

# YOUR HEALTHY LIVING

SEPTEMBER/OCTOBER 2009

the natural way

# 62

CHANCES  
TO WIN  
**FREE**  
HEALTH  
GOODIES



# 24/7

NATURAL  
BEAUTY

# Gillian McKeith's

on a new food mission

IS YOUR  
**BODY**  
FIGHTING  
**YOUR**  
FOOD?

**ANNABEL  
KARMEL'S**  
10 TIPS FOR SCHOOL  
LUNCHES YOUR  
CHILD WILL EAT!



# FEEL AND LOOK GREAT NATURALLY!

## Health Diary Now's the time to...

### Take up dancing...

...to improve your heart, lungs, bones and agility. The government has recruited Strictly Come Dancing former judge Arlene Phillips to get us fit through dance – so look out for local classes and courses this autumn.



### Celebrate organic fortnight...

...from 5-20 September by inviting friends or family round for an 'organic credit crunch dinner'. See [www.dinner4good.com/soilassociation](http://www.dinner4good.com/soilassociation) for ideas.

### Walk for charity...

...to mark World Alzheimer's Day on 21 September. Sign up for one of the Memory Walks, around England, Wales and Northern Ireland during September, to help fight dementia. [www.memorywalk.org.uk](http://www.memorywalk.org.uk)

### Combine fresh air with nutritious and free food

It's the blackberry picking season. Enjoy with your muesli or straight from the bramble.



### Learn about growing vegetables in containers...

...and in your ornamental borders, at the Organic Harvest on Sunday 4 October at Garden Organic Ryton near Coventry. [www.gardenorganic.co.uk](http://www.gardenorganic.co.uk) for details.

### Discover The Flexitarian Diet

A book of recipes for meat eaters rediscovering the joys of veg, or vegetarians who occasionally succumb to a piece of chicken. By Dawn Jackson Blatner, from Borders or Amazon.

### Check out nature's alternative to HRT...

...at your local health store. October 18 is World Menopause Day, a day for the 10 million women in the UK who are peri menopausal or menopausal.

# Organics take a media bashing

Organic food has been in the media firing line this summer, with headlines such as 'Organic no healthier than ordinary food', quoting an analysis study that showed similar levels of many nutrients in organic and conventional foods.



Most newspapers seemed to miss the point, that organic is more about what's NOT in the food, soil or animals, rather than vitamin content – which will also vary according to how the food is subsequently stored and cooked.

There have been studies in the past that have found a higher nutritional content in some organic versus non-organic foods, and many people say they find organic veg and fruit in particular taste better, but these have been seen as side benefits.

Hundreds of different pesticides are used on conventional foods. For example, a lettuce gets sprayed with 11 different chemical pesticides, and we still don't know the cumulative effects of these pesticide residues when we and our children eat them. Organic farms don't use chemical fertilisers and the livestock are not fed antibiotics as a matter of course, only if they are sick.

So when we buy an organic item of food it's the whole process of organic farming that we are supporting and benefiting from, and ultimately the whole planet that gains!

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