

Electrosmog Detector

The Electrosmog Detector exposes the potentially harmful microwave radiation from the wireless communications that now surround us. Sensory Perspective launched the hand-held sensing device. It is silent, invisible and works as a precautionary device that allows the user to gauge the intensity of the electrosmog to which they are exposed. Further information Tel: 0845 003 1355; nick@sensoryperspective.com; www.detect-protect.eu.com

Relief for Ageing Joints

Potter's Tabritis Tablets have a well established reputation for reducing rheumatic pain and joint stiffness and contain a unique combination of herbs renowned for their anti-inflammatory, pain relieving and detoxifying properties. Potters also launch Tabritis Rubbing oils, a blend of oils which can be carried and applied to affected areas as required, Available in Chemists and Health Food Stores or Tel: 0191-523 6578; www.tabritis.co.uk

Help for Joint Pain

In the Total Life Balance, CHEK system, corrective exercises are prescribed to correct imbalances in the body which cause joint pain. A Incliniometry (Measurement of the Spinal Angles) assessment is made, followed by a length and tension check to correct muscular imbalances before an evaluation which ascertains which gentle stretching and even weight bearing exercises would benefit the body. Further information Tel: 0870 2626596; info@totallifebalance.co.uk; www.totallifebalance.co.uk

BioCare Bio-Acidophilus Immune Booster

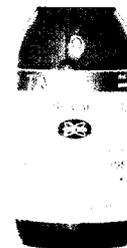
The gastrointestinal tract is home to a complex microflora, comprised largely of bacteria, which form a delicately balanced ecosystem within us. Taking probiotic supplements may help to maintain this delicate balance. While the microflora is well known for its support of the digestive system, many people are unaware that the microflora is also important for helping to maintain a healthy immune system. This is because a large proportion of the immune system is based in the gastrointestinal tract, and it is here that

bacteria reside and metabolise various substrates into compounds which may be beneficial.

BioCare Bio-Acidophilus has proven shelf-life stability; the bacteria can survive stomach acidity and attach themselves to the tissue of the gastrointestinal tract. This ensures delivery of the optimum number of viable organisms to the correct sites in the body. Each capsule contains 8 billion friendly bacteria.

Further Information

BioCare products are available from health stores and by mail order on Tel: 0121-433 3727.



Natural Anti-inflammatory Arnica Gel

A.Vogel Arnica Gel is a clinically proven, topical treatment for painful inflammatory conditions such as arthritis, rheumatism, fibromyalgia and RSI. It is made from freshly harvested, organically cultivated Arnica flower tincture. New research demonstrates that Arnica is a very effective anti-inflammatory when applied topically.



In the first study of multiple osteoarthritis of the fingers, the effectiveness of A.Vogel Arnica Gel was compared with ibuprofen gel. The study involved 20 doctors and 204 patients in Switzerland between May 2003 and March 2004. Improvement in pain reduction and functional ability of the hands had to be achieved for the study to be successful. In both cases, Arnica Gel proved to be as effective as the synthetic gel. Arnica Gel has also been clinically proven to relieve the symptoms of osteoarthritis of the knee, with 76% of patients willing to use the treatment again. The Multicentre trial was published in *Advances in Therapy* 19 (5).

Further Information

Arnica Gel costs £8.95 for a 100 gram tube. Trial packs of 5 sachets are available at £1.50, also from health stores. For stockists Tel: 01294 277344 www.avogel.co.uk

Lobelia Compound for Coughs, Blocked Sinuses and Catarrh

Lobelia is a traditional herbal remedy that has long been lauded for its ability to ease coughs, unblock sinuses and clear catarrh. Lobelia contains piperidine alkaloids, the chief of which is the Lobeline alkaloid, which stimulates the respiratory centre within the brain stem, producing stronger



and deeper breathing. Its expectorant action promotes the discharge of mucous from blocked passages in the sinuses and lungs (it helps to stimulate breathing and encourage coughing up of phlegm), effecting speedy relief of symptoms.

Bio-Health's Lobelia Compound is the only Lobelia remedy available in the UK and is licensed by the MHRA. Suitable for adults and children over 5 years of age, it is free from preservatives, artificial colouring, flavouring, yeast and gluten and is not tested on animals.

Further Information

Bio-health Lobelia Compound is available from independent health stores and pharmacies.

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