

FOOD FOCUS

Got a diet dilemma? Our nutritional expert Kelly Hopley is here to answer your queries

KELLY HOPLEY is a naturopathic nutritionist who trained with the College of Natural Nutrition and the European College of Natural Medicine. She consults in nutrition at her clinic, Nutrience. For details go to colonicottinghamshire.co.uk or telephone 01623 401 878.



Q Why do so many omega 3 supplements come with omega 6 in them, when we're told that we have too much omega 6 in our diets and not enough omega 3? Should I take supplements with both in, or just omega 3?


A Kelly Hopley says: This is a complicated subject. Omega 3 and Omega 6 are both essential fatty acids as our bodies need them but cannot manufacture them themselves. The key is balance. Omega 3 and 6 both use the same transport systems in the body, and so too much omega 6 for example will inhibit the absorption of our omega 3.


For cardiovascular health, 500mg of EPA and DHA (omega 3) a day is found to be effective in reducing the risk of dying from cardiovascular disease significantly. In terms of omega 6, roughly 4.4g daily in a 2000 calorie diet is enough, but it can be hard to police. I would supplement with omega 3 only. If you change spreads and oils to olive oil, and avoid fried and processed foods, your omega levels should stay in check as they are the worst offenders.



Got a question for Kelly?

 Like us on Facebook: facebook.com/naturalhealthmag

 follow us on Twitter: twitter.com/natural_mag

 Or, email it to hannah@aceville.co.uk



News Bites

The latest news and views in the world of organic nutrition and wholefoods

AN APPLE A DAY

We've known for a while that the healthiest part of an apple is the peel, but now researchers have discovered it contains as much as six times more blood pressure-reducing chemicals. These chemicals inhibit an enzyme called ACE which is known to cause hypertension in the human body, so if you usually peel your Golden Delicious before you eat it – don't!



SHOPPING LIST

THIS MONTH THE LATEST HEALTHY MUNCHIES TO HIT THE SHELVES...

CO YO Coconut Milk Yoghurts, £1.99



These delicious new yoghurts disappeared fast from the *Natural Health* fridge! Made from cream squeezed from the white flesh of coconuts, they're dairy and gluten free, and have probiotics too.

Broncho Mel, £37.50

Made by bees fed medicinal herbs, this honey boasts antiviral, anti-fungal and anti-inflammatory properties which help to clear mucus and effectively soothe tight chests, coughs and other respiratory difficulties naturally.



Honey seeds, £4

New from Munchy Seeds is this tasty mix of sunflower and pumpkin seeds gently roasted in floral honey, making them a deliciously sweet, nutritious nibble to munch on or sprinkle.



Immune Boost

Affordable, natural and healthy

Viridian Nutrition

Organic Elderberry Throat Spray

Get set for the cold season with elderberry supplements from Viridian Nutrition. Organic Elderberry Throat Spray is made in the UK using fresh elderberries with manuka honey, marshmallow and aloe vera. Part of the Viridian Nutrition range of award-winning food supplements.



Higher Nature

Pelargonium Cold Relief



Pelargonium is a traditional herbal medicinal product used to relieve the symptoms of colds, sore throat, cough and blocked or runny nose and is exclusively based upon long-standing use as a traditional herbal remedy only. It reduces the severity of symptoms and is suitable for asthma sufferers. Native to South Africa, this herb was first brought to our shores by Major Charles Stevens, who was suffering from an upper respiratory tract infection but made a marvellous recovery and finally brought this herbal remedy back to Europe.

A. Vogel

Echinaforce Drops

Traditional herbal remedy for symptomatic relief of colds, influenza type infections and similar upper respiratory tract conditions. An essential herbal tincture for this winter's natural remedy cabinet!



Biocare

BioMulsion® D

BioMulsion® D provides high potency vitamin D3 in a tasty, natural lemon flavoured liquid, providing 1000iu per daily intake of 1 drop. It is emulsified to make it water soluble which helps to enhance absorption and bio-availability, and can be added to water, fruit juice or milk.



