



News

This is the time of year when a lot of us are thinking about travel, so we've given you our favourite top ten travel tips, to help you on the way to a happy and carefree holiday.

We also take a closer look at some health giving seeds accompanied by a tasty recipe from Dale Pinnock.

Lastly look out for Astrologer Steve Judd in store with us at Natures Corner.

Top Ten Travel Tips

Fear of Flying

If you get the jitters just thinking about traveling by air, Rescue Remedy will help to calm those nerves. Take orally in drops or spray, in times of crisis or trauma – 'Yoga in a bottle'.

Flying Far & Away

Jet lag can ruin the first few days of your holiday, so combat its effects with a homeopathic remedy, appropriately named 'Jet Lag'.

Bites

To prevent insect (mosquito) bites, take vitamin B1 for 2 weeks before departing for your holiday and whilst you are away. Vogel's Herbal Insect repellent applied to the legs and arms will further deter them.

Stings

Always carry a bottle of Lavender Oil to quickly soothe stings.

Cracked Lips

Multi-action Aloe Vera Lip Balm with tea tree and lysine will soothe and moisten the lips, and protect from the sun's harmful UVA and UVB rays.

Cold Sores

Take the amino acid L. Lysine together with the lip balm, to prevent painful and unattractive cold sores.

Over Indulgence

Milk Thistle will protect and detoxify the liver and help to prevent and reduce hangovers.

Nux Vom is marvellous for that 'morning after' feeling.

Change of Diet

Eating habits tend to be different on holiday, and this can lead to constipation and bloating. Leppicol Psyllium Husks (available in handy sachets) will help to keep digestion on an even keel. Pro Bio Daily will restore the good bacteria in the gut.

Upset Stomach

Citricidal (grapefruit seed extract) will eliminate any foreign organisms or bacteria. Great for sore throats too.

Sun Protection

For you and your children, choose Green People Sun screens and After Sun Lotion for skincare without harmful chemicals.

ENJOY YOUR HOLIDAY!

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Nature's Edible Pharmacy by Dale Pinnock

Beauty Butter Crostini

Ingredients

- 2 handfuls pumpkin seeds
- 2 handfuls sunflower seeds
- 1 handful hemp seeds
- 3 tablespoons Ultimate Beauty Oil
- 1 teaspoon sea salt

Add ingredients to a food processor and blend into a smooth butter. Serve on toasted wholegrain bread. Delicious!

Benefits of pumpkin, sunflower and hemp seeds.

Pumpkin seeds are a real powerhouse containing huge amounts of naturally occurring zinc. This vital nutrient plays a role in the treatment of acne and has wound healing properties. Zinc also regulates the activity of the sebaceous glands, helping to keep excess oil production to a minimum. Pumpkin seeds, sunflower seeds and hemp seeds are incredibly rich in omega 3 & omega 6 essential fatty acids, which help to greatly reduce the impact of the inflammatory process. The redness associated with spots is the inflammatory process in action. Hemp seeds contain a high quality source of omega 6 which help control water loss through the skin.

What's on 'in store'.....

**PLEASE NOTE WE ARE NOW
OPEN
SUNDAYS 11 – 4 PM**

Free Nutritional Consultations

Thursday 2 June	Theresa Milman
Wednesday 8 June	Orley Moyal
Monday 27 June	Kim Knight
Wednesday 6 July	Andy Fox



Our store will also be keeping people updated through Facebook & Twitter, join us by clicking on the links below:



(CLICK 'LIKE' ON OUR F/BOOK PAGE TO FOLLOW ALL THE LATEST HEALTH NEWS AND INSTORE EVENTS)

What to look out for.....

Steve Judd – Professional Astrologer

Renowned astrologer Steve Judd is offering ½ hr (£40) or 1 hr (£70) consultations on

Friday 17th June

Please contact us ASAP if you wish to book an appointment as he is very popular.

Pick up a Corn Exchange Newbury program and pop in to us with the enclosed voucher for your

**FREE jar of
Comvita Manuka Honey UMF5+**



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