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RESEARCH AND EDUCATION FOR TOMORROW'S PRACTITIONER

MAR/APR 2017

HEART PROTECTION

Expert advice to ensure
a healthy heart

ACTION ON ALLERGY

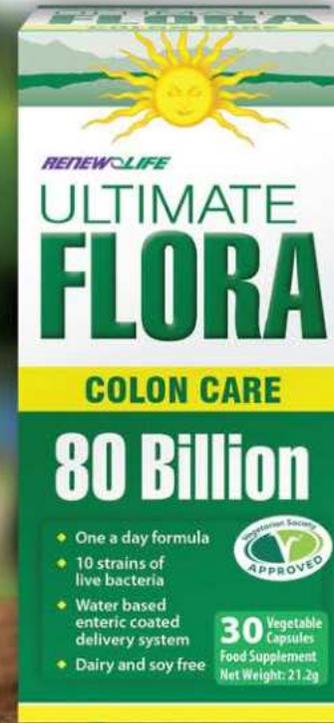
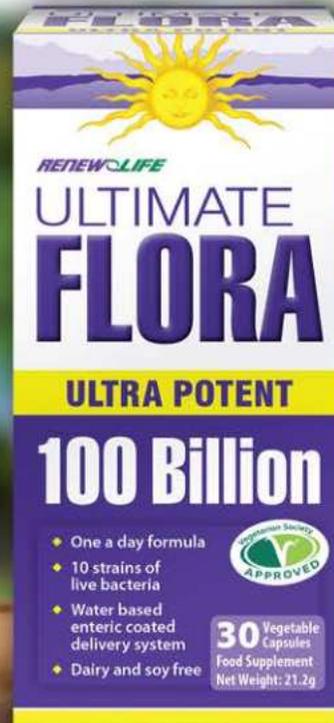
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Welcome



Education, the cornerstone of what this magazine is about, and the absolute priority for our readers as you continue through your nutritional therapy studies and progress into practice.

Education comes in all kinds of forms, through seminars, webinars, conferences, supplier training and even through this CPD accredited magazine.

As we progress into 2017, we are really excited to see the imminent start of the series of CAM Conference events. The first

one, taking place on March 18, kicks off in true CAM Conference style, with an impressive day of education planned, all headed up by Professor Giovanni Scapagnini, MD, PhD, who will be talking on the theme of Nutrients and Gene Expression.

And it's also a really pivotal time for the CAM Conferences as, along with CAM magazine, the sister title to *Nutrition I-Mag*, it will now be known in a new guise.

CAM Conferences, along with CAM magazine, will now be known as *Integrative Healthcare and Applied Nutrition (IHCAN)*, and this is an really exciting development to better represent the sector. Find out more about why on page 4.

And if you want some inspiration for topping up your educational events, turn to our CPD directory, which we put together in collaboration with BANT, for a flavour of what is coming up.

Rachel

RACHEL SYMONDS, EDITOR

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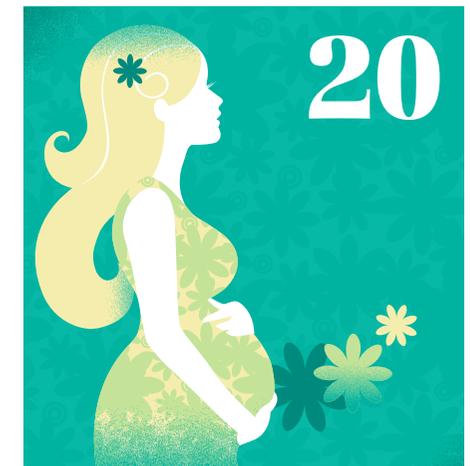
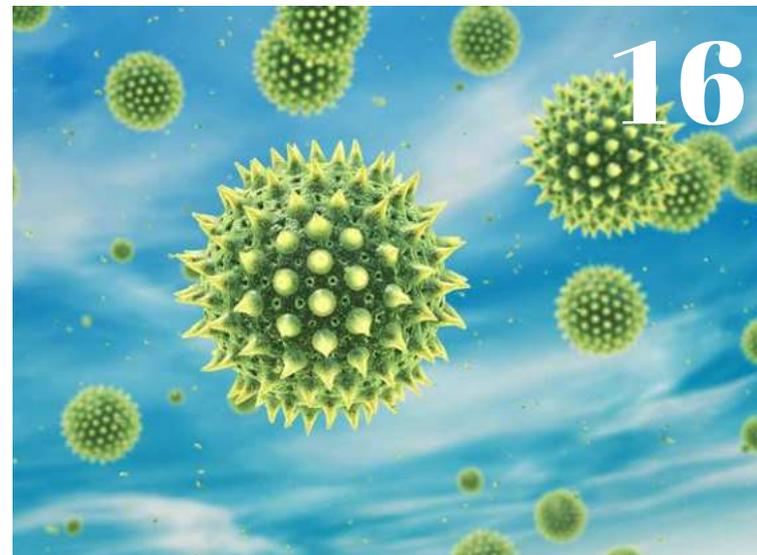
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OUR CONTRIBUTORS

.....

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



Nicky Ester

Nicky Ester MSc DnMed RNutr has over 10 years of experience in clinical practice, during which she worked for Erica White for three years before setting up her own clinical practice. During this time, she also taught as a clinical tutor at Premier Training International and joined Cambridge Nutritional Sciences as a nutritionist in 2012.



Natalie Lamb

Natalie Lamb Dip NT mBANT is a qualified Nutritional Therapist, who studied a three-year diploma in Nutritional Therapy at the College of Naturopathic Medicine (CNM) and is a member of The British Association of Nutritional Therapists (BANT). Natalie saw clients in a private clinic in London for two years before joining Probiotics International (Protexin), manufacturers of Bio-Kult and Lepicol ranges.



Romina Melwani

Mycotherapist and Nutritional Therapist for Hifas da Terra, Romina Melwani's interest in bringing wellbeing to the centre of her life led her to specialise in Naturopathic Medicine. After spending a few years researching the impact of medicinal mushrooms as a means of achieving optimum health, Romina further specialised in Mycotherapy, a therapy using mushrooms for prevention, as well as an integrative therapeutic supplement for several pathologies.



Tim Gaunt

Tim Gaunt is a Nutritional Biochemist with expertise in nutritional supplementation. He works for Natures Aid as Director of Technical Sales, is a Nutritional Therapist and a chartered Biologist.



Elaine Wilkins

Elaine Wilkins BA, Hons, PGCE, ILM, CMI Accredited Coach, is the award-winning founder and author of The Chrysalis Effect fully accredited recovery and practitioner programmes. Elaine knows first-hand what a six-year journey of CFS does to a person. This experience fuelled her work to establish a proven recovery model. This model is transforming the mindset and recovery outcomes and influencing a new medical model and fully integrated approach to ME, CFS and Fibromyalgia.



Jenny Bodenham

Jenny Bodenham BA (Hons) DiplON has been a practising nutritional therapist since 2005. She gained a Diploma in Nutritional Therapy at the Institute of Optimum Nutrition and has consulted privately on a wide range of health issues and worked for Higher Nature for a number of years. Jenny regularly contributes to a variety of health and nutrition publications.

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News bites

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

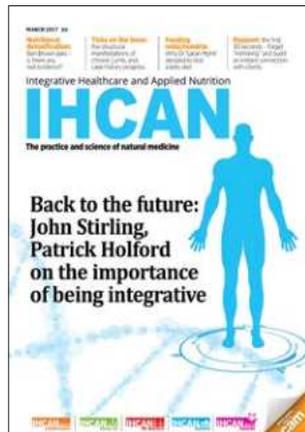
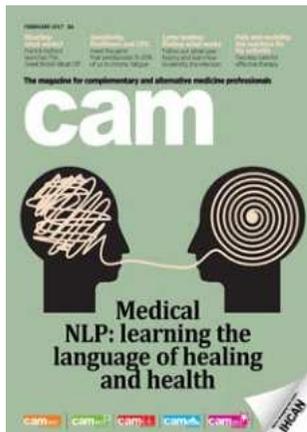
CAM magazine rebrands to IHCAN

The industry's leading monthly print magazine – and sister title of *Nutrition I-Mag* – CAM magazine has re-branded to *Integrative Healthcare and Applied Nutrition (IHCAN)*.

Long-standing editor, Simon Martin, explained the change; "It's still the CAM subscribers know and love, but now called *Integrative Healthcare and Applied Nutrition*. It shortens to *IHCAN* and, yes, we say that 'I can'. The new name arrives at the 15th anniversary of the magazine and in time for the kick-off of our 2017 conference season, and is a more up-to-date reflection of what we all do."

CAM magazine's events, the CAM Conferences and the CAM Summit, will also change to IHCAN in the coming months.

For more information about *IHCAN* and to subscribe, visit www.ihcan-mag.com.



Botanical guide to Chinese medicinal plants published

A new botanically authoritative and fully illustrated identification guide to Chinese medicinal plants has been published.

Chinese Medicinal Plants, Herbal Drugs and Substitutes: an identification guide describes 226 herbal drugs used in Traditional Chinese Medicine (TCM), all formally recognised by the Chinese Pharmacopoeia 2015, and includes detailed information on over 400 plant species.



The book has been penned by Christine Leon, a medical botanist specialising in Chinese medicinal plants, based at the Royal Botanic Gardens, Kew, where she has worked since 1980. In partnership with the Institute of Medicinal Plant Development (IMPLAD) in Beijing, she established the Chinese Medicinal Plants Authentication Centre at Kew in 1998, whose activities have involved much academic exchange between China and the UK and extensive fieldwork.

She co-authored the book with Professor Lin Yu-Lin, a leading specialist on the identification of Chinese medicinal plants and their materia medica, who is based at the Institute of Medicinal Plant Development, Chinese Academy of Medical Sciences and Peking Union Medical College. He has authored several books on Chinese medicinal plants.

This easy to use identification manual is ideal for those without botanical or materia medica identification training, as well as TCM traders, herbal dispensaries and practitioners, health regulators, conservationists including CITES enforcement officers, academia, and the natural product industries.

Innovation appointment

An Innovation Director has been appointed to the Board at Nutrition Group.

Katherine Andreasen has joined the company with the primary role to provide innovation and further product development to Nutrition Group's customer base, working alongside sales in the development of new products and strengthening its current propositions, propelling Nutrition Group in its journey to become the 'go to' Innovation leaders.

Katherine is a Nutritional Therapist registered with the British Association for Applied Nutrition and Nutritional Therapy, a representative of the Health Food Manufacturers' Association (HFMA) Board and brings with her a wealth of industry knowledge, expertise and respect.

Katherine has served as Technical Director for Healthspark for many years and is now moving on to a new and exciting challenge.





Alternative awareness

A new campaign to promote an eco-friendly approach to feminine hygiene has been created.

Mooncup's latest campaign sees the team created a new video, at Mooncup Period Drama.

With a touch of humour, the film shines a light on the drama of disposable sanitary products, inviting us to leave the past behind and choose another way, with the hashtag #PeriodDrama #OwnYourPeriod.

Michael Murray takes on new nutrition role

The well-respected nutrition expert and author, Dr Michael Murray, has taken on a new role.

Enzymedica has announced that Dr Murray, author of over 30 books, including *The Encyclopedia of Natural Medicine*, and an individual who has been recently named 'The Voice of Natural Medicine' by *Nutrition Business Journal*, has joined the company as Chief Science Officer.

According to Scott Sensenbrenner, CEO: "Dr Murray is a true icon in the natural health movement and brings tremendous credibility, experience, and passion to our company."

In the new role, Dr Murray will be critical to driving new innovations in product development, as well as leading research efforts to create next generation formulas that will be groundbreaking for the industry. In addition to his role with Enzymedica, Dr Murray will be working closely with the Roskamp Institute, in Sarasota, FL. This non-profit organisation is performing cutting edge research for organisations, such as the National Institutes of Health (NIH), Department of Defense (DOD) and the European Union (EU).

"I am thrilled to be part of the team at both Enzymedica and the Roskamp Institute. It is a dream come true," Dr Murray said.

New CEO announced at Nelsons



Claire Ferguson has been announced as the new CEO at natural healthcare brand, Nelsons.

Claire joins Nelsons from Johnson & Johnson, where she held various leadership roles of increasing responsibility across the consumer, diabetes and

latterly, the vision care businesses. She has a strong passion and commitment for the healthcare industry, where she has spent her entire career.

Claire commented "I am a life-long fan of Nelsons products so this is a very exciting move for me and a great privilege. Nelsons has fantastic brands, a very talented team and significant opportunity for growth due to the strength of the business and the strong growth natural health and wellness is providing for the consumer healthcare markets."

Robert Wilson, Nelsons Chairman, added: "Throughout the search process, Claire absolutely shone as the front runner to drive our business forwards. Her ideas and attitude resonated with both me and my brother Patrick as the right direction for Nelsons and we know she will be a real inspiration for our staff."

One of Claire's first tasks has been to recruit Aftab Aslam to her Executive Leadership Team as Nelsons first Strategic Insights Director. Aftab's previous role was Global Strategic Insights Director at Johnson & Johnson vision care and he brings with him 23 years experience, which will help Nelsons develop a deeper understanding of their customers and industry through research and analytic."

Protexin expansion as US office opens

Bio-Kult is developing its American business with the opening of a new office in Florida.

Probiotics International (Protexin) the manufacturers of Bio-Kult Probiotics, have opened a subsidiary in Miami to cater for the growing demand across the USA for the range.

"Demand for the Bio-Kult range has been steadily increasing year on year from the US," commented Commercial Director, Jonathan Sowler, "so it made sense to invest in a subsidiary to be closer to our customers and better support our American partners to gain a greater share of the \$500million probiotic supplement

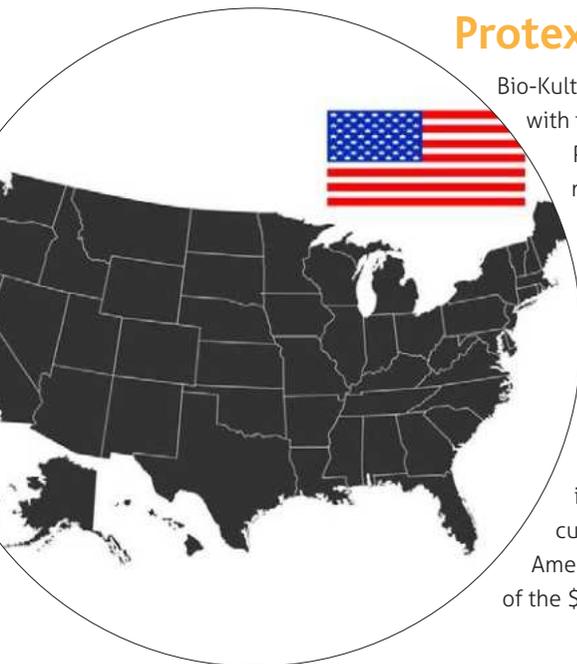
market.

"The Miami office has a team of five staff already and this is set to grow within the coming months as our investment increases."

Florida was chosen as it is a large populous state with a fast-growing economy and high demand for probiotics.

Sowler added: "We also have a strong presence in Latin America so by having a base in South Florida, we can be closer to our partners in the region."

Director of Marketing and Communications, Lizzie Hardy, added: "Although the two businesses are run separately, we want to ensure our colleagues in the US are fully immersed within our UK operations culture, so extensive training is given, including a trip to the UK to meet the team here."





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GENETICS 101

What's THIS all about



WHAT IS DNA, EXACTLY?

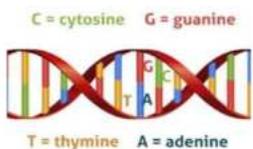
Deoxyribonucleic acid (DNA) contains the genetic blueprint that tells our cells how to grow and function. It is shaped in two strands that wrap around each other in a double-helix.

DNA is made up of four basic building blocks, known as bases and there are four potential letters in the DNA: guanine, adenine, thymine and cytosine, or G, A, T and C, the genome's language. We inherit one letter from our mother, and one from our father. There can be numerous different combinations of these letters in a gene, providing instructions for different proteins.

A SNP (Single Nucleotide Polymorphism) is the difference in a single DNA building block called a nucleotide. A slight change in the genetic code, such as the replacement of one DNA letter can result in an altered protein that may work differently within the body.

WHAT IS A GENETIC MUTATION OR VARIANT?

Occasionally, there is an alteration in a gene's DNA sequence and instead of, for example, an A, a G appears. This slight change in the genetic code is commonly referred to as a mutation or variant. This small change can cause a gene to encode a



SNP	Result	Allele
eNOS	-/-	GG
IL6R	+/-	AC
MnSOD	-/-	TT
VDRtaq	+/+	TT

protein that works incorrectly or doesn't work at all. Sometimes an error means that no protein is made.

However, not all DNA changes are harmful. Some mutations have no effect or can even be beneficial; but sometimes the impact is more serious and can lead to diseases.

WHAT DO THE SYMBOLS MEAN?

As mentioned above, we have two copies of most of the genes we are born with - one from our mother and one from

our father. myDNAhealth's lab analyses a person's unique DNA sequence to determine if one or both copies of the gene have a variation at a specific location and the SNP results are displayed as follows:

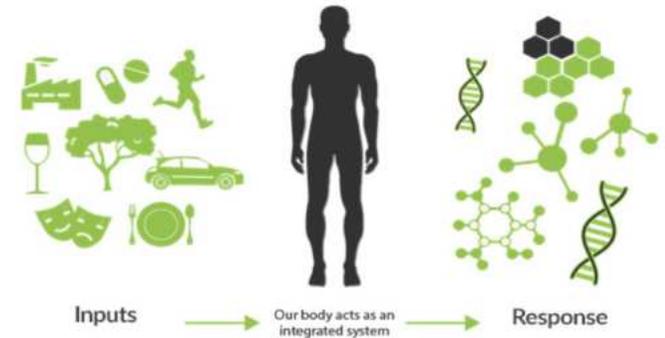
- Wildtype/norm: if there are no variations the result will be displayed as (-/-).
- Heterozygous: if one copy of the gene is different, the result will read (+/-).
- Homozygous: if both copies have a variation, the result is (+/+).

It is also important to understand that having a homozygous or heterozygous gene does not mean that the gene is defective or non-functioning, only that it is working with an altered efficiency. Sometimes this means that it is working at a decreased level, but it could also mean that it is functioning at a higher than normal efficiency, or that the gene is lacking regulatory mechanisms normally involved in its expression.

