

HORANS HEALTHSTORE

Now Open in
Dun Laoighaire!

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SHOP ONLINE AT WWW.HORANSHEALTH.IE

Horan's healthstores are delighted to announce we have opened our 15th Health Store in Dun Laoghaire, Co. Dublin!

New Store

Once our therapy room is up and running we are hoping to have a Bio Kinesiologist in place to do food/allergy testing as well as aromatherapy & other complementary therapies. We are looking at an Infrared sauna and will have numerous open days with our suppliers where customers can sample products and meet the producers. Claire is looking forward to expanding our natural skincare range and offering advice in this area.



We provide the following services in store:

Skin Analysis, Free BMI Testing, Allergy Testing, Aromatherapy & other complementary therapies. Please check our weekly events calendar in store for weekly events, open days and more!

Meet the Team



Claire Doyle - Store Manager

Claire is a qualified Beauty Therapist and has a passion for natural organic skincare. She believes in treating the body holistically and addressing the root cause as opposed to just the symptoms. Last year she completed a Diploma in Nutrition with City Colleges Dublin and is continuously learning about health & wellness.



Margaret Carey - Health and Wellness Advisor

Margaret is a qualified Nutritional Therapist from the Irish Institute of Nutrition & Health. She has a life long interest in nutrition and strongly believes that through food, supplements and lifestyle changes, we can become the best version of ourselves and live longer healthier and happier lives..



Mary Margaret - Health and wellness Advisor

Mary-Margaret qualified as a Nutritional Therapist with the Irish Institute of Nutrition & Health (IINH) and is a member of the Nutritional Therapists of Ireland (NTOI). She has trained with Dublin Cookery School and undertaken numerous specialized cookery courses with IINH. Food being the first medicine inspired her interest in natural protocols and she hopes to introduce fermentation classes, Infrared Therapy and diet focussed talks to the Dun Laoghaire branch.

New Therapy Room Opening Soon!

Welcome



I am delighted we are back producing our complimentary health and wellness magazine. The past two years have been difficult for everyone and I would like to sincerely thank all our customers for their continued support.

Since our last edition of our magazine I am thrilled to announce that we have ventured outside of Munster and have opened a new healthstore in Dun Laoghaire Co. Dublin. Over the coming months we will be introducing a range of services to our 15 stores including BMI Testing, Blood Pressure Testing, Glucose and Iron testing.

As everyone is now aware of the importance of vitamin D, we are delighted to welcome Wild Atlantic Health to our stores offering both Vitamin D & Omega 3 testing.

The wonderful Lorraine Keane has a great article on Peri-menopause and we look forward to welcoming her to Tralee later in the year.

The UK's leading nutritionist Dr. Marilyn Glenville has two very informative pieces on "how to improve your thyroid function naturally and the nutritional approach to fertility."

Author & Nutritional Therapist & Wholefood Chef Oliver McCabe gives some great snack ideas for kids.

Renowned Nutritionist Patrick Holford has an interesting article on acid reflux relief.

Our very own columnist and radio health and wellness advisor Deirdre Murphy discusses hayfever, stress and sleep issues. Students are exceptionally busy this time of year, we have a great article from Olive Curran on how to keep teens balanced and focused one exams.

We have amazing offers for May and June. Check out our back page.

Stay safe everyone, here's to enjoying a great summer!

Sandra

How to Improve Your Thyroid Function Naturally



Marilyn Glenville

The thyroid is a small butterfly shaped-organ in your neck that has an enormous influence over every system in your body. It controls your metabolism and is like a thermostat that regulates your body temperature and tells your body to burn calories and use energy.

It is estimated that there are over one hundred symptoms of thyroid imbalance and because of this huge range, it can often be difficult to diagnose.

The thyroid gland can be underactive (hypothyroidism) or overactive (hyperthyroidism). Problems of an underactive thyroid are much more common than an overactive one and are also more common in women than men. The symptoms of an underactive thyroid can also mimic other problems so it may take some time to sort get a correct diagnosis. If you answer 'yes' to four or more of the following questions, your thyroid gland could be under active.

- Has your weight gone up gradually over months for no apparent reason?
- Do you often feel cold?
- Are you constipated?
- Are you depressed, forgetful or confused?
- Are you losing hair or is it drier than it used to be?
- Are you having menstrual problems?
- Are you having difficulty getting pregnant?
- Have you noticed a lack of energy?
- Are you getting headaches?

With an overactive thyroid, the gland releases too much thyroid hormone. Symptoms can include, weight loss, increased appetite, frequent bowel movements of diarrhoea, mood swings, sweating, rapid heartbeat, irregular or absent periods, bulging eyes and swelling in the throat (goitre). Certain nutrients are important to support healthy thyroid function. Iodine

is needed to make your thyroid hormones and seaweed is one of the best food sources of iodine and others include seafood, dairy products, grains and eggs. You can't manufacture iodine in your body it has to come in from your food.

But iodine uptake can be blocked by certain foods called goitrogens and particularly when those foods are raw. These foods include the cruciferous vegetables like cauliflower, broccoli, kale and cabbage and also soya so these should always be eaten cooked if you have an underactive thyroid or in moderation.

As well as iodine other nutrients are important for thyroid function including selenium, zinc, tyrosine, vitamin D, iodine from seaweed, vitamin C and gum guggul.

Selenium is needed by your body to convert T4 to the active thyroid hormone T3 and low levels are found in those with those with autoimmune thyroid disorders. Tyrosine is a building block for the thyroid hormones and with the help of iodine, turns it into thyroxine. Zinc is important for the production of thyroid hormones and gum guggul supports the conversion of T4 to T3.

I have formulated a new supplement for The Natural Health Practice called Advanced Thyroid Support which is a special combination of 17 carefully chosen nutrients and herbs, each fulfilling a specific need for those who want to improve their thyroid function.

Dr Marilyn Glenville PhD is the UK's leading nutritionist specialising in women's health. She is the Former President of the Food and Health Forum at the Royal Society of Medicine and the author of a number of internationally best-selling books including: 'The Natural Health Bible for Women' and 'Fat around the Middle' or go to www.glenvillenutrition.ie.

Dr Glenville runs a number of clinics in Ireland - in Dublin and Galway.

Does Saw Palmetto help with enlarged prostate?

Saw Palmetto is shown to help with an enlarged prostate/benign prostate hyperplasia by reducing inflammatory DHT, and prostate cell growth. This helps clear up symptoms associated with an enlarged prostate. Research indicates that Saw Palmetto extract is as effective as drug medication for mild to moderate symptoms of BPH.

What causes an enlarged prostate?

An enlarged prostate, also known as benign prostate hyperplasia (BPH), is a common complaint in ageing men. Let's look at why this happens:

DHT is an androgen (male hormone) metabolised from testosterone in the prostate gland. When in balance, DHT helps to maintain the health of the prostate. As always, though, you can have too much of a good thing.

As men age, DHT begins to accumulate, and has an inflammatory effect on the prostate tissue. This causes the prostate to enlarge and creates a narrowing of the space available for urine to pass through. This explains the symptoms of BPH: frequent and incomplete urination, night time urination, and infection of residual urine.

How does Saw Palmetto help?

When these symptoms are due to prostate enlargement or benign prostate hyperplasia, Saw Palmetto helps in several ways:

- It stops testosterone from becoming inflammatory DHT.
- It reduces prostate cell growth.
- It reduces the inflammatory process in the prostate cells.

However, it is important to remember that Saw Palmetto will only help when the reason behind the symptoms is, in fact, BPH. Other conditions like prostatitis have similar symptoms but won't be alleviated by Saw Palmetto.



How to take Saw Palmetto?

