Hawaiian Spirulina: Complete Balanced Protein

Spirulina is a blue-green algae in the shape of a coiled spring; "Spirulina" means 'little spiral'. Spirulina contains complete balanced protein (including all eight essential amino acids), is easily digested and quickly absorbed. It is high in beta-carotene, chlorophyll, vitamins, and GLA (gamma linolenic acid), but low in fat, sodium, and cholesterol. Spirulina also contains nine important vitamins and over 14 chelated minerals.

Spirulina’s health benefits:
1. Strengthens the immune system;
2. Supports cardiovascular health;
3. Improves gastrointestinal health;
4. Enhances natural detoxification;
5. Reduces cancer risks via antioxidants

MicrOrganics UK's premium range is Hawaiian Pacifica, available in powder and tablet form, herbicide and pesticide-free, 100% natural.

Further Information and Special Offer
MicrOrganics UK is offering Positive Health readers a 15% discount off Hawaiian Pacifica Spirulina if they contact Tel: 020-8840 9942 or www.microrganics.co.uk/entry_uk.html and quote PH May.

Stress Survival Kit

Cognitive Change Technology has launched Alphadynamics™, a synergy of established techniques and new research designed to either reduce or eliminate problems including stress, anxiety, panic, weight, smoking, confidence and many common phobias. It has been trialled over two years on over five hundred volunteers with a success rate of 92%.

The Stress Survival Kit is a triple CD course with full instructions. The Kit has three CDs, each designed to address particular aspects of Stress. The CDs enable the user to learn how to relax deeply, approach problems from an entirely different perspective and gain the ability to use that knowledge in any stressful situation.

There is a free downloadable e-book: Stress – Dying For No Cause for use in conjunction with the Stress Survival Kit.

Further Information
Please contact Alphadynamics on Tel: 01629 735054; john@alphadynamics.com; www.alphadynamics.com

TravelGuard for Digestive Health when Travelling

TravelGuard from BioCare helps maintain digestive health while travelling. The outer capsule contains liquid extracts of oils of coconut, cinnamon, oregano, clove, ginger and rosemary, which have beneficial effects in maintaining the hygiene of food subjected to spoilage organisms. The inner capsule contains probiotics and garlic extract, which are protected both from the plant extracts and from stomach acid, and are released further down the digestive tract. TravelGuard contains four billion of BioCare's high quality LAB4 Complex probiotic organisms that help maintain the friendly bacteria in the gut.

Further Information
TravelGuard comes in a 15 capsule blister pack and costs £15.95 from health stores or mail order: Mail order and stockists Tel: 01244 333 3727.

Crystal Awareness Week

The Affiliation of Crystal Healing Organisations (ACHO), with its 17 member schools, is celebrating its eighteenth year with a series of local events demonstrating the versatility and practicality of crystal healing and therapy. Further information Tel: 07837 696301; info@crystal-healing.org.

Essential Fatty Acids e-Newsletter

Essential Fatty Acids such as Omega-3 and Omega-6 groups are important health topics. Equazen has access to the most recent studies and is now producing a monthly email newsletter to summarize the key facts and findings of the latest published papers. To register email hannah@equazen.com or Tel: 020-7243 7102.

The Big Stretch

Increasingly people are searching for more meaning in their lives. The Big Stretch is a week's life-planning adventure in the Spanish Mountains. In January, this coaching holiday is doubling its departures to enable more people to explore new ways of working and living. Further Information Tel: 0845 4308621; www.thebigstretch.com