



**naturecures.co.uk**  
 "Let food be your medicine and do no harm"  
 HIPPOCRATES 460BC



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**NATURE CURES Newsletter February 2016**

Welcome to the first Nature Cures newsletter. It has been a busy time promoting the new Nature Cures book and everyone is really happy with their copies. You can buy yours directly from the Nature Cures website if you are in the UK:

<http://www.naturecures.co.uk/buynaturecures.html>

Or, if overseas, please visit the following website and add the coupon code at the checkout to gain your £2.50 discount. The code is: **NC2015**

<https://www.hammersmithbooks.co.uk/product/nature-cures>

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**Nature Cures Pocket Books**

We are also preparing five new pocket books due for publication by Hammersmith Health Books in the near future. The titles are:

1. Recovery from Injury, Surgery and Infection
2. The Roots and Relief of Pain and Inflammation
3. Eliminate Parasites Naturally
4. The Benefits of Berries
5. The Power of Vinegar

There will be information on where to obtain these from in the next newsletter.

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**The Nature Cures E-book**

This has now been completed and will be available to purchase very soon. To be informed when and where pop an email to: [health@naturecures.co.uk](mailto:health@naturecures.co.uk)

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**People's Book Prize**

The Nature Cures book has been nominated and accepted to be entered for the People's Book Prize in March. We hope you will vote for Nature Cures and will provide the link to do so in the March Newsletter and on the website.

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**INTERESTING FACT OF THE MONTH**

**The origins of the words 'toxic' and 'pharma'**

The word 'toxic' originated in the mid-17th century from the medieval Latin word *toxicus* 'poisoned', from Latin *toxicum* 'poison' which was derived from the Greek phrase *'toxikon (pharmakon)* which meant '(poison for) arrows', from *toxon* 'bow'. Toxic now means containing or being poisonous material especially when capable of causing death or serious debilitation. Detoxify means removal (or elimination) of substances that are toxic to the human body.



The words pharmacy and pharmaceutical are derived from the Greek word 'pharmakeia' which means sorcery and is mentioned in the bible in Revelations 18:23:

*"and the light of a lamp will not shine in you (the great city Babylon) any longer; and the voice of the bridegroom and bride will not be heard in you any longer; for your merchants were the great men of the earth, because all the nations (ethnos) were deceived by your sorcery (pharmakeia)"*

It is again mentioned in the bible in Galatians 5:19-21

*"Now the deeds of the flesh are evident, which are: immorality, impurity, sensuality, idolatry, sorcery (pharmakeia), enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions, envying, drunkenness, carousing, and things like these, of which I forewarn you, just as I have forewarned you, that those who practice such things will not inherit the kingdom of God"*

There are many toxic substances invented and manufactured by mankind that can poison people and the environment and lead to ill health. There are also some naturally poisonous plants and insects that carry viruses and cause disease and some people have allergies to substances that do not normally affect most people. There are ways to avoid, prevent, eliminate them and find natural alternatives and naturally treat the health issues caused by them and the new page on the Nature Cures website, 'The A-Z of Hazards to Human Health' comprises of a list of links to these hazards faced in everyday life and in the household.

See: [www.naturecures.co.uk/a-zhealthhazards.htm](http://www.naturecures.co.uk/a-zhealthhazards.htm)

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## **HEALTH TIP OF THE MONTH**

February is the time to add extra vitamin D rich foods to the diet to ensure that adequate levels are maintained. Vitamin D levels drop sharply in the winter months as the body can only store vitamin D for 60 days and cannot replenish stores from sunshine on the skin. Just 15 minutes of daily midday sunlight on bare skin can produce enough vitamin D but when the sun is weak this will not occur. It can also be reduced by cloud cover by 50% and it will not take place at all if the skin is covered or through windows or sunscreen lotions and creams.

Vitamin D is a group of five fat-soluble secosteroids

- Vitamin D1
- Vitamin D2 (ergocalciferol)
- Vitamin D3 (cholecalciferol)
- Vitamin D4 (22-dihydroergocalciferol)
- Vitamin D5 (sitocalciferol)

These secosteroids are responsible for the intestinal absorption of calcium which assists in bone growth and the integrity of bone and promotes strong teeth. It also helps regulate the amount of phosphorus and magnesium in the body and helps to maintain a healthy heart and nervous system. In some recent studies, it has also shown great promise in assisting with the treatment of psoriasis and the maintenance of the immune system and thyroid function as well as normal blood clotting. It also acts as a co-factor in the utilisation of amino acids.