Revital

Beta Glucans Immune Complex

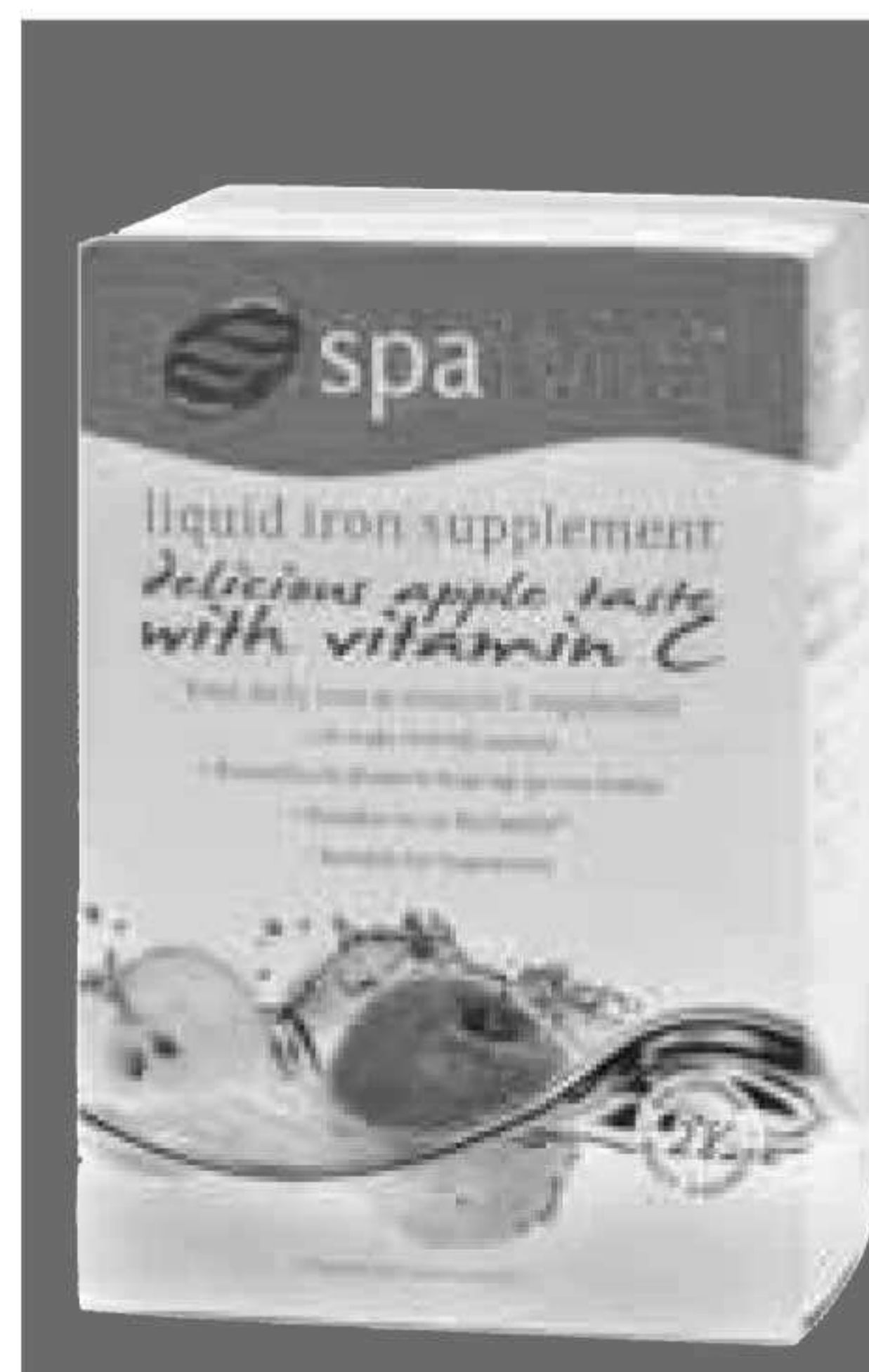
The immune system defends against millions of bacteria, microbes, toxins, viruses and parasites that we encounter on a daily basis. It is a complex system, needing a multifactorial approach to function efficiently. Solgar has combined six key nutrients with a berry blend to provide this comprehensive formula.



Nu Vitality

BronchoMel

The LifeMel range involves a special process whereby bees are fed special mixtures of specific herbs. BronchoMel is a product of bees that is very useful for maintaining the lungs and chest and contains honey made by bees processing the following herbs - sage, bay, elderberry, eucalyptus, plantain and rosemary.

