

The Margaret Hills Newsletter

Welcome to Issue 18 of the Margaret Hills Newsletter!

Our quarterly newsletter

will bring you news from the world of natural health, and aims to encourage and inspire with patient testimonials, articles and healthy recipes. We have a new column, 'Ask a Nutritionist' where we answer your questions, so please, pick up your pen!

Recent news...

JULIA HORNER, BSc(Hons), DipCNM

Since childhood, Margaret's granddaughter, Julia, has taken a great interest in the power of food, coupled with supplementary nutrition, to solve different health problems. She gained a BSc Honours degree in Human Physiology from the University of Hertfordshire in 2003. Following this, her initial working years were spent in a conventional medical department at the Civil Aviation Authority at Gatwick Airport. Her work involved carrying out medical testing on pilots as part of their licensing requirements. Such tests included blood and urine tests, cardiovascular exercise testing and ECGs, respiratory, audiology and colour vision testing.

She subsequently studied Nutritional Therapy with the College of Naturopathic Medicine and is a member of the Register of Nutritional Therapists (MRNT). Julia completed her studies in June and is now a qualified Nutritional Therapist working alongside Christine to deal with the many clients we have.

As Julia suffered with Juvenile Arthritis at the young age of 9 years, she knows only too well the Margaret Hills regime for ridding the body of the painful symptoms that arthritis can cause. Julia's nervous system was very much affected causing pain and headaches, sometimes almost constantly. It took her about 18 months to fully overcome her Juvenile Arthritis and regain good health.

Now, 20 years later, she has no signs or symptoms of arthritis. Julia is happy to speak to current arthritis patients and she is developing experience with many different health disorders ranging from hormone issues, mental health, digestive disorders and skin problems.

In addition to her Clinic consultations and treatments, Julia provides one-to-one support to new clients at weekly drop-in sessions at our shop 'Margaret Hills Health & Lifestyle' in Millar Court, Kenilworth.

She is available for free 15-minute appointments at the following times:

Thursday 9:30 - 11:30 a.m.
Friday 3:30 - 5:30 p.m.

If you would like to meet Julia and discuss how nutrition might be the answer to your problems, please call our shop on 01926 850019 to book a 15-minute slot.

This initial contact has proven very useful to people who are uncertain about how nutritional therapy might help them. It can also provide guidance to people who want to build their own nutritional programme to achieve better health.

Julia may recommend that you register with her at the Clinic if ongoing advice and support is necessary, otherwise she will guide you as best she can to choose the correct supplements and set you on the path to good health.

Since joining the Margaret Hills Clinic four years ago, Julia has been practicing InterX therapy for pain relief. She has been a grateful recipient of this treatment over the years to assist in the relief of many diverse complaints including correction of her scoliosis.

For further information on InterX therapy, or to book an appointment, please call the Clinic on 01926 854783.

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ARE YOU VITAMIN D SUFFICIENT?

THE IMPORTANCE OF THE SUNSHINE VITAMIN

We provide vitamin D within the Margaret Hills Formula - why? Because you most likely need it!

Vitamin D is vital for the health of your bones. If you have insufficient the result can be lower back pain, bone degeneration, and poor muscle function - all symptoms that are so familiar! Progression of degenerative osteoarthritis is faster in people with lower vitamin D levels. Sjogren's Syndrome and rheumatoid arthritis are also linked with low vitamin D levels. Osteomalacia, osteoporosis, an increased risk of fractures, bowed legs, poor growth and rickets in children can all be helped by adequate vitamin D. Children should spend a good deal of time playing outdoors; their fast rate of growth demands vitamin D and the best way to get it is from sunlight. Just ensure that they do not get sunburnt!

Every cell in the body needs vitamin D. The skin naturally produces vitamin D when it is exposed to the sun's rays and on a sunny day you just need to do this for 10 minutes at mid-day to obtain your body's needs. You won't get enough vitamin D if you apply sunscreen or avoid the sun.

