

VITALITYUPDATE

NO.3



I apologise for the long gap in between this issue of Vitality and the last update. Work commitments and a new writing project have unfortunately taken my time away from the newsletter. After the very positive feedback that I have received from many of you, in future I will endeavour to get the updates to you on a more regular basis, keeping you up to date with health news and advice.

Good Health as always

Patricia Niland Dip.ION, MBANT

ARTHRITIS + ROSE HIP

On 2nd March the Daily Mail published an article about rose hip and it's beneficial effects on arthritis.

The main problem with the article, was it referred to rose hip as a generic ie. All rose hip is created equal. This unfortunately is not true and has meant that many people have bought rose hip in the form off Rosa Mosqueta, that simply hasn't worked. The only form of rose hip that has been tested and proven to be effective for arthritic pain relief is Rosa Canina.

Two studies from Norway, have demonstrated that Rosa Canina powder has been considerably beneficial to the everyday activities (walking, shopping, sleep quality) of arthritis sufferers. This is thought to be due to the ability of Rosa Canina to suppress the activity of a group of white blood cells called granulocytes. Granulocytes are attracted to a site of inflammation to clean the area of bacteria. However when they proliferate they actually wear away cartilage and also produce free radicals, this in turn causes more tissue damage and inflammation.

Litozin, pictured above is rose hip in the Rosa Canina form, the capsules and powder retail for £19.99. The initial box will last 3 weeks (as it is necessary to start on a high dosage), thereafter it should last 5-6 weeks.

* *I have seen very impressive results with this product, in a very short time frame, ie. before completion of the first box. I would recommend it to anyone who is experiencing pain or discomfort from arthritis.*



Any products featured in this newsletter can be ordered from
Tel: **020 7637 8436** and Quote reference: **ZZ PAN 10** to receive a 10% discount
off retail price. P&P is free on all orders over £25

Seasonal Vitamins

Whenever you have the opportunity, eat with the seasons. Consume fresh foods that have been ripened naturally and are at their peak, to ensure optimum nutrient content.

Foods in season in July include Blueberries, Aubergine, Fennel, Tomatoes, Strawberries, Trout, Pike, Watercress, Pilchards, Loganberries, Sage, Cauliflower, Raspberries

Barbecued Trout with Fennel Butter

by British Trout Association

Serves 4

Preparation time 1-2 hours

Cooking time less than 10 mins

INGREDIENTS

4 whole trout
1 tbsp chopped fresh thyme
2 tbsp extra virgin olive oil
salt and pepper

Fennel Butter:

2 tsp fennel seeds
125g/4oz butter, softened
1 tbsp chopped fresh parsley
2 tsp lemon juice

METHOD

1. Wash and dry the trout inside and out and using a sharp knife make several slashes on each side. Mix together the thyme leaves, oil and some salt and pepper and rub over the fish making sure the flavourings are pressed well into the slashes. Marinate for at least 1 hour.
2. Meanwhile, make the butter. Toast the fennel seeds in a dry frying pan until they turn golden and release their aniseed aroma. Cool slightly and grind to a fine powder in a spice mill or pestle and mortar.
3. Beat into the butter with the parsley, lemon juice and some pepper. Chill until required.
4. Brush the fish with a little extra oil and cook on a hot barbecue for 3-4 minutes each side until charred and cooked through. Rest for five minutes and serve with the fennel butter and a tomato and olive salad.

So where does **your** food come from?

It is now the norm to consume foods that have been transported half way around the globe, just to grace our table. In fact 95% of fruit and 50% of vegetables eaten in the UK are now imported!

With the increase in global warming, its time for all of us to take a very close look at the real longterm costs to our planet. Can we really justify excessive CO₂ emissions created from flights and road transport, when foods are produced locally, but just not available to us through the supermarkets.

If you feel strongly that you would like to support your local producers and have more local foods available in your supermarket please support the petition on the food miles campaign.

<http://www.fwi.co.uk/gr/foodmiles/index.html>



A RUN A DAY An apple a day

For all you PC users out there, I have to apologise, because I am and will always be totally 'in tune' with Apple.

Hopefully my campaign to get more of you moving, could be helped by a new product which has been developed by both Apple and Nike.

Some of you may prefer to run, power walk or rebound accompanied only by your own thoughts. However if a little music is the motivation then this may be exactly what you were looking for. Click the link below and click on 'Tune your Run' and watch what you could have available to you.

<http://www.nike.com/nikeplus/>

NB. All runners/walkers please take care when wearing headphones whilst outside as you may not be able to hear who/what is around you.



A number of environmental groups, including the Friends of the Earth and Greenpeace are warning that some sunscreens contain submicroscopic particles that may be hazardous to health. They are demanding that products be removed from stores. The groups are concerned about lotions that contain nano-sized particles of titanium dioxide and zinc oxide because due to the potential to trigger inflammatory immune responses.

In future, before you pour chemical concoctions on your skin maybe you could consider:

- Limit your sun exposure
- Supplement with folic acid, vitamin B12, zinc and antioxidants such as vitamin C and vitamin E - to help the skin deal with the stress of UV exposure.

RECOMMENDED ANTIOXIDANTS:

Biocare – Lycopene Plus (With Natural Mixed Carotenoids) (Microcell)

£12.40 for 30 Veg Capsules

Lycopene (from tomatoes) is a potent antioxidant and carotenoids (found in orange foods) are very beneficial to the skin and protect from premature ageing due to the antioxidant potential.



VITAMIN C - The Wrinkle Reducer

Kiki – Truly Natural C

£19.95 for 171g

A recent double blind study has proven vitamin C to be an effective wrinkle reducer. This is due to its ability to increase levels of collagen and elastin. It can also repair some of the damage from sun exposure. Effects are enhanced when natural form rather than synthetic Vitamin C is used. Kiki Truly Natural is composed of 100% acerola cherry which makes it highly absorbable..



'Think' Broccoli

Broccoli a cruciferous vegetable, is probably one of the healthiest veggies on the planet. Already known for its cancer fighting properties due to its plentiful supply of phytonutrients. If that wasn't enough, it now looks as if broccoli may help to keep Alzheimers at bay.

New studies show that the phytoestrogens (called lignans) which are found in broccoli, can help to boost your brain power. Also, other powerful compounds called glucosinolates, help to keep your acetylcholine neurotransmitters in plentiful supply, which appear to slow the progression of the disease.

Other studies have shown that broccoli reduces the risk of contracting heart disease. Offers protection against cataracts, ulcers, and rheumatoid arthritis and of course helps your immune system. It also helps to strengthen your bones due to its high calcium content.

ONE SMALL CUP =

Twice your daily requirement for vitamin C
Almost half of your RDA of vitamin A
Nearly a quarter of the folate you need

The moral of the story... eat more broccoli.

Biocare – Cellguard Forte (Antioxidant Nutrients)

£19.65 for 60 Veg Capsules



This is a very good all round antioxidant. Containing the enzymes lipase and protease to increase absorption. it also includes bromelain which acts as an enzyme and has anti-inflammatory properties. ▲

The information and advice provided by Niland Nutrition VITALITY Newsletter is not intended as a substitute for actual medical advice. Any individual suffering from a condition that requires medical attention, or having symptoms that concern them, should consult a qualified medical practitioner.