

Healthy Living



With

The Acupuncture Clinic

This booklet is intended to give you guidance on maintaining good health through diet, use of herbs and supplements and exercise.

If you do have concerns about your health please always consult your G.P.

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What is Healthy Living?

We are each of us born into a physical body which has to last us for our entire lifetime. Despite medical advances such as heart and lung, kidney and joint replacements, we still exist in the same physical “shell”. So it makes sense to take the utmost care of your body, in order that you can enjoy your life to the full.

What do we mean by good health? For some it is the absence of pain or disease. For others it means being able to lead an active, fulfilling life with an abundance of energy and happiness. Whatever your model of good health is, you are responsible for your own state of health and therefore your experience of life.

At Way of Life, we define healthy living as eating nutritious foods which nurture your body, using food supplements and herbs to support your system, exercising your body appropriately and taking adequate time for rest and relaxation.

So what does that give you? A strong body which can digest and absorb food efficiently giving you plentiful amounts of energy, an immune system which can withstand viral infections, an absence of aches and pains and having a generally positive and optimistic view of life.

But is that reality for most of us?

Britain's largest ever survey redefines Healthy Eating

In 2005 the Institute for Optimum Nutrition (ION) conducted a survey of over 37,000 people's health and diet, the results of which were presented to the UK Government at the House of Commons. The results of the survey were shocking.

The first part of the study investigated the state of people's health in Britain. Only 6% of those surveyed were in 'optimal health', 50% said they had moderate health and 44% were in poor health.

- 80% of people reported low energy
- 62% become easily tense or anxious
- 64% of women suffer from PMS
- 46% suffer from depression
- 81% of people fail to have a bowel movement every day
- 64% suffer from abdominal bloating
- 46% suffer from headaches and migraines

- 50% have more than 2 colds or flu a year
- 40% find it hard to shift an infection

Interestingly, 79% of the people surveyed had not consulted their doctor within the past year. “The survey shows that most people are ‘vertically’ ill. Still upright, but not feeling great.” Said Patrick Holford, founder of ION. “Doctors deal with sick people, the ‘horizontally ill’, but what the survey shows is that most people are living with low energy, aches and pains that are preventable with simple diet changes.”

The second part of the survey defined what kind of diet was associated with health. The results show that the worst foods for health are:

- sugar and caffeinated drinks (tea, coffee and cola)
- red meat
- Wheat
- dairy products (milk and cheese)

The best foods for health were

- ♦ fruit and veg
- ♦ nuts and seeds
- ♦ oily fish
- ♦ drinking water

People who drank eight glasses of water a day were twice as likely to be in optimal health. While the report endorses the Government’s ‘5 a day’ campaign, it found that the healthiest people ate 8 or more servings of fruit and vegetables.

The negative effects on health of eating sugar and sugary snacks was five times worse than the positive effects of eating fruit and vegetables. The survey shows that government campaigns to curb sugar and caffeine consumption will do much more for the nation’s health than just eating more fruit and vegetables.

It also shows that the conventional wisdom that a well balanced diet should contain plenty of dairy products and bread, is wrong. The survey found that the healthiest people were the lowest consumers of wheat and dairy products.

Amidst growing fears that high dairy consumption is linked to increased rates of breast and prostate cancer, and recent discoveries that 1 in 100 adults are seriously allergic to gluten in wheat, the survey results confirm what nutritionists have been saying for years. The New Optimum Nutrition Bible by Patrick Holford’s corroborates the survey results. In the book, he extols a diet closer to that consumed in Asia, where breast and prostate cancer are virtually

unheard of, with less meat, more fish and very little milk and wheat, substituting oats, rice, plus other grains. He also recommends eating more beans, lentils, nuts and seeds.

The Benefits of Change

While the survey showed an immensely strong association between diet and health, this is not the same as proving that poor diet causes poor health. So, the third part of the survey set out to change people's nutrition and measure the results.

Twenty nine members of the public, who had taken part in the survey, attended a two day Patrick Holford 100% Health Workshop, learning all about what optimum nutrition really means, while twenty two senior managers received one-to-one consultations with a nutritional therapist. Three months later their health was reassessed and showed a massive improvement. Energy levels had gone up by 25%, the majority of women no longer reported PMS and most of those who were overweight lost weight without trying.

Patrick Holford believes that many of the diseases of the affluent Western Society such as arthritis, high blood pressure, heart disease, stress and diabetes are preventable and can be reversed to an extent with diet improvements. This challenges the medical view that such conditions are "illnesses" and as such should be treated with drugs.

Preliminary results from our own research show that food intolerance affects many people with digestive problems such as I.B.S. Eliminating wheat and dairy from the diet has brought improvement in symptoms for 91% of the people surveyed. This is a staggeringly high percentage of people who didn't previously know that wheat and dairy consumption was actually creating their symptoms!

Medical Intervention Leading Cause of Death in USA. Where America leads the UK follows.....

Figures to come out of America reveal that in 2001 Heart Disease killed 699,697 people, Cancer killed 553,271 and medical intervention killed 783,936.

There is a lot of press coverage given to MRSA and DVT killing hospital patients but little mention is made of medical error (98,000), adverse drug reactions (106,000), surgery and unnecessary procedures (69,136), hospital acquired infections (203,000).

It has now been accepted that approximately 850,000 patients in NHS hospitals in the UK will experience a medical error every year. Most will suffer no permanent damage. However, it is estimated that 68,000 will die, and although a half of these are terminally ill and would have died anyway in spite of the medical error, it still leaves 50% or 34,000 unnecessary deaths every year, the approximate equivalent of two Jumbo jets crashing each week. Every year in the UK one fifth of the 850,000 victims of medical errors are left permanently damaged, this amounts to 170,000 patients every year!