Saw Palmetto is a palm-type tree native to south-eastern America. As a supplement, it can be purchased as tablets, soft gels, drops and dried tea, either online or from health food shops and pharmacies. The Saw Palmetto tree's dark berries provide the most

effective part of the plant for treating BPH. Look for products that are made from the berry of the tree rather than the bark or root.

The oily quality of the berry is important and really needs to be maintained for it to work. For this reason, it's best to purchase Saw Palmetto in a soft gel capsule rather than tablet format. It may take up to 8 weeks for results to be seen.

Safety considerations

Saw Palmetto has no known drug interactions and reported side effects are minor and rare. But as always, follow the manufacturer's instructions and recommendations on dosage. It's best to take tablets or capsules alongside food for best results. (1)

Research into Saw Palmetto

Previous research has shown that Saw Palmetto extract is as effective as drug medication for mild to moderate symptoms of BPH. (2)

A 12-month trial using Saw Palmetto capsules for men with lower urinary tract discomfort due to BPH found the efficacy and safety of the Saw Palmetto supplement to be excellent. International Prostate Symptom Score figures and Uroflow measurements improved within the first 6 months of treatment, and continued to improve through the following 6 months. There was no further prostate growth during the treatment period. The therapy was well-tolerated and without the negative side effects often experienced while using pharmaceutical treatments for the same issue. (3)

1. <https://www.aafp.org/afp/2003/0315/p1281.html>

2. <https://pubmed.ncbi.nlm.nih.gov/12137626/>

3. <https://vestnik.szd.si/index.php/ZdravVest/article/view/1075>



A.Vogel Saw Palmetto Drops is available in Horan's stores across Ireland.

Managing Perimenopause

with Lorraine Keane

Lorraine Keane started talking publicly about her symptoms of perimenopause 6 years ago, when many of us did not know what perimenopause was, and definitely did not expect it to start in our 40's.

There are 34 symptoms of Menopause and every woman's symptom experience is different. The important thing is to recognise symptoms of perimenopause/ menopause and allow yourself the time and resources to manage them. We caught up with Lorraine to find out how her perimenopause journey has progressed, discussed change in her symptoms and the effect it has on her work and social life.

"Over the past couple of years my symptoms have increased, I have noticed longer and heavier periods, which are very frustrating at this stage of my life. I am really now looking forward to my periods finally stopping, a positive of Menopause!"

"In the past year I have noticed that my confidence dips occasionally, you would never think that to look at my Instagram, but I find that sometimes I get a little overwhelmed at the thoughts of social and work situations, that I would not have given a second thought to in the past, I can doubt my ability to manage

"Cleanmarine MenoMin helps me feel balanced, my energy levels are normal and my hair and skin look great. It's natural, Irish and it genuinely works"

work situations - things I've been doing for years - second-guessing myself. Thank God that I know decreased confidence is a symptom of Menopause and can address it in that context. I find discussing my concerns with my family and friends extremely helpful, they always lift me up and remind me I have done it all before!"



"As I have been open about my perimenopause journey, I find my friends tend to talk to me about theirs. Many have taken a career break to raise a family and are now ready to return to the workplace and excited about a new challenge, but also very nervous about even applying for a Job. They don't have the confidence they had in their 30's and worry that they will not be valued in the workplace. Many Irish companies are recognising Menopause as a stage in every woman's life. There is so much work still to be done to normalize menopause, develop workplace policies and supports so women can thrive through this stage of life and stay in the workforce. Their experience is invaluable, as is their role as mentors to younger generations."

Lorraine has chosen to manage her menopause symptoms through nutrition and lifestyle changes, she is drinking more water and taking more exercise too, even taking up sea swimming. For the past 6 years Lorraine has taken 2 capsules of Cleanmarine MenoMin a day. Cleanmarine is an Irish Brand and MenoMin is a unique all-in-one Omega 3, Phytonutrient and Vitamin blend, formulated specifically to give extra nutritional support for peri-menopausal and menopausal women age 40+.

Cleanmarine MenoMin is rich in Omega-3 with Phospholipids, Vitamins B1, B2, B6, B12 and D3, as well as Rosemary Extract, Soy Isoflavones, Folate and Biotin. With Vitamin B6 to help regulate hormonal activity, biotin to help maintain normal mucous membranes, as well as Vitamin B2 to reduce tiredness and fatigue and Vitamin D to help maintain healthy normal bones.

This synergistic formulation is ideal for women approaching the menopause who want to feel good every day.

Call in to your local **Horans Health Store** to find out more.



Reoccurring Cystitis

Cystitis can be a painful, unpleasant and even debilitating condition – having to drink glass after glass of water and use the bathroom every 10 minutes makes it difficult to go any further than your living room!

For a few days this is manageable, if a bit annoying. For some, however, cystitis is a recurring condition that just keeps coming back. Recurrent cystitis usually means two infections within six months, or three in a year. In some cases, they can occur much more frequently than that.



Alison Cullen

WHAT COULD BE CAUSING IT?

Cystitis is the term used for the inflammation of the bladder, and this inflammation is most commonly caused by a bladder infection. Some people are naturally just more prone to developing cystitis without any real cause. However, there are also a number of more specific causes that you should look out for, as knowing the cause makes it easier to prevent.

1) Not fully recovering from the previous infection. As soon as the burning sensation and constant need to pee disappears we ditch the cranberry juice and we get on with our usual routine. However, there may still be some bacteria left in the bladder that can quickly begin to multiply again if you aren't careful.

2) Not fully emptying the bladder. There are a number of reasons why you might not be fully emptying your bladder, including obstructions in the urethra. If you often feel like you still need to pee after emptying your bladder, the best course of action would be to consult your doctor.

3) Sex. Yes, that's right; sex can, unfortunately, cause cystitis. This is a really easy way to spread bacteria into the urethra. As well as this, sex can cause irritation, damage to the bladder wall, causing inflammation. This is sometimes referred to as 'Honeymoon cystitis' and often occurs when having sex for the first time, or after having sex for the first time in a while.

4) Poor immune function. If your cystitis is caused by repeated infections, then it might be that your immune system isn't working to its maximum potential.

Some people are unfortunately just naturally more prone to developing cystitis; the good news is that there are still a number of preventative measures you can take regardless of the cause.

TIPS TO REDUCE THE CHANCE OF CYSTITIS RETURNING

Here are some top tips for reducing the chances of cystitis returning. It may be worth trying a few, particularly if you aren't sure what is causing your recurring symptoms.

- **Make sure to continue treatment**, such as drinking plenty of water, for several days after your symptoms have stopped, and always finish any antibiotic treatment your doctor has prescribed.
- **Increase your daily intake of water.** This is possibly the most important prevention method! Drinking more water means that you empty your bladder more frequently, giving bacteria little time to multiply.
- **Make sure to urinate soon after sex** to flush out any bacteria that have crept up your urethra.
- **Be careful to wipe front to back** after using the toilet, and insert tampons with clean hands.
- **Avoid washing your intimate area with harsh chemicals** and perfumed soaps, as these not only irritate the urethra, but they can also disrupt your balance of bacteria. Stick to warm water, and if you really want to use soap, make sure it is natural and perfume free
- **Take a good quality Cranberry Juice or Cranberry Complex tablets** daily for long-term help in the prevention of cystitis. Cranberry Complex contains fresh cranberries, which help prevent bacteria from sticking to the bladder wall, as well as other bladder-friendly herbs such as Golden Rod. When taken every day this helps to reduce the chances of an infection starting in your bladder
- **Take Echinacea and vitamin C tablets** to strengthen your body's defences against infection. Other measures such as improving diet and taking probiotics will also benefit your immune system.

YOUR QUESTIONS OUR ANSWERS

by Deirdre

Q I have trouble sleeping. I get to sleep easily, but then I wake about 2am and again 2 or 3 times before I have to get up in the morning. I am exhausted in the morning and was wondering if you could suggest a natural remedy I could try?

