

BUSY AS A BEE?

Natural Health Promotion

Boost your energy with New

ENERGYMEL!

The long days and late nights of our 24/7 lifestyle can play havoc with our bodies. These, coupled with workplace stress, the second biggest cause of job-related illness in the UK, can result in exhaustion and lack of energy. What's more, feeling run down and stressed impacts our immune system, leaving us much more susceptible to falling ill.

Boost your energy and support your immune system during times of stress with help from EnergyMel, a new natural supplement made by some of nature's hardest workers, the humble honey bee.

These busy bees are fed a diet of powerful plants with known restorative, energising and stress-busting properties. The active ingredients of the botanicals are intensified by the adding of enzymes in the hive and then enter the honey the bees produce, resulting in a natural supplement containing the combined healing health benefits of the individual herbs.

Just one teaspoonful of EnergyMel, twice a day, gives an all-round boost to those of us leading busy, stressful lives, helping to improve resilience and stamina and prevent fatigue. It is also beneficial for people recovering from illness as it helps support and speed up the healing process.

The benefits of EnergyMel can be first felt within just half an hour of taking the supplement. The supplement is also safe for long-term use as it is completely natural.

The botanicals in the feed for the EnergyMel bees include:

Panax Ginseng

Revered in traditional Chinese medicine, Panax Ginseng is a powerful adaptogen, allowing the body to better cope with change and external pressures. It also helps to stimulate the body, aiding recovery following illness.

Broadleaf Plantain (Soldier's Herb)

Historically used as a battlefield wound healer and snakebite remedy, Broadleaf Plantain helps to boost the immune system and treat inflammation and infection.

Siberian Ginseng

Used in Russia and China as a tonic in times of pressure, research has proven that Siberian Ginseng helps to decrease levels of the 'stress hormone' cortisol. It also helps to boost the immune system and stimulate the body.

Scabwort

Scabwort helps to balance, support and enhance the body and immune system. It is also a

stimulant. Scabwort is very safe, even for the very young or elderly, and is especially recommended for people recovering from illness.

American Spikenard

A plant renowned for its detoxifying and stimulating properties.



EnergyMel costs £20.00 and is available from your local health shop or pharmacy nationwide or from www.nutricentre.com

Disclaimer: We do not in any way wish to promote EnergyMel as a treatment or cure for any illness or disease.

FHT's preferred supplier

Base Formula is the Federation of Holistic Therapists' preferred aromatherapy supplier, supplying premium grade essential oils, carrier oils, pre-blended massage oils, hydrolats, cosmetic bases and aromatherapy sundries. They supply only the purest quality oils that are subject to regular testing and verification at independent laboratories and they use only responsibly sourced, fair trade ingredients and environmentally sound packaging. Their products are made in England and are

paraben and synthetic free, vegan friendly and are not tested on animals.

Base Formula offer 10% discount to all registered FHT members.

Call 01664 501110, email info@baseformula.com or visit www.baseformula.com



The latest buzz...

In the UK a shocking 4 in 10 of us admits to suffering from digestive discomfort. Thankfully turning to honey is a fantastic natural solution. GastroMel, developed by a Russian Doctor, is engineered to the point whereby the bees are fed a diet of powerful herbs which balance and soothe the digestive system. Just one teaspoonful twice a day can soothe away digestive discomfort including IBS. GastroMel contains propolis, one of nature's strongest antibacterial substances, and also kills the helicobacter pylori bacteria which causes stomach ulcers and gastritis – and it's natural to boot which means a higher level of good bacteria is maintained! GastroMel costs £25.00 and is available from your local health shop or pharmacy nationwide. www.lifemel.co.uk



The hot list

the pick of the best

Stable and effective for longer

Omega 3 is probably the single most important supplement you can take. Recent research in the official scientific journal

of the American Academy of Neurology, shows a diet rich in Omega 3 and vitamins may protect the brain from ageing and Alzheimer's. Scientifically proven Paradox is a unique high quality blend of omega 3 fish oil protected by powerful polyphenols antioxidants, this means that Paradox omegas remain stable and therefore more effective for longer. Paradox the Experts in Omega 3. Paradox has a complete range for all the family, liquid £13.50 225mls, capsules £14.99 60x1000mg, school chews Available from health stores and pharmacies across UK & Ireland. **For more info visit www.paradoxoil.com**



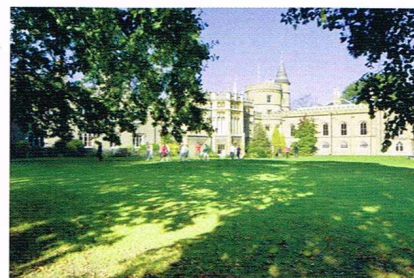
Re-establish and re-balance gut microflora

