

FREE  
MAGAZINE

# Naturally good health

LOCAL NEWS | PRODUCTS | EXPERT ADVICE

SUPPORTING NATURAL HEALTH IN IRELAND

AUTUMN 2022



## THE PRIDE OF IRELAND

As she competes in the Rugby Sevens World Cup, Beibhinn Parsons celebrates the positive movement in women's sport

### Plus:

- \* BACK TO SCHOOL HEALTH
- \* ESSENTIAL MENOPAUSE SUPPLEMENTS
- \* THE HEALTHIEST SNACKS
- \* COOKING WITH LEGUMES

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# Welcome

AUTUMN 2022



**W**e have seen quite the movement in recent years towards female sport, and the profile of women playing all kinds of sports being raised. You only need to look over the pond recently to see the hugely encouraging reaction to the England team winning the Women's World Cup.

And there is huge hope that this will result in a lasting legacy, a legacy in which young girls grow up wanting to play sports for a profession, knowing that such ambitions can be taken seriously, in the same way the opposite sex has always been able to.

One person who grew up with such hope was Beibhinn Parsons, the hugely talented rugby player. Currently about to take to the field in South Africa for the Rugby Sevens World Cup, Beibhinn has always loved sport, finding rugby was her true passion. And despite when she first started there not even being a girls' team (she had to play in a mixed team), she has risen up the ranks thanks to her talent and dedication. And now, Beibhinn says, things are so different when it comes to the respect given to females playing sports in traditionally male-dominated games, such as football and rugby.

Beibhinn is a great example of what women can achieve, and we loved being able to bring her story to the pages of *Naturally Good Health*. You can read what she had to say on page 20.

Also in this issue, we are proud to be able to reveal the winner of the *Naturally Good Health* Retailer of the Year 2022. Designed to recognise the fantastic health stores across Ireland

making a difference to our health and wellbeing, the awards, sponsored by Terranova Nutrition, have truly shone a light on the incredible retailers across the country. You can read all about the winner, the highly commended and those shortlisted on page 18 – well done to all involved.



**Rachel**  
RACHEL SYMONDS, EDITOR



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Naturally  
**good health**  
Retailer of the Year 2022

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of being

# Tired?

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# Better with BEE HEALTHY

Gabrielle McAuley takes a look inside the holistic approach at Bee Healthy, in Monaghan.



“**Y**our body is your forever home. Look after it and it will do the same for you. Mind yourself, take time to rest when necessary, move when necessary, and most of all, appreciate yourself,” so says Ingrid Sudway, owner of one of Ireland’s newer health food stores.

Bee Healthy, in Monaghan, opened its doors on December 1, 2020, coinciding with the end of the first lockdown. In fact, for Ingrid, the pandemic had a plus side as it allowed her to take stock and consider how she wanted to carry on with her career. She had been working in a health store attached to a pharmacy for 11 years and loving the health store ethos as she did, she felt it was the time to go for it and open her own store.

As Ingrid explained: “I love that every day brings new learning and I love the job and the people that I work with; I get great satisfaction from helping people with their health issues. I love the flexibility and creativity of running my own business.”

Excited by the new possibilities of having an independent health food store, Ingrid’s only stress was making the decision to leave her old job. But she had the support of great work colleagues, Margaret, Jannette and Charlotte, and a husband with a head for figures – who also surprised Ingrid after 34 years of marriage with his great talent for shelf-making!

Supporting Irish is what Bee Healthy likes to do and the more local, the better. The store stocks three lovely local honeys, which are all from small local producers from different parts of Co. Monaghan, a superior quality cider vinegar from Armagh, and some local pottery, candles and jewellery. The store also carries seaweed supplements from Co. Down and a fabulous range of beauty products by Dublin Herbalists. One Nutrition is a fantastic Irish brand offering high quality supplements, as well as excellent staff training. From Co. Antrim, the store stocks Emerald Isle Organic Irish Seaweed and the team here are planning to design a seaweed themed window soon.

As elsewhere in the world at the moment,

stress and sleep are big problems and being herself a practicing homeopath, Ingrid has helped with many sleepless nights and acute anxiety problems. Digestive problems also plague a significant number of Bee Healthy customers and Hubner Silica Gastro Gel, Udo’s Super 8’s and Infant Blend, as well as Pukka Relax Tea have helped many locals with problems in this area.

Margaret, the resident herbalist here, is a big fan of the Terranova range and often recommends Terranova CoQ10, Magnesium and Hawthorn Complex as her customers need them. Margaret’s expertise and wisdom is much appreciated by the local community striving to take care of their health in as natural a way as possible.

Dried figs, chia seeds and flax are sometimes recommended by Janette, a final year herbal medicine student and nutrition coach, who is a proponent of healthy eating and likes to

encourage customers to tackle health issues through nutrition. Janette also has gotten good feedback when she has recommended A.Vogel products and customers have told her of their positive results from using the Passiflora Complex. Espousing the vegan philosophy herself, Janette also likes to recommend nutritional yeast and Viridian High Twelve B-Complex.

In Monaghan, as everywhere else at this time, the global environmental crisis is a big, scary monster, creating fear, anxiety, indifference and sometimes anger. But the team here are also experiencing a great surge in awareness of the natural world. Customers are becoming more conscious of the need to leave less of a carbon footprint and the team here help with this as best they can in their emphasis on recommending local, Irish, organic and sustainable products whenever possible.

And while Bee Healthy does not itself do refills, it works closely with its neighbours across the road, a store called The Local, which does refills of all household cleaners and a large range of dried goods.

Ingrid, Margaret, and Janette all believe that good health starts with good nutrition. They are great advocates of drinking water, saying: “Lots of people wonder why they are so tired, bloated, irritable, constipated with baggy eyes and dry skin – and this is often because they are chronically dehydrated. It’s no wonder we feel lethargic when we aren’t getting our two litres a day. Do whatever necessary to stay hydrated – add a wedge of lemon or lime, have boiled water instead of tea, or add some fresh herbs such as mint or lemon balm.”

With gratitude, Ingrid adds “a shout out to all the other health food shops around the country!”

She commented: “Every time I visit a new town, the first thing I do is look for the local health food shop. I’ve met so many lovely people through working in this industry and I feel proud and lucky to be a part of it.”

Bee Healthy in Monaghan is a great new addition to the Irish health store scene. **NGH**



# Walking the walk

Walking along the high street of any town in Ireland, you are likely to see a health food store. You may never think about the difference in the ethos in health food stores and other stores, and in the products found in them, and so in this feature, we hear from those in the health food trade about their philosophy and personal ethic. Here, we catch up with ELLEN COX, who is well-known for her work with Atlantic Aromatics.



Ellen Cox

From earliest memories, we had a herb patch. My mum, a super cook, would send me to fetch what was needed. I loved the different aromas. I thrived in the outdoors, with animals, and this remains today.

In 1991 while visiting eastern Thailand, I contracted malaria of the brain (falciparum) and almost departed to the 'happy hunting ground'. Thanks to the wonderful care in the Geelong Hospital, Australia, I survived. Good food, plenty of exercise (fruit picking for a year) and fresh air played a big part on the road to restoration. I enrolled in an aromatherapy and Swedish massage evening course, and another aromatic journey began. This, I believe, enhanced my recovery and opened up an observation of plants and their produce in a way I had never dreamed possible.

In 1994, through family, I met David Kelly, Atlantic Aromatics founder. At that time, they shared a stall in the Blacrock Market (Dublin)

and I filled in at weekends. Soon after, I began bottling essential oils from the garage at David and Aine's home. In 1995, they moved to their current premises in Bray. I began attending trade fairs, started meeting customers and then calling to health stores.

With the support of Atlantic Aromatics, I completed an International Professional Aromatherapy Diploma in 2004 and became a registered aromatherapist with the IFPA. I have fulfilled in excess of 500 hours of recognised aromatherapy training with many inspiring tutors globally.

I'm exceptionally grateful to colleagues in the health food industry. For over 25 years, it has been a joy to repeatedly visit almost every health store in the country, experiencing warm welcomes, smiles, the craic, plus support from passionate, dynamic owners, managers and staff. We really are spoiled with wonderful health stores all over Ireland, many at the centre of communities, listening, assisting, and

helping to manage health concerns.

And 28 years on, I remain feeling very fortunate to work with Atlantic Aromatics, which continues to inspire me, particularly regarding organic and sustainably produced essential oils and the many complexities in this sector. The company's unwavering commitment to positive environmental policies is impressive.

Moving out of a pandemic, it is clear that different ways of operating are possible, beneficial and necessary. Our trainings, for example, remain effectively online, reducing carbon emissions.

Some of the oddest queries I've received are mostly animal related, including, pigeons, bees and racehorses! We were asked once if we could recreate the smell of oil/engine grease for an exhibition involving mechanics, and on another occasion, the aroma of turf was requested. I've no doubt the stores of Ireland could publish a very colourful book on this topic!

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## Leading nutrition business marks 30 years

PPC Galway, the company that has been supplying Eskimo-3 to Irish households for the past 25 years, is celebrating 30 years in business.

An Irish family-owned business, its founders, Pat and Phil Curran, started the company from humble beginnings in their semi-detached house on the outskirts of Galway in 1992. Originally established as a practitioner supply company supplying herbal, homeopathic and nutritional products to practitioners all over the country, Pat and Phil placed a huge emphasis on quality products, integrity in business and first-class customer service.

As the business began to grow, PPC expanded into the retail sector with the renowned omega 3 product, Eskimo-3. This is when Pat really came into his own, as his easy manner, brilliant communication skills and genuine interest in people proved invaluable in building the brand and developing strong relationships with stockists and consumers alike, which have endured to this day.

Unfortunately, Pat passed away in 2014 following a short illness and his legacy is remembered each year with the annual Pat Curran Award, which recognises excellence in customer service. Today, the great work started by Pat and Phil is carried on by their daughter, Olive, and her husband, Michael, along with their wonderful and long serving staff, Cathy, Ela and Jo. Over the years, PPC and its brands, Eskimo-3, Zincuflex and Zerochol, have gone from strength to strength and Olive says that as they reflect on 30 years in business, they look forward with confidence and excitement to the next 30 ahead.

"All of us in PPC would like to take this opportunity to thank our customers, stockists and Wholefoods Wholesale and the many friends we've made along the way. As my dad Pat used to say, 'If you love what you do, you'll never work a day in your life!'" Olive commented.

## Focus on

# HEALTH

## ESSENTIAL PRAISE

A leader in essential oils in Ireland has received praise for his years of service.

David Kelly, the founder and MD of Atlantic Aromatics, has been awarded the Health Stores Ireland Service to Industry Award.

David started Atlantic Aromatics in County Mayo in 1985 and from the outset, began a special relationship with health food stores. The company moved to County Wicklow a few years later and over the last 30 years, this relationship has strengthened to the point that health stores are now the established go to point for everything aromatherapy.

Gerald Colfer, who presented the award to David at a recent Aromatherapy Training & Wellness Day, commented: "Atlantic Aromatics have built a very special relationship with independent health food stores. There is a unique camaraderie with retailers and David, Ellen and all the team at Atlantic. We see their commitment to training, in-store events and support of Health Stores Ireland shows over the years as a model for any company or brand wishing to build success."

David was delighted and surprised with the award. He thanked Gerald and commented: "From the very beginning, we felt that health stores were the best place to stock our oils. There is a serious focus on health and wellbeing backed up by training and strong ethics. The quality of health stores in Ireland is extremely high and we look forward to a continuing relationship with the independent sector."



## Two decades championing nutrition

A leading nutrition college in Ireland is marking 20 years of education.

The Irish Institute of Nutrition & Health (IINH) was born in September 2002, and as the college reaches 20-years-old, its founders, Richard Burton and Maggie Lynch (pictured) say a huge thank you to all the wonderful, dedicated team members at the college, as well as the thousands of passionate graduates across Ireland and the world who are busy educating, empowering and supporting people towards better health.

In 2004 IINH was Ireland's first college to graduate Nutritional Therapists, and in 2013, the first in Europe – and possibly anywhere – to offer a globally recognised award (BTEC) in Nutrition & Health Coaching. With health coaching now the fastest growing health profession in USA and Europe, its BTEC Diploma in Professional Nutrition & Health Coaching (level 6 Ireland) attracts students from across the world. It also offers a pathway to higher qualifications, including Nutritional Therapy (level 8 Ireland) and MSc in Personalised Nutrition.

The next BTEC Coaching course begins mid-September. All learning materials are accessed 24/7 on the dedicated learning platform (Brightspace). If you plan to take charge of your health seriously in 2022, or if you are looking for a more rewarding career, check out [www.iinh.net](http://www.iinh.net) to learn more.



## MAG365 KIDS

This award-winning magnesium supplement has been formulated to help promote focus, sleep and immune health, among much more. It comes in a passionfruit flavour, with added calcium, zinc and vitamins C, D3 and K2, and contains no fillers, as well as being free from common allergens.

## BURTS BEES TINTED LIP BALM

These 100 per cent natural tinted lip balms offer eight hours of moisture, with a hint of colour. They are responsibly sourced and sustainably made.

# MAG365 KIDS

## Award-Winning Magnesium for Kids

Formulated to help promote **focus, sleep, immune health** & more!

Contains **zero fillers** and **free from common allergens**

**Passion fruit flavour** with added calcium, zinc and vitamins C, D3 & K2



“ My son has been taking this supplement for 3 months now... He is a very active 4.5 year old and I find **his focus and attention to certain activities** has definitely improved. **He is sleeping better** and hasn't complained of bad dreams. ”

- Gloria

MAG365: Award **winning magnesium**



# Go Wyld

If wild swimming is your thing, you will love what Wylding has to offer.