What does all this mean to you?

It seems that if you really want to stay healthy and maximise your chances of staying out of your GP's surgery or hospital, you **must** take control of your own health.

I know that is perhaps a challenging statement for you, but ultimately we are each responsible for our state of health in our body, mind and spirit. Illness doesn't just "happen" because you are unlucky, it has everything to do with the way you live your life.

Many people believe that as we get older, we should expect to have aches and pains, put on weight, be less active and generally experience a decline in health. I want to challenge that view, as I believe that if you make healthy living a part of your everyday life, there is no reason why you should not continue to enjoy good health throughout your entire life.

Did you know that studies in America have shown that 60 and 70 year olds who have not exercised in years, are able to build up muscle tone and fitness equivalent to that of 30 year olds, if they exercise frequently. Which would you prefer? A strong and healthy body in your seventies or the stereotypical old age?

Everything that you do in life, what you eat, how much exercise you take, what you think, what you believe and your emotions affect your health. The aim of this book is to give you information which can help you to gain a new perspective on your health and how you can improve it.

Are you happy with your health now? If not, then it is time to make changes. Any positive change that you make will enhance your health and life. I suggest that you read the book and then start making changes one at a time, as you feel that you can integrate them into your lifestyle.

A Tibetan lama once crossed the Himalayas on foot during the Chinese occupation of his country. When asked how he had managed such a difficult journey, he answered, "That's simple. One step at a time."

So take one step at a time, and begin your journey towards better health now.

Why do people get sick?

Disease comes from a number of different causes. Some we can influence and others we can't. However, your general state of health will affect the way in which you cope with external factors.

Self inflicted causes of disease:

Poor diet. Although we are now more affluent in the West than at any time in our history, the incidence of malnutrition is rising. Heavy dependence on convenience, pre-prepared, processed food packed with additives and preservatives is detrimental to your health. An alarming number of people fail to eat the recommended five portions of fruit and vegetables per day and exist on diets of burgers, chips and frozen foods.

Insufficient Exercise: The human body is a machine that is intended to be used. It is designed to lift, bend and stretch in multi-directions and in order to keep it in good working order it needs to be exercised. Just like any machine whose moving parts are not kept mobile, so you will seize up and get weak if you do not exercise.

Smoking: Cigarette and pot smoking causes immense damage to the body. The lungs, heart and circulation are all damaged by using these substances. However, when you stop smoking, your body will begin a process of self-repair which will eventually undo even years of abuse.

Alcohol Abuse: Alcohol in moderation is fine. Problems arise when people use alcohol as a means of avoidance or because they need a drink to unwind. Dependence on alcohol creeps up on you. Whereas one drink to help you unwind or settle your nerves may work at first, it will gradually increase until you cannot manage without a drink.

The recommended maximum weekly intake of alcohol for women is 14 units and for men it is 21 units. (That doesn't mean the recommended consumption is 14 or 21 units a week.) A unit is equivalent to half a pint of beer or lager, a pub measure of spirits, or pub measure of wine.

If you are drinking more than this, you should ask yourself why. Long term over use of alcohol can lead to liver problems, relationship problems, and addiction.

Your state of mind: You might wonder how your state of mind can affect your health. However, people with a positive, happy outlook on life have been shown to live longer and be more healthy. A positive mental attitude will allow you to rise to the challenges of life and enjoy them. A negative mental attitude will see you worrying about things and creating stress in your system which will affect your whole body.

External Causes of Disease

Poisons, viral and bacterial infections: There are some things we can't control such as food poisoning or catching a cold. However, the severity with which you are affected will be determined by how healthy your body and immune system is.

Environmental pollution: The incidence of asthma is increasing nationwide and it is commonly believed that it is due to environmental pollution. We can all do our part to lessen polluting our planet, however your response to pollution will be governed by your general state of health.

Iatrogenic Disease: One of the most common causes of disease is that caused by medical treatments. (Iatrogenic disease.) All drugs have side effects. It is not uncommon for people to be prescribed one drug to medicate a symptom and then another drug to counteract the side effects.

One of the problems with prescribing medication is that it only deals with symptoms, it does not sort out the cause of the problem! Death from medical intervention is reaching staggering numbers, both in this country and the U.S. Before taking medication, ask yourself "is there another way that I could deal with this problem that I am experiencing?"

Doctors are not trained to be life counsellors. They are only taught to prescribe drugs or to surgically intervene. They rarely have the time to examine a person's lifestyle or to find out what may be contributing to their health problem. All too often, drugs such as seroxat and prozac are prescribed for anxiety and depression, with little or no attempt to help the patient find another way of helping themselves.

There are times when it is appropriate to take medication, indeed it can be life saving. But before you do, read through this book, check to see if you really

are living a healthy lifestyle, and if what you are doing may be having an adverse effect on your health.

What is your fitness profile and toxicity level?

