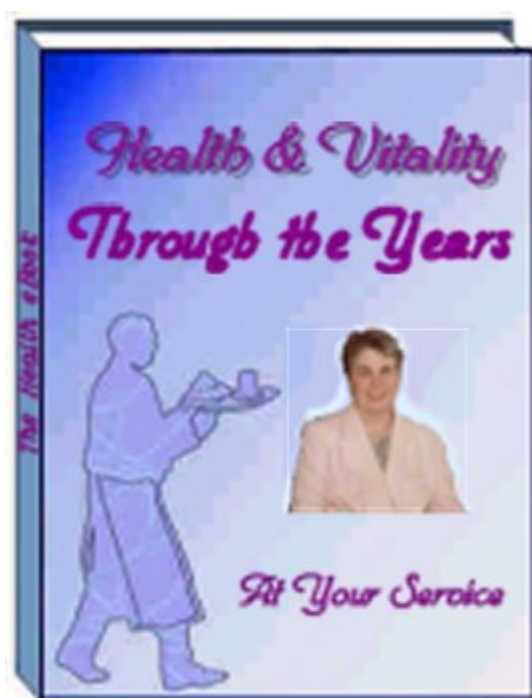


The Health Tips eBook



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Welcome to The Health & Vitality eBook

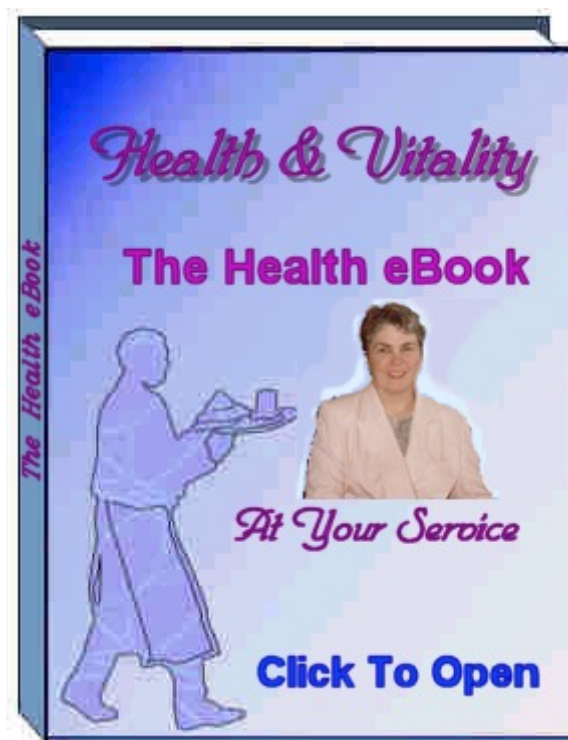
This is a collection of articles, health hints and tips from our full professional courses, our Newsletter and many other sources. I'm sure you'll find it helpful.

We have put together items that we feel will be helpful in the pursuit of better health and well-being and we will try to add items to the eBook from time to time

We offer this Health eBook entirely Free to you and we urge you to pass it on to your friends and acquaintances, who may enjoy and benefit from the contents.

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You are welcome to pass this eBook on to all your friends and contacts.

- It may be of some interest to them also!

I would just ask that it remains in its entirety, - Thank You!

This is a small collection of hints and tips from various sources to help you throughout the year and covering the subjects that we have received many enquiries about - Weight Management, longevity and general health.

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A warm welcome to the Health & Vitality "Health Tips eBook".

Introduction:

This little eBook has been put together at the request of many of our Newsletter and Update Mailing list subscribers.

I have tried to give some general health hints and tips using various articles from a number of different sources and having an emphasis on general weight management, fitness and overall well-being.

I will continue to add articles of general health interest as time goes on and would invite you to send your own health tips, hints or articles.

Send your Health & Fitness Articles to: newsletter@health-vitality.com

Some of the articles in this publication are excerpts from our training courses and Newsletter, whilst others have been selected from the many interesting articles found on the Internet.

Three of the Winter Articles have been taken from the Aromatherapy and Natural Health Magazine, which is an excellent publication covering a wide range of Natural Health subjects, such as : Aromatherapy; Herbalism, Nutrition and Healthy Eating; Massage; Reflexology; Stress Relief, plus an Open Clinic where your questions are answered by a panel of health experts.

The "Aromatherapy and Natural Health" Magazine is published by :
G.E.Fabri Ltd., Elme House, 133 Long Acre, London, WC2E 9AW -
It is available fortnightly from your newsagent or by subscription from Fabri.
I would certainly recommend it to you as a tremendous source of Health Tips.

PLEASE NOTE: - While we have taken every reasonable precaution to ensure that the information contained in this eBook is in keeping with current medical knowledge, it is very important that you always consult your doctor concerning specific health problems.

Please feel free to pass this eBook on to your friends and acquaintances who may benefit from the contents.

You may also publish it on your Website or give it away Free with any of your own products or services, provided it remains in its entirety.

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THE POSITIVE WEIGHT LOSS APPROACH

Once you have made up your mind to lose weight, you should make that commitment and go into it with a positive attitude. We all know that losing weight can be quite a challenge. In fact, for some, it can be downright tough. It takes time, practice and support to change lifetime habits. But it's a process you must learn in order to succeed. You and you alone are the one who has the power to lose unwanted pounds.

Think like a winner, and not a loser - - remember that emotions are like muscles and the ones you use most grow the strongest. If you always look at the negative side of things, you'll become a downbeat, pessimistic person. Even slightly negative thoughts have a greater impact on you and last longer than powerful positive thoughts.

Negative thinking doesn't do you any good, it just holds you back from accomplishing the things you want to do. When a negative thought creeps into your mind, replace it reminding yourself that you're somebody, you have self-worth and you possess unique strengths and talents.

You can really help overcome the negative tendency that we all have, by practicing some simple NLP (Neuro-linguistic Programming) techniques. This sounds dreadfully complicated, but in fact, some of these techniques are so simple that most people don't believe they could possibly work and so don't even try them.

However, I can assure you that simple NLP techniques are so powerful that they can change all aspects of your life and can be particularly helpful in overcoming fears and addictions and generally providing that self-belief that will enable you to achieve what at present seems an impossible task.

There are many excellent books on NLP available from most good book stores or you can see some listed at - [Books & Magazines](#). You can get more advice and details about NLP techniques and easy, effective courses that you can enjoy in the comfort of your own home. Just take a look at - [NLP](#)

Contemplate what lies ahead of you. Losing weight is not just about diets. It's about a whole new you and the possibility of creating a new life for yourself. Investigate the weight loss programs that appeal to you and that you feel will teach you the behavioral skills you need to stick with throughout the weight-loss process.

First you should look for support among family and friends. It can be an enormous help to discuss obstacles and share skills and tactics with others on the same path. You might look for this support from others you know who are in weight loss programs and you can seek guidance from someone you know who has lost weight and kept it off.

There are success stories across the country today. On television and in newspapers, magazines and tabloids about people who have miraculously lost untold pounds and kept it off. In all instances they say their mental attitude as well as their outlook on life has totally changed.

Diets and weight loss programs are more flexible now than they once were and there are many prepared foods already portioned out. They are made attractive and can be

prepared in a matter of minutes. Low-fat and low-calorie foods are on shelves everywhere.

You will probably need to learn new, wiser eating skills. You will want a weight loss regimen that gives you some control, rather than imposing one rigid system. Look for one that offers a variety of different eating plans, so you can choose the one that's best for you.

To make your program as enjoyable as possible you need to use every little thing that may just make things easier. So, don't be afraid to try out any hints or tips that you read about or that friends tell you about. Remember, if it takes your fancy, then you'll probably enjoy it and more importantly 'stick with it'.

You may also find it helpful to practice some relaxation methods and in general make your whole lifestyle less stressful.

You'll find [Aromatherapy](#) to be an excellent all-round method of maintaining good health and helping to relieve stress and tension and alleviate many of the common and annoying ailments that prevent you from keeping up a positive attitude, which is essential in your weight control quest. - [Find out more about it!](#)

Keep in mind, too, that your weight loss program will most likely include some physical exercises. Look at the exercising aspect of your program as fun and recreation and not as a form of gruelling and sweaty work. The fact is that physical fitness is linked inseparably to all personal effectiveness in every field. Anyone willing to take the few simple steps that lie between them and fitness will shortly begin to feel better, and the improvement will reflect itself in every facet of their existence.

Doctors now say that walking is one of the best exercises. It helps the total circulation of blood throughout the body, and thus has a direct effect on your overall feeling of health. There are things such as aerobics, jogging, swimming and many other exercises, which will benefit a weight loss program. Discuss the options with your doctor and take his advice in planning your exercise and weight loss program.

Why not make things easier for yourself and help really manage your weight with the ["LEAN CONNECTIONS" - Take a look Now!](#)

There's also an easy-to-follow Weight Loss Plan that you can get your hands on TODAY....[GET 101 EASY WEIGHT LOSS TIPS](#)

Visit our Website at: <http://www.easyweightlosstip.com/>

Amazing Weight Loss Has Been Achieved Using Our Self-Hypnosis MIND POWER CD'S – and Many Other Common Life Problems.

CHECK OUT THESE AMAZING CD'S AT:

<http://www.TheHypnosisCDs.com/>

SENSIBLE DIET TIPS

Start your diet with a food diary, record everything you eat, what you were doing at the time, and how you felt. That tells you about yourself, your temptation, the emotional states that encourage you to snack and may help you lose once you see how much you eat.

