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Your Health and Wellbeing Success Starts Here!

Are you a health-conscious consumer, looking to come into the industry or looking for a suitable treatment? Find out what the experts say and read.

Letter from the Editor



To fit into the calendar year the Dec/Jan issue has become the Jan/Feb issue. This will not affect your subscription at all, the Mar/Apr issue will be out from the third week in February. With the dark nights drawing in, shop windows filled with Christmas trees and people busy buying gifts for their loved ones, we shouldn't forget those that aren't as fortunate as ourselves. We all have our ups and downs in life, staying strong and focused isn't always easy.

We all have a destination that we want to reach, the thing is we can only reach this destination when we are willing to invest in ourselves.

Self-confidence is the state of self-assuredness and trust in oneself and one's abilities and strengths. It's the state of hopefulness that one can succeed. It's all about feeling comfortable in different situations, even if their outcome is unknown. Success is not the key to happiness. Happiness is the key to success.

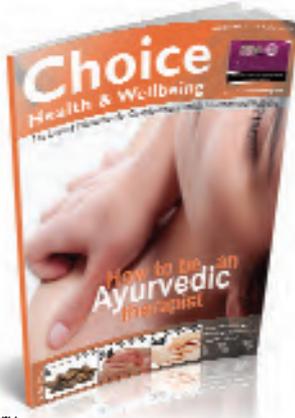
"If you love what you are doing, you will be successful." ~ Albert Schweitzer

Wishing you and your loved ones a happy, healthy and prosperous 2013.

Happy reading

Angela

Angela Mahandru
Editor



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Printers
Produced by Printech

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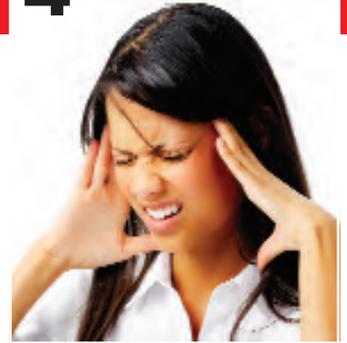
Special thanks to Kelly Owen

College of Practical Homeopathy. Gervasio Da Gloria Just fit. Bodywork CPD. Penny Price Penny Price Aromatherapy. Andy Edwards Marketing Therapy. Geeta Vara. Robert Waghmare, Joanne Ross META-medicine Janie Godfrey ECBS. Geoff Lyth Quinessence. Rachel Fairweather Jing Advanced Massage. Jonathan Lawrence Turning Point. Dr Marilyn Glenville. Paul Carbis. Daniela Chandler Pevonia. Olivia Stefanino. And Others

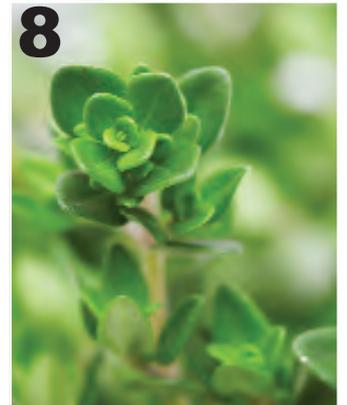
Editorial & Advertising Contact Details

T: +44 (0)161 284 6602
e: info@choicehealthmag.com
w: www.choicehealthmag.com

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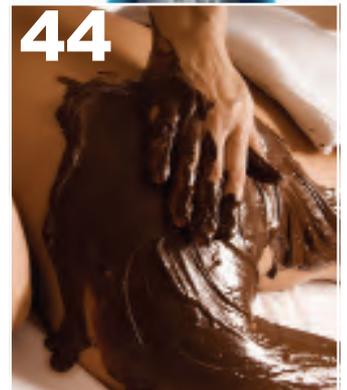
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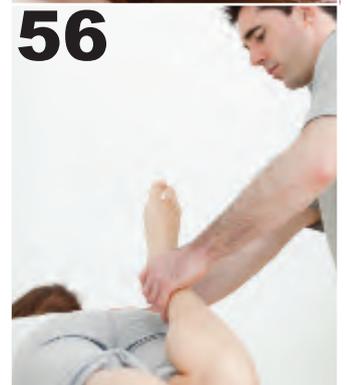
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All about...

a misunderstood mineral

Silicon (also known as silicium) is the second most abundant element in the earth's crust, after oxygen, making up much of the rocks, clays and soils of the planet's surface. Its commonest soluble form, orthosilicic acid, is found in ground water, lakes, rivers and oceans.

