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# Nutrition I-Mag

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RESEARCH AND EDUCATION FOR TOMORROW'S PRACTITIONER

SEPTEMBER/OCTOBER 2016

## CHILDREN'S NUTRITION

An expert guide to nutrition in the young



## POWER FOOD

The foods packing  
a nutritional punch

## IMMUNE REPAIR

Nutritional protocol for  
strengthening the immune system



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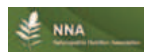
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# Welcome



'Superfoods' as a term has become a buzzword in recent years. But as the trend for all things superfood has continued to grow, is there a danger that it has become more of a marketing concept as opposed to an actual health product?

A superfood undoubtedly means different things to different people, and a true superfood does offer excellent health potential. And so in this issue, we discuss power foods and hear from nutritional

experts about what they consider is actually a superfood. Turn to page 26 to read more.

This issue also focuses on the changing of the seasons; as we head into autumn, Registered Nutritional Therapists will be dealing with a lot of immune related issues due to the onset of the cold and 'flu season. But what advice should you be giving in clinic when it comes to supporting the immune system, not just now but throughout the year? We have

put together a panel of experts who offer their insights into an effective immune protocol.

Finally, we also turn our attention to children's health; the typical diet of a youngster in Britain has changed dramatically over the years, and this, coupled with far less physical activity, has led to concern at the state of children's health. In this issue, we have all the advice about essential nutrients for children.

*Rachel*

RACHEL SYMONDS, EDITOR

PS Don't forget that we have a full archive of previous issues of *Nutrition I-Mag* on our website, [www.nutritionimag.com](http://www.nutritionimag.com), and you can keep up to date with all the latest developments on our Twitter page (@nutritionimag).

NUTRITION I-MAG, Target Publishing Limited, The Old Dairy, Hudsons Farm, Fieldgate Lane, Ugley Green, Bishops Stortford CM22 6HJ

t: 01279 816300 e: [info@targetpublishing.com](mailto:info@targetpublishing.com) [www.nutritionimag.com](http://www.nutritionimag.com)

## Meet The Team

**EDITOR** Rachel Symonds **CONTRIBUTORS** Elphee Medici, Tanya Borowski, Clare Daley, Steven Horne **SALES DIRECTOR** Ruth Gilmour e: [ruth.gilmour@targetpublishing.com](mailto:ruth.gilmour@targetpublishing.com)  
**GROUP SALES MANAGER** Abigail Morris e: [abigail.morris@targetpublishing.com](mailto:abigail.morris@targetpublishing.com) **SENIOR SALES EXECUTIVE** Fiona Christodoulides e: [fiona.christo@targetpublishing.com](mailto:fiona.christo@targetpublishing.com)  
**DESIGN/PRODUCTION** Daniella Comparetto e: [daniella.comparetto@targetpublishing.com](mailto:daniella.comparetto@targetpublishing.com) **MARKETING EXECUTIVE** Sarah Kenny e: [sarah.kenny@targetpublishing.com](mailto:sarah.kenny@targetpublishing.com) **MARKETING MANAGER** James Rix e: [james.rix@targetpublishing.com](mailto:james.rix@targetpublishing.com) **ACCOUNTS** Lorraine Evans e: [accounts@targetpublishing.com](mailto:accounts@targetpublishing.com) **MANAGING DIRECTOR** David Cann e: [info@targetpublishing.com](mailto:info@targetpublishing.com)

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**8  
NEWS**

The latest developments in the world of nutrition

**9  
RESEARCH**

We bring you up to date with the latest scientific developments

**10  
PRODUCT WATCH**

What's new to market

**12  
BANT**

All the news from the leading professional body

**14  
EDUCATION**

We reveal the latest developments for the latest CAM Conference

**25  
ASK THE EXPERTS**

Nutritional experts answer your questions

**26  
INGREDIENT FOCUS**

A discussion about the myths surrounding soya consumption

**27  
NUTRITION I-MAG GIVEAWAYS****29  
CPD DIRECTORY**

Seminar, conference and webinar dates for your diary

**30  
COMPANY PROFILE**

BetterYou highlights its pioneering product range and commitment to research

**31  
RECIPES**

A guide to gluten free baking

# CONTENTS

**22****FEATURES****16  
IMMUNE SUPPORT**

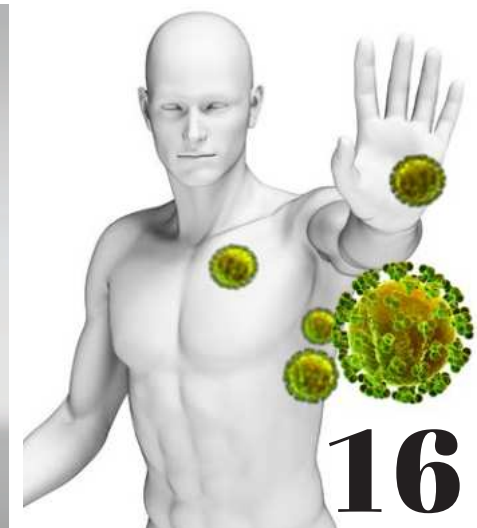
How the immune system helps us be healthy

**20  
FOOD POWER**

The healthiest superfood choices

**22  
CHILDREN'S HEALTH**

Nutritional experts offer their insights into kids' health

**20****16**



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# OUR CONTRIBUTORS

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



**Romina Melwani**

Romina Melwani is a Mycotherapist and Nutritional Therapist for Hifas da Terra. Romina's interest in bringing wellbeing at 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.



**Susan Alexander**

Susan Alexander BA (Hons), ND, dipNT, RYT(R), mBANT, mCNHC is a qualified Naturopath, Nutritional Therapist and Iridologist from the College of Naturopathic Medicine (CNM) London. After seeing a naturopath in Australia, she decided to study in this field. Now, she enjoys helping others improve their health through working at UnBeelievable Health as their nutritionist, as well as seeing private clients for nutritional consultations. She also offers yoga classes, talks, cooking classes, meal planning and personal shopping.



**Tanya Borowski**

Tanya Borowski DipCNM mBANT IFMCP is a Certified Functional Medicine Practitioner and Nutritional Therapist. She has a specialist focus on Hashimotos and thyroid solutions, digestion and gut health and poor energy delivery conditions, such as chronic fatigue. She keeps updated on the latest health and nutrition research by attending numerous medical seminars and conferences, specifically in mitochondrial, immunity and gastrointestinal health worldwide. Tanya regularly lectures for Invivo Clinical and is in private practice in London and Lewes, Sussex.



**Alison Cullen**

Alison Cullen is an experienced nutritional therapist with a clinic in Ayrshire, Scotland. She currently combines running her clinic with the role of Education Manager for A. Vogel. Alison lectures, trains and writes extensively on health issues.



**Claire Barnes**

Claire Barnes is in her final year of a three-year diploma in Naturopathic Nutritional Therapy at the College of Naturopathic Medicine (CNM), in Bristol. Claire is one of the Technical Advisors at Probiotics International (Protexin), manufacturers of Bio-Kult and Lepicol ranges.



**Clare Daley**

Clare Daley BSc (Hons), PgDip Nutritional Therapy, mBANT, rCNHC joined Cytoplan in September 2015 as in-house Nutritional Therapist. Clare has a BSc (Hons) in Biological Sciences from the University of Exeter and a Postgraduate Diploma in Nutritional Therapy from the University of Worcester, where she graduated with Distinction. On qualifying in September 2010 as a BANT and CNHC Registered Nutritional Therapist, Clare worked in private practice. Clare has a broad interest in nutrition but is particularly interested in digestive health.



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# News bites

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

## Government childhood obesity strategy criticised as disappointing



The Government has been accused of being weak in its effort to tackle childhood obesity following publication of its long-awaited action plan.

It has recently published Childhood Obesity: A Plan for Action, which included plans for a soft drinks industry levy. In England, the revenue from the levy will be invested in programmes to reduce obesity and encourage physical activity and balanced diets for school age children. Producers and importers are given two years to lower the sugar in their drinks so that they won't face the

levy if they take action.

There are also plans to cut sugar intake by 20 per cent by 2020, to develop a new framework by updating the nutrient profile model, continuing to provide support with the cost of healthy food for those who need it most by recommitting to the Healthy Start scheme and helping all children enjoy an hour of physical activity every day. Making school food healthier, clearer food labelling and supporting early years settings were also goals.

Concluding, the document said: "The actions in this plan will significantly reduce England's rate of childhood obesity within the next 10 years. Achieving this will mean fewer obese children in 2026 than if obesity rates stay as they are. We are confident that our approach will reduce childhood obesity while respecting consumer choice, economic realities and, ultimately, our need to eat. Although we are clear in our goals and firm in the action we will take, the launch of this plan represents the start of a conversation, rather than the final word. Over the coming year, we will monitor action and assess progress, and take further action where it is needed."

However, the strategy has been roundly criticised, with Professor Parveen Kumar, British Medical Association Board of Science Chair, commenting: "Given the UK has one of the highest levels of obesity in Western Europe, with one in three children overweight or obese by the time they leave primary school, the Government

should be doing everything in its power to tackle this problem. Instead, it has rowed back on its promises by announcing a weak plan, rather than the robust strategy it promised.

"Although the Government proposes targets for food companies to reduce the level of sugar in their products, the fact that these are voluntary and not backed up by regulation renders them pointless. Targets are also needed to reduce levels of saturated fat and salt in products – these must be backed up by regulation. Poor diet has become a feature of our children's lives, with junk food more readily available, and food manufacturers bombarding children with their marketing every day for food and drinks that are extremely bad for their health. It is incredibly disappointing that the Government has failed to include any plans for tighter controls on marketing and promotion.

"While the introduction of a sugar tax is an encouraging step forward, this on its own is not enough to solve the obesity problem facing our country. Poor diet is responsible for up to 70,000 deaths a year, and has a greater impact on the NHS budget than alcohol consumption, smoking or physical inactivity. The Government must act now and take urgent action to address the ticking time-bomb that obesity poses to children and the NHS."

Action on Sugar was equally disappointed, pointing out that for more than a year, health charities have communicated the range of actions

needed to prevent obesity and the Government has ignored it.

Professor Graham MacGregor, Chairman of Action on Sugar and Consensus Action on Salt and Health (CASH), commented on the day the strategy was released: "Today is a sad day for public health. After the farce of the Responsibility Deal, where Andrew Lansley made the food industry responsible for policing themselves, it is sad to see that this is just another imitation of the same Responsibility Deal take two. It is an insulting response to the UK crisis in obesity type 2 diabetes both in children and adults. This will bankrupt the NHS unless something radical is done."

Jenny Rosborough, Campaign Manager and Registered Nutritionist of Action on Sugar, added: "Theresa May launched her Prime Minister campaign by saying that she wanted to tackle health inequalities – obesity being a major factor in this. The UK should lead the world in tackling obesity and type 2 diabetes and this is an embarrassing and inexcusable waste of a fantastic opportunity to put the nation's health first."

Action on Sugar is now calling on Theresa May to rescue the strategy and ensure that the Sugary Drinks Industry Levy consultation, launched today, results in the implementation of an effective strategy.

Meanwhile, Food Standards Scotland (FSS) says while it is pleased that the UK Government has published the strategy for England, it feels the proposed range of measures do not go far enough.

FSS Chair, Ross Finnie, said: "Any proposals to move towards improved diets and better health are to be welcomed, but today's announcement by the UK Government simply does not go far







► enough. It is particularly disappointing that some crucial measures, such as taking action on promotions and on advertising and marketing have been ignored. In January, the FSS board agreed such a package, with proposals ranging from taxation to regulation around food and

drink promotions. Portion size reduction and tougher targets for reformulation of foods and drinks were also recommended. We expect industry to engage with us on our more comprehensive approach, rather than just the more narrowly drawn plan of the UK Government."

## Calls for nation to take vitamin D supplements following Public Health England advice

Following news that a Government body is advising everyone in the UK to ensure they consume 10mcg of vitamin D daily, one health company is calling for more to be done.

Public Health England (PHE) has advised the Government based on the recommendations of the Scientific Advisory Committee on Nutrition (SACN), following its review of the evidence on vitamin D and health. Because SACN could not say how much vitamin D is made in the skin through exposure to sunlight, it therefore recommended a daily dietary intake of 10mcg.

PHE advises that in spring and summer, the majority of the population get enough vitamin D through sunlight on the skin and a healthy, balanced diet. During autumn and winter, everyone will need to rely on dietary sources of vitamin D. Since it is difficult for people to meet the 10mcg recommendation from consuming foods naturally containing or fortified with vitamin D, people should consider taking a daily supplement containing 10mcg of vitamin D in autumn and winter.

People whose skin has little or no exposure to the sun, and ethnic minority groups with dark skin, from African, Afro-Caribbean and South Asian backgrounds, should consider taking a supplement all year round. Furthermore, children aged one to four should have a daily 10mcg vitamin D supplement. PHE recommends that babies are exclusively breastfed until around six months of age. As a precaution, all babies under the age of one should have a daily 8.5-10mcg vitamin D supplement.

BetterYou, which has pioneered the use of sublingual vitamin D, did raise concern the guidelines suggest that

the majority of the population get enough vitamin D (400IU) through sunlight on the skin and a healthy balanced diet during summer.

Andrew Thomas, founder and Managing Director, said: "Our modern indoor lifestyles, processed foods and the widespread use of sun creams in the Northern Hemisphere are resulting in a dramatic rise in vitamin D deficiency.

We've been waiting a long time for the SACN report to be published as the Government's current advice is that only at-risk groups should take a daily vitamin D supplement, yet due to the lack of sunshine in the UK and cloudy conditions, more and more of us are depleted in this essential vitamin, which can lead to numerous health risks."

Dr Carrie Ruxton, from the Health Supplements Information Service, added: "Over the last decade, vitamin D levels in the population have reached crisis point, with up to half of people deficient in at risk groups, including lower income communities, housebound elderly and people from ethnic minorities. Given the new recommendation to consume 10 micrograms of vitamin D daily, it is highly unlikely that this would be achieved by diet alone due to the limited numbers of foods naturally rich in vitamin D. It makes sense, therefore, to ask the public to take several more achievable steps towards adequate vitamin D status i.e. multivitamins and fish oil supplements that include vitamin D, and the inclusion of foods high in vitamin D like oily fish, eggs, red meat and fortified foods."



## Winner of Bio-Kult Student Bursary announced

The 2016 winner of the Bio-Kult Student Bursary has been named as trainee Naturopathic Nutritionist, Victoria Sims.

Victoria (pictured left) has scooped £1,000 to spend on her nutritional career goals, while runner-up, Zoe Warner, won £500. Victoria and Zoe were invited to the recent CAM Summit to be presented with their cheques.

Victoria has had a life-long interest in wellbeing and the role of nutrition. She plans to set up her own practice, offering a holistic service to clients with a focus on nutritional support and enhancing wellbeing. Alongside this, she plans

to continue to volunteer with a charity that offers help and support to people in recovery from addiction and female survivors of domestic abuse. Victoria will be looking to provide free-to-access nutrition consultations and clinics to those who seek help from the charity.

Having already secured access to premises and access to a varied client list, she will be using the bursary money to set up her practice. She intends to specialise in mood disorder, specifically with regards weight issues and addiction and to focus on areas such as inflammation, genetics and methylation. Victoria intends to enhance her practice with the purchase of a BodyStat 1500 BIA machine, attending the Ingeneius training for Nutrigenomics in Practice, as well as membership to BANT and CNHC registration and a marketing plan for her business.

Runner-up, Zoe, a student at Gloucestershire University, plans to spend her £500 on setting up training courses to give carers of injured veterans' nutritional advice to help them improve their health from the inside out.

Bio-Kult Brand Manager, Hayley Milne, commented: "Every student is studying to make the world a healthier place and both students and practitioners are incredibly important to us. Each journey is individual but every Nutritional Therapist's goal is the same to help people lead healthier, happy lives, an important goal that Bio-Kult wants to help achieve too."

Students can be notified when 2017 applications open by registering at [www.bio-kult.com/student](http://www.bio-kult.com/student)

# In Research

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

## Vitamin K study produces new evidence around cardiovascular health



Research has concluded that vitamin K2 impacts cardiovascular health, while vitamin K1 does not have significant impact on coronary heart disease.

That is according to the journal *Atherosclerosis*, which has published a new long-term study<sup>1</sup> that explores if there is a relationship between intake of phylloquinone and menaquinones (vitamins K1 and K2, respectively) and risk of peripheral arterial

disease (PAD).

The results showed that high intake of menaquinones (vitamin K2) was associated with a reduced risk of PAD (at least in hypertensive participants), while high intake of phylloquinone (vitamin K1) was not associated with a reduced risk of PAD. PAD is similar to coronary artery disease (CAD) in that both are caused by atherosclerosis that narrows and blocks arteries in various critical regions of the body.