Wylding suits are designed by Millie Dornan and Daniela Bohling and are thermally lined, with a relaxed fit, and make the chilly transition in and out of cold water effortless and stylish. The suits are versatile, perfect for camping trips, paddle boarding, post surf, chilly beach days, dog walks, sailing, gardening, open air yoga and for any outdoor spectator sports, festival, or outdoor social event you can think of.

Specifically created for use in temperate climates, it is designed to be worn with only underwear or dry swimwear underneath, allowing the wearer to move unencumbered while staying warm. The technical properties of the fabric, along with the considered silhouette, makes the chilly transition into and out of cold water fast, effortless, and stylish for all blue health seekers.



The Wylding suit is constructed from a unique poly bonded bi-stretch and polar fleece for thermal, breathable weatherproofing. The suit is double stitched throughout for water and wind protection, inner storm cuffs at the wrists and waterproof inner gators at the ankles provide warmth and windshield, and the central zip is fully water and sand proof. Perforating the external shell will compromise its weatherproofing capabilities.



## Focus on

# FITNESS

## A FEEL OF FITNESS

Feel Fit has launched its latest collection to help you feel and look good while working out.

Feel Fit AW22 Evolve Collection has inclusive sizing from XS to XXXL, and the collection includes Ultra Long Bra, Evolve Long Sleeve Crop, Evolve Short Shorts, and Evolve Full Length Leggings with Pockets.

Growth and development are central to what Feel Fit is all about and the latest range not only includes new styles and colours, but also a new material too; the Evolve range is made from Eco Olympus Creora. It's a material that's derived from recycled top green poly and reclaimed PET bottles, a combination that's not only breathable and heat resistant, but also gives a four-way stretch, and UV protection.



## CUTTING YOUR CARBON FOOTPRINT, STEP BY STEP

A new sneaker brand claims to have the lowest footprint in the industry.

The Nimbo Bamboo is a super light, cool, and breathable slip-on sneaker made from OEKE-TEK certified bamboo, with accents of pineapple husk leather. Bamboo is the fastest growing plant on earth, producing 30 per cent more oxygen than the same number of trees.

YY Nation's research and development has created a unique soft but super strong material, with the added natural benefits of

being antibacterial and resistant to moisture to keep your feet cool and dry. The lining is made from super soft merino wool that you can wear with or without socks. The durable, stable sole is crafted using YY ingredients of algae or sugarcane.

YY Nation thinks it has developed the world's lowest carbon footprint trainer, three times fewer carbon emissions than conventional sneakers. The brand adds that its

shoes are Zero Carbon Certified and are expected to be carbon negative in 2022.

Materials include Merino wool, which is ethically sourced and traceable from New Zealand growers, woven bamboo/nylon mesh, pineapple leather, sugarcane, and algae.





Are you *REAdy* for the  
new *RED* Yeast Rice range?



Terranova is introducing two new synergistic formulations of Red Yeast Rice, providing nutrients, botanicals and phytonutrients known for their potent contribution to health. They feature the patented red yeast rice AnkaScin 568-R® - an innovative fermented red yeast rice which is free of Monacolin K, but rich in two research-proven active compounds, monascin and ankaflavin.

- Contain NO Monacolin K or statins.
- Monascin & ankaflavin are backed by clinical studies for both safety and efficacy and are clinically proven to be even more effective than monacolin K, without the associated side-effects.
- Contains Alpha Lipoic Acid and Co-Q-10, two extensively researched natural antioxidant rich nutrients known for their potent contribution to health.
- Citrus Bergamot, responsible for the fragrance of earl grey tea, is a source of well-researched flavonoids such as neoericiotin, neohesperidin and naringin.

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## Autumn skin protection

The heat of the summer might have passed but don't forget about the need to keep your skin protected from the sun's rays.

A good choice is organic brand, Green People, with its Scent Free Sun Cream SPF 30. This fragrance-free cream is rich in natural antioxidants.

Broad-spectrum UVA and UVB comes as standard with this scent-free formulation and is perfect for sensitive skin. Its moisture-retaining, water-repellent and won't clog pores like most sun lotions. Instead, skin can breathe and in turn, prickly heat is less likely to occur.



## Focus on

# BEAUTY



## A helping hand

Give your hands some organic indulgence with this new creation from Evolve.

Timeless Hand Cream is made with super-effective plant-based ingredients to deliver anti-ageing results.

Utilising bio-retinol and ceramides, the cream is non-greasy and sinks in easily, and leaves hands visibly younger, firmer and more luminous.

And then there is the Limited Edition Timeless Renewal Cuticle Oil, which features a combination of powerful ingredients, including argan and macadamia oils, vitamins B and E, along with jojoba, all in a natural and certified organic formula. The oil is designed to strengthen and protect nails and nail beds.



## FIRMED UP

Give your skin the natural nourishment it deserves with the help of a new ingredient added to Lavera's Firming range.

The natural and organic skincare brand, which is certified organic by NaTrue, has utilised the benefits of bakuchinol, which is a natural and gentle alternative to retinol.

The range includes Firming Day Cream, a highly effective natural and organic formula proven to stimulate the skin's own collagen system and reduce wrinkles. Bakuchinol combined with hyaluronic acid provides a powerful active combination to moisturise and nourish the skin for a firmer, fresh and even complexion.

There is also Firming Night Cream, Firming Eye Cream, and Firming Serum, as well as Firming Facial Mask, which deeply hydrates and visibly plumps, smooths and firms the skin.

As an added benefit, the products are not tested on animals and are free from parabens, SLS, phthalates, paraffinum, and petrochemicals.

# ESKIMO-3

## EVERY Body NEEDS AN OMEGA-3 & VITAMIN D Boost

Everyone knows that Omega-3s are good for you - At Eskimo-3 we believe they are Essential to life; Eskimo-3 delivers only the highest quality omega-3 fish oils packed full of essential fats to support heart and cardiovascular health, brain and cognitive function and vision.

Omega-3s EPA and DHA are needed at every stage of life, from conception and throughout pregnancy to support a growing baby's brain, through childhood for healthy growth and development, for balanced mood at any age and right through into older age to protect the brain against life stresses. Many Eskimo-3 products also provide Vitamin D3, the most physiologically effective form of vitamin D. Vitamin D3 helps to maintain healthy bones and teeth, healthy immune and muscle functions. Taking a daily fish oil supplement, naturally rich in omega-3 with added vitamin D3 is a simple way to safeguard your health.

### FEEL YOUR BEST WITH ESKIMO-3, PURE OMEGA-3 OILS!

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- ✓ Great tasting liquid, capsule and chewable form.
- ✓ Multi-Award Winning Brand you can Trust!
- ✓ **NEW** Vegan Omega-3 rich in DHA from Algae Oil.

### TRUSTED BY PARENTS, LOVED BY KIDS!



PPC Galway Ltd. has been supplying Eskimo-3 to Irish households for the past 25 years and this year is celebrating 30 Years in Business. Eskimo-3 is available in Health Stores, Pharmacies & via [eskimo3.ie](http://eskimo3.ie)

**30<sup>TH</sup>**  
**ANNIVERSARY**  
★★★★★



# MUST-HAVE MENOPAUSE SUPPORT

**Certain nutrients become critical to support a woman through the menopause – so now is the time to make sure you're not missing out.**

**T**here is no doubt that the menopause is a time of huge change, and often challenge, for women. This involves both physical changes, but also mental and emotional matters, all of which can feel very heightened with the changing levels of hormones a female is experiencing.

And while the menopause is a completely natural – and in some parts of the world, a revered – process, it doesn't mean that it is easy, and it can affect a woman's health and wellbeing in a range of ways.

One area that is key is nutrition, looking after your health generally, managing to follow a balanced diet, and trying to stay physically active, which has benefits to your body mentally too.

And then we must talk about key nutrients that are required to help you through the process. Whether it's supplements to help balance your hormones, to deal with hot flushes, or to ease side effects such as anxiety and poor sleep, there is much you can do to help yourself. The best place to start is a visit to your health food store, as the staff there can help with your individual needs.

## HELPFUL HERBS

The plant world has given us some incredibly beneficial herbs, many of which are ideal for supporting women at this stage of life. If taking any herbs, do let your GP know if they are considering prescribing medication to ensure there are no contraindications, and likewise, inform your health store of any medication you take.

- **Sage** – this is a hugely popular one, as it is so well known for its ability to help ease hot flushes and night sweats.
- **Black cohosh** – this is wonderfully balancing for hormones, especially at this time of life.
- **Rhodiola** – this is wonderfully relaxing and can help during periods of stress or anxiety.
- **Valerian** – great to take as a supplement or in a herbal tea, valerian is a great supporter to sleep.
- **Lemon balm** – a great soother, and very calming, this is a great supplement when you are feeling stressed or anxious.

## KEY NUTRIENTS

There are some important nutrients you will need at this stage of your life to support your body, and these include both vitamins and minerals.

When it comes to the crucial ones you may need to supplement with, we would suggest starting with a quality multivitamin and mineral as this will help to address any nutrient gaps. And you may also find B vitamins are useful, as these can help with your nervous system and also energy. Vitamin D and K2, which can be found in a combined supplement, are key nutrients as women move into the post-menopausal stage for the heart and joints.

There are also phytoestrogens, which are plant-based sources and can help to mimic oestrogen, which you lose as you progress through the menopause. They can help with some of the common menopause symptoms, such as hot flushes.

Omega 3 fatty acids are really important for a range of factors, to help ease inflammation, and to support healthy bones, joints and heart, all matters to take into account later in life. And we also love sea buckthorn oil; during the menopause, you may find you have dry mucous membranes, which can affect your eyes and vagina, and so a supplement can be useful.

We would also suggest magnesium, a wonderful relaxant, so especially good if you are feeling stressed and struggling with sleep, and also chromium, which can help to balance blood sugar and maintain a healthy waistline.



# Naturally Good Health

## Product Showcases

### Hot flushes? Night sweats?

Feeling the heat? Sage has a long history of use for treating common and troublesome menopausal flushes and sweats. A.Vogel Menoforce® Sage tablets is a once-a-day traditional herbal medicinal product with extract of fresh sage leaves used for the relief of menopausal hot flushes and excessive perspiration exclusively based on long-standing use. Always read the leaflet.

RRP €17.55 (30 tabs)

Available from Health Food Stores and at [www.avogel.ie](http://www.avogel.ie)



### AllicinMax™ Immune for normal immune function with vitamin C and Zinc

AllicinMax™ Immune provides allicin from garlic, with beta glucan along with vitamin C and Zinc. Vitamin C and Zinc contribute to normal functioning of the immune system. It makes a perfect addition to your wellness supplement regime. The easy to swallow, vegan capsules are odour free and suitable from age 12.

Two capsules provide 180mg Allisure (Allicin) Powder, 150mg

Vitamin C and 10mg Zinc. Part of the AllicinMax™ range, the brand leader in stabilised allicin supplements and can be taken alongside AllicinMax™.

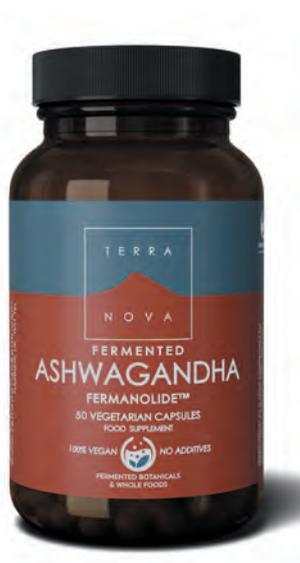
[www.allicin.co.uk](http://www.allicin.co.uk)



### Terranova Fermented Ashwagandha - Fermanolide™

Terranova Fermented Ashwagandha – Fermanolide™ contains bioactive ashwagandha, fermented by Lactobacillus plantarum. Ashwagandha is a much-appreciated medicinal herb in Ayurveda and is an important adaptogen. The most valuable part of ashwagandha is the root. Thanks to the special fermentation process, the active substances are made more readily available to the body, thus creating a very powerful ashwagandha formula. 100% additive-free, 100% vegan.

[www.terranovahealth.com](http://www.terranovahealth.com)



### Wellbeing Support

Creating that work life balance can be difficult sometimes and taking care of our health and wellbeing certainly must take priority, especially when we feel run down. With that in mind, we have created this beautiful pack of 10ml essential oil blends, designed to naturally support and

promote health and wellbeing. Containing three 10ml bottles of Absolute Aromas Breatheasy, Headaid and Prevention, the Wellbeing Essential Oil Blends can be used for steam inhalations, added to diffusers and oil burners, applied to a tissue, or inhaled directly from the bottle whenever you need a boost of wellbeing support.

[www.absolute-aromas.com](http://www.absolute-aromas.com)



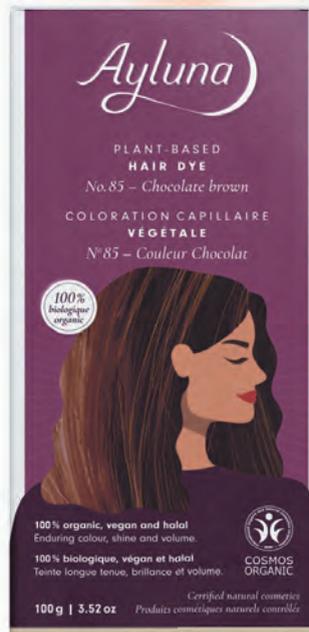
# FALL INTO AUTUMN

We select our favourite natural and organic must have products for the season



Give your complexion a boost with the lavera Pure Beauty 3-in-1 Wash Scrub Mask. This multi-talented, all-star product will deeply cleanse and regulate the skin whilst removing dead skin cells, helps to regulate sebum, reduce shine and combat blackheads for an incredibly soft and radiant complexion. Certified organic and natural by NaTrue and registered vegan with The Vegan Society. Available from health stores and online. [www.lavera.ie](http://www.lavera.ie)

Enjoy Autumn fun without worrying about leaks! The Organyc Heavy Flow Period Pads are anatomically designed with protective wings. They are super absorbent due to their 100% certified organic cotton construction, making them breathable and kind-to-skin as well. They do not contain perfumes, dyes, colours, or wood pulp, so you can relax that your period is completely organic! Available from health stores and online. [www.organyc.ie](http://www.organyc.ie)



Cosy up this Autumn with Ayluna's Plant-Based Hair Dyes, enriched with moisturising plant extracts, you can achieve your dream hair colour without the need for harsh chemicals. Ayluna's Hair Dyes work with your hair's natural structure to provide lively shades, shine and volume without damaging your hair! Ayluna is certified COSMOS Organic and is available from health stores.



