



## NEWSLETTER NO. 3 March 2010

**The 100% Health Survey (2010)**

**Your road to health....** Find out why many are in suboptimal health and how healthy people stay healthy.

**Stress**

The second most prevalent symptom reported overall is impatience (82% of the subjects in the survey). However, it was closely followed by becoming anxious easily. More than half have problems sleeping and become easily angry.

**Stress is a health factor that is not so much influenced by food consumption, however high sugary snack consumption increased the likelihood of poor stress health by over a third.**

*Source: 100% Health Survey, Patrick Holford*

The long term effects of stress are detrimental to heart health, immune strength and digestive health.

**What to do**

To improve resistance to stress it is recommended to balance blood sugar through eating regular meals and avoiding too much sugar and refined carbohydrates.

Nutrients that are needed in higher quantities are vitamin C, vitamin B5 and the mineral magnesium. Ginseng, Rhodiola and Ashwagandha are herbs that might provide extra support in times of stress.

Gentle exercise reduces the level of stress hormones.

**Hayfever - Prevention/immune strengthening**

The season has for some already started and the window of opportunity to strengthen the immune system for this season may be closed. However, for those who do not yet experience symptoms there is still a lot you can do.

Have symptoms already appeared. Some natural remedies that could ease symptoms.

**Avoid/Reduce:**

- Saturated fats, red meat, dairy products, fried foods, sugar (cause inflammation)
- Additives, dyes and preservatives
- Stimulants (increases toxic load)
- Histamine rich foods (red wine, fermented foods, over-ripe foods, pork, tomatoes, chocolate, peanuts)

**Include/Increase:**

- Fruit, vegetables, berries, fresh herbs (broccoli, peppers, citrus fruit, apples/carrots, tomatoes/seeds)
- Quercetin rich foods: apples, onion
- Magnesium-rich foods: Wheat germ, almonds, cashews, buckwheat flour, pecan nuts, garlic, raisins, peas, potato skin, seaweed
- Vegetable protein: lentils, beans, chickpeas, quinoa, seeds
- Cleansing foods: garlic, onions, cabbage, beets, ginger
- Good fats: oily fish, seeds, cold pressed oils, avocado
- Drink plenty of water

**Do:**

- Liver Detox (30 days before season for)
- Address digestive problems
- Avoid stress (stabilise blood sugar)
- Avoid air pollution and dust mites
- Exercise: yoga, tai-chi

**Anti-allergy Supplements (synergy is best):**

Daily multivitamin, Vitamin C (1-2 grams), Quercetin (250mg x 2), Glutamine (250mg x 2), Bromelain (50mg x 2), MSM (250mg x 2) - If you are in the midst of an allergic reaction, take three times this amount for short-term use only.

For more information about courses or for a personal **Optimum Nutrition consultation**, contact:  
Tove Cecilie Schr nkler on 0211 1584 293 or [info@scandinavian-health.de](mailto:info@scandinavian-health.de)



## **Upcoming Courses and Workshops !**

### **Low-GL Diet (Weight Loss++) – 10-week programme (ongoing, based on demand)**

at the Chiropractic Health Center, Kaiserswerth

### **Natural "first aid" treatment for children – Homeopathy and Supplements (English)**

In planning for May/June at the Chiropractic Health Center, Kaiserswerth

### **Die Homeopatische Hausapotheke für Mütter und Kinder – 22.3.2010 (Deutsch)**

Um 9 Uhr, Chiropractic Health Center, Kaiserswerth

### **Hayfever – how to survive the season – 10.4.2010 (English/German on demand)**

9 am to 11 am at the Chiropractic Health Center, Kaiserswerth

### **NEU - Menopause – 24.3.2010 (German)**

19 bis 21 Uhr, Das Center für Iyengar Yoga, Neuss

**(Workshop Coaches: Ellen Grösser, Naturopath – Tove Schränkler, Nutrition Therapist)**

### **Nordic Walking**

Every Tuesday from 9 am to 10.30 am in Kaiserswerth – beginners are welcome

Every Wednesday from 7 pm to 8 pm (starting on the 14<sup>th</sup> of April – (pre-booking necessary)

Every Friday from 9 am to 10.30 am in Kaiserswerth (starting on the 16<sup>th</sup> of April)

### **Hata Yoga (Iyengar)**

Mondays: 9:15 - 10:45 **English**, Tuesdays: 9:00 - 10:30, Thursdays: 9:00 - 10:30 and 18:00 - 19:30, Thursdays:  
20:00 - 21:30 for Men - @ the Chiropractic Health Center, Kaiserswerth.

Registration and information: 02131 512 1775 or [rw@das-centrum.de](mailto:rw@das-centrum.de).

*\*Times and venues may be subject to changes. Places are limited. Registration necessary to avoid disappointment.*

*Don't change your medication or start a supplement regime without consulting a health professional.*