



PANTRY Post

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Summer is nigh!

We have certainly enjoyed the last two months sunshine and it has brought forward many of the local salad produce - though we suspect as the weather operates as a cycle the rain will catch up with us just as it has in the Mediterranean!



If any of you are still suffering from hay fever or rhinitis, please do visit and ask about the various remedies we stock as we have several alternatives to suit each need - including many we have successfully tried ourselves!

175 Chemicals a Day!

Last September the campaign group Chemical Safe Skincare revealed that every day in the UK the average woman bombards her body with 175 chemical compounds as a result of their use of toiletries.

Apparently during a day the average woman uses more than 12 toiletry products - ranging from shower gel to anti-ageing creams and tinted moisturisers, each on average containing 15 chemical compounds. The foaming agents in shampoos and the disinfectants in hand and body washes were identified as the most troublesome - back to our old friend sodium laurel sulfate!

However, do not think this is only a women's issue. Whether you know it or not, men use plenty of cosmetics too. They do not just mean facial makeup, lipstick, mascara, nail polish etc.. The broad definition of cosmetics includes deodorants, hair colouring, shaving cream, and bath products, including shampoos.

Even products for infants are part of the cosmetic mix. In fact recently a group called Campaign for Safe Cosmetics issued a press release to warn consumers that several popular children's bath products contain a cancer-causing petrochemical with the cumbersome name of 1,4-Dioxane. This chemical is considered a probable human carcinogen and a proven animal carcinogen. Johnson's Baby Wash, Sesame Street Bubble



We have a wide range of 'chemical-free' products, please ask for advice

Bath, and Hello Kitty Bubble Bath are all reported to contain 1,4-Dioxane.

Meanwhile, Chemical Safe Skincare (ChemicalSafeSkincare.co.uk) have put two widely used cosmetic chemicals high on the "Must Avoid" list: parabens and phthalates. Studies have linked both chemicals to disruption of normal hormone function and increased breast cancer risk.

The result can be that those with sensitive skin and Atopic Eczema Dermatitis Syndrome exhibit reddening, dryness, blistering and scaling of the skin along with intense itching. The advice must be do read the label!

Diabetes

On a related note, scientists have found that exposure to pesticides and industrial pollutants could trigger Type 2 diabetes. While obesity is believed to be the major cause, researchers found people with higher levels of some toxic man-made chemical compounds were at greater risk of developing insulin resistance.

Listen to your body!

Our body is constantly talking to us - yet many of us ignore its messages and suffer unnecessary illness as a result. Small symptoms like bloodshot eyes, dry skin, thinning hair or even weak, brittle nails can be early warnings that our system is under stress or we are experiencing a deficiency that could eventually damage our general health and wellbeing. Dr Wendy Denning and nutritionist Vicki Edgson, authors of "The Diet Doctors Inside And Out" both believe that learning to read the body's signs paves the way not just to better health but to a better life.

"In general, people are ignoring the early warning signs that their body sends out often because they don't understand what they mean," Denning says. "Basically our body sends out subtle early signs when things are not quite right. If nothing is done these increase to stronger signals and if you neglect those you may be hit by a big warning such as a major symptom or illness that literally cannot be ignored."

Heeding those minor symptoms, making simple lifestyle changes or seeking medical advice early could mean avoiding more serious health troubles such as thyroid or even heart problems, she adds. "Many minor problems can be cleared up in a couple of months by making even small improvements in diet, drinking more water or finding ways to ease stress. Of course if you are concerned about any of your symptoms, check them out with a doctor. Getting early treatment can prevent them developing further."

Guides to these signals are:

Skin

"The skin is directly or indirectly linked to almost every organ and a major organ of elimination in the body - the others are the colon, the kidney and the lungs," Denning says. So if those organs are struggling to get rid of waste and toxins, more toxins will show up on the skin in the form of oiliness, excess sweating and rashes."

- **Pale:** you could be anaemic, have low iron or an underactive thyroid.
- **Dry skin:** can be caused by a deficient intake of water and essential fatty acids, omega-3, 6 and 9. It is also associated with deficiencies in vitamin A and B vitamins and aggravated by drinking too much coffee, tea and alcohol. In addition, dry skin is closely related to hormones, menopause and an underactive thyroid.
- **Grey:** seen in smokers and those pushing the body too hard, or suffering a sluggish liver. Alternatively, it can indicate an underlying cardiovascular disease or other serious illness.