Your Fitness Profile - read each statement and then circle the number in the column which most closely describes you.	Always	Often	Sometime	Seldom	Never
I eat something healthy for breakfast daily.	5	4	3	2	1
I eat 5 to 6 small meals daily.	5	4	3	2	1
I eat fruit and vegetables daily.	5	4	3	2	1
Less than 30% of my calorie intake is fat.	5	4	3	2	1
I take vitamin supplements daily.	5	4	3	2	1
I eat fried foods daily.	1	2	3	4	5
I eat red meat daily.	1	2	3	4	5
I drink 6 to 8 glasses of water daily.	5	4	3	2	1
I monitor my sugar intake.	5	4	3	2	1
I have more than 2 alcoholic drinks daily.	1	2	3	4	5
I exercise aerobically at least 3 times a week.	10	8	3	2	1
I do weight bearing exercise 2 times a week.	5	4	3	2	1
I take breaks 2 times a day in addition to lunch.	5	4	3	2	1
I sleep 7 to 8 hours a night.	5	4	3	2	1
I actively cultivate relationships and interests outside of	5	4	3	2	1
I laugh 20 or more time per day.	5	4	3	2	1
I take adequate time off for holidays.	5	4	3	2	1
I practise a relaxation technique daily.	5	4	3	2	1
My energy level is high.	5	4	3	2	1
Totals					
Grand total =					

To score your fitness profile, add the numbers that appear in each of the boxes you have circled. The total is your score.

80 - 100 = Excellent health habits. 70 -79 = Good health habits.

60 - 69 = Attention is needed! 59 & below = This is serious - you must take action!

Now assess your toxicity levels and your powers of prevention.

Powers of prevention

Answer yes or no to each question, score 1 point for each yes answer.

Symptom analysis

- Do you frequently suffer from minor infections (coughs colds)?
- Do you find it hard to shift an infection?
- Do you have a recurrent infection (cystitis, thrush, earache etc)?
- Do you bruise easily?
- Have you ever suffered from any of the ailments listed above?
- Have your parents collectively suffered from two or more of these?

- Do you easily get exhausted after physical exertion?
- Does your skin take a long time to heal?
- Do you suffer from acne, dry skin or excessive wrinkles for your age?
- Are you overweight?

Score _____

Lifestyle analysis

- Have you smoked (for more than 5 years) within the last 5 years?
- Do you smoke now?
- Do you smoke more than ten cigarettes a day ?
- Do you spend time most days in a smoky atmosphere?
- Do you have an alcoholic drink each day?
- Do you live in a polluted city or by a busy road?
- Do you spend more than two hours in traffic each day?
- Are you quite often exposed to strong sunlight?
- Do you consider yourself unfit?
- During exercise do you get easily burnt out?

Score _____

Diet analysis

- Do you eat fried food most days?
- Do you eat less than a serving of fresh fruit and raw veg each day?
- Do you eat less than two pieces of fresh fruit a day?
- Do you rarely eat nuts, seeds or whole grains each day?

- Do you eat smoked or barbecued food or grill cheese on your food?
- Do you supplement less than 500mg of vitamin C each day?
- Do you supplement less than 100iu of vitamin E each day?
- Do you supplement less than 10,000iu of vitamin A or beta-carotene each day?

Score _____

Total score _____

- 0 – 10** This is an ideal score, indicating that your health, diet and lifestyle are consistent with a high level of antioxidant protection. Keep up the good work.
- 11 – 15** This is a reasonable score, although you can increase your power of prevention by converting yes answers into no.
- 16 – 20** This is a poor score, indicating plenty of room for improvement. Look hard and consider changes
- 21 +** This is a bad score, putting you in the high risk group for ageing rapidly. You need to make lots of changes to your diet and lifestyle in order to slow the ageing process.

Why do we eat?

You need food for energy to supply your body with fuel for your day to day activities. Your body is constantly breaking down and replacing worn out cells and you need quality "building blocks" of protein for tissue replacement. You also need good quality vitamins and minerals which are essential for proper functioning of your body.

You also eat for pleasure, sensory receptors on your tongue convey messages to the brain so that you know if you like the food you are eating. Eating is meant to be a pleasurable experience, which is just as well as it is necessary for you to eat in order to stay alive and healthy.

In order to make sure that your body is supplied with all of the nutrients it needs for energy and tissue replacement, it is essential that you eat a balanced diet.

Diets don't work.

There are many fad diets which come and go into fashion. There are high protein, no carbohydrates, low fat, cabbage, chicken soup and fruit diets to name but a few. The usual aim with these diets is to lose weight quickly but they are not a long term healthy diet.

A high protein diet followed for a long period can lead to bone deterioration and kidney problems. A low fat diet may interfere with hormone health, brain function and your mood. Diets which promise that you will lose five pounds in five days are misleading. When you go on a diet you eat less food than your body needs. This causes your body to release glycogen for energy.

Glycogen is stored in a water base in your lean muscle tissue and liver. In effect when you lose weight in the early days of a diet you are simply losing water, you are not losing body fat.

Staying on a very low calorie diet for a length of time will cause your body to believe that you are entering a period of famine and so it will hold on to whatever reserves of food it possibly can.

YoYo Dieting & Weight Loss

When you spend years trying one fad diet after another, you can get trapped in a cycle of losing weight, putting it back on and then trying another diet "guaranteed to make you lose weight." This kind of eating pattern confuses the delicate balance of hormones in the thyroid gland which governs your metabolic rate. When your metabolic rate slows down, you will hold on to fat rather than losing it.

The key to fat loss is to eat a balanced healthy diet, combined with a sensible exercise programme which is suitable for your current fitness level. Your intake of food needs to be less than your daily requirement and you may find it helpful to count calories.

If you have spent years on/off dieting which has disrupted your normal metabolic rate, it may take time to stabilise your metabolism. When your metabolism is stabilised you will notice that you have more energy and your appetite should decrease, helping you to be satisfied with eating less.

What is a balanced diet?

A balanced diet will contain complex carbohydrates, proteins, fruit, vegetables, fats and water in appropriate amounts. A balanced diet will contain complex carbohydrates, proteins, fruit, vegetables, and water in appropriate amounts. The ratio of proteins and carbohydrates will vary from person to person according to their individual metabolism, or “metabolic type.” This is covered in detail in our Nutrition For Life programme.

