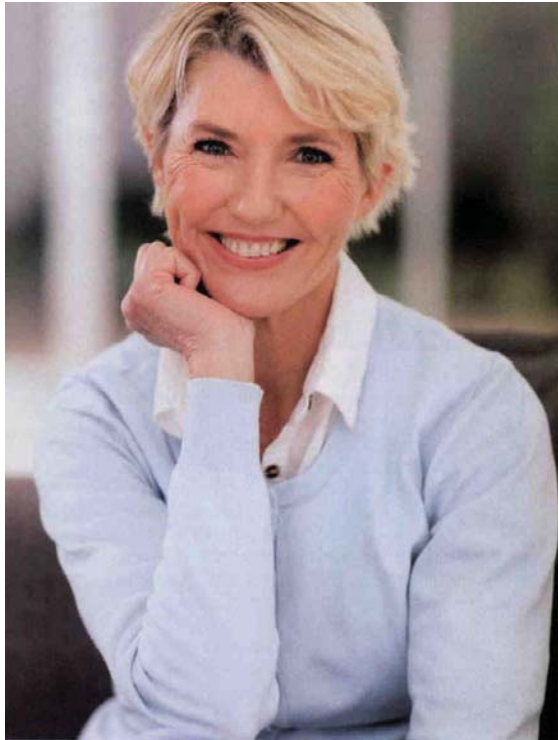


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Nutrition CLINIC

PRACTICAL EXPERT ADVICE FOR
YOUR HEALTH AND DIET DILEMMAS

My mum is recovering after a fall. What should she eat to protect her bone health?

Dr Emma Derbyshire says: "It's never too late to eat well for bone health. Your mum should be aiming for a healthy and balanced diet. Protein from oily fish, lean red meat and poultry and pulses is important for muscle strength. Vitamin D found in liver, cheese, egg yolk and oily fish can also help our bodies to absorb calcium and calcium itself is found in dairy products, beans and fortified juices which can help to make bones strong and rigid. Older people with poor appetites or those who want a health boost, could try natural remedies such as Potter's Malt Extract with Cod Liver Oil to help protect bone health. Cod Liver Oil provides Vitamin D - a nutrient which contributes to blood calcium levels and the maintenance of bones and muscle function. See pottersherbals.co.uk"



I'm trying to lose weight but am struggling to cut down on cheese. Have you got any advice?

Dr Gill Jenkins says: "Aim to reflect on your whole diet and lifestyle when it comes to losing weight. Being active, eating set meals and not over-snacking are all important. When buying cheese opt for lighter or reduced fat varieties and use fine slices rather than grated cheese, as you tend to use more grated, which is not good news. Also look at other components in your diet such as sugar. If you use sugar in hot drinks, sprinkled on to cereals or desserts, switch to Hermesetas. Available as mini tablets, granulated and as a liquid, the Hermesetas range can help to remove calories from sugar in the diet and have an important role in weight management. For example, sugar provides 4 calories per gram (around 40 calories per teaspoon) while Hermesetas is calorie free."



What's the best healthy pick-me-up to get me through a busy day? I don't want to rely on caffeine?

Dr Chris Etheridge says: "Breakfast can provide a great start to any busy day. Scrambled eggs on wholemeal toast, porridge with berries and flaxseeds or portable smoothies can all help to provide a healthy pick me up and help get you through until lunchtime. If you need a further energy boost, then natural remedies such as Potter's Energise may help. Potter's Energise Tonic or capsules can help to relieve daily fatigue and exhaustion as well as supporting vitality and physical wellbeing to help maintain the immune system. It is backed by a large body of clinical trials and provides standardised Extract of *Panax ginseng* C.A. Meyer G115® which has promising effects on glucose (energy) metabolism."



30-second summary





I suffer from thinning hair and it seems to be getting worse. Is there anything I can add to my diet to improve my scalp health?

Suzie Sawyer says: "Very often, this is due to the thyroid gland working slightly 'under par'. This is very common especially during and after the menopause. Various nutrients are needed to produce thyroid hormones including selenium (found in Brazil nuts, tuna and mushrooms), iodine (in fish, seaweed and dairy) and tyrosine (an amino acid rich in chicken, turkey and also dairy foods). Other nutrients are needed to promote hair growth, especially biotin, one of the B-vitamins, found in liver, eggs, salmon and avocados. Most importantly, hair contains the mineral silica, which diminishes as we get older. It's best taken in supplement form; try taking Alive! Ultra Women's 50+ Wholefood Plus, which has a Beauty Blend. This high potency vitamin and mineral supplement also contains good levels of biotin so you'll be getting all-round support for your hair at feelaliveuk.com."

Can you suggest any foods which will help my insomnia? I'm struggling to get a good night's sleep.

Mike Wakeman says: "Eating foods rich in the amino acid, tryptophan, which is needed to produce our sleep hormone, melatonin, is very effective. Look to include poultry, soy, sea vegetables, salmon and dairy, in your meals as much as possible. Additionally, eating a carbohydrate-rich snack before bedtime helps increase blood levels of tryptophan. Try an oatcake with a few slices of apple, a milky drink (soy or dairy-based), Greek yoghurt, a banana, almonds or peanut butter with a crispbread."

Cut out caffeine and alcohol for a week, to see if it makes a difference. Both can promote anxiety and muscle twitches, not just at bedtime. I recommend taking a herbal remedy which contains passionflower and valerian as these two herbs promote the release of GABA, one of our relaxing neurotransmitters, which aids restful sleep. Look for Bonuit Sleep Aid at schwabepharma.co.uk



I want to eat less meat but is this a good idea whilst I'm going through the menopause?

Emma Brown says: "Cutting back on meat can help reduce the risk of cardiovascular disease which is slightly increased after the

menopause, so it's a positive step. Red meat is a good source of iron and although our iron needs reduce slightly after the menopause as we no longer have periods, it's still an essential nutrient. Including red meat once a week might be a good option as you reduce your intake. Protein is important during the menopause as it can help with managing symptoms and maintaining lean muscle tissue - fish, poultry, eggs, dairy foods, pulses and nuts are great sources. Good plant-based sources are wholegrains, lentils, tofu and leafy greens. Remember that it continues to be important to eat a varied and balanced diet from the other food groups (carbs and fat) together with plenty of fresh fruit and veg."

Our Experts



Dr Emma Derbyshire is a public health nutritionist and advisor to Potter's Herbs



Dr Gill Jenkins is a GP and an advisor to Hermetas, an evidence-based low calorie sweetener hermetas.co.uk



Dr Chris Etheridge is a medical herbalist with a PhD in Medicinal Chemistry from Imperial College, London. chrisetheridgeherbalist.co.uk



Emma Brown is a nutritionist working at Nutracheck, a calorie tracking app and website



Suzie Sawyer is a clinical nutritionist and you can view her website online at nutritionlifestyle.co.uk



Mike Wakeman is a clinical pharmacist and healthcare consultant for leading blue chip companies

1 You can boost your muscle strength by eating more protein. Good sources include lean meat and pulses. **2** Being active, eating set meals and taking care not to over-snack will help you to lose weight. **3** Thinning hair is very common during and after the menopause **4** Cutting back on red meat can help to reduce the risk of heart disease **5** Foods which are rich in tryptophan will help you to sleep better