

Foods Matter
29 June 2011
Unique Users: n/a
AVE: £100

'Free From' Supplements - New Products

Gastromel



The idea that honey is beneficial for the health is as old as history – sore throats, chest infections, open wounds, ulcers – the list of conditions that it can help are endless. (For just a few check out [this article](#).) But, using honey as a 'functional' food is a new idea.

However, that is what **Gastromel** are doing – feeding bees herbs which are known to relieve digestive problems so that the beneficial effects are transferred into the honey to synthesise with its own naturally curative powers, thus delivering a doubly effective dose when you eat it.

Even better, in a study carried out in the Migal Laboratories in Israel, the natural antibacterials contained in the honey, including propolis, appeared to be as effective as conventional antibiotics in controlling *Helicobacter pylori*.

The herbs that are included in the bees' feed are:

Alfalfa – a natural antiseptic, this herb is traditionally used to nourish and strengthen the body

Bay Leaf – popular in traditional herbal medicine to treat a variety of digestive problems, the active ingredients in the herb encourage excretion of digestive juices

Sage – a strong antiseptic, used traditionally to relieve pain

Angelica – treats spasmodic pains in the digestive tract

Hydrangea – used traditionally by North American Indians as a medication for kidney and bladder stones, this herb has an invigorating effect and encourages salivation

Indian Fig – an antispasmodic used traditionally as treatment for stomach and intestinal problems, in particular diarrhea, colic pains and IBS.

So, it is powerful stuff! Which means that you do not spread **Gastromel** on your toast, you use it as a supplement – 2 x 5g spoonfuls a day on an empty stomach, one morning, one night – which makes what appears to be a very high price of **£25 for a 150g jar** seem quite reasonable when compared with other supplements.

Gastromel is available from healthfood stores nationwide.

www.nuvitalityproducts.com

Bodyfit
June 2011
Circulation: 40,000
AVE: £138

GastroMel, £25, Holland & Barrett

It's estimated that a whopping 40 percent of us Brits suffer regularly from digestive discomfort, which leaves us feeling below par. Believe it or not, bees could have the answer! The bees producing this special honey are fed a diet of powerful, tummy-taming herbs, like alfalfa, sage and Indian fig. This creates a blend with potent antibacterial and antifungal effects, and taking two spoonfuls daily can relieve IBS, indigestion, constipation and reflux issues within a week. The taste is not unpleasant, but you probably won't fancy dolloping it on your porridge! It is worth it, though, if you want to avoid the misery of tummy troubles.



Better
TotalNutrition

body BOOST

SOME Assistance PLEASE!

A supplement can make a useful addition when you're training hard...

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Nordic Naturals Complete Omega 3,6,9-D, £14.68, nutriceutro.com

Worried that you're not getting enough good fats in your diet? Try taking these omega-3 capsules, which support healthy joints, keep skin and hair supple as well as cardiovascular health and brain function. You can choose from three softgels or try it in the liquid form instead, and both types contain natural vitamin E so you have a mild flavour.



Power Health Dandelion Capsules, £14.99, powerhealth.co.uk

Dandelion is excellent for liver cleansing, which can help to lift your energy levels and encourage clearer skin. It's also great for your digestive system and for helping to combat water retention. So, if you want to look your best on a beach this summer and you haven't acquired a taste for dandelion tea, try taking these capsules instead.



Better You TotalNutrition, £18.30, Holland & Barrett

Finishing the energy to fit work commitments, family time, an exercise routine and a social life into your hectic schedule isn't easy, and if you're not careful, it could take its toll on your health. This organic, raw food supplement is an ideal way to make sure you are getting a top mix of nutrients to optimise your energy levels. With food-stone ingredients, like pre-sprouted cereals, flaxseed, hemp and no nasties, it's a brilliant health-boosting all-rounder. Simply blend it with water, juice, or into smoothies and drink in between meals to keep you feeling on top form.



ADerma Cold AntiPain Thrombolytic Balm, £15.95, highernature.co.uk

Help prep your skin for summer's onslaught of aging UV rays with these capsules. Each one contains 4mg of astaxanthin, which is said to be more powerful at guarding against free radical damage than vitamin E, and one of the most potent antioxidants around. Taken daily, astaxanthin has been shown to support skin structure and provide protection from sun exposure. So, help ward off premature wrinkles with a daily dose of this supplement. But, don't forget to slap on some SPF30 when you're working out in the sun, too!