Within the UK, it can be a struggle to access direct sunlight to our skin because of our climate, so supplementation is often necessary. Even in the summer, if you spend all the peak sunlight hours working indoors, or deliberately avoid the heat of midday, cover up for cultural reasons or constantly wear long trousers and skirts and long-sleeved garments, or if it's raining, you will not have adequate vitamin D. Windows of a conservatory, office or car, will block the wavelengths from the sun that enable your skin to produce vitamin D. If you live or work in an area where there is industrial pollution, this too will block the sun's rays.

Vitamin D is needed by the muscles, heart, skin and hair; also by the pancreas (deficiency has been associated with development of diabetes). If you have reproductive problems, note that infertility is associated with low vitamin D and so too is pre-menstrual syndrome (alongside imbalanced calcium and magnesium).

The eyes and ears benefit from adequate vitamin D; also the digestion, respiration system, and immune system - vitamin D plays a direct role in your risk of getting the flu, colds and other respiratory infections - sufficient vitamin D can protect you and, if you succumb, act as an antibiotic if you take enough! With adequate vitamin D you will have a greater sense of wellbeing, better control of your weight, and you will get a better night's sleep.

Deficiency of Vitamin D is now also linked with increased risk of various cancers - prostate, breast and bowel cancer, thyroid problems, as well as Crohn's disease, multiple sclerosis periodontal disease and tuberculosis.

Some people need more vitamin D than others, so supplementation is desirable in case of:

Overweight: Your vitamin D requirements are higher because vitamin D is hidden in the fat. If you have problems with absorption of fats, you may also have vitamin D deficiency.

Dark skin: You naturally block the skins rays which limits your body's ability to produce vitamin D.

The elderly: You lose the ability to generate vitamin D from the sun's rays on the skin, and worse still, the elderly tend to stay indoors more, not benefitting from the sun at such a crucial time in their lives.

Vegetarians and vegans: You maybe deficient in vitamin D as it is difficult to obtain in sufficient amounts from the diet. Vitamin D is available in a limited fashion via eggs, liver, organ meats and fatty fish such as salmon, sardines, herrings, mackerel and other oily fish.

Taking, or using, steroids: Steroids may impair vitamin D metabolism and contribute to the loss of bone and development of osteoporosis.

Suffering from SAD - seasonal affective disorder: Vitamin D is necessary to alleviate it

What to do if you think you might be deficient

Getting out into the sunshine can have marvellous benefits, but even then you may need a supplement of vitamin D. In the Formula, we provide 400 iu vitamin D, to supplement what you obtain in your diet. It may not be enough but blood testing can help us to determine whether you need more.

Cod liver oil supplements provide a combination of vitamin A & D but there are hazards in taking them routinely.

The combination between A & D may not be correct and quality may be an issue due to toxins in the source fish. If an additional supplement is proposed, rest assured we only use the highest quality available for maximum safety, absorption and utilisation in the body.

Check your own vitamin D level

If you have any of the health problems mentioned, or if you are not getting on too well, it is worth checking your vitamin D levels with a blood test via your GP. This test is called the 25-hydroxyvitamin D or 25(OH)D. Ask for a copy of the result and pass it on to the Clinic so that we can guide you.

CANCER SUPPORT: MARGARET HILLS HEALTH AND LIFESTYLE LAUNCH
THEIR CATHERINE CORNER, IN ASSOCIATION WITH CANCER ACTIVE

Cancer Active are an independent, non-funded charity whose mission is to empower people with information to help prevent and treat cancer using integrated methods. They encourage the use of Nutritional Therapy as part of an individualised treatment programme, which may also include surgery or chemotherapy. The aim is to produce a better outcome than conventional methods used alone.

