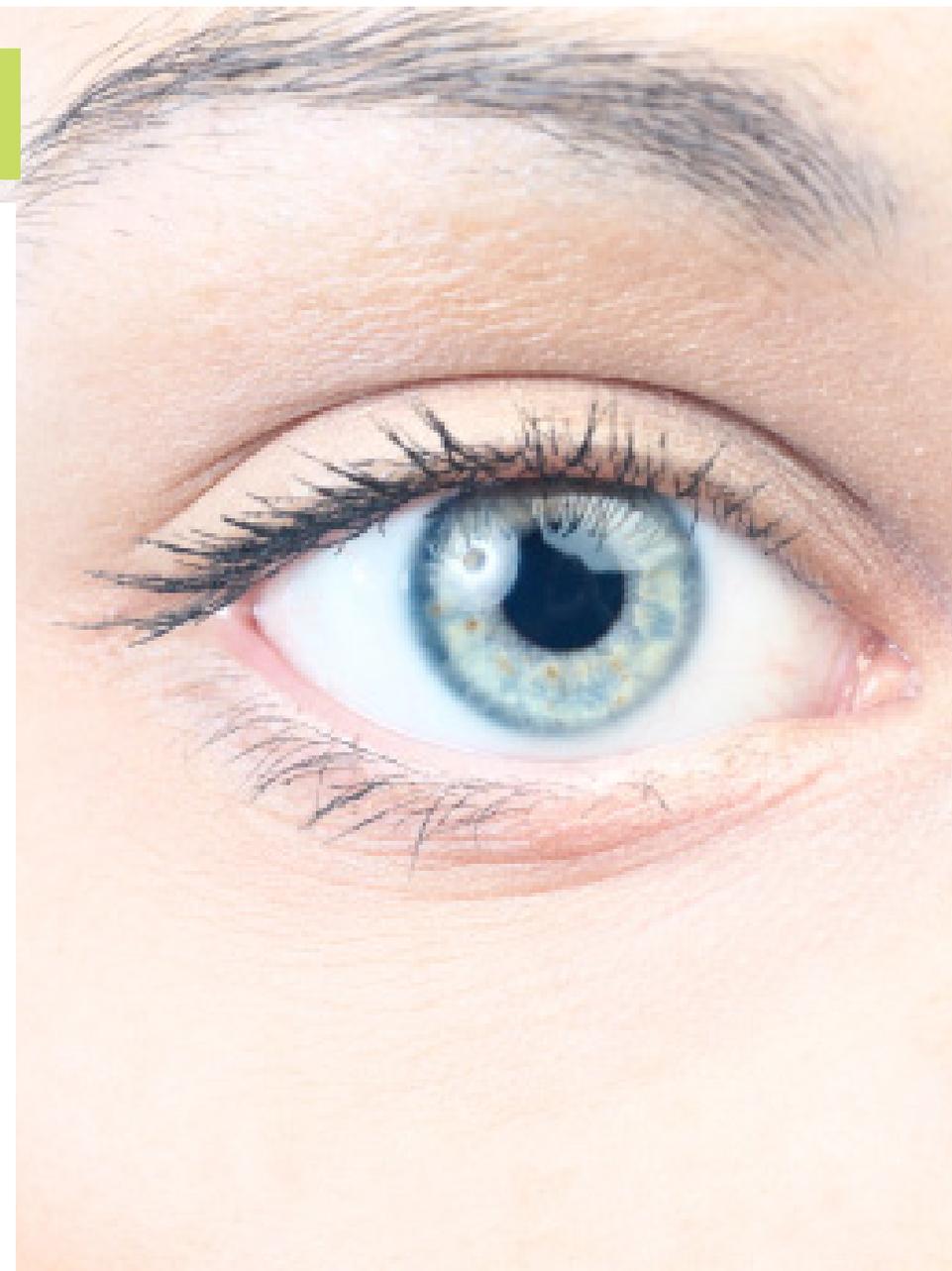
By strengthening and repairing the walls of the tiny blood vessels at the back of the eye (macula), vitamin C helps to stabilise macular degeneration. Vitamin E also protects cell membranes.

Lutein and zeaxanthin are believed to be important for the eye because they are found in high doses at the macula. For this reason they, along with meso-zeaxanthin, which is made from lutein in the body, are termed 'macular pigments'. They are thought to play an important role by absorbing

damaging blue wavelengths of light and acting as antioxidants.

