



News

It's hot and spicy stuff this month, with articles on **turmeric**, **cinnamon** and **black pepper**.

Also for September we're talking friendly bacteria and how you can get the one thing we all crave – a flat stomach! So without further ado, let's get started.

Turmeric – 'Golden Wonder'

The yellow coloured rhizome, **turmeric** (*Curcuma longa*), is native to India and south east Asia. Traditionally used both as a spice and a dye, it has also been used in Ayurvedic medicine for many hundreds of years. It was customarily used for swelling, wound healing and digestive disorders.

There are over 1500 references to the biological effects of **turmeric** in modern herbal medicine and many of these effects are linked to the main active constituent, curcumin.

Anti-inflammatory effect

Extract of **turmeric** is a potent anti-inflammatory, proving to be beneficial in improving joint mobility.

Digestive Aid

Again many of the effects of **turmeric** on digestive health are linked to its anti-inflammatory effects. A study from our doorstep (University of Reading) has demonstrated the ability of **turmeric** to reduce the pain and discomfort associated with IBS. Another study in China has found that the use of **turmeric** in colitis made ulcers smaller and more superficial, making the spice a safe substance for ulcerative colitis.

Benefit to Gallbladder

Turmeric has been indicated for the treatment of dyspepsia, which is frequently a symptom of gallbladder disease. Curcumins can stimulate the flow of bile.

Antioxidant Activity

Turmeric has potent antioxidant activity, and can improve circulation and heart health. It has a benefit to liver health, particularly in reducing liver damage caused by external toxins.

So spice up your life with **turmeric** – the 'golden wonder'.

More pudding please!

You would expect to feel a little guilty when having that second helping of apple pie; but over a decade ago, it was found that adding **cinnamon** to apples had a stabilising effect on blood sugar levels. Some studies have since

confirmed that **cinnamon** has a positive effect on glucose metabolism in individuals with blood sugar imbalance.

The spice **cinnamon** is familiar to us as a culinary ingredient and traditionally it has been used in herbal medicine to treat digestive complaints. Now we know that **cinnamon** holds promise for helping to reduce the risk factors associated with blood sugar disorders, including high cholesterol. So, go on, spoil yourself and go for seconds!

Natural Help for Migraines

Sever throbbing pain, double vision, nausea, shying away from bright lights – these are all familiar symptoms and signs of a migraine. Migraine is a common ailment affecting 15-20% of women. Those who experience a migraine find that the warning symptoms are rare and the headache can last from 1 – 3 days.

Migraines can be caused by stress, alcohol, emotional changes, hormonal changes, too little or excess sleep, weather changes, glare, food sensitivities or allergy. Food culprits can include cheese, chocolate, alcohol, wheat, eggs, oranges, cane sugar, yeast, and nuts. Other contributing factors can include, smoking, birth control pills, infection with *Helicobacter pylori* (an organism that causes peptic ulcers).

There are natural steps that can be taken to prevent and ease a migraine headache. These can include acupuncture, massage and manipulation, and dietary alterations. There are also many helpful supplements and these include the following:-

Vitamin B2 the frequency and duration of migraine attacks can be reduced by as much as two thirds.

Wood Betony has historically been used as a complete remedy for all maladies of the head, such as pains in the head and face (neuralgia and shingles).

Magnesium compared to healthy people, migraine sufferers have been found to have lower blood and brain levels of magnesium.

Feverfew is the most commonly chosen herbal remedy for migraine attacks and has a long history of traditional use.

Ginger can help relieve migraine attacks and the accompanying nausea.

Get a flat stomach – FREE

September 2009



News

If you balance your levels of good bacteria, chances are you will feel on top of the world! It sounds too good to be true, doesn't it, but in fact, good gut flora is key to good health. If your gut is out of sync you may experience a whole host of symptoms ranging from headaches, to fatigue to eczema and, of course, bloating. Optibac offer a range of probiotics and prebiotics and one of these is appropriately named **Antibloat** - 'For a flat stomach'. This product is designed for those who suffer from abdominal bloating due to trapped wind, food intolerances, PMS or stress. The combination of specific probiotic strains and added prebiotics promotes a more comfortable flat stomach and a lighter feeling.