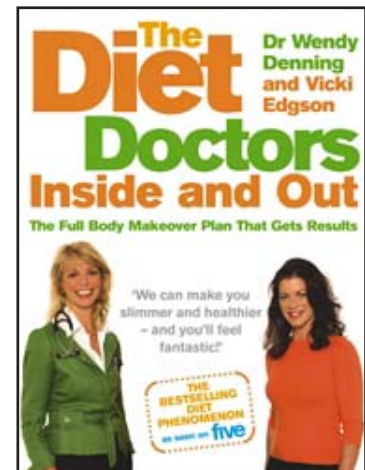
Solution: in general, increase water intake to eight glasses a day, stop smoking, maintain your intake of essential fatty acids by eating more oily fish such as salmon and mackerel and taking pumpkin and sunflower seeds.

Keep up your zinc intake with turkey, eggs, almonds and peas. Check with your doctor who may recommend further tests or appropriate treatment.

Eyes

"Not only are the eyes the window to the soul, but they are also the window to much of what is going on in different parts of the body, particularly the liver," Denning says.

- **Bloodshot:** small blood vessels on the surface of the eye become inflamed and congested with blood, and this can be caused by eyestrain, fatigue and excess alcohol. It can also be due to a deficiency of vitamins B2 and B6 or amino acids that come from protein in the diet.
Solution: try for more sleep, reduce alcohol intake and spend less time at the computer. Taking a B-complex vitamin, milk thistle and more protein in the diet may help.
- **Dark circles:** often due to lack of sleep, but they can run in families, or may indicate a problem with your digestive system - particularly the colon or an overloaded liver.
Solution: check first that you are having enough sleep. Then check for food intolerances, constipation, or a sluggish liver.
- **Bags** under the eyes: associated with excess salt intake, lack of sleep, smoking and food sensitivities. In older people it can be due to a sluggish thyroid or a kidney problem.
Solution: reduce salt intake, take more sleep, stop smoking and do not drink fluids before going to bed. Check for food sensitivities or check with a doctor to rule out more serious issues.



Hair

"Hair can be a surprisingly good indicator of overall good health. Hair is made of protein, keratin and minerals and depends for its condition on the amount of nutrients it receives. So a good diet and digestive system are essential" Denning says.

- **Thinning hair:** hair loss is determined by genes and hormones. Women rarely go bald in the same way as men, but hair thins with age. Thinning may be brought on sooner by childbirth or a shock such as divorce or bereavement. Stress, poor diet, lack of iron and sudden weight loss are other factors.

- **Dry hair:** it may be associated with inadequate protein intake, essential fatty acid deficiency, thyroid disease and menopause or chemicals used on your hair.

- **Grey hair:** commonly associated with ageing, but can sometimes be brought on by a major shock or by anaemia and thyroid problems. A doctor can help with the last two problems.

Solution: in general, eat enough protein and chew food well so you absorb all its nutrients. Ensure you are not mineral deficient and correct deficiencies of iron, zinc and selenium as they boost the thyroid. Take a multivitamin and mineral designed for the hair, and flaxseed oil to maintain levels of omega-3 and 6.

Nails

"Checking your nails can be a good way to determine if you have nutritional deficiencies or other health issues. A fingernail takes about four months to grow out, and a toenail at least six months. If your nails are growing slowly and are discoloured, suspect a fungal infection, and if they are not, suspect a nutritional deficiency," Denning says.

- **White spots:** associated with zinc and/or calcium deficiency.

- **Red skin around cuticles:** could be due to insufficient essential fatty acids (omega-3 and 6).

- **Cracking, peeling nails:** may be due to lack of Vitamin A, calcium, silica and other minerals, insufficient stomach acid and protein. Around half of the population is deficient in zinc - as previously indicated aim for 15mg per day.

Solution: In general, eat six to eight portions of fruit and vegetables daily to strengthen nails. Eat more seeds and nuts for essential fatty acids, zinc and protein. Take silica and hemp seed oil - highly effective supplements to strengthen nails.

Snippets

Less on GM

The European Parliament has set the lowest possible level for GM contamination of organic produce at only 0.1% - this compares to the level already announced by the UK's Environment Secretary of almost 1.0%!

When is a fish oil not one!

We have recently come across some fish oil products which use synthetic ethyl ester fish oils! It is well established that the ethanol part of these man-made molecules can leave toxic residues in the liver. Hence always check the source is declared. If it is not then be suspicious as you may have read about high toxicity in some of the sources, such as the North Sea!