Vitamin D protects against vascular disease via several different mechanisms, including reducing chronic inflammatory reactions that contribute to the pathology of the disease. Women who have sufficient levels of vitamin D are less likely to develop uterine fibroids. Consuming foods rich in vitamin D also protects the pancreas by its ability to block the proliferation of cancerous cells. Maintaining adequate levels of vitamin D can help with respiratory disorders and helps to protect against tuberculosis (TB).

Deficiency can lead to softening of the bone and muscle cramps, twitching and convulsions and, in children, it causes rickets resulting in bent legs. In adults, the shortage causes loss of minerals from the bones, (osteomalacia) where the bones are sore, tender and the muscles are weak with the possibility of deafness and tooth decay developing. In older people, osteoporosis may appear when protein is also lost from the bone and lower back pain can be caused by vitamin D deficiency.

Low vitamin D levels can also cause dry eye syndrome and increase the risk for age-related macular degeneration (AMD) as it has an important role in the protection of the eyes.

Gastrointestinal diseases such as colorectal cancer and inflammatory bowel disease can also develop through a lack of vitamin D.

Vitamin D can have a beneficial impact on all autoimmune diseases particularly multiple sclerosis (MS) and a lack of it can worsen these conditions. MS is a chronic, neurodegenerative disease of the nerves in the brain and spinal column, caused through a demyelization process. It a disease with few treatment options.

Deficiency in vitamin D is associated with increased autoimmunity as well as an increased susceptibility to infection. Low vitamin D levels have been linked to:

- Diabetes mellitus
- Inflammatory bowel disease
- Multiple sclerosis (MS)
- Rheumatoid arthritis
- Systemic lupus erythematosus

A lower maternal intake of vitamin D during pregnancy in women whose prospective child was at risk of developing autoimmune diabetes mellitus is associated with a statistically increased risk of the child developing pancreatic autoimmunity. Low vitamin D levels during pregnancy can also be responsible for autism developing in the unborn child.

It has been shown that low vitamin D levels are also associated with increased cardiovascular mortality. Low levels of vitamin D can also increase the excretion of amino acids in the urine which can affect the maintenance of all body cells and hormone and neurotransmitter production.

The optimum level of vitamin D in the blood should be 50-70 ng/ml and up to 100 ng/ml to treat cancer and heart disease. It is important to have a blood test to determine vitamin D levels especially if suffering from any of the following symptoms.

#### The symptoms of vitamin D deficiency

- Abdominal pain.
- A burning sensation in the mouth and throat
- Anorexia.
- Autoimmune disease.
- Cancer.
- Confusion.
- Constipation or diarrhoea.
- Dehydration.
- Dementia.
- Diarrhoea.
- Fatigue and lethargy.
- Hypertension.
- Increased thirst.
- Increased urination.
- Insomnia.

- Loss of appetite.
- Lower back pain.
- Muscle weakness or pain.
- Nausea and vomiting.
- Passing urine often.
- Polyuria.
- Polydipsia.
- Poor appetite or loss of appetite.
- Seasonal depression.
- Seizures - can be fatal.
- Skin disorders (eczema and psoriasis).
- Tetanus.
- Visual problems.
- Vomiting.
- Weak bones (osteopenia)
- Weakened immune system response leading to infections, colds and flu.

Vitamin D deficiency is on the rise because people have become aware of the risks of skin cancer caused by exposure to the sun's harmful rays and either use sunscreens or cover up and avoid the sun completely. Sunscreens with a sun protection factor (SPF) of 8 or more appear to block vitamin D-producing UV rays, although in practice people generally do not apply sufficient amounts, cover all sun-exposed skin or reapply sunscreen regularly. Therefore, skin likely synthesises some vitamin D even when it is protected by sunscreen as typically applied. Those with dark skin have less ability to produce vitamin D as over 90% of the sun rays cannot penetrate the skin This is also applicable to those that maintain a deep suntan over a period of time.

A quarter of all toddlers in the UK are lacking vitamin D, according to new research and 74% of parents know nothing about this and more than half of health professionals are also unaware of it.

Fifteen minutes of midday sunshine on the skin can provide all the body needs. It is not the same as sunbathing; the skin simply needs to be exposed to sunlight which is why it is good to wear short sleeves and expose the legs in the summer. UVB radiation does not penetrate glass, so exposure to sunshine indoors through a window does not produce vitamin D. Over exposure of the sun's rays can be dangerous for the skin but no exposure at all can be equally detrimental to the health.

