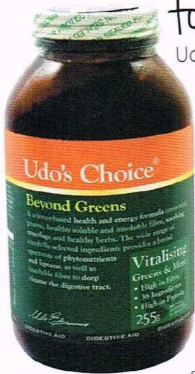


top picks

Far beyond a super greens formula



Udo's Choice Beyond Greens provides an easy-to-use blend of the finest green foods but goes far beyond a super greens formula. Greens are the foundation of good health and our daily diets often lack enough servings of fresh green food due to hectic lifestyles or diet choices. Udo's Choice Beyond Greens gives a whole food boost to energy, vitality and health – the formula contains greens foods, essential fatty acids, omega-3 and 6, soluble and insoluble fibre, whole food concentrates, antioxidants and phytonutrients plus digestive enzymes. Available from your local health food store.

For more information visit www.udoschoice.co.uk

Slimmer, calmer and fitter



Get slimmer, calmer and fitter this season with a warm cup of lovely Teasan Matcha, packed with ultra-high concentrations of antioxidants and L-theanine. It'll boost your energy and metabolism, hence aiding weight loss, elevating your mood whilst keeping you calm, fighting cold and 'flu viruses as well as the effects of skin ageing. Drinking 3

cups burns as much energy as 10mins of intense aerobics! Only Teasan's Extra Premium Grade Matcha is made from expertly hand-picked tea shoots, which gives it its unique luxurious flavour. They believe it's the best Matcha you can get in the UK today!

For more information visit www.teasan.co.uk

Cherries for active lives!

CherryActive Concentrate and Capsules are made from 100% Montmorency cherries, using special techniques to optimise their powerful, natural, antioxidants! Taken by health-conscious and active consumers and recommended for Joint Mobility;

Muscle Recovery; Sleep Patterns and Antioxidant Power! For more

information call Cherry Active on 08451 705 705 or visit www.cherryactive.co.uk



A natural energy boost

Boost your energy during times of stress with help from EnergyMel, a natural supplement made by some of nature's hardest workers, the humble honey bee. The bees are fed a diet of powerful plants with known energising properties. The active ingredients of the botanicals are intensified in the hive, resulting in a natural supplement containing the combined energising health benefits of the individual herbs. The benefits of EnergyMel can be first felt within just half an hour of taking the supplement. EnergyMel costs £20.00 and is available from your local health shop or pharmacy nationwide. For more information call 01650 521 382.



Full of natural goodness



G&G's Organic Essential Food is a green superfood full of natural goodness. It contains barley grass, pre-sprouted barley, flaxseed, quinoa, bilberry fruit, carrot, turmeric, kelp, apple, ginkgo biloba leaf and spirulina; suitable for vegans and vegetarians, naturally rich in calcium, potassium, selenium, magnesium and zinc and

an excellent source of fibre and Omega 3 fatty acids. No wheat, yeast, gluten, lactose and no added sugar, it's also preservative-free with no artificial colourants. Add one or two scoops to your morning juice, ideal for the energetic day ahead!

Quote code NLS01 for £5 off 600g tub of Essential Food. Call G&G Vitamins on 01342 312 811 or buy online at: www.gandgvitamins.com

Natural energy boost

Dwindling energy ranks among the most common health complaints these days, and is where natural solutions really come into their own. **Rachel Symonds** explores the options.

The number of brands and products that have made their way onto the health market targeting low energy levels has grown rapidly in recent years. This is clearly responding to demand, with many health food retailers reporting energy as one of the key health concerns people come in store seeking help for.

There is no getting away from the fact that life today is fast-paced, with little or no downtime for many of us. We also live in a convenience culture, often grabbing food on the go, thereby missing out on a nutritionally-balanced diet. We have also become more reliant on stimulants to get us through, whether caffeinated drinks, sugary snacks or alcohol at the end of a day.

Shona Wilkinson, Nutritionist for the brand Superfoods, commented: "Lack of energy is an extremely common health complaint. This is due to a variety of reasons but poor diet and stress are often the cause. It is worth bearing in mind that stress can be physical, emotional and mental. We seem to live in a faster-moving world nowadays, where stress is commonplace and has almost become accepted. We have to consider how this stress can impact our health, though."

Xynergy specialises in a range of superfood supplements, and the company's Brian Morris added: "Although there are no reliable statistics, lack of energy, waking up tired and poor sleeping pattern are common complaints. Stress, worry, overwork and lack of emotional support structures are chief causes, so it has to be a major problem, particularly in western societies."