Whatever your metabolic type, quality is vitally important. Choose “three star” or “two star” foods from the lists below. One star foods should form a minimal part of your diet.

Complex Carbohydrates

Complex carbohydrates are the main energy source for the body. They are found in whole grains, and are broken down slowly to provide a steady, even release of energy.

*** Complex carbohydrates are wholegrain granary bread, oats, barley, brown rice, millet, rye bread, quinoa, corn bread. They are rich in B complex vitamins, minerals, fibre and help to keep the digestive system healthy and cholesterol levels low.

** Complex carbohydrates are buckwheat, wild rice, oatcakes.

* Processed carbohydrates such as white flour, white rice, rice noodles and egg noodles have had the nutritious bran and germ layers removed. You will often see on the packaging label that these products are fortified with vitamins, in an effort to put back some of the nutrition which is lost in the refining process. However, artificially added vitamins are not recognised by the body, which treats them as unknown chemicals and excretes them. Also, the fibre which is needed by your body is totally lost.

Proteins

Proteins build and replace tissues, carry nutrients through the blood stream to cells and help maintain the hormonal chemistry that keeps the body going. Our protein requirement is surprisingly low, and many people eat more than they need. Too much protein will put your body into an acid state, whereas it should be slightly alkaline. Your body will try to reverse this by releasing calcium from your bones. Long term over consumption of protein will eventually lead to osteoporosis.

*** Protein foods are salmon, tuna, mackerel, herrings, tofu, eggs, seaweeds, brazil nuts, walnuts, linseeds, pumpkin seeds, sesame seeds,

sunflower seeds. Sprouted grains and seeds, haricot beans, lima beans, chickpeas, soya beans and lentils.

★★ Protein foods are black beans, kidney beans, dried or split peas, chicken, almonds, turkey, nut butters, game, venison, cottage cheese and yogurt.

★ Protein foods are all dairy products including cheese and milk, beef, lamb, veal.

Fruit and Vegetables

Fresh fruits and vegetables are an essential part of your diet, providing you with vitamins, minerals, fibre and carbohydrates. Most of the vitamin and mineral content of fruits and vegetables lie just below the surface, so scrub rather than peeling them. Vegetables should be lightly steamed so that they are still firm. When you boil vegetables until they are soft, most of the nutritional value is lost. Microwaving vegetables alters their molecular structure and destroys the vitamin content.

The recommended daily consumption of fruit and vegetables is 5 portions per adult. Eating lots of raw or steamed vegetables and fruits will help to boost your immune system and help combat damage caused by free radicals. If you seem to catch every cold that's going round, then it is likely that you are not eating enough fruit and vegetables, as your immune system is low.

It is important to eat a wide range of vegetables, as they each contain vitamins and minerals which your body needs. Eat locally grown vegetables and fruits in their season. If possible grow your own, there is nothing like home grown produce for taste and high nutritional value.

If you shop at a supermarket look at where the produce has come from. Strawberries in December will have come from abroad and may already be a week or more old before you buy them! By this time, the nutritional value will have deteriorated to such an extent that there will be little food value left in them.

★★★ Fruits and vegetables are broccoli, cauliflower, brussel sprouts, mushrooms, turnips, carrots, asparagus, artichokes, spinach, avocados, apples, pears, pineapples, strawberries, raspberries, blackberries, cherries.

★★ Fruits and vegetables are potatoes, corn, squashes, beetroot, peppers, yam, watercress, lettuce, peaches, apricots, mangoes, papayas, bananas.

★ Tomatoes, green peas, courgettes, cucumbers, prunes, dried fruits, grapes, figs.

Vitamins and Minerals

Vitamins and minerals play a very important role in maintaining good health. A diet which is deficient in fruits and vegetables will affect your health.

Minerals

Boron (No RDA) Helps with Vitamin D activity, bone strengthening, helps prevent osteoporosis and arthritis. Deficiency may be associated with post-menopausal bone loss. **Found in:** root vegetables, alfalfa, cabbage, peas, fruits and vegetables generally.

Calcium For strong teeth and healthy bones, neutralises acid in body, helps to maintain regular heart beat rhythm. Works closely with Magnesium and Vit.D Deficiency can cause muscle cramps, arthritis, rickets, bone loss. **Found in:** Sesame seeds, kelp, tofu, almonds, figs, sunflower seeds, sardines, green leafy vegetables, cheese, milk, yoghurt.

Chromium Essential for proper utilisation of carbohydrates and stabilises blood sugar. Deficiency can cause mental confusion, irritability, depression, learning difficulties. **Found in:** Meat, kidney, liver, milk, oysters, clams, yeast, egg yolk, wheatgerm, cheese, molasses.

Cobalt Helps with Vit. B12 production, red blood cell formation, enzyme activation. Deficiency very rare, can be linked with anaemia, weakness, numbness, balance. **Found in:** Vegetable greens, cabbage, figs, shellfish, offals, buckwheat.

Copper Helps formation of red blood cells, part of many enzymes, essential for the utilisation of Vitamin C. Deficiencies include general weakness, prominent veins, diarrhoea. **Found in:** Shellfish, liver, bakers yeast, crab, oats, wholemeal bread, lentils, olives, nuts, raisins.

Iodine Regulates energy and metabolism, promotes growth, helps with dieting by burning excess fat. Deficiency leads to dry skin and hair, loss of mental and physical vigour, goitre. **Found in:** Seafood, kelp, seaweed, potatoes, carrots, onions, garlic, berries.