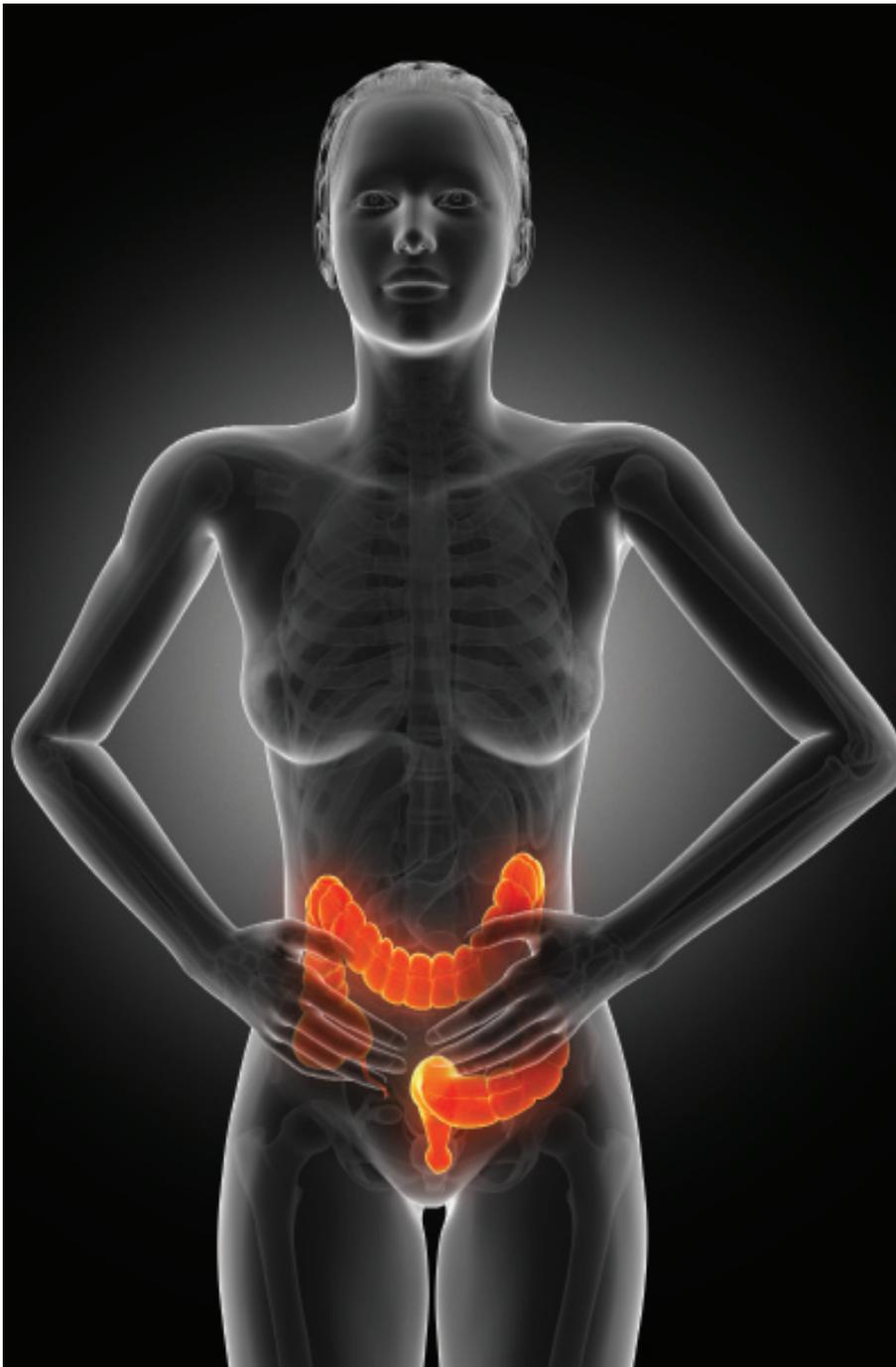
Omega 3 is believed to reduce the symptoms of dry eyes and slow the progression of macular degeneration. Some omega 3 fatty acids have also been approved by the European Food Standards Agency for an eye health claim 'EPA contributes to the maintenance of normal vision'.

Good sources of the key antioxidants (vitamins, minerals and macular pigments) include kale, spinach, green peas, sweetcorn, broccoli, celery, sprouts, romaine lettuce, carrots, green beans and sweet peppers (except green). Recommending simple daily swaps, such as always buying romaine (cos) lettuce and orange peppers for salads and replacing cabbage with kale or adding goji berries and chia seeds to muesli can then become habitual choices. Studies have suggested people who have diets rich in green, leafy vegetables, good sources of vitamins and lutein/zeaxanthin, have a lower risk of developing AMD. However, the high levels of vitamins and minerals recommended by the Age Related Eye Disease Study (AREDS) clinical trials are difficult to achieve from diet alone. Therefore, taking an AREDS2 supplement is not an alternative to a healthy diet but something you should consider recommending as well to clients with AMD.



[CLICK FOR MORE QUESTIONS](#)





Q

Can you explain the importance of *bifidobacteria* when dealing with clients experiencing IBS symptoms?

CAROLINE HARMER EXPLAINED:

Irritable bowel syndrome (IBS) affects around 20 per cent (or one in five) of people living in the UK (1) although this figure may be higher because many people with IBS do not report their symptoms to their GP (2). Multiple factors may have a causative role in the development of IBS, but it is commonly recognised that dysbiosis is a major factor. Probiotic supplementation to help restore the intestinal microflora in the small and large intestine is commonly at the heart of any IBS treatment.

The importance of high dose *Bifidobacteria* in any treatment protocol must be emphasised. In infants, *Bifidobacteria* takes up to 95 per cent of the total gut bacteria. (3) And in adults, the large intestine contains up to 1,000 times more bacteria per ml of contents than the small intestine (4). *Lactobacilli* are the dominant flora in the small intestine and *Bifidobacteria* are the dominant flora in the large intestine. Therefore, when treating IBS and dysbiosis, probiotic supplementation should offer therapeutic levels of *Lactobacilli*, as well as *Bifidobacteria* and ideally relatively more *Bifidobacteria* to mirror the higher amount of *Bifidobacteria* and lesser amount of *Lactobacilli* in a healthy intestinal tract.

In adults, *B. bifidum* is the dominant strain of *Bifidobacteria* in the intestinal tract,

as it comprises roughly one fourth of the entire *Bifidobacteria* count. (5). Therefore, when treating an IBS or dysbiosis patient, therapeutic levels of *B. bifidum* should be considered. Research has shown that the use of therapeutic levels of *B. bifidum* is beneficial in the treatment of patients with IBS symptoms. In control studies, *B. bifidum* significantly improved IBS symptoms. (6) *B. bifidum* can reduce stress-associated diarrhoea (7) and can have a positive effect on the immune system and its antibacterial activity against *H. pylori*. (8) *B. bifidum* has also been shown to help prevent and treat inflammatory bowel diseases, and autoimmune diseases, such as asthma and allergy. (9) *B. bifidum* can also improve digestive symptoms, such as pain, bloating and urgency (10). It is well documented that *B. bifidum* is well tolerated without side effects and its potential reservoir of capabilities and functions in a therapeutic setting is impressive. (11) Most probiotic supplements available focus support on *Lactobacilli* bacteria, and offer little or no *Bifidobacteria* support and very little *B. bifidum*. When treating IBS and dysbiosis, consider using a probiotic supplement that delivers 30 billion *Bifidobacteria*, and specifically 25 billion *B. bifidum*, as well as 20 billion *Lactobacilli* per enteric coated capsule.