Silicon should not be confused with silicone, a synthetic polymer used in surgical implants, sealants and cookware. Some plants use silica (an oxide of silicon) to strengthen their stems and leaves and to form hard structures such as thorns. Grasses and cereal crops, in particular, depend on silica for their rigidity.

For most animals, silicon is a minor, though vital, mineral. It has a structural role in hair, nails, cartilage and bone, and in connective tissues in the skin, aorta, trachea and tendons. As well as contributing to the solidity, strength and elasticity of these and other tissues, silicon regulates calcium deposition in the bones and is needed as an enzyme co-factor, for instance in the formation of collagen.

The silicon from plant foods cannot be directly absorbed in the gut and must be dissolved by stomach acid to form orthosilicic acid in order to be available to the body. Individuals whose diets are low in whole grains and vegetables or who have low stomach acidity (a common condition in the elderly) may have low levels of silicon. Silicon deficiency has been shown to lead to deformities in the skull and peripheral bones, poorly formed joints, reduced production of cartilage and collagen, and disruption of the mineral balance in the femur and vertebrae.

Skin, hair and nails

In a study carried out in Brussels, 50 women with sun-damaged facial skin were given 10mg of silicon per day, or a placebo, for 20 weeks. Skin wrinkling reduced by up to 19 per cent in the supplement group, who also experienced improvements in skin elasticity, while wrinkles got worse in the placebo group. In another placebo-controlled trial, in which women with fine hair were given additional silicon for nine months, hair thickness, tensile strength and elasticity all increased significantly. A study at Columbia University Hospital, New York, also found that supplemental silicon was an effective treatment for brittle nail syndrome, a condition that affects around 20 per cent of the population.

Bone health

Silicon is valuable in the prevention and treatment of osteoporosis, according to research carried out in 2008. In a double-blind, placebo-controlled trial,

doctors gave 184 women with diagnosed bone loss either a silicon supplement, calcium and vitamin D or dummy supplements, for 12 months. Blood tests were carried out to determine levels of marker substances indicating bone formation and resorption (the process by which cells called osteoclasts break down bone and release the minerals into the blood). At the end of the study, not only was bone formation greater in the supplement group than in the placebo group, but the addition of silicon gave greater benefits than calcium and vitamin D on their own.

Cardiovascular system

There is some evidence that silicon could help protect against heart disease. Experiments with rabbits fed a high-cholesterol diet demonstrated that supplementation with silicon prevented the development of atherosclerosis, or hardening of the arteries... Silicon is a vital structural component of arteries, but the silicon concentration of arteries declines with age, which is thought to increase the risk of atherosclerosis through the accumulation of cholesterol plaques.

Cognitive function

Several epidemiological studies have suggested that the silicon content of drinking water may protect against decline in cognitive function. Studies in France have shown that performance in cognitive tests correlated positively with silicon consumption and that the risk of Alzheimer's disease was reduced in subjects who had the highest daily silicon intake. The role of silicon in cognitive function and Alzheimer's disease requires further investigation.

Bioavailability

Silicon occurs in a wide range of chemical forms, some of which cannot be used in the biology of life and others of which are highly bioavailable. The inorganic forms of silicon include silica, colloidal silica, orthosilicic acid and silicates. Organic silicon compounds, in which silicon and carbon are bonded together, may also include other organic chemical groups.

The absorption of different forms of silicon by humans, from foods and supplements, was investigated in a study at London's St Thomas's Hospital. The foods used were alcohol-free beer, bananas and green beans, while the dietary



supplements contained choline-stabilised orthosilicic acid, monomethyl silanetriol and colloidal silica. Orthosilicic acid solution and an antacid medication containing magnesium trisilicate were also used for comparison. Absorption was estimated from urinary excretion of silicon.