Iron Essential for making red blood cells, necessary for energy and vitality, promotes resistance to disease. Deficiency can lead to poor vision, tiredness, anaemia, indigestion, tingling in fingers and toes. **Found in:** Spirulina, red meat, molasses, seafood, dried yeast, wholemeal bread, spinach, liver, kidney, eggs, dried apricots, dried figs.

Magnesium Necessary as an anti-stress mineral, keeps the circulatory system healthy, brings relief from indigestion. Deficiency can result in insomnia, nervousness, tremors, depression, high fever. **Found in:** Nuts, bakers yeast, brown rice, wholemeal bread and pasta, soya beans, green vegetables, prawns.

Manganese Necessary for skeletal development, enzyme activator, improves memory, reduces nervous irritability. Deficiency can lead to convulsions, blindness and deafness in infants, diabetes. **Found in:**

Wheatgerm, hazelnuts, wholemeal bread, coconut, almonds, rye bread, brown rice, chestnuts, pineapple.

Molybdenum Aids with mobilisation of iron from liver reserves, helps prevent tooth decay and impotence. Deficiency can result in premature ageing, irregular heartbeat, irritability. **Found in:** Buckwheat, pulses, eggs, whole wheat pasta and bread, wheatgerm, liver, soya beans, lentils, rye.

Phosphorus Component of bones and teeth, important for energy storage and transfer, muscle and nerve activity. Deficiency can lead to rickets and poor growth. **Found in:** Milk, eggs, meat, fish, poultry, legumes, nuts, whole grains.

Potassium Works to control activity of heart muscles, nervous systems and kidney, keeps tissues in good tone. Deficiency can result in poor reflexes, constipation, liver disorders. **Found in:** Wheat bran, dried fruit, nuts, muesli, vegetables, soya beans, bananas potatoes, red peppers.

Selenium Helps to maintain a healthy liver, anti-oxidant, helps keep youthful elasticity in tissues. Deficiency can result in hair loss, low resistance to disease, premature stamina loss. **Found in:** Prawns, wholemeal bread, cod, crab, cheddar cheese, beef, carrots, turnip, milk, fish.

Silicon Small but vital part of all connective tissues, bones, blood vessels and cartilage, helps strengthen skin, hair and nails. Deficiency can lead to weakened or rough skin tissue. **Found in:** Root vegetables, brown rice, some mineral waters.

Sodium Maintains normal fluid levels in cells, maintains health of the nervous, muscular, blood and lymph systems. Often excessive intake in diets. Deficiency very rare, can cause nausea, loss of appetite, intestinal gas. **Found in:** table salt, yeast extract, bacon, salami, tinned ham, smoked ham, stilton, salty foods.

Sulphur Helps create healthy, supple skin, assists the liver, tones up the whole system, helps fight bacterial infections. Deficiency (rare) can cause sluggishness and fatigue. **Found in:** Shellfish, beef, eggs, chicken, port, dried peaches, pulses, peas, fish, cabbage, dried beans.

Zinc Aids in healing process, bone growth, sexual development, blood sugar levels. Deficiency can result in diabetes, loss of taste and appetite, stretch marks. **Found in:** Bakers yeast, liver, nuts, seafood (esp. oysters) cheese, beef, lentils, wholemeal bread and grains, eggs.

VITAMINS

A retinol Necessary for growth and repair of body tissues, health of eyes, fights bacteria and infection, aids in bone, nerve and teeth formation. Beta carotene is best form especially during pregnancy. Deficiency can cause skin infection, headaches, and impaired or dry eyes. **Found in:** Spirulina, fish liver oils, liver, kidney, eggs, milk, butter, cream, cheese, carrots, vegetables.

B1 Thiamine Needed for the release of energy from food, essential for digestion, nervous system and coping better with stress. Deficiency can result in tiredness, nausea, loss of appetite, depression. **Found in:** Dried brewers yeast, wheatgerm, oats, pork, nuts, wholemeal bread and cereals, brown rice, milk.

B2 Riboflavin Aids in formation of antibodies and red blood cells, maintains cell respiration. Deficiency can cause cracks and sores on mouth and dermatitis. **Found in:** Liver, fish, milk, eggs, leafy green vegetables, lean meat, fortified bread and cereals.

B3 Niacin Releases energy from food, helps maintain healthy skin, hair and the lining of organs such as nose and throat. Deficiency can cause digestive disturbances, sore mouth and gums. **Found in:** Yeast extract, wheat bran, mackerel, liver, chicken, beef, wholemeal bread, soya beans, raisins.

B5 Pantothenic Acid Involved with the body's immune system, participates in the release of energy from carbohydrates, fats and protein. Deficiency can lead to vomiting, restlessness, blood and skin disorders. **Found in:** Meat, whole grains, wheat germ, kidney, liver, green vegetable, nuts, chicken.

B6 Pyridoxine Helps make healthy red blood cells and regulates nervous system, works as a natural diuretic. Important for amino acid metabolism. Deficiency can lead to dermatitis, dandruff, water retention. **Found in:** Wheatgerm, oats, bakers yeast, yeast extract, mackerel, liver, nuts, soya beans, potatoes.

B9 Folic Acid Necessary for growth and division of body and red blood cells, aids metabolism of proteins, also helps make RNA and DNA, aids transmission of genetic code. Deficiency can cause anaemia, poor growth, poor memory, problems in new-born, spina bifida. **Found in:** Alfalfa sprouts, chick peas, bakers yeast & extracts, soya beans, lentils, wheatgerm, green leafy vegetables, eggs, liver, oats, nuts, cheese.