Instead of eating the forbidden piece of candy, brush your teeth. If you're about to cheat, allow yourself a treat, then eat only half a bite and throw the other half away. When hunger hits, wait 10 minutes before eating and see if it passes. Set attainable goals. Don't say, "I want to lose 50 pounds." Say, "I want to lose 5 pounds a month." Get enough sleep but not too much. Try to avoid sugar. Highly sweetened foods tend to make you crave more.

Drink six to eight glasses of water a day. Water itself helps cut down on water retention because it acts as a diuretic. Taken before meals, it dulls the appetite by giving you that "full feeling." Diet with a friend. Support groups are important, and caring people can help one another succeed. Start your own, even with just one other person.

Substitute activity for eating. When the cravings hit, go to the gym or health club, if possible; - or dust, or walk around the block. This is especially helpful if you eat out of anger or frustration.

If the pie on the counter is just too great a temptation and you don't want to throw it away, freeze it. If you're a late-night eater, have a carbohydrate, such as a slice of bread or a cracker, before bedtime to cut down on cravings. Keep an orange slice or a glass of water by your bed to quiet the hunger pangs that wake you up.

If you use food as a reward, establish a new reward system. Buy yourself a non-edible reward. Write down everything you eat - - everything - including what you taste when you cook. If you monitor what you eat, you can't go off your diet.

Weigh yourself once a week at the same time. Your weight fluctuates constantly and you can weigh more at night than you did in the morning, a downer if you stuck to your diet all day. Make dining an event. Eat from your own special plate, on your own special placemat, and borrow the Japanese art of food arranging to make your meal, no matter how meagre, look lovely. This is a trick that helps chronic over-eaters and bingers pay attention to their food instead of consuming it unconsciously.

Don't shop when you're hungry. You'll only buy more fattening food. Avoid finger foods that are easy to eat in large amounts. Avoid consuming large quantities of fattening liquids, which are so easy to overdo. And this includes alcoholic beverages.

Keep plenty of crunchy foods like raw vegetables and air-popped fat-free popcorn on hand. They're high in fibre, satisfying and filling.

Leave something on your plate, even if you are a charter member of the Clean The Plate Club. It's a good sign that you can stop eating when you want to, not just when your plate is empty.

Lose weight for yourself, not to please your husband, your parents or your friends.

Make the kitchen off-limits at any time other than mealtime. Always eat at the table, never in front of the TV set or with the radio on.

Concentrate on eating every mouthful slowly and savouring each morsel.

Chew everything from 10 to 20 times and count! In fact my Dad used to always insist on 32 chews to the bite, but maybe that's out of date in this much faster lifestyle of ours.

Never skip meals.

If you want some real help in managing your weight and energy levels, why not find out more about our **["LEAN CONNECTION" - Take a look Now!](#)**

There's also an easy-to-follow Weight Loss Plan that you can get your hands on TODAY....**[GET 101 EASY WEIGHT LOSS TIPS](#)**

Visit our Website at: <http://www.easyweightlosstip.com/>

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WHERE DIETS GO WRONG

When we discover that we are heavier than we want to be, we have a natural inclination to eat less food. We may skip lunch or eat only a tiny amount of our dinner in the hope that if we eat less our body will burn off some of its fat. But that is not necessarily true. Eating less actually makes it more difficult to lose weight.

Keep in mind that the human body took shape millions of years ago, and at that time there were diets. The only low-calorie event in people's lives was starvation. Those who could cope with a temporary lack of food were the ones who survived. Our bodies, therefore, have developed this built-in mechanism to help us survive in the face of low food intake.

When researchers compare overweight and thin people, they find that they eat roughly the same number of calories. What makes overweight people different is the amount of fat that they eat. Thin people tend to eat less fat and more complex carbohydrates.

Losing weight is not something one can do overnight. A carefully planned weight loss program requires common sense and certain guidelines. Unfortunately, there's a lot of misinformation floating around and lots of desperate people are easily duped and ripped off.

Every day one can open a magazine or newspaper and see advertisements touting some new product, pill or patch that will take excess weight off quickly. Everyone seems to be looking for that "magic" weight loss pill.

Millions of Americans are trying to lose weight, spending billions of dollars every year on diet programs and products. Often they do lose some weight. But, if you check with the same people five years later, you will find that nearly all have regained whatever weight they lost.

A survey was done recently to try and determine if any commercial diet program could prove long-term success. Not a single program could do so. So rampant has the so-called diet industry become with new products and false claims that the FDA has now stepped in and started clamping down.

Personally, I don't like the idea of diets and weight-loss programs. - I prefer to look upon our diet as our essential and extremely pleasurable method of keeping our bodies fit and healthy and bursting with energy and vitality.

The particular program you embark upon to change the way you look and feel, I would call a "Weight Management Program". You see there are many people who are well below a normal healthy weight and they too would greatly benefit from a "Weight Management Program".

I consider the management of weight, fitness, health and vitality as an ongoing lifetime program - in other words - "A Way of Life" or lifestyle. You should take a look at - [The Lifestyle Nutritional Products](#) , which really encompasses this whole

concept and indeed can help form a very effective Weight Management and Natural Health Nutritional program.

Being seriously overweight and particularly obesity can develop into a number of diseases and serious health problems, and it is now a known fact that when caloric intake is excessive, some of the excess frequently is saturated fat.

The myth is that people get heavy by eating too many calories. Calories are a consideration it's true, but overall they are not the cause of obesity in America today. Americans actually take in fewer calories each day than they did at the beginning of the century.

If calories alone were the reason we become overweight, we should all be thin. But we are not. Collectively, we are heavier than ever. Partly, it is because we are more sedentary now. But equally, as important is the fact that the fat content of the American diet has changed dramatically.

People who diet without exercising often get fatter with time. Although your weight may initially drop while dieting, such weight loss consists mostly of water and muscle. When the weight returns, it comes back as fat. To avoid getting fatter over time, increase your metabolism by exercising regularly.

Select an exercise routine that you are comfortable with and remember that walking is one of the best and easiest exercises for strengthening your bones, controlling your weight and toning your muscles.

EXERCISE MELTS BODY FAT

If you want to reduce your body fat, focus on increasing the amount of exercise you get rather than decreasing your food intake.

A recent national study was done using two groups of sedentary men, one group in their 20's and the other over age 65. A lot was learned from this accumulated data and it is interesting to note that there was a significant relationship between lack of physical activity and fat.

Not surprisingly, the most sedentary men had the most body fat.

These studies have also indicated that the government's current recommended daily allowance for calories does not correlate with the body's actual energy needs. For example, although 2400 calories have been calculated for older men, they in fact burned an average of 2800 calories daily.

The leading experts now recommend that people who want to lose weight start increasing their physical activity.

Just being more active in general (such as climbing the stairs instead of taking the elevator, moving around instead of sitting still, sitting up instead of lying down as well as showing some excitement and enthusiasm instead of boredom), are things that more effectively burn calories and reduce body fat.

Everyone seems to have lost sight of the value of being active. Consider this, - a half-hour aerobic workout accounts for far less energy expenditure than our minute-to-minute movement in the office or at home.

Millions of Americans are trying to lose weight, spending approximately \$30Bn billion a year on diet programs and products and often they do lose some weight.

However, if you check with the same people five years later, you will find that nearly all have regained whatever weight they lost.

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Being seriously overweight and particularly obese predisposes individuals to a number of diseases and serious health problems, and it's now a known fact that when caloric intake is excessive, some of the excess frequently is saturated fat.

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Walking is one of the best exercises for strengthening bones, controlling weight, toning the leg muscles, maintaining good posture and improving positive self-concept.

To lose weight, it's more important to walk for time than speed. Walking at a moderate pace yields longer workouts with less soreness - leading to more miles and more fat worked off on a regular basis.

High intensity walks on alternate days help condition one's system. But in a walking, weight-loss program, you are not required to walk an hour every day as some people would have you believe.

When it comes to good health and weight loss, exercise and diet are inter-related. Exercising without maintaining a balanced diet is no more beneficial than dieting while remaining inactive.

A good Lifestyle Nutritional Program is essential and certainly worth your serious consideration.

There's plenty of good advice at our Health & Vitality Website
Why Not Take a Look Today! – You might Find Help There...

www.Health-Vitality.com

Three universal goals most of us share are: to live longer, to live free of illness and to control our weight.

Interesting enough, normal walking lets us achieve all three. In fact, walking may be man's best medicine for slowing the aging process.

First, it works almost every muscle in the body, improving circulation to the joints and massaging the blood vessels (keeping them more elastic). Walking also helps us maintain both our muscle mass and metabolism as we age. It also keeps us young in spirit.

For anyone out of shape or not athletically inclined, walking is the no-stress, no-sweat answer to lifelong conditioning. All it takes is a little time, common sense and a few guidelines.

Unfortunately, there's a lot of misinformation floating around regarding fitness walking, weight-loss and dieting. Walking is one of the best exercises for strengthening bones, controlling weight, toning the leg muscles, maintaining good posture and improving positive self-concept.

People who diet without exercising often get fatter with time. Although your weight may initially drop while dieting, such weight loss consists mostly of water and muscle. When the weight returns, it comes back as fat. To avoid getting fatter over time, increase your metabolism by exercising daily.

To lose weight, it's more important to walk for time, than speed. Walking at a moderate pace yields longer workouts with less soreness - - leading to more miles and more calories spent on a regular basis.

High-intensity walks on alternate days help condition one's system. But in a walking, weight-loss program, it's better to be active every day. This doesn't require walking an hour every day. The key is leading an active life-style 365 days a year.