The study followed up with 36,629 men and women over 12.1 years. During that time, 489 incident cases of PAD were documented. Menaquinones intake was associated with a reduced risk of PAD, with a hazard ratio (HR) of 0.71, 95 per cent CI; 0.53-0.95 for the highest versus lowest quartile.

According to the researchers, a stronger association was observed in participants with hypertension or diabetes, although confidence intervals were wide in the small diabetes stratum. Phylloquinone intake (vitamin K1) was not associated with PAD risk.

The researchers concluded: "A high intake of menaquinones (vitamin K2) was significantly associated with a reduced risk of PAD, at least in hypertensive participants. A high menaquinone intake may be associated with a reduced risk of PAD in participants with diabetes as well, though no statistically significant results were observed. High phylloquinone intake (vitamin K1) does not seem associated with PAD risk."

Commenting on the results, Hogne Vik, Chief Medical Officer at NattoPharma, supplier of MenaQ7 Vitamin K2 as MK-7, said: "Like the Rotterdam Study (2004) and Prospect-EPIC Study (2009), the cardiovascular benefits of K vitamins are only recognised with vitamin K2, not vitamin K1. This is important because there is a misconception that daily recommended intake (RDI) of the vitamin K1 is sufficient to protect the arteries for developing arterial diseases. This is not the case, since vitamin K1 is only documented and recognised to meet our needs for coagulation. It is, however, vitamin K2, the menaquinones, that are responsible for the cardiovascular benefits, and not vitamin K1."

He added: "Based on our three-year interventional study<sup>2</sup>, it was shown that adding vitamin K2 to one's daily intake improves arterial health and flexibility. We are excited and thankful to see additional studies confirming this mechanism and encourage the nutritional community to embrace vitamin K2 for its unique and specific benefits."

## Study confirms benefits of personalised nutrition

Researchers say they have demonstrated the value of personalisation in improving key lifestyle factors.

A new study tested the hypothesis that providing personalized nutrition (PN) advice based on information on individual diet and lifestyle, phenotype and/or genotype would promote larger, more appropriate, and sustained changes in dietary behaviour.

The team of researchers involved adults from seven European countries, who were recruited to an internet-delivered intervention (Food4Me) and randomized to: (i) conventional dietary advice (control) or to PN advice based on: (ii) individual baseline diet; (iii) individual baseline diet plus phenotype (anthropometry and blood biomarkers); or (iv) individual baseline diet plus phenotype plus genotype (five diet-responsive genetic variants). Outcomes were dietary intake, anthropometry and blood biomarkers measured at baseline and after three and six months' intervention.

At baseline, mean age of participants was 39.8 years (range







- 18–79), 59 per cent of participants were female and mean body mass index (BMI) was 25.5 kg/m<sup>2</sup>. From the enrolled participants, 1,269 completed the study. Following a six month intervention, participants randomized to PN consumed less red meat, salt and saturated fat, increased folate intake and had higher Healthy Eating Index scores than those randomized to the control arm.

Key messages from the study were that it demonstrates clearly the value of personalization in improving key lifestyle factors relevant to a wide range of health outcomes, adding that personalized interventions can be delivered successfully to individuals across several countries using the internet.

“We demonstrate that there was no evidence that including phenotypic or phenotypic plus genotypic information enhanced the effectiveness of the PN advice,” they added.

In conclusion, the study said: “Among European adults, PN advice via internet-delivered intervention produced larger and more appropriate changes in dietary behaviour than a conventional approach.”

## One-year vitamin D supplementation analysed in athletes

A study has confirmed that vitamin D deficiency is prevalent among athletes.

To assess the prevalence of vitamin D deficiency in Dutch athletes and to define the required dosage of vitamin D3 supplementation to prevent vitamin D deficiency over the course of a year, researchers collected blood samples from 128 highly trained athletes to assess total 25(OH)D concentration.

Of these 128 athletes, 54 male and 48 female athletes (aged 18–32) were included in a randomized, double blind, dose-response study with either a deficient (<50 nmol/l) or an insufficient (50–75 nmol/l) 25(OH)D concentration. They were randomly assigned to take 400, 1,100 or 2,200 IU vitamin D3 per day orally for one year. Athletes who had a total 25(OH)D concentration above 75 nmol/l at baseline continued with the study protocol without receiving vitamin D supplements. Serum total 25(OH)D concentration was assessed every three months, as

well as dietary vitamin D intake and sunlight exposure.

Looking at the results, published in the *European Journal of Clinical Nutrition*, nearly 70 per cent of all athletes showed an insufficient (50–75 nmol/l) or a deficient (<50 nmol/l) 25(OH)D concentration at baseline. After 12 months, serum 25(OH)D concentration had increased more in the 2,200 IU/day group than the sufficient group receiving no supplements and the 1,100 IU/day group.

Supplementation with 2,200 IU/day vitamin D resulted in a sufficient 25(OH)D concentration in 80 per cent of the athletes after 12 months.

“Vitamin D deficiency is highly prevalent in athletes. Athletes with a deficient or an insufficient 25(OH)D concentration can achieve a sufficient 25(OH)D concentration within three months by taking 2,200 IU/day,” the study concluded.

## Fall in consumption of dietary supplements revealed



A new study has revealed that dietary supplement use is in decline.

Researchers, writing in the *European Journal of Clinical Nutrition*, examined both vitamin/mineral (VMS) and dietary supplements (DS) use in Switzerland, a country where use is common.

The researchers pointed out that nothing is known regarding the factors associated with their initiation, discontinuation or continuation of intake.

They used data from a prospective study conducted between 2003–2006 and 2009–2012 in Lausanne, Switzerland, among 4,676 participants (2,525 women, age range 35–75 years). VMS was defined as single or multivitamin/multimineral preparations while DS was defined as any dietary supplement.

It was found that VMS use was 20.6 per cent at baseline and 20.3 per cent at follow-up, with 12 per cent of participants discontinuing, 11.7 per cent initiating and 8.6 per cent continuing VMS use. On multivariable analysis, men had a lower relative risk

ratio (RRR) of discontinuing, initiation or continuing, while older age and being physically active were associated with a higher RRR of initiation or continuing. Lower education and higher body mass index were associated with a lower RRR of discontinuing or continuing of VMS.

It was found that DS use decreased from 10.4 to 6.8 per cent. A total of 8.7 per cent participants discontinued, while 5.1 per cent initiated and 1.7 per cent continued DS use. On multivariable analysis, men had a lower RRR of discontinuing, initiation or continuing and again, older age had a higher RRR of initiation, discontinuing or continuing. Being physically active was associated with a higher RRR of initiation or continuing, while Swiss citizens and former smokers had a higher RRR of discontinuing.

“VMS use is stable in the Lausanne population, whereas DS use appears to be decreasing. Individuals can be categorised either as users or non-users depending on the study period, and consistent users are only a small fraction of prevalent users,” the study concluded.

# New to market

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

## NEW ADDITION TO RENEW LIFE RANGE

Renew Life has developed two potent new products within its Ultimate Flora range.

Ultimate Flora Ultra Potent 100 Billion has been formulated for people who are using, or have recently used antibiotics (contains antibiotic resistant strains), people wishing to prevent or treat gastrointestinal or oral infections, for severe digestive issues, reduction of cold or 'flu symptoms and to boost systemic immunity.

It is a 100 billion, 10 strain live bacteria formula, including 50 billion *Lactobacillus* support for small intestine health, 50 billion *Bifidobacteria* for large intestine health in a unique enteric coated delivery system, it is suitable for pregnant and breastfeeding women and is dairy, soy and additive free.

Then there is Ultimate Flora Colon Care 80 Billion, designed for people with bowel conditions, such as IBS, colitis, Crohn's, inflammatory bowel disease, chronic constipation, acute diarrhoea and abdominal discomfort. This new product contains targeted probiotic strains proven to reduce inflammation, intestinal permeability and sensitivities, as well as improve intestinal function.



## WELEDA RELAUNCHES NEW AND IMPROVED TOOTH GEL

Weleda has unveiled its Children's Tooth Gel with a new and improved formula.

Weleda toothpastes are developed with dentists, and help look after teeth and gums and keep the flora of the mouth in natural balance.

In Children's Tooth Gel, there are no hidden nasties, detergents, bleaches, foam boosters or whiteners, no artificial colours, flavours or synthetic additives. The gel is NATRUE certified genuinely natural and is free from synthetic ingredients of any kind.

A key ingredient is organic calendula, used in the Weleda Baby range for its mild, soothing, healing properties. Popular for skincare, it's also great for gums. Weleda grows its calendula biodynamically. The natural clear gel base, made from especially non-abrasive hydrated silica, thickened with algin obtained from seaweed, is ideal for little milk teeth.

Children's Tooth Gel has been awarded an *Ethical Consumer* Best Buy label and is suitable for vegans. It is free from SLS and artificial sweeteners and contains no added fluoride.

## CAMBRIDGE COMMODITIES BECOMES NEW SUPPLIER OF PURE HYDROXYTYROSOL EXTRACT

Cambridge Commodities has launched Hytolive to the UK sport and health markets.

The nutritional ingredient supplier has announced it is the exclusive supplier of Genosa's Hytolive, a pure hydroxytyrosol extract from the olive fruit *olea europaea* L., which is produced using a 100 per cent natural, patented processing method.



## GINGER DRINKS LAUNCHED BY JAMES WHITE

Three new varieties have been added to the Zinger range by James White Drinks.

Turmeric, Lime & Chilli and Xtra Ginger are the new creations, which follow the successful launch of its Organic Ginger Zinger Shot in late 2015.

A Zinger is a little (7cl) intense natural drink, made with 100 per cent natural ingredients and no preservatives, artificial colours or flavours.

The Turmeric Juice Zinger is a first for the UK, using freshly pressed turmeric juice rather than turmeric powder, blended with pressed apple juice with lemon, pepper and chilli.

The Xtra Ginger Zinger is made with 40 per cent crushed ginger juice, blended with pressed apple juice with added chilli. And then there is the Lime Chilli Zinger, an intense combination of the sharpness of lime, combined with the fiercer heat of chilli.

Cambridge Commodities has developed a number of product concepts utilising the natural benefits of Hytolive, including an antioxidant and anti-inflammatory capsule for sports nutrition, a beauty and wellness capsule for skin and hair health and an immunity health and wellbeing capsule.

The Hytolive formulations developed by Cambridge Commodities are based on ingredients to fit with consumer demand for clean-label and naturally processed products. In addition to capsules, Hytolive is suitable for food and beverages, tablets, pills and soft gel capsules.

The extract is taken from olive fruit and not the leaf so there is no risk of pesticides.



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## Ultimate Flora Ultra Potent

Formulated for people currently using, or have recently used antibiotics (contains antibiotic resistant strains), prevention or support of gastrointestinal or oral infections, for severe digestive issues, help reduce cold or flu symptoms and to boost systemic immunity.



## Ultimate Flora Colon Care

Formulated for people with Irritable Bowel Syndrome, Inflammatory Bowel Disease, chronic constipation and/or diarrhoea and abdominal discomfort. Contains specific probiotic strains to help reduce inflammation, intestinal permeability, sensitivities and improve intestinal function.

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

# BANT News



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

## BANT SUPERVISION – CALLING ALL RECENT GRADUATES

**W**ould you like support in developing your practice? Starting out on your own as a newly-qualified Registered Nutritional Therapist can be an isolating and daunting experience, with many dilemmas running through your mind, such as should you specialise? Is your charging structure the right one? Are you unsure how to market your business? Feeling apprehensive about seeing your paid clients? Maybe you are transitioning from your previous career and are unsure about how to move further into Nutritional Therapy.

Joining a BANT Supervision group will give you the opportunity to explore these areas and many more, in a safe, supportive environment. Each group is facilitated by a BANT Supervisor, all of whom are warm, encouraging and skilled, to help you find the sessions enjoyable and useful.

The groups meet about six times a year and are perfect

for supporting the transition from student to successful, safe practitioner.

Attendees have found it beneficial, with one saying: "It is greatly reassuring that many of us face similar dilemmas and that those who have faced them in the past have resolved them to come out the other side."

Another said: "So far, I have found the supervision group to be very helpful in setting myself goals and clear steps to achieve my goals. It has also helped with setting deadlines."

And "great to be building rapport and relationship with other NTs".

To join Supervision, visit the new look CPD page to find the right group for you, with easy to search listings. You can also email [supervision@bant.org.uk](mailto:supervision@bant.org.uk). If you can't find a local group, please do get in touch to register your interest as the scheme is growing all the time.

## COME AND JOIN US AT OUR NEW MEMBERS ONLY FACEBOOK PAGE

The new closed members only Facebook page has been launched and is called 'BANT Members Group'.

Come and join us and use the BANT member's community to share the day-to-day trials, tribulations and success stories of practicing as a nutritional therapist.

BANT, in turn, will ensure that you are kept fully up to date with everything you need to know whilst working as an RNT (supervision, regulation, volunteering, communications; local networks etc).

A lot of you have already joined us there, but for those who have been on holiday, come and find us at:

<https://www.facebook.com/groups/301593573562034/>

## BANT NORTH REGIONAL BRANCH MEETING – NUTRIGENOMICS IN PRACTICE: BRIDGING THE GAP BETWEEN PRACTICAL AND THEORETICAL

Caroline Hansen, specialist practitioner in nutrigenomics and genetic fitness, led the first North Regional Branch Meeting in Leeds in July.

Fifty BANT members attended this much anticipated event, which brought a leading speaker in the field of nutrigenomics to members in the region.

Caroline covered key areas of nutrigenomics to help practitioners easily apply theoretical information to their clinical practice. In particular, she explained how to choose the best test for a client and how to interpret the results to design a truly personalised and optimal nutrition protocol. As an independent practitioner, Caroline was able to share an unbiased view of the UK testing landscape, providing important insights into the tests currently available on the market.

Great feedback was received, with one saying: "Thank you so much for organising this event – it was fabulous".

Members valued the educational content of the session, which included detailed take-away materials, with comments such as: "Such a great speaker on a relevant topic, thanks for sharing great clinical applications."

They also appreciated the opportunity to listen to a high quality speaker at a local event, "It is great to attend a free BANT event in the North – it saved me so much travelling time and the expense of an event ticket in London," one said.

Attendees also enjoyed networking with fellow professionals and talking to featured suppliers Nutri Advanced, Lamberts Health Care, My DNA, and Nordic DNA Life.

For more information on events from the North Regional Branch, please contact [north@bant.org.uk](mailto:north@bant.org.uk).





## ONLINE MASTERS IN NUTRITION

**UB**Belong here.

UB's Master of Science in Nutrition distinguishes itself from other master's programs in its focus on functional medicine and its growing value in the prevention and management of disease. Embedded in the curriculum is the concept of bio-individuality which enables clinicians to be able to provide customized diet and nutrient recommendations that will be effective. This is provided with an evidence-based scientific approach.

*To learn more please visit our website at,  
[www.bridgeport.edu/nutrition](http://www.bridgeport.edu/nutrition)*



UNIVERSITY OF  
BRIDGEPORT

# Dr William Walsh heads up final CAM Conference of 2016

Discover the latest developments for November's CAM Conference.

**T**aking place on Saturday, November 5, Nutrition resolution: breaking the cycle of stress and chronic inflammation is the final CAM Conference of 2016 in collaboration with BANT.

Heading up the conference as keynote speaker is William Walsh, PhD, President of the non-profit Walsh Research Institute, who will discuss 'Brain Inflammation, Oxidative Overload, and Life Stresses in Anxiety and Depression: Individualised Nutrient Therapies to Normalise Brain Function'.

"Anxiety disorders and depression typically involve brain inflammation, excess oxidative stress, and vulnerability to troubling life events. These problems are especially severe for patients with elevated pyrroles, abnormal methylation, or a metal-metabolism disorder" he said.

"For years, treatments for anxiety and depression have focused on psychiatric medications that alter the activity of key neurotransmitters. However, the emerging science of epigenetics and improved understanding of methylation have resulted in effective natural treatments that are relatively free of unpleasant side effects."

He continued: "Pyrrole disorders result in reduced activity at GABA and NMDA receptors. Copper and zinc imbalances are associated with abnormal norepinephrine, dopamine, and GABA functioning. Undermethylation can produce excessive serotonin reuptake and serious depression or OCD. Overmethylation is associated with excessive norepinephrine activity."

Dr Walsh's presentation will describe specific nutrient therapies aimed at normalising brain function, reducing inflammation, and

reducing free radical levels. It will also include a review of recent advances in brain science, including glial cell mechanisms that orchestrate brain plasticity, the discovery of lymph vessels in the brain, and the critical importance of DNA repair processes.

## SUGAR AND STRESS

Joining Dr Walsh at the event, which takes place at the Cavendish Conference Centre, in London, is sugar and obesity expert, Lou

Lebentz, who will present 'Sugar, Inflammation, Stress: How to treat your 'addicted' clients'.

