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Alexandra WORSLEY's

Health and Well-being

C O L U M N



WINNER



BACK TO SCHOOL, HAPPY AND HEALTHY...

Hello everyone, I hope you have had a good summer holiday. I've been busy writing more articles, finding you the best products and making sure you're getting the best advice - we never stop learning!

I've been thinking about the top tip I would give all parents for supporting kids going back to school and it is - give them fish oils - the good fats! In order for you to trust that fish oil will do the job, I have found the market leading brands for you to choose. I've examined the correct ratio of omega 3 to omega 6 that works best, the pharmaceutical quality, I've checked if the brand can prove it contains what it says on the label, is competitively priced and most importantly that it passes the taste test, which will tell you how pure it is!

So, why should your child need to take a fish oil supplement? I asked Tim Gaunt, Nutritionist from Natures Aid to pass on some wisdom, he told me "there's been an 80% decline in oily fish in our diet over the past 100 years which has led to an increased need to take a supplement. An average person needs at least 3 portions of oily fish a day (which excludes tuna and large fish). If there is an imbalance in the body due to conditions such as eczema or ADHD, you would need to increase that amount. Please be aware that the

vast majority of fish oil supplements are molecular distilled so they take out all the 'nasties', Natures Aid ensure that all fish oils are in their natural 'triglyceride form' which are absorbed 2-3 times better. Some forms of fish oil are not prepared this way and will not make a significant improvement."

Research suggests how important omega 3 is for; brain health, mental enhancement, mood hyper ADHD and low mood, cardiovascular health (for after school curriculum), anxiety, the immune system, skin hair and nails, hormone support and will reduce type 2 diabetes risk. Like vitamins and minerals, omega 3 must be supplied by our diet and is not produced by our bodies. Omega 3 are, in general, responsible for proper functioning of the cellular membrane and are therefore critical to the health of ALL our cells.

Why not 'bump up' your omega 3 levels by trying the following:

'Omega Mania' Ice Lollies:

In a food processor blend into a smooth purée: 1 large carton of organic plain live yogurt, 2 handfuls of mixed berries, 5 tablespoons flaxseed oil, 2 teaspoons honey. Transfer the mixture to ice-lolly moulds and freeze - enjoy as a sweet treat any time.

Omega Peanut Butter:

In a food processor blend into a smooth butter: 2 handfuls of pumpkin seeds, 2 handfuls of sunflower seeds, 1 handful of hemp seeds, 3 tablespoons flaxseed oil, 1 teaspoon sea salt - lovely on toasted wholemeal bread.

I hope by reading my columns you're feeling inspired to take action to a healthier and happier life. We have such a great team of therapists in our award winning complementary therapy rooms and very helpful shop staff offering well researched products. If you don't know where to turn we're here to support you and help you back on the right track when you are feeling out of balance - we just love to help you!

Take care of yourself
Alex x