Bio-Kult is a unique, multi-strain probiotic with 14 strains of beneficial bacteria, expertly formulated to help maintain healthy digestive and immune systems. The beneficial bacteria in Bio-Kult helps to re-establish and re-balance your gut microflora. Bio-Kult can help with specific tummy troubles such as: antibiotic associated diarrhoea, traveller's stomach, atopic dermatitis, leaky gut syndrome, irritable bowel syndrome (IBS) and inflammatory bowel disease (IBD). Bio-Kult is suitable for vegetarians and can be swallowed whole or pulled apart and mixed with food or in a drink. **www.bio-kult.com**



Courses to suit all circumstances

St Mary's University College in Twickenham offer short courses in sport, health and complementary therapies. Courses in massage, aromatherapy, reflexology, gym instruction and personal training carry dual awards including Higher Education credits. There are a series of 1-day taster workshops this Autumn and courses start throughout the year. Courses run during the evening, weekend and daytime to suit all circumstances. There is also a free taster session on Saturday 1st September 2012. **For full course details visit www.smuc.ac.uk/shortcourses or email shortcourses@smuc.ac.uk**



PRODUCT showcases

HFB's guide to digestive health products for your store

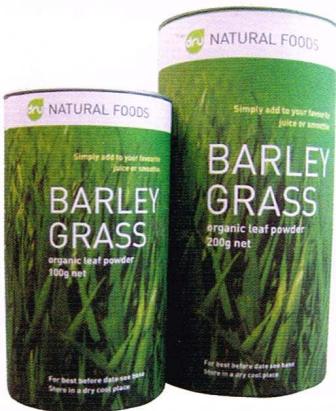
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For more information contact Nu Vitality on 01650 521 382.

DIGESTIVE SUPPORT



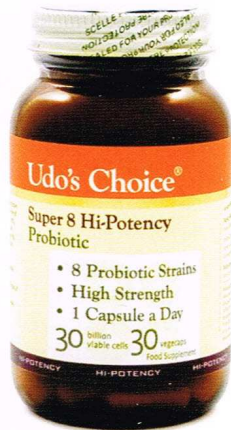
Organically-certified New Zealand barley grass powder containing a wide range of nutrients as well as enzymes, chlorophyll and trace elements. A classic green superfood, it is alkalising, balancing and nourishing. Being easily digestible, Barley Grass is a fantastic complement to a healthy diet. Simply add to your favourite juice or smoothie. £9.25 for 100g – one month's supply, or £16.75 for 200g – two months' supply.

Call 01248 351562, email:

info@druhealth.com or see our customer success stories at www.druhealth.com

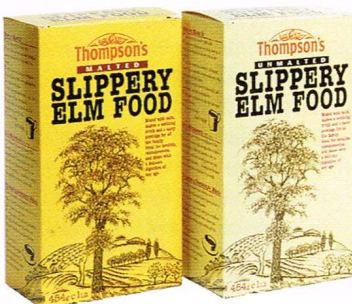
KEEP A SPRING IN YOUR STEP WHATEVER THE WEATHER!

When bad bacteria outweigh the friendly bacteria in our gut, health problems can arise such as gas, bloating, intestinal toxicity, constipation and malabsorption of nutrients. Udo's Choice Super 8s can help counter bad bacteria by providing 30 billion active bacteria* in every capsule and formulated using 8 strains of bacteria – this compares with just 10 billion in a typical yoghurt drink which contain only 1 to 3 strains. Udo's Choice Super 8s have been developed and tested to reach the intestinal tract safely and at full potency. *at time of manufacture



Available from Savant Distribution Ltd, call 08450 60 60 70 or visit www.udoschoice.co.uk

