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# NEWSLETTER

FEBRUARY 2013

## BROKEN HEARTED?



### *Maintaining a Healthy Heart*

**Welcome to the first issue of our new Greenlife Direct monthly Newsletter.**

**With Valentine's day this month, we are going to take a closer look at heart health...**

Most of us know how to build and maintain strong muscles through regular exercise and the right kind of diet. This doesn't just apply to the muscles that you see but also to those inside your body. Do you take enough trouble to make sure your biggest muscle - your heart - is as strong as it should be?

According to the British Heart Foundation, cardiovascular diseases still remain the biggest killer in this country. In 2010 – it resulted in more than 45,000 deaths amongst individuals aged less than 75 years, and although 68% of these were men, this is an issue that applies to all of us. <sup>1</sup>

It stands to reason that regular exercise is as important for maintaining a strong heart muscle as it is for keeping your biceps or your thighs strong. To build a strong heart muscle we need to make sure that it is worked regularly. Anything that 'gets your blood pumping' is obviously getting your heart to work and giving it exercise - so make the time to do more swimming, running, dancing, cycling or vigorous walking.

Obesity has been linked to cardiovascular disease. The reason for this is that to push blood around a bigger body simply requires a stronger pump – which is your heart. This is no different to making sure the engine in a car is adequate to drive the tonnage.

However – it is important to know your own limitations. If you are very overweight then take things carefully to begin with. Gradually build up the intensity of the exercise that you do over time. You wouldn't expect to lift the highest weights in the gym without having first built up adequate body strength, after all.

A healthy diet that is rich in greens and antioxidant rich fruit and vegetables, and low in saturated fats is important for maintaining good cardiovascular health in the long term, but there are also some useful supplements that you can take to help to support it, or to help to strengthen it again if you have a history of any heart problems. Some of these supplements have also been shown to reduce exercise related chest pain, so they can help you to get moving and build a stronger heart...

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## Magnesium

Magnesium deficiency may be a contributing factor for spasms that occur in coronary arteries – the major blood vessels that serve your heart. Some research has shown that it can also help to maintain low blood pressure<sup>2,3,4</sup>, and reduce exercise related chest pain. Some drugs that are used to treat Congestive Heart failure have the effect of lowering magnesium levels – so it is well worth topping these up with a supplement if you are on or have been on these types of medication. Take 400mg – 800mg per day of a well absorbed supplement such as Citrate, Malate or Taurate.

**Solgar Magnesium Citrate 60 Tabs £8.76**

**Solgar Magnesium Citrate 120 Tabs £15.06**



## Co-Enzyme Q-10

Co-Enzyme Q-10 is also called 'Ubiquinone' because of its 'ubiquitous' or 'widespread' distribution in the human body. Often nicknamed the 'energy spark plug' – Co-Q10 is an antioxidant that also contributes to the body's energy making mechanisms, and one that we may have more need of as we grow older. Co-Q-10 may be able to protect the body against the negative effects of reduced blood flow, so can help you to keep your blood pressure under control.<sup>5,6,7,8,9</sup> Supplementation may also be helpful if you experience chest pain while exercising<sup>10,11</sup> and it is likely to put a spring in your step – so should give you further encouragement to get the exercise you need!

**Natures Aid Co-Q-10 50% EXTRA FREE £8.49**  
**(45caps for the price of 30caps)**



## Hawthorn

Hawthorn blossoms are a beautiful sight in the British countryside in May. However – you may not know that this familiar plant, which is prized by wildlife for its bright red berries or 'haws' that appear a few months later, has also long been prized by herbalists. In fact it was included in Culpeper's Complete herbal as long ago as 1820! Modern research has identified that antioxidants called procyanidins that are found in Hawthorn berries and leaves can reduce the incidence of exercise related chest pain, improve exercise capacity by increasing blood flow to the heart, strengthen heart contractions, and improve blood flow to the extremities<sup>12, 13</sup>. Parts of the hawthorn tree also contain flavonoids that may protect your blood vessels from damage.

**Lamberts Hawthorn 60 Tablets WAS ~~£9.14~~ NOW £6.84**



## Resveratrol & Red Wine Concentrate

The term 'French paradox' was coined in 2002, when the scientist Serge Renaud published an article that drew attention to the fact that French people appear to have a relatively low incidence of coronary heart disease despite having a diet high in saturated fats. It was theorized that their regular consumption of red wine was a significant factor. Since then, numerous studies have demonstrated the antioxidant capacity of resveratrol and of the various proanthocyanidins and anthocyanins that are found in red wine grapes<sup>14</sup>. Anthocyanins are found in many fruit and berries and give them their red, blue or purple colouring, but the resveratrol that is also found in red wine grapes seems to have a positive effect on blood circulation as well. It appears to stop the 'platelets' that make up your blood from becoming 'sticky' – so your blood flows more easily<sup>15,16</sup>. Try Viridian Resveratrol complex, which combines Red Wine Concentrate, Resveratrol, Co-Q10, and other antioxidants. Take 1- 3 per day.



**Viridian Resveratrol Complex 60Vcaps £31.00**



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## Magnesium

On average, an adult human body contains about 24 grams of Magnesium – so you can see why it is termed an ‘Essential’ mineral! Magnesium is needed for good bone health, for the normal functioning of your nervous system, and is also involved in your body’s energy production cycle. It is important for muscle function and cardiovascular health too. Magnesium is found in good quantities in most nuts, seeds, and grains. It’s a good idea to get a variety of these in your diet as they all contain other important nutrients such as B Vitamins too. Magnesium is also found in green leafy vegetables (it is the major component of Chlorophyll – the green ‘blood’ of plants), which is one of many good reasons to eat your greens! Magnesium supplements can be helpful if you suffer from muscle cramps, period pains, migraines, stress or fatigue. It can also be a useful supplement for Menopausal women to take – as it may help to relieve symptoms and help to maintain bone strength.