Supplements must be vitamin D3 and not D2 and check that aspartame has not been added to chewable forms. Consuming natural foods that are rich in vitamin D is far healthier and safer than taking supplements.

It is difficult for vegetarians to gain sufficient vitamin D as there are few plant foods that provide it. However certain mushrooms listed below and hemp seeds are two ways of gaining extra in their diet.

### **Highest natural sources of vitamin D per serving**

(One IU is the biological equivalent of 0.3 µg or 0.3 micrograms)

- Krill oil - 1 teaspoon: 1000 IU
- Eel - 85 g or 3 oz: 792 IU
- Maitake mushrooms - 70 g: 786 IU
- Rainbow trout - 85 g or 3 oz: 540 IU
- Cod liver oil - 1 teaspoon: 440 IU
- Mackerel - 85 g or 3 oz: 400 IU
- Salmon - 85 g or 3 oz: 400 IU
- Halibut - 85 g or 3 oz: 196 IU

- Tuna - 85 g or 3 oz: 228 IU
- Sardines - 85 g or 3 oz: 164 IU
- Chanterelle mushrooms - 85 g or 3 oz: 155 IU
- Raw milk - 1 glass or 8 oz: 98 IU
- Egg yolk - 1 large: 41 IU
- Caviar - 28g or 1 oz: 33 IU
- Hemp seeds - 100 g or 3.5 oz: 22 IU
- Portabella mushrooms - 85 g or 3 oz: 6 IU

Taking one 1000 mg of krill oil in a capsule per day is the easiest and most beneficial way to gain sufficient vitamin D as it also contains the omega-3 fatty acid known as astaxanthin which is the most potent antioxidant known to man. It is 6,000 times stronger than vitamin C, 800 times stronger than CoQ10, 550 times stronger than green tea catechins and 75 times stronger than alpha-lipoic acid. It gives the red and pink colour to fresh water and ocean fish. Inflammation is associated with type 2 diabetes, Alzheimer's disease, heart disease, obesity, rheumatoid arthritis, cancer and many other chronic illnesses. Astaxanthin can reduce inflammation and thus protect from and treat these disorders.

This potent antioxidant has also been found to reduce symptoms of acid reflux in patients particularly in those with pronounced helicobacter pylori infection.

Daily consumption of foods rich in astaxanthin can also help with the following:

- Healthy cell membrane formation.
- Hormone production.
- Development and functioning of the brain and nervous system.
- Regulation of blood pressure, blood sugar, liver and pancreas function, immune and inflammatory responses.
- Thyroid and adrenal activity.
- Breakdown and transportation of cholesterol.
- Healthy skin and hair.
- Regulation of blood clotting (omega-6 encourages blood clot formation, whereas omega-3 oil reduces clotting, making the goal to achieve balance between omega-6 and omega-3 fatty acids).

### **Natural sources of astaxanthin**

Pink and red coloured fresh water and seafood such as crab, crayfish, lobster, prawns, red sea bream, red trout, salmon, salmon roe (eggs) and shrimp.

The highest concentration of this powerful antioxidant is found in a type of algae (Haematococcus microalgae) and red krill oil.

Copper, together with zinc improves the absorption of vitamin D which aids in the absorption of calcium. Alcohol and some medications cause the expulsion of zinc so it is advisable to consume more zinc-rich foods if on medications or if alcohol is consumed regularly.

### **Highest sources of zinc in milligrams per 100 grams**

- Oysters 78.6 mg
- Chlorella 71 mg
- Wheat germ 16.7 mg
- Beef 12.3 mg
- Calf's liver 11.9 mg
- Hemp seeds 11.5 mg
- Pumpkin and squash seeds 10.3 mg