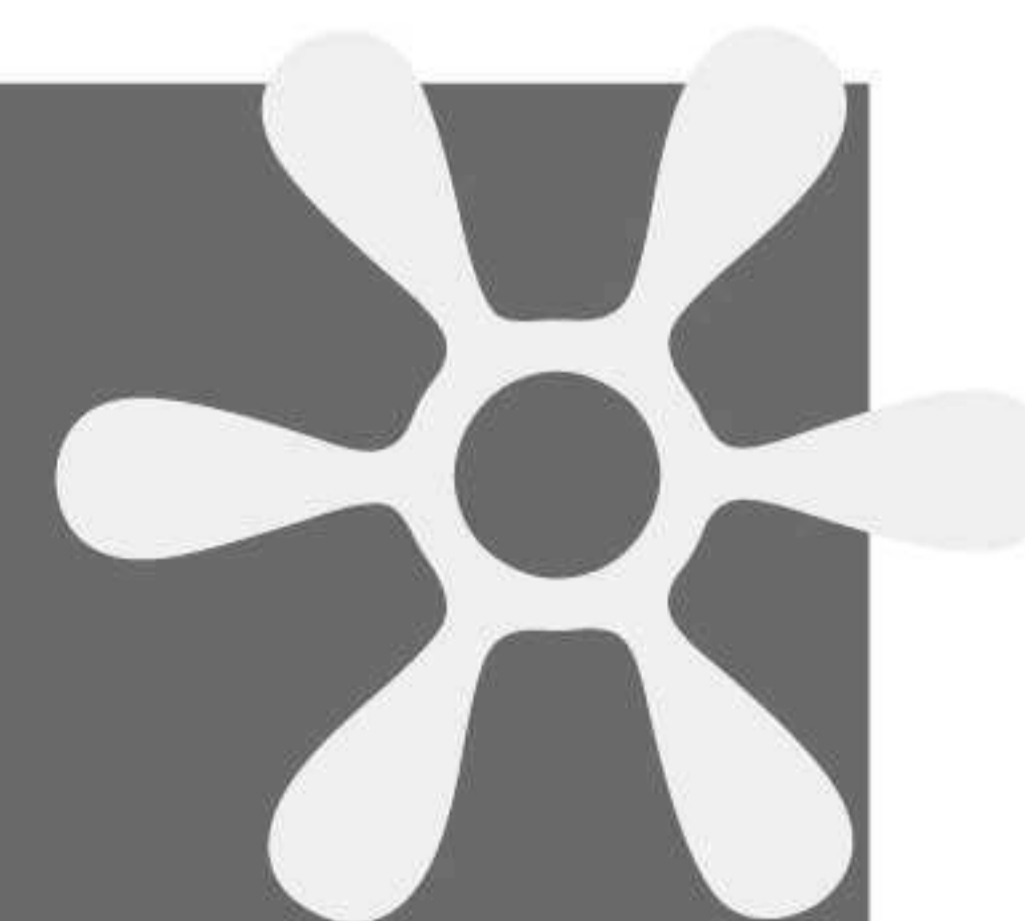


reader offer

Nelsons Spatone Apple

* Get your sparkle back with Spatone Apple a natural liquid iron supplement with added vitamin C to aid the iron absorption and support the immune system. Its great tasting apple flavour means you can take a shot when you need it. Spatone Apple contains 28 sachets for a four week supply.

We have 30 boxes of Spatone Apple (worth £9.95) to give away. Visit www.mynaturallifestyle.com and click on the 'Win' page to enter competition.



Winter time honey!

BRONCHOMEL!

BronchoMel is the latest addition to the new range of honey products developed by a doctor of medicine in Israel. The bees are fed a specially formulated diet of soothing herbs that have been proven to effectively soothe chesty coughs and colds, chest infections and Bronchitis by having a natural antibiotic effect. The special honey they produce intensifies the active properties of these herbs as they are processed in the hive resulting in **BronchoMel**. In addition **BronchoMel** has antiviral, antifungal and anti-inflammatory properties, which effectively clear mucous.

The herbs in the feed for the **BronchoMel** bees include:

Sage – a natural antiseptic and antispasmodic that helps stop chest spasms. Sage also is traditionally used to reduce mucous secretions

Bay – traditionally used to treat colds and bronchitis, it also has antibacterial and antifungal properties

Elderberry – a natural immune booster, traditionally used to treat colds and flu and relieve fever

Eucalyptus – naturally antibacterial, antiseptic and antispasmodic, eucalyptus is used around the world to treat coughs, colds and sore throats

Chamomile – widely used as an anti-inflammatory, antiseptic and antispasmodic

Take one spoon, twice a day and BronchoMel will help soothe away a tight chest, help aid those persistant coughs and treat other respiratory problems.

BronchoMel is available from your local pharmacy or health food shop and costs £25.00 for a 120g jar.

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



What's this? **Broncho Mel** is the newest addition to the Life Mel product range of function honey to hit the shelves

Tell me more! The bees are fed a specially formulated diet of herbs that have been proven to effectively soothe a tight chest, coughs and colds. All you need to take is just one teaspoon!

How much? £25 for a 120g jar

Available from? Your local health food store or pharmacy or online from www.revital.com



Dr Alexander Goroshit

Founder, LifeMel

Each month, the Grafter Award takes a look at an individual in the natural health industry. This issue is the turn of Dr Alexander Goroshit, an expert in apitherapy who developed the LifeMel range.

Most newly qualified doctors come out of their training and find themselves deciding which area of conventional medicine they want to specialise in.

For Dr Alexander Goroshit, the path was quite different, as he found himself fascinated by what natural health – specifically honey products, or apitherapy to give it its official name – could do for our health.

Instead of focusing on a conventional area of medicine, he spent years researching the benefits of apitherapy, which resulted in the creation of LifeMel.