There's nothing more satisfying, enjoyable and health enhancing, than a daily ritual of eating, exercise and relaxation. Imagine returning from your walk in the forest or the park and relaxing in a warm bath with added essential oils to relieve all stress and tension - aches and pains. - Delightful. - [Try simple Aromatherapy](#)

When it comes to good health and weight loss, exercise and diet are interrelated. Exercising without maintaining a balanced diet is no more beneficial than dieting while remaining inactive.

The national research council recommends eating five or more servings of fruits and vegetables a day. Fruits and vegetables are the ideal diet foods for several reasons. They are relatively low in fat and calories, yet are often high in fibre and rich in essential vitamins and minerals.

Remember that rapid weight-loss consists mostly of water and muscle - - the wrong kind of weight to lose. To avoid this, set more reasonable goals, such as one pound per week.

Carbohydrates are high-octane fuel. They provide energy for movement and help raise internal body metabolism. They're also satisfying. The key is not adding high-fat toppings to your carbohydrates.

It's everyday habits, which define our weight and body composition. A three-minute walk after each meal is worth four pounds less body fat annually.

Two flights of stairs a day burns off half a pound of body fat in a year. On the other hand, one candy bar eaten daily will cost you 20 pounds annually.

[Check Out THE CORAL LEAN CONNECTION - Weight loss program](#)

**Amazing Weight Loss Has Been Achieved Using Our Self-Hypnosis
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YOUR HOLIDAY FIRST AID KIT

Special holiday edition.

We thought it would be a good idea to give some tips on one or two things, which can be a real boon to the holidaymaker at this time.

1. For any form of travel sickness or nausea it is helpful to carry a small bottle of Peppermint Essential Oil and simply place a couple of drops onto a tissue and waft it from time to time just under your nose. Ginger Essential Oil is also good for the same form of nausea and travel sickness.
2. Whilst mentioning Peppermint and Ginger Oils, it should be noted that it is also excellent for indigestion, which can be quite common on holiday when we are often eating in a rush or on the move and often eating strange and exotic foods.

In this instance, the tissue is still effective in relieving any nausea and most effective is to gently massage the upper part of the abdomen, using a few drops of Ginger Oil (4 drops) mixed in 10ml (2 teaspoonfuls) of Sweet Almond Oil or Grapeseed oil. Other essential oils, which can be massaged in this way, are – Chamomile, Peppermint and Lavender.

3. Probably the most versatile and effective item to have in your holiday first aid kit is the aforementioned Lavender Oil. Lavender is very effective as a general 'stress buster' and a couple of drops on a tissue can bring a sense of relaxation. A drop or two of Lavender oil on your pillow or a tissue close to your bed will ensure a restful sleep.

Lavender is also has an antiseptic and analgesic effect, so it is an excellent stand-by for cuts, grazes and bruises. It can be used directly on the skin and is tremendous for relieving the pain and itching of insect bites and stings. Tea Tree Oil is also excellent as an antiseptic for cuts, grazes, bites and stings.

4. To relieve those nasty holiday headaches the best remedy is to rub a couple of drops of Lavender into your temples with your fingertips, or you can use one drop each of peppermint and Lavender.

All the above-mentioned oils can be obtained from most Chemists but it is a good idea to get your holiday needs together before leaving from home. - The top suggestions would be: - Essential Oils of – Lavender, Peppermint, and Tea Tree.

5. One of the most important things to remember on holiday and indeed one of the most effective general health tips, is to make sure you Drink Plenty Water. Our bodies are made up of about 70 per cent water and indeed it is absolutely essential for our health and well-being.

Water has an effect on every system of your body carrying nutrients to the cells and flushing away the toxins and waste products.

Most of us don't drink enough water and particularly during the hot summer months and when on holiday, we tend to drink more alcohol, tea and coffee. These all have the effect of dehydrating the system. You should therefore make an effort to drink at least two pints of water every day.

A good way to increase your water intake is to have a glass of warm water, with a squeeze of lemon juice, first thing in the morning and during the day try to replace your tea and coffee intake with a cool refreshing glass of water. You can add a dash of natural fruit juice to flavour.

Another good way of increasing our water intake is simply replace the cups of tea and coffee with some delicious herbal teas.

6. One last tip is to protect yourself from too much sun. It's so obvious, yet very difficult when you're enjoying yourself on the beach. We have found a wonderful product in Aloe Vera. You can read about "Nature's Miracle Plant";-"The Medicine Plant" on our Website at - www.health-vitality.com We would recommend Aloe Vera Suntan Lotion (available from 'Forever Living' distributors).

As Aloe Vera is an adaptogen: it does adapt to the needs of the individual and is very effective as a protection against sunburn.

The Aloe Vera Jelly, which is also produced by 'Forever Living Products', is an essential in our General Household First Aid Kit and our Holiday First Aid Kit, simply because it is so effective for all topical skin problems like sunburn, rashes, cuts, grazes, bruises, insect bites, stings and many more little annoyances that we suffer.

Suffice it is to say that Aloe Vera is indeed a 'Miracle Plant' and if you are interested in finding out more about it, or would like to Enhance Your Life by adding Aloe Vera products to your nutritional regimen, then again details are available via our website – www.health-vitality.com

FUELING UP ON WATER

It's our body's vital fuel, a health drink from Mother Nature. It's calorie-free, inexpensive and easily obtained. Yet few people follow the old fashioned advice to drink eight glasses of water a day.

Most people drink when they are thirsty, but the beverage of choice tends to be some other drink besides water. Americans drink two or three glasses of plain water a day, according to a U.S. Department of Agriculture survey conducted in the late 1970.

Based on an analysis of all fluid intake by adults, it is said to total about two quarts of water a day, and this includes water from foods and from other beverages. It's not usually necessary to actually swallow two quarts of plain water every day. However, people with special problems such as kidney conditions might be exceptions.

Americans drink eight gallons of bottled water a year, roughly two ounces or a quarter-cup a day, according to the International Bottled Water Association. Californians drink three times the national average of bottled water, downing 24 gallons a year, or nearly a cup a day.

Climate and seasons of the year play a role in one's thirst also, and just as we tend to perspire more in the summer months, we also tend to drink more water. Boosting intake of plain water makes good sense, many experts concur, because water eases digestion and regulates body temperature.

Water also bathes the cells and accounts for about 60 percent of body weight. And it can help us exercise longer and more efficiently.

Drinking water can ward off constipation and maybe even crankiness. And since it's a natural appetite suppressant, water can help us lose weight and keep it off. It can help keep skin healthy, although it won't necessarily banish acne.

Who should drink water? We all should, but pregnant women, nursing mothers and athletes should be especially careful to drink a sufficient amount. When it is hot or humid, upping water intake is also wise.

There are certain workers who seem to have a more difficult time developing the water-drinking habit. Among those who don't normally drink enough water are teachers, airline attendants and nurses.

Drinking fluids, particularly, water, during exercise reduces cardiovascular stress and improves performance. After a strenuous workout, you have to replace the fluids you have lost. Otherwise, you will suffer chronic dehydration.

Drink water before, during and after exercising, and remember that water reduces body temperature thus making the whole exercise process safer.

Water can be especially helpful for people with a history of kidney stones because it dissolves calcium in the urine, reducing the risk of stone formation.

Among physicians, urologists are probably most likely to extol the virtues of water, And it has been documented that drinking water mostly before 6 P.M. can reduce the likelihood of nocturnal bathroom visits.

It is interesting to note also that water helps prevent urinary tract infections, both for men and for women.

Too busy to count how many glasses a day you drink?

There are other ways to calculate if your intake is sufficient. Dark-coloured urine often suggests you aren't drinking enough water.

Get into the habit by starting with a glass of water with every meal, then work in a cup between meals.

**Get the Amazing Health Secret of The Oldest Man In The World - - -
Add Coral Calcium to your Water and Add Years to Your Life - - -**

**** - <http://www.health-vitality.com/sangocal.htm> - ****

SAFEGUARDING YOUR FOOD

Every year, an estimated 7 million Americans suffer from cases of food-borne illness. Some cases are violent and even result in death.

Of course this is commonly known as "food poisoning." The culprit is food that has dangerously high levels of bacteria due to improper cooking or handling.

Food safety is usually taken for granted by the buying public, but everyone's attention was recently directed to food poisoning involving some meat that was undercooked. It was determined that the problem never would have happened if the meat had been cooked properly. E.Coli 0157.H7 is a potent virus, but it can be completely destroyed when the meat is fully cooked.

It is important for consumers to take an all-around safety approach to purchasing, storing and preparing both traditional and new meat and poultry products. Ultimately, consumers and food handlers bear the responsibility for keeping food safe once it leaves the store.

According to the U.S. Department of Agriculture, about 85 percent of food-borne illness cases could be avoided each year if consumers would handle food properly.

The most common food-borne illnesses are caused by a combination of bacteria, naturally present in the environment, and food handling mistakes. Ironically, these are also the easiest types of food-borne illnesses to prevent. Proper cooking or processing of raw meat and poultry kills bacteria that can cause food-borne illness.

When you're out, grocery shop last, take food straight home to the refrigerator. And never leave food in a hot car! Don't buy anything you won't use before the use-by date. Don't buy food in poor condition.

Make sure refrigerated food is cold to the touch. Frozen food should be rock-solid. Canned goods should be free of dents, cracks or bulging lids, which can indicate a serious food poisoning threat.

The performance and maintenance of your refrigerator is of the utmost importance.

Check the temperature of your refrigerator with an appliance thermometer. To keep bacteria in check, the refrigerator should run at 40 degrees F; the freezer unit at 0 degrees F. Generally, keep your refrigerator as cold as possible without freezing your milk or lettuce.

When you prepare food, keep everything clean and thaw out any frozen food you plan to prepare in your refrigerator. Take it out of the freezer in advance and place it in the refrigerated section of your refrigerator.