WHAT CAN A DNA TEST TELL ME?

A DNA test can highlight your genetic risks or potential but it is also very important to assess your environment and lifestyle alongside this as genes can be activated and deactivated by signals from the environment. These signals include stress, emotional upsets, toxicity, diet, exercise and sleep which may impact your genetic potential; in other words, whether the risk potential is being realised through your dietary and lifestyle choices.

"Your genes are not your destiny, only a starting place. In this very moment, your choices are changing your gene expression and health potential."



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In Research

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

Vitamin D found to have protective effect against respiratory infections

A global study led by Queen Mary University of London has confirmed that a vitamin D supplement could protect people from colds and 'flu.

Published in the *British Medical Journal*, the results were based on a new analysis of raw data from around 11,000 participants in 25 clinical trials conducted in 14 countries, including the UK, USA, Japan, India, Afghanistan, Belgium, Italy, Australia and Canada. Individually, these trials yielded conflicting results, with some reporting that vitamin D protected against respiratory infections, and others showing no effect.

It is thought that vitamin D protects against respiratory infections by boosting levels of antimicrobial peptides in the lungs. Results of the study fit with the observation that colds and 'flu are commonest in winter and spring, when levels of vitamin D are at their lowest.

Daily or weekly supplementation halved the risk of acute respiratory infection in people with the lowest baseline vitamin D levels, below 25 nanomoles per litre (nmol/L). However, people with higher baseline vitamin D also benefited, although the effect was more modest (10 per cent risk reduction). Overall, the reduction in risk of acute respiratory infection induced by vitamin D was on a par with the protective effect of injectable 'flu vaccine against 'flu-like illnesses.

Lead researcher, Professor Adrian Martineau, from Queen Mary

University of London, said: "This major collaborative research effort has yielded the first definitive evidence that vitamin D really does protect against respiratory infections. Our analysis of pooled raw data from each of the 10,933 trial participants allowed us to address the thorny question of why vitamin D 'worked' in some trials, but not in others. The bottom line is that the protective effects of vitamin D supplementation are strongest in those who have the lowest vitamin D levels, and when supplementation is given daily or weekly rather than in more widely spaced doses."

He added: "Vitamin D fortification of foods provides a steady, low-level intake of vitamin D that has virtually eliminated profound vitamin D deficiency in several countries. By demonstrating this new benefit of vitamin D, our study strengthens the case for introducing food fortification to improve vitamin D levels in countries such as the UK where profound vitamin D deficiency is common."

The study was conducted by a consortium of 25 investigators from 21 institutions worldwide, and funded by the National Institute for Health Research (NIHR).

Professor Hywel Williams, director of the NIHR Health Technology Assessment (HTA) Programme said: "The interesting findings of this large study are worthy of serious further debate. This study is yet another example of how the NIHR HTA Programme reaches the parts that other research funders may not tackle."

More than five-a-day found to reduce risk of major diseases

A major new study by Imperial College London has suggested that a fruit and vegetable intake above five-a-day shows major benefit in reducing the chance of heart attack, stroke, cancer and early death.

Scientists analysed 95 studies on fruit and vegetable intake, finding that although even the recommended five portions of fruit and vegetables a day reduced disease risk, the greatest benefit came from eating 800g a day (roughly equivalent to 10 portions, one portion of fruit or vegetables if defined as 80g). In this amount, there was a 24 per cent reduced risk of heart disease, a 33 per cent reduced risk of stroke, 28 per cent reduced risk of cardiovascular disease, 13 per cent reduced risk of total cancer and a 31 per cent reduction in dying prematurely.

The results revealed that even daily intake of 200g was associated with a 16 per cent reduced risk of heart disease, an 18 per cent reduced risk of stroke, and a 13 per cent reduced risk of cardiovascular disease. This amount, which is equivalent to two and a half portions, was also associated with four per cent reduced risk in cancer risk, and 15 per cent reduction in the risk of premature death.

The study, which was a meta-analysis of all available research in populations worldwide, included up to two million people, and assessed up to 43,000 cases of heart disease, 47,000 cases of stroke, 81,000 cases of cardiovascular disease, 112,000 cancer cases and 94,000 deaths.

In the research, published in the *International Journal of Epidemiology*, the team estimate approximately 7.8 million premature deaths worldwide could be potentially prevented every year if people ate 10 portions, or 800g, of fruit and vegetables a day.





Impact of fruit and veg on dementia risk studied

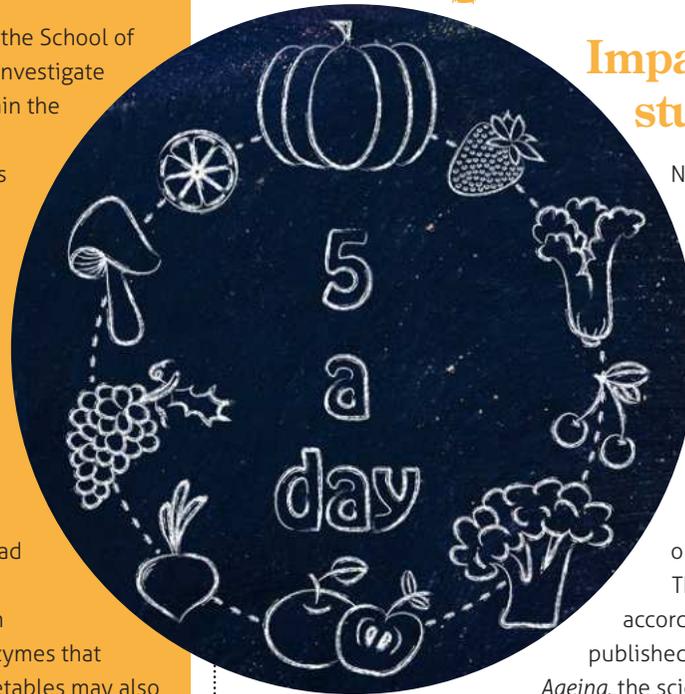
New research has found that at least three servings of vegetables and two servings of fruit daily might help prevent dementia in older adults. That was according to a study published in *Age & Ageing*, the scientific journal of the British Geriatrics Society.

The study, which was conducted by researchers at the Chinese University of Hong Kong, followed the cognitive status of 17,700 dementia free older adults for six years. The objective was to investigate whether those consuming at least three servings of vegetables and two servings of fruits daily, in line with the World Health Organization recommendation, were at a lower risk of developing dementia.

Researchers found that inadequate fruit consumption was associated with a higher risk of dementia, even after taking into account other relevant factors, such as age, education, major chronic diseases, and health-related behaviours, such as smoking. The findings suggest that not only could fruits independently reduce dementia risk, but the addition of three servings of vegetables to a person's daily diet further reduced this risk.

Linda Lam, Chairperson and Professor of the Department of Psychiatry at the Chinese University of Hong Kong, and the corresponding author of the *Age & Ageing* paper, said: "The findings of our study not only highlight the importance of consuming both fruits and vegetables in dementia prevention among older people, but also provide some insight into the daily amount of fruits and vegetables required for cognitive maintenance. As a public health promotion strategy, the need for a balanced diet on cognitive health should be duly emphasised in the older population."

It was speculated that one reason why fruits and vegetables might help reduce the risk of dementia is because they are rich sources of nutrients, including vitamin B, vitamin E, flavonoids, and beta-carotenoids, which have antioxidant and anti-inflammatory properties.



Dr Dagfinn Aune, lead author of the research from the School of Public Health at Imperial, explained: "We wanted to investigate how much fruit and vegetables you need to eat to gain the maximum protection against disease, and premature death. Our results suggest that although five portions of fruit and vegetables is good, 10 a day is even better."

Dr Aune added that several potential mechanisms could explain why fruit and vegetables have such profound health benefits.

"Fruit and vegetables have been shown to reduce cholesterol levels, blood pressure, and to boost the health of our blood vessels and immune system. This may be due to the complex network of nutrients they hold. For instance, they contain many antioxidants, which may reduce DNA damage, and lead to a reduction in cancer risk," he explained.

He added that compounds called glucosinolates in cruciferous vegetables, such as broccoli, activate enzymes that may help prevent cancer. Furthermore, fruit and vegetables may also have a beneficial effect on the naturally occurring bacteria in our gut.

"Most likely, it is the whole package of beneficial nutrients you obtain by eating fruits and vegetables that is crucial to health. This is why it is important to eat whole plant foods to get the benefit, instead of taking antioxidant or vitamin supplements (which have not been shown to reduce disease risk)."

In the analysis, the team took into account other factors, such as a person's weight, smoking, physical activity levels, and overall diet, but still found that fruit and vegetables were beneficial.

Dr Aune added: "We need further research into the effects of specific types of fruits and vegetables and preparation methods of fruit and vegetables. We also need more research on the relationship between fruit and vegetable intake with causes of death other than cancer and cardiovascular disease. However, it is clear from this work that a high intake of fruit and vegetables hold tremendous health benefits, and we should try to increase their intake in our diet."

New to market

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

'CLEAN' PLANT-BASED PROTEIN POWDERS LAUNCHED

Vega is the latest brand to arrive from the US with its three-strong range of premium protein and nutritional powders.

Made from plant-based ingredients, Vega Clean Protein, Vega Clean Energy and Vega Essentials Nutritional Powder are entering the UK's burgeoning plant-based nutrition sector with a proven track record in the States.

The range is gluten and dairy free, vegan and vegetarian-friendly, and non-GMO and includes Vega Essentials Chocolate and Vanilla flavours, a nutritional powder made from a blend of pea, flaxseed and hemp, and with ingredients made from leafy greens and vegetables.



VEGAN ON THE GO

A new range of raw, vegan snacks has been introduced by Saf Life.

The raw food brand has created the gluten free healthy snack products under the Saf Raw brand, with its signature Impulse range being developed to provide unique flavour combinations and textures. Flavours include Chewy Protein Bites, Organic Pudding Bites, Organic Raw Choc Trail Mixes and Organic Coconut Chips.

Saf Raw snacks are produced in a state of the art facility in East London, using processing techniques such as activation



through sprouting and dehydrating the snacks below 46C to keep them raw to preserve key nutrients and enzymes that would normally be lost when cooked at high heat.

CAMBRIDGE COMMODITIES GETS FUNCTIONAL

A new range of functional gels has been launched as part of a new Cambridge Commodities partnership.

The nutritional ingredient supplier has teamed up with packaging company Unette Nutrition to add the functional gels to its range of finished products.

The company's product development team has created three ready-to-go gels for weight management, health and wellbeing and cognitive support, including Multivitamin Gel; essential vitamins and minerals may be missing from the diet that are vital for everyday health and wellbeing. Using carefully selected ingredients, Cambridge Commodities has created a gel which provides 25 per cent RI on-the-go.

James Stevens, Cambridge Commodities' CEO, said: "I am really excited about what this partnership with Unette offers. By looking at these single serving sachets as a delivery mechanism, rather than just another energy gel, widens the opportunity to create imaginative, convenient and exciting finished products.

"Aiming to hit the mega trends of natural, kids, vegetable, ageing generation, endurance and obviously convenience, Cambridge Commodities can create bespoke blends designed to change the look and feel of your whole brand make-up."



Enterosgel - Organic Mineral Adsorbent

Tackle the causes of gastrointestinal disorders. Scientifically developed to attach and bind to toxins, allergens, pathogens and viruses in the GUT. Unlike old natural adsorbents such as clay or activated charcoal ENTEROSGEL has the highest adsorption capacity towards endo-toxins, and unique properties to selectively bind to only medium and high-weight molecular substances in the gut, such as pathogens, allergens, salts of heavy metals. They are then expelled naturally with the stool, without side effects. ENTEROSGEL can be used long-term in children and adults as a supportive treatment of gastrointestinal disorders and for prophylactic detoxification. Clinically proven for treatment of gastroenteritis, some allergies, IBS, gastrointestinal disorders after radiotherapy of patients with cancer. Use ENTEROSGEL as the first step in gut treatment before or together with probiotics.

Research at www.enterosgel.co.uk.
Order from Order from The Natural Dispensary – www.naturaldispensary.co.uk / 01453 757792



Spring back into action

Pukka Herbs unveils its new wellbeing kit, Clean Me Green, designed to put a spring in your step. The Clean Me Green wellbeing kit brings together the power of organic plants in one easy-to-follow, two-week programme. The kit includes Pukka's expertly blended Detox and Clean Matcha Green teas alongside Clean Greens, a superblend powder which contains high levels of iodine to help promote healthy skin and raise energy levels. Clean Me Green also comes with a guide and online support programme, packed full of helpful tips and recipes to help you get your glow back.

The Clean Me Green kit offers much-needed nourishment to start the New Year. For more information call 01173 850 131.



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BANT News



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

FOCUS ON THE HERTS LOCAL NETWORK

Deputy Local Network Coordinator, Alison Sheldrick, shares the benefits of being part of her local group.

Upon graduating as an NT, I was looking forward to my new career, being my own boss and being able to help people feel well again.

However, it didn't take me long to realise that moving from big corporate, managing complex science projects and interacting with multidisciplinary teams to becoming a self-employed NT was, for me, quite uncharted territory. Moreover, I wasn't just helping people improve their health, I also had to be an accountant, IT expert and marketing expert, as well as attend to all the other aspects of setting up a small business.

At first, I missed the routine of 'going' to work. But, it was the isolation that I felt most. I missed being able to speak with colleagues about my work and the sharing of information.

So, when I saw a note about the BANT Local Networks, I immediately got in touch and offered to be a Local Network Coordinator. We didn't have one in Hertfordshire yet and I could see many personal benefits of running a group, which I hoped would be beneficial for others too. Excited, I emailed all the NTs in Hertfordshire but the response rate was low and the group didn't get going. I travelled to the Kent group for a while instead, which I found useful. I enjoyed meeting other NTs, talking 'shop' for a change and discussing work in detail, something that was missing in my week-by-week routine.

A couple of years later, the opportunity to run a Local Network reappeared and I revisited setting up a group. I was quite busy so

offered to work with another person to run the Hertfordshire meetings. I now have a wonderful working relationship with Tracey Harper, who is the Local Network Coordinator. As deputy, I support Tracey in her role. We meet quarterly and aim to provide members with as wide a range of activities that we can. For example, we invite representatives from supplement and diagnostic companies to speak on topics that we feel would be of interest, as well as inviting our members to share case studies or talk about a particular area of health that they are interested in. We have also had speakers on mindset and the Human Givens approach to treating depression. We always look to keep topics varied and Tracey carries out a poll at the beginning of each year so our members can express their interest in the speaker options available.

Most importantly, the local group gives us an opportunity to network with other NTs and students, discuss nutritional therapy-specific issues, support each other, talk about managing our businesses, ask questions and share our ideas and methods. Since becoming the deputy for the Hertfordshire Local Network, I have felt less isolated and feel I belong to a network of other NTs and students who all support and help each other when we can.



BANT SUPERVISION

Supervision in various forms is a routine part of working life in many healthcare professions, such as social care, midwifery, dietetics, psychology, psychotherapy and homeopathy, to name just a few, and BANT too has its own successful supervision scheme.

Supervision is a structured process of regular professional support, in small, confidential peer groups, with the aim to support BANT members' personal and professional development through discussion and reflection. It helps with:

- Resolving dilemmas.
- Optimising skills for running a profitable and efficient practice.
- Maintaining high standards, in line with policies, such as the BANT Professional Practice handbook.
- Facilitating successful relationships with clients and others in the wider professional community.
- Growing relationships with other BANT members.
- Setting career goals.

What it's not

Clinical supervision is often confused with the kind of management supervision received in a workplace, but it is very different; skills are not assessed, there is no practice supervision and clinics are not observed.

All sessions are completely confidential. Through a process of open discussion and peer support, BANT supervisors facilitate members to reflect on their work, enabling them to practice ethically, effectively and confidently.

BANT members can find out more by visiting <https://bant.org.uk/members-area/bant-supervision/>



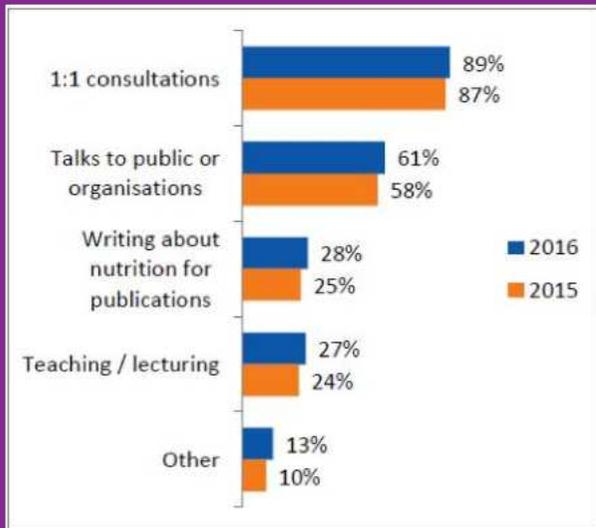


BANT MEMBERS SURVEY

Our thanks to all our members who completed the Member Survey last September. This is the third BANT Annual Member Survey aimed at giving members a say in how BANT can be of maximum benefit.

In 2016, we had a two per cent greater response rate from the 2015 survey and respondents showed a higher level of awareness and engagement with BANT, which is really positive. We want to build on this in 2017 to ensure all members feel supported in their training and practice.

What did practice look like in 2016 for BANT RNTs?



- Most NTs work part time or ad hoc, but there has been an increase in those working full time since 2015.
- The majority give 1:1 consultations, but an increasing number spend time giving talks or promoting NT through writing and teaching.

According to you, BANT offers value for money

- In 2015, 87 per cent of you believed that BANT offered value for money. We promised to improve this to greater than 90 per cent and in 2016 we exceeded that figure with a fantastic 91 per cent!
- For a complete breakdown of the Members Survey, members can refer to the February edition of the BANT ENews.

I think the support that I got from BANT is excellent. Out of all the PA's that I belong to, BANT and the APA are the most supportive. Thank you :)

As a member of other registry bodies, I feel BANT is a very supportive organisation. Kepp up the good work.

I have had to go elsewhere for help in growing my practice so providing that service would be beneficial

Most members continue to feel that BANT offers value for money – increasing year-on-year.

Do you feel that BANT membership offers value for money?



