Blue Berry Eyebright™ for Eye Health

New Nordic Pharmabrand’s Blue Berry Eyebright™ contains Blueberry, Lutein, Eyebright and Grape seed extract. Blue Berry Eyebright may help to preserve eye health and protect against cataracts and Age-related Macular Degeneration (AMD), which affects the macula (the central part of the retina), causing loss of central and detailed vision. About 500,000 people in the UK suffer with AMD, resulting in dim, blurred images or black holes at the centre of vision.

Blueberry extract (Vaccinium myrtillus) contains anthocyanosides – natural compounds that help to improve the eye’s adaptation to light and dark. Blue Berry Eyebright™ also contains the carotenoid Lutein, which may improve the visual function of patients with age-related cataracts or maculopathy. Eyebright Euphrasia officinalis is thought to nourish the mucous membranes of the eye and help reduce inflammation, and Grape seed extract is a well-known anti-oxidant.

Further Information
Available from all good health stores and selected Waitrose. For more information please visit www.newnordic.com

Thermo-Auricular® Therapy

Thermo-Auricular® candles are a hollow tube made with the finest herbal powdered extracts, tinctures and oils including Sage (Salvia Officinalis), Chamomile (Matricaria Chamomile) and St John’s Wort (Hypericum Perforatum), blended with beta carotene in Honey, and organically grown linen, lightly sprayed with beeswax. Ear candles are successful with many problems related to Head, Ear, Nose and throat – including migraine, headaches, sinusitis, catarrh, sore throats, colds and flu. They help with fluid balance in the case of Vertigo, Meniere’s Disease, Labyrinthitis, for pressure regulation when flying or diving, and tinnitus.

Further Information
Linda Stokes and Susan Maunsell are leading UK tutors. The compiled a programme to meet standards of accredited UK ‘umbrella’ organisations. “Thermo-Auricular® Therapy” is a registered trademark.
For information on training for therapists, venues and dates, as well as a register of qualified therapists visit: www.thermo-auricular.com

Gerson Therapy UK Tour

The Gerson Therapy has helped thousands of patients suffering from a wide range of chronic, degenerative diseases for over 60 years. Dr Gerson’s work has been continued and developed by his daughter Charlotte Gerson, now in her eighties. In October, Margaret Straus, Charlotte’s daughter, is visiting the UK.

Further Information
For more information on the Gerson Therapy or to attend the lectures please contact College of Naturopathic Medicine on Tel: 01342 410505; www.naturopathy-uk.com

Brief Takes

Healthy Footwear
Fitness Footwear Ltd is launching Fitnessfootwear.com a website dedicated to selling the latest in healthy footwear. It is the first UK retailer to offer the Chung Shi range of trainer which features a 15 degree curved sole, which creates a more normal rolling gait and makes the calves, hips and thighs work harder to strengthen, tone and burn up calories. The rolling motion also works on the back and pelvis, strengthening muscles and improving postures.

Further information Tel: 020-8265 7654;
glyn.barlow@fitnessfootwear.com;
www.fitnessfootwear.com

Comvita Acquires New Zealand Natural Food Co
The New Zealand Natural Food Co which introduced Manuka Honey to the UK has been sold to Comvita, the New Zealand manufacturer and brand leader for therapeutic Manuka Honey products. Further information Tel: 020-8961 4410;
info@comvita.com;
www.comvita.com

Spiritual Healing Lecture
Lectures will take place in London, 25 November at 7pm, Friends Meeting House, 120 Heath St, Hampstead NW3, Norwich, 26 November at 2pm, The Assembly House, Theatre St NR2 1RQ and Brighton, 27 November at 2pm, The Hove Centre, Hove Town Hall, Norton Rd, Hove BN3 1AH The lecture is titled Healing the Spiritual Way. The lecture lasts between one and a half and two hours where doctors and other health professionals from the Medical-Science Group of Specialist (MWF) will talk about spiritual healing through the teachings of Bruno Gröning.