Always wash your hands in hot soapy water before preparing and handling any food as well as after you use the bathroom, change diapers, handle pets, etc. Remember, too, that bacteria can live in your kitchen towels, sponges and dishcloths. Wash them often and replace the dishcloths and sponges you use regularly every few weeks.

Be absolutely sure that you keep all raw meats, poultry and fish and their juices away from other food.

For instance, wash your hands, your cutting board and knife in hot soapy water after cutting up the chicken and before dicing salad ingredients. It is best to use plastic cutting boards rather than wooden ones where bacteria can hide in grooves.

Don't take your food out of the freezer and leave it on the kitchen counter to thaw. This is extremely dangerous since the bacteria can grow in the outer layers of the food before the inside thaws. It is wise to do your marinating in the refrigerator too.

Read More About Healthy Eating and Natural Remedies at: >> [Natural Home Remedies](#)

The Ultimate Natural Health Kit

by Gail Miller

If you are tired of going off to your doctor time and again and either being prescribed medication which is of little use to your symptoms, or more frequently these days, being sent away without any at all, never fear. Here are some of the most effective remedies for all those niggling little ailments, which can often ruin the Summer for sufferers.

Heat Rash

For rashes and itchy skin, try bathing in an infusion of camomile. A couple of camomile tea bags added to your bath water can ease symptoms considerably. Another remedy is a cupful of cider vinegar. Don't use soap on the skin as it can often aggravate irritation.

Sunburn

It is believed that the healing properties of gel extracted from the aloe plant is excellent for sunburn. Many hospitals use aloe for the treatment of burns, and apart from burning from the sun, it is an excellent treatment for minor scalds too.

Bites and stings

If you are bitten by any insects, before you treat, drop a few drops of Bach's Rescue remedy under the tongue. This will reduce shock in the first instance. If you have been stung and can extract the sting easily, do so. Ease the discomfort of a bee sting by bathing in one pint of tepid water with 2 tablespoons of bicarbonate of soda. Wasp stings can be eased by soaking in diluted cider vinegar which is believed to reduce inflammation and clean the wound.

Headaches

By using reflexology, you can ease the symptoms of bad headaches by massaging around the base and over the top of your big toes. Press quite firmly, but don't be surprised if these areas are painful. Afterwards, lie down and relax in a darkened room breathing deeply. A few drops of Lavender oil on a handkerchief or in an oil burner is also a good remedy for headache.

Insomnia

The herb Valerian is one of the best natural aids for settling down stressed out or over aroused sufferers. You can purchase Valerian tablets from any pharmacy and there are some which are specifically for night time use, for example Valerina Night-time. For settling over excited children off to sleep, try mixing one drop of frankincense essential oil with some baby oil and massage into the feet and calves.

Travel sickness

An important worry if you are travelling. Ginger is known to calm the digestive and nervous systems so choosing a travel sickness tablet containing ginger is good idea. Also, a lump of fresh ginger root, which you can chew on should the need arise, can always be kept in the vehicle you are travelling in. Alternatively keep some ordinary ginger biscuits to hand.

Hayfever

The scourge of Summer for many sufferers, when fumes, pollen, dust and other allergens make life a misery for many. Dampen down symptoms with the homeopathic remedy Pollinosan, available in tablet or tincture. For a quick pick me up and to reduce puffy, irritated eyes place a dampened camomile tea bag on each eye and rest for 15 minutes.

Finally, did you know

Stress can be alleviated by massaging the feet with a mixture of unscented body lotion and a few drops of Lavender essential oil.

Vitamin C is excellent for boosting the body's immune system. Chewable tablets, in addition to ordinary ones, are available for children too.

Juniper or Eucalyptus essential oils are excellent for alleviating the effects of Summer colds. For clearing thick heads add a few drops to a bowl of hot water and leave in the bedroom when you retire.

For puffy ankles brought on by water retention or being on your feet too long, try massaging the feet and ankles.

Cola supplies the body with essential fluids and boosts blood glucose. Therefore, for an emergency remedy for travel sickness or diarrhoea take a few slugs to help.

NB; When using or taking any remedy, read all the instructions as given on the packet. Do not exceed any recommended doses given. Have a super Summer!

Gail Miller is author of "WILD CHILD - A Mother, A Son & ADHD" The true story of a mother driven to despair by her unruly son, and her fight with the authorities for recognition & treatment for his condition. ISBN 1 872229 24 7 Patten Press
<http://home.freeuk.net/theadhdgazette/wild.html>
She also publishes "The ADD / ADHD Gazette" the on - line ezine accenting the positive side of ADHD.
<http://www.onelist.com/subscribe.cgi/ADDGazette>

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MILLENNIUM MIRACLES!

Something to think about.

Over the last 4000 years or so, one quite amazing medicinal herb has greatly benefited mankind, often in the most miraculous ways.

It is not surprising therefore, that Aloe Vera has become known as "The Miracle Plant; The Medicine Plant; The Burn Plant; and The Natural Healer". We find record of its uses in both the medicinal field and in cosmetics, by the Egyptians, Romans, Greeks, Italians, Algerians, Moroccans, Indians, Chinese and many others. George Ebers, in 1862, first discovered its antiquity in an Ancient Egyptian papyrus, written around 3500 BC. It was, in fact, a collection of herbal remedies and the original copy is safeguarded in Leipzig University.

Greek and Roman Physicians such as Dioscorides and Pliny the Elder, used Aloe Vera to great effect. In fact, Dioscorides recorded many applications of it, 2000 years ago, - including, in today's terms :-
healing of wounds, stomach disorders and pain, binding, insomnia, constipation, haemorrhoids, itching, headache, mouth and gum disease, kidney ailments, blistering, hair loss, skin care, burning and blemishes etc.

History suggests that Aristotle persuaded Alexander the Great to conquer the Island of Socotra in the Indian Ocean, in order to obtain its rich supply of Aloe. We are told that Alexander grew the plant on wagons so that there would always be a fresh supplies on military campaigns, to treat his armies and heal the battle wounds of his soldiers.

The Egyptian Queens Nefertiti and Cleopatra rated it very highly as a beauty therapy, for in those days health and beauty were linked far more than they are today. There are also several references to the use of Aloes in the Bible (Numbers 24:6; John 19:39; Psalms 45:8).

In Africa it was also revered as a good luck charm and supposedly kept evil spirits away. When placed over the entrance of a house, it ensured a long, healthy and flourishing life for the inhabitants.

Marco Polo found that the Chinese used Aloe for stomach ailments, the treatment of rashes and other skin disorders. Columbus' ships log contained notes on the medicinal uses of Aloe. Malaysians and Jamaicans were known to bind a slab of Aloe pulp to the forehead to relieve all forms of headache, and in Cuba a popular cold remedy is made from Aloe, with sugar and rum.

The Seminole Indians used the healing gel in their surgical procedures, where it was applied directly to the incision.

For centuries Central American Mexican Indians used Aloe Gel for a great many remedies :- for burns, to prevent blisters, for peptic and duodenal ulcers, dysentery and all types of stomach and intestinal disorders, prostatitis, bladder and kidney infections, topical ulcers and skin disorders, and they also felt that it increased their longevity and sexual prowess.

And so it goes on,- over 4000 years of tried and tested health giving remedies from one amazing plant. Unfortunately, as the main centres of civilisation moved north

from the Mediterranean, the change to a cooler climate meant that Aloe Vera was no longer so widely available and its tremendous benefits were almost forgotten and lost to man.

However, in more recent times, our move towards natural remedies and herbal medicine in the western civilisations, has meant an upsurge in the use of one of nature's miracles. Modern research and studies of Aloe Vera have produced similar remarkable results as were found during the previous 4000 years.

So, are miracles possible in the new millennium?
Without doubt, the use of Aloe Vera will amaze you.

So how does it work and what's in this amazing plant?

Well, Aloe Vera has been found to contain over 75 known ingredients, essential to good health.

These are divided into the following groups :-

Vitamins: it contains a wide range, but the most important are the antioxidant vitamins C and E and Beta-carotene, the precursor of vitamin A.

It is also one of the few plant sources in the world of vitamin B12.

Minerals: including magnesium, manganese, zinc, copper, chromium, calcium, sodium, potassium and iron.

Amino Acids: Aloe vera provides 20 of the 22 amino acids required by the human body for the building of proteins.

More importantly, it provides seven of the eight amino acids that cannot be manufactured by the body, and so have to be consumed as food or supplements.

Sugars: including the important long chain polysaccharides, which act to boost the immune system.

Enzymes: lipases and proteases, which break down food and aid digestion, and also carboxypeptidase which is involved in the inflammatory process.

Plant Sterols: the three main types act as powerful anti-inflammatory agents.

Lignin: these soapy substances have a powerful antimicrobial effect against bacteria, viruses, fungi, and yeasts, such as candida or "thrush".

Anthraquinones: the most important being aloin and emodin, but altogether they are strong painkillers and have antibacterial and virucidal properties.

Salicylic Acid: this aspirin-like compound is anti-inflammatory and topically helps break down dead tissue.

Aloe Vera is indeed one of nature's miracles and works by providing a natural rich cocktail of nutritional elements, whose combined action and balance have a powerful effect, by working in 'synergy', as a team, to enhance each others effect. Its nutritional and antioxidant properties help to prevent injury and promote healing to the epithelial tissues, and fight the destructive "free radicals", which are thought to be responsible for numerous ailments, including some cancers.

So much for the history and the technicalities, but how is it that millions of people throughout the world are benefiting daily from this Miracle Plant?

Well quite simply, it works!! - and modern methods of stabilising the pure gel has meant that it can be brought directly to the consumer in convenient packaging.