Because the reasons are so mixed, it can be hard to pinpoint exactly why so many of us are feeling fatigued.

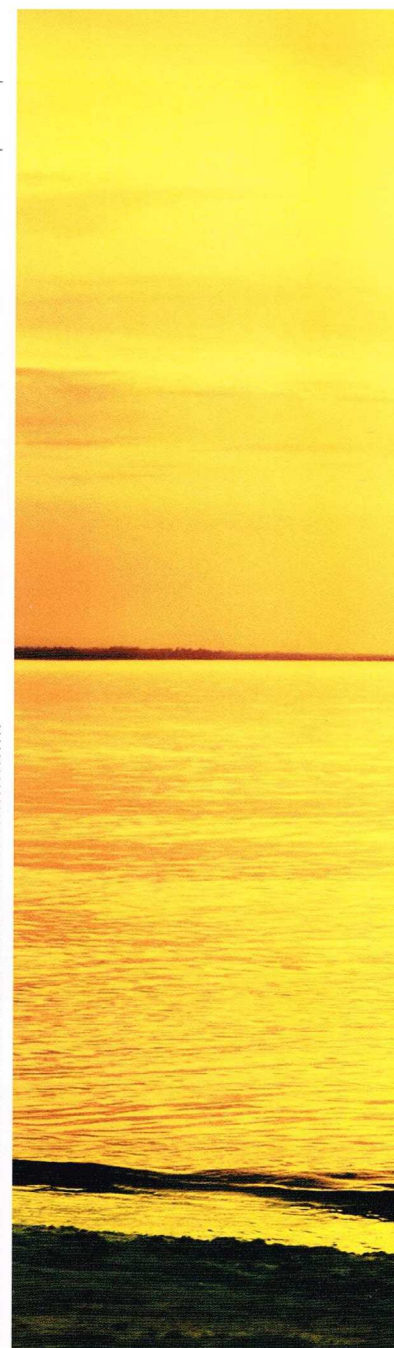
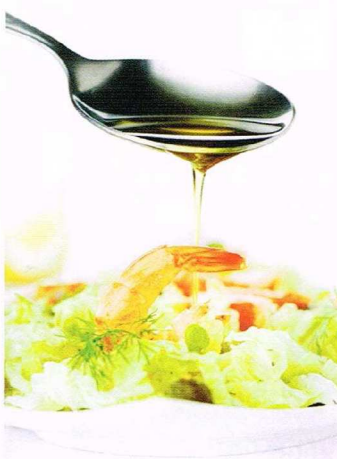
"There are many factors that can contribute to low energy, including lack

of sleep, poor diet, not drinking enough water, drinking alcohol, iron deficiency and lack of exercise. Low energy can have a serious impact on modern day society, with it reducing productivity at work, and even resulting in absentees in the workplace," Anne Weber, Assistant Brand Manager for natural iron supplement, Spatone, pointed out.

Leanne Combrinck, Sales Director at Nu Vitality Products, which boasts the LifeMel and EnergyMel products in its portfolio, agrees, commenting: "In today's society, people are under a lot more stress in general. Modern living, high-pressure jobs and nightmare bosses lead to high stress, leading to low energy, coupled with looking after a family with both parents working. People are pushing their bodies to the limit."

And Ekaterina Igumentseva, founder of Simply Organic Europe, which has the Organic Burst range within its portfolio, added: "This is a huge problem in modern society – office workers go through several cups of coffee a day to keep themselves alert, sometimes as often as every hour."

"Modern living, high-pressure jobs and nightmare bosses lead to high stress, leading to low energy, coupled with looking after a family with both parents working. People are pushing their bodies to the limit."



Eating for energy

The link between the food we put into our bodies – our fuel – and our energy levels is pretty obvious, yet day-to-day, it's easy to forget to eat for energy.

Udo Erasmus is an authority on essential fats, having created the Udo's Oil range of nutritional products. He explained that we must look to our diet when it comes to energy.

"Many people see a lack of energy as just a part of everyday life and accept it as something we have to cope with but in the majority of instances this is not the case. In all fields of study, from engineering to physics, energy has a source and this is no different when it comes to human energy. The energy has to have a fuel source and this is our food. So, when we feel a lack of energy, in most instances we need look no further than our food intake. It is an imbalance of different food groups that



“People have begun to rely on fast or ready-made foods, which don’t contain vital nutrients the body needs to create the energy they require to combat and manage the stress of everyday modern living. It’s a vicious circle.”

can cause our energy to further fall,” he explained.