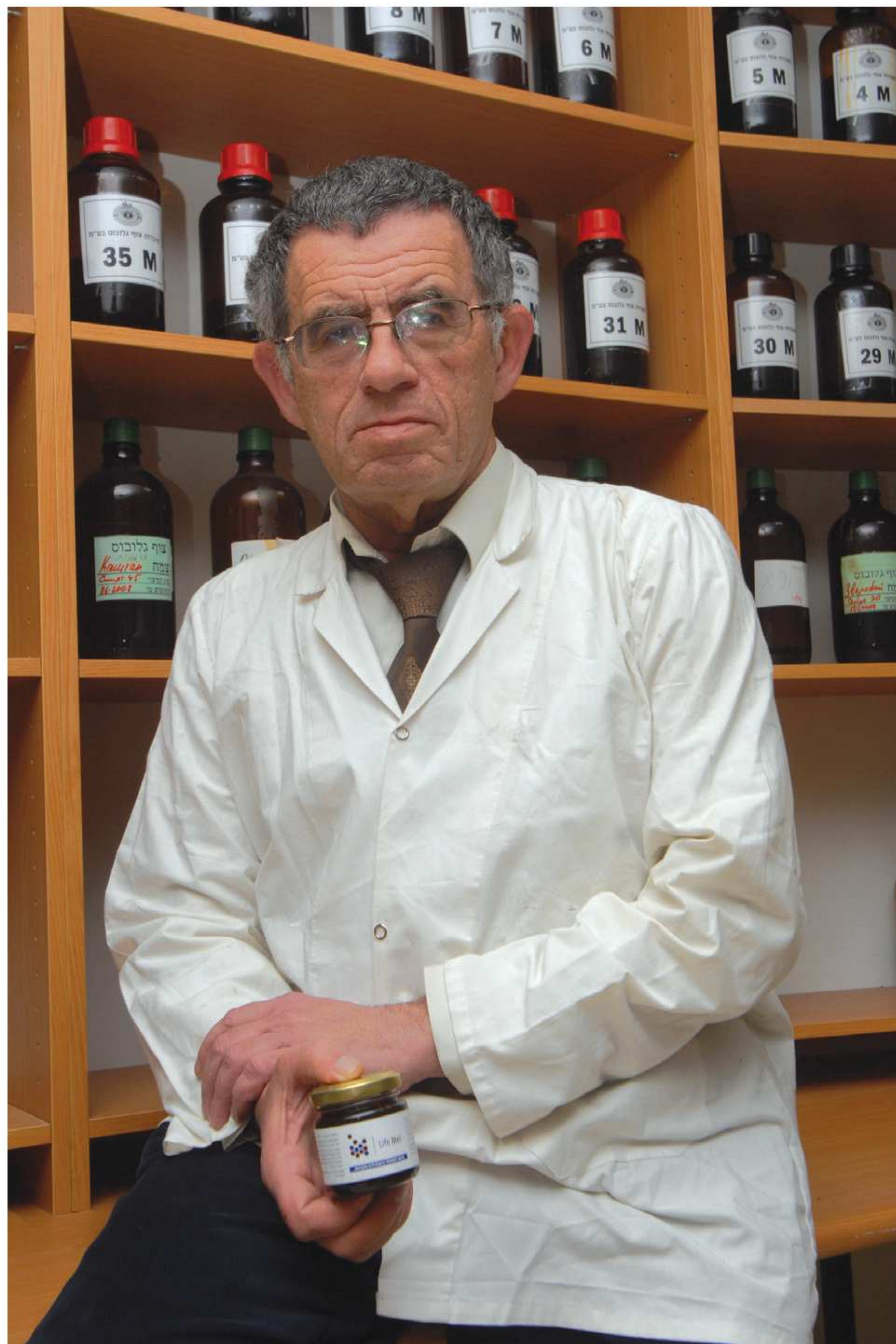
“One of the tasks I was faced with after university was to find a solution to patients getting infections after they had undergone kidney transfusions,” he explained. “I found honey to be more affective than antibiotics, which amazed me! This inspired me to research natural remedies and in particular apitherapy in more detail.”

And so he decided to further investigate the power of honey products.

“Long and detailed research brought me to the conclusion that when honey is specifically engineered it can be the best replacement to antibiotics,” he said.

The research took place in Israel with five other scientists, with the aim being to come up with a product that was more active than antibiotics within four months.

“This research was successful and the product used in the study was GastroMel, which is honey produced from a range of anti-spasmodic and soothing herbs such as bay and sage with 10 per cent propolis then added,” he said.



What the research showed was that GastroMel successfully killed helicobacter pylori bacteria in several cases more successfully than the relevant antibiotic.