In her recently announced synopsis, she explained: "The word addiction is controversial around sugar and some confusion still abounds when working with people showing symptoms of dependency around refined carbohydrates and junk food."

After a decade as an addiction and eating disorders therapist at the Priory, Lou recently

launched her own sugar reduction programme, Sweet Enough, and looks at sugar in a similar way to other drugs of abuse, such as alcohol.

"People seem either mildly, moderately or majorly dependent on sugar and that poses slightly different treatment models," she said.

In her presentation, Lou will help you identify where your clients are on the spectrum and to what level they are addicted or 'dependent', as well as showing you how best to treat them.

Speaking alongside Dr Walsh and Lou Lebentz is Dr Jolanta Opacka-Juffry, a neuroscientist with a long-standing interest and expertise in experimental models of human brain disorder,



William Walsh



such as Parkinson's disease, Huntington's disease and, more recently, depression and effects of early life stress. Since 1999, she has been lecturing neurobiology and clinical neuroscience at undergraduate and postgraduate levels at the University of Roehampton, London.

In particular, she is interested in long-term effects of prenatal and early postnatal stress on the brain neuroregulatory systems and glial plasticity. In addition, she is researching brain responses to drugs of abuse, in particular, novel psychoactive drugs known as 'legal highs'. Dr Opacka-Juffry's topic and synopsis will be announced shortly.

There is limited availability for this CAM Conference in collaboration with BANT, so we recommend booking as soon as you can. Standard tickets are priced at £92 including VAT, with substantial discounts available for students and members of associations. Guarantee your place today at [www.camconferences.co.uk](http://www.camconferences.co.uk) or telephone 01279 810080.

## SEPTEMBER NOW SOLD OUT

September's CAM Conference, Feeding the brain: nutrition for bullet-proof neuroimmunity, is now sold out.

If you would like to be added to our waiting list, please head to [www.camconferences.co.uk/waitinglist](http://www.camconferences.co.uk/waitinglist) or telephone 01279 810080, and we will contact you if any places become available.





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# Sun Care

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

## SPF – HOW HIGH IS HIGH ENOUGH?

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



## HOW MARINE-FRIENDLY IS YOUR SUN LOTION?

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



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

[www.mcsuk.org](http://www.mcsuk.org) (Registered Charity  
Number 1004005, England and Wales  
and SC037480, Scotland)



## THE POWER OF ANTIOXIDANTS IN SUN CARE

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



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



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



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



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



## DEMAND MORE FROM YOUR SUN CARE



### Why water repellent not waterproof?

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



### Can you cheat prickly heat?

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

### Naturally soothing and hydrating.

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

## ORGANIC SUN CARE FOR ALL THE FAMILY

### SPF 30 CHILDREN'S SCENT FREE SUN CREAM 150ml

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



### SPF30 SCENT FREE SUN LOTION 200ml/100ml

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



### SPF30 SCENT FREE FACIAL SUN CREAM 50ml

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



### SPF 30 CHILDREN'S LAVENDER SUN CREAM 150ml

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



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

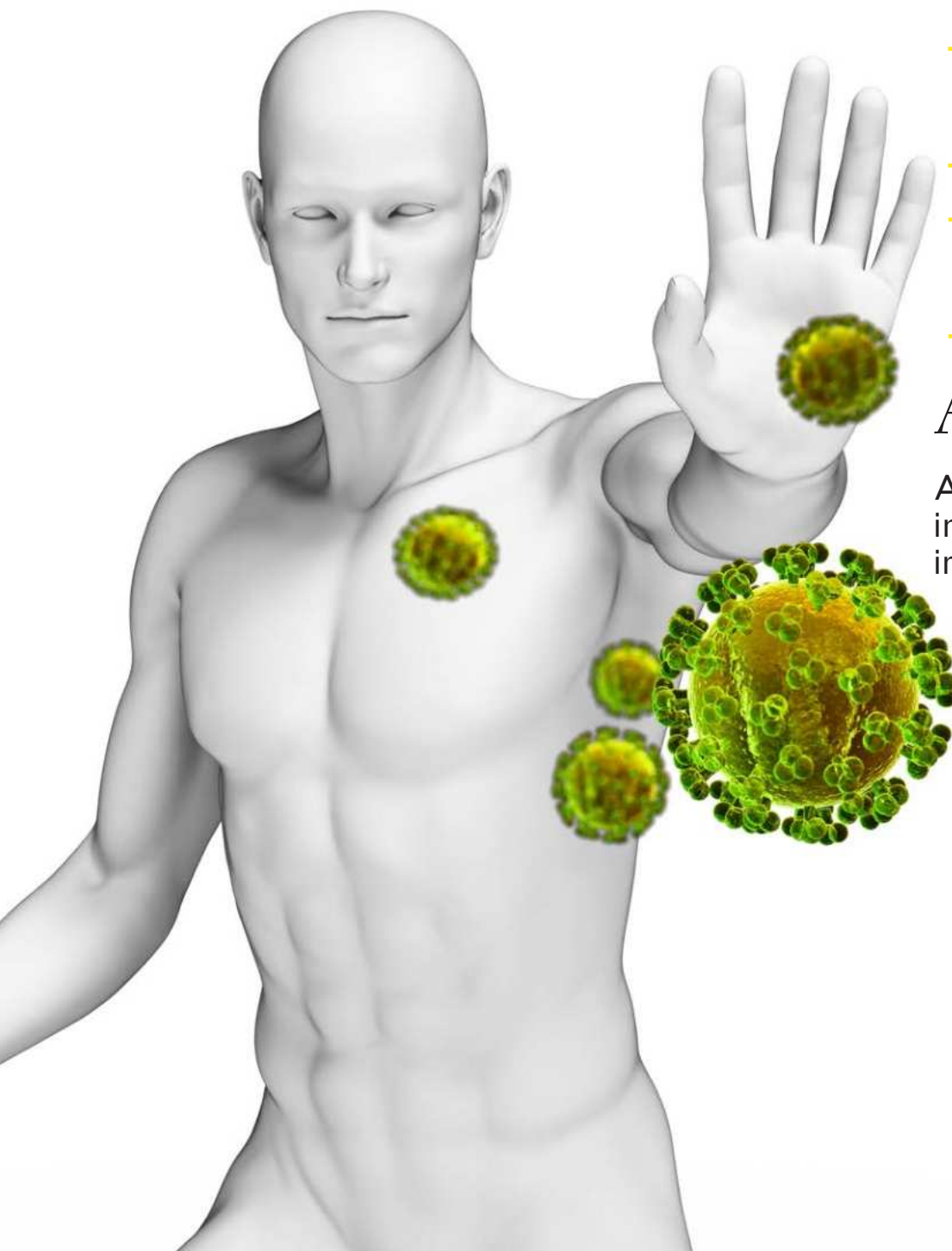
Speed up the tanning process by 25% and reduce the tan-fading rate by almost 50%. A natural sun lotion which promotes a natural glow quickly and safely. An extract from the Carob tree naturally stimulates melanin (the pigment that gives you skin colour). This is not a self tan; it builds up your skin's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



### HYDRATING AFTER SUN LOTION 200ml/100ml

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





# IMMUNE HEALTH – A NUTRITIONAL GUIDE

As we head into the season of cold and 'flu – and a likely influx in clients in clinic – what's the best course of action for immune support?

**Y**ou may be seeing clients who often suffer with colds and 'flu, perhaps they pick up new viruses easily, wounds may be slow to heal, or they are feeling generally run down.

All these symptoms, along with feeling stressed and fatigued, could point to a compromised immune system.

Helen Ford BA (Hons) DipION MBANT CNHC is a senior Nutritionist at the Glenville Nutrition Clinic and works to the protocols of Dr Marilyn Glenville PhD. She added: "The obvious signs of low immunity would be recurrent coughs and colds. Poor wound healing and cracks at the side of the mouth are also signs of compromised immune system. Digestive symptoms may also be indicative of poor immunity as the gut is a first line of defence to bacteria and viruses.

"Some key reasons for compromised immunity are stress and nutritional deficiencies. Nutritional







deficiencies of key nutrients (because of a lack of fresh fruit and veg consumption) can be caused by stress in the first place as we are depleted of key immune supportive nutrients, such as vitamin C and zinc and also inadequate dietary intake. High alcohol and sugar intake and smoking have hugely detrimental effects on the immune system. The increased consumption of highly processed foods and drinks is also a factor. Another factor is so many new strains of bacteria and viruses mutating and becoming more virulent. Finally, lack of sleep because our immune system needs nourishing while we have quality sleep.”

Romina Melwani is a Mycotherapist and Nutritional Therapist for Hifas da Terra, added that allergies can also be commonplace.

“In Nutritional Therapy clinics, some of the most common symptoms of clients with a compromised immune system are skin rashes, psoriasis, asthma, allergies, cold and ‘flu, as well as food intolerances. Allergies are said to affect one in four people at some time in their lives, with numbers increasing every year,” she said, adding: “Autoimmune conditions, characterised by an inappropriate immune response to substances normally present in the body, are also becoming more prevalent; over 70 conditions are now classified as autoimmune, and another 100 or so are thought to have an autoimmune component (Haynes, 2012).”

## THE SCIENCE OF IMMUNITY

There are many reasons why someone has a compromised immune system, and in many cases, it can be a combination of different factors.

“The most common culprit is usually the reaction of the body to get into a inflammatory response. Conditions involving inflammation and immune dysfunction are on the rise. Diet induced inflammation

is usually the reason why so many people come with the above issues,” Melwani commented.

Alison Cullen, Education Manager at A.Vogel, explained how the immune system can fail to function properly.

“Poor diet impacting on gut health, having a knock-on effect on immune function, poor sleep, which reduces immune function and contributes to subclinical inflammation, making symptoms worse when an infection strikes

“Stressful lifestyles depress immune function directly, as well as promoting both of the factors above. Repeated courses of antibiotics undermine both gut function and (linked to that) immune function – whilst obviously not dealing with viral infections,” she explained.

Martina Della Vedova, Nutritional Therapist at Nature’s Plus UK and ROI, pointed towards a variety of reasons why someone can have compromised immunity.

“Some of the issues that can be often seen in a nutritionist clinic could be allergies, intolerances, skin reactions or skin conditions, recurrent infections, respiratory tract issues and auto-immune conditions,” she explained. “The immune system is made up of a network of cells and tissues, organs that work together to protect the body. Immunity is our defence and it is the system that puts us in touch with the outside world.

“Immunity is a system that doesn’t have a single location but instead links with all other systems. The balance and the health of the immune system is greatly affected by stress, low energy, poor sleep, dietary habits, lifestyle, emotional state of a person and many other factors.”

## THE GUT HEALTH CONNECTION

One of the critical elements of recommending the best

course of action for a strong immune system is to assess a person’s digestive health.

Nutritional Therapist, Claire Barnes, Technical Adviser at Protexin, which has the Bio-Kult and Lepicol brands in its portfolio, explained: “Approximately 70 per cent of the immune system is located in the gut. The microflora in our guts can help to defend against pathogens through creating a hostile environment and by strengthening the defences of the body. A more diverse microflora is suggested to improve immune function. An overgrowth of pathogenic microbes in the gut could lead to inflammation and compromised immunity. Disruption to the microflora can occur through antibiotic use, travelling, environmental toxins, stress or poor diet, which can all affect digestive barrier function.”

Therefore, focusing on the gut microflora is a crucial consideration for a Nutritional Therapist.

“The balance of our microbiota plays a critical role in immunomodulation.<sup>2</sup> Creating strong barrier defences and a hostile environment that viruses and pathogenic bacteria cannot survive is the key to strengthening the immune system and preventing illness. A strong immune system will also require activation, so actually catching a few viruses each year could potentially build the immune system to be stronger. Much like the hygiene hypothesis, the answer is not in avoiding microbes or viruses, but strengthening our own defences to fight them efficiently and effectively,” Barnes advised.

“The initial step of the protocol should be improving the gut lining. Repairing intestinal permeability and rebalancing the microflora by increasing live bacteria in the diet through fermented foods, such as yoghurt, sauerkraut and kefir. Antioxidant-rich foods containing high levels of vitamin C, vitamin E and beta-carotene, such as berries, nuts and brightly coloured fruits



and vegetables, will be of benefit. Encourage clients to reduce highly refined foods in their diet, such as pasta, breads and sugary foods, which can help to feed pathogenic microbes and ultimately upset the microflora balance. Promote stress management techniques into their daily routine, such as yoga, moderate exercise, mindfulness and meditation, helping the body to achieve its natural balance and healing potential.”

And this is also where you would bring in probiotics

**“Nutrition and functional practitioners take a more systematic approach to immune and inflammatory conditions, aiming to determine and address underlying imbalances that may be contributing to the condition in that individual.”**

as part of an overall digestive health plan.

“Taking a daily multi-strain live bacteria supplement (probiotic) could be beneficial to promote gut healing, allowing the mucosal lining of the digestive tract to absorb nutrients at the same time as blocking antigens and toxins. The gut microflora has the ability to produce antibacterial substances and by increasing the number of beneficial bacteria in the gut, there is an increase in competition for nutrients, both of which can inhibit pathogenic bacteria,” Barnes suggested.

“When choosing a multi-strain live bacteria supplement, look for a high number of bacterial strains. As each different probiotic strain has a slightly different beneficial effect within the body, a multi-strain is believed to have more positive benefits overall.”

And there is strong research to confirm the



importance of probiotic products.

“A randomised, double-blind, placebo-controlled intervention study involving 479 healthy adult participants aged 18-67 found that individuals supplementing daily with live bacteria for at least three months significantly shortened common cold episodes by almost two days and reduced the severity of symptoms.<sup>3</sup>,” Barnes said.

### NUTRITIONAL FOCUS

“Nutrition and functional practitioners take a more systematic approach to immune and inflammatory conditions, aiming to determine and address underlying imbalances that may be contributing to the condition in that individual,” Melwani explained. “As well as recommending dietary and lifestyle changes, practitioners will incorporate supplements or botanical extracts into their clients’ plans that may help to naturally reduce inflammation or regulate the immune response.

“Among the many natural substances that may be helpful, mushroom extracts and powders are showing great potential. Mushrooms have been used for their immune-supporting effects for thousands of years in Chinese and other traditional medicines. With the rise of conditions involving immune dysfunction, mushrooms and ‘mycotherapy’ (the use of compounds from mushrooms as health-promoting agents) are gaining more and more attention in mainstream research too as a valuable natural source of immune-modulating compounds.<sup>3</sup>”

Cullen added that education should be at the heart of any programme you advise clients on.

She commented: “Lack of knowledge is quite a sad one, as many of the people we see are intelligent and willing to implement strategies but haven’t yet been directed towards ones that actually help. Then





there are the people who want to continue with an unhealthy lifestyle but not pay the price. They are often spending vast sums on expensive supplements in an attempt to side step the need to revise their lifestyle.

"Focusing on foods that are as unprocessed as possible means fewer of the nutrients those foods should contain will have been lost. Having said that, there's no point worrying about what the client is eating if how they are eating hasn't been tackled. The best diet in the world will do limited amounts of good if eaten on the run, barely touching the sides as it is gulped down, sped on its way by large quantities of fluid to avoid the need to spend time chewing.

"Implementing good eating habits starts with eating etiquette. Sit down, slow down, chew, don't drink with your meals, and don't do anything stressful at the same time because adrenalin switches off digestive function. Once that is sorted, avoiding refined sugar, caffeine, alcohol, highly processed foods and fatty, fried foods will help. Eating plenty of warm, cooked veg and foods rich in magnesium and vitamin C is also very beneficial. Avoiding dairy products and refined sugar reduces the tendency to form excessive amounts of mucus."

Della Vedova continued: "In these days, nutrition has seen great results when approached as a person tailored solution and not relying on fixed protocols. Every single case is different and has a different frame and context of symptoms. What surely a nutritional therapist would look at to balance immune function are the following; increase consumption of green vegetables, increase high vitamin C and bioflavonoids foods, such as red peppers, strawberries, citrus fruits, broccoli, spinach, tropical fruits, garlic, and parsley, increase foods rich in antioxidants choosing colourful and organic fruit and vegetables and increase zinc-



rich foods, such as oysters, beef, pumpkin seeds, seafood, fermented foods and probiotic foods as kefir, kombucha, pickled vegetables in brine, natto, tempeh, miso and prebiotic foods, such as leeks, onion, garlic, chia seeds, soaked linseeds. Avoid/restrict sugar consumption such as refined grains and flours, sugary foods and drinks

"Avoids allergen foods, and stress management techniques and exercise are normally always coupled with diet plans in order to support a quicker recovery."