The product that I would recommend is **Solgar Magnesium Citrate** (£8.76 for 60 tablets). It is a bestseller in the shop and we have had great feedback from customers. Magnesium can be hard to absorb because it is very alkaline – but the Citrate form is highly ‘bio-available’ as the Magnesium is bonded with citric acid. Magnesium Citrate is twice as well absorbed as Magnesium Carbonate or Sulphate - so in my opinion, although it is a bit more expensive it is worth the extra cost. Just two tablets per day provide 400mg Magnesium Citrate.

If you suffer from muscle cramps and already take a lot of supplements in tablet form, then **Better You Magnesium oil** (£12.20 for 100ml), which is made from Magnesium Chloride, is a great alternative. It can be absorbed transdermally (through the skin) so you can just spray it onto the affected area.

***Pete Toyne** is a supplements advisor at Greenlife town store. He has previously worked as trainer for several VMS companies, including: Nature’s Plus, New Chapter & most recently, Viridian Nutrition.*

## ASK A HOMEOPATH with Becky Sherwood, BA (Hons), LCH

### 1 – THE HISTORY OF HOMEOPATHY

*‘There are more things in heaven and earth, Horatio, than are dreamt of in your philosophy.’*

William Shakespeare, Hamlet.



Homeopathy is a natural form of medicine which uses minute amounts of different substances, specially prepared, to stimulate the body’s own healing abilities. For example onions (*allium*) can be given to patients in homeopathic form to help watering eyes and a streaming nose. Despite much negative reporting in the media – it is still hugely popular and provides a completely safe ‘alternative’ treatment for many ailments.

The founder of homeopathy as we know it today was a German physician called Dr Samuel Hahnemann who was practicing in the 1700’s. Inspired by an ancient principle described by the Greek physician Hippocrates the ‘Father of modern medicine’ over 2500 years ago - which suggested that like could cure like, he began using very dilute forms of medicinal substances and found in practice that they produced beneficial effects on his patients - without undesirable side effects. Hahnemann was also very clear that prescribing medicines on the basis of isolated clusters of physical symptoms was unlikely to bring about a lasting cure, and that treating patients holistically, by looking at emotional, general as well as physical symptoms was much more likely to have lasting results, and these principles are still very important in Homeopathy.

Homeopathy has an extremely long history of use in the UK, and Homeopathic remedies are still available on the NHS too, even if they are increasingly under threat. Although the actual mechanism of Homeopathy is yet to be proven in modern scientific terms, huge numbers of people continue to find it very effective. Quack watchers are quick to dismiss this as ‘anecdotal evidence’ but they should perhaps be gently reminded that the foundation of all good science is observation. In reality, very little is yet known about the unusual properties of its main ingredient – water. Time will surely tell.

***Becky Sherwood** is a supplements advisor at Greenlife town store – and is a qualified Homeopath. She graduated from the College of Homeopathy in London in 2002*

## Beauty & Bodycare

### Start Valentines night with a sensual massage...

Aromatherapy uses fragrant essential oils extracted from flowers and plants to balance the emotions and to improve general health and wellbeing. An experienced Aromatherapist will carefully choose a blend of essential oils to address your symptoms or mood, but the art of Aromatherapy can be enjoyed by the novice, and it can be fun to experiment yourself at home. Aromatherapy oils or 'Essential oils' can be added to a carrier oil and applied to your skin through massage. There is evidence that Aromatherapy can alleviate symptoms associated with stress and relieve tension, so what better way to start a Valentines evening than with a de-stressing massage?

First choose your carrier or 'base' oil. Although any vegetable oil will do, **Sweet Almond oil** and **Grapeseed oil** are the most popular carrier oils used in Aromatherapy. If the skin is especially dry, then Avocado oil is a good choice instead. Next, choose an essential oil or two. Flower oils are good choices - **Jasmine** and **Ylang-Ylang** in particular are known for their aphrodisiac properties. For reducing stress try **Lemongrass oil** or **Lavender oil**. If your partner is pregnant then first check that the essential oils you choose are safe for use during pregnancy. When you are ready, simply add a few drops of your chosen essential oil to your base oil, and give it a go!

**Amphora Sweet Almond oil 100ml £2.40**

**Amphora Grapeseed oil 100ml £3.00**

**Vital Touch Avocado oil 60ml £8.70**

**Vital Touch Jasmine oil 10ml £7.50**

**Amphora Ylang-Ylang oil 10ml £4.15**

**Amphora Lemongrass oil 10ml £2.40**

**Amphora Lavender oil 10ml £2.92**

### A few gift ideas for Valentines...



#### Montezuma Valentines 16 Truffle Box 210g

16 of Montezuma's delicious truffles, including: milk chocolate truffles with Peach & Passion Fruit, Lime & crunchy Hazelnut, Mango Caramel & White Chocolate with Strawberry Champagne.

**£10.50**



#### Booja Champagne Truffles 150g

Melt in the mouth chocolate truffles, handmade with deeply luxurious organic champagne, this multi-award winning flavour is hand packed into stylish black and gold boxes (12 truffles).

**£9.50**



#### Weleda Mini Body Oils Gift Set

5 x 10ml luxury body oils in a handy travel pack: Wild Rose Body Oil, Lavender Relaxation Oil, Pomegranate Regenerating Body Oil, Sea Buckthorn Body Oil, Citrus Refreshing Body Oil.

**£12.95**