

NEWSLETTER NO. 13 (December 2001)

Postal Deliveries

The post is taking longer to reach you. This is not due to any fault on our part. Postal services are generally not as good as they used to be and this is due to a variety of factors, including security scares and strikes by postal workers.

It is taking longer for us to receive our post and despite our sending goods on to you within the next working day, they are taking longer to reach you. Many of our telephone calls are from people who are worried that they are running very low on their Formula, Protein, etc. Please can we urge you to order well in advance - especially at this time of year. The volume of mail to be dealt with at Christmas normally delays deliveries by the postal services in any case.

It would be sensible to order your following month's supply immediately upon opening a box of Formula. This would allow at least 28 days for receipt of the parcel and should ease the pressure and worry. Even better, always keep a month's supply in hand - we are happy to supply you with more than one month's nutrition at a time. Such forward planning would free up our telephone lines so that we can be of more help to those in need.

Margaret Hills

A short update on my mother's health - thank you for all your enquiries and good wishes which I pass on to my mother. She has had a difficult year with many "ups and downs" with her enlarged heart. Thankfully, she has no arthritis and no pain, but the heart condition limits her mobility due to breathlessness and lack of energy. Use of the SCENAR device has proved of immeasurable benefit to her, as well as careful taking of her supplements and cider vinegar as you would expect. Just recently, she has been able to get out and about more often, so hopefully things are once more "on the up".

The Euro

From January 2002, many national European currencies will cease and the Euro "€" will take their place. The countries which are introducing this change are: Austria, Belgium, Finland, France, Germany, Greece, Ireland, Italy, Luxembourg, Netherlands, Portugal, and Spain. As we have many people in these countries on our treatment, we will accept payment for goods using the Euro and have prepared a Euro order form - please ask if you would find this more helpful. In reality, most people from overseas prefer to pay using a credit card which we are also happy with.

Coffee Alternative

As coffee is best avoided, you might like to investigate "*It's Not Coffee*" - an organic cereal (roast barley, rye and chicory) drink that is caffeine free. We had a tasting here and the consensus was that it was perfectly acceptable as an alternative hot drink. Keep a look out for it - it is worth a try!

Salt Alternative

It is generally acknowledged that too much salt is consumed today and this is harmful to the heart and kidneys, especially in people with **high blood pressure**. An excellent alternative is *CardiaSalt* which is used instead of normal salt for those people who find it difficult to break the habit. *CardiaSalt* is made from potassium, magnesium, manganese, zinc, B and C vitamins - all very good for you. We can supply this for you - it comes in a tub of 10 foil-wrapped sachets for £3.40. Just write it on your order form.

Food Supplement Directive

For some years now we have been concerned about changes to U.K. legislation on the availability of vitamins and minerals. You may have read about this in previous newsletters. In October 2001, in the European Parliament, the Council of Ministers issued the Food Supplements Directive concerning vitamins and minerals. The Food Supplements Directive is expected to pass through the European Parliament in January 2002 with a deadline for the Directive to enter U.K. law in 2004.

The Directive suggests a Positive List of vitamins and minerals which will be allowed on sale. Many supplements will disappear off the shelves of health food shops and other outlets if they contain ingredients which are not on the Positive List. This is a relatively short list!

There has been a long running and intense debate between European countries about the maximum dosage levels for vitamins and minerals. Such levels have not yet been set by the Standing Committee and it is thought that they will not be established until the Directive has been implemented in May/June 2002. Once the levels have been set and the UK Government has converted the Directive into UK law, any products on the market which are over the maximum levels set by the Standing Committee will be illegal and have to be removed or reformulated.

You will understand that we are concerned at whether we will be able to continue to supply our Formula and other nutrients in their current form. Lobbying is continuing to take place on our behalf by organisations with a keen interest in maintaining the status quo, but only time will tell what the outcome will be.

The case for nutritional supplements should not have to be argued. What is needed is information as to their use and the protection of their free availability in law. Arthritis, heart disease, osteoporosis, etc., are initiated by nutritional deficiencies and are preventable or correctable by supplementation. This was recognised by the United States Dietary Supplement Health and Education Act 1994 which safeguarded in law the free availability of dietary supplements to the American people, and stipulated that information as to their function be provided. In our view, pressure should be put on the Government for similar legislation in the U.K. with protection from EU regulations demanded in such health matters.

Footwear

One of the major problems when you have arthritis affecting the feet or toes is being able to buy shoes that are comfortable. My mother bought pair after pair of shoes when she had arthritis, until she realised that it was new feet that she really needed. No shoes were able to relieve the feeling of walking on cobbles! Since she cleared herself of arthritis, she has been able to wear whatever shoes she wanted.

Made to measure shoes - although expensive - can make a difference. One of our patients kindly passed on literature from Bill Bird Shoes which is a specialist firm of made to measure shoemakers. Mr. A.E.G. from Hunscombe has been delighted with shoes made for him by this firm. The firm claims to “look at how **your** feet **work** and do not just mimic their shape” and they offer a one-to-one service for clients with crippling arthritis. If you are looking for this kind of service, you might like to contact Bill Bird Shoes at either

- Grey Flannel, 7 Chiltern Street, London W1.
- 49 Northwick Business Centre, Blockley, Nr. Moreton in Marsh, Glos. GL56 9RF.