Ford recommended: "Ensure the person is eating a

wide variety of brightly coloured fruit and vegetables. The brighter the pigment, the more immune boosting antioxidants. Incorporate plenty of fresh garlic, which has natural antibacterial and antifungal properties. Remember that the digestive tract is the largest immune barrier in the body and probiotics are important, therefore, to ensure a good intake of organic natural yogurt and dark greens like kale and broccoli. Ginger is also an excellent winter immune booster, which has natural anti-bacterial properties. Sugar needs to be avoided if possible or at least



drastically reduced as refined sugar compromises immunity.”

## SUPPLEMENTS TO STRENGTHEN

There are some nutritional supplements to keep in mind for when someone comes down with a cold, but there are many to keep in mind in relation to preparing the immune system ahead of the winter bugs season.

Barnes recommended: “Zinc is an important trace mineral for normal development and function of both the innate and adaptive immune responses. Zinc deficiency is fairly common, and is fairly difficult to achieve high sources through the diet alone. Increasing zinc levels through taking zinc gluconate lozenges have been shown to have beneficial effects in those suffering with colds and ‘flu.

“Vitamin D is beneficial within the innate immune system through triggering effective antimicrobial pathways against bacterial, fungal and viral pathogens. It has recently been shown that vitamin D can also be important for acquired immunity through its anti-inflammatory effect in prolonged critical illness.

“Aged garlic supplements provide antibacterial, antiviral, antiparasitic and antifungal affects via the constituent allicin. Garlic has been used as a medicinal herb for centuries and has been shown to reduce symptoms and severity of colds and ‘flu. In a randomised control trial, 2.56g of aged garlic supplements given daily reduced the duration of cold and ‘flu symptoms and improved immune competence.”

Andrew Thomas, founder and Managing Director at BetterYou, advocated sublingual vitamin D as a strong immune booster. Supplementing is important as we simply aren’t getting enough.

“Once we lose the sun’s ability to deliver essential UVB rays around September (the rays we need to

stimulate the production of vitamin D), then for those of us living in the Northern Hemisphere, supplementation is strongly recommended. As a rule of thumb, we should look to intake around 1000iu of vitamin D for every 25kg of body weight in order to maintain a healthy level. So for an adult, we would be looking at 2000-3000iu daily,” Thomas explained.

“Ten per cent of vitamin D comes from food. The

**“Many studies have found links between vitamin deficiency and poor immunity. Danish scientists discovered that vitamin D is crucial in activating the body’s immune defences.”**

best dietary source of vitamin D is oily fish and cod liver oil. There is little or no vitamin D in UK milk and dairy products. Only infant formula milk and margarine have statutory vitamin D supplementation in the UK. Egg yolk, liver, and wild mushrooms contain only small quantities of vitamin D.

“Many studies have found links between vitamin deficiency and poor immunity. Danish scientists discovered that vitamin D is crucial in activating the body’s immune defences and without sufficient intake, the killer cells of the immune system – the T cells – will not be able to react and fight off serious infections in the body. Our body’s immunity is dependent upon a nutritional balance, which, in turn, stimulates a myriad of bio-chemical actions. As well as our nutritional balance, our lifestyle plays a growing role, with a rise in toxic exposure, subliminal yet consistent stress levels, little exercise and a more internal existence having a dramatic effect on our health.”

Ford added: “I recommend testing vitamin D levels

as there is good research linking vitamin D levels with immune function.”

Melwani suggested: “In terms of nutritional supplements, I would recommend immune supporting nutrients and antioxidants, such as vitamin A, C and E. In terms of medicinal mushrooms, reishi (*Ganoderma lucidum*) stands out as one of the most complete mushroom from the point of view of its composition; rich in polysaccharides and triterpenoids, which will work to stimulate the activity of the immune system. This mushroom is capable of increasing the activity of NK cells (natural killer), a type of lymphocytes, which belongs to the immune system. These cells play an important role in the non-specific immune response. More importantly, reishi is known for its natural anti-inflammatory action and its high content in antioxidants.”

When recommending supplements, Melwani highlighted the importance of being aware of quality.

“The key quality we want to look for in supplements are purity of extracts and traceability of ingredients. Traceability isn’t easy but it is fundamental for consumers to get full information on how the ingredients are produced,” she explained. “It’s also important to make sure that the brand is certified organic according to industry standards. It’s also important to make sure that active ingredients only are used in supplement capsules as binders and fillers have little or no nutritional value to our health. In fact, some people may report an allergic response or have an intolerance to these added ingredients, and over the years there have been studies that have shown that some of these ingredients negatively impact the immune system directly. The best supplements promote quick uptake by the body of the nutrients.”

Considering absorption is also critical, with Ford commenting: “The supplements should be in capsule







form for best absorption as it is hard to break a tablet down. It needs to have therapeutic amounts rather than just the RDA (recommended daily allowance) as some of them were set in the 1950s and have never been changed. The vitamins and minerals should be in their most absorbable form. So, for example, calcium citrate is comparable to the calcium from dietary sources, whereas calcium carbonate is like eating chalk, which is obviously hard to break down and absorb.

"It is best to avoid unnecessary excipients, non-active ingredients, such as magnesium stearate, talc, silicon dioxide etc, which are used in many supplements to maintain structure of the tablet and/or prevent the powder in the capsules from clumping as it goes through the manufacturing process. These are all things we don't want to be ingesting."

## HERBAL SUPPORT

You will know of the effectiveness of echinacea as an immune system support, and this herb remains a great recommendation.

"*Echinacea purpurea* is the best-researched and most universally useful herbal remedy for immune support. So long as the client takes the right product, they can benefit from the antiviral and antibacterial actions that directly protect against infection, whilst their immune system is supported and balanced," Cullen explained.

"One of the joys of herbal medicine is that its effects are often subtle and adaptive. Thus, echinacea has been shown to work to differing levels in people with differing needs. When immune function is low (for

example, in stressful situations, when lacking sleep, or when smoking), the effect will be greater than when immune function is good. Echinacea is able to prime the immune system to work well when a pathogen presents, without stimulating unnecessary immune activity at other times."

However, she added a word of caution when it comes to advising clients on the type to take.

"Echinacea is a medicinal herb only, so any medicinal echinacea product should have a THR licence," she said, adding: "Taking an extract made from fresh plant is important, as dried plant will have lost most of the alkylamides that contribute greatly to echinacea's effect. It's also important to use a product that contains the aerial part (stem and leaves), as recent research shows that the antiviral activity is found in these portions of the plant."

"There are also many issues around wild-crafting these days, as several herbs are suffering from over-harvesting in the wild."

Companies that grow herbs for medicinal use are not damaging the environment and have better control over quality both in the field and in the factory."

Cullen also suggested plantago, explaining: "Plantago is a herb that is increasingly needed as people report chronic catarrhal congestion. Damage done to the membranes lining the respiratory tract during one respiratory infection will reduce resistance to another, signalling the start of an ongoing merry-go-round of colds and respiratory infections that is distinctly low on merriness. Plantago has an affinity for the ENT tissue, where it is astringent and healing."



## EVIDENCE BASE

There is a large body of research when it comes to nutritional supplements and the immune system.

Echinacea is one of those well-researched herbs.

"In a meta-analysis of randomised controlled trials, echinacea was found to reduce the risk of recurrent respiratory tract infections and complications.<sup>1</sup> This is important for those needing to break the cycle of recurrent infections, and those suffering from complications such as sinusitis, conjunctivitis, ear infections, tonsillitis or bronchitis, which may result in unwanted intake of painkillers and/or antibiotics," Cullen explained.

"In a review and assessment of medicinal safety data on orally used echinacea preparations, the authors concluded that there is no evidence to support limitations on the duration of therapy with echinacea, which confirms our clinical experience of the benefits of preventative use.<sup>2</sup> The authors also found no evidence for contraindicating the use of echinacea extracts by patients with autoimmune disorders. They noted that severe adverse reactions are rare, and that causality has not been conclusively demonstrated in any cases."

Cullen continued: "With regard to the possible effects of echinacea on cytochrome oxidases, they conclude that there is limited evidence of any clinical significance for patients consuming echinacea concomitantly with pharmaceuticals."

Ford commented: "The European Food Standards Agency has allowed claims to be made on vitamin C, vitamin D and zinc supplements to say 'contributes to the normal function of the immune system'. So we know there is a strong evidence base on the effects of these nutrients on the immune system for these claims to be allowed. There is also a good review paper on the effects of probiotics on the immune system.<sup>1"</sup> ●

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# Nutrition I-Mag

## READER SURVEY 2016

Dear reader,

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We know that the needs of our readers change over time, so we would really appreciate your feedback in our 2016 reader survey. By completing our short survey, you can help us better understand your needs, allowing us to make *Nutrition I-Mag* the best it can be.

To thank you for your time, we are running a competition for those who participate. Simply complete the survey online to be entered into our prize draw to win a **CAM Conference** download of your choice\*.

*Rachel*

RACHEL SYMONDS

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### LONDON, AT THE ROYAL SOCIETY OF MEDICINE

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Tuesday, 11th October 9:30am - 5:00pm

Tuesday, 22nd November 9:30am - 5:00pm

### MANCHESTER, AT THE STUDIO

Tuesday, 4th October 9:30am - 5:00pm

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# POWERED THROUGH NUTRITION



Superfoods are big business today. But are they simply a marketing term, or should they really be something you keep in mind in practice? The nutritional experts discuss.





**S**uperfoods have seen an exponential rise in both sales and interest. This is undoubtedly due to it being seen as fashionable thanks to the many celebrities extolling the benefits, not to mention hugely successful bloggers bringing the term to the fore.

While some may argue that 'superfood' is simply a marketing term that has helped to raise awareness of certain nutritional products, there is no doubt that they boast great health benefits.

But what actually constitutes a superfood? The truth is there is no accepted term, and experts can vary in their assessment.

Isabelle Gnany MPHARM (Hons) Dip NT is a Technical and Commercial Nutritionist, who works with leading supplement and superfood brands, including Barlean's, Amazing Grass, Nutiva and Nature's Answer through her role at Kinetic Natural Products Distributor. She said: "They would be defined as particular foods, which are packed with nutrients and possess health benefits, supporting the body as a whole. Nutrients work in a synergistic way and therefore when present in one place, in a 'power food', they simply work with a different magnitude."

Tim Gaunt, Nutritional Therapist and Biochemist, who is Director of Technical Sales at Natures Aid, continued: "Power foods include many fruits, vegetables, oily fish and some grains. They are a special category of foods found in nature, which have no legal or medical definition. They provide very few calories, in comparison to their nutritional value, but contain large doses of antioxidants, polyphenols, vitamins, minerals, omega fatty acids and amino acids. This means that they pack a lot of punch for their weight as far as the health benefits of the food are concerned."

Nina Omotoso, Nutritional Therapist who advises for Revital, added: "As a Nutritional Therapist, I consider

a power food to be any nutrient or energy-rich food which helps address an individual's nutritional needs. For some, the more exotic superfoods, such as spirulina, baobab, moringa and maca might spring to mind, but there are plenty of foods in the average store cupboard that also make the grade."

## HEALTH EFFECT

The general consensus is superfood products are good for maintaining general good health, but some have specific benefits.

"Being so nutrient dense, power foods are, in essence, concentrated sources of essential macro and micro nutrients. Their powerful nature is also due to the presence of other naturally occurring plant compounds, ranging from antioxidants to flavonoids," commented Gnany. "By simply adding minute amounts to our daily diets would be sufficient to have an overall effect on our wellbeing."

**"Nutrients work in a synergistic way and therefore when present in one place, in a 'power food', they simply work with a different magnitude."**

Omotoso added: "Power foods are beneficial simply because they offer whole food nutrition in a tasty, healthy form that is easy for your body to use – unlike synthetic nutrients or heavily processed foods, you can eat a minimal amount but get the maximum effect."

Power foods are seen as being particularly beneficial in today's modern, often nutrient depleted lifestyles.

"Even those of us who are trying to make healthy choices, by adding more salads and vegetables to our

diets, often find that nutritionally, the diet is lacking due to concerns over the quality of foods grown on mineral depleted soils. This is why power foods are an intelligent choice," Gaunt commented.

"Despite our best intentions, there have been many studies that have revealed that most diets, even fairly healthy ones, fall well below the recommended dietary allowances for many nutrients. Therefore, the inclusion of power foods in the diet provide a much needed bridge between what we should eat and what we actually eat and potentially may even have long term benefits on our health."

He continued: "The well-respected international publication, the *Journal of the American Medical Association (JAMA)*, following a study on 21,000 individuals, stated that anyone who fell into one of the following categories could benefit from a daily multivitamin and mineral supplement: People who do not eat at least nine servings of fruits and vegetables per day plus whole grains, low-fat dairy, and small servings of lean meat, poultry or fish; people on a low calorie (less than 1,200 per day) weight loss diet; vegetarians and vegans; people who are lactose intolerant or have food allergies; women of child bearing age; people over 60; and people with a family history of heart disease.

"This obviously covers almost every one of us, which is why *JAMA* made the multivitamin and mineral recommendation. However, there is another option to overcome this shortfall in nutritional intake and that is to include more power foods in these deficient diets."

So, what could you keep in mind?

Gaunt advocates the use of spirulina.

"Some plants are nutritionally richer than others, but for sheer concentration and variety of nutrients, spirulina stands as the best food of all. For this reason, it is regarded as nature's superfood. Spirulina yields







more nutrition per hectare than any other crop or livestock, making it an ecologically sound choice. Spirulina is about 60 per cent complete, highly digestible protein," he said.

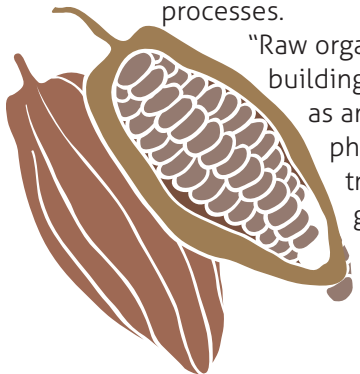
"It contains more beta carotene than any other whole food; it is the best wholefood source of gamma linolenic acid (GLA); it is rich in B vitamins, minerals, trace elements, chlorophyll and enzymes, and has an abundant supply of carotenoids, sulpholipids, glycolipids, phycocyanin, superoxide dismutase, RNA and DNA.

"Quite simply, spirulina is a nutrient packed micro marvel. Spirulina will help individuals maintain high energy levels, plus the benefits of a super-nutritious food without consuming a lot of calories or fats. A gram of spirulina contains less than four calories and is therefore an ideal food to help meet the nutritional needs of those looking to adopt a healthy weight loss programme."

For Gnany, good old cacao is useful.

"Raw organic cacao is packed with polyphenols and antioxidants. These are thought to contribute to its anti-ageing and heart protecting properties. Cacao also provides us with a feeling of bliss with its content of a compound known as anandamide. Anandamide is a fatty acid that is also naturally present in areas of the brain involved with memory and thought processes.

"Raw organic cacao contains several building blocks of protein, known as amino acids, one of which is phenylalanine, involved with triggering the release of feel good hormones referred to as endorphins. Besides raw cacao seeds, it is worth



noting that the darker the chocolate the more amino acids it contains. We all love to have some chocolate now and again, but often forget that it is actually very good for us. I classify it as a power food, as it uplifts our moods and enables us to feel happier, provided it is consumed in the right way."

Maca is often referred to as a superfood, and for good reason.

"Also known as the Peruvian ginseng, maca root originates from the Andes and is now readily available in powder form," Gnany said. "Described as being an adaptogen, it has been known to alleviate the mood, provide hormonal balance, support stamina and energy levels, besides topping up a whole host of nutrients, such as vitamin C, particular B vitamins, amino acids, iron and potassium, amongst others. Peruvian warriors used maca prior to heading to war because of their powerful nature. Maca would be the ideal power food for the individual with a modern and busy lifestyle who would need a boost in overall wellbeing."

Gaunt added: "Maca is also known as Peruvian ginseng because it is used as a folk remedy, where it originates in Peru, to increase stamina, energy and sexual function. Maca is often referred to as an aphrodisiac and a natural means of improving sexual performance and fertility. In a time when it is estimated that fertility issues affect one in every seven couples, foods to support those affected are invaluable.

"Although very few studies on humans have been conducted, there has been a four month study (2) involving healthy adult males aged between 22 and 44, conducted using oral treatment with maca. The

study showed significantly increased semen volume, total sperm count per ejaculum, motile sperm count and sperm motility. Women adding maca to their diets experienced an increase in the size of dominant follicles in just two weeks."

Unusually, Gnany also identified almonds, perhaps not the most obvious of superfoods.

She explained: "With their high content of magnesium, protein and essential fatty acids, they are my go to power snack foods. Magnesium is an essential mineral, involved in about 300 enzymatic processes in the body. Its contribution to normal protein synthesis, energy production, psychological and muscle function are just to name a few of its involvement in our daily bodily functioning.