Ben & Anna's popular natural deodorant in Urban Black brings a pleasantly cool breeze to your skin to help combat underarm odour. The scent of slightly sweet cedarwood, conifers and fresh wild herbs is like taking a morning walk in the forest-leaving you feeling refreshed! Natural soda has a deodorising effect while the addition of shea butter leaves your skin feeling soft. Made with only certified natural ingredients, vegan, eco-friendly and 100% effective. Available from health stores and online. [www.organico.ie](http://www.organico.ie)



Let your lipstick do the talking! The benecos Natural Jumbo Lipstick is available in five gorgeous shades that are plastic free, cruelty free and certified COSMOS Organic. Whether you're at the office, attending your next party or taking a couple of those stay-at-home selfies benecos has got you covered!. Available from health stores and online. [www.benecos.ie](http://www.benecos.ie)

Look  
out for

# Good for you

# SNACKING

**Snacking doesn't need to equal being unhealthy, especially when you explore the wonderful world of health stores.**

**S**ugary, overly processed foods are so easily accessible these days that many of us think nothing of picking them up and having them as regular snacks through our daily lives.

But such snacks can be detrimental to our health and wellbeing in a variety of ways, whether it's leading us to put on weight, affecting our gut or immune health, our skin and even our brain function.

Therefore, seeking some alternatives that have health benefits is a good idea, and you will find all kinds of options in your health store, from raw or organic choices, to those that are vegan, right through to choices that are gluten and dairy free.

## ADDRESS SUGAR

Refined sugar is no good for our health, yet in the Western world, we consume far too much of it. And even when you choose low sugar or sugar-free options, this has its own issues as other equally undesirable ingredients may have been added as substitutes.

Sugar can also be hidden in some foods with a different name; you need to look out for sucrose, glucose, fructose, as well as syrup, cane sugar, and molasses.

And remember that ingredients are listed in order, starting with the highest quantity ingredient so bear in mind that if you find sugar at the top, the food is likely to be high in it.

The best advice is to get used to checking ingredient labels for different sugars, and being sure that at the very least, your intake remains within recommended daily limits.

## HEALTHY CHOICES

Excess amounts of sugar can send our blood sugar spiralling, leading us to crave even more of it. What you instead need are snacks that keep your blood sugar stable. The best way to do this is with low GI foods, such as nuts and seeds (also full of protein and good fats), rice cakes and peanut butter, or if opting for a bread type snack, ensure it is from wholegrain sources.

You could also make your own dips to use with veg, with hummus and guacamole both being healthy options that are easy to make, or remember that a plain old boiled egg is a great protein-rich snack that can keep hunger at bay.

And when you are choosing something sweeter, we love raw bars, which won't contain refined sugar, are usually free of the likes of gluten, and will have been made gently, so none of the beneficial ingredients are lost.

Remember that fruit, especially berries, and veg are great options to give you a healthy snack, and they can also be added to the likes of protein-rich Greek yoghurt. Dried fruit is also a good option, or, if you are a chocolate lover, opt for a good quality dark version of at least 70 per cent cocoa solids - this will ensure that your blood sugar remains stable.

# Naturally good health

Retailer of the Year 2022



Proudly sponsored by



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SYNERGISTIC NUTRITION

## GOLD PRAISE

After a lengthy search, we are delighted to reveal the winner of the *Naturally Good Health Retailer of the Year 2022*, bestowing praise on deserving health stores.

**K**nowing how important health stores are, a few months ago, we launched our search for Ireland's best-loved shops with our Retailer of the Year 2022, sponsored by our friends at Terranova Nutrition. So important are such stores, in fact, that you voted in your hundreds for your favourite one.

We had nominations for shops from across Ireland, and many of you told us the difference the shop and the staff within it had made to

your health and wellbeing. It confirmed to us what we already knew – that health stores really are wonderful places not just to shop but to seek support and advice.

After whittling down the entries, we ended with a shortlist of stores, and then *Naturally Good Health* Editor, Rachel Symonds, and Sales Director, Ruth Gilmour, joined Rebecca McCarthy and Laura Downes, from Wholefoods Wholesale, which distributes Terranova in Ireland for the judging.

We were so impressed with the stories each and every store had, and the willingness



of them to go above and beyond for their customers.

After taking the time to judge each store, we are delighted to announce the winning store is The Bees Knees, in Ballygar, owned by the incredibly passionate Majella Hannon.

Majella is clearly loved by all her customers, with one such nomination explaining: "Majella is fantastic lady, she knows her customers' needs and is a fantastic source of information for the community. If Majella doesn't know the answer, she will find out best options for her customers. Customers love calling to Bees Knees Health Store, she makes everyone feel welcome."

While another said: "Majella is just amazing,



Majella Hannon



She gives the best advice and really knows all her products. She goes above and beyond for all her customers."

And another said: "She connects instantly with her customers, building a relationship of trust, care and support with them."

Speaking after being informed of her win, Majella commented: "I'm absolutely delighted and I can't believe it – just to be shortlisted was enough for me, I never thought we would win. We're just a small health store in Ballygar, and this has just made my day – I am over the moon."

Rebecca commented: "We were delighted to be a part of the recent *Naturally Good Health* and Terranova Retailer of the Year. The comments received for all nominees are a true testament of the dedication to the education, community spirit and trust which consumers experience in their local health stores nationwide. It has been a testing few years for the health trade and the level to which retailers have adapted in ensuring continuity of supply and supporting the community throughout the pandemic, is a true reflection of the spirit that exists within the health store industry. Congratulations to all on the well-deserved nominations!"



(From left): Bernie Bernie Poole, Sinead Murphy, Mary Jo Rafferty, Bernadette Cass and Hannah Heffernan

## Highly commended

Coming in second place with the highly commended accolade is Fruit 'N Nut, in Portlaoise, run by Bernadette Cass.

Comments for the store included: "Just a beautiful shop with lovely staff always so helpful and welcoming and Bernadette is so knowledgeable."

And another read: "An excellent independent health food shop. The staff are super friendly and have great knowledge. We sent all our patients to the store for their supplements. We always get great feedback when they come back in for treatment."

Speaking of her award, Bernadette added: "I'm really delighted – we are so happy that our customers felt that they wanted to take the time to vote for us. We really value our customers and they value us and we try to look after them as best we can, we have such a lovely relationship with our customers."

## Our shortlist

We must also offer high praise to our shortlisted stores, of which there were seven in total – each store stood out for a variety of reasons, and we commend them for reaching the shortlist. They were:

- **Organico, Bantry:** Comments including an amazing array of organic products, knowledgeable and helpful staff ready to advise and charitable giving.
- **Healing Harvest, Kinvara:** Praised for always being willing to bend over backwards to help, they are community orientated with an impressive range of stock.
- **Nuts & Grains, Mullingar:** Exceptional customer service stood out for this store, as well as excellent product knowledge and advice, in addition to going above and beyond for customers – not to mention being a place of calm.
- **The Aquarian Health Store, Cahersiveen:** Being passionate about health and healthy living, the store is a staple in the locality, with an amazing assortment of products, as well as a team of extremely knowledgeable and supportive staff.
- **Golden Health Store, Longford:** Going the extra mile, and with very knowledgeable and friendly staff, people have visited after a recommendation from a GP, with expertise and care for customers second to none.

# LEVELLING THE PLAYING FIELD

**Talent and dedication have seen Beibhinn Parsons rise through the ranks of women's rugby. As she heads to South Africa to play in the Rugby Sevens World Cup, Beibhinn talked to *Naturally Good Health* about her journey to the top, and the movement we're seeing in women's sport.**

**W**hen Beibhinn Parsons discovered rugby as a youngster, there wasn't even a girls' team for her to play in. First, she ended up in a mixed team as the only girl, and as she rose through the ranks, becoming a teenager, eventually, girls' teams were more available.

Of course, today, things are quite different and women's sport – especially those considered more traditionally male sports – is taken much more seriously. This, coupled with Beibhinn's clear talent and commitment to her sport, has seen her rise up the ranks at just aged 20 and

about to take to the field in South Africa to represent Ireland in the Rugby Sevens World Cup.

It is, she says, more than heart-warming to see the shift in attitudes to women in sport.

"I'm 20 now, and I joined the Senior team at 16, and in that time, there has been monumental change," Beibhinn commented. "I feel I am part of a wave that's just growing and growing.

"It is heart-warming to see, although it is bigger than heart-warming – the changes have been amazing and there is now such a big push for women and girls to play more sports – it feels so powerful."

Any why does she think she has been so successful at her relatively young age?

Beibhinn commented: "I think it is a lot of luck, it was the right place, right time, and I have always been wanting to learn. I think maybe people could see that I had potential."

## *A sporting youngster*

Recalling her childhood in Ballinasloe, Galway, Beibhinn says she was always into sports, often playing football with her older brothers, while her dad was a coach.

"I was very sporty growing up, I am the youngest of four, and so would always end up playing with my brothers. I took up football as my dad was really involved with the GAA clubs," she explained.

Beibhinn then discovered rugby and her true passion was discovered.

She added: "I saw my brothers playing rugby and wanted to give it a go but there was no girls' team then – but they needed a girl to make up a mixed team, so I joined that. I played for that whole season."

After that, she reached an age she could no longer play in that team, and so ended up playing football again.

"A few years after that, I was 13 or 14, and there was a girls' team, so I joined that and it was becoming massive even then, there were so many girls wanting to join," Beibhinn added.

Her rise up the ranks was swift, constantly progressing. She played for under 18s in the Rugby Sevens, before securing a place in the Senior team.

She recalled: "It all just evolved, at each level I reached, I had no idea the next level was even there, or where I could take it."

Today, Beibhinn plays both Sevens and 15s, and represents Ireland, as well as playing for Connacht and Blackrock College. She was also







*“I feel I am part of a wave that’s just growing and growing. It is heart-warming to see, although it is bigger than heart-warming – the changes have been amazing and there is now such a big push for women and girls to play more sports – it feels so powerful.”*



► Ireland’s youngest ever Test player when she made her debut against the USA in 2018 aged just 16.

Clearly in recognition of her talent, Beibhinn also won the 2020 Guinness Rugby Writers of Ireland Player of the Year Award.

But what was it about rugby that really struck a chord with her, especially to put in the dedication required to reach the level she has.

“I loved the people, I get on with my teammates so well,” Beibhinn explained. “In rugby, you have such different people, there is no one size fits all, you can be short or tall, it is a sport for all.

“There’s definitely hard work involved but from the beginning, it never felt like hard work as I just loved it so much.”

The change in terms of the approach to rugby

in Ireland means Beibhinn will from October actually have a contract for the Ireland team, which, she says, is pivotal.

“I think it will bring a huge amount of professionalism,” she explained. “It is like being on the crest of a wave, there is so much potential there.”

### **Focus on fitness**

Being at the level Beibhinn now requires not just a lot of dedication and perseverance but also fitness, and good overall health.

“I have been training for the Sevens World Cup, so the training has stepped up recently, and the schedule has been hard, but I love it so you never begrudge it, it never feels like a

sacrifice,” she explained.

A typical training week would be both on the pitch, and off it in the gym with sessions such as HIIT training. With the World Cup training, an extra day has been added.

“The pitch sessions are usually very hard and then you go straight into the gym, so it can be really intensive.”

But with such support for women’s rugby in Ireland, Beibhinn says she receives great advice from staff in terms of maintaining her health and wellbeing, including having the benefit of a nutritionist.

“The nutritionist is fantastic and is available for one to ones, as we are all different, and different things work. We get a lot of encouragement to support our health, and also our wellbeing, especially with sports psychology if you are going through periods of bad form,” she explained.

Beibhinn says she focuses on a generally healthy diet, and usually adds in a whey protein and creatine supplement to support that.

“We do have to eat a lot when training so much, and there’s a big focus on carbs, pre and post training, and then protein needs would be high too – but I wouldn’t have a strict calorie goal. I try to go with how I feel.” **NGH**

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# Immune action plan

**Take steps to keep you and your family healthy this autumn with our guide to immune health.**

**S**o many factors from modern day living can directly or indirectly affect our immune system, lowering its ability to do its job as our defender. Therefore, as we head into the colder months, a time when bugs thrive, it's important we take a whole person approach to boosting our immune system.

From simple changes in your diet to getting outside more, to ensuring you have enough immune-supportive nutrients, we have all the answers you need to make sure your immunity is strong.

*Why not try...*

- A.Vogel Echinaforce
- ProVen Probiotics
- Urgent-C Everyday Immune Support
- Nutri Advanced Immune Protect
- Strath
- Terranova Nutrition Vitamin D3 1000iu

## **Q** Why does our immune system become lowered?

There are a range of factors involved, and often a number will apply to you.