For September we are offering **Antibloat FREE** with each purchase of **Optibac Probiotics for Daily Wellbeing**.

Start with a course of **Antibloat 'For a Flat Stomach'** and then maintain inner health with '**For Daily Wellbeing**', the leading probiotic for

- Digestion
- Immunity
- Energy levels
- Skin health

Optibac probiotics are natural, free from sugar and nasty additives and cheaper over the course of the month than largely ineffective probiotic yogurts and drinks.

Simply cut out the coupon below to receive your **Antibloat 'For a Flat Stomach'** (worth £7.49) free when you purchase '**For Daily Wellbeing**' at £8.99.

Natures Corner
September Special Offer



Voucher valid while stocks last
Please redeem this voucher at
12 Bartholomew Street, Newbury RG14 5LL

The pepper plant is tropical vine and is cultivated in India and South east Asia for its peppercorns. As a spice, pepper is among the most important in the world. The essential oil is distilled from the berries, having an unexpectedly refined warm aroma unlike the spice.

Black pepper is mainly used for muscular aches and pains, stiffness and fatigue. Its warming and drying quality is indicated for cold conditions.

Black pepper is a tonic and stimulating to the digestive tract, restoring tone to the smooth muscles of the stomach. It stimulates the spleen in the production of blood cells making it valuable in cases of anaemia. It also stimulates the kidneys, is diuretic and will disinfect the urinary system.

All about.....Stinging Nettles

What are stinging nettles?

Urtica dioica is a weed that has stinging hairs. It has been treasured for a long time by herbalists as an excellent blood tonic.

What are the common uses?

- Arthritic and rheumatic conditions
- Gout
- Prickly heat/allergic reactions
- Detox
-

How does it work?

- Diuretic action
- Excretion of uric acid
- Anti-allergic action
- nutritive

What nutrients do stinging nettles have?

- vitamin C
- calcium
- potassium
- silica

In what form is it available?

- tincture
- cream

Aromatherapy oil of the month
Black Pepper (*Piper nigrum*)

What's on 'in store'

September 2009

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Wednesday 23 Sept. **Free Nutritional Consultations with *Kim Knight***

Tuesday 6 October **Free Nutritional Consultations with *Miriam Saltmarshe***

Thursday 8 October **Free Nutritional Consultations with *Tim Gaunt***

Friday 16 October **Free Nutritional Consultations with *Orley Moyal***

5 – 10 October **10th Anniversary celebrations – look out for details in Natures Corner News, next time**

Tuesday 13 October **Pamper evening (details below)**



Pamper Evening

- 5.30pm, Tuesday 13 October 2009


Drop in to be pampered in Bar 1861 at the Corn Exchange. Following the success of last season's Pamper Evening we have invited Natures Corner and Limes Beauty Salon back to treat Newbury to complimentary mini manicures, Dermalogica face mapping, organic chocolate and smoothie tasting, Dead Sea Magik advice on therapeutic minerals, foot, hand and chair massage and expert advice on probiotics.

The Pamper Evening will be held before the performance of *The Hot Dots* at 7.45pm. *The Hot Dots* will combine breathtaking acrobatics, film and physical theatre in a heartbreaking tale of romance, drama, fame and failure. Why not make an evening of it by pampering yourself before the show?

Entry is from 5.30pm and is by donation.

Any donations raised will go towards the Rainbow Rooms, which are part of West Berkshire Hospital and offer comfortable accommodation for patients and their relatives.

CORN EXCHANGE NEWBURY & NEW GREENHAM ARTS



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What to look out for.....

September 2009

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