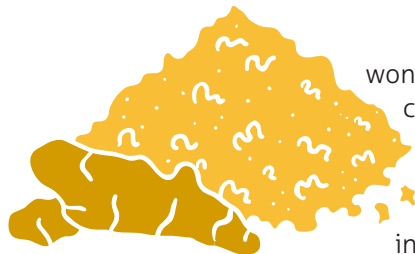
"High in monounsaturated fats, the healthy type of fats, almonds have been associated with a reduced risk of heart disease when consumed as part of a healthy balanced lifestyle. The synergistic effect of the vitamin E found in almonds' meat and the flavonoids found in their skins makes these smart nuts powerful antioxidants. Antioxidants have shown to protect our cells from damage in multiple ways."

Flaxseeds too are excellent superfoods in their organic, pure and unrefined form.

"Flaxseeds and their cold pressed oils provide the most abundant plant source of omega 3. They form part of my top power foods due to their soluble and insoluble fibre content but also due to their lignan and isoflavones content," Gnany explained.

"These are naturally occurring compounds, which have shown to support hormonal balance





wonderfully. The mucilage content due to their gel forming water-soluble fibre has been known to benefit the lining of the intestines. Flaxseeds also

contain the omega 3 fatty acid, alpha linoleic acid, which contributes to normal cholesterol levels as part of a healthy diet and lifestyle. These tiny seeds are so versatile, making them the perfect power food to keep at home."

For Omotoso, turmeric must be included in the list.

"Turmeric has a vast array of actions – balancing the over-active inflammatory pathways which stimulate pain, supporting the liver's detoxification pathways, even modulating the immune system. Cooking with this yellow spice may bring general benefits, but most evidence is on the therapeutic effect of curcumin, one of the curcuminoids, which is more concentrated in wholistic extracts and lozenges," she explained.

And then she turned her attention to sauerkraut.

"As with other fermented foods, such as kimchi and kefir, sauerkraut is easily digested and particularly supportive of gut health, as it is a rich source of probiotics, the healthy bacteria which play a crucial role in digestion and immunity from birth to old age," she explained.

## NUTRITIONAL PROTOCOL

Clients you see in clinic displaying nutritional deficiencies may benefit from superfoods.

"Power foods can make a difference to an individual's diet, often along with a change in lifestyle. We, as Nutritional Therapists make sure that our recommendations are specific to the individual," Gnany said.

Omotoso added: "Power foods should certainly

form part of a nutritional programme and I often recommend them for their therapeutic action. Pain, depression, suppressed immunity, and poor digestion are common complaints, and my clients are always relieved to discover drug-free, food-based solutions are so effective."

So, what protocol could you be following?

"In today's modern way of living and the stresses we are faced with, we are more and more deficient in essential nutrients. In addition, we are also faced with generations living longer but not necessarily healthier, where we often suffer from chronic health concerns," Gnany explained.

**"The consumption of power foods are simply a natural way to support the body's best ability to nourish and protect itself from consequences that life may bring."**

"The key is to start with the diet consisting of whole foods and as mentioned before, nutrients work best in synergy. Whilst these synergistic nutrients are better found in foods, we do struggle to find food of premium quality due to the lack of minerals in our soils, to the transport of food across the world, to the change in weather conditions, to the use of chemicals to support the growth of food and feed our animals but also simply due to the cost of food. This is where particular power foods like maca, klamath algae, wheatgrass, organic and coconut oil, for instance, come in handy. Adding power foods like eggs, flaxseeds, almonds, broccoli, cacao, garlic, thyme, goji berries or cabbage often form part of a nutritional programme."

## RESEARCH FOCUS

We are seeing new research emerging all the time

regarding superfoods.

Gnany pointed out: "We have to say that there are numerous and endless pieces of research behind power foods. However, key information is not only based on robust clinical studies but also on their traditional use in a variety of cultures; in biological and naturally occurring chemicals in foods but also on health and nutrition claims approved by the European Commission (2015). We hope that in the future, the latter organisation will be able to confirm thousands of pieces of research to be in line with the actual findings and effects on the human body. The consumption of power foods are simply a natural way to support the body's best ability to nourish and protect itself from consequences that life may bring."

And Omotoso continued: "The body of research behind these therapeutic foods is constantly growing, and covers the whole foods, as well as the specific nutrients they contain. Curcumin from turmeric is particularly well researched. For instance, evidence suggests it is as effective as over the counter medicine in managing joint pain associated with rheumatoid arthritis (Chandran & Goel 2012)."

Gaunt pointed towards research around spirulina.

"A study at the MS University of Baroda, India (1) was conducted over a two month period with a group of type 2 diabetics, a group of people who have major issues with weight and finding suitable products. The study group of 25 patients were randomly assigned 2g of spirulina each day or placebo over the period of the research," he explained.

"The control and study groups each had similar medical and nutritional profiles. The research found that those taking the spirulina showed lower fasting blood sugar concentrations, lowered serum triglyceride concentration and total cholesterol as well as improving HDL:LDL." ●



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# ESSENTIAL NUTRITION FOR CHILDREN



Discover the best approach to good nutrition among the younger generation.





Childhood nutrition is frequently in the news amid concern over rising obesity levels and lack of physical activity. This, coupled with our general time-pressured lifestyles and easy access to processed food, means it's never been easier for children to be unhealthy.

Claire Barnes, Nutritional Therapist and Technical Advisor at Protexin, which has the Bio-Kult and Lepicol brands, commented: "We are living in an age of food abundance, especially cheap foods, such as grains and sugar. Naturally, children have a sweet tooth and will crave these types of foods. If we look back to when parents had to prepare all foods from scratch, the children simply weren't exposed to these processed sugary snacks.

"In today's society, the majority of families consist of two working parents, which add time pressures to preparing meals in the evening. Many parents will choose convenient packaged foods straight from the freezer. Unfortunately, these processed foods contain fewer nutrients than whole fresh foods and often have added salt, sugar and other additives to preserve the food."

Lack of activity is also a concern, with Barnes adding: "In 2012, a National Trust report revealed that less than one in 10 children regularly played in wild spaces, compared to half of children a generation ago. A more recent survey has suggested that three quarters of UK children spend less time outside than prison inmates. This is really concerning for children's health and wellbeing."

In terms of issues Nutritional Therapists will commonly be consulted about in relation to children, Barnes added: "Parents often worry about a child who is a particularly fussy eater and may have concerns over their nutrient intake. Some children with conditions such as autism and ADHD can show

increased behavioural difficulties around meal times, which in turn can lead to nutrient deficiencies and worsen symptoms.

"Common complaints in children often involve atopic conditions, such as allergies, eczema and asthma. Following specific diets, such as the Mediterranean diet, have shown very beneficial results in studies of children with these conditions."

## CHILDREN'S NUTRITIONAL STATUS

To look at a child's nutritional needs, we must first look at the overall health of youngsters in Britain today and it's clear that a lot of the issues are in relation to our nutrient poor diet.

"Take a look in a child's lunchbox and you'll probably be amazed by the amount of packaged foods that have been manufactured within sterile factories," Barnes said. "Even a simple piece of fruit has been replaced by processed fruit drops; although these claim to be 100 per cent fruit, they are made with concentrated fruit juices, increasing the sugar content and reducing the fibre. Crisps and confectionery, which at one time would have been a treat, are commonly now viewed as a staple each lunchtime."

Barnes pointed towards research suggesting lacking nutrient status among the young.

She said: "According to findings of the Government's National Diet and Nutrition Survey (NDNS) published in 2014, the micronutrient intakes in teenagers are insufficient to meet needs, while obesity remains a major problem among British schoolchildren, especially among the most socially deprived children.<sup>1</sup>

"A recent study compared the foods and drinks consumed in New York City childcare centres with national nutrition recommendations. Although the foods and drinks met over 50 per cent of the Dietary Reference Intake (DRI) for most nutrients, saturated

fats and added sugars exceeded the limits by 68 per cent. More research is needed in the UK to understand if the findings are similar here.<sup>2</sup>"

Susan Alexander BA (Hons), ND, dipNT, RYT(R), mBANT, mCNHC is a qualified Naturopath, Nutritional Therapist and Iridologist and is Nutritionist at UnBeelievable Health. She pointed out that it is very much individual.

"I think it really depends on each individual but according to the WHO, many countries are now seeing a rapid rise in obesity among infants and children. So, I would say that perhaps there is room for improvement in terms of British children's eating habits, so much so that in May 2014, the WHO set up the Commission on Ending Childhood Obesity," she said.

"Why British children are not eating healthily comes down to many factors, such as the increased consumption of processed food, rapid urbanisation, and lifestyles that encourage eating fast foods high in energy, fats, sugars and salt, and little fruit, vegetables and dietary fibre<sup>1</sup>."

We must keep in mind too the impact that our very early years, and in fact, prior to birth, can have on long-term nutrition.

"I would say that maternal and family factors also play a role. According to Fisk et al<sup>2</sup>, the quality of the mother's diets accounted for almost a third of the variance in a child's dietary quality, with breastfeeding also being a key contributor," Alexander commented. "According to the WHO, breastfeeding may have longer-term health benefits, including reducing the risk of becoming overweight or obese.

There may be certain deficiencies youngsters may exhibit, with Corin Sadler, Nutritionist at Higher Nature, pointing out: "It is important to take into account any nutrient deficiencies and one mineral to consider is iodine. A mild deficiency of iodine may be associated with attention span problems. Another is zinc;





zinc deficiency during periods of rapid growth and development, such as in childhood, has been linked to concentration and memory issues, whilst low iron levels may also be linked to attention and memory."

Something that may not be considered when it comes to children is stress and its impact on their health.

Sadler explained: "Although many people think the impact of stress affects adults only, it is surprising how many children suffer from stress-related issues. Stress has wide reaching effects and may affect a child's ability to concentrate or pay attention. Children are exposed to many sources of stress from family issues, school problems and exams to peer pressure. Offering support during times of stress may be important for rebalancing and allowing normal concentration to resume."

## HIGH SUGAR

We know that children today are consuming too much sugar, and much more than even a generation ago. The reasons for this are mixed, but there's no doubt that the easy access to junk food isn't helping.

Alexander agreed, adding: "I think the biggest dietary issues are the abundance of processed, high sugar foods available to children, from supermarkets to advertising. I also believe there is now a trend of giving sweets to children as treats rather than healthy foods, which brings on not only addictions to such things, but a sense to children that these foods are good.

"On top of this is the peer pressure from other children and wanting what other children have. Therefore, even though a child may have a great foundation from a healthy diet within the home, there is always the school food, party food etc., which can lead the child into unhealthy habits."

Hand in hand with this is the need to ensure children are getting adequate sleep.

"Children can often experience sleep disturbances and it is estimated that 30-40 per cent of children do not get a good night's sleep. Common complaints include difficulty getting to sleep, frequent wakings in the night and simply just not sleeping long enough," Sadler said. "Sleep is a time for the body and brain to rest, repair and rejuvenate. Children who experience sleep disturbances quite often experience changes in behaviour, mood and learning.

"Keeping an even supply of fuel for the body and brain during the day is important and to do this, the right foods should be eaten regularly throughout the day. A drop in blood sugar at night may lead to children waking up hungry. In order to reduce night wakings, children should eat wholegrains, such as oats, wholemeal bread and pasta, and include plenty of fresh fruits and vegetables. Proteins such as eggs, meats, fish and lentils also help to keep a healthy blood sugar balance. Avoiding sweets, sugars, fizzy drinks and white, refined foods can dramatically alter sleep patterns for some children."

Interestingly, children with a good water intake sleep longer.

"Avoiding television, computers or electronic games and devices is important as they have shown to be stimulating."

## FOOD FOR THE BRAIN

One area of huge importance when it comes to children's nutrition is ensuring they have the adequate fuel to be able to learn and to concentrate.

Sadler explained: "What a child eats, and when, can have a large impact on the brain. The brain uses glucose as its primary fuel and so has a high requirement for this. A low supply of glucose leads

to problems with attention. The brain needs an even supply of glucose, so eating little and often seems to be a key for support. Skipping meals can drastically alter attention and concentration, and children who regularly eat a good breakfast have better attention span, concentration, memory and academic achievement than those who skip breakfast.

"It seems the type of food eaten is also an important factor and research has shown that children who eat dairy, cereal and fruit at breakfast show improvements. An even better breakfast would include proteins, such as eggs or beans, as these are slow digesting and provide an even release of energy.

"The brain is made up of approximately 77 per cent water so it makes sense to mention the importance of water in brain functioning. However, it is quite common for children to be under hydrated. Children may be more at risk of dehydration as they are often dependent upon others for the provision of fluid, they tend to be more active and they have a greater surface-to-mass ratio than adults. Studies have shown that even mild dehydration in children may play a role in brain functioning and that providing water to these children increased attention span and memory."

Sadler added: "A combination of acetyl L-carnitine, the B vitamins and theanine can help to support both concentration but also help to keep stress levels under control."

## IN-CLINIC APPROACH

Dealing with children in clinic is going to require a different approach to that of an adult, but what do the nutritional experts advise?

"From my perspective, as a Nutritional Therapist who has consulted children and an auntie of two boys, I see that allergies and intolerances are a big reason for seeking nutritional advice. This could stem from







runny noses and blocked sinuses, to skin flare-ups and loose stools, but the origin almost always stems from digestive insufficiency," Alexander commented.

"This could be from eating too much of a certain food, not eating enough healthy food, or a low immunity due to the lack of good gut flora. Finding out the cause and then improving their diets accordingly and reducing or removing any common culprits for allergies definitely seems to improve their situation."

Dietary wise, variety is key.

"Give them a good start to the day by ensuring they have a breakfast that combines complex carbohydrate and protein, which helps to give them slow release energy and keep their blood sugar control on track, supporting both concentration levels, mood and energy levels," Sadler recommended. "Follow the theme of combining complex carbohydrates with protein throughout the day, both for lunch and snacks – this means choosing wholemeal versions for sandwiches, wraps or pasta salads and adding a good source of protein filling, such as tuna, cheese, chicken, nut butter or eggs.

"Encourage plenty of vegetables and fruit as these contain valuable nutrients, including vitamin C, which is vital for a well-functioning immune system. Add fruit to smoothies or give as snacks, alongside a handful of nuts or some oatcakes. Incorporate vegetables with any evening meal but also consider them as snacks – red pepper, celery and carrot are perfect for this. As for types of fruit and vegetables – go for variety and colour as they all have differing nutrients."

Oily fish is also a good addition for the essential fats content, while vegetarians can opt for flaxseeds, walnuts and hemp seeds to keep their levels topped up.

Alexander added: "I would suggest ensuring a child gets as varied a diet as possible, with lots of different

colours of fruits and vegetables, ensuring a wide range of nutrients in each meal. Lots of colour also makes the meal look more interesting, which is very important in enticing children to eat. I also believe getting children interested in the shopping and cooking helps improve compliance in eating healthy foods and this is supported by the British Nutrition Foundation<sup>3</sup>, which believe that children who enjoy their food establish positive lifelong attitudes towards eating.

"For more specific recommendations, here is some



advice based on the WHO key facts<sup>1</sup>:

- Total fat should not exceed 30 per cent of total energy intake to avoid unhealthy weight gain, and towards the elimination of industrial trans fats.
- Limiting intake of free sugars to less than 10 per cent of total energy intake is part of a healthy diet. A further reduction to less than five per cent of total energy intake is suggested for additional health

benefits.

■ Keeping salt intake to less than 5g per day helps prevent hypertension and reduces the risk of heart disease and stroke in the adult population.

■ Eating at least 400g, or five portions of fruits and vegetables per day reduces the risk of NCDs (non communicable diseases), and helps ensure an adequate daily intake of dietary fibre."

Families should also be encouraged to cook food together, and to educate themselves about the drawbacks of convenience food.

"Preparation is key for healthy eating, cook in bulk so that home cooked food can be kept in the freezer already prepared for the days when there is less time to prepare a meal. Reduce processed foods and implement a low GI diet, containing healthy proteins, such as lentils, beans, fish and grass-fed meats, to balance blood sugar levels," Barnes suggested. "Make healthy homemade snacks that are easy to grab when needed, such as oatcakes, vegetable crudités and hummus, trail mix that the children can make themselves, including nuts, dried fruit and dark chocolate of their choice, as well as fruit, vegetable and nut butter smoothies.

"As far as possible, try to avoid cutting out food groups in children. Instead, try to encourage a more varied diet, introducing different grains into the diet, such as spelt and rye instead of wheat, and swap cows' dairy for goats' or sheep."

Ensuring a diet that feeds the gut the right way is imperative to good health.

"A limited diversity of gut flora in children has been linked to inflammatory bowel disease (IBD), atopic conditions and gut brain disorders such as autism and ADHD," Barnes explained. "Diets which are limited in their variety will lead to less nutrients and possible deficiencies of essential vitamins and minerals.