Many eminent people in the world of nutrition and modern medicine extol the virtues of Aloe Vera and I will try to give some examples of their thoughts and my own experiences of the uses of this wonderful product.

Firstly, Dr. Peter Atherton, MB. ChB. D.Obst. RCOG. MRCP. who has a special interest in dermatology and a deep understanding of the power of herbal remedies, believes, that although it is not a panacea for all ills and that there is no magic about it, Aloe Vera has a very important complementary role to play in the management of many conditions. He lectures extensively on the medical aspects of Aloe Vera and is the author of "The Essential Aloe Vera", the definitive work on the subject. His research and experience have produced innumerable cases where the use of Aloe Vera has proved invaluable in helping the body's own healing processes to work at their optimum.

Another well-known figure in the field of nutrition is Patrick Holford, of the Institute of Optimum Nutrition. Patrick, who lectures extensively and writes regularly for many health publications and has written many books on nutrition, is a devotee of Aloe Vera.

Dr. Greg Henderson, D.C., F.C.T.S. who possesses many qualifications and titles in the fields of medicine and nutrition, is also a very strong exponent in the use of Aloe Vera in his renowned practice in Western U.S.A., where his staff refer to many S.A.M.s each day, that is "Standard Aloe Miracles". He also lectures throughout the world and has a wealth of evidence of these Aloe Miracles.

When you listen to the wisdom of these eminent figures and the many others whom I have had the privilege of hearing, you become totally convinced of the efficacy and value of Aloe Vera in the world of Complementary Medicine.

From our own experience, we have seen some quite miraculous results and I'd like to conclude by sharing just a few of these with you.

I personally have gained complete relief from stomach ulcers and slight rheumatism and other members of the family have enjoyed relief from arthritis, migraine and digestive problems.

We have seen long term sufferers of Irritable Bowel Syndrome gain tremendous relief in a very short space of time.

A young lady who has suffered with chronic M.E. since the age of 16 and who was confined to bed and wheelchair for long periods, and in fact was registered as disabled, has made a most remarkable recovery, and although not completely cured of M.E. she is now leading a normal and very active life.

A miracle indeed.

I could go on citing these remarkable incidences of Aloe Vera and the related products helping to alleviate these dreadful and often chronic ailments which modern-day living seems to throw at us.

However, I think the most important use of Aloe Vera is as a general nutritional supplement. Almost everyone who takes the gel on a regular basis report a much greater sense of well-being and that 'feel good factor' of feeling 'better', calmer and less tense and stressed.

I would be very happy to explain further our uses of Aloe Vera and Beehive Products in our complementary health business and indeed share the opportunity with anyone who would like to distribute the products of the World's Leading Producers and suppliers of Aloe Vera and Beehive Products.

Article by John G. Williamson of Health & Vitality Ltd.

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Wanna Live To Be 100? - The Theories of Aging 101.

by Dr. John Maher - More Details at: <http://www.galaxymall.com/health/lri/antiaging>

There are many theories of aging. But to keep things easy we will start with two basic categories; oxidation reactions and sub-optimal hormone levels.

Oxidation reactions occur when the combustion of oxygen that keep us alive and well produces by-products called oxygen free radicals. When this process occurs in metals, we call it rusting. When it happens in us, we call it aging!

Free radicals are molecules that have lost an electron. When this happens to oxygen, we call it "singlet oxygen" because it has only one of its electrons left. This is a highly unstable condition. To restore balance the radical either tries to steal one electron away from, or donate the remaining one, to another nearby molecule. In so doing, the free radicals create "molecular mayhem", disrupting, damaging and destroying nearby cells. If DNA is involved, mutations occur, a favoured theory of a common cause of cancer. In time, free radical damage accumulates, thereby aging us.

Free radicals are not only produced inside us, but we take them in through smoking, food, air and water pollution, x-rays, sun exposure, and various poisons to name the most common.

"Aging is a disease. The human life span simply reflects the level of free radical oxidative damage that accumulates in cells. When enough damage accumulates, cells can't survive properly anymore and they just give up." E.R. Stadtman, researcher on aging, NIH.

The other major theoretical cause of aging in this brief, introductory overview is sub-optimal hormone levels. As we age some hormones begin a precipitous decline that strongly parallels the onset of aging signs and symptoms. These include human growth hormone, melatonin, DHEA, androstene-dione (made famous by Mark McQwire), testosterone, oestrogen, and progesterone.

Conversely, insulin levels tend to rise, eventually culminating in adult onset diabetes. A relative rise in cortisol, the stress hormone, is all too common as well.

Although thyroid hormone doesn't generally fall with age, many anti-aging doctors insist that slow thyroid function is common, and when present, definitely hastens aging and heart disease.

Human Growth Hormone, aka HGH, as the name implies, stimulates the growth of our tissues. Our internal organs, skin, muscles, nerves and bones are all stimulated to grow by HGH. As our levels of growth hormone shrinks, so do we

Melatonin helps us sleep and may help prevent cancer. One reason why people over 60 sometimes find it hard to go to sleep is declining melatonin levels. DHEA is a building block out of which estrogen and testosterone are made. (It is first converted to androstenedione, however.) DHEA also boosts our immune systems and our brains.

Testosterone, oestrogen, and progesterone give us our sex drive, build muscle, skin and bone, keep our minds sharp, protect our hearts, and help us feel and be attractive.

Thyroid hormone helps keeps us energetic and trim. Along with the above hormones, it helps us burn fat. That spare tire that develops around our bellies at middle age (central obesity) has a lot to do with lower hormone levels. That may be why your last diet didn't work!

Excess insulin levels are associated with diabetes, pre- diabetes, and the mysterious sounding "Syndrome X". When insulin no longer works well, known as insulin resistance, both insulin and then blood sugar rise. The excess blood sugar is forced into the body's tissues, damaging them with "advanced glycation end-products", known as "AGE" appropriately enough!

Cortisol levels, like insulin levels, don't decline with age. Excess levels of this stress hormone is catabolic. That means it catabolises you, or literally "eats you up inside".

When cortisol and insulin are too high, they often lower Hgh, DHEA, and the sex hormones as well!

(End Part I)? If so, then "Next issue we will introduce the basic outline to a scientific anti-aging program based on the above theories of aging"

--Dr. John H. Maher, Editor of the "Longevity News", your FREE at home study course in anti-aging. <http://www.galaxymall.com/health/lri>)

Wanna Live To Be 100? - (Part II)

by Dr. John Maher

More Details at: <http://www.galaxymall.com/health/lri/antiaging>

An Introductory Outline to a Rational Anti- Aging Program.

Now that you have had a brief introduction as to some of major factors in aging, let's do an overview of a rational anti- aging program based on last issues theories of aging.

FIRST, regardless of age, we want to fill our bodies with an abundance of anti-oxidants, while we do our best to avoid oxidant poisons.(Some of us may even need to detoxify to rid our bodies of accumulated oxidants like heavy metals or pesticides). This is done through a good diet and aggressive supplementation.

"We could save billions of dollars if we could delay the onset of chronic diseases by as little as ten years."- Dr. J. Blumberg, Tufts, who advises adults to take anti-oxidant vitamin supplements .

SECOND, we want to prevent sugar imbalances, Syndrome X, diabetes and the accumulation of advanced glycation end products (remember AGE?) by good diet, supplements and exercise.

THIRD, we want to minimize stress and maximize our ability to handle it by balanced healthy life-styles, and vitamins and herbs designed as stress handlers and relievers.

FINALLY, we want to restore our hormonal levels to closer approximate those levels we had when we were young. Today, most anyone can afford to do so safely, without prescription.

"Replacing the hormones which decline with age, such as oestrogen, testosterone, DHEA, melatonin, and now HGH, is as important as replacing normal levels of insulin is to a diabetic." Ronald Klatz, M.D., President of the Academy of Anti-Aging Medicine (A4M).

The American Academy of Anti-Aging Medicine (A4M) predicts 50% of all baby boomers alive and well today will celebrate their 100th birthday with physical and mental faculties intact. By instituting a life-style and supplement program that covers the above basics, you are much more likely to be among the 50% enjoying a 100 year active and sharp" health- span". And if you are younger, your chances are even better!

(-Dr. John H. Maher, Editor of the "Longevity News",
your FREE at home study course in anti-aging.
<http://www.galaxymall.com/health/lri>)

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Nutritional Tips For Longevity

by Dr. John Maher - More Details at: <http://www.RxforWellness.com>

Antioxidants have been linked to longevity. A group at Tuft's in Boston has ranked the anti-oxidant activity of a number of fruits and vegetables according to their overall anti-oxidant activity. They discovered prunes create BY FAR the highest anti-oxidant activity, followed in order by raisins, blueberries, blackberries, kale, strawberries and spinach.

In one group, a 10 oz. serving of fresh, raw spinach scored better than a 1250 mg. dose of vitamin C. An eight ounce serving of vegetables outperformed three glasses of red wine.

In related reports, cherry tomatoes were found to have TEN TIMES the anti-oxidant activity of regular tomatoes. This even though the average tomato contains 10,000 phyto-chemicals.

For maximum anti-oxidant protection, eat 9 servings of fruits and vegetables a day. A "serving" is 1 medium size apple, a half cup of fruit or cooked vegetables, a cup of salad vegetables, or 6 oz. of juice. Remember to eat a wide variety, eating all the colors regularly. Try to eat your fruits and vegetables raw when possible. Then take an anti-oxidant rich vitamin/mineral rich multi, usually iron free or low iron (less than 3 mg) several times a day with meals.