Quality sleep is so important to every bodily function. This is the time, when our body repairs and regenerates. When you are unable to sleep effectively, it impacts on every organ, which is another reason why you feel so tired. Once again, this is a condition where natural remedies and herbs can come to the rescue.

A VOGEL DORMEASAN is a traditional herbal remedy used to aid sleep, simply take 30 drops in a little water half an hour before bedtime.

MELISSA DREAM, containing Lemon balm, L-theanine and the B vitamins, are very effective at promoting a restful night's sleep and allowing you to switch off. Simply take two tablets one hour before bed. Aside from the obvious other pointers, such as taking measures to reduce stress levels, drinking enough water through-out the day is key to a restful night's sleep.



Q Can you suggest a herbal, vitamin and mineral to help counteract or help me deal with stress?

Managing stress is something best attacked from multiple angles. Yes exercise helps, yes diet helps, and yes supplements help – so why not combine all three? So, assuming you want to start with supplements, or end with them... here are some suggestions worth considering:

VALERIAN ROOT is one of the top supplements for stress, for a number of reasons. For most people it can help calm anxiety and stress.

NIACIN otherwise known as B3, plays many key roles in the human body. It serves as a sort of natural antidote to adrenaline. Adrenaline is often over produced during periods of anxiety and stress. Alternatively, a well balanced good quality **B COMPLEX** is a good option, as all the B Vitamin's can help reduce the physical demands of stress.

MAGNESIUM plays a key role in supporting energy production, regulating glucose levels and regulating stress. A magnesium deficiency can magnify feelings of stress and anxiety, stress can actually lead to depleted magnesium stores. This stress relieving mineral is available in capsules, powder, liquids and sprays. It also helps to relax you, both physically and mentally.



If you have a health question, please feel free to email me on horanshealth.deirdre@gmail.com



The information contained in this column is not a substitute for medical advice and you should always consult with your GP.

Keeping Teens Balanced and Focused during Exams

"Eat your fish, it's good for you," says every mother to every child, like, ever. It's old wisdom that fish is good for the brain.



But does this hold true in science? Why, yes. Yes it does. The brain is composed of more than 60% fat, and a large proportion of this fat is the essential omega-3 fats, termed "essential" as the body cannot make them and therefore, they must be obtained through the diet. With this in mind, teenagers sitting the Junior Cert or

Leaving Cert really need a constant supply of omega-3s to help keep them focused and hopefully reach their full potential in school.

cortex, the area of the brain responsible for memory, language, abstraction, creativity, judgment, emotion and attention. It's no surprise that omega-3 is so beneficial to brain health. The importance of these fatty acids becomes most obvious when they're lacking. People who don't get enough omega-3s in their diet can become demotivated, disinterested, forgetful and may experience low mood.

Teenagers can really benefit from extra omega-3 in their diet:

Omega-3 may reduce anxiety during exams by 20%. (Kiecolt et al, 2011)

Omega-3 is vital for brain function which may help memory and concentration. Increased omega-3 and omega-6 GLA may help with moods.

Omega-3 and vitamin D helps strengthen the immune system so that you don't get run down.

Claire Breen in Galway takes Eskimo Brain 3.6.9 daily - "I have used Eskimo-3 fish oils over the past few years and have found them unbelievably beneficial.

Within 1-2 days I felt sharper and more focused. After a few weeks, my skin was smooth and clear, which I also attribute to the product. It is a natural,

affordable and an amazing product, which I have recommended to friends." Claire Breen, Galway

Feeling Anxious about Exams?

In the past few years, scientists have started to look at omega-3's potential to help in the treatment of mood and anxiety disorders. Interestingly, Liu et al (2013) showed the people with anxiety had lower levels of omega-3 EPA and DHA compared with those without anxiety symptoms. Omega-3 DHA has rather complex effects on a number of neurotransmitters, including serotonin and dopamine. Serotonin is "the feel good" hormone, which helps have a positive effect on mood and help keeps you focused. Deficiencies in DHA have been shown to lower the level of dopamine and the dopamine receptor D2 in the frontal lobe, which can result in problems with attention and learning. This may explain the ability of DHA to promote focused attention and to calm anxiety. Whether you're doing exams or just looking to increase brain power, Eskimo Brain 369 is the food supplement for you. With high levels of omega-3 DHA along with seed oils, vitamin D, E and CoQ10, your brain power will surge in no time. Taking a daily fish oil supplement, naturally rich in omega-3, can support your heart, brain, joints and skin and is a simple way to safeguard your health.

Eskimo-3 is committed to delivering safe, sustainably sourced, effective omega-3. **Be Smart, Choose Eskimo-3: Ireland's Favourite Omega-3!** Drop into your local Horans Health Store for more information - www.eskimo3.ie

Smart People are Smart about Fats...

Your brain is a hungry organ that needs more than its share of fats. Just as calcium is essential for building strong bones, Omega-3 fatty acids, especially docosahexaenoic acid (DHA) is essential for good brain health. The European Food Safety Authority state that you need 250mg DHA daily to support brain and eye health. To obtain omega-3, you can either eat 2 portions of oily fish per week (salmon, sardines, anchovies, mackerel, fresh tuna) or take fish oil daily. Surprisingly, an IPSOS/MRBI survey found that 89% of Irish people are not consuming sufficient oily fish in their diet, so there is often a need to supplement with a high-quality fish oil such as Eskimo Brain 3.6.9.

Teens need Omega-3 Daily

DHA is a primary structural component of the brain and specifically of the cerebral



How to restore your BODY CLOCK

Believe it or not, your diet and nutrition can have a dramatic impact on our sleeping patterns. Certain nutrients are important for managing stress and sleep and lacking in these nutrients can have a detrimental effect on our sleep patterns. According to the Sleep Doctor "People with low magnesium levels often experience restless sleep, waking frequently during the night. Maintaining healthy magnesium levels can often lead to a deeper, sounder sleep."

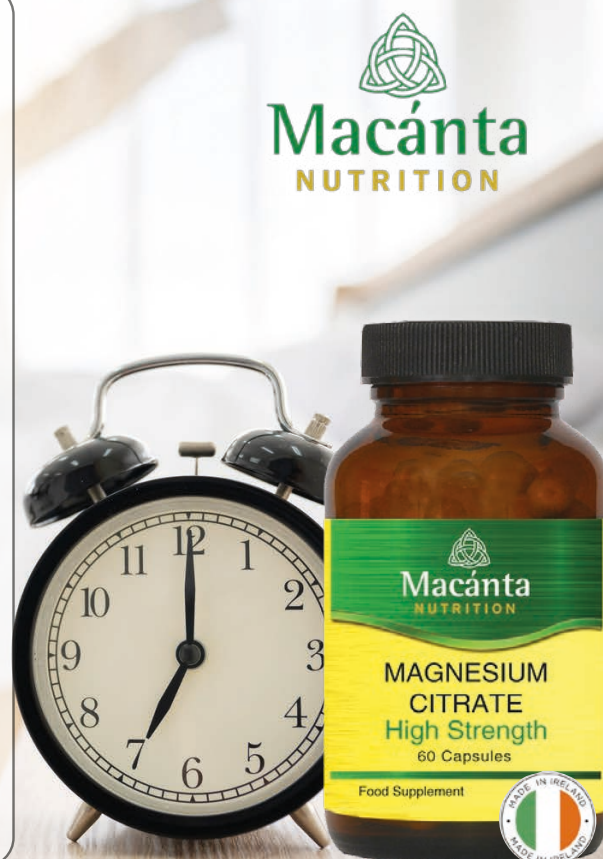
It's recognised that Magnesium contributes to the normal functioning of the nervous system and muscle function, as well as contributing to a reduction in tiredness and fatigue. It makes perfect sense then that inadequate magnesium levels could hamper your body clock and sleep pattern.

