

Welcome to **Health Matters**. It's been a while since the last issue.

Around this time last year, my father passed away and I have found that a busy practice and coping with a major life change has demanded all my energy. Fortunately, I have the wonderful Bach Flower Remedies and they have truly been a gift to me.

This issue continues the information on vitamin supplements and healthy eating.

Look out for kinesiology awareness week - maybe there is an event in your area to promote this therapy. There will be a stand at the Allergy Show to promote allergy testing with kinesiology.

Elaine



Diary Dates

June 13 Kinesiology Awareness Week

June 16 1400-1800 Open Day

June 17-19 Allergy Show, Olympia, London

July 14 1600-1900 Open Day

An 'Open Day' is when my door is open for anyone to come in who wishes to have an informal chat about kinesiology and Bach Flower remedies or get help with specific problems. It's an opportunity to find out more in an informal way. Just drop in.

If you would like me to do a short talk at your club or society please contact me.

Which supplements do I need?

In theory there would be two routes to take. Firstly one tablet which contains everything you need. Unfortunately, this would be too big to swallow and would probably give you too much of some nutrients, which can be dangerous in some cases.

The second way could be to take one supplement for each nutrient, specifically for your needs, but you would probably end up with too many individual tablets.

Kinesiology is a method of finding out exactly which supplements you need in addition to any dietary changes required. Usually nutritionists have a view about what is the best combination to supplement your diet and will recommend basic ones to act as a foundation. They are:

Multivitamin

A good one will contain at least 7500iu vitamin A, 400iu vitamins D, B12 and 50mcg each of folic acid and biotin. Calcium, magnesium, iron, zinc and manganese may be added as these are very often deficient in our diets.

Multimineral

This should provide at least 150 mg calcium, 75mg magnesium, 10mg iron, 10mg zinc, 2.5mg manganese, 20mcg chromium and 25mg selenium, plus some molybdenum.

Already from this recommendation you can see some potential confusion. If I am taking a multivitamin should I also take a multimineral? Well, we have to become avid label readers I'm afraid. If your 'multivitamin' has added minerals then you won't need to supplement them too.

Your lifestyle will also affect how you supplement. If you do a lot of exercise, a good antioxidant formula would be advisable. Vitamins A, C, E and selenium



Are the main ones and should be contained in reasonable amounts. High levels of stress would require more B vitamins.

How to take supplements

Don't take supplements with a cup of tea – tea is an anti-nutrient and whilst this will not harm you, you will be wasting your money. Water or juice is best.

Don't take B vitamins late at night if you have trouble sleeping. Extra minerals, especially calcium and magnesium may help you sleep.

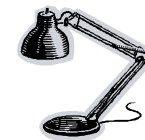
If you are taking individual B vitamins also take a B complex or a multivitamin. They will be more effective.

Do not take individual minerals unless you are also taking a multivitamin.

Take your supplements every day – sporadic vitamin taking doesn't work and is a waste of money!

If you find it hard to remember to take your supplements, buy yourself a handy pill caddy to carry them around in – some even have a small water container and an alarm!

Spotlight on Bach Flower Remedies



Heather

Helps people feel more social and less lonely



The 'Heather type' is a person who needs company and someone to talk to. However, the conversation is often very one-sided because they do not listen to what people have to say. They are often exhausting to be around. They talk at you not to you.

The Heather person needs an audience and will want to talk even when you do not have time, holding your arm or cornering you in the supermarket or at the front door.

The remedy will help them feel more self-contained and less lonely.

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'm lactose intolerant. How can I get enough calcium if I don't eat dairy?

A There are lots of non-dairy foods that are good sources of calcium:

- tofu and soya
- bread
- pulses such as chickpeas
- green vegetables, especially watercress and okra
- other vegetables, such as cabbage and onions
- dried fruit, especially dried figs
- nuts, such as almonds, and seeds, such as sesame seeds
- canned sardines, and other fish where we eat the bones

Remember that vitamins and minerals often need other vitamins or minerals to be effective. Calcium needs optimum levels of vitamin D so ensure you get sunlight on your skin and eat breakfast cereals and oily fish

If you use soya, rice or oat drinks as a substitute for milk, try to choose those with added calcium.

Q What is the RDA on vitamin labels?

A 'Recommended Daily Allowance'.

It's an approximation of the average quantity of key nutrients that people need from their diet. They are determined for 'average adults' and this means 'healthy'.

If you consider yourself not to be 'average' or have an illness or symptom then additional supplementation may be appropriate.

This newsletter is for guidance only. Seek the advice of your GP or health professional if you are worried about your health. If you would like to unsubscribe please let me know. © Elaine Copeland 2005

A recent case

My sister is a recovering alcoholic and whilst benefiting from the kinesiology, she most benefited from time spent talking with Elaine - enabling her to deal with the issues in her life. Even though my sister is undergoing AA treatment she found her sessions with Elaine incredibly helpful and empowering.

Name withheld
East Sussex

Recommended books

The Optimum Nutrition Bible,
Patrick Holford

You Are What You Eat,
Dr Gillian McKeith

Easy GI Diet,
Helen Foster

Change Your Life in 7 Days,
Paul McKenna

You may find help with many problems that you think are untreatable. Phone and find out.

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Health Matters

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With the compliments of your local Natural Health Therapist

What is a 'balanced' diet?

A balanced diet includes a variety of foods from all five food groups. It should provide enough calories to ensure a desirable weight and should include all the necessary daily nutrients.

Five food groups

Grains (breakfast cereals, rice, pasta)
– 5-6 portions
Vegetables and fruit – 5-6 portions
Meat & Fish – 2-3 portions
Dairy – 2-3 portions
Sugars & Fats – minimal amounts



A Good Combination of Foods for a Balanced Diet

The healthiest combination for a balanced diet is **low fat, low refined carbohydrates, plus healthy carbohydrates and moderate protein.**

For example, as a general rule:

About 50 percent of your calories should come from complex carbohydrates. Eat plenty of grains – especially wholegrain and green leafy vegetables.

About 20 percent should come from protein.

About 30 percent should come from all fat. (Of this, a maximum of one third may be saturated fat).

So what is a portion?

Grains 1 slice of bread, half a bowl of cereal – 4oz rice/pasta.

Vegetables
4oz vegetables - 8oz leafy green vegetables - glass vegetable juice.

Fruit – 1 medium fresh fruit - 4oz canned fruit – 6 dried apricots - glass fruit juice.

Meat & Dairy – 2-3oz lean meat/fish/poultry. 2 eggs - 7oz tofu - half cup nuts or seeds. 1 cup milk/yogurt - 1oz cheddar cheese - 4oz cottage cheese - 4oz ice-cream/frozen yogurt.

Sugars & Fats – Ideally grill or bake rather than fry. Use only light covering of spread on bread.