“The LifeMel range is the only range of specifically engineered honey available on the market. A lot of our research time was spent on engineering the special herbal feed in order that the bees process it into honey,” Dr Alexander explained. “We also researched the herbs to find which parts of the plants held the most active ingredients – sometimes the stalk, sometimes the stem or the root and it is this part of the herb that we specifically select in order to ensure that the feed the bees are given is potently strong in active properties in the correct ratio to result in a honey product with targeted health benefits.”

The success of the research was pivotal in allowing Dr Alexander to

continue his studies.

“It was this proof that the head scientist required to give me funding to conduct another eight years’ worth of research into developing a range of engineered honey products,” he explained.

LifeMel was born five years ago. Most recently, the portfolio has expanded to include other products, such as EnergyMel, RelaxMel, and LadyMel.

The products are made only in the summer months in Israel, when the land is baron and dry, which means there are no other blooms around for the bees to feed on. This ensures quality.

“So, although our bees are outside and roam freely the only feed around for them to process into honey is our specially prepared herbal nectar, which is pumped into the hive and as the bees are given feed so readily without having to collect it they process it into honey at a faster rate,” he said.

“The products from the beehive are the best carrier to all natural herbs that Nature can bring. Propolis is one of the best natural by products from the beehive, it is the strongest antiseptic found in nature and offers many benefits.”

Once harvested, the company ensures quality by testing each batch using laboratories in both Israel and Germany, and there are certificates from both laboratories on each batch of product.

Furthermore, one beekeeper works only with one product so all the products are produced separately. **hfb**

Quick questions

What is the best thing about your job?

The good thing about my job is we help people and we get very positive feedback via phone, email, letters...some people even visit our laboratories telling us in person about how the products benefited them.

What is the worst?

I have 400 formulations I want to produce!

Greatest ambition?

My ambition is to produce the products I have engineered formulations for and see the range sold across the world to benefit people's health.

Dr Alexander Goroshit Founder, LifeMel

THE MAN BEHIND THE HONEY

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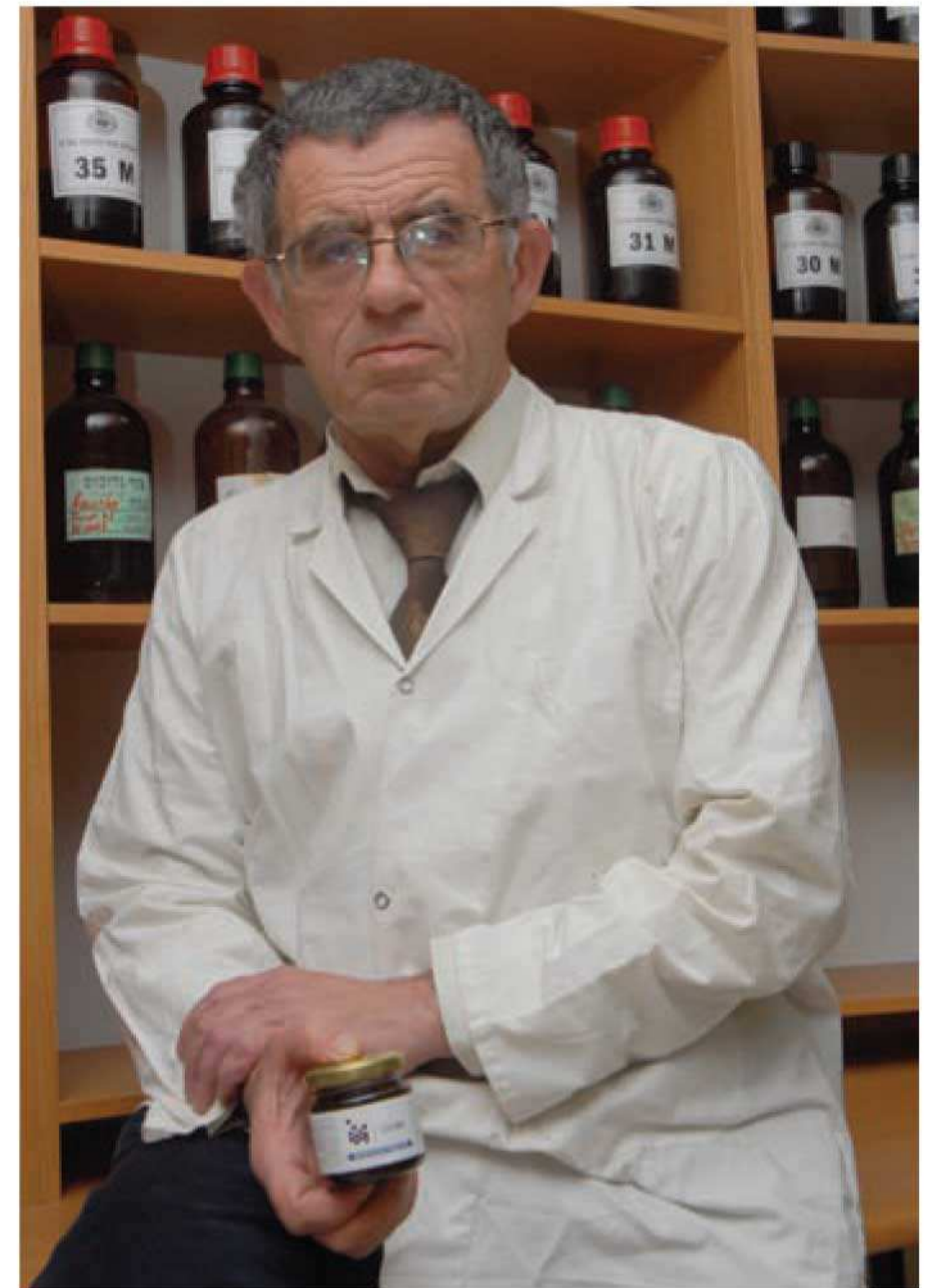
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Soothe the menopause naturally with new LadyMel Day & LadyMel Night