“When we lack energy, the body begins to crave fuel and the quickest and most convenient source of fuel is carbohydrate. We are surrounded by carbohydrates in supermarkets, cafés, corner shops, canteens, street vendors and markets, so it is not surprising that we reach for the nearest carbohydrate snack or meal we can find. This gives the body a very quick-burning energy source so we feel energised for a short period of time. However, once the energy from these carbs is burned the body runs out of fuel once again and our energy slumps until we feed it again.”

This can lead to inconsistent energy levels, as well as cravings, weight gain, insulin spikes, mood swings and inconsistent sleep patterns.

“Our diet definitely plays a key role

in maintaining high energy levels throughout the day, as certain foods give energy highs, followed by an energy slump, rather than providing sustained energy levels throughout the day,” Weber said. “Good nutrition ensures you have consistently high energy levels throughout the day.”

Combrinck added: “People have begun to rely on fast or ready-made foods, which don’t contain vital nutrients the body needs to create the energy they require to combat and manage the stress of everyday modern living. It’s a vicious circle.”

Ideal foods for energy include nuts, which are rich in protein and good fats, essential for slow energy release. Green vegetables are important, as are protein-rich grains such as quinoa, brown rice and barley. Iron-rich foods such as green leafy vegetables, for example spinach, liver,

meats, seafood, beans, whole grains, nuts and cereals are advisable while vitamin B12 from meat, poultry, fish, eggs, and milk, is a good idea.

Wilkinson advised: “We are better off eating foods which release their sugar into the bloodstream in a slow-releasing manner. This will give us a longer lasting, steady release of energy. Avoid sugary foods, processed foods and junk food and instead concentrate on increasing your intake of vegetables, oily fish and eating fresh, seasonal foods.”

Combrinck said: “Green vegetables contain high levels of chlorophyll, energy they have gained from sunlight, which is vital to providing the body with necessary antioxidants.”

Weber reminded of the importance of grazing, not gorging, ensuring people eat breakfast, lunch and dinner plus a mid-morning and mid-afternoon snack. ▶

► In each meal, it's advisable to combine slow-releasing carbohydrates such as fruit, vegetables, brown rice and good protein. Eating five or more portions of fruit or vegetables per day should be followed, as should drinking six to eight glasses of fluid a day, and keep in mind that alcohol will deplete energy.

Combrinck reminded: "Seeds are also great – flaxseeds and the less widely-known chia seeds are fantastic as they are high in omega essential fatty acids 3 and 6 when added to cereals or salads."



Super charge

Superfoods are undoubtedly a great choice for low energy levels and there are plenty you can recommend.

"Superfoods are rich natural sources of nutrients that are fully absorbed by the body. The synergy between various compounds in superfoods ensures their optimum effect and bioavailability, hence often the results from taking them are visible within a short time," Igumentseva said.

Açai increased in popularity a few years ago, and has remained a good choice for boosting energy.

"Açai is an Amazonian berry with a very high level of antioxidants, fibre and essential fatty acids. Antioxidants in açai have been linked with an increase in energy and stamina," Igumentseva explained, adding: "In the 1990s, the surfers off the coast of Brazil noticed that consuming açai gave them sustained energy levels and furthermore, they could

"To break the exhaustion cycle, try taking a B vitamin complex first thing in the morning, as B vitamins are involved in energy production and support energy release. This will help you to maintain more consistent energy levels, rather than the energy highs and lows experienced from caffeine."

maintain these levels for long periods of time without eating."

For Morris, it's all about spirulina.

"The one single supplement to combat fatigue has to be spirulina, owing to its broad vitamin and mineral content, including a good level of iron."

Maca is a great superfood hailing from the Incas.

"It has two groups of unique compounds; the macamides and the macaenes. These agents are believed to be directly responsible for maca's energy-boosting powers and for normalising our steroid hormones such as testosterone, progesterone and oestrogen. Nowadays, many athletes take it for endurance and stamina," Igumentseva pointed out.

Another growing in popularity is baobab, an African fruit.

"It has a revitalising effect, great for immune system and digestive tract. Its powder has more vitamin C than an orange and exceeds the calcium content of milk. Baobab is also rich in fibre, potassium, magnesium and iron. Vitamin C in baobab helps reduce free radical damage, increases iron uptake and improves conversion of food into energy," Igumentseva added.

Supplement your diet

There are vast numbers of people that can be deficient in important vitamins and minerals, whether that's through poor diet, illness, age, or by taking part in too much sport.

