



VITALITYUPDATE

NO.1 Dec/Jan

WELCOME to the first edition of **Vitality**. Produced bi-monthly, **Vitality's** aim will be to keep you informed about new products and information that can have life enhancing effects. This issue concentrates on immunity and Christmas.

You are receiving this because you have been a client of, or expressed an interest in Niland Nutrition. If you know of anyone who may appreciate a copy of this feel free to forward it, however if you do not wish to receive future copies please email: nilandnutrition@aol.com and include 'no vitality' as the header.

I hope you enjoy and Good Health as always
Patricia Niland Dip.ION (MBANT)

At the FIRST sign of a cold...

YOU KNOW THE FEELING? You don't feel yourself, maybe you have a headache or you've noticed that your throat is a little dry.

Symptoms of a cold manifest in a variety of ways, but at the very first sign, it is always wise to try and stop it progressing. A combination of Olive Leaf extract and Echinacea can be extremely effective. Olive leaf can kill viruses and bacteria and also help prevent latent viruses from emerging. Echinacea on the other hand stimulates your own immune cells to fight all kinds of infection.

Recommendations

PLANETARY FORMULAS		Retail Price
Olive Leaf Extract 825mg	(30 capsules)	£14.29
Olive Leaf Extract 825mg	(60 capsules)	£27.49
Echinacea	(60 tablets)	£14.29
Echinacea Liquid	(30ml)	£9.89

Cut the Carbs

To avoid weight gain over Christmas make sure that you:

1. Keep your consumption of carbs down (sugars, refined flour, grains and alcohol)
2. Don't eat too late at night and of course
3. Avoid any processed foods as these can cause fat gain and stop fat loss in its tracks.

When eating out, try and avoid eating all the courses, just because they are there. Also if you want to leave the table feeling energised rather than tired and lethargic, keep your meals simple by avoiding mixing carbohydrates and protein, ie. have a portion of protein, lots of vegetables and a fresh mixed salad, rather than having meat with potatoes and bread.



Artificial Sweetener... ASPARTAME BAN?

Roger Williams, a member of the parliamentary select committee on food and the environment and a Liberal Democrat MP, has said any items containing aspartame (added to 6,000 foods, drink and medicines) should be withdrawn from sale, due to the compelling and reliable evidence that aspartame can cause cancer. His comments, based on research published in Italy over the summer, linked aspartame to increased cancer in rats. Mr Williams told the House of Commons the additive was potentially far more dangerous than Sudan I, the banned food dye linked to cancer, found in foods in Britain earlier this year. Leading scientists have joined Mr Williams in calling for all products containing Aspartame, an excitotoxin (a central nervous system stimulator) to be taken off the shelves.

Aspartame is produced by the American firm Monsanto (of GM food fame) and it's approval for human consumption has always been questionable. My advice would be to avoid it at all costs!

Any products or books featured in this newsletter can be ordered from, Tel: **020 7637 8436** unless specified. Quote reference: **ZZ PAN 10** to receive a 10% discount off retail price. P&P is free on all orders over £15

Colds, Sneezes and Probiotics

IT'S THE SEASON for coughs, colds and of course flu vaccines. With the media frenzy on Avian Flu calming, at least for a while, it's never been more important to make sure that your immune system is strong enough to see you through to the spring. For the elderly this is crucial as immunity naturally reduces as we get older.

Recent research presented at the European Influenza Conference in Malta, has confirmed that probiotics (beneficial bacteria) not only help the gut, but they also have a profound effect on the immune system, reducing the duration of colds and their symptoms. Fevers reduced by almost 75%, taking them from twenty four hours down to a mere six. The length of the overall cold was also cut by two days, taking it from nine days to seven. The other symptoms that can make a cold feel so much worse, such as headaches, coughing and sneezing were also reduced. The subjects in this study took a multi vitamin and mineral, plus a probiotic daily for three months.

However, take heart as it's never too late to start taking probiotics to enhance your immunity. A sample group within the same study were tested after only 2 weeks and they showed much higher levels of T cells (immune cells) than an unsupplemented group.

Remember, if for any reason, you ever have to take a **course of antibiotics**, it is crucial to replace the good bacteria that the antibiotics will have wiped out. I see many patients who have had immune problems after taking antibiotics. To replace the bacteria, take an intensive, replacement course, Biocare's 7 day Replete is very effective. Then ensure you take a good probiotic every day for the next three months.

Recommendations

I have recommended Biocare probiotics as I have found them extremely effective. If you don't want to use Biocare, ensure that you always check the quantity of bacteria (higher the better) in your capsules and always keep them refrigerated.

