



apotheca

natural health clinic

NEWSLETTER - NOVEMBER 2010

Dear Friends,

Welcome to the November issue of our Apotheca Clinic Newsletter. . As you may be wondering, well, yes, it is our First Newsletter!

The clinic is now up and running, offering a range of wonderful therapies: Herbal medicine, Nutritional therapy, Hypnotherapy, Counselling, Allergy Testing, Spophrology and...La Trame. Today we will be featuring articles by Milena Moore, our Medical Herbalist and Victoria Shorland, our Nutritional Therapist, the latest from Beauty Spot and special offers!



**No gimmicks,
No fads,
No miracle pills,
just the correct advice about nutrition!**



VICTORIA SHORLAND - NUTRITIONIST EAT TO LIVE'S Christmas Party Survival

Apparently, the average person puts on 3kg (7lbs) over the Christmas/New Year period. You know how it is sausage rolls, cheese platters, mince pies are just calling out to be eaten.

- One of the pitfalls is arriving at a party hungry - so eat a bowl of cereal, a slice of toast or a banana beforehand.
- You'll feel far less stodgy if you pick your favourite, say five, snacks and eat those -when you eat a little of everything, you also end up eating a lot more overall.
- Instead of diving straight into the cheese-filled pastries, fill up on the crudité's, salads and meats. That's not to say don't eat the other snacks, but limit the number of crisps, fried snacks and dips.
- Simple tips include eating dips with vegetables rather than crisps, or choosing:
 - Tomato salsa instead of Guacamole or the cheesy creamy dips.
 - Olives over peanuts.
 - Cocktail sausages instead of sausage rolls.
 - Bread sticks over cheese straws.
 - Twiglets instead of crisps.
- If you add something to your plate, take something off ! that way you are not adding calories. The average Christmas meal equates to 1.75 plate fulls of food, so by following this rule you will eat normally but still enjoy the lovely Christmas foods.
- Only go to the buffet table once !
- Don't scatter the nibble dishes around the house.
- Don't buy food 'just in case'

These simple rules will save you gaining those 7 pounds.



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BEAUTY SPOT LATEST NEWS

The wonderful Beauty Spot beauty salon in Faversham, is now offering MINX nails, the latest fashion accessory. Also COMING SOON is threading, a very popular way of removing lip & eyebrow hair. Call into the Beauty Spot and ask for information at reception.

TEA MATTERS By Milena Moore, Medical Herbalist

Black, green and white teas contain caffeine and tannins. They should therefore be drunk in moderation. Not necessarily excluded completely, as tea has been shown to have health benefits. Most British people love their cuppa.. So what can they drink instead?

Coffee contains even more caffeine but Red tea, or Rooibos tea, is a good alternative. It comes from a South African plant and is unrelated to black tea. In fact, it doesn't contain caffeine and is therefore a preferable drink. It's taste is not far from ordinary tea and some like it with milk.

Our English tea, is rich in Fluoride, because it assimilates it in its leaves and the soils it is cultivated on contain high levels of Fluoride. Fluoride is toxic to the thyroid and therefore people with thyroid problems should limit their tea intake. White tea is better than black tea in that respect and green tea is better than black tea for other reasons.

So, why not try herbal teas? They come in a variety of combinations and flavours, flowery, aromatic, sweet, bitter and grassy, there are some to suit everyone. They don't carry the same health risks and they can even be therapeutic if one chooses the right herbs. You can ask your herbalist about which herbal teas would be most beneficial for you and you can even have your own blend made-up from over 50 different herbs in the dispensary, at Apotheca Clinic.

A SWEET OUT OF FASHION? By Milena Moore, Medical Herbalist

Liquorice was introduced into England in the 13th century and has been popular ever since. Liquorice sticks, All Sorts, boot laces, pastilles etc. Numerous sweets were made from Liquorice and fields of the plant were grown in West Yorkshire.

Liquorice contains a chemical, glycyrrhizic acid which gives it a naturally sweet flavour, hold your breath... 50 times sweeter than sugar!! However, few people realise that liquorice is a sweet with benefits. Who said that all that tastes good is bad for us? It is a herb, or a medicinal plant, with numerous beneficial properties. Traditionally, it was used to soothe the digestion and lungs and to strengthen the kidneys and adrenal glands. In scientific studies, it has been proven to heal stomach ulcers. It can be included in herbal teas to give a sweet flavour, with few calories and no harm to diabetics. Those with high blood pressure and water retention however should restrict their intake.



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SPECIAL OFFERS

FREE SESSION:

The treatment is called "la trame", it is a French method of HEALING. It is an incredibly relaxing and therapeutic treatment, which works on cleansing and re-aligning your entire energy field. It is a 40 minute treatment, during which you simply relax while the practitioner applies very light touch to certain areas of the body. By working on the energy field, it has an effect on your physical, psychological and social being. I would therefore recommend it to anyone who suffers with health, emotional or relationship problems.

To Book :

Simply make your booking at reception or telephone Milena on 01795 529 005

Bring this page along with you to secure your free session.



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VOUCHER :

This voucher enables the bearer to have a full nutritional consultation, usually costing £55.00, for £35.00.

You can be helped with many health problems:

- Increase energy
- Weight Loss Diabetes
- Menopause Depression
- IBS Coeliac & Crohn's
- Asthma High Blood Pressure and Cholesterol
- Arthritis, and many more.

Book your appointment at reception and bring the voucher to your appointment.

Alternatively for an informal chat please telephone Victoria on 07789 512 825 or email vicci@eattolive.org.uk

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