Use of BANT membership and top rated benefits

The most prominent use of BANT membership remains the BANT news, CPD log and the Natural Medicines Database. The top-rated benefits are from offers and free educational sources, such as databases, conferences, webinars and learning modules.

We are pleased to report that active engagement in core member benefits, such as BANT Networks and Supervision, has increased.

Attendance at BANT Local Network meetings increased by nine

per cent in 2016 and the new Regional Branch Meetings (RBMs) initiative got off to a great start with 39 per cent of you attending an event.

Awareness of Supervision has reached 80 per cent and attendance has also increased by two per cent since 2015. In 2016, BANT increased the number of Supervisors and gave more members access to the scheme with the launch of Online Supervision.

Nutrients and Gene Expression: Last chance to book

cam 2017
conferences

in collaboration with

 British Association for Applied Nutrition & Nutritional Therapy

Professor Scapagnini to focus on nutritional signals that modulate ageing and healthspan at the first CAM Conference of 2017.

On Saturday, March 18, the Cavendish Conference Centre in London will open its doors to over 200 practitioners and students for the first CAM Conference of 2017 in collaboration with BANT.

The conference, titled 'Nutrients and Gene Expression', will take place after the BANT AGM and will see one of the world's leading nutrigenomics experts, Professor Giovanni Scapagnini, MD, PhD, take to the stage for the entire afternoon.

Over the course of three hour-long slots, Professor Scapagnini will present 'Nutritional signals that modulate ageing and healthspan: a complex regulatory network for nutrigenomics research'.

SPACES RUNNING OUT

There is limited availability at this conference, so book now to guarantee your place.

Standard places are priced at £95, with significant discounts available for BANT members, students and members of other associations. A multiple-booking discount is also available when you book more than one conference at the same time.

Visit www.camconferences.co.uk or telephone 01279 810080 now for more information, or to book your place.

If you are a member of BANT, don't forget to register for your free place at the BANT Annual General Meeting taking place just before this conference. You can register at www.camconferences.co.uk/bantagm2017.

In his recently announced synopsis, Professor Scapagnini gave an insight into his presentation: "An extensive literature describes the positive impact of dietary phytochemicals on overall health and longevity. Although the exact mechanisms by which phytochemicals promote these effects remain to be elucidated, several reports have shown their ability to stimulate various mechanisms associated with ageing process, including modulation of NAD⁺/sirtuin pathway and xenobiotic metabolising enzymes.

"Dietary phytochemicals include a large group of non-nutrients compounds from a wide range of plant-derived foods and chemical classes. Over the last decade, remarkable progress has been made to realise that chronic, low-grade inflammation and redox unbalance are critical aspects for the development of age-related diseases."

He continued: "Despite the translational gap between basic and clinical research, the current understanding of the molecular interactions between phytochemicals and oxy/inflammatory response could help in designing effective nutritional strategies to delay the onset of chronic diseases and improve healthy ageing. Moreover, dietary phytochemicals have provided unique targets for underlying mechanisms of ageing. Among these targets, SIRT1 has emerged as a good candidate to counteract oxidative stress and inflammation.

"Indeed, SIRT1 has several effects that may turn out to be a benefit given the multifactorial pathogenesis of ageing and ageing associated-disease. In this context, our and other laboratories have highlighted the relevance of specific dietary phytochemicals to activate SIRT1 and also for the maintenance of the efficiency of the

Nrf2/ARE pathway, a central mechanism for adaptive responses to oxidative stress and inflammation."

In his presentation, Professor Scapagnini will focus on the effects of some dietary phytochemicals on ageing and longevity with particular focus on dietary patterns of long-lived populations but also on the importance of nutrient-sensing pathways that have a pivotal role in the regulation of oxi-inflammation and lifespan.

Following his presentation, Professor Scapagnini will also give delegates the chance to have their own questions answered in a Q&A session.

Attendees will also have plenty of time to network with peers and exhibitors while refuelling with healthy refreshments throughout the afternoon, as well as enjoying a freshly prepared three-course gluten free buffet. Each delegate will also be supplied with a free goody bag.

WE'RE CHANGING OUR NAME

Keep your eyes out for our new look at the March conference.

Just as *CAM* magazine has recently become *Integrative Healthcare and Applied Nutrition (IHCAN)*, the CAM Conferences will now be called the IHCAN Conferences.

Still the same conferences you know and love, the new name reflects a more up-to-date reflection of what we all do.

Integrative Healthcare and Applied Nutrition
IHCAN 2017
 conferences

in collaboration with

 BANT
 British Association for Applied Nutrition & Nutritional Therapy

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Places filling up

for the CAM Conferences 2017

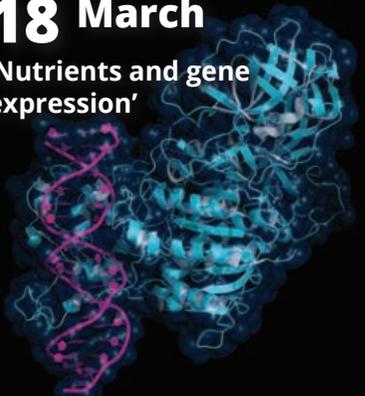
Join us for 2017's most exciting education programme, with cutting-edge themes and world-class speakers.



@camconferences

18 March

'Nutrients and gene expression'



22 April

'Antioxidants'



6 May

'Autoimmunity'



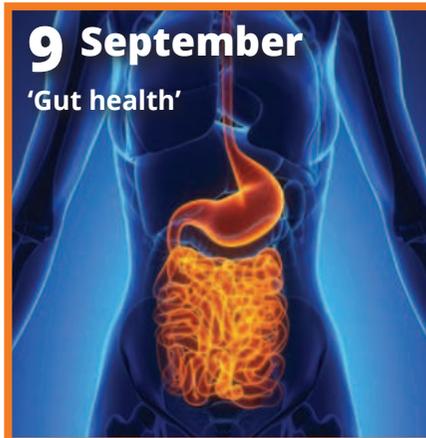
20 May

'Functional Sports Nutrition'



9 September

'Gut health'



18 November

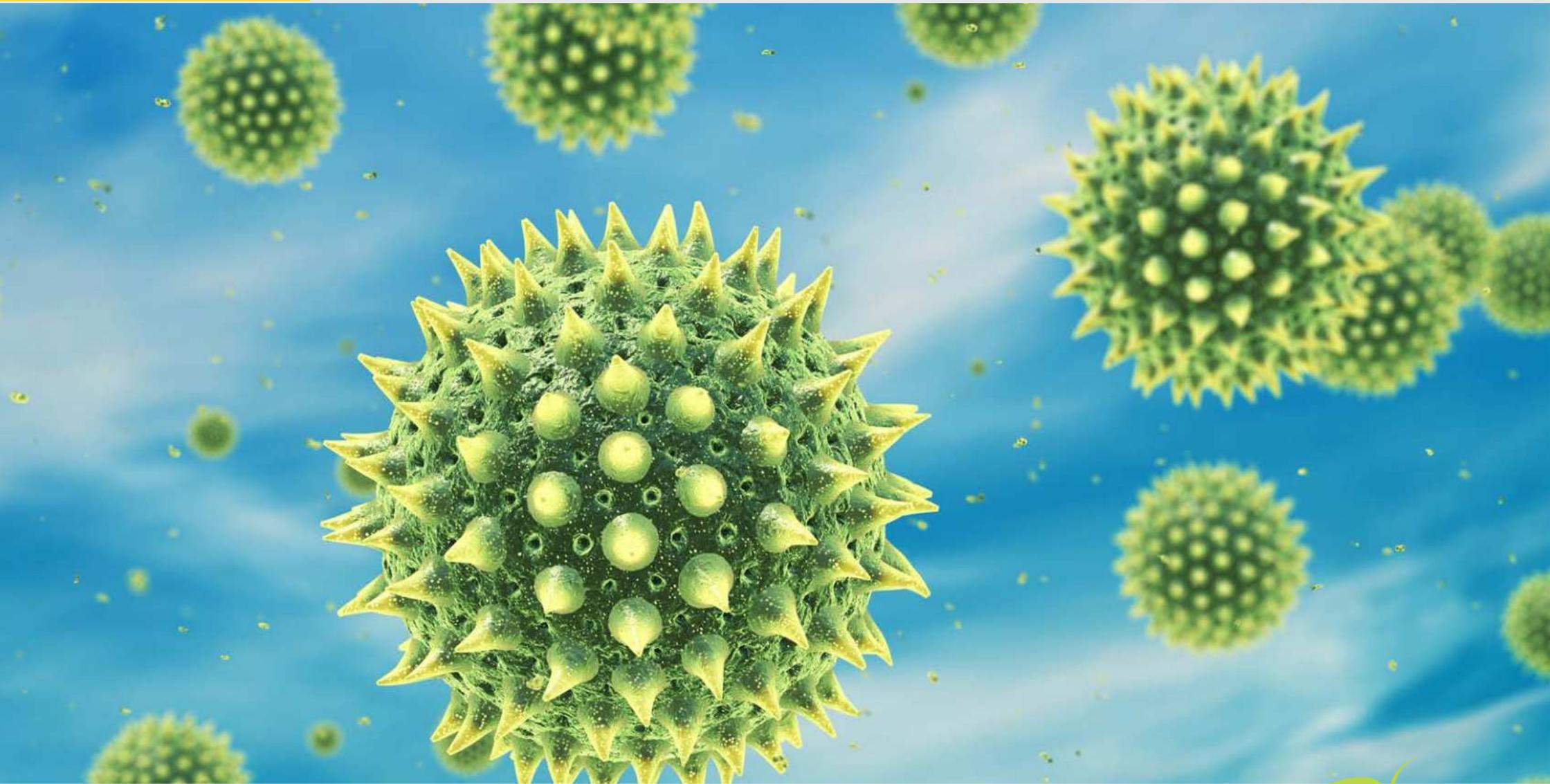
'Ageing'



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Generous discounts available for students and members of associations, as well as a multiple booking discount for those booking more than one conference at a time.



WHEN POLLEN ATTACKS

Nutrition I-Mag takes a closer look at the science behind seasonal allergies.





Diet, lifestyle, genetics, and immune health can all play a role in determining how badly someone suffers, if at all, with hay fever.

And at this time of year, when the pollen really starts to hit the majority of sufferers, it's a good idea to be up to speed with the contributory factors, and how those who experience hay fever can mitigate symptoms.

Nutritional Therapist, Natalie Lamb, Technical Advisor at Protexin, which has the Bio-Kult and Lepicol brands, pointed out: "It is a common condition, affecting one in five people globally and rising."¹

Max Wiseberg, founder of HayMax, a pioneering organic pollen balm barrier, added: "A series of tests by the ECRHS (European Community Respiratory Health Survey) conducted in the '90s established a prevalence of 29.2 per cent in Cambridge. An investigation by APRES (Allergy Prevalence Survey) starting in 2005 from a questionnaire survey of 5,482 people showed prevalence in the United Kingdom of 32 per cent.

"The prevalence of diagnosed allergic rhinitis and eczema in children have both trebled over the last three decades (Gupta, 2007). Twenty per cent of the population are affected by allergic rhinitis (Allergy The Unmet Need, 2003). The number of sufferers from rhinitis has tripled in the last 20 years (Allergy The Unmet Need, 2003).

"In a 2005 study of year 11 students in the West Midlands, 51 per cent of UK 15-16 year olds report symptoms indicative of hay fever, although only 21 per cent reported having had a confirmed diagnosis. (*Primary Care Respiratory Journal* 14, 270)."

THE SCIENCE

The signs that someone is suffering with hay fever are pretty obvious, although that's not to say there aren't associated issues that are less commonly linked with it.

"Hay fever, also known as seasonal allergic rhinitis,

involves inflammation of the mucosal lining of the nasal passages, throat and eyes, causing symptoms such as sore eyes, blocked nose, itching and sneezing," Lamb explained.

But what causes someone to react to pollen in the first place?

"T helper (Th) 2 cells are thought to play a crucial role in the initiation, progression, and persistence of allergic responses in association with production of interleukin (IL)-4, IL-5, and IL-13. Therefore, a strategy of a shift from Th2- to Th1-type immune response may be valuable in the prophylaxis and management of allergic diseases," Lamb explained².

Wiseberg went on: "Hay fever (nothing to do with either hay or fever!) is an allergic reaction to pollen. The body contains antibodies called immunoglobulin E (IgE). Mast cells have special receptors to which IgE can bind. When two of these mast cell bound antibodies are close to each other, the allergen is attracted to them and links them together. When enough of these are so linked, the mast cells will then release histamines.

"The body needs histamines – in the brain, they keep us alert, attentive and awake – but when there are too many in the body, it is these histamines which are mainly responsible for causing the unpleasant symptoms of hay fever.

"Put more simply, we can tolerate certain amounts of pollen, but there is a sensitivity level above which we will suffer an allergic reaction, triggering the release of histamines. This sensitivity level varies from person to person, and probably varies on a daily basis as well, and may also depend on all sorts of factors such as stress, tiredness, fitness etc."

THE GENETIC LINK

What is the genetic link, if any, when it comes to hay fever?

"A study in 2016 of 25,306 Swedish twins nine or 12 years concluded that allergic diseases of childhood are highly heritable.³ Data was collected via parental interviews and population-based registers to indicate an association. I would question if, however, the association was more related to the mother's intestinal flora and state of her immune system that should could have transferred to her infant, plus shared dietary and lifestyle habits," Lamb suggested.

"The study also took a subset of 10,075 twins genotyped for 16 single nucleotide polymorphisms (SNPs) used to show underlying differences in our susceptibility to disease. However, in my opinion it is our environment that influences whether that disease progresses or not."

And Wiseberg added: "There is a genetic element, but it is not certain that it will be passed from one generation to the next, and people with no history of hay fever in the family can still get it."

"The prevalence of diagnosed allergic rhinitis and eczema in children have both trebled over the last three decades (Gupta, 2007). Twenty per cent of the population are affected by allergic rhinitis"

FOOD FIGHT

There is a well-established link between what we eat and how badly we react to pollen.

Lamb explained: "The allergic response is to inhaled pollen in the environment opposed to food sources, but as we know what we eat and how we digest it can affect every aspect of our health!





“Hay fever is an inflammatory condition, so any natural solutions to support the immune system could only be of benefit. Eating a rainbow of different coloured vegetables and salads should provide a wide range of immune supporting nutrients,⁴ such as vitamin A, C and E, zinc and selenium, and antioxidants, said to help prevent the release of the inflammatory chemical histamine. Flavonoids are natural compounds found in many plant foods. In 2014, Castell et al showed that flavonoids may have a role in the prevention of immunoglobulin E (IgE) synthesis and mast cell degranulation, lowering inflammatory mediators, such as histamine and cytokines.”⁵

Making recommendations for some simple changes to how you cook can also be really helpful.

Lamb added: “Cooking with natural flavours of onions, garlic, cayenne pepper, ginger and turmeric and consuming omega 3 fatty acids found in oily fish, avocados, walnuts, flax seeds and oils, are all said to contain natural anti-inflammatory compounds.⁶ Refined sugar is said to be inflammatory so suggest a reduction in processed foods and sweet snacks instead opting for those high in proteins and healthy fats.”

A popular recommendation is local honey, from bees that have pollinated local plants, supposedly building up a tolerance to local plant antigens.

“In 2011, Saarinen et al gave birch pollen honey pre-seasonally to 44 patients (five per cent female, mean age 33 years) with physician-diagnosed birch pollen allergy,” Lamb said.⁷

“The patients reported a 60 per cent lower total



symptom score ($p < 0.01$), twice as many asymptomatic days ($p < 0.01$), and 70 per cent fewer days with severe symptoms ($p < 0.001$), and they used 50 per cent less antihistamines ($p < 0.001$) compared to the control group (those on conventional medication only).

“Fresh nettles prolific in the spring time are believed to be a great source of natural anti-histamine so you could encourage your clients to pick the tips of the nettle plant and making a fresh pot of tea.”

But Wiseberg added another perspective.

“As always, there are conflicting opinions on this. Eating dairy is fairly certain to exacerbate any runny noses and will help the body to produce more mucus, so avoiding dairy products is a good idea. However, probiotics have been shown to help with hay fever,” he said.

“Quercetin is a natural antihistamine so eating food which are high in quercetin

ought to be a good thing. And eating pineapple at the same time will help the body absorb the quercetin. But a recommended daily dose of quercetin tablets would be 500mg three times a day. To get that from food, you would have to eat a bucketful of chillies, or capers or apples or red onions! But eating quercetin-rich foods certainly won't hurt you, and may well contribute to helping with your allergies.”

He added: “Choose good quality organic food, which will contain more vitamins and fewer synthetic pesticides. Beta carotene is high in vitamin C and bioflavonoids. They are said to be good for preparing your body and fighting off hay fever symptoms. Orange and red fruit and vegetables are high in beta carotene. Try oranges, grapefruits, red apples, watermelon, orange

HOMEOPATHIC SUPPORT

Keep in mind too that homeopathy can be very effective when it comes to hay fever.

“Homeopathic remedies which have been used to help ease hay fever symptoms include *Allium cepa* (red onion), *Euphrasia* (eyebright) and *Gelsemium*,” commented Weleda Superintendent Pharmacist Zoe Smith.

She also suggested people look for a nasal spray containing salts and aloe vera to help soothe and care for the nasal passages. You will be able to find those that are suitable for long-term use, from three months of age and can also be used during pregnancy .





and yellow pepper. Dark green vegetables are also high in beta carotene and help to cleanse the bowel. Try watercress, rocket, spinach, broccoli, green beans, kale, nettles and seaweed. Try making nettle soup or nettle tea from fresh nettles near your home. Sprouted seeds and bean sprouts are also very beneficial. Add them to salads and soups. Sunflower seeds and pumpkin seeds have beneficial properties too. Sprinkle on salads and vegetables."

ADDITIONAL SUPPLEMENTATION

Clients suffering with hay fever systems can be recommended a combination of things, led by dietary and lifestyle changes, but certain supplements can be beneficial.

"I would go with anything anti-inflammatory like an omega 3 supplement," Lamb said.

And don't forget the potential impact probiotics could have, as research is demonstrating.