B12 Cobalamin Maintains healthy nervous system, essential for the production of red blood cells. Deficiency can cause anaemia and pernicious anaemia, hair loss, nervousness, neuritis. **Found in:** Spirulina, liver and kidney, mackerel, lamb, pork beef, fish, eggs, cheddar cheese, full fat milk.

C Ascorbic Acid Gives strength to blood vessels, will help provide resistance to infections, aids in absorption of iron, important to healthy skin, gums and blood vessels. Deficiency can lead to nosebleeds, swollen or painful joints,

easy bruising. **Found in:** Citrus fruit, guavas, blackberries, parsley, green peppers, strawberries, watercress, brussel sprouts, kale, potatoes, green vegetables.

D Calciferol Helps body to absorb calcium and phosphorous, helps in treatment of conjunctivitis. Deficiency can cause softening of bones, poor teeth formation. **Found in:** Fish liver oil, sardines, herring, salmon, tuna, full fat milk and dairy products.

E Tocopherol Needed for muscle strength and hormone production, important as an anti-oxidant, may prevent and dissolve blood clots. Deficiency can lead to muscular wasting, rupture of red blood cells. **Found in:** wheatgerm oil, avocados seed oils, sunflower seeds, almonds, spinach, wheatgerm, cod liver oil, peanut oil, soya beans, green vegetables.

H Biotin Essential for breaking down and metabolising fats in the body, glucose activity, important for healthy skin tissues. Deficiency can result in muscle pain, dermatitis, depression, extreme exhaustion. **Found in:** Bakers yeast, liver, kidney, brown rice, mushroom, wheatgerm, oats, eggs, cauliflower, wholemeal bread, mackerel, milk, vegetables.

K Menadione Essential for blood clotting, helps to prevent internal bleeding and haemorrhage, aids in reducing excessive menstrual flow. Deficiency can increase the tendency to haemorrhage. **Found in:** Cauliflower, brussel sprouts, kelp, cabbage, spinach, peas, wholegrain cereals, egg yolk, fish liver oil, yoghurt, soya bean oil.

Are you getting enough from your diet?

A diet which is rich in organic vegetables and fruits, wholegrain products and good quality proteins should provide all of the vitamins and minerals you need. However, it is worth bearing in mind that much of your food is processed or grown on land which is itself poor in nutrients.

As long ago as 1936 warnings were being given about the poor quality of soil and its effect on the food being grown on it. Problems have arisen because chemical fertilisers primarily contain the growth promoting elements nitrogen and phosphorus and exclude the trace elements which are vital to human health. It follows that if the soil does not contain essential minerals, then plants cannot take them up. In 1991 a report showed that the mineral content of our food was over 45% greater in 1946 than in 1991.

If possible, eat organic fruit and vegetables grown on land which is fertilised using manure. Buying food which is organic will assure you that chemicals and pesticides will not have been sprayed on it. However, if the land it was grown on has been chemically fertilised, then it will be deficient in minerals.

Do also be aware that if you buy your fruit and vegetables wrapped in shrink wrap plastics, then they will absorb xenoestrogens from the plastic. Xenoestrogens come from plastics, foods, microwaving food and pesticides. Studies have linked xenoestrogens to breast cancer, testicular cancer, endometriosis and reduced sperm count.

The whole problem is compounded by the fact that the toxic load on our bodies, and therefore our requirements for vitamins and minerals is greater than ever before. Combined with the increasing poor nutrient contents of our food, the gap between what we need and what we actually get from our food is getting wider.

Patrick Holford has said that unless we live in a pollution free, stress free environment and grow all our own food organically, then we need to take supplements.

All supplements are not equal!

At the least, you should consider a good quality multi-vitamin and mineral supplement such as Solgar or Higher Nature. As with all things, you get what you pay for when buying a supplement. Many “one a day” multivitamin supplements sold by chain stores or supermarkets only provide 100% of the recommended daily amount (RDA). You should bear in mind that RDAs were formulated in the first world war and were the amounts that were reputed to be adequate to prevent deficiency diseases such as beri beri, scurvy or pellagra. RDAs are wholly inadequate to promote optimum health, particularly when our need for vitamins and minerals is higher than ever.

Compare the following 2 supplements:

Holland & Barret ABC Plus Extra One a Day	Percentage of RDA in 1 tablet	Solgar Female Multiple Three a Day	Percentage of RDA in 3 tablets
Beta Carotene 0.6mg		Beta Carotene 5.5mg	
Vitamin D	200	Vitamin D	200
Vitamin E	200	Vitamin E	2,680
Vitamin C	100	Vitamin C	667
Vitamin B1	107	Vitamin B1	3,571
Vitamin B2	106	Vitamin B2	3,125
Niacin	111	Niacin	333
Pantothenic Acid	167	Pantothenic Acid	1,333
Vitamin B6	100	Vitamin B6	2,500
Vitamin B12	600	Vitamin B12	20,000
Folic Acid	200	Folic Acid	200
Calcium	20	Calcium	50
Magnesium	33	Magnesium	134
Selenium 20ug	No RDA	Selenium 200ug	

I would also be asking why the Holland & Barrett supplement contains sugar and a sweetener!

Are you dying of thirst?

Your body is composed of roughly 80% water. You need on average, 3 pints of water every day to replace lost body fluids and maintain a healthy system. That is 3 pints of water on top of whatever tea, coffee, or fizzy drinks you consume. Fruit juice or herb teas can count towards your 3 pints.

It may sound a lot, but if you aim to drink a glass of water every hour or so, it is easy to drink the minimum recommended amount. You need to bear in mind that if you are very active or you exercise a lot you will need to drink more water.

