

Nodens' Table Newsletter April 2007



It's April already and spring is in the air. A big thanks to everyone who came along to our April meeting last week. We had a good discussion on **antioxidants** and why we need them. There is a short article to remind you of what we talked about later on in this newsletter.

Our club finally has a name - **Nodens' Table**. Nodens was the celtic god of health and disease prevention, so we can gather round his table each month to look at wellness and stay healthy.

Forthcoming Events

Look Great / Feel Great 19th April

Hygeia's Herbs have teamed up with **Aspect Image** to provide an evening of networking and wellness in the Agenda Hotel in Costorphine, from 6.30pm - 8pm on 19th April. If you would like to come along, or know anyone else that might be interested in this event, please get in touch for more information. We had our first event last month and it was a great success. Wellness is more than what we eat, so I am delighted to be working with an image consultant to provide an excellent evening for interested people. The event costs £5 to attend, but this includes tea, coffee, a 'shake break' and a raffle ticket. Bargain!

Nodens' Table

Our next meeting is on **Tuesday 2nd May, from 7pm - 9pm at Flat 2F3, 50 Albion Road**. This time we have a **spa consultant**, Julia Presly, coming along to give away a few of her secrets. Please join us.

Recipe Corner

This month's shake recipe is **Pina Colada**:

300ml pineapple juice (or pineapple and coconut if you can find it)

2 scoops vanilla Formula 1

1 scoop protein powder

1 table spoon of reduced fat creme fraiche

Whizz up in a blender or Herbalife shaker and enjoy!

Everyone at the meeting thought this one was delicious. Why not give it a try yourself?

Does anyone have any shake recipes they would like to share with us next month? If you would like to demonstrate how to make your favourite shake let me know and I will have the ingredients ready for you.

Antioxidants and why we need them.

Antioxidants are molecules that prevent oxygen molecules (oxidants) and free radicals (high-energy molecules, produced by pollution, sunlight, strenuous exercise, X-rays, smoking and alcohol) from damaging our bodies. They are widely used as ingredients in dietary supplements in the hope of maintaining health and preventing diseases. Some antioxidants are made by our bodies and others need to be eaten in order for us to stay healthy. Ascorbic acid, or vitamin C, for example, is an antioxidant that must be obtained from our diet. Vitamin C is water soluble and is simply eliminated from our bodies if we eat too much of it. We all know to eat plenty of citrus fruit if we feel a cold coming on – the antioxidant properties of vitamin C help strengthen our immune system and fight off the illness. Vitamin E is another antioxidant and protects cell membranes against damage. Vitamin E is fat-soluble so can potentially cause problems if we have too much of it, since it cannot be passed as easily as Vitamin C. Glutathione is one of the most important antioxidants in our bodies. It is not found in our food, so our bodies have to make it.

Oxidants and disease

In addition to leaving us susceptible to colds and illness, oxidative stress, or damage caused by oxidants, is thought to contribute to the development of a wide range of diseases including Alzheimer's disease, Parkinson's disease, diabetes, rheumatoid arthritis, and neurodegeneration in motor neurone diseases. In many of these cases, it is unclear if oxidants trigger the disease, or if they are produced as a consequence of the disease and cause the disease symptoms.

Physical exercise

During exercise, our bodies' oxygen consumption increases considerably. This leads to a large increase in the production of oxidants and results in damage that contributes to muscle fatigue during and after exercise. The inflammatory response that occurs after strenuous exercise is also associated with oxidative stress, especially in the 24 hours after an exercise session. The immune system response to damage done by exercise peaks 2 to 7 days after exercise. It is essential that we either consume or make enough antioxidants to deal with the damage we can do to ourselves during exercise.

What foods contain antioxidants?

Antioxidants are found in varying amounts in foods such as vegetables, fruits, grain cereals, legumes and nuts. In general, processed foods contain less antioxidants than

fresh and uncooked foods, since the preparation processes may expose the food to oxygen.

Many antioxidants are often identified in food by their distinctive colors – the deep red of cherries and of tomatoes; the orange of carrots; the yellow of corn, mangos, and saffron; and the blue-purple of blueberries, blackberries, and grapes. The most well-known components of food with antioxidant activities are vitamins A, C, and E; β -carotene; the mineral selenium; and more recently, the compound lycopene.

Foods containing high levels of antioxidants

(Source: American Journal of Clinical Nutrition, July 2006)

Blackberries	Walnuts	Strawberries	Artichokes
Cranberries	Coffee	Raspberries	Pecans
Blueberries	Cloves	Grape juice	Chocolate, dark, sugar-free
Cranberry juice	Cherries, sour	Wine, red	Guava nectar
Prunes	Cabbage, red	Oranges	Mango nectar
Pineapples	Oranges	Plums, black	Bran Flakes breakfast cereal
Pinto beans	Spinach	Whole Grain Total	breakfast cereal

Product News / Offer of the month.

This month's featured product is **RoseOx**.



Loaded with Rosemary, Sage and Cloves - all proven to have antioxidant properties - this supplement will help boost your immune system, fight colds and generally feel a lot healthier. Simply take 1 tablet a day. Each pot contains 30 tablets, or 1 month's supply.

As a special introductory offer, **Nodens' Table** members can try RoseOx at 25% discount throughout April. The usual price of a pot of RoseOx is £23.40. You can have your first pot for £17.50. Please email me to place your order.

See you in May!

Love

Amanda x

P.S. To contact me about anything mentioned in this newsletter, or to unsubscribe, send an email to: amanda@hygeias-herbs.co.uk