Nutritionist, Adrienne Benjamin, from ProVen Probiotics, explained: "Supporting the immune system involves full body health – ensuring that we are healthy both emotionally and physically. This can be difficult in a culture where we have become focused on immediate solutions to every problems and are constantly 'switched on' – answering messages immediately, working long hours, eating fast food, not taking time to slow down and live life in the present.

"Anxiety, depression and other mental health issues are on the increase and known to impact immunity. At the same time, modern diet is often low in nutrients to support overall health and immunity. With more than 70 per cent of immune cells located in our gut, the gut microbiome is a key element of our immune system and impacted by diet and lifestyle, including physical and emotional stress, environmental and dietary toxins, lack of exercise, sugar and

alcohol consumption and exposure to different environments and bacteria."

Ella Owen, Nutritionist at Kinetic, which has the Ener-C brand, went on: "With inflation on the rise and food prices increasing, those from lower income families may find they cannot afford the more expensive nutritionally dense foods that make up a varied and balanced diet, relying on cheaper quality staples or refined foods. Poor food choices can lead to nutritional shortfalls, as well as obesity, which can potentiate the risk of negative health outcomes."

And did the pandemic adversely affect immune systems?

Alison Cullen, Nutritional Practitioner and Education Manager at A.Vogel, commented: "The existence of the words 'coronastone' and 'coronasomnia' indicate the extent to which weight gain and sleep disturbances ramped up during the various lockdowns. Mental health issues have burgeoned, with the upward trend continuing, despite the end of the actual lockdowns themselves, indicating that the harm done is ongoing."

## Q How can we spot if immunity is lowered?

So, what do you need to know in terms of assessing if your immune system needs some help?

Alison advised: "This mostly shows as being more susceptible to recurrent infections, whether colds or 'flu or cold sores or similar issues. Poor immune function may also make it harder to recover fully from infections, which will then drag on, or it may show up as slow-healing wounds or difficulty throwing off a fungal infection."

Adrienne went on: "Lowered immunity can manifest in many different ways, the most obvious being respiratory tract infections, coughs and colds. Other signs can include skin breakouts, urinary tract or other infections, stomach bugs, fatigue and simply feeling under the weather."

And be aware of potential health issues that this can lead to.

"Many health issues are affected by immune dysregulation, this includes recovery from all types of infections. Immune dysregulation can lead to chronic low-grade inflammation, which is thought to be an underlining factor in many common health issues from arthritis to heart health," Ella advised.

"Seventy per cent of the immune system is located in the digestive tract. An overgrowth of unfriendly microbes can upset the sensitive balance of our microbiome, making us more susceptible to digestive issues like IBS, skin issues and more. Chronic fatigue syndrome has also been linked to compromised immunity."

## Q What else can I do to support immunity?

Alice explained: "The mind and attitude play a significant role in the health and functioning of the immune system. Unavoidable life-stressors, such as bereavement or depression, has been shown to diminish important immune function. Laughing regularly and having a positive mental attitude and meditation are some ways to support immune health."

"Stress is a factor that causes suppression of the immune system. Under stress, adrenaline and cortisol are increased, leading to an immune-suppressed state, in turn, leading to a decrease in the functioning of various immune cells. Adopting healthy habits such as taking regular exercise, getting adequate sleep, maintaining a healthy weight, eating regular meals and adopting a nutrient-dense diet are all proven strategies associated with good immune health."

## Q What supplements do you consider crucial for immunity?

Alice suggested: "Most people can benefit from a general multivitamin and mineral formulation as inadequate intake of micronutrients can negatively impact immune health. Vitamin A and carotenoids play a role in the stimulation of numerous immune processes. Primarily, these nutrients are integral to the maintenance of the integrity of the skin and linings of the respiratory and GI tract. These tissues are intricately involved in regulating immune health."

"Vitamin D3 has been studied for its ability to produce a range of immune enhancing effects, including reducing frequency of upper respiratory infection, protecting against development of autoimmune conditions and even helping to restore gut bacteria balance, an important factor for immune health. Selenium deficiency results in depressed immune function, making the body more susceptible to illness. Botanical supplements and superfoods are immune supportive and include mushrooms, garlic, elderberry, astragalus and olive leaf."

And Ella advised: "Vegans and those on a plant-based diet need to be careful to consume

adequate amounts of vitamin B12 in their diet as B12 is needed for normal immune function, as well as energy levels, a supplement of vitamin B12 may be advisable.

"Mullein leaf extract has been used to soothe the irritated membranes of the upper respiratory tract when suffering from chestiness, sore throats, coughs and bronchitis. The expectorant properties of mullein may help to loosen and remove excess mucus in the respiratory system while helping to bring down inflammation. Black elderberry has been clinically shown to help reduce the duration and severity of certain viruses, such as influenza. Traditionally used to support the immune system, elderberries are rich in vitamin C and a natural source of quercetin, bioflavonoids and anthocyanins.

"Astragalus is classified as an adaptogen and thought to be an excellent choice for revitalising the immune system or for supporting the body after a virus. Olive leaf extract has been traditionally used to support winter wellness. Research suggests that the natural polyphenol compound, oleuropein,

found in Mediterranean olive oil and olive leaf extract may help support health in numerous ways including immune function and heart health."

Adrienne went on: "Probiotics are key in supporting immune health via gut health – and other gut supporting nutrients may be beneficial (including digestive enzymes, omega 3 fatty acids and L-glutamine). It may also be helpful to supplement vitamin C as it is water soluble, and the body will use what it needs and excrete the rest."

Alison also advised: "With research published this year, specifically done on Covid outcome in a human population, *Echinacea purpurea* is the star supplement of choice. Numerous studies have previously identified echinacea's ability to protect against upper respiratory tract infections such as cold and 'flu, as well as limiting symptom duration and severity. This new study highlights its efficacy against the infection currently on the winter agenda, proving that herbal remedies used traditionally over hundreds of years are just as capable of tackling newly emerging infections as older ones."

## Q How should be prep for the cold season?

We know the colder months are when more bugs are around so prep before it really hits is advised.

Alice Bradshaw, Head of Nutrition Education and Information at Terranova Nutrition, advised: "As we move into winter, the focus on immune health becomes more pressing. Seasonal colds and respiratory infections are always a usual concern, however, the current presence of Covid-19 means that supporting health and immunity is even more important."

"We tend to spend more time indoors during the winter and the combination of poor ventilation and increased close contact to more people means that infections are more easily transmitted. In addition, less time outdoors during the winter months means less sun exposure, which increases both wellbeing and vitamin D levels. Optimising health is a great way to prepare for winter."

Ella added: "From September, we will be experiencing shorter daylight hours, so there is a greater need for us to focus on nourishing our immune system. Without the UV rays we receive from the sunlight, we risk deficiency in vitamin D and just this factor alone can significantly undermine our natural immune responses. If you want to supplement with nutrients such as zinc and probiotics to prepare for the cold season, start early as it could take weeks to replenish levels. Supplementing with a herbal adaptogen such as Siberian ginseng, ashwagandha or astragalus root may help to build internal resilience, aid your adrenals and strengthen your immune system."

## Q What is the best immune health diet?

There are many simple switches you can make to your diet to support immunity.

Adrienne explained: "Vitamin C is found in brightly coloured fruits and vegetables, which are lacking in many people's diets, so again can lead to deficiency. As it is a water-soluble vitamin, we need to consume it regularly to keep levels at optimum levels. We also use a lot of vitamin C when we experience stress, so need to consume even more during stressful times."

"Zinc is also only available through food and is found in foods such as red meat, poultry, seafood, nuts and seeds. It will be depleted in a diet that is high in processed foods. Probiotics are now known to be the number one nutrient for supporting the immune system and eating a diet high in vegetables and fermented foods can help to provide probiotic bacteria to support the microbiome."

And Alice advised: "A whole-food diet, with adequate protein, energy and good quality fats has been shown to support the whole body and strengthen the immune system. Conversely, a diet high in refined, processed foods and sugars deplete the body of vitality and suppresses immune function. Excessive dietary sugar is disruptive to the gut microflora and inflammatory mediators and ultimately negatively impacts the immune system in multiple ways."

Alison went on: "A plant-based diet such as the Mediterranean diet is a sensible choice for its wide-ranging vegetable content, with its healthy oil component. Reducing refined carbohydrates is very important, as obesity and diabetes are clear factors in worse viral infection outcome over the last two years. Get on top of alcohol, which is a form of self-medication that much of the population has sadly employed. Focus on improving sleep quality, and exercise regularly and sensibly – doing too much can be as harmful as doing too little, in terms of immune outcome."

Ella added: "Warming spices such as ginger, cinnamon and turmeric added to hot drinks may help aid circulation as the temperature begins to drop at the start of autumn."

# Naturally Good Health

## Product Showcases



### Sambucus Immune Boosts for All the Family

Trust Nature's Answer to deliver Sambucus products that care for the whole family. From Sambucus Kids Immune Formula - with all the goodness of black elderberries infused with echinacea and astragalus and suitable for age 4 upwards - to pure Sambucus Extract, and Sambucus Spray - with super concentrated black elderberries, echinacea, slippery elm, sage, astragalus and propolis perfect for on-the-go and can be used with other Nature's Answer Sambucus products - to the Sambucus Immune complex - which calls on the power of black elderberry plus echinacea and astragalus to create a formula rich in Zinc and Vitamin C.

Available from independent health stores and pharmacies nationwide, and [www.kijaniliving.com](http://www.kijaniliving.com)



### NutraDefence - Immune Support Tea

NutraDefence® by NutraTea® is 1 of 22 herbal remedy teas that has been developed to support the immune system and maintain the health of the respiratory tract. This complete herbal blend contains 100% active botanicals that have been sustainably sourced including Boneset, Thyme and Mullein to help improve the symptoms endured from flu and other infections of the respiratory tract. Each biodegradable tea bag contains no artificial flavourings or oils allowing for it to be reused up to 3 times throughout the day, offering a delicious way to support your body's natural defences all year round.

[www.nuratea.co.uk](http://www.nuratea.co.uk)



### A Daily Wellness Essential!

Multi award-winning Bee prepared daily immune supplement is formulated by nutritionists combining highest quality ingredients with studies behind their use for helping support immunity and which have natural antibiotic and antiviral properties including propolis, black elderberry, and more. They're concentrated and contain no fillers or excipients so fewer are required. Suitable for children and to take year-round. Via CLF, TOL, The Health Store & Wholefoods Ireland.

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<sup>1</sup> In the U.S., among professional supplement brands surveyed, Nutrition Business Journal® 2016, 2020

<sup>2</sup> In the U.S., among practitioners and brands surveyed, The Institute for Functional Medicine® 2017

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# Naturally Good Health

## Product Showcases



### High-Strength Immune Support

Urgent-C Everyday Immune Support is designed for long-term use, providing continuous support to immune function.

All of the active nutrients have substantial evidence of immune-boosting effects – notably in reducing infection risk and severity of URTI.

- 1000mg vitamin C - shown to reduce duration of URTI by 8-18%.
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- Beta glucans - in several studies shown to reduce risk of URTI .

Made with real freeze dried orange puree for an authentic orange taste. Makes a delicious effervescent drink when mixed with 100-200ml water.

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[www.provenprobiotics.co](http://www.provenprobiotics.co)



### Nutritional Support For Your Immune System

Formulated especially for healthy immune function. Contains:

- Vitamins C, D3 and zinc which contribute to the normal function of your immune function
  - Black elderberry and olive leaf for your immune system
  - Mushrooms reishi, maitake and shitake for immune support
  - Beta glucans for immune support
  - A good combination of beneficial bacteria including lactobacillus acidophilus and bifidobacteria
- Free From Sugar, Gluten, Starch, Wheat, Dairy, Soya, GMOs, Fillers, Binders, Anti-caking Agents, Artificial Sweeteners, Flavours, Colours, Preservatives. Nutrients in their most bioavailable form to aid absorption. Vegan and Vegetarian Society registered, Kosher and Halal approved.

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# CHILDREN'S CHOICE

As the summer draws to a close and the children head back to school, now is a crucial time to ensure the health of your young ones.

Children face very different challenges these days than they did a generation ago. Social media means kids are so often tuned into technology, while the huge rise in cases of overweight and obesity brings a range of health challenges. And that's before we address mental health, and especially the toll the pandemic took on our young people.

What we should remember is being healthy – whether an adult or a child – is quite easy with a balanced diet and addressing nutrient gaps with supplements. It just takes focus and creativity when it comes to young people, but lessons in good health, if started young, can take them through into adulthood.

Dr Marilyn Glenville PhD is a leading Nutritionist, who advised: "Although we have eradicated many life-threatening childhood diseases, we now have health problems associated with modern society. For example, endless indoor hours due to the school day and less outside activity are contributing to the return of rickets among children in the UK.

"One of the problems children face is exposure to harmful commercial marketing, typically seeing tens of thousands of advertisements a year for unhealthy commodities, including fast food and sugary foods and drinks, which contribute to obesity and chronic diseases. The increase in use of technology correlates with a downturn in physical activity, again, increasing the risk of weight gain and obesity. In spite of having access to more healthy food than ever, the supermarkets are still full of junk food."

Michela Vagnini, Nutritional Therapist and Nutritional Advisor at NaturesPlus, added: "Looking at latest reports on childhood obesity, and the fact younger generations are not expected to outlive their parents, we can say that children's health and nutrition needs urgent improvement.

"The intake of foods high in free sugars, especially sugary drinks, may reduce the intake of food with more nutritionally adequate calories, leading to an unhealthy diet, weight gain and increased risk of chronic diseases. In fact, we see many children being over fed but still malnourished, displaying symptoms of nutrient deficiency diseases."

## Weight watch

Overweight and obesity has become such an issue among children, and the health consequences are huge.