"A kids' multivitamin and mineral complex makes a good base as it will include nutrients for supporting immune health, such as zinc and vitamins C, E and A," Sadler suggested. "Also vital are the essential fats – particularly those from the omega 3 family – EPA and DHA. Not only are these necessary for immune

Supporting a child's immune system, especially at

When looking at dealing with stress, Sadler suggested: "Theanine is an amino acid found naturally in green tea and has been shown to positively influence the brain's alpha waves, those that are naturally found in states of relaxation. The B vitamins, in particular B5, are very supportive during times of stress and other useful nutrients include magnesium and vitamin C." ●





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# FROM BIRTH AND BEYOND

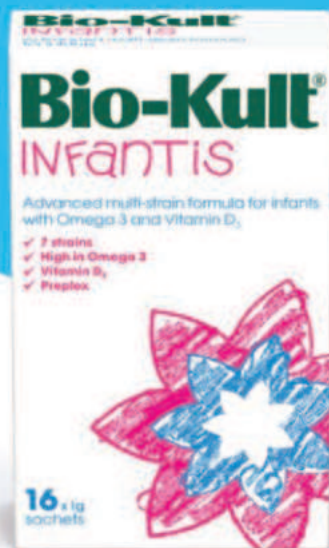
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# EXPERTADVICE

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

**Q** I have a client presenting with a potentially underactive thyroid – what is the best protocol for testing for this and the best course of action if it is confirmed?

**TANYA BOROWSKI EXPLAINED:** The thyroid gland is the main metabolism gland in your body. The term 'metabolism' leads many to think about weight loss, but it truly means creating energy, and energy is what drives all our bodily systems.

As the master metaboliser, let's now consider its numerous important functions. Every single cell in the body has receptors for thyroid hormone, be that a gastrointestinal, brain or muscle cell etc. so if there is a thyroid malfunction, the effects are far reaching; low thyroid hormone leads to elevated cholesterol, triglycerides and gallstones; low thyroid hormone leads to poor digestive function, including low digestive enzymes and constipation; all our hormones 'dance' together, and there are intimate connections between thyroid hormone and others, for example, thyroid hormone makes progesterone receptors more sensitive, meaning a woman with hormonal symptoms every month may actually have a thyroid issue driving it! Thyroid hormone is also associated with low leptin levels, a hormone that helps regulate our appetite and satiety signals. And it's a similar picture with neurotransmitters, for example, low thyroid hormone can cause low dopamine levels, leading to loss of motivation and will power.

The best course of action? To answer this, imagine eight different people, each reports classic thyroid related signs and symptoms (fatigue, difficulty losing fat, constipation, the 'blues', foggy head, cold extremities, hair loss, hypoglycaemia,

dry skin, edema and puffiness). All eight could have a thyroid issue, but have a defect in a different area of thyroid physiology and therefore all requiring different treatment/support. While it is beyond the scope of this article, the areas to consider are:

- **Person 1:** Pituitary defect – generally inflammatory chemicals called cytokines affect the pituitary causing it to down regulate.
- **Person 2:** Serotonin/dopamine defect.
- **Person 3:** Thyroid defect.
- **Person 4:** Thyroid binding globulin defect (this is what carries thyroid hormone around your body).
- **Person 5:** Conversion defect (inability to convert inactive thyroid hormone to active thyroid hormone).
- **Person 6:** Dysbiosis (imbalance of good to bad bacteria in the gut).
- **Person 7:** Thyroid receptor issue.
- **Person 8:** Autoimmune thyroid – that's a whole article in itself!

If you suspect thyroid involvement, test using a complete thyroid panel; TSH, Total T4, Free T4, Total T3, Free T3, T3 Uptake, Thyroid Peroxidase (TPO) antibodies and Antithyroglobulin Antibody, and have it interpreted by someone who understands thyroid physiology in conjunction with the rest of your case history. This is vitally important as it's how you got here that helps reduce the burned placed upon the master metaboliser. Finally, the thyroid is also a very sensitive gland and is negatively impacted by a number of external chemical influences, such as chlorine, fluoride, some heavy metals and other synthetic chemicals. So, taking a sound case history to assess possible involvement cannot be underestimated.

## THE EXPERTS



**TANYA BOROWSKI** DipCNM mBANT IFMCP is a certified Functional Medicine Practitioner and Nutritional Therapist. Tanya completed nutritional training at The College of Naturopathic Medicine, and, combined with her passion for nutrition, pursued a career in functional medicine. Now, as a fully certified IFM practitioner, she brings her passion and dedication to each client, empowering them to obtain their optimal health potential. Tanya has a specialist focus on Hashimotos and thyroid solutions, digestion and gut health and poor energy delivery conditions, such as chronic fatigue. She regularly lectures for several organisations and is in private practice in London and Lewes, Sussex.



**CLARE DALEY** BSc (Hons), PgDip Nutritional Therapy, mBANT, rCNHC joined CytoPlan in September 2015 as an in-house Nutritional Therapist, who offers tailored expert advice to all CytoPlan customers. Clare has a BSc (Hons) in Biological Sciences from the University of Exeter and a Postgraduate Diploma in Nutritional Therapy from the University of Worcester, where she graduated with Distinction. On qualifying in September 2010 as a BANT and CNHC Registered Nutritional Therapist, Clare worked in private practice. She has a broad interest in nutrition but she is particularly interested in digestive health as good digestion is so central to overall health and wellbeing.



**STEVEN H. HORNE**, RH(AHG) is a professional member and recent past president of the American Herbalists Guild (AHG) and also a professional member of the International Iridology Practitioner's Association (IIPA). Steven is an outstanding natural health teacher, herbalist, educator, trainer, and author, who has travelled worldwide sharing his wealth of knowledge.

CLICK FOR MORE QUESTIONS





Q

Following changes in Government recommendations regarding vitamin D, is it advisable to amend nutritional plans in clinic and if so, how?

**CLARE DALEY EXPLAINED:** In July, the Government's Scientific Advisory Committee on Nutrition (SACN) published a report(1) recommending a daily Reference Nutrient Intake (RNI) for vitamin D of 10mcg for everyone over four years. For children between one to four years, a safe intake level of 10mcg has been set and for infants between birth to one, a safe intake of 8.5-10mcg. According to the report, these recommendations are to ensure a minimum serum level of 25 nmol/litre is maintained all year round.

The report says this concentration represents a 'population protective' level for musculoskeletal health; i.e. the concentration below which risk of poor musculoskeletal health is increased and above which the risk is decreased at a population level. The SACN report considered evidence on vitamin D and a range of other outcomes, such as cancers, cardiovascular disease, autoimmune diseases and others but concluded there was insufficient evidence to inform the setting of RNIs for vitamin D.

In contrast, the Grassroots Health Scientists Panel of 48 expert vitamin D researchers and medical practitioners hold the position that the serum level should be between 100 to 150 nmol/litre (or 40-60 ng/ml) i.e. four to six times higher than that recommended by the SACN. This higher range would not be achievable based on an intake of 10mcg (unless you work outdoors all summer and

there is plenty of sunshine!).

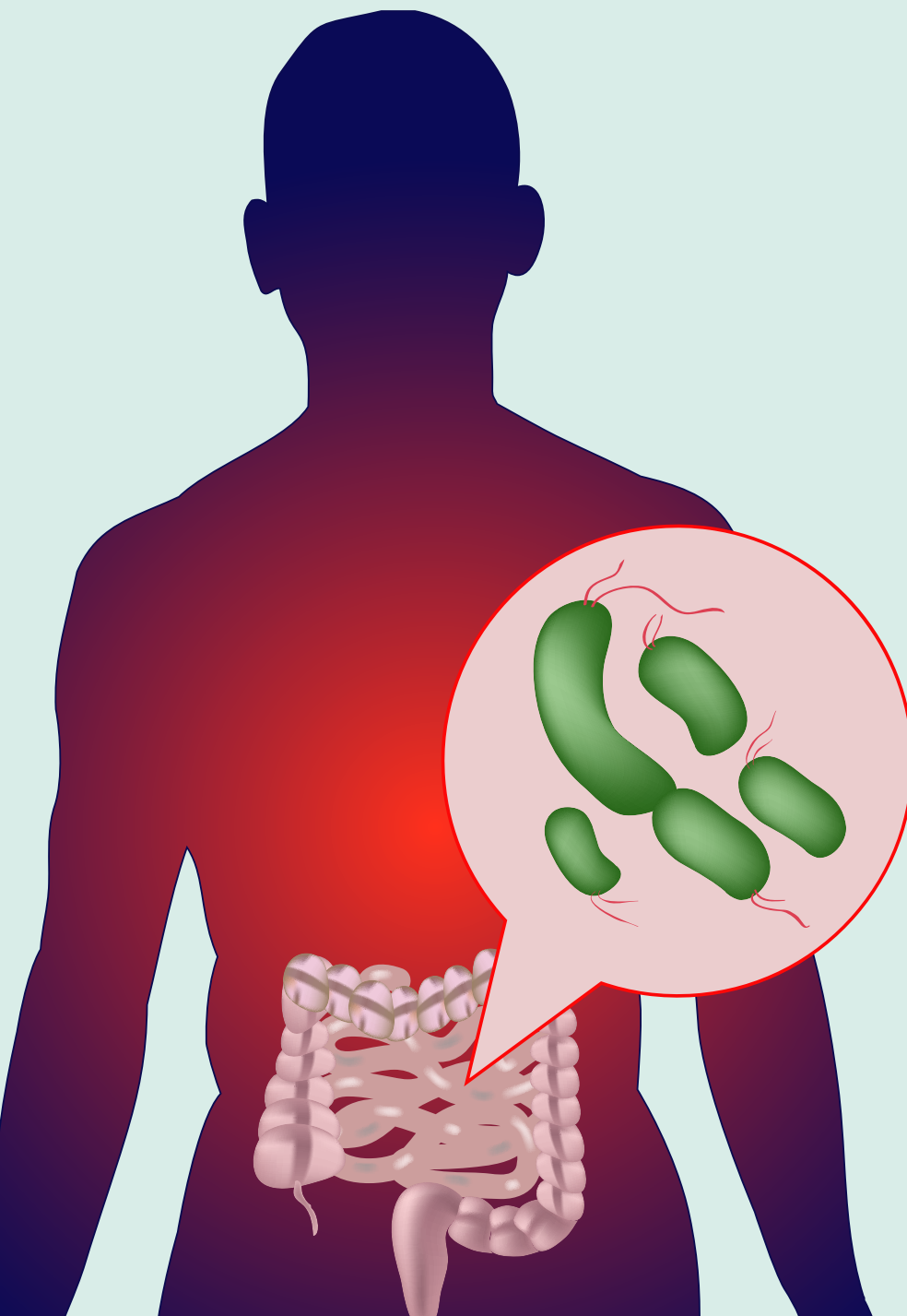
So, how much should we be recommending our clients and patients supplement?

Grassroots Health recommend(2) that most adults should take supplements providing 1000 to 3000iu daily and they have produced some useful tables giving levels of supplementation based on starting and target levels. For example, with a starting serum level of 25 nmol; a target serum level of 125 nmol would require, on average, a daily intake of 5300iu for between three and six months. However, in a study of 7,324 individuals, they found that while average serum level increases with increased intake, there is a wide range of individual serum levels at any given intake amount. For example, with a supplemental intake of 4000iu/day for three to six months, serum levels were observed from 20 ng/ml (50 nmol/l) to 120 ng/ml (300 nmol/l).

Given that there is a wide range of responses to a particular intake and that there will be a wide range of starting levels, testing can be useful to help determine an appropriate level of supplementation – both in the short-term to increase levels up to the target level and then longer-term to maintain the target level. A number of laboratories offer this – either as a full blood draw or a fingerprick test.

[CLICK FOR MORE QUESTIONS](#)





## Q

## What is SIBO and how can I effectively guide clients on this?

**STEVEN HORNE EXPLAINED:** There's a lot of talk these days about the importance of friendly bacteria to the gastrointestinal tract. Intestinal microflora, also called friendly flora or probiotics, play a role in regulating the immune system and keeping the colon healthy. However, most of the bacteria in your intestines should be in your colon or large intestines, not your small intestines.

When abnormally large numbers of bacteria (even friendly bacteria) start growing in the small intestines, they actually cause problems with your health. Small Intestinal Bacterial Overgrowth (SIBO) is a condition where abnormally large numbers of bacteria are present in the small intestines. These bacteria feed off of sugars and starches in the diet (refined and natural sugars) producing methane and hydrogen gas. They also inhibit the enzymes in the small intestines that breakdown starches for absorption. This can result in abdominal bloating, belching and/or flatulence, especially when you eat grains and other complex carbohydrates.

These gases can also cause abdominal pain, intestinal cramping, and IBS with constipation and/or diarrhoea. Gas pressure in the small intestines can push upwards against the stomach, contributing to the development of a hiatal hernia and causing heartburn, acid reflux, GERD and nausea.

SIBO increase a hormone called zonulin, causing an increase in small intestinal

permeability (aka leaky gut syndrome), which results in the intestines absorbing large molecules. The bacteria also like to gobble up essential nutrients, such as fats, iron and vitamin B12. Nutrient deficiencies from SIBO, along with the absorption of large protein molecules can cause problems with the immune system, and contribute to allergies, asthma and autoimmune disorders, and a general decline in health.

Several factors can contribute to the development of SIBO, including a lack of hydrochloric acid (HCl) in the stomach, a lack of intestinal motility (movements of the small intestine), and stress which can be a factor in both low hydrochloric acid and lack of intestinal motility.

SIBO has wide ranging implications and may be a cause or a major factor in many diseases. Many people who have SIBO think they have a *Candida* or yeast infection. However, while yeast overgrowth can occur with or without SIBO, *Candida* is often over-diagnosed and SIBO is underdiagnosed.

Clues that SIBO may be a problem include better bowel movements after taking antibiotics and bowel problems worsening when taking probiotics or fibre. If bowel problems began after using opiates for pain, this is another clue that SIBO may be a factor. **To read this complete article in its entirety, visit [http://www.modernherbaleducation.com/articles/small-intestinal-bacterial-overgrowth-\(sibo\).html](http://www.modernherbaleducation.com/articles/small-intestinal-bacterial-overgrowth-(sibo).html)**





# SOYA FOOD:

## A HEALTHY OPTION FOR ALL?

Elphee Medici, Nutrition Communications Manager at Nutrilicious, dispels the myths and puts the science into context when it comes to soya.





**S**oya foods have become mainstream in the UK and the demand continues to grow. This could be explained by the numerous health benefits attributed to soya foods, as well as the improved quality, taste and availability.

However, over the years, confusion has arisen about soya's health credentials, mainly due to the wide publicity of negative outcomes from rodent studies, which are an exceptionally poor way of evaluating soya because of the differences in the metabolism<sup>1-7</sup>. This article aims to put the science into context.

## INTRODUCTION TO THE HUMBLE SOYA BEAN

Soya beans (*glycine max*) are very different to other beans and pulses as they provide a much higher quantity and quality of protein, are a good source of unsaturated fats and fibre and the main dietary source of isoflavones<sup>8-11</sup>.

Soya bean protein is of the same quality to that of meat and dairy, with a high digestibility (~95 per cent) and an excellent amino acid profile<sup>12,13</sup>.

The soya bean is high in polyunsaturated fat and low in saturated fat and a good source of both essential fatty acids, linoleic acid and alpha-linolenic acid<sup>14</sup>.

## SUPPORTING PLANT-BASED EATING

The current expert consensus is that populations should adopt a more plant-based dietary pattern for health and sustainability<sup>15-21</sup>. Their versatility and nutritional attributes make soya foods obvious choices for plant-based diets.

## FERMENTED VS UNFERMENTED SOYA FOODS

It is theorised that fermentation improves protein digestion and isoflavone metabolism, however, it is well established that unfermented soya food protein digestibility ranges between 90 per cent and 100 per cent<sup>13,22-24</sup>. In Asia, both unfermented (for

example, soya drinks, tofu and edamame) and fermented soya foods (for example, tempeh and miso) are consumed.

China, Singapore and Hong Kong consume mainly unfermented soya foods whilst Japan consumes equal amounts of fermented and unfermented foods<sup>25-29</sup>.

## UNDERSTANDING THE IMPACT OF SOYA ISOFLAVONES ON HEALTH

The three isoflavones in soya are genistein, daidzein and glycitein and their respective glycosides<sup>30</sup>.

Isoflavones, classified as phytoestrogens, are structurally similar to the hormone oestrogen (17  $\beta$ -oestradiol) but behave differently in the human body. Small differences in chemical structure can lead to very different physiological effects, for example, cholesterol and phytosterols have almost identical

chemical structures, but the former raises blood cholesterol, whereas the latter lowers it<sup>31,32</sup>.