Our involvement: We had a very successful fund-raising day in July where we raised the funds required to install a 'Catherine Corner' in our health food store. The name refers to the daughter of Chris Woollams (charity founder), Catherine, who, at the age of twenty-one, developed an aggressive brain tumour. She eventually lost her life to it, but she lived a lot longer than was predicted due to her and her father's research into methods to overcome the disease. Woollam's went on to write books for people with cancer and their families (his background is in Biochemistry), to provide reliable information on how to both prevent cancer and also increase each individual's chances of recovery.

The 'Catherine Corner' was launched on September 23rd at our shop in Millar Court, Kenilworth by Chris Woollams. We were joined at the Margaret Hills shop by customers and local businesses, who all gave their time and effort to help raise the money needed to install the corner; our thanks go out to them all

It is a quiet, comfortable place with a computer, providing free access to up-to-date research on cancer treatments, both conventional and alternative. There is also a library of books and magazines for browsing. The information available provides insight and inspiration to create a personalised programme that may help lead to success in cancer recovery.

Staff are on hand at the shop to assist people in obtaining information that is most relevant to them, according to their type of cancer. This can be printed and taken away free of charge.

The Catherine Corner is solely an information resource but one that we believe is vital to anyone affected by cancer.



Chris Woollams makes his address watched by Julia Horner

Donate

If you wish to donate to Cancer Active, please visit

www.justgiving.com/catherinecornerkenilworth

All funds raised go directly to supporting the charity's work. You can find out more at:

www.canceractive.com

Ask a Nutritionist



At Margaret Hills our expertise extends far beyond Arthritis treatment, which is what we are traditionally known for. We firmly believe that there is a natural, nutritional answer to almost everything.

So, if you have ever wondered how you can improve your skin, why carrots are so good for us, or anything at all about different foods or health conditions, just ask!

This will be a regular column in our re-launched newsletter, so we hope that you are curious.

Please write to:

*Newsletter, Margaret Hills Clinic
1 Oaks Precinct, Caesar Road
Kenilworth, CV1DP*

Patient Inspiration

One of our patients, Sarah Gall, had such success with the Margaret Hills treatment that she is now enthusiastically spreading the word with a self-penned booklet and website, she writes below...

Dear Christine,

I was wondering if any of your patients might find my booklet interesting and helpful.

Exactly four years ago I suffered severely with arthritis in my spine. As I seemed to have a bad reaction to all my doctor's medication I was told to 'come off' all that had been prescribed. I was left in total agony and unable to walk with a specialist's appointment six weeks hence.

My daughter sent me the book 'Treating Arthritis the Drug-free Way' and I immediately started to follow its suggestions. Within one week I was up and about and three months later I was completely free of pain. I didn't need that specialist's appointment!

I decided to write a booklet about my experience in order to help others who find themselves in the same predicament.

If readers would like a copy then perhaps they'd like to visit my website: www.arthritisrecovery.co.uk or ring me on the number below.

So far, since launching our booklet and website on 25th June we've sold over 330. There have been various newspaper articles about my recovery, one of which led to the sale of over 100 copies from a shop in Bolton!

A few people have kindly rung me to say how helpful they find the booklet and that it encourages them to 'keep going' with the Margaret Hills remedy!

Yours faithfully,

Sarah Gall

16 Hawthorn Rd, Bamford,
Rochdale, Lancashire,
OL11-5JQ

01706 344429

We have already received some wonderful testimonials from people who have been reached via Sarah Gall's publicity.

After contacting Sarah, M.K. from Birmingham started to see results after ten days of following the Margaret Hills programme; we have reproduced his letter below:

Dear Sarah,

Further to your letter of 1st October I write to confirm that since contacting you recently the improvement in my hip joint has been remarkable. For about two years I have been experiencing pain and stiffness in my right hip and have seen a number of physiotherapists who have mainly applied acupuncture without success. I have also consulted a podiatrist and an osteopath, all at considerable expense.

As the condition was not improving and as this was beginning to impact on my regular exercise and playing golf twice a week, I asked my G.P. to refer me to the hip clinic at the local BMI Edgbaston Hospital here in Birmingham.