Magnesium is a very important nutrient to consider when evaluating your energy levels and sleep patterns. With over 300 functions in the body requiring magnesium, it is a key nutrient for a healthy, balanced life with energy to get through a busy day. Good sources of magnesium in food include green leafy vegetables, nuts, seeds and wholegrains. Supplementing with magnesium can also help to ensure optimal intake.

Macánta's magnesium citrate gives you 200mg of highly absorbable, bioavailable magnesium per capsule and is a great way to ensure you maintain your daily intake.

Macánta Nutrition is an Irish-made range of supplements based in Ballinasloe, Co. Galway.

For more information, talk to the staff at Horan's about this fantastic Irish brand or visit www.macanta.ie



Marilyn Glenville

The Nutritional approach to Fertility

Getting pregnant is not as easy as we might think with up to a third of couples struggling to conceive and one in four women will experience a miscarriage.

Fertility is multi-factorial so it is important to look at every aspect of your health, emotions and lifestyle. Research has shown that making changes in your diet and lifestyle can boost fertility for both you and your partner and also reduce the risk of miscarriage.

I have found that if a couple embark upon a fertility boosting diet and lifestyle plan for three months, then their chances of conceiving naturally increase or it improves the success rate of IVF.

Three months is the recommended period of time because it takes approximately that long for

the follicles on a woman's ovaries to develop before one is mature enough to release an egg at ovulation. Women are born with their egg store so although we cannot change your ovarian reserve we can certainly help to improve the quality of your eggs. And it takes men approximately three months to produce a new batch of sperm.

There is now a great deal of scientific knowledge about the use of nutritional supplements and their beneficial effects on boosting fertility. The most important nutrients for fertility are zinc, folic acid (as methylfolate), selenium, vitamin E, vitamin C, omega 3 fatty acids for you and your partner plus two amino acids, arginine and carnitine specifically for boosting male fertility. For information on how to increase your chances of conceiving naturally see my book 'Getting Pregnant Faster'.

Your fertility boosting diet should cover:

- Plenty of fruit and vegetables
- Complex carbohydrates – wholegrains like brown rice, oats and wholemeal bread
- Organic foods where possible
- Oily foods such as fish, nuts, seeds and oils
- Reduced intake of saturated fats from dairy products etc.
- Increased intake of fibre
- Avoid additives, preservatives and chemicals, such as artificial sweeteners
- Avoid sugar, both on its own and hidden in food
- Avoid the three main fertility busters: Caffeine, alcohol and smoking as they have all been linked to an increased risk of infertility in men and women.

In my clinics I use two supplements which contain the most important nutrients for fertility, NHPs *Advanced Fertility Support for Women* and *Advanced Fertility Support for Men*.

LOOKING FOR A GOOD GUT FEELING?

It is no surprise that gut & immune health are a top priority for so many when you consider the increased stress, antibiotic use and digestive complaints, plus lack of sleep and worry of COVID-19 that modern living brings.

In this issue Horan's Magazine meets Optibac, the UK & Ireland's leaders in gut health! Known as the most recommended brand of friendly bacteria supplements, the company began almost two decades ago. Founded with the belief that everyone deserves to feel their best, siblings Farah, Jalal, and Soraya started the business after being inspired by their father – a successful community pharmacist with a passion for all things natural.

AWARD-WINNING RANGE

Optibac's 15-strong wide range of award-winning friendly bacteria supplements are formulated for individual needs and life stages. The range only ever uses the highest quality, most scientifically researched strains and takes care to stay away from added sugars and artificial colours, always prioritising the most natural ingredients.

ECO-CONSCIOUS PACKAGING

In 2021 Optibac went to great lengths to reduce their environmental impact by replacing the plastic pots used in their packaging with glass jars and compostable materials – and their ambitious sustainability targets mean they are eager to go even further.

Jalal, one of the company founders, comments: "We're committed to bringing the very best friendly bacteria strains as sustainably as possible to our consumers and are proud to have found a solution to end the use of plastic pots without impacting the efficacy of our live cultures. We recently launched Kids Gummies – a delicious, all-natural fruit gummy with friendly bacteria, Vitamin D and Calcium for digestive and immune support – in 100% plastic-free packaging and now thanks to so much great feedback comes Adult Gummies!"

NEW ADULT GUMMIES

Following the successful launch of Kids Gummies and due to popular demand, Optibac is launching a brand-new gummy especially for adults. Tipped to be the most natural and well-researched friendly bacteria gummy around, Adult Gummies are arguably the tastiest way to take your daily friendly bacteria supplement!

One easy-to-take daily supplement – Formulated to support gut and immune health, Adult Gummies includes your daily intake of Vitamin D⁺ as well as Zinc⁺ and Calcium⁺, plus FOS fibres and the well-researched *Bacillus coagulans* Unique IS-2 strain scientifically trialled around the world [Vitamin D & Zinc contribute to the normal function of the immune system, *Calcium contributes to the normal function of digestive enzymes].

Mouth-wateringly delicious & a natural choice – A tasty mix of strawberries, raspberries and blackberries with no additives, preservatives, artificial colourings, added sugar or sweeteners. Adult Gummies are so delicious you'll look forward to taking them every day.

No added sugar or sweeteners - Unlike other gummies and yoghurt products that use sugar syrups, sugar alcohols and/or added sugar (some containing the equivalent to 3 teaspoons per individual serving), the sweetness in Adult Gummies comes naturally from the fruit inside.

Vegan – The perfect alternative to other gummies that use gelatine and to dairy-based yoghurts and yoghurt drinks.

100% plastic free packaging – Ideal for those who are trying to limit their use of plastic. Adult Gummies come in a home compostable pouch made from plant fibres and a fully recyclable FSC-certified carton.

Ask instore at your local Horan's today for more information about your gut and immune health.



FUEL FOR THE ACTIVE CHILD

by Oliver McCabe

Author, Nutritional Therapist & Wholefood Chef
(In association with True Natural Goodness, Clearspring and Independent Irish Healthfoods)



Oliver McCabe

The best foods to boost your child's store of energy are rich in carbohydrates; these include foods such as rice, pasta, fruits and starchy vegetables. When it comes to a sports game, it's important to time meals right so your child can use their fuel most efficiently. Eating two hours before any major activity allows time to digest and top off the tank. Don't forget that refuelling after activity is equally important, ideally within thirty minutes. Balancing meals with carbohydrates, adequate protein and colourful foods (fruits and veggies) will equate to providing high-octane fuel for your child.

Keep quick snacks on hand for kids to provide immediate energy between meals and while on the go. Simple snacks like apple slices and tahini paste provide both carbs and protein. Likewise, crackers with cheese, trail mix, energy bars and smoothies can all be great boosters between meals.



The main nutrient that fuels our body is carbohydrates. The more "whole" the carbohydrate is, such as brown rice or whole wheat pasta, the longer the fuel will last. Carbs can be found in: All types of grains such as rice, wheat, oats and quinoa, as well as products made from those grains including pasta, bread and crackers; starchy vegetables such as potatoes, peas, beans and corn; all fruits and their juices; milk and yogurt.

Protein is needed for growing and healing. Eating two to three servings of protein (the size of a lemon) daily is adequate for kids aged six to twelve.

Foods with high protein include:

- Beans/legumes;
- Red and white meat, seafood;
- Eggs;
- Nuts and seeds;
- Dairy products.

Healthy fats such as seeds, nuts, avocados are important to help us feel fuller for longer and facilitate many essential functions in our body. When eaten in large quantities, especially before a game, fats can make your child feel heavy and slow down digestion, making it difficult for them to use their meal as fuel.

Having a few snacks to hand will help top up the tank before practice without leading to feeling heavy. It may be as simple as a piece of fruit, some trail mix, a granola bar or yogurt. Try to include something with carbs for the energizing aspect, and include a little protein and fat for the longer burn affect.

