

## Hygeia's Herbs Nutrition Club Newsletter March 2007

Welcome to the second edition of this newsletter. I had lots of positive responses after the February issue. Here's hoping that this one is just as well received. Please feel free to pass it on to your friends and family.

Thank you to everyone who came along to the club meeting on Tuesday 6th March. We had an enjoyed and informative talk from **Loretta Dunn**, of Medic Angels, and now are much more informed about **cholesterol**. You will find a small article to remind you about Loretta's advice later on in this newsletter.

The date for our next meeting is **Tuesday 3rd April from 7 - 9pm at 50 Albion Road**. Our theme will be '**Anti oxidants - what they do and when we need them**'. This time I will lead the discussion. Hope you can join us.

I have put together an interesting and varied programme for the Nutrition Club over the next few months. However, if there is something you would particularly like to be included then do tell me. Wellness is not just nutrition, so all ideas are welcome. For example, we have a spa consultant coming to visit us in May!

### Competition Time



The competition to name our club is still open. I have no entries at all yet and the teddy bear is very lonely. You have until 2nd April to come up with ideas, so get your thinking caps on!

### Recipe Corner

This months shake recipe is:

#### Mocha shake

300ml Soya milk

1 scoop cappuccino Formula 1

1 scoop chocolate Formula 1

**1 scoop of protein powder**

**Whizz up in a blender, or a plastic Herbalife shaker, and enjoy!**

**Do you have any ideas for shakes that you would like to share with us? They needn't be fancy, just your favourite. Let me know if you would like to demonstrate your favourite shake in April.....**

## **The Cholesterol story**

**Loretta gave us an excellent account of cholesterol and how to get your levels tested. The following is based on an article I wrote for [LothianLife](#) recently.**

### **Cholesterol – what it is, what it does and why too much is bad for you.**

Cholesterol. One of those words that frequently hits the headlines. But what is it? It gets loads of bad press but nobody really tells you what it is. We've all seen the adverts for various products that have been 'scientifically proven to actively reduce levels of cholesterol in the blood'. Ever tried these products? Ever had your cholesterol level tested?

#### **What is it?**

Cholesterol is a type of fat. It is found in every cell in our body and is actually essential for good health. It is, for example, used to maintain the structure of cell membranes, helps in the manufacture of bile and is an important precursor in Vitamin D synthesis. However, high levels in the blood can lead to fatty deposits being left in the arteries – resulting in increased risk of heart disease and stroke, since it is harder for the blood to flow. According to BUPA 7 out of 10 people aged over 45 in the UK have elevated cholesterol levels.

#### **Where does it come from?**

Cholesterol is directly manufactured by our bodies, primarily in the liver, and relatively little comes from the food we eat. It is transported around the body in the blood, in molecules known as lipoproteins: structures that completely enclose the insoluble fat in a water-soluble protein 'package'.

There are two main types of cholesterol-transporting lipoprotein and these are named according to how much fat they contain: HDL (high density lipoprotein) and LDL (low density lipoprotein). Most cholesterol in the blood is of the LDL type, which means very little protein in relation to fat. This is the 'bad' cholesterol and it is high levels of this form that causes problems. HDL is made up of mostly protein and can actually help prevent cholesterol deposits being left in the blood vessels.

Factors that contribute to high cholesterol:

- A diet rich in saturated fats,
- Little exercise,
- Family history,

- Being overweight,
- Excessive alcohol consumption,
- Age and sex (men are more affected than women and risks increase with age).

### What the figures mean

A cholesterol test involves having a blood sample taken for analysis. While a home testing kit could give you a rough guide, it might be inaccurate if not performed correctly. Results are usually given in millimols of cholesterol per litre of blood (mmol/L). Current UK guidelines suggest the ideal is to have less than 5mmol/L total cholesterol and, of this, under 3mmol/L LDL.

### What can we do?

While there are drugs we can be prescribed to reduce the amount of cholesterol in our blood, simple lifestyle changes (e.g. increasing the amount of daily exercise, maintaining a healthy body weight and eating less food containing saturated fat, such as biscuits and cakes, butter, red meat and hard cheese) will also have a significant effect.

### Product News / Special Offer

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



A supplement rich in Omega-3 fatty acids, this product helps maintain healthy skin, joints and vascular system. Take 1 capsule two to three times a day, preferably with a meal, to increase levels of healthy fatty acids in your diet and improve your heart health.

As a special introductory offer , Nutrition Club members can try **Herbalifeline** at 25% discount in March. Usual price is £27.40. You can have your first pot for £20. Email me to place your order.

See you in April!

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](mailto:amanda@hygeias-herbs.co.uk)