

Wellbeing
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HEALING HONEY

Few people are aware of the vast importance of the honeybee to our everyday lives. While most think of honey, it is estimated that thirty-three percent of everything that reaches the table owes a debt to the honeybee. Over 90 fruits and vegetables including apples, melons, nut crops, cherries, berries, avocados plus alfalfa and clover seed for cattle feed are dependent upon honeybee pollination. As well as the importance of pollination, honey and other bees products have been linked to an amazing array of health benefits.



CHEMOTHERAPY PATIENTS

Patients experiencing the side effects of chemotherapy have been given hope in the form of a unique food supplement called LifeMel. Developed with over 30 years of research, LifeMel, made by honeybees, is proven in a number of cases to boost immunity before, during and after chemotherapy. A low white blood cell count or Neutropenia, a common side effect of chemotherapy, is a blood disorder that diminishes the number of infection-fighting cells which destroy bacteria in the body, leaving sufferers open to developing illnesses and facing the potentially life-threatening situation where they are no longer well enough to carry on with the treatment needed to fight their cancer. LifeMel is 100% natural and has been shown in a significant percentage of people to improve low white blood cell count. It is produced by honeybees in Israel, which are fed on a specific diet including selected herbs such as Siberian ginseng, echinacea and calendula. LifeMel costs £37.50 and is available through pharmacies and health shops nationwide. www.lifemel.co.uk

For more research and information visit www.lifemel.com

ARTHRITIS & JOINT PAIN

When Bill Flynn's daughter developed an arthritic hip, he turned to his beehives for inspiration. He treated her condition with the reddish-brown scraps he collected from inside the hives, which emerged as an extraordinary means of curbing the pain of stiff joints. This chance discovery has earned Bill and his bees the thanks of thousands of people. This remarkable remedy is called Propolis - a sticky, antiseptic resin used by bees to seal and clean the inside of their hives.

- Every dot of propolis is different because it is gathered by many bees from many plants in all sorts of places on different days.
- Many beekeepers suck a small piece to soothe sore throats, mouth ulcers and coughs.
- Propolis was highly prized by "The Father of Medicine" Hippocrates.
- In recent medical trials, scientists have found propolis to have amazing properties: anti-inflammatory, anti-fungal, anti-bacterial, antibiotic properties and it actually boosts our immune system.

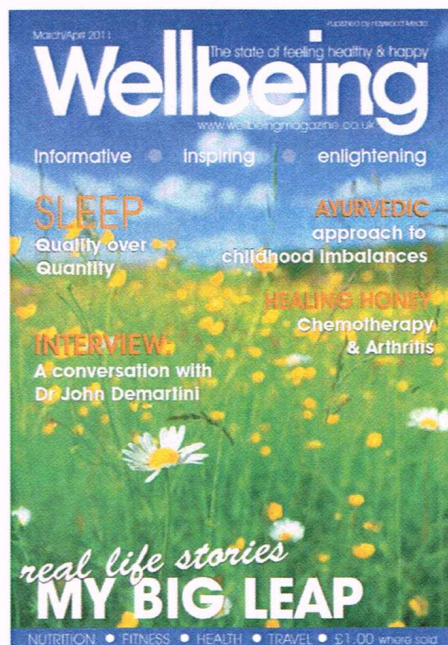
Flynn's Bee Farms, Minster-on-Sea, Sheerness, Kent ME12 3SS
flynnbeefarm.co.uk 01705 874935

BOOSTING YOUR HEALTH

Honey has long been known for its ability to destroy infectious bacteria. It has been recognized that Manuka Honey from New Zealand contains additional antibacterial properties not found in other types of honey, making it even more effective in treating infection. It also has more vitamins, minerals, amino acids and antioxidants than ordinary honey. Manuka Honey's main claim to fame has always been wound care and treating even the hardest to heal infections such as MRSA and other antibiotic-resistant conditions. However, it's important to know that Manuka Honey can also be used to treat other infections throughout the body.

When taken orally, Manuka Honey is effective in treating conditions such as stomach aches, stomach ulcers, sore throats, strep throat, acid reflux, disease, gastritis, heartburn, irritable bowel syndrome, etc. When mixed with water, Manuka Honey can be used to flush out the nasal passage way in order to heal sinus infections and/or ear infections.