There are nutrients that are crucial to energy levels and if people are not getting these in adequate amounts through their diet, they should be encouraged to look at supplementation.

"Supplements are an effective way to help increase your energy levels," Wilkinson explained.

B vitamins are one of the most important.

Weber recommended: "To break the exhaustion cycle, try taking a B vitamin complex first thing in the morning, as B vitamins are involved in energy production and support energy release. This will help you to maintain more consistent energy levels, rather than the energy highs and lows experienced from caffeine."

Iron too is absolutely critical for energy and many people who find they are feeling exhausted and fatigued often discover it's because their iron levels are too low.

"Iron is an essential mineral for the human body and is required to transport oxygen around the body and support energy release. A lack of iron can cause fatigue and low energy, so low iron levels could be the cause of exhaustion," Weber suggested. "It is difficult to get enough iron from your diet as the body finds iron hard to absorb, so a natural liquid iron supplement can be beneficial for improving energy levels."

Morris encouraged retailers to be aware of anaemia.

"When fatigue sets in, the diagnosis is often anaemia. This condition results when red blood cell count falls, usually a consequence of poor diet, particularly vitamin and mineral deficiencies," he said. "Anaemia is a lack of red blood cells, usually as a result of iron deficiency. Iron plays a part in producing red blood cells (haemoglobin), and red blood cells help generate energy. B vitamins including B12 (also haemoglobin production), folic acid and biotin also boost vitality."

Keep in mind coenzyme Q10, another incredibly important nutrient for energy.

"Coenzyme Q10 is an essential component of mitochondria – the energy-producing unit of the cells of the body. It is involved in the manufacture of ATP, the energy currency of all body processes," Wilkinson explained, adding: "Ginseng is also extremely beneficial – it is an adaptogenic herb which is known to increase energy and relieve stress."

The fat factor

For Erasmus, essential fats are the cornerstone of good health.

"One of the most potent and healthy sources of energy is from the essential fats omega 3 and 6," he explained. "When taken in enough quantity and in the right ratio these 'healthy' fats switch on the body's fat-burning mechanism and switch off fat production. Fat burns a lot slower than carbohydrate and provides a source of energy, which remains stable and keeps us feeling full for longer, thus avoiding energy slumps, cravings, mood swings and insulin spikes. If we have a healthy 'food oil foundation' (the amount of fats that we consume in our daily diet), then this transforms into energy."

Erasmus pointed out that around half our daily intake of fat – daily intake being between 70-100g – is damaged, unhealthy fat.

"Reducing our reliance on carbohydrates and replacing damaged fats in our diet with 'healthy' fats will provide a powerful fuel source for our energy," he added. **hfb**

HONEY HELPERS

Combrinck pointed to apitherapy, which involves the study of how products from the beehive can aid health.

"Many religions believe that we were given the beehive to sustain life and it is true that honey contains all the substances necessary to sustain life, including enzymes, vitamins, minerals and water," she explained. "It is also the only food that contains 'pinocembrin', an antioxidant associated with improved brain function."

However, to address specific problems, Combrinck explained that it comes down to what the bees have made the honey from.

Dr Alexander Goroshit, a Russian doctor, devoted his whole career to researching how to enhance

the benefits that honey offers and discovered, over 30 years of extensive research, that by feeding the bees medicinal herbs he could develop a range of honeys that combat specific health complaints. EnergyMel is one of the products and has been specifically developed to combat chronic fatigue.

These bees will eat a range of herbs, including panax and Siberian ginsengs, a powerful adaptogen, broadleaf plantain (soldier's herb), which helps boost the immune system and treat inflammation and infection, scabwort, which helps balance, support and enhance the immune system, and American spikenard, a plant renowned for its detoxifying and stimulating properties.

THE ENERGY POWERHOUSE!

Udo's Choice Ultimate Oil Blend provides all the Essential Fatty Acids (EFAs) Omega 3 and 6 our body needs to perform at its best. Udo's Oil has become an essential part of the diet for some of Britain's top endurance athletes including World Champion, Helen Jenkins.