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10 Tips for Longevity

by Dr. John Maher - More Details at: <http://www.RxforWellness.com>

Ten Tips for Healthy Aging

Your chances of staying healthy and living a long time can be improved if you:

Stay physically, mentally, and socially active.

Eat a nutrient dense diet of small frequent meals, including 5 to 9 helpings of fruits and vegetables a day. Don't over eat, even "good" food!

Get regular health check-ups and screening tests for heart disease and common cancers (skin, colon, lung, prostate, breast, cervical). Don't delay seeing your doctor for new symptoms, especially over 40!

Avoid overexposure to the sun and cold, don't smoke (it's never too late to quit), drink in moderation and don't drink and drive!

Practice safety habits at home to prevent falls and fractures. Always wear your seatbelt in a car.

Keep or develop a spiritual belief system that enables you to renegotiate life at every turn, adjusting to and accepting the inevitable losses and changes that come with longevity.

Cultivate (or keep) a love of and appreciation for life and others, and a positive, yet realistic, attitude. Don't sweat the small stuff. Do the things that make you happy. NOW!

Keep personal and financial records in order to simplify budgeting and investing. Plan long-term housing and money needs.

Supplement your diet, adding an iron free multi-vitamin/ mineral and anti-oxidant supplementation. Keep abreast of the advances in natural medicine and anti-aging.

If you desire feeling, performing and looking young as long as possible, maintain the "hormones of youth" (HGH, DHEA, sex hormones, melatonin) at optimal levels through natural hormonal enhancements.

Written by: Dr. John Maher, Solana Beach, CA USA - drjmaher@cts.com
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Stress and Fatigue: Some Natural Remedies

by Dr. John Maher - More Details at: <http://www.galaxymall.com/health/lri/antiaging>

Fatigue, sleep disturbance, stress and tension are the most common complaints in many doctor's offices. In this article we will talk about the adrenal glands and their relation to stress and fatigue.

These thumb size glands sit atop our kidneys. They make many hormones, nerve messengers and immune regulator substances. Some of the hormones are precursors to the sex hormones, others help control water and sugar levels, and still others trigger our "flight and fight " mechanisms. The two hormones we want to feature today are DHEA and cortisol.

Both DHEA and cortisol are derived from cholesterol. Cholesterol is then converted into pregnenolone, which converts to cortisol, the stress hormone, or DHEA, the immune enhancer and sex hormone precursor.

Cortisol is a "flight or fight" stress hormone. It helps us fight inflammation, puts us on alert, opens our pupils, rushes blood into the head and heart. It slows down our digestion, suppresses our immune system, and keeps us "revved up". It is catabolic in effect, meaning literally, "it eats us up inside".

DHEA is a precursor to estrogen, progesterone, and testosterone. It also has profound immune system supporting and anti-aging properties. DHEA is anabolic, meaning it "builds up our insides".

DHEA levels decline with aging, while cortisol levels do not. Stress is often associated with high cortisol levels and low DHEA.

When stress and fatigue are associated with low levels of DHEA, supplementing with DHEA is to be considered. With high cortisol levels, supplementing with Vitamin C, B5, and ginseng's is to be considered. When stress is high and long term memory poor, especially in people over 60, pregnenolone may be indicated. With low cortisol from adrenal exhaustion, raw adrenal concentrates are a possibility. With poor sleep, combinations of valerian and passionflower are often useful.

Exercise, a good diet of small frequent meals, deep breathing, and prayer, praise or meditation are basic to any stress management program.

(-Dr. John H. Maher, Editor of the "Longevity News", your FREE at home study course in anti-aging.) <http://www.galaxymall.com/health/lri>

Laughter is the Best Medicine

Here's an Example of This Month's Newsletter 'Laughter is the Best Medicine' story - since we've been talking a little about aging - some of you may relate to this funny article - >>

What are Seniors worth?

Remember, old folk are worth a fortune, with silver in their hair, gold in their teeth, stones in their kidneys, lead in their feet and gas in their stomachs.

I have become a little older since I saw you last and a few changes have come into my life - frankly I have become a frivolous old gal.

I am seeing six gentlemen everyday.

As soon as I wake up, **WILL POWER** helps me out of bed, then I go to see **JOHNNY LOO**, Next – **CHARLIE CRAMP** comes along and when he's here he takes up a lot of my attention.

When he leaves, **ARTHUR RITIS** shows up and stays around all day. He doesn't like to stay in one place very long, so he takes me from joint to joint.

After such a busy day I'm really tired and glad to go to bed with **JOHNNY WALKER**.

What a life! Oh yes!, I'm also fighting with **AL ZYMER**.

P.S. The minister came to call the other day. He said that I should be thinking about the hereafter. I told him "Oh I do! All the time,- On my way home,- in the parlour, upstairs, in the kitchen or down in the basement, I say to myself - "Now what am I hereafter?"

If you have a funny story to tell or a good joke that has made you laugh, then please share it with us. Get the Health & Vitality Newsletter and Subscribe Here!

Laughter is a real Stress Buster and to make a real difference to your life take some tips from our Aromatherapy Home Starter Course eBook

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HANDY FIRST AID TIPS

When someone is injured or suddenly becomes ill, there is usually a critical period before you can get medical treatment and it is this period that is of the utmost importance to the victim. What you do, or what you don't do, in that interval can mean the difference between life and death. You owe it to yourself, your family and your neighbours to know and to understand procedures that you can apply quickly and intelligently in an emergency.

Every household should have some type of first aid kit, and if you do not already have one, assemble your supplies now. Tailor the contents to fit your family's particular needs. Don't add first aid supplies to the jumble of toothpaste and cosmetics in the medicine cabinet. Instead, assemble them in a suitable, labelled box (such as a fishing tackle box or small tool chest with hinged cover), so that everything will be handy when needed. Label everything in the kit clearly, and indicate what it is used for.

Be sure not to lock the box - otherwise you may be hunting for the key when that emergency occurs. Place the box on a shelf beyond the reach of small children, and check it periodically and always restock items as soon as they are used up.

Keep all medications, including non-prescription drugs such as aspirin, out of reach of children. When discarding drugs, be sure to dispose of them where they cannot be retrieved by children or pets.

When an emergency occurs, make sure the injured victim's airway is not blocked by the tongue and that the mouth is free of any secretions and foreign objects. It is extremely important that the person is breathing freely. And if not, you need to administer artificial respiration promptly.

See that the victim has a pulse and good blood circulation as you check for signs of bleeding. Act fast if the victim is bleeding severely or if he has swallowed poison or if his heart or breathing has stopped. Remember every second counts.

Although most injured persons can be safely moved, it is vitally important not to move a person with serious neck or back injuries unless you have to save him from further danger. Keep the patient lying down and quiet. If he has vomited and there is no danger that his neck is broken, turn him on his side to prevent choking and keep him warm by covering him with blankets or coats.

Have someone call for medical assistance while you apply first aid. The person who summons help should explain the nature of the emergency and ask what should be done pending the arrival of the ambulance. Reassure the victim, and try to remain calm yourself. Your calmness can allay the fear and panic of the patient.

Don't give fluids to an unconscious or semiconscious person; fluids may enter his windpipe and cause suffocation. Don't try to arouse an unconscious person by slapping or shaking.

Look for an emergency medical identification card or an emblematic device that the victim may be wearing to alert you to any health problems, allergies or diseases that may require special care.

THE DREADED COLD and 'FLU

On average, adults catch three colds a year and will succumb to a bout of 'flu once every two years. Most of us bounce back, but the symptoms can be debilitating while they last. Fortunately, a number of complementary therapies can help.

A COMMON PROBLEM

Colds and 'flu are unavoidable, and we all know what it's like to be bunged up and sneezy, with a sore throat and aching joints. In both illnesses, viruses are to blame - in the case of the common cold, over 200 viruses can cause symptoms, mostly belonging to two families known as rhinoviruses and corona-viruses.

Influenza, or 'flu, is much more than a heavy cold, even though the two are similar in their initial stages. Colds and flu can cause sore throats, aching limbs and headaches. However, colds are much less likely to cause a fever and are rarely accompanied by a temperature above 38.8C / 100F, while flu can often raise your temperature to 103F.

Flu lasts twice as long as a typical cold, taking around two weeks to run its course. Three groups of influenza viruses (A, B, or C) can cause the condition, but types A and B are responsible for the nasty epidemics that tend to occur during winter. Sometimes 'flu leads to pneumonia, which poses a serious risk to the very young, the frail and the elderly.

HOW DO YOU CATCH COLDS AND FLU?

The usual way we catch cold or 'flu viruses is to breathe them in on droplets in the air when someone sneezes. Touching something with the virus already on it, such as a cup, door handle, or telephone, can also easily pick them up. The virus sticks to our hands, and if we touch our eyes or nose, it sticks there. From our eyes it is washed down with our tears into the nose.

The virus attacks the cells lining the nose and throat, and infects them. It only takes one virus to infect one cell, but once inside the virus makes copies of itself, ultimately killing the cell and releasing new viruses to infect other cells. This happens so quickly that within 12 hours of first arriving, there may be a million cells killed in the nose and throat, initiating symptoms such as a sore throat and mucus production. When the nose and throat are awash with viruses, the infection can easily be passed on - starting the whole cycle over again.

COMPLEMENTARY APPROACHES

Most complementary therapies and remedies focus on strengthening the body's own immunity, so you are better able to avoid colds, and are more likely to shake them off quickly if you do succumb. But they can also help the symptoms, often as effectively as conventional drugs. For example, homeopathic treatments and essential oils can dry a runny nose, clear a stuffy head or ease a cough and something as simple as sucking zinc lozenges may be able to stop a cold in its tracks.