Cheese

As you know, we advocate avoiding all hard and soft cheeses except cottage cheese when you are suffering with any form of arthritis, rheumatism, polymyalgia, fibromyalgia, eczema, psoriasis, and so on. However, soya cheese is acceptable as it is not a dairy product. Finding soya cheese can be a problem and the tastes vary tremendously. One of our patients tells us that “Just like Cheese” by H & H Chilled Foods Ltd. in Stourbridge is lovely. Keep an eye open for it!

Margaret Hills Health Foods

If you live locally to Kenilworth, Warwickshire, you will no doubt be aware that apart from the Clinic we own a health food shop in the town centre at Millar Court, Station Road. Our shop attracts visitors from many parts of the country and patients attending the Clinic often call in at the shop en route. Our Manageress, Kay, always makes time to ensure that customers take away the right products for their needs and she is very popular with them.

Kay’s creative talent is superb and she enjoys drawing the eye of the passers by to the shop with her window displays. Her efforts have not gone unnoticed - she was rewarded recently for her window display with the 2nd prize in a national competition - a day at a Health Farm! Well done Kay! Next time you are in the area, call in and see her. Tell her you are a patient at the Clinic - she would love to see you and hear how you are getting on.

Publicity

There was a lovely article in October 2001 Country Living Magazine. It was entitled “Cider Vinegar” and had beautiful accompanying pictures, making it very attractive to read. The script went over three pages and devoted considerable scope to the role of The Margaret Hills Clinic and how we use cider vinegar. Our phones were very busy in response to this article which obviously travels well. One American caller was on holiday in Paris when he phoned through, having read the article! Two of our books were referred to: “Cider Vinegar” and “Curing Arthritis the Drug-Free Way”.

Cider Vinegar was also the topic in the September 2000 issue of Healthy Eating magazine where Margaret Hills’ book entitled “Cider Vinegar” was highlighted.

The Clinic got another mention in the Guardian Weekend magazine issue of 30th June 2001 where Christine Horner was listed as one of the Top Ten Alternative Health Practitioners in the U.K.! Praise indeed!

Editorials and articles initiated by journalists have been keeping us pretty busy this year. It is enormously satisfying to see our books and Clinic referred to in publications, especially considering we are unable to advertise our work. It is not permissible to refer to arthritis in any advertising which makes it pretty difficult considering this is our speciality! If you come across

any mention of our Clinic or books in a magazine or newspaper, would you let us know. Don't presume we know about it - very often we don't!

Honey and Bacterial Infections

During this season of coughs, colds and flu, it is uppermost in our minds that some strains of bacteria have become antibiotic resistant. The days have gone when a short course of antibiotics were expected to solve the problem. Scientific researchers are now publishing results of trials on **honey** where it has been found to successfully combat bacteria including E. Coli, Salmonella, MRSA (*Methicillin-Resistant Staphylococcus Aureus*) - what we have come to know as the hospital superbug - and Helicobacter Pylori. It has been known since Egyptian times that honey has wonderful wound healing properties too.

Some honey is better than others. Local untreated honey is excellent, especially if you are susceptible to any breathing problems such as asthma. Local honey can provide protection against local allergic substances to where you live. Manuka honey is recommended specifically against powerful bacteria such as those mentioned above. The honey to avoid is blended honey which has been heat treated (and is consequently runny) and filtered. When honey is heated, trace elements and natural enzymes are destroyed. Natural untreated honey is a wonderfully nutritious, healthy food. It contains fructose, glucose, minerals, vitamins, enzymes, amino acids, and antioxidants.

Honey forms a substantial part of our treatment for arthritis - it is intended that you take a teaspoonful of honey in each cider vinegar drink. As some constituents of honey and cider vinegar are damaged by heat, it is best to use warm/hot but not boiling water to dissolve the honey. Make your drink as follows: Put a teaspoonful of honey into a tall glass, splash on a little hot (not boiling) water and stir vigorously to dissolve. Top the glass up with at least 1/3 pint of cold water, adding your prescribed quantity of cider vinegar last. The wonderful properties of honey will give you added protection against infections that are prevalent at this time of year.

Oatmeal Molasses Bread

This is a superb recipe if you have a breadmaking machine.

1 cup + 2 tablespoons	water
2 tablespoons	molasses
1 tablespoon	butter
1 teaspoon	salt
2 cups	spelt flour (a traditional wheat, available from health food shops)
1 cup	wholemeal bread flour
1/3 cup	rolled oats, toasted*
3 tablespoons	nonfat dry milk powder, i.e. Marvel
2 teaspoons	yeast, or 2 1/2 teaspoons active dry yeast

*First of all, toast the rolled oats by spreading a thin layer in a shallow baking pan and baking at 350° F for 10-15 minutes or until light golden brown. Alternatively, spread a thin layer in the grill pan and set the grill on high for 2-3 minutes. Follow the order for yeast on your own bread machine - on mine I add yeast last.

This bread is delicious - and just look at all those wonderful ingredients. I would be inclined to use the butter in this instance on the grounds that it works, and you would only take in a little butter in each slice. Not only that, but it is so nourishing you would only need one slice where you would normally take two.