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health • Matters
maintaining good health - naturally



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Thanks for the memory



There's a new buzzword, here from the
: *I'm having a 'senior moment'*. But
Alzheimer's disease is no joke, and its
is hitting an increasingly younger sector. A
new drug has been launched with much
excitement – and guess what, it's based on
Daffodil. Denise Barrett reports

Alzheimer's disease is the most
common and well-known form of
dementia. It is quoted as the fourth
leading cause of death in Western
countries, preceded only by heart
disease, cancer and stroke.

According to the Alzheimer's
Association there are 450,000 people
with the disease in the UK today,
and globally, 18 million people suffer
from it.

But, fresh hope has arrived in
the shape of Wordsworth's
daffodils. A new drug

was launched on Day, September 21st, at the Royal
Society of Medicine. Galantamine
– branded Reminyl™ – is a dual
action treatment *originally derived
from the common daffodil*.

Clinical trials have shown that
treatment with the medication can
sustain cognition and patients' abilities
to carry out the normal activities
of daily life such as washing,
dressing, and feeding themselves.
Findings also show that it delays
the emergence of behavioural
disturbances and could reduce



Dr David Wilkinson

hour per day.

The UK Reminyl Trials have
been conducted by leading
Alzheimer's specialist, Dr David
Wilkinson, Consultant in Old Age
Psychiatry at Moorgreen Hospital,
Southampton. He reiterated at the
Conference that the trial results re-
flected his own personal experi-
ence, and that "Alzheimer's isn't
just a memory problem, it affects

everyday tasks and can cause
changes in behaviour."

Because of the focus on the
natural origins of what is very much a
conventional, prescribed drug
(daffodils were arranged in profu-
sion in the Conference reception
area) I asked Dr Wilkinson his
views on a complementary or in-
tegrated medical approach to
Alzheimer's – with particular refer-
ence to Ginkgo biloba. He told me
that candidates who had been self
medicating with ginkgo were ex-
cluded from the trial, but it was ac-
ceptable for patients to start taking
the herb once they were had com-

pleted the double-blind phase.

We also discussed how d
it is to diagnose Alzheimer's
primary stages, as the symptoms
can emulate those of, say, mild
moderate depression. Not surpris-
ingly, this often results in patients
being prescribed antidepressant
drugs.

Reminyl is the first Alzheimer's
disease treatment to be launched
for four years. Significant research
funding into Alzheimer's is
40% less than that spent on
research, and less than the
funding spent on heart disease
research.

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Sprung a Leak?

Leaky gut syndrome is welling up big-time. Susie Perry plumbs in with some watertight advice

The digestive system contains a huge area of activity in the body. Amazingly it is just a single layer of cells – which make up the intestinal mucosa that lines the

length of the digestive tract. This intestinal mucosa has three major functions:

1. Protection: to act as a barrier, preventing access to the potentially hazardous materials of the gut, ie. toxins, pathogens and waste products of digestion.

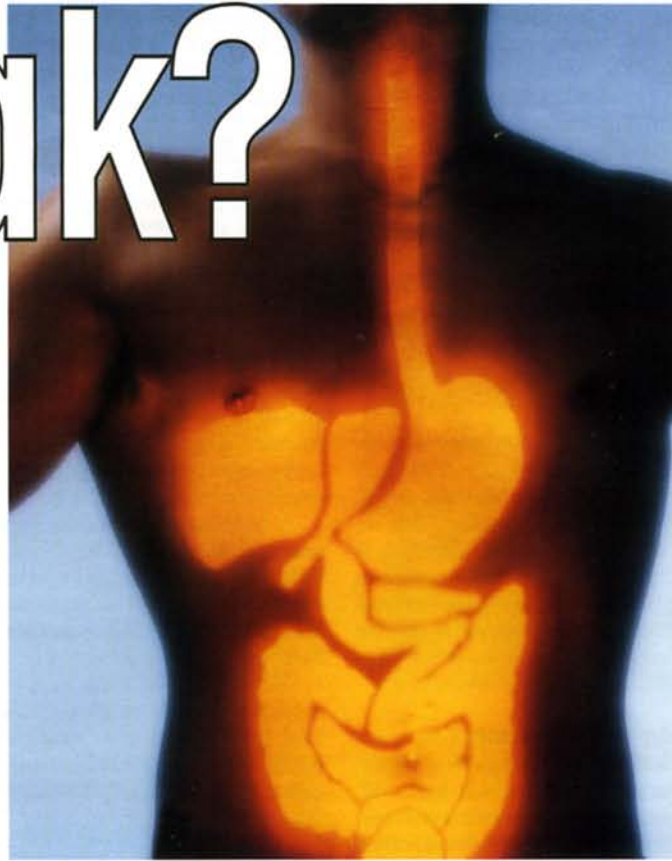
2. Digestion: to secrete digestive enzymes that unlock vital nutrients, required to sustain bodily functions and optimal health, from the food we eat.