Proper hydration could be equally if not more important than the food we eat. Water is the most essential nutrient for our body.

It's proven that we function below par when our bodies are not well rested. Getting proper rest can ensure maximum performance and endurance, and help with recuperation after a heavy workout.

Ollie's NEW snack idea: Natural Tahoney

- 1 tbsp of True Natural Goodness Pure Irish Honey (carb)
- 1 tbsp of Clearspring Organic Whole Tahini paste (good fat/protein)
- 3 tbsp of Irish Natural Yogurt (good fat/protein)

Just mix well in a small bowl until blended well. Eat as is off a teaspoon or spoon onto fruit, porridge or pancakes, will keep sealed and refrigerated for 3 days.





Imagine a way to unlock the potency, activity and healthy promoting compounds of plants!

Fermentation is an ancient practice used in food processing for thousands of years. Fermentation was and still is used as a means of preservation and to improve digestibility of foods. Common fermented foods include beer, wine, yogurt, tempeh, kimchi and sourdough bread. During fermentation, microorganisms along with their enzymes, biochemically transform complex carbohydrates into simple sugars, alcohols, organic acids and carbon dioxide. What does this mean? It is essentially pre-digestion of complex foods. This process improves the absorption of certain nutrients, as well as increases the antioxidant activity and digestibility of the plant. Recently however, research around fermentation has advanced, with the findings showing amazing benefits of this food processing technique.

Why is Terranova's fermented range so special?

Our focus is on highly specialized, scientifically advanced fermentation, using specific microflora strains for each product. For each raw herb we determine which microflora strain is more suitable in order to produce the most active product.

Terranova Fermented Ashwagandha- Fermanolide™ contains bioactive ashwagandha, fermented by *Lactobacillus plantarum*. Ashwagandha is a much-appreciated medicinal herb in Ayurveda and is an important adaptogen. The most valuable part of ashwagandha is the root. Thanks to the special fermentation process, the active substances are made more readily available to the body, thus creating a very powerful ashwagandha formula. Many studies show the therapeutic properties of ashwagandha. It is therefore scientifically very well founded. However, it is important that the saponins are available in their easily absorbable form because this is a condition for the therapeutic power of this promising plant! And due to this amazing process, a much lower daily dose is needed.

- High-quality ingredients
- Whole, unadulterated plants
- Effective and evidence-based nutrition
- 100% additive free and 100% vegan

No wheat - no gluten - no corn - no soy - no yeast - no dairy - no gelatine - no animal ingredients - no additives- no added sugar - no colours - no flavours - no preservatives

The Essential Guide to Magnesium

Magnesium is fast becoming recognised as one of the most important minerals for good health. Not only is magnesium essential for good bone health, but its role in helping the muscles and regulating bodily functions such as sleep is well recognised. Magnesium supports the nervous system, and many studies have shown its benefit for overall mental wellbeing.

Magnesium has also been shown to benefit the muscles and a number of studies have shown that magnesium plays a role in energy metabolism and assists normal muscle contraction and relaxation. Magnesium is also crucial for energy metabolism by the activation of enzymes known as ATPases, which are needed to generate ATP (adenosine triphosphate), an energy carrying molecule found in the cells of all living things. There is emerging evidence that Magnesium requirements are significantly elevated in athletes, and that performance might benefit higher intakes. The recommended daily intake of magnesium varies from around 300 to 400mg for an adult and can also vary depending on age and gender. Rich sources of magnesium include green leafy vegetables, nuts, beans and pulses. In general, foods containing a high amount of dietary fibre are also good sources of magnesium. About 30 to 40% of the magnesium in food is absorbed by the body.

If choosing a magnesium supplement, a key consideration is the type of magnesium compound to choose. Magnesium in food does not exist in a free state and the magnesium molecule is bound to another molecule to form a magnesium salt. The most common form of magnesium in supplements is magnesium oxide, although many other types can be used as evidence has shown that certain other forms of magnesium are absorbed much more efficiently than magnesium oxide.

In two human trials, magnesium oxide, one of the most common forms in magnesium dietary supplements because of its high magnesium content per weight, was less bioavailable than magnesium citrate, chloride, lactate or aspartate.

Healthreach Magnesium powder is a formulation of magnesium carbonate and citric acid. When mixed with water it combines to form Magnesium Citrate in an ionic ratio of 1:1. The resulting magnesium compound is highly bioavailable and is easily absorbed by the body. It is also in an ionic state meaning it is separated in the water solution so that it is absorbed easier. It is available in an unflavoured powder and a tropical fruit flavour for those who prefer to drink something a bit sweeter!

Healthreach Magnesium powder is made in Ireland and is available in all [Horan's Health Stores](#).





Nature, beauty and healing for all the family

the discomfort of chronic pain conditions and injury. It can act as a natural anti-inflammatory and can aid better sleep. Each piece is unique, a gift from nature. We are delighted to have our amber jewellery for adults and children stocked in all Horan Healthstores.

The Amber SOS Story

Like many people, we first heard about Amber when our oldest daughter was teething. So we are a family inspired and family run Irish business. We share the wonder of amber with so many parents and the feedback is phenomenal and heart-warming. Since 2005, we have built an enviable reputation as Ireland's leading Amber supplier. We added a range of Amber for Adults and again heard from so many people about how amber has helped ease many chronic pain conditions, reduced the need for tablets and helped sleep. The body feels a definite boost when wearing amber.

What is amber?

Amber is a natural gem. Amber is the fossilised resin that once flowed from the trunks of long extinct trees. The trees released the resin to protect them from parasitic and insect attack and to heal damage to the tree. It has evolved over 40 million years to become the warm organic gem that we know today and still gives this therapeutic soothing affect when worn against the skin. Amber has been made into jewellery and worn as an adornment and panacea since Roman times. Each piece of amber is unique and makes striking natural jewellery.

Continue your journey into the fascinating world of Amber by visiting our website www.ambersos.com



What can amber do?

Amber is long renowned for its curative nature. When worn against the skin, it is known to help many chronic pain conditions including teething pain, migraine, throat and ear pain, arthritis, rheumatism. It is also recommended to ease pain and inflammation from broken bones and muscular injuries. It can aid restful sleep and can promote self-healing.

How to use amber

The key to having amber help is to wear it against the skin all the time. It must be left on and given a chance to get going. We recommend wearing it for a least 3 -4 weeks.

For us, amber is as precious as diamonds. Each piece is unique, beautiful, a connection with nature and history and a link to another world. We travel regularly to the Baltic where we personally hand pick the finest amber gems. We choose only from reputable craftsmen, whose experience in working with amber spans generations. Our goal is to help you find the perfect piece of amber to suit your needs in a knowledgeable and efficient and

friendly manner. If you cannot find the answer to a query on our website, we are happy to take your call at any time. We are committed to providing the best products and advice available, delivered with the highest levels of customer service and attention to detail. We are delighted to have so many return customers who share amber with their family and friends.

Try it and experience for yourself the wonder of Amber!



Breathe Easy this Hayfever Season

Hayfever can cause great discomfort for many and make the much longed for summer months quiet miserable for sufferers. Hayfever, also known as Allergic Rhinitis, is an allergic reaction of the nasal passages and airways to wind-borne pollens. In Ireland up to 90% of sufferers are allergic to grass pollen, with some allergic to tree and herb pollens.

Hayfever can cause symptoms such as a blocked and runny nose, sneezing, itchy red and watery eyes, sinus congestion with headaches. Overproduction of mucus can lead to coughing and postnasal drip. These symptoms can in turn, lead to fatigue and lethargy, this occurs because the body's immune system produces antibodies to the allergen (pollen) which can result in the allergic symptoms previously mentioned.

The severity depends on each individual, unlike a head cold where the symptoms improve within a few days, hayfever symptoms remain as long as the pollen does.