I saw a Consultant Orthopaedic Surgeon in August who having looked at an X-ray, advised me that I was suffering from advanced osteoarthritis in the joint and that, in order to remain active beyond my present age of sixty-nine, I required a metal hip replacement operation.

After a further consultation with my G.P. I decided to defer any such surgical procedure until such time as it became absolutely necessary. About two weeks ago I read your letter in The Birmingham Post and telephoned you immediately as I thought that anything was worth a try!

On your recommendation I started taking the cider vinegar, molasses and honey mixture immediately, cut out all alcohol and most acidic foods. I am very pleased to tell you that within 10 days most of the pain in the joint has gone and the stiffness seems to be easing.

Thank you for sending me your booklet and for all the useful information. I sincerely hope that the improvement will continue and then be maintained such that the dreaded hip operation will not be required!

I will be pleased to keep in touch and for you to quote me to other sufferers who contact you through your website or advertising, etc.

[...]

I am most grateful to you for your kind help and advice,
Yours sincerely,

M.K.

Birmingham 07/10/09

A VERY LATE TESTIMONIAL

I recently bought one of Margaret Hills' books for my mother in law who is in a bit of pain with Arthritis. The reason I did so was because at the age of 21 I was diagnosed with Psoriatic Arthritis. I was a very sporty person and was devastated by this. At times I couldn't even stand the weight of a bed sheet on me a night. I was very depressed and all I could think about was the prospect of being wheelchair bound at some point in my life. I went to see specialists who all said the same thing. You'll have to learn to live with the pain. I was 21 and just thought... I don't want to live with this bloody pain!!! I cannot stress how depressed I felt. I was at an all time low and just at an age that you should feel your best. I grew snappy, unsociable and just wanted to be left alone.

Then one day my Mum gave me a book. It was written by Margaret Hills. I read it several times. I couldn't believe my luck when I found out that Margaret Hills actually lived in Coventry (being from Coventry myself!). I booked an appointment to see her and that meeting changed my life. I'm now 40 years old. I have had my life back for the last 18 years. Because of Margaret Hills and her book, formula and guidance, my experience of my condition was brief. Brief as it was though, I will never forget the pain. I will never forget the dark days and I will never forget the joy of recovery. All I have now is one or two not quite straight joints. I had to have one of my toes broken and straightened because I kept getting a corn on top of it where it rubbed constantly against my shoe due to the severity of the bend. But the fact of the matter is, the pain of the condition had gone within a year of reading the book and meeting Margaret Hills and touch wood, to this day, I remain well. I owe her a lot and wish that I had made contact long before now so that I could have expressed my gratitude to her personally.

Many thanks and warmest regards,

Ian Allcoat

02/07/09

"I couldn't believe my luck when I found out that Margaret Hills actually lived in Coventry (Being from Coventry myself!). I booked an appointment to see her and that meeting changed my life." I.A.

ANOTHER SUCCESS!

V.B. came to us in January of this year, suffering from polymyalgia rheumatica and an underactive thyroid.

She could not brush her own hair or get in and out of the bath. She was taking Prednisolone, Levothyroxine and Adcal and also a course of Hormone Replacement Therapy.

After five months of following the Margaret Hills treatment she wrote the letter below:

"Should I now be thinking about adjusting my vitamins and minerals? I am feeling wonderful!

Now swimming twice a week as well as a fitness class – went to a fitness rally on Saturday! Not bad for one who couldn't dress herself or hold a cup of tea!"

V.B.

18/06/09

She is now off all medication apart from a reduced dose of Levothyroxine. So far on the treatment she has lost 2st 3lb and is now a much healthier weight.

Well done!

Please write to us

Testimonials are so important to what we do. They show others that recovery is possible and that with a little determination and hope they can get there too.

We really appreciate it when people write in to let us know how they are getting on.