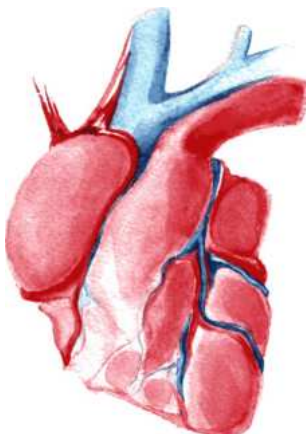
In addition, isoflavones are classified as natural selective oestrogen receptor modulators (SERMs)<sup>33</sup>. SERMs exert oestrogenic effects in some tissues, anti-oestrogenic effects in others, and have no effect at all in others. SERMs, such as tamoxifen and raloxifene, are designed to have some of the benefits of oestrogen without the adverse side effects.

Isoflavones differ from oestrogen action in relation to the two oestrogen receptors; alpha (ER $\alpha$ ) and beta (ER $\beta$ ). Isoflavones preferentially bind to and activate ER $\beta$  in comparison with ER $\alpha$ <sup>34-37</sup>. In contrast, oestrogen has equal affinity for both receptors. When activated, these two receptors can have different and sometimes opposite effects; activation of ER $\alpha$  has a proliferative effect in tissues, whereas activation of ER $\beta$  is anti-proliferative.

	Average serving size (g)	Soya protein per serving (g)	Estimated Isoflavone content per serving (mg)**
<b>Soya alternatives to dairy: Fortified with calcium and vitamins B2, B12 and D</b>			
Soyal alternative to milk ¥	250	7.5	26.3
High plant-protein alternative to yoghurt; mango, passion fruit and blackcurrent ¥	150	7.5-7.8	26.3-27.3
Soya alternatives to yoghurt: plain, plain with almond, plain with coconut, vanilla and fruit varieties ¥	125	4.5-5	15.8-17.5
<b>Soya beans</b>			
Fresh or frozen young soya (edamame) beans*	80	9.3	32.6
Soya nuts (roasted edamame bean)	28	15	52.5
Dried Soya beans	85 (cooked weight)	14	49
<b>Soya meat replacers</b>			
Soya mince/chunks – chilled/frozen*	100	16.4	57.4
Tofu - silken hard	75	11.5	40.3
Tofu - marinated	50	14	49
<b>Soya desserts</b>			
Soya desserts or custard ¥	125	3.8	13.3



## SOYA'S HEALTH CREDENTIALS



### Heart health

A major modifiable coronary heart disease (CHD) risk factor is elevated low density lipoprotein cholesterol (LDL-C), which can be significantly lowered by replacing saturated fat with polyunsaturated fat in the diet<sup>39-42</sup>. Additionally, soya foods can significantly lower LDL-C via both direct and indirect mechanisms<sup>43,44</sup>:

■ **Direct:** Soya protein directly lowers LDL-C by approximately four to five per cent possibly by upregulating hepatic

LDL receptors, allowing cholesterol to be removed from the bloodstream more efficiently<sup>43-46</sup>.

■ **Indirect:** When soya foods replace common sources of protein in Western diets, which are often high in saturated fat, the favourable change in fatty acid intake will lower LDL-C<sup>44</sup>.

### Breast cancer

Breast cancer incidence and mortality rates are low in soya food-consuming countries<sup>47,48</sup>. Unfortunately, as a result of rodent research, concerns that soya foods may be contraindicated for women with breast cancer have arisen<sup>49,50</sup>.

Human research clearly demonstrates that soya does not adversely affect breast cancer risk and that consuming soya after breast cancer diagnosis reduces recurrence and improves survival<sup>51-62</sup>. There is growing evidence that the consumption of as little as one serving of soya foods per day during the teenage years may reduce later risk of developing breast cancer by 25 to 50 per cent<sup>63-67</sup>. Evidence suggests that exposure to isoflavones causes cells in the developing breast to be changed, making them less likely to be transformed into cancer cells<sup>68-72,74</sup>.

Both the American Cancer Society and the American Institute for Cancer Research (AICR) have concluded that soya foods can

be safely consumed by women with breast cancer<sup>75-77</sup>. In addition, the World Cancer Research Fund (WCRF) International concluded that soya may improve the survival of breast cancer patients<sup>78</sup>.

### Prostate cancer

Prostate cancer incidence and mortality rates in higher soya consuming Asian populations are very low relative to lower soya consuming populations and the West<sup>79</sup>. Asian epidemiologic studies show a 50 per cent reduced prostate cancer risk for high soya consuming individuals<sup>80-82</sup>. Studies have shown isoflavones to decelerate prostate specific antigen level rises and inhibit metastasis<sup>83-88</sup>. However, more research is needed in this area.

### Menopausal symptoms

The menopause, with the consequent reduction in oestrogen levels, places women at higher risk of diseases, including osteoporosis and CHD<sup>89,90</sup>. However, vasomotor symptoms, especially hot flushes, which afflicts 75 per cent of Western women, are the primary reason for seeking medical intervention<sup>91,92</sup>.

Although Hormone Replacement Therapy remains the most effective treatment for menopausal symptoms, some women seek alternative therapy. For these

women, there is significant evidence demonstrating that soya isoflavones can improve hot flush symptoms<sup>93</sup>. A meta-analysis of 17 studies found that consuming 40-50mg of isoflavones daily – equivalent to two large glasses of soya drink – reduces the frequency of hot flushes by ~25 per cent<sup>93-95</sup>.



## SOYA MISUNDERSTANDINGS

### Soya and mineral bioavailability

Compounds such as phytates and oxalates naturally present in the

soya bean have the theoretical potential to impair the absorption of minerals, such as iron, zinc and calcium. However, clinical studies demonstrate adequate bioavailability<sup>96</sup>.

Calcium in calcium-fortified soya drinks and tofu is absorbed as well as calcium is in cow's milk<sup>97-99</sup>. Much of the iron in soya is in the form of ferritin, which, recent research suggests, may not be subject to the inhibitory effect of phytate<sup>100-102</sup>.

### Phytoestrogens and men's health

The clinical data conclusively demonstrated that the consumption of soya foods does not raise oestrogen levels (older men actually produce more oestrogen than older women), nor lower testosterone levels nor adversely affect sperm or semen in men<sup>103-106</sup>.

### Soya and children's growth and development

Only limited clinical research on the effects of soya in children has been conducted, but that which has indicates that neither soya nor isoflavone intake affects endogenous hormone levels, or negatively impacts on the growth and development of children and adults<sup>107-110</sup>.

In addition, a US cross-sectional study involving 327 12-18-year-old girls found that soya intake was unrelated to the age of onset of menses<sup>111</sup>.

### Soya and thyroid function

A 2006 review of 14 human studies and research published subsequently have found no harmful effects of soya or isoflavone intake on thyroid function in individuals with normal functioning thyroids<sup>61,112-114</sup>.

For hypothyroid patients, although there is some evidence that soya protein, such as fibre, calcium, many herbs and drugs, can interfere with the absorption of thyroxine medication, soya foods are not contraindicated but it is generally recommended that the soya consumption not occur within at least one hour of taking thyroid medication<sup>115-127</sup>.



# I-Mag giveaways

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

## ENERGYDOT PACKS

Are your energy levels dipping? Would you love a simple way to revive your energy? Win a bioband booster pack and feel lifted. Each pack contains a bioDOT band for you to wear and one smartDOT. The bioDOT is programmed with an energy signature that retunes and optimises your energy field. The smartDOTs are for your mobile, computer and wi-fi router. smartDOT retunes or 'harmonises' emissions from these devices so they don't affect you in the same way.

🎁 **I-Win:** We have five bioband starter packs to give away (RRP £35).



## MEGASPOREBIOTIC

MegaSporeBiotic is a paradigm shift in probiotic therapy. This all spore consortium will change your understanding of probiotics. It is the first prescription strength, bacteriotherapy available exclusively to health practitioners. MegaSporeBiotic produces over 24 natural antibiotics (in vivo) and has the ability to favourably alter the entire microbiota. Developed under advisement of Professor Simon Cutting, Head of Biomedical Sciences, University of London, MegaSporeBiotic has over 10 years of study behind it, including clinical trials.

🎁 **I-Win:** We have one pack to give away.

## BIO-KULT INFANTIS

The stress of a new school year could upset the balance of a child's gut microflora, depleting their immune system and increasing susceptibility to colds and 'flu. Multi-strain live bacteria supplements, such as Bio-Kult Infantis, have been shown to significantly reduce frequency and severity of common colds commonly picked up in play groups. Why not give it a try – we've got a pack of Bio-Kult Infantis RRP £11.95 to give away to five lucky readers.

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



## MICO-SOAP LUXURIOUS ANTIOX

Mico-Soap Luxurious Antiox is an artisan soap made of natural ingredients, including anti-inflammatory and organic reishi, coconut oil, almond oil and vitamin E. The bioactive substances of reishi mushrooms work to hydrate the skin naturally and fight against cellular oxidation. Mico-Soap cleanses, soothes and regenerates your skin in depth. Luxurious Edition ANTIOX soap also contains golden and copper mica, resulting in extra light and brightness for your skin.

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



## HEALTH PLUS VITALITY PACK

We have teamed up with nutritional supplements experts, Health Plus, to offer five lucky readers the chance to win a Health Plus Vitality Pack worth £15.75 each. The Vitality Pack offers the ultimate in nutrients, minerals and vitamins for optimised vitality and wellbeing, in a handy daily sachet.

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





## The Naturopathic Nutrition Association

The NNA support a naturopathic approach to nutrition. We offer the personal touch, providing information, guidance and support to practitioners, students and the public.

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[www.nna-uk.com](http://www.nna-uk.com)

01908 616543

[info@nna-uk.com](mailto:info@nna-uk.com)



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# CPD DIRECTORY

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



## BANT Supervision Group

CPD hours: BANT two hours

Speakers: BANT Supervisor, Tracey Harper

Cost: £30

Email: tracey.harper4@icloud.com

Telephone: 07747 780035

Website: bant.org.uk/members-area/bant-supervision/meet-the-supervisors/#Tracey\_Harper

September 9 – location TBC

October 7 – location TBC

## BANT Supervision Group

CPD hours: BANT two hours

Speakers: BANT Supervisor, Susan Fruhman

Cost: £30

Email: susanfruhman@nutrisential.co.uk

Telephone: 07887 880 190

September 9 – Rochdale

## BANT Supervision Group

CPD hours: BANT two hours

Speakers: BANT Supervisor, Lisa Patient

Cost: £30

Email: lisa@tonicforlife.co.uk

Website: bant.org.uk/members-area/bant-supervision/meet-the-supervisors/#Lisa\_Patient

September 9 – London

September 16 – London

September 19 – London

September 20 – London

October 10 – London

October 14 – London

October 18 – London

October 21 – London

October 24 – London

## BANT Supervision Group

CPD hours: BANT two hours

Speakers: BANT Supervisor, Dalbinder Bains

Cost: £30

Email: dalbinderbains@yahoo.co.uk

Website: bant.org.uk/members-area/bant-supervision/meet-the-supervisors/#Dalbinder\_Bains

September 12 – Birmingham

September 14 – Manchester

September 16 – Liverpool

October 10 – Manchester

October 14 – Liverpool

October 17 – Birmingham

## BANT Supervision Group

CPD hours: BANT two hours

Speakers: BANT Supervisor, Elizabeth Bray

Cost: £30

Email: liz@mearecourt.co.uk

Website: bant.org.uk/members-area/bant-supervision/meet-the-supervisors/#Elizabeth\_Bray

Telephone: 07980 601670

September 15 – Taunton

## BANT Supervision Group

CPD hours: BANT two hours

Speakers: BANT Supervisor, Paula Werrett

Cost: £30

Email: paula@thenutritionlink.co.uk

Website: bant.org.uk/members-area/bant-supervision/meet-the-supervisors/#Paula\_Werrett

September 16 – St Albans

October 14 – St Albans

## The Tick Factor

**Inintro B/V**

September 17 – Amsterdam

CPD hours: BANT 13 hours

Speakers: Joe Burrascano Jr., MD, Ann Corson, MD, Susan McCamish, CTN,CNC, Dietrich Klinghardt, MD, PhD, Theodoor Scheepers, Ing., Armin Schwarzbach, MD, PhD, Valerie Opsomer, PhD, Jarkko Kause, Doctor of Chiropractic, Klaas Riepma, Pharmacist, Marlene Kunold, HCP

Cost: Price: 1 day: EUR 180; Price 2 days: 1st 50 cards for Early Birds: EUR 290, after: EUR 360

Email: info@invintro.com

## BANT Supervision Group

CPD hours: BANT two hours

Speakers: BANT Supervisor, Fiona Mealing

Cost: £30

Email: fiona@nutritionlink.co.uk

Website: bant.org.uk/members-area/bant-supervision/meet-the-supervisors/#Fiona\_Mealing

September 19 – Colchester

September 23 – Woolpit

September 26 – Colchester

## Group Discussions re case studies BANT

September 21 – Marlow

CPD hours: BANT two hours

Speakers: BANT LNC, Helen Bradbury

Email: helen.bradbury@tiscali.co.uk

Website: bant.org.uk/members-area/bant-local-networks/local-network-coordinators-list/#Helen\_Bradbury

## BANT Supervision Group

CPD hours: BANT two hours





**Speakers:** BANT Supervisor, Ruth Taylor  
**Cost:** £30

**Email:** ruth@ruthtaylornutrition.co.uk

**Website:** bant.org.uk/members-area/bant-supervision/meet-the-supervisors/#Ruth\_Taylor

September 22 – Romsey

### BANT Supervision Group

**CPD hours:** BANT two hours

**Speakers:** BANT Supervisor, Carmel Buckley

**Cost:** £30

**Email:** carmel@nutritionalsolutions.co.uk

**Website:** bant.org.uk/members-area/bant-supervision/meet-the-supervisors/#Carmel\_Buckley

September 28 – Shoreham-by-Sea

September 28 – Tunbridge Wells

### Integrative Women's Health Summit (two days)

**Invivo Clinical**

October 1 – London

**CPD hours:** BANT 11 hours

**Speakers:** Dr Aviva Romm, MD; Dr Cheryl Burdette, ND; Jessica Drummond, MPT, CCN, CHC; Dr Nalini Chilkov, OMD, L.AC; Prof Rebecca Murray, MS, BS, APRN  
**Cost:** £229 standard (until Sept 30)  
Students to contact their college for information on discounts.

**Email:** info@invivoclinical.co.uk

**Telephone:** 01386 578954

**Website:** www.eventbrite.co.uk/e/integrative-womens-health-summit-tickets-21517351979

### BANT Supervision Group

**CPD hours:** BANT two hours

**Speakers:** BANT Supervisor, Kate Delmar-Morgan

**Cost:** £30

**Email:** kate@katedelmarmorgan.co.uk

**Website:** bant.org.uk/members-area/bant-supervision/meet-the-supervisors/#Kate\_Delmar-Morgan

October 3 – Reading

### IGG Mediated Food Intolerance and Chronic Disease

**Cambridge Nutritional Sciences**

October 12 – Brighton

**CPD hours:** BANT three hours

**Speakers:** Dr Nigel Abraham PhD MSc FIBMS (Scientific Director); Ms Nicky Ester MSc DnMed Rnutr (Nutritionist); Mrs Jayne Tooke BSc (Hons) Dip ION (Nutritionist)

**Cost:** £30 (free Foodprint 120 test (worth RRP £211) USB stick with presentation, brochures, references, case studies Lunch and snacks included (dairy and gluten free).

**Email:** nutrition@camnutri.com

**Telephone:** 01353 863279

**Website:** www.camnutri.com



### Memory and dementia

**Nutrigold**

October 19 – online

**CPD hours:** BANT one hour

**Speakers:** Sally Duffin BSc Nutr Med, MBANT, FHF1

**Cost:** £10

**Email:** talk2us@nutrigold.co.uk

**Telephone:** 0845 603 5675

**Website:** updates.nutrigold.co.uk/

### Latest insights into nutrition and probiotic research

**Yakult**

October 20 – London

**CPD hours:** BANT five hours

**Speakers:** Professor Sumantra Ray (Medical Research Council, Cambridge, UK), Gill Jenkins (GP, Whiteladies Health Centre, Bristol, UK), Dr Carl Hulston (Loughborough University, UK), Professor Ted Dinan (University College Cork, Ireland), Dr Miranda Lomer (King's College London, UK), Dr Ailsa Hart (St Mark's Hospital, Harrow, UK), Dr John Nichols and Dr Barbara Engel (University of Surrey, UK), Dr Brian Jones (University of Brighton, UK), Professor Paul O'Toole (University College Cork, Ireland) and Professor Mark Fielder (Kingston University London, UK).

**Cost:** £75

**Telephone:** 02088427600

**Website:** hcp.yakult.co.uk/symposia/uk-yakult-symposia/

## Forthcoming webinars

Target Publishing, which publishes *Nutrition I-Mag*, is hosting a series of webinars for practitioners.

