

## Welcome to Autumn

*Diet and supplementation has been a topic of conversation a lot lately. When I came to include it in the newsletter I was reminded of what a vast and complex subject it is - no wonder consumers are confused!*

*Are supplements really necessary? What do they do? What do I need? How much and for how long? Is it possible or dangerous to take too much?*

*In this issue I answer the first of those questions and beginning in the next issue I shall be starting a series of features on different aspects of vitamins and minerals.*

*If you would like advice on any aspect of supplementation or dietary advice please get in touch on 01424 773 988.*

*Elaine*



## Diary Dates

Open Days/Eves	5-7pm	23 Nov
	4-6pm	15 Dec

*An 'Open Day' is when my door is open for anyone to come in who wishes to have an informal chat about specific problems. It's an opportunity to find out more in an informal way. Please come along.*

*Talks: I am available to do a short talk at your club or society. Please contact me.*

## Who needs supplements?

Today the leading causes of death in Europe and the United States are not contagious, infectious diseases but rather are the very chronic degenerative diseases caused by poor nutrition predicted by scientists more than 50 years ago.

Soil erosion is the next potential problem. It is estimated that 85% of America's topsoil is at the bottom of the ocean. This means that they are feeding 250 million people and serve as the 'bread basket to the world', on 15% of their topsoil. Is it any wonder that the foods produced and subsequently eaten are mere shadows of those produced 50 or 100 years ago? Where America goes Britain tends to follow in 5-10 years.

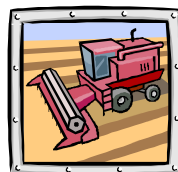


The third factor in the depletion of our diet has been the food industry itself. Through over-processing of virtually every food we eat, dozens of nutrients are either destroyed or greatly decreased.

Lastly our own processing of foods in our own kitchens, which occurs through improper preparation, deals the final blow, resulting in a diet that is rich in calories and little else.

The greatest enemy to the vitamin family is oxygen or *oxidation*. Oxidation occurs rapidly after a living fruit, grain or vegetable is separated from its source. This was well illustrated by *Dr. Michael Colgan* in his book *Your Personal Vitamin Profile*. He cites the studies done with oranges grown in Florida. When fresh picked they contained an

average of 180 mg of vitamin C per orange. After storage, shipping and retail super-market display they had lost ALL of their vitamin C!!! If a food can be grown in a British climate buy it locally rather than from supermarkets where fruit and vegetables are very often imported from foreign countries. You will also be supporting your local growers.



Cooking or heating of foods is another way in which many of the nutrients are destroyed. Canning, drying and even freezing further destroys them by exposing foods to environments that nature had ever intended for them.

All in all, growing crops, processing foods, transportation, storage and poor preparation has exposed us. It has been established by many surveys that chronic degenerative disease could be prevented or greatly reduced by improving the diet through the addition of dietary supplements.

Modern diets, because of food processing, storage, transport and preparation, cannot provide the optimal levels of nutrients needed for health and well being.

Supplementation is the only practical answer to this growing problem.

Ref: My thanks to Dr L Bannock PhD FRSH MIBiol for his paper: *The Justification for Nutritional Supplementation*, 2 September 2000

## Spotlight on Bach Flower Remedies



### Holly

*For jealousy, envy, hatred, revenge, suspicion. People who need this remedy often have outbursts of temper.*



Depending on the person concerned, these feelings may or may not be outwardly revealed. Some people will keep their feelings to themselves, in others their tempers will flare.

Some people who have an outburst of temper may called 'angry' but anger is the word which describes the response to an underlying emotion. It is important to find the causes and reasons for anger to determine whether Holly is appropriate.

If jealousy, envy, hatred etc. cause the anger then this remedy, **Holly**, is indeed what the person needs.

**Beech** (intolerance), **Vervain** (frustration), **Vine** (aggression) may be more appropriate or even taken at the same time.

*Created by Dr Bach, a Harley Street physician in the 1930's, the remedies are 38 safe and gentle remedies each aimed at a different state of mind or emotion. By restoring harmony to the mind they allow the body's natural defences to work more efficiently.*

## Your questions answered ...

**Q** I heard on the radio that a recent study has shown that using air fresheners and household sprays can damage the health of babies and pregnant women. I am male but exposed to the same air – should I be worried?

**A** Alexandra Farrow of Brunel University published the results of his study recently which linked aerosols with a range of disorders in mothers and children. Although it is reported that the research 'falls short' of proving that household sprays cause ill health, scientists warn that 'people' should use such sprays with caution. I find this advice contradictory and unhelpful – surely 'people' means me and you! Mothers and children are probably more at risk because, generally, they tend to spend more time at home!

'People' think that using these products makes their home cleaner and healthier, but the opposite may be true. Where your health is concerned is it worth taking the risk?

Any chemical used in the home will leave molecules that evaporate into the air. If you use a wide range of products then these products will create a complex mixture and build up of volatile compounds in the home.

Let's stop buying into the marketing ploy that our homes are bacteria ridden and smelly. Open a window, use lemon oil to polish wooden furniture, fresh lemon to remove limescale, vinegar to clean your windows. There are lots of non-toxic, natural and effective alternatives! Send me any you know of and we can feature them in a later newsletter.

This newsletter is for guidance only. You should seek the advice of a health professional if you are worried about your health. If you would like to unsubscribe please let me know. © Elaine Copeland 2004

## A recent case

I would like to say a big thank you to Elaine for curing me of my allergies. I suffered for years with huge, raised, itchy lumps, which would materialise all over my body. My face and tongue would also occasionally swell which was particularly worrying. The only relief I could get was to take antihistamines.

Having this condition meant I couldn't eat out with my family, as I was having to shop and eat from soya and egg free lists from supermarkets, which was extremely limiting.

Since meeting Elaine my way of life has completely altered. Not only was Elaine able to specify the allergies she was also able to go one crucial step further and **cure** them. To be honest I was rather sceptical when I first went to see her, having never heard of kinesiology before, but having met Elaine and witnessed the results I cannot recommend her highly enough. The results speak for themselves. I can now eat anything that I want, which means I no longer have to check food labels or my 'free from' lists. Best of all, I can now stop and grab something to eat when I am out shopping and even go out to dinner with my family!

Janice Wilson, Bexhill-on-Sea

You may find help with many problems that you think are untreatable. Phone me and ask:

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# Health Matters

Issue 4 October 2004

With the compliments of your local Natural Health Therapist

## Who needs supplements?

Vitamins and minerals are essential to our health and many people take a supplement to increase their intake. I am very often asked if this is necessary because many people believe that a healthy, varied diet will provide all the nutrients that most people need to maintain general health and well-being.

Even if you accept that the official standards for vitamin and mineral intakes are adequate for good health, the evidence is overwhelming that most people in the UK fail to come close to meeting those requirements.



For instance, Government studies show that most of us do not eat enough fruit and vegetables, certainly not as much as five daily servings. In fact our bad habits are so ingrained that new incentives will offer a free piece of fruit for each child in some schools and fruit vouchers to encourage more consumption!

Diets have changed greatly over the last fifty years and this change has not necessarily been for the better and there are many reasons for this. Firstly, a growing population and demand from consumers has forced growers to find ways to increase yield.

Forced production of food has resulted in depleted soil through over use and only selected minerals are added to fertilisers rather than the full spectrum.

**Optimum nutrition** is essential for health and this means that the body is provided with all of the known nutrients needed for health and well-being at the same time and in the right ratios. Very often what we think of as a balanced diet may be *healthy* but it's not *optimum*.

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