

## Health Benefits of Probiotic Bacteria

'Probiotics' are increasingly to be found in every day food and drink products. Probiotics, which means 'for life', have been used for centuries as natural components in health-promoting foods. Many experiments and studies have linked probiotics to aiding a range of ailments, such as lactose intolerance, colon cancer, lowering of cholesterol and blood pressure and, most importantly, improving immune function.

One new way of getting a vast amount of these beneficial bacteria into your diet is by drinking a unique tea infusion that originated in Ancient China 2000 years ago. Kombucha tea contains 65 million probiotic bacteria 5 per 100ml serving, the optimum amount required to populate the large intestine and effectively dissolve harmful micro-organisms.

The UK's only brand of authentic, handmade, organically-certified Kombucha tea is Gaia's Organic Kombucha, available from [www.gaia-kombucha.com](http://www.gaia-kombucha.com) at £3.99 for a 750ml bottle (£47.88 plus £11.95 delivery for a case of 12 or free delivery for 2 or more cases).



## Organic Food from the Plant to the People

Every week there seems to be a new snack or cereal bar on the market, claiming to be healthy and nutritious, but often when you actually read the ingredients list, the illusion is shattered. Full of simple carbohydrates and sugars to give an energy surge, the bars will soon have you crashing back to earth feeling more tired and hungry than before.

However now there is a bar hitting the UK that lives up to all its promises of being great for your body, and tasting fantastic...

The adult bars are available in 3 fantastic flavours: Chocolate Coconut, Chocolate Choc Chip and Cinnamon Raisin, and the junior bar is available in Apple Pie from Health Stores nationwide.

For information visit [www.organicfoodbar.com](http://www.organicfoodbar.com)



## Emu Oil

Praised by the likes of Paula Radcliffe, Demi Moore and Shane Warne emu oil has many famous advocates, but as an unusual alternative remedy it has often been overlooked by the UK medical profession, despite being a registered therapeutic anti-inflammatory in Australia...until now that is.

Europe's leading emu oil is Golden Emu Oil (featured on the This Morning show), which is of the highest possible quality and is the only emu oil available in the UK, and is also of a registered pharmaceutical grade in Australia. The Golden Emu Oil range, which includes muscle, joint and skin care products, is available directly from the Pioneer Trading Company by calling them on 01526 344971 or visiting their website at [www.pion-tc.co.uk](http://www.pion-tc.co.uk).



## Spring Clean with Lemon Detox

There's nothing like a good old clean-out to help us shake off that winter feeling and launch into spring looking and feeling cleansed and rejuvenated. Celebrity favourite, Lemon Detox, is leading the way in 'detox world' due to its internationally acclaimed cleansing programme that can be altered specifically to suit every need AND lifestyle.

With programmes that vary in length and intensity, from a five to 10 day fast to more relaxed versions where a meal a day or a full day's meals a week are replaced by the Lemon Detox formula, each is designed to cleanse your body from the inside out at a pace that suits you!!

Lemon Detox is fully endorsed by leading medical experts including Dr Janine Leach, President of the Naturopathic Society, Amanda Griggs, leading nutritionist based at the prestigious Balance Clinic on London's Kings Road, Dr Michel Odent, one of the UK's leading Obstetricians and Dr Elizabeth Adalian, Chair of the Homeopathic University.

Madal Bal Natural Tree Syrup is priced £39.99 for a one litre tin and is available from leading health food shops, beauty salons and spas nationwide. For stockist details please call 0845 370 1012 or 0845 370 1014 or visit [www.lemondetox.com](http://www.lemondetox.com).