More than just milk!

You may have read that the ubiquitous Starbucks in the USA has cut back on dairy products that contain Recombinant Bovine Growth Hormone or rBGH. This is a genetically engineered hormone injected into dairy cows to artificially increase milk production.

Dr Samuel S. Epstein in his recently published book "What's In Your Milk?" notes that rBGH contains high levels of natural growth factor (IGF-1), which your digestive system easily absorbs. The problem is that high levels of IGF-1 have been linked to colon, breast and prostate cancers.

Monsanto markets rBGH under the name Posilac and even its web site notes "Cows supplemented with Posilac may be at an increased risk for clinical mastitis." So what happens when mastitis is diagnosed:

- Mastitis is treated with antibiotics

- Traces of antibiotics end up in the milk (In one study, conducted by the Center for Science in the Public Interest, more than 35 percent of supermarket milk contained antibiotic residues)

- Overuse of human antibiotics, combined with exposure to animal antibiotics in our food supply, have produced bacteria that are resistant to some of the most powerful antibiotics - the so called super bugs!

The fairly simple way to avoid consuming traces of rBGH and antibiotics: buy organic.

Candida

Every week we seem to have someone coming in and explaining they are suffering from seemingly unrelated conditions that they and their doctor have not been able to resolve. These cover everything from digestive discomfort to feeling foggy-headed or fatigued, as well as skin or sinus problems and recurrent fungal infections. When people present with such wide-spread symptoms we always consider whether candida could be the culprit.

Candida albicans is one of the many yeasts present in the large bowel, genital tract, mouth, and throat and under normal conditions is compatible with good health. It is usually kept under control by good bacteria, our immune system and intestinal pH levels. What is less well recognised is that candida can, under certain circumstances, become pathogenic, causing havoc everywhere in the body. Symptoms associated with candidiasis, or an overgrowth of candida antibodies, include: fatigue; foggy head; lack of concentration; poor memory; mood swings; depression; anxiety; bloating; diarrhea; constipation; excess wind; indigestion; fungal infections; aching joints; heavy muscles; recurrent thrush; vaginitis and increased vaginal secretions; bad breath; coated tongue; ulcers and sores in the mouth; cravings for sweet and yeasty food, including bread and alcohol; decreased libido; bladder and kidney infections; menstrual problems; dry itchy skin; chronic sinus problems; sensitivity to perfumes, chemicals, fumes and other odours; food sensitivities; acne; frequent colds and infections; chilliness, cold hands and feet.

The list seems endless and can be the result of problems arising when the balance of good bacteria to harmful ones changes within the digestive tract. Given certain conditions, the candida proliferates and can change into a pathogenic form. Once this has occurred, the candida can release toxins into the blood stream and travel through the body, affecting all systems, from digestion to the skin and hormones.

Common causes of overgrowth include: the contraceptive pill; HRT; steroids including asthma

and eczema medication; high sugar and yeast diet; antibiotic use; an immune deficiency; hormones from food (animal products), water and a non organic diet; diabetes; high stress levels; and use of anti-inflammatory drugs. In the past it has been notoriously difficult to diagnose candida, but there are several simple and accurate tests that can diagnose this condition.

If anyone is considering undergoing candida treatment we cannot stress strongly enough the need to test beforehand, as the process of killing off candida overgrowth can be long and difficult, involving a restricted diet and a rigorous

supplement regime. There is no point in doing this if candida is not the culprit for your symptoms - it could be that you need to undergo further tests such as checking for parasites, and we recommend you seek help from a specialist.

A positive result demonstrates an immune reaction to candida. So what next? This means starting on a nutrition regime to rebalance your bacteria and the body. Treatment for candida involves a diet avoiding sugars and yeasts in conjunction with anti-fungals to kill the

candida itself. The most efficient way of addressing this infection and restoring health is the well-known '4-R' approach:

1. Remove the yeast with an anti-candida diet (avoiding sugars and yeasts) and start taking anti-fungals such as caprylic acid.
2. Repopulate with friendly gut bacteria with probiotic supplements such as Lactobacillus acidophilus - strength at least 0.5 billion!
3. Repair the gut wall, usually using the amino acid L-glutamine
4. Replace missing digestive enzymes and nutrients, through a good quality multivitamin and mineral and a digestive enzyme supplement

Such a programme is best undertaken with the help of a nutritional therapist, as the liver and digestion need to be carefully supported. We also stock various books which can help in terms of your diet.