BIOCARE	Retail Price
Replete (7 day intensive Probiotic Pack)	£45.95
Bio Acidophilus Forte (High Strength, 30 caps)	£24.95
Children's Strawberry or banana Acidophilus powder, mix with milk, 60gms	£13.35
Bio Acidophilus (60 caps)	£17.45
or LAMBERTS	
Acidophilus Extra (4 Billion bacteria Milk Free) 30 caps	£7.50
Acidophilus Extra (10 Billion bacteria Milk Free) 30 caps	£9.95

£20 OFF - Food Intolerance Testing

This comprehensive test, checks antibody responses to 233 different foods, including seasonings, colourings, additives and beverages from a single blood sample. Normally retailing at £245, booked before 31 January 2006 these are available for £225.

A growing number of people suffering from health problems, which they suspect are caused by their foods or factors within their environment. Testing can provide an invaluable method of identification, for these 'allergens' and enable a more proactive route for treatment and recovery.

Symptoms associated with food intolerance

Weight gain, headaches/ migraines, fatigue, IBS, bloating, diarrhoea, constipation, chronic bladder infections, chronic and frequent infections, anxiety, depression, hyperactivity, inability to concentrate, insomnia, irritability, mental confusion, asthma, acne, eczema, hives, itching, skin rashes.

Your Results: Will identify the foods which are causing you an inappropriate immune response. You will also receive a 6 week rotation diet, which excludes the identified allergens and their food families, aiming to eliminate or minimise the immune response to these foods. Tests require a blood sample and results are returned within four working weeks.

To order, or for more information: Telephone 01704 560 733



The 'SWEET' taste of Christmas

Christmas can be a time when we can find ourselves over indulging on too many sugary foods. The 'sweet treats' can soon add up and then have the potential to lower your immunity.

Refined sugar has the ability to suppresses the function of immune cells, which causes a depression of the immune system, reaching a low about two hours after ingestion. Therefore individuals who eat sugar several times a day can suppress their immune function **all** day. Due to this, limit you intake of sweet foods, and make sure you don't 'graze'.

At Christmas children can have a tendency to 'graze' on foods that are placed around the house for visitors, so make sure you provide them with lots of fun alternatives to the usual 'sweet treats'. Fresh fruit cut into pieces with a fruity dipping sauce (blend soft fruit, add vanilla or almond essence) and then use desiccated coconut as the final dip is good. Bread sticks and vegetable sticks with savoury dips (spicy tomato, humus or cream cheese). Or you could try almond balls (ground almonds, mixed with a little manuka honey and water, rolled into balls and sprinkled with cinammon.

Athletes and Altitude

Consistent winter training is the necessary preparation for effective spring competition. Athletes concerned about immunity over the winter period may be interested in one of my articles featured on

www.southportwaterlooac.co.uk/Nutrition/immunity.pdf

(where you can download the pdf document)

or visit www.biovisualtech.com/healthwatch/ar7.htm

It has long been know that consumption of carbohydrates can improve endurance in high intensity exercise. However a new study shows that altitude can be a significant stressor, which makes it even more important to consume adequate carbohydrates. Carb's have also been shown to be effective in relation to altitude or mountain sickness. So all skiers and climbers out there take note.

If you are travelling to altitude this winter, make sure your trip is not ruined by altitude sickness. Take a high strength antioxidant, to lessen the free radical activity within cells. Mountaineers have found the use of an antioxidant vitamin supplement (providing 1,000 mg of vitamin C, 400 IU of vitamin E, and 600 mg of lipoic acid daily) significantly improved symptoms of altitude sickness as compared to placebo. Treatment began 3 weeks prior to ascent and continued during the 10 days of climbing. The herb ginkgo biloba can also be beneficial.

I would recommend taking a high strength antioxidant such as Allergy Research, 'Antiox The New Cysteine Free'. Take 1 capsule twice a day with meals. Also take 1000mg of Vit C (Biocare is very good as it contains bioflavonoids which aid capillary integrity, thus helping oxygen supply).

HERBAL DETOX

BodyVital have produced two supplements,

called 'Essential Cleanse Program', for that post Christmas Detox. Number 1 is 'Whole Body Cleansing' and 2, 'Colon Cleanse'.



This 100% natural, herbal tablet formula is said to search out, dissolve and wash away internal sediment, helping you detox!

It is meant to cleanse the liver, arteries, lymph, cells, veins and colon and rid any toxic build up which can cause: tiredness, bloating, weight problems, aches and pains and even headaches and dark circles under the eyes.

Recommended cleanse is 1-3 months. Also make sure that you include Milk Thistle and continue with Milk Thistle support for a month after you have finished the cleanse.

Available from Good Health on 0870-241-4237 (£39.95)

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.