"Hay fever is associated with an oversensitive immune system, of which 70 per cent is located in the gut and influenced by the diversity of our gut microbes. It is not surprising, therefore, that there appears to be a link between the severity of such allergies and the health of our gut.⁸ Probiotics have been shown in studies to help rebalance the gut flora and support a healthy immune response," Lamb said.

"A study by Costa et al in 2014 reported significant improvement in quality of life, in particular, a reduction in runny eyes, within just five weeks of consuming a

"Hay fever is associated with an oversensitive immune system, of which 70 per cent is located in the gut and influenced by the diversity of our gut microbes"

lactobacilli probiotic.⁹ Other studies have demonstrated a reduction in nasal itching¹⁰ and lower nasal congestion.¹¹ Results of those taking the probiotic alongside anti-histamines were more significant than those taking an antihistamine alone."

When choosing a probiotic, opt for one that is stable and able to guarantee the bacterial count until the end of the product's shelf life, not just at the time of manufacture.

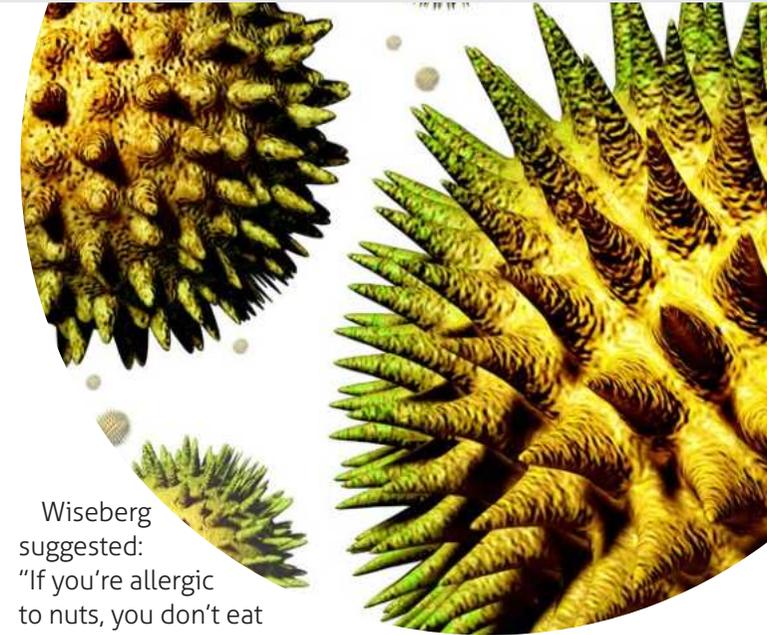
Lamb added: "They should also be able to survive the harsh acidic environment of the stomach to reach the small intestine intact. There is still no consensus on the most effective dose of a probiotic. Benefits have been seen in ranges from 10 million to 100 billion CFU a day and that a dose that is found to be effective for one probiotic strain may not be effective for another. A multi-strain probiotic has been shown to be able to exert more positive benefits and reach more areas of the gastrointestinal tract, therefore being able to help a more diverse range of digestive disorders."

LIFESTYLE CHECK

There are some important steps to take to reduce the suffering.

"Pollen is released in the morning and rises with the air as then everything warms up; we all know that warm air rises. Then in the evening, the air cools and the pollen descends again. So the times when there is most pollen in the air we are walking through is in the morning and the evening," Wiseberg explained. "Avoiding being outside (and avoiding hanging washing outside) at these times, will reduce our intake of pollen. Keeping car and house windows closed and making the pollen filters in your car are replaced when it is serviced will also help."

Whatever else you advice, avoiding the allergen is always the best policy.



Wiseberg suggested: "If you're allergic to nuts, you don't eat nuts. If you're allergic to pollen, you avoid exposing your body to pollen. But it's not that simple as pollen is pretty ubiquitous. So using an organic, drug free pollen barrier balm is a great way to stop over a third of the pollen getting into your body. As long as that keeps you below your sensitivity level, then your symptoms won't trigger. And because it's organic, you know you aren't doing any harm to your skin. No drugs means no drowsy side effects, nothing to cross the placenta in pregnant women, no drugs in the baby's milk for nursing mothers, and for pupils and students it could help you get better grades in your exams!"

He added: "Other helpful products include saline nasal rinses, but only for short periods. It is possible that using these for more than a few weeks could affect the beneficial bacteria content in your nose and leaving people susceptible to infections. Acupressure bands have been effective for many people (but don't use while pregnant). Drug free hay fever remedies are starting to trend in pharmacies and health stores now, as more are produced and there is more evidence to show they really work." ●

Smiling Not Sneezing

Hay fever is associated with an oversensitive immune system, of which 70% is located in the gut so it's not surprising that there appears to be a link between the severity of such allergies and gut health. Live bacteria have been shown in studies to help rebalance the gut flora, support a healthy immune response and to significantly improve quality of life in hay fever sufferers. Bio-Kult Advanced multi-strain formula contains 14 live bacterial cultures proven to survive the high acidity of the stomach, and complement the existing gut flora naturally present in a healthy person's digestive system.

Tel: 01460 243230

Web: www.bio-kult.com

E-mail: info@bio-kult.com



SMILING NOT SNEEZING

Recent studies have shown how Lactobacilli could help to lower nasal congestion and itching, reduce inflammation and help to support optimal immune function*.

Bio-Kult is a scientifically developed, advanced multi-strain formula containing 14 live bacterial cultures, proven to survive the high acidity of the stomach.

So when the pollen count starts to climb, make sure you're smiling and not sneezing!



Ask your wholesaler for more information, or contact Bio-Kult.

OptiBac Probiotics 'Bifidobacteria & fibre'

Let OptiBac Probiotics 'Bifidobacteria & fibre' help support your post festive detox program! 'Bifidobacteria & fibre' contains Bifidobacterium lactis BB-12®, the world's most researched strain of Bifidobacteria, combined with a short-chain prebiotic Fructooligosaccharide (FOS). Extensive scientific and clinical research has demonstrated the beneficial effect of BB-12® in alleviating constipation. The probiotic bacteria works to break down blockages as well as naturally stimulating peristalsis. The prebiotic FOS potentiates these effects by supporting the gut's commensal friendly bacteria. Giving you and your clients a holistic solution to improve bowel movements naturally.

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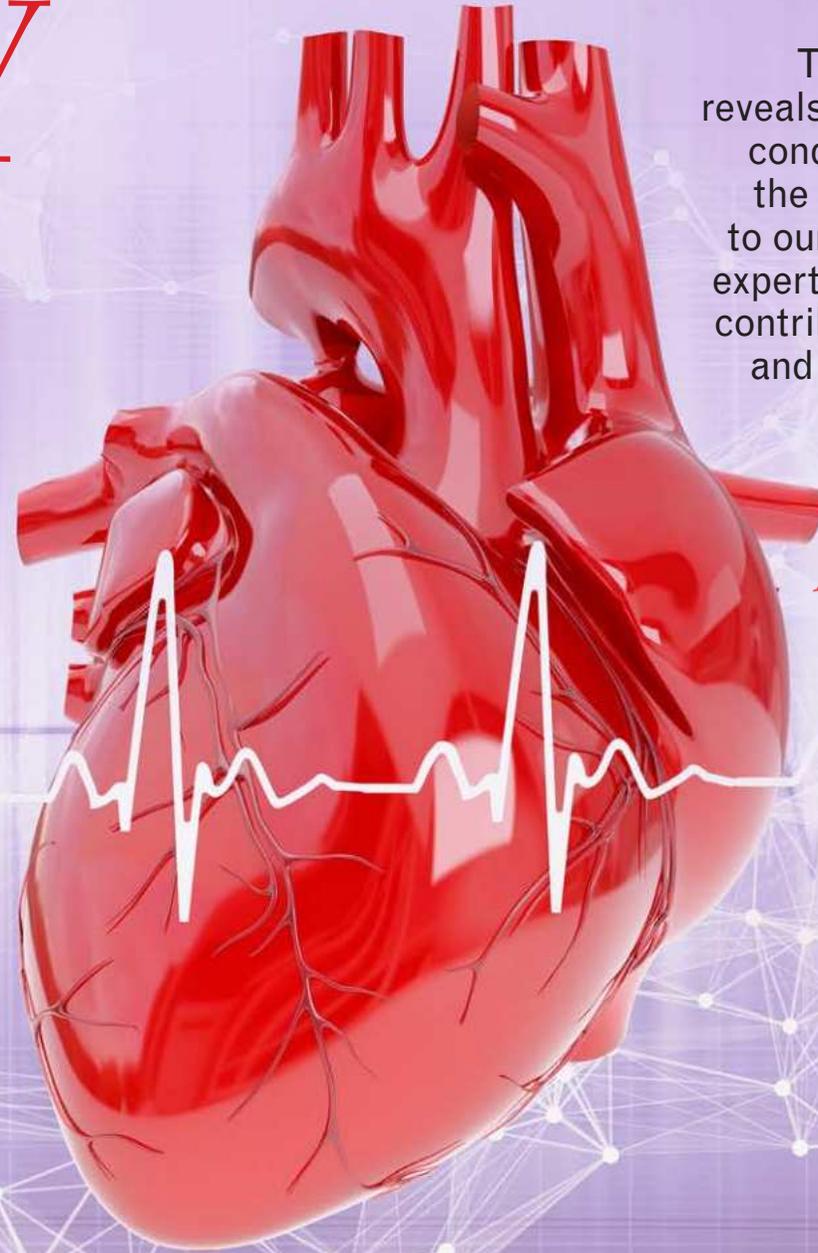
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*Reference available at www.bio-kult.com/bio-kult-uses/863/hay-fever



HEALTHY HEART - AN EXPERT GUIDE

The latest data reveals heart related conditions remain the biggest threat to our health. Here, experts examine the contributory factors and the modifying protocols.





Coronary heart disease remains Europe's single biggest killer, new data has revealed. However, this is despite the fact that death rates have declined by some 46 per cent in the UK since 2003, according to a new report published by the European Heart Network (EHN).

What this demonstrates is heart disease remains a major issue, accounting for nearly 70,000 deaths each year in the UK.

The report also shows that more people are being diagnosed with cardiovascular disease; in 2015 in the UK, there were 622,716 new cases of cardiovascular disease, up from 598,783 in 2010. And worryingly, an increase in demand and an ageing population is resulting in spiralling costs for the NHS, with cardiovascular disease estimated to cost the UK healthcare system more than £9bn each year.

Tim Gaunt, Director of Technical Sales at Natures Aid, agreed with the data, adding: "Despite the fact that the human heart is one of the most efficient pumps in nature, pumping an incredible 2.5 billion times during the average lifespan, heart disorders are by far the most common cause of death in the UK. The heart represents the focal point of the cardiovascular system, alongside the blood vessels, which include arteries, veins and capillaries.

"The purpose of this system is to ensure that an adequate supply of blood, nutrients and oxygen reaches each cell within the body. However, disease and dysfunction can lead to a wide range of health issues, including myocardial infarction (heart attack), stroke, angina pectoris, intermittent claudication, high blood pressure, kidney failure and erectile dysfunction. At first glance many of these conditions would seem to have little relationship to each other, but they are largely due to the same trigger, namely atherosclerosis,

an arterial disease."

What is clear is further research is needed when it comes to the data regarding heart disease.

Commenting on the new European data, Simon Gillespie, British Heart Foundation Chief Executive, said: "This analysis is a powerful reminder that cardiovascular disease still kills more people in the UK than any other disease group, despite the advances we've made in preventing and treating heart conditions through medical research.

"Nearly half (45 per cent) of all deaths in Europe each year are caused by cardiovascular diseases. This shows the urgent need to fund more research towards faster, more accurate diagnosis and treatments, alongside work to help prevent people developing heart and circulatory diseases in the first place."

"This analysis is a powerful reminder that cardiovascular disease still kills more people in the UK than any other disease group, despite the advances we've made in preventing and treating heart conditions through medical research"

CONDITION SPECIFIC

When we talk about the health of the heart, this brings into play a number of conditions.

Jenny Bodenham BA (Hons), Dip ION, Nutritionist Therapist at Higher Nature, explained: "Conditions related to heart health include angina, heart attack, heart failure, atherosclerosis, stroke, atrial fibrillation and congenital heart disease. Signs that the heart is

not functioning properly may include shortness of breath, heart palpitations, fatigue, oedema (manifested by swollen ankles, feet or legs, abdomen or weight gain) and persistent coughing or wheezing."⁽¹⁾

Kay Ali is Head of Nutrition at omega 3 brand, Bare Biology, and a Nutritional Therapist with 10 years experience in the nutraceutical industry. She added: "There are so many conditions related to heart health; collectively, they are called Cardiovascular Diseases (CVD). The most common ones are coronary heart disease, stroke, heart attack and angina. All these conditions are caused by narrowed, blocked or stiffened blood vessels that prevent your heart, brain or other parts of your body from receiving enough blood resulting in dysfunction. Chest pain, shortness of breath and arrhythmias that feel like a fluttering in the chest are the most well known symptoms of CVD."

Also important to point out is there are wider signs, which may at first not seem connected.

"There are many more signs that may point to an underlying issue with your heart. For example, pain, numbness, weakness or coldness in your legs, arms, neck, jaw, upper abdomen or back have been associated with cardiovascular disease. This is usually because blood vessels related to the area of pain have become narrow, constricting blood flow to the region. Symptoms tend to differ between men and women too. Men are more likely to experience chest pain, while women tend to experience shortness of breath and nausea."

Gaunt added: "Common signs that the heart is not functioning at its optimal level and that a decline in function is happening include trouble breathing, especially when exercising or lying flat, swollen feet, ankles or abdomen, feeling extremely tired, a persistent cough, especially at night, and wheezing."





Looking a little closer at atherosclerosis, Gaunt pointed out that this is a silent process that can begin in childhood.

“The first stage is free radical damage to the inner lining (the endothelium) of the artery. The site of injury then becomes more permeable to fats (especially cholesterol). Tissue damage causes the repair process to start, smooth muscle develops, thickening the tissue and reducing elasticity and is covered in connective tissue. This then leads to more deposits sticking to the area and narrowing the artery,” he said.

“In severe cases, this atherosclerotic plaque, or a combination of plaque and thrombus (blood clot), may entirely block the blood vessel. The plaque is composed of cellular debris, cholesterol, fatty substances, calcium and the blood clotting component fibrin, which holds this structure together.”

AGEING

The data tells us that the older we get, the more the risk of heart-related conditions. But it doesn't end there.

“Ageing poses the largest risk factor for cardiovascular disease, which remains the leading cause of death in the 65 plus age-group.⁽²⁾ Ageing leads to an increase in CVD, including atherosclerosis, hypertension, myocardial infarction, and stroke⁽³⁾ However, a growing body of research indicates that genetic variants play a role in CVD. It has been found, for example, that a history of premature atherosclerotic CVD in a parent confers ~3.0-fold increase in CVD risk to offspring in the general population,” Bodenham explained.⁽⁴⁾

“One Swedish study found that at a younger age, genetic factors in both men and women influenced death from coronary heart disease. Their findings also suggest that the genetic risk factor decreases at an older age.”⁽⁵⁾



Ageing also plays a role in declining levels of CoQ10.

“The heart requires energy to be able to pump the blood around the circulatory system. This energy is produced within the mitochondria of the cells of the heart via the ‘electron transport chain’, leading to the production of adenosine triphosphate (ATP), which is the fuel we run on. The production of ATP relies heavily on the presence of coenzyme Q10,” Gaunt said.

“Unfortunately, the human body's level of this vital nutrient declines at roughly 10 per cent per decade from our 20s. This fact, coupled with the knowledge that a 75 per cent reduction in coenzyme Q10 can stop the heart, give us an indication of why ageing plays a role in the heart functioning at sub optimal levels.”

He added: “Genetics will, unfortunately, also play a role in heart health, with hereditary or family predisposition being risk factors that cannot be changed.”

DIETARY INTERVENTIONS

What we know is that modifying nutritional and lifestyle factors can make a huge difference to the health of the heart, and that prevention through the years can dramatically reduce the risk of developing heart problems.

Looking at risk factors, there are certain things to bear in mind.

Gaunt added: “Many of the factors affecting poor cardiovascular health, and plaque formation, are related to the foods that we consume and also to those that we do not consume in sufficient quantities, if at all. Added to the atrocious diet that many follow are the so-called lifestyle factors that impact heavily on our propensity towards heart disease in the UK.”

These include overindulgence.

“While the antioxidant properties of red wine have



beneficial cardiovascular effects, it is excess that causes some major issues for the heart. Alcohol is the biggest single toxic substance promoting western heart disease, with 28 per cent of men and 13 per cent of women drinking more than the recommended number of units per day. This, coupled with the tendency to overeat and the number of people smoking, add up to a serious heart disease risk.

“Smoking leads to elevated levels of homocysteine, a major risk factor in heart disease.”

Gaunt also highlighted excessive salt consumption.

“We are certainly a nation that over consumes its salt, with many of us eating three to five times the recommended 2-4g per day. Estimates suggest that if the average daily intake were reduced to 6g per day, around 34,000 deaths a year would be prevented,” he said.

And then there is too much fat.

“Or to be more precise, too much of the wrong kind,” he explained. “Research has shown that some 30,000 heart disease deaths can be attributed to the intake of trans-fatty acids. Experts have advised that these fatty acids should be removed from the diet as an avoidable hazard.”

Ali pointed out: “Diet and lifestyle play a huge part in determining how healthy your heart is. As we become more and more familiar with epigenetic practice, we’re learning just how powerful diet and lifestyle are in the onset of disease.”

“For example, we now understand that even if you have a family history of high blood pressure, it doesn’t mean you’re on the waiting list for a heart attack too. While you might be genetically prone, it’s your diet and lifestyle that pulls the trigger, so to speak. Stress, inactivity and a diet high in sugar and trans fats, low in fibre, omega 3 and colourful fruits and vegetables are

the main culprits.”

Bodenham added: “Risk factors for greater susceptibility to heart conditions include diabetes, obesity, smoking, high blood pressure, high cholesterol, poor nutrition and sedentary lifestyle.”

So, what do we know about the dietary protocols to recommend?