Dr Glenville commented: "The weight crisis in children in the Western world has been propelled by increased availability of cheaper, sugar laden food and drinks and technology. This is a recipe for disaster for so many children as they are eating healthier diets and spending more time inside, rather than exercising."

Nutritional Therapist, Olive Curran, from PPC, which has the Eskimo-3 brand, went on: "High calorie snacks such as crisps, cakes, biscuits and chocolate are one of the main reasons for increased obesity. A high dependence on high sugar fizzy drinks also causes increased calories consumption.

"The second cause of obesity is a sedentary lifestyle. Between being on their phone, using computers, watching TV or playing the Xbox, the amount of time playing outside is diminished considerably than previous decades. The need to encourage physical activity has never been greater. Sign up kids to join a sports team, dance group or any other physical activity with regular classes. Also, limit time on Xbox or phone, and encourage children to play games with their friends outside."

And in terms of dietary specifics, Olive went on: "Childhood obesity can lead to poor self-esteem and depression, so to help your child maintain a healthy weight try to encourage them to eat a healthy, varied diet, take plenty of physical activity (children should be

active for at least 60 minutes a day), limit the amount of foods, drinks and snacks high in fat and/or calories."

Michela added: "Childhood obesity, and being overweight, has a significant impact on both physical and psychological health. Overweight and obese children are more likely to develop non-communicable diseases (including diabetes and cardiovascular issues) at younger ages. Many co-morbid conditions like metabolic, cardiovascular, orthopaedic, neurological, hepatic, pulmonary, and renal disorders are also seen in association with childhood obesity. Not only does it affect physical health, but also their social, emotional wellbeing, and self-esteem. It is also associated with poor academic performance and a lower quality of life experienced by the child."

## MANAGING STRESS

Stress is not something confined to being an adult – there are a range of factors that can place stress on young people too.

Michela explained: "Mental health issues and anxiety are on the rise, especially in children. An NHS report from 2021 found one in six children in England had a probable mental disorder in 2021 – a similar rate to 2020 but an increase from one in nine in 2017. Eating disorders, sleep problems, loneliness, screen addiction, and family issues are all on the rise and the recent pandemic aggravated the situation further.

"A reassuring point to make is that a global study commissioned by UNICEF paints a picture of younger generations being more positive and globally minded than their elders. They reported a safer and more abundant world that offers children better education, opportunities and hope for the future than the one where their parents grew up."

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- NaturesPlus Source of Life Animal Parade Gold Liquid
- Quest Kidz Biotix
- Terranova Nutrition Green Child Living Multivitamin

## A HEALTHY DIET

What we eat plays such a huge role in many areas of our health, with Dr Glenville advising: “Although a healthy diet won’t eradicate these problems, nourishing the mind and body is one important factor.

“Ensuring a healthy breakfast (avoiding all of the sugar-laden mainstream cereals!) to set them up for optimal energy and learning is a good place to start. It’s always good to have conversations about food and why it’s so important to think about nutrition – building a healthy immune system, keeping them strong and able to learn and concentrate optimally. It’s also important not to ban all sugar and junk food because this sets up unhealthy relationships with food and may lead to rebellious behaviour/eating disorders in later years. Getting enough protein at every meal and snack helps with extending satiety (feeling comfortably satisfied after eating), promote more concentration and learning abilities.”

Michela added: “Opt for a variety of animal and plant proteins, to provide all eight essential amino acids. Plant proteins will also provide important fibre for gut health and phytonutrients to work alongside vitamins and minerals.”

Olive went on: “Eating and lifestyle habits are established early in life. Children are likely to adopt the same eating patterns as their parents, therefore, it is important the whole family adopts a healthy lifestyle. So, set a good example by eating healthily and make time to eat together as often as possible.

“It is important to encourage breakfast. A good night’s sleep followed by food in the morning helps your child to stay active and concentrate at school. It also means your child is less likely to be too hungry during the morning. Choose wholegrain breads and pasta rich in fibre to keep energy up and blood sugar stable. Choose whole grains (brown rice, quinoa, buckwheat, rye, oats) wholemeal bread, whole-wheat pasta.

“Aiming for five portions of fruit and vegetables is a good starting point for children.

The portion size depends on their age, size and physical activity – so there are no set rules. An easy guide is that a portion of fruit or veg is the amount that fits in the palm of your child’s hand. Keep a bowl of fresh fruit handy. Keep some vegetables such as sugar snap peas, cherry tomatoes and baby carrots in the fridge to grab for a quick snack.

“Fruits and vegetables are low in calories and contain no fat, so are a great choice for a snack between meals. Serve raw carrots, peppers or cucumber with hummus as a healthy snack. Other good snacks include low-fat yogurt, peanut butter and celery, or whole-grain crackers and cheese.”

And be aware of the foods to cut back. Olive suggested: “Limit added sugars. Naturally occurring sugars, such as those in fruit and milk, are not added sugars. Examples of added sugars include brown sugar, corn sweetener, corn syrup, honey and others. Drinks containing added sugars are not required for good health and may increase the risk of weight gain in children. Sugary drinks contribute to tooth erosion and decay.

“Foods high in sugar can contribute to weight gain and poor energy and concentration in children. Avoid sugar laden muesli bars and breakfast bars. Offer healthier breakfast options such as overnight oats, porridge, pancakes made with oats and banana, berries and yoghurt, eggs with wholegrain toast. Yoghurt is a wonderful food for children, but child friendly yoghurts are usually high in artificial colours, flavourings and sweeteners. Instead, just buy the plain variety or Greek yoghurt and sweeten it with frozen fruit, raisins, or honey (for kids older than one).

“Limit saturated fats – fats that mainly come from animal sources of food, such as red meat, poultry and full-fat dairy products. Look for ways to replace saturated fats with vegetable and nut oils, which provide essential fatty acids and vitamin E. Healthier fats are also naturally present in olives, nuts, avocados and seafood. Limit trans fats by avoiding foods that contain partially hydrogenated oil.”

## Supportive supplements

There are some key nutrients for children.

Michela advised: “A recent study published on *Nutrients* reported that there is still a substantial number of children in Europe who do not receive the required number of essential vitamins and trace elements. The most common deficiencies across age groups included vitamin D, E, and iodine.”

Dr Glenville added: “Children need all the macronutrients (carbs, fats, proteins) and the micronutrients, iron, zinc and B vitamins. Whether it’s growing muscles or active brains, these nutrients are crucial for children. Iron helps with the production of red blood cells, which carry oxygen in the body, and it helps children grow. Children who are predominantly vegetarian and picky eaters are more likely to become deficient in this vital mineral and may lead to anaemia. Girls have a higher requirement for this as they head towards puberty.

“A good quality multivitamin and mineral, fish or algae oil and vitamin D are three key supplements for children. Extra vitamin C and perhaps a probiotic can also be useful if there are more colds, Covid cases

and sickness bugs.”

Olive added: “Omega 3 fatty acids are the most critical building blocks of the brain; they are considered essential and must be obtained through diet or supplementation. Without these important fats, it can become difficult for children to concentrate, learn new information, and balance their moods properly. Since most children do not eat oily fish on a regular basis, omega 3s are in short supply during the most critical stages of brain development.

“A 2012 study found omega 3 DHA had a profound improvement in reading age, concentration and learning ability in children, lower levels were attributed to poorer reading and impaired performance. A more recent study revealed increased omega 3 can boost behaviour, attention and literacy in ADHD children.”

She also suggested: “A child’s digestive system needs adequate levels of good bacteria to ensure optimal digestive health. Certain bacteria actually help the body to digest food properly and help to defend it

from stomach upset and infections. Adequate bacteria in the gut contributes to a healthy immune system, helping to combat infection. Our bones and teeth are primarily built with calcium and therefore during early years, calcium is extremely important as your kid is growing in structure, building bones and teething. Kids who do not get sufficient calcium and vitamin D are at increased risk for rickets (softening and weakening of bones in children, poor growth).

“Go with extra vitamin D3 to build an optimal level before winter. Try a good magnesium and herbal complex to support sleep. If anxiety and stress are increasing, try a nutrient and herbal formula containing B vitamins, ashwagandha, lemon balm, rhodiola and L-theanine to keep you balanced and focused.

“Zinc is another nutrient to keep on the shelf. It is commonly found in various foods, including red meat, seafood, dairy products, and pulses and grains. Lack of zinc can impair children’s immune systems, cause poor appetite and low energy, affect cognitive function, vision, bones, hair, and skin health.”

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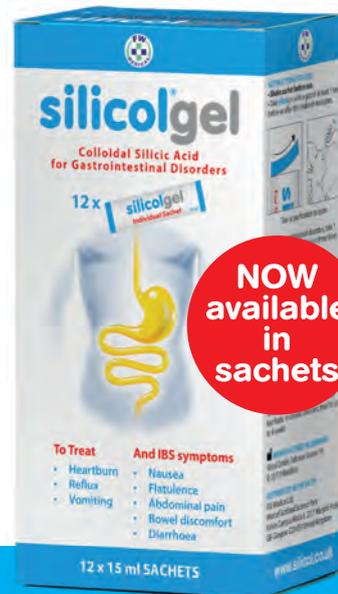
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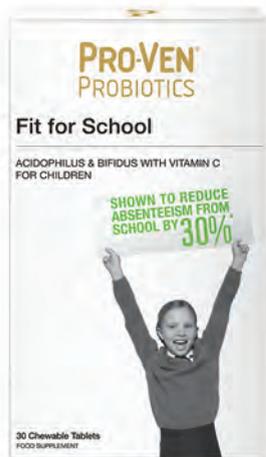


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# ask the experts

## Good gut health guide...

by Hayley Purtill-Quin

**What are the most obvious signs our gut health isn't in good working order, and what are the common reasons this occurs?**

The most common signs of gut health dysfunction are digestive issues such as discomfort, bloating, gas, reflux, diarrhoea or constipation, however, issues in the gut can often manifest elsewhere, such as skin problems, allergies, joint pain, brain fog, thyroid and other autoimmune conditions. Common reasons gut health dysfunctions occur are imbalances in gut bacteria, gut wall integrity and/or digestive enzyme function. Factors that can contribute to these are poor dietary choices such as a low fibre diet, a diet high in refined carbohydrates and sugars, a diet lacking in diversity of phytonutrients from vegetables and fruit, eating in a hurry, medication use, alcohol and stress.

**Can you recommend a gut friendly diet and lifestyle plan?**

For a healthy gut, there are a few main tips to follow. Firstly, taking time to sit down and eat your meals will allow time for your gut to produce adequate enzymes and bile to break down and digest your food properly. Stress management is also crucial for the same reasons, as when you are in a stressed state, your body does not assimilate foods well, so incorporating meditation, breath work or yoga can be very helpful.

It is important to feed and nourish the good bacteria in the gut with a diet rich in fibre and colour from varied vegetables and fruit. The more variation and colour, the better. Fermented foods such as kefir, kombucha and sauerkraut also provide lots of beneficial bacteria to the gut. Plenty of healthy fats from olive oil, coconut oil, avocado, oily fish, nuts and seeds should be included too as these are essential to a healthy gut. Proper hydration with plenty of water throughout the day is also crucial for keeping things moving. It is best to avoid or limit intake of processed foods, refined carbohydrates, sugar and alcohol.

**And what supplements do you consider crucial for a healthy gut?**

A supplement with digestive enzymes can be very beneficial for the gut and aid in proper digestion. L-glutamine is a key nutrient for gut repair and helps many people with gut issues. Probiotics can also be helpful for improving the overall microbiome and gut health. In general, the more strains the better with probiotics, so look for a supplement with diverse, good quality, and scientifically studied strains.



**What are the key nutrients for post viral fatigue from viruses like Covid-19?**

**Rachel Bartholomew suggested:** There is still much we don't know and ongoing research is needed to better understand the longer-term impacts of Covid-19. As always, however, there is a lot that can be done to support the bigger picture of health. What we do know for sure is that optimising nutrient intake is just as relevant with long Covid as for any other health problem. There is no one size fits all solution, there are, however, some key nutrients and ingredients that are worthy of consideration:

- **Vitamin A** is an essential fat-soluble vitamin which supports many vital health functions and plays an important role in both immune function and the regeneration of olfactory receptor neurons, responsible for our sense of smell. In a 2017 study, German researchers found intranasal vitamin A at a dose of 10,000 IU per day for two months to be useful in the treatment of post-infectious olfactory loss. Now, researchers at the University of East Anglia and James Paget University Hospital have launched The Apollo Trial to evaluate whether vitamin A could help people to regain their sense of smell after viral infections, including Covid-19.
- **N-Acetyl-L-Cysteine** is an amino acid which has been found to be useful in the management of respiratory conditions and for supporting immune health. NAC may help to relieve symptoms of respiratory conditions by reducing inflammation and loosening mucous in the airways, thus improving overall lung function.
- **Curcumin** is the main active component of turmeric. It is best known for powerful and widespread anti-inflammatory and antioxidant activity and research has shown that curcumin has the ability to modulate many inflammatory pathways in the body. This makes it an important consideration for any health problem where persistent inflammation may be an underlying cause.

## about the experts



**HAYLEY PURTILL-QUIN** is a Nutritionist and Sales Specialist with Natures Plus ROI. She is a Nutritional Therapist practicing functional medicine and a registered member of the Nutritional Therapists of Ireland and The Institute For Functional Medicine. She is currently on the path to becoming a Certified Functional Medicine practitioner with the Institute of Functional Medicine.



**TIM GAUNT** gained his degree in Biochemistry from the University of Lancaster in 1988. He joined Natures Aid in 1991, where he has continued to gain experience in the field of nutrition and now leads its research and development programme. Tim is a Chartered Biologist, which was granted by the Institute of Biology for his continued service to the science of biology.



