



PANTRY Post

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Be prepared for Christmas

Many of you have already made use of our "bring us your Christmas recipe" service - just bring in your recipe and we will weigh up only what you need, so saving you time and money.

Ourselves we have been making Great Great Grandma's Christmas puddings and mincemeat ready for Christmas so these are now available in the shop, cakes will be coming toward the end of the month. If you have a special requirement such as no sugar or no peel, then please let us know - Christmas does seem to arrive more quickly each year!! Which means if you wish to order fresh vegetables, stilton, or other items, we really need these before 18th December in order to be able to ensure collection by 24th December.



By the way on 24th November Langport's Christmas lights are to be switched on and the shops will be open until 7 p.m. for some early shopping! The annual Christmas Fayre is on 3rd December so you may be able to find something unusual if you come along - with many special treats as well!!!



Food Miles

As the calls to recognise changing weather patterns receive a moment of media spotlight, a few facts came to our attention as DEFRA published earlier this year a report indicating 19Mn tonnes of carbon dioxide were emitted from food transport in 2002.

A recent report in The Times highlighted when buying ingredients in London for a lamb menu, they had travelled

21,000 miles when bought from a supermarket, 1,050 miles in a local shop and 119 miles in a farmers' market - on top of these we drive on average 898 miles each year to buy food! More importantly, according to a nutritionist at the British Nutrition Foundation "fresh local produce may contain higher amounts of the same nutrients than food that has been transported from elsewhere in the world ...Fruits and vegetables may lose up to 70% of the B vitamin nutrients over the two or three days and less stable nutrients, such as vitamin C."



Winter Remedies

With the average person catching 2.3 colds per annum - the majority of which are during the cold season, how much do we really know about colds and flu?

A study presented to a recent meeting of the Infectious Diseases Society of America indicated 66% of people believed they could be treated by antibiotics, even though colds and flu are viruses! Large doses of vitamin C can stop a cold in its tracks but there is no real evidence it can prevent a cold once it is in your system. Studies also show that it might help reduce the severity of a cold, though some do find it upsets their stomach.

Zinc though has substantial evidence to show it can prevent colds as it is believed to boost the immune system. Probiotics may help to reduce the duration of a cold by almost two days as well as reduce symptom severity by 25%. One of the most popular herbal remedies is echinacea, an herb that is believed by many to boost resistance to colds and flu. Garlic is also not to be overlooked as one trial has shown that those in the garlic taking group not only caught fewer colds but also suffered the symptoms for only a day and a half compared to an average five days worth of symptoms in the placebo group. Sambucus nigra - black elderberry, has shown in at least two clinical trials to dramatically shorten the duration of flu.

Free Radicals & Antioxidants

Free radicals are often referred to, but what are they? Highly reactive compounds that are created in the body during normal metabolic functions or introduced from the environment by smoke, pollution etc.. As free radicals contain "extra" energy they are inherently unstable and to reduce their energy load react with certain chemicals in the body and in the process interfere with the cell's ability to function normally.

As such free radicals are believed to play a role in more than 60 different health conditions, including the ageing process, cancer and atherosclerosis. Reducing exposure to free radicals and increasing the intake of antioxidant nutrients has the potential to reduce the risk they present.

The body produces several antioxidant enzymes which require specific building block nutrients, including the minerals manganese, zinc, copper and selenium. In addition to enzymes, many vitamins and other nutrients act as antioxidants in their own right, such as vitamins C and E, beta carotene, lutein, lycopene, vitamin B12, CoQ10 and cysteine. Herbs such as bilberry, turmeric, grape seed or pine bark extracts and ginkgo can also provide powerful antioxidant protection for the body.

One of the reasons for a "balanced diet" or nutritional intake is that many vitamins and minerals are synergistic - that is they work together and need the availability of each other to be effective. According to Patrick Holford, vitamin E is a classic example as it "works in the body as a protective antioxidant in conjunction with vitamin C and CoQ10."

Additionally, one of the reasons so many drink Rooibosch tea is because of its high antioxidant content!



Snippets

Sage - A recent study from Northumbrian University showed that capsules containing 25ml of the essential oil sage improved memory significantly only one hour after taking the supplement, with a trend toward improvement at four hours. A dramatic improvement also related to mood.

Broccoli - A study by Harvard and Ohio State Universities found that men who ate one cup or more of broccoli per week had a 44% lower incidence of bladder cancer compared to men who ate less than one half cup per week!

Osteoporosis

A recent report published in the Journal of Clinical Engineering and Metabolism estimates that 80% of all women have used oral contraceptives.

According to the National Osteoporosis Foundation in the USA 10 million now suffer from the disease and a further 34 million have low bone mass. The consensus is that you can avoid osteoporosis by including lots of green vegetables and dairy products in your diet. Increasingly though, intensive farming methods and plant breeding is stripping fresh produce of many of the essential nutrients. Bones need more than calcium, which does not stay in the body long enough to have any real benefit. Calcium needs to be boosted by magnesium, zinc, boron, vitamin D and the all important omega-3 oils which help stop the body losing calcium from the skeleton.

Immune Systems

In the final analysis, it is our immune systems that have to battle against any virus - be it the common cold, the influenza or even the highly dangerous bird flu virus.

The same is true of vaccinations - they are only helpful if our immune systems are working properly. Bioforce's Echinaforce is the only echinacea remedy marketed worldwide where an immune modulating action has been identified. Researchers from the ETH in Switzerland, one of the world's top

universities, have shown that Echinaforce acts directly on the immune cells, modulating a cytokine known as TNF- α . What this means is that Echinaforce improves the body's immune system response by priming it to fight and defeat infections when they first invade the body.

Hence one could conclude that keeping the immune system strong would be the best defence against any viral infection of the upper respiratory tract. To limit the likelihood of contracting all varieties of flu and other viruses, Dr. Jen Tan of Bioforce advises:

- Eat a good diet, avoid refined sugar and nicotine and limit your intake of caffeine and alcohol.
- Give your body time to rest and recover from the stresses of the day.
- Take regular exercise
- Use Echinaforce at a dose of 20 drops each day, increasing this to twice daily if you come into contact with anyone with an infection.