3. Absorption: to transport the products of digestion from the intestine into the body, ie. vitamins, minerals, amino acids, water, etc.

Have you sprung a leak?

One way to understand LGS is to picture the digestive tract, from mouth to anus, as a hosepipe. When a hosepipe becomes stressed or damaged it develops weak spots. These spots become thin and eventually split, allowing little spurts of water to seep out. When the intestine lining becomes inflamed and damaged, weak spots appear which can progress into large spaces in-between the cells of the intestinal mucosa. Once these holes have become established the contents of the intestine can easily gain access into the body. In other words, the digestive tract has sprung a leak!

The intestine represents by far the largest exposed surface area the body has with an external environment. Surely a body area this vast merits priority in immune protec-



tion, the intestinal mucosa has its own specialist immune network called 'GALT', which functions to secrete immune factors and antibodies (secretory IgA's). This acts as a first line defence system against potential pathogens. If secretion of these factors is insufficient, the intestine lining is left exposed to intestinal irritants such as pathogens, undigested food particles, food chemicals, food allergens and other toxins. These irritants, when in contact with the intestinal cells, cause inflammation and subsequent damage to the intestinal cellular barrier. If the secretion of immune factors is not restored then the scene has been set for LGS to become established.

Mucus and Microbes

The single celled intestinal mucosa receives protection and nourishment from a layer of mucus situated between the cells and the contents of the intestine lumen. This layer of mucus also provides the homeland for a multitude of friendly bacteria. These bacteria ferment soluble fibre from the diet to produce vitamins B and K and other protective compounds, which nourish the intestinal cells keeping them strong and healthy. The friendly bacteria (probiotics) also fight off potential pathogens, from becoming comfortable residents. If the population of probiotics is low then opportunistic organisms (yeasts, para-

sites) known as Dysbiosis. These organisms produce toxic substances that damage intestinal cells, inhibit the growth of probiotics and change the gut pH – factors that effect digestion, absorption and the overall health of the intestine. Symptoms of dysbiosis include bad breath, bloating, flatulence, diarrhoea or constipation. If the mucus layer becomes thin in consistency and volume then the immune protection is greatly reduced leaving the intestinal mucosal cells vulnerable to attack and damage from the noxious contents of the gut.

'The intestine represents by far the largest exposed surface area the body has with an external environment'

Sort your stress

Under stressful situations the sympathetic nervous system becomes dominant. This system switches off the digestive processes and concentrates the body's energy to become alert and ready to respond to attack. The immune army is pulled out of the intestinal mucosa and transferred to the general circulation in case of injury during 'flight or fight'. The production of stomach acid and other digestive enzymes is greatly reduced. Digestion of foods is incomplete and

ger immune reactions leading to the establishment of food sensitivities. There is also a decline in the secretion of mucus, leaving the friendly bacteria homeless and the intestinal mucosa vulnerable to pathogenic invasion. The lining of the intestine is left exposed and unprotected. These factors can enhance the triggers that lead to intestinal inflammation and damage thus encouraging LGS.

Once the intestine lining has become inflamed, the intestinal mucosa barrier is weakened. Tiny holes develop between the cells. Through these holes, the contents of the intestine, which are normally strictly refused entry into the body, can move freely into the blood stream. Undigested food particles, toxins, food chemicals, food antigens, pesticides residues, bacteria, viruses, yeasts and parasites all have a free route into the body. The body perceives these factors as foreign material and launches an immune response against them. If undigested food particles are involved then this can lead to the body launching an immune response to that particular food the next time it is eaten. This is how food sensitivity/intolerance reactions can become established. Symptoms of food intolerance include bloating, diarrhoea, excess mucus production, headaches, anxiety and fatigue. The immune system can become confused and often launches an immune response to a body tissue that has a similar structure to a food antigen, initiating an autoimmune reaction, like rheumatoid arthritis.

