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We are now officially 10 years old! So a big thanks to all of you who have supported us over the decade, whether regularly or occasionally – we just love to see you and keep in touch. To commemorate our anniversary we commissioned a special work of art depicting herbs and spices and us! The artist, Stuart Roper has captured the essence of Natures Corner in a fun and vibrant way, so please call in and have a look. **Natures Corner – Natural Health Storeand Art Gallery!**

This month we look at two things Greek – the Greek olive and the Greek itch! Also, we profile a new product from Pukka herbs – some of you may already be familiar with the range of teas from Pukka, which include Pleasure, Clarity and Three Gingers. And, of course, we must mentionChristmas!

Olive Leaf – potent Antiviral, Antibacterial, and Antifungal

The earliest known uses of **Olive Leaf** for medicinal purposes appears to come from the Ancient Egyptians, where their culture regarded the leaf as a symbol of heavenly power. Consequently they used the extracted oils as a part of the mummification rituals of their kings. These days we do not have much call for **Olive Leaf** for this purpose, but in Mediterranean cultures, the leaf is used for a variety of health conditions, including infections, fever and pain.....and in the U.K. we are gradually catching on! Possessing 400% more antioxidant activity than vitamin C, the **Olive Leaf** has many other health benefits:

- **Anti-microbial, including viruses, bacteria, fungi, parasites, yeasts and moulds**

- **Improves elasticity of arteries, reducing high blood pressure**
- **Anti-inflammatory for arthritis sufferers**
- **Antiviral – prevents and treats herpes, influenza, common cold, Epstein-Barr**
- **Eradicates candida and associated yeast syndromes**
- **Anti-parasitic – eradication of intestinal worms**
- **Enhancement of energy production**
- **Relief from toothache, painful haemorrhoids, athlete's foot, mycotic nails**
- **Antioxidant – ability to fight free radical production**

To be most effective, **Olive Leaf**, like most nutritional supplements, should be part of a holistic health plan. It is a natural, safe and effective phytomedicinal and is available in [liquid](#), [capsules](#) or as a [throat spray](#). Click the links to buy now.

Psoriasis – the Greek itch!

Psora in Greek means *itch*, so there's no surprise in the name of this common skin disorder, where the skin erupts into red circular patches, covered with dry scales. Psoriasis is a common problem affecting 4% of the population. It is thought to be caused by a number of factors, including poor fat digestion, liver dysfunction (sometimes from alcohol consumption), bowel problems, nutritional deficiencies and stress.

Correcting abnormal liver function is of great benefit in the treatment of psoriasis, as an efficiently functioning liver is better able to filter toxins associated with triggering psoriasis.

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Eliminating dairy products from the diet and avoiding animal fats and alcohol, can also help. Aim to incorporate more nutrient rich foods into the diet, such as fresh vegetables and fruits, whole grains, beans and cold pressed vegetable oils, such as olive, flax, hemp and pumpkin.

In addition, there are a number of supplements which may help, including *essential fatty acids* (flax seed oil or fish oil), *zinc* and the herb *milk thistle* which is useful for liver detoxification. A daily intake of 25ml of *aloe vera juice* will also reduce the inflammation of the skin and promote healing. A.Vogel have the ideal solution in their **Aloe Vera Complex**, which includes the milk thistle alongside the calming and anti-inflammatory herb chamomile.

Pukka Herbs - Vitalise

Combined with a balanced and varied diet, Vitalise helps you to maintain energy levels, deal with the stresses of modern life and helps you to achieve your full potential. It is a vibrant nutritional formula containing 22 ingredients including concentrated extracts from 3 fruits, 4 vegetables, 6 herbs and spices, 3 seaweeds, 2 freshwater plants, 2 grass juices and flower pollens! So what's in it?

- **Berries & Fruits-Bilberries, Amla Fruit, Acerola Fruit to protect, nourish and maintain healthy tissues and cells**
- **Vegetables – Beetroot & Broccoli Sprouts full of nourishment with healing carotenoids, flavanoids, trace minerals and vitamins**
- **Fresh water plants – Spirulina & Chlorella are among the best of super nutrients**

- **Wild seaweeds – the most nutritious form of vegetation on the entire planet, containing 14 x more calcium and 200 x more iron than any land vegetable**
- **Green grass juices – Wheat Grass & Barley Grass are nature's most potent cellular and body detoxifiers and rejuvenators**
- **Herbs – Turmeric root, Fennel seed, Peppermint leaf, Ginger, root, Liquorice root, Green Tea leaf and Aloe Vera juice to delay ageing and prevent disease**
- **Flower Pollen – increases the body's resistance to infection – a nerve tonic and energising essence**

Vitalise from Pukka is really one to consider and works even better when taken with Aloe Vera Juice, which carries the nutrients deep into the tissues of the body. [Buy Pukka Vitalise online now.](#)

Aromatherapy oil of the month Prevention Blend - an alternative way to keep the nasties at bay!

With the nights getting longer, colder days and the central heating being turned on, it's the perfect time for all the winter germs to start creeping up on us. Absolute Aroma's **Prevention Blend** is a synergy of pure 100% essential oils such as Niaouli, Tea Tree, Cajeput and Ravensara. All these oils are known for their anti-bacterial and anti-viral properties and are known to be effective against airborne viruses and bacteria. Try diffusing in a room, an office or working area to help prevent the spread of germs. Alternatively put a few drops on a tissue and tuck up a sleeve when you are out and about.

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***’Twas the night before Christmas
when all through the house
not a creature was stirring,
not even a mouse’***

Want to give something special this Christmas? Then let us inspire you with our [Natures Corner Festive Hampers](#). A unique range starting from just £25 incorporating quality products beautifully presented to suit any taste. Choose from our Classic Selections.....

- ❖ **Chocoholics**
- ❖ **Organic Connoisseur**
- ❖ **Gourmet Savoury & Spicy**
- ❖ **Luxurious Treats**
- ❖ **The Essential Pantry**
- ❖ **Festive Fayre**

.....or create your own!

And don't forget the 'Noel' festive essential oil blend of orange, cinnamon, clove, pine, frankincense & myrrh.

- ❖ **Fragrance your home**
- ❖ **Freshen pot pourri**
- ❖ **Sprinkle on the Christmas tree**
- ❖ **Diffuse in a burner**

Natures Corner
November Special Offer
Buy 'Noel'
Festive Essential Oil
& receive an
Absolute Aroma
Organic Shave Oil
FREE

Voucher valid until 30 November 2009
Please redeem this voucher at
12 Bartholomew Street, Newbury RG14 5LL

What's on 'in store'

Free Nutritional Consultations on

Wednesday 18 November	Kim Knight
Friday 27 November	Orley Moyal
Wednesday 9 December	Miriam Saltmarsh
Monday 14 December	Orley Moyal
Wednesday 6 January	Kim Knight
Thursday 14 January	Miriam Saltmarsh
Thursday 28 January	Tim Gaunt
Wednesday 10 February	Orley Moyal

Astrology Reading	Steve Judd
Friday 22 January	£35

What to look out for.....
Sunday opening from 22 November
until 20 December

Our store will also be keeping people updated through the social networking website Twitter, so please join us on www.twitter.com/natures_corner



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