TICKS ALL THE BOXES

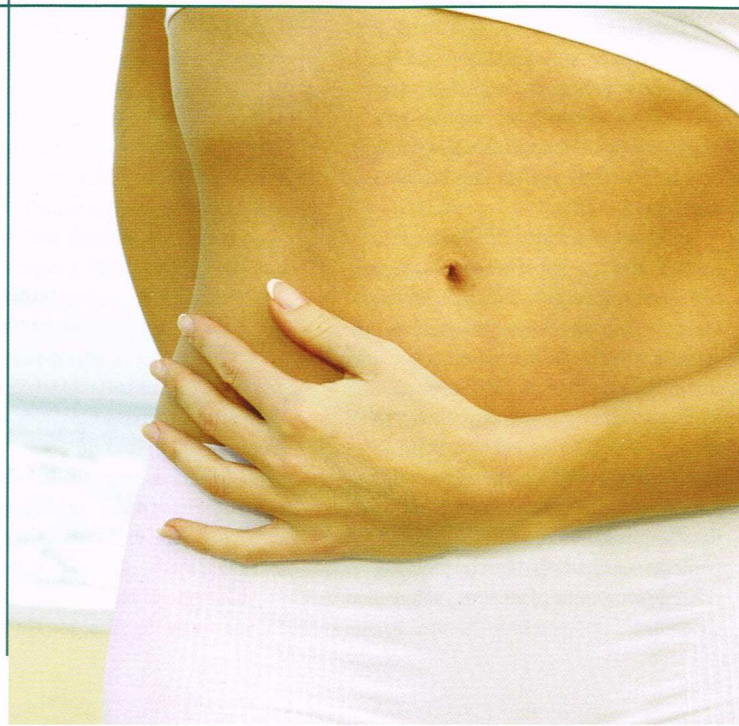


When one's digestive system needs help, THOMPSON'S SLIPPERY ELM FOOD ticks all the boxes

- A delicate stomach? [✓] As a tasty porridge is soothing and satisfying
- A complaining colon? [✓] Lines and protects the walls of the intestine
- Convalescence? [✓] Easily digested and sustaining

- No appetite? [✓] Normally very easily tolerated and enjoyed
- Need a good night's sleep? [✓] As a warm and nourishing drink helps unwind and relax into sleep

Remember THOMPSON'S SLIPPERY ELM FOOD has been enjoyed for generations by all generations. For repeat sales simply recommend THOMPSON'S SLIPPERY ELM FOOD. **For more information call 01453 840420 or visit www.sunshinehealth.co.uk**



Promotional Feature

The Natural Powers of Healing Honey

From Nu Vitality Products comes a range of Functional Honey, designed to aid a range of health complaints, all produced by nature's hardest workers - the humble honey bee.

The products, developed by Russian Doctor – Dr Alexander Goroshit - who devoted his career to researching how to further engineer honey to offer us key benefits, are fast and effective. These clever bees are fed a diet of powerful herbs which differs from product to product and is specifically designed to target particular health complaints – the active ingredients of the herbs then enter the honey they produce in an intense and pre-digested format which is very easy for the body to absorb, making the range effective and efficient.

LifeMel, the flagship product, is famous around the world for boosting immunity and stimulating the production of blood cells. LifeMel is therefore great for those who need to increase immunity or boost their blood count.

GastroMel helps to maintain a healthy digestive system; this product can soothe IBS, constipation and diarrhea by balancing the digestion system. GastroMel also contains Propolis, a substance made by the bees to coat the exterior of the hive to prevent infection from getting into the hive and is the strongest antiseptic found in nature. By adding this to the pure GastroMel honey made by bees feeding on anti-spasmodic and soothing herbs, your end product offers a soothing solution to all digestion related discomfort.

EnergyMel, made by bees feeding on herbs such as Panax and Siberian Ginseng, has been designed to

reduce tiredness and fatigue, will improve sharpness and give an all round boost. This product is used commonly by a wide range of people including those with busy lives, or for a pre-gym boost. EnergyMel is also particularly effective in boosting the system when recovering from a cold or flu.

RelaxMel, made by bees feeding on herbs such as Lavender and Hops, helps to balance the body, promote good sleep and soothe hypertension. Troubled sleepers should look out for this for an undisturbed good night's sleep.

LadyMel Day and Night kit; a day and night time honey which includes actives derived from the herbal feed that include Agnus Castus, Chamomile, Red Clover and Passionflower. LadyMel aims to balance the woman's body and to contribute to physical well being during menstruation and the menopause.

Only two 5g spoonfuls a day of the products on an empty stomach will help to soothe complaints.

Disclaimer: We do not in any way wish to promote the LifeMel Product range as a treatment or cure for any illness or disease.



Prices start from £20.00 and all products are available from your local specialist health food store or pharmacy or online from www.nutricentre.co.uk

Drift off for a night of
sweet dreams with new

Natural Health Promotion

RELAXMEL

Sleep, or, more importantly, a lack of sleep, is one of the most common modern health complaints. In the UK a staggering fifth of the population suffer from sleeping problems at some time in their lives, and only a measly 1 in 10 of us think we regularly sleep well.