Ideal for Endurance Sport as the EFAs offer sustained energy unlike quick burn energy from carbohydrates. Cyclists have reported up to a 60% increase in endurance when including Udo's Oil in their diet. Faster Recovery as the EFAs enables muscles and joints to deal with inflammation more effectively. **For further information visit www.savant-health.com or call 08450 60 60 70.**



NEW! COMPREHENSIVE ENERGY SUPPORT



MitoGuard™ is a synergistic combination of coenzyme Q10, N-acetyl-cysteine and Korean ginseng in a capsule which may assist mitochondrial protection. MitoGuard™ also contains N-acetyl carnitine, vitamin B1 and vitamin B2 to provide cofactor support to mitochondrial function, and NADH to provide ATP energy to the brain, nerves, muscles and the heart. It is ideal for a blood sugar balancing diet and adrenal health support. RRP £29.95 for 60 capsules. **Call 0121 433 3727 or visit www.biocare.co.uk**

POTENT ENERGY BOOSTERS

Organic Burst superfood supplements are potent energy boosters. Organic Burst Açai is an Amazonian berry that does wonders for the skin and body; its potent antioxidants have been scientifically linked to an increase in energy. Organic Burst Maca has two groups of unique compounds: macamides and macaenes that are responsible for maca's energy-boosting powers and normalising hormones such as testosterone, progesterone and oestrogen. Organic Burst Spirulina is high in iron, chlorophyll and Vitamin B12 that promote energy metabolism. Organic Burst Baobab is a new superfood from Africa with revitalising and immune-boosting effects, high in Vitamin C and iron it also increases iron uptake. **For more information call Organic Burst on 07825 837260.**



NEED EXTRA SUPPORT?

There are times when you need extra support for energy release and daily vitality. Iron contributes to normal energy release from food, so safeguarding your iron levels with a supplement can help ensure your body has enough essential iron. Vitabiotics Ferroglobin Plus is a gentle liquid iron supplement designed to support energy release. It contains iron, B complex vitamins and minerals, together with nutrients such as Siberian ginseng, and co-enzyme Q10. Vitabiotics Ferroglobin Plus RRP £8.50.

For more information call Vitabiotics on 020 8955 2600 or visit www.vitabiotics.com



KNOWN ENERGISING PROPERTIES



Boost your energy during times of stress with help from EnergyMel, a natural supplement made by some of nature's hardest workers, the humble honey bee. The bees are fed a diet of powerful plants with known energising properties. The active ingredients of the botanicals are intensified in the hive, resulting in a natural supplement containing the combined energising health benefits of the individual herbs. EnergyMel Retail at £20.00 and is available from Nu Vitality Products

who are the exclusive distributors for the entire LifeMel Product Range www.nuvitalityproducts.com. **For more information please contact Nu Vitality Products on 01650 521 382.**



FEEL ENERGETIC AND STAY HEALTHY

The lack of B-vitamins can cause fatigue, dizziness, memory problems, and lead to other ailments. B-Vital™ unique formulation contains B-vitamins, one of the most important vitamins for energy. It helps to metabolise carbohydrates, the body and brain's main source of fuel. B-Vital™ helps with concentration and alertness, invigorate and energise body and mind making it a healthy alternative to caffeine and artificial stimulants. B-Vital™ retails at £6.49 for 20 effervescent tablets. **Call HealthAid Ltd on 020 8426 3400 or visit www.healthaid.co.uk**

Healing honey: your holiday essential

When you're packing for your holidays, be sure to include some honey in your bag. Its healing powers could help to combat those niggling ailments threatening to spoil your fun...

From soothing upset tummies to calming pre-flight nerves, the healing properties of honey are vast. Containing approximately 150 biologically active ingredients, honey is increasingly being valued for its potent antibacterial and anti-inflammatory properties. It is now being recommended by the conventional medical community for the treatment of a range of health issues.

How does it work?

It is believed that honey contains enzymes that facilitate the release of hydrogen peroxide and gluconic acid in the body, which promote healing. Research in Israel in the 1970s found that bees feeding on plants with healing properties would produce a honey containing medicinal benefits. When a bee processes its food, a synergetic process takes place during the digestive process which intensifies the active properties of herbs and plants, increasing their effectiveness.



Travellers take note!

GastroMel is known to aid people suffering from severe bouts of diarrhoea. Mild symptoms can be relieved within a few minutes of taking the honey and more severe symptoms can be alleviated within 7-10 days.



RelaxMel can help to combat the symptoms of stress. So, if you are feeling anxious about boarding a plane for your holidays a spoonful of honey could help to calm you down and soothe those pre-flight nerves!