Fat is back

Rhiannon Lambert separates fact from fiction when it comes to fat consumption.





For years, we were all advised to go low fat, reduce our cholesterol levels by avoiding eggs and buy low cholesterol spreads. The dietary guidelines in 1977, which told us to avoid fat completely, are finally being shunned as we welcome eggs at breakfast, olive oil lashings on salads, with nuts and seeds seen as perfect snacks.

Now, to many, this may seem like part of a normal and healthy balanced diet, so what's the fuss all about?

I couldn't agree more; my average daily diet includes a variety of healthy fats and I recommend my clients employ the same to their dietary regime. The problem stems down to the low calorie, low fat snacks, which are still confusing the general public.

COUNTING CALORIES

Educating a population to count calories as an assured way to keep off excess weight may have contributed to the current obesity problem. The common supermarket shopper simply does not understand what to look out for and what to avoid.

However, more evidence is emerging that a calorie cannot simply be a calorie and this may explain the increased consumption of sugar and the rise in obesity.

A message of quality rather than the quantity may be a better approach for the public to address and move forward. In the last 20 years, the incidence of obesity has grown three-fold and related problems are forecasted on a dangerous upward swerve. With over 40 per cent of the world's population supposedly either obese or malnourished, we need to change our habits fast.

The majority of British diets I see revolve around carbohydrates, cereals at breakfast, energy bars with the promise of just 99 calories a snack, orange juice to drink and on the go lunchtime paninis, all full of glucose and sugar. This is now recognised and groups such as Action On Sugar lobby

hard to spread the right messages. High sugar and carbohydrate consumption may be contributing to the rise in metabolic diseases such as, obesity and type 2 diabetes, despite numerous studies conducted in the '60s telling us to avoid fats.

FAT RICH

Ensuring we eat foods that are high in fat has been shown to protect against obesity and metabolic diseases. The low fat food and diets include rich in rapidly absorbable sugars and starches, which have been proven to contribute to obesity and deplete the body of other important micronutrients (Mozaffarian et al., 2014).

In 2013, Dr Andreas Eenfeldt (Sweden's renowned Diet Doctor) launched a study that concluded that it is, in fact, a high fat and low carbohydrate diet that is most effective for losing weight

and lowering the risk of cardiovascular disease in the obese. The Journal of Nutrition suggests that monitoring carbohydrate intake is the most effective means for weight loss and managing diabetes.

The key to the fat debate that is circulating in the media is to differentiate between the healthy fats, our essential fatty acids, and the unhealthy variety that we really don't need. With cardiologists claiming we can eat full fat dairy products to promote good heart health, it really is a minefield for those with little nutritional education to decipher what advice is best for them.

My advice would be to go Mediterranean, just as one would enjoy on holiday abroad. Lots of oily fish, avocado, nuts, full fat yoghurt and a dash of butter over margarine spread. Most of my clients remark upon differences in their waist size, blood glucose levels and cholesterol profiles following a diet containing the correct portion of healthy grains and fats in their diets. The saying 'eat fat to lose fat' stems from this dietary balance that you need to eat fat itself in order for your body to turn to its fat stores for energy.

Fat also makes us feel satisfied, full and doesn't have an impact on insulin levels, a frequent problem for the majority of high carb dieters. When the body releases the hormone, insulin, from the pancreas, its role is to help remove the glucose (from the carbs and sugars in our diet) from the bloodstream and into our organs for energy, with diets high in sugars these peaks and troughs in blood sugars and constant release of insulin contribute to weight gain and a whole array of problems, including type 2 diabetes.

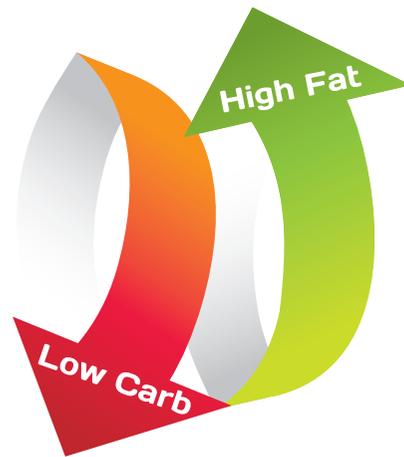
ESSENTIAL FATS

With the tides turning and fat being the go to source for energy linked to a healthy lifestyle, what is the right type of fat? The answer is to understand your essential fats.

A healthy diet should contain a balance of saturated fatty acids (FA), polyunsaturated fatty acids (PUFAs) and monounsaturated fatty acids (MUFAs). FAs have a role in the composition and oxidation of low-density lipoproteins (LDLs) and high-density lipoproteins (HDLs) are used as markers in a blood test to understand your cholesterol levels. Therefore, your cholesterol is directly impacted by your diet alongside the genetic predispositions often discussed with your GP.

The fats I really implore you all to consume are the omega 3 fatty acids. There are different types of omega 3 fatty acids (n-3), alpha linolenic acid (ALA), eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). These cannot be synthesised in the body and must be obtained from our diet or through supplementation – hence the term 'essential'. Good sources of

"Lots of oily fish, avocado, nuts, full fat yoghurt and a dash of butter over margarine spread. Most of my clients remark upon differences in their waist size, blood glucose levels and cholesterol profiles following a diet containing the correct portion of healthy grains and fats in their diets."