Simple things like winding down before bedtime, avoiding certain foods and drinks, and a bedtime routine can help; however, for many people these techniques just aren't enough. Traditional medication can become ineffective if taken in the long term and can be addictive, so many people turn to natural remedies.

Thankfully a new solution has just arrived in the UK; RelaxMel, a 100% natural product made by the humble honeybee. Fed a special diet of powerful herbs, the bees produce a honey product which incorporates the active ingredients from these herbs which then act to balance the body, calm and balance the nervous system, stabilise sleep patterns and ease the mind of worries and tension.

This great new formula can also soothe and reduce hypertension, and help combat the symptoms of stress.

With exam season on the horizon a spoonful of honey could help millions of stressed out students drift off for a well needed night of sleep!

The herbs in the feed for the RelaxMel bees include:

Passion Flower – a natural sedative commonly used to treat insomnia in traditional medicine

Lavender – naturally carminative and sedative, this plant has significant properties in soothing the nervous system

Oats – another natural sedative shown to help combat fatigue associated with insomnia

Agnus-castus – a natural sedative

Golden hop – a natural sedative, widely used in traditional medicine for a wide variety of problems including insomnia and stress.

Within 30 minutes of taking RelaxMel the soothing effects start to take effect, and more severe problems will be improved within a week. To experience the full effects, RelaxMel should be taken on an ongoing basis to relax your mind and body and promote healthy sleep.



RelaxMel costs £20.00 and is available from your local health shop or pharmacy nationwide or from www.nutricentre.com

Disclaimer: We do not in any way wish to promote RelaxMel as a treatment or cure for any illness or disease.

You'll love it too!
www.janeyleegrace.com
Janey loves



Bee prepared ! Janey Lee Grace looks at some therapeutic and tasty uses of honey.

Not all honey is the same ! Try raw untreated wildflower honey, tastes great and can be used therapeutically.

www.janeyleegrace.com

Janey Lee Grace

Author, TV Health Expert

www.janeyleegrace.com

TIANA WILDFLOWER HONEY

www.tiana-coconut.com



Honey can help with a holiday tummy !

LIFEMEL GASTRO MEL

www.nuvitalityproducts.com



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All the benefits of bee's on the go
BEE PREPARED MAX IMMUNE SUPPORT

www.unbelievablehealth.co.uk

Best Supplements & Remedies

healthy awards 2012

VOTE for your favourite Supplements & Remedies online at www.yourhealthyliving.co.uk

For details on how to vote by post, turn to page 23.

Balance your immune system

Potter's Elixir of Echinacea Plus helps to relieve symptoms of common cold/flu type infections and minor skin conditions. This pleasant-tasting preparation contains a combination of three herbs: Echinacea angustifolia, Wild Indigo and Fumitory. Always read the label.

www.pottersherbals.co.uk



Effective but gentle!

Lepicol has been a firm health food store favourite for many years and continues to help keep bowels healthy – naturally. This three-in-one combination includes soluble plant fibre known as psyllium husks, inulin (prebiotics) and probiotic cultures.

www.lepicol.com

Healing honey

LifeMel Honey is based on bees feeding on medicinal herbs and has been used successfully to boost immunity. Research has shown that the product may help to stimulate the production of blood cells, therefore supporting iron levels.

www.nutricentre.com



Symprove your health

Symprove multi-strain liquid probiotic quickly delivers 10 billion+ bacteria, just where they are 'naturally' needed, in perfect condition, due to its Unique Delivery System. The product is non-dairy and gluten-free.

www.symprove.com

The very clever enzyme

SerraEnzyme serrapeptase helps to support the health of the heart, lungs, arteries, joints, colon, digestive system and much more! The product also assists with sports injuries.

www.goodhealthnaturally.com



Patented preparation

Pharmanord BioActive Q10 Ubiquinol uses a patented preparation with special light-proof and air-tight blister packaging. It benefits individuals who are less able to absorb ubiquinone Q10.

www.pharmanord.co.uk



A HELPING HAND THROUGH CHEMOTHERAPY

Patients experiencing the side effects of chemotherapy have been given hope in the form of a unique food product called LifeMel.

Developed with over 30 years of research, LifeMel is proven in a number of cases to boost immunity before, during and after chemotherapy. For many, the side effects of this cancer treatment can be devastating; however, LifeMel can offer significant support. Research published in the medical journal, *Medical Oncology* and hundreds of personal accounts stand as testament to LifeMel's success in helping people all over the world to maintain a better white blood cell count while on chemotherapy. LifeMel costs £37.50 for 120g and is available from your local health food store, pharmacy or by visiting their website:

www.nuvitalityproducts.com