If you have any progress reports or recovery stories that you think might help and inspire other patients, then please write to:

Newsletter
Margaret Hills Clinic, 1 Oaks Precinct
Caesar Road, Kenilworth, CV8 1DP

or email:

information@margarethillsclinic.com

RECIPES FOR THE ACID-FREE DIET

Supporting you with the Acid Free Diet - Challenge us!

If you are following the Acid-free diet as part of your Margaret Hills treatment plan, you will know that it can take a little adjusting to. The key to success is being prepared for every occasion, and knowing how to create healthy, acid-free versions of the things that you enjoy eating.

The aim of this column is to help you do that and we hope that you will send in your own recipes, which we will publish, in order to help other followers of the diet. If you are having a particular difficulty in any area of your diet, or would just like some fresh ideas, please write in and we will try to find a solution for you.

Surviving without tomatoes!

The recipe below uses a carrot sauce as an alternative to the tomato sauce found in so much cooking and which people inevitably miss on the acid-free diet. Feel free to experiment by using it in other recipes such as bolognese and pasta sauces as a replacement for tomatoes.

Carrot and Lentil Stew (vv, w)

Serves 4, or makes a batch to store in the fridge.

Ingredients

4 medium carrots, chopped into medium pieces
1 cup of red split lentils
1 medium onion, diced
1 clove of garlic, chopped
1 red pepper, diced
4 large mushrooms, sliced
1 can of kidney beans, rinsed well
¼ tsp chilli powder * a small amount is allowed occasionally
½ tsp paprika on the Acid-Free Diet
1 pint of water
A little cold pressed oil
Sea salt, black pepper

You will need a blender for this recipe.

Making the carrot sauce

Place some of the carrot pieces into the blender and add the pint of water. Start to blend and slowly add the rest of the pieces until you have a thick liquid consistency. Put this to one side, this will form the sauce for the stew.

Making the stew

Take the onion and sauté in a large saucepan with a little water for a minute or two. Add the red pepper and mushrooms and leave to mingle for three to four minutes.

Next pour in the carrot sauce, lentils and kidney beans and mix well. Add a little more water if you think it needs it. Now add the garlic, chilli powder and paprika and mix well.

Bring to the boil and then simmer for 20 minutes or until the lentils are soft and are well bound into the rest of the mixture.

Take the stew off the heat and add your favourite cold pressed oil.

Season with a little sea salt and black pepper.

Serving suggestions...

The stew can be served with brown rice, or, especially tasty, with quinoa, which you can buy from most supermarkets or health food stores.

Recipes Key

v = vegetarian, vv = vegan and dairy free

D = dairy free, W = wheat free, G = gluten free

If you have any recipes that you would like us to share with others, write to:

**Newsletter, Margaret Hills Clinic
1 Oaks Precinct, Caesar Road, Kenilworth, CV8 1DP**

We will gladly print your name alongside your recipe, or just your initials if you prefer.

Roasted Pumpkin and Butternut Squash Soup (vv, w)

This is a lovely warming, winter recipe, with immunity boosting garlic and ginger.

Ingredients

1 small butternut squash
1 small pumpkin
1 inch ginger grated
1 large onion
1 large clove of garlic, crushed
A sprinkle of chilli powder
1 pint of Kallo Organic vegetable stock
Sea salt
Black or white pepper
A splash of olive oil for roasting

You will need a blender for this recipe

Method

Peel, de-seed and slice the pumpkin and squash into 6 segments each.

Place them on a baking tray and sprinkle with a little salt and pepper and the crushed garlic. Drizzle with olive oil and roast for 25 minutes or until slightly soft at 180C, gas mark 4.

Chop the onions and sauté in a little water until soft.

Remove from oven and dice the pumpkin and squash and then place into a large pan with the garlic and onions.

Pour in the stock and simmer for 25 minutes, or until everything has broken down well. Add the ginger and chilli powder, mix well, then add a splash of cold pressed olive oil.

