

NEW PRODUCTS

NO NUTS CHOCOLATE

A new chocolate company, started by Debbie Bate, herself a nut allergy sufferer. [Debbie was so disgusted by the fact that not only could she not eat nuts but neither could she eat most chocolates as the vast majority were manufactured in factories which also use nuts. So she decided to make her own, in a a totally nut free environment.

We have tried some of Debbie's choc.s, made from first quality Belgian chocolate, and they are delicious. As yet she is only selling her chocolate by mail order so if you want to know more, call her on **01255 675574**, email her at **nonutschocolate@supanet.com** or write to her at: NoNuts Chocolate Ltd, 12 Church Road, Walton on the Naze, Essex CO14 8DE

SEAWEED FOR DETOX

We have mentioned the Seagreen's organic seaweeds from the Arctic ocean before - as an alternative to salt (grind your seaweed over your salad from a trendy wooden seaweed grinder) and as a nutritional supplement. But now they have been awarded 'de-tox' status by the British Society for Mercury Free Dentistry who are prescribing their capsules for detoxification in post operative amalgam extraction.

One of their main virtues as a de-toxing agent (apart from the very wide range of easily absorbable micro nutrients that they contain) is that seaweed is highly alkalinizing. Since imbalance in the acid/alkaline (PH) balance of the body is the precursor to much (some would say most) ill health, supplementing with seaweed could be a natural, organic, environmentally friendly (Seagreens are insistent that all their harvesting and processing is 'environmentally benign...') not to mention tasty, way to improve your health. For more information contact Simon Ranger at **Seagreens**, 1 The Warren, Handcross, RH17 6DX Tel. **01444 400403** or check their website at **www.seagreens.com**

MORE ON ALKALINES

Readers may remember that Rosemary Duffin, whose story appeared in the February newsletter, attributed much of the improvement in her health to her discovery of the Neways programme. In case anyone wanted to know more she sent us a tape telling us about it.

In fact, Neways' approach is not unlike that of the seaweed protagonists as they believe that much ill health stems from unbalanced PH in the body e.g. too much acid (the formation of which is encouraged by processed foods, alcohol, coffee, tea etc...). However, their answer is to re-alkalize the body with 'colloidal' minerals or trace minerals which have been suspended in liquid so as to be more easily absorbed by the body. To these they add some powerful antioxidants (to sweep up scavenging free radicals), a diet high in fresh, locally grown fruit and vegetables and a wholesale clear out of all chemically based household and personal care products.

For further information readers should contact Rosemary Duffin at 66 Beaumont Rise, Fareham PO15 6HU Tel. 01329 310473 email: **rduffin@breathemail.net**

NONI JUICE

It was a journalist colleague who suggested we read 'Potatoes not Prozac' (see March issue) which she had found very enlightening. The book suggests that, in certain people, sugar/ carbohydrate consumption interacts with the production of the vital brain chemicals, serotonin and beta endorphin, thereby dramatically effecting mood, self esteem, weight control etc. However, she was not sure whether her own improvements in health and outlook could be attributed to the Potatoes not Prozac diet - or to the fact that she was taking Noni juice.....

For the ignorant (which included us) Noni juice, the juice of the Noni fruit, used for centuries as a wide ranging remedy in the Pacific Polynesian islands, is the latest 'cure-all' wonder remedy to hit the USA. For those who have the patience there are several thousand sites on the internet lauding its virtues but our journalist colleague sent us a tape featuring an eminent 'conventional' American doctor explaining why Noni genuinely could dramatically effect one's health.

As she pointed out, medical science was becoming increasingly aware of the importance of the endocrine system - the system of opening and closing glands which run through the body regulating hormone production. This particular system features strongly in ancient medicines such as Ayurveda. Medical science was also discovering that after the age of 40 these glands could start to 'rust up' or atrophy and therefore operate less smoothly and regularly.

The glands form a pyramid in the body with the Pineal gland (the one which regulates the production of Serotonin and Melatonin) at the top, in the brain, and the remaining six including the thymus and pancreas forming the lower rungs of the pyramid. The theory is that smooth endocrine function operates rather like a fountain so that an efficiently operating Pineal gland will 'spill over' thus improving the operational efficiency of other 'lower' glands.

The relevance of Noni juice is that it mimics the 'precursor' to the Pineal gland, helping it to function smoothly and thereby, thanks to the 'fountain effect', helping all the other glands down the pyramid to function more efficiently too.

Noni's 'believers' claim 'miracle' powers for the Noni juice. However, because of the way it operates it is perfectly possible that its effects on the Pineal glands could have a far reaching effect on someone whose whole system is working at less than 100% efficiency - the case, as they are all too aware, for many of those suffering from multiple allergies.

Anyone who wishes to discuss Noni with my journalist colleague is welcome to call her on 020 8946 9288. She buys her juice through a direct marketing system but we have also seen Noni juice for sale in a health food store.

LIVING FOODS IN THE ALGARVE

Jill Swyers is a caterer who cured herself of ME by a mix of diet and exercise and subsequently studied nutrition. She is running 2 weeks of courses (in May and June), on the Preparation of Raw and Living Foods, in the Algarve's leading centre for holistic healing and learning set in 11 acres of natural countryside near Quinta do Lago.

For more information contact Jill direct in the UK on **020 8870 7041 / 077 6808 1376** or in Portugal on **00351 91 764 7043**