The latest honeybee development to hit the UK

The menopause for many women is one of the most tumultuous times in a woman's life, striking usually from the age of 45 upwards, but can start as early as 35. At least 80% of women suffer some unpleasant symptoms – ranging from hot flushes, insomnia and anxiety through to urinary problems and weight gain. With increasing concern over the use of HRT, many women seek alternative, natural remedies to overcome their distress, and now a new and natural solution has just launched in the UK, produced by Mother Nature's hardest workers – the humble honey bee! New LadyMel Day and LadyMel Night offer a natural solution to soothe away your menopausal trauma along with helping to soothe a disruptive menstrual cycle in women of all ages.

These clever bees are fed a diet of healing botanicals designed to soothe the whole spectrum of unpleasant menopausal symptoms – the active ingredients of the plants then enter the honey they produce which combat, amongst other symptoms, hot flushes, restlessness and unease as well as acting to balance hormone

levels. Just one spoon of LadyMel Day and one teaspoon of LadyMel Night each day can soothe away your symptoms.

The herbs in the feed for the LadyMel bees include:

Alfalfa (Day and Night) – a natural antiseptic, this herb is traditionally used to tackle problems relating to menstruation and menopause

Red Clover (Day and Night) – popular in traditional herbal medicine to tackle a variety of problems including the menopause due to oestrogenic properties of the leaves

Agnus Castus (Day and Night) – traditionally used to balance the system and is particularly potent in addressing hormone imbalances

German Chamomile (Day and Night) – tackles stress, unease and acts as a carminative

Siberian Ginseng (Day) – used traditionally to boost energy, ideal for those with disrupted sleep patterns

Peppermint (Day) – traditionally used as a general tonic, this cools the system through vasodilation (expansion on the blood vessels allowing cooling)

Purple Passionflower (Night) – commonly used to combat insomnia, it also soothes nervous system tension, unease and PMS

Common Hop (Night) – widely used in traditional medicine to tackle a variety of problems including mood changes and stress as well as being used as a sedative.



The LadyMel Kit costs £50.00 and is available from your local health shop or pharmacy nationwide or online from www.revital.com

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

NOVEMBER is the month to...