Many people believe that drinking tea and coffee all day is not a problem and that they are getting plenty of fluid. However, what they don't realise is that tea, coffee, cocoa, and cola drinks all contain caffeine.

Caffeine acts as a diuretic, that is, it makes you pass more urine. So the net result is that your body has not had the fluid which it needs. It is recommended by many health advisors that you should drink one glass of water for every cup of tea or coffee that you drink.

Another problem with caffeine intake is that it stimulates the adrenal system causing the release of stress hormones into the bloodstream ~ the "buzz" However, this also has the effect of diverting blood away from the digestive system into the muscles of your arms and legs, making your heart beat faster and putting your blood pressure up! The stress response was designed to help you when you were under threat. You could either run away or fight to defend yourself. It is simply not appropriate for you to have stress hormones whizzing round your systems and it does cause long term health problems.

It has recently been publicised that carbonated drinks such as colas contain chemicals which leach calcium from the bones. So we now have a generation of young people who are at risk of developing osteoporosis in their twenties!

If you do not drink enough water you will gradually become dehydrated. Your body will divert water away from non essential areas to those which are essential. If your skin is very dry, or your joints are getting creaky this may be a sign that you are dehydrated!

The most important single change you can make to improve your diet and health is to drink at least 3 pints of fresh water every day.

The Fats of Life

Fat is an essential part of your diet and cutting all fat out will lead to a wide variety of serious health problems. However, fats can be divided into two groups; those that help heal your body and those that contribute to its destruction.

The key is to eat the right kind of fat - the fats of life!

The fats that heal are fresh, unprocessed fats containing one or both of the essential fatty acids. Among the best sources for these fats are fresh fish oils, linseeds, sunflower seeds, hemp seeds and unrefined cold-pressed virgin olive oil.

The two essential fatty acids have several names in common usage; one of them, Alpha Linoleic Acid is also known as Omega 3, and the other, Linoleic Acid is also known as Omega 6.

Source	Alpha Linoleic Acid (Omega 3)	Linoleic Acid (Omega 6)
Linseed Oil	*	
Sunflower seeds		*
Olive Oil		*
Fish Oils	*	
Hemp seed	*	*
Sesame seeds	*	*

It is likely that you get enough Linoleic Acid from your diet if you include the foods listed above. However Alpha Linoleic Acid is very easily destroyed by heat, sunlight, manufacturing processing such as hydrogenation and time (it has a refrigerated shelf life of 6 months and should be consumed within 2 months of opening).

The Benefits of Essential Fatty Acids.

Energy Research has shown that Essential fatty acids increase energy production by helping your body obtain more oxygen which, in turn, increases your metabolism and energy levels.

Weight Loss With an increase in metabolism you burn more calories. Essential fatty acids help reduce cravings which often result from not getting the nutrients you need. Essential fatty acids are thought to elevate mood and lift depression - one reason why some people overeat.

Heart Health In your cardiovascular system, cholesterol transport requires essential fatty acids. Some research indicates that Omega 3 lowers blood fats by up to 65%!

Skin Essential fatty acids play an important role in your skin, hair, and nails. They form a barrier in your skin against loss of moisture, and thereby protect you from dehydration and help prevent dry skin. The barrier function of essential fatty acids also helps prevent constipation and the toxic conditions based on it.

Digestive Systems In your digestive system, essential fatty acids help prevent leaky gut syndrome and food allergies. They help to reduce cravings and addictions to foods, cigarettes, alcohol, and drugs. Your liver, kidneys, adrenals, and pancreas require essential fatty acids to function properly, as do your glands.

Brain function Half the weight of your brain is essential fatty acids and it seems from some research that EFA's promise to be of special therapeutic use in overcoming learning problems, attention deficit disorder in children, criminal behaviour and improved functioning in mental illness.

The reason that your diet may be lacking in essential fatty acids is because most of the fats and oils you consume will have been heated to high temperatures, hydrogenated and refined; and that's before you start cooking!

There are five kinds of unhealthy fats:-

1. Hydrogenated fats (study the food label).
2. Fried fats (contribute to cancer).
3. Refining and deodourising.
4. Hard fats (hard cheeses, fat of meat).
5. Sugar (although sugar is not a fat, the body turns excess sugar in the blood stream into hard fats).

We always recommend supplementing your diet with a good quality Omega 3 Fish Oil or Hemp/Flaxseed Oil if you do not eat fish. Few of us get adequate amounts from our diet, so supplementing ensures that you get your needs met.

Essential fatty acid-rich oils have to be made with great care, because light, oxygen and heat easily destroy them. They should be packaged in dark glass bottles and kept in the refrigerator at all times. Oils of this quality will only be found on the cold food shelf or refrigerator of good health food stores.

Tips to reduce your saturated fat intake:

Choose low fat dairy food such as skimmed or semi skimmed milk, low fat yoghurt, cheese, ice cream and custard.

Choose lean meat / mince and skinless chicken / poultry and trim all visible fat before cooking.

Use low fat cooking methods such as grilling, barbequing, stir-frying, dry roasting or poaching.

Skim the fat off the top of cooled casseroles, stews and curries.

Cook with monounsaturated oils and spreads like olive, rapeseed and ground nut oils.

Choose tomato based sauces rather than creamy sauces, avoid creamy style soups.

Do eat oily fish such as salmon, sardines, mackerel, pilchards, trout and herring (tinned, fresh or frozen) twice a week.

Tinned fish is easy to store and great for a quick meal. Choose varieties tinned in tomato sauce or in water or brine that can be drained off – fish tinned in oil or mayonnaise can contain twice as much fat and calories.