If you suffer from hayfever, here in the healthstores we advise taking steps to strengthen your immune system before the hayfever season starts. Thankfully, there are many effective natural remedies available, such as:

Take a good quality probiotic such as **Viridian, Solo** or **PROBULIN**. These help to boost the good bacteria that stimulates the immune system.

Start on a good quality **ECHINACEA TINCTURE** such as the therapeutic grade **IRISH BOTANICA**. Echinacea has been traditionally used in the treatment of Hayfever and allergic rhinitis. This is best started before the hayfever season begins. **IRISH BOTANICA** also have an excellent **ALL SEASONS COMPLEX** which helps to support the overall immune system.

Other herbal remedies which can help alleviate hayfever symptoms include, **NETTLE, EYEBRIGHT, PLANTAIN** and **QUERCETIN**.

All of these remedies are available in your local Horan's Healthstore where we will discuss your specific requirements and recommend the product to suit your needs best. Until next time, stay healthy

Deirdre



ROSALIQUE

Developed especially for hypersensitive and redness-prone skin, Rosalique provides an instant concealing effect through its unique micro-encapsulated technology and offers redness-reducing clinically proven ingredients Bisabolol, Zeolite, Provitamin B5, Urea and Shea Butter. Studies show that wearing SPF 50 daily can reduce the risk of cancers and skin damage. Rosalique contains a 5* rated SPF50 to give you optimum protection which helps your skin stay protected long-term from UVA/UVB rays.

A targeted formula for skin prone to rosacea, couperose, keratosis pilaris, ageing and uneven skin tone that will:

- Instantly conceal redness
- Gently reduce symptoms
- Protect skin from UVA & UVB rays

Rosalique 3 in 1 Anti-Redness Miracle Formula SPF50 is perfect if you are looking for that no makeup makeup look with the added bonus of being non comedogenic. If you are very prone to blushing and flushing and find it takes forever for redness to go down after exercise, Rosalique is the product for you!



PLANTFORCE® SYNERGY PROTEIN

COMPLETE VEGAN PROTEIN

By combining brown rice protein, pea protein & hemp protein, the Plantforce® Synergy Protein range delivers a balanced ratio of all the essential amino acids and is naturally high in BCAA's.



Lab tested for heavy metals



100% raw, vegan & natural ingredients



Free from gluten, soy & dairy



Delicious natural flavours & smooth texture



Are Sore Joints Holding You Back?

Many people take supplements to support their joint health. Some take them to relieve joint pain, while others take them to prevent it from developing. The best joint supplements work by combining ingredients to reduce inflammation, protect cartilage, and promote overall joint health.

ZinCuFlex® is a natural food supplement with ginger, curcumin and vitamin C designed to relieve joint stiffness, improve joint mobility and increase joint flexibility.

Ginger and curcumin (the active part of turmeric) are well known for their benefits for joint health. Ginger extract helps to maintain joint mobility and avoid morning stiffness, boosts immunity and promotes energy and vitality, while curcumin extract is a powerful anti-inflammatory long renowned for its joint benefits. The amount of curcumin typically absorbed from turmeric is quite low, so ZinCuFlex® uses a patented complex, to improve absorption by up to 100 times compared to ordinary curcumin, making it more bioavailable and therefore more effective.

Cartilage is a special type of connective tissue whose main role is to reduce friction between moving joints. Vitamin C plays an essential role in the formation of collagen, the main protein present in cartilage and bone. It therefore contributes to the normal function of these tissues, as well as gums, skin, and teeth.

ZinCuFlex® really stands out within a sea of products on offer as it is suitable across many life stages. From a twenty something with a sports injury to an 80 something with arthritis and stiffness. It also helps to boost the immune system against colds and fevers. The fact that ZinCuFlex® has won platinum and gold over the last two years in the Rude Health Tried and Tested Awards for Best Product

for Pain and Inflammation is a testament to its benefits.

Excellent Product: "I started taking ZinCuFlex® after a knee injury. It was swollen, extremely painful and difficult to walk. Within days of starting ZinCuFlex®, the inflammation reduced and I could walk much better. I continued with the ZinCuFlex® until my knee got better. I am completely pain free now and have no stiffness in my knee." Joan, Kerry.

ZinCuFlex®, which is gluten-free and suitable for coeliacs – also acts as a great all-rounder for general health. It helps promote general immunity, energy and vitality so you'll feel like the best version of yourself, from the inside out.



Acid Reflux Relief



Patrick Holford

A lot of older people complain of 'acid reflux' or a burning in the chest, moving up to the throat. Most people who have Gastroesophageal Reflux Disease GERD actually have a lack of stomach acid which is called betaine hydrochloride. The issue is that if you are regurgitating stomach juices past the Lower Esophageal Stomach valve LES valve even the tiniest acid is going to produce symptoms.

Killing off all stomach acid is like using a hammer to crack a nut but actually doesn't address the true cause at all. Also, the less stomach acid you have the less your body can kill off harmful bacteria which then feed off undigested food and give you gas and bloating.

What makes the lower oesophageal-stomach (LES) valve weak?

Overeating, overweight and too much sugar or protein. If you eat too much this puts pressure on the valve as does being overweight (less space for the stomach). Also, if you eat too many carbs and sugary foods, which bacteria feed off producing gas, that makes matters worse too. High protein diets, for this reason, can be aggravating for some. Also, don't lie down after meals. Stay upright. Dealing with this first stage, if you are according to my low GL principles as explained in the Low GL Diet Bible and Cookbook you deal with all these problems. If you took, with each main meal, a digestive support supplement that contains both digestive enzymes and beneficial bacteria you would take a load off the stomach and help prevent the formation of gas and the pressure it delivers.

Allergies

One common reason for heartburn is eating a food you are allergic to. If you keep eating the wrong foods, this can weaken the circular muscle at the top of the stomach until some stomach acid enters the oesophagus, producing symptoms of heartburn.

Stomach ulcers

Another possible cause for digestive pain is the presence of stomach ulcers, often caused by infection with *Helicobacter pylori*. Other gut infections from bacteria, yeasts or parasites can cause digestive symptoms.

Are you stomach acid deficient?

If you are older and suffering from GERD the chances are you are. Make sure you are supplementing 10 to 20mg of Zinc a day to help produce HCl which breaks down protein.

In summary, rather than suppressing the symptoms by taking antacids with considerable long-term adverse effects, try:

- Eating smaller meals, with a balance of 20% protein, 30% fat and 50% low GL carbohydrates, as in my low GL diet books and recipes.
- Test for and avoid food intolerant foods.
- Minimise use of coffee and alcohol
- Take a digestive support supplement that provides both beneficial bacteria and digestive enzymes, possibly also with glutamine, with each main meal.
- Control your weight
- Don't lie down after eating.
- If you are still suffering do get checked for stomach ulcers, often caused by *Helicobacter Pylori* infection.

If you've done all this and don't have stomach ulcers, also try supplementing betaineHCL under the guidance of a nutritional therapist. For more advice on digestive issues read my book: [Improve Your Digestion](#).

HIGHER NATURE®

WHAT IS QUERCETIN?

Quercetin is a flavonoid found naturally in food. Flavonoids are a type of antioxidant that help mop up damage caused by those unstable atoms: free radicals. Antioxidants are a buzz word in the nutrition and beauty industry for good reason.

To understand the power of antioxidants, think of what happens to an apple after you have cut it in half, it goes brown right? When the apple is cut and exposed to oxygen, free radicals are released and the apple undergoes the oxidation process and turns brown, however if you add a substance high in antioxidants, such as pineapple or lemon juice, the apple is protected.

Quercetin is one of the many antioxidants found in plant foods, the benefits of a diet high in antioxidants has been linked to everything from anti-ageing to protecting the heart and even reducing cancer risk.