Liver link

The blood supply from the intestine is transported straight to the liver. It is here that any toxins, pathogens or foreign materials are filtered and removed from the general circulation. When the intestine becomes leaky the influx of toxic material to the liver is greatly increased. The liver can become overburdened as the detoxification pathways become exhausted. Toxins are then not rendered harmless and can enter into the general circulation. Symptoms such as multiple chemical sensitivities, headaches, poor concentration, joint and muscle pains can occur.

Fighting fatigue

The intestinal mucosa cells have finger like projections called microvilli, which serve to increase the intestinal surface area for absorption of nutrients into the body. Specific nutrients, eg. minerals, obtain entry into the body by being carried into the cells on transport proteins that are attached to the microvilli. Due to intestinal damage and inflammation, associated with LGS, these transport proteins and the microvilli are often damaged and worn away. This reduction in intestinal surface area and damaged transport system results

Symptoms

- Bloating
- Indigestion
- Flatulence
- Headaches
- Abdominal Pain
- Fatigue
- Diarrhoea
- Constipation
- Mood swings

specific nutrients. This affects nutrient absorption, and increased intake of toxic foreign matter, can lead to a diminished immunity and reduced energy production, compounded as chronic fati-

Eating for LGS

How food is eaten can sufferers, so it is important to eat quietly and relax before eating to stimulate the production of stomach acid and enzymes. Watch the food you eat. **Proteins:** the amino acids, which are the building blocks of protein, are vital for metabolism pathways and growth and repair. Most people should have at least one portion of protein a day.

1. Choose from chicken, eggs or fish.

2. Good vegetarian sources of protein include seeds (hemp, sunflower and sesame).

3. For those following a vegetarian diet, combining rice with lentils with pulses or beans is an important way of getting the body receives a full spectrum of essential amino acids. **Carbohydrates:** boost levels of soluble fibre in the diet help to restore intestinal health and provide a food source for a friendly population of friendly bacteria along the intestinal mucosa.

1. Increase fruits to 5 servings a day and increase vegetable servings to 3. Do this to prevent intestinal wrinkling. You may find that steaming makes it easier for digestion.

2. Lentils and pulses are high in soluble fibre. Start by adding a handful in stews and soups and do this slowly. Eventually have a portion or lentils every day.

3. Brown rice is well tolerated by the digestive system. It contains 'Gamma Oryzanol', a substance known to be beneficial to the intestinal mucosa. Eat a portion of brown rice three times a week.

4. Eat a small amount of onions are high in fructans (FOS) the soluble fibre which feeds intestinal bacteria and sulphur, not the detoxification pathway.

5. Eat one to two cloves a day. Garlic con-

Conditions Associated with LGS

Chemical Sensitivities, Inflammatory Joint Disease, Rheumatoid Arthritis, Ankylosing spondylitis, Food Allergy, Fuzzy thinking, Nervousness, Poor memory, Crohn's Disease, Coeliac Disease, Ulcerative Colitis, Fibromyalgia, Polymyalgia, Dermatitis, Mood Swings, Eczema, Psoriasis, Skin rashes, Confusion, Asthma, Anxiety, IBS

digestive system, also rich in sulphur.

Healthy Fats: Nuts, seeds and oily fish are rich in Omega-6 and Omega-3 essential fatty acids. The body converts these fatty acids to anti-inflammatory mediators called prostaglandins. These essential fatty acids are important because there is often a large area of inflammation along the intestinal mucosa, which needs to be reduced to enable the healing process to occur.

1. Eat a small handful of nuts a day. Avoid these if you know you are sensitive to this food group. Choose from hazelnuts, brazil nuts, walnuts, almonds, pistachio, etc.

2. Include a tablespoon of seed ground pumpkin, sesame, flax seed (flax) and sunflower seeds daily.

3. Eat oily fish at least three times a week. Choose

from mackerel, salmon, herring, pilchard or tuna. These are a rich source of the omega-3 fatty acids.

Fresh Juices: Juices are an excellent way to provide healing to the intestinal mucosa. Add a desert spoon of flax oil and a teaspoon of fructo-oligosaccharide (FOS) to the juice to increase their healing potential. (See supplement recommendations below)

1. Cabbage juice promotes the formation of protective mucus.

2. Beetroot and carrot juice are rich in beta-carotene, the precursor to vitamin A, an important nutrient for intestinal mucosa health.

3. Apple juice provides an excellent source of pectin, a soluble fibre that helps reduce intestinal toxicity.

Herbs – most culinary herb have health promoting properties. For example thyme and rosemary are anti-parasitic, oregano is anti fungal, fennel is soothing and gin-

ger stimulates the liver.