Register at [www.camconferences.co.uk/webinar](http://www.camconferences.co.uk/webinar)

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



**Presented by** Natalie Lamb,  
NT Dip CNM, mBANT, BA Hons, GAPS

**Tuesday September 20, 6.30pm-7.30pm**

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

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

### Probiotics Myths... Busted



**Presented by** Joanna Scott-Lutyens, BA(Hons),  
DiplON, FdSc, mBANT, CNHC

**Tuesday October 1, 6.30pm-7.30pm**

Probiotics have become a popular way of looking after our digestive health and immunity. However, due to the number of products on the market, there are a number of misconceptions, and even confusion around probiotics.

In this webinar, Nutritional Therapist, Joanna Scott-Lutyens, will dispel some common myths about probiotics, using data and findings from clinical research to give an unbiased and scientific understanding of friendly flora. Join this webinar for free to update your knowledge on one of the most fast moving areas of the health industry, giving you essential knowledge to recommend the right probiotics for your clients and customers.

# BetterYou for a better you



Leading the way in pioneering applications of magnesium and vitamin D, and with impressive research behind it, **BetterYou** is a company that offers opportunity for practitioners.

It was back in 2007 that Andrew Thomas founded BetterYou, borne out of his discovery around transdermal magnesium, that is, magnesium applied to the skin.

Back then, BetterYou was a one-man start-up, but Andrew was on to something. In fact, he pioneered transdermal magnesium therapy and he didn't stop there; after this, came the pioneering application of vitamin D and vitamin B sublingually, that is, via

the tongue.

And the approach is one that has resonated with the nutritional therapy community; today, it is a leading multi-million pound brand in the natural health world.

"BetterYou is an expert in the field of transdermal (through the skin) magnesium and oral vitamin spray supplementation, focusing on improving nutrients which are increasingly omitted







or under-represented in today's modern diets and lifestyles," Andrew said, adding: "The company's award-winning range is endorsed by medical professionals and athletes worldwide."

## RAPID GROWTH

Thriving in the health marketplace BetterYou has enjoyed successive

growth of over 20 per cent year on year.

It is a company with innovation at its heart, with more than 20 lines in its range; top sellers include DLux3000, Magnesium Flakes and B12 Boost Spray.

Growth has been so rapid and extensive that the company relocated to larger premises for a third time in 2014, having outgrown its existing home in Sheffield. It moved to a new purpose built unit on the outskirts of Barnsley, which accommodates its growing team, with an office and warehouse space four times its previous size.

Andrew added: "Over the last five years the company has demonstrated its commitment to supporting the local economy by more than tripling its number of staff from eight to 25."

This year will see a third of production sold abroad as more and more countries see the benefits of its innovative product range. BetterYou now exports to over 30 countries, including Finland, New Zealand and South Africa.

## PRACTITIONER SUPPORT

Nutritional Therapists have always been an important focus for BetterYou.

Andrew commented: "The company prides itself on building positive relationships with these key influencers, educating them about the quality and absorbency of our products so that they have the confidence to advise their clients of the most effective



**"When we look at the product sectors within the market, we see a broad spectrum of products which often exceeds consumer, and even retailer, understanding. Consumer demand will often be a reaction to either practitioner advice or media reports of what's hot and what's not."**

methods of supplementation, backed up by research."

It is the in depth knowledge Nutritional Therapists can offer that makes them a particularly important focus for the company.

"When we look at the product sectors within the market, we see a broad spectrum of products which often exceeds consumer, and even retailer, understanding. Consumer demand will often be a reaction to either practitioner advice or media reports of what's hot and what's not," he added.

And this is reflected; this year to date, BetterYou has seen a 32 per cent increase in sales through wholesaler, The Natural Dispensary, which provides nutritional supplement mail order for practitioners and their clients.

"This shows that there is a growing demand from the practitioner market for BetterYou's products, which are affordable, convenient and offer the best absorbency," Andrew said, adding: "To support Nutritional Therapists, BetterYou has a

dedicated practitioner rate and point of contact."

## QUALITY AND RESEARCH

The health market has always relied upon traditional methods of supplementation, however, digestive absorption varies dramatically from individual to individual, making dosage levels impossible to guarantee. By only using the most natural, bioavailable and soluble sources of vitamins, BetterYou ensures its formulations are optimally absorbed.

Andrew explained: "BetterYou has developed a growing range of revolutionary products which benefit from delivery mechanisms proven to provide superior absorption than traditional tablets or capsules."

In fact, the company takes pride in its unique approach to absorption, delivery and stability testing by batch and proudly use natural, food-state, food-sourced ingredients wherever possible. Added to that, BetterYou is one of the few supplement companies in the world to batch test every product line, meaning every product sold is guaranteed to deliver its active level.

"Combined with the company's state of the art absorption research within the fields of transdermal magnesium therapy and oral vitamin delivery, there are few supplement products on the market more stringently researched and tested," Andrew added.

The UK market continues to be at the heart of BetterYou and, as an emerging brand, approach future opportunities with excitement, having recently appointed a New Product Development Manager.

This new role will specifically look at how BetterYou can further develop its product ranges, ensuring that consumers continue to benefit from the most convenient and effectively absorbed methods of supplementation possible.





## ORAL VITAMIN DELIVERY – TRIED AND TESTED

BetterYou's range of vitamin oral sprays represent a new dimension in convenient and effective supplementation, boasting partnership in a growing number of absorption trials, including the University of Sheffield (looking at vitamin D's association with IBS sufferer's quality of life) and the University of Ulster (looking at athletes' levels of vitamin D).

A spray provides the active ingredient in micro-sized droplets. The plume of the spray is designed then to coat the inside of the mouth, in particular, the buccal membrane of the inner cheek, where research shows is the most effective absorption.

Multiple clinical trials have found that oral vitamin sprays elevate serum vitamin D levels faster than traditional tablets and capsules. A trial by the Swiss research facility, Pharmabase, found that, over a 12-week clinical study, the

uptake of vitamin D was 67 per cent faster using an oral spray than using traditional tablets of the same strength. The absorption increased to 127 per cent greater if the individual had insufficient levels to begin with. The National University of Athens looked at a similar comparison over only four weeks and found the oral spray to achieve a 52 per cent greater absorption than tablets.

Andrew commented: "BetterYou is proud of its association with Sandwell and West Birmingham NHS Trust, providing an affordable and accurate NHS vitamin D home testing kit, which uses a simple and painless finger-prick test. Following the testing through BetterYou, end users are provided with a free sample of DLux3000 Oral Spray to help start their journey to optimum vitamin D levels."



## TRANSDERMAL MAGNESIUM – THE GOLD STANDARD



BetterYou's transdermal magnesium remains the gold standard in effective remineralisation, using magnesium chloride – the most naturally pure form of magnesium that has been formed through the

process of sea water evaporation.

Magnesium chloride is totally ionized and so exceptionally well absorbed through the skin, and importantly, is the most retainable of all the magnesium compounds – making it ideal to be used transdermally.

"BetterYou leads the way within the health supplement industry in our commitment to test every product for effective absorption, making our range of transdermal magnesium among the most tested in the UK market," Andrew pointed out.

A market leader in its field, BetterYou's passion for research continues to grow as the company embarks on the world's first clinical study, with the NHS investigating BetterYou MagnesiumOil Spray as an effective alternative to intravenous drips and intramuscular injections for patients with a small bowel stoma.

A clinical trial by Cardiff University showed how well magnesium is absorbed through the skin, feeding every cell. Watkins & Josling tested whether transdermal application of magnesium chloride could alter serum magnesium levels and whole body calcium/magnesium ratios. After 12 weeks, subjects saw a rise in cellular magnesium levels, which represented an estimated five times quicker result than comparable oral supplementation.





# GLUTEN FREE GOODNESS

You can still find enjoyment in foods without gluten, as this latest cookbook,  
*The Complete Gluten-free Baker*, reveals.



Lavender shortbreads



Soda bread



Sage and potato muffins





## Lavender shortbreads (Makes 20 shortbreads)

These cookies smell truly delicious as you remove them from the oven. Do use culinary lavender, which has not been sprayed with pesticides.

### INGREDIENTS:

- 115g butter, softened
- 60g caster or granulated sugar, plus extra for dusting
- 85g gluten free plain flour
- 2tsp culinary lavender, finely ground
- 85g ground almonds
- A little milk, if required
- Almond meal flour, for rolling out
- 2 baking sheets, greased and lined

### METHOD:

- 1 Preheat the oven to 180°C (350°F) Gas 4.
- 2 Put the butter and sugar in a mixing bowl and cream together until light and creamy. Sift in the flour and add the lavender and ground almonds. Bring together to a dough with your hands. If the mixture is too dry, add a little milk to moisten it.
- 3 Transfer the dough to a work surface. Roll the dough into a long sausage shape, 5cm diameter. Roll in almond meal flour so that it coats the edge of the dough. Chill in the fridge for 30 minutes. Cut into 1cm thick slices and arrange on the prepared baking sheets a small distance apart. Press the back of a fork down into each shortbread to make ridges.
- 4 Bake in the preheated oven for 12-15 minutes, until golden brown. Remove from the oven and dust with sugar. Let cool on the baking sheets before serving.
- 5 These shortbreads will keep for up to five days if stored in an airtight container.



Soda bread



Sage and potato muffins



## Soda bread

Soda bread is traditionally from Ireland and is very quick and easy to prepare. It contains no yeast as the recipe uses bicarbonate of soda to make it rise. It is great to serve with soups and casseroles. Cutting the cross on top of the loaf is important as it allows it to cook all the way through.

### INGREDIENTS:

- 350g gluten free strong brown bread flour, plus extra for dusting
- 200g oat flour\*
- 1tsp bicarbonate of soda
- 1tsp salt
- 500g buttermilk
- 80ml milk
- A baking sheet, greased
- Makes 1 loaf

*\*Oat flour is available in health food shops and online, but if you cannot find it, substitute gluten free plain flour instead.*

### METHOD:

- 1 Preheat the oven to 180°C Gas 4.
- 2 Put the bread and oat flours in a large mixing bowl and add the bicarbonate of soda and the salt. Add the buttermilk and milk and mix to form a soft dough. If it is too sticky, add a little more flour but don't overwork the dough – as there is no yeast, you need to keep the mixture as light as possible.
- 3 Form the dough into a round mound, about 4cm high and 20cm in diameter. Cut a cross on the top of the loaf with a sharp knife and dust the top with a little extra flour. Put the loaf on the prepared baking sheet and bake in the preheated oven for 45-55 minutes until the bread is crusty on top and makes a hollow sound when tapped.
- 4 The bread is best eaten on the day you make it, but can be reheated in the oven the following day.

Lavender shortbreads



Sage and potato muffins







## Matcha chia protein squares (Serves 16)

These dense muffins are kept really soft and moist with the addition of mashed potato. Sage has quite a strong flavour and if you are not keen on it, you can substitute two tablespoons of finely chopped chives instead, adding them to the potato with the melted butter.

### INGREDIENTS:

- 400g potatoes, peeled and chopped
- 165g butter
- 15 small sage leaves, cut into thin strips
- 1tbsp caster sugar
- 2 eggs
- 115g gluten free self-raising flour, plus 2tsp baking powder
- 2tbsp crème fraîche or sour cream
- 2 x 6-hole muffin pans lined with 12 paper cases

### METHOD:

- 1 Boil the potatoes in salted water for about 20 minutes until soft.
- 2 Preheat the oven to 180°C Gas 4.
- 3 Heat 50g of the butter in a frying pan and fry the sage leaves until crispy. Pour the melted sage butter over the cooked potatoes and mash with a potato masher until smooth, then leave to cool.
- 4 Whisk together the remaining butter and the sugar in a large mixing bowl. Add the eggs, flour, baking powder (plus xanthan gum, if using), crème fraîche and cooled potato and whisk until the batter is smooth. Spoon the mixture into the muffin cases and bake in the preheated oven for 35-45 minutes until the muffins are golden brown.
- 5 These muffins are best served warm on the day that they are baked.

*The Complete Gluten-Free Baker*, by Hannah Miles, photographer William Reavell, is published by Ryland Peters & Small.

*The Complete Gluten-Free Baker* is available to readers for the special price of £11.99 including postage and packaging (rrp£16.99) by telephoning Macmillan Direct on 01256 302 699 and quoting the reference HT9.



Lavender shortbreads



Soda bread





## Known for nutrition

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

Seagreens have been harvesting wild seaweeds among remote islands in Norway and Scotland for over 35 years, producing a uniquely certified quality and nutritional profile free from allergens, pollutants and harmful bacteria. Seagreens unique standard includes Organic, Kosher, Raw, Vegan. Nothing is added or extracted. Some of our seaweeds are in vegetable capsules for ease in daily use and nutritional therapy. Others are in large pieces for use in salads or as vegetables on the plate. Bars are recyclable and carry full nutritional information. Seagreens ingredients, exported to more than a dozen countries, are used by leading nutrition and food product manufacturers. Scientific research into the health benefits of Seagreens Wild Wrack seaweeds has continued since 1997. Sales support the Seaweed Health Foundation for research, standards and information. Become a Foundation member at [www.seaweedhealthfoundation.org.uk](http://www.seaweedhealthfoundation.org.uk)

Through research, Seagreens Ltd, 2013



## Food Capsules & Food Granules

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

[www.seagreens.co.uk/foodcaps](http://www.seagreens.co.uk/foodcaps)



## Iodine+ Capsules

Independent research at Glasgow University<sup>1</sup> showed Seagreens *Asophyllum* improving iodine uptake in iodine-insufficient women with no adverse effect on thyroid function, and more prolonged than potassium iodide, commonly used to 'iodine' table salt. A daily vegetarian capsule provides approx. 350µg (micrograms) bioavailable iodine, additional micronutrients required for iodine metabolism, and no additives. Two Seagreens Food Capsules contain approximately the same amount of iodine but with a higher proportion of other nutrients. Upper tolerable limits for absorbed daily iodine are 600µg in the EU and 1100µg in the USA. Iodine contributes to normal thyroid, nervous system and cognitive function, the normal growth of children, normal energy-yielding metabolism, and the maintenance of normal skin. Also available from Napier's Herbarists, Edinburgh as 'Napier's Hebridean Seagreens® Organic Kelp'.

<sup>1</sup>published 2014 in the British Journal of Nutrition

[www.seagreens.co.uk/iodineplus](http://www.seagreens.co.uk/iodineplus)



## Culinary Ingredient

A classic to rival Marmite! Pure Seagreens *Asophyllum* milled in grains about the size of ground pepper. Use raw in almost any dish from soups to horrie-baking! "Brilliant on a slice of bread baked with ground up seaweed rather than salt could help burn more calories than half an hour on a treadmill" said the Daily Telegraph after research at Sheffield Hallam University<sup>1</sup> found Seagreens reduced hunger, with no adverse effect on nutrient uptake.

<sup>1</sup>award-winning research published in the Journal of Appetite, 2012

[www.seagreens.co.uk/culinary](http://www.seagreens.co.uk/culinary)



## Salad & Condiment

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

Ask for Seagreens at your local health store.

Feed the Foundation of Health

Seagreens®

## Pet & Equine Granules

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

[www.seagreens.co.uk/petgran](http://www.seagreens.co.uk/petgran)



## The Mineral Salt

Better for you than any kind of salt alone, this 50/50 blend of Seagreens *Asophyllum* and unrefined sea salt in a glass shaker has "twice the flavor, half the salt". A complete natural food source of all the minerals and trace elements. Try it with everything from boiled eggs to salad dressings and in place of salt when cooking and baking. Seagreens has been helping reduce salt in manufactured foods since 2008<sup>1</sup>.

<sup>1</sup>award-winning salt replacement research at Sheffield Hallam University 2008-12

[www.seagreens.co.uk/minsalt](http://www.seagreens.co.uk/minsalt)



## The Mineral Bath

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

[www.seagreens.co.uk/minbath](http://www.seagreens.co.uk/minbath)



Look on the pack for Seagreens® certified ingredients in many other products from brands like these:  
Artisan Bread Organic • Bart Spices  
Batchelors • Clearspring  
Eat Balanced Pizzas • G&G Vitamins  
Green People • Hebridean Sea Salt  
Judges Bakery • Marilyn Glenville NHP  
Napier's • Neal's Yard Remedies  
Noah Detero • Pukka Herbs  
Raw Living • Regenerative Nutrition  
Saladworks • Stag Bakery  
The Natural Health Practice • Viridian

Seagreens, 1 The Warren, Handcross, West Sussex RH11 2 6DN, Great Britain

Tel: +44 (0)1444 400402  
Email: [info@seagreens.co.uk](mailto:info@seagreens.co.uk)  
Twitter: [tradedirect/seagreens.co.uk](https://twitter.com/tradedirect/seagreens.co.uk)  
Website: [www.seagreens.co.uk](http://www.seagreens.co.uk)  
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