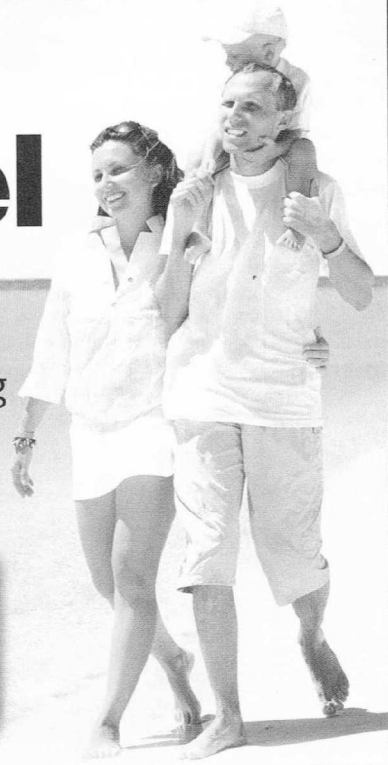


To find out more about the new range of 'targeted' functional honeys from Nu Vitality, designed to help alleviate common complaints, contact your local independent health food store.

HIGHER NATURE®
Nutritional Excellence

Healthy travel companions

A selection of our products great for travelling



For more information, please call:
Freephone: 0800 458 4747 • Nutritional advice: 0870 066 4478 • www.highernature.com
 Available at all good Health Food Stores.

Energise your life

SUMMER'S NEARLY HERE, AND RESEARCH SHOWS THAT IT'S THE SEASON WHEN WE ARE MORE ACTIVE. BUT WHAT DO YOU DO WHEN YOU HAVE NO ENERGY IN THE FIRST PLACE? ESTHER MILLS EXPLAINS.

Health research examining differences between the seasons shows that not only are we generally more active in the summer, but our diets change too

Thankfully, for most, this means a shift towards more fresh foods and a move away from the energy-draining, cold season stodge. Nutritionally, this is good news, as intakes of antioxidant vitamins increase, strengthening our immune systems and improving overall health.

Of course, increased sun exposure also raises our blood levels of vitamin D, which is important for bone health, and mental wellbeing too. But, sometimes – especially if we've been under mental or emotional stress, or if our diets are poor most of the time – extra help will be needed to increase energy levels.

BETTER DIET = MORE ENERGY

Our bodies do not have an endless reserve of energy. You get out what you put in.

If you're eating on the run, and then loading up with fat and sugar, the result is going to be erratic blood sugar levels and the resultant swings in energy levels.

There is evidence that long-term poor quality fats in the diet can lead to lethargy. That, coupled with not planning a balanced diet that is vitamin and mineral-rich, can lead to a diet disaster and very little energy.

Ironically, it's at these times of mental and physical stress that people often reach for sugar-laden drinks and snacks, which provide a temporary energy boost, but which are nothing more than

nutrient-empty calories with no real benefit.

It's true that if you are eating on the run, you're not going to get a chance to prepare a balanced gourmet meal and in these cases, you could consider a high-potency nutritional supplement. As well as this, look for combinations of essential fatty acids, including omega 3, 6 and possibly 9 in there too. It's important to maintain good quality fats in your diet.

If your diet is poor, the chances that you are experiencing digestive upset – whether diarrhoea or constipation – are high. Tackle this by having a probiotic formulation to provide your gut with good levels of friendly bacteria (vital for correct gut health) and possibly a supplement for constipation, aloe vera, senna or psyllium. You can't have optimal energy if your gut is laden.

UNDERSTAND FOOD

Get to grips with the effect that certain foods have on your diet. This will require planning, but if you get GI (glycaemic index) savvy, you will be able to make better food choices when you are out and about.

The principle of GI is to choose foods which will sustain you for longer, as they cause less fluctuation in blood sugar due to their sugar energy being released slower over time.

Generally, follow this rule; never have pure sugar foods such as sweets. If you're going to have high-sugar foods, always have them with some good quality fat (for example, don't just have dried fruits, have them with the good fat from nuts) or protein (don't have white toast and

jam, have wholemeal toast with jam followed by a yoghurt). This will stave off hunger, and, more importantly, will increase your nutritional status.

One word of warning; low fat isn't necessarily best, as many low fat foods are packed full of sugar. If you need to better control your blood sugar, you will need to be savvy when it comes to low fat foods – so be a label reader. Some low fat yoghurts, for example, have been known to contain almost an ounce of sugar per pot. That's a heavy sugar load in one go.

Sleep better

You can't expect to feel well if you have poor quality sleep. Easy to say, not quite so easy to do if you're finding that you can't fall asleep, or, if you can, that you're waking up in the night.