**RACHEL BARTHLOMEW** is a Nutritionist and Health Writer at Nutri Advanced with special interest in functional and lifestyle medicine. She is a member of BANT, CNHC and the Guild of Health Writers.



**OLIVE CURRAN** holds a diploma in Nutrition and has worked at PPC for over 15 years. PPC represents the quality omega 3 brand, Eskimo-3, and Zerocol plant sterols to lower cholesterol.

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How can I eat to support brain function daily as I get older?

**Olive Curran advised:** There's good evidence that what you eat can make a difference in your risk of cognitive decline and support healthy brain function. There has been research that including certain foods and limiting others can significantly improve brain function – scientists refer to it as the MIND diet. Within the MIND diet, researchers found that a daily intake of a few colourful vegetables, in particular, green leafy vegetables (kale, collards, spinach or lettuce) were a key element to better brain diet. Greens are packed with nutrients linked to better brain health like folate, vitamin E, carotenoids and flavonoids.

Other healthy brain foods include wholegrains (oats, wholegrain bread, quinoa), berries (blueberries, strawberries), nuts such as walnuts and almonds, oily fish (salmon and mackerel), which is rich in brain-friendly omega 3 (salmon and mackerel), olive oil for cooking, while including a few meat-free days weekly. Instead of red meat, the diet recommends substituting it with protein-packed beans and legumes that are important for brain health.

Most people associate omega 3s with cardiovascular health, but their benefits go far beyond the heart. Omega 3s support not only a healthy heart, but brain and cognitive function, joint mobility, and vision. They are considered essential as our body can't produce omega 3 so must be obtained through diet (oily fish, seeds, nuts) or supplementation. Without these important fats, it can be difficult to concentrate, learn new information, and balance moods properly. Surprisingly, 89 per cent of Irish people don't consume sufficient oily fish in their diet, so often there is a need to supplement with a quality omega 3 product.

## Address nutrient needs for children...

by Tim Gaunt

**How common are nutrient deficiencies in kids and is there a risk this has worsened since the pandemic?**

Unfortunately, research has shown that most people do not meet the minimum nutrient requirements for health via the diet, and this can be particularly true of children who can be more selective eaters. If we add to this the current cost of living crisis and the fact that the pandemic led to children spending more time indoors, it is likely that nutritional gaps in the diets of children have been exacerbated.

**What do you consider to be the most important nutrients children should include?**

As it is difficult to achieve adequate levels of vitamins A, C and D through the diet, it is recommended that all children under the age of five top up their levels of these nutrients through supplementation, with vitamin D taking top priority.

Another important nutrient is iron, which plays an important role in supporting healthy cognitive (mental) development of children. Alongside sufficient calcium for bone development, zinc is also key, not just to support the immune system but for the growth and development of children due to the role it plays in protein synthesis and cognitive function.

The period from birth to two years of age is a primary growth phase for the human brain and this development continues throughout childhood and into adolescence, with spurts of development identified at two years, seven-nine years and during mid-adolescence. The key nutrient for this development is thought to be the essential fatty acid, DHA, which can be sourced from oily fish such as salmon, trout, mackerel and sardines. It is recognised that typical intake of these foods in children worldwide is low, so topping up via supplements can be a good idea.

**What type of supplements would you recommend for children?**

A good multivitamin and a source of the essential fatty acid, DHA, are a great place to start when looking to give your children supplements. For infants and young children, a liquid format is probably the easiest and most convenient way to supplement. Market research shows that older children prefer chewable formats and therefore either chewable tablets are ideal – be sure to look for a tablet which includes no sugar or nasties, which may reduce the health of the product.

## “My health and life have completely transformed since studying nutrition”

**A closer look at the positive impact training with the College of Naturopathic Medicine (CNM) had on Karina Antram.**



I was the Head of HR for a fast-growing Fintech company, and I decided to change my career path for a number of reasons. I felt I wasn't really fulfilled, and I was stressed, tired and exhausted all the time.

I was so burnt out and needed a change so when lockdown hit, it was a chance to leave my job and pursue my dream of having my own business. I started NOCO Health, a nutrition clinic specialising in energy, stress, digestion and pre/post-natal support as I am passionate about transforming people's lives.

I've always suffered from terrible gastrointestinal issues, and I was diagnosed with chronic fatigue syndrome in 2014 and Lyme disease in 2018. On some occasions, the gastrointestinal pain was so bad that I ended up in hospital and in 2018, I was sleeping for up to five hours during the day, which went on for months. I was fed up of going to the doctors and being shipped out after five minutes, usually with a diagnosis I felt was incorrect or I was given a diagnosis too quickly without any testing or identification of the root cause.

My best friend was also diagnosed with terminal cancer in that same month, so I signed up to the College of Naturopathic Medicine (CNM) because I never want anyone to have to go through what she has. If I can help educate anyone to reduce the risk of that outcome in some small way, at least something positive will come out of this.

After a lot of research, CNM's course appealed to me due to its functional medicine approach, with a real emphasis on treating the root cause and not just the symptoms, which I think is a really exciting and a game-changing field of nutritional science.

The quality of the teaching, course content and amount of clinic hours at CNM (which most other courses don't offer) is excellent. What I loved most about the course was the people. I've made some wonderful friends, who I wouldn't have ordinarily met, who are kind, inspiring and lovely to be around. I've also had some brilliant lecturers.

I've never really felt my body operated optimally and whilst I think a large part of this was due to working in stressful industries, I also think it's because I didn't have the knowledge that I now have to really change my health at a cellular level. Everything I've learnt so far has been life changing and I'm now feeling the best I've felt in years.

I run NOCO Health, which has been years in the making. I really enjoy working with clients to fully understand why they have decided to come and see me and what their issues are. I genuinely believe that I can help reduce or eradicate entirely their symptoms by following an evidenced-based nutrition and lifestyle protocol. I take a bespoke approach with all my clients as a one size fits all approach will not work. In addition, in my sphere as an executive coach, I also coach start-ups in the wellness industry to support

them in their journey from their idea through to the launch of their business.

Starting my own business has enabled me to work flexibly and create a better lifestyle for myself and I can already see the benefits to my health and happiness. Three months ago, I gave birth to my son, William, and this business will allow me to be a mother and a business owner.

Enrolling onto CNM's Naturopathic Nutrition Diploma is the best investment you can make for yourself. It is truly life changing.

If you would like to get in touch for either a nutrition consultation or for start-up coaching, my website is [www.nocohealth.co.uk](http://www.nocohealth.co.uk) and email [karina@nocohealth.co.uk](mailto:karina@nocohealth.co.uk)

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## Immunity – are you checking all the angles?

**Health Stores Ireland President, Gerald Colfer, offers ideas on keeping immunity in check.**



With autumn and winter just round the corner, it's time to get our ducks in a row for the seasons ahead. So, how winter-ready are you and what's your routine for optimising your chances of surviving unscathed through the coming challenges?

So many of us wing it, we might take a multivitamin or some extra vitamin C, we might replace that coffee with a juice now and again, and, while these precautions are wise and can help, we wonder just why we still seem to be among those that succumb to colds, flus, viruses and other infections. Perhaps there are other factors at play that might be negatively affecting our ability to stave them off. Let's look at some of these.

Just how well is your digestive system? Perhaps you suffer from digestive upsets or perhaps you have a history of antibiotic use. This puts you at a disadvantage when it comes to absorbing nutrients from the food you're eating and the supplements you're taking. Secondly, antibiotics can so easily destroy the balance of our intestinal bacteria, leaving us with compromised digestion and immunity. What's the answer? Take a good probiotic on and off and enjoy probiotic foods like live yoghurt, kombucha, sauerkraut and kefir. Also, look at diet in general. Are you eating enough fruit, vegetables and whole grains? If not, there's another imbalance to redress.

Do you suffer from stress? If you don't live in a monastery, the answer is almost certainly yes. Add in less-than-optimal diet, too much coffee and you have the perfect recipe for a weakened nervous system, which in turn leads to lowered immunity. Hectic lifestyles, overburden of responsibilities and emotional stressors all lead to the overproduction of the stress hormone, cortisol, which, in turn, makes it

hard for the immune system to function effectively. And the answer? Where possible, take time out to regenerate. Healthy exercise is a great stress reliever. Consider supplementing with a good B vitamin supplement with high amounts of B5 or take one of the many great natural stress relief formulas on the market today. Either will bring cortisol levels down and allow body and mind to rebalance and kick start a flagging immunity. And don't forget the power of fun, remember all the times you felt so much better after a good night out and a laugh with friends.

Are you getting enough sleep? If the answer to this is no (and studies show that poor sleep is endemic, seven hours being the minimum recommended and only 40 per cent of us claiming to get anything like that according to a Gallup survey), then you're most certainly at risk of poor immune function. The result of poor sleep is again an increase in cortisol and with it, poor immunity. So, if you're in this category, there are umpteen natural sleep aids that can make a big difference. You'll feel better straight away and then maybe those pesky bugs will stand less chance of bringing you down too. Popular solutions include magnesium, L-theanine from green tea, CBD, cherry juice and herbs such as valerian and lemon balm.

So, while we should never underestimate the benefits of natural immune boosters and neglect to up their usage at the onset of autumn (I'm thinking vitamins C and D, echinacea, propolis, beta glucans from certain medicinal mushrooms, manuka honey, probiotics and more), remember that your body, mind and spirit are so interconnected and all the other chinks in our armour have to be investigated (consider it your autumn NCT) and adjustments made where necessary before we face the hotbed of cold and flu viruses ahead!

# What ya goin' do about it?

**Gabrielle McAuley highlights our collective need to address the climate crisis.**

**I**t will be autumn when you read this, and I am writing it in summertime, as wildfires rage across Portugal, Spain, France and Italy.

We here on the Emerald Isle have had a few days of unusually high temperatures. Parts of Africa are suffering badly from two years of drought, there was unusual and severe flooding in Sydney this year and in Germany last year. And we constantly hear that the poorest are the most severely affected by that most likely cause of these natural disasters, the climate crisis, aka global warming, the disappearance of species, the ruination of natural habitats or the lack of diversity in crops and animal herds.

Globalisation has made it very difficult – for those of us who are concerned about this – to take serious steps to halt this mad rush towards the total destruction of our planet and its human and animal inhabitants. The way we live in the Western world with our absolute disconnect from this place where we wake up every morning is completely at odds with how any of the original inhabitants of the earth lived.

We do not live in harmony with nature, we do not even notice that our fellow earthly inhabitants are suffering hugely because of your consumerist demands, lifestyles and arrogance. Yes, it is difficult to commit to changing our ways, and it is much easier to go along with the herd, to deny our complicity in what's happening in the parts of the world that supply our consumerist greed.

It is difficult, really difficult, to take our heads out of the sand and admit that we are all contributing to creating an uninhabitable world for future generations – if there are future generations.

The cycle of big companies always needing to satisfy their shareholders by having bigger profits, the constant ads on radio, TV and social media all hypnotising us to buy the latest shoes or bags, the pressure from society and from business to look well, the myth of retail therapy, these are all factors in our rush to self-destruct.

But the onus is on me and you right now to call a halt, to shout stop, and every little bit helps because we are all connected. Staying silent about the situation in the face of lack of awareness amongst friends or family makes us complicit in their behaviours, hard though it is to do so, talking about it may alert others as to how near the tipping point we actually are.

Everything we do either raises or lowers our own vibration and the health of our mother earth. Science has proven that everything is connected with everything else, so, every effort we make – to walk, not drive, to write to the local authority about cutting or poisoning hedgerows, to explain to your visitor why you are now vegan – makes a difference. Let's make a bigger effort to make a bigger difference before we too are destroyed by our own consumerist greed.



## Here are some very simple and practical ways we can make a difference...

- Walking or cycling does not harm the planet – turning on the engine in the car to drive to the shops does, every time.
- Using last year's clothes and shoes does not harm the planet – buying new stuff does.
- Eating veggies doesn't harm the planet, eating animals does.
- Leaving the grass to grow and allowing species to proliferate does not harm the planet, cutting the grass too frequently does.
- Allowing so-called weeds to grow does not harm the planet, using pesticides and insecticides does.
- Having a short, quick shower is less harmful than a long shower or a bath.
- Leaving electric appliances on increases our use of energy, thus harming the planet, turning them off when they are not in use helps.
- Using leftovers does not harm the planet, throwing them out does.
- Buying locally grown organic food has many benefits, buying food from the Southern Hemisphere or food with many air miles (for example, avocados from South America) is hugely damaging to our planet.



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# THE SECRETS OF AGELESS AGEING

**Holistic Therapist, Dr Karen Ward, discusses the beauty of ageing holistically.**

**T**his is an excerpt from my new book, *The Secrets of Ageless Ageing*, where I take you, the reader, by the hand on a voyage of self-discovery as middle age begins to turn and elderhood beckons. Rather than be daunted by this experience, I give you sound, practical advice and a common-sense approach to the inevitability that is growing older. The chapters cover mid-life opportunity, physicality, choices, society's view of old age, relationships, mental adjustment, retirement, loss and bereavement from a holistic viewpoint. I am delighted that the content is humorous with a profundity that touches at truths that lie deep within our souls.

## HOW TO BE A WISE ELDER

I'd like to be an example to younger women on how to be a successful older woman, so they don't fear it or try to avoid it but embrace the opportunities it brings.

Many people I know have had a wonderful, even if brief experience of time with their grandparents. Perhaps you have heard the expression 'you're at your granny's' when someone feels very comfortable in any given situation. The idea being that you could do things at your grandmother's house that your parents would never let you get away with. The reason, of course, is that most parents are busy trying to hold down jobs, pay mortgages, cope with all the vicissitudes of life while grandparents may be more relaxed and have more time. They tend to be a bit more lenient too since they don't have to babysit 24/7.