Foods to avoid

Food additives, colourings and preservatives, coffee, and alcohol – these act as irritants to the intestinal mucosa.

Red meat and dairy products – rich in saturated fat, which promotes inflammation within the body.

Food allergies – can be caused by foods such as wheat, dairy and gluten foods.

Sugar and sugar foods - pathogenic organisms such as parasites and yeast flourish on sugar foods, creating a state of dysbiosis. Avoid sugar, artificial sweeteners, honey, fructose, soft drinks, cakes, biscuits, pastries, sweets, chocolate and puddings.

Supplement

Digestion: Supplementing with Betain HCL helps to correct stomach acid levels relieving indigestion, heartburn and bloating. This ensures that the protein digestion is initiated. Also, a broad-spectrum plant based digestive enzyme supplement tops up digestive enzyme levels ensuring complete digestion of all food groups.

Anti-Inflammatory

Select one of the following supplements: Cats Claw – a herb with soothing anti-inflammatory properties which also aids detoxification

and intestinal health. Cats Claw is particularly good where food allergies and infections are predominant.

Fish Oil or Flax Oil – are converted into prostaglandins that act like localised hormones capable of reducing intestinal inflammation.

Ginkgo biloba – this herb has been shown to prevent intestinal mucosa damage by providing a protective anti-inflammatory action.

Dysbiosis

I recommend you select one of the following depending on type of dysbiosis suspected:

A grapefruit seed extract that has anti-viral, anti-bacteria, anti-parasitic and anti-fungal properties. Try Higher Nature's Paracels, a combination of artemisia, grapefruit seed extract, barberry, liquorice, ginger, along side other herbs, specifically designed to eradicate parasites from the gut.

A combination of calcium and magnesium caprylate, Pau d'Arco, thyme, rosemary and lemon balm specifically designed to eradicate fungal infections, like candida from the body.

A high potency garlic supplement. Garlic has been a traditional food and remedy for intestinal health due to its anti-viral, anti-parasitic, anti-bacterial and anti-fungal action.

Healing

Choose from the following: L-Glutamine, an amino acid used by the intestinal mucosa as a fuel supply. Meeting demands for the mucosal turnover for growth and repair of the mucosa.

Chlorella, a blue green alga rich in amino acids, vitamins, minerals and RNA and is necessary for the cellular repair process.

A liver support formula containing milk thistle, ginger, dock root, dandelion root, burdock root, pectin, niacin and vitamin C. This could help the liver restoring detoxification pathways and lighten the body's toxic load, thus speeding the healing process.

Aloe Vera contains 'copolysaccharides' which form a healthy mucus coating the intestinal mucosa.

Probiotics

FOS, classed, as a 'prebiotic' soluble fibre and important supply for the population of 'friendly' bacteria. Biobifidus or Acidobifidus are source of friendly bacteria.

Susie Perry, BSc (HON), is a nutrition consultant and health

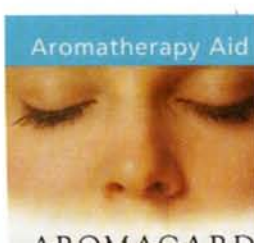
Christmas crackers



Ideal as a stocking filler, natural aromatherapy aids from SwissHealth offer pocket-sized snap cassettes which may help to enhance winter health. AromaCard Breathe offers relief from blocked noses while AromaCard Headease may offer relief from head pain or tension, says Swiss Health.

Trinity Sales & Marketing: 01483 225691

To help ease the stresses and strains which often come hand in hand with Christmas preparations, Nelson & Russell has produced a specially blended bath and massage treatment called Frankincense & Myrrh. The limited edition treatment



Braun Oral-B has launched a Christmas promotion with its premium range of rechargeable power toothbrushes. The promotion offers purchasers 50% savings on the entire range of Braun Oral-B 3D rechargeable power



brushes: the 3D Solo, 3D Standard and 3D deluxe, which according to Braun, are clinically proven to clean better than manual toothbrushes.

Braun: 0870 6085555

Throughout winter and the Christmas party season, Redoxon Vitamin C helps to maintain a healthy immune system and fend off colds and flu, says Roche. The formulation has recently been improved to make Redoxon effervescents and chewables sugar-free, while changes in pack sizes means better value for UK consumers.

Roche



Overindulgence during the festive season can lead to a build up of excess fat, cholesterol and toxins in the body. BioLight offers a three day detox liquid supplement containing plant extracts and juices such as Ocean, Clove, Ginger, Juniper and Carrot, which acc