"FINDING THE ENERGY TO FIT WORK COMMITMENTS, FAMILY TIME, AN EXERCISE ROUTINE AND A SOCIAL LIFE IN TO YOUR HECTIC SCHEDULE ISN'T EASY"

Yoga
June 2011
Circulation: 90,000
AVE: £100



HEALING HONEY

LifeMel is a unique food supplement that has been developed with over 30 years of research and has been cited in a number of cases as boosting immunity before during and after chemotherapy. LifeMel is 100% natural and produced by honeybees in Israel, which are fed on a specific diet including selected herbs such as Siberian ginseng, echinacea and calendula. LifeMel has been shown to improve low white blood count, a common side effect of chemotherapy. LifeMel costs **£37.50** and is available through pharmacies and health shops nationwide.

what's hot



LOVE YOUR SKIN

The effectiveness and safety of silicone gel in the treatment and prevention of scars is well documented, and the leading product Kelo-cote® has been used for many years by doctors and surgeons when treating and managing scars. Kelo-cote® is an innovative patented silicone gel which softens, flattens and smoothes scars, reduces redness and relieves the itching and discomfort associated with scars. Now available over the counter, Kelo-cote® is safe for use on all kinds of skin, including sensitive skin as well as children, and can be applied under cosmetics or sunscreens without leaving any residue. Kelo-cote® is available from pharmacies or via kalo-cote.co.uk. Prices start from **£29.99** for a 4g tube.



YOGA IN GREECE

For the 4th year in a row, SemperViva Yoga is running their renowned Teacher Training programme and Summer Yoga Retreats on the beautiful island of Mytilini in Greece. Mytilini is a hotspot for seekers of peace. It is an island of dreams, that lets you leave the modern world behind and slow time down. Known as the birthplace of Aphrodite, goddess of love, Mytilini's natural rugged beauty makes it the ideal destination for your journey into the world of yoga. Here, you will enjoy a picturesque fishing village amongst coves, where you can enjoy the fresh local fish and sun-soaked Mediterranean beaches. Just as Mytilini has long been an island of pilgrimages, SemperViva Yoga Retreats and Teacher Training are a pilgrimage into the true self. For more information visit yogaretreatgreece.com



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NOT TO BE SNEEZED AT

Weleda have launched two natural health products to help alleviate the symptoms of hay fever. Containing organically-grown aloe vera which provides a long-lasting moisturising effect, the soothing rhinoderm nasal spray (**£5.95**) is designed to clear nasal passages, calming irritation along the way. The spray can be used from the ages of 3 months up to 65 and throughout pregnancy.

Weleda's Mixed pollen 30 homeopathic remedy (**£6.95**) contains a comprehensive mixture of the plant pollen most commonly known to trigger hay fever according to the homeopathic principle that 'like cures like'. Weleda have also combined the two products in a special hay fever pack for **£8.95**. weleda.co.uk



Natural Products



1 Products that Social Network!

Keeping in touch with friends on Facebook or checking celebrity tweets is a sign that you're keeping up to date with social networking. Now you can check in with alternative healthcare products. The fabulous skin product Rio Rosa Mosqueta Oil has just launched its own Facebook, Twitter and blog sites! You can blog about your experience with the product or discover what other people think before making a purchase.



Facebook: www.facebook.com/pages/Rio-Rosa-Mosqueta/134533596610948



Twitter: www.twitter.com/RioRosaMosqueta

Blog: www.naturalrosehipoils.co.uk

2 Honey for Chemotherapy

A low white blood cell count is a common side effect of chemotherapy which leaves sufferers open to developing illnesses. LifeMel honey is produced by honeybees fed a special diet including herbs such as Siberian ginseng, echinacea and calendula. Research published in *Medical Oncology* shows that LifeMel Honey helps maintain a better white blood cell count during chemotherapy and apparently LifeMel can boost immunity before, during and after chemotherapy. So the saying is true...a

spoonful of sugar...

* LifeMel costs £37.50 and is available through pharmacies and health shops nationwide.

3 Beauty Donations for Save the Children

Australian natural beauty brand 'Sasy n Savy' has decided to donate £1 for every product sold from its new website www.sasynsavy.co.uk to Save the Children. These donations go directly to the Save the Children's Wish List which consists of essential educational items for children around the world. £12 can put textbooks in children's hands and £53 is enough to provide all the educational equipment a school needs. A mighty fine reason to cleanse, tone and moisturise!

- * Pure Crème Rose Geranium Cleanser £25
- * Rose Petal Balancing Toner £25
- * SPF15 Skin Firming Crème £32

4 Help for Hay fever

Don't let itchy eyes, runny nose and constant sneezing ruin your summer. Better by Nature has developed a beautiful and innovative range of bio-energy vibrational essences. The '8 Weeks To A Better You' course of Preparing Remedy (weeks 1 – 4) and Caring Remedy (weeks 5 – 8) provides sensory support

and hormonal balance which helps stop the immune system from over-reacting to pollen. Hay fever sufferers could see an improvement in less than seven days!

* Better by Nature Caring Remedy No.4 costs £39.85 available from www.betterbynature.com

5 Fake, but natural – Tantasia!

Skin cancer is on the rise and warnings about sunbed use and sun exposure should be taken seriously. However, many fake tans are packed full of chemical nasties. Natural cosmetic company Jane Iredale has recently launched a natural fake tan which contains four key ingredients – acetyl tyrosine, monk's pepper, copper gluconate and dihydroxyacetone which stimulate melanin and accelerate skin colouring for a natural sun-kissed look without time in the sun.

* Tantasia £24, available from www.janeiredale.com

CAMlifestyle keeping you up to date with the latest new natural products

- ✓ Novel Foods and Drinks
- ✓ Nutritional Supplements
- ✓ Herbal Formulas
- ✓ Beauty Products