Quercetin has other unique abilities that make it even more special. Probably the most well-known is its role in easing the symptoms of hay fever. Anyone who has suffered from hay fever will be familiar with the unpleasant and annoying symptoms such as itchy watery eyes, runny nose and sneezing. This is a reaction to airborne substances, commonly grass or tree pollen. A hayfever sufferer's immune system mistakes the pollen as a danger and triggers a histamine response. It's histamine that is ultimately responsible for those symptoms which is why antihistamines are the go-to, over the counter hay fever relief. Unfortunately, many antihistamines come with side effects such as drowsiness.

Taking quercetin may help prevent immune cells from releasing histamine and therefore may help reduce not only hay fever symptoms but possibly other allergies too.

Quercetin has also been extensively studied and displayed both anti-viral and anti-inflammatory effects.

Quercetin is found naturally in many fruits and vegetables such as: onions, grapes, berries, cherries, broccoli, tomatoes, citrus fruits and apples. Unfortunately, like other antioxidants quercetin can be lost through storage or cooking and is actually poorly absorbed by the body. This is why it is often teamed up with the enzyme bromelain. Bromelain and vitamin C have the ability to help the absorption of quercetin which is why you often find them in supplements together.

Bromelain shouldn't be overlooked either, a powerful enzyme found in pineapples bromelain helps breakdown and digest proteins and it has anti-inflammatory properties of its own. Bromelain has been traditionally used to help ease poor digestion and as a treatment for inflammatory conditions such as arthritis and post injury recovery.



4 TIPS TO SUPPORT YOUR FAMILY'S IMMUNITY ALL YEAR ROUND

Keeping your immune system strong is important throughout the year, as it plays a significant role in our everyday lives. There will be occasions where you will be exposed to environmental risk factors such as seasonal changes, air-conditioned buildings, commuting on public transport and visiting busy public areas. To face these challenges, we are giving you 4 essential tips.

1. EAT A BALANCED DIET

It all starts in your plate! A balanced diet will provide you most of the nutrients you need to support your immune system. Include foods that are high in vitamin C: refreshing fruits like mango, citrus fruits and berries, as well as veggies like peppers, spinach and tomatoes are great options. The minerals zinc, which is found in nuts, oysters and red meat, and selenium, found in Brazil nuts and beef, are also good antioxidant sources. Alongside a balanced diet, drink water regularly to keep your hydration up and avoid fatigue.

2. DO REGULAR EXERCISE

Spending time outdoors not only helps us get our daily dose of vitamin D, it also boosts cells responsible for fighting bacteria, arming our body's natural immune defences. A 30-minute walk or bike ride in the park is a great way to improve your health and immune system.

3. HAVE A RESTFUL SLEEP

Sleep is an essential part of keeping our immune systems functioning as best they can. A good night's sleep re-energises the body, making it important to try and establish a daily routine by going to bed at the same time each night.

4. TAKE YOUR VITAMINS

Antioxidants help form the basis from which our body can derive energy to mobilise its immune defences. Ingredients such as black elderberry (*Sambucus nigra*) have been used for centuries as a natural remedy, while vitamin C and zinc are well-known to help contribute to the normal function of the immune system.

Sambucol was developed 30 years ago by a leading virologist who discovered that black elderberries had significant antioxidant properties. Sambucol range combines black elderberry, vitamin C plus zinc, and comes in a variety of delicious and easy-to-use formats, including liquids and effervescent tablets that are suitable for the whole family.





Tried & Tested



HERO PRODUCT

REVIVE ACTIVE MASTERMIND



Students are ready for exams but Mastermind from Revive Active should give them the edge on the day. Mastermind delivers key nutrients which contribute to brain and cognitive function. It helps promote memory, focus and concentration. Why not give students every advantage when heading into their exams!

Bernie, Clonmel

TIP OF THE MONTH

Symptoms of sinus include thick nasal mucous, blocked nose, pressure pain in the face along with headache, sore throat and cough.

An effective home remedy is a turmeric and ginger root tea.

Turmeric (available in powder or capsule) contains the natural anti-inflammatory curcumin and is also anti-oxidant. When combined with root ginger and brewed as a hot tea, this combination can help loosen mucous from clogged nasal passages, alleviating sinus pressure and making you feel better all round. The ginger root also has the added bonus of calming an upset stomach - a frequent side effect of excessive night-time sinus drainage.

Deirdre, Manor West Store

TOP TIP

Back to that time of year "exam stress". By burning 2-3 drops of Geranium oil it helps balance emotions. It can reduce stress & treat anxiety in both children and adults. Its calming & uplifting.

Catherine, Fermoy



DO YOU SUFFER FROM COLD SORES?

Do you get a breakout in extreme heat or cold, during a particularly stressful time or when your immune system is compromised?

Cold sores are painful blisters that form on or around the lips. These are caused by a virus that lies dormant in the base of the spine. Cold sores are highly contagious.

L-Lysine is an Amino Acid that mimics the food the virus needs to live on, while in fact it starves the virus. By taking 1000mg of L-Lysine a day (away from food), it may stop an outbreak of cold sores. This is especially useful when you know you have a stressful time ahead (e.g. exams or a wedding) or you are heading to the sun or skiing. Should you feel the first tingle of the cold sore, take 1000mg of L-Lysine 3 times a day (take each tablet away from food - about an hour before or after a meal).



Lydia, Cashel

SEASONAL TIP

Salt pipe. This is known to help from asthma to hay fever, even ending. It also helps if you suffer shortness of breath, coughs. The SALTPIPE is a natural inhaler which brings the benefit of a salt mine to your home.

Fermoy



HEAT - LOVELY!

PRICKLY HEAT - NOT SO LOVELY!!

Prickly Heat is an itchy inflammation of the skin usually caused by hot, humid weather. I never thought I'd suffer from Prickly Heat in Ireland. What I found very effective was A Vogel's Stinging Nettle tincture. It is commonly used to alleviate the symptoms of Prickly Heat. I also applied Bee Health Propolis Cream topically for instant relief.

Enjoy the sunshine!



FOOD FOR THOUGHT

Chia seeds can be used as an egg replacement in recipes, mix together 1 tablespoon of chia seeds with 3 tablespoons of water, this is the equivalent to one egg, leave overnight and add to your favourite recipe.

Joan Newcastle West, Limerick



TIP OF THE MONTH...

ALOE PURA ORGANIC ALOE VERA GEL

This Soothing moisturising and healing Gel is ideal for dry, damaged skin and for using on stretch marks, scars, chapped skin and minor burns and after sun exposure.

"A must have in the bag"

Kay, Rock Street, Tralee



SEASONAL TIP

ARE YOU GOING ON HOLIDAYS THIS YEAR?

Do the Mosquitos like your blood? B1 has been supportive to those who have used it. Customers report reduced incidents of bites and in some cases they didn't get bitten. We recommend that you take 1 a day for one to two months before you go abroad.

Eilish, Clash Tralee



LOSE THE WEIGHT - NOT THE ENERGY!

GoCal® Plus Saffron Slim contains a potent combination of bioactive ingredients including, Saffron, Green Tea, Apple Cider Vinegar, Nettle and Dandelion plus Chromium for maintaining optimum calorie control.



About our star ingredient Saffron:

Saffron has a natural satiating effect on the human body i.e. it makes you feel fuller for longer. Appetite is stimulated by hormones, in particular Dopamine. As you eat, Serotonin is released to halt the release of dopamine and tells the body that it's had enough food. Low levels of Serotonin or a low number of Serotonin receptors weakens this process and can lead to overeating and weight gain. Daily supplementation of Saffron helps boost Serotonin levels and helps reduce the need to overeat.

Improved Mood

Low Serotonin levels are also involved in mood disorders. Safranal causes the brain to release an abundance of Serotonin the "happy hormone". Those who are positive

are less likely to overeat and binge.