“Research has shown that some 30,000 heart disease deaths can be attributed to the intake of trans-fatty acids. Experts have advised that these fatty acids should be removed from the diet as an avoidable hazard”

“Research has repeatedly indicated the benefits of the Mediterranean diet for heart health. One randomised controlled trial in 2013 looked at the effects of the Mediterranean diet supplemented with either extra virgin olive oil or mixed nuts, on the incidence of heart attack,” Bodenham pointed out. “Compared with a standard low fat diet, after nearly five years it was found that those following the Mediterranean diet were around 30 per cent less likely to have had a heart attack or stroke, or to have died from one.⁽⁶⁾ Another study in 2016 looking at the effect of the Mediterranean diet on heart patients found that death from any cause was reduced by 37 per cent.⁽⁷⁾”

“A dietary protocol based on the Mediterranean diet guidelines is recommended. This would be rich in fruits and vegetables, providing a broad spectrum of antioxidant compounds, whole grains, legumes and fish with reduced red meat consumption. The Mediterranean diet favours high consumption of

monounsaturated fatty acids, principally from olives and olive oils and omega 3 fatty acids from oily fish, such as mackerel, sardines and salmon, nuts and seeds.”

Ali continued: “Eat fresh, small oily fish. Oily fish like sardine, mackerel and anchovy are superior sources of EPA and DHA omega 3 fatty acids. These fats are like kryptonite to CVDs. At 3000mg a day, it has been shown to lower high blood pressure and blood triglycerides.¹ It’s pretty difficult to include enough high quality oily fish in our diets. The UK Government recommends we limit of intake to a maximum of four portions a week due to risk of heavy metal intoxication. This isn’t enough. That’s why it’s important to supplement with a premium oil.”

And the simple approach of plenty of fruit and vegetables are also to be recommended for heart maintenance.

Bodenham explained: “Fruits and coloured vegetables are rich sources of antioxidants and phytochemicals, including non-digestible carbohydrates (dietary fibre and prebiotics), phenolic compounds (flavonoids, phytoestrogens, phenolic acids), phytosterols, carotenoids, indoles and quinones. Many epidemiological studies and laboratory investigations have indicated a protective role for many of these substances against atherosclerotic vascular disease and stroke.”

Don’t forget those B vitamins too, especially folate, B6 and B12.

Ali explained: “These may help to lower homocysteine, a key biomarker of CVD. You can supplement with these vitamins but, unless you’re strictly plant-based, they’re pretty easy to get from food. Lean, grass fed beef and organic offal meat is a great source of most B vitamins. Plant-based options





include pulses, beans, legumes and avocados.”

And as an aside, the benefits of being active cannot be underestimated.

“Exercise is important for maintaining a healthy heart. High intensity cardio exercises help to strengthen the heart muscle. While 20 minutes of resistance exercise, three times a week has been shown to promote flexible blood vessels, keeping our cardiovascular system young and healthy.”²

Gaunt added: “Regular exercise can play a crucial role in maintaining a healthy heart and protecting the body from cardiovascular disease. It has been estimated that only one third of men and fifth of women are active enough to gain this protection.”

ANTIOXIDANT ACTION

Let’s look a little closer at antioxidants, perhaps one of the most important considerations when you are talking about heart health.

“Antioxidants are a group that should be taken seriously when talking about heart and arterial health, with a wealth of positive studies supporting their use,” Gaunt pointed out.

“A number of supplemental sources of these

antioxidants are available for those who wish to maximise their protection, including vitamin C, vitamin E, selenium and botanical extracts, such as Pycnogenol, bilberry, green tea and ginkgo biloba. Another effective antioxidant that is useful in supporting cardiovascular health is the reduced form of coenzyme Q10 (CoQ10), also known as ubiquinol. Both coenzyme Q10 and ubiquinol have been shown to be supportive in maintaining optimal cardiovascular health² and the wealth of evidence for the supportive role they play is growing.

“Indeed, the levels of these nutrients is so important for heart health that a 75 per cent reduction in the body’s CoQ10 level leads to the heart ceasing to function, making it vitally important that we maintain adequate levels. CoQ10 also enhances the antioxidant activities of vitamin E, helping to maintain healthy arteries.”

CoQ10 is especially important for those taking statins, as Gaunt explained.

“There is published scientific evidence that statins lower CoQ10 levels in the body,³ leading to, not only cardiovascular issues, but also extreme tiredness, muscle weakness and memory loss.”

So, where do we get these antioxidants from?

“Eat the rainbow. Ideally, we should be eating nine portions of fruit and vegetables a day (two fruit, seven vegetables). It sounds like a lot, but if you break it down to three portions with each meal, it’s actually quite achievable. But the trick is to eat a spectrum of colourful produce throughout the day. It’s a great way to guarantee that you’re eating a wide variety of antioxidants,” Ali explained, adding: “Antioxidants are super for helping to prevent the oxidation of cholesterol in the blood, which can otherwise lead to clogged arteries. There’s a lot of evidence suggesting

that supplementing with the powerful antioxidant, coenzyme Q10, is beneficial if you’re taking statins precisely for this reason. Of course, it’s best to check with your healthcare professional first, particularly if you’re on any medication.”

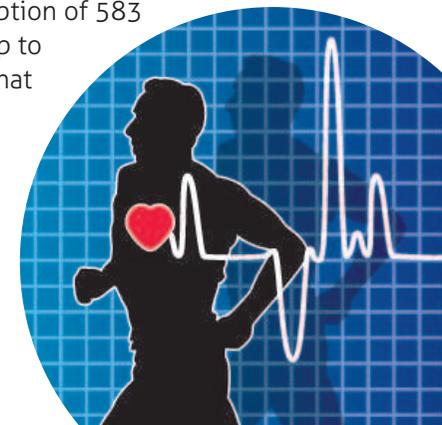
Bodenham added: “Antioxidants are believed to protect DNA from damage, restore endothelium-dependent vasoactivity and boost endogenous antioxidant defences. One study on antioxidant supplementation with vitamin C, vitamin E, coenzyme Q10 and selenium found significantly increased large and small artery elasticity in patients with multiple cardiovascular risk factors. This beneficial vascular effect was also associated with an improvement in glucose and lipid metabolism, as well as a significant decrease in blood pressure.⁽⁸⁾

“Antioxidant formula including vitamins C, E and CoQ10 may play an important role in preventing oxidation of LDL cholesterol. CoQ10 is required for cellular energy.”

CHOLESTEROL LOWERING

Key to a healthy heart is to lower levels of LDL, often considered the bad cholesterol.

“Vegetable oils, nuts and legumes are rich in phytosterols, which are recommended for lowering LDL cholesterol. Data from 25 different studies that looked at the nut consumption of 583 people and its relationship to cholesterol levels found that eating an average of 67g of nuts per day reduced total cholesterol by an average of five per cent, LDL cholesterol by seven per cent and improved





the ratio of LDL and HDL cholesterol," Bodenham commented.⁽⁹⁾

"Flax seeds are an excellent source of soluble fibre, which may help to maintain healthy cholesterol levels."

HEART HEALTHY SUPPLEMENTS

In addition to nutritional considerations already highlighted, there may be some additional supplements that can be recommended to look after the health of the heart.

Bodenham suggested:

- "Garlic may support healthy blood pressure and cholesterol levels and may help to maintain healthy arteries.
- Arginine is needed by the body to make nitric oxide, a substance that allows blood vessels to dilate, helping support blood flow.
- Lysine, along with vitamin C, is thought to help maintain smooth-walled arteries and healthy circulation.
- L-carnitine provides energy for the heart and supports healthy cholesterol levels.
- Folic acid, vitamins B12, B6 and B2, and tri-methyl glycine (TMG). These nutrients have been found to help maintain healthy homocysteine levels in the body. Raised levels of homocysteine have been associated with an increased risk of heart disease."

She also suggested red yeast rice, a dietary staple in many Asian countries, where it is used to naturally colour various dishes.

"Its red colour is derived from fermentation of rice with a species of yeast, *monascus purpureus*. Red yeast rice may help to support healthy LDL cholesterol, total cholesterol, and triglyceride levels," Bodenham added.

⁽¹⁰⁾

"Increase essential fatty acids – oily fish, nuts and

seeds are a good source of essential fatty acids, which may help support healthy arteries, blood flow and cholesterol levels."

And Gaunt suggested essential fatty acids for a number of reasons.

"The two major members of the omega 3 group are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), found in oily fish such as sardines, anchovies, herring, mackerel and salmon. Another member of this group is alpha-linolenic acid, which is the best omega 3 source for vegetarians and is found in oils such as flaxseed, rapeseed and walnut with flaxseed being the most effective form available as a supplement," he commented.

"Researchers have identified a link between the concentration of omega 3 fatty acids in tissues, blood, and red blood cells, and the overall health of the cardiovascular system¹. Omega 3 fatty acids provide recognised benefits in promoting the wellness of the heart and blood vessels, and the evidence supporting greater omega 3 dietary intake is increasing.

"The latest innovation in this market has seen the introduction of omega-3 rich oil from krill. Krill (*Euphausia superba*) are ocean-living shrimp-like crustaceans that are between 1cm and 6cm long. Krill are an excellent source of omega 3 essential fatty acids, as well as the antioxidant astaxanthin. The major difference between krill oil and fish oil is the way in which the essential fatty acids are presented, with krill providing them as phospholipids and fish oil containing them as triglycerides. Phospholipids (the form in which fatty acids are present in our cell membranes) are digested and absorbed in a different way to triglycerides in the intestine, following simpler digestion and distribution routes.

"Research indicates that phospholipid omega 3

fatty acids have greater bioavailability for cell growth and functioning than omega 3 triglycerides. Omega 3 utilisation in some tissues increases when delivered in a phospholipid form."

And bear in mind vitamin K2.

"Although a relative newcomer to the world of nutritional supplements, this exciting vitamin is extremely important for both cardiovascular and bone health," Gaunt advised. "Vitamin K2 has been the subject of significant research into cardiovascular health, including the discovery of the vitamin K-dependent protein Matrix Gla Protein (MGP). MGP is the most potent inhibitor of vascular calcification (build-up of calcium in the arteries), and studies show that it can inhibit, and even reverse this issue. The large-scale, 10-year Rotterdam study (2004)⁴ showed that with a daily consumption of 45mcg dietary vitamin K2, compared to low intake of vitamin K2, there was a 50 per cent reduction of arterial calcification and a 50 per cent reduction of cardiovascular death."

And then there is magnesium.

Gaunt explained: "No feature regarding healthy heart and arteries would be complete without mentioning the vitally important mineral magnesium. Unfortunately, in the past 70 years, our soil levels of this mineral have declined by as much as 70 per cent and, therefore, our food intake has also dramatically declined. This has led to more people turning to supplemental forms, such as the highly absorbable magnesium citrate to correct this shortfall.

"Magnesium has been referred to as 'nature's calcium channel blocker' due to its ability to block the entry of calcium into vascular smooth muscle cells and heart muscle cells. As a result, the use of magnesium supplements can reduce vascular resistance, lower blood pressure, and lead to more efficient heart functioning." ●



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PREGNANT PAUSE



If you are advising women in clinic through their pregnancy, there is some important advice to consider.

It is one of the most pivotal times in a woman's life when she falls pregnant. From that very moment, her life has changed forever, and this includes in terms of her nutritional approach.

In fact, nutritional considerations should begin well in advance of actual conception, and go on far beyond when the baby has arrived.

Here, the experts identify the areas to raise with any clients in clinic who may be planning on having a baby or are at some stage along in their pregnancy. Furthermore, they also offer some recommendations on ensuring your clients stay in good health, post-pregnancy.





PRE-CONCEPTION

Helen Ford BA(Hons) DipION MBANT CNHC, Head of In-house Nutrition at the Glenville Nutrition Clinics, explained the importance of a proper pre-conception plan.

“To make sure the woman understands it takes three months to mature an egg, it is best if they set aside this time to make dietary changes and follow a supplement programme,” she explained.

“The nutritional considerations include cutting out refined sugar, caffeine and alcohol and increasing intake of brightly coloured fruit and vegetables which have a role to play in the quality of the egg. Also looking at lifestyle factors so trying to reduce stress and reducing exposure to environmental toxins which can negatively impact on fertility.”

Katherine Pardo BSc (Hons), DipION, Nutrition Team Manager at Nutri Advanced, added: “Couples trying to conceive should be aiming to make sure they’re getting optimal levels of all nutrients prior to pregnancy to ensure the optimal health of the baby (and mother) throughout the pregnancy and post-birth. There’s plenty of evidence that ensuring optimal nutrient status for both expectant mums and their growing babies is of paramount importance.

“In March 2016, results of a major study carried out by the National Institute of Child Health and Human Development found that taking a multivitamin every day during pregnancy was associated with a 55 per cent reduction in risk of miscarriage. Most people are aware of the recommendation to supplement with folic acid during pregnancy in order to avoid the problems associated with deficiency, such as neural tube defects, low birth weight and risk of premature birth, but many may not realise you should start taking it at least one month prior to conception and

throughout the first trimester in order to significantly reduce the chances of neural tube defects, such as spina bifida; 400mcg folic acid is the recommended daily amount in pregnancy and is best taken in the body-ready folate form, 5-MTHF.”

DURING PREGNANCY

When a woman has fallen pregnant, there is a similar approach to follow in terms of a pre-conception plan, but it is important to be aware of potential nutritional deficiencies they can experience.

“All nutrients are essential and in greater quantities than usual due to the sheer amount of biochemical processes that are going on during pregnancy. See below for specifics relating to common deficiencies,” Pardo explained.

“My general advice would be to eat healthily and supplement with a pregnancy multi and a fish oil to make sure you’ve got all the bases covered, ideally prior to conception wherever possible.”

Ford added: “Apart from the obvious folic acid, there is a higher need for zinc, which is involved with development of baby, and omega 3 fish oil, which has been shown to enhance cognitive development and promote healthy blood flow to the baby.”

“All nutrients are essential and in greater quantities than usual due to the sheer amount of biochemical processes that are going on during pregnancy”

It’s crucial to make mums-to-be aware of their iron needs too, as low levels can be a common problem during pregnancy.

“Iron deficiency is common, which can result in

excessive tiredness and fatigue, and so is iodine deficiency, which can cause thyroid issues further down the line,” Pardo explained.

Ford added: “It’s important to get iron levels checked as they can become low when baby is busy taking what it needs from mother. Calcium can also become low as it is used rapidly by baby as it develops and grows its skeleton.”

There are also greater requirements for minerals such as calcium and magnesium (in fact calcium needs double) because of their importance for building bone and connective tissue.

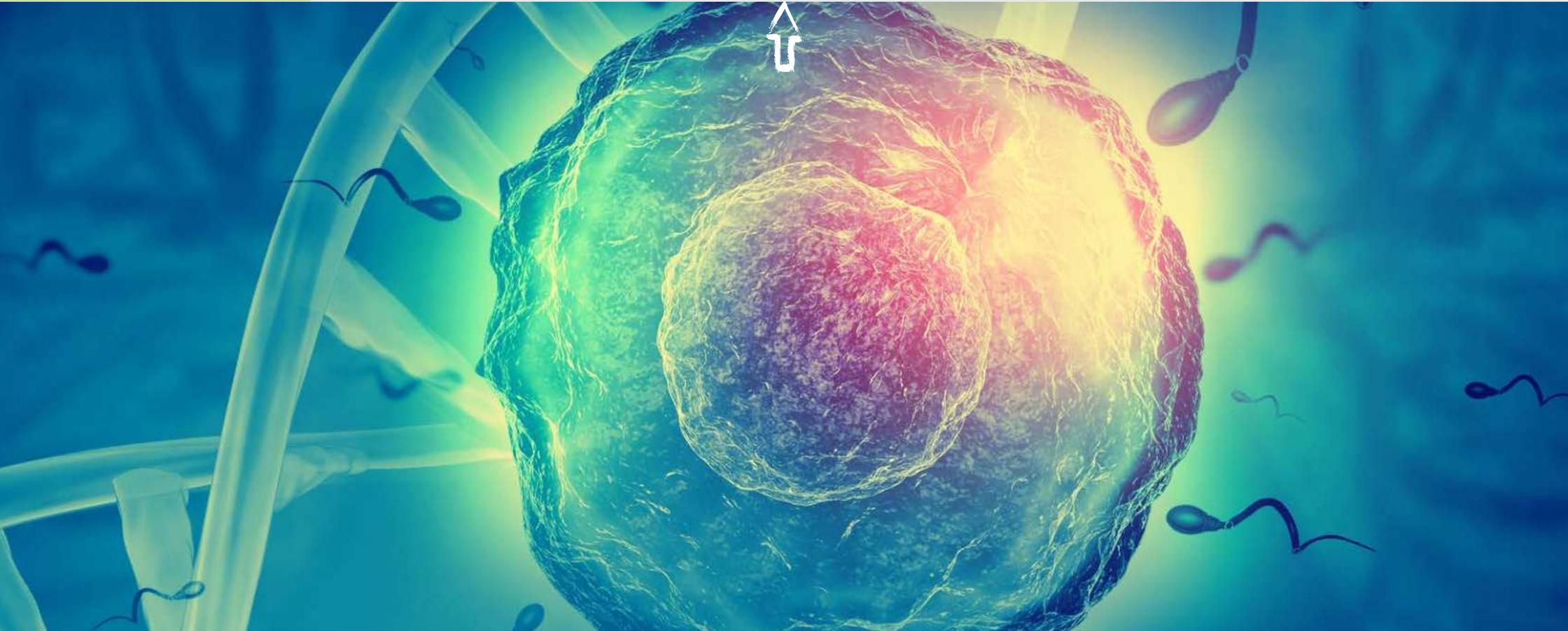
Pardo continued: “If the mother isn’t getting enough in her diet, then minerals will be taken from her bones and teeth in order to satisfy the needs of the growing baby, which will have damaging effects on her musculoskeletal system in the long-term. Adequate levels of calcium and magnesium also help to protect against pre-eclampsia and other blood pressure issues during pregnancy.

“Requirements for zinc also go up significantly during pregnancy because of its role in cell division and DNA synthesis. Essential fatty acids can commonly be lacking in the modern diet, particularly omega 3s, which are important for brain and nervous system development. Omega 3s are most easily obtained from oily fish but Government recommendations to limit consumption of oily fish to two portions a week (due to the level of contaminants) means that supplementing with a pure and stable fish oil may be advisable in pregnancy.”

And then there is the all-important vitamin D, levels of which are at concerning levels.