- Sesame and watermelon seeds 10.2 mg
- Bamboo shoots, endives and gourds 9 mg
- Chervil (herb) 8.8 mg
- Lamb 8.7 mg
- Venison 8.6 mg
- Alfalfa seeds (sprouted), amaranth leaves, Crimini mushrooms, Irish moss and tea 8 mg
- Crab 7.6 mg
- Lobster 7.3 mg
- Agave, basil, beefalo, broccoli, elk, emu, oats, ostrich, spinach and turkey 7 mg
- Cocoa powder 6.8 mg
- Asparagus, chicken livers, laver seaweed, mushrooms, parsley and rice bran 5.7 mg
- Cashew nuts 5.6 mg
- Pork 5.1 mg
- Jute (herb), lemon grass, mung beans, Portobello mushrooms, radishes and shiitake mushrooms 5 mg
- Agar seaweed, butterbur, cauliflower, chicory, Chinese cabbage, chives, coriander, green beans, lentils, lettuce, okra, rocket, spring onions, summer squash, Swiss chard, tomatoes and wasabi (yellow) 3.4 mg
- Peanuts 3.3 mg
- Cheddar cheese 3.1 mg
- Mozzarella cheese 2.9 mg
- Anchovies and rabbit 2.4 mg
- Cabbage, cucumber, jalapeno peppers, kidney beans, navy beans, spirulina and turnip greens 2 mg
- Mussels 1.6 mg
- Arrowroot, artichokes (globe), beetroot, bell peppers, black eyed peas, borage, broad beans, Brussel sprouts, butter beans, cabbage, carrots, celery, chilli peppers, courgettes, dandelion greens, garlic, horseradish, kale, kelp, mustard greens, peas, pinto beans, potatoes, pumpkin, turnips, Swede, sweet potato, tomatoes (red), wakame (seaweed), watercress and winged beans 1.2 mg

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### **THE FOOD OF THE MONTH - Crayfish**

February is the month for fish and fresh water crayfish are one of the cleanest crustaceans to be found because they are not injected with artificial hormones like other meat often is and they usually come from lakes that are usually free from industrial or other toxic pollution. In addition, crayfish are very sensitive to polluted waters and have, in the past, been used to test the purity of lakes before other methods were invented to determine water purity. If they survive the water is clean and toxin free.



Crayfish have an extraordinary sense of smell. It is estimated that 40% of their brain is devoted to the sense of smell, as opposed to less than 1% of a human's brain. Traditionally crayfish traps in most countries are baited with fish. Swedes use sunfish, shiners and herring while Louisiana Cajuns often entice the crawfish with gizzard shad and menhaden. However, crayfish can be enticed by most animal baits including squirrels, chickens as well as fish from the lake where the fishing takes place.

Consuming crayfish regularly can offer protection against Alzheimer's disease and other neurological disorders, asthma, heart disease and strokes.

An 85 gram (3 oz) serving of cooked crawfish contains just 70 calories and 14 grams of protein along with trace amounts of fat and carbohydrates. It also contains 115 milligrams of cholesterol, which is 40 percent of the recommended daily limit of 300 milligrams of cholesterol for healthy people.

Crayfish are a rich source of omega-3 fatty acids, vitamin A, vitamin B9, vitamin B12, vitamin D, calcium, copper, iodine, iron, magnesium, manganese, phosphorous, potassium, selenium, sodium and zinc. They also provide vitamins B2, B3, B5 and B6 and are a very rich source of all amino acids. Crayfish meat is also more easily digested than other types of meat because of the short muscle fibres. It can be eaten hot or cold and goes well with the dill herb and is definitely a healthy addition to the diet.

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### **Amazon Book Review**

In order to get the Nature Cures book up in Amazon's rankings it needs 20 people to go along to the page where it is for sale and write a good review. You do not have had to buy the book from Amazon to give this review so could we ask you to please visit this link and add your comments about it?

[http://www.amazon.co.uk/Nature-Cures-Ailments-Natural-Foods/dp/1781610398/ref=sr\\_1\\_1?ie=UTF8&qid=1455123606&sr=8-1&keywords=nature+cures](http://www.amazon.co.uk/Nature-Cures-Ailments-Natural-Foods/dp/1781610398/ref=sr_1_1?ie=UTF8&qid=1455123606&sr=8-1&keywords=nature+cures)

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### **The Nature Cures Nutritional Therapy Clinic**

This will be opening on 1<sup>st</sup> April 2016 at:

1, The Green  
Twickenham  
TW2 5TU  
United Kingdom

Nat H Hawes SNHS Dip (Advanced and Sports Nutrition) will be providing private consultations and dietary advice plus natural remedial foods for most health issues.  
Please email or telephone to make an appointment.

Email: [health@naturecures.co.uk](mailto:health@naturecures.co.uk)  
Telephone (UK): 0778 394 0999

Thank you for subscribing to the Nature Cures Newsletter. Take care and see you next month!

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