

# welcome



## END OF ONE YEAR, START OF ANOTHER

It's that time again. You know you want to... set a New Year's Resolution, that is. Could this finally be the year you sort out your diet, investigate whether you have allergies or intolerances, sign up for some bodywork, get yourself to a well-qualified CAM practitioner for herbal medicine, acupuncture, nutritional therapy....in other words, give your health and longevity a real boost?

But wait. Unless you do some serious thinking about this, you'll end up like everyone else. Almost NOBODY keeps New Year resolutions.

A Tesco Bank survey has revealed that fewer than one in 10 of us kept a New Year's resolution for the whole of 2009. Less than one in five of us managed to keep resolutions going to the end of January.

Physical fitness, closely followed by financial fitness, are the two areas in which most people set resolutions. These are crucial areas. So what can you do to improve your chances of keeping a resolution?

NLP practitioners say that one of the best ways is to employ the SMART technique. So when you start working on your resolution, make sure it is:

**S - Specific.** Make it clear and precise - and write it down.

**M - Measurable.** You need to know exactly where you are now and exactly where you want to be, so you will be able to tell the difference.

**A - Achievable.** Resolving to run a mile a day for 3 days a week is achievable. Winning the London Marathon? Probably not.

**R - Relevant.** Your resolution must be something you want, not something a friend or family member wants for you.

**T - Timed.** Give your resolution a timescale or a deadline. Resolving to have seen a qualified practitioner for a series of consultations "within the next 3 months" is far more compelling than leaving it vaguely as "this year".

Have fun with your planning - and good luck!

■ Vote in the CAMLifestyle Awards for the best products of 2010 - chosen by you. See page 14. Vote by freepost or online at [www.camlifestyle.co.uk](http://www.camlifestyle.co.uk)

SIMON MARTIN  
EDITOR

● news for your health

# what's hot

## Get the salt out - use organic wrack instead



Seagreens, campaigning to replace ordinary salt in manufactured foods, has launched The Mineral Salt - a delicious sodium chloride replacement, with the slogan "Twice the flavour, half the salt!"

Research shows it is possible to replace up to 50% salt in foods with Seagreens organic wrack seaweed. "If we can replace the average 9g per day of salt we use in Britain with 4.5g salt and 4.5g Seagreens that would equate to the 4.5g seaweed daily in the traditional Japanese diet, and give us all the health benefits", say Seagreens.

The Mineral Salt is a unique combination of Organic seaweed from Seagreens' sustainable harvesting in the Scottish Outer Hebrides and Soil Association-certified sea salt from the Lizard Peninsula in Cornwall. This 50/50 mix of *Ascophyllum nodosum* wrack seaweed and unrefined salt provides a healthy

condiment option - no other natural food has such a complete balance of minerals, trace elements and micronutrients, they say. And don't worry - it doesn't taste of seaweed! Replacing sodium chloride in manufactured foods has been top of Seagreens research agenda since 2007. 20% of their ingredient sales supports The Seaweed Health Foundation, set up in 2009 with health food and academic partners.

Of salt reduction with Seagreens, researcher Dr Andrew Fairclough said: "Factor in the other health benefits of seaweed and this could have a massive effect on the food industry, and impact the health of millions".

For 12 years Seagreens has made the most nutritious European seaweeds easy to include in our everyday diet. In Scotland and Norway, the company has set the standard for harvesting and production of food-quality wild seaweed. Seagreens products are uniquely certified to EU and NOP Organic and Biodynamic standards.

Nothing is added or extracted, and they are free of contaminants, irradiation, GMOs, wheat, dairy, gluten, manufacturing incipients and known allergens. They are widely endorsed by nutritionists, medical and dental practitioners, health and food societies, and are the subject of ongoing scientific research. More than 200 scientific and healthcare references are available on their website.

## GRADUATION DAY AT ION: IT COULD BE YOU...



The Institute for Optimum Nutrition (ION) is congratulating its latest batch of students who recently completed the Nutritional Therapy Diploma Course. Many of the 96 graduating students turned up to celebrate their success at a ceremony held at Roehampton University, London, and there were lots of smiles throughout the day.

If you are interested in becoming one of ION's future graduates, their 3-year professionally-accredited part-time Diploma course can be undertaken while you continue to work, with lectures and seminars held at weekends. Completion of the course will enable you to pursue a very rewarding career as a Nutritional Therapist.

