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# Life Mel Honey



## Life Mel Honey

LifeMel Honey is the result of over 30 years of research by its producers, Zuf Globus Laboratories. The full range of functional honey is now sold worldwide including the USA, Canada, Italy and Switzerland. LifeMel are working with us to raise awareness of their products and the health benefits they provide. In particular LifeMel, can offer patients undergoing chemotherapy or radiation treatment. LifeMel is a completely natural beehive product from Israel that has been shown to improve the blood count of patients undergoing chemotherapy or radiotherapy when used as a food supplement. It is a 100% natural 'functional honey' produced by bees which are fed on a combination of natural herbs. This mixture of natural elements has been shown in recent scientific studies to have positive effects. In one study a course of LifeMel Honey supplement raised the blood count of 64% of the trial patients and in 40% of cases prevented the trial patients from needing any extra treatment with Colony Stimulating Factors after chemotherapy. Additionally 32% of patients said they felt they generally had more energy and felt an improvement in their overall quality of life, since they had been taking Life Mel.

SHARE

### Did You Know?

33% of cancers could be eliminated by a reduction in smoking.

### Our Tweets

CancerRecovery check out our #breastcanceraw fundraising auction with @estylingerie now featured on @LingerieInsight - lingerieinsight.com 2757-e...  
6 days ago · reply · retweet · favorite

CancerRecovery  
 Join the conversation

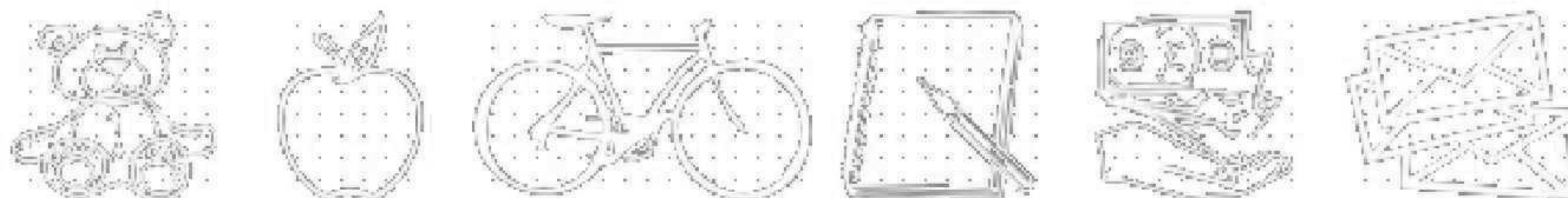
### Soundbites

"The bear-able gift bags have been fantastic. We use them for bravery awards and other things. They are just perfect. Please could you let me know when you will be doing them again." Vicki Belton, Play Specialist, Maidstone Hospital

### Follow us:



### Quick Links



# What's *new*

## Chia-tastic

Rich in essential fatty acids, omega 3 and omega 6, Chia is also a fantastic source of fibre, minerals and antioxidants. And it's now available from Windmill Organics' Raw

Health brand. They've added both black chia seeds and the more rare white chia seeds to their range of organic, living foods. You can buy both seeds in 450g jars from the Fresh Network; the black seeds retail at £7.89, while the white are £9.49.

Place your order at [www.fresh-network.com](http://www.fresh-network.com), and find out more about the magic of chia on page 17.



## Fast, simple, authentic snacking

Now there's no need to venture to London to experience the pure, simple and authentic food from Saf restaurant, because they've launched Saf Express.

Saf Express is a range of snacks, all dehydrated below 48°C to preserve the natural enzymes and flavours in the food. There's a choice of 10 different snacks, expected to retail at about £3.99, so choose from napoletana pizza crackers, apple and granola bites or super food crackers.

If you still fancy the idea of trying Saf restaurant though, turn to page 70 for our review to whet your appetite.



## There's a buzz in the shops

Heard of healing hands? Well, what about healing honey?

Nu Vitality Products has launched just that, healing honey. It claims its BronchoMel honey is anti-viral, anti-fungal and anti-inflammatory, so it should help clear mucus, soothe tight chests, coughs and other respiratory problems.

BronchoMel is produced by bees which are fed on herbs, including sage, bay, eucalyptus and camomil all chosen for their known soothing properties.

The product has been on sale in Harrods, London during this hectic summer and the company claims that it's been well received so far. From this winter you should be able to find BronchoMel in specialist health food stores and pharmacies across the country, so you could always try it out for yourself.

You can read more about BronchoMel at [www.nuvitalityproducts.com](http://www.nuvitalityproducts.com).



## Have a raw Christmas

It may only be September, but there are plenty of plans afoot for Christmas already. Among the many raw chefs and living food gurus around, our own contributors Saskia and Kate Magic are both planning festive events. For example, you could head overseas to spend time away from the hustle and bustle, enjoying warm temperatures and Kate Magic's own special blend of raw food, yoga and dance. Or you could join a pre- or post-Christmas raw food detox with Saskia... Turn to our events listings on page 9 for more.