For more information on the benefits and research of Manuka Honey visit www.benefitofmanukahoney.com



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// home // healing honey

Healing Honey

Arthritis Cancer Food & Drink Honey Immune system Propolis This Month Health & Fitness Articles

NEWS DESK

Monday, March 14th, 2011



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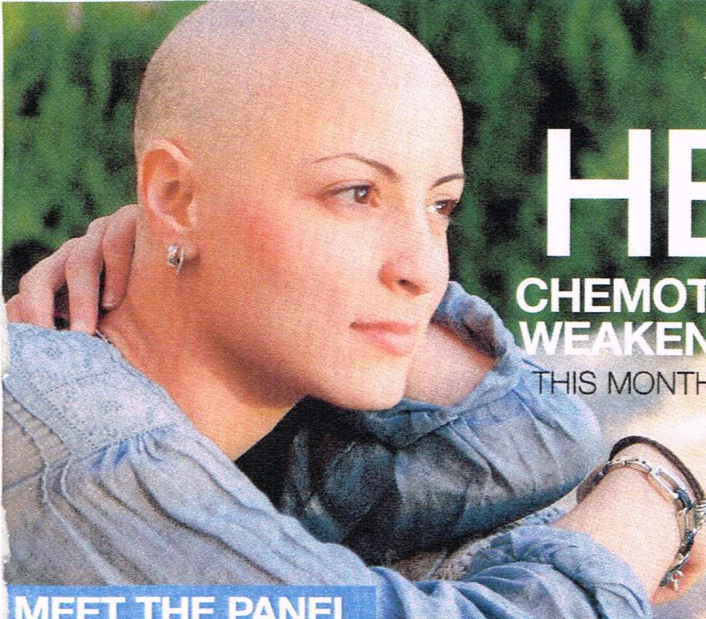
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For more information on the benefits and research of Manuka Honey visit www.benefitofmanukahoney.com

Natural Health
March 2011
Circulation: 60,000
AVE: £150

A natural nutrient-rich food containing plenty of vitamins, minerals, enzymes and protein is chlorella, available as chewable tablets known as sun chlorella. There is also some research to suggest that Life Mel honey, made by bees that feed on specific medicinal herbs, can boost energy and support immune health."



Body | HOLISTIC CLINIC

HELP!

CHEMOTHERAPY HAS WEAKENED MY BODY

THIS MONTH: I have breast cancer and I am having chemotherapy, which leaves me weak and anxious. How can I support my body through this process?

MEET THE PANEL

The spiritual psychologist

Nicola Phoenix says: "Find 20 minutes each day in a warm, undisturbed space. Begin lying down on your back with your arms resting a little way from your body, palms facing upward.

Breathe slowly and rhythmically through your nose with awareness of the calming breath flowing in and the relaxing breath flowing out. Then slowly scan through your body, relaxing every part from your head to your toes. Visualise above you a glowing, radiant sun. Picture this sun as a source of vitality and healing shining over you and the rays warming your body. See and feel the rays bringing healing to your whole body.

With each inhalation, breathe these healing rays into your body. Begin by taking these rays down to your toes and feet and feel these healing rays in this area of your body. Now continue to do this until your whole body is filled up with these healing rays and enjoy this image that you have created. If any areas of your body need extra healing, remain at these places breathing in more of these healing golden rays to these parts of your body."

Nicola Phoenix practises at Neal's Yard Remedies Therapy Rooms. Call 020 379 7662 or visit nicolaphoenix.com



The integrated medical doctor

Dr Eric Asher says: "Patients are commonly troubled by loss of appetite, sleeplessness and malaise. Many benefit from Rescue Remedy. Two drops, taken hourly, often calm and soothe a frightened and suffering patient. For the last 35 years I have also prescribed Iscador, (a fermented mistletoe extract), with great benefit to my patients with cancer. The patient self-injects this on waking. The aim is as follows:

- 1) A mild anti-cancer effect from the visco-toxins (naturally occurring anti-cancer chemicals) and
- 2) A significant quality of life enhancement via immune regulation.

The side effects include a mild transient rise in body temperature after the injection, resulting from the immune activation, but this is usually not noticed. A change in the haematology blood film occurs, again indicating immune activation. Iscador can be given with conventional anti-cancer treatment but is not a panacea, just a help."

Dr Eric Asher practises at the Third Space Medicine, Soho. Call 020 7439 7332 or visit thethirdspace.com/medicine



The nutritionist

Christine Bailey says: "This is a common complaint during cancer treatment. Feelings of low energy and exhaustion can be related to loss of muscle mass so it is important to up your protein intake.

Eating little and often is recommended to stabilise blood sugar levels. Include a little protein at each meal such as a handful of nuts or oat cakes with hummus. If you find it hard to eat try taking a protein powder daily and add it to smoothies, shakes or stir into a pot of yogurt. As cancer is normally accompanied by inflammation another good protein source is collagen powder which is anti-inflammatory.