Balancing your blood sugar

It is important to try and maintain your blood sugar at a fairly consistent level. If your blood sugar levels fluctuate a lot, then it can lead to feelings of fatigue and ultimately the possibility of developing late onset diabetes.

Sugar is insidious. You may not add sugar to your food, however if you buy any pre-prepared food, it may have “hidden” sugar. Look out for glucose, maltose, lactose and fructose which are all names for sugars. Look at the label before you buy a product, if sugar is near the top of the list, then don't buy. Some so called diet bars which proclaim that they are low in fat, list sugar as the most abundant ingredient! A well known brand of muesli has sugar as it's third most abundant ingredient.

Manufacturers add sugar to food because it is supposed to enhance the flavour. However it has absolutely zero nutritional value to you and in fact interferes with chemical processes in your brain. Patrick Holford has coined the phrase “sugar makes you stupid”. Look out for hidden sugar in breakfast cereals, baked beans, bread, canned drinks, sauces, yogurt, fruit juices, ready made meals and cereal bars. Also be aware that alcohol acts like a simple sugar and is absorbed directly into the bloodstream from the stomach.

Glycaemic Index

The new yardstick in nutrition is the Glycaemic Index of foods. Known as the GI Factor, this is a direct measure of what effects food has on your blood sugar balance. Eating low GI foods keeps your blood sugar stable and is consistent with good energy levels. Eating high GI foods equates with fluctuating energy and moods, weight gain and risk of diabetes and heart disease.

High GI foods are 'fast-releasing' in that they raise blood sugar quickly while others are 'slow-releasing'. The fast-releasing foods are like rocket fuel. They give a quick burst of energy with a rapid burn-out. It is important to choose foods which are low GI and 'slow-releasing' as they are much more sustaining, giving a consistent energy level throughout the day. Wholegrains, for example, such as wholemeal pasta, rice and breads, are rich in slow-releasing sugars. Most fruits are rich in slow-releasing fructose - fruit sugar. Sweets and sweet foods contain fast-releasing sucrose or glucose which shoot the blood sugar up too quickly giving us that subsequent slump.

If a food raises blood sugar level significantly, and for some time, the GI score is high. Conversely if a food hardly raises blood glucose levels at all, and only for a short time, the GI score is low. Glucose, the fastest releasing sugar, is given a value of 100, and other foods are scored in relation to this.

The chart below gives the glycaemic index (GI) score of an average serving of common foods. Generally, foods with a GI score below 50 are great to include in your diet, while those with a score above 70 should be avoided or mixed with a low-scoring food. Those with a score between 50 and 70 should be eaten infrequently and only with a low scoring food.

BREAD/ GRAINS		FRUITS		PULSES		CEREALS	
French baguette	95	Water melon	72	Baked beans	48	Cornflakes	80
White rice	72	Pineapple	66	Butter beans	36	Puffed rice	73
Bagel	72	Melon	65	Chick peas	36	Weetabix	69
White bread	70	Raisins	64	Blackeye beans	33	Shredded wheat	67
Wholemeal bread	69	Banana	62	Haricot beans	31	Muesli	66
Ryvita	69	Kiwi fruit	52	Kidney beans	29	Kelloggs Special K	54
Crumpet	69	Grapes	46	Lentils	29	Kelloggs All-Bran	52
Brown rice	66	Oranges	40	VEG		Porridge oats	49
Pastry	59	Apple	39	Parsnips	97	SUGARS	
Brown Basmati rice	58	Plum	39	Potato (baked)	85	Glucose	100
White spaghetti	50	Pear	38	French fries	75	Maltose	100
Instant noodles	46	Grapefruit	25	Potato (new)	70	Honey	87
Wholegrain wheat bread	46	Cherries	25	Beetroot (cooked)	64	Sucrose (sugar)	59
Wholemeal spaghetti	42			Sweetcorn	59	Fructose	20
Wholegrain rye bread	41			Sweet potato	54	DAIRY	
Barley	26			Peas	51	Ice cream	50
				Carrot	49	Yoghurt	36
						Whole milk	34
						Skimmed milk	32

Exercise for Life

The human body is like a machine, it is meant to be used. Give it good fuel (food) and oil it regularly with the right fats and your body will stay strong and healthy. However, like any machine, if it is not used it will seize up and stop working. Your body is an exquisitely sophisticated vehicle for your mind and your spirit, but it cannot be separated from them.

If your body becomes polluted, sluggish and ill, then your mind and your spirit will too. Frequent exercise is just as important as what you eat and what you think. This does not mean that you have to join a gym or an aerobics class. Walking is one of the best forms of exercise that you can do and only requires that you have some suitable footwear.

You need to build into your everyday life some cardiovascular activity which will make you breathe a little faster than usual, some weight bearing activity and some stretching.

Cardiovascular exercise will help with stamina and keeping your lungs and heart healthy. Try swimming or walking for 20 to 30 minutes, 3 times a week. If you decide to take up walking then walk for 10 minutes, turn round and walk back. As you get fitter you will be able to walk faster and further and longer. To increase the benefit of walking you can try Power Walking. Carry some light weights with you (baked bean tins or 500ml water bottles do well for this) and swing your arms as you walk. You can also purchase ankle weights with velcro straps to make your legs work harder.

Weight bearing activity will keep your muscles and bones strong. Power walking is good. You can also try pilates and yoga which are both gentle forms of exercise which both strengthen and tone and stretch the muscles.

Stretching will keep muscles and tendons from shortening and help you to stay supple. Again pilates and yoga are great for this.