According to BetterYou, pioneers in sublingual vitamin D, research has found that mothers must take a vitamin D supplement to protect newborns





from brittle bones and rickets. The Mayo Clinic study confirmed that breast milk rarely provides enough vitamin D for newborns, with less than half of infants not receiving the recommended daily vitamin D supplementation of 400IU.

Researchers said that the only effective way to eliminate vitamin D deficiency in newborns is for mothers to take a supplement.

Furthermore, a study by the *American Journal of Public Health* reported that babies are born with around half of the mother's vitamin D levels, and as only 10 per cent of the body's requirements are satisfied by diet, it is more important than ever that

children's vitamin D levels are at an optimum.

Dr Benjamin Jacobs, Consultant Paediatrician at the Royal National Orthopaedic Hospital, in London, said: "Vitamin D is especially important for children and their mothers. During pregnancy, or when breastfeeding, mothers need extra vitamin D to maintain their own bone health, as well as providing nutrients to their baby. Babies in the UK should be given vitamin D supplements from soon after birth as there is not enough natural vitamin D in a normal healthy diet, and there is not enough sunshine in the UK to allow us to make vitamin D ourselves."

Women should also be vigilant of consuming

certain foods during their whole pregnancy.

Ford commented: "We recommend avoiding mouldy and unpasteurised cheese as there is a risk of listeria, which also applies to bagged salads so always wash them. It's best to avoid or minimise tuna, swordfish and other tropical fish as they have a higher accumulation of mercury, which can be toxic at high levels. Make sure eggs are well cooked to minimise the risk of salmonella. Avoid alcohol as it can damage the baby. Minimise caffeine, which may have a negative effect on blood pressure, increase anxiety (as it stimulates production of our stress hormone adrenaline) to mother and baby and





deplete key nutrients.”

On the flip side, there are some foods that health experts recommend are increased during pregnancy to meet mum and baby’s nutrient demands.

“Increase wholegrains from brown rice, oats and wholegrain breads, eat a ‘rainbow’ diet with plenty of brightly coloured fruit and vegetables to help with a healthy immune system, plenty of oily fish (smaller ones like sardines and mackerel are good), which contain the brain boosting omega 3 fats. Eat good quality protein from eggs, fish, quinoa, nuts and seeds, some organic meat,” Ford added.

During pregnancy, a supplement is often recommended to reduce the risk of any nutritional deficiencies, and a good starting point is to select a good quality ante-natal specific multivitamin.

“Mother needs to continue with a good supplement, fish oil, vitamin C and a probiotic would be good. If there is any hint of baby blues then additional B vitamins and magnesium can be added as they help boost the ‘feel good’ brain chemical serotonin.”

POSTNATAL CARE

Anyone who has had a baby will confirm the huge pressure placed on a woman, both physically and mentally, and it’s crucial that the nutritional care doesn’t simply stop when a woman gives birth, especially if she is breastfeeding.

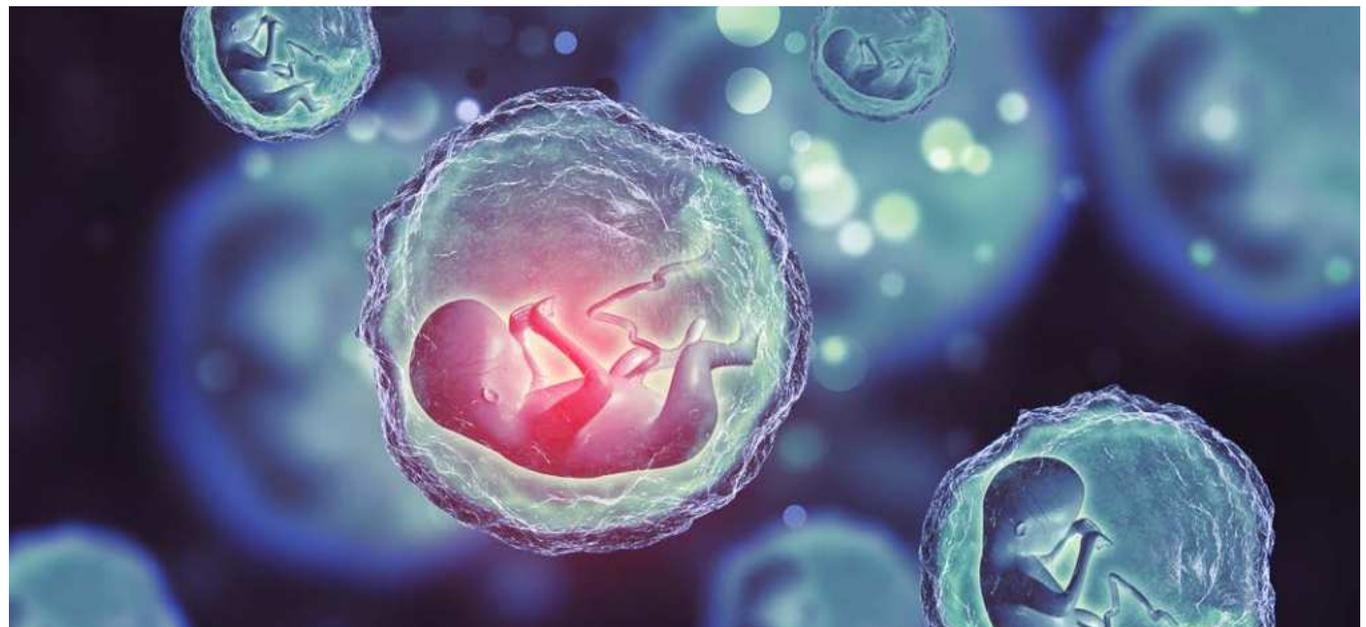
“This can put a lot of demands on mother as baby has taken what it needs to grow for the last nine

months,” Ford explained. “This is even more true if they are breastfeeding as it can leave mother at a low nutritional ebb. Mother needs to continue with a good supplement, fish oil, vitamin C and a probiotic would be good. If there is any hint of baby blues then additional B vitamins and magnesium can be added as they help boost the ‘feel good’ brain chemical serotonin.”

Pardo added: “The body’s nutritional needs continue to change throughout pregnancy, and they don’t stop with the birth of the baby. Giving birth is hard work, and the chances are a new mum will be exhausted. Not only will her body need help in recovering from the birth, but she’ll also require additional energy-boosting nutrients to cope with sleepless nights, nutrients to help restore the abdomen, vagina and uterus to their former size, and large quantities of additional nutrients for the breastfeeding baby.

“B vitamins help boost energy levels, and vitamin C, which is rapidly used up during the birth, is also required to help restore vitality. Because of its role in wound repair, zinc is important after the birth to aid healing and repair. Vitamin E also speeds up wound healing and helps keep skin supple – it’s been found to be extremely beneficial if applied externally for those who give birth by caesarean section. Calcium and magnesium are important for the production of breast milk, and help to restore bone health following pregnancy.

“Omega 3 rich fish oil is also recommended following birth to help enrich the mother’s breast milk to nourish the demands of the baby’s developing brain and nervous system, as well as being important for helping to support mood and emotional well-being for the new mum.” ●



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EXPERT ADVICE



Our panel of nutritional experts offer readers advice on dealing with a variety of issues.

Q I was speaking with a colleague recently who said that if gluten is positive in a food intolerance test, it means that the person is a coeliac. I was sure this was not the case but would be grateful to hear your views.

NICKY ESTER EXPLAINED: To answer this question, it is important to understand that the term food intolerance is used to refer to several different types of reactions to food. These include intolerances, which don't directly involve the immune system, for example, reactions to food due to enzyme deficiencies like lactose intolerance, where lactase is deficient. Or a reduced ability to process histamine, either directly or due to a deficiency of the diamine oxidase enzyme, which degrades histamine.

Gluten intolerance or sensitivity does involve the immune system and is technically termed a type III allergy. This type of reaction is primarily mediated by IgG

antibodies, leading to the formation of immune complexes, complement activation and inflammation. It is these complexes that contribute to the symptoms a person experiences, which can range from digestive symptoms, to migraines or skin conditions, such as eczema.

Like gluten intolerance, coeliac disease (CD) also involves the immune system, but is a disease which causes a permanent intolerance to gluten. People who suffer with CD suffer such a severe response to gluten that on ingestion it results in the damage of the lining of the small intestine and, if untreated, malabsorption.

When using blood tests to identify CD, the test used to diagnose it measures raised IgA antibodies to transglutaminase (tTG). This enzyme is present in the connective tissue of the gut and is strongly associated with the presence of CD. Since a person can be deficient

in IgA, to avoid false negatives, it is also advisable to test for IgG antibodies to tTG. This is a completely different test to a food intolerance test measuring raised IgG antibodies to food. The two are therefore not comparable.

Coeliac disease and gluten intolerance or sensitivity cannot therefore be treated the same. The most significant difference is if someone has CD they need to adhere to a strict diet to ensure the damaged villi repair. If they don't, it can have very negative impacts on their health, including diarrhoea, depression, infertility, and, in the extreme, cancer.

For this reason, if someone presents with the symptoms of CD and comes up positive for gluten on a food intolerance test, best practice would be to rule out CD first and in so doing, this will ensure the individual knows exactly how strict their gluten free diet should be.

[CLICK FOR MORE QUESTIONS](#)

THE EXPERTS



NICKY ESTER MSc DnMed RNutr has over 10 years of experience in clinical practice, during which she worked for Erica White

for three years before setting up her own clinical practice. During this time, she also taught as a clinical tutor at Premier Training International and joined Cambridge Nutritional Sciences as a nutritionist in 2012.



ELAINE WILKINS BA, Hons, PGCE, ILM, CMI Accredited Coach, is the award-winning founder and author of The Chrysalis Effect fully

accredited recovery and practitioner programmes. Elaine knows first-hand what a six-year journey of CFS does to a person. This experience fuelled the work to establish a proven recovery model. This model is transforming the mindset and recovery outcomes and influencing a new medical model and fully integrated approach to ME, CFS and Fibromyalgia.



NATALIE LAMB Dip NT mBANT is a qualified Nutritional Therapist who studied a three year diploma in Nutritional Therapy at the

College of Naturopathic Medicine (CNM) and is a member of The British Association of Nutritional Therapists (BANT). Natalie saw clients in a private clinic in London for two years before joining Probiotics International (Protexin), manufacturers of Bio-Kult and Lepicol ranges.





Q

I see a lot of clients suffering with adrenal fatigue who also experience sensitivities – is there an established link, and what is the best course of action?

ELAINE WILKINS EXPLAINED: Yes, sensitivities are always prevalent in clients who are adrenally fatigued. It is very much part of the profile. Clients prone to adrenal fatigue will be markedly sensitive in four main areas:

- **Physically:** They often have poor tolerance to medications and experience greater side effects. This is also true of detox protocols, especially if they are in a depleted state.

- **Environmentally:** Poor tolerance to extremes in temperature. Their health suffers if they try to live or work in noisy, artificially lit or polluted spaces. If it 'feels wrong' for them, it will have an immediate effect.

- **Energetically:** Naturally intuitive, they can sense immediate shift in mood and atmospheres. They will feel their energy drain if they are around aggression or disharmony.

- **Emotionally:** Processing painful emotions like adverse childhood experiences, loss or even comparatively minor family upsets will feel deeply traumatic. They learn to suppress feelings. Sensitives will startle easily and be badly affected by things other people can shrug off. Being chastised for being too sensitive, can feel like it's 'not safe' to be who they are. Unfortunately, many will have learned to ignore their

needs and force themselves to conform and please others, which is incredibly stressful.

- **Established link:** Add life events and the complexity of a fast-paced world and you have a recipe for stress overload. Thankfully, now we can explain this scientifically. The '5-HTTLPR' gene is found in 15-20 per cent of the population and is a variant of a behavioural gene. People with this variant are pre-disposed to a heightened reactivity to stress.

The fight or flight or HPA Axis is activated constantly, leading to a state of sympathetic dominance. Being flooded with adrenaline and cortisol, for prolonged periods of time, compromises the gut. It is easy to see how this creates food intolerances and immunity issues. Over time, the feedback loop that should activate the calming response becomes de-sensitised. A client is permanently tired and wired.

- **Course of action:** The turning point is learning about their innate sensitivity. Once a client can see how important it is for them to create a lifestyle that embraces and honours that sensitivity, everything changes. Wellbeing coaching enables a client to have support while they spring clean their life, letting go of people and activities that are impacting their health.

[CLICK FOR MORE QUESTIONS](#)



Q

In line with following a healthy eating regime, is there anything else I can bear in mind when recommending a programme to help a client lose weight?

NATALIE LAMB SUGGESTED: As many of us would have seen, compliance with most calorie-restricting weight loss programs is notoriously poor, particularly over the long-term, with one to two thirds of dieters regaining more weight than they lost on their diets.¹ There are, however, a number of complex contributing factors to the pathophysiology of obesity, not solely related to over consumption and lack of exercise. Additional factors for us as practitioners to consider include the type and quality of food consumed, hormone imbalances, metabolic rate, leptin resistance, insulin resistance, carbohydrate cravings and intake, storage of environmental toxins and food additives in body fat, inflammation, food allergies and intolerances, and last but not least our microbiota balance throughout the body.

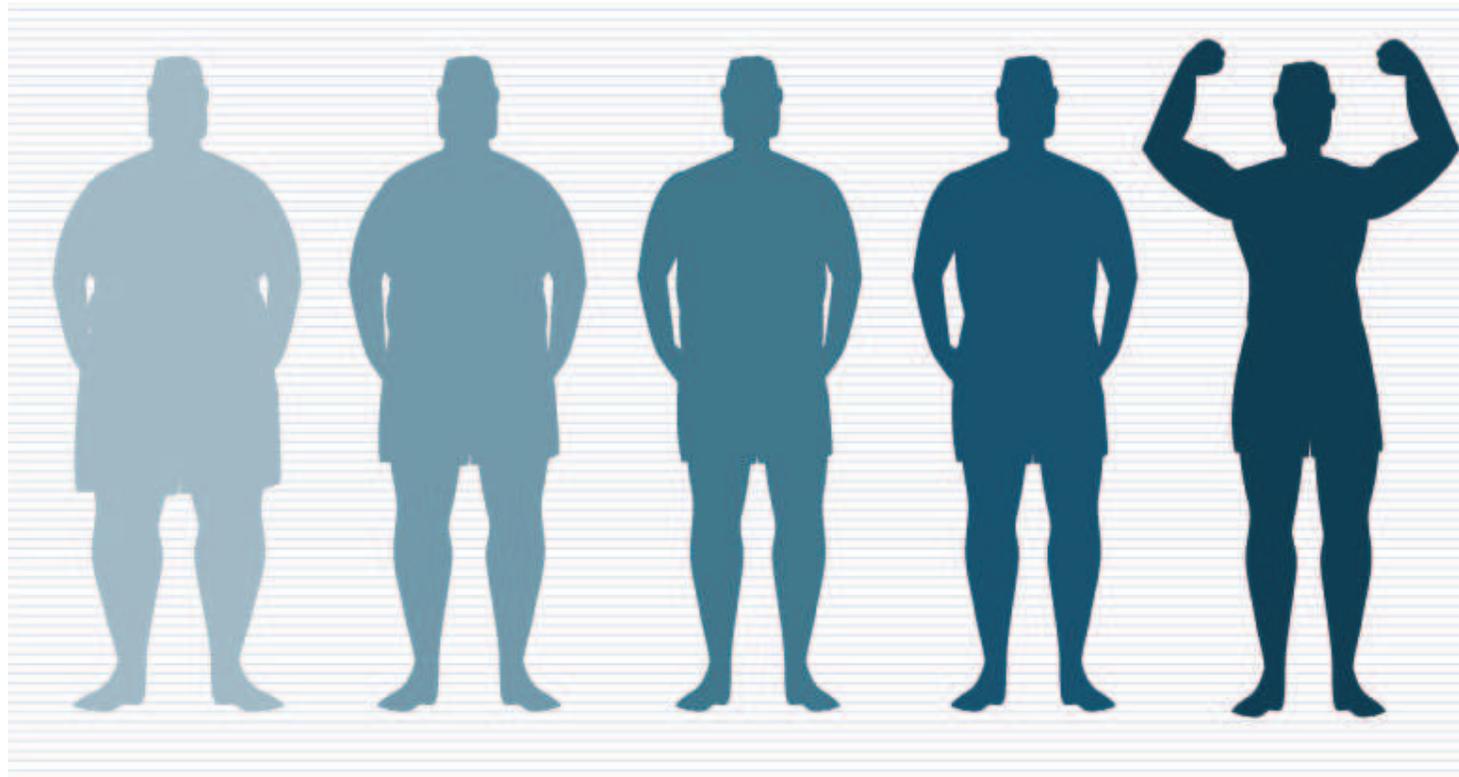
An imbalance in the intestinal microbiota² and lower bacterial diversity³ is repeatedly observed in obese compared to lean individuals, and those who overeat and exhibit poor food choices⁴. Research is indicating that the obese microbiome has an increased capacity to harvest energy from the diet,² influences particular food cravings,⁵ may manipulate reward pathways and taste receptors,⁶ and has been shown to increase total body fat². Our diet appears to have an important influence in shaping our gut microbiota.^{4,6} A diet high in sugar and refined carbohydrates could imbalance the microflora and subsequently the presence of pathogenic bacteria and yeast could further increase cravings of such food sources.

Supplementing with live bacterial probiotics has

been shown to help rebalance the gut microflora, support healthy digestive function, decrease waist and hip circumferences,⁷ body mass index (BMI)⁸ and adipocyte (fat tissue) size.⁹ Lепicol strains in particular have been shown to significantly improve blood sugar levels, insulin levels and insulin resistance possibly by reducing gut inflammation in patients with metabolic syndrome,¹⁰ improved BMI, weight loss

and fasting blood sugar in patients with non-alcoholic steatohepatitis (NASH)¹¹ and improved non-alcoholic fatty liver disease (NAFLD),¹² both commonly seen in obesity¹³.

Protein, fat and dietary fibres, on the other hand, are important to provide us with a range of nutrients and to induce satiety. Glucomannan fibre is the only food supplement approved by EFSA to contribute to weight loss in the context of an energy-restricted diet. Studies have shown glucomannan to reduce the hunger hormone grehlin,¹⁴ increase satiety,¹⁵ slow down the conversion of carbohydrates into glucose¹⁶ and improve stool movements^{17,18}.