A natural nutrient-rich food containing plenty of vitamins, minerals, enzymes and protein is chlorella, available as chewable tablets known as sun chlorella. There is also some research to suggest that Life Mel honey, made by bees that feed on specific medicinal herbs, can boost energy and support immune health."

Nutritionist Christine Bailey can be contacted via her website: advancenutrition.co.uk



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WAVE WORLD

Health & beauty news, reviews & ethical living

THE GREEN CARPET CHALLENGE

Last month we reported Brighton designer goldsmith AnnaLoucah's quest to help Livia Firth (wife of Colin) complete the 'Green Carpet



Challenge'. Livia was to wear only ethically sourced fashion and jewellery while she accompanied Colin Firth through the film industry awards season. The second year has been a success. When Colin won his first Oscar for his role in *The Kings Speech*, Livia was wearing jewellery created especially for her by collaboration between Annaloucah and CRED Jewellery. These images show the Fairtrade Ecological gold pieces made for Livia and the Oscars. The Jewellery is to be auctioned at the end of March with all profits going to Oxfam. www.annaloucah.com/news.htm

BLONDE AMBITION

With Jennifer Aniston stepping out of the salon with freshly added blonde highlights, we're all looking for ways to care for our blonde tresses. Whether it's highlights or an all-over colour, OSMO Colour Mission Silverising Shampoo and Conditioner (£7.50 each) can help. The new range is set to revitalise dull and lacklustre blonde hues, ready for a vibrant summer. We put the product to the test: "When I dispensed the shampoo I was a bit worried about the dark purple colour! Despite that, my highlighted hair, which had started to look slightly brassy, looked like I'd just walked out of the salon after my

having highlights re-done. My hair looked fuller too, although the ends did feel a little dry, so perhaps apply more conditioner to the ends of the hair than usual. The product came in simple packaging and had a subtle fragrance. A winner!" OSMO products are available from Salon Services stores nationwide. For your nearest stockist visit www.osmo.uk.com

NEW SUPPLEMENTS

Bionorica Cystipret is a new product for women which has just launched in the UK. This is the first herbal medicine to harness the healing power of three herbal ingredients for the treatment of Cystitis. The three healing herbs in Cystipret together have diuretic, spasmolytic, antibacterial and anti-inflammatory action, which helps to reduce harmful bacteria and relieves painful symptoms. £14.25 for 50 tablets from Boots.

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Thanks, Mum
Beauty gifts that will go down a treat this Mother's Day

- 1. EARTH LINGER, CUCUMBER & ROSE SHOWER GEL** £10c
Pamper the new Earth Linger range at The Body Shop. Freshen face and colour hair, so it's kind to your mum's skin. Simple and stylish with a refreshing scent. www.thebodyshop.co.uk
- 2. HANE JACOBI BERRY** £42.50
The perfect fragrance for your mum this spring, with pretty 'bling' packaging to match. www.thegiftmuse.com
- 3. THE BODY SHOP WISE WOMAN! REJUVENATING NIGHT CREAM** Pome 200
For mature skin, The Body Shop's Wise Women range for ages 50+ retinol-free and retinol-free skin. www.thebodyshop.co.uk
- 4. PINKISH BEAM!** £12
A pretty way to inject some colour into your mum's life and update her eying wardrobe - without it costing a bundle. www.occasions.co.uk
- 5. HONEYBERRY TUCAN ORANGE BODY SPRITZ** £5
Get light and refreshing spray to lift her mood and refresh her of long summer evenings gone by. www.moroccanpans.com
- 6. HONEYBERRY TUCAN ORANGE BODY BUTTER** £5
The perfect partner for the Body Spritz. Skin is left soft, smooth and supple without being greasy. www.moroccanpans.com
- 7. HONEYBERRY CORAL CHARCOAL CANDLE** £15
Delight and attractive scents in this scented candle. www.moroccanpans.com
- 8. HONEYBERRY GEM STONES & CRYSTAL THERAPY BRACELET** £25
A pretty bracelet for your mum to treasure. From a big family? Add a sibling to buy your mum the bracelet to match. www.moroccanpans.com

Positive Health Online
March 2011
Unique Users: 150,000
AVE: £500

Natural Help For Chemotherapy Patients



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

Developed with over 30 years of research, LifeMel, made by honeybees, 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.

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Research published in Medical Oncology[1] 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.

Reference

1. Medical Oncology. Vol 23 no 4. 2006.

Further Information

LifeMel costs £37.50 and is available through pharmacies and health shops nationwide. www.lifemel.co.uk