HOMEOPATHY

Homeopaths say that a cold is often a positive experience - the body's way of making you slow down and look after yourself during periods of overwork or stress.

Homeopath Trish Longworth, who practices at the Ascot Homeopathic Clinic in Berkshire says, "The body is perfectly capable of coping with minor infections, and I discourage patients with colds or 'flu from using drugs to bring down a fever. A raised temperature is the body's way of fighting the infection, while a runny nose or cough quickly expels bugs."

Homeopaths choose a remedy tailored to the patient's personality, metabolism and symptoms. "One remedy I recommend a lot is - Belladonna 6c," says Trish. It is a simple remedy that you can use at home. One tablet on the tongue every hour shortens the course of a fever, but still allows the body to do its natural healing work.

"The early stages of a cold, when the nose streams like a tap making the nose and upper lip sore, are best treated with Allium cepa. A heavy cold, with thick, yellow-green discharge, which makes you feel stuffed up at night and indoors, yet clear in the open air, will respond quickly to a few doses of Pulsatilla, especially if you are weepy and looking for attention and sympathy."

NUTRITIONAL THERAPY

Nutritional therapists believe that recurrent bouts of colds and 'flu can be brought on by stress, a poor diet and exposure to environmental toxins. Boosting immunity usually involves a complete dietary overhaul.

Nutritional therapist Veronica Gibson, who practices in Maulden, Essex says: "Many people who get a lot of infections eat too many sugary foods and drink too much alcohol, which affects the ability of their white blood cells to fight infection.

"Wheat, dairy products and oranges can increase the amount of mucus produced in the nose and throat in people who are sensitive to these foods, so if you suspect such a sensitivity you should limit these foods as well," she says-

"Eat a fresh wholefood diet, which includes at least five portions of fruit and vegetables. These contain antioxidant vitamins and minerals, which protect against infection.

"Drinking lots of fluid, especially filtered water and fresh vegetable juices, is very important," says Veronica. "Carrot juice supplies beta-carotene, which the body makes into vitamin A - a crucial nutrient for maintaining the good health of the respiratory passages.

"Consuming fresh garlic every day also helps enormously. And I tell people to step up their intake of blue-coloured fruits, which are high in beneficial flavonoids," she adds.

Nutritional therapists generally recommend that people also take supplements to bolster their defenses against colds and flu. Veronica recommends taking high dosages of vitamin C, zinc and vitamin A, though care should always be taken not to exceed the recommended daily amount.

HERBAL MEDICINE

Herbal practitioners use the restorative power of plants to aid the body's own natural healing mechanisms. A number of herbal preparations may be used to treat or prevent colds and 'flu, including teas, tinctures and fluid extracts.

According to Trudy Norris, spokesperson for the National Institute of Medical Herbalists, diaphoretic herbs (herbs that make you sweat) can be very useful in the early stages of a cold or flu to help clear out the infection.'

"Examples include Elderflower, Peppermint and Yarrow, which can all be made into a tea", says Trudy. "Elderflower is doubly useful as it also helps reduce the amount of mucus produced and Elderberry extract has been proven to speed recovery from colds and 'flu.

A tonic and antiseptic herbs may also be recommended. "One I find really useful is thyme," says Trudy. "It's antibacterial - useful if there is secondary infection - and also acts as an expectorant and appetite restorative".

If colds are recurrent, or there is a deep-seated infection or complications such as night sweats, herbal practitioners may need to prescribe stronger herbs and tailor the prescription specifically to the individual.

"In this case, the practitioner would ask the person to return in a few days," says Trudy. "It's important that the patient understands how to prepare and take the herb safely."

ECHINACEA

One herb for colds and flu that's recommended by both complementary therapists and orthodox doctors is Echinacea. Commonly known as 'purple coneflower', it contains several active ingredients in the roots and leaves that have antiviral, antibiotic and anti-inflammatory qualities.

Dr Jen Tan regularly uses Echinacea at his clinic in Troon, Scotland. "Not only does the herb prevent or shorten the course of an acute infection, it also helps stop colds or flu developing into more serious conditions, such as sinusitis, bronchitis or middle ear infections," he says. "As a result, it can be of particular benefit to high-risk groups, such as the elderly, or children with asthma."

For an acute infection, Dr Tan recommends 15 drops of Echinacea tincture twice a day as a maintenance dose, - increasing to 20-25 drops of tincture in water three or four times a day when necessary.

For children he suggests giving one drop for each year of their age twice daily, increasing both dosage and frequency by 50 per cent when the cold and 'flu symptoms are at their most acute.

Echinacea tincture is readily available in most health food stores and chemists - so anyone can obtain this effective remedy without paying a visit to their doctor or herbal practitioner.

VITAMIN C

Like Echinacea, Vitamin C is rich in antiviral and antibacterial properties. Many people take supplements of the immune-boosting vitamin at the first signs of a cold - a practice that now seems to be supported by science.

Nutritionist Esther Mills: "The consensus from recent research indicates that vitamin C definitely reduces the length and severity of a cold, although it may not have much of an impact on the actual number of colds we catch".

"The most comprehensive review of the effects of vitamin C analyzed the results of 20 studies in which at least 1000mg of vitamin C were taken daily. Although only some studies found a link with fewer colds, all of them reported milder symptoms. The results may be of practical significance in terms of fewer sick days lost from work or school."

ZINC

Some clinical studies have also found that the mineral zinc (sucked as lozenges) helps nip cold symptoms in the bud. Zinc plays an important role in many aspects of immune health, and scientists now believe that the mineral could inhibit colds from developing by coating and inactivating viruses in the throat as they appear.

Whether or not sucking zinc lozenges is effective may depend on the chemical's form and dosage. Higher strengths of zinc gluconate or zinc acetate appear to be the most effective.

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HOW TO HELP BANISH COLDS and 'FLU!

AROMATHERAPY

Joy Thomas, a qualified Aromatherapist at Boots, gives the following suggestions for using essential oils in the fight against colds and 'flu:

Tea tree or Lemon can help act against viruses and bacteria, and help to boost the body's immune response. Try burning either pure essential oil in a vaporizer to prevent colds spreading.

Lavender and Marjoram can help soothe aching limbs. Add 4-8 drops of either pure essential oil to a hot bath, or try a combination of the two.

Clary sage and Cypress help with coughs by calming muscle spasm. Add 1-2 drops of pure essential oil to 5ml of carrier oil and use to massage the chest and neck. Alternatively, add a few drops of essential oil to a handkerchief and inhale as required.

Eucalyptus, Frankincense or Pine can be used to loosen mucus and ease congestion. Add 2-4 drops of pure essential oil to a bowl of hot water. Inhale the vapours for 5 minutes with a towel over the head. Repeat 2-3 times per day for a few days (do not use steam inhalation if you have asthma as the steam may trigger an attack).

Bergamot or Marjoram can help you sleep. Just sprinkle a few drops onto your pillow at night.

THE GP'S PERSPECTIVE

The majority of 'healthy' people who catch colds or 'flu shake off the illness in a few days and won't need to visit their doctor.

"A cold or 'flu is a self-limiting illness and, in most cases, all your doctor can do is suggest taking the appropriate rest, fluid and nourishment" says Suffolk GP, Dr Brian Abbott. "Chemists can advise on over-the-counter medications, such as painkillers, throat lozenges and cough medicines. Antibiotics are effective only against bacteria - not viruses - and are therefore useless against colds and 'flu. Overuse can lead to potentially life-threatening bacteria becoming antibiotic-resistant".

"Antibiotics can play a role, but only in cases where bacteria have produced a secondary infection, such as an earache or a chest infection. In this case, a doctor would examine the patient thoroughly and prescribe accordingly", he says.

If a more serious infection or a particularly nasty flu virus is suspected, your GP may carry out further tests, such as a throat swab, sputum sample and maybe a chest x-ray.

HELP YOURSELF

Prevention

Eat a healthy diet, including at least five portions of fruit and vegetables daily and no more than 2-3 units of alcohol. Drink at least 6-8 glasses of water daily.

Take some daily exercise - a brisk 30-minute walk lowers stress and boosts immunity, which helps to reduce your chance of developing a cold. Getting enough sleep is also important to help build resistance.

Wash your hands often when you are around anyone who has a cold. Keep your hands away from your nose, eyes and mouth so you don't transfer viruses to your respiratory tract.

Don't smoke - it undermines your immune system and can increase the risk of chest infections when you have a cold or flu.

Try to use disposable tissues, not handkerchiefs, to stop the spread of viruses.

Treatment

Get some extra rest, even if this just means slowing down a little from your usual routine.

Increase your fluid intake to at least one glass of water or juice every waking hour. Not drinking enough fluids causes mucus to dry out, which in turn can affect your ability to keep secondary bacterial infections from taking hold in your system.

Steaming liquids, such as water, herbal tea (and, yes, chicken soup), will help relieve congestion.

If your nose is red and raw from using tissues, rub a little petroleum jelly into the sore area. This will protect and waterproof the area.

Take care not to combine drug-based cold remedies, as it can be easy to overdose on paracetamol unwittingly, which is toxic to the liver.

A Brief Summary of Self Help:

COMMON COLD

There are currently over 250 different cold viruses around and new strains are evolving constantly. So even though you develop immunity to a particular cold virus once you catch it, there is always another version ready to reinfect you.

On average, adults get a cold 2 to 3 times a year, and each one usually lasts 4 to 10 days. Young children can catch as many as 10 a year.

It is not possible to prevent or cure a cold, but you can reduce your risk of catching one and also relieve the symptoms.