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¹published 2014 in the British Journal of Nutrition

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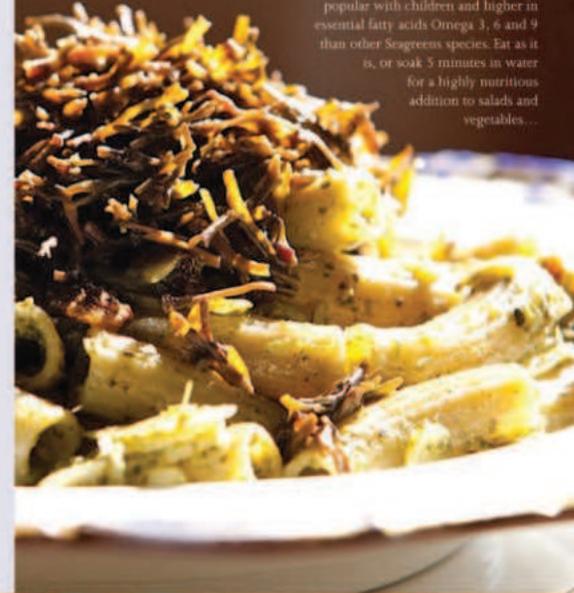
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¹award-winning research published in the Journal of Appetite, 2012

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

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UNEARTHING MAITAKE – THE KING OF MUSHROOMS



Romina Melwani, a Mycotherapist and Nutritional Therapist, examines the benefits of including maitake in health regimes.

Medicinal mushrooms, one of nature’s most potent natural medicines, have been used for centuries in traditional medicine and today, have become one of the most talked about trends in the world.

They have certainly caught the attention of specialists and practitioners in the UK due to their undeniable impacts on human health. Among the variety of medicinal mushrooms that exist, one of the most promising is the maitake mushroom. Scientifically named *Grifola frondosa*, this mushroom is native to the northeastern part of Japan and North America. The name maitake means ‘dancing mushroom’ in Japanese, although in Europe, it is commonly called ‘hen of the woods’, or ‘king of mushrooms’ (due to its large size).

Shown to have powerful adaptogenic properties, this highly prized mushroom has been used in traditional Chinese and Japanese medicine for centuries, mainly to enhance the immune system. Recent findings, however, have shown their beneficial effect on various other underlying systems of the human body, including endocrine, digestive, liver and metabolism.

Indeed, as medicinal food, maitake has several notable attributes. The applicable parts of maitake mushroom are the fruiting body and mycelium (i.e. the root) containing many different bioactive compounds with diverse biological activity. They are known particularly for being high in β -glucans, a polysaccharide compound having powerful immuno-modulating properties. They also contain other key nutrients and

antioxidants, notably triterpenoids, glycoproteins, flavonoids and ergosterols, all beneficial compounds for building a natural immune resistance to disease, viruses and environmental toxins.

THE NEW CODE WORD FOR METABOLISM

Grifola has various degrees of lipid lowering properties.

Preliminary evidence shows that maitake may increase metabolic activity by reducing fatty acid synthesis from glucose, and helping to reduce fat stored in the adipocytes. Maitake’s anti-obesity activity has been studied in both animals and humans and both have shown significant weight loss driven impacts. Further studies have shown this edible mushroom to





possibly lower blood pressure.

The 'hen of the woods' mushroom also contains functional nutraceutical or medicinal properties, having a hypoglycaemic effect. This possibly occurs by the activation of insulin receptors. Several studies show that certain polysaccharides from the fruiting body have the ability to modulate glucose levels, which can be especially important for limiting the development of Type 2 diabetes, according to a study published in the April 2007 issue of the *Journal of Pharmacy and Pharmacology*. A polysaccharide molecule in maitake, called MT-alpha-glucan, decreased fasting blood sugar and insulin levels and increased levels of glycogen, a short-term storage form of glucose, in the liver. Since insulin resistance occurs in women with polycystic ovary syndrome (PCOS), there is also interest in using maitake mushroom for PCOS. Early research shows that taking a therapeutic dosage of maitake mushroom extract can improve ovulation in women whose periods have stopped due to PCOS.

IMMUNE SYSTEM, BIOLOGICAL RESPONSE MODIFIERS (BRM)

Grifola has also been widely researched for its effects on the immune system, playing a crucial role in its regulation.

Immuno-modulation is necessary in order to avoid processes of over-inflammation or uncontrolled reaction that could result in an attack from the immune cells against its own organism tissues. This, in turn, leads to allergies and autoimmune diseases that become difficult to reverse. Such types of uncontrolled inflammation over a long period of time can give rise to chronic diseases, such as hypothyroid, alzheimer's, atherosclerosis, diabetes and osteoarthritis.

The term 'biological response modifier' (BRM) is often used to describe the immune stimulating effects that these beta-glucan rich mushrooms can have on infection and disease.

This is possibly due to polysaccharides 1,3; 1,4; and 1,6 β -glucans content in its fruiting body. The immunomodulatory effects specifically stems from the D-fraction of the β -glucans content shown to activate relevant immune responses.

MAITAKE IN CANCER UPPORT

The D fraction also appears to be the most active and potent form also capable of enhancing the ability of immune cells (neutrophils and natural killer cells) to target and consume cancer cells. Notably, their immunostimulant effects activate cytotoxic T-cells, interleukin-1, and superoxide anions. Several researchers corroborate that maitake causes apoptosis ('programmed suicide') of cancer cells and contains anti-angiogenesis properties.

The ability of the 'dancing' mushroom to prevent metastasising of tumour cells gives them another beneficial role in cancer. Preliminary research suggests that maitake can prevent metastasis of experimentally induced tumours, as well as prevent tumour occurrence in normal cells. It is again β -glucans which has been shown to possess anti-tumor activity.

Furthermore, in vivo studies have shown appreciable

alleviation of side effects from chemotherapy, including loss of appetite, vomiting, nausea, hair loss and leukopenia.

THERAPEUTIC USE OF MAITAKE

As mushrooms absorb what they receive from their environment, it's important to supplement with organically grown mushrooms only.

For best therapeutic results to counter chronic imbalances, it is best to consume mushroom extracts. However, it is important to use the extract from the fruiting body of the mushroom, as well as from the mycelium, as both contain a constellation of active constituents that bolster human health via many complex pathways.

Another factor to take into account when considering supplementation is to investigate cultivation techniques as β -glucans content is dependant on how the mushrooms are cultivated. Best results have been shown when mushrooms grown on hardwood logs. Many companies grow mycelium with carbohydrate (rice, wheat, cereal etc), which does not create the same properties of β -glucans, anti-cancer properties (triterpenes) and other vitamins and minerals need to counteract imbalances. ●





Mycotherapist and Nutritional Therapist for Hifas da Terra, Romina Melwani's interest in bringing wellbeing to the centre of her life led her to specialise in Naturopathic Medicine. After spending a few years researching the impact of medicinal mushrooms as a means of achieving optimum health, Romina further specialised in Mycotherapy, a therapy using mushrooms for prevention as well as an integrative therapeutic supplement for several pathologies.

I-Mag giveaways

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



CURRANZ

CurraNZ is a 100 per cent natural, concentrated blackcurrant extract from New Zealand. The active compound, anthocyanins, are powerful antioxidants and vasodilators, which may also offer anti-inflammatory actions. While berries have long been regarded for

their probable role in protecting health and disease prevention, scientists have also found the extract used in CurraNZ may enhance the natural benefits of exercise. Double-blind, peer-reviewed studies highlight their effect on improving performance, reducing muscle soreness (particularly DOMS) and excitingly, increasing fat metabolism during exercise by up to a third.

🍏 **I-Win:** We have five to give away.



NUTRI ADVANCED PREGNANCY MULTI ESSENTIALS

Pregnancy Multi Essentials is specifically designed for women to provide support during pregnancy, pre-conception and breastfeeding. The targeted formula contains 26 different vitamins and minerals, including folate (the body ready form of folic acid), which supports maternal tissue growth (such as growth of the placenta and uterus), and iron, which supports a reduction in tiredness and fatigue (it is common for iron levels to fall whilst pregnant).

🍏 **I-Win:** We have five to give away (RRP £19.67).

EPIGENAR CURCUMIN FORTE

A brand new curcumin product from Rio Health in micellar form, which has higher bioavailability than liposomal curcumin. Micelles are liposomes with a finer structure, which ensures better absorption by the body. The liquid caps with high quality turmeric contain curcumin in a form which is both water and fat soluble, as well as PH stable. The micellar form is well tolerated and the specialised capsules protect against gastric acid. This ensures the highest bioavailability and maximum uptake by the body. Each capsule also contains 5mcg of vitamin D3, which is 100 per cent of the RDA.

🍏 **I-Win:** We have three bottles of 60 Vegicaps to give away.

LIFEPLAN LIVER SUPPORT

Liver Support is a unique supplement with proven health benefits for the liver. If you suffer from fatigue or abdominal bloating, your liver may be overworked.

Liver Support is a vitamin, mineral and botanical complex, which helps to maintain normal liver function. Rich in choline and the herbs, milk thistle, artichoke and burdock, which have been traditionally used during detox regimes.

🍏 **I-Win:** We have six pots to give away (RRP £10.99).





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THE gold standard IN NUTRITION

Nutrigold was founded on naturopathic principles, sound science and quality, and this continues to run through its DNA.



NUTRIGOLD®



Dr Elisabeth Philipps PhD, BSc Hons,
BSc Nutr Med

Nutritional Therapists quite rightly demand high standards when it comes to recommending brands for its clients, seeking those that are forward thinking, based on science, and are formulated with the best of ingredients.

These are the principles by which Nutrigold was founded, making it an ideal fit for Nutritional Therapists working in practice today; the company was founded by experienced naturopaths and researchers, seeking to provide high quality nutritional supplements that reflect traditional philosophies, blended with the evolving science of nutritional medicine.

Dr Elisabeth Philipps PhD, Nutrigold Technical Consultant and Nutritional Therapist, explained: "Nutrigold continues to distinguish itself as a

company that provides supplements formulated by experts who press for careful integration of nutrient bioavailability, supplement effectiveness, safety and price advantage. A challenge that we are proud to continually deliver in easily absorbed and utilised formulas that meet the specific needs associated with living in the western world. Our products support health maintenance, and can be combined with therapeutic lifestyle changes to help you recover lost wellness and vitality."

THE FOUNDING ETHOS

The company benefits from a wealth of highly experienced experts, who have all played a key role in developing the business.

Nutrigold was founded 15 years ago. Dr Lawrence Plaskett B.A. Ph.D., C.Chem., F.R.I.C was

one of the founding influences in the company and the co-founder of the College of Dietary Therapy and founder of The Plaskett College of Nutritional Medicine, which later became the original Thames Valley University Nutritional Medicine BSc course.

Barbara Wren DHD was the co-founder of the College of Dietary Therapy and founder of The College of Natural Nutrition and their progressive influence remains a key part of the DNA of Nutrigold, the company's education programmes and supplements, although they have retired from the company.

A new generation of experts in naturopathic nutritional therapy now includes Dr Elisabeth Philipps PhD, alongside Antony Haynes BA RNT, Christine Bailey MSc RNT and Sally Duffin BSc Nutr





Med.

“Nutrigold also has a supportive team of experts in their field, from customer care to IT ensuring that each customer and practitioner has a responsive and personalised experience,” Dr Philipps added.

“Nutrigold continues to distinguish itself as a company that provides supplements formulated by experts who press for careful integration of nutrient bioavailability”

EDUCATION FOR ALL

As students and postgraduates, you will know the importance of continued training in the field, and this is something considered crucial to the team at Nutrigold, and much resource is channelled into this.

“Over the years, we have also become well known as a nutritional education company in the UK, promulgating strong links with the education and promotion of naturopathic nutrition in the UK,” Dr Philipps added.

“Our free Nutritional Update Service, (www.updates.nutrigold.co.uk), delivers nutritional research, regular information on the profession’s regulations, including herbal laws and MHRA decisions for active practitioners, directly to your desktop. The Update Service also offers a wide compendium of other free consumer and practitioner services, including an A-Z on how to nutritionally support people through optimum nutrition and a useful range of scientifically referenced newsletters by our Nutritional Expert Team. We also keep you up-to-date on all the latest changes to the RDAs, RNIs and USLs for food supplements, plus evaluations of the more recognised nutrient and medicinal drug interactions.”

Aside from the importance of education, Nutrigold also prides

itself on the importance it places on its Nutritional Therapist customers.

“We greatly value and enjoy working with the dynamic and engaging practitioners and continually welcome new practitioners to our naturopathic community. Our products were designed by nutritional experts for nutritional therapists and are effective when employed within a naturopathic nutrition programme,” Dr Philipps explained.

“We provide a full range of support to our practitioners in our active naturopathic community via high quality supplements, the Nutrigold Updates Service, free Nutrigold mentor scheme and CPD training via live BANT, NNA and FNTF accredited webinars. Our range of scientifically referenced newsletters on a variety of naturopathic nutrition health topics are also very popular. See www.updates.nutrigold.co.uk for more information.”

PRODUCT SPECIFIC

The Nutrigold range of naturopathic nutritional supplements products has been carefully developed, with a strong focus on detoxification and digestive support supplements.

This includes the 7 day Detoxification Nutritional Support Programme and the Pro-otic range of gut bacteria products.

Dr Philipps has recently developed and introduced a range of highly effective digestive enzyme support formulae, including Zym-otic broad spectrum plant digestive enzyme, and Hista-Guard, DAO enzyme, which degrades histamine, a common



factor in food intolerances, in the gut.

Nutrigold is also proud of its lecithin and phospholipid range, including the recently launched NT Factor, a patented blend of phospholipids that have been demonstrated to significantly reduce fatigue in numerous clinical trials.

So, in terms of the formulations, what makes the company different, in a very crowded marketplace?

“Nutrigold distinguishes itself through supplements formulated by experts who press for careful integration of nutrient bioavailability, supplement effectiveness, safety and price advantage,” Dr Philipps explained. “For example, we use the organic Citrizorb range of minerals in their citrate form to ensure high levels of bioavailability and cellular utilisation.”

Looking ahead, innovation will always continue, with Dr Philipps commenting: “We are continually reviewing and updating our product range and have just launched the patented phospholipid blend NT Factor to support mitochondrial function and energy. Watch this space for more exciting product launches and our extensive CPD accredited webinar programme.” ●

Gold standard

The winners of the *Nutrition I-Mag* Product Awards can now be revealed.

BEST ALTERNATIVE PRODUCT/SERVICE



Winner: Pukka Herbs Turmeric Lifekind

Pukka's Turmeric Lifekind is the superpower amongst its unique full-spectrum Wholistic turmeric range.

Packed with antioxidants (ORAC 150,000), it provides whole body cellular protection to reduce

inflammation, delay ageing and prevent degenerative diseases. Incredibly, it is also eight times more effective for pain relief than paracetamol.

Botanical extracts including green tea, tulsi and rosemary provide additionally powerful antioxidants to neutralise free radicals. Bilberry and amla strengthen collagen, whilst aloe vera juice boosts absorption by carrying valuable nutrients deep into the tissues.

Turmeric Lifekind is just one product in the range of organic Wholistic Turmeric products providing tailored solutions for your customer's needs.

Highly commended: Cambridge Nutritional Sciences Antibody Testing Kit

BEST NEW PRODUCT

Winner: myDNAhealth Comprehensive DNA Test

myDNAhealth is a leading epigenetics and nutrigenomics company. It is revolutionising personalised nutrition by combining genetic testing with clinical questionnaires, highlighting epigenetic weaknesses before they become illnesses. Since 2014, the company has grown from strength to strength, with numerous advancements, including the introduction of the Comprehensive DNA Panel, which offers an easy-to-use, fully interpreted report highlighting genetic variants and lifestyle weaknesses impacting a client's health potential. The Comprehensive DNA Panel assesses genetic variants for food cravings, sugar metabolism and sensitivity to carbohydrates, fat over-absorption, oestrogen imbalance, inflammation, caffeine sensitivity, lactose intolerance, iron over-absorption and the requirements for glutathione, folate, vitamin C, D, B, magnesium, and antioxidants.

"We are delighted to have won Best New Product Award and we have our practitioners to thank! The Comprehensive DNA Panel was developed in close collaboration with practitioners to ensure the report contains the right information to help speed up treatment plans for their clients. Winning the award is a fantastic acknowledgement from practitioners," commented the company's Bernie Williams.

Highly commended: Renew Life Ultra Potent Probiotic



We know the importance of quality, of innovation and of efficacy when it comes to the products you stock, and that is why we launched the *Nutrition I-Mag* Product Awards.

These accolades are designed to recognise excellence and there were a number of fantastic products, across a range of categories, which could have been well-deserving winners.

We asked you, our readers to cast your vote and we are delighted to reveal the winners here; many congrats to all those who won or were highly commended, and a big thank you to you for voting.

BEST VMS

Winner: Solgar Beta Glucans & Elderberry Immune Complex

This product offers nutritional support for your body's natural immune defences.

A powerful formula of immune-supporting nutrients that work with your body's natural defences, it boasts an advanced combination, including beta 1,3/1,6 glucans, elderberry and selenium, along with Ester-C, vitamin D3 and zinc.

It helps support the normal function of the immune system, especially during periods when the body is experiencing increased levels of stress.

Highly commended: Amazing Grass Raw Reserve





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NUTRIGOLD'S '3 Musketeers' of Heart Health!

The heart is the symbol of love but with an average of 435 people dying each day in the UK from cardiovascular disease (1 person every 3 minutes)*, this vital organ is under attack. But help is at hand! The '3 Musketeers', based on a trio of friends from the King's Musketeer regiment protecting the honour of the Queen against Cardinal Richelieu, in 17th Century France, is one of the most celebrated and popular historical romances. So it's only fitting that the Nutrigold range contains trio of expert formulated supplements directed at supporting heart health.

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*British Heart Foundation CVD statistics 23rd January 2017

**Calls cost 5p per minute plus your networks providers access charge.

Homocysteine Support Formula is a unique blend of nutrients including betaine, folate, Vitamin B6 and B12, which contribute to normal homocysteine metabolism. High levels of this non-protein amino acid are a risk factor, linked to early development of heart disease.

Golden Vacu-Force Flaxseed Oil is an organic cold-pressed oil providing a rich source of vegetarian and vegan omega 3 and 6 essential fatty acids, vital for supporting a healthy heart. Whilst we can obtain these nutrients from dietary sources like oily fish, seeds and nuts, extra supplementation of a superior quality product may provide the health boost we need.

