



NEWSLETTER NO. 5, May 2009

A Healthy Holiday

Here are some ideas with regards to staying healthy when you are travelling this summer:

Stomach Upset: In order to avoid Traveler's Diarrhea and to keep your gut-flora in good shape during the summer, start taking a good Probiotic supplement a few weeks before you leave home and continue to take the Probiotic every day while you are travelling and 1 week after you return. Also ensure that you wash your hands often and that you only drink bottled water if you are not sure about your water source. The following foods also support a healthy digestion: fermented foods, miso, pickled vegetables, garlic, onions, Jerusalem artichokes, chicory root, leek, bananas, rye.

Sunburn: It is good to get some sun exposure to increase the stores of the valuable vitamin D, however overexposure can lead to skin damage. Apart from protecting from the outside with Sun creams, certain nutrients have been found to also protect the skin from the damaging effects of the sun: lycopene (cooked tomatoes, water melon), beta carotene (carrots), brightly coloured fruit, berries and vegetables.

DVT (blood clot): Standard advice includes taking an aspirin a couple of hours before flying, exercise mid-flight and to wear flight socks. Nutrients like pine bark and grape seed extract (rich in antioxidants) may also be beneficial.

Colds/Flu: Your immune system might be working overtime this summer dealing with bacteria, parasites and viruses you become exposed to during your travels. Keep your digestion health, get enough sleep, drink enough water (do not leave plastic bottles in the sun – the plastic can emit harmful substances).

Source: 100% Health – Patrick Holford

Cellulite

Cellulite is a 'cosmetic' condition where the connective tissue has become weekend. It mostly affects women . Contributing factors can be:

- Poor circulation (lymph and blood)
- Toxic overload
- Lack of exercise
- Poor diet
- Diet low in fruit & vegetables
- Smoking
- Hormonal imbalance

Nutritional solutions that may contribute to an improvement in skin tone include:

- Avoidance of refined (white bread, cakes, biscuits, sugar) and processed foods
- A high intake of foods rich in vitamin C and bioflavonoids, e.g. berries, kiwi, broccoli
- Supplements, such as milk thistle, vitamin C, gotu kola
- Weight reduction

Other (improving circulation):

- Exercise
- Massage and Skin brushing
- Lymphatic drainage

There are many commercial products available, but they mostly do not keep what they promise. There are no long-term, double-blind studies demonstrating that these are any better than placebo – so be careful before you spend your money. One exception is Gotu kola (oral administration) and caffeine (topical administration).

Source: Encyclopedia of Natural Medicine by M. Murray N.D. / J. Pizzorno N.D.

Nutrient - Lycopene

Lycopene is an antioxidant, which has been found to helpful in preventing sunburn and is believed to prevent prostate cancer, although the science is not conclusive. Found in tomatoes, water melon, rosehip.

Super Food - Tomatoes

Tomatoes are rich in lycopene. Processed and ripe tomatoes contain more lycopene than raw tomatoes. Organic tomatoes have been found to have more than twice the amount of lycopene.

For a personal **Optimum Nutrition consultation** contact:
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Don't change your medication or start a supplement regime without consulting a health professional.