

HALLOWEEN HEALTH CARE

Health Diva October 2009

*Double, double toil and trouble;
Fire burn, and caldron bubble.
Scoop of Calcium, and
Magnesium, Added D3, K2 and
Zinc and Boron, In the caldron boil
and bake;
Solgar's Ultimate Bone Support
thus created Skeleton bone so not
to break;
For a charm of powerful trouble,
Like a hell-broth boil and bubble.
Double, double toil and trouble;
Fire burn, and caldron bubble.*



Fighting off Vampires the natural way.

A Hard Life for a Skeleton

Gone are the days when a skeleton could get away with hanging around the closet, now in this ever more demanding world our skeletons are expected to carry their weight, the good news the clever mad scientists at Solgar have come up with the Ultimate Bone Support a highly absorbable form of Calcium. (Which basically means you don't need to take as many tablets to be sure you are getting enough!) This powerful new calcium formulation also combines Magnesium, Manganese, Boron, Zinc, Vitamin D3, and Vitamin K2, which are essential for maintaining the internal collagen of the bone necessary for bone strength and stability. This combination of nutrients has been shown to help increase the action of osteoblasts which encourage bone renewal, helping to build and structure our bones.

Did you know the best time to take any calcium supplement was at night? Taking Calcium and Magnesium supplements at bedtime encourages relaxation, and also provides minerals at a time when the body carries out all its repair functioning, so your Grandma was right about needing a good nights sleep to grow up big and strong, just make sure the boogie man is not hiding under your bed :)

A Garlic pill a day keeps the vampire away!

Garlic has been famed for its ability to ward off evil spirits such as vampires, but garlic also has the ability to ward off some nasty bugs and diseases.

Whole books have been written about garlic, an herb affectionately called "the stinking rose". A member of the lily family, which also includes onions, garlic contains a rich variety of powerful sulfur compounds. While these compounds are responsible for garlic's characteristically pungent odor, they are also the source of many of its health-promoting effects; which include helping to lower cholesterol, prevent arteriosclerosis, and help lower blood pressure.

Garlic's ability to support the immune system, having both anti viral and anti bacterial properties is probably how it got its reputation as a vampire slayer! In addition, garlic is an excellent source of manganese, a very good source of vitamin B6 and vitamin C and a good source of selenium. Heat destroys the active garlic compounds so garlic should always be eaten raw, A garlic supplement a day is an excellent way to achieve the health benefits whilst still keeping your friends:)

Research shows that aged garlic supplements such as used in Kyolic garlic preparations tend to have higher levels of active components and are more stable.

Wolfsbane a useful homeopathic remedy

Wolfsbane also known as aconite, was used for centuries to keep the wolf from

the door, these days Homeopathic Aconite has a much more practical application.

Aconite is an excellent remedy for sudden illness, aches, colds, coughs, sore throat, flu, chills and fever. Keep Aconite on hand for quick recovery after becoming ill following exposure to weather changes.

Aconite helps with symptoms from sudden shock, fear, fright.

Aconite is often used during the early stages of an illness, but can also be used for past trauma to rebalance.

Aconite Indications include feeling apprehensive and agitated, tossing about in bed. Fear and restlessness seem to dominate the symptoms.

Don't burn the witch

A friend commented that only a few hundred years ago I would probably would have found myself with very hot feet! Witches were the wise women, herbalist, and midwives of the village, who used what comes naturally to treat the villagers. (I find it sad that I need to add that I am not a witch, but the fact that I need to mention this means that we still make judgements!) Perhaps we should all read Arthur Millers The Crucible this halloween, and think about how it plays out today, at the same-time spare a thought for the thousands of innocent girls killed for their beliefs, and those still dying today.