

Homeopathy and Allergy Testing

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SWINE FLU

I'm sure you have seen lots of information on swine flu. Below I have put some general advice on keeping your immune system as healthy as possible so that you are more able to fight off anything passing by

- **Take a really good quality multi mineral and vitamin such as Blue-Green Algae from Klamath Lake available from me**
- **Take Echinacea Purpurea tincture available from the health food shop**
- **Eat regularly with no more than 4 hours between meals. Try to eat a varied diet including lots of green vegetables and not too much sugar**
- **Get at least 7 hours sleep per night**
- **Exercise at least 3-4 times a week**
- **Avoid drinking alcohol excessively**
- **If you smoke try to reduce as much as possible**
- **Try not to worry about the current press on swine flu. The happier we are, the healthier we are**

Blue-Green Algae

This is an ancient water plant recognised by scientists as the most nutritious food known. The strain from Klamath Lake gram for gram has more assimilable protein than any other food available. It contains an almost perfect balance of the vitamins, trace minerals and essential amino acids which are vital for optimum physical health and a high level of immune function. This algae is also said to improve sleep, reduce allergies and alleviate PMT.

I am offering this Blue-Green Algae discounted until 15th June 2009. If you would like to take advantage of this offer please place your order with me before that date.

60 Veg. Caps £13.80

Usually £15.80

120 Veg. Caps £24.80

Usually £29.80

50g Algae Powder £21.95

Usually £25.95

60ml Algae Liquid £21.00

Usually £25.00

If you are not receiving this by email and would like to please let me have your email address! Thank you

The Dangers of Artificial Sweeteners –

Don't Buy 'Sugar Free', its best to have real sugar in sensible quantities

This is information from a follow-up of the television story on Mentos and Diet Coke –

Mixing any mint product such as Mint Life Savers, Tic Tac's, Cool Mints etc with aspartame (artificial sweetener) causes a chemical reaction (explosion) in the stomach. The mint is not the culprit here but the aspartame. Aspartame is 951 on the product label. Another name and code for it is 950, Acelsultame F.

Aspartame poisoning has been scientifically linked to 92 symptoms of disease.

Most European countries have forbidden the importing and use in their country of aspartame including all makes of saccharin, including Equal, Nutra-Sweet, Spoonful & diet drinks, including 6,000 consumer goods and beverages sold on the supermarket shelves. This ban affects all use of this product in any type of consumable infringement and will carry penalties that go from 9,000 Euros to 90,000 Euros.

Mexico is also considering banning all 6,000 products of aspartame on its supermarket shelves. In Mexico aspartame is known as Rumsfeld's Disease, after George Bush's friend Donald Rumsfeld. The Nutra-Sweet Company and Searle are owned by Monsanto who appointed Rumsfeld as their General Manager so they could use his clout with Parliament to get this deadly poison passed by the FDA and boost their sales of aspartame.

So I would advise always reading product labels carefully whenever you go shopping to check whether what you are buying is sweetened naturally or not. Never go for the 'sugar free' or 'diet' option.

A little sugar in moderation is far better for you than the artificial alternatives.



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