MY FAT HEROES

• OILY FISH:

My favourite source of omega 3, mackerel and salmon.

• AVOCADO: High in oleic acid and tastes amazing on toast with a poached egg.



• COCONUT OIL
I favour CHI Coconut Oil and cook with this as it can be heated to a higher temperature than Extra Virgin Olive Oil, which prefer to drizzle on my food.



• FULL FAT YOGHURT:
Ensure you purchase yoghurt with the added benefits of live bacteria and with no added sugar.

• NUTS: A handful of almonds a day can lower LDL and assist with blood sugar control.

• BUTTER: A teaspoon on your vegetables tastes amazing and butter is high in Vitamins A and D, opt for organic and unprocessed though.



n-3 can be found in oily fish but some plant forms of n-3, such as nuts and seeds, only contain ALA. ALA is processed into DHA and EPA once inside the body, although the speed of conversion may vary in different individuals and this is often the reason that vegetarians and vegans need supplementation (Russo, 2009).

Omega 6 (n-6) is also found in nuts and seeds, most frequently linoleic acid (LA). LA is an essential fatty acid but in excess may also play a role with inflammation and contributes to disease. It is for this reason that researchers suggest lowering the ratio of n-6 intake and increasing n-3 as a preventative measure for various neurodegenerative diseases (Simopoulous, 2002).

The brain has the highest concentration of fats (lipids) after adipose tissue, which is another reason why our cognitive health relies upon a healthy fat consumption; 35 per cent of brain lipids are long-chain PUFAs, DHA being the most common form (Eckert et al., 2013). Eating the right fats will ensure a marked improvement on memory, concentration and mood.

Observational studies using n-3 with PUFA's supplementation also suggest cognitive benefits later in life. Furthermore, after consumption of fish oils, one clinical trial has confirmed structural changes in the brains of older adults correlating with DHA levels and improved cognitive operation (Afshordel et al.,

2014).

Neurodegenerative diseases have also been linked to the consumption of essential fats. Patients with Parkinson's disease commonly suffer from depression, which can be a risk factor for Parkinson's disease and inhibits quality of life. Research has shown a link between the role n-3 PUFAs and depression; a double-blind randomised, placebo-control study was performed on elderly subjects with Parkinson's disease and findings found n-3 treatment more effective at treating the disease than the placebo (Fukushima et al., 2012).

BALANCE

The problem with telling people to eat more fat is that without the correct nutritional information, there is a danger that the public will misread this information. Many embark upon a daily diet of fatty meats, cheese, dairy and start to exclude the carbohydrates, fruit and even vegetables. Trends such as 'eat clean' and 'paleo' have also been taken to an extreme and can be potentially damaging. A rise in popular social media kings and queens, heavily into fitness and health advocating unbalanced diets has never been more prominent. Excluding carbohydrates completely is not safe, it is more a case of excluding the refined,

processed carbohydrates, such as your breads, pastries, chips and pasta and swapping them for smaller portions of quinoa, brown rice, whole grains or sweet potato, perfect for a healthy diet.

I have witnessed a rise in orthorexia in my Harley Street clinic and a lot of eating disorder cases are born having succumbed to the pressures to conform or mimic the social media trends, which are quite frankly destructive. A lot of the advice comes from unqualified 'health coaches' who think an online course puts them on the same platform as an undergraduate, let alone a postgraduate in nutrition. They self-title themselves with a scarily lack of understanding of the human body. One year or even course over just a few days cannot give you enough of an understanding to promote a diet to others. That being said though, my understanding and impression of 'eat clean', I would follow a diet with no restrictions. Simply avoid all those extras filled with chemicals and sugar, include only the good carbs, healthy fats, protein and vegetables with a piece of fruit a day and there you have it - a balanced diet.

Fat definitely is back and I for one am a fan, reducing carbohydrates or changing the type you are consuming may be necessary and excluding refined sugar from the diet are all essential parts of ensuring a healthy and happy life. All things in moderation is what they say and I live by a 90/10 rule, a lifestyle where the odd chocolate brownie creeps in but on a whole I eat real foods, those that don't have labels. ●



Rhiannon Lambert BSc MSc ANutr (www.Rhitrition.com) is a Registered Nutritionist specialising in weight management, eating disorders and sports nutrition. Having obtained a first class honours degree (BSc) in Nutrition & Health and a Master's degree (MSc) in Obesity & Eating Disorders, Rhiannon has built upon a wealth of knowledge acting as Resident Nutritionist at London's most renowned Harley Street private clinics, fitness boutiques and NHS hospitals.

I-Mag giveaways

We showcase a selection of giveaways on offer to readers this issue.



RIO AMAZON SLIMCAPS



Each capsule of Rio Amazon Slimcaps contains 250mg yerba maté and 250mg pure guarana

seed with no excipients. This combination not only combats fatigue and boosts metabolism, but suppresses appetite as well, making it ideal as part of a weight loss program. In trials, yerba mate was shown to decrease the accumulation of lipids in adipocytes and reduce blood glucose levels in obese mice. Recommended daily dosage is two capsules twice a day half an hour before food.

🎁 I-Win: We have five tubs of Rio Amazon Slimcaps 120 vegicaps (RRP £16.39) to give away.



WILD THING BARS

Raw, organic and paleo, Wild Thing is a deliciously nutrient-dense snack bar that's full of vitality and natural goodness. Wild Thing provides a great source of energy when you need it most, whether that's to fuel your workout or fitness training, or to give you the drive you need for a busy day in the office. The goodness of the bars comes from the fresh, simple ingredients that are used. Each recipe starts with organic dates, which are known for their digestive health benefits and are one of the best ingredients for muscle development.

🎁 I-Win: We have four Wild Thing bars (one of each variety) to give away to 10 winners.