In times of recession, the NHS has flagged up a real concern about the increase in prescriptions for sleep medication. As a nation, insomnia is on the up. Tiredness through lack of sleep leads to poorer mental function, increased irritability and less tolerance. This in turn can lead to depression, so it's not to be taken lightly

Thankfully, sleep is one area where holistic medicine and natural

remedies excel. For hundreds of years, herbal formulations have been used to encourage healthy sleep, including passiflora, hops, and chamomile. Others, such as valerian, have been of interest to researchers, who know that it increases quality and duration of sleep. Good old-fashioned advice, such as never going to bed hungry, or drinking a lot before bedtime, is sound advice. A bowl of wholewheat or wholegrain cereal will see you through the night and drinking decaffeinated (or caffeine alternative) drinks after teatime is sensible for those whose minds don't settle or those

The latest BUZZ...

Natural Health Promotion

Apitherapy, the study of how products from the beehive can aid health, is becoming increasingly popular in this day and age as people become more aware of the importance of natural remedies.

In the UK a shocking 4 in 10 of us admits to suffering regularly from digestive discomfort, and many more suffer on in silence. The digestive system is one of the most crucial systems in our bodies – nourishing us and keeping us working at our best. Busy lifestyles limit our time to cook fresh, healthy food which balances cortisol levels in our bodies. Cortisol is released in response to stress activating anti-stress pathways so, in a nut shell, if we are lacking in a healthy diet due to our busy, stressful lives we are actually unable to effectively deal with the stress which eventually has a terrible effect on our digestive system, leading to low energy levels and feeling down - it's a vicious circle! A healthy diet also ensures higher levels of good bacteria in our system which aids and balances digestion as a whole.

Thankfully turning to apitherapy to help re-balance a stressed out digestive system is a fantastic natural solution. Good quality honey is believed to be naturally soothing and have antibiotic effects that can aid digestion; however, working with a product that has been specifically engineered for this purpose will give far better results. GastroMel, made by bees, is a natural solution to aid digestive woes. GastroMel, developed by a Russian Doctor, is

engineered to the point whereby the bees are fed a diet of powerful herbs believed to balance and soothe the digestive system – the active ingredients of the herbs enter the honey they produce, which provides 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.

In addition GastroMel is believed to have a natural antibiotic effect which kills the bad helicobacter pylori bacteria which cause stomach ulcers and gastritis – and it's natural to boot, which means a higher level of the good bacteria is maintained.

Mild symptoms can be relieved within a few minutes of taking GastroMel and more severe symptoms will be alleviated within 7-10 days. To experience the full effects, GastroMel should be taken on an ongoing basis to keep your tummy in tip top condition!

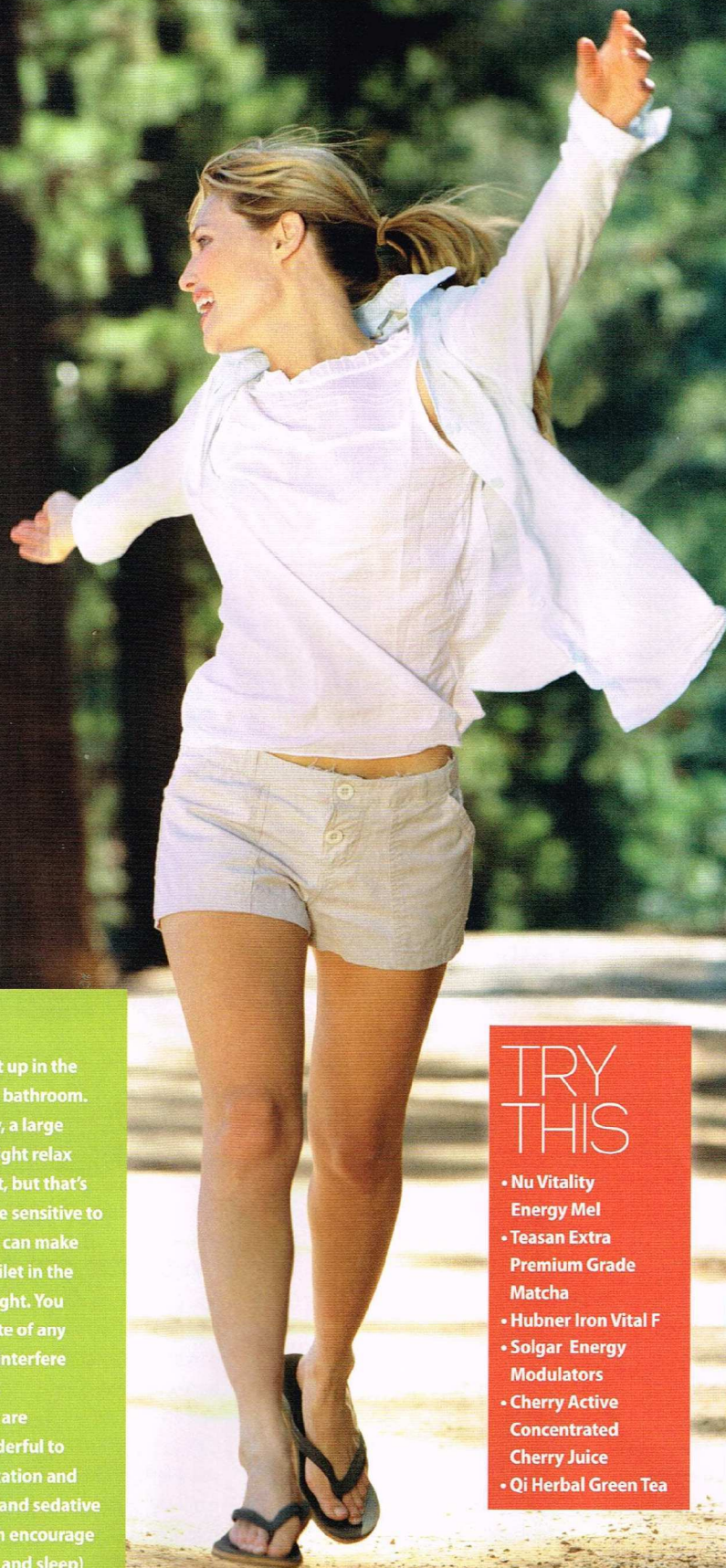
GastroMel also contains propolis, the resinous mixture that honey bees collect from tree buds, sap and other botanical sources. Propolis is the strongest antiseptic found in nature and is believed to help release tight muscles caused by nervous bowels, effectively relieving constipation.