KEEP YOUR FINGER ON THE PULSE AND FIND OUT WHAT'S NEW THIS MONTH

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

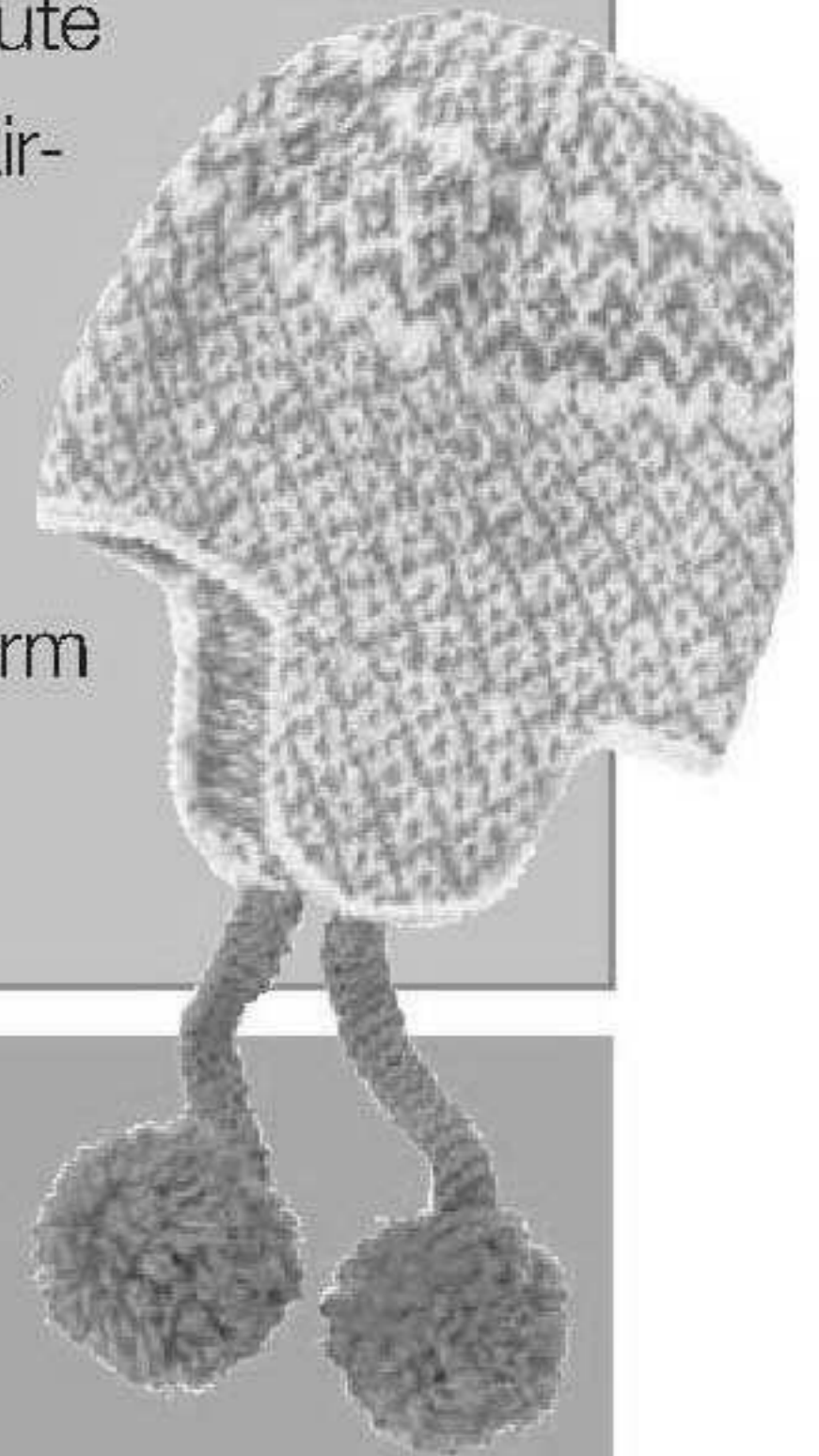
Treat yourself to a soak in Lucy Annabella Organics' Time Out Bath Milk, £30. The gorgeously packaged product contains an aromatic blend of cypress, orange, juniper berry and geranium to soothe your mind, body and soul. Visit lucyannabella.com for details.



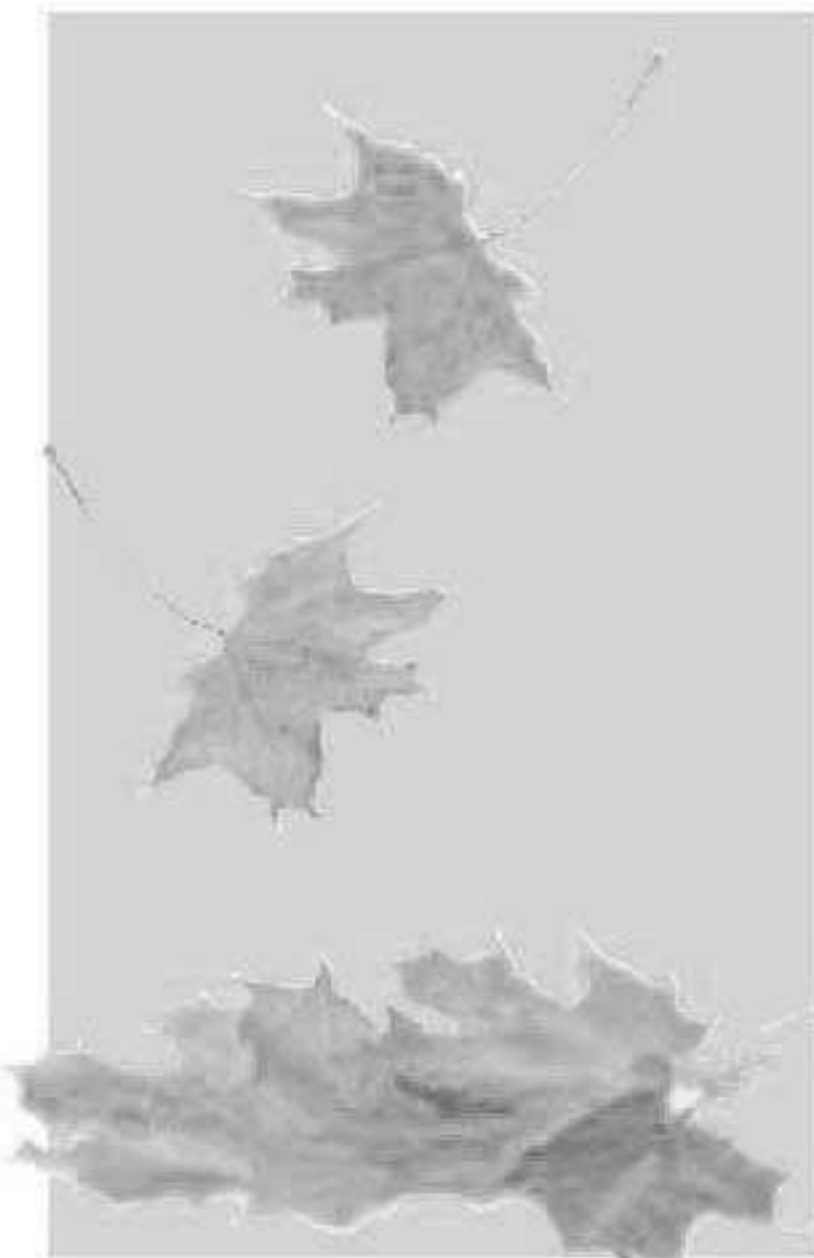
Check out *Yoga, the Brain and Mental Health*, a three-day conference in London starting on 2 November that will see some of the world's top yoga experts looking at its role in emotional healing and neurobiology. For more info go to confer.uk.com