CRIO BRÜ

Nutrition-I-Mag is offering readers the opportunity to win one of five selection packs of Crio Brü, along with a cafetiere to brew them in. Crio Brü is a coffee alternative made from 100 per cent pure, premium, roasted and ground cacao beans. It has the same amount of caffeine as decaffeinated coffee but naturally contains theobromine, which is considered to be a gentle, longer lasting, non-addictive stimulant.

🎁 I-Win: We have five to give away, along with a cafetiere to brew them in.



ULTIMATE FLORA CRITICAL CARE NUTRITION

Nutrition I Mag has teamed up with the digestive health experts, Renew Life, to offer readers a chance of winning one of five Ultimate Flora Critical Care (RRP £36.99). It is a powerful 50 billion probiotic with 10 probiotic strains, including 30 billion *Bifidobacteria* and 20 billion *Lactobacilli*. It contains 25 billion *B. bifidum* to therapeutically support large intestine health, making it the ultimate probiotic formula for chronic digestive issues, such as constipation, IBS, diarrhoea and after antibiotics. The unique enteric coating delivery system ensures 100 per cent probiotic delivery.

🎁 I-Win: We have five to give away.



Winner Best Probiotic Harper's Bazaar





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CPD DIRECTORY

If you want to top up your CPD points, take inspiration from these forthcoming events.



Adverse Childhood Events and the Impact on Health Across a Lifetime

Online
NES Health

CPD hours: BANT one hour
Speakers: Niki Gratrix BA Dip ION mBANT CNHC
Email: angela.chilcott@neshealth.com
Website: www.neshealth.com

Power of Nutrition – Anti-Ageing, Clinical Pearls

Online
CPD hours: BANT 1.5 hours
Speakers: Miguel Toribio-Mateas, BANT Chair
Website: bant.org.uk/centre-of-excellence/education/webinars/

Power of Nutrition – Nutrigenomics Testing Part 1

Online
CPD hours: BANT 1.25 hours
Speakers: Anne Pemberton
Website: bant.org.uk/centre-of-excellence/education/webinars/

Power of Nutrition – Nutrigenomics Testing Part 12

Online
CPD hours: BANT 1.25 hours
Speakers: Anne Pemberton
Website: bant.org.uk/centre-of-excellence/education/webinars/

Power of Nutrition – Iodine, Seaweed and Your Thyroid

Online
CPD hours: BANT one hour
Speakers: Monica Wilde
Website: bant.org.uk/bant/jsp/member/CPDandconferences.faces

Medicinal Mushrooms BANT

July 13 – Marlow
CPD hours: BANT two hours
Speakers: Romina Melwani, Mycotherapist and Nutritional Advisor, Hifas da Terra
Email: helen.bradbury@tiscali.co.uk
Website: bant.org.uk/members-area/bant-local-networks/local-network-coordinators-list/#Helen_Bradbury

Raw foods, Vibrational Aspects of Their Colour and Other Benefits

July 13 – Somerset
CPD hours: BANT two hours
Speakers: Jenny Littman, Founder of ReSource
Email: liz@body-balance.co.uk

Intro to Professor D Bredesen's Work on Reversal of Cognitive Decline

July 13 – Bicester
CPD hours: BANT two hours
Speakers: Amanda Williams, Cytoplasm
Cost: £2
Email: rosie@nutritionbyrosie.co.uk

Optimising Energy Nutrigold

July 20 – Online
CPD hours: BANT one hour
Speakers: Amanda Williams, Cytoplasm
Cost: £10
Email: talk2us@nutrigold.co.uk
Call: 0845 603 5675
Website: updates.nutrigold.co.uk/

BANT Supervision Group

July 27 – Tunbridge Wells
July 27 – Shoreham-by-Sea
CPD hours: BANT two hours
Speakers: BANT Supervisor, Carmel Buckley
Cost: £30
Email: carmel@nutritionalsolutions.co.uk
Website: bant.org.uk/members-area/bant-supervision/meet-the-supervisors/#Carmel_Buckley

A Mind of Your Own Re-Find Health

CPD hours: BANT five hours
Speakers: Kelly Brogan, MD
Cost: £79 open registration, £69 student registration
Email: events@re-findhealth.com
Website: re-findhealth.com/kelly-brogan

Inflammatory Bowel Disease Nutrigold

August 17 – Online
CPD hours: BANT one hour
Speakers: Dr Elisabeth Philipps DPhil BSc (Hons) BSc Nutr Med, FNTP
Cost: £10
Email: talk2us@nutrigold.co.uk
Website: updates.nutrigold.co.uk/





Forthcoming webinars

Target Publishing, which publishes *Nutrition I-Mag*, is hosting a series of webinars for practitioners. Register at www.camconferences.co.uk/webinar



Psychobiotics: The Microbiome-Brain Connection

Presented by Laura Ryan, DipCNM
Tuesday July 5, 6.30pm-7.30pm

Nutritional Therapist, Laura Ryan, discusses the microbiome's influence on mental health, namely stress. Take two very current health topics, stress and probiotics, and find that the ever growing research in this hugely exciting area of probiotics and beneficial bacteria sheds some interesting light.



