Outstanding Practitioner

The Nutri-Centre has once again sponsored the CAM practitioner awards aimed at fostering excellence in practise within the community.

Dr Natash Cambell-McBride received the Outstanding Practitioner award for her work addressing learning disorders through nutrition. The accolade was presented during a gala dinner following the first Total CAM Show. Further information behealthy@lineone.net; www.behealthy.org.uk

Bristol Vegan Fayre

The 4th annual Bristol Vegan Fayre is to be held on 10 June 2006. About 125 stallholders and 50 speakers and entertainers and an expected 10,000 crowd means it is now extremely large. There are still some stalls available and a few gaps in the talk and demonstration schedule to be filled. The organisers are particularly interested in people who work with animals and would like to do a talk or demonstration. Entertainers are also welcome to contact them.

Further information veganbristol@blueyonder.co.uk; www.yaoh.co.uk/fayre2006.htm

Migraine Relief

Although there is no miracle cure for migraine, it is possible to bring the condition under control. Migra-Cap is made from flexible, breathable lycra with cold therapy gel sachets sewn within, placed to target the areas affected by the pain, namely forehead, temples, sides and back of head and sides and back of neck. It can be stored in a fridge or freezer and washed between uses. Further information Tel: 01443 693464; www.migracap.co.uk

Ergoform™ Lymph Detox Dry Body Brush

Opal London’s Ergoform™ Lymph Detox Brush applies the same firm pressure to the lymph capillaries in the skin as Mexican fibre brushes, during dry body brushing, but without scratching. Pressure on the lymph capillaries during brushing stimulates the body’s waste disposal system to speed up the elimination process, for a more efficient detox and a fabulous healthy glow.

Gentle dry body brushing before bathing:
- Stimulates lymphatic flow to rid the body of toxins;
- Reduces the puffiness caused by fluid retention;
- Protects the immune system to help the body fight infection;
- Exfoliates and gives the skin a healthy glow all at the same time.

The new Ergoform™ range includes the Lymph Detox Dry Body Brush, a Post-Exercise Cellulite Massager and a Classic Mexican Fibre Long Reach Back Brush. All three heads are designed to fit just one handle.

Further Information

The Ergoform™ Detox Dry Body Brush is available from Opal London. Please contact on Tel: 020-8450 7834; shop@opal-london.com; www.opal-london.com

Quinessence Award-winning Success

All-natural skincare brand Quinessence is celebrating this week after being awarded Hot Contender in both the Best All-Natural Range and Best Bargain Moisturiser in the Natural Beauty Awards 2006. In the category of ‘Best Bargain Moisturiser’ it was the Vitamin E Cream. Its superior moisturising qualities and a rich, creamy texture make it the perfect skin treat. Vitamin E is known for its anti-ageing properties and is one of the finest natural anti-oxidants.

Quinessence prides itself on its reputation of providing chemical-free skincare products. There are no harmful ingredients, colours, fragrances or preservatives to be found in the range. Instead it is all about natural, pure ingredients that care for your skin head to toe.

Further Information

For more information please contact Quinessence on Tel: 01530 835918; to view the complete range visit www.quinessence.com

Brazilian Berry Destroys Cancer Cells

A Brazilian berry popular in health food contains antioxidants that destroyed cultured human cancer cells in a recent University of Florida study. Published recently in the Journal of Agricultural and Food Chemistry, the study showed extracts from acai (ah-SAH’-ee) berries triggered a self-destruct response in up to 86 percent of leukemia cells tested. The study, funded by UF sources, was not intended to show whether compounds found in acai berries could prevent leukaemia in people.

In the current UF study, six different chemical extracts were made from acai fruit pulp, and each extract was prepared in seven concentrations. Four of the extracts were shown to kill significant numbers of leukaemia cells when applied for 24 hours. Depending on the extract and concentration, anywhere from about 35 percent to 86 percent of the cells died.

Further Information

Please contact University of Florida on Tel: 001 352 392 0400; http://news.ifas.ufl.edu
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