

SAD Solution

Light boxes have in the past been large units designed to be kept in one place. The new lightbook can fit in the palm of your hand, is light to carry and can even fit in a large handbag. It has a clip to fit onto gym equipment and is so portable you can take it to work or even abroad. The Litebook light box is available from The Healthy House Ltd. Further information Tel: 0845 450 5950; www.healthy-house.co.uk

Sugar Treats Cancer

A leading Yorkshire scientist is trying to develop new drugs by synthesising different forms of the special sugars found in cancer cells. With support from the Association for International Cancer Research (AICR), Dr Robert Falconer will be using his discovery to search for new molecules to stop disease spread. Further information Tel: 01274 235842; 01274 235843.

Ayurvedic Degree

As the result of demand for students wanting to train as Ayurvedic or Yoga Practitioners, The Ayurvedic University of Europe, based in London, has increased the number of places available on their courses for the next academic year. The university offers a BSc (Hons) in Ayurvedic Medicine, BSc (Hons) in Yoga and short courses in Stress Management, Sanskrit and Ayurvedic Massage. The short courses last 3 months and students are awarded a Certificate in Personal and Professional Development. Further information Tel: 020-7224 6070; college@unifiedherbal.com; www.unifiedherbal.com



Cyst Disappeared with Serrapeptase

For eighteen years Steve Clark suffered from a painful cyst on his arm, which appeared after a reaction to a typhoid jab prior to going on holiday, and continued to grow. Steve was diagnosed with Neuroma Fibroma; the only treatment was anti-inflammatories and painkillers.

Steve survived on painkillers for the next 18 years. At Eighth Day in Manchester he came across Serrapeptase, an enzyme which digests

non-living tissue, blood clots, cysts and arterial plaque and inflammation.

Once Steve started taking serrapeptase, he noticed an improvement very quickly, "After only ten days of taking serrapeptase there was a 30% percent reduction in the size of the lump." Steve is on his sixth bottle of serrapeptase. The area on his arm is almost back to normal, he no longer takes any painkillers and is now enjoying his freedom.

Further Information

Eighth Day, a workers' co-operative, is a vegetarian business with a vegetarian shop and cafe. Please Tel: 0161 273 4878; mail@eighth-day.co.uk; www.eighth-day.co.uk

Food for the Brain Conference



FOOD FOR THE BRAIN

One in six children in the UK have special educational needs, with an estimated one in three having problems with learning, reading, writing, attention or behaviour. The government's recent initiative to transform school meals hopes to stem the brain drain

in Britain's schools. Patrick Holford, Psychologist and Nutritionist, heads the not-for-profit Food for the Brain Foundation.

The Food for the Brain Schools Campaign is hoping to raise the money to transform a hundred schools in Britain. At www.foodforthebrain.org parents can fill out an online questionnaire to test their child's diet and performance. A personalised report provides an analysis of their child's health and nutrition, and advises on simple changes to help maximise their potential.

An unprecedented line up of the world's top experts in nutrition and mental health are meeting in London on 1-2 October 2006 for the Food for the Brain Conference to explore the vital link between food and the brain, mental health and behaviour.

Further Information

For further details Tel: 020-8870 9119; www.foodforthebrain.org

Tibetan Berry Powerful Elixir



Tibetan Goji Berry, available as Goji Light, is a nutrient-dense superfood, providing 9 essential amino acids, 21 immune-boosting trace minerals, high levels of anti-inflammatory agents, a

complete B complex, vitamin E, essential fatty acids, and a high antioxidant rating. Goji enhances the body's T-cells and acts as an adaptogen to improve low immune function. Used in China for onset diabetes in adults, it helps to balance blood sugar and insulin response. For arthritic conditions, regular intake of goji has shown a 40% increase of SOD. This response leads to a corresponding 65% decline in lipid peroxides to promote cardiovascular health. Goji's polysaccharides have been studied in the US as an immune-promoting factor useful for HIV infection and certain cancers.

Further Information

To order Goji Light, call the Nutri Centre on Tel: 0800 587 2290; www.nutricentre.com

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