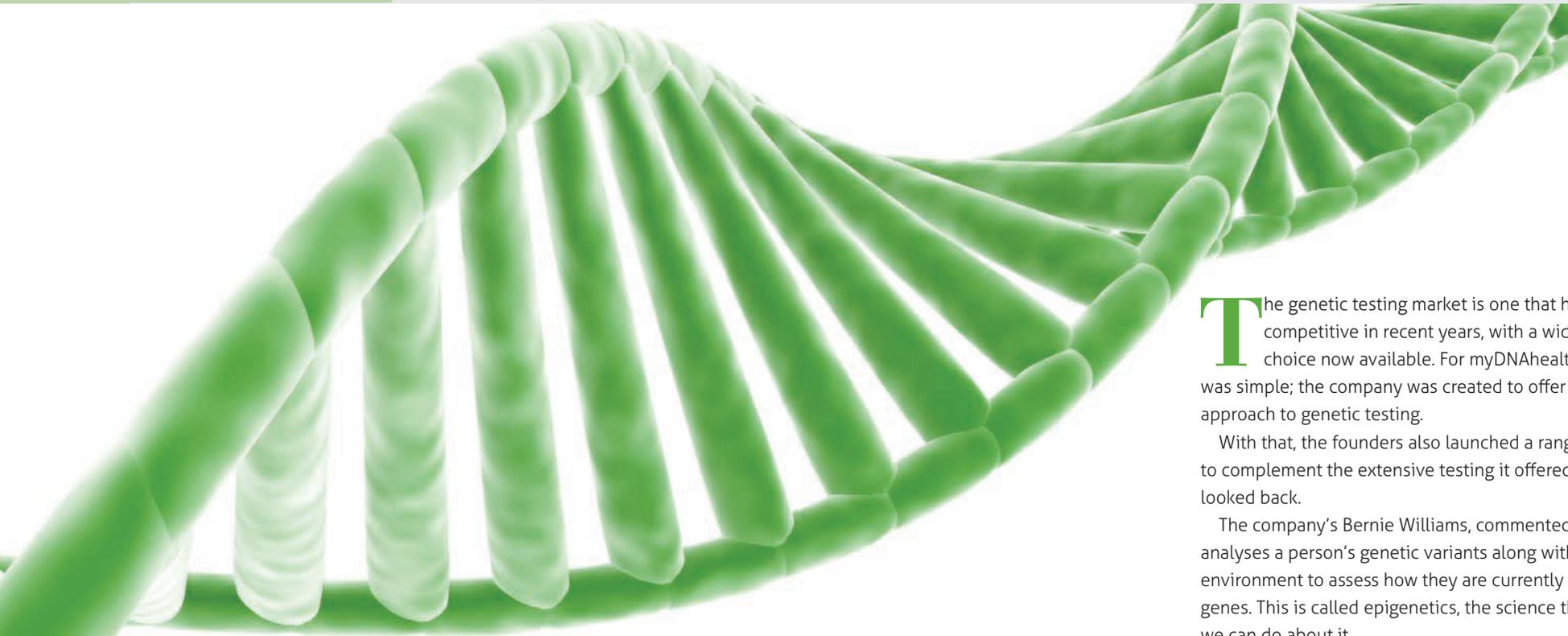
Detoxification – The Gut Flora's Role in our Modern Toxic World

Presented by Natalie Lamb, NT Dip
CNM, mBANT, BA Hons, GAPS
Tuesday September 20, 6.30pm-7.30pm

A strong protective gut flora and lining is believed to provide us with some protection against the absorption of toxins and heavy metals. Specific probiotics have been shown to bind to such heavy metals and toxins. These bacteria are known to then be excreted from the body via regular stool movements opposed to being absorbed into the blood stream.

In this webinar, we will discuss the research behind certain environmental toxins and how our gut flora either protects us, is harmed by them or is even part of the problem.

To register for a webinars, log onto www.camconferences.co.uk/webinars



myDNAhealth —

THE GOLD STANDARD FOR TESTING

With practitioners at the heart of its philosophy, myDNAhealth is leading the way when it comes to genetic testing and supplementation.

The genetic testing market is one that has become pretty competitive in recent years, with a wide variety of choice now available. For myDNAhealth, the approach was simple; the company was created to offer a more efficient approach to genetic testing.

With that, the founders also launched a range of supplements to complement the extensive testing it offered, and they haven't looked back.

The company's Bernie Williams, commented: "myDNAhealth analyses a person's genetic variants along with their environment to assess how they are currently expressing their genes. This is called epigenetics, the science that tells us what we can do about it.

"We are growing organically and on a big recruitment drive this year to expand the team further in order to keep pace with the increasing demand for our products and services. That is why we have invested, not only in developing the new DNA panels, but also into technology."

A FRESH ETHOS

The company founders came together in 2011, where they started three years of R&D to develop a DNA test product and supplements.

By April 2014, they were ready for the soft launch of the first DNA test product, DNA Complete, in the UK and South Africa and that same year, they rolled out their secure practitioner portal and client portal.

By that October, the company was ready for a full launch.

"The DNA panel assesses a number of variants on genes that influence sugar metabolism, fat over-absorption and sensitivity,





the DNA sample. PCR (Polymerase chain reaction) is a DNA amplification protocol, meaning it creates more exact copies of the genetic material to be tested and is a technique necessary for the genetic sequencing which follows. PCR selectively amplifies a specific DNA sequence many millions of times in a matter of hours," Bernie said.

"We also adhere to strict data privacy procedures and only the DNA vial barcode is known to our lab staff, so no client data is shared internally. All swabs are also destroyed after DNA is extracted. We adhere to sound research protocols as we know through our own experience that having access to relevant and reliable DNA data is essential to help practitioners make the right nutritional and lifestyle modifications for their clients. Our

supplements are manufactured in the UK to GMP code and BS:EN 9001:2000 Standards."

EVOLVING THE PORTFOLIO

Since the 2014 launch, this forward thinking company hasn't looked back, and in June, it unveiled further DNA test panels, which assess a number of variants on the genes that influence phase 1, phase 2 and the intermediate phase liver detoxification pathways, methylation cycle, oestrogen imbalance, inflammation, caffeine metabolism, lactose intolerance and the needs for vitamin D, vitamin B and antioxidants.

