



NEWSLETTER NO. 8 September 2010

The 100% Health Survey (2010)

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

Skin Health

Poor skin health was defined as dry skin, eczema, cracked lips, greasy skin and stretch marks.

The likelihood of having very poor skin health almost doubled for those who consumed more than 2 sugary snacks per day compared to those who consumed less.

High wheat, red meat and added sugar consumption was also clearly associated with the likelihood of very poor skin health.

Source: 100% Health Survey, Patrick Holford

Clear Skin Diet

Create **clean** blood that continuously supplies wonderful **nutrients** right to the doorway of each and every cell in your body and you're well on your way to having beautiful skin.

The six organs responsible for providing you with beautiful skin include your:

- Liver
- Kidneys
- Adrenals
- Thyroid
- Large and small intestines

Each of these organs respond wonderfully to changes in the diet. In order to attack the problem at the root cause, work on the system that is the weakest. This might warrant an individual Nutrition Programme.

PMS/PMT – Premenstrual Syndrome (Tension)

Why do 30-40% of all women suffer from PMS (5% suffer so badly that they can not function properly)? Women between the age of 30 to 45 suffer the most from the more than 150 symptoms that characterise PMS. PMS is increasingly being recognised as a medical condition.

The most common symptoms are; mood swings, weight increase, bloating, breast tenderness, water retention, carbohydrate cravings, increased appetite, tiredness, headaches, sleeplessness and listlessness, skin outbreaks.

The underlying reasons seem to be many:

- ⊙ Low thyroid
- ⊙ Stress (adrenal insufficiency)
- ⊙ Depression
- ⊙ Nutritional imbalances, deficiencies
- ⊙ Liver overload
- ⊙ Lack of exercise

So what can be done?

- ⊙ Blood sugar diet/Low-GL
- ⊙ Increase 'good fats', magnesium and vitamin B6 in the diet
- ⊙ Regular consumption of phytoestrogens
- ⊙ More fruit and vegetables (5-10 per day)
- ⊙ Avoid plastic and artificial ingredients
- ⊙ Liver Detox!
- ⊙ Individual Nutrition programme
- ⊙ Regular lifestyle, stress reduction and exercise
- ⊙ Investigating hormonal imbalances, digestive problems and deficiencies
- ⊙ Vitamin-, mineral and herbal therapy

For more information about courses or for an individual **Nutrition Therapy consultation**, contact:
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**NEW OPENING IN NOVEMBER! CENTER FOR HOLISTIC THERAPIES, WITTLAER
Homeopathy, Nutrition Therapy, Cranio-Sacral Therapy, Hypnotherapy, Nordic Walking, Gymnastic, Pregnancy, Acupuncture, Phytotherapy, Metabolic Balancing, Chiropody, Facials**

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