Dietary advice:

If you have a milk allergy reduce or avoid dairy products and use non-dairy alternatives. Drink lots of water to prevent dehydration. Eat plenty of fresh fruit and vegetables. Chillies, cayenne pepper, ginger, onions and garlic have potent antiviral properties and should be added to meals whenever possible.

As a preventive take 1-2 garlic tablets or 1 ginger capsule a day in winter. Adding cinnamon to hot drinks can help dispel cold symptoms.

Reishi, maitake and shiitake mushrooms contain antiviral and immuno-stimulant chemicals (extracts available from health stores). Grapefruit seed extract (available from health stores), is a powerful antiviral, but do not take on an empty stomach.

Zinc lozenges and vitamin C supplements can help reduce symptoms and shorten a cold's duration.

Complementary remedies:

Echinacea boosts the body's defenses against viral infections. In herbal cold formulas it is sometimes combined with goldenseal, a herb which soothes inflamed tissues and helps dry up excess mucus.

Elderflower tea is good for head colds, sinus problems and sore throats. Nettle tea helps clear the respiratory system. Use 1-2tsp per cup of boiling water and leave to stand for 5-10 minutes.

Adding 6-8 drops lavender, marjoram, tea tree oil or Scots pine oil to a bath can help relieve symptoms and fight the virus.

Steam inhalations with 2 drops peppermint oil, 2-4 drops eucalyptus oil or any of the above oils can help clear stuffiness. Add to a large bowl of hot water and inhale for 5-7 minutes.

Alternatively, inhale a few drops of any of these oils from a tissue, and tuck a tissue dabbed with lavender by your pillow to promote restful sleep.

For chest colds make a chest rub using 10 drops of essential oil in 25ml grapeseed or sweet almond oil. With peppermint use only 5 drops, and mix with 4 drops marjoram or lavender oil.

For a cold that starts with sneezing, runny nose and cold sores, take the homeopathic remedy Natrum mur 6c every 2 hours for up to 4 doses.

Inhalations are unsuitable for asthmatics or very young children.

If pregnant, avoid marjoram oil.

INFLUENZA

Typical 'flu symptoms include fever, sore throat, runny nose, dry cough, fatigue, headache, joint pains and muscular aches. Symptoms tend to ease within 4-5 days.

Dietary advice:

Drink lots of fluids and eat vitamin C-rich foods such as citrus fruits, kiwi fruits and berries. Increase your zinc intake by eating lean meat, fish and wholegrain cereals. Loss of appetite is common during a bout of 'flu, so don't force yourself to eat if you don't want to.

To help fight infection take a total of 10mg vitamin C with flavonoids, spread throughout the day and 100mg zinc a day. Zinc is also available as lozenges for coughs and colds. Continue to take 1-3g vitamin C throughout the winter months.

Elderberry extract is a powerful antiviral agent. Taking 1 tsp - 3 times a day has been shown to clear flu symptoms in 3 days in 90 per cent of patients. Garlic is also a potent infection fighter. Take 2-4 cloves a day or 2 one-a-day strength capsules while 'flu lasts.

Complementary remedies:

The herb 'cat's claw' is antiviral and immune boosting. Take 2-4g in supplement form, or 4 cups cat's claw tea a day to fight infection. Alternatively, take 2-3g, or 15 drops, Echinacea 3 times a day at the first sign of infection.

Essential oils that may help include, - black pepper, coriander, eucalyptus, ginger, lavender, lemongrass, marjoram, peppermint, pine, rosemary and tea tree. Use 4 drops essential oil in 600-1200ml of boiling water, cover your head and bowl with a towel and inhale for 5 minutes.

Add 6 drops of essential oil to a warm bath, but avoid peppermint and eucalyptus, which may irritate the skin. Put 3-4 drops on a tissue and inhale as required to clear a stuffy head. Add 10-12 drops to a burner as a fumigant.

Make a chest rub from 25ml grapeseed or sweet almond oil, 4 drops coriander, 1-drop lemongrass and 6 drops rosemary essential oil, and use twice daily.

It can also help to make a tea from equal parts of elderflower, peppermint and yarrow and drink 1 cup 3 times a day.

At night, to ease breathing and promote sleep, put 2 drops lavender oil on each corner of the pillow, or 6 drops on a tissue -placed beside the bed.

CAUTION: If pregnant, avoid black pepper, eucalyptus, pine, marjoram, peppermint and rosemary essential oils, and the herb cat's claw. If asthmatic avoid all inhalations.

CREATE YOUR WINTER WONDERLAND

Bring the natural, outside world indoors with scents that keep you in tune with the seasons. We start with cosy wintertime, the time of year that sees us staying indoors most.

Although work patterns may be changing, the majority of us still lives in or commute to towns and cities, surrounded by concrete and man-made materials. Our environment is increasingly controlled, and our surroundings change the most when our social life moves indoors or outdoors, depending on the temperature.

However, humans are not naturally city dwellers and when we neglect our instinctive rhythms we not only lose a feeling of inner harmony but also miss out on enjoying the changing cycles of the natural world. It therefore becomes particularly important to make our environment support our subtle instinctive needs and help us maintain a sense of contact with our natural habitat. To help you do this, we will be looking at ways of bringing the pleasures of the different seasons into your home, starting on this occasion with winter.

THE INDOOR SEASON

It may not be everyone's favourite season but winter doesn't have to be drab and cheerless. In fact, the rituals of winter can be a real feast of delights for all the senses. And whether you celebrate the festivals or not, you can still enjoy the seasonal colours, textures and aromas that lift the spirits at an otherwise restful and dormant time of year.

The fragrances that we associate with winter are the woody aromas of pine, cedarwood and cypress. Also appropriate to celebrate the season are spices such as cinnamon, clove and nutmeg, and the tangy smells of citrus fruits, such as mandarin, tangerine and orange. Of symbolic significance during a northern Christmas are, of course, frankincense and myrrh, which, together with gold, were given as gifts to the infant Jesus.

To this traditional fragrance palette we also need to add the medicinal or camphoraceous remedies designed to relieve seasonal coughs and colds. Oils such as eucalyptus and tea tree not only help keep infection at bay but also blend well with the woody fragrances.

THE EVERGREENS

Decorating the home with evergreens is a tradition, which goes back to the Romans, who gave branches of greenery during the winter festivals to symbolize good luck. Holly and mistletoe, plants usually associated with Christmas, have very little aroma. Ivy, another seasonal favourite, has a green, yet rather acrid fragrance that may not be to everyone's liking. Rosemary and bay, two powerfully fragranced herbs, have traditionally also been included in winter bouquets.

The real evergreen winners are the coniferous plants, such as pine or fir. Both will fragrance the home for several days. However, modern central heating soon dries them out and reduces the fragrance, so use a plant spray at least once a day,

containing four drops of pine essential oil and two drops of lemon essential oil to 500ml of water. This will help to freshen and revive the greenery whilst counteracting the dryness of the atmosphere. Use this blend on Christmas trees, garlands or wreaths. If you don't want to use real evergreens, you can make an artificial decoration more realistic by spraying with the pine blend so that the familiar fragrance will convince everyone that you are using the real thing.

Whether you are using evergreens to decorate your home or not, regular use of essential oils like pine, eucalyptus and tea tree, in room sprays or burners, can significantly help to prevent the spread of infections throughout the winter months. It can also help to relieve general congestion of the respiratory tract and counteract the muzzy-headed feeling that can be the result of too long spent in a warm, poorly ventilated atmosphere.

WINTER BURNER BLEND

Use the following blend in a burner or add the neat oils to 500ml of cold water in a room spray and use regularly to mist the air. Both methods have the added advantage of adding a little moisture to the air at a time when central heating can be very drying. It is a very useful 'all purpose mixture' that celebrates the winter festive mood but is also invigorating and effective against airborne infections.

2 drops pure pine essential oil

2 drops pure eucalyptus essential oil

2 drops pure rosemary essential oil

1 drop pure lemon essential oil

1 drop pure cinnamon leaf essential oil

Select a Deep Bowl Burners - These can safely burn through the night without drying out! -

CITRUS AND SPICE

Spices have been traded around the world since ancient times. - The value of plants like nutmeg and cinnamon was so great that countries fought over the rights to trade in them. For many centuries they were used to cover up the smell and taste of rotting meat, and while they're considered less precious today, they are still valuable for their piquant taste and aroma.

Many essential oils from spices tend to have potential skin irritant properties, so they are generally used in small quantities in aromatherapy. They also share several properties in common, being beneficial for the digestion and usually warming and stimulating.

Spices and citrus fruits are often linked, both in cooking and fragrance. Traditional pomanders were made by pushing clove buds into citrus fruits such as limes or oranges, but although they are simple to make, they need to be kept in a warm, dark place for several weeks before they are ready.

One of the delights of using essential oils is that you can achieve an instantaneous effect, so instead of pomanders make 'fragrant purses' (see Below). These will release their scent especially effectively in a warm room.

FRAGRANT PURSES

This really is one of the speediest ways to scent your home. Hang them from house plants, door handles, coat hangers...

You will need:

2 cotton wool balls

Scraps of fabric - e.g. netting, lace or gauze, or fine sari material in bright, jewel-like colours

Ribbon

A blend of the following essential oils (mixed in a bottle)

8 drops pure neroli essential oil

4 drops pure mandarin essential oil

4 drops pure clove bud (or cinnamon leaf) essential oil

2 drop pure frankincense essential oil

Soak two cotton wool balls in the essential oil blend and leave to dry.

Cut the fabric into two 14cm circles, using a plate as a guide (pinking shears will make a pretty edging).

Gather each piece of fabric round a cotton wool ball and tie a ribbon loop to hang the purse by. - Add a bow or leaf for decoration.

MERRY CHRISTMAS!

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