And this approach is working, with Bernie commenting: "Our company is growing month-on-month and experiencing increased levels of activity from practitioners who open accounts with us. Our nutrigenomics clinical applications workshops are also well attended and the webinars had on average 500 attendees."



food cravings, fat release, muscle function for exercise and phase 2 liver detoxification," Bernie explained.

Also in that October, the company launched a range of seven nutrigenomics supplements designed to specifically target genetic and lifestyle weaknesses.

Bernie commented: "Our company was mainly borne out of our own frustration, having spent hours trawling through numerous DNA data sources in search of the information to interpret DNA results. We believed there was a more efficient approach to genetic testing than just focusing on SNP results and also to understand what you do with the results."

This approach has clearly worked as in 2015, the company was awarded CAM Best New Product Highly Commended for the DNA Complete test panel.

And what makes the product range superior?

"Our lab uses the latest technology to perform real time PCR on

Evolving the portfolio is a big focus for the business as it strives to keep moving forward.

"We are also continually innovating," Bernie commented. "Our key focus is to help practitioners make a huge difference to their clients' health and wellbeing. We listen to practitioners, conduct our own research and develop solutions and products that help them."

She continued: "Further, the personal genomics segment is still emerging and driven by an increasing ageing population, decreasing DNA sequencing costs and increasing trend towards personalised medicine and healthcare. This will only accelerate the growth of genetic testing and is creating opportunities for practitioners to start offering these services."

There's also lots of expertise in the business, with Bernie commenting: "Our team of passionate functional medicine, genetics and nutritional genomics professionals are continually researching and analysing clinical studies so we can integrate more relevant SNPs and environmental factors impacting gene expression. For example, many genes are affected by a lack of sleep and are also involved in processing stress and regulating the methylation system.

"Our key focus is to help practitioners to make a huge difference to their clients' health and wellbeing. We listen to practitioners, conduct our own research and develop solutions and products that help them."

"We also have a team of very smart engineers and data scientists who understand big data and write very sophisticated algorithms. And let's not forget our operational and practitioner support team, which are always available to practitioners. We get great feedback from practitioners about the support we provide and they say that's what they love about us.



“We only work with qualified nutritional and healthcare professionals. Our business model and company values do not support selling genetic tests directly to the public. In fact, we’ve been approached by well-known high street health retailers to stock our products, which we declined.”

PRACTITIONER SUPPORT

MyDNAhealth is a company that believes in the importance of Nutritional Therapists as its partners, and so it invests a lot in supporting and educating them.

Last year, the team developed and ran an online nutrigenomics webinar course (four lessons), which was accredited by BANT and saw an average of 500 practitioners attend each webinar, and in May this year, they ran a nutrigenomics applications full day workshop.

“Today, the practitioners we work with love our approach,” Bernie said.

But why? And what is it that she believes makes them different to others in the marketplace?

“We are the only genetic testing company looking at epigenetics. Just because a person has a SNP doesn’t mean you need to treat it. Genes are only half the answer, the rest lies in the environment and its effect on gene expression,” she explained.



“You will hear us continually telling practitioners to treat the person, not the SNP. There is too much SNP noise, which is causing confusion and contradictions. There is still a lot of education required in this area.”

In terms of support, myDNAhealth commits much time and resource to this, with Bernie adding: “Practitioners receive a fully interpreted client report which has been designed by our functional medicine and nutrigenomics clinicians. The report includes personalised, colour-coded genotype results, along with the environmental factors impacting gene expression and overall health. The results are interpreted and presented in an easy-to-understand report, which includes recommendations for lifestyle, nutrition and exercise modifications.”

To further support practitioners, they have also recently launched a new website and Practitioner Portal to provide an even smoother user journey.

“It’s all about listening and providing the right experience and solutions which makes their lives easier,” Bernie added.

There’s much going on for the future of the brand too, with Bernie commenting: “We have a number of additional panels in the pipeline to be released later this year. We are also developing more educational resources for practitioners and online tools to help them keep their clients engaged and to track their progress.” ●

Product focus

There are seven DNA test panels within the portfolio. Here, we take a look at them.

- Comprehensive Panel assesses genetic variants for food cravings, sugar metabolism and sensitivity to carbohydrates, fat over-absorption and sensitivity, liver detoxification pathways, methylation cycle, oestrogen imbalance, inflammation, caffeine sensitivity, lactose intolerance, iron over-absorption and the requirements for vitamin D, vitamin B and antioxidants.
- Wellness & Weight Management Panel focuses on health, wellness and weight management. It evaluates genetic variants in genes that regulate liver detoxification pathways, food cravings, sugar metabolism, fat sensitivity and over-absorption, fat release ability and muscle function for exercise. The panel also assesses phenotype, sleep, stress and burnout levels impacting health.
- Methylation Panel evaluates the main genetic variants in genes that regulate the methylation cycle.
- Detoxification Panel evaluates the main genetic variants in genes that up regulate phase 1 detoxification and down regulate phase 2 detoxification, as well as the supporting genes for the intermediate step that include inflammation and oxidation potential.
- Oestrogen Panel evaluates the main genetic variants in genes that regulate oestrogen detoxification, which can lead to imbalance.
- Inflammation Panel evaluates the main genetic variants in genes that regulate inflammation.
- Nutrition Panel evaluates the main genetic variations in genes that regulate caffeine metabolism, lactose intolerance, iron over-absorption and the need for vitamin D, vitamin B and antioxidants.
- In addition, there is a range of seven nutrigenomics supplements, including Sugar Block, which contains natural ingredients that assist in metabolising excess sugars, stabilising sugar and insulin levels. Detox supports healthy liver function and removes toxins. The methylation and the glutathione systems are two of the important pathways that often collapse under the burden of waste that our livers need to clear. Detox contains a comprehensive array of detoxification ingredients, which together will pull toxins through both phases of cleansing.