In indigenous societies like the Aborigines, the Native Americans and the Maoris, the grandparents had and still have a big role to play officially in the Rites of Passage of children and teenagers. They not only had the time but also the wisdom and the life experience that was vital to pass on.

**TIPS TO TRY** Grandparents often teach young children special life lessons such as knitting, fishing, tying laces and baking. They often observe things that busy parents miss like a child being bullied or not adjusting to a new school as children may try to hide these things from stressed parents while granddad's beady eye misses nothing. What do you remember from time spent with your grandparents or any older relatives? If you have grandchildren, have you had the opportunity to teach them anything yet? Have a little brainstorm about what you could do with them in the future.

## Three top tips for a youthful you

Keep up to date with the latest gadgetry. Learn about Facebook, iPhones, TikTok or whatever the latest buzz is. If you are not particularly good at technology, then ask a teenager to help.

Read the arts and social sections of the weekend newspapers to keep up to date with the latest trends, interests and fashions in the world. Not necessarily to follow them but to know what people are talking about. Wear bright, youthful colours to bring a smile to your face and a spring to your step.

## EMBRACING OUR NATURAL ELDER BEAUTY

I'd like to think we can gain a new appreciation of being older in our modern world.

Most magazines in the shops depict young, beautiful, glamorous people the perfect standard size. Of course, most of them are airbrushed by computers to look like that. I laugh at the Oscars where a lot of the actresses dress in gold or beige with tans and honey blonde hair. They all look the same, to my mind, a bit like a female version of the statuette itself! I love to see the

European actresses appear rounder, more voluptuous and with bold, colourful dresses. Something different, something original, something individual. There's a magazine advert I saw for bathroom fittings a while ago with a very beautiful naked grey-haired woman. She was stunning in her platinum beauty. The male version was so handsome too. I bet that advert caught lots of people's eye as it was so different. We need to realise that the so-called fountain of youth is how we live, look after ourselves and our attitude to life.



**Dr Karen Ward**, Holistic Therapist from RTE's *Health Squad* and BBC's *Last Resort* is a counselling Psychotherapist ([www.drkarenwardtherapist.ie](http://www.drkarenwardtherapist.ie) and [www.moonmna.ie](http://www.moonmna.ie)). Her bestselling new book, *The Secrets of Ageless Ageing*, is available online at [www.beehivebooks.ie](http://www.beehivebooks.ie) and at bookshops countrywide.

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# RECOMMENDED READING

Gabrielle McAuley rounds up  
the latest health reads.



**H**ere we go, another autumn, the start of another school year, the old 'Season of Mists and Mellow Fruitfulness' is on us again. Youngsters have gone back to school with their new books and adults are thinking about what classes they might take on for the coming winter.

The joy of new books and new copy books remains for us, and we may be treating ourselves to new journals or the course materials for our chosen course or even the gear for our new yoga, pilates, tai chi or karate class.

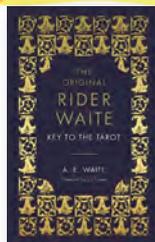


## *The Original Rider Waite Tarot Pack*

After many years of playing with the tarot and having had several sets over the years, I have finally signed up to study and learn about it.

I've armed myself with a pack of the original Rider Waite Tarot Pack, the cards of which were designed by the very interesting Pamela Colman Smith. And they are beautiful. While often associated with fortune telling, the 78-card deck (comprising the 22 major and 56 minor arkanas) are thought to show our journey from birth through life to our exit from the planet and help us to understand where we are on that journey on the several layers of our being – physical, mental, emotional and spiritual. They may throw light on helpful and unhelpful steps on our journey, they may help with what will support, or they may block us on our way.

There seems to be a renewed interest in this ancient tool, favoured by the extraordinary C.G. Jung, with packs and books being available in all the bookshops in the city.

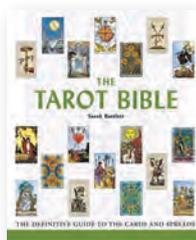


## *The Original Rider Waite Key to the Tarot*

By A.E. Waite, with a foreword by Liz Green

This little book, published by Rider, is 'the official companion to the World Famous Original...' revised and updated, and is what it says, a key, which goes through a bit of the history and gives a good understanding of what each card may signify.

It becomes really clear that the meaning is altered and/or supported by the cards which one picks, and which fall on either side, above or below the chosen card.



## *The Tarot Bible*

By Sarah Bartlett

Always a believer in getting a few angles on things, I've also treated myself to the above, which is a more modern guide to the tarot. It has a lot of information, good illustrations, is well researched and has lots of interesting detail about the cards themselves and what informs them.

I understand that it's all about one's relationship and interpretation of the cards, but these books are informative and helpful along the way.



## *The Four Agreements, a Practical Guide to Personal Freedom*

By Don Miguel Ruiz

This is one of the favourite books of my friend, Antoinette. I had read it before but bought it again recently as a gift for

a friend. It is simple, clear and easy and a great, easy and gentle reminder of how to get back on track when we get lost on our journey through life.

The four agreements are: be impeccable with your word; don't take anything personally; don't make assumptions; and always do your best. Simple. Clear. I found the 'don't take anything personally' really does help when folk around me seem distressed, and 'don't make assumptions' is one I need to remind myself of every single day. Highly recommended.



## *MANIFEST – 7 Steps to Living your Best Life*

By Roxie Nafousi

I found this to be a really good book on this topic. Many other books talk about manifesting physical stuff in the material world. Roxie Nafousi is clear that the most important thing is how we feel and in including that feeling in any visualisations and attempts to manifest our wishes. In other words, our energy goes where our attention flows, and if we don't feel good and are thinking about the future, we may create unhappy or unpleasant circumstances for ourselves.

The book reminded me of Shakti Gaiwain's *Creative Visualisation* from way back when, but incorporates much of the research done in recent years on how we are creating the world we are living in. I found it really good, simple and clear, though the font is quite small, meaning that my eyes got uncomfortable after reading it for a while.

So, here's to a happy autumn, and to us all raising our vibration by learning a new skill, meeting new people at our autumn/winter classes (and thank heavens we can this year!) and to the using of these seasons to expand our knowledge and enhance our wisdom. NGH

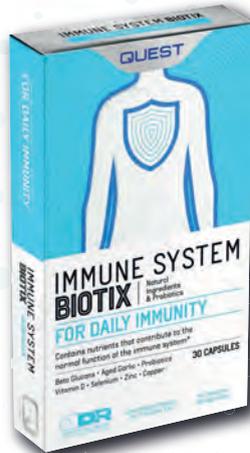
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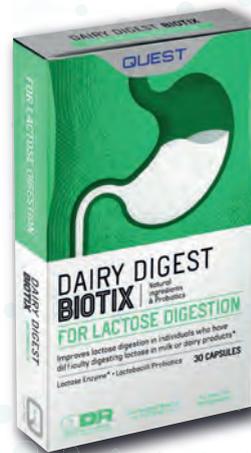
### IMMUNE SYSTEM BIOTIX

Contains nutrients that contribute to the normal function of the immune system.



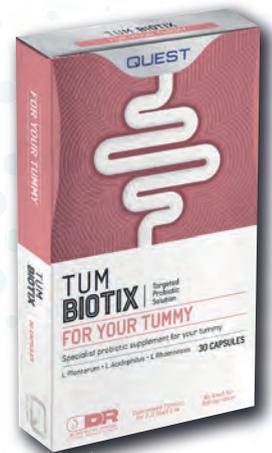
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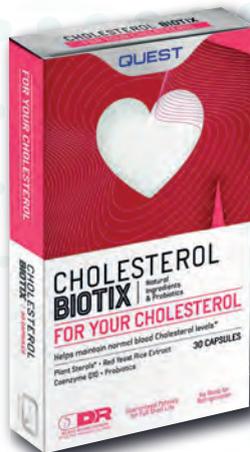
### TUM BIOTIX

A targeted probiotic designed to give symptomatic relief to sufferers of IBS.



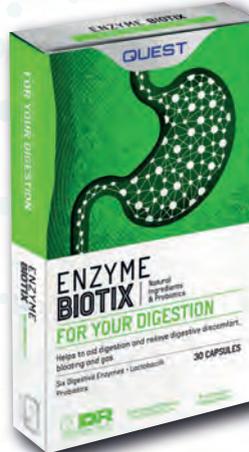
### CRAN BIOTIX

A targeted probiotic and cranberry product designed for women.



### CHOLESTEROL BIOTIX

A specialist formulation containing powerful natural ingredients to help maintain normal cholesterol levels.



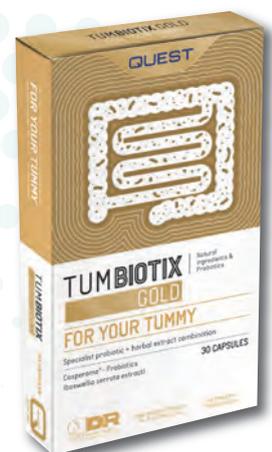
### ENZYME BIOTIX

A unique and powerful combination of six digestive enzymes and three probiotic strains to aid digestion.



### INFA BIOTIX

Infant probiotic drops. Easy to administer and tasteless. Suitable from 1 month plus.



### TUM BIOTIX GOLD

A Specialist probiotic combination to help balance gut flora.

# Giveaways

Each issue, *Naturally Good Health* offers readers the chance to win a selection of healthy giveaways.



## Atlantic Aromatics Frankincense Relaxation Massage & Body Oil

Atlantic Aromatics Frankincense Relaxation Massage & Body Oil has an extremely rich and warm aroma, deeply relaxing and meditative in character. Pure essential oils including frankincense, sandalwood and vetiver in cold pressed sweet almond oil. For use in massage, as an 'oh so special' bath oil or deluxe body oil, suitable for both men and women. Free from alcohol and preservatives, made in Ireland, and *Naturally Good Health* is offering readers the chance of winning one of 10.



## A.Vogel Immune Support Tablets

*Naturally Good Health* and A.Vogel have teamed up to offer readers the chance of winning one of 15 boxes of its Immune Support Tablets. Immune Support is a dietary food supplement containing zinc, vitamin D and vitamin C, which all contribute to the normal functioning of the immune system. Vitamin C additionally helps reduce tiredness and fatigue. Lactose and gluten-free, suitable for vegetarians and vegans, this convenient one-a-day tablet is suitable for those aged 12-plus.



## AllicinMax Immune

*Naturally Good Health* is offering readers the chance of winning one of five one month supplies of new AllicinMax Immune capsules. AllicinMax Immune is a combination of vitamin C, zinc, beta glucan and allicin, in easy to swallow vegan capsules. Suitable from age 12, just two capsules a day will provide 150mg vitamin C and 10mg zinc, along with 180mg of stabilised allicin from garlic. Both vitamin C and zinc are needed for proper functioning of the immune system.

## BetterYou Roald Dahl bundle

BetterYou has teamed up with the Roald Dahl Story Company to bring you a unique range of children's vitamin and mineral supplements to support children's health, wellbeing and sleep. A dream-inducing magnesium range helps relax and prepare your little ones for sleep, plus, there's a daily oral spray range with tailored nutritional support for children's health and wellness. The fantastic range features beloved Roald Dahl characters to help make taking essential vitamins and minerals extra fun, and *Naturally Good Health* is offering readers the chance of winning one of two sets.



**ENTER HERE...** Please indicate below which giveaway you are applying for, complete form and post back to us at 'Reader Offers', *Naturally Good Health*, Ire, Dept AA1571, PO BOX 4214, Dublin 2. Closing Date: November 1, 2022. Or you can enter online - visit [www.naturallygoodhealth.ie](http://www.naturallygoodhealth.ie)

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**I**t's the second most abundant mineral in nature and responsible for keeping all things in nature strong and flexible. We've selected several leading products which harness the power of silica to maintain good health.

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## *Gut friendly*

Silicea Gastro-Intestinal Gel is suitable for the treatment of acute and chronic gastrointestinal complaints, including IBS.

Once in the digestive system, the gel binds with pathogens and gases and adsorbs them due to its molecular structure. These unwanted pathogens are then safely passed through the body, easing symptoms naturally.

The gel is free from preservatives, which can aggravate digestive issues.



## *Best for beauty*

There are many collagen supplements to choose from but take a closer look at the ingredients

and many are packed with sweeteners and flavourings.

Silicea Kollagen plus is only sweetened with apple and mango pulp and in addition, contains 150mg of hyaluronic acid and silica gel, which all combine to improve the skin's elasticity and moisture levels.

## *Cold sore relief*

Winter weather can be a trigger for cold sores, which can be painful and unsightly.

Silicea Cold Sore Lip Gel is a remarkable natural product which has shown to be more effective than traditional chemical treatments.

Safe for children and pregnant women, the gel coats the cold sore and draws the viral secretions into its structure. This prevents the spread and dries the cold sore up quickly.



Products featured are available from all good health food stores.

# LOVE YOUR LEGUMES

Taking inspiration from around the globe, Vicky Jones showcases the best uses of beans, peas and lentils in these deliciously healthy recipes with a sweet twist.

## Black bean brownies Serves 6-8

Beans adapt surprisingly well to sweet baking, and here, you would be forgiven for not spotting their presence, partly because their colour provides the perfect visual camouflage, and their taste is overshadowed by the chocolate. The addition of puréed beans to the usual ingredients brings a moist richness – comfort without the calories, and all the benefits of added fibre, vitamins and minerals. You can just feel them doing you good.