® Plus Saffron Slim.
Helps maintain fluid balance
Supports normal blood glucose levels

Recommended use:

Take 2 tablets daily with water, preferably at breakfast or prior to mid-day. GoCal® Plus Saffron Slim should be taken as part of a varied diet. For specialist dietary advice, ask a trained representative at your local stockist.

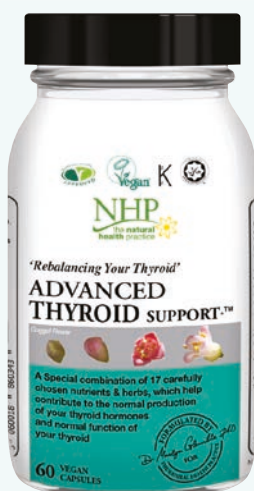
GoCal® is available in your local **Horans Health Stores**.

Did you know: Green Tea is a natural source of caffeine and may not be suitable for individuals with caffeine allergies or high blood pressure.

Note: Food supplements should not be used as a substitute for a balanced diet and healthy lifestyle. Do not take if pregnant or lactating.

Advanced Thyroid Support

NEW!



17 essential nutrients and herbs for healthy thyroid function

- Iodine from seaweed contributes to normal thyroid function
- Selenium contributes to normal thyroid function needed for your body to convert T4 to T3, the active thyroid hormone
- Gum guggul to support the conversion of T4 to T3
- Tyrosine, a building block for the thyroid hormones
- Vitamin B6 contributes to the regulation of hormonal activity
- Magnesium contributes to a reduction of tiredness and fatigue
- Vitamins B2, B6, B12 and C contribute to the reduction of tiredness and fatigue
- Folic acid - in the active folate form of methylfolate
- Vitamin D3 - helps to balance your immune function especially important if you have an autoimmune thyroid problem
- Manganese important for the healthy production of thyroid hormones



* Excluding Omega 3 Support fish oil

Available through all Horans Health Stores

For nearest stockist www.horanshealth.ie

Zerochol

a Natural Way to Lower Cholesterol

As featured on
Ireland AM!

Coronary heart disease is one of the leading causes of death in Ireland for both men and women, however surprisingly research suggests that 80% of heart disease is preventable, simply by making a few dietary and lifestyle changes! It is very important to get your cholesterol checked annually as there are usually no symptoms for high cholesterol and cholesterol only becomes a risk factor for heart disease when the level becomes too high. The Irish Heart Foundation recommends that healthy adults should have a total cholesterol level below 5 mmol/L.

Taking plant sterols should be a first step in trying to lower your cholesterol. Plant sterols are not new: they've been around since Elvis Presley was shimmying across the stage in the 1950s. As plant sterols are structurally similar to human cholesterol, they help to limit cholesterol absorption in the gut. Plant sterols are present naturally in small quantities in many fruits, vegetables, nuts, seeds and other plant sources. However, typical western diets supply only around 200 – 400mg plant sterols per day. If you have a raised blood cholesterol level, you will require 1.5-3g plant sterols per day to lower your cholesterol.

Zerochol® is a 100% natural food supplement containing plant sterols. In clinical trials, Zerochol has been shown to lower total cholesterol by 12% and LDL "bad" cholesterol by 17% in just 12 weeks. High cholesterol is a risk factor in the development of coronary heart disease. The beneficial effect has been shown with a daily intake of 1.5-3.0g plant sterols. *

Furthermore, following a good diet and lifestyle may reduce LDL cholesterol levels by a further 5-15%. Changing habits is never easy, so you should consider signing up for Zerochol's online program to help support your cholesterol lowering efforts. Sign up today to zerochol.ie to receive diet & lifestyle tips, recipes and snack ideas daily.

Great Feedback

EXCELLENT "I am delighted with my results. In 2 months, I have reduced my cholesterol from 7.3 to 5.3 by taking Zerochol daily. Fantastic product."

- Gloria Keeshan, Tipperary

FANTASTIC "I have reduced my cholesterol from 6.6 to 4.7. I'm amazed and absolutely delighted with this 3 month result! The Daily email from the Zerochol Team was very informative and kept me on my toes! I'm also taking Eskimo oil daily; it works nicely along with Zerochol in keeping your heart healthy and brain active."

- Grainne Murphy, Galway

Drop into your local Horan's Health Store or online - horanhealthstore.ie



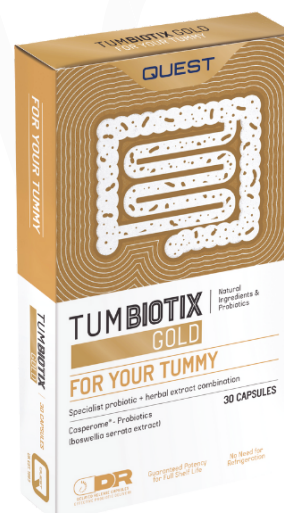
WWW.QNUTRAPHARMA.COM

TUMBIOTIX GOLD

Quest Tumbiotix Gold is new targeted probiotic and herbal extract formulation specifically designed to give symptomatic relief to sufferers of IBS and IBD. Tumbiotix Gold contains Casperome, an innovative lecithin formulation of Boswellia Serrata acids with enhanced bioavailability.

Casperome reduces inflammation in the gut and helps alleviate symptoms of IBS and IBDs. In addition, a specialist probiotic combination to help balance gut flora and maintain normal bowel habits.

Dairy Free, Gluten Free, Nut Free, Vegan and suitable for Vegetarians, Quest's unique Delayed Release capsules are designed to delay the release of probiotic bacteria, protecting the probiotics from stomach acidity and allowing the probiotics to be most effective where they need to be - directly in the intestine.





BOOST

Full Spectrum CBD Oil

Blended with Vitamin D, Vitamin C, Turmeric, Ginger & Orange.



RELAX

Full Spectrum CBD Oil

Blended with Passion flower, Chamomile & Peppermint.



ORIGINAL

Full Spectrum CBD Oil

A pure CBD Oil blended with hemp seeds.



**EMERALD
FARM®**

Grown
&
Cold Pressed
In County Wicklow, Ireland

Follow @emeraldfarmireland



Floradix

Support your body's *defence*

We all know that when our immune system is compromised we don't feel able to fight through the day. Taking Floradix Immune Support could give you the help you need to kick you back into full health.

Top Tips to Support your Immunity

The best way to support your immune system is to follow a healthy lifestyle, which should include:-

- Eating a well-balanced diet which is high in fruits and vegetables.
- Restricting your fat and sugar intake.
- Getting sufficient rest.
- Regular exercise.
- Regular hand washing.
- Minimizing stress where possible.

If you feel as though your diet is not allowing you to gain all of the nutrients you need - perhaps you are on a special diet or you don't like certain food types, then taking a daily vitamin or mineral supplement may bring health benefits.

Floradix Immune Support?

Floradix Immune Support is based on an aqueous herbal extract from selected plants and echinacea. The active ingredients are all selected for their role in the support of the normal function of the immune system; vitamin D3, C, B12, B6, selenium and zinc.



Vitamin D3 contributes to the normal function of the immune system as well as the maintenance of bones and normal muscle function.

Vitamin C contributes to the normal function of the immune system, as well as to the reduction of tiredness and fatigue.

Vitamin B12 contributes to the normal function of the immune system, as well as to the normal functioning of the nervous system and to the reduction of tiredness and fatigue.

Vitamin B6 contributes to the normal function of the immune system as well as normal red blood cell formation.

Selenium contributes to the normal function of the immune system and to the maintenance of hair and nails.

Zinc contributes to the normal function of the immune system and to normal cognitive function.

TOP
9

Special Offers

... and much more in store

BUY LARGE GET SMALL FREE



BUY ONE GET ONE FREE



*Offers Available while
stocks last!*