Strut your stuff on Guy Fawkes night by wrapping up in this cute bobble hat, £30, from fair-trade fashionistas, Peopletree. The 100 per cent woollen hat is just the trick to keep you warm and toast in the chilly nights....



We've got free tickets, worth £90 each, for the top anti-ageing event Younger By The Day in London on 9 November. To get your hands on a free ticket for you and up to three friends, just log on to the website at YBTD2012.eventbrite.co.uk and use the special discount code 'NatHealth'



Stay healthy in the cold months ahead by wearing a piece of aventurine crystal to fight viruses and boost immunity



Luxury natural brand Oskia has joined forces with the Chuan Spa at the Langham Hotel in London which uses traditional Chinese medicine techniques in its treatments. For details go to langhamhotels.co.uk or call 020 7973 7550



Get your hands on cult skincare product Liz Earle's Cleanse and Polish in a new limited edition this month. Infused with rose and lavender, it's the perfect choice for an evening cleanse. What's more, £2 from every sale of the £19.75 cost going to support the Prince's Trust.



Our favourite hair guru, Daniel Galvin Junior's new organic products Galvin & Galvin London Kids are so delicious that you'll end up using them yourself! We love the watermelon Organic Dubble Trubble 2-in-1 Shampoo and Body Wash, £2.99. On sale exclusively from Ocado and Morrisons.



Kylie Minogue are firm fans of Life Mel honey, produced by bees fed on nectar from therapeutic herbs including Siberian ginseng and echinacea. The amber nectar has impressive results in treating the side effects of chemotherapy. Costs £37.50 for 120g from nurvitalityproducts.com



“Wear jasmine oil for the full moon on 28st November to boost your love energy”



Feel the heat at Triyoga's Chelsea branch, which has just launched far-infrared hot yoga classes. Leading Canadian hot yoga specialist Kristin Campbell has created the tapasya yoga system which combines infrared heat with a nurturing hot yoga sequence for a transformative effect. For more info go to triyoga.co.uk

Q You asked: “I suffer from recurring sore throats during the winter time. It’s a problem I’ve had since I was a child. Is there anything I can do to prevent this happening? And can you suggest some natural remedies to treat a sore throat once it comes on?”



Dr Alexander Goroshit answers:

The reason you are suffering from sore throats in the winter is because overall your immune system is low. The reason this is occurring in the winter is because our bodies are exposed to harsh conditions - cold weather being the main one.

Firstly you need to look to a natural cough syrup or sore throat remedy to kill the sore throat infection. You then need to start to boost your immune system so that you won’t suffer from this recurring problem. I would recommend the following to boost your immunity:

- Dress warmly as it is the cold weather during the winter months that puts pressure on our bodies and leaves us open to catching infections.

- Eat a healthy diet. The best option is the Mediterranean diet, rich in fresh fish, olive oil, salads and chicken. Focusing on nutrient-rich food is key. Seeds such as hemp are also good when added to salads.

- Drink plenty of water as this regulates body temperature and flushes out toxins from the body.

- Get a little exercise each day such as walking briskly for 20 minutes.

■ *Dr Alexander Goroshit is the developer of the Life Mel range of functional honeys which are designed to help with common medical complaints.*

Reader Catherine won this month’s prize: a jar of Broncho Mel worth £25. Email your health question to liz.parry@jhnproductions.co.uk