The study found that, among the dietary supplements, absorption was greatest from monomethyl silanetriol (64 % of dose), followed by choline-stabilised orthosilicic acid (17 %) and colloidal silica (1 %). Among the foods, alcohol-

free beer scored highest at 64 %, followed by green beans (44 %) and bananas (4 %). The speed of absorption was also measured and was found to be fastest from the monomethyl silanetriol supplement and green beans, with peak serum levels of silicon occurring within half an hour of ingestion.

Where can silicon be obtained?

The silicon content of foods is not a reliable indicator of its availability; for instance, bananas are high in silicon but little of it is absorbed by the body. The best food sources of available silicon are whole grains and grain products, green beans and raisins. Silicon is also found in drinking water as orthosilicic acid, but the concentration varies greatly depending on location. It can be difficult to obtain sufficient silicon from foods, without munching one's way through a lot of grains and vegetables.

Ageing skin, thinning hair and brittle nails may be signs that your body needs more silicon. Vegetable juices can be a good way to increase silicon intake, but some people may prefer to take a supplement, in which case using the most bioavailable form of silicon is preferable. Choline-stabilised orthosilicic acid is many times more bioavailable than colloidal silica and is the form used in the clinical trials quoted here. 'Bio-activated' versions of this supplement are claimed to have small molecular sizes that are very effectively absorbed, both internally and through the skin.

Although the absorption study mentioned above found monomethyl silanetriol to be the form of silicon that is best absorbed.

Silicon deficiency has been shown to lead to deformities in the skull and peripheral bones, poorly formed joints, reduced production of cartilage and collagen, and disruption of the mineral balance in the femur and vertebrae.

Testimonials

1--From: Ms L.G (Dexsil: Articulation liquid, Articulation Gel, Peau, Silicium Gel)

I have severe arthritis in my knees and have recently had an operation on my shoulder. I have been drinking the bio-activated organic silicium articulation liquid and using the gel since November. My knees have been less stiff and my shoulder has recovered much quicker than my doctor anticipated. The scar on my shoulder has also healed very well. I am very pleased with the results from using these products and would highly recommend them.

2-- DEXSIL PRODUCTS USED: SILICIUM LIQUID, LIGHT LEGS

FROM A.B " <a.b22@gmail.com>
Add sender to Contacts
To: fahari@talk21.com



Dear Garnett - I will be delighted to attend plus if you want I can endorse the products as a testimonial to my achievements in helping me to achieve my running goals injury free. Happy to give a 10 minute talk on my training when I use the product how it helps. My times are falling, and I have no injuries or training hold ups. I can push myself further and faster

without the worry of long term damage to joints. I look forward to hearing from you soon, I will also need to place an order for Silicium and light legs (Vita Sil). I ran a split marathon over last weekend at around 3h 30mins and I can go faster, I achieved an under 6 minute mile in training this week.

Kind regards
A,B **CHW**

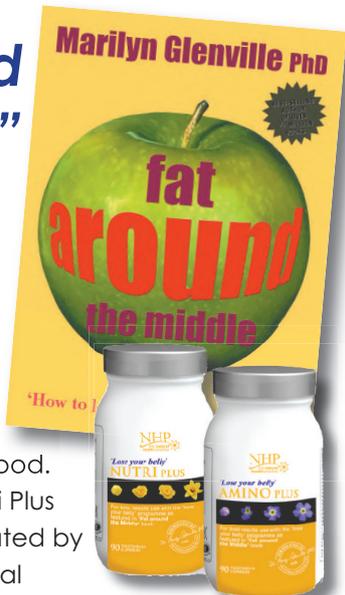
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38 Rosemont Road, London
NW3 6NE T: 0207 794 2835
M: 07885 604 915 M: 07802 783 462

Internet : www.Agedefy.co.uk
E-mail: info@agedefy.co.uk

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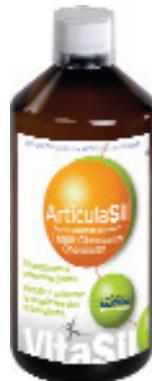
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Dexsil - Vitasil 38, Rosemont Road,
London NW3 6NE
T: 02077 942 835
M: 07885 604 915 M: 07802 783 462
Email: info@agedefy.co.uk
Website: www.agedefy.co.uk