And while we've got you thinking about the festive season, why not drop us a line telling us your favourite festive recipe? We'd like to share the best, the tastiest and maybe even the quirkiest recipes in our Winter 2012 issue. So email [info@fresh-network.com](mailto:info@fresh-network.com) with Festive food in the subject line by 31 October and see your recipe in print come December.

Breathe easy with new

# BRONCHOMEL!

**Sick of suffering from a tight chest? There is nothing more irritating than not being able to breathe deeply and clearly due to a light allergy or mild asthma causing a tight chest.**

**BronchoMel** is the latest addition to the new range of honeybee products from Nu Vitality Products who boast the LifeMel product range.

The bees are fed a specially formulated diet of soothing herbs that have been proven to effectively soothe a tight chest, coughs, colds and flu. The special honey they produce intensifies the active properties of these herbs as they are processed in the hive resulting in **BronchoMel**.

**BronchoMel** is a natural antibiotic and has antiviral, antifungal and anti-inflammatory properties, which clear mucous and effectively soothe away those tight chests, cough's and respiratory difficulties. 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 costs £25.00 and is available from your local health shop or pharmacy nationwide or from [www.revital.com](http://www.revital.com)**

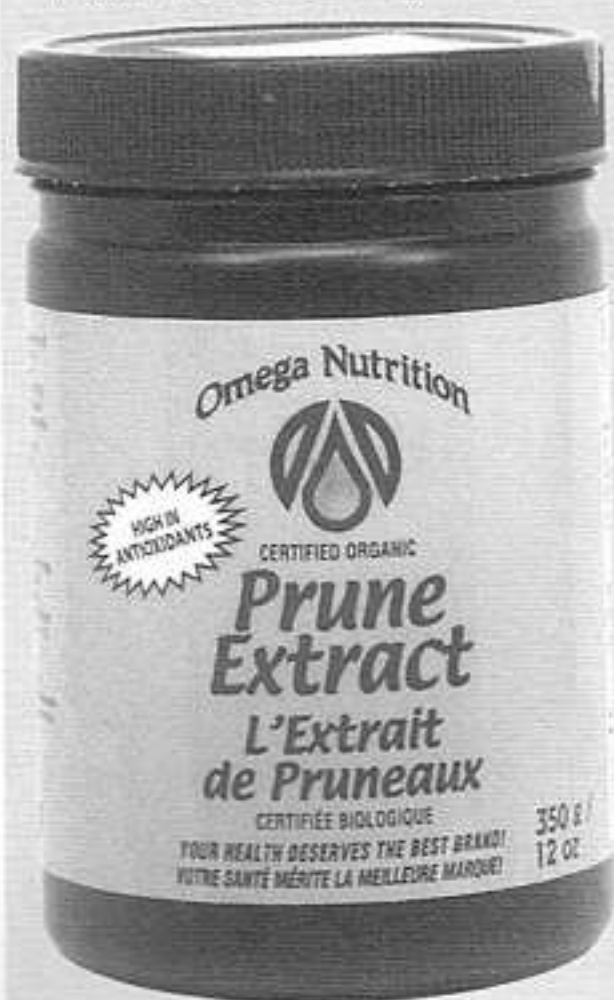
Disclaimer: We do not in any way wish to promote EnergyMel as a treatment or cure for any illness or disease.

NATURAL LIFESTYLE

# top picks

## The Power of Prunes.

Prunes probably don't rank high on most people's list of favourite fruits, however they should not be underrated because they are a



very high antioxidant – prunes have more than twice the antioxidant value of blueberries. Omega Nutrition have developed Prune Extract as a versatile, certified organic concentrate of prunes. This is a great way for everyone to boost their antioxidant reserves. Prune extract can be used as a spread or added to drinks or in baking. Alternatively it can be used as a healthy sugar substitute. **For details contact 01764 662111 or info@omeganutrition.co.uk**

## EnergyMel functional honey!

EnergyMel uses powerful herbs such as Panax and Siberian Ginseng, known for their energising properties, into this wonderful tasting honey. The active ingredients of the botanicals are intensified in the hive, resulting in a honey containing the combined energising benefits of the individual herbs. The herbal



actives in EnergyMel are in a pre-digested format making it ideal for the more mature person whose bodies often find it harder to absorb benefits from foods and supplements alike. EnergyMel retails at £20.00 and is available from your local health food store or pharmacy. **For more information visit [www.revital.com](http://www.revital.com)**



## Age-related Low Dopamine?

Responsible for much more than the control and co-ordination of movement, research now shows that low dopamine is linked to; addictions, anxiety, depression, cravings, low libido, obesity, poor sleep, poor memory, Restless Legs Syndrome and of course Parkinson's disease. From mid-life, dopamine levels decline by approximately 13% each decade but now levels can be maintained in a healthy way with vitalCALM:

the all-natural supplement that raises dopamine levels and improves dopamine function in the nervous system. **Read more about dopamine and buy vitalCALM at [www.simplyvital.com](http://www.simplyvital.com) or call free on 08706091180**

## Boost your immunity with Bio-Kult

Bio-Kult is a unique, multi-strain probiotic with 14 strains of beneficial bacteria, expertly formulated to help maintain healthy digestive and immune systems. Bio-Kult can help with specific conditions such as: antibiotic associated diarrhoea, traveller's stomach, irritable bowel syndrome and inflammatory bowel disease and is especially good for topping up the beneficial bacteria in your gut in the run up to cold and flu season.