The herbs in the feed for the GastroMel bees include:

- **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.



GastroMel costs £25.00 and is available from your local health shop or pharmacy nationwide or from www.victoriahealth.com



who need to get up in the night to use the bathroom. In the same way, a large glass of wine might relax you late at night, but that's no good if you're sensitive to diuretics, which can make you need the toilet in the middle of the night. You need to take note of any patterns which interfere with your sleep.

Essential oils are absolutely wonderful to encourage relaxation and sleep. Soporific and sedative oils (those which encourage deep relaxation and sleep) include frankincense, neroli and sandalwood. You could use these in a carrier lotion or milk in the bath, or with an electric diffuser in the bedroom.

TRY THIS

- Nu Vitality Energy Mel
- Teasan Extra Premium Grade Matcha
- Hubner Iron Vital F
- Solgar Energy Modulators
- Cherry Active Concentrated Cherry Juice
- Qi Herbal Green Tea

Supplements for energy

Scientific studies on the role of individual nutrients in energy production are fascinating. From the major nutrients such as carbohydrates and fats, to micronutrients such as B vitamins, and then even smaller – the intermediates of metabolism – the breakdown products of chemical reactions determine whether the final stages of energy production can occur.

■ **MAJOR (MACRO) NUTRIENTS:** We know that the type of carbohydrate that you eat (low GI, high GI) greatly influences blood sugar balance and, therefore, energy sustenance. Researchers have noted that the quality of fats in the diet can influence lethargy, so care needs to be taken to eat good fats for stamina and endurance. As well as being used as a source of energy production in its own right, protein is also a low fat way of countering blood sugar rises when eaten with high carbohydrate/sugar foods.

■ **MICRONUTRIENTS:** Iron is well known as a mineral required for carrying oxygen around the body, and so low iron intake directly leads to lethargy. B vitamins are essential for the release of energy from foods, at a fine biochemical level, so low intakes (which are common in people who are eating on the run, those who don't prepare fresh foods, or those who are depressed) can easily lead to tiredness.

Intermediates of metabolism/energy production:

■ **COENZYME Q10:** CoQ10 has been used for decades following research, which showed that it is required for the final release of energy in the body's energy-making pathway. It is popular for conditions where energy production might be compromised, such as ME.

■ **NADH:** Nicotinamide adenine dinucleotide is also called Coenzyme 1. Through a series of reactions with acetyl and oxygen, it helps to produce energy ATP. For this reason, NADH optimises energy production in the body.

■ **OTHER ENERGY SUPPLEMENTS:** Over the centuries, tribes and traditions have looked for other substances which can increase energy levels. Guarana is a world-famous Amazonian plant, which increases energy and sustains it over time.