### Ingredients:

- 100g butter or margarine
- 180g golden caster or raw cane sugar
- 45g unsweetened cocoa powder
- 250g cooked, soaked dried black beans, drained
- 2 eggs
- 125g self-raising flour
- 60g roasted hazelnuts, chopped, plus extra to decorate

### Method:

- Preheat the oven to 180°C (350°F) Gas 4.
- Grease a 28 x 18cm/11 x 7in baking pan and line with baking parchment.
- Using a food processor, cream the butter or margarine, sugar, cocoa powder, black beans and eggs together until smooth. Sift the flour into the mixture and fold in gently. Stir in the chopped nuts.
- Spoon the batter into the baking pan and bake for about 40 minutes.
- Leave to cool in the baking pan for a few minutes, then cut into squares or fingers and turn onto a rack to cool. Sprinkle with extra chopped nuts, to decorate.



## Sweet broad bean tart Serves 8

This delicious recipe is adapted from one given in *A Proper Newe Booke of Cookery*, dating from 1545.

### Ingredients:

- 100g shelled dried broad beans
- 3 eggs, separated
- 250g cottage or soft curd cheese
- 125g caster/granulated sugar
- 60g butter, softened
- 30g self-raising flour
- 1tsp ground cinnamon
- 2tbsp orange flower water
- 4 apricots, cut into quarters (optional)
- Icing sugar, for sprinkling

### For the saffron pastry:

- A good pinch of saffron strands
- 125g plain flour
- 75g butter, chilled and diced
- 75g caster/granulated sugar
- 1 egg yolk

### Method:

- Rinse the beans and boil for 10 minutes in a saucepan, then drain and put them back in the pan. Add 200ml of fresh water and bring back to the boil, then simmer for another 30-40 minutes, until the beans have broken down almost into a purée. Leave to cool in the pan – as it cools, the purée will solidify.
- To make the saffron pastry, first soak the saffron in one tablespoon of hot water and leave to cool. Put the flour and butter in a food processor and pulse briefly, until the mixture resembles breadcrumbs. Add the sugar and egg yolk, together with the saffron and its water, and blend until the mixture forms a ball. Wrap the pastry in clingfilm and chill for at least one hour before using.
- Preheat the oven to 180°C (350°F) Gas 4. When ready to bake the tart, on a floured board, roll out the pastry and use it to line a greased 23cm/9in tart pan.
- To make the bean filling, put the cooled bean purée, egg yolks, cottage or curd cheese, sugar, butter, flour, cinnamon and orange flower water in the food processor and beat until smooth. Transfer to a bowl.
- Whisk the egg whites and carefully fold them into the bean mixture. Spoon the mixture into the pastry shell, arrange the apricot quarters over the surface, if using, and place the tart in the preheated oven. Bake for 35-40 minutes, until the filling is just set. Serve warm or at room temperature and sprinkle with icing sugar.



## Bean torta with walnuts and lemon

Serves 8-10

In Hungary and other Central European countries, they make a cake not with wheat flour but with cooked beans and maize meal. No fat is added, but it is moist and light, not at all what you might expect, and keeps quite well for several days. I used canned beans to save time, rather than soaking and cooking dried ones, and found they worked perfectly.

### Ingredients:

- 75g fine maize meal or polenta
- 350g cooked, soaked dried cannellini or haricot beans, or the contents of 1½ x 400g cans, drained
- 4 eggs, separated
- 2tsp pure vanilla extract
- 275g caster/granulated sugar, or to taste
- Grated zest and freshly squeezed
- Juice of 1 lemon
- 85g walnuts, finely ground

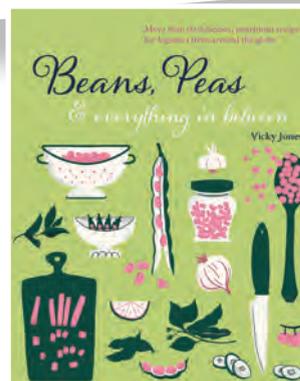
### Method:

- Preheat the oven to 200°C (400°F) Gas 6.
- Grease and flour a 23cm/9in round cake pan.
- Use a food processor to blend the maize meal or polenta and the beans into a smooth mixture.
- Cream the yolks, vanilla extract and 175g

of the sugar together until pale and creamy, then add the mixture to the bean mixture with the grated lemon zest. Blend together thoroughly, then transfer to a large bowl and fold in the ground walnuts.

- In a clean bowl, whisk the egg whites until stiff, then carefully fold them into the bean mixture, using a metal spoon. Turn the mixture into the greased and floured cake pan and bake in the oven for about 30-40 minutes, turning the temperature down to 180°C (350°F) Gas 4 after 20 minutes.

- While the cake is cooking, warm the lemon juice with the remaining sugar to make a glaze. When the cake is light brown on top and nicely risen, take it out of the oven and pour the lemon juice and sugar mixture over the surface, then allow to cool in the pan for about 20 minutes. As it cools, the topping will form a crunchy icing.



**Beans, Peas & Everything In Between** by Vicky Jones, published by Ryland Peters & Small (£14.99). Photography by William Reavell © Ryland Peters & Small.

# Beat pain & stay active

Show your aching joints who's boss and stay young, fit and healthy with Syno-Vital



The older you get, the harder it becomes to exercise and keep healthy. Your joints become stiff, you feel tired and it's hard to get motivated to exercise. However, you can overcome these signs of ageing with the help of hyaluronic acid.

## SO WHAT EXACTLY IS HYALURONIC ACID?

There's loads of science behind the role that hyaluronic acid (HA) plays in keeping you feeling – and looking – young and healthy. Found naturally in the body, HA is a vital component of the synovial fluid that lubricates your joints. This fluid creates a cushioning effect, to help withstand the impact of exercise without pain – all thanks to hyaluronic acid!

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## CAN SUPPS HELP?

Supplements such as the award-winning Syno-Vital from Modern Herbals can help restore your body's

HA levels and keep your joints healthy. It's easy to use, no matter how busy you may be – just mix a sachet of Syno-Vital into a drink of your choice and enjoy.

Research shows that taking HA supplements may also be useful for patients with osteoarthritis, helping to reduce inflammation and pain to support them with their daily mobility and overall lifestyle.

## ANY OTHER BENEFITS?

As well as reducing joint pain and mobility problems, HA is essential for keeping your skin looking young and fresh. As natural HA levels drop with age, your skin appears less smooth and supple, with fine lines, wrinkles and uneven tone. Taking HA supps daily may help keep your skin looking youthful.

It's also ideal for anyone who suffers with dry, itchy, tired eyes – HA helps keep them moisturised and hydrated, helping you maintain that sparkle in your eye.



## “I CAN BEND MY KNEES WITHOUT PAIN!”

‘I've been taking Syno-Vital for about six months now. I'm amazed by how young looking my skin appears – I look younger than ever! I've been suffering with stiff joints over the past few years, but I can now bend my elbows and knees much easier without pain. I'd recommend Syno-Vital to all my friends and family.’

**Liz Parkin, Huddersfield**

Syno-Vital is available in health food stores Nationwide

# PACKING A HEALTH PUNCH

Make sure your young ones have a healthy packed lunch as they return to school with these tasty recipe ideas from Maggie Lynch, from the IINH.

## Eggy lunchbox pizzas

Makes 6 mini eggy pizzas

### Ingredients:

- 2 eggs
- 1 tbsp cream or milk (optional)
- 30g grated cheese (4tbsp) (optional)
- Seasoning
- 6tbsp Bunulun tomato and vegetable sauce
- 6 small slices of salami or ham, or just leave veggie
- Butter or oil for bun tray
- 1 bun tray

### Method:

- Pre-heat oven to 160°C fan.
- Place eggs, cream and  $\frac{3}{4}$  of the cheese in a bowl and season. Lightly whisk until mixed.
- Lightly butter or oil a bun tray. Place it in the oven to heat quickly for one minute.
- Distribute the egg mixture evenly into bun tray or muffin tray. Place in oven for six minutes then remove (the mixture will be a little undercooked).
- Spoon 1tbsp of Bunulun sauce on top of each pizza (it should easily cover the surface). Top with a slice of salami, followed by the remaining grated cheese.
- Place back in oven for three to four minutes or until cooked.
- Leave to cool before placing in the lunchbox.

### Maggie's tip:

Can be made one day ahead but is best cooked on the day.



## Cucumber, cream cheese and smoked salmon boats

Makes 8-10 small boats

### Ingredients:

- 1 small cucumber
- 110g cream cheese (3tbsp)
- 15g sour cream (1tbsp)
- $\frac{1}{2}$  tsp chopped dill or fennel
- 1tsp lemon juice
- Pinch black pepper
- 60g smoked salmon, finely diced (2-3 slices)

### Method:

- Wash the cucumber and pat dry. Slice in half lengthwise. Using a melon baller,

scoop out the seeds so the cucumber resembles the inside of a boat or canoe. Cut into 3cm lengths.

- Mix cream cheese, sour cream, dill, lemon juice and black pepper until blended. Fold in the smoked salmon.
- Spoon approximately 1tbsp of this mixture onto each piece of hollowed-out cucumber. Garnish with fresh dill or fennel.

### Maggie's tip:

If kiddies are averse to green, peel the cucumber. Best kept chilled in a cool bag.



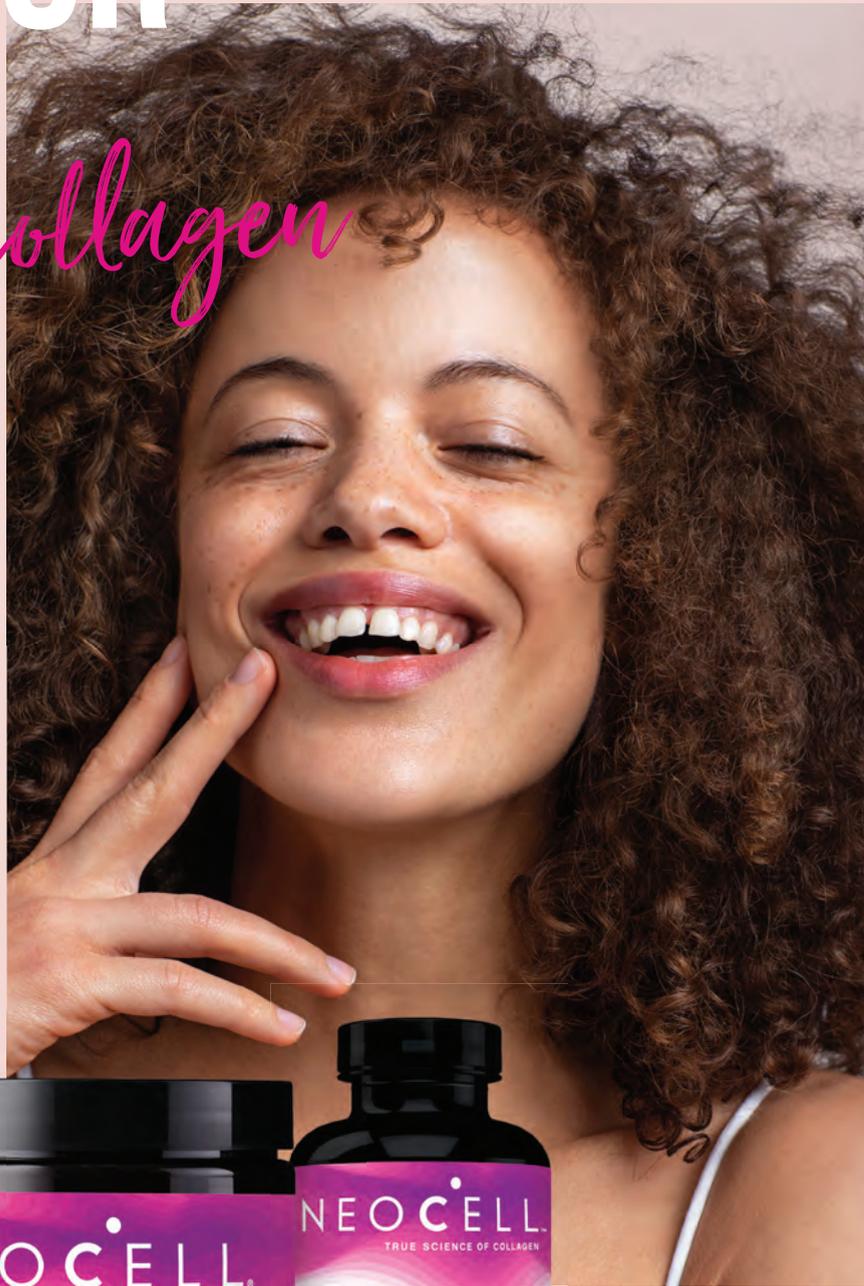
The next BTEC Coaching Course begins mid-September and runs until next June. All learning materials are accessed 24/7 on the dedicated learning platform (Brightspace). About 10 hours a week of home study is required, supported by twice-weekly interactive Zoom sessions and plenty of engagement with tutors, mentors and fellow students. Optional classroom days are held in S Dublin, and cooking tutor, Maggie, gives cooking classes in the nearby teaching kitchen. If you plan to take charge of your health seriously in 2022, or if you are looking for a more rewarding career, please check out [www.iinh.net](http://www.iinh.net) to learn more about the courses.

# BOOST YOUR BEAUTY

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## FERMENTATION

Fermentation is an ancient and natural food processing practice. It is still today used as a means of preservation to improve taste and texture of foods, as well as to improve digestibility and nutritional profile. Common fermented foods include beer, wine, yogurt, tempeh, kimchi and sourdough bread. Recently however, research around fermentation has advanced, with the findings showing amazing benefits of this food processing technique.

## THE BENEFITS

- Increased bioavailability of certain nutrients
- Increased antioxidant activity
- Increased digestibility



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& WHOLE FOODS

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