**For more information [www.bio-kult.com](http://www.bio-kult.com)**



## 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](mailto:info@baseformula.com) or visit [www.baseformula.com](http://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](http://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](http://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](http://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](http://www.smuc.ac.uk/shortcourses) or email [shortcourses@smuc.ac.uk](mailto:shortcourses@smuc.ac.uk)**





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## Our Friends

We love working with others. Listed below are a few of our particular friends. Each of them is recommended for a different reason, and we thank them for their support.

If you are a business or charity and would like to work with us, please do get in touch. We work with employees, customers, brands... Whoever can help us to prevent cancer, or support people living with it.

Our friends include Esty Lingerie, Suburban Turban, Evolution Organics, Life Cover For All, Top Trumps, Maggie's, Look Good, Feel Better and Life Mel Honey



### Evolution Organics

Evolution Organics was founded in 2009 by health and fitness consultant Henry Maitland. The company provides an authentic source of high quality organic health food and supplements, from all natural or certified organic sources. Evolution Organics shares Cancer Recovery's mission to promote foundational health and are now working with us to publicise healthy eating and the benefits of natural and organic produce. When you visit their site from ours Cancer Recovery receives a 10% donation from Evolution Organics for any order placed.

### Best Years

We would also like to thank Best Years for providing some of the soft toys that went into the childrens gift bags for Christmas and Easter and for their ongoing support.

### Winning Moves

Cancer Recovery would like to thank Winning Moves for their kind donation of games for the Christmas Gift bags. Winning Moves is an independently owned London-based games company who own / distribute a range of classic game brands such as Top Trumps, Monopoly, Waddingtons Number 1 Playing cards, Pass the Pigs and Bananagrams. They also have a wide range of licensed product and are the official Licensee in the games category for London 2012. For more information visit: [www.winningmoves.co.uk](http://www.winningmoves.co.uk) or [www.toptrumps.com](http://www.toptrumps.com)

### AquAid

Cancer Recovery Foundation appreciates the importance of drinking water within a healthy diet. AquAid supplied us with a water cooler and we are pleased with their friendly service.

### Life Mel Honey

Life Mel are working with us to raise awareness about their new products and the benefits they can provide for patients undergoing chemotherapy or radiation treatment. Life Mel is a completely natural beehive food supplement from Isreal that has been scientifically proven to improve the blood count of patients undergoing chemotherapy when used as a supplement.

### Esty Lingerie

Estelle the founder of Esty Lingerie is working with us to raise awareness about Breast Cancer prevention. The company is helping us advertise steps women can take to lower their risk of developing Breast Cancer. Additionally for purchases from their website Esty Lingerie is giving us a donation throughout October as part of Breast Cancer Awareness Month.

### Did You Know?

33% of cancers could be eliminated by a reduction in smoking.

### Our Tweets

- CancerRecovery a little thankyou from some happy children to everyone who helped #cancerrecovery this summer :-)  
[pic.twitter.com/...](http://pic.twitter.com/...)  
19 hours ago • reply
- CancerRecovery RT @ploink: RT @ploink: #Charitv2'sdav

Join the conversation

### Soundbites

"The bear-able gift bags have been fantastic. We use them for bravery awards and other things. They are just perfect. Please could you let me know when you will be doing them again." Vicki Belton, Play Specialist, Maidstone Hospital

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## Suppliers

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### Latest News

#### Cancer Options Masterclasses

The world's leading expert on formulating integrative cancer strategies invites you to a masterclass...

#### Cancer Convention - 20th October 2012 in Birmingham

'Current Approaches for People with Cancer' will include expert speakers from Orthodox and Complementary disciplines...

#### Cancer Workshop - 26th September 2012 - London

'Cancer - Nourishing Body and Soul' is a one-day workshop on how to support physical and emotional health in cancer sufferers...

#### Sign up for our newsletter

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### Nu Vitality Products

Developed with over 30 years of research, LifeMel honey 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. [Click here to visit their website...](#)



### Natural Greens

If you are looking for ways to support your nutrition based recovery programme, then nutrient rich foods are important. Natural Greens, a natural foods company, specialises in the green super foods Spirulina, Chlorella and Wheatgrass, which are 100% pure and can help cleanse, rejuvenate and nourish your body. [Click here to visit their website...](#)

## Nutrition Marketplace

### Nutrition Marketplace

Cancer Options have applied their expertise to selecting what they find to be the best quality supplements for their website, and are offering them at very competitive rates - a trustworthy source. [Click here to visit their website...](#)



### The Quartz Phone Shield

Suppliers of Phoneshield and Compushield, devices designed to provide protection from mobile phone and wifi radiation. Phoneshield offer 10% of sales to Y2I - please quote Y2I08 when ordering. [Click here to visit their website...](#)