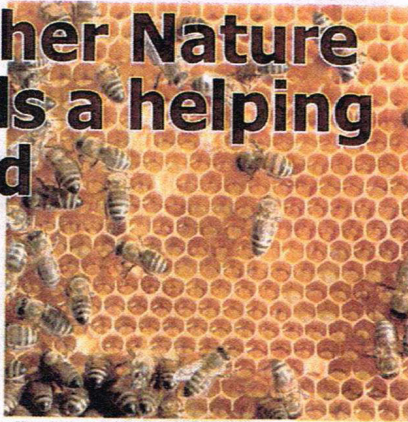


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# Mother Nature lends a helping hand

The first week in May is National Honey week, a great opportunity to give praise to the humble honey bee, Mother Nature's hardest workers! In the UK a shocking 4 in 10 of us admits to suffering regularly from digestive discomfort, and many more suffer on in silence. Your digestive system is one of the most crucial systems in our bodies, nourishing us and keeping us working at our best.



Thankfully a new, natural, solution has just launched in the UK, produced by Mother Nature's busiest workers, the humble honey bee! New **GastroMel** is the natural solution to all your digestive woes. These clever bees are fed a diet of powerful herbs for balancing and stabilising the digestive system, the active ingredients of the herbs then enter the honey they produce which provide the soothing health benefits. Just one spoon twice a day can soothe away all your digestive discomfort including IBS, indigestion, stomach aches and reflux issues in the upper digestion caused by an imbalance of stomach acids.



**GASTROMEL - £25 FOR 120ML JAR**  
 GastroMel is available from health food stores nationwide.

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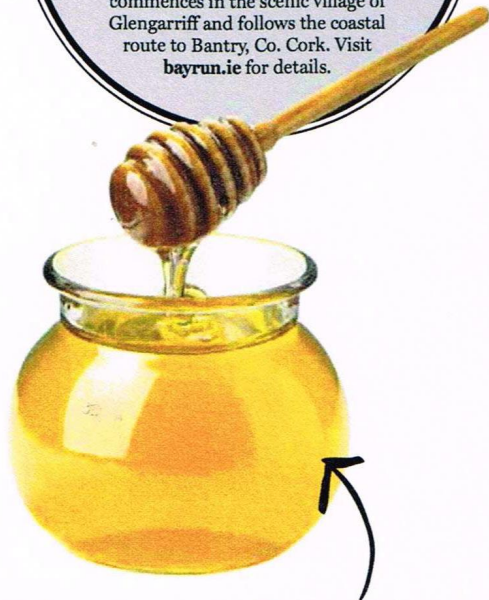
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The Cork News  
1 April 2011  
Circulation: 50,000

**Huge interest in Bantry's Bay Run**

Registrations for the Bay Run in Bantry have reached a whopping 1,000 participants. The half Marathon (13.1miles) which takes place on the May Bank Holiday weekend, Sunday, May 1st 2011, commences in the scenic village of Glengarriff and follows the coastal route to Bantry, Co. Cork. Visit [bayrun.ie](http://bayrun.ie) for details.



**The latest buzz in digestive health**

A shocking four in ten of us admits to suffering from digestive discomfort, and many more suffer on in silence. Thankfully a new, natural, solution has just launched, produced by Mother Nature's busiest workers - the humble honey bee! GastroMel bees are fed a diet of powerful herbs that balance and stabilise the digestive system. The active ingredients in the herbs, which include alfalfa, bay leaf, sage and angelica, then enter the honey they produce. Just one spoon, twice a day can soothe

digestive discomfort including IBS, indigestion, stomach aches and reflux issues in the upper digestion caused by an imbalance of stomach acids. GastroMel also has an antibiotic effect and kills the helicobacter pylori bacteria which cause stomach ulcers and gastritis. It also contains propolis, the resinous mixture that bees collect from plants, which has strong antifungal properties. GastroMel is available from Here's Health at €30 for a 120g jar.



**Family**

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**Workshops shine a light on elder abuse**

Would you suspect if an older neighbour, friend or family member was being abused? Age Action is organising a series of workshops aimed at raising awareness about what elder abuse is when the warning signs are not clear to some people. The Cork workshop will take place at the National Centre for Elder Abuse, 100, South Mall, Cork on Friday, March 18th at 10am. If you are interested, contact [www.ageaction.ie](http://www.ageaction.ie) or email [info@ageaction.ie](mailto:info@ageaction.ie). Free of charge, the workshops will be held in the evening.

**Fat around the middle?**

Even if you're fit, your body has two distinct areas to store fat or energy if you're not fit. Why then, for so many reasons, does the fat tend to settle around your middle? Discover the health risks associated with being 'apple shaped' and find out why that may not be the solution as the Chief Health Officer, Dr. Martin O'Connell, explains at an evening talk on April 15th, 7pm to 8pm at an evening talk presented by Here's Health and Dr. Martin O'Connell. Tickets, €15, are available from Here's Health, Patrick St., Douglas and Tel: 01256 887845.

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