■ To find out more about ION's courses visit [www.ion.ac.uk](http://www.ion.ac.uk), call +44 (0)20 8614 7815 or email [courses@ion.ac.uk](mailto:courses@ion.ac.uk)





### Best New Product



## Complete spectrum of nutrients

Wellwoman® Sport & Fitness has been specially formulated to include a complete spectrum of 25 nutrients for women training to excel in sports and fitness. Wellwoman Sport & Fitness helps sustain energy release and digestive health, as well as maintaining general wellbeing, a healthy immune system and overall vitality in women with hectic and busy lifestyles. Wellwoman Sport also includes powerful Antioxidants, Natural Carotenoids, Zinc, Selenium, Vitamin C and Bioflavonoids to help combat the extra free radicals generated during exercise, and help maintain a healthy immune system.

For more information call 0208 955 2662 or visit [www.vitabiotics.com](http://www.vitabiotics.com)

### Best New Product



## Toning and tightening muscles

The Hypervibe Performance is one of the most powerful Whole Body Vibration Machines available on the market. It's over twice as powerful as the leading commercial WBV machines and due to its pivotal motion it can increase the power whilst reducing vibrations going to your head. It tones and tightens muscles, increases muscle strength, accelerates weight loss, increases lymphatic drainage, increases bone density, reduces lower back pain and increases blood circulation to name a few of the benefits, plus you feel amazing after using it. To top it all the machines is available for £1495 (inc delivery) with a 3 year warranty, exercise DVD and exercise chart.

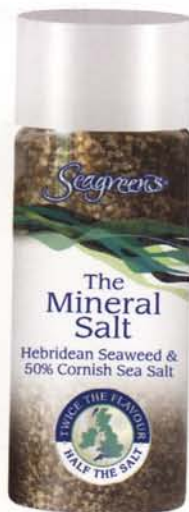


Visit [www.hypervibeuk.co.uk](http://www.hypervibeuk.co.uk) or call 0207 101 9437 for details.

### Best New Product

## The healthy option

Latest addition to Seagreens® preventive health food products, The Mineral Salt is a unique combination of Seagreens' Organic wrack seaweed from the Scottish Outer Hebrides, and certified unrefined Cornish Sea Salt. The 50/50 mix offers "twice the flavour, half the salt", with a mineral and nutritional profile even the best salt in the world can only dream of! Pinch yourself at [www.seagreens.co.uk/mineralsalt](http://www.seagreens.co.uk/mineralsalt). Available from natural food stores as a 100g glass jar with shaker top RRP £4.95.



Stockists on website or from **Seagreens Information Service**  
0845-0640040 /  
[info@seagreens.co.uk](mailto:info@seagreens.co.uk)

### Best New Product

## For a greater range of allergies

Soft and tasty Ener-G Flax Loaf caters for a greater range of allergies than any gluten-free bread on the market. It is free from gluten, wheat, milk, casein, eggs, soya, maize and nuts.



In addition flax is:

- High in alpha-linolenic acid - an essential Omega-3 fatty acid - important for cardiovascular health.
- High in soluble fibre, which helps lower blood cholesterol and high in insoluble fibre, which helps promote laxation.
- A complete protein, containing all essential amino acids necessary for health.
- Rich in anti-carcinogenic lignins – thought to protect against cancer, particularly breast and colon cancer.
- Rich in phytoestrogen lignins – plant compounds that research suggests help women avoid symptoms of menopause.

Call General Dietary on 020 8336 2323 or visit [www.GeneralDietary.com](http://www.GeneralDietary.com)

### Best New Product

## Organic stamina shot

Beet It concentrated organic beetroot stamina shot – the world's first organic stamina shot. As used by the leading beetroot juice research teams investigating the benefits of the Nitric Oxide (NO) boost derived from natural dietary nitrate found in Beetroots on blood pressure (William Harvey Research Institute) and sports stamina/ O2 cost reduction (Exeter University). Adopted by international rugby and premiership football teams, European and Commonwealth Games competitors and professional ballet dancers. Ingredients: only organic beetroot concentrate cut with organic lemon - no preservatives or additives.



For more information visit [www.Beet-It.com](http://www.Beet-It.com)

### Best Alternative Product/Service

## Replace that missing sunlight

During winter there are less hours of daylight and this decreases Serotonin, the hormone that keeps us happy. S.A.D. Lightbox Company manufactures a range of lightboxes that are medically proven to make you feel re-energised and happier this winter. Using a LitePod will replace the sunlight that you are missing and give you more energy during the day. Pioneers and experts in the field of light therapy the S.A.D. Lightbox Company was the first UK Company to design and manufacture lightboxes specifically for S.A.D. and they supply hospitals, clinics and research projects in the NHS.



Visit [www.sad.uk.com](http://www.sad.uk.com) or 01844 353 136