SUPER CHARGE

Julie Montagu offers a selection of energising recipes, fast.



Spicy butter bean dhal



Superfood chia pudding



**Matcha chia
protein squares**



Spicy butter bean dhal (Serves 4)

Honestly, this one is so easy that there is no excuse not to make it. It's simply a case of chopping up some veg and popping it into a pot. And listen, if you don't have butter (lima) beans in

your pantry, just swap them out for what you do have – chickpeas (garbanzo beans), white (haricot) beans and kidney beans all work just as well and taste great.

INGREDIENTS:

- 500ml (2 cups) vegetable stock
- 100g (½ cup plus 1tbsp) uncooked split red lentils
- 1 onion, chopped
- 2 garlic cloves, crushed
- 1tsp ground turmeric
- 1tsp paprika
- 1tsp ground cumin
- ½ tsp cayenne pepper
- 1 x 400g tin (1⅓ cups) butter (lima) beans, drained and rinsed
- 2 large handfuls of fresh spinach
- Wholemeal (whole-wheat) naan breads, to serve

METHOD:

- 1 Place all the ingredients except the butter beans and spinach in a saucepan over a medium-high heat and bring to the boil. Add the butter beans, reduce the heat and simmer for 15 minutes.
- 2 Add the spinach and simmer for an additional five minutes, until the lentils are soft.
- 3 Serve with some yummy wholemeal naan breads and enjoy this super pot of healthy wholesomeness!

Superfood chia pudding



Matcha chia protein squares





Superfood chia pudding (Serves 2)

To be honest, chia seeds don't need to be soaked overnight, or even for a few hours. These tiny little powerhouse seeds absorb liquid right away and

start to swell immediately. For me, 10 minutes is plenty of time to get these bad boys nice and gooey.

INGREDIENTS:

- 4tbsp chia seeds
- 125g (1 cup) blueberries, raspberries or strawberries, or a mixture
- 2tsp raw cacao powder
- 2tsp honey or maple syrup
- 1tsp maca or lucuma powder
- 160ml (2/3 cup) nut milk

METHOD:

- 1 Mix all the ingredients together in a large bowl, reserving a few of the berries, and stir until well combined. You will notice that the chia seeds will soak up a lot of the nut milk.
- 2 This should just take a few minutes and then just top with the remaining berries and it's ready to eat. Now that's quick!

Spicy butter bean dhal



Matcha chia protein squares





Matcha chia protein squares (Serves 16)

These bars provide tons of energy and tons of protein, too! So, at those times when you're having a slump in your day, or even in your week, whip these up and bring them with you

wherever you go. The matcha will give you some major good-for-you energy and the chia seeds are packed with protein. Altogether, a winning combination!

INGREDIENTS:

- 3tbsp chia seeds
- 60ml (¼ cup) coconut milk (or other plant-based milk of your choice)
- 135g (1 cup) oat flour (or just grind some rolled oats in a food processor)

- 3tbsp matcha powder, plus extra for dusting
- 1tsp sea salt
- 120g (½ cup) almond butter
- 4tbsp honey
- 1tsp vanilla extract
- 20 x 20-cm (8 x 8in) baking tin

METHOD:

- 1 Soak the chia seeds in the coconut (or other plant-based) milk for 10 minutes. Meanwhile, line the baking tin with parchment paper.
- 2 In a large bowl, combine the oat flour, matcha and sea salt. Once mixed, add the almond butter, chia seed mixture, honey and vanilla. Stir well to combine (definitely use your hands!). Evenly press the mixture into the prepared tin and place in the freezer for 10 minutes to harden.
- 3 Remove from the freezer and cut into 16 squares.
- 4 Eat straight away, dusted with a little matcha powder, or store in an airtight container in the fridge for up to a week.

Superfoods Superfast by Julie Montagu (Quadrille £18.99)
Photography: Yuki Sugiura.



[Superfood chia pudding](#)



[Spicy butter bean dhal](#)





CeQure naturally sourced vitamin C with lipid metabolites



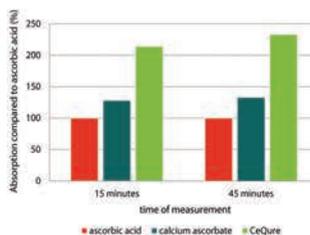
Better absorption, retention and utilization

BIOAVAILABILITY

Continuous research and innovation have generated a new, better and more effective form of vitamin C. The high level of bioavailability of CeQure lies in its unique composition (ascorbic acid with natural lipid metabolites and bioflavonoids).

The lipid metabolites act as ascorbic acid carriers to increase absorption of vitamin C and enhance cellular uptake.

ABSORPTION OF VITAMIN C



NATURAL SOURCE

CeQure is an innovative supplement with better absorption, retention and utilization of vitamin C, having greater beneficial effects. CeQure is 100 percent natural sourced. Each V-capsule contains 500mg pure vitamin C.

Recommended use is 1 - 2 capsules a day.
60 V-capsules £ 12.95 / 180 V-capsules £ 36.95
Available at Natural Dispensary.



Collasense with vitamin C* and undenatured type II collagen (UC-II)



Just 1 small capsule a day!

Keep on moving!

Collagen is the main structural protein in joint cartilage and exists for 85-90% out of type-II collagen.

The patented manufacturing process to make Collasense, ensures that the specific structure of undenatured collagen type II remains intact. This makes the collagen in Collasense more bioavailable than other forms of collagen.

Collasense is not suitable for vegetarians.

*Vitamin C contributes to normal collagen formation for the normal function of cartilage.

Collasense provides 40mg UC-II with 10mg total collagen.

Recommended use is one capsule a day. Preferably half an hour before a meal.
30 V-capsules £ 19.95 / 60 V-capsules £ 36.95