Pour into a blender and process to the required consistency.

If you prefer chunkier soup, only blend half of the mixture.

Serving suggestion...

Eat with chunks of fresh wholemeal bread.

Honini Cookies (vv, w)

Nutty sweet cookies with a spicy twist.

Ingredients

8 dried apricots, chopped
5 heaped dsp of honey
5 heaped tsp tahini
1 heaped dsp coconut oil
4tsp peppermint tea/ hot water
2 dsp sunflower seeds
2 dsp pumpkin seeds
½ tsp ground mixed spice
1 ½ cups of oats

This recipe makes 12 cookies.

Method

Grease a baking tray with a small amount of coconut oil.

Put the honey, coconut oil, tahini and peppermint tea into a large bowl and mix well.

Add the ground spice and stir it in.

Next stir in the apricots and the pumpkin seeds and sunflower seeds.

Finally, add the oats and mix very well to ensure that all of the oats are covered by the mixture; add a little extra hot water if necessary.

Using a dessertspoon, form 12 equal balls of the mixture and squash into cookie shapes on the tray.

Bake for 7 minutes (gas mark 5, 190 °c), or until the cookies have browned.

Remove from tray and leave to cool.

Serving suggestion...

A lovely treat with a mug of peppermint tea.

Magnotherapy may help with the pain of Arthritis

We are now official distributors of Ecoflow products. These are a range of magnetic bracelets and pendants that have been scientifically proven to reduce pain in Arthritis sufferers.

How Magnotherapy works

The Medical profession accepts and supports the use of electrically generated pulsed magnetic fields to help relieve pain. Bioflow mimics these through its static magnetic field known as "Central Reverse Polarity". It is completely safe and does not require electrical power. As blood passes through the field it is subjected to a magnetic pulsing effect which we believe helps the body maintain a balanced pH (the information base of pain) and maintain good conductivity in the cells (essential for good health). CRP mimics the effect of electronic equipment at a fraction of the cost.

Magnotherapy is not a new concept, in fact the beneficial properties of magnets on health have been known for thousands of years. Ecoflow has been at the forefront of developing this science into practical products for over a decade. The patented Bioflow range uses "Central Reverse Polarity" technology developed to maximise the beneficial effects of magnetism on the body. With over 1,500,000 customers, Bioflow is a class 1 medical device and comes with comprehensive guarantees and a customer loyalty scheme.

In December 2004 the British Medical Journal published the results of an independent, scientifically peer reviewed clinical trial into the use of strong magnets for pain relief in hip and knee osteoarthritis where the Ecoflow technology products were found to be beneficial.

Radiation Protection

Also available is radiation protection in the form of a pendant necklace or a small magnet that sticks onto a mobile phone.

The amount of electromagnetic radiation in our modern world is an increasing worry and health problems and sensitivities to this are on the rise.

A clinical trial has been carried out for Ecoflow on people claiming to have problems with mobile phones. The Biophone was found to reduce the complaints by a staggering 42%. Details of this trial and other related information can be found at:

www.radiationresearch.org

How it works: Biophone and Bioguard use the principle of "bio-resonance feedback" and work by "mirroring our cells" natural healthy frequencies and, in feeding them back to our body, effectively neutralise the potentially damaging unnatural frequencies from mobile phones and other sources.

We are able to offer a 90 day trial on these products. If you find that something you have purchased hasn't benefitted you, then you may return it to us and we will refund your money (minus the carriage charges).

For more information, please call the clinic on 01926 854783 or email:

information@margarethillsclinic.com

to have a brochure sent to you.

Clinic Patient Reminders

Christmas Post

The last first class posting day before Christmas is Monday 21st December so if you need any supplies before Christmas, please place your order by Friday 18th December.

We send parcels out first class the day after your order is placed. If you find that your order is very urgent we can send parcels by next day delivery at an extra charge.

We wish all our patients and customers a very Happy Christmas and a Healthy New Year!