CoEnzyme Q10 is an extraordinary nutrient that forms a vital cog in the cell's mitochondria energy-producing pathways. When you consider that the heart muscle is one of the most energy demanding tissues containing over 5,000 mitochondria per cardiac cell, compared to around 200 per bicep muscle cell, it's no wonder we could all do with a little extra CoEnzyme Q10 boost in our lives!

So employ the Nutrigold 3 Musketeers today to protect your heart.

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Terms and conditions

This voucher code cannot be used as payment or part payment for any outstanding balance already due to Nutrigold and must be presented at the time of purchase. This voucher code entitles you to a discount against the products coded NC04, NC035 and NC102 only and is not applicable to any other product. The voucher code will expire on 1st April 2017. This voucher code has no monetary redeemable value. Please note that you cannot use two or more voucher codes on the same order.



CPD DIRECTORY

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

Nutrigenomics in Perspective – Parts one-four
BioCare
Online

CPD hours: BANT four hours
Speakers: Alessandro Ferretti Dip ION mBANT NTCC CNHC
Website: <http://bit.ly/2kLumJl>

Moving Beyond Biochemistry – Pioneering Bioenergetic Solutions
NES Health
Online

CPD hours: BANT one hour
Speakers: Niki Gratrix BA Dip ION NANP
Website: <http://bit.ly/2mbT1V2>

Nervous Breakdown
BioCare
February 15 – Cambridge

CPD hours: BANT four hours
Speakers: Alessandro Ferretti Dip ION mBANT NTCC CNHC
Website: <http://bit.ly/2lFoHV9>

Nutrigenomics in Practice – Detoxification and Biotransformation
Ingeneius
February 24 – Bristol
February 26 – London

CPD hours: BANT 5.5 hours
Speakers: Karen Harrison BSc (Hons) Dip CNM mBANT rCNHC
Cost: £99 (includes BANT Member Discount of £20)
Website: www.ingeneius.co.uk/training

Nutrigenomics In Practice – Methylation
Ingeneius
March 13 – London

CPD hours: BANT 5.5 hours
Speakers: Karen Harrison BSc (Hons) Dip CNM mBANT rCNHC
Cost: Ticket price is £119, BANT Members £99 (£20 discount for students and BANT members using code: BANT20).
Website: www.ingeneius.co.uk/training

Ifm's Applying Functional Medicine In Clinical Practice (five days)
Nutri-Link and Ifm
March 30 – London

CPD hours: BANT 34 hours
Speakers: Micheal Ash, Do, Nd, Bsc, F.Dipion; Joel M. Evans, Md; Moniqu Class Ms, Aprn, Bc; Robert Rountree, Md; Shilpa P. Saxena, Md; Kristi Hughes, Nd
Cost: £2860.80
Website: www.Afmcip-Uk.Org

Forthcoming webinars

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

Choosing the Right Probiotic
Udo's Choice

Presented by Robert Dadd, Master Herbalist
Tuesday February 28, 6.30pm-7.30pm

This presentation will cover various facets of the world of probiotics, how probiotics are made, quality control, strain selection, age and condition specific formulation, stability, the numbers game, as well as research into digestion, immune health, and the gut-brain axis.

Vitamin K2 and the Role it Plays in Reducing Multiple Chronic Diseases



Presented by Kiran Krishnan, Chief Science Officer of Physician's Exclusive
Tuesday March 14, 6.30pm-7.30pm

Vitamin K2, the most recently recognised vitamin in the western world, is now achieving the recognition as an omnipotent nutrient that exerts control and function in virtually every tissue type in our body, including the digestive tract.

Dozens of large-scale studies have clearly illustrated its role in bone health, heart health via calcification, cancer and diabetes. K2 acts as an 'activator' or carboxylating agent to activate key vitamin K dependent proteins.

Given the fact that the majority of the western population is sub-clinically deficient in vitamin K2, Kiran will explain the wide impact that this is having on our health. Additionally, he will share

new discoveries in the function of vitamin K2 in the body, going beyond its well-known role as a carboxylating vitamin in bone health and heart health. These latest discoveries will further illustrate the health dangers we face in the western world, and the tremendous opportunity we have to rescue our clients from years of vitamin K2 deficiency and reduce their risk of the most common chronic diseases.

There will be a brief understanding of the background of vitamin K2, its discovery, how it is produced, sources in nature and comparison to the more well-known vitamin K1. Understanding the difference between the various forms of vitamin K2 on the market and the important features that will lead to efficacy or non-response. Overview of the studies to understand vitamin K2's role in bone health, heart health, diabetes and cancer, new discoveries in the function of vitamin K2 – going beyond carboxylation and into redox reactions, and understanding why vitamin K2 may be considered one of the most important nutrients to positively impact chronic diseases.



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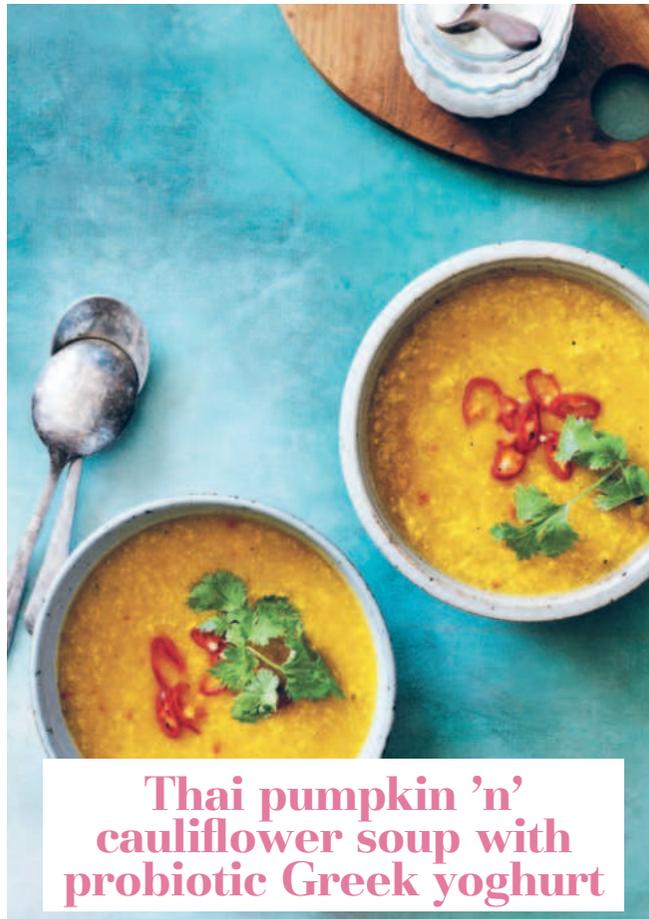
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SLOW COOKED GOODNESS

Sugar free recipes from Sarah Wilson's new book, *Slow Cooker Cookbook*.



Morning tea muesli slice



Thai pumpkin 'n' cauliflower soup with probiotic Greek yoghurt



Vegetable korma with quinoa and flaked almonds



Morning tea muesli slice (Serves 10-12)

This has to be one of our favourite recipes. When we initially tested it, it was a dry, stodgy brick but after experimenting with the recipe, we managed to create a deceptively sweet 'n' gooey muesli slice that would happily please the masses at a morning tea.

Preparation time: 15 minutes

Cooking time: 4 hours on low, 2 hours on high

INGREDIENTS:

- Oil or butter, for greasing
- ½ cup (40g) unsweetened shredded coconut
- Cup (45g) almonds, roughly chopped
- Cup (40g) walnuts, roughly chopped
- ¼ (30g) cup pumpkin seeds
- 4tbsp white sesame seeds
- 1 cup (100g) almond meal
- 1 egg, lightly beaten
- ½ cup (115g) nut butter (we prefer peanut or almond)
- ½ cup (100g) coconut oil
- ½ cup (125ml) rice malt syrup
- 1tsp vanilla powder cream, to serve (optional)

METHOD:

- 1 Grease the inside of the slow-cooker insert and line with baking paper so that it reaches halfway up the sides.
- 2 In a large bowl, combine the coconut, almonds, walnuts, pumpkin seeds and sesame seeds. Add the almond meal and stir well before adding the egg and stirring well again.
- 3 In a saucepan, combine the nut butter, coconut oil, rice malt syrup and vanilla. Warm over low heat until the oil and rice malt syrup melt.
- 4 Stir the warmed mixture into the nut mixture and mix well. Press into the prepared slow-cooker insert.
- 5 Cover and cook for four hours on low or two hours on high. Once firm to the touch, switch off the slow cooker and allow to cool completely. Gently remove the slice by lifting up the sides of the baking paper. Slice into wedges and serve.

Note: The centre will be softer than the perimeter of the slice. If you want to cook it until firm, remove the lid and continue cooking for 30 minutes, or until you're happy with the consistency.

Thai pumpkin 'n' cauliflower soup with probiotic Greek yoghurt



Vegetable korma with quinoa and flaked almonds





Thai pumpkin 'n' cauliflower soup with probiotic Greek yoghurt (Serves 6)

Preparation time: 10 minutes

Cooking time: 8 hours on low, 4 hours on high

INGREDIENTS:

- 2 potatoes, peeled, chopped into chunks
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 1 lemongrass stem, white part only, finely sliced
- 1 kaffir lime leaf, thinly sliced
- 2-3cm knob ginger, skin removed, finely grated
- 1tsp ground cumin
- ½ tsp ground turmeric
- 1-2 fresh red chillies, finely sliced (depending on how hot you like your soup)
- ½ head cauliflower, cut into small florets
- 500g pumpkin or squash, chopped into chunks
- Sea salt and freshly ground black pepper, to taste
- 1.25l vegetable stock
- ½ (125ml) cup natural full-fat yoghurt, to serve
- Fresh coriander leaves, to serve

METHOD:

In the morning:

1 Place all the ingredients (saving some of the chilli to serve), except for the yoghurt and coriander in the slow-cooker insert. Cook for eight hours on low or four hours on high.

In the evening:

1 Use a stick blender to purée the ingredients to the desired consistency. Serve with a dollop of yoghurt, a sprinkle of coriander and sliced chilli.

Vegetable korma with quinoa and flaked almonds



Morning tea muesli slice





Vegetable korma with quinoa and flaked almonds (Serves 6)

Preparation time: 10 minutes

Cooking time: 8 hours on low, 4 hours on high

INGREDIENTS:

- ½ head cauliflower, broken into florets
- 3 carrots, finely chopped
- ½ cup (125ml) korma paste (look for sugar free varieties)
- ½ cup (50g) almond meal
- 1 onion, thinly sliced
- 2 garlic cloves, crushed
- 1 x 400 ml can coconut milk
- 1 cup (250ml) store-bought vegetable stock
- 1 courgette, cut into chunks

- 1 red pepper, cut into 3cm pieces
- 1 cup (70g) washed and roughly chopped kale leaves
- ½ cup (75g) frozen peas
- 2 baby yellow squash, quartered
- 3 cups (550g) cooked quinoa (see below)
- ½ cup (50g) flaked almonds, lightly toasted
- Fresh coriander leaves, to serve
- 1 cup (250ml) cucumber raita or sliced cucumbers, to serve

METHOD:

In the morning:

- 1 Combine the cauliflower, carrot, korma paste, almond meal, onion, garlic, coconut milk and stock in the slow-cooker insert.
- 2 Cover and cook for 7½ hours on low or 3½ hours on high.

In the evening:

- 1 Remove the lid and stir through the courgette, red pepper, kale, peas and squash. Cover and cook for another 30 minutes on high or until the vegetables have cooked through.
- 2 Serve the korma over a bed of warm quinoa and top with flaked almonds.

Cooked quinoa

Thoroughly rinse two cups (350g) of quinoa. After rinsing, place the quinoa in a large saucepan and pour in one litre of water. Cover and bring to the boil, then reduce the heat and simmer, covered, for 15 minutes or until all the water has been absorbed. Remove the pan from the heat and let stand for five minutes, covered. Fluff the quinoa with a fork before serving.



I Quit Sugar: Slow Cooker Cookbook by Sarah Wilson, published by Bluebird, £9.99, out February 23. Photo credit: Mike English



Morning tea muesli slice



Thai pumpkin 'n' cauliflower soup with probiotic Greek yoghurt

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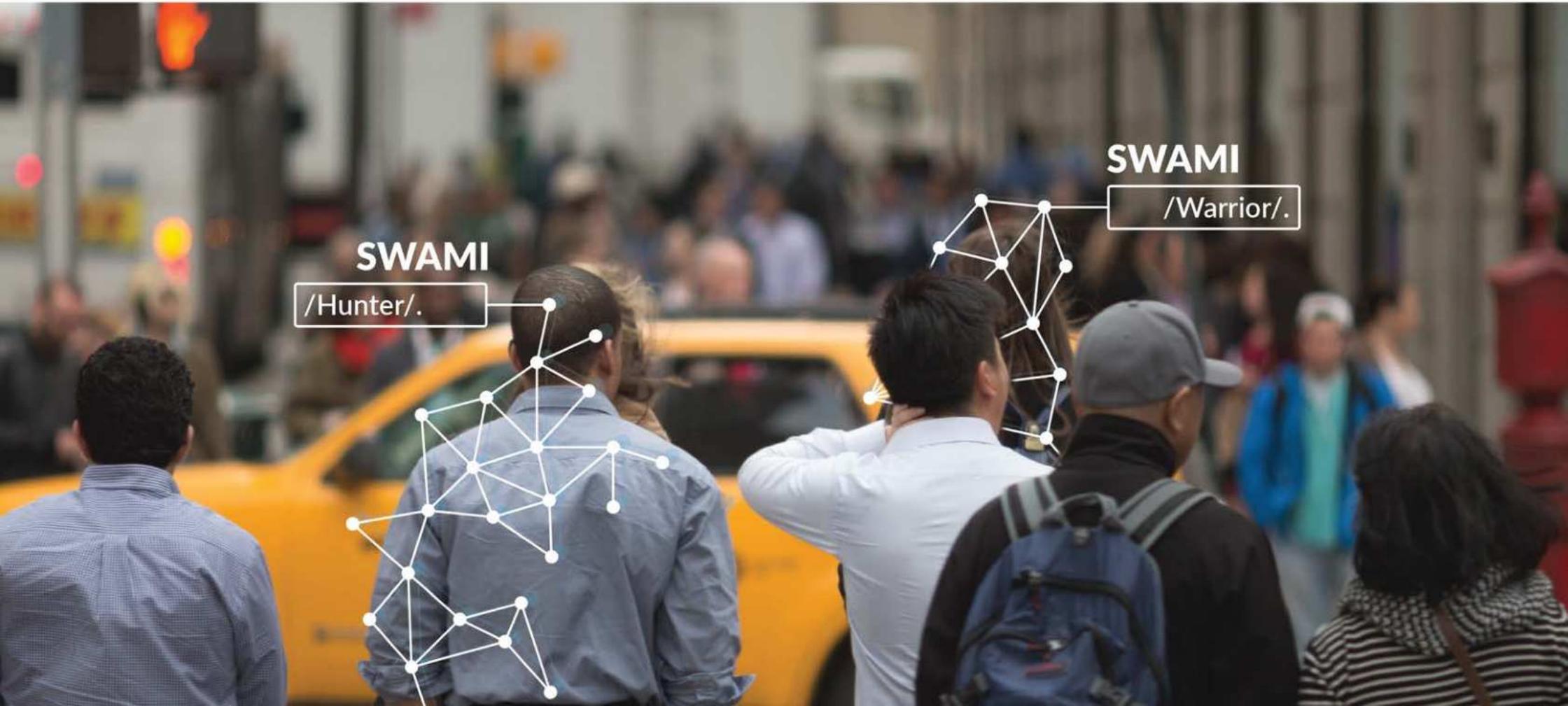
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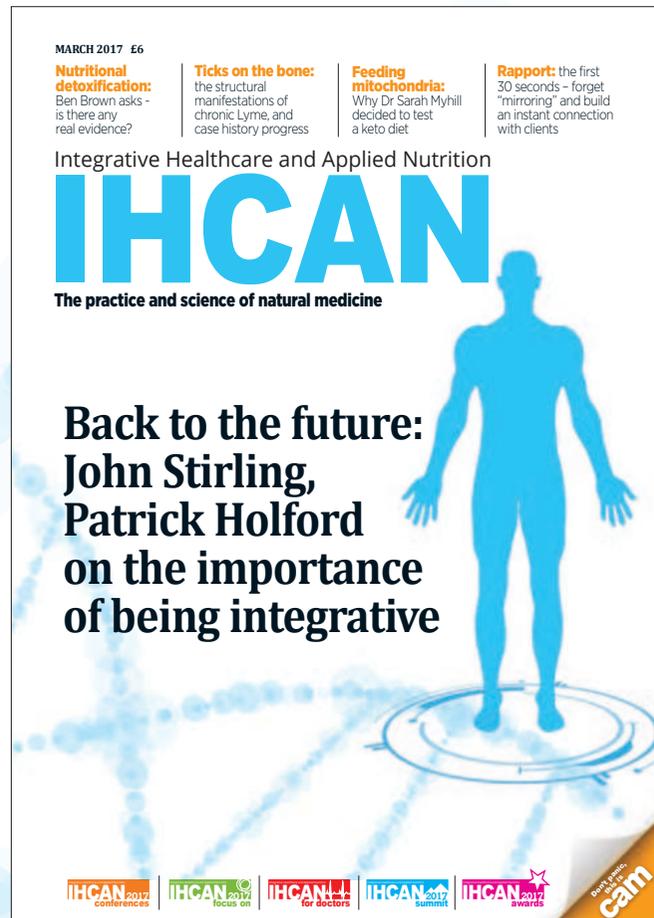
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CAM magazine, now more aptly Integrative Healthcare and Applied Nutrition, is a vital keystone of our industry

BEN BROWN, ND

I believe the new name for the magazine really hits the spot, great news for all integrative healthcare and applied nutrition professionals

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IHCAN has been (in its former guise) and continues to be a trusted voice in the integrative healthcare and applied nutrition community, and accordingly will lead the way in informing and inspiring people and practitioners

MICHAEL ASH, DO, ND, BSC, RNT, MIOD

I've been reading CAM magazine from the start and am delighted to welcome the change of name

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